

RULES

LMFA U10 RULES – as of 1 SEPTEMBER 2021

The rules of the Canadian Rule Book for Tackle Football shall be adhered to with the following exceptions:

1. No team shall have more than eight (8) players on the field at a time.
Penalty: 5 Yards.
2. A minimum of five (5) down linemen for offense. Penalty: 5 Yards.
3. The maximum split between each of the 5 offensive linemen is 2 feet.
(there is no minimum split). Penalty: 5 yards

Note: tight ends, or any receivers on the line can be split out at any distance. The maximum split applies to the gap between center and guards and guards and tackles.
4. A maximum of four (4) players on the line of scrimmage for defense.
Penalty: 5 Yards.
5. Any player jersey number is eligible for any position. However, coaches should attempt to have players with numbers 40 through 69 as ineligible receivers.
6. There are no kick-offs. The ball is placed on the fifteen (15) yard line.
7. All touchdowns will be worth 7 points and there will be no conversion attempts
8. Blocking: Blocking must be above the waist. Penalty: Ten (10) Yards.
9. Four down football will be played. On fourth down the offensive team must notify the referee if the team is going to “punt” or try for first down. If “punt” is declared, the ball will not be punted. Instead, the ball will be advanced as follows and the defensive team gets possession of the ball on a change of possession and starts first and ten on offense.
 - a. If the offense is on their own side of half, the ball is advanced to midfield or to the first down marker (whichever distance is greater).
 - b. If the offense has crossed midfield, the ball is advanced to the opponents 15 yard line (the spot where the opponent would get the ball after a touchdown).
10. Safety Touch: any team awarded a safety touch shall have the option of scrimmaging from their own fifteen (15) yard line of granting possession to their opponent at the opponent’s fifteen (15) yard line.

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11. Plays must be called and players into formation 40 seconds after the ball is set.
NOTE: see “victory formation rule” for the exception to this timing rule.
12. NO Blitzing is allowed. Only the four (4) down linemen on the defense can cross the line of scrimmage before the ball is handed off or passed.
The 4 down lineman must be lined up in the tackle box (end to end) with no shading. (Must line up head to head with an offensive player other than the centre in the tackle box).
These players must wear the “helmet beanies” while on the field.
No rushing or blitzing is permitted by any player not on the line of scrimmage.
No one other than the four down linemen can cross the line of scrimmage until the ball is handed off, or the quarterback leaves the pocket (tackle box – tackle to tackle).
Penalty: 10 yards
13. Games will be played on a 35 yard by 55 yard field with 5 yards deep end zones.
14. Games will consist of four (4) 10 minute quarters. Regular timing rules apply with 2 time outs per half per team. If one team leads by 17 or more points, the final three minutes of the game will be played in straight time.
15. Since there are no hash marks, the ball will be placed at a point midway between the sidelines.

RULE THAT WILL BE ENFORCED BY THE LMFA

16. Teams will not be required to follow the LMFA *Platoon Football Rule* in tyke .
All players should be given the opportunity to play as any 2 way players should be rotated so that all players have a break during the game.

Please be clear - COACHES ARE NOT PERMITTED TO EXCLUSIVLY PLAY THEIR BEST PLAYERS ONLY TWO WAYS EVEN IN A SHORT ROSTER SITUATION.

Teams are not expected to gain a competitive advantage thru the use of two way players. Coaches breaking this rule or **breaking the spirit** of this rule to gain a competitive advantage can and will be disciplined by the league’s board.

NOTE: coaches are not permitted on the field of play.

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LMFA U12 and U14 Rules -

The rules of the Canadian Rule Book for Tackle Football shall be adhered to with the following exceptions:

The U12 division will play 10 on 10, with a minimum of 5 players on the Line of Scrimmage.
The end players on the line of scrimmage will be eligible receivers.

The U14 will play 12 on 12.

1. No cut blocking on any play anywhere on the field – 15 yard penalty.
2. Point after touchdown – 2 points for a pass play when the passed ball crosses the goal line. The pass must be completed into the end zone for 2 points.
1 point for a successful run play into the end zone.
1 point for a pass play where the receiver catches the ball in the field of play and then enters the end zone.
There will be no extra point kicks.
3. Any player jersey number is eligible for any position. However, coaches should attempt to have players with numbers 40 through 69 as ineligible receivers.
4. All games are four downs to make 10 yards
5. **Kickoff rule for U12 and U14**

After giving up a touchdown or field goal, the team will get the ball on their 35 yard line (30 yard line on the NFL field)

They will then scrimmage on offense 1st and 10

Once a game, and only when trailing, a team may declare their intention for the “onside” play.

The ball will be placed on their 35 yard line (30 on the NFL field) and the sticks will be set at 4th and 10.

If the team successfully converts the 4th and 10, they keep the ball and continue the possession. If they fail to convert the 4th and 10, the ball will be turned over to the defense at the point where the “onside” play ended.

Once a team declares “onside” they can not change their mind – for example if there is an accepted penalty on the offense and it results in a 4th and 20 from the 25, the offense must continue the series and try to convert the 4th and 20 yards.

6. Field goals -

On any field goal attempt – all players (including the kicker) must be offensive players, this is an offensive play. Defense vs. field goal must be the defense team.

7. PUNT

On fourth down the offensive team must notify the referee if the team is going to “punt” or try for first down. If “punt” is declared, the ball will not be punted. Instead, the ball will be advanced as follows and the defensive team gets possession of the ball on a change of possession and starts first and ten on offense.

- a. if the offense is on their own side of half, the ball will be advanced **30 yards.**
- b. If the offense is on the other teams side of half, the ball will be advanced **15 yards.**

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Victory formation rule for all 3 divisions.

In the final minute of the game, a team on offense can declare that they are going to victory formation or taking a knee, regardless of the size of their lead.
(for example, a team with a one point lead can use this rule)

When the offense makes this declaration, the defense will not be allowed to rush across the line of scrimmage. The offense after declaring must kneel down and in this situation can not advance the ball forward past the line of scrimmage.

Regular timing rules (20 second play clock) apply in atom and peewee.

In tyke, the play clock for kneel down plays will also be 20 seconds.

In all 3 divisions, defenses can use any time outs they have left to stop the clock.

Platoon Rules (Enforced by the LMFA)

Teams with 25 players or more on their roster must play full platoon.

Teams under 25 can start playing 2 way linemen, and 2 way skill players in case of injury.

Coached will play every player and rotate 2 way players whenever possible (exception being a very small roster)

COACHES ARE NOT PERMITTED TO EXCLUSIVLY PLAY THEIR BEST PLAYERS ONLY TWO WAYS EVEN IN A SHORT ROSTER SITUATION.

Teams are not expected to gain a competitive advantage thru the use of two way players.

Coaches breaking this rule or breaking the spirit of this rule to gain a competitive advantage can and will be disciplined by the league's Board of Directors.

NOTE: coaches are not permitted on the field of play including during time outs (except for injuries).