



## LOSSA FOOTBALL PLAYING REGULATIONS 2018 – 2019

(revised June 2016)

1. We will follow the Canadian Rule Book for Amateur Football. Any Bylaws written here are in conjunction with or replace the amateur ruling, stated in the Canadian Football Rule Book.
2. A coin toss will determine the choice of ends or possession. Visiting team will call.
3. Each Junior game will consist of four **12 minute** quarters; 2<sup>nd</sup> and 4<sup>th</sup> quarters per CAFA rules.
4. Each Senior game will consist of four 12 minute quarters; 2<sup>nd</sup> and 4<sup>th</sup> quarters per CAFA rules.
5. We will play “4 downs for 10 yards football” and teams are to use 10 yard sticks at Junior.
6. We will play “3 downs for 10 yards football” and teams are to use 10 yard sticks at Senior.
7. If a player chooses to wear a face shield the colour must be clear. (No tinting).
8. Duplicate jersey numbers are not permitted; if they do exist the jersey shall be altered to correct the problem.

### HOME TEAM RESPONSIBILITIES

- The home team will supply a responsible scorer and minor officials (down box and sticks) for each game played on their home field. As well as an adult timer (when possible) (staff member or parent) for each game. If a team realizes that an adult will not be available to time arrangements can be made through the Head Official to supply one, at a cost. Game sheets shall be held by the timer.
- The home team must have the playing surface lined in 10-yard increments. (Suggested every 5 yards).
- Goal post pads are mandatory.
- Minimum 20 yard end zone where permitting.
- Each home school must supply and play with a Wilson F2000 Football (CIS) for each game.
- It is the responsibility of the home team to resolve uniform colour conflicts. If they have waited until game day to resolve the conflict, the home team must be the one to switch jerseys.

### VIDEO RECORDING

Video recording of games is permitted. If recording a game that you are not participating in your only recording area is from goal line to goal line and across from the bench side. If you are participating in the game you may tape from any area except for the bench side.

### ELECTRONICS

As Per CAFA Rules, No player is allowed to have a communications device of any sort installed in their helmet or on their person.

### LEAGUE FEES

Each team pays \$200 to LOSSA Football, due before their first league game. Each team will receive that cheque back as long as they do not forfeit during the course of the season.

### LEAGUE ALIGNMENT

Both junior and senior leagues will be run as separate single Tier leagues.

### **League Standings - Point Scoring System**

Teams will start with the total value of their schedule. Their wins and losses will be added to that total. Wins are worth 8 points, ties are worth 4 points. Losses by less than **8** points are worth 2 points. Losses by **8** points or more are worth zero points.



\*\* If the number of teams in the league grows, the value of a win must grow too (because the value disparity between schedules will grow too). Once the league reaches 14 teams, wins should be worth 10 points. If the league reaches 18 teams, wins should be worth 12 points.

**PLAYOFFS**

Tier 1 – Teams who accumulate the 6 highest point totals

Tier 2 – The rest of the teams (convenors will need to set up a playoff brackets)

Junior Playoffs- The junior bracket would have a Tier 1, Tier 2 and Tier 3 playoff format if at the end of the regular season of play 15 or more teams remain.

***Tier 2 – The next four teams with the highest point totals (i.e. teams that finish 7<sup>th</sup> to 10<sup>th</sup> place) will form the Tier 2 playoffs bracket.***

Tier 1, would have the top 6 teams,

Tier 2, 5-6 teams, and

Tier 3, 4 to 8 teams.

Providing availability, ALL semi-finals will be played at the Civic fields

**GAME SHEETS**

Game sheets will be carbon copies. They will be provided by LOSSA for all league games. The winning team of each game must enter the game result on the Durham Football site, and are required to send the game sheets to the appropriate convenor within 24 hours of completion. Game sheets from the Civic shall be collected after the game by one of the "On Duty" convenors, who will also record the results to the Durham Football site and distribute to the appropriate league convenor.

**BREAKING TIES**

a) LEAGUE STANDINGS:

**2 TEAMS**

- i) Head to head result
- ii) Strength of schedule

**3 TEAMS**

- i) points for and against, +/- 15 maximum points with common opponents
- ii) seasonal for and against, +/- 15 points maximum
- iii) coin toss by league official

b) **GAMES:**

Teams will participate in a shootout. Each team will get at least one attempt from the 35 yard line to score. A coin toss, called by the visiting team, will determine the order of ball possession. Possession will change after each even series. First team to take a lead in an even amount of turns will win. Each team will receive one timeout per overtime. After 3rd possession, team must go for a 2 PT. Conversion.

Eg.	<u>Round 1</u>	<u>Round 2</u>
1 <sup>st</sup> Possession	Visitor	Home
2 <sup>nd</sup> Possession	Home	Visitor



## LAKE ONTARIO SECONDARY SCHOOL ATHLETICS

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lossa@ddsbc.ca

### **AWARDS**

Medals will be awarded for 1st and 2nd in Tier 1, 2 and AA/AAA. Championship banners will be awarded for each championship.

League MVP awards will be handed out in each Tier and for each division. Coaches will select a player from their own team and a player from an opposing team. A Player selected by his own coach will receive 1 point and if selected by an opposing coach will receive 2 points. The player with the most points wins. If there is a tie the league convenor shall break the tie.