



Football Ontario
21 King Street West
Hamilton, ON
L8P 4W7

PLAYER RECOVERY POLICY

Allowing for proper rest and recovery reduces the risk of injury and maximizes weekly practice and preparation time. A longer recovery time between games would also enable players sufficient time to work through the return-to-play protocol and may deter players from rushing through the protocol to return to competition during a short week of practice.

Mandate: Football Ontario mandates a player must wait a minimum of 2 calendar days in-between tackle football games.

Example: If a player is an active roster participant in a game on Monday, the earliest that player can be an active roster participant in a game would be on Thursday.

“Active Roster” Definition: If player is in equipment for a game, regardless if he participates in the game would be considered on the active roster.