

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. Example if Team A, 45 plays on offense and he/she is used on defensive that player can only be used for a series, and on subsequent series another offensive player will rotate through the position. Player A, 45 may return to the defensive unit once all other eligible players are rotated through that position.

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 will be stop time if the score is within 14 points.

Four downs will be played for a first down. If distance is gain 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.

Myte Division:

- Field dimensions width 33 yds from sideline to mid-field. A series of oval flat pylons will be used to mark the length, goal line markers will be placed at the 10 yard line with the traditional goal line used as the dead ball line.
- The Myte Division will use the Shootout Formula for games. See Appendix.
- 9 players on offense and defense.
- The offensive must have 5 (five) players on the line of scrimmage or any other conceivable variation.
- Scoring: Touch Down – 7 pts,
- Teams will have one coach 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

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 time out per possession.
- The ball used will be the K2 size.

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 offensive and defense.
- 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, a rouge 1 pt. Field goals are worth 3 pts.
- For the first two weeks of the season one 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, 7 1/2 minute quarters by the book with a 5 minute half time. **(timing will be by the book)**
- The ball used will be TDJ size.

Senior 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 defense.
- 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, a rouge 1 pt. Field goals are worth 3 pts.
- During the first week of the season one 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 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

Shootout Formula

The officials will escort captains and one coach to the centre of the field for the coin toss. The winner of the toss shall choose on of the following options:

- Offense, defence or which end to start.
 - The first series will commence on 35-yard line.
 - Both teams will use the same end of the field.
- Note ~ the winner of the toss may not defer its choice.

(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 loser of the toss shall exercise the remaining two options for the first extra periods and shall have the first choice of the three options for subsequent even-numbered extra periods.

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.