

## Football New Brunswick Fall Tackle Rules & Regulations

Unless otherwise specified, games will be conducted in accordance with the Canadian Rulebook for Amateur Tackle Football. All rules and regulations apply to all U14, U16 and U18 regular season, playoff and provincial championship games.

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## Age Eligibility

**U14:** Players cannot be older than 14 on December 31 in the year of play.

**U16:** Players cannot be older than 15 on December 31 in the year of play. Any U16 age player who dresses for a High School Varsity game after September 30 in the year of play, will be no longer eligible to play U16 minor league football again that year.

**VG:** Players must be 14 years and cannot be older than 17 years on December 31 in the year of play.

## Roster Caps

	Minimum to Start a Season (Football Canada)	Minimum to Start a Game (Football Canada)	Recommended to Play a Game	Maximum to begin Thinking of Alternative Options	Roster Maximum
<b>6-a-Side</b>	9	8**	12	18	24*
<b>9-a-Side</b>	17	13**	18	28	36*

\*Minimums cannot be changed, however extenuating circumstances may allow for changes to the maximum, Football New Brunswick will evaluate these case by case

\*\*If any team fails to meet the roster minimums at any time during a game they will be unable to compete and must forfeit the game. However, as per both coaches' discretion, they may agree to conduct a joint practice or use a format that requires fewer players on the field (ex. 9-a-side to 6-a-side) and play a controlled scrimmage. Regardless of the outcome, the team that failed to meet the roster minimums will forfeit the game.

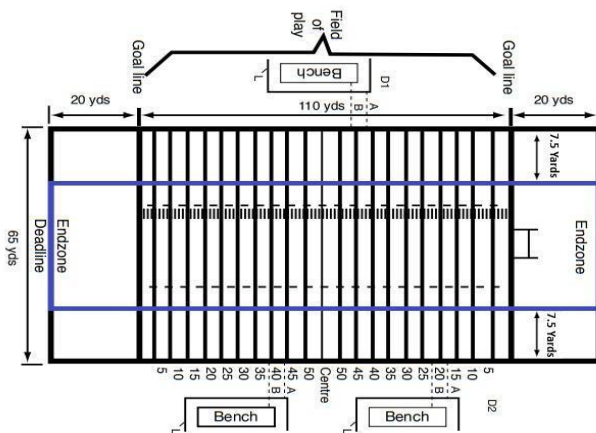
## Field Dimensions

**9-a-Side (9AS):** The 9AS sideline will be 7.5 yards in from the standard sideline.

Hash marks will be based off the uprights. Please reference figure 1.1 below.

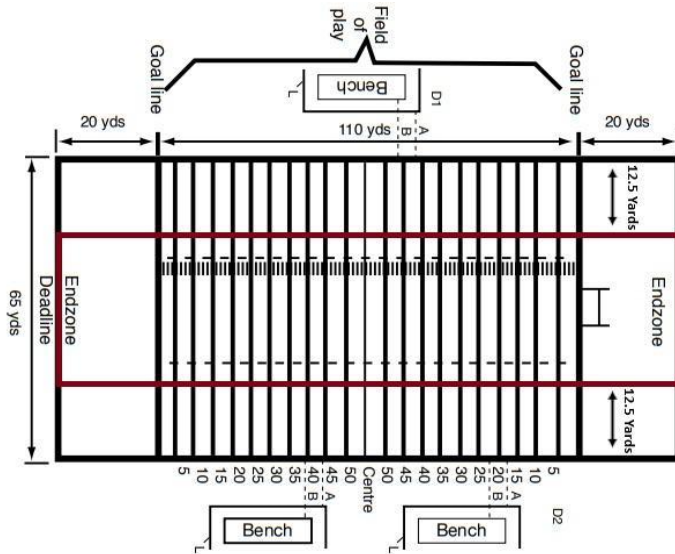
**6-a-Side (6AS):** The 6AS sideline will be 12.5 yards in from the standard sideline.

Hash marks will be based off the uprights. Please reference figure 1.2 below.



**Fig 1.1**

**Fig 1.2**



## **Ball Size**

**U16:** The game ball must be senior size and must be either Nike or Wilson. The brand of the ball must be either Nike or Wilson.

**VG & U14:** The game ball must be youth size. The brand of the ball must be either Nike or Wilson.

## **Number of Downs**

Teams will play 4-down football with a 1-yard neutral zone.

## **Converts**

A kicked convert is worth 2 points and will be kicked from the 5-yard line; a pass or run convert is worth 1 point and will be scrimmaged from the 5-yard line.

## **Timing of Games**

Games will consist of 4x15 minute quarters with a 10-minute half-time. These games will be run “straight time” until the last 3 minutes of both halves. The time will still stop for injury and official timeouts. During these 3 minutes, the games shall be timed according to the Canadian Amateur Rule book.

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 officials’ 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 each half the clock will stop after each play. It will start again in accordance with Rule 1 Section 5 Article 1 of the Canadian Rulebook for Amateur Tackle Football.

## **Mercy Rule**

In the second half, if the difference in score between two teams becomes 35 points or more, the clock will be running time for the remainder of the game. Time will still stop for injury and official timeouts or any other time the official deems necessary.

## **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.

## High Tackle

Definition: Any tackle by a player who has initiated above the shoulder pads - specifically the neck area. \*It is important to recognize that there will be situations when a tackle is initiated around the shoulder pad area, and because of player size differentials, or the ball carrier going down, the tackle could end up being around the neck area. In that case, it would be a judgment call by the Official. It will be important for coaches to understand that this is separate from the "Facemask" penalty, and the new "Horse collar" rule."

### **Penalty**

Unnecessary Roughness - 15 yards applied as per the rule book.

## Head Out of the Game /Unnecessary Roughness Rule

For the purpose of this rule, INTENT is NOT a factor when considering whether it is a foul or not. The responsibility lies solely with the player initiating the hit or tackle to avoid the contact to the head and neck area.

- (1) Any SIGNIFICANT contact delivered TO THE HEAD OR NECK AREA of an opponent with the helmet, facemask, forearm, shoulder, or hands shall be ruled as unnecessary roughness.
- (2) Any SIGNIFICANT contact by a player with their HELMET to an opponent either in attempting a tackle or a block shall be ruled as unnecessary roughness.

### **Penalties**

**1st Offence:** Team A 15 yards DR; Team B 15 yards, automatic first down for team A.

**2nd Offence (by SAME PLAYER):** Team A 15 yards DR; Team B 15 yards, automatic first down for team A \*Referee will tell head coach that the next infraction by that player will result in a disqualification.

**3rd Offence (by SAME PLAYER):** Team A 25 yards DR, player ejected from game; Team B 25 yards DR, automatic first down, player ejected from game.

### **Exceptions**

1. Straight arm by ball carrier; A ball carrier is permitted to make contact to the helmet, facemask, or neck area of an opponent attempting to make a tackle with their hand provided there is no thrusting motion of the arm involved in making the contact to the head or neck area. After the hand is in contact with the potential tackler, a pushing action is permitted to ward off the tackler. The hand may be on the facemask, but must not grasp the facemask.

2. Short yardage plunge; A ball carrier may plunge headfirst toward a gap when attempting to gain a first down or a play at the goal line, either attempting to score or get out of the end zone. An opponent attempting to stop the runner may make unavoidable contact to the head or neck area of the runner due to the position the runner has assumed to gain the required distance, this contact shall not be considered a foul unless it involves SIGNIFICANT helmet to helmet contact. A short yardage play of this nature does not permit the ball carrier to lower their helmet and target a potential tackler with their helmet.

**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.

## **Head Leading Contact**

If a head leading contact penalty is called the official will remove the player from the game for a minimum of 3 plays. When this takes place the coach can then speak with the player about tackling techniques to try and keep the head out of play and ensure the athletes safety.

## **Use of Headsets/Communication Devices**

The use of headsets/communication devices are not permitted during any minor football games.

## **Use of Drones**

Drones can be flown over your own bench and the end zone your defending and never over the field of play or over your opponents bench.

## **Special Rules**

### **U14 Pressure Defense**

The defence can have as many defensive linemen as the offense has interior offensive linemen (i.e. C, G, TE). Linebackers and defensive backs are not allowed to blitz. Defensive ends cannot line up wider than an "outside shade" on the most outside interior offensive lineman, (i.e. G or TE). The defensive end's inside foot cannot be lined up outside the offensive lineman's outside

foot. There is no restriction on where linebackers or defensive backs can line up; however, they cannot cross the line of scrimmage until the quarterback no longer has the ball or has left the pocket. If this rule is violated, the defence will be penalized 5 yards for "illegal defence". **\*This rule is not in effect when there are two yards or fewer to go for a first down or when the offense is scrimmaging inside the defensive team's 2-yard line.**

Note: Any End player lined up on the line of scrimmage must be at least 3 yards outside the G on the snap to NOT be classified as a TE for the purposes of this rule. Any player lined up behind the line of scrimmage (other than the QB) must be at least 3 yards behind the line of scrimmage OR 3 yards outside the G or TE on the snap to NOT be classified as a TE for the purposes of this rule.

### **Overhand Forward Pass Requirement**

Pass requirement: The offence must throw a legal OVERHAND forward pass on at least 1 of the first 3 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. A five (5) 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.

1. 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 and must cross the line of scrimmage.
  - a. This does not apply to a screen pass.
2. A lateral pass will not satisfy this rule. Officials should point this out to a team that has just thrown a lateral pass.

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. 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.**

### **Limit on number of practices and contact**

During the regular season, teams are limited to a maximum number of practices per week as per the football Canada LTAD:

U14 – 3 practices of no more than 90 minutes in length and one must be helmets only

U16 and U18 4 practices of no more than 120 minutes in length and one must be helmets only

### **Coaches on the field**

Teams are permitted to have a maximum of 2 coaches on the field during the first two games of the season.

## **Provincial and Playoff Rules and Regulations**

### **U14 and U16 Playoff Format - 4 Team Wildcard**

1. The City Champions from the three associations will advance to the playoffs and be seeded 1 to 3 based on regular season standings.
2. The 4<sup>th</sup> team to make the playoffs will be the next highest seed from the regular season standings and will qualify as the 4<sup>th</sup> seed.

#### **Semi Final Schedule**

1<sup>st</sup> seed hosts 4<sup>th</sup> seed  
2<sup>nd</sup> seed hosts 3<sup>rd</sup> seed

#### **Provincial Final Schedule**

Highest seed will have home field advantage regardless of location.

### **Varsity Girls Playoff Format**

#### **Semi Final Schedule**

Seeding is based on regular season standings.

1<sup>st</sup> seed hosts 4<sup>th</sup> seed  
2<sup>nd</sup> seed hosts 3<sup>rd</sup> seed

#### **Provincial Final Schedule**

Highest seed will have home field advantage regardless of location.

### **Postponed Playoff Games**

All playoff games cancelled due to inclement weather must be replayed at the earliest reasonable opportunity. If the hosting team does not have a lighted field satisfactory for the rescheduled game, it will lose home field advantage and therefore must travel to the other team's home field to complete the game.

### **Hosting Format**

The three associations listed below will rotate hosting Provincial Finals on a 3 year cycle as shown:  
(1) Capital Area Minor Football Association (CAMFA)



- (2) Fundy Minor Football Association (FMFA)
- (3) Greater Moncton Football Association (GMFA)

### **Uniform Colors**

Once the participating teams have been determined a comparison of uniform colours will be made. If they are too similar the hosting team must change jerseys to accommodate the visiting team.

### **Appeals**

Any appeals must be submitted, in writing, to the Executive Director of FNB within 48 hours of the end of a game. The Executive of FNB will rule on any appeals. Appeals cannot be made based on alleged errors by game officials.