

AABHN PLAYING REGULATIONS

FOOTBALL (Updated June, 2024)

All coaches must be familiar with the content of the AABHN Constitution.

1. **Start Date** - For the CWOSSA league, the first day of school in September to OFSAA including a 5-day training camp before school starts. Varsity league to start practicing the first day of school.

2. **Length of Season** – Final to be completed one (1) week prior to the CWOSSA. (Not applicable for varsity league.)

3. **Competition Limits**: 15 games

4. **Members per Team** – For the CWOSSA league, the minimum of 19 dressed, Maximum of 56. In the varsity league, teams with low numbers may opt to play 10-man football. The coach requesting to play 10-man should give the opponent and the convener reasonable notice (ie. The Monday night before the gameday.) For varsity, the minimum roster is 18.

5. Eligibility

All players must meet the eligibility criteria as outlined in Article 12 in the AABHN Constitution.

No grade 9 students shall appear on an eligibility list or play on a **senior** team that is part of the AABHN CWOSSA Football league.

6. Eligibility Lists

A completed and correct AELS eligibility lists must be submitted to the convenor and Athletic Coordinators one week prior to the AABHN tournament for each District. The names of all potential players and coaches, and managers and/or others affiliated with a team must be included on the AELS eligibility list. Each eligibility list is to clearly identify the head coach.

7. League Structure

a. schedules to be determined based on number of teams participating in each league.

Junior CWOSSA League - Fall

Senior CWOSSA League - Fall

AABHN Varsity League - Fall

Junior AABHN Jamboree – late Spring (Any school in the AABHN that did not field a junior team in the fall may participate. This junior development activity is three weeks of practice followed by a scrimmage event in early June.)

AABHN Tiebreaker

Application of Sport Specific Tiebreakers In the event of a tie in League/Division Standings at the conclusion of scheduled league play, the following criteria shall be used to determine final standings:

1. Record (win/loss) between/among tied teams in head-to-head competition.
2. Point differential between/among tied teams in head-to-head competition.
3. least points against involving the tied teams in the game they won.
4. the most total wins during season play.
5. least total points against (all games played).
6. Point differential (all games played)

Scored in the games played to the maximum allowed for each sport as listed below:

Maximum Points Per Sport: Baseball -7 Basketball – 20 Field Hockey – 5 Volleyball – 15 – if # of sets won does not break the tie. Lacrosse – 8 Football – 21 Hockey – 5 Rugby – 20 Softball/Slow Pitch – 7 Soccer – 3 Curling - 6 Ultimate – 6

7. Coin toss

Tie Breaking Procedure When three (3) or more teams are tied, the order of tiebreaking, as outlined above, is applied until one or more team(s) are separated from the tied group. The tie breaking process will then be repeated starting at #1 for the remaining tied teams. This process will continue until all ties are broken.

8. Championship Structure

In a 6 or more team league:

- a. Quarter finals: 3 vs 6, 4 vs 5
- b. Semi-Finals: 1 vs 4, 2 vs 3
- c. If there are fewer than 6 teams, coaches and convenor, with approval of the executive, will determine playoff schedule.
- d. CWOSSA Finals: Junior/Senior double header to take place on the same day
- e. CWOSSA League - Quarter Finals and Semi Finals are to be played on a turf field. Varsity League – the highest seeds will host Quarter Finals, Semi Finals and Finals.
- f. In both leagues, if agreed upon by coaches and with ref contingency, then they could schedule the two games on the same day for safety and recovery.
- g. In the varsity league, playoff structure may change based on pre-season discussion between the coaches.

- h. In the varsity junior program, the league “champion” will be named by the league convener in consultation with each team’s teacher contact and awarded to the junior team that demonstrates character and sportsmanship on the junior jamboree day.

9. Rules of the Game

- a. Canadian Rule Book for Amateur Football rules will be followed.
- b. Games will consist of 4, 12-minute quarters.
- c. Senior and varsity are three downs, Junior is four downs
- d. Each athlete must have participated in 8 practices and participated safe tackling/blocking training to be allowed to participate in a league game.
- e. A certified Safe Contact coach must be present for all practices and tackling drills.
- f. Tie breaker format will follow AABHN playing regulations.
- g. All major roughing and unsportsmanlike conduct will be recorded on the game sheet and game card. An incident report must be completed if a player or coach is ejected from the game. Incident reports to be filled out by refs and coaches if issue with ref.
- h. A minimum of 3 officials to be used for each game; 4 is preferred.
- i. Only authorized personnel are to occupy the players’ side of the field (suggest police to patrol during the finals).
- j. Night games must have police supervision. Home team is responsible for ordering and paying for the police.
- k. In the CWOSSA league, game ball is provided by the home team and must be an approved newly purchased leather or composite ball (eg. OUA, U Sport, CFL). In the varsity league, each team uses their own ball.
- l. EMS must be present at all games including the varsity junior jamboree. Coaches to follow AABHN EMS Procedures – See Appendix A
- m. Headset communication is permitted coach to coach as outlined by OFSAA.
- n. In CWOSSA league, ties stand in regular season games. Overtime only applies to playoff games and will follow the Canadian Football shootout rules. In the varsity league, overtime will follow Canadian football shootout rules in both regular season and playoffs.
- o. In cases of inclement weather and games cannot be finished, half time scores will result in an official game.

12. Finances

Those schools having entries in the regular season will split EMS and Referee costs evenly. These fees will be paid by the Association. Field costs, lighting and police will be paid by the home team.

All playoff games costs will be covered by the Association. All gate revenues will go to the Association. Home teams are responsible for collecting gate fees.

Concession Booth: on a rotating basis. **In the varsity league, revenue from the concession goes to the home team.** Gate duties for play-offs to be shared by all schools participating in their respective leagues.

Admission may be charged by the home team for regular season games played after 6pm at Gretzky/Kiwanis field to cover the cost of lights and police.

Admission prices to AABHN: Adults \$5, Students \$3

13. Awards

a) Team trophy for the league champions

APPENDIX A: AABHN EMS PROCEDURES

1) Emergency Contact : Coaches/Teacher MUST bring their emergency contact information for the rostered players at each game.

2) Coach/Teacher - injury status at end of games: Centreline will re-iterate to our service providers to communicate injury status with coaches/teacher at the end of games; please advise teacher/coaches to check in with EMS as well before and at the END of games. They should be prepared to advise of any known medical conditions regarding the players. E.g. Diabetes, asthma, etc.

3) Emergency Action plans (EAP): we have one for the Wayne Gretzky Sports Centre site. Charge person is the EMS provider until ambulance arrives. Call person is typically a coach/teacher. Crowd control, typically an official or another coach. It is advised that AABHN should have an EAP for each venue games are being scheduled at and to be shared with the EMS provider and teacher/coaches. (Which includes information on the nearest medical facility.)

4) EVERY OSBIE form is sent to board via the School (Each school to have person responsible for this). No player that was injured leaves field without an adult with them. Parents must be notified. EMS must wrap up at end of game with a teacher/coach from each team. Teacher Advisors may access the field during an injury to supervise treatment of injured player and provide additional support.

5) Teacher/Coaches should be given instruction by EMS, if they should re-enter the game and when, if at all. The Head coach/teacher should receive this message.