

Southern Interior Football Conference

# **Rule Book 2022**

**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's Canadian Amateur Football Rule Book as approved by Football Canada unless otherwise specified herein.

#### Section 1 - The Ball

Atom	Size 5	K2	F1712	J5PW	U10 Flag
Peewee	Size 6	TDJ	F1713	J5J	U12 Flag
Jr Bantam	Size 7	TDY	F1714	J5Y	U14 Flag
Bantam	Size 9	TDS	F1715	J5V	U16 Flag
Midget	Size 9	TDS	F1715	J5V	U19 Flag

1. Each team will provide their own game balls, 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 of the game balls will be at the discretion of the Head Official.

## **Section 2 - The Game**

1. The visiting team will be given the option to kick, receive, defend an end or defer to the second half.
2. Points Spread
  - 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." If the point spread becomes less than 30 in the FIRST HALF, then the clock will revert back to stop time.
  - c. In the event that a game ends with a point spread of more than 32 points, if the losing coach requests, the Head Coach of the winning team will complete the attached report and submit it to the League Commissioner, the opposing coach, and their league president.
  - d. Scores will only be officially recorded with no more than a 32 point spread.
3. 6-man SIFC Atom specialties
  - a. There is no kick-off. Play starts on the
  - b. There will be NO punts. If sufficient yards are not obtained after the 3rd down, the game official will walk the ball 30 yards out, to replace the punt.
  - c. Converts will be placed on the tee with no live snap. A fake is not allowed and will result in a loss of Convert to be attempted again.
  - d. 2 time outs per team per half
  - e. Atom timing is four 10 minute run time quarters.
  - f. Atom Coaches will be allowed on the field throughout the season, in the interest of player development. It is understood that an individual coach's field access may be revoked by the game official if they find their behaviour to be disruptive.
  - g. There will be NO kickoff or kick return. On a 110 yard field, the ball will be spotted on the 40 yard line. On a 100 yard field, the ball will be spotted on the 35 yard line.
  - h. Point after touchdown conversions are permitted, with the standard points awarded. Kick conversions are placed on the tee with no live snap. Defending and rushing on the kick IS permitted.
4. PeeWee timing is four 10 minute quarters with regular stop time procedures.
5. The Junior Bantam, Bantam, and Midget teams will play four 12 minute quarters of stop time.
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. 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.
10. There will be NO blocking below the waist in any group at any time. Penalty will be a 10 yard major.
11. 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 e-mail to all three must follow as written confirmation with a carbon copy to the League Commissioner and the game officials.

### **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 up to 110 yards by 50 yards up to 55 yards
  - 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 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 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.
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.
  - a. If a player wears a special mouth guard without strap attachment, 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.
3. 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 if the overall colour 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. 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 eye shields (visors and or glasses) must be clear.
9. CARBTF rule: If a player's helmet comes off during the play, except as a result of a foul, he shall be required to leave the game for 3 plays. (Rule #1 Sec. 11 Art. 2d)
10. No players shall wear jewelry while playing in the game and any jewelry that cannot be removed must be taped.
11. Absolutely no stickum like substances will be used.
12. Players at PeeWee, Junior Bantam, Bantam and Midget are to conform to the Canadian Numbering rules by position as defined in the Canadian Tackle Rule Book
13. 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.

## **Section 5 - Players**

1. All players must have insurance equivalent to B.C. Medical insurance. Each league must have proof of coverage.
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.
4. 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.
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. The official roster shall be saved from the official registration system and made available to all league presidents in a protected file.
  - a. In the absence of the ability to print the game day roster from the official registration system, a typed roster will be accepted. The printed 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, trainers, and other team staff. This player roster must match the roster from the registration system. Players unable to dress for the game should be marked as (A) for away or (I) for injured.
8. Player rosters will be frozen on Sept. 30 of the current year at 23:59 hrs. The League Commissioner and all league presidents 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, or a vote of the league's club presidents in the absence of league executive, on an individual basis.
9. Rosters must be presented to the game commissioner for every game

10. 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 8 & 9
  - b. Peewee Ages 10 & 11
  - c. Jr. Bantam Ages 12 & 13
  - d. Bantam Ages 14 & 15
  - e. Midget Ages 16, 17 & 18
11. Teams can carry an unlimited number of players on their roster, except for Bantam and Midget level, which can carry a maximum of 43.
12. 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.
13. Minimum number of players
  - a. All 9-man teams must have a minimum of 13 players dressed and able to play or the game will result in a forfeit.
  - b. All 6-man teams must have a minimum of 9 players dressed and able to play or the game will result in a forfeit.
14. 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.
15. Every team should have a team manager/parent to be responsible for paperwork, rosters, count sheets etc.
16. 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.
17. 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. An application to the BCPFA can be made for inclusion in provincial level competition.
18. Players may only play down with the approval of the other clubs in the league. Considerations for this allowance should be made on the basis of physical delays, learning disabilities, and size. Provincial applications to the BCPFA should be made as soon as possible, to allow for permission to play down in provincial finals.



19. 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 BCPFA playoff game(s) or the Championship. No midget player can participate in a CIS program after September 15<sup>th</sup> and be eligible for BCPFA playoffs or Championship.
20. 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.
21. 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.)
22. 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 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 initial all serious infractions on the Game Commissioner's sheet, at the time of the infraction, or at the conclusion of the game.
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 7 - Sideline Officials**

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

## **Section 8 - The Game Commissioner**

1. 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)**
2. 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.
3. The Game Commissioner shall be 19 years of age or older.
4. 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.
5. The Game Commissioner shall have a copy of the site's emergency protocol.
6. 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.
  - 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 attempt to move a player with any neck 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.
- k. The number of game officials that officiate each contest, as well as their name, excluding sideline officials recorded on the Game Commissioner's report.
- l. That the game reports are e-mailed or faxed to the League Commissioner and home club president prior to noon of the following day. Commissioner reports shall be sent regardless if the game was a forfeit.
- m. 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.
- n. The game scores are properly recorded in order for the home team to forward to the League Commissioner at the end of the day.
- o. 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 initials all serious infractions on the sheet.

## **Section 9 - Table of Scores**

1. Atom, Peewee & Jr. Bantam
  - a. Touchdown 6 points
  - b. Kicked convert 2 points
  - c. Run or pass convert 1 point
  - d. Rouge 1 point
  - e. Field goal 3 points
  - f. Safety Touch 2 points
  
2. Bantam & Midget
  - a. Touchdown 6 points
  - b. Kicked convert 1 point
  - c. Run or pass convert 2 points
  - d. Rouge 1 point
  - e. Field goal 3 points
  - f. 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. Scores with more than a 32 point spread will be reduced to that maximum spread in the official standings (with the winning team receiving 32 points more than the losing team's score)
  
4. 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.

### **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 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 12 - Player Fouls**

1. 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. 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 matters 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.
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.

## **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 Headway, and have completed Safe Sport online through Coach.ca
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 BCPFA

## **Section 15 – League Championships**

1. The League Championship games for all divisions, 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**

1. Practices to start no earlier than July 1<sup>st</sup> for Fall Leagues.

## **Section 18 – Game Day Amenities**

1. Home Team shall be responsible for setup and cleanup on Game Day.
2. Each game day field must have access to toilets and hand cleaning stations.

## **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 presidents of the League.
4. The Commissioner shall have the following duties and responsibilities:
  - a. They shall ensure that each association submits all frozen rosters within 3 days after the deadline.
  - b. They obtain weekly game reports.
  - c. They advise all local teams of any player suspensions.
  - d. They handle duties as assigned by the local league
  - e. The League Commissioner is to administer game suspensions for those players receiving more than two objectionable conducts during the course of the season.
  - f. 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.

## **Section 20 - PLAY OFFS and PROVINCIAL CHAMPIONSHIPS**

1. Minimum play rule is in effect during all playoffs and championship games.
  - a. 9-man is 10 plays per player
  - b. 6-man is 5 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.

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

### **Section 21 - 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 25 yard line
4. There shall be a coin toss; the team winning the coin toss gets to choose to play offense or defense
5. The offensive team (Team A) shall have one possession in which to make a first down or score.
6. 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.
7. Extra point(s) after touchdown will be attempted.
8. 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.
9. 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 yard, when the ball is spotted from here to the five yard line, all conversion attempts must be 2 points.
  - c. 5 yard, each team has only 2 down to attempt to score.
10. 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 "B"

### Mercy Rule Coaches Report:

#### Intent of Report:

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.

This report should come from the head coach within 24 hours of the conclusion of any 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: