

# TIMFL RULES AND EXPECTATIONS

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## Changes for This year:

- **Atom division** no cut blocking
  - center left uncovered; **Static 4** man line;
  - each defensive lineman must be directly facing their offensive counterpart
  - Pressure can be applied **by the four players that are positioned on the line of scrimmage**
  - no blitzes; all defensive players must read and react to play
- **peewee/bantam**
  - Cut blocking is permitted, between the knees and waist.
  - Cut Blocking is only permitted inside the tackle to tackle box during close line play. The close line play area is 2 yards either side of the line of scrimmage.
  - No yards for punts penalty, to be 10 yards only, if punt doesn't cross line of scrimmage referee to use discretion on calling a penalty.
  - blitzing in Peewee and Bantam division permitted.
  - 4 man line, must line up in front of player across from you. don't have to engage player once the ball is snapped. Tackle to tackle, "inside the box"

## TIMFL Rules and Expectations

All teams shall adopt a "spirit of the game" philosophy in respecting the players, coaches, fans, officials and executive of the Thousand Islands Minor Football league. All TIMFL games will be overseen by members of Kingston Football Officials Association, and are subject to the rules of Football Canada pursuant to the Amateur Rule Book, and any rules outlined by TIMFL.

The TIMFL expects all players to play in games. It is at the coaches' discretion on how to use players in a manner that is safe, fun and in a manner that best develops all players on their team and of the league.

Prior to the beginning of the game coaches from each team will discuss any game issues and player use due to shortage. At half time coaches will conference in order to discuss any game issues which may have arisen.

Should there be a legitimate shortage of players, coaches will rotate a player during the offensive or defensive series to make up this short fall. As part of TIMFL philosophy and Coaches Best Practices it is expected that coaches will make every effort to rotate the players so all kids receive equal playing time.

Any player or coach ejected from a football game shall automatically be suspended from the next game including play-offs. Two ejections in one season will result in automatic suspension from all league play. No refund will be made to such player, and the coach will not be permitted to resume his/her coaching duties in TIMFL.

Officials may question any unsafe situations. Players and coaches will abide by any decision made by an official in terms of safety.

The last **two** minutes of a game in Bantam and PeeWee divisions will be stop time if the score is **within 14 points**. Four downs will be played for a first down. If distance is gained possession is maintained until a score, turning over the ball, or a special team change of possession.

All teams will have completed eight practices prior to the first game. Each team

will be expected to practice twice a week. If a player misses a prolonged period of time without explanation a coach will limit that player's game time. Football is ultimate team sport, and as such it is crucial to be at practice to ensure safety and team building.

**Atom (formerly Myte) Division:**

Field dimensions are from the sideline to sideline . The length will be from the 40 yard line to the goal line.

The Atom Division will use the Shootout Formula for a 45 minute game. **See Appendix**

12 players are used on offence and defence

Scoring: Touch Down – 7 pts,

Teams will have up to three coaches on the field at all times, but the coach will not be able to communicate once the huddle is broken. Should the coach violate this rule, the first time there will be a warning from the head official and on any subsequent violation the coach will be assessed an unsportsmanlike penalty.

Each team will have one timeout for the game.

The ball used will be the K2 size.

**Peewee (formerly Junior) Division:**

Field dimensions are a traditional 65 yd wide, by 110 yd long field, with 20 yd end zones. End zones will be marked with traditional goal line markers.

12 players on offence and defence.

The offense must have 7 (seven) players on the line of scrimmage to create a legal formation any legal variation of this formation.

Scoring: Touch Down – 6 pts, Convert extra point(s): kick 3 pts, pass 2 pts, run 1pt. Traditional scoring for safety 2 pts, rouge 1 pt. Field goals are worth 3 pts.

1 coach will be permitted on the field to coach. The coach will not be able to communicate once the huddle is broken. Should the coach violate this rule the first time will be a warning from the head official and on any subsequent violation the coach will be assessed an unsportsmanlike penalty.

Each team will have 1 time out per half.

Timing for the game will comprise of 4, 10 minute quarters by the book with a 5 minute half time. **(timing will be by the book)**

The ball used will be TDJ size.

**Bantam Division:**

Field dimensions are a traditional 65 yd wide, by 110 yd long field, with 20 yd end zones. End zones will be marked with traditional goal line markers.

12 players on offensive and defence.

The offense must have 7 (seven) players on the line of scrimmage to create a legal formation or any legal variation of this formation.

Scoring: Touch Down – 6 pts, Convert extra point(s): kick 3 pts, pass 2 pts, run 1pt. Traditional scoring for safety 2 pts, rouge 1 pt. Field goals are worth 3 pts.

1 coach will be permitted on the field to coach. The coach will not be able to communicate once the huddle is broken. Should the coach violate this rule the first time will be a warning from the head official and on any subsequent violation the coach will be assessed an unsportsmanlike penalty.

Each team will have two time outs per half.

Timing for the game will comprise of 4 – 12 minute quarters by the book with a 10 minute half time. **(Timing will be by the book)**

The ball used will be TDY size.

## **APPENDIX**

### **Shootout Formula for Overtime**

No overtime in regular season, if teams are tied at end of regulation the result remains a tie.

#### **(For Playoffs)**

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 centre field and review the tie-breaker procedure.

The winner of the coin toss gets to choose whether they wish to start on offence or defence.

The line of scrimmage is the 35 yard line for overtime.

Overtime is not sudden death so both teams will have the opportunity to score.

Team series : Each team retains the ball during a series until it scores or fails to make a first down or turns the ball over. The ball remains alive during a turnover, i.e. if there is a fumble or interception the defence can return the ball for a touchdown. The ball remains alive until the whistle is blown.

Scoring : the team scoring the greater number of points in a series is the winner. If the teams tie in the series then the game proceeds to a 2nd series and so on until a winner is declared. At the start of each series the line of scrimmage to start will be moved in 5 yards, i.e. 2nd series starts on the 30. 3rd series on the 25 and so on until a winner is declared.

The option to start on offence or defence rotates from the original winner of the coin toss. Team A wins overtime coin toss, chooses offence, 2nd overtime needed Team B gets choice of offence or defence, alternates with each overtime.

There shall be no time-outs during overtime play.

Scenario : Team A chooses offence, scores touchdown, Team B gets offence, fails to score, game over Team A wins.

If Team A starts on offence turns the ball over, i.e. interception and Team B returns interception for a touchdown, game over, Team B wins.

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.



**Balanced Line, lineman directly facing each other, centre left uncovered – defensive player well back.**

#### TIMFL Coaching – Best practices

- Familiarize yourself with the TIMFL Mission Statement.
- First and foremost TIMFL is a development league. Our goals are to teach and enhance all players' skill, ability and enjoyment of the game.
- Coaches strive to be proper role models for the kids and parents.
- Maintain an open flow of communications with kids and parents but in turn set some guidelines as to when and how parents can come to you with questions or concerns.
- Be aware during games when you are on the field coaching that all eyes are on you, more so than when you are on the sidelines. Conduct yourself accordingly, i.e. respect the officials, be positive, encouraging to the kids and maintain your composure.
- Players are to play, no one sits. It is your job to place the kids in positions where they will have fun, be safe and learn the game.
- Where possible promote the TIMFL league, more kids playing the better for everyone.
- Ensure that the players are properly outfitted and are taught how to play the game safely, i.e. proper tackling techniques.
- Football is competitive and within that environment we all get excited and emotional when coaching but let's keep it positive. Any abuse, such as physical, verbal, emotional or psychological will not be tolerated.
- When conflict arises, handle the situation as adults and do not involve the kids if at all possible.

