



**SPECIFIC REGULATIONS**  
**2024-2025 DIVISION 3 FLAG FOOTBALL INVITATIONAL**  
**PROVINCIAL CHAMPIONSHIP**

**Note: In the event of a divergence between the different linguistic versions of these regulations, the French version shall prevail.**

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**Note :** \*\* New article  
\* Modification to the article

(August 2024)

## **2024-2025 FLAG FOOTBALL**

### **Article 1**    **Official Regulations in use**

- 1.1            The official regulations of the game are issued by Football Québec
- 1.2            Nevertheless, the following RSEQ Sport-Specific Regulations take precedence over the Official Regulations.
- 1.3            The RSEQ High School Governing Rules must be respected.

### **Article 2**    **\*Age Categories**

<b>Category</b>	<b>Date of birth for 2024-2025 season</b>
<b>Bantam</b>	<b>From October 1, 2010 to September 30, 2012</b>
<b>Midget</b>	<b>From October 1, 2008 to September 30, 2010</b>
<b>Juvenile</b>	<b>From July 1, 2006 to September 30, 2008</b>

### **Article 3**    **Composition of the delegation**

Student-athletes:	7 (minimum) / 25 (maximum)
Coach/Chaperone	maximum of 6 coaches/chaperones per team and maximum of 3 persons on the players' bench

### **Article 4**    **Playing format and seeding**

The playing formats are round robin per section, and are determined in order to grant a minimum access per region and to the host region and the the previous winner's region.

Note that the host spot can not be given to another region. If there is no demand there will be no host team in that category. Once the number of access is given the league format will be use. If no format exist some additional access will be granted depending on the participation notice to meet the next available format defined in articles 4.1, 4.2, 4.3, 4.4 and 4.5.

In the process of establishing the schedule, the waiting time between 2 preliminary round games of a team will be at least the duration of a game and at the most, the duration of four games.

#### **4.1**            **4 Teams:**

A round robin tournament per section of 4 teams will be applied for a total of 7 games including 6 preliminary round robin games and a final game between teams ranked 1<sup>st</sup> and 2<sup>nd</sup> place following the round robin.

Sequence of games within the section:

Team 4 vs Team 2, Team 3 vs Team 1, Team 4 vs Team 1, Team 3 vs Team 2, Team 2 vs Team 1, Team 4 vs Team 3

Final	2 <sup>nd</sup> place vs 1 <sup>st</sup> place
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4.2 5 Teams:

A round robin tournament per section of 5 teams will be applied for a total of 11 games including 10 preliminary round robin games and a final game between teams ranked 1<sup>st</sup> and 2<sup>nd</sup> place following the round robin.

Sequence of games within the section:

Team 5 vs Team 1, Team 3 vs Team 2, Team 4 vs Team 1, Team 5 vs Team 3, Team 5 vs Team 2, Team 4 vs Team 3, Team 3 vs Team 1, Team 4 vs Team 2, Team 2 vs Team 1, Team 5 vs Team 4

Final	2 <sup>nd</sup> place vs 1 <sup>st</sup> place
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4.3 6 Teams:

A round robin tournament comprising two sections of 3 teams will be applied for a total of 12 games including 6 preliminary round robin games and 6 playoff games.

Sequence of games within the section:

Team 3 vs Team 1, Team 3 vs Team 2, Team 2 vs Team 1

Section A	Section B
Team 1	Team 2
Team 4	Team 3
Team 5	Team 6

Playoffs:

1/4 Final 1	3 <sup>rd</sup> place Section A vs 2 <sup>nd</sup> place Section B
1/4 Final 2	3 <sup>rd</sup> place Section B vs 2 <sup>nd</sup> place Section A
1/2 Final 1	Winner of 1/4 final 1 vs 1 <sup>st</sup> Section A
1/2 Final 2	Winner of 1/4 final 2 vs 1 <sup>st</sup> Section B
Final GOLD	Winner of the 1/2 final 2 vs Winner of 1/2 final 1
Final BRONZE	Loser of the 1/2 final 2 vs Loser of the 1/2 final 1

4.4 8 Teams:

A round robin tournament comprising two sections of 4 teams will be applied for a total of 18 games including 12 preliminary round robin games and 6 playoff games:

Sequence of games within the section:

Team 4 vs Team 2, Team 3 vs Team 1, Team 4 vs Team 1, Team 3 vs Team 2, Team 2 vs Team 1, Team 4 vs Team 3

Section A	Section B
Team 1	Team 2
Team 4	Team 3
Team 5	Team 6
Team 8	Team 7

**Playoffs:**

¼ Final 1	3 <sup>rd</sup> place Section A vs 2 <sup>nd</sup> place Section B
¼ Final 2	3 <sup>rd</sup> place Section B vs 2 <sup>nd</sup> place Section A
½ Final 1	Winner of ¼ final 1 vs 1 <sup>st</sup> place Section A
½ Final 2	Winner of ¼ final 2 vs 1 <sup>st</sup> place Section B
Final GOLD	Winner of ½ final 2 vs Winner of ½ final 1
Final BRONZE	Loser of ½ final 2 vs Loser of ½ final 1

**4.5**

**12 teams:**

A round robin tournament comprising four sections of 3 teams will be applied for a total of 24 games including 12 preliminary round robin games and 12 playoff games:

Sequence of games within the section:

Team 3 vs Team 1, Team 3 vs Team 2, Team 2 vs Team 1

Section A	Section B	Section C	Section D
Team 1	Team 2	Team 3	Team 4
Team 8	Team 7	Team 6	Team 5
Team 9	Team 10	Team 11	Team 12

**Playoffs:**

1/8 final 1	3 <sup>rd</sup> place Section B vs 2 <sup>nd</sup> place Section A
1/8 final 2	3 <sup>rd</sup> place Section A vs 2 <sup>nd</sup> place Section B
1/8 final 3	3 <sup>rd</sup> place Section D vs 2 <sup>nd</sup> place Section C
1/8 final 4	3 <sup>rd</sup> place Section C vs 2 <sup>nd</sup> place Section D
¼ Final 1	Winner 1/8 final 3 vs 1 <sup>st</sup> place Section A
¼ Final 2	Winner 1/8 final 4 vs 1 <sup>st</sup> place Section B
¼ Final 3	Winner 1/8 final 1 vs 1 <sup>st</sup> place Section C
¼ Final 4	Winner 1/8 final 2 vs 1 <sup>st</sup> place Section D
½ Final 1	Winner of ¼ final 4 vs Winner of ¼ final 1
½ Final 2	Winner of ¼ final 3 vs Winner of ¼ final 2
Final GOLD	Winner of the ½ final 2 vs Winner of the ½ final 1
Final BRONZE	Loser of the ½ final 2 vs Loser of the ½ final 1

**4.6**

**Seeding:**

The Provincial RSEQ will be responsible for seeding of the teams. They will be distributed according to pre-established positions in the sections, while respecting the practice of separating teams from the same region.

The Provincial RSEQ will provide the organizing committee and RSEQ regional associations with the official schema by no later than 30 days before the start of the championship.

Seedings are assigned according to the following criteria based on the previous year's results:

- Juvenile seeding: juvenile rank + midget rank of the previous year
- Midget seeding: midget rank + bantam rank of the previous year
- Bantam seeding: bantam rank of the previous year

N.B. In the event of a tie in a combined ranking, priority will be given according to the rank in that category.

## **Article 5**      **Official footballs**

- The official RSEQ ball is strongly recommended:

Girls	BADEN SE-FX 500Y and SE-FX 550
Boys	BADEN SE-FX 550

If this is not possible, the following sizes are recommended:

Girls	06 (Junior) or 07 (Youth)
Bantam boys	07 (Youth)
Midget and juvenile boys	09 (Senior)

- The offense or the team that receives a kick-off made from a kick-off tee will have the option to use its own ball.

## **Article 6**      **Equipment**

- Players' shirts must be properly tucked into their pants at all times.

## **Article 7**      **Scoring**

### 7.1      Winning team

The team that scores the most points is declared the winner. For the purpose of ranking teams, points are allocated as follows:

- 2 points for the team that has won the game
- 1 point for the each team in a tie game
- 0 point for the team that lost the game

### 7.2      Tiebreaker rule

At the end of the first round, if two or several teams finish with identical total accumulated points, ranking will be decided as follows:

- A) The team that has accumulated the most wins in the tournament against the other team(s) in the tiebreaker will be declared winner.
- B) If there is still a tie, the team that has the least points against between the teams in the tiebreaker, will determine the order of the ranking.

- C) If there is still a tie, the team that has the most points for between the teams in the tiebreaker, will determine the order of the ranking.
- D) If there is still a tie, the team that has the least points against in all the games of the competition, will determine the order of the ranking.
- E) If there is still a tie, the team that has the most points for in all the games of the competition, will determine the order of the ranking.

### 7.3 Forfeits

A game lost by forfeit will show a score of 12-0 which correspond to 6-0 per half.

## **Article 8**     **Awards**

- 8.1            A championship banner is awarded to the team that is declared winner of the championship, in each category.
  
- 8.2            Medals are awarded to each of the team members ranked, respectively, as follows:
  - First    :        Gold medal
  - Second:       Silver medal
  - Third    :       Bronze medal