

2017 SCHEDULE & UPDATES

Games are played every Sunday, Rain or Shine unless cancelled by the Town of Whitby.

LOCATION:

April 9 to May 14 (Indoor): **Civic Fieldhouse, Oshawa** - Hwy 2 & Thorton Road
 May 28 to June 25 (Outdoor): **Jeffery Park, Whitby** - Hwy 2 & Jeffrey Street
 (NO GAMES April 16 or May 21)

Visit

www.whitbylionsfootball.ca

regularly to find game schedules and updates.

FAIR PLAY AGREEMENT for ATHLETES and PARENTS/GUARDIANS

I agree to:

1. Always play by the rules.
2. Never argue with an official when a call is disputed, I will let the coach or team captain handle it.
3. Remember that I'm playing because I enjoy the sport. Winning is fun, but so are many other things about the sport.
4. Work at achieving my personal best and to not get discouraged if it's not the best.
5. Show appreciation for good plays/performances, even by opponents.
6. Control my temper and not be a show-off.

I/we agree to:

1. Remember that my children participate for their fun.
2. Teach my children that honest effort is as important as winning.
3. Provide plenty of encouragement because that's the best way to help them learn.
4. Teach my children that officials are an important part of the game and to never question their decisions.
5. Encourage my children to be good sports.
6. Applaud the value and effort of volunteer coaches and officials.
7. Remember that children learn what we teach them and that fair play starts at home.

Use of drugs, profanity and alcohol will not be tolerated, as per WLFC/ Town of Whitby.

SHOW YOUR LION'S PRIDE: Order Online Today!

Mesh Back Cap



Mesh Shorts



Football Mom Hoodie

Cotton or Performance T-shirt



Football Dad Hoodie

Cotton or Performance Long Sleeve



Cotton or Performance Hoodie

Sweat Pants



FLAG FOOTBALL - The Basics

1. There are 5 players per side on the field (minimum 4 required to play).
2. Play starts with the ball on the offense's own 5 yard line. The Offense has 3 plays (downs) to get the ball across the midfield. If successful, the offense will then have an additional 3 downs to attempt to score. (4 downs In the Tyke & Atom Divisions)
3. If the offense does not move the ball past midfield in the allotted attempts, the opposing team takes possession of the ball at their own 5 yard line.
4. Teams may not run a hand off play in the NO RUN zone (5 yard line to the goal line).
5. The play is considered dead when a defensive player has successfully removed the flag of the ball carrier, if the receiver's flag falls off, or if the ball carrier steps out of bounds.
6. The quarterback may not cross the line of scrimmage with the ball.
7. The quarterback will have 7 seconds to throw the ball.
8. The defense will designate ONE rusher who may enter the offensive backfield in an effort to sack the quarterback. This rusher must start seven yards away from the line of scrimmage (within one yard on either side of the marker/bean bag),
9. Scoring:
 - a) Touchdown = 6 points
 - b) Extra Points = 1 point convert (try to score from 5 yard line; ie. no-run zone) or 2 point convert (try from the 12 yard line).
2 points for an interception of a convert returned for a touchdown
10. Any number of handoffs or lateral passes are allowed behind the line of scrimmage. Once the ball carrier passes the line of scrimmage, no passes or handoffs are allowed.
11. A forward pass must cross the line of scrimmage. No forward passes are allowed behind the line of scrimmage (no screen passes)
12. Players may not attempt to shield or guard their flags against an opponent attempting to strip the flags. Flag guarding will result in a 5 yard penalty from the point of infraction.
13. Personal Fouls: The following are some of the infractions which will result in a 10 yard personal foul penalty:
 - a) Punch, strike or attempt to dislodge the ball from a player's possession
 - b) Trip an opponent
 - c) Contact an opponent who is on the ground
 - e) Contact an opponent before or after the play is whistled dead
 - f) Deliberately run into an opposing player
 - i) Trash talking/taunting
14. At the conclusion of games, all players will shake hands then assemble for a club cheer.

15. EVERY coach will do everything possible to ensure ALL players experience some success and have the opportunity to play ALL positions.

FULL RULES CAN BE FOUND AT

<http://footballcanada.com/flag-football/>

www.whitbylionsfootball.ca