



Island Football League House Rules

** Please note that the Island Football League is ruled by the Canadian Amateur Tackle Football Rules provided by Football Canada with the exception of our House Rules. Teams joining the IFL for regular league play will follow the IFL House Rules regardless of rules specific to theirs as follows:*

Player Participation Rule (PPR)*

The number of game plays for player participation is **10 plays per player per game.**

Monitors

Monitors for Player Participation: each team will supply 2 individuals, called 'Play Counters'. One will monitor their own team and the other will monitor the opposing team, thus having 2 Play Counters working together per team, and recording the results on play counting sheets. The Play Counters will work with each team's coaching staff to ensure all players play the minimum number of plays per game according to the numbers outlined above.

Play counting sheets will be forwarded to the game commissioner for final verification. If the Player Participation Rules are not adhered to by one team, the opposing team shall have the option of forcing a forfeited game.

The PPR rule will be officially monitored from the beginning of week 1 of the regular season and through the playoffs.

Delay of Game Penalty

10-yards for the Home team if the team does not have Sticks and Player counters ready at the start of the game.

Injured/Hurt Players

- If a player is injured and is not expected to return to the game, the minimum play rule does not apply to the injured player.
- If a player is hurt (i.e. shaken up) and chooses to continue, then they return to the game and the team must comply with the PPR accordingly.



GENERAL GAME RULES: AGE GROUPS

ATOM

- 15-minute quarters – running time, except for rulebook time during the last 2 minute of the 2nd and 4th quarters.
- No kick-offs, punts or field goals.
- Scrimmage begins on the 25-yard line.
- Option to kick converts on whistle (no snap) to be kicked from 12-yard line. Line of scrimmage to be 5 yards from the uprights.
- No blitzing allowed.
- One coach on the field during play. However, the coach must remain 15 yards behind the line of scrimmage after players leave the huddle.
 - The coach shall not run with the play OR shout instructions once the quarterback instructs the team to set.

Scoring

Touch down: 6 points.

Extra Point: 1 point for the run, 2 points for a forward pass, 2 points for kicked convert; a failed extra point by an interception or fumble recovery cannot be run back by the defense.

3rd Down

Offence can either go for it on 3rd down, or “punt”, by having the game officials move the ball up field 25 yards from the last line of scrimmage.

Field

80 yards (goal lines at each 15-yard line) on a full length field, regular 65-yard width (12-man) or 50 yards in width (9-man).

Football

Baden 100 or 150 or Wilson Size 5 K2



PEE WEES

- 15-minute quarters – running time, except for rulebook time last 2 minutes of the 2nd and 4th quarters.
- Starting line of scrimmage determined by kick-off return.
- Blitzing allowed after the first 3 games once coaches not allowed on field.

** For the first **three** games of the regular season, one coach on the field during game play. However, the coach must remain 15 yards behind the line of scrimmage after players leave the huddle.

- The coach shall not run with the play OR shout instructions once the quarterback instructs the team to set.

Scoring

- Touch down: 6 points.
- Field Goals – 3 points for a field goal, snap required. On field goals the holder/snapper is off limits – defense cannot initiate a hit on the holder/snapper for ANY reason, regardless of the outcome of the play (i.e. fumbled snap, fake kick, etc.). Hitting the holder/snapper will result in a 15-yard penalty and a first down for the offence
- Extra Point – 1 point for a run, 1 point for a forward pass, 2 points for a kicked convert
 - Snap required on a kicked convert; Line of scrimmage to be 5 yards from the uprights.
- A failed extra point resulting in an interception or fumble recovery by the defense cannot be run back for a score.

Punting

On 3rd down the offense can either

- 1) Run a regular play; or,
 - 2) Punt with a snap from center; or,
 - 3) Punt with the punter 10 yards behind the line of scrimmage with the ball in his hands and the play initiated by a whistle from the referee. In the case of option 3, no player on the punting team is allowed to line up outside (in this situation only the punter can recover the ball on the punting team), and no fake punts are allowed.
- Up until the end of week 2, on 3rd down teams will also have the option of a 15-yard march off by game officials.



- On punts with a snap from center, the center/snapper is off limits. The defense cannot line up over the center/snapper or initiate a hit on the center/snapper. If the defense does line up over the center or initiates contact, a 15-yard roughing penalty will be assessed.
- If, during a punt, the ball does not travel more than 10 yards from the kicking point, the referee will whistle the play dead. The possession of the ball will change and the ball will be placed at the point at which it contacted the ground.

Field

Standard sized field – 110 yards in length, 65 yards in width

9-man field size – 110 yards in length, 50 yards in width

Football

Baden 150 or Wilson Size 6 TDJ

JUNIOR BANTAMS

- 15-minute quarters – running time, except for rulebook time last 2 minutes of the 2nd and 4th quarters.
- All special teams in effect, starting line of scrimmage determined by kick-off return.
- Blitzing allowed.

Scoring

- Touch down: 6 points.
- Field Goals – 3 points for a field goal, snap required. On field goals the holder/snapper is off limits – defense cannot initiate a hit on the holder/snapper for ANY reason, regardless of the outcome of the play (i.e. fumbled snap, fake kick, etc.). Hitting the holder/snapper will result in a 15-yard penalty and a first down for the offence.
- Extra Point – 1 point for a run, 1 point for a forward pass, 2 points for a kicked convert.
 - Snap required on a kicked convert.
 - A failed extra point resulting in an interception or fumble recovery by the defense cannot be run back for a score.



Punting

- On punts, converts, and field goal formations the holder/snapper is off limits; defense cannot line up over the center or initiate contact on the holder/snapper. If the defense does line up over the center or initiates contact, a 15-yard roughing penalty will be assessed.

Field

Standard sized field – 110 yards in length, 65 yards in width

9-man field size – 110 yards in length, 50 yards in width

Football

Baden 200 or 250 or Wilson Size 7 TDY

OTHER RULES

9-player Option

If you have 16 or less players on the team; that team will be provided the option to be 9 player team for the season.

If, for a scheduled game, one team can only play 9-player football (because they have 16 or less players available), then that team must inform its opponent **by Noon Wednesday prior to the next game**. This notice must be provided in writing and sent to the Island Football League (info@islandfootball.ca) and the opponents contact. At the discretion of IFL a game may be forfeited if proper notice is not provided.

If a team shows up with 17 or more players dressed for a game after declaring the game to be a 9 player game the Head Coach of the opposition has the discretion to play either 9 player or 12 player game.

Forfeiture of Games

In the event that, because of a shortage of players, one team must forfeit a game, that team must inform the IFL and the opponents teams contact no later than 9:00pm the Thursday before the game.

A team will be forced to forfeit if player injuries during a game cause them to not have enough players to field a full team (12 or 9 if opting for 9 player teams).



In the event of a forfeit prior to kick off; then the non-forfeiting team shall be awarded 30 points.

Contacts:

- GVMFA – gvmfa.general@gmail.com
- COWICHAN – bulldogsmanager@gmail.com
- SOUTH-SIDE – ltcdawg@shaw.ca and boo66jr@gmail.com

Sideline Privileges & Restrictions

- During the game, the only persons who may legally occupy any position on the sidelines are: field officials, downs man, timekeeper and scorer
- During the game, the team bench area may be occupied only by substitute players, and other authorized non-playing personnel of the League consisting of coaches, team trainer, team manager, play counters or league players at the discretion of the team's Head Coach.

Coaches on Field

No coaching staff besides; the pre-authorized coach that has been granted permission from the League; shall be allowed on the playing field during play regardless of home team. Infraction of this rule will result in 10-yard penalty against the offending team.

Equipment

All privately owned helmets, and shoulder pads must be approved and checked by the League Equipment Manager prior to the season.

Mouth guards

Regulation mouth guards are mandatory and they must be attached to the facemask at all times. If a player wears a special mouth guard, the Head Official must be notified before the start of the game.

Visors

All visors must be clear, not tinted – no medical exceptions are allowed.

All visors must be cleared by League Equipment Manager or a Head Coach for correct installation.



Cleats

Molded or screw in plastic cleats are permitted. Absolutely no metal or metal-tipped cleats. If in question, the referees may check both teams for the existence of metal or metal-tipped cleats prior to the start of a game.

Stikum

"Stikum" and stikum-like substances are not permitted.

Electronic Communications

Radio and Telecommunications devices are not permitted to be used by/between coaches and other team staff at any time.

Game Scores

All game scores and commissioner sheets shall be emailed in to the League (info@islandfootball.ca) by the home team no later than 48-hrs after game completion. Failure to comply will result in a monetary fee to the offending team. (\$25.00/per offence payable to IFL within 7 business days.)

Player Registration/Rosters

Each team must make an up-to-date player roster available at game time. The roster will contain the players' names and jersey numbers only – no phone numbers, parents' names, etc.

Play Clock

25 seconds will be allowed to get the ball in play. Referees will give the offensive team a '10 second warning' when the play clock is winding down.

Half-time

Break in play at half time will be 10 minutes.

Time Outs

Each team will be allowed two timeouts per half. Only a player on the field or the Head Coach may request a timeout. If a coach calls a third timeout at the referee's discretion, they may penalize the team of 5 yards with the down repeated. "Playoffs" For each overtime period each team is assigned one timeout per period.



Blocking and Low Contact

- A player shall be penalized for unnecessary physical contact, including but not limited to, running into, diving into, cut blocking or throwing the body on a player who is: out of the play, or should not have reasonably anticipated such contact by an opponent, before or after the ball is dead.
- **Crack Back Blocking: No** crack back blocking below the waist.
- **Cut Blocking:** Canadian Amateur Rules apply, inside box only, tackle to tackle, above the knees.
- **Low Contact:** There shall be no contact at or below the knees on any player, except when tackling the ball carrier.
- **High Contact:** is a forcible hit above the shoulders; this will be penalized as a personal foul.

Sportsmanship

Coaches

No foul language on the bench or on the field, yelling/foul language directed at opposing players, opposing coaches, and game officials, or inappropriate behavior such as grabbing player's facemasks, etc.

Players

No foul language, punching players, spitting on hands or refusing to shake hands at end of game.

Referee's Discretion

Issues of sportsmanship will be at the discretion of game officials. Generally, coaches and players will be given one warning before being assessed sportsmanship penalties; however, judgments in these scenarios will be dependent upon the discretion of the game officials.

WE VALUE YOUR CONTRIBUTION AND SKILL TO RUN THE GAMES AND ENFORCE THE RULES BUT WE AS A LEAGUE CAUTION ALL OFFICIALS TO CONSTANTLY ERR ON THE SIDE OF PLAYER SAFETY.



Any coach or player receiving 2 penalties for any combination of either objectionable conduct or personal foul in one game will also receive an automatic game ejection.

Any player or coach ejected from a game for any reason will have the situation reviewed by the Review Committee.

Any ejected player must leave the playing area. Any ejected coach must leave the player's side of the field. Failure to do so can result in forfeiture of the game.

Mercy Rules

If there is an 18-point spread or more at half time, the losing team has the choice of kicking or receiving the ball at the start of the 2nd half.

If there is a 30-point spread at any point in the game, the losing team can opt to forfeit the game or play on with straight running time. The score is frozen at the time the losing team makes their choice.

The referee also has the right to stop the game if the imbalance between skills and abilities of the two teams playing are, in the judgment of the referee, creating an unsafe situation for players involved.

After being scored upon, a team losing by 30 or more points has the option of taking the ball at their 40-yard line instead of receiving a kick-off.

Field Closures

In the event that a park or a team's field is closed or cancelled for reasons outside of its control, they will be allowed a make-up a game within the following two weeks.

Review Committee

Complaints or "infractions of the rules" must be submitted in writing to the Review Committee and emailed to info@islandfootball.ca. The committee will follow protocol identified by the League, talk with the parties and submit their findings and proposal to the League chair.



Game Commissioner

The home team must provide a Game Commissioner for each game. The Game Commissioner will be positioned between player benches during the entirety of the game. They will fill out the required forms and paperwork, and liaise between the teams, game officials and players as required. They will in turn provide all completed paperwork back to the team manager to provide to League chair.

Coach Registration

All adult coaches **MUST** have their criminal record check and Safe Contact Course completed, also all team trainers, team managers and park managers/coordinators **MUST** have a criminal record check completed and handed in to their Coaching Coordinator.

Game Preparation

Use of game film for study and preparation is allowed only if your team is one of the teams on the film. Use of game film that does not include your team is prohibited.

Membership Fees & Refunds

All membership fees will need to be paid no later May 15th, 2018. Membership fees are \$10/player and will be invoiced based on the number of players on each team's roster. Once membership fees are paid there are no refunds if a player should decide to withdraw from playing.

Island Football League Final Standings in League Play

Final Standings are determined as follows:

A. If 2 teams are tied:

- a. Record versus each other
- b. Points for/against – maximum of +/- 30 per game against each other
- c. Combined winning % of opponents (not including games against them)

B. If 3 or more teams are tied:

- a. Record versus each other – cannot finish ahead of team that beat you – winning teams of tied group get placed on top first
- b. Points differential of teams against one another (head-to-head, maximum of +/- 30 per game)



- c. Winning percentage
- d. Points for/against – maximum of +/-30 per game

*** Notes:**

- The winning team of each league game will receive 2 points for a win and 1 point for a tie.
- When a game is forfeited in league play, the team that forfeits the game receives no points and the team to which that the game was forfeited will receive 2 points and is recorded as a win. The winning team will also receive 30 points for and 0 points against.

Overtime Rules – Semi-Finals and Final Gold Cup Games

If the score is tied in regulation, the teams will go into overtime until a winner is decided. All regular play rules continue to prevail during overtime. The Overtime Rules are as follows:

Coin Flip

- There will be a coin flip at the beginning of the overtime period.
- The team with the best record/highest placement in the standings will call the coin flip.
- The winner of the flip will either:
 - select to start on either offense or defense, or
 - choose an end zone to defend
 - the loser of the flip gets the alternative.

Rules

- Overtime will be administered “Texas Shoot-out Style”, in that each team will receive an equal opportunity to score. So each team, for example team A & B, will get an offensive opportunity to score at one end zone, which counts as a series. (1 series is when both Team A & Team B have an offensive opportunity).
- The ball will be placed on the 10-yard line chosen by the team who selected the end zone to defend.
- Each team will have an equal opportunity to score a TD (or field goal for Pee Wees or JR Bantams. **No Rouge in OT play**)
- Each team will get three downs to score from the 10-yard line:
 - 6 points for a TD + extra point
 - For each overtime period each team is assigned one timeout per period.



- JR Bantams/Pee Wees 3 points field goal:
 - After a team scores a TD, they will attempt the extra point (point scoring as in the regular season).
 - A failed Extra, by an intercepted/fumble cannot be run back by the defense as in regular play rules.
 - The team with the highest score at the end of a series wins the game.
 - If a series ends in a no score/tie, there will be another offensive series.
 - If there is a second series, the referee will alternate end zones, and continue to alternate every series until there is a winner. So:
 - Series 1,3,5...will be at the end zone chosen on the coin flip
 - Series 2,4,6...will be at the opposite end zone. The reason for the alternating of end zones is that wind or a favored end zone may benefit one team...alternating every series makes it more fair.

Fumbles/Interceptions

- If an offensive team recovers their own fumble, the ball is placed at the spot of recovery, not returned to the 10-yard line. The offensive team will proceed with their offensive series.
- If a team loses the ball on a fumble or interception and "is not returned for a TD", that team loses their opportunity to score in that series. The ball is placed on the 10-yard line for the recovering team's offensive opportunity. If the fumble/interception ends a series and there "is a clear winner" by points, the winner is declared.
- If there is a fumble or interception which is not run back for a TD, and it "does not" provide a clear winner, for example Team A doesn't score and Team A recovers a fumble/interception during Team B's offensive opportunity, which is not run back for a score, then a new series will begin.
- If Team A scores and Team B fumbles or is intercepted, the ball is turned over and Team A wins because there is a clear winner on points at the end of a series.

Defensive Scoring

- The defense has the opportunity to score by picking up a fumble or intercepting a pass.
- A failed extra point by an interception or a fumble recovery cannot be run back by the defense.
- The "55" yard line is the end zone for the defense (40-yard line for Atom) not the opposite end zone.



- If the defense scores the other team will not have another offensive opportunity.
- Because, mathematically, if any defense scores, "it will end the game".

Example:

- If Team A starts on offense, and Team B's defense scores the game is over, because Team B does not have to take their offensive series.
- If Team A scores, say 6 points, and when Team B has their offensive opportunity and lose the ball on a fumble or interception returned to the end zone, the Team A wins with 12 points to end a series.