

FOOTBALL (18.7)

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

Rules Modifications

1. The official game ball is the Wilson F2000.
2. Weather regulations: If a game is stopped due to weather, the following procedures will be in effect: If it occurs in the first half than no team is declared the winner. Both teams will receive one (1) point. If it occurs in the second half, then the team that is ahead will be declared the winner.
3. Video tapes and Communication Equipment - No team shall gain an unfair advantage through the use of videos or communication equipment.
 - a) The home team is responsible for videotaping the game and providing it to the other team and the rest of the league.
4. Minor Officials - Timers and Stick Crews - All teams will provide qualified minor officials to attend a mini seminar.
5. Coaches Technical Time Out - A CTTO is for the sole purpose to inquire in an application of the referees' interpretation of a call. The CTTO must be called before the ball has been whistled in for the next play. One per half. No carry over from half to half. One CTTO per over-time. Teams must huddle and no communication can be made to any player.

Upon a CTTO both coaches, one from each team, will come to a neutral area with the head official and line umpire. Neither coach may argue the point. Penalty for improper use of the CTTO: Loss of further CTTO and objectionable conduct foul with a loss of 10 yards, where it is the second half and there can be no further loss of CTTO the team shall be penalized an objectionable conduct foul and 15 yard.
6. Officials will send all ejections and UR penalties called from each game, within 24 hours to the league president and SSNB for school and athlete tracking purposes. The UR card will also be indicated on the game sheet at the end of the game for both the home and visiting teams to take their copy.
7. An athlete receives a UR (which violates FC article 7, 8 or 16) during the game and it's recorded by the official, the athlete is sent off the field for 3 plays and we recommend the coach speak to the player about the incident. The athlete gets their 2nd UR in the same game and they are removed for the remainder of the game, but not necessarily the next game – unless determined by officials that it was a flagrant foul with the intent to injure.
8. A player receiving their 4th UR in the season for the violation of rules involving article 7 (spearing), article 8 (head leading block or tackle) and article 16 (player in defenseless posture) will receive a 1 game suspension; 5th UR and they will receive a 2 game suspension, 6th UR and they will be suspended for the balance of the season.
9. When a team states that they are taking a knee to the officials, the defence cannot come across the line and there is no play.

Special Provisions

1. Date of first practice: No earlier than three weeks before the first day of school.
2. No games against other teams can be held before the first day of school.
3. Schools will be allowed to play football exhibition controlled scrimmage the weekend prior to the first day of school.

Guidelines:

 - a) No team will scrimmage for more than the time allowed for regular game.
 - b) Involvement of special teams will be modified to include kick off, kick-off return, punt, punt return, and extra point and field goal and the play will end where the ball lands.
 - c) Certified officials must officiate the game.
 - d) Coaches may be on the field.
4. Season – The season, inclusive of all play-off games, shall end no later than the **second**

- Saturday** in November. Spring team practices are not allowed.
- Number of Games – A team shall be limited to **10** games (including all exhibition, controlled scrimmage, tournament and league play). All games in the regionals and provincials shall not be counted in the 10 game limit.
 - Mercy Rule** - Straight time will be run when there is a 35 point lead after half time.
 - All home team coaches **MUST** send the game sheet (legible and signed by officials) to the NBHSFL President & Conference President within 24 hrs or no later than the next school day. Failure to submit will result in the levying of an administrative fee of \$25 per game sheet, which stays within the conference.
 - Coaches must submit to the NBHSFL President and SSNB Executive Director a weekly checklist for team injuries, indicating the type, when and how it occurred and their opponent.

Registration Information

- All teams must register with SSNB by June 1.
- Team players' list are to be submitted online by September 20th and the fees will be invoiced by SSNB. 9 A-side teams may only dress a maximum of 36 players per game.
- A copy of a school's team roster is to be sent to NBHSFL no later than 24 hours prior to the first regular season game.
- NBHSFL fees are due 3 weeks after the first regular season game. The NBHSFL dues are based on an even division of the calculated total official costs during the regular season. The official costs after the regular season will be divided only among the participating teams. NBHSFL fees are only to cover the officials costs during the season and do not include the banquet or AGM expenses. The NBHSFL fees are to be sent directly to the NBHSFL President.
- Additions to team rosters can be made up to two weeks before the league playoffs. Late fees will be charged in accordance with the SSNB by-laws.

Coaching Certification

All coaches will be required to take the NCCP Safe Contact course before the start of the season. It is also required that the head coach complete the NCCP Competition - Introduction Part A. Position coaches are recommended to complete the NCCP position course they are coaching and that coordinators and head coaches take the NCCP coordinator courses. Completion of the courses 'A Coach's Guide to the NBIAA' revised in 2024 & CAC concussion 'Making Headway' are mandatory for all registered members on the coaching staff prior to the beginning of the football season, see OR 13.

Sanctioning Procedures: Please note Article 3 of SSNB's By-Laws.

League Structure

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

Playoff Format

The quarter finals to stay within the pools. The top 4 teams will advance to playoffs.
Semi-final - cross over - highest seeded winners from each pool will host the semi-final games.

Provincial Semi-finals

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

Admission Prices to SSNB Quarter-Finals, Semi-Finals and Finals

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

Championship Games

The Championship Finals will be held on the second Saturday in November. If it falls on November 11th, the game time(s) will be delayed in consultation with the host and the NBHSFL President.

Saturday game times: 2:00 PM & 6:00 PM

Ejections

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

Pre-Season Practice Recommendation

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

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

Contact Practice

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

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

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

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

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

Exceptions:

1. Straight arm by ball carrier - A ball carrier is permitted to make contact to the helmet, facemask, or neck area of an opponent attempting to make a tackle with their hand provided that there is **no thrusting motion** of the arm involved in making the contact to the head or neck area. After the hand is in contact with the potential tackler a pushing action is permitted to ward off the tackler. The hand may be on the facemask but must not grasp the facemask.

2. Short yardage plunge - A ball carrier may plunge head first toward a gap when attempting to gain a first down or a play at the goal line, either attempting to score or get out of the end zone. An opponent attempting to stop the runner may make unavoidable contact to the head or neck area of the runner due to the position the runner has assumed to gain the required distance, this contact shall not be considered a foul unless it involves SIGNIFICANT helmet to helmet contact. A short yardage play of this nature does not permit the ball carrier to lower their helmet and target a potential tackler with their helmet.