



PLAYING REGULATIONS: FOOTBALL

1. SPORT FORMAT

1.1. Canada West will follow the U SPORTS Playing Regulations. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.

2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

2.1. The maximum number of players dressed by the visiting team in the regular season shall be forty-five (45). The total number of individuals allowed in team bench area shall be unlimited.

2.2. The maximum number of players dressed at home in the regular season shall be fifty (50). The total number of individuals allowed in team bench area shall be unlimited.

2.3. The maximum number of players dressed for playoff games shall reflect the roster size for the Vanier Cup and national semi-finals for each team. The total number of individuals allowed in team bench area shall be unlimited.

3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

3.1. Teams shall play a maximum of ten (10) games per season, plus playoffs. This number is to include alumni games and/or non-Conference games.

3.2. Teams shall be limited to one non-conference game between the start of training camp and the first game of the regular season.

3.3. All league games played shall be: two (2) points for a win. All games ending in a tie after regulation time will proceed to determine a winner by implementing the U SPORTS Tie-Breaker System. The winning team shall receive two (2) points in the standings while the losing team shall be awarded no points.

3.4. TIE BREAKING PROCEDURES for League Standings:

Two Teams Tied: the following protocol shall determine the final league standings:

3.4.1. The team that has the best win/lost record in games between the two teams.

3.4.2. If still tied, the team that has the best points for minus points against record in games between the two teams.

3.4.3. If still tied, the team that has the best points for minus points against record in all league games.

3.4.4. Coin flip by the Managing Director of Canada West.

Three or More Teams Tied:

The following protocol shall be used to determine the higher ranked team from the tied teams.

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- 3.4.5. The team that has the best win/loss percentage in games between the three or more tied teams.
- 3.4.6. If all teams are still tied, the team that has the best points for minus points against record in league games between the three or more tied teams.
- 3.4.7. If all teams are still tied, the team that has the best points for minus points against record in all league games.

Note: The above protocol is repeated until the number of tied teams is reduced to two. The two teams tied protocol is then applied to break the final tie.

3.5. OVERTIME PROCEDURES (U SPORTS) for league and playoff competition.

- 3.5.1. Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at the center field and review the tie breaking procedures.
- 3.5.2. The officials will escort the captains to the center of the field for a coin toss. The winner of the coin toss shall choose one of the following options:
 - Offense or defense, with the offense at the opponent's 35-yard line to start the first series.
 - Which end of the field shall be used for both series of that over-time period.NOTE: The winner of the toss may not defer its choice.
- 3.5.3. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first of the two options for subsequent even-numbered extra-periods.
- 3.5.4. Extra periods: An extra period shall consist of two series with Team A and Team B each putting the ball in play by a snap on or between the hash-marks of the 35-yard line which becomes the opponent's 35-yard line. The ball shall be placed between the inbounds lines on the 35-yard line, unless a different position on or between the inbound lines is selected by the offensive team.
- 3.5.5. Team Series: Each team retains the ball during a series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first and 10 if it again possesses the ball after a change of team possession.
See U SPORTS Playing Regulations for Examples.
- 3.5.6. Scoring: The team scoring the greater number of points during the regulation and extra periods shall be declared the winner. There shall be an equal number of series, as defined in 5 above, in each extra period, except if Team B scores during a period other than on the try for extra point(s).
Example: On the first possession of a period Team A scores a touchdown. If the score is still tied after each team has played three extra series, any subsequent touchdown must be followed by a two-point conversion.
- 3.5.7. There shall be no team time-outs during overtime play.

4. **PLAYOFF / CHAMPIONSHIP FORMAT** (Also refer to Policy 8 of the Canada West Operations Manual)

4.1. The following procedure will be utilized for the allocation of dates/times for football semi-final broadcasts:

- 4.1.1. All football schools will be asked to submit to the Canada West office by a specified date their preferred hosting day and time for the first-round playoff weekend based on the options provided by the Canada West office in consultation with the television broadcaster.
- 4.1.2. Barring a team not having access to their home field for one of the options provided by the Canada West office, the first-place team (highest seed) will have first choice of an available option. The other game will then be played in the other time slot. The games will be scheduled for two consecutive dates.
- 4.1.3. The Canada West semi-final playoff games are to be played on the same day, wherever possible, with the preferred day being the first Saturday following completion of the league schedule.

5. **UNIFORMS** (Also refer to Policy 9 of Canada West Operations Manual)

5.1. Teams shall wear light uniforms away and dark uniforms worn at home with the following helmet colors:

Calgary – Red	Alberta - Gold	UBC - Blue
Saskatchewan - Green	Regina - Dark Green	Manitoba - Metallic Gold

The U SPORTS dress code relative to uniform and eye shields shall be adopted, with the exception of the section related to advertising on uniforms.

5.2. Teams have the option of including name bars on the back of their jerseys for Canada West conference and playoff games.

NOTE: Important to note U SPORTS regulations for requirements for U SPORTS Bowl Games and Vanier Cup.

5.3. For those teams exercising their option to include name bars on their jerseys, all name bars must include the full last name of the player in a contrasting colour and the lettering must be a minimum of 2 inches high.

5.4. Teams must ensure the placements of the Canada West logo on all team helmets. The logo must be in color, no smaller than 1.25 inches (height) by 2 inches (width) in size and adhered to the new Canada West Identity Guide. The placement of the logo must be consistent within the entire team (e.g.: all on the back right, or all on the back left of the helmet).

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5.5. All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

6. RULES

6.1. OFFICIALS

6.1.1. A Referee-in-Chief shall be appointed by Canada West with the following Terms of Reference:

- RIC will contact local Officials Associations/Supervisor to assign officials as outlined below to local university games. Note that the Local Officials' Associations shall work directly with the local hosting university teams regarding the assignment of Sideline Officials (minor officials), Ball Persons, and Timers.
- Provincial Football Officials' Associations shall be paid directly by the local hosting university.

Fees for the **2022** season shall be Referee \$205, Field Crew-6 x \$190
Minor Officials-4 x \$35, Total = \$1,415/game.

NOTE: If a Member requires a timer and scorer through the local official's association, add to the total - 2 x \$30 = \$60.

- If a CFL grant for officiating is received, Canada West shall utilize a 'Neutral Officials' program. Upon initiation of the program, the neutral officials shall be reimbursed the following:

Per Diem of \$40.00.

Hotel accommodation.

Airfare or reimbursement for other modes of travel.

Necessary ground transportation.

NOTE: Canada West shall utilize the CFL Neutral Officials grant to the best advantage possible for a neutral or upgrading of official's program.

- Each association will recommend the following to the Referee in Chief. The Referee in Chief shall approve and may change officials, or assignments as deemed necessary:

Nine (9) Field Officials

Six (6) sideline officials (excluding down-box operator who will be one of the field officials)

Three (3) ball persons

Two (2) timers

Full season - assignments for each of the above.

- Within three (3) days after every game, the local Supervisor of Officials will forward to the RIC a game sheet, which will include the following:

Teams - Date - Location

Officials - Names - Numbers - Positions

Fouls - Time - Team - Player - Official -Type – Declined - Restricted, etc.
Referee's game comments.

- The Referee-in-Chief shall send an 'Officials Evaluation Sheet' to each competing coach immediately after each game. Coaches are to evaluate the Officiating Crew within 48 hours of the game. Failure to do so will result in assessed fines of \$25 for the first offense and doubling thereafter for each further offense.
- The Referee-in-Chief, and the Head of the Local Officials' Association shall have access to game tapes through the league online film exchange programs.
- The Referee-in-Chief shall assign the officials crew to Canada West playoff games, including traveling officials within the approved budgeted item for that purpose.

NOTE: The competing coaches in play-off games shall be consulted through the Referee-in-Chief and the Convenor in the selection of the play-off officials, specifically, the referee and umpire, with the final decision being the sole responsibility of the R.I.C. and Convenor.

NOTE: The Referee-in-Chief will assign officials in accordance with item 5.4 of the Finance Policy found in Policy 16 of the Canada West Operations Manual.

6.2.2. Game Officials

- Only certified officials of Provincial Associations shall be used for Canada West football games.
- The officiating field crew shall consist of 7 officials (referee and 6 officials) and shall be provided for all league games.
- The sideline officials must be appropriately qualified and attired, with a degree of maturity (i.e. young adults). It would be desirable if these were members of the Provincial Referees Association.
- When the teams involved in a Canada West football game are located on opposite sides of the field, there must be yard markers on both sides, the provision of a "lone" official shall be mandatory, and the "chain gang" shall patrol the opposite side of the field in the second half.
- The Referee shall provide each coach with a list of penalties called, the name of the official and on whom the penalty was called on, at the conclusion of a Canada West football game.

7. AWARDS (Also refer to Policy 15 of the Canada West Operations Manual)

Teams competing in the Canada West Championship will be competing for the A.E. Hardy Trophy.

NOTE: Gold medals only shall be awarded at the championship final.

7.1. All-Star Team Selection:

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7.1.1. At the end of the league schedule, each coach will nominate players from their own team who are felt to be of All-Star caliber, and list them by position in order of preference at each position, on a Nominating Ballot as follows:

<u>Offense</u>	<u>Defense</u>	<u>Other</u>
Receivers 4		Punter 1
	Linebackers 2	
	Sam Linebacker 1	Place-Kicker 1
Running Backs 2	Interior Linemen 2	Kick Returner 1
Quarterback 1	Ends 2	
Tackles 2	Cornerbacks 2	
Guards 2	Halfbacks 2	
Center 1	Safety 1	

7.1.2. Selection Procedure (Convenor will determine timelines)

- All Star and Major Award Nominations to be sent to the Convenor.
- The convenor circulates the major awards only for coach votes.
- Major award winners for Outstanding Player (Hec Crighton nominee), Outstanding Lineman (John Metras nominee), and Outstanding Defensive Player other than a lineman (President's Award) are automatically awarded a position on the conference all-star team.
- The convenor places major award winners on the conference all-star team and circulates the final all-star ballot for voting on the remaining spots.
- Player statistics can be included with major award and all All-Star nominations provided by coaches.
- The unofficial ballot results are distributed to coaches, including the votes by each individual coach.
- Conference Call to finalize the All Stars and Canada West nominations for Major Awards.
- During the awards conference call, coaches may agree to re-vote on a specific all-star selection should the appropriate criteria be presented.
- All players nominated for All-Star and Major Awards are to be ranked by opposing coaches only.
- Players tied for an All-Star position will be recognized and placed on the First All-Star Team.
- If there is a tie in any category (All-Stars or major awards), the tie will be broken following the steps in Canada West Awards Policy.

7.1.3. Upon receipt of the final voting ballot, and prior to the deadline for receipt by the Canada West Office, the head coaches (in consultation with their assistants) will then vote for an All-Opponents Team, rating each of their choices at the

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positions, as first, second, third, etc. There will be one ballot from each of the head coaches of the participating universities.

7.1.4. A Coach of the Year shall be selected, with the format being the same as that used for the All-Star Selection.

7.1.5. Nominees for U SPORTS Awards – The CW Head Coaches are to determine one nominee for the following U SPORTS Awards (two players to be nominated for each position):

- Outstanding Player (Hec Crighton nominee) - Frank Gnuv Memorial Trophy.
- Outstanding Lineman (John Metras nominee)
- Rookie of the Year (Peter Gorman nominee)
- Outstanding Defensive Player, other than a lineman (President's Award).
- Outstanding Student-Athlete - athletic ability, academic achievement and citizenship (Russ Jackson Award nominee)
- As well, the Coaches will determine appropriate CW nominees for each All Canadian position based on CUFCA Guidelines.

7.1.6. Each Canada West football nominee shall receive a 'keeper' plaque. The Frank Gnuv Memorial Trophy is awarded to the Canada West Outstanding Player, and the winner's name shall be inscribed on it each year. It is the responsibility of the current winner's institution to forward this trophy to the new winner, who will keep it for one year.

7.1.7. All-star team and individual award winners will be released on timelines determined by the Canada West Office.

7.1.8. All-Star ballots must be disclosed after the conference call.

7.1.9. A Gino Fracas Award nominee shall be selected, with the format being the same as that used for the All-Star Selections.

7.2. Selection Procedure for Player of the Week

Player of the Week shall be selected in accordance with item 13 of the Canada West Awards Policy found in Policy 15 of the Canada West Operations Manual.

7.3. Canada West award winners shall be recognized formally during the Canada West Championship. At the discretion of the host, this recognition may take place at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

8. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

8.1. FOOTBALL OUT-OF-SEASON TRAINING –

8.1.1. Each U SPORTS team shall be allowed to begin their respective in-season practices/training camps fourteen (14) days immediately prior to the first scheduled league game in the U SPORTS

NOTE: Teams are allowed to utilize the day immediately prior to, as a Testing Day in which administrative details can take place.

- 8.1.2. There can be a maximum of twenty (20) out of season practices*. These practices are limited to the time period between the end of the season (Vanier Cup) and May 10th.
- 8.1.3. Included within the twenty (20) out of season, institutions may hold a spring camp with a maximum of five (5) practices over a one (1) week period, one of which may be a scrimmage.
- 8.1.4. **For 2022 only, U SPORTS is allowing five (5) additional practices from that can be used prior to August 1**
- 8.1.5. Definitions:
- A practice is defined as any on-field (including indoor facilities) football activity that is coach-directed** and involves a group of 8 or more athletes.
 - A coach is any person who is directly associated with the university or someone acting for the university (including alumni and volunteers) who works with a player in a situation where he/she is instructing fundamentals, techniques, or systems.
- 8.1.6. Permissible activities outside of the restrictions listed above include:
- Individual skill improvement sessions where a coach works one-on-one with a student athlete to address that athlete's individual skill improvement.
 - Strength and conditioning sessions performed as a group where athletes work on individual strength and conditioning.
 - Chalk talks or video sessions.

8.2. GAME ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

- 8.2.1. Facilities - Equal facilities for spotting at football games shall be provided by the host team for the visiting team. However, if this is not possible the facility shall be alternated from year to year.
- 8.2.2. Playing Field Markings - It shall be mandatory for all Canada West institutions to put numbered yard markings on the playing field, and in addition, have numbered yard markers, which are clearly visible.
- 8.2.3. Twenty-second clocks must be in all Canada West stadiums.
- 8.2.4. Game Line-up Forms - Each team shall prepare a typed list, on a template provided by Canada West, of participating players (with numbers), and these lists shall be exchanged between participating coaches on game day, no later than one hour before game time. A copy of the signed original sheet shall be emailed to the Canada West Office (scores@canadawest.org).
- NOTE: The copies must be legible. Each participating team shall be provided (by the opposing team) with eight (8) copies of the Game Day Line up, and seven (7) copies for use by the media and the announcer.
- 8.2.5. Depth Charts - Each participating team shall be provided (by the opposing team) with eight (8) copies of the Depth Chart, on a template provided by Canada West,

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and in addition shall provide an additional seven (7) copies for use by the media and the announcer. Coaches shall make depth charts available to all Sports Information Directors and Associated Director Communications and Marketing 48 hours prior to a weekend game, even though there will likely be line-up changes on game day. It is the responsibility of the Head Coach or designate to circulate depth charts to all other Canada West schools, Head Coaches and Sports Information Directors by Monday 12 Noon following a game.

- 8.2.6. Introduction List - Each participating team shall provide fifteen (15) copies of the introduction list (first and last names, including pronunciation) for use by the media and the announcer. The visiting team shall be introduced first. It will be the prerogative of each coach to select which team, (offense, defense, special teams, graduating players); will be introduced prior to the game.
- 8.2.7. Game Statistics
- Official Game Statistics are to be e-mailed immediately after the game to the Canada West Associate Director, Communications and Marketing and are to be distributed to ALL Canada West head coaches by noon Monday following a league game. These statistics should be sent with the game film, if possible. Copies shall be mailed to the Canada West Office. Also refer to Policy 13 of the Canada West Operations Manual for post-game reporting duties.
 - Quickie Stats (five copies) must be delivered by the home team to the dressing room of the visiting team within twenty (20) minutes of the final gun, of a Canada West game. Failure to comply with this regulation shall result in a fine of \$100.00, to be submitted to the Canada West Office.
- 8.2.8. Roster Distribution - It is mandatory for each member institution to distribute to other members a player roster seven (7) days prior to the first Canada West league game. This roster is to include name, number, position, height, weight and years of experience.
- 8.2.9. In poor weather the two coaches shall select six (6) appropriate game balls, on a mutually agreeable basis.
- 8.2.10. Home teams shall supply a kicking net for the visiting team.
- 8.2.11. The Wilson GOLD F-2000 shall be the official game ball for league and playoff competition.
- 8.2.12. On the day preceding the Hardy Cup, there will be a formal press conference at the host institution; both head coaches must be present.
- 8.2.13. Coin Flip:
- All Canada West league games shall begin with a coin toss resulting in determination of kick/receive, end of field and/or defer.
 - In all playoff games (Semis and Final), choices of kick, receive, and end of field are determined by a coin toss. The visiting team will be given the call of the coin toss at the beginning of the game and in any overtime situation as well.
- 8.2.14. Host institutions shall be permitted to insert one (1) promotional/media time out per quarter at their option, subject to the following:

- Promotional time outs shall be 90 seconds in length
- The use of promotional time outs shall be communicated to both head coaches at least 48 hours prior to kickoff
- Promotional time outs may take place following a scoring play or a change in possession at the first such opportunity after the clock reaches 8:00 in each quarter (i.e. the promotion time out shall not interrupt a drive). This time out could take place after a touchdown and convert, a field goal attempt, safety touch, punt, fumble, interception, or turnover on downs. In the case of a scoring play, the time out would take place prior to the ensuing kickoff.
- Hosts are required to use all four promotional opportunities (i.e. cannot chose to use promotional time outs in only two of the four quarters).

8.2.15. The length of break between the first and second quarters, and the third and fourth quarters shall be **2.5** minutes. The length of break at half-time shall normally be 15 minutes, with the option for the host to extend to a maximum of 18 minutes if the appropriate parties are notified (see 8.2.15.2 for communication of changes).

8.2.15.1. Timelines may be changed at the request of a broadcaster to fulfill commercial time needs.

8.2.15.2. Any deviations to the normal timelines outlined in 8.2.14 and 8.2.15 must be communicated to the Canada West Referee-in-Chief, the visiting team head coach, and the Canada West office no later than 4:30 pm (PT) on the Monday prior to the game.

8.2.16. See the Game Film Exchange Policy in the Canada West Operations Manual for the film exchange protocol.

8.2.17. Video transmission from the spotter's booth to the sidelines during games is allowed. GameStrat has been contracted to provide this service. Each team is limited to five devices on the sideline for a total of ten devices, five on each sideline. The home team must complete the set up at least one hour prior to kick-off.

9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

10. GAME PROTESTS

Refer to Policy 10 of the Canada West Operations Manual for policy.

11. FILM EXCHANGE

Refer to Policy 11 of the Canada West Operations Manual for policy and timelines.

11.1. GUIDELINES FOR RECORDING GAMES

- Depth charts for both teams to be provided.
- The use of recordings shall be prohibited during a game.

- Original recordings and all copies must be made at fastest speed for clarity. A top quality recorder is required.
- The original copy is to be of a high quality recording material.
- Record using individual audio and video cable in order to reduce interference.
- A copy must be available immediately after game. Thus, two recorders are required to video a game.
- Best camera available should be used. A production quality camera is usually available from media centers.
- To improve clarity, the recorder must be prepared with cleaning tape before filming the game.
- Discuss what should be included on the film - quality of camera work.

12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

12.1 SUSPENDED/EJECTED COACH OR PLAYER

- 1) A **suspended/ejected coach** must adhere to the following (for non-conference, league, and playoffs):
 - a. Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.
 - b. Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.

NOTE: Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.
 - c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.

- 2) A **suspended/ejected player** must adhere to the following (for non-conference, league, and playoffs):
 - a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
 - b. Are not allowed within the field of play during competition.
 - c. Student athletes suspended can join in the locker room only after the game is complete.

13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT

Refer to Policy 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

14. APPENDICES

A: Protocol for Pre-Game Activities

B: 2021 U SPORTS On-Field Playing Regulation Changes

C: U SPORTS exceptions to the Canadian rule book for Tackle Football

APPENDIX A

PROTOCOL FOR PRE-GAME ACTIVITIES

The protocol is not designed to curtail or discourage a member institution's promotional activities.

1. Opposing coaches must be notified one-hour in advance of game time of any special pre-game presentations or ceremonies that will be taking place.
2. Should the Home Team have a special pre-game presentation or ceremony planned, the Visiting Team players and personnel must not be on the playing surface beyond the field numbers on the visitor's bench area.
3. For pregame protocol/introductions, the visiting team will not go past the near 45-yard line and all team personnel must proceed to their bench location.
4. During the playing of the National Anthem, both teams shall be on their respective sidelines.
5. Only authorized personnel and game officials are allowed on the field of play during pre-game activities or ceremonies. University sanctioned "cheer teams" are covered under authorized personnel.

APPENDIX B U SPORTS On-Field Playing Regulation Changes for 2021

(Adopted by Canada West)

No clipping rule.

Football Canada Rule Book. Rule 7.3.15. It is now illegal for players in the close line area (TE to TE) to clock an opponent from behind below the waist.

Blocking from behind below the waist is now illegal anywhere on the field of play.

APPENDIX C

U SPORTS EXCEPTIONS FROM THE CANADIAN RULE BOOK FOR TACKLE FOOTBALL

11.1 Coin Toss, Visitor calls the coin toss to begin.

11.2 That for the Vanier Cup the zero tolerance principle is applied to the act of spiking the ball.

11.3 Players who align out of position by number must report to the referee. At the line of scrimmage. Those players must each raise a hand to clearly indicate to the defense that they are out of position.

11.4 Ineligible players are permitted to go downfield beyond the neutral zone without making contact with an opponent provided that they do not interfere with an opponent prior to a forward pass being caught.

11.5 WEDGE BLOCKING

It shall be illegal for three (3) or more players to align shoulder to shoulder within two (2) yards of each other and move forward together in an attempt to block for a ball carrier. Applies only to kick-offs, not short K/O for recovery.

Penalty L10 PBH or PPB

CFL Rule 5, Section 2, article 6

11.6 Protection of Centre (Push Block)

It shall be illegal for defensive players to push-block a teammate towards the other team's dead ball line on any play where the offense lines up in a place kick formation including kicked convert attempts and field goal attempts.

Penalty: Unnecessary Roughness, L15

11.7 Blocking Below the Waist

On scrimmage plays and before the ball is kicked across the line of scrimmage, penalize as Illegal Block, L10 PLS or PBH, or option. No requirement for player entering the BBW zone to come to a complete stop before the snap.

Blocks below the waist may be made below the knees.

11.8 The Mercy Rule does not apply.

11.9 The Referee is not required to hold the 20 second clock for defensive substitutions unless Team A substitutes on that play.

11.10 Excess Number of players by the Offense (Team A):

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Scrimmage & Kick formation (huddle or no huddle after play whistled in) – kill the play, apply L5 penalty (for Illegal Substitution) from PLS, down repeated.

11.11 Hands to face penalty will mirror the current CFL Rule 4.3.5 Illegal Block Hands to the Face “No player of either team may thrust his hands forward above the frame to contact the opponent on the neck, face, head or facemask. This does not apply to a ball carrier using a “stiff arm” or “straight arm” tactic where there is no grasping of the face mask or blow to the head.”
PENALTY: L10

11.12 Teams be required to kick-off after making a field goal following the 3-minute warning in the fourth quarter.

A team scoring a field goal on a play that started after the 3 minute warning has been given in the 4th quarter will kick off from their own 45 yard line.

11.13 The “targeting” rule will be applied as provided by the CANADIAN AMATEUR TACKLE FOOTBALL RULES, with the exception of the following:

11.13.1 Rule 7 section 2 article 5 page 37 paragraph 2 will be read as follow:
“Targeting” means that a player takes aim at an opponent’s neck or head region with purposeful and forcible contact that goes beyond making a legal tackle, legal block, or play on ball... ”

11.13.2 Penalty for targeting will be 25 yards. No disqualification.

11.13.3 Any targeting penalty will be automatically reviewed by the respective disciplinary structure

11.13.3.1 Following the review process, the offending player and team must be informed within 48 hours of the infraction;

11.13.3.2 If the targeting ruling is upheld, the player will be suspended for the team’s next scheduled game;

11.13.3.3 If the targeting rule is overturned, no additional penalty will be imposed;

11.13.4 When in doubt as to whether the targeting rule should be applied, the official will error on the side of caution and impose a 15 yard penalty to the offending team;