



**RULES AND REGULATIONS**

**OF THE**

**MONTREAL REGIONAL FOOTBALL LEAGUE**

**2024**

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## **LEAGUE**

### **ARTICLE 1      DEFINITION**

- 1.1                    The Montreal Regional Football League (MRFL) is a tackle football civil league accredited by the Quebec Amateur Football Federation.
- 1.2                    The MRFL aimed at children aged 5 to 13 years (category tykes to Pee Wee) and offers competitive levels.
- 1.3                    The Montreal Regional Football League applies technical and specific regulations of the Football Quebec Green Book.

### **ARTICLE 2      OBJECTIVE**

- 2.1                    The objective of the MRFL is to enable all its members to react responsibly by respecting the rules of the League and resolve any problems or issues before thinking of punishing any member or an association.

### **ARTICLE 3      MISSION**

- 3.1                    The mission of the Montreal Regional Football League is to manage, promote and facilitate the development of athletes, coaches, and its members/associations.

### **ARTICLE 4      VALUES**

- 4.1                    Our values are:
- a)            Respect of the person (opponents, fans, officials, teammates, coaches, parents, and oneself)
  - b)            Respect for rules and laws
  - c)            Honesty
  - d)            Accountability
  - e)            Integrity
  - f)            Discipline
  - g)            Strive for excellence
  - h)            Sportsmanship and team spirit

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## **ARTICLE 5      ASSOCIATIONS**

5.1                    The associations' members of the MRFL are comprised of:

Chateauguay  
Chomedey  
Gatineau  
Lakeshore  
La Salle  
Laval  
North Shore Knights  
North Shore Roughriders  
St Hubert  
St. Laurent  
St. Lazare  
St. Leonard  
Sun Youth

5.2                    Each association shall appoint three representatives who will represent it at meetings of the League. Associations must provide their contact information to the secretary of the League.

5.3                    It is mandatory for each association to send a representative to all meetings of the League.

5.4                    All associations of the MRFL League must participate to all league meetings.

5.5                    A fine of \$50.00 will be imposed to the association who does not attend a meeting. Unless the team representative can't make it due to last minute unforeseen circumstances.

## **ARTICLE 6      MEDIA**

6.1                    Any person (team managers, coaches, executive member, parents, players, *spectators*, etc.) that informs the various media (including ALL social media) must do so with all the necessary discernment. All conduct prejudicial to the League or one of his members will be automatically reported to the MRFL Discipline Committee.

6.2                    The discipline committee may punish the guilty association representatives through a fine of \$75.00 up to \$500.00.

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## **ARTICLE 7      ELITE TEAM**

- 7.1                Each player invited to the Elite team (Monstars) of the MRFL should be provided equipment by his association (shoulder pads, helmet). The elite team provides pants, stockings, and game jersey.
- 7.2                Players are selected by their associations. They receive a personalized letter from the head coach giving them all the details with respect to the participation of the Monstars team in the tournament.

## **ARTICLE 8      MEDALS, TROPHIES, BANNERS**

- 8.1                Teams finishing first in the regular season will receive a commemorative banner.
- 8.2                The Cup awarded to the Champions of the grand final of the League at all levels is called President's Cup. The Cup belongs to the League and a plaque is added for the winner each year.
- 8.2.1              Medals will be given to the champions and finalists of each championship. The championship team will also receive a banner.
- 8.2.2              All matches of the President's Cup and MRFL Cup final for the Atom, Mosquito and Pee Wee categories will take place the same weekend. The site of these finals is designated by the League before the start of the season.
- 8.2.3              Each association is required to send at least one (1) volunteer representative each day of the President's Cup and MRFL Cup championships according to the schedule planned by the League.
- 8.3                The cups awarded to the winner of the consolation finals of the League, at all levels, are called the MRFL Cup
- 8.3.1              Medals will be given to the champions and finalists of each championship. The championship team will also receive a banner.

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## **ARTICLE 9      SCHEDULE TIME**

Please take note of the following:

- The MRFL will not accept any Friday night games for the divisions Atom and Mosquito.

The MRFL will not accept any games scheduled to start after 6 p.m. on Saturday for the divisions Atom, Mosquito and Pee Wee. Travel consideration will determine whether even 6 p.m. will be acceptable.

- The MRFL will not accept any games scheduled to start after 3 p.m. on Sunday for the divisions Atom, Mosquito and Pee Wee. Travel consideration will determine whether even 3 p.m. will be acceptable.

The MRFL will not accept any games scheduled to start after 2 p.m. on Monday for the divisions Atom, Mosquito and Pee Wee. Travel consideration will determine whether even 2 p.m. will be acceptable.

All organizations must follow these rules.



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## TEAM

### ARTICLE 10 CLASSIFICATION RANKING

- 10.1 An association that has one team in one category must be classified in the AAA level.
- 10.2 For categories Mosquito AAA and Pee Wee AAA, there may be two divisions: Division 1 and Division 2.
- 10.3 There must be a minimum of 6 teams in Division 1 for the Division 2 to be created.

### ARTICLE 11 REGISTRATION OF TEAMS

- 11.1 The associations must confirm their teams no later than June 15. Associations need at this time to pay their League fees, for each team they confirm at each category.
- 11.2 If an association wants to add a team in one category, additional fees will be billed according to the schedule below:
- before June 15: no additional fees
  - after June 15: additional fees of \$150.00
  - after July 31: must be accepted by the League and additional fees of \$500.00.
- 11.3 When an association wishes to withdraw a team in one category, additional fees will be billed according to the schedule below:
- before June 15: no additional fees
  - after June 15: loss of league fees and additional fees of \$210.00
  - after July 31: loss of league fees and additional fees of \$500.00
- 11.4 The preliminary game schedule of the League should be sent to the associations no later than June 30.
- 11.5 The game schedule must be returned by the associations, to the Director of Operations, at the latest July 15.
- 11.6 League fees:
- |           |          |
|-----------|----------|
| Atom:     | \$210.00 |
| Mosquito: | \$210.00 |
| Pee Wee:  | \$210.00 |

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**ARTICLE 11                    REGISTRATION OF TEAMS**

- 11.7                    League fees must be fully paid by the associations, for all their registered teams prior to the start of the season.
- 11.8                    No team may participate in the championships of the League if League fees, or fines are unpaid before the start of the championships.

**ARTICLE 12                    MINIMUM AND MAXIMUM NUMBER OF PLAYERS**

12.1                    To be considered present at a game, a team must have a minimum number of players on the field, as follows:

|          |    |
|----------|----|
| Atom     | 12 |
| Mosquito | 16 |
| Pee Wee  | 18 |

**ARTICLE 13                    MAXIMUM NUMBER OF PLAYERS' REGISTRATION CERTIFICATES**

13.1                    The maximum number of player registration certificates a team can register in a season is:

|          |    |
|----------|----|
| Atom     | 35 |
| Mosquito | 50 |
| Pee Wee  | 50 |

**ARTICLE 14                    RESPONSIBILITES OF TEAMS IN GAMES**

14.1                    When a team does not show up for a game, the said team automatically loses 6 to 0. The team may then be requested to attend a meeting with the Discipline Committee of the League to explain themselves and must pay the following fines:

- If the opponent and League President is informed 5 or 6 days in advance                    = fine of \$75.00
- If the opponent and League President is informed 3 or 4 days in advance                    = fine of \$100.00
- If the opponent and League President is informed 2 days in advance                    = fine of \$125.00
- If the opponent and League President is informed 1 day in advance                    = fine of \$225.00  
+ Officials fees and opponent bus fees, if applicable

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**ARTICLE 14**

**RESPONSIBILITES OF TEAMS IN GAMES**

- If the opponent and League President is informed that the same day = fine of \$325.00  
+ Officials fees, opponent bus fees, and trainer fees, if applicable

14.2 If the team shows up but did not have the minimum required players; they lose the game 6 to 0. If the two (2) teams agree to play a scrimmage with the presence of the Officials, a fine of only \$125.00 will be imposed. Otherwise, a fine of \$325.00, plus Official fees, opponent bus fees, and trainer fees, if applicable are charged.  
**Please note: A scrimmage CANNOT be played if the officials are not present.**

14.3 The team that does not complete a game will be convened before the MRFL Discipline Committee. The Discipline Committee will determine whether sanctions should be taken (warning, suspension, fines, Official fees, bus fees, etc.).

14.4 The MRFL Executive reserves the right to increase the amount of the fine in Article 14.1 and 14.2 if any organization fails to field a team on more than two (2) times during the same season. This will be determined on a case-by-case basis

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## PLAYERS

### ARTICLE 15 REGISTRATION CONTRACT OF A PLAYER

- 15.1 The deadline to sign a player is October 1st of the current season.
- 15.2 The player's registration contract must be completed as approved by the Federation by using the Intranet system of Football Quebec.
- 15.3 The release is completed and signed, if necessary. A copy is attached to the Federation's copy of the registration contract.
- 15.4 At all games sanctioned by the Federation, the Head Coach or team Manager must present, at their request of the opposing team or the league representative, the registration contracts of all their players and no later than 30 minutes before the starting of the game.
- 15.5 The registration contract of a member expires on April 30 of the following year.
- 15.6 For all players in the Atom, Mosquito and Pee Wee categories, the registration contract must be signed by a parent or guardian with parental authority
- 15.7 In the event that a league has implemented a temporary control number, the team must first ensure that the player is eligible, if the player is later found to be ineligible, the team forfeits all games in which the player participated.

### ARTICLE 16 CONTROL NUMBER

- 16.1 In the case that a player cannot be there when the registrar comes to sign his team's contracts, you could ask for a control number. To obtain the control number email your request to Louise Blizzard at [louise.blizzard70@gmail.com](mailto:louise.blizzard70@gmail.com) and [mrflfootball@gmail.com](mailto:mrflfootball@gmail.com) minimum 24 hours before the game
- 16.2 Requested informations for a control number are: player's name and first name, association, division and contract number.
- 16.3 The control number must be written on the player's contract and the control number is valid for only 2 weeks.

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## **ARTICLE 17      ELIGIBILITY OF A PLAYER**

- 17.1            All teams must sign a Federation Player Registration Certificate. This membership Registration Certificate must be approved by the MRFL Registrar before the first (1st) game each player plays.
- 17.2            All teams must have on hand his team's file and be able to present it to all the games. The file includes all team players with an approved registration certificate. No changes to the filr team are permitted after October 1st.
- 17.3            When a player's name appears on the score sheet and the player is considered to have taken part in the game.
- 17.4            On the score sheet of a game, it cannot appear more names of players than the number of players eligible to play the game.
- 17.5            The name of any player registered late or forgotten may be added to the score sheet after the start of the game as long as the player is registered with the team and eligible to play. The player must go through weigh-in protocol and the league must be informed immediately by his/her team via email for the player to be eligible to play the game.
- 17.6            Any player who has played two (2) games during a season cannot be released for the current season. They are only eligible to play with the team for which he played his second (2) game.
- 17.7            To be eligible to participate in a playoff game, a player must have participated in at least two (2) games in the league's regular schedule of games
- 17.8            If a team has ceased operations during the season, the Federation could release players under contract in the event that the Federation, the Executive of the league and the association concerned are of the opinion that it is appropriate to do so.
- 17.9            The team leaders and Association executives are responsible for the eligibility of their players.

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## **ARTICLE 18      PLAYERS AGE CATEGORIES**

18.1                      A player may be part of a team provided that his age does not exceed the age limit of the division in which the team operates in accordance with Article 20 of the Safety Regulation of the Federation.

|          |                 |
|----------|-----------------|
| Atom     | 7-8-9 years old |
| Mosquito | 10-11 years old |
| Pee Wee  | 12-13 years old |

18.2                      If an association has tykes, then 7-years old players can play in the category of tykes or atom. However, when an association does not have tykes' category, players aged 7 years old only are eligible in the atom category

## **ARTICLE 19      SIGNATURE**

19.1                      A player signing his certificate of registration must provide at least two (2) pieces of the following identities:

- Health insurance card
- Copy of the previous year player's registration certificate
- Passport
- Proof of address (copy of the report card, Hydro bill,etc.)

19.2                      For players with releases, the copy of the players' registration certificate must have a copy of the previous year release.

19.3                      Upon signing the registration certificate player weight limits are:

|          |            |
|----------|------------|
| Atom     | 110 pounds |
| Mosquito | 135 pounds |
| Pee Wee  | 165 pounds |

19.4                      Five (5) additional pounds are added to the Atom, Mosquito, and Pee Wee categories, once the player has successfully completed their first weigh-in.

|          |            |
|----------|------------|
| Atom     | 115 pounds |
| Mosquito | 140 pounds |
| Pee Wee  | 170 pounds |

19.5                      Each coach must have a copy, showing the certificate of completion of the "Making Head Way in Football" course, stapled to the registration contract. The coach does not need to be present when the registration contract is submitted to the Registrar.

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**ARTICLE 19****SIGNATURE**

- 19.6 For the registration contracts of managers, we also need one (1) copy of the registration contract signed and submitted to the Registrar. Managers do not need to be present when the registration contract is submitted to the Registrar.
- 19.7 All team personnel appearing on the bench during a game must be registered to FFAQ and have available, for immediate verification, a copy of the official registration contract of FFAQ, the team manager or Head Coach must always have in their possession, the registration contracts of all players, coaches, and team staff.

**ARTICLE 20****REGISTRAR**

- 20.1 Only registrars accredited by the Quebec Amateur Football Federation and members of the MRFL are authorized to sign a certificate of registration of players playing in the MRFL.
- 20.2 The association must provide a suitable place to the registrars as follows:
- a) A table
  - b) Chairs
  - c) Provide a closed area for player to undress
  - d) The organization is to make available the league supplied approved scale.
- 20.3 Persons authorized when authenticating with the Registrar
- the player
  - 1 manager
- 20.4 Players will be placed:
- in alphabetical order
  - accompanied by a single parent
  - the parent must sign the registration certificate of the player in front of the Registrar

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## **ARTICLE 21      WEIGHT LIMITS RULES**

- 21.1                    In additionr, when a player exceeds the weight limit allowed in the category for his age, the player can remain in this category provided he plays only the position of offensive lineman. It will then be identified as such on the score sheet beside the player's name, with the inscription OL.
- 21.2                    A player cannot be upgraded to a division other than the division immediately above hers, provided he has already played 1 year in the category he has left.
- 21.3                    In the case of an upgrade, to an immediately higher division for an Atom, Mosquito and Pee Wee player, a parent or legal guardian must sign the player's certificate of registration after becoming aware of the risks that this situation may cause.
- 21.4                    The overweight players cannot carry the ball at any time during a game.
- 21.5                    The offensive line is only the center, guard, and tackle positions. In addition, the half-inserted position (tight end) is prohibited to players exceeding the weight limit as stipulated in 19.3.
- 21.6                    In the case of football 9 players (atom), only three positions in center can be occupied by players exceeding the weight limit prescribed as stipulated in 19.3.
- 21.7                    The overweight players may not at any time act as kicker during a game, except for the atom category at the kick-off in static position without an opponent or during an uncontested convert after a touchdown.
- 21.8                    When an overweight player is in a position other than o-line, the penalty is 10 yards for illegal substitution; the game can then continue once the player has been placed in the proper position or returned to the bench.
- 21.9                    To facilitate the work of the official, the penalty provided for in section 21.8 can only be applied when overweight players were properly identified with their name highlighted on the scoresheet and have OL written next to their name
- 21.10                   A player identified as overweight on its certificate of registration must keep that status until the next league weigh-in that shows that the player meets the weight specified in rule 19.4.



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**ARTICLE 21****WEIGHT LIMITS RULRS**

- 21.11 A player identified as overweight during the initial registration and contract signing, may change his status at the following weigh-ins before each regular season game beginning with the second game of the season that thr player played, playoffs and championship games if the player meets the weight specified in rule 19.4.
- 21.12 Once the initial weigh-in done. The registration contracts of overweight players should be identified by a small star placed at the top right of the registration contract in addition to being initialized by the Registrar of the league.
- 21.13 When a player exceeds the weight limit at the time of weigh-in as stipulated in article19.3, he has the choice either to validate his status for the season, or to postpone the validation of the registration contract at a later date. The player will be considered ineligible to play in a game until the validation of the registration contract. No control number will be issued to the player.
- 21.14 All organizations must inform the league by email a list of all their overweight players once their contracts have been validated and before the player play in his first game. Failure to do this will result in the automatic lost of the game.
- 21.15 The MRFL will supply each park with a digital scale. This scale will be considered the leagues official scale. Only this scale or scales approved by the MRFL Executive in writing will be permitted to be used during the season.
- 21.16 Beginning week 2 of the season. Each player participating in that week's game will be re-weighed no later than 15 minutes prior to kickoff of their game. Visiting team will weigh in first. The name of the player, their jersey number, and weight for the week will be recorded by the home team manager on the leagues official weight form.
- 21.17 Player's that are playing their second game of the season who weigh in at or under the weights specified for their level in rule number 19.4, will be allowed to play any position on the field during that week's game.
- 21.18 If a player is playing his first game of the season no matter which week of the season. If their contract has been validated by a league registrar. They are exempt from that week's weigh-in unless they are weighing in in front of a registrar. In such cases these players must be at or below the weight specified in rule number 19.3 in order to play any position other than offensive line.

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**ARTICLE 21****WEIGHT LIMITS RULES**

- 21.19 During the weekly weigh-in. Only the two team managers are permitted to be present at the weighing of the players. **No coaches or other team personnel may be present.** If the need arises that a player must strip down in order to be weighed. Only then a parent or legal guardian of the child **must** be present. If no parent or guardian is available to be present, then the player will not be permitted to strip down and must weigh in their clothes. **NO EXCEPTIONS**
- 21.20 Each week. Once the weighing of all the participating players is complete. Both team managers must sign the weekly weigh-in form certifying its validity for the game of the week. The home manager must then send in a legible copy the form to the league at [mrfffootball@gmail.com](mailto:mrfffootball@gmail.com) before the beginning of the 3<sup>rd</sup> quarter of the game. Failure to comply with this instruction will result in a fine of \$50 to the home team.

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## **DISCIPLINE**

### **ARTICLE 22**

### **DISCIPLINE**

22.1 The Team / association is responsible for the conduct of their players and coaches, parents, and fans.

### **ARTICLE 23**

### **DISCIPLINARY COMMITTEE**

23.1 The MRFL VP Discipline shall name a director of the Discipline Committee for each individual case and if the situation requires it, will appoint two (2) other members for each meeting who are impartial with regard to the study of sub-files.

23.2 A decision must be made in writing for all cases brought to the attention of the MRFL Discipline Committee, except in the case of an automatic sanction resulting from the application of a playing rule. Any suspension imposed by the MRFL disciplinary committee must include a specific duration or number of games.

23.3 The Discipline Committee may, at its discretion, hold meetings in the presence of the referees, players, coaches and MRFL officials before making a decision.

23.4 The notice convening a disciplinary committee must be sent 48 hours before the meeting and a decision must be rendered within 48 hours after the holding of the meeting.

23.5 The Disciplinary Committee has the authority to grant games suspension to any player or volunteer, upon hearing the case. It can sanction an association with fines ranging from \$50.00 to \$500.00.

23.6 The Disciplinary Committee may intervene in any breach of the regulations of the Montreal Regional Football League, the Green Book and the Code of Ethics of the Federation of Football Quebec and any behavior considered unsporting.

23.7 Referee Report transmitted to MRFL: when a referee report mentions unjustified actions or words (unnecessary roughness, unsportsmanlike conduct or otherwise) in a game, the head coach of the offending team will be summoned before the disciplinary committee.

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**ARTICLE 23****DISCIPLINARY COMMITTEE**

23.8 Any failure to attend the hearing of the discipline committee convened by the Director of the MRFL Disciplinary Committee or make payment before the hearing will be considered a guilty plea.

23.9 Any complaint from player, parent, coach, spectator, volunteer, or member of an association must be submitted beforehand to his respective association for resolution. The MRFL Discipline Committee will only receive complaints from association presidents

**ARTICLE 24****ETHICS COMMITTEE**

24.1 The Ethics Committee of the League shall hear and settle any dispute. Being responsible for any disciplinary action against individual members or groups within its jurisdiction. It also regulates any dispute arises between two members of the league about the technical regulations of the Federation or the rules of the game.

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## SPECIFIC REGULATIONS

### ARTICLE 25 RULES OF THE GAME

25.1 The game rules are those approved by the Canadian amateur football association.

### ARTICLE 26 CAPITAINS

- 26.1 The captains
- a) Players identified to the officials before the game as spokesmen for the offensive or defensive units of a team are considered team captains.
  - b) Each team can have a maximum of six (6) captains.
  - c) Only a team captain has the right to ask for an explanation of the regulation, including the choice of options penalties, kickoffs and convert attempts.
  - d) Only the team captain can request a measurement or

### ARTICLE 27 FIELD

- 27.1 In the atom division to 9 players, the minimum approved field is 41 yards (37.5 meters) wide and 80 yards (73 meters) in length, with an end zone of 5 yards (4.75 meters).
- 27.2 All other categories must play on a size field in accordance with Chapter VI of the Safety Regulations of the Federation
- 27.3 A place in accordance with Chapter VI of the Safety Regulations of the Federation shall be closed to the field, identified, and defined to allow « cheerleaders » to execute their manoeuvres.

### ARTICLE 28 GAME BALLS

| CATEGORIES | BALLS                                  |
|------------|--|
| Atom       | Spalding J5J, Wilson K2 or equivalent  |
| Mosquito   | Spalding J5Y, Wilson TDJ or equivalent |
| Pee Wee    | Spalding J5Y, Wilson TDY or equivalent |

The regulation balls in « composites » are accepted.

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## **ARTICLE 29      TEAM RANKING**

29.1                      The ranking of teams is as follows:

|             |                               |
|-------------|-------------------------------|
| Match won:  | 2 points for the winning team |
| Draw:       | 1 point for each team         |
| Match lost: | no points for the losing team |

## **ARTICLE 30      EXHIBITION GAMES**

30.1                      In Quebec, any team member must request permission from the league to participate in an exhibition or a tournament with one or more other members. When the game or tournament involves non-members and is played outside of Quebec, the sanction must come from the Federation.

30.2                      The rules of the Federation apply to all exhibition games or tournament played in Quebec, unless requested special dispensation for this event.

## **ARTICLE 31      LOSE THE GAME BY DEFAULT**

31.1                      If a team is unable or refuses to play any game of the Federation within thirty (30) minutes after the time scheduled for the start of the game, that team loses the game by default and then the non-offending team wins the game.

The non-offending team will be awarded a win and will be credited with two (2) points in the standings and brand six (6) to zero (0) in his favor will be included in his compilation of points for and points against his record.

31.2                      If a team is unable or refuses to continue any game of the Federation after a period of two (2) minutes imposed by the referee, that team loses the game by default and then the non-offending team wins the game.

The non-offending team will be awarded a win and will be credited with two (2) points in the standing, the better points scored for and against in the match not completed or score six (6) to zero (0) in his favor will be included in his compilation of points for and points against his record.

31.3                      Any team that loses by default a game of the Federation may be called to appear before the MRFL Executive or the representative of the league, as the case.

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## **ARTICLE 32      DUREATION OF MATCH**

32.1                      Duration of a match for the minor league games as described in the Green Book is as follows:

|          |                          |
|----------|--------------------------|
| Atom     | 4 quarters of 10 minutes |
| Mosquito | 4 quarters of 12 minutes |
| Pee Wee  | 4 quarters of 12 minutes |

## **ARTICLE 33      APPROVED SCORE SHEET**

33.1                      Only the score sheet approved by the Federation should be used during games.

## **ARTICLE 34      PROCEDURE TO COMPLETE THE SCORE SHEET**

34.1                      The name and first name, along with the number of each player must be registered on the score sheet before the start of the game. The score sheet must be signed by the head coach of each team before the start of the game.

34.2                      The name and position of each official and coach of the game must be listed on the score sheet before the start of the game. The score sheet must be signed by the referee, the scorekeeper, and the timekeeper immediately after the game.

34.3                      Points counted must be listed on the score sheet as well as the name and number of the players who scored the points.

34.4                      If a player must change his number during the game, the manager must notify the scorekeeper and the manager or head coach of the opposing team.

34.5                      The name and number of each player ejected from the game by the referee, the nature oth offense and the penalty must be recorded on the score sheet.

## **ARTICLE 35      SCOREKEEPER – LOCAL TEAM**

35.1                      Home teams are responsible to provide a person to act as a scorekeeper during games for levels Atom, Mosquito and Pee Wee. The scorekeeper should ensure that the score sheet is duly completed and will be responsible to indicate the expulsions, if applicable.

35.2                      The scorekeeper is a neutral person who should not intervene during the game, except for the tasks requested by the referees. In addition, he must identify himself on the score sheet.

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## ARTICLE 36      SCORE SHEET

### 36.1                      **The email must be in the following format:**

In the subject line- The name of the HOME team and the LEVEL of the game.

In the email body- The name of each team with their score along with any other information that the league must be aware of. Game issues, referee issues, ejections etc. This is so the league will have the information immediately and may begin any follow up that is required.

A legible picture of the whole scoresheet must also be attached

The email must be sent by day's end of the game day. **No exceptions**

36.2                      Please note that if this format is not followed it will now incur a fine of \$25 for each week that the format is not followed. Each team will be given a onetime pass for the entire season where no fine will be given for any mistakes made.

36.3                      Final scores must now be emailed to [mrflfootball@gmail.com](mailto:mrflfootball@gmail.com) **ONLY** (no other emails, calls or texts will be acceptable and will be subject to the \$25 fine.)

36.4                      The official MRFL Injury Report (picture or scan) must be properly filled out completely, signed and emailed to [mrflfootball@gmail.com](mailto:mrflfootball@gmail.com) **ONLY** to the league **before** the end of game day (no other emails, calls or texts will be acceptable and will be subject to the \$25 fine.)

36.5                      Keep the white score sheets, injury reports and weigh-in forms to be given in either at a league meeting or at one of your games to Mrs. Blizzard.

## ARTICLE 37      **EXPSULSION BY THE REFEREE – SEND COPY OF PDF SCORE SHEET**

37.1                      If a player, coach, or bench staff are ejected from the game by the referee, the manager of the home team shall immediately after the game, email a PDF copy of the score sheet to the MRFL Executive. The MRFL Executive shall notify the relevant association of the decision; either suspension or called before a Discipline Committee.



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## **ARTICLE 38 HEADSETS**

- 38.1 Communication devices with the players must conform to those described in the Federation Security Regulations.
- 38.2 Only 2 offensive and 2 defensive players maximum are authorized to use headsets.
- 38.3 Once the offensive huddle is broken, headsets can no longer be used. Headsets are for play calling only.

## **ARTICLE 39 FACILITIES**

- 39.1 The local association must provide to the visiting team comparable facilities that it provides to its own teams (room for players, tent, etc.). Non-compliance of this rule results in a fine of \$100.00 to the offending team.
- 39.2 Each team must stay within its line of 45yd line to perform: warm-up, meeting, and celebrations before, during and after the game. Otherwise, the team failing to do so will be called in front of the disciplinary committee, who may impose a fine.
- 39.3 The supporters of each team must remain in the pews of their assigned section, and do not circulate in the opposite section. These sections must be located within the 50 line of each team to avoid frustrations and conflicts failing to pass before the disciplinary committee, who may impose fines.
- 39.4 As mentioned in the safety regulation of Football Quebec (Chap. 1, Section 1, Article 5), stands as: obstacles, fences, lighting poles or spectators must be located at least 5 yards from the surface game and delimited as far as possible.

## **ARTICLE 40 PROTEST**

- 40.1 A protest may be lodged when a team member of an association believe they have been victim of an infraction during the game. The infraction must be caused by a breach of the regulations of the Federation or the competition or the rules of play, or misapplication of regulations or rules of the game, or an irregularity in the organization of a competition.
- 40.2 Any notice of protest must be reported immediately by a captain to the referee at the time of the incident and be listed on the score sheet before the game resumes. The referees must stop the game and must go and see the team wishing to file the protest.

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**ARTICLE 40****PROTEST**

- 40.3 A copy of the protest must be sent by the association in writing or by electronic mail to the representative of the league, not later than twenty-four (24) hours following the incident, by mentioning the name of the person at fault or the explanation concerning the protest.
- 40.4 The League shall render its decision no later than five (5) days of receipt of the protes
- 40.5 The Authority may accept or refuse the protest. In the latter case, the authority may award the game to the team protesting or order the game to be replayed in its entirety.
- 40.6 The cost of a protest is \$125.00, if your association wins the protest, this amount will be refunded

**ARTICLE 41****SUSPENSION**

- 41.1 When the name of a player or coach appears on the score sheet to mention he was ejected from the game, that player or coach is automatically suspended for one (1) game (re: Green Book). If one of its players and/or coaches is expelled, the team/association is responsible to follow up with the MRFL Executive to demonstrate, with the score sheet of the following game, that the punishment has been served. This monitoring must be done no later than the following Tuesday the expiry of the suspension, if:
- a) If the suspended player played, the team loses the game 6-0, and the player and the head coach must go before the disciplinary committee,
  - b) Failing to forward evidence within the time limit, the fine is \$75.00, and the fault will be reported to the Disciplinary Committee
- 41.2 During a game, any team that uses the services of a suspended member (player or team official) automatically loses the game and further sanctions could be imposed.
- 41.3 If a player and/or coach are suspended a second time during a season, the minimum suspension shall be three (3) consecutive games. If circumstances require, the player and/or coach may also be summoned to meet with the disciplinary committee

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## **ARTICLE 42      TIE BREAKING RULES**

The MRFL applies the Tie Breaking Rule from the Football Quebec Green Book, article 66 as follows:

- 66,1    The winning team is the one with the greatest number of wins during the regular season.
- 66.2    If the tie remains, the team with the highest record of games (won, lost or null) in the regular season between the tied teams only will be declared the winner.
- 66,3    If the tie remains notwithstanding section 66.2, the team with the highest points record (for and against), in the regular season with games played between the tied teams only will be declared the winner
- 66.4    If the tie remains notwithstanding section 66.3, the same procedure above will be repeated for the tied teams, using team whichever is the highest ranking.
- 66,4B    If the tie remains notwithstanding section 66.4, the same procedure above will be repeated for the tied teams, using whichever is the next team in the ranking that both teams have played
- 66.5    If there are three (3) or more teams tied, the team with the best score (points counted for less points scored against) during games between these teams during the regular season determines the positioning.
- 66.6    If a team was eliminated, the procedure referred to in 66.5 should be repeated to determine the second position
- 66.7    If after applying the procedures mentioned above is still a tie, the decision of the League still prevails and without appeal. (see 66.4B)

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## **COACHES**

### **ARTICLE 43 RESPONSIBILITY OF COACHES**

- 43.1 Any coach must abide to the chapter of the Code of Ethics of the Federation.
- 43.2 Any person signing a coach registration certificate must pursue continuing training to obtain the level required by the division in accordance with the table of technical accreditation of Article 51 of the Green Book and in the National Coaching Certification Program (NCCP) in force.
- 43.3 Any coach wishes to obtain his NCCP certification must meet the following conditions for each level of competence:
- a) participate in the technical-theoretical clinic course recognized by Football Quebec (Initiation Community Sport);
  - b) participate in the technical-theoretical clinic course recognized by Football Quebec (Introduction to Competition);
  - c) participate in internships technical program recognized by Football-Québec (Development of Competition);
  - d) attend a theory clinic recognized by Sport Quebec and the Canadian Association of Football Coaches (ACE), Competition Development (C1 to C6);
  - e) obtain a recognized Football Quebec practical accreditation.
- 43.4 Any coach must make sure to get any training or certification required by Football Canada and/or Football Quebec.

### **ARTICLE 44 SUSPENSION – FALSIFYING AND BEHAVIOR**

- 44.1 Any coach found responsible for tampering or inappropriate behavior will be suspended.
- 44.2 As a result of falsifying
- 44.2.1 Any coach convicted of falsifying a birth certificate, a certification of registration or a player membership card or had knowledge that such a certificate or membership card has been counterfeited is automatically suspended by the ethics committee from the date of the infraction for a period of at least one (1) year. A more severe suspension may be imposed.

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**ARTICLE 44                   SUSPENSION – FALSIFYING AND BEHAVIOR**

44.3                           Due to behavior

44.3.1                       Any coach removed from the field by the referee for any behavior or attitude detrimental to tackle football, whether before, during or after a game of the Federation shall be automatically suspended for the next scheduled game played by his team.

44.3.2                       If circumstances warrant, the League ethics committee may suspend any coach for more than one (1) game following the game where the offence occurred.

44.3.3                       If a coach is disqualified or removed from the field by the game officials as a consequence of physical or verbal abuse of any game official, before, during or after a game, he shall be suspended indefinitely until the Federation ethics Committee reviewed the case and imposes final sanctions. The minimum suspension for such a physical abuse is six (6) games.

44.4                           Prohibition of disclosure

44.4.1                       A suspended coach cannot contact his team before, during or immediately after the game. Verbal contacts, signs of all kinds, electronic communications of any kind are strictly forbidden.

44.4.2                       Any breach of these rules will end up as a loss of the game by forfeit

**ARTICLE 45                   CONSEQUENCES OF SUSPENSION – COACH**

45.1                           A coach, player-coach or team personnel who is suspended may not participate in any sanctioned activity, including attending league, or Federation meetings for the duration of the suspension.

45.2                           A suspended coach or player-coach already suspended and is suspended again under Article 54 of the Green Book must serve its suspension consecutively.

45.3                           A player who is a coach in another division other than the one in which he is playing and is suspended, shall be automatically suspended from all activities of the Federation until his suspension is completely served.

45.4                           Any penalty that is not completely purged during a season will be automatically carried over to the next season.

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## **ASSOCIATIONS OFFICERS**

### **ARTICLE 46      RESPONSIBILITIES OF ASSOCIATIONS OFFICERS**

- 46.1                      Any officer of association agrees to comply with the rules and regulations of the Federation in their present form or amended, as well as its code of ethics.
- 46.2                      Any association executive who violates the regulations of the Federation or who manifest conduct detrimental to the sport of tackle football is liable to disciplinary action.

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## MISCELLANEOUS

### ARTICLE 47      **PREJUDICES**

47.1                      Bigotry or racial remarks will not be tolerated. A \$225.00 fine will be imposed to the responsible organizations.

### ARTICLE 48      **INJURED PLAYER**

48.1                      A player injured during the last three (3) minutes of each half, shall be out of the game for the five (5) following plays.

### ARTICLE 49      **EQUITABLE SHELTER**

49.1                      Both teams must have the same access to an equitable shelter at half time if the temperature is inclement. Failure to provide will result in a \$225.00 fine.

### ARTICLE 50      **TIME OUT**

50.1                      Each team is allowed 2 timeouts per half. There is no mandatory time out at the 3-minute mark of a half (2nd and 4th quarter).

### ARTICLE 51      **MUST PASS**

51.1                      MRFL uses a must pass rule per series of 4 downs.

51.2                      A pass must occur on either the 1st, 2nd, or 3rd down of a series. A first down resets the requirement.

51.3                      To qualify as a pass, it must be a **FORWARD** pass with an **OVERHAND** throw.

51.4                      The Must Pass rule does not apply if the original line of scrimmage is in the Red Zone. Red Zone is defined as 15 yards into and out from an end zone.

### ARTICLE 52      **MERCY RULE**

52.1                      Any time after the first half, if the difference in score between the two teams becomes 35 points or more, the clock will be running time for the remainder of the game.

52.2                      The clock will stop only when injuries, scores, timeouts, or any reason the Referee deems necessary to stop the clock.

52.3                      No score will be shown on the scoreboard, but the points will be recorded on the score sheet.

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## ARTICLE 53 ABUSE ZERO TOLERANCE POLICY

53.1 The MRFL has a zero-tolerance policy when it comes to any kind of abuse (verbal or physical) by coaches, staff, organizational personnel, parents, relatives, fans towards the players, referees or any other member of our or any other league.

Any first-time offender member who disregards this policy will be summoned in front of a discipline committee and heavy suspensions are to be expected. If it is a member of the staff. The head coach will also be expected to present themselves in front of the committee and may also face suspension. In the instance that the offending person is not a member of an MRFL organization but a relative of a member of the MRFL. In such a case. The member of the MRFL (Staff, coach or player) that is related to the offending member will face suspension in place of the offending person(s). In the event of a second offence. The MRFL Executive reserves the right to automatically suspend the repeat offender for a to be determined amount of time based on the severity of the second offence without a disciplinary hearing.

If there are issues that arise during a game involving the referees that you or your staff feel is unwarranted or wrong. The league has a procedure to follow to file your complaint. The complaint will then be looked at by the league executive and if they feel further actions are warranted. The executive will contact the referees with their concerns.

53.2 **The procedure is as follows:**

Each team was supplied referee sheets to fill out after the game. Use them. You can scan them or take a picture of the completed form and email it to the league at [mrflfootball@gmail.com](mailto:mrflfootball@gmail.com)

You should also place your concern or issue on the scoresheet. This must be done before the sheets have been given out to their respective parties. **The filed complaint must be on all three copies.**

After the aforementioned steps are followed. You can then send a detailed email to the league email specifying your concerns. Please also mention if you have video evidence.

You **MUST** also inform your league representative that you are filing a complaint, and include your representative on the emailed complaint as they are the league's first contact for all matters involving your organization



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## **ARTICLE 54 OVERTIME**

54.1 There is NO OVERTIME in the regular season. Overtime rules apply only during playoffs.

## **ARTICLE 55 OVERTIME PROCEDURE DURING PLAYOFFS**

55.1 The MRFL ONLY plays overtime during playoffs, never during the regular season.

55.2 If the score is tied at the end of regulation time, overtime will be played in the "Shoot Out" format. Each team will have an offensive possession starting at the opponent's 35-yard line. They will have 4 downs to gain 10 yards and so on to the goal line. Once the starting team has failed to gain yards or has scored, the opposing team then takes possession.

55.3 No single point is allowed.

55.4 ONLY touchdowns and fieldgoals count

55.5 If both benches are located on the same side of the field, there will be a change of ends of the field after each team has had a possession; the first possession is determinate by a coin toss. The team winning the toss must choose between possessions of the ball, Defense, or the end of the field. After two series, the offensive team must go for a two point conversion.

## **ARTICLE 56 FLAG**

56.1 A team, which brings its flag on the playing surface, will be fined \$150.00. The fine will be increased by \$100.00 for all subsequent offenses.

## **ARCLE 57 DRESS CODE**

57.1 No knots or visible tape on the jersey.

57.2 Pants and jerseys must be the same.

57.3 Bandanas must be hidden under the helmet.

57.4 All padding must be always covered by the jersey (ex.: back pads, shoulder pads, etc.).

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## **ARTICLE 58      PAYMENT OF FINE**

- 58.1                    If the league imposes a fine, the payment of said fine must be received by a member appointed by the League, a minimum of twenty-four (24) hours prior to the next game unless otherwise specified by the MRFL executive.
- 58.2                    If this condition is not met, the game cannot proceed without League's approval.
- 58.3                    If the game is played without approval, the team that was fined will lose no matter what the score was.
- 58.4                    If the team or person involved launches an appeal, the fine must be paid pending the outcome of the appeal and special approval must be received from the League to play subsequent games, which may be affected pending the outcome of the appeal.
- 58.5                    Fines for playoff games must be paid by cheque, prior to game.

## **ARTICLE 59      REFEREES**

- 59.1                    Each association is responsible to schedule the referees for all their home games.

## **ARTICLE 60      CERTIFIED ATHLETIC THERAPIST (C.A.T.)**

- 60.1                    The home team is responsible to supply a Certified Athletic Therapist for both teams. No exceptions.  
As per Football Quebec. A securist can be used by the home team as a substitute for the Certified Athletic Therapist for both teams to allow the game to be played. However, the home team will then be liable to a fine from the MRFL of \$200.00 if no Certified Athletic Therapist (C.A.T.) is present at the game.
- 60.2                    Visiting teams may have their own securist or a Certified Athletic Therapist (C.A.T.) if they so wish. If the visiting teams securist or a Certified Athletic Therapist is the only person at the game. The visiting securist or a Certified Athletic Therapist may sign the game sheet to allow the game to be played. The home team will then be fined \$200.00 per game that their Certified Athletic Therapist (C.A.T.) is not present.
- 60.3                    If the home team Certified Athletic Therapist (C.A.T.) is either told not to go out or themselves refuse to go out for the visiting team during a game. The hme team will be summoned in front of the MRFL discipline committee. The organization should expect a fine and the head coach of the offending team could also be suspended.

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**ARTICLE 60****CERTIFIED ATHLETIC THERAPIST (C.A.T.)**

60.4

The visiting team is expected to arrive with a basic medical kit. Such as tape, band-aids scissors etc. Should any player on the visiting team require pre-game taping. They will be expected to use their own supplies. Not the supplies of the home team. If an injury occurs that the home team Certified Athletic Therapist deems needing tape. Then the home teams kit can be used. This will be fully at the Certified Athletic Therapist discretion.

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## SPECIFIC RULES OF PLAY BY AGE CATEGORY

The rules of play are those approved by the Canadian Amateur Football Association.

### ARTICLE 61 ATOM CATEGORY

- The 7, 8 and 9 years (December 31<sup>st</sup>)
- The game will be played with four (4) downs.
- A pass or a kick must be attempted in the first three (3) downs.
- a) When the pass is not thrown, there will be a penalty for illegal procedure (loss of down and five (5) yards).
- b) The defensive team will have the option of accepting the penalty or the option of loss of yard on the previous play.
- A pass is described as a motion over the shoulder, at the level of the head and the ball must be thrown forward.
- A pass voluntary thrown to the ground by the offensive team will not count as a tentative pass.
- One (1) yard separation at the line of scrimmage.
- In the football game played with 9 players, at the beginning of the play, a minimum of five (5) offensive players must be aligned on the line of scrimmage. The two (2) outside players will be considered eligible receivers.
- Red zone 15 yards IN & OUT (if the team starts inside the 15-yard line, they do not need to pass on the first series).
- To promote the convert after a touchdown, two (2) points will be awarded for a successful kick and one (1) point for a convert made by passing or running. For the two (2) points, three (3) players must be clearly identified, the snapper, the pinner who must be placed at least four (4) yards from the line of scrimmage, and the kicker. The three (3) players attempting the kick (convert) will go on the field; all other players will withdraw from the field.  
Kick-off When the offensive team wants to make a kick-off, it may:  
A) Make a kick-off in the normal way, regardless of its position on the field.  
B) Make a free kick
- The referee stops the time when the offensive team announces that it will perform a free kick, until change of possession.
- The line of scrimmage must be located in the defensive zone of the kicking team.
- The kicking team sends two (2) players only, the one who will snap and the kicker who stands at least 5 yards from the line of scrimmage. Where delivery is bad, the kicker receives the ball or recovers and performs a kick.

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**ARTICLE 61****ATOM CATEGORY**

- In no time the two players cannot pass the line of scrimmage.
- The defensive team sends one (1) player only; the player's role is to ensure the best possible position to his team by getting the ball. At no time the defensive player cannot cross the line of scrimmage to put pressure on the kicker.
- The other players withdrew from the field when a punt.
- Play is dead when:
  - The defensive player catches the ball (no returns)
  - The ball came to rest after the kick
  - The ball bounced toward the team that has reached (or bad bounce of the ball after contact with the defensive player)

**ARTICLE 62****MOSQUITO CATEGORY**

- The 10 years and 11 yearss (December 31<sup>st</sup> )
- The game will be played with four (4) downs.
- A pass or a kick must be attempted in the first three (3) downs.
- A) When the pass is not thrown, there will be a penalty for illegal procedure (loss of down and five (5) yards).
- B) The defensive team will have the option of accepting the penalty or the option of loss of yard on the previous play.
- A pass is described as a motion over the shoulder, at the level of the head and the ball must be thrown forward.
- A pass voluntary thrown to the ground by the offensive team will not count as a tentative pass.
- No yard of separation at the line of scrimmage.
- Red zone 15 yards IN & OUT (if the team starts inside the 15 yard line, they do not need to pass on the first series).
- To promote the convert after a touchdown, two (2) points will be awarded for a successful kick and one (1) point for a convert made by passing or running.

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## **ARTICLE 63      PEE WEE CATEGORY**

- The 12 years and 13 years (December 31<sup>st</sup>)
- The game will be played with four (4) downs.
- A pass or a kick must be attempted in the first three (3) downs.
- A) When the pass is not thrown, there will be a penalty for illegal procedure (loss of down and five (5) yards).
- B) The defensive team will have the option of accepting the penalty or the option of loss of yard on the previous play.
- A pass is described as a motion over the shoulder, at the level of the head and the ball must be thrown forward.
- A pass voluntarily thrown to the ground by the offensive team will not count as a tentative pass.
- No yard of separation at the line of scrimmage.
- Red zone 15 yards IN & OUT (if the team starts inside the 15 yard line, they do not need to pass on the first series).
- One (1) point will be awarded for a successful kicked convert and two (2) points for a successful convert made by passing or running

## **ARTICLE 64      TYKES CATEGORY**

- Players aged 5 years to 7 years (December 31<sup>st</sup>)
- 9 players per team
- No weight limits
- Field 41 yards wide and 80 yards long with a 5 yard end zone (110 yards accepted)
- TDJ Ball
- 4 downs
- Neutral zone of one yard at the line of scrimmage, following the Canadian football rules
- No statistics
- No scoresheet
- Each league has the choice to use official referees or have the game officiated by one coach of each team
- All penalties are 5 yards
- No tackling is permitted
- After a second offence, the player involved will be sent to the bench for three (3) plays
- Two halves of thirty (30) minutes
- The teams change side at half time only
- The half time is ten (10) minutes
- Each player must have the proper equipment and a mouthpiece
- Each player must wear two (2) vinyl flags
- Each team must have two (2) sets of flags: red and yellow

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**ARTICLE 64****TYKES CATEGORY**

- The play stops when a player from the “B” team is able to take off the flag from the player carrying the ball from the “A” team
- All players in the backfield cannot play more than a half time at their position
- The whole backfield, which is all players who are not on the offensive line, must change at half time
- The coaches must be out of the reach of the players five (5) seconds before the start of the play
- At that time, the coaches cannot influence the players
- Maximum of two (2) coaches per team on the field:
  - Offensive field
  - Offensive line
  - Defensive field
  - Defensive line
- Passing rule, same as Atom to Bantam categories
- If a team did not pass in the first three (3) downs, then the team will have to kick off
- All players from the two (2) teams must stay on the field while there is a kickoff
- It is forbidden to put pressure on the kicker
- The play starts with the kicker having the ball in his hands. The player will kick the ball when he is ready. As soon as the ball has touched the ground, the play is stopped, and the defensive team will take the ball
- The kicking ball must be ten (10) yards. If the ball does not pass the distance required, the play will be stopped
- The kicking team will not be allowed to get the ball back. The team receiving the kick will automatically take the ball
- The kickoff is from their own respect 35 yards line, which is five (5) yards from midfield (80 yards). If the field has 110 yards long, the kicking ball is at the line of 45 from the team that kick, which is (10) yards of the midfield.
- Only the touchdowns count. There is no convert
- Rule “no blitz”. The defensive team cannot blitz (pressure on the quarterback) to allow development of the offensive play.