

2026 Ontario Fall Football League – Age Group Rules Updated August 2026



U10 Age Group - Rules

Please note unless specified below rules are governed by the 2026 Football Canada Tackle Rulebook

Age Eligibility

Birth Years:

2017 and 2018

Game Format

6 vs 6

3 players on the line

Roster Sizes

10 – dressed on game day

Coaches on the Field (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 defense 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 are NOT to read the offense and your formations, blitzes etc.

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

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 with ten-yard end zones. Cones will mark the furthest sideline every five (5) yards.

Timing

4 down

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.

Time-outs

2 per half

Game ball

Wilson K2 or Wilson TDJ / Rouge CF-10/CF-12 (Team Issue Brand)

Conversions

Run 1, Pass 2, Kick 2

If team chooses to kick it is uncontested- snapper, holder and kicker only. Snap from the 5-yard line.

Minimum Number of Officials

3 on field

1 timekeeper (not a parent-must be competent)

Additional information

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

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

- **Maximum of 4 rushers / blitzers per play**

Special Teams Rule - Kickoffs

There will be no kickoffs

After each scoring play where a kickoff would normally take place, the team that was scored upon will now take possession on their thirty-five (35) yard line and start first (1st) down from that point.

There will be no punting 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.

Converts: 2 points for uncontested kick/ 2 point for FORWARD pass or 1 point for a run play from scrimmage. There is no option for a contested kick.

U12 Age Group - Rules

Please note unless specified below rules are governed by the 2026 Football Canada Tackle Rulebook

Age Eligibility

Birth Years:

2015 and 2016

Game Format

9 vs 9

5 players on the line

Roster Sizes

15 – dressed on game day

Playing Field

The playing field will be width sideline to far numbers and 110 yards in length with ten-yard end zones.

Timing

4 down

Regular timing applied – 12 min quarters

Time-outs

2 per half

Game ball

Wilson TDJ / Rouge CF-12 (Team Issue Brand)

Conversions

Run 1, Pass 2, Kick 2

If team chooses to kick it is uncontested- snapper, holder and kicker only. Snap from the 5-yard line.

Minimum Number of Officials

4 on field

1 timekeeper (not a parent-must be competent)

Additional information

Legal Scrimmage – Each team will have up to nine (9) players on the field for each play. The offensive team must have at least five (5) players on the line of scrimmage (wing line). The outside players on each end of the wing lines and all back fielders are eligible receivers.

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

Special Teams Rule

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-five (35) yard line and start first (1st) down from that point.

Punting: 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.

Converts: 2 points for uncontested kick/ 2 point for FORWARD pass/1 point for a run.

There is no option for a contested kick.

UPDATED 2026 ADDITIONS

DEFENSE

- Maximum of 6 rushers / blitzers per play.
- NOTE: Given the developmental aspect of 9-a-side U12 the maximum 6 rushers / blitzers rule will be monitored by the coaches. There WILL NOT be penalties assigned by the officials for blitzing more than 6 players. However, coaches are expected to follow the spirit of the game and regardless of game circumstances or score adhere to this rule.

OFFENSE

- 5 players MUST be on the line of scrimmage to start each play
- The middle 3 player are ineligible
- NOTE: the center DOES NOT have to be the middle player. Example: a team can line up with a center / guard and tackle making the guard ineligible

U14 Age Group – Rules 12 v 12

Please note unless specified below rules are governed by the 2026 Football Canada Tackle Rulebook

Age Eligibility

Birth Years:

2013 and 2014

Game Format

12 vs 12

7 players on the line

Roster Sizes

22 – dressed on game day

Playing Field

Full regulation size field

Timing

4 down

Regular timing applied – 12 min quarters

Time-outs

2 per half

Game ball

Wilson TDY / Rouge CF-14 (Team Issue Brand)

Conversions

Run 2, Pass 2, Kick 1

Minimum Number of Officials

4 on field

1 timekeeper (not a parent-must be competent)

2026 Helmet Communication Device Regulation

1. Helmet communication devices will be permitted at U14 AAA/AA
2. Helmet communication devices are allowed to be used by one Offensive player – Quarterback and one Defensive player.
3. Communication is to be one way only. Coach to player. Player will have no ability to talk, just listen.
4. Each team is responsible for providing their own communication device.
5. The helmets with the communication device need to be indicated with a NEON green sticker.
6. If technical issues arise, the opposing team does not need to take their device down.
7. There is no shut off for the device.
8. There is no responsibility added to the Officials in managing the of the devices use or rules.
9. Coaches are only to communicate using the device up to the snap of the ball.
10. Helmet devices cannot be any larger than 1' x 1.2' – in line with the Atech or GSC styles, no alterations to the helmet are permitted.