

**1. SEASON OF PLAY**

Boys = Fall Season

**2. LEVELS OF COMPETITION**

Junior Level                      Senior Level

**3. ELIGIBILITY**

**ELIGIBILITY FOR SENIOR FOOTBALL -**

- The individual's birth certificate indicates that he/she has **not reached his 19<sup>th</sup> birthday by January 1<sup>st</sup>**, prior to the start of the school year in which the competition is held.

**ELIGIBILITY FOR JUNIOR FOOTBALL -**

- The individual's birth certificate indicates that he has **not reached his/her 16<sup>th</sup> birthday by August 31<sup>st</sup>**, prior to the start of the school year in which the competition is held.
- Only students in their first two years of high school, based on the date they entered grade nine, will be eligible for junior team competition.  
**EXCEPTION:** a student who has been accelerated one year in elementary school shall be allowed to play at the junior level for a maximum of two (2) consecutive years in the first three (3) years of his/her high school career. The student shall meet the above age requirement and documentation of the acceleration shall be provided with the eligibility sheet.

**SPECIAL CONSIDERATION**

If there is no athletic team in the specific sport desired by the student-athlete, that student athlete may play for another school's team provided that:

1. He/she is declared eligible by both principals involved;
2. He/she plays for the nearest school in relation to their home school that offers the sport in question within the same system. However, a student-athlete may be eligible to participate for a school that is not nearest to his/her home school if the reasons are deemed "exceptional". In "exceptional" cases, approval must be granted by both principals along with the convener;
3. He/she completes the Special Consideration Form (Appendix C) and submits it to the convener prior to participating. In "exceptional" cases the student-athlete is ineligible to compete until approval is granted by both principals, the convener/s and the NRHSAA executive.

**NOTE:** As of April 2015 OFSAA AGM: OFSAA Championships or Festivals for team sports shall only involve teams which have used OFSAA-eligible student-athletes in all competition during the school year. OFSAA-eligible means the student meets all eligibility requirements as defined in the OFSAA playing regulations and the OFSAA by-laws. Any team using an ineligible student-athlete (s) in any competition during the school year forfeits the right to participate in the OFSAA Championship or Festival. Therefore, Special Consideration athletes are not eligible to play on teams trying to qualify for an OFSAA Bowl Competition.

**4. ELIGIBILITY SHEETS**

Eligibility sheets are due to the convener Twenty-Four (24) hours prior to the team's first league game.

## 5. GAME SHEETS

At the beginning of each game, both home and away team coaches are responsible for providing to the scorer's table, a copy of their game day roster which includes a list of all players who are playing in that game and numbers for each of those players.

## 6. GAME TIME

Due to the random availability of crews of officials, game start times will vary, especially if a double header is scheduled. The first game of a double header will not start before 11:00 am.

## 7. GAME DAY AND HOME SCHOOL RESPONSIBILITIES

- Prepare the field, which includes lining the field
- Provide and prepare minor officials (chain gang, scorekeeper and timer)
- **Use NRHSAA score sheets – found on NRHSAA website under resources (scroll to bottom)**
- Provide a suitable leather game ball - game ball must be CFL or USport approved.
- Both sets of players' benches must be on the same side of the playing field. Spectator areas will be on the opposite sideline of the players' benches. Where this cannot physically be possible, the players' bench areas must be clearly defined and spectator areas are not to be in those areas.

## 8. PAYMENT OF OFFICIALS

All Regular season and playoff games will be paid for centrally through the DSBN Athletic fund.

For all exhibition games, officials will be paid by the participating schools. This cost will be split 50/50 unless otherwise agreed upon by schools involved.

## 9. REPORTING SCORES

The home team will report the scores on the [www.NRHSAA.ca](http://www.NRHSAA.ca) website.

Both teams are responsible for writing up the score sheet and sending it in to the convener. If only one score sheet is presented to the convener, it will be deemed to be the official score sheet, regardless of origin, i.e. home or visiting team's score sheet. Score sheet should be signed by either the official or the opposing team's coach. If no score sheet is presented to the convener, the official score will be deemed to be the one sent to the convener's office. In this scenario, there will be no "official" half-time score for Tie Breaking Procedures.

## 10. OFFICIALS

All officials must be accredited.

## 11. OFFICIAL RULE BOOK

Canadian Amateur football rulebook shall govern play at the OFSAA Bowl, OFSAA Regional, SOSSA and NRHSAA. With the following exception at the NRHSAA level:

- Field dimensions may vary from school to school

For all NRHSAA junior and senior football leagues:    **NO TIE GAMES: FOLLOW USport/CFL RULE:**

If a player, during a game, accumulates any combination of Unnecessary Roughness Penalties or Objectionable Conduct Penalties totaling three (3), that player shall be disqualified for the remainder of that game and suspended for their next league or play-off game. If there is a second (2<sup>nd</sup>) offence, the player shall be suspended for the remainder of the season.

1. Two (2) time outs per half shall be allowed for each team. Time outs shall be for one minute. Players must go to the bench. Coaches may not enter the field of play unless attending to an injury.
2. Teams shall play four (4) quarters of twelve (12) minutes each.
3. Teams shall be permitted three downs in attempting to achieve first down yardage (10 yards, or 10 meters) depending on the home team(s) equipment.
4. There shall be a one yard restraining area at the line of scrimmage.
5. On any play, blocking below the waist is illegal except in the close line play area by a player who is occupying a position in this area at the snap of the ball.
6. It is illegal for a player to participate unless the mouth guard is being worn in the proper position by a player. Failure to wear a mouth guard shall result in a team warning. Second and subsequent infractions will result in a loss of five (5) yards or five (5 meters) from where the ball was put into play. Continuous subsequent infractions will be ruled as objectionable conduct.
7. Each team may have a maximum roster of forty-six (46) players.
8. Each player must have seventy-two (72) hours of rest between organized football games.
9. Tie Situations (i) If at the end of Regulation Time the game is tied, there will be a ten (10) minute rest. (ii) Following a coin toss, the CFL overtime rule will be followed. **START AT THE 35 YARD LINE WHERE EACH TEAM GETS A SERIES OF PLAYS UNTIL ONE TEAM BREAKS THE TIE**

## 12. Uniforms & Equipment

Uniforms shall conform to Canadian University rules. Players shall wear identical football-type jerseys, pants and socks. It is recommended that all teams have numbers conforming to those accepted positions. All uniforms must be intact at the start of each game.

Home school is responsible for alternative coloured uniform jersey

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos.

No sports club insignia on uniforms shall be permitted. A sports club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in the OFSAA Constitution in By-law 6, Section 2(h).

Any knee braces must be approved by the head official prior to the start of the game.

No metal cleats are allowed. Rubber or molded cleats only are allowed.

Field shall be marked as directed by Canadian University rules. "Posts" shall be sufficiently padded.

Teams shall provide Canadian University approved balls for the Championship

### 13.      **FORFEITING GAMES/MATCHES**

A forfeiture will be defined as any instance where a school decides it cannot field a team within forty-eight hours (48) of the scheduled game time.

The following policies are in place for game forfeitures:

- (1) Should a team forfeit, all costs associated with the game shall be charged to the forfeiting school.
- (2) Should a team forfeit a game, the forfeiting team will be given a loss as a result of the forfeit. The score will be recorded as 21-0.
- (3) Should a team forfeit two (2) games during regular season play, the team shall be removed from the league and all points earned in games played against that team shall be removed from league standings.
- (4) A team that forfeits a game during the regular season loses all rights with regards to tie breaking procedures. (i.e. if the team is tied for third (3<sup>rd</sup>), the team will be relegated to fourth (4<sup>th</sup>) place).
- (5) A team that forfeits a playoff game shall also forfeit the right to play any further playoff games at the current or subsequent level of playoffs (i.e. when two (2) teams qualify for SOSSA). (April 2016)

### 14.      **TIMING OF GAMES**

- First (1<sup>st</sup>) and third (3<sup>rd</sup>) quarters are twelve (12) minutes of straight time; unless there is a time out, injury time out, penalty on the play, long gain, incomplete pass (for 2014-2015 football season passed at October 28<sup>th</sup>, 2013 NRHSAA semi-annual meeting) and/or touchdown scored.
- Second (2<sup>nd</sup>) and fourth (4<sup>th</sup>) quarters are twelve (12) minutes with the last three (3) minutes **STOP TIME**; i.e. time stops at the whistle that ends the play and starts when blown in by the referee's signal.
- The last minute of each quarter is indicated by a raised red flag.
- In the second (2<sup>nd</sup>) and fourth (4<sup>th</sup>) quarters, the timer will, at the nine (9) minute mark, make the head referee aware that there are three (3) minutes left in said quarter.

**15. LEAGUE AND PLAY-OFF FORMAT**

The format for league competition and play-offs will be determined at the Conveners Individual Sport Body Meeting. All schools participating are to send a representative to the Conveners Individual Sport Body Meeting otherwise forfeit all **rights for input in** the league and play-off format.

Any game / match not played will be recorded by the convener as a win for the school who did not forfeit. In team sports where standings are used to determine play-offs, the win/loss achieved against teams that drop out will be taken away (not added) to teams that are still yet to play them.

If a gate is charged at an NRHSAA league or play-off game then all expenses will be paid from the gate (referees, minor officials, linesmen, security, score keepers, etc.) and the remainder of the gate will be divided equally between the home and visiting team.

Junior and Senior football classifications (tiers) shall be determined at the sport specific meeting.

The Golden Horseshoe Bowl representative will come from the Tier 1 division. Any school wishing to compete for the right to play in the Golden Horseshoe Bowl game must declare up to play in the Tier 1 division. The NRHSAA winner will play the NCAA winner for the right to go to SOSSA, and from there to the Golden Horseshoe Bowl.

**16. TIE BREAKING PROCEDURES**

These procedures will be used when determining a play-off position when a league schedule leads to playoffs;

- (1) Record between tied teams (HEAD to HEAD);
- (2) Record against teams higher in the standings (1 above, then 2 above, etc.);
- (3) Record against teams lower in the standings (1 below, then 2 below, etc.);
- (4) Points given up in the first half. If more than two teams are tied, then accumulative points given up in the first half among the tied teams. (head to head to head...);
- (5) Points given up in the first half against teams higher in the standings (1 above, 2 above, etc);
- (6) Points given up in the first half against teams lower in the standings (1 below, 2 below, etc);
- (7) (a) coin flip to determine play-off position only. No team can be eliminated from the playoffs by a coin flip. See NRHSAA Constitution, Article XVII, Section 26, Number 7b. The conveners will perform the coin flip. The school that is alphabetically highest will have "heads" in the coin flip.

**17. TIE BREAKING PROCEDURES (Cont.)**

The convener will notify schools of the results.

- (b) In lieu of a coin flip eliminating a team from playoff participation, and, all other tie breaking procedures having been followed, a "playoff" on a neutral field will occur. Home field will be determined by a coin flip prior to the game. The "neutral field" can be eliminated if both coaches

agree to play on a home field. Home team will still be determined by a coin flip.

- (c) In the event of a four (4) way tie, the conveners in consultation with the NRHSAA Executive and the schools involved will determine a tie-breaking procedure.

**18. ATHLETIC THERAPY - EMS**

An athletic therapist (first response) shall be present at each NRHSAA football game. The football convener will make arrangements for this service.

All Regular season and playoff games, the EMS will be paid for centrally through the DSNB Athletic fund.

For all exhibition games, EMS will be paid by the participating schools. This cost will be split 50/50 unless otherwise agreed upon by schools involved.

**NRHSAA — FOOTBALL SCORE SHEET**

<b>Date:</b>	<b>Time:</b>	<b>Division:</b> Tier 1      Tier 2
<b>Home:</b>	<b>Visitor:</b>	<b>Category:</b> Junior      Senior

**Scoring Totals by Quarter:**

Quarter	1	2	3	4	Overtime	Final Score
Home						
Visitor						

**Scoring Summary:**

Type	Abbreviation	Point	Type	Abbreviation	Point
Touchdown	TD	6 points	Convert	1 pt. C / 2 pt. C	1 point / 2 points
Single / Rouge	R	1 point	Safety Touch	ST	2 points
Field Goal	FG	3 points			

Team	Quarter #	Scoring Play — Player #	Total Score	
			Home	Visitor
H / V	Time			

<b>Head Referee's Signature:</b>	
<b>Comments:</b>	