

Participation By-Law

4.01

Every player shall play on their designated playing unit, unless prevented from doing so by illness, injury, or reasonable disciplinary reasons and this must be written on the game sheet and communicated to the opposing head coach, by the timekeeper.

4.02 A

Teams must alternate their players within the respective unit (offensive and defensive) by series. A series is defined as the number of plays between when a team gains possession of the ball (through kick-off, punt or turnover) to when they lose possession of the ball (through kick-off punt, turnover, or completion of a half), and includes the convert attempt following a touchdown scored by the offense. A convert attempt following a touchdown scored by the defensive unit, kickoff or punt return unit is not considered an offensive or defensive series. Players who sit out one series must play the next series. No substitutions may take place after the start of a series except in situations covered by 4.03.

4.02 B

Teams will mark out an “on deck” area prior to the start of the game. The “on deck” area is the area between the 45 and the 50-yard line beside the respective team’s bench. The players not on the field from the offensive or defensive unit that is on the field at the time (except as regards 4.03) must stay within this area. One coach at a time may be within this area. If any of the required players are not in this area at the start of a play, that team will be assessed a 5 yard penalty

4.03

Exceptions to the Participation Rule may occur in instances where the player is ill, injured, or disciplined for a legitimate reason. In each case, the player’s number, along with a reasonable explanation, must be noted on the game sheet.

4.04 A

A team with 11 or fewer active players on the offensive unit (5 in the Terminator league and 8 in the Atom league) shall use two (2) defensive players as offensive players, on alternating series (i.e. #25 in for 1st series, #55 in for 2nd series).

4.04 B

A team with 11 or fewer active players on the defensive unit (5 in the Terminator League and 8 in the Atom league), shall use two (2) offensive players as defensive players, on alternating series. (#4 in for 1st series, #82 in for 2nd series)

4.05 A

If one or more defensive players are already on the field, on the offensive unit due to limited roster size, then NO offensive player shall be removed in favor of a defensive substitute.

4.05 B

If one or more offensive players are already on the field, on the defensive unit due to limited roster size, then NO defensive player shall be removed in favor of an offensive substitute.

4.06

The penalty for violation of the PARTICIPATION RULE by any official will be as follows;

1. 1st offence - 25 yard penalty from scrimmage or half the distance to the goal line.
2. 2nd offence - 25 yard penalty from scrimmage or half the distance to goal line. Head Coach is ejected from game.
3. Further offences will result with the same penalties as the 2nd offence.
4. If a Head Coach is ejected in two games or during the last quarter of a game a Disciplinary Hearing may be held which will determine if further action is required.

4.07

Any active player may be used at any position during kick-off situation.

4.08

On all punts and/or kicks (except kick offs) Two (2) Defensive players may be sent onto the field as a substitute and this player shall be the Place-kicker, Punter or Long Snapper. (This player shall be designated on the game sheet). This player must kick, punt, pass or hand off the ball. At no time shall this player have the ball in his/her possession on the opposing side of the line of scrimmage (with the exception of recovering his/her own kick, punt or recovering a fumble after a change of possession. The kicking team may also substitute up to three players from the offence to be the kicker, long snapper and/ or holder. The substitute players must be from the offense and this substitution would not affect their regular rotation. Should the kicking team gain the sufficient yardage (through fumble recovery, yards gained, etc.) for a first down, all players who had been substituted out immediately prior to this down must return to the field and the substituting players must return to the sideline. The holder may be substituted as well but they must come from Offense. (These players shall be designated on the game sheet) Penalties: Dead ball at point of foul and loss of possession. On an extra point attempt, after a touchdown, points awarded are:

- Kicked –2 points
- Run or pass- 1 point
- Interception or fumble recovery of a 1-point convert attempt where the defense runs the ball the across the offensive team's goal line. – 1 point

Note: Once possession is relinquished on a kicked convert attempt, the play is whistled dead.

4.09

Any team official who intentionally fails to notify a player of the correct game dates, time and locations, or who discourages or prevents a player's participation for other than a valid medical or disciplinary reason, may be subjected to disciplinary action by the ASSOCIATION.

4.10

Any player, who quits, for whatever reason, will be allowed to re-register, but only with the team from which they had originally quit. They will be put at the bottom of the waiting list, if a waiting list exists for that team and WILL NOT BE ELIGIBLE TO TRANSFER TO ANOTHER TEAM.

4.11

On third down long-snap situations, the offensive center shall not be blocked until he/she has had a reasonable opportunity to assume a normal blocking position. Violation of this protective rule will constitute and be penalized as unnecessary roughness.