

## 2021 Pro Prep Flag Football League Coaches/Players Handbook

### LEAGUE AT A GLANCE

The Pro Prep Flag Football League (PPFFL) will have **two divisions in 2021, both at the high school level**. The PPFFL is **fully sanctioned by Football Manitoba** and all players are **insured through Pro Prep Academy**. The **Junior Varsity Division** is for **players currently in grades nine or ten**, and the **Varsity Division** is for **players currently in grades ten to twelve**. It is up to each team's coach as to whether or not a sophomore plays in the JV or Varsity Division. League play will kick off on **July 5, 2021**, with all games at **St. Vital Mustangs Field**.

Please note that dates may vary/be postponed due to public health orders. With this in mind, Pro Prep is aligned with Football Manitoba's refund policy. **A full refund will be offered prior to week one, a 75 percent refund will be offered after week one, a 50 percent refund after week two, a 25 percent refund after week three and no refund after week four.**

### SEASON SCHEDULING

Games will be held in the evenings on **Mondays, Wednesdays, and Fridays**. All contests are **one-hour long** (two 25-minute halves), running **between 6-9 pm**. There will be **no overtime**. All teams will play **eight regular season games and up to three playoff games**. There will also be an all-star game, and year-end awards.

### GAMEPLAY

The PPFFL offers the most competitive gameplay available, with a **7v8 format** (seven offence and eight defense). Contests will have three downs, a 30-second play clock and **five-second quarterback clock**.

Teams will **have two timeouts per half**. Offensively, players will scrimmage from the 45-yard line when they have possession. **A penalty on the 45-yard line results in a loss of down**, and all major 15-yard penalties will be enforced in the form of ten-yard penalties. Following a touchdown, one point will be awarded if a team scores from scrimmage at the 5-yard line, and two points will be awarded if a team scores from scrimmage at the 10-yard line.

Defensive players can score a touchdown by returning the ball past the 45-yard line. **There is no rushing allowed unless the quarterback is rushed**. A COVID buffer will be in effect, meaning that no defensive player will be allowed to line up **within five yards of the line of scrimmage**. This also means that all players are eligible to pressure the quarterback.

## LOGISTICS

Each roster will have a **maximum of 15** players and Game Day rosters will have a **maximum of 12** during this set of restrictions. Rosters must be submitted **prior** to each contest, **including roster numbers**, which are **mandatory**. There will be three MFOA officials at every game, and **no coaches are allowed on the field**.

In adherence of COVID protocols, **no player can arrive more than 15 minutes prior to game play**. Additionally, teams cannot enter the playing area until their scheduled game time. You will have **five minutes to warm up on the field**, and **five minutes to exit the playing area following the end of the game through team areas only**. No multi-player celebrations will be allowed. Warning will be given on first offense, and an unsportsmanlike penalty will be given for second offense.

## COVID PROTOCOLS – SCREENING

All COVID-19 protocols will be followed in full. **Masks are mandatory for all participants and coaches at all times**. Prior to arrival, COVID screen must be completed. Players and coaches cannot attend any league event if they have any symptoms of COVID-19 or have been in contact with anyone that is confirmed to have COVID-19.

Additionally, you are not permitted to play/coach if you have travelled outside the province in the last 14 days. **Game rosters must also be submitted** prior to each game for **contact tracing**. Indefinite suspensions will be handed out to those who do not comply.

## COVID PROTOCOLS – SOCIAL DISTANCING

Team areas will be marked on the field, and players/coaches are not to be permitted outside of those areas. Players must also observe a **two-meter distance** on the sideline at all times. The officials' area will be marked on the sidelines between the team areas. **One spectator per player is allowed at all games for anyone under the age of 18**.

## HEALTH AND SAFETY

There is a **zero-tolerance policy for racial gestures or language, or homophobic gestures or language**. Jewelry is not recommended, but if worn, is done at your own risk. Teams are required to bring hand sanitizer to all games, and each player must use some at the start of each half and at the end of the game.

Players must bring their own water bottles to each game, and a name and number must be on the bottle at all times. Injured players are not permitted to be on the sideline and spitting on the field will result in ejection of the player, and an unsportsmanlike conduct penalty.



### PRO PREP ACADEMY SERVICES

All registered players will receive a discount on Pro Prep Academy Services. This includes athletic therapy, physio, massage, medical doctors, nutritional services, chiro, speed sessions, Joga sessions, performance training and sports psychology. Additionally, Pro Prep offers FREE academic tutoring sessions.

### MEDIA COVERAGE

The PPFLL offers **complete media coverage** at every game. This includes **in-game interviews (pre-game, half-time and post-game), live streaming of every contest for FREE, dedicated stats and standings through the Pro Prep app and recaps on the website.** Please make sure all athletes know that they may be interviewed. **All game film will also be pushed to HUDL.**

### HUDL ACCOUNT INFO

Follow the link below to submit your details and join the team. You'll be accepted as soon as we've checked them.

Registration page: [Join Team - Hudl](#)

Team Code: akt34jz

### IMPORTANT LINKS

- [TEAM SIGN IN FORM](#)
- [COVID SCREENING TOOL](#)
- [JV LEAGUE PAGE](#)
- [VARSITY LEAGUE PAGE](#)