



Vancouver Mainland Football League

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Contents

2007 VMFL Executive List 2007 VMFL Association Contact List

<u>Section</u>	<u>Page</u>
VMFL Mission Statement	3
VMFL Handbook 2007	4
<u>Conduct of the Game</u>	
1. The Field	5
2. The Ball	5
3. The Game	6
4. Overtime Games (Playoffs)	7
5. VMFL Playoff Structure	7
6. Uniforms and Equipment	8
<u>Players</u>	
7. Players	9
7. Players Participation	11
<u>Officials</u>	
8. Field Officials	11
9. Game Officials	12
10. Sideline Officials	12
11. Jurisdiction and Duties	12
12. Duties of the Games Commissioner	12
<u>Scoring</u>	
13. Table of Scoring	14
14. League Scoring	14
<u>VMFL Progressive Discipline Policy (PDP)</u>	
15. VMFL PDP	15
16. Ejections	15
17. Disqualifications and Suspensions	16
<u>Fouls and Penalties</u>	
18. Grievance Procedure	17
19. Grievance Committee	17
20. Forfeited Games	17

Miscellaneous

21. Damage at Parks	18
22. Special Events	18
23. Coaching Certification	19
24. Player Release	20
25. Atom / 9 Man Division Rules	20
26. Flag Division Rules	21

Administration

27. Administration	25
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Contents Cont'd

Appendixes

A. VMFL Code of Ethics	27
Players Pledge	29
B. Job Descriptions – President, Vice President, Treasurer, Secretary, League Commissioner, Game Commissioner, Rep Member	30 31
• Education Grant (Scholarship)	Appendix A
• 10 Play Player Participation Monitor	Appendix B
• Verified Roster Form	Appendix C
• PA Roster (Players/Cheerleaders)	Appendix D
• VMFL Player Release Form	Appendix E
• All Star Selection Stats	Appendix F
• All Star Midget Nomination Ballot	Appendix G
• VMFL Starting Lineup Form (F-1)	Appendix H
• 10 – 15 Play Monitor Form (F-2)	Appendix I
• Player Participation Form (playoffs) (F-3)	Appendix J
• VMFL Player Release Form (playoffs) (F-4)	Appendix K



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Mission Statement:

To foster and promote Minor Football in conjunction with our Member Associations with the emphasis on participation and competition.

Goals:

1. Having as many associations, teams and participants in all divisions as we have resources available.
2. To be competitive while at the same time having the participants enjoy football and learn team spirit through a league structure.
3. To operate the annual football program with a balanced budget including a \$5,000 scholarship contingency fund.
4. To promote Community Football through our affiliation with B C Community Football and Football B C.
5. To coordinate annually the VMFL League Schedule, the VMFL Championship Schedule and the VMFL Cheerleading Competition.

Objectives:

FUN
LEARN SKILLS
TEAM - SOCIAL - CO-OPERATIVE
SAFETY
EQUAL COMPETITION
ASPIRATIONS OF YOUTH

Guiding Principles of the VMFL and Member Associations:

- To provide and promote Minor Football, through our Member Associations, to youths ages 6 -18.
- To provide youth the opportunity to play football to their capabilities.
- To provide youth the opportunity to play contact football at the competitive level
- To ensure that our program is enjoyable and safe for all participants.
- To ensure an educational process for the learning and development of team concepts, community spirit and good sportsmanship are entrenched in our program.
- To provide youth the opportunity to appreciate the game of football, enjoy recreational sport and learn the fundamentals of the game.
- To give the opportunity for players, coaches and officials to develop their skill sets through proper certification programs.
- To ensure safety equipment is utilized properly and adequate playing fields for practice and games are made available.

OUR 2007 HANDBOOK

The Vancouver Mainland Football League (VMFL) is comprised of Member Associations, from the Lower Mainland and Vancouver Island, playing Canadian rules football. The VMFL's mandate is to provide an environment for children aged 6 to 18 to learn the skills of Football in a competitive environment. The VMFL has 6 divisions, Flag, Atom, Pee wee, Junior Bantam, Bantam, and Midget. The VMFL also provides a structured Cheerleading program and holds The VMFL Cheerleading Competition every year.

The VMFL schedules games for the regular season and hosts the VMFL Championships. The VMFL Championships are played at BC Place Stadium (when available). Through the VMFL each team in the Atom to Midget divisions have the opportunity to play in the Provincial Championships.

The following pages, the VMFL Handbook, contain rules that the VMFL play by to allow children to participate to the best of their ability. All rules not covered in this handbook are covered in the Canadian Rulebook for Tackle Football.

The VMFL also gives back to children in the community by donating **\$0.20** per offensive point scored to the Make a Wish Foundation.

The intent or interpretation of any rule shall only be decided by the VMFL Executive.

A VMFL Executive review committee shall be formed to review situations or incidents not covered by the VMFL Handbook or irregularities that they become aware of.

VANCOUVER MAINLAND FOOTBALL LEAGUE RULE BOOK

CONDUCT OF THE GAME

Section 1 - The Field

- A) Playing fields shall be marked as required under the rules set out in the Canadian Rule Book for Tackle Football (CRBTF). Failure to do so will result in a complaint being filed by the League Commissioner to the Association concerned.
- B) Team benches shall be on the same side of the field and opposite the spectator's side except where there are spectator stands on each side of the field. When spectator's stands are provided on the same side of the field, the players' benches shall be separated from the spectators.
- C) Team benches shall be a minimum of five (5) yards and an optimum of ten (10) yards from the side lines.
- D) Spectators are to be confined to the opposite side of the field from the players' benches except as noted in "B".
- E) All VMFL playing fields shall be deemed to have twenty (20) yard end zones for scoring purposes. Missed field goals, kickoffs and punted balls going out of the back of the end zone score one point regardless of whether or not the ball touches the ground in the end zone. Non standard fields must be approved by the VMFL.
- F) Yard markers shall be placed on the opposite side of the field from the players benches. Yard markers shall be placed one (1) yard outside the field of play.
- G) Cheerleaders shall be a minimum of three (3) yards from the sidelines at all times.
- H) For safety reasons, all goal posts shall be properly padded. In case of a neutral field, the home team shall be responsible to see that the posts are padded.

Section 2 - The Ball

- A) The game is played with the VMFL designated game ball provided from MVP Athletic Supplies. For **Flag, Atom and Peewee** the approved ball shall be as indicated in (Table T2-A).
For **Junior Bantam** the approved ball shall be as indicated in (Table T2-A).
For **Bantam and Midget** the approved ball shall be as indicated in (Table T2-A).

Division	Size	Model		
		Baden(Rubber)	Mohinder	Other Brands
Flag, Atom, Peewee	Size 6	100 / 150	MG 5200	Junior
Junior Bantam	Size 7	200 / 250	MG 5100	Youth or Intermediate
Bantam, Midget	Size 9	300 / 400	MG 5000	Official or Adult

Table (T2-A)

- B) As the VMFL has a single supplier, the home team will supply the only game ball.
- C) All footballs in the game will be controlled by the Officials.

Section 3 - The Game

- A) The home team gets to receive or side. Decision can be deferred until the 2nd half.
- B) **Atom will play Four (4) - Eight minute quarters.**
Peewee will play Four (4) - Ten minute quarters.
Junior Bantam, Bantam and Midget will play Four (4) - Twelve (12) minute quarters.
- C) Each team may call two (2) time outs per half.
- D) The Head Official may call an Official's time out and a time out for injury.
- E) In all games a three minute warning will be given at the Three (3) minute mark before half time and before the end of the fourth quarter. The one minute warning will be given at the One (1) minute mark before the end of each quarter.
- F) The Head Official of the game has the right to rule where the time of the game is to be kept; on the field or on the sidelines. Decision of Head Official is final.
- G) (1) if a team is behind by 30 points or more, at the start of the second half, they will have the option to kick, receive the ball, scrimmage from their own 45 yard line, or defend an end at the beginning of the second half.

(2) "Mercy Ruling" - The Head Official, at the start of the 4th quarter or any part of that quarter, will bring the two Head Coaches together when there is a 30 point spread, and state that this will be a running time quarter. During half time the two Head Coaches can approach the Game Commissioner and ask that the Mercy Rule be put in effect if they both agree. If they don't agree then the Head Official can enforces the rule at the beginning or any time during the 3rd quarter if he feels it is warranted once there is a 30 point spread. The Mercy Rule will be automatically applied in the 4th quarter if there is a 30 point spread. During "Mercy Rule Play" only the losing team shall be allowed time - outs, however, the clock shall continue to run.

- H) All blocking to be above the waist, except tackle to tackle in the close line area. This applies to all divisions. (01/93)
- I) **No Yards** - In field of play - scrimmage by receiving team 15 yards in advance of the point where the ball was first touched, OR 5 yards in advance of that point if the kicked ball had struck the ground before being touched by the receiving team.
- J) **The team that is behind by 30 points will have the option to accept the kick-off or scrimmage from there own 45 yard line whenever there is at least a 30 point deficit.**

Section 4 - Overtime for Playoff Games

- A) When the score is tied at the end of the fourth quarter in playoff games, there shall be a rest period of ten (10) minutes with each team allowed to return to their dressing rooms.
- B) Overtime shall be played as a new game of sixteen (16) minutes duration divided into two (2) halves of eight (8) minutes stopped time.
- C) A coin toss shall be made with the team winning the toss having the option of kicking off, receive the kick off or defending the end of the field. The team losing the toss will have the first choice at the beginning of the second eight (8) minute half.
- D) If the game is still tied at the end of the first sixteen (16) minutes of overtime, there will be a five (5) minute break with the teams remaining on their benches.
- E) One (1) time out allowed per half.
- F) The second overtime shall be in a Texas Shoot-out format. There will be a coin toss and the winner will have the option of scrimmaging 1st or choice of end. For Flag, Atom and Pee wee the teams will begin on the 15-yard line, for JR Bantam, Bantam and Midget the teams will begin on the 25-yard line. The team will start the overtime at the designated yard line. Both teams will be allowed to scrimmage. The team leading after this will be the winner. If it is still tied the teams will scrimmage again from the designated yard line.
- G) The teams will continue until a team scores more points then their opponent in the shoot-out.
- H) The Head Official may call the game on account of darkness.
- I) If Overtime cannot continue immediately following the game because of darkness, then a mini game will be scheduled no later than Wednesday of the following week. The game will consist of two 10 minute halves played as per (C) and (E) above. If further play is required, follow items (F) and (G) above "second overtime period". The timing will be eight (8) minute halves.

Section 5 - VMFL Playoff Structure

- A) VMFL Playoffs: if a division has 10 or more teams, then the top 8 teams will make the playoffs, and when a division has 9 or fewer teams, then the top 4 will make the playoffs.

B) Rules for all playoff games

The number of game plays for player participation is:

24 players or less will be 15 plays

25 players or more will be 10 plays.

*** These rules are for Peewee, Jr. Bantam and Bantam.**

Flag and Atom will have their players participate in at least 10 plays during the game, because they are playing nine man ball and due to roster size.

All playoffs will have plays monitored. (**Midget** division is exempt)

Monitors for player participation: each team will supply 2 individuals, one will monitor their own team and the other will monitor the opposing team, thus having two monitors working together per team and the results will be forwarded to the games commissioner for final verification.

The highest ranked VMFL team in each division will be considered the home team.

All grievances pertaining to the game after or during the game must be filed on the proper grievance form and shall be given to the VMFL Executive no later than 15 minutes following game completion, a decision will be made. This decision will be final and not open to appeal.

The Games Commissioner, VMFL Executive will exercise the following authority; will dismiss any player, coach or team staff from the playing field and or game for "improper conduct" as defined by the VMFL Executive and there is no appeal. Medals for first and second place will be awarded by association president.

Nobody is to be on the field of BC Place without a VMFL field pass. Only Players and Coaching staff are allowed at the Bench. No children allowed. E.g. Water boys, etc.

Only Players, Coaching staff, Cheerleaders and people with proper passes may enter the field through the East Air Lock.

C) There will be a 10 game schedule, starting 1st weekend in September.

D) Quarter and Semi finals start when regular season is completed, with Championships at **BC Place Stadium** (if available).

NOTE: if for some reason the VMFL date at BC Place gets bumped either up or down from original date, the VMFL Executive will make the final arrangements.

Section 6 - Uniforms and Equipment

A) Mouth guards are mandatory. They must have tabs and be attached to the face guard. The Officials will monitor to make sure that each player has the proper mouth guard, if not; the player concerned cannot play until he gets the proper mouth guard.

A1) Teeth Braces

If the player is wearing braces, he may wear a special mouth guard; however, he must inform the Head Official.

- B) An association must apply in writing to the VMFL before choosing a team color. All team colors will be grandfathered from their original membership into the VMFL.
- C) No team shall wear uniforms that blend closely with the opposing team. The home team shall change their jerseys to an alternate color unless grandfathered. The team not wearing the designated colour by the league shall change to an alternate colour.
- D) No stickum shall be used by any player in any league play. Violators will be suspended for the game, and be given an unsportsmanlike conduct penalty. Gloves may be used.
- E) It is recommended that only helmets approved by the National Operating Committee on Safety in Athletic Equipment (NOCSAE) be worn by players. Effective in 1986, it shall be compulsory that all helmets be NOCSAE approved.
- F) See CRBTF for allowed Visors.

G) All players in Flag, Atom, Peewee and Junior Bantam are required to wear multi-cleated shoes with the following specifications:

Shoes are to be a rubber-molded style only and may have unlimited cleats. No screw in or out cleats are allowed. A player wearing the illegal cleats will be ejected from the game and suspended for 1 additional game. The Head Coach shall also be ejected from the game and suspended for one additional game.

Bantam and Midget are allowed to wear screw in cleats. Non-metal only.

- H) No player will be allowed on the playing field wearing a cast or splint. No exceptions. **A PLASTIC AIR CAST WILL BE ALLOWED WITH A DOCTOR'S CERTIFICATE.**
- I) No team shall use any radio communication between coaches.
- J) All amenities available at the field of play shall be made available to both the home team and the visiting team on an equal basis, i.e. dressing rooms, shelters, etc.

Section 7 – Players

- A) All players must be registered by name, number and date of birth on the official roster sheets supplied by VMFL before the start of any league game. Computer generated player rosters to be used if **IDENTICAL** to player roster in the VMFL Handbook.
- B) All players on the roster sheets shall be verified after proof of birth has been provided. Documents that can be used to verify date of birth are: Birth certificates, passports, B.C. Drivers License, Citizenship papers, official court orders, certification of birth certificates (with file number), baptismal certificates and Care Card that show birth date (01/93) are acceptable proofs of age. There can be no exceptions to this rule by VMFL executive.
- C) Only authorized persons shall verify a player on the Official Team Roster. Persons authorized to verify a player are any current member of the VMFL executive and any VMFL representative that is designated by the VMFL executive, presidents of associations or a designated VMFL rep from each club may also verify. Verification of rosters is not to be done by members of their own associations. On the Official Team Roster sheet the verifier is to print out name and association in full.

NO EXCEPTIONS TO THIS RULE, including Games Commissioner and Executive.

D) All Official Team Roster sheets shall be neatly printed (or typed) with the **players' number**, name, and Year of birth. Before the start of each game the Team shall provide the game commissioner and opposing team with a copy of the **Official Team Roster** sheet and shall retain one copy. If a player is not playing due to absence, injury, discipline or illness; the reason shall be printed in the status column next to player's name. "If a player is no longer on the team, the name shall have a single line drawn through it" Any name that is crossed off is off for the season.

Failure to follow above procedure may result in forfeiture of game.

(See sample of official roster sheet in back of handbook).

E) Players are not allowed to play out of their Division. Players are not allowed to move up or down.

F) Deleted (unlimited roster)

G) The rosters will be frozen after the 5th week of the playing year. One copy of the frozen roster shall be received by the league office by midnight of the approved date. Failure to do so may result in forfeiture of further games until rosters have been received. Playing of ineligible players will result in the forfeiture of the game. Any league that breaks this rule will be dealt with by a special committee, appointed by the League Commissioner. Recommendations of this committee will be final, and there will be NO appeal.

The Frozen Roster will become the official Roster for the remainder of the year.

H) All players on frozen roster must participate in a minimum 3 league games to be eligible for playoffs. If player is unable to meet requirements due to injury, a Doctors certificate is required before playoffs.

I) **Game Commissioner Reports** and **game rosters** are to be faxed or delivered to the League Commissioner by Midnight of game day. Game Commissioner Reports and game rosters received after midnight will be subject to a penalty.

J) As some parks have public address systems, all teams shall have numerical roster sheets with players given name first and surname second. Announcing sheets shall be printed (or typed).

(See sample form in back of handbook)

K) The following regulations govern the team rosters. Players' ages are determined as of December 31 of the playing year. NO exceptions.

Midget 12 min quarters 15 - 18 year olds	Ages 16-18	Maximum Minimum Minimum	43 Players Roster 20 Players Roster 16 Players Dressed
Bantam 12 min quarters	Ages 14-15	Maximum Minimum Minimum	43 Players Roster 20 Players Roster 16 Players Dressed
Junior Bantam 12 min quarters	Ages 12-13	Minimum Minimum	20 Players Roster 16 Players Dressed
Pewee 10 min quarters	Ages 10-11	Minimum Minimum	20 Players Roster 16 Players Dressed
Atom 8 min quarters	Ages 8-9	Minimum Minimum	15 Players Roster 12 Players Dressed
Flag 24 min halves	Ages 6-7	Maximum Minimum	23 Players Roster No Minimum

L) **Player Participation Rule (PPR):**

Each player is to be included in a minimum of 10 plays, including all special teams, in each game scheduled by the VMFL. This rule is enforced by the league during the year and playoffs.

Enforcement: If rule is not adhered to team shall forfeit the game. **Bantam** and **Midget** is excluded

Monitors for player participation: each team will supply 2 individuals, one will monitor their own team and the other will monitor the opposing team, thus having two monitors working together per team and the results will be forwarded to the games commissioner for final verification if there is a discrepancy. Both monitors will sign the play count sheet when completed

M) In any event where it has been determined a team has used over aged or otherwise ineligible players, all league games previously played by the ineligible player will be forfeited.

N) Officials must rule that a player leave the game if, in their opinion, the player is physically unfit to play. In any event an injured player must leave the game for at least one play.

O) Players unable to participate in a game due to injury, illness or discipline as per **Section D** shall not wear shoulder pads and helmet. Non playing players may remain with the team except as in **Section 17 C**.

P) Deleted

Q) Moved to L)

R) Teams who have players arrive late to a game shall report the arrival to the Game Commissioner to have the official roster adjusted to show player as present.

S) A member of a team who receives Two (2) Objectionable Conduct penalties during a game shall be ejected from the game.

OFFICIALS

Section 8 - Field Officials

As shown in the Agreement between LMFRA and VMFL

Section 9 - Game Officials

All field officials shall be appointed and scheduled by the Allocator of the Lower Mainland Referees Association.

VMFL coaches shall not be an official of a game in the division in which they are currently coaching.

Section 10 - Sideline Officials

The Home Team is responsible for providing downs person, linespersons (yardstick personnel) and the game ball. These sideline officials shall work under the direction of the Head Linesperson.

Section 11 - Jurisdiction and Duties

All field officials are equally responsible for the orderly conduct of the game. This includes the Game Commissioner, downs persons and Linesperson.

Section 12 - Duties of the Game Commissioner

A) The home team Association shall be responsible to provide the Game Commissioner at all home games. The Games Commissioner shall wear a vest to identify them to teams and officials. (2005) The Game Commissioner shall be responsible to see that the player benches are in place; sideline yard markers are in position, goal post protections are installed, yardsticks and down boxes are on the sideline and announcing equipment in place. The playing field shall be ready for play a minimum of 15 minutes before game time.

B) Insure that each team is ready to play 30 minutes prior to start of game.

C) Receive verified team rosters from each team completed on the official roster forms.

D) Where games are announced, a numerical team roster sheet shall be received by the game commissioner and turned over to the game announcer.

E) Check with the Head Official on the following:

1. Timing (See Section 3 B and F)
2. Size of game ball to be used (Section 2 Table T2-A)

F) Insure that sideline officials are available for the start of game.

- G) Observe conduct of team officials and players on team benches. If required, issue any instructions as required.
- H) Insure that only team officials and players are on the team benches.
No fans allowed, (Section 1 D).
- I) Only trainers or designates are allowed on the field when any injury occurs. A Doctor may be summoned from the spectators by the GAME COMMISSIONER.
- Check with the trainer on the field, if an ambulance is required for an injured player.
- J) Home association must furnish games commissioner before the game can start or the game is forfeited. (December 1997)
- K) Carry out disqualifications and suspensions as noted in (Section 17)
- L) Have game commissioner report completed with information and signatures as called for on report. All incidents and/or complaints, reasons for ejections, etc., must be written on report; failure to do so may nullify a grievance that arises from a game. Reports and those days' rosters are to be delivered or faxed to the League Commissioner by midnight game day. Have the Head Official of all games initial the part of the game report where it states the number of officiating crew. This is to confirm the number of officials that did said game. You can refer to Section (B) of the Agreement between Vancouver Mainland Football League and the Lower Mainland Football Referee's Association. for the number of officials required for each division.
- M) All game scores shall be phoned or emailed to the League Score Keeper no more than 2 hours after the end of the last game by the home association.
- N) Every game commissioner shall have the complete set of VMFL Rules and a Canadian Rule Book for Tackle Football (CRBTF) available at the field for each game, which is obtainable from their organization.
- O) Section 3 - (G) - Mercy Rule
- P) One Game Commissioner per game and must remain on the sideline for the whole game.

SCORING

Section 13 - Table of Scores

- A) Atom/Peewee/ Junior Bantam
- | | |
|---------------------|----------|
| Touchdown | 6 points |
| Kicked Convert | 2 points |
| Run or pass convert | 1 point |
| Rouge | 1 point |
| Field Goal | 3 points |
| Safety Touchdown | 2 points |
- B) Bantam/Midget
- | | |
|---------------------|----------|
| Touchdown | 6 points |
| Kicked Convert | 1 points |
| Run or pass convert | 2 points |
| Rouge | 1 point |
| Field Goal | 3 points |
| Safety Touchdown | 2 points |

Section 14 - League Scoring

- A) The winning team of each league game will receive 2 points for a win and 1 point for a tie.
- B) When a game is forfeited in league play, the team that forfeits the game receives no points and the team that the game forfeited to will receive 2 points and is recorded as a win. The team will also receive 10 points for and 0 points against.
- C) Final standings in League play will be determined as follows:
- A. If two teams are tied:
1. Record versus each other
 2. Combined winning % of opponents (not including games against them)
 3. Points for/against - Maximum of +10 per game
- B. If three or more teams are tied:
1. Record versus each other:
 - Cannot finish ahead of team that beat you
 - winning teams of tied group get placed on top first
 - lower teams can pass other teams if better winning % but must start at bottom and move up one step at a time never passing the team you lost to.
 - Paradox occurs than use winning % of opponents
 2. Points for/against - maximum of +10 per game
 3. Once final standings have been established all associations will be informed within 48 hours of playoff start, they can not be changed after subsequent playoff rounds.

SECTION 15

VMFL PROGRESSIVE DISCIPLINE POLICY

Minimum Game Suspensions for each Section:

	Section One	Section Two	Section Three
1st Offense	One Game	One Game	Two Games
2nd Offense	Two Games	Two Games	Three Games
3rd Offense	One Year	One Year	One Year

NOTE: A one year suspension = one complete VMFL football year.

Discipline above these minimums will be at the League Commissioner's discretion and would be grievable as per Section 18.

All 3rd offenses will be automatically reviewed by the VMFL Executive. The VMFL grievance procedure is available for all 3rd offenses.

WHENEVER POSSIBLE, the chief Referee will give a player a 3 play warning and send him to their team bench before invoking an offense that is covered under Sections 1, 2 or 3.

Examples: All sections apply before, during or after a game within the boundaries of the game park.

Section One: Objectionable conduct disqualification.

Section Two: Rough play, includes fighting and flagrant attempt to injure and objectionable conduct towards officials, game commissioner and VMFL Executives.

Section Three: Verbally threatening or unnecessary contact of an official or VMFL Executive.

Section 16 - Ejections

A) Any player, coach, manager, trainer or association member or volunteer who strikes a member of the LMFRA or VMFL Executive member or VMFL Association member before during or after a game on or near the game field, shall be suspended for the remainder of the season, all playoff games and championship games. For second offense of the above, the suspension will be five years.

B) All game officials, game commissioners, and league executive must be treated with courtesy at all times during the entire season by all players, coaches, managers and association presidents. Any infraction to this rule will be reported to the VMFL President or his delegate for possible further action.

C) The use of profane, obscene, insulting language or gestures to an opponent, official or spectator by any player, or member of team staff or occupant of the team bench is prohibited. Any violation to this rule will result in ejections from the game. Procedure will be in accordance with Section 15.

D) Any players fighting before, after or during the game within the boundary of the park will result in an automatic ejection from the game.

E) Any player or coach ejected from the game within the last three (3) minutes of the game will receive an automatic one (1) game suspension. This includes any coach, players, or staff member who at the conclusion of the game commits an act that would have drawn an ejection during the game.
(01/93)

F) All game ejections shall be in accordance with Section 17.

G) Any ejections will be reviewed by the League Commissioner after all reports have been received and may result in future discipline as per PDP.

H) No player or member of team staff shall smoke on or near the game field, including benches. Any violations of this rule shall result in ejections from the game as per Section 15 and Section 17.

I) Players and team staff participating in VMFL championships who are ejected at any time during the game or display unsportsmanlike conduct or other related incidents, will be ineligible for further games that year in the Province if the team is representing the VMFL. Further discipline may be added to the player, team staff or total team in the following year if deemed appropriate by the VMFL Executive.

Section 17 - Disqualification and Suspension

A) On the disqualification of a player(s) or team staff or coach for misconduct, the head official shall inform the game commissioner of the disqualification. The head Official and game commissioner will approach the team(s) concerned and have the player(s) or the team official escorted from the playing field by a responsible team official. Before any player is escorted from the field they shall remove their shoulder pads, game jersey and helmet. The team staff shall remain with the player(s) or team official until the game is over or in the case of a player in the care of a responsible person. The game shall not resume until the player(s) or team staff has been removed from the playing area.

B) The Head Game Official shall note on the Game Commissioner's report if in his opinion, any further action is recommended. The Head Official shall sign the commissioner's report at the conclusion of the game. The Game Commissioner shall ensure that all comments are signed on the commissioner report.

C) Any disqualified player(s) or team staff may not appear at the team bench during the period of his suspension Coaches shall not attempt to coach or interfere in any way from any position within the game park. Any violation of this rule may result in further suspension or possible game forfeit.

D) The league commissioner is to advise all affected associations within the VMFL of the details regarding all suspensions. It is the association's responsibility to inform its players/staff of suspensions and to carry out any disciplinary action.

E) On any disqualification of a player(s) or team staff the League Commissioner will advise the League Presidents, Mainland Reps plus the Head Officials Association or their Rep of the disqualification. It is the league's responsibility to inform the player(s) or team staff of the penalty and carry out any disciplinary action.

Section 18 - Grievance Procedure

- A) Grievances may only be filed in the following instances:
 - 1. Suspected violation for player(s) eligibility.
 - 2. As per progressive discipline policy (Sec 15) if suspension is more than minimum or a third offence.
- B) Grievances must be submitted in writing to the League Commissioner within 72 hours following the game in question or within 72 hours of notification of discipline from League Commissioner.
 - 1. Only official VMFL grievance forms will be accepted.
 - 2. A cheque in the amount of \$200.00, payable to the VMFL, to be submitted with grievance form.

Section 19 - Grievance Committee

- A) A grievance committee shall consist of:
 - Three (3) other association Presidents as randomly pre-selected (if President's association is involved in the grievance, he/she shall be replaced by the next President on pre-selected list).
- B) The committee shall set a date and location for the hearing as soon as possible following notification of grievance. The disputing parties shall each attend the hearing.
- C) The committee will investigate and decide on the grievance and notify all parties within 24 hours of hearing.
- D) The decision of the grievance committee shall be final.
- E) Loss of grievance will result in loss of the \$200.00 deposit.

Section 20 - Forfeited Games

- A) If, according to the VMFL Handbook, if an association cannot field a team for a VMFL scheduled game, that association shall pay a forfeit fee of \$100.00 per game, **except Flag \$25.00**. The association must also pay for cost of officials, unless the allocator of officials is notified a minimum of 72 hours prior to game day. The VMFL will pay the team not at fault the forfeit fee collected from the forfeiting association. After two (2) forfeits, the League Commissioner will chair a committee to investigate whether the association should fold the team in question.
- B) Refer to Section 14 B) for scoring in forfeited games.
- C) All monies (League fees, forfeited games, and all fines imposed by the Executive etc.) in arrears must be paid up before qualifying for playoffs. If not eligible for playoffs the monies in arrears will be added to next years membership fees.
- D) Prior to the VMFL yearly scheduling, all VMFL associations will have their football insurance fees paid in full to Football BC and all other VMFL fees, dues or fines shall be paid in full or that association will not be scheduled for that football year. (03/97)
- E) Home team pays for the officials even if the game is moved to another park.

F) Home association must furnish a Game Commissioner before the game can start or game is forfeited.

Miscellaneous

Section 21 - Damage at Parks

A) Any damage done by any team, who uses the dressing rooms of the home team, will result in the damage being assessed to the Association concerned, which will pay for all damages done, after the League Commissioner's investigation of said game and damage.

B) Further action to the people concerned may result after the League Commissioner's investigation, if he/she sees fit that further action is necessary.

C) Local Parks and Recreation will be notified regarding any damage.

Section 22 - Special Events

A) All Summer tournaments must be sanctioned by the VMFL. All participating teams must be listed for approval by the host association running the tournament, so that the VMFL has a list of participating teams. (01/93)

All tournament and exhibition games with VMFL teams will be sanctioned under VMFL rules with respect to the conduct of players and coaching staff. (01/93)

B) The Vancouver Mainland Championship (VMFC) will be held for all divisions on one specific day, at one selected park, as agreed by VMFL Executive.

Section 23 - Coaching Certification

VMFL coaches need to achieve minimum coaching standards in all levels of contact football in order to ensure that all participants receive the safest and highest quality of coaching possible.

No coach in the VMFL shall be permitted to actively coach unless they meet minimum standards of certification.

Teams or associations failing to comply with the requirements of minimum coaching certification will not be sanctioned by VMFL

In order for teams and associations to continue to qualify for liability insurance as provided by Football B.C. they must adhere to the above policies.

All associations are required to submit a complete list of head coaches and assistants and their level of certification by June of each year.

Certification clinics will be held by Football B.C. each year to ensure that all non-certified coaches are given the opportunity to comply with the minimum certification standards adopted by VMFL.

VMFL may request additional certifications clinics be held by Football B.C. if there are 10 or more coaches that need certification.

For the health safety of all participants there should be competent personnel available at every team practice and at every game to administer medical aid if necessary. The following qualifications are recognized:

- Doctor
- Registered Nurse
- Practical Nurse
- Sports Aid Certification
- Para Medic
- Industrial First Aid
- Basic St. Johns Ambulance

Standards

FLAG	Certified Level: Technical-1 and Theory-1 (if possible)
ATOM, PEEWEE	Certified Level: Technical-1 and Theory-1
JUNIOR BANTAM	Certified Level: Technical-1 and Theory-1
BANTAM	Certified Level: Technical-2 and Theory-1
MIDGET	Certified Level: Technical-3 and Theory-1

* ASSISTANT COACHES FOR BANTAM AND MIDGET SHOULD HAVE COMPLETED LEVEL 1.

* COACHES ENTERING VMFL AFTER CERTIFICATION COURSES HAVE RUN WILL NOT HAVE TO BE CERTIFIED UNTIL THE FOLLOWING YEAR.

All coaches should be encouraged to take the level of theory to match technical certificate.

Section 24 - Player Release

- A) Equipment issued in the current year must be turned in to original association prior to signing with another association. When equipment is turned in, it is to be in good condition.
- B) Failure to comply with Section 23(A) makes the player(s) ineligible to play.
- C) A player's name can not appear on two different association verified rosters. A VMFL release form must be issued to release player from first Association.

Section 25 – Atom / 9 Man Division Rules

Atom / 9 Man : Playing field is 50 yards by 110 yards
Goal post need not be centered.

Maximum number of players on the field is nine (9) per team. There must be three (3) Interior linemen (Ineligible) with five (5) altogether on the line. An example would be:

```
  O O O O O
  E G C G E
    O
    QB           O
    O O         R
    TB FB
```

* Bold Players are ineligible.

Basically, you remove the two tackles and one receiver, leaving the 9 man configuration

You will be allowed one (1) coach per team at a time on the field, until frozen roster date.

Converts will be as follows: Ball will be given to holder, using convert tee. Full rush play will commence on referee's whistle.

Punts will be as follows: Ball will be given to Punter. Full rush play will commence on referee's whistle. The penalty for no yards will be 5 yards.

All other rules for Atom are as per VMFL Handbook and Canadian Rule Book for Tackle Football (CRBTF).

Section 26 - FLAG FOOTBALL RULES

1. Age of Players

Flag players shall be 6 or 7 years old

2. Roster size

The minimum roster size for a team is 9. The maximum roster for a team is 23 players. In the event a team has less than 9 players the opposing team will lend enough players to bring the opposing team to 9 players. New players will be loaned at halftime. A copy of the roster shall be provided to the game commissioner, opposing coach and game announcer. Rosters shall be treated as per the VMFL Handbook.

3. Field Size

The playing field shall be 50 yards wide, 15 yards narrower than regulation field, by 110 yards long but the goal posts need not be at the goal line nor centered.

4. Injuries

Any player who, by decision of the referee, is injured twice in any game or who sustains a head injury or who complains of a headache shall leave the field for the balance of the game.

5. Timing of the Game

(a) Each game shall consist of two (2) 24 minute "running time" halves. Only two time outs per team per half will be allowed. The 35 second time count rule shall be used as per the tackle rule book. Game must end of the time the next scheduled game is to start. (Referees may have to shorten playing time to accommodate next game scheduled for the field).

(b) One coach from each team shall have unrestricted access to the playing field at all times.

(c) During time outs, one additional coach from each team may be allowed on the field, instead of the team coming to the side lines.

6. Officials

A minimum of one (1) official shall be supplied by the LMFRA. Each team shall supply 1 official.

Uniforms

A) Each player shall have a numbered team sweater or jersey, which shall be tucked into the pants at all times. Football pants or equivalent (no baggy sweatpants) shall be worn. Helmets and padding is not permitted. Tennis, running, gym or molded football cleats are to be worn, but no metal or screw cleats are permitted.

B) Two flags, 2 inches by 14 inches, must be worn by each player. The flags must be attached by Velcro to a belt. The flags must be worn at the point of the hip. The flags and Belts will be purchased through MVP Athletic Supplies Unit # 2108012 (Shawn 604-525-8833). The attached Flags shall be of a colour which contrasts, with the colour of the pants. Colour of the uniforms and flags shall be handed into VMFL, before the season starts.

8. **Field Equipment**

The home team shall supply the Game Ball as per (Table T2-A), down boxes, yard markers and down chains.

9. **Kickoffs**

- (a) The ball shall be kicked off from center field. There will be no onside kicks.
- (b) Kickoff team can not receive the ball, if kickoff team touches the ball, there will be a five yard penalty, from line of scrimmage and the ball will be kicked over.

10. **A Tackle**

- (a) A tackle is made when one or both flags are pulled or brushed off by a defending player. Offensive players handling, receiving or carrying the ball must have both flags attached. The penalty for not having both flags attached is the loss of the down.
- (b) When a ball carrier who, after crossing the line of scrimmage, loses one or both flags (without having been contacted by a defending player), he/she shall proceed uninterrupted with no penalty being assessed.
- (c) If the ball carrier who does not have both flags attached after crossing the line of scrimmage, is contacted in any manner by a defending player, the ball shall be ruled dead, at that point, and no penalty shall be assessed.
- (d) Should the official blow the whistle and stop the play in error, when the flag is still attached to the offensive player carrying the ball, the offensive team shall have the choice of taking the ball from where it was whistled dead or having the play repeated from the original line of scrimmage and the down repeated.

11. **Blocking**

Unlimited downfield blocking is permitted by all players but contact shall be made above the waist and below the neck from a standing position. Blocking with arms fully extended, and hands open, palms facing out is permitted.

12. **Kicking Converts**

- (a) All convert will be kicked.
- (b) "When kicking a convert, only the holder and kicker are to be on the field. Ball placed on the 7 yard line using one (1) inch convert or field goal type tee".

13. **Eligible Receivers**

All offensive players are considered eligible receivers.

14. **Scoring**

Touchdown	3 points
Field Goal	2 points
Safety Touch	2 points
Kicked convert	1 points
Punt either through the end zone or not returned out of the end zone by the receiving team	1 point

15. **Unnecessary Roughness**

Straight arming, forearm shivers or forcing the ball carrier out of bounds constitutes rough play. If the ball carrier is deliberately knocked down in order to halt his/her forward progress or if the ball carrier deliberately charges a potential tackler, such unnecessary roughness will result in a **penalty of 20 yards** and the loss of the down.

16. **Protecting the Flag**

A penalty of ten yards at the point of infraction, with the down continuing, shall be assessed against the team or ball carrier who tries to prevent his/her flags from being pulled off by spinning, by guarding with the hands, or jumping, or pushing off.

17. **Holding**

Holding the ball carrier will be, encircling the ball carrier by the player's arms, or intentionally holding or grabbing an opponents clothing, shall result in a 10 yard penalty against the team of the offending player, the down shall be repeated.

18. **Official to Maintain Order**

The official assesses a 10 yard penalty against a team for abusive, unsportsmanlike or unsafe behavior of players, coaches, or others associated with that club or team. Further action may be taken by the League Commissioner after review of game report. (See VMFL Section 15).

19. **Punts**

- (a) A punt not traveling ten yards from the line of scrimmage, shall be whistled dead, and the ball awarded to the receiving team, at the point of infraction.
- (b) Punting team cannot touch ball, 5 yard penalty will be assessed and ball re kicked.
- (c) The penalty for no yards will be 5 yards.

20. **Mouth Guards**

Mouth guards shall be worn by all players. An official warning shall be given on the first offense and on the second offense; the player shall leave the field for that half.

21. **Casts and Splints**

No player will be allowed on the playing field wearing a cast or splint. There will be no exceptions to this rule.

22. **Fouls and Penalties**

As per sections 15-17 in VMFL handbook

23. **Fumbles**

When ball is fumbled, it will be blown dead at the spot of fumble.

24. **Fumble Recovery**

Team with last possession to retain the ball.

25. All teams shall be governed by the Canadian Rule Book for Tackle Football (CRBTF).

26. When trying a field goal, only the holder and kicker are to be on the field. It should be noted this rule and rule 12(b) are intended to avoid possible injury to unprotected players.

27. If a team does not show up for a scheduled game it will be considered a forfeit and the team will be assessed a **\$25** fine.

ADMINISTRATION

Section 27

- 1) Each VMFL association has one vote at all meetings.
- 2) Designated rep can vote. Rep's name must be submitted to League office before meeting.
- 3) VMFL meetings to be held on the 1st Wednesday of each month as needed.
- 4) No special meetings will be called to debate the merits of a motion or handbook rule approved by VMFL Presidents.
- 5) The VMFL Executive will only enforce motions and handbook rules approved by the VMFL Presidents.
- 6) A VMFL Executive review committee shall be available to review situations or incidents not covered by the VMFL handbook or irregularities that the committee becomes aware of.
- 7) All cash fines and penalties collected by the VMFL will be paid out to the Make a Wish Foundation at year end.
- 8) Associations assessment will be \$100.00 for a missed meeting.
- 9) A written protest is a statement of disapproval only and does not take the place of a grievance.
- 10) Each association will complete a listing of their executive by March 1st with the necessary information needed for the VMFL secretary.
- 11) Each association will complete a listing of their coaches by August 1st with the necessary information needed for the VMFL secretary.
- 12) The VMFL Association Executive Directory shall be completed by April 1st of each year and the VMFL coaching Directory by September 1st of same year.
- 13) If a President is unable to attend a Presidents' meeting, they shall have a name registered with the VMFL secretary who may vote in place of the President, if unable to attend due to illness, work or holidays.
- 14) Each association to confirm teams for scheduling by August 1st. Associations who do not follow this will be imposed a fine of \$1000.00. These monies will be given to "Make a Wish" at year end by VMFL.
- 15) Associations who drop teams after three weeks of the start of first league game will forfeit each game of the schedule at the normal forfeiture game cost.
- 16) VMFL to supply each member club one (1) handbook for each team they had the previous year, plus 2 extra.
- 17) Minimum number dressed shall take precedence of minimum number on verified roster just for 1st week of schedule.

- 18) All VMFL associations are to have all fines and fees paid in full to the VMFL prior to the AGM, or the association will not have a vote during the AGM or at any VMFL meeting.
- 19) All VMFL associations to join BCCFA, membership fees to be paid in full at the VMFL scheduling meeting in August. There will be fees paid in addition if teams qualify for BCCFA finals. The BCCFA will give VMFL a bye into the BCCFA finals on the first weekend in December; this is the understanding by BCCFA.
- 20) VMFL teams who qualify for the Provincial Finals shall have their fees paid for that event by the VMFL as long as funds are available.
- 21) VMFL Associations will forward to the VMFL upon request within 30 days of their AGM a copy of their Financial Statement, their Society Act and By-Laws and their Form 11 as filed with Victoria. If not handed in, there will be no scheduling of games. (Passed April 1998)