**2014 NWMFL RULES** (revised April 30, 2014)

1. General Rules:
	1. Six-a-side Football is a form of full contact tackle football that abides by the nationally standardized Canadian Amateur Role Book for Tackle Football (with modifications as listed below).
2. Mandatory Attire:
	* 1. Mouth guard
		2. Helmets
		3. Shoulder Pads
		4. Hip Pads
		5. Tail Pad
		6. Thigh Pads
		7. Knee Pads
		8. Pants
		9. Game Jersey
		10. Belt
3. Field Dimensions and Markings:
	1. Length: 80 or 100 yards, 35 yards for Shootout Football
	2. Width: 40 yards
	3. End zone:
		1. Minimum 10 yards
		2. Maximum 20 yards
		3. First Down = Gaining 10 yards from Original LOS
4. Possession
	1. The Winner of the Coin Toss: Has choice to defer to second half or choose to receive, kick, or which end of the field they wish to start in.
	2. There are kickoffs in Six-a-side Football to begin each half and after each touchdown conversion attempt.
5. Overtime
	* 1. There will be overtime in all league and playoff games when there is a tie at the end of regulation time. Overtime will be played using the Shootout Football Format.
		2. In playoff games, overtime continues until there is a winner.
		3. In regular season games, each team will have one offensive possession to determine a winner. If the tie is not broken, they will each receive a second offense possession. If a tie remains after the second possession by each team, the game will end as a tie. The winning team will receive 2 points in the standings and the overtime losing team will receive 1 point.
		4. In overtime the winner of the coin toss has the choice to take the ball, defend or choose which end the first overtime will take place in.
		5. All possession will begin on the 35 yard line.
6. Timing
	1. Games will be 4 15 minute straight quarters with 3 plays following the expiration of time at the end of the half and the game.
	2. Games may end in a tie
	3. No overtime will be played with the exception of playoffs where the official roles for tackle football overtime will be followed.
	4. Each team is given 2 x 60 second timeouts per half
	5. Time is stopped for these timeouts.
	6. Officials can stop the clock at their discretion.
	7. Teams will be warned when there is 3 minutes left to play in the half.
7. Scoring
	1. Touchdown: 6 points
	2. Convert: 2 points for a play from the 5 yard line.
	3. Safety: 2 points (Not possible in Shoot-out)
8. Running
	1. To start the play, the ball must be snapped between the legs of the snapper.
	2. A play begins with any player on the line of scrimmage giving the ball to the quarterback. 3 (and only 3) players who must be on the line of scrimmage and stationary prior to the snap of the ball. The middle player on the line of scrimmage is ineligible to receive a pass of run the ball.
	3. The Quarterback is the player who receives the ball directly from the snap. He/she may cross the line of scrimmage and run the ball.
	4. An offense may use multiple handoffs behind the line of scrimmage
	5. Multiple laterals are also allowed anywhere on the field.
	6. A player who takes a lateral behind the line of scrimmage is allowed one forward pass down field as long as they stay behind the line of scrimmage.
	7. The ball is spotted at the discretion of the referee.
9. Receiving
	1. All players with the exception of the player in the middle of the three stationary players on the line of scrimmage (usually the snapper) are eligible to receive passes.
	2. All players who are not set on the line of scrimmage may be in motion before the snap.
	3. A player must have at least one foot inbounds when making a reception.
10. Passing
	1. A single forward pass from behind the line of scrimmage is allowed each play.
11. Dead Balls
	1. Substitutions may be made on any dead ball
	2. Play is ruled dead when:
		1. Official blows the whistle
		2. Ball carrier is tackled
		3. Ball carrier steps out of bounds
		4. Ball carrier's forward motion has been deemed stopped by the referee
		5. Touchdown is scored
		6. When any part of the ball carrier's body, other than hand or foot, touches the ground
12. Sportsmanship/Roughing
	1. If the referee witnesses any acts of flagrant contact, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be ejected
	2. Trash talking and inappropriate language (unsportsmanlike conduct) and rough play will be a 15 yard major penalty and the offending player removed from play for the next 3 consecutive plays. A second penalty of this type by the same player will lead to ejection from the game.
	3. Officials may deem it necessary to remove a player from the game.
13. Penalties
	1. Six-a-side football follows the Canadian Amateur Role Book for Tackle Football, except as revised in this document. Please see rule book for penalties.
14. Other
	1. It is the responsibility of the coordinators for each team to work together to reschedule any games not played by the schedule. Both teams must agree to the chance for it to take place. The concept here is to get the game in for the kids. This must be communicated to the commissioner.
	2. However, any team that does not **show up** for a scheduled game will forfeit the game. The score shall be recorded as 7-0. This must be reported to the commissioner.
	3. If at all possible, relay all scores to your local media outlets to promote the game and teams. Try to promote your games beforehand.
	4. A minimum of 1 coach for each team must have their RESPECT IN SPORT certification. All coaches are encouraged to get certified. To get certified, go to the Football Sask website and scroll down to the Respect in Sport link.
	5. Teams are encouraged to have at least 1 coach with Concussion Awareness Certification. Go to coach.ca, click on: coach awareness, coach resources, click to learn more, then Football.

The coaches are the keys to our youth having a positive football experience. Game officials will not tolerate inappropriate behaviour by coaches. The officials may call a 15 yard Objectionable Conduct penalty to any coach according to the amateur football rulebook.. Referees may deem it necessary to remove a coach from the game if inappropriate conduct continues.

**League Tie Breaking Procedures**

Should any two (2) teams tie (in points) for any position the tie shall be broken by the following:

a)                   If two (2) teams tied for a position, the higher place shall go to:

i)                     The team that has the best record in games between the two teams – i.e. the team which won the games between the two teams, and if the teams split the games,

ii)                   The team that has the best points for minus points against record in only the games between the two teams which are tied, and if the teams are still tied,

iii)                  The team that has the best points for minus points against record in all games.

b)                  If three (3) or more teams are tied for any position, the higher places shall be awarded to:

i)                     The team(s) that has (have the best won/lost record in games between the tied teams, and if there is still a tie,

ii)                   Between two teams, use the method for tie-breaking procedure for two teams, as in a) i), ii), iii) above. If still tied,

iii)                  The higher place shall be awarded if one of the three tied teams has a greater points for and against record in games against each of the other two tied teams. (Ex. A, B and C are all tied, but in the games between B and C, A has the better +- figure, then A would get in). And if the teams are still tied:

iv)                 The team(s) that has (have) the best points for minus points against record in all conference games.