

Southern Interior Football Conference

GAME PLAY Rule Book 2026 Field Version



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All games are to be conducted as required by the rules set out in the current year's Canadian Amateur Football Rule Book as approved by Football Canada unless otherwise specified herein.

Section 1 - The Ball

Atom/U10	Size 5	K2 WTF1782XB "Peewee"	F1712	J5PW	U10 Flag
Peewee/U12	Size 6	TDJ WTF1783XB "Junior"	F1713	J5J	U12 Flag
Jr Bantam/U14	Size 7	TDY WTF1784XB "Youth"	F1714	J5Y	U14 Flag

1. The Home Team shall provide a league approved game ball(s). The visiting team may use their own game ball(s) if they choose.
All game balls are to be approved by the game official at the beginning of the game. All game balls will remain under the control of the Officials, and the decision as to the condition and suitability of the game balls will be at the discretion of the Head Official.

Article 1 – Description

The game is played with a four-panel ball made of pebbled grain leather, enclosing a rubber bladder and tightly inflated to a pressure of not less than 12 1/2 lbs. (85 kilopascals) and not more than 13 1/2 lbs (95 kpa). It shall be in the shape of a prolate spheroid. The circumference of the long axis shall be from 27 3/4 to 28 1/2 inches (700 to 725 mm). Circumference of the short axis shall be from 20 3/4 to 21 3/8 inches (525 to 540 mm). Length of the long axis shall be 10 7/8 to 11 7/16 inches (275 to 290 mm). Weight from 14 to 15 ounces (400 to 425 grams). The Home Team shall provide a league approved ball or balls. The decision of the Referee shall be final as to the suitability of the ball.

Age	Dimensions	Wilson	Nike	Baden
6 - 9	Length: 9.5-10" Width: 6-6.5" Diameter: 17.5-18.5"	Pee Wee (K2)	Size 6	Pee Wee (Size 5)
9 - 12	Length: 9.5 - 10.5" Width: 6-6.5" Diameter: 18.5-19"	Junior (GST)	Size 7	Junior (Size 6)
12 - 14	Length: 10.5-11" Width: 6.5 - 6.75" Diameter: 19.5"	Youth (GST)	Size 8	Youth (Size 7)
14+	Length: 11" Width: 7" Diameter: 21"	Official	Size 9	Official (Size 9)

Section 2- Uniform and Equipment

1. Regulation mouth guards are mandatory and they must be attached to the facemask at all times.
 - a. If a player wears a special mouthguard without strap attachment, due to dental needs, the Head Official must be notified prior to the start of the game.
2. 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. A doctor's note is required to approve the player for contact sports. Doctors Note to be provided to another city if played in a game aspect.
3. The Head Official shall have the final say on whether a player is properly equipped to participate.
4. Team colors and styles of uniforms must be approved by their League prior to purchasing new or replacement uniforms if the overall color scheme is being changed from previous years.
5. All players' helmets must be NOCSAE approved and must conform to the regulations as set forth by Football Canada. All Players helmets must have a visible warning label affixed to the outside of the helmet.
6. If a player's helmet comes off during the play, except as a result of a foul or injury,

they shall be required to leave the game for 3 plays. (CARBTF Rule #1 Sec. 11 Art. 2d)

7. 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.
8. Any player not wearing proper equipment must leave the playing field and shall not return until the equipment is corrected.
9. All eye shields (visors and or glasses) must be clear.
10. No players shall wear jewelry while playing in the game and any jewelry that cannot be removed must be taped.
11. No players shall wear or carry action camera type devices while on the [field](#). ie: GoPro or recording devices.
12. Absolutely no stickum or other adhesive to be used by players in ANY SIFC game. Violators will receive a Unsportmanlike conduct penalty and be suspended for the rest of the game.
13. Players are to conform to the Canadian Numbering rules by position as defined in the Canadian Tackle Rule Book

Legal numbers are from 0 to 99 inclusive.

All Team A players shall be identified by the following approved numbering system:

Eligible Pass Receivers – 0 to 49, 80 to 99 Ineligible Pass Receivers – 50 to 79

On any given play from scrimmage, any number of positions may be occupied by inappropriately numbered players who have reported to the Referee as eligible or ineligible receivers.

Note: In an effort to facilitate the game, an inappropriately numbered player may report for a play, a series or for the game. If a player reports for a series or game, that player must report again if the situation changes

14. Drone usage is only allowed if the city permits it. If drone is permitted coaching staff must let commissioner know at the beginning of the game. It must stay spectator side only. (NOT ON PLAYERS SIDE, OVER FIELD OF PLAY OR ENDZONE) If a drone flies over any of these areas. Drone will be asked to be grounded for the remainder of the game. Will report to the commissioner. If multiple instances occur. That team will no longer be able to have drone at the field

Section 3 - The Field

1. The field shall conform to the Canadian amateur football rule book as closely as possible; however the following is acceptable:
 - a. 100 yards Long by 50 by 55 yards Wide.
 - b. 15 yard end zones
 - c. The coaching boxes shall be between the 15 and 40
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, as provided by the home team, shall be made available to both the home team and the visiting team on an equal basis, i.e. dressing rooms, shelters, etc.

4. The Home Team shall be responsible for setup and cleanup on Game Day.
5. Each game day field must have access to toilets and hand cleaning stations.
6. At each game it is the responsibility of the home team to mark the coaching box from the 15 to the 40 yard lines. 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.
7. Each association will ensure that all official fields will have a scoreboard visible at each game.
8. Spectators are asked to stay on the opposite side of the field from the team. If the spectator stands are provided at that field. If the field has multiple areas to sit on (ex Grass) they are expected to stay a distance of 15-20 feet from the bench, sidelines and Players. There is zero approaching the players bench or coaching staff at any time.
9. Yard Markers shall be placed on the opposite side of the field from the team benches.
10. Commissioner Areas are clearly marked off by cones or other clear markings and designated as the "Commissioner Area" set up on the same side of the field as the team benches and shall be set up between the 45 yard lines.(Area may be narrowed depending on the field but provide that a reasonable separation of at least 10 yards between team benches is maintained.

Section 4 - Weather

HEAT: If the weather is 34 and below you can practice with gear. If between 34.5 and 37.5 can run modified practice,lots of water breaks and possibility of shorter practice.37.5 and above practice is cancelled

SMOKE: If smoke index is above 6 practice should be cancelled

LIGHTNING:Abide as per CARB Rule Lightning Safety on page vii

Safety for lightning is always the concern for all participants and spectators involved in a game.

Lightning Safety Tips:

- Establish that an action plan is in place for all involved.
- Establish that a designed person is in charge of the weather
- Establish that there is a means of monitoring local weather forecast and warning(i.e. Environment Canada,radio,T.V.)
- Establish that there is a cell phone for emergencies
- Monitoring should begin in appropriate amount of time before the event
- Watch the sky for dark heavy clouds on a warm or humid spring and summer day
- Be aware that lightning may strike several kilometers from the storm
- Avoid powerlines and tall objects,high places and water

- Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder
- Safe shelter includes inhabited buildings and fully enclosed vehicles
- If in a vehicle it is important to not touch any parts of the metal framework during ongoing thunderstorms
- If caught in an open level field, don't lie flat but crouch on the ground, with feet together, place the hands on the knees and bending forward
- Avoid grouping of players
- Remain sheltered for 30 minutes after the last thunder or lightning flashes prior resuming an activity

Section 5 - Players Roster and Registration

1. Registration opens May 1 of the said year and Closes on 2 weeks prior to first scheduled game. Declaration of teams on July 15th.
2. All players must have insurance equivalent to B.C. Medical insurance. Each league must have proof of coverage.
3. School Forms must be uploaded for address match to school.
4. **Roster Verification** All players on the official roster sheet of a team must be verified after proof of date of birth has been provided and found to comply with division age regulations. Documents that can be used to provide proof of date of birth for roster verification purposes are: original Birth certificates, passports, B.C. Driver's Licenses, Citizenship papers, official court Orders, certification of birth certificates (with file number), baptismal certificates and Care Cards that show birth date are acceptable proofs of age
5. A tackle football player will only be registered on one tackle football roster per season. Player must register in the city that they reside. If one program can not field a team in the season then those players are automatically released to go to the nearest city to play the remainder of that season. Definition of a season is January 1-Dec 31 of that year played.
6. Prior to the first league game, each player must be verified and their personal information accurately recorded on the verification sheet. Any board member of their association may assist with verifying 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.
7. Falsification of a verified roster will result in the forfeiture of all games with the illegal player on the roster
 - a. Each impacted game score will be amended to
 - i. 0 for the team with the falsified roster and 21 for the opposing team, OR
 - ii. if the actual game score resulted in a larger points spread, the score will be recorded to reflect that points spread, to a maximum of league

permitted points spread, with the forfeiting team having 0

8. Players not present for each game must be noted as absent on the verification roster, in the space provided, prior to each game. Injured players must provide a doctors note of injury
9. The official roster shall be saved from the official registration system and made available to all league presidents in a protected file.
 - a. Players unable to dress for the game should be marked as (A) for away or (I) for injured.
 - b. In the absence of the ability to print the game day roster from the official registration system, a typed roster will be accepted. The roster must be in jersey number order. It must include first and last names, birth dates, the club name, team name and division, and a list of registered coaches with NCCP#, trainers, and other team staff. This player roster must accompany and match the roster from the registration system.
10. **Frozen Rosters** The registration rosters for each team will be frozen by Tuesday at Midnight between the 5th and 6th weeks of play with the official amount of frozen players on the roster in numerical order. To be submitted via email to the league Commissioner
11. Rosters must be presented to the game commissioner and the opposing team for every game, with absent and injured players being clearly marked.
12. Players ages are determined as of midnight on December 31 of the current playing year and the age divisions are as follows:
 - a. Atom Ages 7,8 & 9
 - b. Peewee Ages 10 & 11
 - c. Jr. Bantam Ages 12 & 13
13. Teams can carry an unlimited number of players on their roster of maximum of 36.
14. Minimum number of players
 - a. All 9-man teams must have a minimum of 12 players dressed and **able to play** or the game will result in a forfeit.
15. If a team forfeits due to minimum numbers not being met, the head coaches and game officials will host an on-field conference to determine if it is safe to go ahead with a scrimmage. In the event of a scrimmage, the forfeit will still hold.
16. Every team should have a team manager/parent to be responsible for paperwork, rosters, count sheets etc. Team Managers are not to be on the players bench side during the game. Unless they are able to approach the bench to bring water, snacks or check on injured children if parents ask.
17. 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. If an ambulance is called and is unable to move off the field it is up to the referees to call the game if they see fit. The final score will be recorded to where the game ended as a final score.

Section 6 - The Player

18. 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.
19. 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 the presentation of a doctor's medical certificate as to why.)
20. 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.
 - a. 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.

Section 7 - 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, or at the conclusion of the game. Serious Infractions include fouls categorized under:
 - a. Rough Play
 - b. Unnecessary Roughness
 - c. Objectionable Conduct
 - d. Any other occurrence resulting in a field ejection
3. 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 8 - Sideline Officials

1. The home team will be responsible for providing downs personnel, linepersons (yardstick personnel), and a qualified Game Commissioner. The sideline personnel

will work under the direction of the Head Referee.

Section 9 - The Game

Starting the Game. Prior to the start of the game, the Officials will call the captains of the 2 participating teams together near mid-field for a handshake. The captain of the visiting team having first choice at the start of the first half shall have the option of one of the following three choices:

1. Kicking Off;
2. Receiving the kick off;
3. Defending an end of the field.
4. Defer to the second half.

Points Spread

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.

MERCY RULE:

The Mercy Rule will be initiated when a team gains a lead of 32 points or more.

- Score Recording:
Once the Mercy Rule is activated with a 32-point or greater spread and the losing coach's agreement, the official score will be recorded at that point. The game will continue to be played to completion, but no additional points will be added to the recorded final score. Upon activation of the Mercy Rule, the game will move to straight running time.
- Player Participation:
The team with the lead is expected to rotate in less experienced or developmental players. This ensures continued learning opportunities for both teams and upholds the spirit of youth football as a developmental sport.
- Coaching Responsibility:
Coaches are expected to model respectful conduct and sportsmanship. Continuing to play starters or actively attempting to score further after the rule is activated goes against the intention of this rule and may be reviewed by the league for follow-up.
- Rationale: This Mercy Rule supports the development of all players, fosters a positive competitive environment, and helps prevent demoralizing blowouts. By encouraging the use of less experienced players once a 32-point lead is established, we give both teams a chance to grow and maintain the integrity and sportsmanship of the game while also removing any concern of the recorded points for and against.

1. The Head Official may call an Official's time out and a time out for injury. In all games a three minute warning will be given at the Three (3) minute mark before half time and before the end of the fourth quarter.

2. The Head Official of the game has the right to rule where the time of the game is to be kept; on the field or on the sidelines. The decision of the Head Official in this regard is final.
3. 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 contacts the ground.
4. There will be NO blocking below the waist in any group at any time. Penalty will be a 10 yard major.
5. In the event that a player is injured during the game the player must take off his/her shoulder pads. May remain on sidelines with the team for the remainder of the game if the injury does not necessitate assistance. The player must remove their shoulder pads and helmet if on sidelines. Any play counting after injury will not count.
6. Each team may call 2 time-outs per half.
7. 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.
8. The Head Official will determine if the game time will be kept on the field or on the sideline
9. There will be NO blocking below the waist in any group at any time. Penalty will be a 10 yard major.
10. Process for canceling/forfeiting a game: 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 email to all three must follow as written confirmation with a carbon copy to the League Commissioner and the game officials.

9-man SIFC Atom specialties (Only for Atoms)

Game Play

1. Team will start on the Offensive 45 yard Line (no kick off/kick return)

2. Punting

Punting the ball is permitted. The ball will be given to the punter and play will commence on the referee's whistle. All receiving players on Team B may raise their arms to attempt to catch a dead ball punt. If the ball touches a player from Team B, the ball is dead at that point. Rushing the punter is not allowed. Teams also have the option to take a walk off of twenty(20) yards from the line scrimmage. If a walk placement would result in the ball being placed inside the opponents five (5) yard line.

The ball should be placed at the 5 yard line. When the walk off option is used no rouge shall be rewarded.. If the punt is played and results in a rouge under standards scoring rules the rouge shall be awarded.

3. Dead ball kicking

Dead ball hunting will be permitted. Kicking converts and kicking field goals are permitted and must be declared.

4. PAT converts

The ball will be given to the holder using the convert tee and play will commence on the referee's whistle. All nine defending players may rush on the referee's whistle.

5. Field goal

The ball will be given to the holder using the Convery and play will convince on the referee's whistle. The nine defending players may rush on the referee's whistle. If the ball touches a player from Team, the ball is dead at the point. On a failed field goal attempt the ball will be placed on the 5 yard line. If the player results in a rouge under standard scoring rules, the rules shall be awarded.

6. Blocking

Blocking is permitted from the sideline to sideline within 5 yards of the line of scrimmage.

7. No cut blocking is permitted anywhere on the field.

8. Trucking or lowering of the shoulder of the ball carrier and blitzing are not permitted.

9. Sliding on either side of the ball or diving are allowed only to tackle a flag or make a reception as long as no contact is made. If contact is made the defending player will be assessed at UR and a 15 yard penalty.

10. A maximum of five defensive linemen are permitted as they must be pre-snap. No swim moves are permitted. The defense has the right of way for position corners can rush on the line of scrimmage at the snap.

11. No cross play is allowed by the linemen or stunts by the linebacker.

12. Full motion is allowed, outside of the three set linemen.

13. Blitzing is not permitted however once the ball has left the quarterback possession or the quarterback has made a full move (including run, fake, hand off or pass, QB leaves the pocket) All defensive players are allowed to pursue and cross the line of scrimmage.

14. One coach per team is allowed on the field. Coaches must not touch the ball while it is live. Penalty 5 yards and replay of down if accepted. No Coach on field after a week five.

Timing Of Games:

a) The following table summarizes the timing for game in the applicable divisions:

- **Atom 9 Man Tackle** (4 quarters, divided into 2 halves) 10 minutes/ quarter 10 minutes As per CARBTF
- **U12 Pee wee 4 quarters** (, divided into 2 halves) 10 minutes/ quarter 10 minutes As per CARBTF
- **U14 Junior Bantam** (4 quarters, divided into 2 halves) 12 minutes/ quarter 12 minutes As per CARBTF

Table of Scores

1. Atom, Pee wee & 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

PLAYER PARTICIPATION RULE (PPR) (Playcount)

- A 10 play count per player will be enforced for Atoms, Pee Wee and U14 Junior Bantam during the **playoff** season. Each player on the roster is to be included in a minimum of 10 plays, excluding special teams and non-participatory plays (e.g. kneel downs), in each scheduled playoff game by the SIFC. Special team play to define kick off, kickoff return and PAT. This rule is enforced by the SIFC during the playoffs. Enforcement: If this rule is not adhered to then the offending team shall forfeit the game.

Game Commissioner

Section 10 - The Game Commissioner

1. Each team should strive to have the same game commissioner for their games. This person should be up to date 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)**
2. Each team should have one executive of the neutral board to accompany the commissioner at the game. When it is at their home field.
3. 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.

4. The Game Commissioner shall be 19 years of age or older.
5. 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.
6. The Game Commissioner shall have a copy of the site's emergency protocol.
7. 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
 - b. Each team has a verified and completed player roster. This may include a PA roster.
 - c. 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 players equals the number of players on each team's bench.
 - d. If a team is late by 15 minutes after the scheduled kickoff time to play a scheduled game, it will be considered forfeiture
 - e. 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.
 - f. The conduct of the players and team support staff on the benches is proper and issue instructions if required.
 - g. No family members or fans are at or near the player's benches or 30 Feet from Players Bench. Add note about roster personnel. No fans behind the players bench.
 - h. That in the event of an injury, they shall check with the trainer to see if a stretcher or ambulance is required.
 - i. That only qualified medical persons (ambulance or paramedic) attempt to move a player with any head,neck or back injury, and that an ambulance is called under these circumstances.
 - j. 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.(Report Coach if they refuse to sign the final sheet.) Penalty subjected to further review.
 - k. The number of game officials that officiate each contest, as well as their name, excluding sideline officials, is recorded on the Game Commissioner's report.
 - l. Carry out disqualifications and suspensions in proper format
 - m. That the game reports are e-mailed or faxed to the League Commissioner and home club president prior to noon of the following day, along with the

game day rosters and notes of absent/injured players. Commissioner reports shall be sent regardless if the game was a forfeit.

- n. There is a Southern Interior Football Conference Rule Book at their desk for every game, as well as a current copy of the Canadian Amateur Football Rule Book.
- o. The game scores are properly recorded in order for the home team to forward to the League Commissioner at the end of the day. Accurate scores shall be recorded on the report. Revert to Mercy rules if that applies.
- p. The Game Commissioner's sheets are properly filled out. This shall include details of all serious infractions which must be completed at the time of the infractions as per the Head Referee's instructions, and ensure that the Head Referee initializes all serious infractions on the sheet.

Section 11 - League Scoring

1. The league ranking points shall be awarded on the basis of 2 points for a win, 1 point for a tie, and no points for a loss.
 - a. A tie-breaker shall be allowed for U10,U12 and U14 level regular season games
 - i. A coin toss will be used to determine possession
 - ii. The ball will be placed at the 35 yard line
 - iii. Each team receives 4 plays to score points as per the regular table of scores
 - iv. If still a tie, the game is over and recorded as a tie.
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. League standing will be based on the number of wins vs. losses.
 - a. In the event of a tie, at any time during the season, the record of wins versus losses against each other will be the first tiebreaker.
 - b. 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
 - c. 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.
 - d. If three or more teams are tied:
 - i. Record versus each other.
 - ii. Cannot finish ahead of the team that beat you.

- iii. If Paradox occurs then use winning % of opponents.

Fouls and Penalties

Section 12 - Game Officials, Coaches and Support Staff

1. Any coach or support staff whose conduct is detrimental to the league or who conducts themselves 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 league presidents. If there is a conflict of interest with any of the presidents, they shall withdraw from conversations and decisions surrounding the situation.
2. The League (SIFC) reserves the right to impose what penalty it may deem fit under such circumstances, if any.
3. Any coach, or team personnel ejected from the game, must immediately leave the field of play.
4. First Objectionable Conduct behavior from the Bench **will result in a warning**.
 - a. The second one will result in a flag and ejection (from the playing field entirely) of the offending coach, trainer or player.
 - b. If for any reason there is a third Objectionable Conduct penalty from the bench in the same game, the game will be a forfeit and the Head Coach will be suspended for the following game.
 - c. For the rest of the season, if another game has issues the Head Coach will be suspended for two games, a third game and the Coach will not be allowed to coach in the SIFC in the following season.
 - d. After a season of suspension, the coach may be allowed to enter a coaching position again on a probationary term, with specifics to be decided by the league presidents based on the specifics of the situation.

Section 13 - Player Fouls

1. All fouls are to be judged according to the CARBTF. The SIFC wishes to bring additional attention to the following fouls from the CARBTF, however this is not to mean that they are the sole fouls to be ruled on:

CARBTF

Rule 7 Fouls and Penalties

Section 2: Rough Play

Article 4 – Face Mask / Helmet

Grasping the helmet as covered in Section 3, Article 5, may be penalized under this section, if in the opinion of the Official it was a deliberate attempt to injure an opponent

Article 6 – Targeting

No player shall target and make forcible contact to the head or neck area of an opponent with the helmet, forearm, hand, fist, elbow or shoulder. This foul requires that there be at least one indicator of targeting (See Note below). When in question, it is a foul.

Note “Targeting” means that a player takes aim at an opponent for purposes of attacking with forcible contact that goes beyond making a legal tackle or a legal block or playing the ball. Some indicators of targeting include but are not limited to:

- 1) Launch – a player leaving their feet to attack an opponent by an upward and forward thrust of the body to make forcible contact in the head or neck area
- 2) A crouch followed by an upward and forward thrust to attack with forcible contact at the head or neck area, even though one or both feet are still on the ground
- 3) Leading with helmet, shoulder, forearm, fist, hand or elbow to attack with forcible contact at the head or neck area
- 4) Lowering the head before attacking by initiating forcible contact with the crown of the helmet. Penalty: L25 Player Disqualified from game. Levels U14 and below the player will receive a warning for first offense

Section 3: Unnecessary Roughness

Article 5 – Face Mask / Helmet

It shall be illegal to grasp the helmet of an opponent by closing the fingers on the face mask, chin strap and other helmet opening (ear holes)

Article 6 – Head Tackling, Clotheslining

It shall be illegal to tackle around the head, in the open field, or straight arm tackle to the head, commonly referred to as «clotheslining»

Article 13 – Horse Collar

- a) Grasping an opponent by the inside of the shoulder pads, or by the inside collar of the jersey.
- b) Grasping the outside of the jersey above the numbers and using this as the primary means of causing a change in the ball carrier’s direction

Article 14 – Illegal Block, Hands to Face

No player of either team may forcibly thrust their hands forward above the frame

to contact an opponent on the neck, face, head, or facemask. If the initial contact is to the chest but the hands ride up to the neck, face, head, or facemask and the contact is forcible or prolonged, it shall be a penalty

Section 4: Objectionable Conduct

Article 2 – Discrimination

Any player, team official, or bench occupant, who engages in verbal taunts, insults, or intimidation based on Discriminatory Grounds shall, in addition to an objectionable conduct penalty, be disqualified for the remainder of the game. Such player, team official or bench occupant shall be subject to such further discipline as the supervising body (ie. League, tournament, etc.) may decide.

Discriminatory Grounds include, but are not limited by:

- i. Race, national or ethnic origin, skin color, or language spoken;
- ii. Religion, Faith, Beliefs;
- iii. Age;
- iv. Sex, Sexual Orientation, or Gender Identity/Expression;
- v. Marital or Familial Status;
- vi. Genetic Characteristics;
- vii. Disability.

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

Miscellaneous

Section 14 - Coaching Certification

1. All SIFC Head Coaches, at all age groups, must have taken a minimum of a Novice Community Coaching certificate course. All assistants must have taken a Novice Community Coaching course or with the exception of a first year coach.
2. All SIFC Coaches must have Safe Contact, Making Ethical Decisions, Rule Of 2, Making Headway, and have completed Safe Sport online through [Coach.ca](https://coach.ca)
NOTE: As of January 2027 any coach in the Junior level will need Intro to Comp.
3. There must be competent first aid or medical personnel at each practice and at each game to be available for medical emergencies.
4. All Medical Trainers must know the most current Concussion Protocol and if required, explain it fully and in its entirety to a player's parent/guardian.
5. All Volunteers and coaches with any SIFC must complete the Volunteer Screening Model as adopted by the Provincial Sport and Recreation branch and as required by Football BC

Post-Season Play

Section 15 - Playoffs and League Championships

1. Minimum play rule is in effect during all playoffs and championship games.
 - a. 9-man is 10 plays per player
2. Injured players are exempt from this rule. All injured players either before the game or during the game shall be noted on the monitor's form as injured.
3. All regional and provincial quarter, semi and final playoff games shall have plays monitored.
 - a. Each team will supply 2 individuals to serve as play monitors
 - b. One will monitor their own team and the other will monitor the opposing team, thus having two monitors working together per team
 - c. The results will be provided to the game commissioner for final verification
 - d. These monitors will work from the game commissioner's area of the field.
 - e. All Teams must use the playcount sheet provided by the SIFC.
4. The League Championship games for all divisions, whenever possible, will be held at one stadium or park, as agreed to by the League membership.

Non-compliance with the above rules in this section will result in an automatic forfeit.

Section 16 - Overtime During Playoff Games

1. If the score is tied at the end of regulation time there shall be a five minute intermission followed by a shootout.
2. There shall be no timeouts except for referees or injuries
3. The ball will be spotted on the
4. Atoms & Peewee -15 Yard Line
5. JB -25 yard line
6. There shall be a coin toss; the team winning the coin toss gets to choose to play offense or

defense

7. The offensive team (Team A) shall have one possession in which to make a first down or score.
8. Team B shall then go on offense from the same 25 yard line and have one possession in which to make a first down or score.
9. Extra point(s) after touchdown will be attempted.
10. 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 amount of points wins the game.
11. If the score remains tied, this procedure shall be repeated from the beginning with no intermissions until a winning team is determined with the ball being spotted closer to the goal line as follows:
 - a. 15 yard, can still make a first down
 - b. 10 yards, when the ball is spotted from here to the five yard line, all conversion attempts must be 2 points.
 - c. 5 yards, each team has only 2 down to attempt to score.
12. 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.

Schedule A

Mercy Rule Coaches Report:

Intent of Report: Educational purposes

If a game score has a large point spread, the head coach of the leading team should be making an effort to stop the spread from increasing drastically. There are many ways to do this while still providing a valuable playing opportunity for their team.

If requested, this report should come from the head coach within 24 hours of the conclusion of a game with a point spread of 32 or more.

The report should be submitted to the league commissioner, the presidents of both their club and the opposing team's club, and the opposing team's head coach.

Team Name:	
Head Coach:	
Opponent:	
Final Score:	
Date of Game:	

Action Taken to Limit Score:

Offense:

Defense:

Special Teams:

