

## FOOTBALL (18.7)

Football Canada Rules will be used unless special playing rules are put forth by the NBIAA. In this case the NBIAA rules will take precedence over any other rules.

### Rules Modifications

1. The official game ball is the Wilson F2000.
2. Weather regulations: If a game is stopped due to weather, the following procedures will be in effect: If it occurs in the first half than no team is declared the winner. Both teams will receive one (1) point. If it occurs in the second half, then the team that is ahead will be declared the winner.
3. The over-time rule will be as in the Football Canada Rules for tackle football.
4. No tinted visors are allowed.
5. Video tapes and Communication Equipment - No team shall gain an unfair advantage through the use of videos or communication equipment.
  - a) Teams must provide equal and safe vantage points as they are using. An opponent may waive their right to tape from the vantage point. Teams do not have to provide video taping equipment to their opponent.
6. Minor Officials - Timers and Stick Crews - All teams will provide qualified minor officials to attend a mini seminar.
7. Coaches Technical Time Out - A CTTO is for the sole purpose to inquire in an application of the referees' interpretation of a call. The CTTO must be called before the ball has been whistled in for the next play. One per half. No carry over from half to half. One CTTO per overtime. Teams must huddle and no communication can be made to any player.  
Penalty: Objectionable Conduct - Loss of 10 yards. Upon a CTTO both coaches, one from each team, will come to a neutral area with the head official and line umpire. Neither coach may argue the point. Penalty: Loss of further CTTO and loss of 10 yards, where it is the second half and there can be no further loss of CTTO the team shall be penalized 15 yard.
8. The team's bench extends from the 15 to 45 yard line and is no closer than 2 yards from the sideline.
9. Football New Brunswick "Head Out Of The Game" Unnecessary Roughness Penalty will be in effect.\*
10. Officials will send all UR penalties called from each game to the league president and the NBIAA for school and athlete tracking purposes. The UR card will also be indicated on the game sheet at the end of the game for both the home and visiting teams to take their copy.
11. An athlete receives a UR (which violates FC article 7, 8 or 16) during the game and it's recorded by the official, the athlete is sent off the field for 3 plays and we recommend the coach speak to the player about the incident. The athlete gets their 2<sup>nd</sup> UR in the same game and they are removed for the remainder of the game, but not necessarily the next game – unless determined by officials that it was a flagrant foul with the intent to injure.
12. A player receiving their 4<sup>th</sup> UR in the season for the violation of rules involving article 7 (spearing), article 8 (head leading block or tackle) and article 16 (player in defenseless posture) will receive a 1 game suspension; 5<sup>th</sup> UR and they will receive a 2 game suspension, 6<sup>th</sup> UR and they will be suspended for the balance of the season.
13. No player shall target and make forcible contact to the head or neck area of an opponent with the helmet, forearm, hand, fist, elbow or shoulder. This foul requires that there be at least one indicator of targeting (See FC Rules). When in question, it is a foul and the player will be ejected from the game and a loss of 25 yards.
14. When a team states that they are taking a knee to the officials, the defence cannot come across the line and there is no play.

### Special Provisions

1. Date of first practice: No earlier than three weeks before the first day of school.
2. No games against other teams can be held before the first day of school.

3. Schools will be allowed to play football exhibition controlled scrimmage the weekend prior to the first day of school.

Guidelines:

- a) No team will scrimmage for more than the time allowed for regular game.
  - b) Involvement of special teams will be modified to include kick off, kick-off return, punt, punt return, and extra point and field goal and the play will end where the ball lands.
  - c) Certified officials must officiate the game.
  - d) Coaches may be on the field.
4. Season – The season, inclusive of all play-off games, shall end no later than the **second Saturday** in November. Spring team practices are not allowed.
  5. Number of Games – A team shall be limited to **10** games (including all exhibition, controlled scrimmage, tournament and league play). All games in the regionals and provincials shall not be counted in the 10 game limit.
  6. ***Mercy Rule - Straight time will be run when there is a 35 point lead after half time.***
  7. All home team coaches **MUST** send the game sheet (legible and signed by officials) to the NBHSFL President within 24 hrs or no later than the next school day. Failure to submit will result in the levying of an administrative fee of \$25 per game sheet, which stays within the conference.
  8. Coaches must submit to the NBHSFL President and NBIAA Executive Director a weekly checklist for team injuries, indicating the type, when and how it occurred and their opponent.

### Registration Information

1. All teams must register with the NBIAA by June 1.
2. Team players' list are due by September 20<sup>th</sup> and fees will be invoiced by the NBIAA.
3. A copy of a school's team roster is to be sent to NBHSFL no later than 24 hours prior to the first regular season game.
4. NBHSFL fees are due 3 weeks after the first regular season game. The NBHSFL dues are based on an even division of the calculated total official costs during the regular season. The official costs after the regular season will be divided only among the participating teams. NBHSFL fees are only to cover the officials costs during the season and do not include the banquet or AGM expenses. The NBHSFL fees are to be sent directly to the NBHSFL President.
5. Additions to team rosters can be made up to two weeks before the league playoffs. Late fees will be charged in accordance with the NBIAA by-laws.

### Admission Prices to NBIAA Quarter-Finals, Semi-Finals and Finals

The NBIAA will set the admission prices (where there are secure facilities) in the quarter-finals, semi-finals and the finals. Admission fees must be charged, please refer to O.R. 5.3.

### Championship Games

The Championship Finals will be held on the second Saturday in November. If it falls on November 11th, the final will occur on the Friday or Sunday in consultation with the NBHSFL President.

### Coaching Certification

All coaches will be required to take the NCCP Safe Contact course before the start of the season. It is also required that the head coach complete the NCCP Competition - Introduction Part A. Position coaches are recommended to complete the NCCP position course they are coaching and that coordinators and head coaches take the NCCP coordinator courses. Completion of 'A Coach's Guide to the NBIAA' course is mandatory for all registered members on the coaching staff prior to the beginning of the football season, see OR 13.

**Sanctioning Procedures:** Please note Article 3 of the NBIAA's By-Laws.

**League Structure**

Football will be structured into two different categories - 12 A-Side Football and 9 A-Side Football.

**Playoff Format**

The quarter finals to stay within the pools. The top 4 teams will advance to playoffs.

Semi-final - cross over - highest seeded winners from each pool will host the semi-final games.

Provincial Semi-finals

12 & 9 A-Side Leagues - lowest pool A @ highest pool B

- lowest pool B @ highest pool A

**Ejections**

All names of players and coaches ejected must be reported to the school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.

**Pre-Season Practice Recommendation**

The first six (6) days of practice should be used for physical conditioning according to the following provisions. During the first three (3) days, headgear, T-shirts, shorts, and football shoes constitute an acceptable dress and no other football attire should be worn. On days four, five, and six, complete football uniforms may be worn, but ABSOLUTELY no body to body contact should be permitted. Practice during this six-day period should be limited to two hours a day, excluding flex time (stretching) and breaks. This conditioning week should include callisthenics, kicking, throwing, running, and similar exercises. Arm shields, tackling or blocking dummies, charging sleds or similar devices could be used during these six days. If a student is late coming out for the team, he should still undergo six days of physical conditioning as outlined prior to beginning regular practice and workouts.

For educational purposes for athletes and coaches, it is strongly recommended that coaches invite an official from the NBFOA to one of your training practices to explain and provide examples of targeting, defenseless player and the head leading block or tackle rules.

**Contact Practice**

Teams should begin "contact" drills the day following the six days used for physical conditioning. Only one-a-day contact sessions should be conducted. A player should participate in at least eleven (11) separate days of practice, five of which should be in pads, before participating in a football contest or scrimmage with outside competition.

Schools must be sure to follow the New Brunswick Physical Education and Safety Guidelines which state that 'there must be a minimum of 72 hours between athlete participation in any regulation football games (e.g., between club competition and interschool competition or between interschool competitions).'

**\* FNB "Head Out Of The Game" Unnecessary Roughness Penalty**

1. Any SIGNIFICANT contact delivered **TO THE HEAD OR NECK AREA** of an opponent with the helmet, facemask, forearm, shoulder or hands shall be ruled as unnecessary roughness.
2. Any SIGNIFICANT contact by a player with their **HELMET** to an opponent either in attempting a tackle or a block shall be ruled as unnecessary roughness.

For the purpose of this rule, INTENT is NOT a factor when considering if it is a foul or not. **The responsibility lies solely with the player initiating the hit or tackle to avoid the contact to the head and neck area.**

Exceptions:

1. Straight arm by ball carrier - A ball carrier is permitted to make contact to the helmet, facemask, or neck area of an opponent attempting to make a tackle with their hand provided that there is **no thrusting motion** of the arm involved in making the contact to the head or neck area. After the hand is in contact with the potential tackler a pushing action is permitted to ward of the tackler. The hand may be on the facemask but must not grasp the facemask.
2. Short yardage plunge - A ball carrier may plunge head first toward a gap when attempting to gain a first down or a play at the goal line, either attempting to score or get out of the end zone. An opponent attempting to stop the runner may make unavoidable contact to the head or neck area of the runner due to the position the runner has assumed to gain the required distance, this contact shall not be considered a foul unless it involves SIGNIFICANT helmet to helmet contact. A short yardage play of this nature does not permit the ball carrier to lower their helmet and target a potential tackler with their helmet.