



## 2019 Thousand Islands Minor Football League Rule Book

**A League to Develop Players for the Future**

## Overview of changes for this year:

1. Pre-Game Coaches Meeting
2. Players Playing Both Ways
3. Special Teams Changes – Punts and Kickoffs
4. Alignment / “In the Box” Rules & Clarification
5. Developmental Play Calling



## TIMFL Rules and Expectations

It is our goal to provide a quality youth developmental football program in partnership with our community support. We strive to provide a fun and safe environment for players to learn valuable life lessons found in youth sports.

The objective of this football program is to teach the fundamentals of the game, enhance physical condition and to promote sportsmanship. Our program ensures that each and every member shall have a chance to play in a positive and uplifting environment, regardless of their weight, height or playing ability.

### Current TIMFL Executive

President	Joe Pacheco
Vice President	Chris Flake
Treasurer	Rob Christian
Registrar	Chad Haffie

### Area Representatives

Kingston West	Krista Nitschke
Kingston Central	J.P. Mortenson
Kingston East	Chris Flake
Sydenham	Randy Ruttan
Ernestown	Steve Heron
Gananoque	Sara Leroy

### Pre-game Coaches Meeting

Both Head Coaches must meet before the game to introduce each other and discuss any “unique situations”.

- ▶ If a team has 24+ players, every player must exit the field at the change of possession (from offense to defense and vice versa). Players are not permitted to play both ways.
- ▶ If a team has less than 24 players, any player who plays both ways **MUST** line up while on offense as an ineligible lineman position. This player(s) is not allowed to advance the ball (can't run the ball, pass the ball, receive the ball)
- ▶ QB's, ball carriers or receivers cannot play defense
- ▶ Clarify injury situation / adjustments

## Peewee and Bantam Levels

- No kick-offs or kick returns. Each team starts with the ball at their own 35 yard line between the hash marks.
- During a punt situation, a substitution can be made for the punter only. All other players on offense and defense must remain on the field.
- The punter cannot advance the ball via running or passing, and can only kick.
- Fake punts can be run by a direct snap to one of the up-backs and non "Punter" positional players.
- If there is a bad snap and the punter is placed in a situation where no kick is possible, team B will take over at the original line of scrimmage.
- Teams can block the punt and plays continue as normal.

## Developmental Play Calling (All Divisions)

- One out of three offensive play calls must be a pass from the player in the position of the quarterback during an offensive possession (not series). At the Atom and Peewee level, a pass attempt will include a situation where the passer is sacked. At the Bantam level, the forward pass must leave the passer's hand resulting in a complete, incomplete, or intercepted pass.
- Only one out of three offensive plays can be a sweep (defined as a pitch over distance and not a handoff) during an offensive possession.

These offensive rules are to assist with DEVELOPMENT to ensure offenses are using inside runs, outside runs, sweeps and passing.

## Definition

In The Box – The area between offensive tackles on the offensive line, and two yards into the offensive and defensive backfield. This is the only area where one defensive players at the snap of the ball can Bantam level.

## Atom Division:

Field dimensions are from the sideline to sideline. The length of field will be from the 45 yard line to the goal line. The decision to start on defence or offence will be determined by a coin toss. Each team retains the ball during a series until it scores a touchdown or fails to make a first down.

The Atom Division will consist of a 45 minute game.

12 players are used on offence and defence.

Blitzing is NOT permitted, an official will mark 2 yards from spot of ball.

Scoring: Touch Down – 7 pts,

- no blocking below the waist
- center left uncovered; Static 4 man line;
- each defensive lineman must be directly facing their offensive counterpart – DT over the OG, and DE over the OT

- Pressure can be applied by the four players that are positioned on the line of scrimmage
- All other players must line up 2 yards off the line of scrimmage, official to mark that line upon placing the ball on the line of scrimmage.

Teams will have up to three coaches on the field at all times, but the coach will not be able to communicate once the **ball is snapped**. 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 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 2 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 **ball is snapped**. 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.

- No blocking below the waist.
- Blitzing in Peewee division is NOT permitted.
- The centre shall be left uncovered;
- Static 4 man line;
- Each defensive lineman must be directly facing their offensive counterpart – DT over the OG, and DE over the OT
- Pressure can be applied by the four players that are positioned on the line of scrimmage
- All other players must line up 2 yards off the line of scrimmage, official to mark that line upon placing the ball on 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.

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 size. 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 2 pts, pass 2 pts, run 1pt. Traditional scoring for safety 2 pts, rouge 1 pt. Field goals are worth 3 pts.

- no blocking below the waist.
- 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 by one player in Bantam division permitted.
- DT must line up over OG somewhere between the inside or outside shoulder, DE must line up over OT or the TE somewhere between the inside or outside shoulder. The TE is not a split end. Split end must be 7+ yards from OT).
- 1 other defensive player (LB) is allowed to be in the box.
- all other players must line up 2 yards off the line of scrimmage. Once the ball is snapped players can go anywhere they wish but cannot blitz, contact with centre is permitted at a time when the centre is in a position to defend themselves and block.

1 coach will be permitted on the field to coach. The coach will not be able to communicate once the **ball is snapped**. 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, 10-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**

### **(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 officials will escort captains to the centre of the field for the coin toss. The winner of the toss shall choose one of the following options: Offence or defence or which end to start or to defer.

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.

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 or until it is declared dead.

Scoring: The team scoring the greater number of points during regulation and extra periods shall be declared the winner. There shall be an equal number of series in each extra period, except if Team B scores during a period other than on the try for extra point(s). For example: if Team B intercepts a Team A pass and returns it for a touchdown, the game will be over.

If the score is still tied the third series will begin at the 25-yard line, the fourth series will begin at the 15-yard line and until a winner is decided all remaining series will begin at the 7-yard line.

There shall be no time-outs during overtime play.