



Interlock Fair Play & Two-Way Play Policy

Updated: December 2024

Football New Brunswick and its members believe that promoting integrity, respect, and sportsmanship both on and off the field is of the utmost importance. This Fair Play Policy applies to Provincial Interlock seasons and outlines the standards and expectations for players and coaches to ensure a safe, inclusive, and respectful environment for all participants. By adhering to these guidelines, we are ensuring the sustainability of our sport and setting a good example for our future athletes and their parents. Through a commitment to fair play, we create a culture that values teamwork, honesty, and accountability, reinforcing the true spirit of football and enhancing the overall experience for all stakeholders.

Regular Season

- **Equal Opportunity:** All players will be provided with the opportunity to participate in practices, drills, and games, regardless of their skill level or experience. Coaches are expected to ensure that every player has the chance to contribute to the team's success and gain valuable on-field experience.
- **Playing Time:** Coaches will strive to provide equitable playing time for all players over the course of the season. While playing time in competitive situations may vary, every player should have significant game participation opportunities throughout the season. In non-competitive or developmental games, playing time should be distributed as evenly as possible.
- **Attendance and Preparation:** Coaches must consider the athletes' attendance and level of preparedness for a game situation. If you feel an athlete is an injury risk due to lack of attendance or being prepared for a game environment, their playing time can be modified.
- **Development Focus:** Coaches are encouraged to focus on skill development, teamwork, and sportsmanship. The emphasis should be on helping each player improve and enjoy their football experience, rather than solely focusing on the outcome of games.
- **Two Way Play:** Strongly discouraged at U14, U16 and VG level.

Playoffs

- **Fair Play Policy:** This fair play policy is not enforced during the playoffs. However, coaches are encouraged to ensure that all players receive meaningful playing time.

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Fair Play Policy Roster Maximums

- Teams will abide by the roster maximums set forth in the Football New Brunswick Fall Rules (***maximum of 24 players for 6-a-side, 36 players for 9-a-side and 48 for 12-a-side***). If a team has enough athletes (***12 athletes for 6-a-side, 18 athletes for 9-a-side and 24 for 12-a-side***), every player will be a starter on either Offence or Defence. No player shall sit out if they can play. If a team has less than the numbers previously outlined, player(s) will have to play both Offence and Defence. Players should be provided with the opportunity to try positions on both sides of the ball.

Roster Minimums & Maximums

- Please refer to the [Football New Brunswick Fall Rule Book](#),