



**RULE 1, SECTION 1, ARTICLE 9, PAGE#: 2 – Goal Post Assembly**  
**Article 9 - Goal Post Assembly**

The goal post assembly shall consist of 2 vertical goal posts, 18 feet 6 inches (5.64 metres) apart, centred on the goal line, the mandatory padding specified in paragraph 2 and the crossbar joining them, whose upper edge is 10 feet (3.05 metres) above the ground. The goal posts shall be at least 20 feet (6.1 metres) above the ground level. For new installations the goal posts should measure 30 ft (9.1 metres) above ground level. A wishbone type or single shaft goal post may be used if the height and length of the crossbar meet the above standards, and the base of the goal post can be up to 110 in. (279.4 cm) behind the goal line.

For safety reasons, all goal posts must be properly padded with goal post pads meeting manufacturer's specifications. It is the responsibility of the home team to provide the padding. In the case of a neutral field, the participating teams shall decide which team shall be responsible for padding the goal posts.

NOTE: Goal posts on the goal line are considered to be part of the end zone.

**RULE 1, SECTION 3, ARTICLE 1, PAGE #: 3 – Length Of Game**

**Article 1 - Length of Game**

The game shall consist of 60 minutes of actual playing time, divided into 4 periods of 15 minutes each. For players at the High School level *and below*, it is recommended that the game consist of 48 minutes of actual playing time, divided into 4 periods of 12 minutes each.

**RULE 1, SECTION 5, ARTICLE 2, PAGE #: 6 – Time Stops (eliminated old (h) - no longer necessary to stop clock for 1D yardage achieved)**

**Article 2 - Time Stops**

Time shall stop on the signal of a field official when:

- (a) A score has been made and throughout any convert attempt.
- (b) A live ball goes out of bounds.
- (c) A forward pass is incomplete.
- (d) Penalty application is required.
- (e) Player substitution is requested.
- (f) Player injury occurs. Time stops after the ball is dead and the injured player must be replaced.
- (g) Time expires at the end of a period.
- (h) The ball becomes dead after the three-minute warning signal in any half.
- (i) Any field official recognizes a request for a time out.
- (j) The Referee feels it necessary to suspend play - defective equipment, measurements, etc.



**RULE 1, SECTION 5, ARTICLE 4, PAGE #: 6 – Time Out (Head Coach or designate may now call a time out)**

**\*Article 4 - Time Out**

Each team shall be entitled to two time outs in each half of a game. Each time out is 1 minute long. Any player, head coach, or designated head coach may request a time out from the time the ball becomes dead until it is put into play. Time outs may not be accumulated from one half to the next.

After a time out, and any conference with the coaches, Team A players shall not remain in close proximity to their bench, but must return to their huddle, or move clearly away from the team bench area, if they are not using a huddle, or be penalized for illegal procedure. Penalty: L5 PLS DR.

**RULE 1, SECTION 8, ARTICLE 1, NOTE 4(8), PAGE #: 10, 11 – Dead Ball (paragraph (8) modified by deletion of “or after hitting the ground”**

**SECTION 8. DEAD BALL**

**\*Article 1**

The ball becomes dead when:

- (a) A field official blows his whistle to end play (NOTE 4).
- (b) The ball, or a player with the ball in his possession, goes out of bounds.
- (c) Any score is made.
- (d) The ball carrier is tackled, held and his forward progress is stopped. (See Notes 1, 2, 3)
- (e) A forward pass is declared incomplete, or it strikes a game official, the goal post assembly, downs box marker or distance chain rod.
- (f) It is in possession of a player lying on the ground or is being held by a player for a kick off, prior to the kick off.
- (g) It strikes the opponent's goal post assembly in flight from a punt, return kick, place kick or kick off without touching the ground, a player or an official after being kicked, provided that such kick originated in the field of play. When this occurs on a field goal or convert attempt, the play shall be whistled dead, but the ball will remain alive until the score is made or missed.
- (h) Any part of a ball carrier, other than his hands or feet, touches the ground, even without contact by an opponent. The ball shall be dead AT THE POINT WHERE IT WAS HELD when the ball carrier touched the ground.

Exception: The ball is not dead when a player:

- (1) is holding the ball for a field goal or convert attempt.
- (2) goes to one or both knees in making a catch from a punt, place kick or kick off from an opponent, provided such action is part of the attempt to catch the ball.
- (3) goes to one or both knees in attempting to catch the ball on a snap from centre, provided such action is part of the attempt to catch the ball.

NOTE 1: When a ball carrier is tackled and driven back toward his own goal line, it is assumed that he was attempting to advance the ball, and that only the contact with the opponent prevented the advance. Therefore, the most forward point of advance is considered to be the point where the ball became dead.

NOTE 2: If the ball carrier who is contacted by the opponent breaks the tackle and in his effort to advance the ball, retreats toward his own goal line, the point of advance where the ball becomes dead is considered as the point at which he is subsequently held.





- (b) When a kick is blocked on the field of play, and after being blocked, is directed (not kicked) into the end zone from the field of play by a B player, this will be treated as an offside pass by Team B. If the ball
- (1) Goes dead in A possession in the end zone, or is touched last by an A player in the end zone before the ball goes out of bounds in the end zone  
1.2D - A 1D at the 20 yard line (no score).  
3D - B 1D at the point where B last touched the ball on the field of play.
  - (2) Goes out of bounds in the end zone, without again being touched, or after being last touched by B in the end zone.  
1.2.3D - B 1D at the point where B last touched the ball on the field of play.
- c) When a return kick by Team B is blocked by Team A in the B end zone, and the ball goes dead in the B end zone, in B possession, or goes out of bounds in the B end zone, either directly or after being touched by A or B, a score of 1 or 2 points as appropriate is awarded to Team A.

***RULE 5, SECTION 4, ARTICLE 1, PAGE #: 39, 40 – Offside beyond Line of Scrimmage (Restraining Zone Foul)***

**Article 1 - Offside beyond Line of Scrimmage (Restraining Zone Foul)**

This article does not apply to a dribbled ball, or to a kick which does not cross the LS.

When on a kick from scrimmage (ball crosses the line of scrimmage), or on an open-field kick, a player is offside in relation to the kicker, such player:

- (a) shall not touch or be touched by the ball.

Penalty: - in field of play - L15 from PBT (point ball touched)  
- in goal area - L15, penalty applied at 10 yard line

- (b) shall allow 5 yards to an opponent attempting to gain possession of the kicked ball. The five-yard zone is determined by a circle with a five yard radius, with the centre point being the ball at the instant it is first touched.

Penalty: - in field of play - L15 from PBT  
- in goal area - L15, penalty applied at 10 yard line

If the ball strikes the ground and kicking team players are making an effort to retreat before being touched by the receiving team:

Penalty: - in field of play - L5 from PBT (point ball touched)  
- in goal area - L5, penalty applied at 10 yard line

- (c) shall not interfere with a receiving team player attempting to gain possession of the kicked ball, with or without contact

Penalty: - L15 from normal point of application

A player of the kicking team who invades the five-yard zone, and contacts a receiving team player who is attempting to play the ball in an unnecessarily rough manner, will be subject to an additional 15 or 25 yard penalty, regardless of whether the ball had struck the ground.

NOTE: For players at levels of football lower than college or junior, league executives may wish to reduce the severity of the above penalty to 10 yards (10 metres). A penalty in the opponents' end zone may be awarded at the 10 yard (10 metre) line. Field officials should be notified in writing of any such variations in order to maintain consistency for the teams.



Illegal interference on a loose ball, etc.), possession will be awarded to the non-offending team at the point of foul, and the appropriate yardage, if applicable, shall be applied at that point.

Loose on a lateral pass, possession will be given to the team last in possession, at the POP, downs continue, or at the PLS, DR.

If possession has changed prior to the lateral pass and inadvertent whistle, at POP.

- (4) In the air on a forward pass; or a punt or attempted field goal which lands on the field of play - PLS DR (see 5, 6, 7 below).
- (5) In the air on an attempted field goal, which is successful or on a punt kicked out of the end zone in flight, the score shall count. Play will continue as after a successful field goal, or rouge as applicable.
- (6) In the air on an unsuccessful field goal which lands in the end zone, a punt which lands in the end zone, or such a kick which lands in the end zone and goes out of bounds in the end zone. Team B option - allow Team A 1 point and B 1D at B 35 or at PLS if rouge is after an unsuccessful field goal attempt or Team A PLS DR.
- (7) In the air on a return kick from the end zone or on a kick or return kick from the end zone which hits the goal post assembly in flight - cancel the entire play - Team A - PLS DR.
- (8) In the air on a punt or unsuccessful field goal, from the field of play, which hits the goal post assembly in flight - Team B - 1D at B 20.
- (9) In the air on a punt or field goal which is kicked out of bounds in flight, the regular ruling applies -
  - (a) Field of Play - Team B 1D at the out-of-bounds point (hash mark)
  - (b) End Zone - score (1 pt) Team B 1D at the appropriate point
- (10) In play on a 2 point conversion, the convert attempt will be repeated at PLS.  
Exception 1.8.1 Note 4 (3)
- (11) In the air on an attempted 1 point conversion. If the kick is successful, 1 point shall be scored; if the kick is not successful, the convert attempt is completed; the ball will be put in play by a normal kick off following a convert.
- (12) Kicked on a kick off, strikes the ground or a player and then hits the goal post assembly, and then the whistle is blown, repeat the kick off at the point of previous kick off.
- (13) In the air on a kick off before the ball is touched, repeat the kick off at the point of previous kick-off, no options.
- (14) If an inadvertent whistle occurs on a play during which time expires at the end of the second or fourth quarters, or overtime, allow additional play. (Exceptions Note (4)(5)(8)(9)(11))
- (15) Any fouls which occur during the play will be administered as they would be in a regular play situation on which no whistle had been blown.

***RULE 6, SECTION 4, ARTICLE 7 (C), PAGE # : 48 – Incomplete Pass (paragraph(c) and note deleted)***

**Article 7 - Incomplete Pass**



A forward pass is incomplete as follows:

- (a) When the ball touches the ground, goal post assembly, an official, Downsbox marker or yardstick assembly or goes out of bounds, even if previously touched by a player.
- (b) When an eligible receiver catches a pass while off the ground, inbounds, and lands on or outside a boundary line, without being contacted by an opponent.

***RULE 7, SECTION 3, ARTICLE 11, PAGE #: 55 – Delayed Knee Blocking***

It shall be illegal for a player to block an opponent, at or below the knees, at the time that the opponent is already being engaged by a team mate of the blocker, with or without physical contact.  
Article 11 - Delayed Knee Blocking

It shall be illegal for a player to block an opponent, at or below the knees, at the time that the opponent is already being engaged by a team mate of the blocker, with or without physical contact.

Penalty for Unnecessary Roughness:

- Team A - L15 from the appropriate spot, as per Rule 8, Section 5.
- Team B - L15 from the appropriate spot, and 1D to Team A.

***RULE 7, SECTION 3, ARTICLE 12, PAGE #: 56 – Protection of Centre***

On all kick plays from scrimmage (punts, field goal attempts, and converts) it is illegal to contact the centre on, or within one yard in advance of the line of scrimmage.

Article 12 - Protection of Centre

On all kick plays from scrimmage (punts, field goal attempts, and converts) it is illegal to contact the centre on, or within one yard either side of the line of scrimmage.

Penalty: L15, PLS, PBD – AFD

Article 13 – Horse Collar Tackle

Tackling an opponent by grabbing the inside or the back or side of the shoulder pads inside the collar of the sweater is Unnecessary Roughness.



## **2008-2009 Rule Changes**

### ***RULE 1, SECTION 1, ARTICLE 9, PAGE#: 2 – Goal Post Assembly***

***Adds the provision that goal post padding must meet “manufacturer’s standards”.***

#### **Article 9 - Goal Post Assembly**

The goal post assembly shall consist of 2 vertical goal posts, 18 feet 6 inches (5.64 metres) apart, centred on the goal line, the mandatory padding specified in paragraph 2 and the crossbar joining them, whose upper edge is 10 feet (3.05 metres) above the ground. The goal posts shall be at least 20 feet (6.1 metres) above the ground level. For new installations the goal posts should measure 30 ft (9.1 metres) above ground level. A wishbone type or single shaft goal post may be used if the height and length of the crossbar meet the above standards, and the base of the goal post can be up to 110 in. (279.4 cm) behind the goal line.

For safety reasons, all goal posts must be properly padded with goal post pads meeting manufacturer’s specifications. It is the responsibility of the home team to provide the padding. In the case of a neutral field, the participating teams shall decide which team shall be responsible for padding the goal posts.

NOTE: Goal posts on the goal line are considered to be part of the end zone.

### ***RULE 1, SECTION 2, ARTICLE 1, PAGE #2 –The Ball***

***Specifies that the home team shall be responsible for providing “league approved” ball or balls ...***

#### **\*Article 1 - Description**

The game is played with a four-panel ball made of pebbled grain leather, enclosing a rubber bladder and tightly inflated to a pressure of not less than 12 1/2 lbs. (85 kilopascals) and not more than 13 1/2 lbs (95 kpa). It shall be in the shape of a prolate spheroid. The circumference of the long axis shall be from 27 3/4 to 28 1/2 inches (700 to 725 mm). Circumference of the short axis shall be from 20 3/4 to 21 3/8 inches (525 to 540 mm). Length of the long axis shall be 10 7/8 to 11 7/16 inches (275 to 290 mm). Weight from 14 to 15 ounces (400 to 425 grams). The Home Team shall provide a league approved ball or balls. The decision of the Referee shall be final as to the suitability of the ball.

### ***RULE 1, SECTION 3, ARTICLE 6, PAGE #4 – Tie Game***

***The last sentence of section “e)” has been deleted.***

### ***RULE 1, SECTION 11, ARTICLE 1, PAGE #14 - General***

A 7<sup>th</sup> clause has been added to section (c) which places the prime responsibility for ensuring that players are properly equipped with mandatory equipment on the Head Coach or his delegate.

#### **Article 1 - General**

- (a) No player shall wear equipment of any kind which may injure the opponent, except as necessary in the manufacture of protective equipment. The Referee may have removed from the game any player who is wearing equipment which in his opinion endangers the opponents.
- (b) No team shall wear uniforms that blend closely with the color of the ball.
- (c) The following equipment is mandatory and shall be worn by all players. The equipment shall be designed and manufactured by a professional manufacturer, and shall not be altered in any way which will decrease the protection of the player.



- (1) soft knee pads at least 1/2 inch (1.27 cm) thick, worn over the knees, and covered by the pants.
  - (2) thigh guards.
  - (3) hip pads, with tailbone protector.
  - (4) shoulder pads.
  - (5) mouthguard covering all the upper jaw teeth, as specified in Article 3 of this Section 11.
  - (6) shoes which meet the specifications as in Article 4 of this Section 11, or which may provide less fixation to the ground, such as ripple soles, or broomball type shoes, where no "cleats" are provided. No player shall participate in the game without being properly equipped and wearing shoes as specified.
  - (7) The prime responsibility to ensure the above rests on the Head Coach or his designate.
- (d) Adhesive material, grease or any other slippery substance, applied on a player's person or clothing, that affects the ball or an opponent, is illegal.
- (e) Any gloves which have any type of webbing between the digits are illegal.
- (f) All players' numbers must conform to those listed on the score sheet. Players shall retain the same numbers throughout the game, except when permission to change is given by the Referee. Where a sweater is torn, the Referee shall allow reasonable time for a substitution, but any change in number must be reported to the scorer.

Penalty (a) (b) (d) (e) (f): The offending player shall be removed from the game until the illegal equipment is replaced or the score sheet is corrected.

Immediate substitution will be made but the game shall not be delayed.

Penalty (c): L5 from point where the ball would have been put into play, if no other foul had occurred, or added to the penalty for any other foul. The offending player shall be removed from the game until the illegal equipment is replaced. Immediate substitution will be made, but the game shall not be delayed. If more than 1 player offends on the same play, only 1 penalty L5 will be applied for that play. Fouls on subsequent plays will be penalized in the same way - L5 on each play where 1 or more players offend.

***RULE 4, SECTION 1, ARTICLE 4, PAGE #29 – Line and Backfield  
The 3<sup>rd</sup> paragraph has been modified to read “No stationary player of ...”***

**\*Article 4 - Line and Backfield**

Line players of Team A are those players who are within 1 yard (1 metre) and on their own side of the line of scrimmage, formed in a single line when the ball is snapped.

A player of Team A is considered to be in his backfield if he is clearly back of the line when the ball is snapped. This will include the player occupying the position of quarterback.

No **stationary** player of Team A shall be in a position that will create doubt as to whether he is on the line or in the backfield when the ball is snapped.

Penalty: 1.2 D - L5 DR 3D DG - L5 DR, DNG - LB PBD.

NOTE: A player in a doubtful position may be penalized under this rule or as an ineligible pass receiver - as applicable.

***RULE 5, SECTION 3, ARTICLE 4, Page #38 and #39 – has undergone extensive revision.***

**\*Article 4 - Blocked Through End Zone**



- (a) When a kick is blocked and the ball goes dead in A possession in the end zone or is last touched by A before going out of bounds, even if the ball is touched (not directed) by a B player on the field of play into the end zone.  
2 points (safety touch) to B
- (b) When a kick is blocked on the field of play, and after being blocked, is directed (not kicked) into the end zone from the field of play by a B player, this will be treated as an offside pass by Team B. If the ball
- (1) Goes dead in A possession in the end zone, or is touched last by an A player in the end zone before the ball goes out of bounds in the end zone  
1.2D - A 1D at the 20 yard line (no score).  
3D - B 1D at the point where B last touched the ball on the field of play.
  - (2) Goes out of bounds in the end zone, without again being touched, or after being last touched by B in the end zone.  
1.2.3D - B 1D at the point where B last touched the ball on the field of play.
- c) When a return kick by Team B is blocked by Team A in the B end zone, and the ball goes dead in the B end zone, in B possession, or goes out of bounds in the B end zone, either directly or after being touched by A or B, a score of 1 or 2 points as appropriate is awarded to Team A.

***RULE 6, SECTION 4, ARTICLE 1, Page #46 – Definition  
The definition of a “screen pass” has been added.***

**SECTION 4. FORWARD PASS**

**\*Article 1 - Definition**

A forward pass is one which is thrown by any Team A player from behind the line of scrimmage toward the Team B dead line, to any eligible receiver. The ball shall not touch the ground, goal post assembly, an official, or go out of bounds. A forward pass is illegal after a change of possession by either team.

A forward pass thrown to an eligible receiver behind the line of scrimmage is a screen pass.

If Team B gains possession from a fumble, blocked kick, etc., and subsequently loses possession again to Team A, a forward pass by either team is illegal.

The ball is considered to be in the possession of Team A until the pass is ruled complete or incomplete, or the ball becomes dead, or it is caught by Team B.



***RULE 7, SECTION 3, ARTICLE 12, Page #56 – Protection of Centre***  
***The area of protection for the centre on scrimmage kicks has been redefined.***

Article 12 - Protection of Centre

On all kick plays from scrimmage (punts, field goal attempts, and converts) it is illegal to contact the centre on, or within one yard either side of the line of scrimmage.

Penalty: L15, PLS, PBD – AFD

***RULE 7, SECTION 3, ARTICLE 13, Page #56 – Horse Collar***  
***A new clause defining the “Horse Collar” tackle has been added.***

Article 13 – Horse Collar Tackle

Tackling an opponent by grabbing the inside or the back or side of the shoulder pads inside the collar of the sweater is Unnecessary Roughness.

***RULE 7, SECTION 3, ARTICLE 14, Page #56 – Illegal Block Hands To The Face***  
***A new clause defining an Illegal Block Hands to the Face has been added.***

Article 14 – Illegal Block, Hands to Face

No player of either team may thrust his hands forward above the frame to contact the opponent on the neck, face head or facemask. This does not apply to a ball carrier using a “stiff arm” tactic where there is no grasping of the face mask.

***RULE 8, SECTION 4, ARTICLE 2, Page #60 – Fouls in Opponent’s End Zone***  
***Section (a) 2. has been amended to have the penalty applied from the receiving team’s 10-yard line.***  
***\*Article 2 - Fouls in Opponents' End Zone***

(a) Team A

1. If Team A commits a foul in the Team B end zone on a play from scrimmage, the penalty shall be applied as though the foul has occurred on the field of play.
2. If the kicking team commits a "restraining zone" foul in the receiving team's end zone, ***the penalty shall be applied from the receiving team's 10-yard line.*** Exception: Rule 5 Section 4 Article 3 (i).
3. If the ball is loose in the Team B end zone, and Team A commits illegal interference, thus preventing Team B from gaining possession of the ball in the end zone:

Penalty: No score, B scrimmage 1D at B 10.

(b) Team B

1. If Team B commits a foul in the Team A end zone on a play from scrimmage, the penalty shall be applied as though the foul had occurred on the field of play.
2. If an A player fumbles the ball in his own end zone, and while the ball is loose, Team B commits illegal interference, thus preventing Team A from regaining possession in the end zone:

Penalty: No score by B. Automatic 1st down for Team A at PLS, or at the 10 yard (10 metre) line, at the option of Team A.