

SPORT. ÉDUCATION. FIERTÉ.

IRSEQ®

LAVAL

**SPECIFIC RULES
2026-2027**



**MULTISPORTS MINI-LEAGUE
MINI-FLAGFOOTBALL**



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ACTIVITY PROCEDURE

ARTICLE 1 Official rules

1.1 Game rules

- 1.1.1 For all rules not specified in this document, you must refer to the game rules approved by Football Québec.
- 1.1.2 However, RSEQ Laval's specific rules have priority on the rules of the federation.
- 1.1.3 The administrative rules of Sports Laval must be respected by all the participating schools.

ARTICLE 2 Identification of categories

2.1 Category

2.1.1

Category	Grade
Mosquito	5 th and 6 th grade

2.1.2 Upgrades are permitted.

ARTICLE 3 Team composition

3.1 Composition

- 3.1.1 Each team is mixed.
- 3.1.2 Each team must have a minimum of six (6) players.

3.2 Substitutions

3.2.1 The substitutions must be made when the game is stopped.

ARTICLE 4 Installations and equipment

4.1 Sports installations

- 4.1.1 The dimensions of the field used are smaller than those of the regular mini-flagfootball field either 50 yards (45 m) depth x 30 yards (27,5 m) width.
- 4.1.2 The end zone line is minimum seven (7) yards and maximum ten (10) yards depth.
- 4.1.3 The non-rushing zone must be identified at five (5) yards of each end zones.

- 4.1.4 Cones must be placed on the sidelines for the zones (end zone, non-rushing zone and the midline).

4.2 Equipment

- 4.2.1 The official ball is a junior size ball. The offensive team will have the possibility to choose their ball.
- 4.2.2 Balls will be provided by Sports Laval.
- 4.2.3 Participating schools must have a t-shirt or pinnies of the same color for each player.
- 4.2.4 Participating schools must have the following equipment for the players:

MANDATORY	OPTIONAL	FORBIDDEN
- Each player must have two (2) flags. Each flag must be placed on both sides of the player's hips ; - Mouth guards at all times on the field of play ; - Pants or shirts without pockets.	- Cleated shoes ; - Football gloves.	- Metal spiked cleat of any kind ; - Belts ; - Shorts with laces at the hips.

- 4.2.5 Each player must wear their shirt and undershirt tucked into their pants/shorts.
- 4.2.6 If a player has pants/shorts with pockets, the player has to cover his pockets with duck tape before the start of the game.
- 4.2.7 The flags must be worn outside of the pants/shorts except the superior part which is worn inside the pants/shorts or to have a belt with flags. The flag must be visible at all times.

4.3 Security

- 4.3.1 Before each game, the coach must make sure that no player is wearing jewelry (necklaces, bracelet, earrings, facial piercing, etc.)

ARTICLE 5 Games

5.1 Game format

- 5.1.1 The games are played with five (5) players on the field.
- 5.1.2 There must be a girl on the field at all times. If a team does not have a girl, they must play with one less player on the field.
- 5.1.3 The game format is competitive. There will be a round robin period where each team will be played. After, there will be an elimination round with the quarter-finals, semi-finals and the final.
- 5.1.4 For the round robin period, if there is a tie, there will not have overtime. A win game is three (3) points, a tie game is one (1) point and a loss game is 0 point.
- 5.1.5 If there is tiebreak after the round robin period, the procedure to apply is :
- (a) Total points : how many points have each team. The team who have more points moves on;
 - (b) If two (2) teams are involve in a tiebreaker, the team who win the game will moves on;
 - (c) The team with the less goals conceded moves on ;
 - (d) Calculate the point differential in all the games of the round robin period (points scored – points conceded = differential). The team with the biggest differential moves on;
 - (e) If the differential is tie, the team who scored most points moves on.
- 5.1.6 For the elimination round, tie games will go in overtime. There will be a coin toss to determines which team will start in offensive, defensive or which side the conversions will be made. Each team is allowed attempting a one (1) point conversion from the 5-yard line. The sequence is repeated until one team scores one (1) more point than the opponent.

5.2 Playing time

- 5.2.1 The game will consist of two (2) halves of twelve (12) minutes (running time). There will be a two (2) minutes break at half time.
- 5.2.2 A siren will be heard at the end of every halves. Once the siren is heard, an additional play will be played before the end of the half (or game).
- 5.2.3 No time-outs are allowed.

5.3 Refereeing

- 5.3.1 The referees will be students from high school.

- 5.3.2 A coin toss determines which team will have the ball at the start of the game. After the half-time break, it will be the other team. The team who loses the coin toss will choose the side of the field they wish to defend.

5.4 Score

- 5.4.1 A touchdown is six (6) points.
- 5.4.2 A convert from the 5-yard line is one (1) point.
- 5.4.3 A convert from the 10-yard line is two (2) points.
- 5.4.4 A safety is two (2) points.
- 5.4.5 A team cannot return an interception on a convert.

ARTICLE 6 Awards

6.1 Banners

- 6.1.1 Each team will receive a participation banner. The teams in final will receive a finalist banner and champion banner.

HOW SPORT WORKS

ARTICLE 7 Specific rules

7.1 Game progress

- 7.1.1 Each team will have thirty (30) seconds to put the ball in play.
- 7.1.2 The ball is in play as soon as it leaves the ground.
- 7.1.3 Both teams must switch sides for the second half.
- 7.1.4 The center is the player that hands the ball to the quarterback. The quarterback is the player who received the ball by the center player.
- 7.1.5 To start a play, the ball must be handed between the legs of the center player. There must be a player lined up on each side of the center play on the scrimmage line. The offensive players cannot be on the same side on the scrimmage line.
- 7.1.6 Unlimited handoffs in any direction and unlimited laterals are allowed behind the line of scrimmage. After a handoff or a lateral, a forward pass is allowed from behind the line of scrimmage. However, once the ball carrier has crossed the line of scrimmage, a forward pass is no longer permitted. There can only be one (1) forward pass per play.
- 7.1.7 The quarterback cannot immediately hand the ball back to the center player.

- 7.1.8 All players can be in movement (lateral) during the put in play of the ball, in exception to the center player.
- 7.1.9 Blocs and tackles are not permitted.
- 7.1.10 A player is permitted to pivot but it is not permitted to jump or dive in order to avoid a defensive player.
- 7.1.11 A player cannot block the access to theirs flags.

7.2 Possessions and number of downs

- 7.2.1 There is no kick off. The team that possesses the ball must start from their 5-yard line and has four (4) tries to cross the half of the field. Once the offensive team crosses midfield, they have another four (4) tries to cross the goal-line for a touchdown. If the team does not score a touchdown, the other team take possession of the ball at their 5-yard line.
- 7.2.2 If the team does not reach the midfield with their four (4) tries, the other team takes possession of the ball at their 5-yard line.
- 7.2.3 Every change of possession starts at the defensive 5-yard line except in a case of an interception.

7.3 Running

- 7.3.1 The quarterback cannot run with the ball passed the scrimmage line.
- 7.3.2 Once the ball is in the non-rushing zone, a team cannot run and must make a pass.
- 7.3.3 Any defensive player can cross the scrimmage line and rush if the quarterback is handing off the ball to another player.
- 7.3.4 When a player is de-flagged, the ball is put back in play at the point of the ball carrier's hips and not where the ball was found at the moment of the de-flag.
- 7.3.5 Only one (1) running play can be made per four (4) tries. The objective is to promote passes between the players.

7.4 Catches

- 7.4.1 All players can receive a pass including the quarterback if the back pass was made behind the scrimmage line.
- 7.4.2 A player must have both feet inside the field when he catches the ball.

7.5 Passes

- 7.5.1 Only the players aligned at ten (10) yards from the scrimmage line can rush the passer.

- 7.5.2 If an interception takes place in the end zone and the ball is not returned passed the goal line, the play is dead. The team which made the interception takes possession at their 5-yard line. If the player returns the ball passed the goal line, his team takes possession of the ball where the play ended. However, if the player who intercepted the ball gets de-flagged in his end zone after having left and returned, the other team is granted a safety.

7.6 Plays

- 7.6.1 A play is considered dead when :
- (a) The referee whistles ;
 - (b) The ball carrier is de-flagged or his flag becomes illegal ;
 - (c) Points are made (touchdown or safety) ;
 - (d) All of the ball carrier's body, except his hands or feet, touch the ground ;
 - (e) Once the ball hits the ground.
- 7.6.2 If the ball carriers flag falls, the play is dead and the ball is placed where the flag fell.
- 7.6.3 A player who has lost his flag can receive a pass but the play will be immediately stopped.

7.7 Quarterback pressure

- 7.7.1 Any player acting as a rusher on the quarterback must be at least ten (10) yards from the scrimmage line when the ball is put in play.
- 7.7.2 There is no limit to the number of players allowed to rush the quarterback.
- 7.7.3 A player who is less than ten (10) yards from the line of scrimmage when the ball is snapped may not rush the quarterback before someone from ten (10) yards away crosses or the ball is handed off, lateralled or a forward pass is caught behind the line of scrimmage.
- 7.7.4 The referee will designate where the ten (10) yards from the scrimmage line is.

7.8 Penalties

- 7.8.1 The referees can determine if a contact during the game is accidental or not.
- 7.8.2 Only the captain of the team is authorized to speak to the referee concerning rule clarifications or interpretations. The players cannot contest any decisions taken by the referees.
- 7.8.3 A game cannot end on a defensive penalty, unless the attacking team declines the penalty.
- 7.8.4 **Defensive penalties :**

- (a) Offside : five (5) yards penalty and replay down ;
- (b) Pass interference : automatic first play at the point of infraction (minimum ten (10) yards) ;
- (c) Illegal contact (holding, blocking, etc.) : five (5) yards penalty and automatic first down ;
- (d) Illegal de-flag : five (5) yards penalty from the point of infraction and automatic first down ;
- (e) Illegal rushing (rushing the quarterback when less than ten (10) yards away) : five (5) yards penalty and replay the down ;
- (f) Illegal substitution (when a player enters the play before the referee has whistled) : five (5) yards penalty and replay the down.

7.8.5 Offensive penalties :

- (a) Delay of game : five (5) yards penalty and replay of down ;
- (b) Illegal substitution : five (5) yard penalty and replay of down ;
- (c) Illegal procedure (more than one player in movement, etc.) : five (5) yards penalty and replay of down ;
- (d) Offside : five (5) yards penalty and replay the down ;
- (e) Illegal snap : five (5) yards penalty and replay of down ;
- (f) Player out of bounds (if a player leaves the field, he cannot come back on the field and catch a pass) : loss of down ;
- (g) Illegal run/Forward pass : five (5) yards penalty from where the pass was made and loss of down ;
- (h) Offensive interference: five (5) yards penalty and loss of down ;
- (i) Flag Guarding / Clothing covering flag : five (5) yards penalty from the point of infraction.

7.8.6 Offensive or Defensive penalties :

- (a) Involuntary roughing : fifteen (15) yards penalty and automatic first down;
- (b) Unsportsmanlike behavior: fifteen (15) yards penalty.

7.9 Ethics

- 7.9.1 If the referee notices any voluntary contact (tackling, elbowing, blocking, etc.), the player will be expelled from the tournament. No unsportsmanlike like conduct and actions will be tolerated.

- 7.9.2 No offensive language (insults, threats, etc.) towards the referees, the players, the coaches and the spectators are authorized. Referees will determine which offensive language is liable for a warning and an expulsion.
- 7.9.3 No coach is permitted to enter the field to speak to players or the referee, unless he has been permitted to do so beforehand. A warning from the referee will be given to any coach who does not respect this rule. If the coach does not respect this rule a second time, or if the referee perceives any aggressive behavior from the coach, the coach will be expelled from the game. Any team who is not accompanied and supervised by an adult on the player's bench will not be permitted to play or continue the game.