

1. Equipment

Each player is responsible for each item list unless otherwise noted:

a. Mouth Guard

- Mandatory at all times.

b. Shoes

- Running shoes or plastic cleats (i.e. soccer cleats).
- No metal cleats or baseball cleats allowed.

c. Shorts /Track Pants

- May not have exposed pockets, belts, belt loops, or drawstrings.
- Players can wear track pants or shorts with pockets, as long as they are inside out.

d. Shirts/Jersey

- All teams should carry a set of pinnies in case of similar uniform colours.
- Must be long enough to be able to be tucked into pants.
- Must cover the players' shoulders, chest and back.
- Should have both a light coloured and a dark coloured shirt.
- Hoodies are not permitted.

e. Flag Belt

- A one-piece flag belt (i.e. Triple Threat or Flag Tag) that cannot be tied at any point.
- Three flags permanently sewn onto the web belt. Entire belt comes off.
- Cannot be rolled up/shortened, or covered by shirt.
- All shirts must be tucked in, and are not permitted to hang over the flag belt.
- Should a player lose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defence between the shoulders and knees, including the hand and arm) is made.
- Players must have possession of the ball before they can legally be flagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally an automatic 10 yard penalty will be assessed.
- Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. (automatic 10 yard penalty)
- Flag guarding includes but is not limited to:
 - Swinging the hand or arm over the flag belt to prevent an opponent from removing it.
 - Placing the ball in possession over the flag belt to prevent an opponent from removing it.
 - Lowering the shoulders in such a manner that flag guards.

f. Illegal Equipment

- Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
- Jewellery.
- Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped.
- Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- Exposed metal on clothes or person.
- Towels attached at the player's waist.
- Any hard braces must be covered fully with a sleeve or soft padding and soft pads are permitted.

2. Sportsmanship/Aggressive Play

- Sportsmanship and consideration for the well being of others is an integral part of the game.
- Participants must exhibit sportsmanship and fair play.
- Participants must consider the safety of all players in the game.
- Arguing, obscene language, threats to players, officials, or spectators bring disgrace to the sport and will not be tolerated.
- Any ejected player will not be eligible to play for the remainder of the tournament.

3. Body Contact

- **Body contact (blocking, picking and screening) is not permitted.**

4. Scoring

- Running the ball is allowed, but only in the running zones.
- There will be a no-running zone. This zone will be marked at the ten-yard line before the end zone. From inside this point the offense may not run the ball directly into the end zone.
- They may only throw the ball into the end zone, or throw a short pass which may be run into the end zone after it is caught.
- The quarterback has 5 seconds to pass the ball in this zone. The officials will verbalize the count, by counting to 5, then pronouncing the play dead.
- There is also no rushing the quarterback in this zone, as the defense does not line up at least 10 yards from the ball.
- Points can be scored in the following manner:

Touchdown	Advancing the ball into the opponents End Zone	6 points
Convert	<p>A team scoring a touchdown may attempt to add to its score by means of a scrimmage play from the one of three distances.</p> <p>Note: During a convert attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end zone.</p> <p>On 3 point converts, there can be running plays and a rush as it is outside the 10 yard line.</p>	1 point (played from the 5-yard line) 2 points (played from the 10-yard line) 3 points (played from the 20-yard line)
Safety	Flagging an offensive player in their own End Zone	2 points
Single Point (Rouge)	<p>If the ball is punted into the defensive team's End Zone by the offensive team, a single point is scored:</p> <ul style="list-style-type: none">• when the ball becomes dead in possession of a team in its own End Zone or,• when the ball touches or crosses the Dead Line or a Sideline in Goal, and touches the ground, a player or some object beyond these lines.• a single point is awarded when the kickoff travels through the back of the end zone regardless of being touched or not as long as the ball makes contact on the field of play beforehand. A kickoff that travels through the end zone without touching the ground will not be rewarded with a point.	1 point

Single points are **not** awarded in the following situations:

- if a ball is downed in the end zone after being intercepted in the end zone
- if a punted ball hits the goalposts

- when a kick-off goes into the end zone and then out of bounds without being touched
- when a kickoff travels in the air through the End Zone without touching a player or the ground.

5. Number of Players

- Seven on-field players per team.
- A team must have six eligible players in team sweaters, with their flag belt and flags on the field, at the designated starting time or a default will be imposed.
- Defaulted games will be scored 21-0 in favour of the non-defaulting team.
- A five minute grace period will be allowed.
- A team must have a minimum of six players on the field for the duration of the game or they will lose the game by a score of 21-0.
- At that time if the non-offending team is winning at the time, the score will count.

6. Length of Game

- Playing time shall consist of fifteen minute halves, running time.
- At the fifteen minute mark, there shall be a total of 5 more plays from scrimmage to end each half. Converts and kick-offs are not considered plays.
- Half-time shall be 3 minutes.
- Each team will have a maximum of 2 time outs per game.
- Officials may call time outs to deal with measurements, rule explanations, or injuries.

7. Start of Game

- The kicking team is determined by a coin toss conducted prior to the game.
- The winner of the coin toss can elect to be the Home team or the Visiting team. In the first half, the visiting team is given the option to receive the kick-off, to kick off, or to defend an end of the field. The home team then selects the remaining option. The home team has the first choice of options at the beginning of the second half.
- To begin a game, a team will kick off from their own kick-off line, which is 10 yards back from the centre of the field.
- The ball, unless touched by an opponent, must be kicked more than 10 yards towards the opponent's Goal Line before it may be legally touched by a member of the kicking team. PENALTY: Kickoff repeated or receiving team may take possession at the point the ball was first touched by the kicking team.
- The ball, unless touched, shall not go Out of Bounds in the Field of Play. PENALTY: Kick-off repeated; or receiving team, may take possession at the point where the ball went out of bounds.
- To begin the series of four downs, the ball is placed on the ground at the point the ball carrier was flagged on the kick-off. This marks the line of scrimmage.
- Officials shall use their discretion to ensure player safety on muffed kick-offs.
- A muffed kickoff that goes forward will be blown dead.

8. Possession

- The team that has possession of the ball is termed the offence and the team that doesn't is called the defence.
- The offence has 4 downs to obtain 20 yards, keep possession of the ball and attempt to score.
- If they fail to gain 20 yards and a first down, the ball goes to the defence and they, in turn, become the offence and have four downs to obtain 20 yards, keep possession of the ball and attempt to score.
- All measurements can be in yards or in meters.
- All offensive players must take a position on or behind the line of scrimmage.
- All defensive players must take a position at least ten yards from the line of scrimmage on the opposite side.
- A player designated as the centre will then begin the play by snapping the ball between the legs to the quarterback who must receive the ball at least five yards behind the line of scrimmage. Therefore, no direct snaps under centre are allowed.

- Receivers are not permitted to cross the line of scrimmage until after the snap.
- The play is terminated when a defender flags the ball carrier.
- An offensive player may not extend the ball at any point in time, including diving forward. Play will be deemed dead and a ten yard penalty will be enforced. If this occurs while scoring a touchdown, the points will not be awarded.

9. Punting

- Punting is permitted, but must be declared to the officials and opposing team.
- The defending team is not permitted to rush on a punting play.
- Fake punts are not permitted.
- The offensive team must not cross the line of scrimmage until the ball has been punted.
- No rushing the punter is allowed.
- When a punted ball hits the goal post, it is considered dead and is placed at the twenty yard line.
- Dropped punts are dead balls.
- The “no yards rule” is in effect. (5 yard halo)

10. Line of Scrimmage

- The centre is the only offensive player required to be set on the line of scrimmage at the snap.
- All defensive players must begin the play at least ten yards away from the line of scrimmage.
- Players in motion do not count as players on the line of scrimmage.
- Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team.
- PENALTY: Dead Ball foul, encroachment, 5 yards from succeeding spot.

11. Bean Bags

- The officials use bean bags to mark the line of scrimmage; the rusher’s starting point and the first down line.
- Officials will place these bags at the appropriate spot prior to the start of each play.
- Officials will use a different coloured bag must be used to designate the first down mark.

12. Rushers

- The defence must line up 10 yards from the ball.
- Anyone may rush from this point when the ball is lifted off the ground by the centre.
- A team may use more than one rusher on a play.
- The rusher is allowed a clear and unobstructed path to the quarterback after the ball is snapped.
- No one is permitted to block or obstruct the rusher in any way.

13. Fumbles

- Any ball that is fumbled during a down will be dead by rule once it has touched the ground.
- All fumbles are blown dead as soon as the ball strikes the ground.
- When a ball is fumbled or muffed, including an incomplete attempted lateral or hand-off, the play is blown dead and the ball is placed at the point where it first touched the ground, if in an onside direction, or at the point it was last touched, if in an offside direction, i.e. in the least advantageous position for the team that fumbled/muff the ball.

14. Ball Carrier Contacts Ground

- If a ball carrier touches the ground with any part of his/her body, other than his/her feet, the play is whistled dead at that point.
- If the ball carrier has the ball in his/her hand and touches the ground with it, the play is also dead.
- The only exceptions are in the case when a quarterback is receiving a snap, or when a kick-off returner is receiving a kick-off.

- In each of these cases they may have a hand or knee down (third point down) and still be allowed to get to their feet and continue the play.

15. Passing / Receiving

- Teams are permitted only one forward pass on each scrimmage play.
- There are no forward passes permitted on kick-off or punt returns.
- Teams may lateral the ball among team mates as many times as they wish on any play.
- A lateral is a pass in which the ball travels parallel to, or in the direction of, the passer's dead ball line.
- An attempted lateral that results in the ball going forward to a team mate is illegal and is ruled an offside pass when caught by a team mate or when it strikes the ground.
- If the opposing team intercepts the lateral pass whether forward or backward, the play will continue until the ball carrier's flag is pulled.
- A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an illegal pass: loss of 5 yards, loss of down and the clock will start on the ready for play.
- If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the offensive team
- Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offensive line of scrimmage. Clarification: Hindering an opponent's vision without making an attempt to catch, intercept or bat the ball is pass interference, even though no contact was made.
- There are two types of interference penalties:
- Target Zone- Foul is committed at a spot where the official deems the ball to be catchable. Ball is placed at spot of the foul no matter where on the field.
- Remote Zone- 10 yards from previous line of scrimmage and an automatic first down.

16. Personal Fouls

Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not:

- Make any contact with an opponent. (may warrant ejection)
- Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- Trip, hold, clutch or grab an opponent.
- Hurdle another player.
- Position themselves on the shoulders of a team-mate or opponent to gain an advantage.

17. Tie Breaking Procedures

- (i) tied games in pool play shall stand
- (ii) to determine pool standings

2 teams tied

- winner of pool game between tied teams
- point differential (points for – points against) in all games during pool play
- converts – see below

3 teams tied

- point differential (points for – points against) among the **3 tied teams** during pool play
- point differential (points for – points against) among **all teams** during pool play

Converts (used also for playoff overtime)

It is exactly like a soccer penalty shootout except that instead of 5 rounds you get 3. The offensive team gets the choice to go for 1, 2 or 3 points.

To make it easier, here is an example. Team A and Team B are tied and go into overtime.

We toss a coin and the winner (Team A) gets to choose whether to go on offence first or second. Let's say they choose second. Team B would start on offence and would have the choice to go for 1, 2 or 3. They decide to go for 1 and make it. Team A goes on offence and misses. First round is Team B up 1-0. Team B decides to go for 1 again and misses. Team A goes on offence and goes for 2 points. They make it. After round 2, Team A leads 2-1. Now we have one more round left.

Team B decides to go for 1 and scores. Team B goes for 1 and misses. We are now tied at 2-2 after the completed 3 rounds. It now becomes sudden death but both teams must get a chance to score. We do a new coin toss and we go from there. Team A goes first and misses and Team B goes for 1 and scores. Team B wins

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Use footballs appropriate to the size and ability of group (e.g., smaller football or foam ball).

Goalposts must be padded if in field of play. Padding must be 1.8m (6') high.

Clothing/Footwear

Appropriate clothing and footwear must be worn.

No metal cleats to be worn.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, OFSAA, and local athletic association. Consult the Generic Section when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

Facilities

Determine that all facilities are safe for use.

Playing surface must provide safe footing and traction.

Playing area must be inspected regularly, free from debris and obstructions, and well removed from traffic areas.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity must be modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be cancelled or moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Perimeter of field must be marked (e.g., collapsible flags or soft pylons).

Special Rules/Instructions

Be aware of student athletes whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation (consult the Generic Section).

Any exposed orthopaedic apparatus (e.g., knee brace) that presents a safety concern to other players must be soft or padded. Such devices must be approved by the official prior to the commencement of the game.

Parents/guardians must be made aware of any off campus activity and the means of transportation used.

Prior to participation students must receive training or information on concussion prevention and awareness specific to the activity, information on the possible risks of the activity and procedures and rules for safe play. Students must not participate in the activity until these instructions have been received.

Fair play and rules of the sport must be taught and strictly enforced.

Skills must be taught in proper progression.

Games must be based on skills that are taught.

A student athlete's fitness level must be commensurate with the level of competition.

Body contact (blocking, picking and screening) is not permitted.

Flags must not be tucked or tied to the belt and must release easily when pulled.

Environmental considerations

Before involving athletes in outdoor activity, coaches must take into consideration:

- environmental conditions (temperature, weather, air quality, humidity, UV index, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and athlete hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Athletes must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [consult Appendix F - Lightning Protocol]).

Supervision

On-site supervision is required.

Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

First Aid and Emergency Action Plan

An individual who takes responsibility for providing first aid to injured athletes must follow the school's first aid emergency action plan, including accessibility to a vehicle for transportation of a student to hospital (consult Appendix E - Emergency Action Plan) and be present during the entire practice/competition.