



Rule Book

2011

Southern Interior Football Conference Rules and Regulations

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SOUTHERN INTERIOR FOOTBALL CONFERENCE

RULES AND REGULATIONS

CONDUCT OF THE GAME

All games are to be conducted as required by the rules set out in the current year "Canadian Amateur Football Rule Book as approved by Football BC for Canadian Tackle Football in BC" unless otherwise specified herein.

Section 1 - The Ball

Unanimous agreement to adopt Wilson and Baden balls as official SIFC ball

Flag, Atom	Size 5 K2	Model F1712
Peewee	Size 6 TDJ	F1713
J B	Size 7 TDY	F1714
Bantam	Size 9 TDS	F1715
Midget	Size 9	

- (2) Home team will furnish the game footballs. All game balls will remain under the control of the Officials, and the decision as to the condition of the game ball will be at the discretion of the Head Official.

Section 2 - The Game

- (1) Visiting team will be given the option to kick, receive, defend an end or defer to the second half.
- (2) (a) If a team is behind by **18** points or more, at the start of the second half, they will have the option to kick, receive the ball, or defend an end at the beginning of the second half.

(b) If a team is behind by 30 points or more at any time, running time will be **mandatory**. This will be known as the "MERCY RULE." However, if the spread is over 32 points at any point in the game, it will be discussed among the coaches and head ref how to proceed... i.e. to continue the game with modifications or call the game. Both coaches must agree.

(3) Atom - Punts and Time outs

It was agreed that it will be live punts, (snapped), and just pinned on the convert tee for converts. Also agreed that there will be 2 time outs per half .

Timing in the Atom games will be 4 - 20 minute running time quarters with the clock

stopping only for injuries. The atoms will change ends at half time only. **Coaches will be allowed on the field up to and including the first game in October. After which, they will call the plays from the sidelines.**

(a) Pee Wee is 4 - 10 minute quarters with regular stop time procedures.

- (4) The Junior Bantam, Bantam, and Midget teams will play four 12-minute quarters of stop time.
- (5) Each team may call 2 time-outs per half.
- (6) The Head Official or Game Commissioner may call an official's or injury time-out. The clock will be stopped in the event of either of these.

- (7) The Head Official will determine if the game time will be kept on the field or on the sideline.
- (8) If, during a punt, the ball does not travel more than 10 yards from the kicking point, the ball will be blown dead in the air. The possession of the ball changes hands and the ball will be placed at the point at which it contacted the ground.
- (9) All forfeitures of a scheduled game will result in a fine of up to \$250.00, with exception when the league is given 72 hours notice prior to the scheduled game time. Fines collected will be paid to the host team to cover actual costs incurred. A minimum notice of 72 hours or no later than Thursday for a Sunday game must be given. Notification must be person-to-person (phone) and attempts must be made to contact (A) the association president, (B) the team head coach, (C) the team manager/parent. Once contact has been made with one of these individuals an e-mail to all three must follow as written confirmation

Section 3 - The Field

- (1) The field shall conform to the Canadian amateur football rule book.
- (2) Where ever possible, both teams shall be situated on the same side and this side shall, where possible, be away from the fans.
- (3) All amenities available at the field of play shall be made available to both the home team and the visiting team on an equal basis, i.e. dressing rooms, shelters, etc.
- (4) At each game it is the responsibility of the home team to mark the coaching box from the **15 to the 45** yard lines for 12 man ball... and **15 to 40** for 9 man ball
The coaches will respect these boundaries. It will be enforced by both the game commissioner and the referees.
Enforcement will be a 5 yard penalty after the first warning.
- (5) Each association will ensure that all official fields will have a score board visible at each game.

Section 4 - Uniform and Equipment

- (1) Regulation mouth guards are mandatory and they must be attached to the facemask at all times.
- (2) If a player wears a special mouth guard, the Head Official must be notified.
- (3) Players with casts, guards and braces to protect body parts, are permitted to participate provided that such are appropriately covered on all edges and surfaces by foam rubber or similar material.
The Head Official shall have the final say on whether a player is properly equipped to participate.
- (4) Team colours and styles of uniforms must be approved by their League prior to purchasing new or replacement uniforms.
- (5) All players' helmets must be NOCSAE approved and must conform to the regulations as set forth by Football BC. All Players helmets must have a visible warning label affixed to the outside of the helmet.
- (6) A player shall be required to wear a helmet when on the field of play and shall not voluntarily remove it while the play is in progress.

- (7) Any player not wearing proper equipment must leave the playing field and shall not return until the equipment is corrected.
- (8) CARBTF rule: All visors must be clear. Ophthalmologist cert. required if tinted.
- (9) No players shall wear jewelry while playing in the game and any jewellery that cannot be removed must be taped.
- (10) Absolutely no stickum like substances will be used.
- (11) Players at Junior Bantam, Bantam and Midget are to conform to the Canadian Numbering rules by position as defined in the Canadian Tackle Rule Book

PLAYERS

Section 5 - Players

- (1) **All players must have insurance equivalent to B.C. Medical insurance. Football BC will determine if the player has the equivalent medical insurance. The club registering the player must provide the documentation to Football BC. (Changed in January 2008)**
- (2) **Birth certificates, passports, driver's license, citizenship papers, Care Cards, official court documents, a letter from the family physician and baptismal certificates are acceptable as proof of age.**
- (3) **A tackle football player will only be registered on one tackle football roster per season. Players must be registered on the Verification Roster by Number, Surname (followed by a comma and 1 often used Christian name), birth date (day, month, year)**
- (4) Prior to the first league game, each player must be verified and their personal information accurately recorded on the verification sheet. The President or the Registrar of their association may verify a player. It is the responsibility of the President and the Registrar of each association to verify that all information provided on the verification Roster is correct.
- (5) Falsification of a verified roster will result in the forfeiture of all games with the illegal player on the roster and the score will be 0 for the team with the falsified roster and 21 for the opposing team.
- (6) Players not present for each game must be noted as absent on the verification roster, in the space provided, prior to each game.
- (7) All verification rosters will be block printed or typed. Each team must provide the Game Commissioner and the opposing team with official copies of rosters. The names and team function of all support staff will be block printed on the reverse side of the verification rosters.
- (8) Player rosters will be frozen on Sept. 30 (Oct. 7) of the current year at 23:59 hrs. The League Commissioner must receive 1 copy of the frozen roster prior to this time. Hardship cases to add players to the frozen roster may be considered by the League executive on an individual basis.
- (9) **Players ages are determined as of December 31 of the current playing year and the age divisions are as follows:**

Flag	Ages 6 & 7
Atom	Ages 8 & 9
Peewee	Ages 10 & 11
Jr. Bantam	Ages 12 & 13
Bantam	Ages 14 & 15
Midget	Ages 16, 17 & 18 with unlimited 18 year olds on the team.

- 10) Teams can carry an unlimited number of players on their roster, except for Bantam and Midget level, which can carry a maximum of 43.
- Players will be registered on a first come first registered basis. As a vacancy arises the replacements will be taken off the waiting list in order of the date they were placed on the waiting list.
- (11) All teams must have a minimum of **18** (16 BCCFA) players dressed and able to play or the game will result in a forfeit. The exception to this being the Atom level which must have 13 dressed and able to play.

Rules are in place for safety and control. They are not meant to be bent or broken. There is an **18** (16) player minimum for 12-man ball and a 13 player minimum for 9-man ball. Any team with fewer players than that at the start of the game must forfeit and CANNOT play. BCCFA rules are a minimum for the SIFC.

- SIFC will adopt the BCCFA rule of 16 players in 12 man and 13 players for 9 man only until 1st weekend following the Labour Day weekend games.
 - Every team should have a team manager/parent to be responsible for paperwork, rosters, count sheets etc...
- (12) If it is the opinion of the game official that a player is incapable of playing and the official has determined the player is at risk, the head official will call a time-out and host a conference between the two head coaches, the Game Commissioner, and the player's trainer to explain the reason and the concern in removing a player in the interest of the player's safety.
- (13) Players may only play up one age level above their actual age and, once moved up, may not return to their proper age level. The player must have the consent of his or her parents before a move will be considered. The Local Association shall discourage any movement of players except in extreme circumstances.
- (14) Any player who plays in a BCFC football game after the second league game of the season or appears on the BCFC registrar's roster after the second league game, loses their eligibility to play in any BC Community Football Association playoff game(s) or the Championship. (changed 2008)
No midget player can participate in a CIS program after September 15th and be eligible for BC Community Football Association playoffs or Championship. (changed 2008)
- (15) All players will shake the hands of the opposing team at the conclusion of the game. The coaches shall ensure that the players uphold a high degree of sportsmanship at the end of the game and shall be responsible for any deviation from this regulation.
- (16) A player must have played a minimum of three games during the regular season in order to be eligible to play in a playoff game. (The only exception would be on presentment of a doctor's medical certificate.)
- (17) To register a complaint concerning the use of an ineligible player(s) during playoff games the opposing team must note such a complaint on the League's Game Commissioner's report during or immediately after the game.

If the League Commissioner determines that a team has played an ineligible player(s) the result shall be the forfeiture of the playoff game and all points or awards being awarded to the opposing team.

Minimum play rule for all playoff games

- The number of game plays for player participation is:
- 10 plays for Atom, Peewee, Jr. Bantam, and Bantam.
- All provincial quarter, semi and final playoff games shall have plays monitored.

Monitors for player participation: each team will supply 2 individuals. One will monitor their own team and the other will monitor the opposing team, thus having two monitors working together per team and the results will be forwarded to the games commissioner for final verification. These monitors will work from the game commissioner's area of the field.

Injured players are exempt from this rule. All injured players either before the game or during the game shall be noted on the monitors form as injured.

Penalty for non compliance with this rule is game forfeiture.

OFFICIALS

Section 6 - Game Officials

- (1) All field officials will be appointed by the chief allocator of the referee's association that is contracted.
- (2) The Head Referee shall detail and initial all serious infractions on the Game Commissioner's sheet, at the time of the infraction.
- (3) There will be a minimum of 3 Game Officials present during a game.
- (4) The home team shall be responsible for the safety and welfare of the Game Officials. Where possible the game officials will be provided a private locker room for their use.

Section 7 - Sideline Officials

- (1) The home team will be responsible for providing downs person, linepersons (yardstick personnel), a qualified Game Commissioner, as well as the prescribed game ball. The sideline personnel will work under the direction of the Head Referee.

Section 8 - The Game Commissioner

Game Commissioners and reports:

- Each team should strive to have the same game commissioner for their games. This person should be up on all the game commissioner duties and shall locate themselves between the players' benches. **(not in the coaches box or on the opposite side of the field)**
 - Commissioner reports shall be sent regardless if the game was a forfeit.
- (1) The home team's association will be responsible for providing a qualified Game Commissioner for all home games. If no Commissioner is present the Home team forfeits the game.
 - (2) The Game Commissioner shall be 19 years of age or older.
 - (3) The home team will be responsible to advise the Game Commissioner of the nearest available telephone or, if possible, provide a cellular phone, in the event of an emergency. The Game Commissioner shall have a copy of the sites emergency protocol.
 - (4) The Commissioner will be responsible for ensuring the following:
 - a) Each team is prepared to play at least 30 minutes prior to the start of the game, and ensure, as well, that each team has a verified and completed player roster. This may include a PA roster. All absent players are to be noted on the verified roster and the Game Commissioner is to confirm the number of players listed on the verified roster minus the absent player equals the number of players on each team's bench.
 - b) If a team is late by 15 minutes to play a scheduled game, it will be considered forfeiture.
 - c) The Head officials are ready for the game to begin and that the game timing has been decided and the game balls have been chosen.
 - d) The conduct of the players and team support staff on the benches is proper and issue instruction if required.
 - e) No family members or fans are at or near the player's benches.
 - f) That, in the event of an injury, they shall check with the trainer to see if a stretcher or ambulance is required.
 - g) That only qualified medical persons attempt to move a player with any neck back injury, and that an ambulance is called under these circumstances.
 - h) That the Game Commissioner's report is properly filled out at the end of the game, including the signature of both head coaches, as well as the Head Official.
 - i) The number of game officials that officiate each contest, as well as their name, excluding sideline officials recorded on the Game Commissioner's report.
 - j) That the game reports are e-mailed or faxed to the League Commissioner on the same day the game is concluded or as soon as possible thereafter.
 - k) That there is a **Southern Interior Football Conference Rule Book** at his/her desk for every game, as well as a current copy of the **Canadian Amateur Football Rule Book**.
 - l) The game scores are properly recorded in order for the home team to forward to the League Commissioner, or his designate, those scores at the end of the day.
 - m) The Game Commissioner's sheets are properly filled out. This shall include details of all serious infraction which must be completed at the time of the infractions as per the Head Referee's instructions, and ensure that the Head Referee initials all serious infractions on the sheet.

SCORING

Section 9 - Table of Scores

(1) Atom, Peewee & Jr. Bantam

Touchdown	6 points
Kicked convert	2 points
Run or pass convert	1 point
Rouge	1 point
Field goal	3 points
Safety Touch	2 points

(2) Bantam & Midget

Touchdown	6 points
Kicked convert	1 point
Run or pass convert	2 points
Rouge	1 point
Field goal	3 points
Safety Touch	2 points

Section 10 - League Scoring

- (1) The points shall be awarded on the basis of 2 points for a win, 1 point for a tie, and no points for a loss.
- (2) If a game is forfeited on a "no show" basis in league play, the team forfeited to will be awarded 2 points in the league standing, and the game will be recorded as a win. The team will also receive 21 points for and 0 points against.
- (3)
 - a) League standing will be based on the number of wins vs. losses. In the event of a tie, at anytime during the season, the record of wins versus losses against each other will be the first tiebreaker. **If there is still a tie**, the team with the least points against for the entire season versus all opponents will be declared ahead in the standings and if there is still a tie, points for the entire season versus all opponents will be considered and the team with the most points for will be placed higher in the standings.
 - b) **If three or more teams are tied:**
 - Record versus each other.
 - Cannot finish ahead of team that beat you.
 - If Paradox occurs then use winning % of opponents.

FOULS AND PENALTIES

Section 11 - Game Officials, Coaches and Support Staff

- (1) Any coach or support staff whose conduct is detrimental to the league or who conducts himself or herself in a manner which constitutes unsportsmanlike conduct, including the use of foul language or physical act of aggression, will be dealt with at the discretion of the Local League Board of Directors.
- (2) The League (SIFC) reserves the right to impose what penalty it may deem fit under such circumstances.
- (3) Any coach, or team personnel ejected from the game, must immediately leave the field of play.

Section 12 - Player Fouls

- (1) Any player who receives objectionable conduct penalties, or unnecessary roughness during the season, including playoffs, shall be dealt with as follows:
 - a) If any one game, if a player receives two of the above noted penalties, that player shall be ejected (disqualified) from that game.
 - b) If a player is ejected (disqualified) from two games in a season, he/she shall be suspended for one additional game.
 - c) If a player is ejected (disqualified) from three games in a season he/she shall be suspended for the balance of the season and all play-offs.
- (2) Any player ejected from a game must remove jersey, helmet, shoulder pads and remain seated on the player's bench until conclusion of the game.
- (3) Ejected Players must be escorted from the park by a member of the coaching staff at the conclusion of the game.

Section 13 - Grievance Procedure

- (1) As there may be grievances, each matter will be judged on its own merit. Common sense and prudence will be used in all matter pertaining to the subject.
- (2) All grievances must be submitted in writing in the prescribed form to the League Commissioner within 48 hours of the game in question. Each grievance shall be accompanied with a cheque in the amount of \$200.00, payable to the local league.
- (3) The League will discourage petty and frivolous grievances. As well, grievances that deal with specific rulings by the official shall not be heard.
- (4) The League Commissioner shall appoint a grievance committee made up of the League Commissioner and two randomly selected Presidents from the list of Presidents in The SIFC.
- (5) If a grievance is filed due to a player suspension, that player shall remain suspended until the grievance is settled.
- (6) The grievance committee shall set a date and location for the hearing (this may be done by conference call)
- (7) The committee shall investigate and contact all parties involved in the grievance.
- (8) The committee, within 24 hours of hearing the grievance shall render a decision and contact all parties involved, via phone, email, fax, or letter.
- (9) The grievance committee decision shall be final.
- (10) The loss of the grievance shall result in the loss of the \$200.00 deposit.

MISCELLANEOUS

VOLUNTEERS, COACHES AND MEDICAL PERSONNEL

Section 14 - Coaching Certification

- (1) All BC Community Head Coaches, at all levels, must be in possession of a **Level I** coaching certificate; all assistants must have a minimum of level 1, with the exception of a first year coach.
- (2) There must be competent medical personnel at each practice and at each game to be available for medical emergencies. The following qualifications are recognized:
 - a) Doctor
 - b) Registered Nurse
 - c) Practical Nurse
 - d) Paramedic
 - e) Industrial First Aid
 - f) St. John's Ambulance
 - g) First Responder
 - h) BC Firefighter
- (3) All Volunteers and coaches with any BC Community Association must complete the Volunteer Screening Model as adopted by the Provincial Sport and Recreation branch and as required by Football BC. See Appendix A.

Section 15 – League Championships

- (1) The League Championship games for all division, whenever possible, will be held at one stadium or park, as agreed to by the League membership.

Section 16 - Player Release

- (1) A player may not join another association until all fees and equipment have been turned in to the departing association.
- (2) Failure to comply with 16-1 makes the player in question ineligible to register with another association.

Section 17 – Practices

Practices to start no earlier than July 1st for Fall Leagues.

Section 18 – Game Day Amenities

Home Team shall be responsible for setup and cleanup on Game Day.

Concession to be provided, where possible.

LEAGUE COMMISSIONER

Section 19 - League Commissioner

- (1) The League Commissioner shall keep the win-loss records of all games of the member associations and keep the football standings of the League.
- (2) The League Commissioner will direct each Association with reference to the League Rules and Regulations pertaining to all activities both on and off the field in all areas that reflect upon the League and its member associations.
- (3) The Commissioner will be under the directorship of the Executive of the League.
- (4) The Commissioner shall have the following duties and responsibilities:
 - a) He/she shall ensure that each association submits all frozen rosters 3 days after the deadline.
 - b) He/she obtains weekly roster and game reports.
 - c) He/she advises all local teams of any player suspensions.
 - d) He/she handles duties as assigned by the local league
- (5) The League Commissioner to administer game suspensions for those players receiving more than two objectionable conducts during the course of the season.
- (7) The League Commissioner shall appoint one or more Assistant League Commissioners, as the need requires. The Assistant Commissioner(s) shall perform the duties of the League Commissioner in the absence of the League Commissioner, and other duties as delegated by the League Commissioner.

POST SEASON PLAY

Section 20 - PLAY OFFS and PROVINCIAL CHAMPIONSHIPS

- (1) The BC Community Football Association shall meet every spring to set the play off and championship dates one year in advance
- (2) The BC Community Football Championships shall be held no later than the first weekend of December.
- (3) Once the location of the championship has been chosen, a local host organizing committee shall be informed and shall communicate regularly with the BC Community Executive.

MINIMUM PLAY RULE FOR ALL PLAYOFF GAMES

- The number of game plays for player participation is:
- 10 plays for Atom, Peewee, Jr. Bantam, Bantam
- All provincial quarter, semi and final playoff games shall have plays monitored.

Monitors for player participation: each team will supply 2 individuals. One will monitor their own team and the other will monitor the opposing team, thus having two monitors working together per team and the results will be forwarded to the games commissioner for final verification. These monitors will work from the game commissioner's area of the field.

Injured players are exempt from this rule. All injured players either before the game or during the game shall be noted on the monitors form as injured.

Penalty for non compliance with this rule is game forfeiture.

Section 21 - Overtime During Playoff Games

If the score is tied at the end of regulation time there shall be a five minute intermission followed by a shootout.

Note***There shall be no timeouts except for referees or injuries

- There shall be a coin toss; the team winning the coin toss gets to choose to play offense, defense or which 25 yard line the ball is spotted on. The offensive team (Team A shall have one possession in which to score.)
- If Team A scores during their possession, Team B shall go on offense from the same 25 yard line and have one possession in which to score.
- Extra point(s) after touchdown will be attempted.
- If only one team scores, the game is over, the scoring team wins the game. If both A and B teams score the team that has the higher score wins the game.
- If the score remains tied, this procedure shall be repeated from the beginning with no intermissions until a winning team is determined.
- Possession is defined as a first down. Possession remains with the team until they either fail to make an additional first down or they score.

Appendix A

Volunteer Screening Model

http://www.cscd.gov.bc.ca/sport/docs/sportsafe/screening_volunteers_guide.pdf

Compiled by:

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