

2026 Ontario Fall Football League – Gameday Guide

(Updated August 2026)



Initial Roster Form

Each eligible player, at the time of registration, must be submitted to the league on a regulation OFFL Initial Roster Form. The Thursday prior to a team's first game, the Initial Roster Form (all fields complete for each player and bench staff) must be submitted to the league to ensure players are eligible to play. The Initial Roster Form is in use for the first three weeks of a season. Any players or bench staff added during those three weeks must be included on the next week's submission of the Initial Roster Form. For the first three weeks of the season, the Initial Roster Form will be in place of a Gameday Roster Form. All rosters freeze week 3 of the season. Rosters will be returned to the association contact as approved – the approval is granted once the league has verified Football Ontario membership for all players and bench staff listed on the roster. All finalized rosters will be posted to the OFFL website.

Who should be on the Initial Roster Form: players, coaches, managers, water staff

Submit Initial Rosters to: stuartfd@gmail.com , mfas@rogers.com

Gameday Roster Form

After week 3 of the season. The Gameday Roster Form will replace the Initial Roster Form. Players who have been approved to be on the roster but are not at a game must be marked as 'absent' or 'sick' or 'injured' or 'suspended'. In addition, each team must bring four (4) copies of this roster to the game. Players must be listed in numerical order.

Submit gameday rosters the Thursday prior to each game to: stuartfd@gmail.com, mfas@rogers.com

Gamesheets

These are provided by the home team and must be signed by both home and guest head coaches or representatives at the conclusion of the game. Game sheets must be submitted no later than 6 hours post game, the Game Referee must sign the scoresheet and note any disqualification(s) or unusual events. Team managers should note any issues with the game requiring League investigation on the Game sheet. Relevant information regarding such matters must be noted on the scoresheet as well. Email subjects to submit a game sheet should be formatted as: Tier, Age Division, game date, Away vs Home Team names. Visiting teams are welcome to submit game sheets as well.

Submit game sheets to: stuartfd@gmail.com, mfas@rogers.com

Submitting Scores

Home teams are asked to email in scores. Scores must be submitted within 6 hours of the game completing. Send in as: age group, home team name, score, away team name, score.

Submit scores to: stuartfd@gmail.com, mfas@rogers.com

Coach Training Requirement

Any coaches listed on a team's roster must have taken Football Canada Safe Contact, Making Headway in Football E-Learning, Safe Sport E-Learning and all components of Community Sport Coach (in class and online) in order to be listed as a Coach, Head Coach or Assistant.

Minimum Rosters & Birth Years for Player Eligibility:

There is no maximum roster size for game day

U10 – minimum 10 dressed for 6 on 6, players born in: 2017/2018

U12 – minimum 15 dressed for 9 on 9, players born in: 2015/2016

U14 – minimum 22 dressed for 12 on 12, players born in: 2013/2014

Ball Sizes

U10 – Wilson K2 or Wilson TDJ / Rouge CF-10/CF-12 (Team Issue Brand)

U12 – Wilson TDJ / Rouge CF-12 (Team Issue Brand)

U14 – Wilson TDY / Rouge CF-14 (Team Issue Brand)

* Leather or composite

Roster Freeze

The date for rosters to be frozen will be the Thursday of the third (3rd) week of the season. Once established, the roster cannot be changed for the balance of the season.

Jersey numbers

Once each player jersey number is recorded on the final roster, it cannot be changed during regular season or playoffs. Each team is allowed one (1) player to change numbers where they have forgotten to bring their regular jersey. The coach must advise the opposing coach of the situation, and this must be included on the game sheet. The player must revert to the original jersey number for the next game. Should the Game Referee direct a jersey change due to blood on the jersey or other reason, this is acceptable.

Home Team Obligations

- A. Booking a legal playing field shall be the responsibility of the home team for regular season and playoff games they are eligible to host.
- B. Booking game officials from the home team's local Tackle Football Officials Association
- C. Supplying a new game ball, a second ball in reasonable condition both approved by the Game Referee. Towel(s) should the weather be inclement, yard sticks, downs box and time clock.
- D. Two people for stick crew. One for downs box from the visiting team and two from the home team for yard sticks.
- E. Crowd control. Allowing only authorized personnel (game officials, stick crew, team photographer) near the field. It is suggested all others be at least 20 metres away from the sidelines for the safety of all concerned.
- F. Noise control: Public address announcing is permitted, however all music and announcing must be finished once the offensive team has broken their huddle. Loud, repetitive, distracting noises from the crowd must be controlled, and at the official's request, must cease completely.
- G. Qualified personnel to deal with athletic injuries. In the event there is not a qualified medical person who has been hired present, the Game Referee may ask if there is anyone who is qualified and willing to act in this role, then the game may proceed. A game cannot be played without a qualified support person to deal with athletic injuries. Games not played for this reason can be rescheduled, working with the OFFL executive.
- H. Noncompliance of Item G shall result in review of the game and could be subject to forfeit with a two-thirds vote of the OFFL Executive.
- I. Managers shall ensure that they have: full copies of both teams' rosters to provide to the timing official, have a copy (either binder or electronic device) of proof of player registration and a copy of government issued ID – passport or birth certificate.
- J. Post game managers will be required to complete the following: ensure score sheets are completed and signed by an official and team head coaches or representatives, ensure within 24 hours of the completed game a copy of the score sheet and both team rosters is submitted to the OFFL Registrar and President for upload on the website.
- K. Score sheets are to be downloaded from the OFFL website and when submitted must include, scoring players name and jersey number, any penalties or ejections with players name and number.
- L. The playing field must be marked at least every ten (10) yards or metres along with 45 yard or metre lines. Sidelines and end zones must also be marked in accordance with the Canadian Amateur Rule Book for Tackle Football (pages xxvii and xxxviii)
- M. Goal posts must have appropriate padding in place and approved by the Game Referee or the game will not be played. Uprights should have two (2) goal posts. If there is a situation that one goal post is missing, all field goals and converts will be attempted at the uprights where there are two (2) posts in place.

N. Suggested field Officials provided by the Home team:

U10 – 3 officials

U12 – 4 officials

U14 - 4 officials

These suggested numbers do not include a timekeeper. Officials may not be volunteers.

O. Make on field officials aware of specific OFFL playing rules.

P. The following fines will be assessed regarding score sheet submission, game day roster submission and bench control violations:

a. 1 st offence	\$50	2 nd offence	\$100	3 rd offence	Game forfeit at discretion of OFFL Executive
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Q. A member of the Home Team must be identified as game convenor, whose responsibilities will include the enforcement of bench area control.

R. Home team must have available an electronic score clock that is visible to both benches.

S. Appointing a Home Team Game Day Convenor to resolve any game day or crowd control issues.

Visiting Team Obligations

A. One person for the downs box.

B. Person to assist with spotting if the game is being announced.

C. Visiting team is to appoint a Game Day Convenor at each level whose responsibility will be to interact with the Home Team Game Day Convenor to resolve any game day or crowd control issues.

D. Managers shall ensure that they have a copy (electronic or binder) of proof of player registration, picture and a copy of government issued ID – passport or birth certificate

E. Qualified personnel to deal with athletic injuries. In the event there is not a qualified medical person who has been hired present, the Game Referee may ask if there is anyone who is qualified and willing to act in this role, then the game may proceed. A game cannot be played without a qualified support person to deal with athletic injuries. Games not played for this reason can be rescheduled, working with the OFFL executive.

Disqualification

- A. At the discretion of the Game Referee, a player may be sent to the bench to cool down and may return to the game after a minimum cool down period of three (3) plays.
- B. A player ejected from a game may not return to the playing field for the rest of the game and may not dress or play in the player's next league or playoff game, **the exception is 2 (OC'S)** excluding forfeits or re-scheduled games (including carry-over to the following year). This must be marked on the Score Sheet by the Game Referee. An ejected player must remain on the team bench for supervisory concerns, and their conduct is the responsibility of that team's Head Coach. It is recommended that such player not participate in the post-game handshake to avoid further issues.
- C. Conduct unbecoming a coach or team official is grounds for ejection. If ejection occurs, he/she is neither to remain on the playing field nor in the Team Bench area and must leave the game venue. Any coach ejected from a game is automatically suspended from the next league game and may be subject to further disciplinary action by the OFFL Executive.
- D. It is expected that all OFFL Member Clubs enforce their own parents code of conduct. An OFFL Executive member may eject any parent from the field of play for unruly or threatening behaviour. Member clubs may also be subject to a fine of up to \$ 500 at the discretion of the OFFL Executive for failing to enforce codes of conduct.

At the conclusion of any game, teams are to shake hands, Teams are permitted to high five with spectators after the game on the sideline and proceed to the Team Bench or Team Locker Room. Once there, team players may go to meet with their parents/guardians for departure from the game venue.

- E. A player receiving a combination of three (3) Unnecessary Roughness/Objectionable Conduct or **two (2) Objectionable Conduct** penalties will be ejected from the game. When a player has reached two (2) such penalties, the Game Referee is to inform the Head Coach of such accumulation. The score keeper should record such penalties (team, player # and penalty) on the scoresheet. Team Management and Coaches should, to the best of their abilities, monitor such penalties and order benching if deemed necessary.
- F. Any team who has a player, Coach or personnel ejected must report such to the OFFL President within twenty-four (24) hours from the scheduled kick off time of said same game via email to **mfas@rogers.com**. Please include Association Name, Team Level and name of individual ejected
- G. Any relevant incidents occurring outside of the game (i.e. skirmishes before or after the game) must be reported to the OFFL President no later than twenty-four (24) from the scheduled kick off of the game so that any necessary investigation can be undertake. Please email to **mfas@rogers.com**. Please include Association Name, Team Level and a synopsis of the situation.
- H. Any team playing ineligible player(s) will result in automatic forfeiture of any game that the said player(s) participated in. At the discretion of the OFFL Executive; coaches, team executive/managers and players shall be subject to rules of misconduct as empowered by the Constitution of the OFFL.

Teams' eligibility in post-season play will be subject to OFFL Executive review. In case or cases where it is found that the team in question was aware of the ineligibility of the said player, the Member Club will be subject to a minimum fine of \$500.

If a player is subject to ejection/game disqualification in their last game of the season, regular season or playoffs, the Member Club is subject to a fine of \$100 which is payable to OFFL within seven (7) days of said same game.

- I. Any Member Club that has three (3) or more player or coach ejections in separate incidents, at one division, in any playing season, will be subject to a \$100 fine. Each subsequent incident will also be subject to a \$100 fine. All fines are to be paid to the OFFL within seven (7) days of such incident(s).
- J. Any Team Official or Player who is found by the OFFL Executive or a Special Committee of the Executive to have knowingly permitted their team to play against an ineligible player(s) and to have not reported such ineligibility to his Team Executive/Management to the OFFL Executive shall be suspended for a period determined by the OFFL Executive or a Special Committee of the Executive.

OFFL Member Clubs being advised of an ineligible player shall immediately notify the OFFL Executive. A Member Club Executive/Management who fails to make such notification shall be suspended for a period to be determined by the OFFL Executive and may be asked for their resignation from the Member Club.

Such reports must be made PRIOR to the affected game.