

**Selection Criteria and Process**

**Nova Scotia Provincial 2023 U16 Female Flag Teams**

The purpose of this document is to outline in a clear and transparent fashion the criteria and process involved in athlete selection to Nova Scotia’s U16 Female Provincial Flag Teams.

**Team Participation & Qualification**

The Flag Football U16 Eastern Regionals are the annual competition for the U16 Female Flag Teams representing their provincial sport organization.

The tournament will be restricted to teams whose provincial sport organizations are a Football Canada member and have an established U16 flag program.

**Athlete Eligibility**

In order to be eligible all athletes must:

1. Be a Canadian Citizen
2. Have a valid piece of provincial identification (i.e. birth certificate, medical card).
3. Be a member in good standing of Football Nova Scotia
4. Be in compliance with all relevant Football Canada requirements for eligibility, including age requirements for the U16 Tournament. All athletes that wish to compete on the U16 Provincial team must be born in either the year 2008 or 2009.

**Identification**

Athletes can be identified for the Nova Scotia U16 Female Provincial Flag Team that will be representing the province at the 2023 U16 Flag Football Nationals held in Antigonish, NS from July 30 – Aug. 2, 2023;

1. Attendance at 2023 Provincial Team Selections Camps
2. Identification and invitation by Coaching Staff and Football Nova Scotia through other football programming.

**Team Selection Process**

Athletes selected for the U16 Female Flag Team must possess the ability to improve Nova Scotia’s performance at the national level. The Flag Football U16 Eastern Regionals held this year in Antigonish, Nova Scotia will be the focus of the program in 2023. The Head coach, with input from the Assistant Coaches and Director of Football Operations, will select athletes from the following process:

1. All athletes will be invited to the Selection Camps that will be held on the following dates: March 26, April 1, 16 and 23,2023;
2. April 24, 2023, 24 - 30 athletes will be selected to the Provincial Team program. Athletes will be divided into two (2) teams. The Provincial team program runs from March 26 through to the end of the MYFFL (Metro Youth Flag Football League).
3. June 15, 2023 each team will announce their final team roster of twelve (12) players, 10 (travel) and 2 (Alternates) to continue with the travel team program.
4. July 1, 2023 the final travel team of ten (10) players and two (2) alternates will be named.
5. In case of an injury to a selected athlete following the selection date, an athlete may be replaced on the 10 -player roster prior to the team’s departure for the 2023 Tournament. The replacement player must be selected from the alternate list as determined above.

**Team Selection Criteria**

The Head Coach, and Football Nova Scotia have final authority over all nominations and selections of athletes.

Athletes will be selected based on present expertise and/or demonstrated potential in the following areas:

* Individual skill level, tactical abilities and physical potential to develop with continued training;
* The dynamics of the team as a whole;
* The development and planning of the Provincial Team program in the future.

**Team Sport Considerations**

* Work effectively within the team concept.
* Committed to communication with the other players and team staff.
* Willingness to alter individual preferences and to change to meet the needs of the team and the strategies of the coaches.
* Willingness to work within the assigned role(s) for the team.

**Technical Abilities**

Present skill level and future potential. Consideration would be given to biomechanical limiting factors that could prevent future development.

* Application of skills to the game and competitive situations, all round skills.
* Position specific skills.
* Needs of the team and its composition.

**Tactical Abilities**

* Abilities to read and respond to game situations.
* Ability to make correct decision under pressure.
* Incorporation of individual, positional and team tactics detailed by coaching staff.
* Flexibility and ability to adapt to situations that may occur on the field.

**Mental Skills**

* Consideration is also given to athletes that have characteristics that are conducive to individual and team success. Examples include; strong work ethic, evidenced in training and physical preparation, assertiveness and leadership evidenced by the ability to work well with others (new players and coaches), ability to apply skills to game and competitive situations, positive attitude.

**Other Considerations**

* Commitment to participating in national football
* Establishing a lifestyle to cope with training, preparation and competing nationally.
* Recognizing the responsibility of your involvement as an individual and a member on the Provincial Team, and of the importance and potential as a role model for the sport and the province.
* Self-motivated and responsible
* Determined and committed to personal and program goals
* Effective decision making, cooperative and “flexible”

**Medical**

* Previous athletic injuries and potential life-threatening conditions, due to the physical considerations of the sport, will be considered in the selection process.
* Athletes are expected to work as hard when they are recovering from injury as they do on the field having to follow rehabilitation and recovery programs as prescribed by the Medical and Coaching Staff.

**Athlete Appeal Process**

If an athlete wishes to appeal a decision on Football Nova Scotia’s athlete selection and internal nomination procedures, the appeal will be dealt with as outlined in Football Nova Scotia’s Appeals Policy, found on the Football Nova Scotia website.

**Unforeseen Circumstances / Changes to this Document**

In situations where unforeseen circumstances do not allow the Nova Scotia U16 Provincial Women’s Flag Team selection criteria to be fairly and objectively applied, Football Nova Scotia’s Excellence Pathway Director reserves the right to rule on an appropriate course of action.

The Executive Director and Director of Football Operations reserve the right to make any changes to this document, which in his discretion are necessary to endure selection of the best teams possible for the 2023 U16 Eastern Regional Flag Football Tournament. Any changes to this document shall be communicated directly to all Provincial Team Members. This clause shall not be used to justify changes after the internal nomination procedure unless it is related to an unforeseen circumstance. The purpose of this action is to allow for changes to this document that may become necessary due to typographical error or a lack of clarity in a definition or wording before it has an impact on athletes. The purpose of such changes must be in order to avoid disputes over the meaning of the provisions of this document rather than allow changes to be made to justify selection of different athletes than would have otherwise been selected. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

**2023 U16 Women’s Provincial Flag Football**

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**Appendix**

The Identification Camps will take place at the East Coast Varsity Dome 15 Ragus Rd. Dartmouth, NS. and East Hants Sportsplex in Lantz, NS. on the following dates;

**Provincial Identification Camps**

Sunday March 26, 2023 9am – 11am East Coast Varsity Dome

Saturday April 1, 2023 5pm – 6pm East Hants Sportsplex

Sunday April 16, 2023 9am – 11am East Coast Varsity Dome

Sunday April 23, 2023 9am – 11am East Coast Varsity Dome

**Provincial Team Program**

**Phase 1 – Skill Training**

Tuesday April 25, 2023 630pm – 800pm Harbour East Field Turf

Thursday April 27, 2023 630pm – 800pm Harbour East Field Turf

Tuesday May 2, 2023 630pm – 800pm Harbour East Field Turf

Thursday May 4, 2023 630pm – 800pm Harbour East Field Turf

Tuesday May 9, 2023 630pm – 800pm Harbour East Field Turf

Thursday May 11, 2023 630pm – 800pm Harbour East Field Turf

Tuesday May 16, 2023 630pm – 800pm Harbour East Field Turf

Thursday May 18, 2023 630pm – 800pm Harbour East Field Turf

Tuesday May 23, 2023 630pm – 800pm Harbour East Field Turf

Thursday May 25, 2023 630pm – 800pm Harbour East Field Turf

Tuesday May 30, 2023 630pm – 800pm Harbour East Field Turf

Thursday June 1, 2023 630pm – 800pm Harbour East Field Turf

Tuesday June 6, 2023 630pm – 800pm Harbour East Field Turf

Thursday June 8, 2023 630pm – 800pm Harbour East Field Turf

**Phase 2 – Final Twelve (12) Training**

**TBD**

**Phase 3 – Travel Team (Fee – TBC)**

July 30 – Aug. 2, 2023 U16 Nationals Antigonish, NS