

2026-27

MANITOBA FLAG FOOTBALL SPECIAL RULES

Exceptions/Amendments to the
IFAF Flag Football Rule Book



1. GAME PLAY

General Game Play - Passing

One in three plays must be a pass – the purpose is to promote the development of passing and catching skills in players.

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

On-Field Coach

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

To assist newer teams and coaches to flag football in setting up plays during each series to aid in the execution of the playbook, having limited opportunities to practice during the indoor seasons and establish other forms of play calling.

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.

Scoring

At any time during a game, a team that has an 18-point advantage over their opponent must replace their quarterback with a different player at the QB position for the remainder of the game, unless the point differential falls below 18 points. If the differential again reaches 18 points the player must be replaced again by any other player on the roster.

2. FIELD AND EQUIPMENT

Uniforms/Jerseys

Custom game shirts are prohibited.

All teams must wear the game shirts/jerseys provided by the league *except during tournaments with approval*. Teams with only custom game shirts will be permitted to play **but will be awarded a loss for that game.**

Modifying game shirts

- 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

Headwear

Religious headdresses that are securely fastened and do not include metal or hard plastic that could be harmful to participants are permitted.

All forms of face coverings are prohibited and a player's face must be visible at all times. Prohibited headwear includes, but is not restricted to, shiestys, gaiters, balaclavas, tubes or face scarves, etc.

Sunglasses

All sunglasses are currently prohibited for safety reasons.
(This is under review for 2027 seasons)

3. APPROVED FOOTBALL SIZES

	MALE	FEMALE	MIXED
U10 DIV	Size 5 - Peewee - K2	Size 5 - Peewee - K2	Size 5 - Peewee - K2
U12 DIV	Size 6 - Junior - TDJ	Size 6 - Junior - TDJ	Size 6 - Junior - TDJ
U14 DIV	Size 7 - Youth - TDY	Size 7 - Youth - TDY	Size 7 - Youth - TDY
U16 DIV	Size 7 - Youth - TDY	Size 7 - Youth - TDY	Size 7 - Youth - TDY
U18 / HIGH SCHOOL DIV	Size 9 - Official - TDS	Size 7 - Youth - TDY	Size 9 - Official - TDS
COLLEGIATE / SENIOR DIV	Size 9 - Official - TDS	Size 7 - Youth - TDY	Size 9 - Official - TDS

FOOTBALL SPECIFICATIONS AND REQUIREMENTS

Footballs must be made of four panels of pebble-grained leather or composite leather in **natural tan/brown color with no alterations**. *(NFL Flag seasons excepted)*

The use of NFL branded footballs is **permitted only during NFL Flag seasons**.

Teams may use their own footballs but must confirm with the officials prior to the game to ensure they meet the above sizes and specifications.

Mixed teams must use the larger of size options when different sizes are indicated for males and females within their age category