Varsity Girl

**APPLICATION OF SPECIAL RULES**
 These special rules apply to all New Brunswick Varsity Girls Football League games.

 **ELIGIBILITY**
Players must be attending a high school in New Brunswick during the season.  They must be 14-17 years old in the year of play (i.e., on December 31).

**GENERAL RULES**
Unless otherwise specified below, the conduct of games in the New Brunswick Varsity Girls Football League will be in accordance with the [Canadian Rulebook for Tackle Football](http://www.gridironnewbrunswick.org/rulebook.html).

**FIELD SIZE**
Games will be played on a regulation size Canadian Football Field . Pylons will be placed along one set of hash marks to narrow the field to 40 yards wide.

 **NUMBER OF PLAYERS ON THE FIELD**
Teams will play with 6 players on the field. The offence must have at least 3 players on the line of scrimmage. All players are eligible receivers except the player in the middle of the offensive line.

**GAME LENGTH**
Games will consist of 4 quarters of 12 minutes each for a total of 48 minutes of playing time.

Except for the last minutes of each half, the timing of games will be "straight time". The time clock will run continuously and only stop in the following situations:

(1) A team time out. Each team will have 2 timeouts per half.
(2) An official’s timeout.
(3) A prolonged injury where a player is on the ground for more than 15 seconds.
(4) A prolonged officials conference or delay of more than 15 seconds.
During the last 3 minutes of the first half and the last 3 minutes of the second half, the game will be timed in accordance with [Rule 1 Section 5 Article 1](http://www.gridironnewbrunswick.org/rulebook1.htm#Rule1-5-1)of the Canadian Rulebook for Amateur Tackle Football.

**NUMBER OF DOWNS**
For all games teams will play 4 down football with the one yard neutral zone. The offence must throw a legal OVERHAND forward pass on at least one of the first three downs in each series of downs.
Failure to do so will result in an "Illegal Procedure" penalty. Officials will not stop play until the ball is dead. Attempting to pass and getting sacked or being forced to run will not satisfy this rule. The ball must be thrown as a legal forward pass. A lateral pass will not satisfy this rule. Officials should point this out to a team that has just thrown a lateral pass. A five yard penalty will be applied and the down repeated. The offensive team will still be obligated to pass the ball again after the penalty has been applied.
The defensive team has the option to decline the penalty, let the play stand and bring up fourth down. The offensive team can run the ball on fourth down.
In order to avoid this penalty teams are strongly advised to pass on either first or second down.
The offence is not required to pass the ball in any set of downs that starts inside their own 15 yard line.

**BLOCKING RESTRICTIONS**
Initiating blocks below the waist is not permitted. Illegal blocks below the waist are a 15 yard penalty. Any player penalized twice for this infraction in the same game will not be permitted to play the remainder of the game.

**HASH MARKS**
The ball will be moved to the "hash mark" after each play.

**HALFTIME**
During the regular season, halftime will be 5 minutes. During the playoffs, halftime will be 10 minutes.

**LIMIT ON NUMBER OF PRACTICES**
During the regular season teams are limited to a maximum of six hours of practice per week. There is no limitation on the number of practices in the preseason or during the playoffs.

**OFFICIAL BALL**
The official football of the New Brunswick Varsity Girls Football League is the Spalding composite football. The host team is responsible for providing the game ball.

**CONVERTS AND FIELD GOALS**
A kicked convert is worth 2 points. A convert by pass or run is worth 1 point.
Only three players can rush and must be inside the box (on Field Goals, converts, and punts).

**COACHES ON THE FIELD**
Teams are permitted to have coaches on the field during the first two games of the season.

**TAKING A KNEE**
When a team advises the Referee that they are going to take a knee for the purpose of ending the half or a game, the Referee will advise both teams of what is going to take place so that there is no misunderstanding with either team on the field. After the Referee declares this, if during the next play a member of either team crosses the neutral zone in a threatening manner, even without physical contact being made, that player will be ejected from the game.

 If the offense needs to take the knee more than once they are to declare that before each play and the Referee will advise both teams before each play. Score and field position are not factors, there is no play when the offense declares they are taking the knee.