

(refer to Article 1: Vision, Mission, and Values)

[Sport Guidelines](#)  
[Articles & Appendices](#)

**1. OFFICIAL RULE BOOK**

The rules shall be those published by U Sport.

[U Sport Football Playing Regulations](#)

[Football Canada Rule Book](#)

[Playing Regulations | Ontario Federation of School Athletic Associations](#)

Additionally:

- a) There will be a moratorium on all football functions (fitness testing, classroom work, playbooks and player only workouts) for the period beginning three weeks prior to the Monday prior to the Labour Day weekend.
- b) Any school starting before this day must forego the equivalent football related training within the two weeks after Labour Day Monday. Schools must communicate these dates to the convenor.
- c) A game sheet will be used for all games and it is the responsibility of the HOME team to provide the game sheet to the visiting team for completion prior to the game. The Head Referee will be required to sign off at the end of the game.
- d) In all regular season and playoff games for Junior and Senior Football, opening possession will be determined by a coin toss.
- e) In Senior and Junior leagues, the following penalty system will be used in the case of a defaulted game:
  - the defaulted game will be recorded as a 0-20 loss for the defaulting team
  - the defaulted game will be recorded as a 20-0 win for the opposing team and the opposing team receives 2 points in the calculation of league standings
- f) On special teams where applicable the snapper is not to be contacted while in a down and vulnerable position.
- g) Any player that is flagged for 3 unnecessary roughness and/or 3 objectionable conduct penalties or a combination of in the same game will receive an immediate ejection from that game and will sit out the next league game.
- h) The Senior Football champions are allowed to play in the OFSAA Football Festival when invited. If the team declines, then the runner up of the Senior CISAA Football championship will be the CISAA representative.

## 2. OFFICIALS

- a) At least four (4) outside officials will be appointed to referee all games at the Senior Level. Junior teams should have three, but not fewer than two officials.
- b) It is recommended that for all games, that the host school hire officials to run the game clock, chains and down box. This is mandatory for all play-off games, depending on the availability of officials.
- c) A visible clock must be used for all league and playoff games at the Senior level.

## 3. LENGTH OF GAME

- a) Senior games will consist of 12 minute quarters; league, playoff, championship  
The last 3 minutes of each half will be stop time.
- b) Junior games will consist of 12 minute quarters; league, playoff, championship
- c) If overtime is required;

In the event of a tie at the end of four quarters of play at the Senior and Junior levels for regular season and playoffs, the teams will play the overtime format as prescribed in the Football Ontario Rule Book-Rule 1, Section 2 Article 6:

- i. Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at center field and review the tie breaking procedure.
- ii. The officials will escort captains to the center of the field for the coin toss. The winner of the toss shall choose one of the following options:
  - i. Offense or defense, with the offense at the opponents 35 yard line to start the first series.
  - ii. Which end of the field shall be used for both series of that overtime period.
- iii. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.
- iv. Extra periods: An extra period shall consist of two series with Team A and Team B each putting the ball in play by a snap on or between the hash marks of the 35 yard line; which becomes the opponents 35 yard line. The snap shall be from midway between the hash marks on the 35 yard line, unless a different position on or between the hash marks is selected before they are ready to play.

- v. Team Series: Each team retains the ball during a series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first and 10, if it again possesses the ball after a change of team possession.
- vi. Scoring: The team scoring the greater number of points during the regulation and extra periods shall be declared the winner. There shall be an equal number of series, as defined in (e) above, in each extra period, except if Team B scores during a period other than on the try for extra point(s). Example: On the first possession of a period Team A scores a touchdown. If the score is still tied after three extra series having been played by each team, any subsequent touchdown must be followed by a two-point conversion.
- vii. There shall be no team time-outs during overtime play.

#### 4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) League standings will reflect the following point structure;
  - Win= 2 points
  - Tie= 1 point
  - Loss= 0 points
- b) Tie Breakers
  - i. point total from win/loss/tie record in league play: 2 points for a win, 1 point for a tie, 0 points for a loss.  
(Forfeits- see Article 15: Forfeits and Cancellations, Section 1)
  - ii. if still tied, result of head to head competition between tied teams
  - iii. if still tied, point differential in head to head competition between tied teams
  - iv. if still tied, fewest points against in head to head competition between tied teams
  - v. if still tied , point differential using all league games in that season
  - vi. if still tied, fewest points against in all league games in that season

##### Process

- i. In the event that two or more teams are tied and the process is able to successfully rank the teams and no ties now exist, this ranking will be used to seed the teams.
- ii. If the process is only able to reduce the number of tied teams by one or more and a tie still exists;
  - \* the teams that are no longer tied will assume their new ranking

\* the process involving only the remaining tied teams shall commence again from the beginning with 'a. i.'

- iii. The maximum point differential in any single game will be 20 points.

## 5. **ELIGIBILITY**

(refer to Article 13: Eligibility for Participation)  
(refer to Appendix 2: OFSAA Participation)

- a) Eligibility Rosters must be sent in for all teams that have declared to participate in OFSAA and received by the league convenor before the first CISAA league game. The roster must contain names and numbers of players on the team.

## 6. **UNIFORMS**

- a) The home team is responsible for making a change if the visiting team has similar uniform colours.
- b) Senior football teams will follow the eligible numbers system for football uniforms.
- c) Junior will try (not mandatory) to follow the eligible numbers system for football uniforms.

## 7. **EQUIPMENT & SAFETY** (applies to both Sr and JR age groups)

(refer to Appendix 12: Emergency Action Plan)  
(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) Mouthguards are mandatory.
- b) Moulded sole cleats are recommended and shoes must follow the Ontario Football Rule Book.
- c) The CISAA will use the same ball as the OUAA and/or CFL.
- d) If a visor is being worn, it must be clear only, no tint or colour is allowed.
- e) Medical coverage: the home team must have a qualified therapist dedicated to cover each game. This person is responsible for the care of both teams unless the visiting team has its own person available.

## 8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

- a) Location of playoff games will be determined as follows:

- i. Semi-final 1: 1st will host 4th
  - ii. Semi-final 2: 2nd with host 3rd
  - iii. Championship game: at the home of the team with the higher regular season standing
- b) All semi-final and championship games (Senior and Junior) will begin at 1:00 pm to allow for adequate daylight.

## 9. **CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Coed of Sportsmanship)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: Discipline)

### **Senior League: ‘Sharing Game Film’**

Home team coach must post all game film including exhibition games, on-line on the game-film share platform (HUDL.COM) no later than 6:00 pm the day following the game. This applies to all home team playoff game postings as well.

## 10. **AWARDS**

(refer to Appendix 19: CISAA Awards)

- a) CISAA plaques or trophies will be presented to JR and SR championship teams  
The Senior football trophy is the Hargraft-Griffiths trophy.
- b) Individuals on the championship and finalist teams for Senior and Junior will receive CISAA gold and silver medals.

## 11. **OPHEA SAFETY GUIDELINES**

(High Risk Activity)

All CISAA member schools are required to meet the safety standards set out by OPHEA as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for football at the following link:

<https://safety.ophea.net/secondary/interschool/football-tackle>