



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

## CDMFA 6/SIDE TACKLE - U11 RULES OVERVIEW

CDMFA U11 FOOTBALL IS FOR YOUNG PLAYERS LEARNING BASIC FOOTBALL SKILLS. THE JR. OFFICIALS ARE DIRECTED NOT TO BE OVERLY TECHNICAL IN THEIR APPLICATION OF THE RULES. OTHER THAN PLAYER SAFETY INFRACTIONS, FOULS SHOULD BE BROUGHT TO THE ATTENTION OF THE OFFENDING PLAYER'S COACH.

THE HUB FIELD WILL PROVIDE THE FOLLOWING:

- SMALL CONES (15)
- A YARD MARKER (BEAN BAG OR CONE)

THE HOME TEAM WILL PROVIDE THE FOLLOWING:

- THE GAME BALL (K2 SIZE OR NIKE VAPOUR SIZE 6 OR WILSON GST SIZE PEEWEE)
- A VOLUNTEER TO MOVE THE YARD MARKER

TEAMS ARE RESPONSIBLE FOR THEIR OWN TRAINERS BUT AS ALWAYS ARE ENCOURAGED TO WORK TOGETHER. TEAMS SHOULD SET UP BETWEEN THE FIELDS (BETWEEN THE HASHES) AND LEAVE THE OUTSIDE OF THE FIELD FOR THE CAMERAS AND THE YARD MARKERS.

### FIELD LAYOUT

- THE FIELD WILL BE 30 YARDS WIDE AND 45 YARDS LONG TO THE GOAL LINE. THE FIELD SHALL BE MARKED WITH CONES MARKING THE SIDELINE AND BACK LINE AND END ZONE WILL BE MARKED WITH CONES (SUPPLIED BY THE HUB FIELD) AS WELL AS THE INTERIOR SIDELINE, MARKED EVERY 5 YARDS.
- TWO ENDZONES WILL BE MARKED:
  - ONE AT THE GOALLINE FOR THE OFFENSIVE TEAM
  - ONE AT THE 40 YARD LINE WHICH WILL BE FOR POTENTIAL DEFENSIVE SCORES AFTER INTERCEPTIONS
- ONE COACH FROM EACH TEAM WILL BE ALLOWED ON THE FIELD EACH PLAY TO ASSIST IN SETTING UP EACH PLAY AND COACHING BETWEEN PLAYS. THEY MUST BE ABLE TO STAY OUT OF THE PLAY (STAND 10 YARDS BACK AND AVOID THE PLAYERS DURING THE PLAY) AND THEY MUST ABIDE BY THE 1 MINUTE BETWEEN PLAYS RULE.

### GAME STRUCTURE

- THE BASIC RULES FOR AMATEUR FOOTBALL IN CANADA SHALL GOVERN PLAY, UNLESS OTHERWISE AMENDED BY THESE HOUSE RULES.
- IN LIEU OF TIMED GAMES, TEAMS PLAY A JAMBOREE STYLE OF GAME WHERE EACH TEAM GETS SIX



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

OFFENSIVE PLAYS TO SCORE FROM THE 35 YARD LINE. REGARDLESS IF THEY SCORE ON THE FIRST PLAY OR LOSE POSSESSION TO A TURNOVER, THEY WILL GET ALL SIX PLAYS THEN THE BALL WILL BE TURNED OVER TO THE OTHER TEAM TO START AT THE 35 YARD LINE.

- GAMES ARE TO BE COMPLETED WITHIN 1 HOUR, HOWEVER IF THE 4 SETS OF 6 PLAYS FOR EACH TEAM ARE CONCLUDED EARLY AND WITH THE AGREEMENT OF BOTH TEAM'S COACHES, UP TO 2 ADDITIONAL SETS OF 3 SCRIMMAGES PER TEAM MAY BE PLAYED PROVIDED BOTH TEAMS HAVE THE SAME NUMBER OF SCRIMMAGES ON OFFENCE AND THE GAME IS COMPLETED WITHIN THE HOUR.
- CAPTAINS FOR EACH TEAM SHALL MEET THE OFFICIALS PRIOR TO THE START OF THE GAME TO SELECT WHICH TEAM BEGINS ON OFFENCE.
- EACH TOUCHDOWN WILL BE WORTH 1 POINT AND NO COVERT OR KICK-OFF WILL FOLLOW.
- EACH TEAM WILL HAVE POSSESSION FOUR TIMES (24 OFFENSIVE PLAYS AND 24 DEFENSIVE PLAYS TOTAL)
- DURING EACH TEAM'S SET OF SIX OFFENSIVE PLAYS THEY MUST PASS THE BALL FORWARD AT LEAST TWICE.
- GAMES SCORES WILL BE REPORTED BY THE HOME TEAM TO THE CDMFA ON THE RAMP WEBSITE. (1 POINT PER SCORED TOUCHDOWN)
- FUMBLES WILL BE WHISTLED DEAD IMMEDIATELY, AND PLAYERS SHOULD BE COACHED NOT TO SEEK POSSESSION OF LOOSE BALLS.
- INTERCEPTIONS WILL BE PLAYED LIVE AND THE DEFENSIVE ENDZONE WILL BE THE 40 YARD LINE AND WILL BE COUNTED AS A ONE POINT SCORE IF RETURNED ACROSS THE DEFENSIVE GOALLINE
- THE FOOTBALL USED AS A GAME BALL SHALL BE A COMPOSITE OR LEATHER WILSON K2, NIKE VAPOUR SIZE 6, OR WILSON GST SIZE PEE/WEE.

## GAME PLAY

- THE FIRST SCRIMMAGE OF EACH TEAM'S OFFENSIVE SET SHALL BE FROM THE 35 YARD LINE.
- EACH TEAM IS ENTITLED TO COMPLETE SIX SCRIMMAGES REGARDLESS OF THE OUTCOME OF EACH PLAY.
- SHOULD THEY FUMBLE THE FOOTBALL, OR THROW AN INTERCEPTION, THE PLAY COUNTS AS ONE IN THEIR SERIES OF SIX SCRIMMAGES,
  - FUMBLES WILL BE WHISTLED DEAD IMMEDIATELY, AND PLAYERS SHOULD BE COACHED NOT TO SEEK POSSESSION OF LOOSE BALLS.



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

- INTERCEPTIONS WILL BE PLAYED LIVE AND THE DEFENSIVE ENDZONE WILL BE THE 40 YARD LINE AND WILL BE COUNTED AS A ONE POINT SCORE IF RETURNED ACROSS THE DEFENSIVE GOALLINE
- AFTER A FUMBLE THE OFFENSIVE TEAM WILL SCRIMMAGE FROM THE PREVIOUS LINE OF SCRIMMAGE IF THEY STILL HAVE PLAYS REMAINING IN THEIR SERIES
- AFTER AN INTERCEPTION THE OFFENSIVE TEAM WILL SCRIMMAGE FROM THE 35 YARD LINE IF THEY HAVE PLAYS REMAINING IN THEIR SERIES
- SHOULD THE OFFENSIVE TEAM FAIL TO SUCCESSFULLY SNAP THE BALL TO THE QUARTERBACK, THE PLAY SHALL BE REPEATED. IF A TEAM IS UNABLE TO SUCCESSFULLY SNAP THE FOOTBALL TO THE QUARTERBACK ON THREE SUCCESSIVE ATTEMPTS, THEY SHALL LOSE ONE OF THEIR SIX PLAYS.
- PLAY WILL COMMENCE WITH THE CENTER SNAPPING THE FOOTBALL THROUGH THEIR LEGS TO THE QUARTERBACK.
- THE CENTER MAY NOT RECEIVE A HANDOFF OF THE BALL ON A PLAY.
- OTHER LINE OF SCRIMMAGE PLAYERS ARE LEGALLY ENTITLED TO ADVANCE THE BALL ONCE IT HAS BEEN SNAPPED BY THE CENTER AND IN THE POSSESSION OF ANOTHER OFFENSIVE PLAYER.
- THE OFFENCE IS REQUIRED TO PASS THE FOOTBALL FORWARD TWICE DURING EACH SIX PLAY SCRIMMAGE SET.
- ALL PLAYERS OTHER THAN THE CENTER ARE ELIGIBLE TO CATCH THESE PASSES.
- AN INDIVIDUAL PLAYER IS ALLOWED TO BE THE BALL CARRIER (EITHER FROM A HANDOFF OR INTENDED RECEIVER) NO MORE THAN THREE TIMES DURING A SIX PLAY SERIES
- NO PLAYER OF EITHER TEAM SHALL CONTACT AN OPPONENT, OTHER THAN THE BALL CARRIER, BELOW THE WAIST.
- CONTACT WITH THE QUARTERBACK MUST OCCUR BETWEEN THEIR SHOULDERS AND WAIST.

## TIMING

- FIELD TIME WILL BE SCHEDULED AS 90 MINUTES PER SCHEDULED GAME.
- 15 MINUTES IS ALLOCATED TO ON FIELD WARM UPS.
- 60 MINUTES IS ALLOCATED TO THE GAME AND TO ENSURE THEY DO NOT OVERRUN AND IMPACT THE NEXT GAME, THEY WILL END 70 MINUTES AFTER THEY START WITHOUT EXCEPTION.
- NO MORE THAN 1 MINUTE WILL BE ALLOWED IN BETWEEN EACH PLAY TO KEEP THE GAME MOVING. PLAYERS REQUIRING MORE COACHING SHOULD BE SENT OFF THE FIELD TO ANOTHER COACH.
- NO MORE THAN 3 MINUTES WILL BE ALLOWED WHEN CHANGING POSSESSION OCCURS
- TIME COUNT VIOLATIONS WILL RESULT IN A LOSS OF DOWN TO KEEP THE GAME ON TIME.



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

## PLAYER POSITIONING

- TEAMS MUST HAVE THREE OFFENSIVE LINEMEN LINED UP NO FARTHER THAN A ONE YARD SPLIT FROM EACH OTHER. THE TWO LINEMEN ON THE OUTSIDE ARE CONSIDERED ELIGIBLE RECEIVERS (I.E. TIGHT ENDS) AS WELL AS BLOCKERS. ONLY THE CENTER CANNOT GO DOWNFIELD FOR PASSES.
- THERE ARE TO BE NO MORE THAN 2 DEFENSIVE LINE PLAYERS LINED UP 1 YARD OFF THE LOS
  - NO PLAYER WILL LINE UP COVERING THE CENTRE
- THE DEFENSIVE LINEBACKERS/DEFENSIVE BACKS ARE REQUIRED TO LINE UP AT LEAST FIVE YARDS OFF THE LINE OF SCRIMMAGE AT THE SNAP OF THE BALL. IF THE OFFENCE IS SCRIMMAGING INSIDE THE FIVE-YARD LINE, LINEBACKERS MAY LINE UP ON THE GOAL LINE.
  - IMMEDIATE BLITZES BY LINEBACKERS ARE PROHIBITED
  - LINEBACKERS AND DEFENSIVE BACKS ARE FREE TO ATTACK ON PLAY ACTION PASSES AND ROLL OUT PASSES

## DIVIDING TEAMS

- FOR CLUBS THAT HAVE MORE THAN ONE TEAM THE TEAMS WILL BE SPLIT IN THE FOLLOWING WAY:
  - ALL 10 YEAR OLDS ON ONE TEAM
  - ALL 8 YEAR OLDS ON ANOTHER TEAM
  - SPLIT THE 9 YEAR OLDS BETWEEN THE TEAMS BASED ON SIZE, EXPERIENCE, MATURITY AND ABILITY FOR THE SAFETY AND POSITIVE EXPERIENCE FOR ALL ATHLETES

## FAIR PLAY

- FAIR PLAY RULES WILL BE IN EFFECT AND WILL BE OPENLY COMMUNICATED TO PARENTS AS AN ATOM LEAGUE STANDARD.
- ALL PLAYERS ON THE ROSTER MUST BE IN THE GAME BY THE SECOND SET OF POSSESSION AND MUST PLAY A MINIMUM OF 10 PLAYS DURING THE GAME. THIS WILL BE DONE ON THE HONOUR SYSTEM SINCE THERE ARE MANY FACTORS THAT MAY PREVENT KIDS FROM GETTING 10 PLAYS THAT ARE OUT OF THE COACH'S CONTROL. TEAMS ARE ENCOURAGED TO ASSIGN A PARENT TO COUNT AND CONTROL THIS ROTATION.



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

- AS U11 IS FOCUSED ON LEARNING AND DEVELOPMENT, IT IS ENCOURAGED THAT ALL PLAYERS PLAY ALL POSITIONS AT SOME POINT IN THE SEASON. ENCOURAGED, BUT NOT REQUIRED. FOR EXAMPLE: PUTTING A VERY SMALL PLAYER AS THE CENTER, MAY NOT BE 'FUN' FOR THEM.

## CDMFA U11 Jr. OFFICIALS

- OFFICIALS ARE ENCOURAGED TO ALLOW PLAYERS TO LEARN THE GAME IN A SAFE ENVIRONMENT. THEY ARE ALSO ENCOURAGED TO LET THE GAME FLOW, CORRECTING PLAYERS AFTER THE PLAY WHEN IT HAS NO BEARING ON THE OUTCOME. COACHES ARE ENCOURAGED TO PROVIDE A SAFE LEARNING ENVIRONMENT FOR OFFICIALS.
- THE OFFICIAL SHOULD BE POSITIONED DOWNFIELD
- IN ALL PENALTY SITUATIONS THE OFFICIAL WILL QUESTION THE COACH AS TO WHETHER TO ACCEPT OR DECLINE.
- ACCEPTED DEFENSIVE PENALTIES WILL BE ASSESSED AS CHARGED AND THE DOWN WILL BE PLAYED OVER.
- DECLINED DEFENSIVE PENALTIES WILL RESULT IN THE PLAY STANDING.
- ACCEPTED OFFENSIVE PENALTIES WILL BE ASSESSED AS CHARGED AND THE DOWN WILL BE PLAYED OVER UNLESS THE PENALTY WOULD TAKE THEM BACK PAST THE 35 YARD LINE IN WHICH CASE THE TEAM LOSES A DOWN AND THE BALL IS PLACED ON THE 35 YARD LINE.
- DECLINED OFFENSIVE PENALTIES WILL RESULT IN THE PLAY STANDING.

## PLAYER SAFETY FOULS:

1. FORCIBLE CONTACT ABOVE A PLAYER'S SHOULDERS, INCLUDING HEAD TACKLES;
2. HORSE COLLAR TACKLE, IE., GRABBING THE BALL CARRIER'S JERSEY AT OR ABOVE THE MID-POINT OF THEIR SHOULDER BLADES AND RESTRICTING THE FURTHER ADVANCE OF THE PLAYER, OR GRABBING THE INSIDE OF THE BALL CARRIER'S SHOULDER HARNESS OR COLLAR OF THEIR JERSEY;
3. FACE MASKING, IE., GRASPING AN OPPONENT'S FACE GUARD;
4. FORCIBLE CONTACT ON AN OPPONENT OUT OF BOUNDS;
5. FORCIBLY CONTACTING THE BALL CARRIER AFTER THE PLAY HAS BEEN TERMINATED;
6. BLIND SIDE BLOCK/CRACK BACK BLOCK - NO OFFENSIVE PLAYER CAN BLOCK A DEFENDER IF THAT OFFENSIVE PLAYER IS MOVING BACK TOWARDS THE LINE OF SCRIMMAGE. OFFENSIVE BLOCKING MUST



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

OCCUR AS THE OFFENSIVE PLAYER IS MOVING AWAY FROM THE LOS. PLAYERS MUST BLOCK THEIR OPPONENT COMING DIRECTLY AT THEM AND CANNOT COME FROM AN OUTSIDE POSITION TO BLOCK A PLAYER THAT IS NOT ABLE TO SEE THE BLOCK COMING, GIVING THE DEFENSIVE PLAYER A CHANCE TO PROTECT THEMSELVES.

7. LOW BLOCK; AND,
8. GENERAL UNNECESSARY ROUGHNESS.

THESE PENALTIES ARE 10 YARDS AND SHALL BE APPLIED AT THE POINT THE BALL WAS DECLARED DEAD ON THOSE PLAYS WHERE THEY ARE CAUSED BY THE DEFENCE DURING OR IMMEDIATELY AFTER THE PLAY, OR FROM THE PREVIOUS LINE OF SCRIMMAGE SHOULD THEY BE COMMITTED BY THE OFFENCE.

#### OTHER FOULS:

- HOLDING, THAT DIRECTLY AFFECTS THE PLAY, SHALL BE A FIVE-YARD PENALTY APPLIED FROM THE PREVIOUS LINE OF SCRIMMAGE, OR OPTION.
- PASS INTERFERENCE BY THE DEFENCE WILL RESULT IN THE BALL BEING NEXT SCRIMMAGED AT THE POINT OF FOUL. IF PASS INTERFERENCE OCCURS ON THE SIXTH PLAY OF A SET, THE OFFENCE SHALL BE ENTITLED TO ONE ADDITIONAL PLAY.

#### OBJECTIONABLE CONDUCT:

- SHOULD A PLAYER, COACH, OR OTHER MEMBER OF A TEAM BE ABUSIVE TOWARDS OTHER PARTICIPANTS IN THE GAME, INCLUDING A JR. OFFICIAL, THE TEAM SHALL BE PENALIZED 10 YARDS APPLIED FROM EITHER POINT BALL DEAD OR PREVIOUS LINE OF SCRIMMAGE, AT THE OPTION OF THE NON-OFFENDING TEAM.
- SHOULD THE OFFENDING PERSON BE A COACH OR OTHER ADULT MEMBER OF THE TEAM, OFFICIALS ARE DIRECTED TO REPORT THE INCIDENT TO THE JR. OFFICIALS SUPERVISOR UPON THE CONCLUSION OF THE GAME.
- OFFICIALS ARE DIRECTED TO REMOVE ANY OVERLY ABUSIVE PLAYER, COACH OR OTHER MEMBER OF A TEAM FROM THE PLAYING FIELD.