

2022 Ontario Fall Football League – Playing Rules

Updated August 29, 2022



Exceptions to Canadian Amateur Football Rule Book for Tackle Football

- A. Half time intermission will be 10 minutes
- B. Official game ball(s) noted in Appendix 1. Wilson TDJ for U10 and U12, TDY for U14 and U18 Womens. It is suggested to use the composite models of these balls. The home team will provide game balls per Section 2c. No shuttling of balls will be permitted.
- C. Scoring after touchdown as noted in Appendix 1
- D. Game timing as noted in Appendix 1. Should a regular season game end in a tie, it shall be recorded as a tie. For playoff games, Rule 1, Section 3, Article 6 of the Canadian Amateur Rule Book for Tackle Football shall apply.
- E. Time outs, each team is permitted four (4) timeouts which may be utilized any time during the game. For playoff games, timeouts are not permitted in the Overtime Procedure and timeouts from regulation play are not able to carry over to the Overtime Procedure.
- F. Numbering, no teams are required to follow Rule 4, Section 3, Article 1 (Legal Numbering) of the Canadian Amateur Rule Book for Tackle Football
- G. Only one (1) coach is permitted on the field during timeouts.
- H. Determination of ball possession or field position shall be made by coin toss at the beginning of each game. The visiting team shall make the call of the toss. For Champ Day, the higher seeded team shall be the Home Team.

Mercy Rule: If at any time during the game the point spread is greater than 28 points, the Head Coach of the team behind on the score has the option to run the clock. Once the decision has been made to run the clock it cannot be reversed regardless of the score. The Coach behind on the score must advise the Game Referee and timekeeper of their request to run the clock. In this event, the clock will stop for injuries, scores, timeouts and as deemed necessary by the Game Referee.

Special Rules for U10 Divisions (where applicable)

- A. Official Game Day roster for U10

You are to identify on the Game Day Roster the starting Quarterback and one (1) Running Back for nine (9) person football.

These are your two (2) main players on offence. These are not to be players that take the first snap or series but the true starters of your offence.

You must have the minimum nine (9) players dressed and ready to play for the game to proceed.

Players arriving late (after the Game Day Roster has been submitted) may play of the late player

reports to the Game Day Convenor, the Game Day Roster has been amended and the late player is made known to the opposing Head Coach. Until these steps are completed, the player in question is not allowed on the playing field.

B. Coaches on the Field (applies to U10)

During the first three (3) regular season games at U10, one coach from each team may be on the field during gameplay.

Additionally, one (1) coach from each team may be present on the field at any time positioned in such a manner so as to not interfere with the game i.e. realigning a player prior to the snap of the ball.

Offensive Coach – after your huddle breaks you are to be no less than fifteen (15) yards from the line of scrimmage. You are NOT to communicate in any manner to your players on the field or coaches on the sideline. You are NOT to read the defence and change your plays.

Defensive Coach – after the offensive huddle breaks you are to be no less than fifteen (15) yards from the line of scrimmage. You are NOT to communicate in any manner to your players on the field or coaches on the sideline. You NOT to read the offence and your formations, blitzes etc.

These rules apply to Coaches on the field, not those on the sidelines.

C. Punt Rule (applies to U10)

On 4th down, when a team is on their own side of midfield (55 yard line), they have the option to advance the ball twenty five (25) yards and turn the ball over to the other team on downs. The Coach must clearly signal the Game Referee in a timely manner should their team choose this option

If the offensive team is on the opposing side of mid field (55 yard line), they must run a play, which can be an actual kick if they opt to do so. All regular kicking rules apply.

D. Timing

Games will play twelve (12) minutes straight run time per quarter with stopped time in the last six (6) minutes of the second (2nd) and fourth (4th) quarters. Time will NOT stop for penalties, injuries, change of possession or called time outs. The last six (6) minutes of the second (2nd) and fourth (4th) quarters will be regular timing rules. The Game Referee may use their discretion to stop the clock for injuries at any time.

E. Additional information

Legal Scrimmage – Each team will have up to nine (6) players on the field for each play. The offensive team must have at least five (3) players on the line of scrimmage (wingline). The outside players on each end of the wingline and all back fielders are eligible receivers.

Blocking – Shoulder or body blocks may be used. Players may not throw cross body blocks or rolling blocks by leaving their feet. The Unnecessary Roughness penalty as outlined in the Canadian Amateur Rule Book for Tackle Football applies.

F. Playing Field

U10 field configuration is to run lengthwise on the field extending in length to utilize the entire length of the regulation field, from the spectator's sideline to the far hash mark if there are no numbers on the field. Cones will mark the furthest sideline every five (5) yards.

G. Special Teams Rule (U10 regular season only)

U10 – Kickoffs will take place at the beginning of the game and to start the second (2nd) half, normal rules. After each scoring play where a kickoff would normally take place, the team that was scored upon will now have a choice; receive a kickoff or take possession on their thirty (30) yard line and start first (1st) down from that point.

For U10, this rule only applies for the regular season. For playoffs/Champ Day, all regular kickoff rules will apply.

Appendix

	U10	U12	U14	U18 Women's
Eligible Ages	Players born: 2012 and 2013	Players born: 2010 and 2011	Players born: 2008 and 2009	Players born: 2005, 2006, 2007
Game Format	6 vs 6 – 3 players required on line	9 vs 9 – 5 players required on line	12 vs 12 – 7 players required on line 9 vs 9 – 5 players required on line	6 vs 6 – 3 players required on line
Roster Minimum	9 dressed	15 dressed	22 dressed* *LTAD requires 24 – please make every effort to meet this minimum	12 dressed
Field Size	Reduced – near sideline to <u>far hash</u>	Full Field Reduced for 9 v 9– near sideline to <u>far hash</u>	Full Field	Full Field
Timing	12 minute quarters, run time except last 6 minutes of each half, Per Rule 1, Section 5	12 minute quarters – Per Rule 1, Section 5	12 minute quarters – Per Rule 1, Section 5	15 minute quarters – Per Rule 1, Section 5
Game Ball	Wilson TDJ	Wilson TDJ	Wilson TDY	Wilson TDY
Conversion	Run 1, Pass 2, Kick 2 (kick is uncontested)	Run 1, Pass 2, Kick 2	Run 2, Pass 2, Kick 1	Run 2, Pass 2, Kick 1
Minimum Refs	3 referees on field, plus one timekeeper (can't be a parent)	4 referees on field, plus one timekeeper (can't be a parent)	4 referees on field, plus one timekeeper (can't be a parent)	4 referees on field, plus one timekeeper (can't be a parent)
Coach on Field	Yes – see Section 7	No	No	No
21 Point Rule	No	No	No	No
Fair Play Rule	No	No	No	No
Punt Rule	Yes – see Section 7	No	No	No
Special Teams Rule	Yes – see Section 7	No	No	No

Miscellaneous

- A. Filming: Video or camera equipment will be permitted, but courtesy dictates the teams being filmed should be informed. The use of direct communications with electronic devices from the sideline, bleachers or spotter box to any player on the field is prohibited. Any Team found doing this will be fined \$1000 and they will forfeit the game.
- B. On field officials are to strictly enforce the rules as stated in the Canadian Amateur Rule Book for Tackle Football and the OFFL Playing Rules. Any game may be terminated at the Game Referee's discretion. Any further disciplinary action may be taken at the discretion of the OFFL Executive.
- C. If a game is halted due to inclement weather of any type, the teams will wait a maximum of thirty (30) minutes to determine a course of action. If there is unanimous among three parties, comprised of the Game Referee and Game Day Convenor of each team, to wait additional time, this time period can be extended. If a game is not restarted within the above noted time period, then the following will apply:
 - A game will be considered complete when three (3) quarters have been completed and then is a three (3) converted touchdown (maximum conversion in each division) differential.
 - If the differential is less than the above differential, the game shall be completed at an agreed upon time and date under OFFL guidelines for rescheduling games. If the game is to be completed at a later date, it will resume at the point that the game was interrupted at when it was suspended,
 - If three (3) quarters of play have not been completed, then the game will be re-played in its entirety, at an agreed upon date and time under OFFL guidelines for rescheduling games. Any team that is not in the lead at the time the game is suspended, may opt not to replay or complete the game and award the game to the opposing team. In such case, a default shall not be attributed to the conceding team. The final game score will be recorded at the point where the game was suspended/interrupted.
- D. It is URGENTLY required that all member of OFFL have qualified, certified and/or accredited medical personnel at all games and it is suggested for practices.

