



Thames Valley Regional Athletics

RULES OF PLAY: FOOTBALL

In reference to schedule 5, Organization of Competitive Groupings, Seasons and Practice Restrictions, **Football** league competition will be organized into the following divisions: Teams may be placed in alternated divisions depending on circumstances that may affect league play.

London District

Holy Cross
St. Andre Bessette
St. Joseph's
Mother Teresa
Catholic Central
Regina Mundi
St. Thomas Aquinas

TVDSB Central

Parkside
East Elgin
Banting
South
Clarke Road
Central
Medway
Oakridge
Laurier
Glendale
Saunders
Beal
Lucas
Montcalm
College Ave
Ingersoll DCI
Strathroy

League play, playoff schedules, and advancement to WOSSAA procedures which reflect these divisions will be communicated to the Athletic Directors and coaches as soon as practical, prior to the start of each season.

1.0 Organization of Competition

- 1.1 TVRA Football will be divided into two conferences: London District Association Junior/Senior (LDA), TVDSB Junior/Senior (TVDSB Central).
- 1.2 TVDSB Central will have 2 divisions based on the number of teams participating and the strength of the participating programs determined by the results of the previous year, in both junior and senior divisions.
- 1.3 All leagues and divisions will play a maximum of seven (7) league games.

2.0 Eligibility

- 2.1 Refer to the TVRA Agreement Schedule 6 as well as the following:
- 2.2 A player shall be ineligible for TVRA football competition if he/she practices or plays with a community based football team after the Sunday before Labour Day, for the duration of that season.
- 2.3 A junior player that dresses for a senior team during the regular season is not eligible for their junior team during the same week (as per 72 hour rule between games).
- 2.4 A junior player is eligible to play for a senior team (and does not have to dress for a senior regular season game) once their junior season has ended, as long as they meet all other eligibility requirements and the coach has determined they are ready for senior



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play. As per the TVRA participation agreement, players cannot compete for both a junior and senior team in the same round of the playoffs.

3.0 Competition

3.1 Current Canadian Amateur Rule Book for Tackle Football shall be used.

3.2 Exception are as follows:

- a) Two time outs, of one minute, per half will be allowed for each team. One timeout, of one minute, is allowed during the entire overtime period. In the Varsity league, a maximum of two coaches per team may go on the field at the referee's Thames Valley Regional Athletics request during timeouts. In the Central and LDA Divisions, players must come to the bench. Coaches may not enter the field of play unless attending to an injury.
- b) Senior teams, in both Conferences, shall play using 3 downs in attempting to achieve first down yardage of 10 yards. The neutral zone is one yard from the front tip of the football. Games will consist of four quarters of 12 minutes each.
- c) Junior teams shall play using 3 (LDA) or 4 (Central) downs, in attempting to achieve first down yardage of 10 yards. The neutral zone is one yard from the tip of the football in LDA and on the nose of the football in Central. Games will consist of four quarters of 12 minutes each.
- d) Varsity teams shall be permitted 3 downs in attempting to achieve first down yardage of 10 yards. The neutral zone is one yard from the front tip of the football. Games will consist of four quarters of 12 minutes each, followed by a walk-on scrimmage format. The extra period in Varsity Games is a walk-on scrimmage format with officials. This format allows coaches on the field and in the huddle. The extra period will consist of junior age players and any that did not play in the previous four quarters. In the extra period, the Offence scrimmages the ball at the opponent's 45-yard line for 12 plays. If the Offence scores or turns the ball over the ball is placed on the 45 yard line until the 12 plays are over. There are no special teams in the extra period. The neutral zone is one yard from the tip of the football
- f) It is illegal for a player to participate unless the mouth guard is worn in the proper position. Failure to wear a mouth guard will result in one team-warning. Second and subsequent infractions will result in a loss of five yards from where the ball was put into play. Continuous subsequent infractions can be ruled as objectionable conduct.
- g) Only clear visors are permitted to be worn.
- h) Teams may not begin play until the following minimum standards are met:
 - i) Home team has completed all duties outlined in Home Team Duties
 - ii) Designated, first aid provider is on site
 - iii) Officials are on site
 - iv) Coaches and supervision are on site as prescribed in the TVRA Agreement section 6.
 - v) Coaches will be required to obtain proper certification as per OPHEA Safety Guidelines (obtained qualifying level of coaching certification, at least one member of staff trained in first aid and safe tackling).



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- 3.3 The first league game shall be no earlier than eight scheduled school days after Labour Day. All players must participate in a minimum of **8 days of practice** before they are eligible for competition.
- 3.4 Start times: 1:00 and 3:00 p.m. DST; 12:00 and 2:00 p.m. EST. In areas where warm up fields are not available, a minimum of 15 minutes shall be allotted for teams to warm up on the game field.
- 3.5 (i) Player Ejections: The referee shall have two options with respect to player ejection from games:
- Referee may advise a coach to remove a player from the game for a certain period of time. No report shall be made.
 - Any player who receives a “targeting” penalty will be removed for the remainder of that game. If a player receives a second “targeting” penalty during that season, the player will be removed for the remainder of that game and will receive an automatic one game suspension. There is no appeal to this suspension.
 - Any player who receives the 3rd penalty in the same game that is any combination of unnecessary roughness and objectionable/unsportsmanlike conduct will be ejected from the remainder of the game. Because of this ejection, the player will receive an automatic 1 game suspension. There is no appeal to this suspension (TVRA Agreement Schedule 7).
 - Referee may eject a player from the game, and shall then report the ejection on the game report. The convenor shall be notified of this report. The convenor will notify the coach of the ejected player that they will receive an automatic, minimum 1 game suspension. There is no appeal to this suspension. (TVRA Agreement Schedule 7).

Suspended players will be required to attend the game (in jersey on sidelines) they are suspended for. Their name is to be reported to the referee and recorded on the game sheet as a player under suspension. It is the coach’s duty to notify the convenor in the case of all suspensions. An “TVRA incident report” may be required if the situation warrants.

- Any coach ejected from a contest shall automatically be suspended until, and including the next TVRA league contest. Coach ejections should be reported by the official on the game sheet and reported to the Convenor, who will in turn report to the Coordinator (as per Schedule 8 – Coaching Issues of the Secondary Schools Participation in Sports Agreement).
- 3.6 Tie games during regular league play shall remain as ties. Tie games during playoff and championship play shall be handled as in accordance with Rule 1 Sec. 3 Art 6 of the Canadian Amateur Rule Book for Tackle Football, which reads:
- “When the score is tied at the end of the 4th period and it is necessary to declare a winner, the procedure to break the tie shall be the prerogative of the governing football association, with the consideration that the safety of the athlete is of



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prime importance. Any such procedures shall be communicated in writing to both teams, and to the Referee, prior to the game in which the procedure may be used." The procedure to be used will come from the Canadian Football League rule book.

CFL Rule SECTION 8 – TIE GAME -

In the event that the score is tied at the end of the second half of a game, each team will be given the opportunity to score using the following procedure:

- The first team, as determined by coin toss (winner of coin toss chooses offense or defense and end of field), shall scrimmage the ball at the opponent's **35- yard line** and may advance by consecutive series of downs until it makes a score or loses possession.
- The second team will then scrimmage at the same 35-yard line and proceeds as above.
- If the score is still tied, the procedure shall be repeated at the opposite end of the stadium with the loser of the coin toss choosing offense or defense first.
- If the score is still tied after three extra periods, any subsequent touchdown must be followed by a two-point conversion.
- A winner is determined only if both teams have had equal opportunities to score.

3.7 Teams may only begin to practice one week prior to Labour Day. Spring practice should occur for no more than two weeks, after all other spring sports have concluded.

3.8 **Home Team Duties:** The home team shall be responsible to provide:

- a) One set of official yards sticks
- b) One down indicator
- c) One time clock
- d) One flag
- e) Benches for visiting team
- f) Tables, chair for timer, officials if desired
- g) At least one official, approved game ball, rubber ball with sewn in laces may be used in inclement weather at teams' discretion
- h) Team roster (numbers included) to timer
- i) Communicate with visiting coach concerning jersey colours, within a time frame that is reasonable, before the start of the game. When a conflict occurs, it is the home team's choice of colour, unless the visiting team only has one set of jerseys. If both teams have only one set and colours are similar, the visiting team is responsible to borrow a set from another team or wear pinnies.
- j) Multiple balls that may be used in inclement weather.
- k) Crowd control
- l) The provision of a trained adult timer
- m) Three trained sideline officials
- n) A scorer



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- o) Padding the goal posts following OPHEA Guidelines
- p) Copy of the game score sheet when asked or send to convenor after the game.
- q) A copy of OPHEA safety Guidelines for football
- r) Distinct marks at every 10 yard line, starting at the goal line, with a sideline marker, visible from a distance, in the SE Conference.

3.9 Visiting Team Duties:

- a) May provide a timer who shall stay with the timer throughout the game
- b) May provide their own game ball
- c) Must provide a team roster (numbers included) to the timer
- d) Communicate with the home coach concerning jersey colours within a reasonable timeframe before the game. It is the responsibility of the visiting team to change to another colour if necessary.
- e) Bring copies of OPHEA safety Guidelines for football

3.10 Score and Team Sheets:

- a) Three copies of the team list are to be presented at the scorer's table before game time
- b) The score sheet shall be completed and signed at the end of the game by the referee.
- c) Home team will report scores to the tvraa.com website. Teams will report scores with a maximum 35 point differential.
- d) With regard to timing rules, if the score at any time during the second half is at a greater differential than 35 points, the referee will not stop the clock unless there has been a score, penalty, injury, time out called or any time official deems necessary.
- e) A record of time-outs should be kept on the score sheet.
- f) All score sheets and team rosters submitted to the timer will be kept by the home team until season's end. The convenor may ask for these to be submitted at any time during the season.

3.11 Filming Games and Scouting:

- a) Teams may film any regular season and playoff game (exhibition games can be filmed by a team playing in that game but not shared with anyone but those teams participating) regardless of whether they are playing in said game. Teams are encouraged to share game film with each other.
- b) Drones are not permitted to be used on the field of play.
- c) No school shall scout another team's practice.
- d) Scouting or filming another team's game shall be permitted.



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4.0 Uniforms and Equipment

4.1 As per the Canadian Amateur Rule Book for Tackle Football.

4.2 A team wishing to use headsets must provide Comparable Headsets (in quality and quantity) to the their opposition at least 3 days in advance of the game, if they do not have their own set.

4.3 When only one set of uniforms is available, teams are expected to wear their approved school colour.



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5.0 Ties in the League Standings

Scores will be reported on the TVRA website using a maximum **35 point differential**. In order to determine playoff pairings, ties shall be broken by comparing the records of the teams tied. **Win = 2 Tie = 1 Loss = 0 points**

5.1 Two teams tied:

- a) The winner of the game in head to head competition shall get the higher standing.
- b) The team with the best record considering games **in their own division** shall get the higher standing.
- c) The team with the greatest number of wins considering all games shall get the higher standing.
- d) Fewest points against considering games **in their own division** shall get the higher standing.
- e) Fewest points against considering all games played shall get the higher standing.
- f) Coin flip.

5.2 Three or more teams tied: (if one of the following methods separates out one team from the others, they are rewarded the higher position. The remaining tied teams continue using this formula until two teams remain. The two teams shall break their tie by using the tie-breaking formula for when two teams are tied (as above, starting with a).

- a) the best record considering games only among the tied teams shall get the higher standing.
- b) fewest points against considering games among the tied teams only.
- c) The team with the best record considering games **in their own division** shall get the higher standing.
- d) fewest points against considering all games played.
- e) coin toss

5.3 Coin Toss Formula:

Two teams tied: coin toss shall determine higher standing

Three teams tied: odd man coin toss awarded higher standing

Four teams tied: odd man coin toss awarded higher standing

5.4 No team will be eliminated from playoffs due to a coin flip. A sudden death playoff game played between the tied teams will be played prior to the first playoff game in order to determine the team qualifying for the playoffs.

6.0 Championship Categories and Playoff Procedures

6.1 TVDSB Jr/Sr Central – will be contested by the top two teams in each division.

These teams will cross-over and play the other division in the semis. **LDA Jr/Sr Championships** – Will be contested by the top 4 teams in their divisions. 1st will play 4th and 2nd will play 3rd in the semis. The overall conference winners will advance to the WOSSAA Championship.



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TVDSB Central Jr/Sr Consolation Championship – Will be contested by the 3rd – 6th place finishers in each division. One team will be eliminated from post season play after completion of the regular season.

7.0 Advancement to WOSSAA, OFSAA

7.1 The Jr and Sr Champion of both LDA and Central Conferences will play in the WOSSAA Final.

7.2 The WOSSAA Sr Champion will qualify for an OFSAA Bowl game

8.0 Division placement within TVDSB Central Tiers

8.1 In the TVDSB Central League, at the conclusion of each season, the teams will be ranked in order to determine placements in divisions for the following year. If there is a tie in determining these positions, based on the following formula, teams will be placed in divisions considering the records of the Junior teams only.

Division Placement Formula will be as follows. In addition to points earned in the regular season, additional points will be given to junior and senior teams in both TVRA Central Championship and Consolation Playoffs. One point will be given for each play-off win, 1 point will be given to the city finalist and 3 points will be given to the TVRA Central champion. Points will also be given to teams playing in the Consolation bracket as well (1 point for each win).

9.0 Awards

9.1 Junior Boys Football TVDSB Central Champions (Trophy)

Junior Boys Football LDA Champions (Trophy)

Junior Boys Football TVDSB Consolation Champions (Trophy)

Senior Boys Football TVDSB Central Champions (Trophy)

Senior Boys Football LDA Champions (Trophy)

Dr. Jim Allen Award TVDSB Central and LDA (2 - 8 x 10 plaques)

Greg Allen Award TVDSB Central and LDA (2 - 8 x 10 plaques)

Bob Gooder Award TVDSB Central and LDA (2 - 8 x 10 plaques)

10.0 Convenor Responsibilities

As outlined in the TVRA Contests Agreement 5.6 and schedules 3 through 8.

The convenor and the coordinator of athletics will oversee all situations and issues which arise during the season, which may or may not, be covered in the Rules of Play.

10.1 Convenor Coverage

a) There are two (2) days of supply coverage available for convening and planning in TVDSB Central and (1) day of supply coverage available for convening and planning in TVDSB Varsity and LDA.