



## Junior Football Guidelines

### 1. Eligibility

- a. Players must be under 17 years of age as of August 31st of the playing season.
- b. Players must be in their first or second fall semester of high school.
- c. A junior aged player is eligible to practice or play with a senior team up to and including the first league game or compete in one in regular season game without it effecting junior eligibility.
  - i. Coaches must submit a E-5A Junior Playing Up Form to the Athletics consultant before the player may compete with the team.
- d. SHSAA Eligibility E-5 forms must be completed 24 hours prior to the team first competition or on/before the SHSAA Football deadline.

### 2. Game Procedure

- a. Games should start no later than 4:15 p.m.
- b. A game will consist of four 20-minute quarters as predetermined by the visiting team's head coach.
- c. Timing procedure is straight time. In the last two minutes of each half - five plays will be run from scrimmage. Plays that involve a kick-off or a penalty do not count as one of the five plays.
- d. two time-outs per half will be allowed as per Football Canada rules.

### 3. Coaches' Responsibilities

- a. Coaches should remind players and inform parents that the emphasis is on participation.
- b. Coaches should endeavor to eliminate lopsided scores. When the outcome of a game is apparent, substitution should occur freely.

### 4. Hosting Responsibilities

- a. The Facility: The Host Team is responsible for the preparation of the playing field.
  - i. The field is to be lined a minimum of every 10 yards.

- ii. Sidelines and goal lines are to be marked.
  - iii. Corners are to be marked with cones, goal line/end zone.
  - iv. The field should be cleared of dangerous objects (broken glass) and non-removable ones padded.
  - v. The goal posts must be padded before a game may be played.
  - vi. The athletic consultant will employ third party medical staff for all league games.
- b. Host Provided Game Equipment
  - i. A game ball properly inflated.
  - ii. Adequate yard markers and down box that are visible.
  - iii. A good stopwatch for the timer.
  - iv. An available medical kit and ice (if possible) as needed.
  - v. Access to emergency phone.

## 5. Officiating

- a. The athletic consultant, in conjunction with the official's association, will assign officials for all league games.
- b. Payment of officials at the going rate.
- c. The host team must provide a trained Chain Crew.

## 6. Season and Schedule

- a. Season for purpose of practice does not begin prior to the first day of classes.
- b. Structuring the schedule is the responsibility of the coaches' committee.
- c. The schedule is subject to change by mutual agreement of coaches to accommodate additional games, cancellations, or postponements due to unforeseen circumstances.
- d. Early notification of proposed changes is desired and essential to Athletics Consultant, schools, etc.
- e. Schedule must follow the SHSAA Policy for Interschool Sport to ensure proper rest between games.
- f. Junior Football - Charity Bowl - year end or depending on facility availability
  - i. Will be organized and run by the football commissioner, Athletics Consultant and the schools participating.
  - ii. The Charity Bowl games will be scheduled at a facility available for hosting 6 games and many spectators.
  - iii. A gate admission will be charged:
    - 1. Adults \$5.00, High school Students \$3.00, Elementary students \$1.00
  - iv. All expenses for the Charity Bowl will be paid for by SSSAD from the gate revenue.
  - v. The gate revenue, after expenses, shall be distributed as follows:
    - 1. 50% to the Charity of choice, as agreed to at the post season coaches meeting
    - 2. 50% to SSSAD.

Note: Coaches are reminded to send home a Parent Informational Letter with the Charity Bowl information and reminders about game times and admission rates.

## 7. Rules and Regulations

The integrity of individual coaches and mutual respect between coaches is of most significant.

- a. Players shall not play two ways (offense and defense) at the same time.
  - i. Special teams are the exception.
  - ii. A player may play half the game on defense and switch and play the second half on offense (notify opposing coach).
- b. The maximum number of blitzers shall be five (5) for the first two games of the season.
  - i. The maximum number of designated blitzers shall be seven (7), halfback 5 yards from line of scrimmage.
- c. Defensive fronts must only have seven (7) in the box unless it is a goal line or third and short situation.
  - i. Coaches can communicate with each other during the week the front that will be used by their team.
- d. Blow outs – BE RESPECTFUL OF YOUR OPPONENTS AND USE THE OPPORTUNITY TO PLAY LOTS OF ATHLETES.
- e. Playing time – all players should play in every game – communicate with parents and athletes.
  - i. One twenty (20) minute period MUST be completely dedicated to teaching and development purposes. Format:
    - 1. Ten (10) repeating offensive plays against defense for each team from the 45-yard line in.
    - 2. Exclude special teams.
    - 3. Score changes will not be reflected on the score board.
- f. Cut Blocking is not permitted until the start of the third week of league play.
- g. Substitute by coaches' discussion through the game and pre-game agreement.

## **8. Travel**

- a. The extent of out-of-town travel is the responsibility of the school principal in consultation with the coach.
- b. Not to exceed two "overnight" trips for competition (one out-of-province – Superintendent approval) in a season.
- c. Must maintain the SHSAA Policy for Interschool Sport to ensure proper rest between games.

## **9. Meetings**

- a. There will be 2 coaches meetings held each school year. A pre-season coaches meeting held before the beginning of the season and a post-season coaches meeting held following the season.
- b. Each school should be represented by a member of its coaching staff.
- c. The proposed schedule structure for the subsequent season will be set at the post-season coaches meeting.
- d. Additional meetings of the coaches committee may be called if desired by most schools.