

2026

Manitoba Flag Football

Special Rules

Exceptions/Amendments to the
Football Canada Flag Football Rule Book



FOOTBALL
MANITOBA

SPECIAL/LEAGUE RULES - MANITOBA FLAG FOOTBALL

General Game Play - Passing

One in three plays must be a pass - to promote the development of passing and catching skills in younger players

Application – A maximum of two consecutive run (rushing) plays are permitted. A team using two run plays in a row must pass on their next play, regardless of the current down or distance.

General Game Play – On Field Coach

One coach is permitted on the field during at all times.

To allow new, or coaches with a team consisting primarily of players new to flag football, to assist in setting up plays during each series to aid in the execution of the playbook.

Application

- All game clock timing remains the same (*25 second play clock*)
- Once the team settles over the ball for the play, coaches are not permitted to communicate or coach during the play once the ball is snapped.
- Coaches must ensure they do not inhibit the game and must stay clear of all players.
- If coaches are found to be interfering with game play, they officials can remove the team's ability to have a coach on-field for the remainder of the game.

Uniforms/Jerseys

All teams must wear the game shirts/jerseys as provided by the league. Customizing shirts is not permitted except for tournaments with approval.

- Shirts may not be cropped to show abdomen and must be tucked in at all times.
- Shirts may have the sleeves (only) removed, however modifying into tank tops is not permitted.

AMENDED FOOTBALL CANADA RULES (Manitoba)

RULE 2 - FIELD AND EQUIPMENT (Football Canada Rule Book)

Player Equipment

5.1 All players must properly wear a protective mouthpiece; there are no exceptions (FC)

(Manitoba amendment – under review)

Mouthpieces (mouthguards) are not currently required.

5.4 Soft headgear, including religious headdresses that are securely fastened and do not include metal or hard plastic that could be harmful to participants, is permitted. (FC)

(Manitoba clarification/inclusion)

Face coverings are prohibited with the exception of an approved medical mask such as N95 or other medical masks.

Prohibited masks include, but are not restricted to: gaiters, balaclavas, tubes or face scarves, etc. A player's face must be visible at all times

5.5 Sunglasses are permitted (FC)

(Manitoba amendment - under review)

Sunglasses are currently prohibited unless they are confirmed as prescription, or transitional lenses. (*safety concern*)