

Policy Category	Operational - Program
Policy Name	CDMFA Rules & Standards - Tackle Football
Source	Football Canada, Football Alberta, "Canadian Rule Book for Tackle Football"
Date	2021 - rewrite in progress

## Rules & Standards for Practices, Games & Reporting

### 1. DEFAULTS AND FORFEITURES

- 1.1. A defaulted game is defined as
  - 1.1.1. the failure of a team to show up with enough players **as per roster requirements outlined "Registration Policy & Procedure Item 2"** to fully participate in that game within fifteen (15) minutes of the scheduled kickoff.; or,
  - 1.1.2. the notification that a team does not intend to field a team for a league sanctioned game.
- 1.2. At the discretion of the Board, a fine will be levied against the offending Team for a default. The fine shall be \$750 for each offense. Upon collection of this fine, a portion of the fine will then be transferred by the CDMFA to the Member Association of the non-offending team in order to defray any costs that they may have incurred or to mitigate revenue losses that the non-offending team may have suffered as a result of the default. Consideration by the CDMFA Board may be given to reduce, but not eliminate, the fine if at least 72 hours' notice prior to the scheduled game start is provided for a default. A fine and the transfer to the non-offending team will not be reduced below \$250.
- 1.3. An offense under section 1.2 shall be defined as:
  - 1.3.1. a single regular season or playoff game; or,
  - 1.3.2. one day's schedule of jamboree and/or pre-season games scheduled by CDMFA
- 1.4. The offending team shall be recorded as the loser of the game with the score recorded as 40-0 for the non-offending team.
- 1.5. After a game has commenced, where the Head Coach of one team determines that it is no longer in the best interest of the CDMFA and of his players to continue the game he may, after consultation with and with the concurrence of the other Head Coach, request that the referee declare the game a Forfeiture. The referee shall, after confirming the concurrence of both Head Coaches, immediately grant this request.
- 1.6. Where a game is declared a Forfeit, the score at the time of the declaration shall be considered to be the final score.
- 1.7. When a game is declared a Forfeit, the game may be continued from that point as a "controlled scrimmage" until such time as the normal game could have been reasonably expected to end. The purpose of such continuation would only be to afford the players a full and meaningful playing experience.
- 1.8. Should a Head Coach request a Forfeit and the opposing Head Coach refuse the request, the game shall continue. Both Head Coaches must explain their reasons for requesting the Forfeiture and for denying the Forfeiture, as appropriate, to the **CDMFA Executive Director**. These explanations must be submitted via e-mail within 24 hours of the completion of the

game. If the Vice-President Program deems that the reason for either the requested Forfeiture by the requesting Head Coach or the denial of Forfeiture by the denying Head Coach to be without merit, he may at his discretion request that the Executive take action under **Section 6 –DISCIPLINARY (SUSPENSIONS AND EXPULSIONS) PROCESS** of the RPPs. The failure of a coach to submit the required explanations as detailed above shall automatically result in disciplinary action.

## 2. RULES

- 2.1. Play will be governed by the current version of the “Canadian Rule Book for Tackle Football” except where modified by the CDMFA. All on-field staff of CDMFA Member Teams must abide by the code of ethics and rules contained therein.
- 2.2. At the Peewee level, the penalty for No Yards shall be 5 yards rather than the regulation 15 yards.
- 2.3. At the Atom level, the field will be from the 45-yard line to the end zone and from the hash marks to the sideline. Four atom games will be held simultaneously on one field.
- 2.4. Recommendation is that the referees deal only with coaches and not with captains during the game in terms of penalty decisions.

## 3. TIMING

- 3.1. **Peewee**, Bantam and Midget Games will consist of 48 minutes of actual playing time, divided into 4 quarters of 12 minutes each. (As per the Canadian Rule Book for Tackle Football, page 3, rule 1, article 1.)
- 3.2. Atom games shall consist of four sets of six offensive plays per team, jamboree style starting at the 35-yard line. Additional plays will be added if time permits and coaches agree. 90 minutes shall be scheduled for an atom game; 30 minutes for warm up and 60 minutes for the game.

## 4. TIMEOUTS

- 4.1. At the Atom and Peewee levels coaches will be allowed on the field during a time-out.
- 4.2. At the Bantam and Midget level no coaches are allowed on the field.

## 5. SCORING

- 5.1. At the Peewee level, the convert is 2 points if kicked through the uprights and 1 point if passed or ran into the end zone.
- 5.2. At the Atom level, no score will be posted, however, score differentials will be tracked to ensure proper tiering.

## 6. STANDINGS AND PLAYOFF RANKINGS

- 6.1. CDMFA league standings and ranking for play-off position will be based on 2 points for a win and 1 point for a tie.
- 6.2. In the event of two or more teams being tied on this basis and if all tied teams have played each other then they will be ranked relative to each other according to the result of their game(s) against each other. In the event teams are still tied on the basis of performance against each other, that team having overall lowest points against will rank highest. If still tied, the team with the highest plus/minus differential will rank highest.
- 6.3. In the event of two or more teams being tied on this basis, and if all tied teams have **not** played each other then they will be ranked relative to each other with that team having overall lowest points against ranking highest. If still tied, the team with the highest plus/minus differential will rank highest.

## 7. GAME SHEETS AND REPORTING SCORES

- 7.1. During the CDMFA regular season and playoffs, each Participating Association shall assign Scorekeepers to enter scores for each team on the CDMFA Website.
- 7.2. The home team must enter the game score on the league website no later than 24 hours after the completion of the game. The visiting team must verify game scores on the team webpage within 48 hours after the completion of the game.

## 8. AWARDS

- 8.1. The CDMFA will present the following awards, at each level of Bantam, Peewee, annually:
  - 8.1.1. Most Sportsmanlike Team (Voted on by the Officials' Association)
  - 8.1.2. Best Offensive Team (Voted on by the head coaches of the member teams for the appropriate level and division. May be selected by CDMFA Executive Director in the event of a tie and not awarded if inadequate voting),
  - 8.1.3. Best Defensive Team (awarded to the team with the least points against in the regular season standings),
  - 8.1.4. Official of the Year (Voted on by the Coaches of the Member Teams at the appropriate level)
  - 8.1.5. Coach of the Year (Voted on by the Coaches of the Member Teams for the appropriate level)
  - 8.1.6. All teams shall submit their choices to the Executive Director within 48 hours of the completion of the regular season.
  - 8.1.7. The Executive Director shall endeavor to have the plaques and trophies prepared forthwith so that they are available to teams for their banquets.
- 8.2. For Peewee, Bantam and Midget the following will be awarded depending on registrations and as determined by the board annually:
  - 8.2.1. Tier I Champion
  - 8.2.2. Tier II Champion
  - 8.2.3. Tier III Champion
  - 8.2.4. Tier IV Champion
- 8.3. A small keeper plaque will be presented with each of the above awards for retention by the winning team and/or individual.
- 8.4. All permanent trophies shall be returned to the CDMFA on or before the August 31<sup>st</sup>(February 28<sup>th</sup>for Midget) to the Executive Director. Failure to return permanent trophies before the deadline will result in a \$750 fine.
- 8.5. A damage inspection will be conducted by the Executive Director. The team returning the trophy will be responsible for the cost of repairs of any damage incurred while the trophy was in their possession.

## 9. PRACTICES AND GAME EJECTIONS

- 9.1. Practices at the Midget level are not to exceed 6 hours per week.
- 9.2. Any individual who is disqualified or ejected from a game by a referee will be subject to a one-game suspension. The suspension shall apply to the first game after the CDMFA is informed of the disqualification or ejection, and if applicable shall carry over to the next season. Such suspension shall not be open to the Appeals Process under **Section 6-DISCIPLINARY PROCESS (SUSPENSIONS AND EXPULSIONS)** of the RPPs.

## 10. GAME SCHEDULING

- 10.1. Game scheduling requests must be made when teams are registered.

- 10.2. Game scheduling requests will be considered for regular season and playoff games.
- 10.3. Scheduling requests must be simple and consistent with a strong supporting reason. Strong supporting reasons include, the head coach and majority of assistant coaches are unavailable regularly due to employment or religious commitments. If requests are excessive, teams may be required to provide proof of their justification.
- 10.4. Reasonable scheduling requests will be accommodated when possible, however as a weekend play league with limited field and official availability, not all requests will be met.
- 10.5. Changes to schedules will be immediately communicated to head coaches and impacted board members by the Executive Director or Technical Director.
- 10.6. Mid-season requests for changes can be made by head coaches or association board members to the **CDMFA Executive Director**.
- 10.7. In the event that a game must be rescheduled mid-season and three weeks' notice is provided, the **CDMFA Technical or Executive Director** will make the decision and give notice to impacted teams.
- 10.8. In the event that a game must be rescheduled mid-season and three weeks' notice cannot be provided, the CDMFA Executive Director will gain consensus with the head coaches. In the event that consensus cannot be reached an appeal will go to the CDMFA executive for a decision.
- 10.9. Atoms division to be scheduled in a regional league play system (CDMFA, February 13, 2019)
  - 10.9.1. Games would be played within regions and moved from town to town each week.
  - 10.9.2. Last week of the season teams are brought together at a central location for games in a Jamboree or Playoff Format.

## 11. Canceling Games & Practices

- 11.1. **Air Quality Cancellation Policy**

Due to possible deterioration in air quality as result of wildfires or other pollutants, the Air Quality Health Index (AQHI) is being used as a guideline for decision making by Football Alberta as there is no legislated limit that prohibits outdoor activities. Decisions to cancel or limit outdoor activities are made by Football Alberta and their members on a case by case basis with the parent being the ultimate decision maker as to whether they feel their child should participate in outdoor activities. This is based on their assessment of their child's risk factors and sensitivity to air pollution. As a general rule, any participant with respiratory or heart conditions should reduce or avoid outdoor activities when the AQHI reaches 7 or more.

  - 11.1.1. The best scientific information available is used for these guidelines. It will be updated as new knowledge becomes available.
  - 11.1.2. Go to <http://environment.alberta.ca/apps/aqhi/aqhi.aspx> (App also available)
  - 11.1.3. Click on the AQHI station name. This brings up a pop-up box with the AQHI for that station.
  - 11.1.4. Note the station, time, and date, and Index calculation
    - 11.1.4.1. Updates usually occur hourly (at the top of the hour).
    - 11.1.4.2. If the AQHI is "7" or higher then go to steps 4 or 5 as appropriate
  - 11.1.5. Alberta Health Services maintains an Air Quality Advisory website. This site is helpful for planning your outdoor event. <http://www.albertahealthservices.ca/news/air.aspx>

- 11.1.6. Games
- 11.1.7. The CDMFA will cancel scheduled games when the Air Quality Index is rated a 7 or higher, as this is the High Risk Zone and could affect player safety.
- 11.1.8. Notifications of Game Cancellations Due to Poor Air Quality
  - 11.1.8.1. Morning Games (9am-11am starts) will be announced by 7am on game day
  - 11.1.8.2. Afternoon Games (12pm and later starts) will be announced by 9am on gameday
  - 11.1.8.3. Cancellations will be announced via Twitter from the CDMFAEXECDIR account @cdmfaexecdir
- 11.1.9. Practices
  - 11.1.9.1. Team officials should consider rescheduling or postponing practice until a later time
  - 11.1.9.2. Incorporating AQHI into your training practices
    - 11.1.9.2.1. Access the latest AQHI calculations i) If air quality is “3” or below continue with training as normal.
    - 11.1.9.2.2. If air quality is an index of 4 – 6 then be prepared to adjust the practice by:
      - Reducing the intensity.
      - Reducing the duration of the practice.
      - Providing resting periods.
    - 11.1.9.2.3. If air quality is “7” or above, reschedule.

## 11.2. Lightning Safety Policy

Lightning is the most frequent severe storm hazard encountered in football. Most lightning casualties occur through the months of May and September.

Safety is always the number “1” concern for all participants and spectators involved in the game of football.

- 11.2.1. Lightning Safety Tips
  - 11.2.1.1. Establish that an emergency action plan is in place for all involved.
  - 11.2.1.2. Establish that a designated person is responsible to monitor the weather.
  - 11.2.1.3. Establish that there is a means of monitoring local weather forecasts and warnings (i.e. Environment Canada, radio, television)
  - 11.2.1.4. Establish that there is a cell phone, or access to a landline for emergencies.
  - 11.2.1.5. Establish that there is an accessible first aid kit.
  - 11.2.1.6. Monitoring should begin in the appropriate amount of time before the event.
  - 11.2.1.7. Watch the sky for dark, heavy clouds on a warm and/or humid spring and summer day.
  - 11.2.1.8. Be aware that lightning may strike several kilometers from the storm.
  - 11.2.1.9. Avoid power lines, tall objects, high places and water.
  - 11.2.1.10. Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder.
  - 11.2.1.11. Safe shelter includes inhabited buildings and fully enclosed vehicles.
  - 11.2.1.12. If in a vehicle, it is important not to touch any part of the metal framework during the ongoing thunderstorm.
  - 11.2.1.13. If caught in an open, level field, don’t lie flat, but crouch on the ground, with feet together, placing the hands on the knees and bending forward.
  - 11.2.1.14. Avoid grouping of players.
  - 11.2.1.15. Remain sheltered for 30 minutes after the last thunder or lightning flash prior

- to resuming an activity.
- 11.2.2. Procedure in case of lightning during a game

