

## **FOOTBALL**

### **1. CATEGORIES:**

SHSAA champions will be declared in five categories of football:

#### **1.1. 6-A-Side:**

1.1.1. 1A 6-A-Side: 50% of schools with the lowest enrolment entered in the activity.

1.1.2. 2A 6-A-Side: 50% of schools with the highest enrolment entered in the activity. The cut-off number for 1A/2A will be a floating number with no cap. If two or more teams have an identical enrolment at the cut-off number, those teams will be placed in the classification that they had the previous year. If an odd number of teams are registered, the 2A classification will pick up the extra team.

#### **1.2. 9-A-Side:**

1.2.1. 4A 9-A-Side: 1A-4A schools selecting 9-A-Side

#### **1.3. 12-A-Side:**

1.3.1. 5A 12-A-Side: Schools from the North Saskatchewan League, South Rural league, and one half of all schools in each the Regina and Saskatoon leagues having the lowest enrolment of students.

1.3.2. 6A 12-A-Side: Remaining entries in the Regina and Saskatoon leagues. If an odd number of teams are registered, the 6A category shall pick up the extra team.

1.4. Schools involved in football that anticipate they will participate in a different category of football than the previous year, must inform the SHSAA office of their intent by May 31st preceding the season. Failure to comply may mean the team will have to participate in the same category as the previous year.

### **2. ELIGIBILITY:**

2.1. Grade nine students may play football for the school they would normally attend upon their promotion to grade ten. This must be done with the written permission of parents and school.

2.2. Any athlete who has participated in Junior Football will be ineligible to play for any high school football team in Saskatchewan. This does not include teams that are members of the Western Women's Canadian Football League.

### **3. GAME TIME:**

All provincial playoff games will be played at 1:00pm, unless both teams agree to play at a different time.

### **4. GAME OFFICIALS:**

Game officials (5 in 6-A-Side, 5 in 9-A-Side, 6 in 12-A-Side) for all playoff games will be appointed by the District Officials Commissioner and Referee-in-Chief, in consultation with the SHSAA office.

### **5. PLAYING FIELDS:**

Hosts must ensure that the field being used is safe for play. Schools involved in football must have padded goal posts installed on their field in order to host an

interschool football contest. Goal posts should be in good repair and end zones the proper size and free from obstructions. Host teams must find some method of keeping the crowd from infringing on the playing surface. The players' benches must be kept free from intrusion by non-team personnel. Spectators should be on the opposite side of the players' bench, if not, must be kept a reasonable distance from the players' bench and the field of play. All games will use a visible and functioning score clock.

#### 6. UNIFORM CONFLICTS:

If a conflict in colour occurs and only one team has a second set of uniforms, then that team would be responsible for changing uniforms. If both teams have a second set of uniforms or neither team has a second set of uniforms, it is the responsibility of the visiting team to change uniforms or find an alternate uniform if there has been at least four days' notice given prior to the respective game day.

#### 7. RULES:

The SHSAA has adopted the Canadian Amateur Rule Book for Tackle Football for all categories of high school football with modifications outlined below:

- 7.1. All "No Yards" penalties in 6-A-Side and 9-A-Side shall be assessed as 5-yard or 10-yard penalties depending on if the ball has bounced prior to being touched by the receiving team.
- 7.2. The player snapping the ball cannot be contacted after release of the ball until the player:
  - 7.2.1. Crosses the one-yard restraining zone; or
  - 7.2.2. Sets up in a pass-blocking stance
  - 7.2.3. Penalty: A 15-yard unnecessary roughness penalty.
- 7.3. When a player goes down with an injury where they are attended to by a person from the sideline, the player must remain off the field for a minimum of three plays including special team play.
- 7.4. In all categories of football, the clock shall stop after a first down has been gained.
- 7.5. High school football teams will retain the eligible and ineligible numbering system that was previously in place by Football Canada (ineligible numbers are 40 - 69).
- 7.6. The mercy rule shall be implemented as outlined in the rule book with the following exception: In SHSAA sanctioned games, the coach with the lower score will decide whether to follow the Football Canada straight time rule. The official will ask permission from the losing coach to run the clock.
- 7.7. The visiting team will call the coin toss to determine which team will have the choice to defer, kick/receive, or defend an end.
- 7.8. The following amendment to Rule 1, Section 11, Article 2, (c):
  - 7.8.1. "A player shall be required to wear their helmet properly fastened while in bounds and shall not voluntarily remove it while on the field of play."

#### 8. OVERTIME:

The following tie-breaking system will be used when a game is tied after four periods. Amateur football playing rules apply with the following exceptions:

- 8.1. Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at centerfield and review the tie-breaking procedure.

- 8.2. The officials will escort captains to the center of the field for the coin toss. The winner of the toss shall choose one of the following options:
  - 8.2.1. Offense or defense, with the offense at the opponent's 35-yard line to start.
  - 8.2.2. Which end of the field shall be used for the overtime period.
- 8.3. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.
- 8.4. Extra periods: An extra period provides each team the opportunity to put the ball in play by a snap, on or between the hash marks of the opponent's 35 yard-line, except if team B scores during a team A possession. Each team retains the ball until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead.
- 8.5. Scoring: The team scoring the greater number of points during an extra period shall be declared the winner. If the score is still tied after three extra periods having been played, any subsequent touchdown must be followed by a non-kicking conversion.
- 8.6. There shall be no team time-outs during overtime play.

## 9. SAFETY PRECAUTIONS AND RECOMMENDATIONS

- 9.1. It is expected that at least one member of the coaching staff of all high school football teams will attend a Football Saskatchewan seminar/workshop on equipment every year. This individual must inspect all high school football equipment prior to issuing of such equipment for the season or have a trained specialist inspect the equipment prior to the beginning of the season.
- 9.2. It is recommended that, at the time of equipment issue, a seminar for players, and possibly parents, be held to explain and stress the importance of proper fitting, safety, and maintenance. After such a seminar, each player should be personally supervised when equipment is properly fitted and issued.
- 9.3. It is imperative that no player is allowed on the playing field without a certified, approved, properly fitting helmet.
- 9.4. All high school football teams must have a medical plan in place before any games are played. This should include:
  - 9.4.1. A detailed emergency procedure.
  - 9.4.2. A designated vehicle to be used for emergencies.
  - 9.4.3. Medical personnel in attendance (doctor, physiotherapist, nurse, or emergency-trained person).
  - 9.4.4. Emergency equipment supplies such as stretchers, etc.
- 9.5. Tinted visors are not allowed regardless of a medical note.
- 9.6. At least one coach from each high school tackle football team will be trained in the Safe Contact Module.

## 10. OFFICIAL BALL

The official ball for all playoff games is the Wilson F2000.

## 11. SPRING FOOTBALL CAMPS

- 11.1. Camps will be limited to 5 practices.
- 11.2. Camps will be limited to controlled contact drills.
- 11.3. Camps may not interfere with other school sport activities.

- 11.4. Scrimmages will be limited to the final day of camp and be conducted under close supervision of the coaches. In order to scrimmage, athletes must wear full equipment.
- 11.5. Under no circumstances are schools allowed to play games or conduct controlled scrimmages with other schools.

## 12. 6-A-SIDE FOOTBALL INFORMATION

- 12.1. 6-A-Side competition is restricted to 1A, 2A, and 3A schools.
- 12.2. Any place in the rulebook where the term 12 PLAYERS is used, substitute the term 6 PLAYERS.
- 12.3. Any place in the rulebook where reference is made to 20 YARDS (i.e. Hash Marks) substitute with 10 YARDS (be mindful of this when lining the field).
- 12.4. For placement of the ball, on all occasions, subtract 5 yards from the indicated number. EXCEPTION: The ball must not be placed on the 5-yard line unless by reason of penalty.
- 12.5. THE PLAYING FIELD:
  - 12.5.1. The field shall be 100 yards long (goal line to goal line) and 40 yards wide.
  - 12.5.2. End zones shall be 10 yards deep.
  - 12.5.3. The 20 and 40 yards lines shall be of double thickness.
  - 12.5.4. Hash marks shall be located 13 yards from the sidelines. If the natural boundary of the field is less than 10 yards behind the goal lines, such boundary shall be the DEAD LINE.
- 12.6. The length of the game shall be 48 minutes of playing time, divided into four quarters of 12 minutes each. A 15-minute rest period shall be allowed at the end of the second quarter, or other rest period as the teams do mutually agree on.
- 12.7. The three-minute stop-time provision at the end of the 2nd and 4th quarters outlined in the rule book shall be played as two minutes at the end of the 2nd and 4th quarters.
- 12.8. At the instant the ball is put into play, at least 3 players of the offensive team must be stationary on the line of scrimmage.
- 12.9. The centre is an eligible pass receiver if he lines up on the end of the line of scrimmage and is wearing an eligible receiver's number. Any other player on the line not occupying the outside position is an ineligible receiver.
- 12.10. The convert after a touchdown in 6-A-Side football will be worth two (2) points, if kicked, and a convert that involves running or passing the ball into the end zone is worth one (1) point.
- 12.11. A field goal counts as 4 points.
- 12.12. ***Teams shall declare their intention to "on-side" kick prior to the kick attempt. For the purpose of this rule, any kick that travels in the air 20 yards or more, from the point of the kick, shall be ruled a deep kick. When an on-side kick has been declared, the kick must strike the ground or a player before travelling 20 yards (from the point of the kick) and must not travel further than 30 yards (from the point of the kick) without first being touched by the receiving team. If a team does not declare an on-side kick, then performs one, or declares an on-side kick, then kicks deep, it shall be declared an illegal kick. The receiving team will be given the option of: re-kick, take the ball where it was declared dead, or scrimmage from their 40 yard line.***

- 12.13. Teams may dress any number of players but only 40 medals will be provided by the SHSAA for the championship game. Additional medals may be purchased from the SHSAA office if needed.
- 12.14. CONFERENCES:  
Teams have been aligned into conferences and each must qualify for provincial playoffs through its specified conference. The make-up of each conference is determined on a yearly basis by the SHSAA office and will be published in the spring prior to the fall season.
- 12.15. PLAYOFF DRAW: The provincial playoff structure for 1A and 2A 6-A-Side football will include the conference champions in each classification and wild card teams when required. The qualification process for wild card teams will be outlined on an annual basis in the football activity section of the SHSAA website. The draw will be made in such a way that no team would play off against a team from their own conference, in the quarter-final round. If two teams from the same conference meet in the provincial final, the number one seed would host the provincial final.

### 13. 9-A-SIDE FOOTBALL INFORMATION

- 13.1. 9-A-Side football is restricted to 1A, 2A, 3A, and 4A schools that select the activity.
- 13.2. Any place in the rulebook where the term 12 PLAYERS is used, substitute the term 9 PLAYERS.
- 13.3. Any place in the rulebook where reference is made to 20 YARDS (i.e. Hash Marks) substitute with 15 YARDS (be mindful of this when lining the field).
- 13.4. For placement of the ball, on all occasions, except on converts, subtract 5 from the indicated number.
- 13.5. THE PLAYING FIELD:
- 13.5.1. The field shall be 100 yards long (goal line to goal line) and 50 yards wide.
- 13.5.2. End zones shall be 15 yards deep and such boundary line shall be the DEAD line.
- 13.5.3. The 20 and 40 yards lines shall be of double thickness.
- 13.6. The length of the game shall be 48 minutes of actual playing time, divided into four quarters of 12 minutes each for all playoffs. A 15-minute rest period shall be allowed at the end of the second quarter, or other rest period as the teams do mutually agree on.
- 13.7. At the instant the ball is put into play, at least 5 players of the offensive team must be on the line of scrimmage.
- 13.8. Teams may dress any number of players, but only 55 medals will be provided by the SHSAA for the championship game. Additional medals may be purchased from the SHSAA office if needed.
- 13.9. The centre is an eligible pass receiver if he lines up on the end of the line of scrimmage and is wearing an eligible receiver's number. Any other player on the line, not occupying the outside position is an ineligible receiver.
- 13.10. CONFERENCES and PLAYOFFS: All teams have been aligned into a conference and each must qualify for the provincial playoffs through its specified conference. The make-up of each conference and playoff structure is determined on a yearly basis by the SHSAA office to be published in the spring prior to the fall season.

14. 12-A-SIDE FOOTBALL INFORMATION

- 14.1. The playing time of the game shall be 48 minutes divided into four quarters of 12 minutes. A 15-minute rest period shall be allowed at the end of the second quarter, or other rest period as the teams do mutually agree on.
- 14.2. The playoff for 5A and 6A shall be designed annually and be posted on the SHSAA website.
- 14.3. Teams may dress any number of players but only 70 medals will be provided by the SHSAA for the championship games. Additional medals may be purchased from the SHSAA office if needed.

15. AWARDS:

- 15.1. Provincial Champions – trophy, keeper plaque, individual gold medals, game ball
- 15.2. Runners-up – keeper plaque, individual silver medals
- 15.3. 6-A-Side 3<sup>rd</sup> place – keeper plaque, individual bronze medals
- 15.4. 6-A-Side 4<sup>th</sup> place – keeper plaque