Policies

Elevate Flag Football Inc. · Calgary, Alberta · Updated November 2026

About these policies

These policies explain how Elevate Flag Football runs and what we expect from everyone involved. They apply to all players, parents and guardians, coaches, volunteers, officials and spectators at any league practice, game, event or league-related activity.

Elevate Flag Football is operated by Elevate Flag Football Inc., an Alberta corporation ("Elevate Flag Football", "the league", "we").

These policies are reference material. Each season, families agree to a season-specific registration agreement and waiver during registration. If anything in these policies conflicts with that signed agreement, the signed agreement applies.

We may update these policies between seasons. The version posted on our website at the time of registration applies to that season.

Registration and eligibility

Elevate Flag Football is open to players ages 8 to 15. Players register by the age they turn during the calendar year of the season (January 1 to December 31).

Team placement

If there is something we should consider when placing your child, include it in the notes section of the registration form. The league makes the final placement decision.

If there are not enough players to form a team for a player's age group, we may offer placement in a nearby age group. If no suitable option is available, a full refund will be issued.

Friend and coach requests

We make every reasonable effort to honour friend requests and friend group codes submitted at registration. Requests are balanced against team sizes, age groups and fair teams, so they cannot be guaranteed. Requests to play for a specific coach are treated the same way.

Accurate information

Parents and guardians must provide accurate information at registration, including the player's date of birth, medical information and emergency contacts. Registering a player in an age group they are not eligible for, or providing false information, may result in removal from the league without a refund.

Registration deadlines

Registration dates, fees and the season schedule are posted on our website before each season. Late registrations are accepted only if space allows.

Refund and credit policy

Registration closes December 8, 2026. All refund and credit requests must be made in writing by email to info@elevateflag.ca.

When the request is received	Refund
On or before December 8	Full fee, less a $30 administration fee
After December 8	No refund, except at the league's discretion
No suitable team or division available	Full refund
League cancels the tournament	Full refund

The $30 administration fee applies to individual and full-team registrations.

Players on a paid team

Arrange any individual reimbursement directly with your team organizer. The league does not issue individual refunds or reduce the team fee when a player withdraws.

Medical credits

If an injury or illness prevents a player from participating, families may request a credit toward a future Elevate Flag Football event. Requests are reviewed case by case and may require supporting documentation. We consider the timing of the request, costs already incurred, and how much of the event the player has completed. Approved credits must be used within 12 months and are not transferable.

Situations not eligible for a refund or credit

- Team, division, coach or friend group placement, once a suitable playing option has been offered.
- Schedule preferences, game times or missed games.
- Games cancelled or shortened due to weather, air quality, field conditions or other circumstances outside the league's control.
- Removal or suspension from the league under the codes of conduct.
- Removal because false information was provided at registration.

Processing

Approved refunds are returned to the original payment method. Payment processing fees may not be refundable. Please allow up to 30 days for a refund to arrive.

Participation, risk and waiver overview

Every season, a parent or legal guardian must accept the league's registration agreement and waiver before a player can take part. This section summarizes what that agreement covers. The signed seasonal agreement is the binding version.

Risks of flag football

Flag football is a non-contact sport, but it is still physical. Players run, jump, change direction quickly and pull flags close to other players. Incidental contact, falls, collisions, uneven field surfaces and weather can cause injuries. These can include sprains, strains, bruises, cuts, fractures, concussions and, in rare cases, serious injury.

We reduce these risks through screened coaches with training resources, game officials, age-appropriate rules, equipment checks and the safety policies on this page. We cannot eliminate them.

What families agree to each season

The seasonal registration agreement includes:

- Confirmation that the person registering is the player's parent or legal guardian.
- Permission for the player to participate in practices, games and league events.
- Acknowledgement and acceptance of the risks of flag football.
- Confirmation that the player is physically able to participate, and agreement to tell the league about any medical condition, allergy or injury that may affect safe participation.
- Consent for the league to arrange emergency medical care if a parent or guardian cannot be reached in time.
- Agreement to follow the concussion and injury policy, including removal from play when an injury is suspected.
- A release of liability and indemnity in favour of the league and its directors, officers, coaches, volunteers, officials and partners, to the extent permitted by law.
- Agreement to these policies, including the codes of conduct and the refund policy.
- Separate choices for photo and media consent.

The agreement is governed by the laws of Alberta.

Player code of conduct

Players are expected to show respect, play safely and give their best effort. This code applies at practices, games, league events and in league-related online spaces.

As a player, I will:

- Respect my teammates, opponents, coaches, officials, volunteers and spectators.
- Play by the rules and in the spirit of the game.
- Listen to my coaches and accept officials' calls without arguing.

- Play safely and never try to hurt another player.
- Include my teammates and encourage them, whatever their skill level.
- Shake hands or show respect to the other team after every game, win or lose.
- Take care of league equipment and the fields we play on.

As a player, I will not:

- Use foul language, insults, taunting or trash talk.
- Bully, threaten or exclude anyone, in person or online.
- Make comments about anyone's race, ethnicity, religion, gender, body or ability.
- Fight, push, trip or use unnecessary contact.
- Bring or use tobacco, vaping products, alcohol or drugs at any league activity.

Breaking this code may lead to the steps described in Discipline, complaints and appeals.

Parent, guardian and spectator code of conduct

Adults on the sidelines set the tone for every game. Parents and guardians are responsible for their own conduct and for the conduct of guests they bring.

As a parent, guardian or spectator, I will:

- Cheer positively for all players on both teams.
- Let coaches coach and officials officiate, without sideline instruction or criticism.
- Accept officials' calls. Many of our officials are young people who are learning too.
- Raise concerns privately and respectfully, using the steps in Discipline, complaints and appeals, and never during or right after a game.
- Wait 24 hours after a game before raising a game-related concern with a coach.
- Stay in spectator areas and off the field of play.
- Model the respect and sportsmanship we expect from players.
- Bring my child on time, and pick them up promptly after practices and games.

As a parent, guardian or spectator, I will not:

- Yell at, insult or confront players, coaches, officials, volunteers or other families.
- Use foul, discriminatory or threatening language, in person or online.
- Approach another family's child to correct or discipline them.
- Bring or use alcohol, cannabis or drugs at any league activity, or smoke or vape near the fields.
- Post negative or identifying content about other players, families, coaches or officials online.

The league may ask a spectator to leave a game or practice. Repeated or serious breaches may result in a spectator being banned from league activities, or in the player's removal from the league, without a refund.

Coach and volunteer code of conduct

Coaches and volunteers are in a position of trust with young people. The league cannot run without them, and we hold them to a higher standard than other adults at the field.

Before working with players, every head coach, assistant coach and volunteer must complete the league's coach registration and screening, described in Safe sport and abuse prevention.

As a coach or volunteer, I will:

- Put players' safety, wellbeing and enjoyment ahead of winning.
- Give every player fair playing time and a chance to play different positions, following league playing-time rules.
- Teach and follow the rules of the game, and respect officials' calls.
- Use positive, age-appropriate instruction and never use humiliation, threats or physical punishment such as running laps as discipline.
- Follow the Rule of Two and all safe sport requirements.
- Remove any player with a suspected concussion or injury and follow the concussion and injury policy.
- Follow weather and air quality decisions made by the league.
- Keep player and family information private and use it only for team purposes.
- Communicate with families through league-approved channels.
- Manage the behaviour of my team's players and spectators, and report serious incidents to the league.
- Return league equipment in reasonable condition at the end of the season.

As a coach or volunteer, I will not:

- Be alone with a player out of sight of other adults, or message a player privately.
- Drive a player who is not my own child without written permission from their parent or guardian.
- Use foul, discriminatory or demeaning language.
- Be under the influence of alcohol, cannabis or drugs at any league activity.
- Pursue a personal or social media relationship with a player.

Breaches may result in removal from a coaching or volunteer role, and serious concerns may be reported to police or child protection authorities.

Safe sport and abuse prevention

Elevate Flag Football has zero tolerance for abuse, harassment, bullying or neglect of any participant. This policy follows the principles of Canada's Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) and the Coaching Association of Canada's Rule of Two.

Prohibited behaviour

Maltreatment includes psychological, physical and sexual abuse, neglect, grooming, harassment, bullying and discrimination. It is prohibited for all participants, whether in person, by phone or online.

Screening

Every coach and volunteer who works with players must, before the season starts:

- Complete the league's coach and volunteer registration.
- Agree to the coach and volunteer code of conduct.

The league may decline or remove any coach or volunteer based on screening results or conduct.

Rule of Two

A coach or volunteer should never be alone with a player. Interactions must be in the presence of a second screened adult, or in an open, observable space within sight and sound of other adults.

- Electronic messages to players go to the whole team or are copied to a parent or guardian.
- No private one-on-one meetings, texts or social media messages with players.
- Coaches do not drive players other than their own children without written parent or guardian permission.
- Washrooms and change areas are not shared with players.

Reporting a concern

Anyone who sees or suspects maltreatment should report it. **In an emergency, call 911.**

- Report concerns to the league at info@elevateflag.ca. Reports are handled confidentially, and the person involved may be suspended from league activities while a concern is reviewed.
- In Alberta, anyone who believes a child is being abused or neglected is legally required to report it. Call the Alberta Child Abuse Hotline at 1-800-387-5437 or contact police.
- The Canadian Sport Helpline (1-888-837-7678) offers confidential support and guidance.

Retaliation against anyone who reports a concern in good faith is itself a breach of this policy.

Concussion and injury policy

Any player with a suspected concussion is removed from play immediately and does not return that day. They return only after completing the steps below, including written medical clearance. This policy is based on Parachute's Canadian Guideline on Concussion in Sport.

Recognizing a concussion

A concussion can happen from a fall, a collision, or a blow to the head or body. Signs include headache, dizziness, confusion, nausea, blurred vision, sensitivity to light or noise, balance problems,

unusual emotions, or not "feeling right". A player does not need to lose consciousness to have a concussion.

At the field

1. Remove the player from play right away. When in doubt, sit them out.
2. Call 911 for any red-flag sign: neck pain, worsening headache, repeated vomiting, seizure, loss of consciousness, increasing confusion, or weakness or tingling in the arms or legs.
3. Do not leave the player alone. Release them only to a parent, guardian or emergency contact.
4. The coach notifies the parent or guardian and reports the incident to the league within 24 hours.
5. The player should see a medical doctor or nurse practitioner as soon as possible.

Returning to play

A player diagnosed with a concussion follows a gradual return. Each step lasts at least 24 hours. If symptoms return, the player goes back to the previous step.

1. Daily activities that do not worsen symptoms.
2. Light aerobic activity, such as walking.
3. Individual running and throwing drills.
4. Team drills with no contact or flag pulling.
5. Full practice, only after written medical clearance from a doctor or nurse practitioner is given to the league.
6. Return to games.

Other injuries

Coaches report any injury that needs medical attention to the league within 24 hours. A player who misses activities because of an injury needs a parent or guardian's confirmation, or medical clearance where the league requests it, before returning.

Weather, air quality and field safety

The league decides whether games go ahead and announces cancellations on TeamLinkt and by email. On game day, officials and the on-site league representative can stop or suspend play at any time for safety.

Condition	What happens
Thunder heard or lightning seen	Everyone leaves the field and takes shelter in a vehicle or building. Play resumes 30 minutes after the last thunder or lightning.
Air Quality Health Index (AQHI) 7 to 10	Play may be shortened, with extra breaks, or cancelled. Players with asthma or breathing conditions may sit out.
AQHI above 10	Activities are cancelled.

Condition	What happens
Heat warning, or high heat and humidity	Extra water breaks, shortened games or cancellation.
Cold, snow or high winds	Games may be shortened or cancelled if conditions are unsafe for players.
Unsafe field conditions or a City of Calgary field closure	Games are cancelled or moved.

Parents and guardians may keep their child home whenever they feel conditions are unsafe for them, even if play goes ahead.

Cancelled games may be rescheduled if fields and time allow. Games are not refunded when cancelled for weather, air quality or field conditions.

Players should bring a filled water bottle and dress for the weather.

Photo and media policy

Families choose at registration whether the league may use photos and videos of their child. Saying no does not affect a player's participation in any way.

How the league uses media

- With consent, the league may use photos and videos taken at league activities on our website, social media, newsletters and promotional materials.
- We never publish a player's full name, address, school or contact details alongside their image without separate permission.
- We do not use images that show a player injured, upset or in an embarrassing situation.
- Families may withdraw consent at any time by emailing info@elevateflag.ca. We will stop using the images in new materials and remove them from our own channels where reasonably possible.

Photos taken by families and spectators

Families may take photos and videos of their own child at games. When posting online, please respect other families: avoid close-ups of other children, never tag or name another child without their parent's permission, and remove content if another family asks.

Photography is never allowed in washrooms or change areas. The league may ask anyone taking inappropriate photos or videos to stop or to leave.

Privacy policy

Elevate Flag Football collects only the personal information needed to run the league, and handles it in line with Alberta's Personal Information Protection Act (PIPA).

What we collect

- Player name, date of birth and gender.
- Parent or guardian names, email addresses, phone numbers and home address.
- Emergency contacts.
- Medical information, allergies and injuries relevant to safe participation.
- Uniform sizes, friend requests and registration notes.
- For coaches and volunteers: contact details, screening records and training completion.
- Payment information, processed by our registration and payment providers. The league does not store full card numbers.

How we use it

We use personal information to register players, form teams, schedule games, communicate with families, respond to injuries and emergencies, screen coaches and volunteers, and arrange insurance.

Who we share it with

- Coaches receive the contact and medical information they need for their own team.
- Service providers that help run the league, such as TeamLinkt for registration and communication and our payment processor. These providers may store or process information outside Canada.
- Our insurer, where needed for insurance or claims.
- Emergency services, or where required by law.

We never sell personal information.

Keeping it safe

Access is limited to league staff and coaches who need it. Medical information is shared only with the player's coaches and used only for safety. Records are kept for 5 years after a player's last season, or longer where needed for insurance or legal reasons, then securely deleted.

Your choices

You may ask to see or correct the information we hold about you or your child, or withdraw consent for optional uses such as photos or promotional emails. Contact our privacy officer at info@elevateflag.ca.

Communication policy

- TeamLinkt and email are the league's official communication channels. Schedules, cancellations and important updates are posted there first.
- Families should keep notifications turned on in TeamLinkt and check email regularly during the season.
- Game-day cancellations are posted at least 2 hours before game time whenever possible.

- Team questions go to your coach first. League questions, such as registration, refunds and complaints, go to info@elevateflag.ca.
- We aim to reply to emails within 2 business days during the season.
- Coaches communicate with players through their parents or guardians, or in group messages that include parents. See Safe sport and abuse prevention.
- Promotional emails about future seasons and events include an unsubscribe option. Operational messages about the current season cannot be opted out of while a player is registered.

Uniform and equipment policy

- Every registered player receives a tournament jersey and flag belt, which are theirs to keep.
- Players must wear their tournament jersey and flag belt at every game.
- Cleats with rubber studs or running shoes are allowed. Metal cleats are not.
- Jewellery, hats with brims, and pockets that could catch fingers must be removed or taped before play.
- Players may wear weather-appropriate layers under their uniform, as long as their flags remain clearly visible.

League-issued team equipment, such as footballs, cones, binders and ball bags, remains the property of Elevate Flag Football. Coaches are responsible for returning it in reasonable condition at the end of the season. Replacement fees may apply for lost, damaged or unreturned equipment.

Discipline, complaints and appeals

The league responds to code of conduct breaches in proportion to how serious they are. Minor issues are usually handled with a warning; serious or repeated breaches can lead to removal from the league.

Possible consequences

The league may skip levels when the behaviour calls for it. A player may be affected by a parent or guardian's conduct, and a team by its spectators' conduct.

Level	Examples	Possible outcome
Minor	Arguing a call, foul language, unsportsmanlike gestures	Verbal warning from an official, coach or league representative
Moderate	Repeated minor breaches, taunting, aggressive sideline behaviour	Removal from the current game or practice, written warning
Serious	Fighting, threats, discrimination, harassment, intentional harm	Suspension for one or more games, or ban from attending
Severe	Violence, abuse, maltreatment, or repeated serious breaches	Removal from the league without refund, and a report to police or authorities where required

Raising a concern or complaint

1. For team matters, speak with your coach first, privately and at least 24 hours after a game.
2. If it is not resolved, or involves the coach, email info@elevateflag.ca with the date, the people involved and what happened.
3. The league acknowledges the complaint within 3 business days and may speak with those involved.
4. The league shares its decision in writing with the people directly involved.

Safe sport concerns go straight to the league and the authorities listed in Safe sport and abuse prevention, without speaking to the coach first.

Appeals

A suspension or removal may be appealed in writing to info@elevateflag.ca within 7 days of the decision. The appeal is reviewed by a league director who was not involved in the original decision, and the appeal decision is final. Suspensions stay in effect while an appeal is reviewed.

Contact and policy updates

Questions about these policies can be sent to info@elevateflag.ca. Elevate Flag Football Inc., Calgary, Alberta.

These policies are reviewed before each season. Changes take effect for the next registration period and are posted on our website.