

HAMILTON MINOR FOOTBALL ASSOCIATION (HMFA)

RULES AND REGULATIONS 2009

The HMFA rules of play are in accordance with the current Canadian rules for tackle football. The HMFA Executive has approved the following alterations.

RULE # 1 - AGES AND WEIGHTS

The Following are the age & weight limits that a player must meet prior to participating in any game for a team in the HMFA. Players must be at the Opening Day weigh-in in order to play. A player will be given two (2) opportunities to successfully meet the weight criteria on the day that they play their first regular season game if they choose to do so (however it will count as two (2) opportunities to weigh-in leaving them with only one (1) more opportunity). All players will be weighed-in as a team- there are NO EARLY weigh-ins. It is the Head Coach's responsibility to ensure that each of their players and parents understand all of the weight requirements and their eligibility.

If a player fails to meet the necessary requirements as listed below, then that player will be permitted to make another attempt on the day of (but prior to playing) their second regular season game. If the player in question, does not make the weight on their second attempt, then they will be granted a third (and final) attempt to meet the requirements, as listed below on the day of (but prior to playing) their third regular season game. If the player does not meet the requirement on their third and final attempt then that player will be disqualified from the team and removed from the roster of that team. A full refund (less a \$50 administration fee) will be granted to any players who do not meet the weight requirement.

If a player, for any reason, has not made an attempt to meet the weight requirements by the 3rd regular season game for the division they have registered to play in for that season then they are disqualified from weighing in and therefore are unable to participate for the remainder of the season.

The age and weight requirements for 2009 are as follows:

TYKE: 8-10 as of September 1st Maximum 130 lbs
 11 as of December 31st Maximum 100 lbs

ATOM: 11-12 as of September 1st Maximum 155 lbs
 13 as of December 31st Maximum 120 lbs.

PEEWEE: 13-14 as of September 1st Maximum 190 lbs
 15 as of December 31st Maximum 150 lbs

Once a player has successfully met the weight requirement for their respective age and division, a five (5) pound growth factor will be added to the maximum weight restriction that the player met prior to being permitted to participate in a HMFA regular season game. This growth factor will be applied to any future weigh-ins held throughout the regular season and to the final weigh-in prior to the Semi-Final games (if that player's team makes the playoffs).

The weigh-ins will be conducted in an area approved by the HMFA Executive on the day in question. All weigh-ins will be performed on a scale owned by the HMFA. The scale will be correctly calibrated by the Division Convener (or an alternate designated by the HMFA Executive) before each team begins their weigh-ins.

Each weigh-in will be conducted by the appropriate Division Convener and the Director of Registration, in accordance with all rules and regulations of the HMFA as outlined in this document and the HMFA Constitution. The Head coach of the team being weighed-in MUST be present to witness the weigh-in and to confirm the weights of their players. The Head coach is responsible for verifying the age & weight of each of their players. If the Head Coach is not available, then an appointed delegate (to be approved by the Head Coach) MUST be present to witness the weigh-in, otherwise the team will not be weighed and they will FORFEIT their game.

In addition, the opposing Head Coach (or an appointed delegate) is permitted to witness the weigh-in. If the opposing Head Coach waives his right to witness the weigh-in or simply does not show up to witness the weigh-in, then the opposing Head Coach agrees to all decisions made during the weigh-in by the Convener and waives any right to appeal. No other persons, other than the two Head Coaches involved in the game on the day of the weigh-in (or their delegates), are allowed to be in the area where the weigh-in is being conducted. Failure to comply with this rule will result in disciplinary action from the HMFA Executive.

Once a player has made the weight requirements for their age and division as approved by the Division Convener, that player is permitted to play in their respective division within the HMFA.

RULE # 2 - BOUNDARIES

Eskimos:	City - West of Ottawa St.
Bombers:	City: - East of Hwy. 20 Mtn. - West of Hwy. 20 to Upper Mt.Albion
Lions:	Mtn. - Town of Ancaster
Roughriders:	Mtn. - West of Upper James
Stampeders:*	City - Hwy. 20 west to Ottawa St.
Tiger-Cats:	Mtn. - Upper Mt.Albion to Upper James

*Grandfather rule - Any players previously playing for either the Alouettes (now the Eskimos) or the Stampeders before the boundary change in 2003 may stay with the team that they have played for (i.e. an Eskimo can stay with the Eskimos and a Stampeder can stay with the Stampeders) or return to the team in the area which they reside in. This rule includes moving up to the next division.

All participants must play for the team in the area which they reside (except those that are under the grandfather rule). To exempt a player, a waiver must be obtained from the Head Coach of the team in the area that the player wishes to leave.

Once a team has reached their maximum roster limit (34 players), all potential players in that area are automatically waived and they may register with another team within the division that they are eligible to play in. Any "waived" player has the option of returning to the team in the area that they reside in the following season, or staying with the team that they played with this season. This also includes moving up to the next division.

RULE # 3 - TEAM PERSONNEL

Only personnel that are registered with the HMFA will be allowed in contact with the team. All team personnel must submit a completed police screening, with no child related offenses and no violent offenses. If any team personnel member submits a screening with any convictions whatsoever, the HMFA Executive reserves the right to make the final decision as to whether or not that person will be eligible to have any contact with any team in the HMFA and to review any situations where the Hamilton Wentworth Regional Police call to report any serious convictions that a Coach may have. Serious convictions include (but are not limited to) child related offenses, assault, murder

The process for obtaining and submitting a completed police screening is as follows:

- Coaches and or team managers must meet with the HMFA League Director in charge of police screenings to obtain a police screening request form.
- The screening request must be taken to the records department at the Central Police Station of the Hamilton-Wentworth Regional Police - photo ID is required.
- After a 30 day waiting period, the request must be picked up at the Central Station and returned to the HMFA League Director in charge of police screenings.
- The HMFA president must grant any approvals or exceptions. The requests are confidential and are only seen by the HMFA president.

- Each team will be allowed six (6) police screened coaches and two (2) student volunteers (under 18 years of age) behind the bench during any game. The student volunteers (under 18 years of age) do NOT need a police screening to be behind the bench on game day or team practices.
- It is the Head Coach's responsibility to ensure that each member of their staff (including team managers, etc.) has submitted a completed police screening to the HMFA Executive. Head Coaches must submit a coaches list HMFA League Director in charge of police screenings before the start of the season (this includes the start of practices). Failure to do this will result in that Head Coach forfeiting all of his Head Coaching duties until the list is submitted.
- Each Coach in the HMFA must complete a police screening EVERY year. This must be done before the start of each HMFA season (this includes the start of practices). This screening MUST come back with no child related and no violent convictions as discussed in the first paragraph of Rule # 3 above. on it -otherwise you will NOT be eligible to coach in the HMFA. The HMFA Executive reserves the right to review any situations where the Hamilton Wentworth Regional Police call to report any serious convictions that a Coach may have. Serious convictions include (but are not limited to) child related offenses, assault, murder
- If there is a Coach on the sidelines during a game that has not submitted an approved police screening to the HMFA Executive prior to that game, then the team that they coach will FORFEIT that game. The same score will be entered as is for a default (28-0 for the winner).

RULE # 4 - REGISTRATION

The registration period will begin at sites and dates determined by the HMFA Executive. No registrations will be allowed after any team has played their second regular season game. No players or coaches will be allowed to change teams after August 1st.

Teams cannot carry any more players than the prescribed limit of 34. Once a team has reached their maximum roster limit, all potential players in their area become "waived" and may register with another team within the division that they are eligible to play in. Any "waived" player has the option of returning to the team in the area of which they reside in the following season, or staying with the team that they played with this season. This also includes moving up to the next division.

Any player who is on a roster for a REGULAR SEASON GAME in a higher division, - this includes Junior or Senior Varsity, Bantam, or Senior high school football, will be ineligible to play in the HMFA. THERE WILL BE NO EXCEPTIONS TO THIS RULE. The term "higher division" refers to a division with a higher age group of players, not a higher caliber of football (i.e. A player who was on a roster for a regular season game for a Rep football team is not excluded from playing House League football in that same division, provided that they meet the age and weight requirements as set out by the HMFA). In addition, this also excludes a player from participating in a lower division once they have been on the roster for a REGULAR SEASON GAME in a higher division in any league. Specific examples include; 1) A player who has been on a roster for a regular season game in a Peewee division is prohibited from playing in the Atom division and; 2) A player who has been on a roster for a regular season game in an Atom division is prohibited from playing in the Tyke division.

Also, once a player has played a regular season game in the HMFA, they must stay in the division that they started in for the remainder of that season. (Tykes cannot play in the Atom division, Atoms cannot play Peewee and vice versa).

Sons/daughters of coaches, who are playing for their parent's team, are exempt from the area restriction. Any player that has not paid in full prior to opening day will be deemed ineligible to play until full payment has been received by the Director of Registration.

RULE # 5 - ROSTERS

Teams must supply the HMFA (Director of Registration) with a team roster listing all players by name and jersey number. This list must be submitted prior to the first regular season game. The template to use will be supplied by the HMFA for coaches before Opening day.

It is the responsibility of the Head Coach to provide a typed roster (template supplied by the HMFA) before each game to the Timekeeper, their Division Convener and the opposing Head Coach. Failure to submit a roster prior to the game will result in a forfeit by that team and a one game suspension for the Head Coach of that team. The score for the forfeit will be entered as 28-0 (for the winner).

At the start of each game, teams must have a minimum of 24 players physically able to play. Any team with less than the minimum will be considered in default.

In the event that the roster level drops to less than 24 players during the game, only players selected by the Timekeeper or Convener will be allowed to play both ways. **These players must play offensive line and defensive line only.**

Teams are obligated to employ the two-platoon system at all times. Every player must have an active role in the game - minimum of 25% of the total number of plays. Failure to comply will result in that player's team defaulting. Benching of players for disciplinary reasons (i.e. missing practices, behavioral issues) is not encouraged but is at the discretion of the Head Coach.

RULE # 6 - SUBSTITUTIONS AND NUMBERING

Players may play on offense or defense, but not both. The only exceptions are:

Kick-Off & Kick-Off Return: Free substitution

Converts & 4th Down: Two (2) player's maximum, from the opposite side of the ball

All offensive players must wear even numbers, and defensive players must wear odd numbers. Once a player has received their number, they must wear that number for the remainder of the season. The only exception is if a player switches from offense to defense or vice versa.

All HMFA teams will adhere to the regular numbering restrictions: running backs, receivers, ends and quarterbacks, must wear eligible numbers. Offensive linemen must wear ineligible numbers and must report to the Head Referee if they are to play an eligible position.

RULE # 7 - GAME ADMINISTRATION

Teams must supply a new roster sheet (supplied by the HMFA) to the Timekeeper, Convener and to the opposing Head Coach before each regular season and playoff game. This roster must be signed by the Head Coach to verify that it is correct. The roster must be separated by offense and defense, listing the players name, number and position. Failure to do so will result in default.

The choice at the start of each game will be determined by a coin flip. The team that wins the toss will be given the following options:

- kickoff
- receive
- defend an end of the field
- defer to their choice to the start of the 2nd half

Each game will consist of four (4), twelve (12) minute quarters with stop time only in the last two (2) minutes of each half. The clock will stop only on scores, injuries, and time outs.

- Teams will be granted three (3) timeouts per half - two coaches may go on the field during a time out.
- In the event of an injury, EMS will act as the trainer; a coach may go on the field at the discretion of the EMS personnel to aid with the injured player, but not to organize their teams.
- All protests must be made in writing to the division convener within 48 hours of the incident occurring. A **CASH** deposit of \$50.00 must be made and will be refunded if the protest is upheld. The current HMFA Executive will make a decision on the protest within 48 hours.
- If a default occurs, the following will be entered as the game result:
 - Single default: 28 - 0 for winner
 - Double default: 0 - 28 for both teams

RULE # 8 - OVERTIME (REGULAR SEASON)

In the event of a tie at the end of regulation time, a "shoot-out" will be used to decide the game. The structure of this will be as follows:

- Coin toss by the referee with the winner having the option of: (1) being on offense or defense first or (2) the choice of which end the shootout will be played in.
- Each team will have three (3) plays from the five-yard line.
- If the ball is not advanced over the goal line, it will be re-set at the five yard line.
- No timeouts
- All penalties will be applied as normal.

The team scoring the most points will be declared the winner, and will receive two points in the standings; the loser will receive one point. If the overtime ends in a tie, the game will end as a tie, and both teams will receive one point in the standings. Points for and against will be counted in the standings as of regulation time.

RULE # 9 - PLAYOFF FORMAT

At the end of the regular season, the playoff pairings will be as follows for all divisions:

1st vs. 4th

2nd vs. 3rd

If there is a tie for a playoff position, the tie-breaking procedure will be as follows:

- Won/Loss record in the head to head meetings between the teams involved.
- Differential in points for and against in the head to head meetings.
- Total points allowed over the regular season.
- Differential in points for and against over the regular season.
- Coin flip made by HMFA president.

RULE # 10 - PLAYOFF GAMES

Playoff games will follow the same administration rules as in the regular season. In the event a playoff game ends in a tie:

- One ten minute overtime will be played, divided into two five minute halves, with stop time in the last two minutes of each half.
- Should this fail to break the tie, successive five minute periods will be played until a winner is decided.
- Each team will have two time outs during each half/period of play.

RULE # 11 - CONDUCT

The Head Coach of each team will be responsible for the conduct of their bench area and the parents in the stands. It is expected that everyone understands that the sport is for the enjoyment of the players and everyone will conduct themselves accordingly.

Each Head coach is responsible for reading and understanding the HMFA Constitution and the HMFA Rules & Regulations.

Any ejection reported to the HMFA by the Officials Association will result in the suspension of the offending player or coach for the next scheduled game, including playoffs.

The HMFA observes a **ZERO TOLERANCE POLICY** toward unsportsmanlike behavior by any player, coach, or spectator. The HMFA reserves the right to review any situation and impose additional penalties.

DIVISION CONVENERS:

Each Convener's term of office shall be one (1) years contingent on a minimum of two (2) years membership in the HMFA. This is an elected position and they will be elected into office in the same manner as any other official on the HMFA Executive. Convener elections will be held at the Annual General Meeting. Any Convener cannot convene a game within a division that they coach in or that they have a child playing in. Ideally, Conveners will be independent from the HMFA executive due to their position on the Emerging Issues and Protest Committee (EIPC).

There will be two (2) conveners for each division in the HMFA: Tyke, Atom and Peewee. In addition to this, there must be two (2) conveners' from each division to maintain equal representation on the Emerging Issues and Protest Committee (EIPC).

All conveners' will report to the Vice-President and work in association with the Director of Fields and Parks. They will assist with the registration review processes, team compliance with age and weight restrictions and review rosters for each team when they are submitted to them at each regular season game to ensure that the rules are being followed.

Conveners, in accordance with the Director of Registration will be in charge of the weigh-in days to make sure that the HMFA Rules & Regulations are being complied by the Head Coaches (or their designates).

All conveners' MUST attend all division games and promote the Zero Tolerance Policy of the HMFA.

Tyke

- 1.
- 2.

Atom

- 1.
- 2.

Peewee

- 1.
- 2.