

GSL TACKLE DIVISIONS

2023 RULES AND REQUIREMENTS

The GSL is comprised of teams from the North Shore and other partner teams, playing CANADIAN rules football for 8-player football. The GSL's mandate is to provide an environment for children aged 6 to 13 to learn the skills of football in a safe but competitive environment. The GSL schedules games for the regular season and hosts the GSL Championships. The GSL Executive shall determine any required interpretation of any rule. The GSL Executive shall also review situations or incidents not covered by the GSL Rules and Requirements or irregularities that arise during the course of the season.

Section 1 - The Field

- A. Playing fields shall be marked as 80 yards between goal lines and 40 yards wide with endzones 10 yards deep. The 40 yard line is center field.
- B. Team benches shall be in designated positions at the center of the field (at Norgate Field). Parents and all other spectators will NOT be permitted in this area as per the signage on the field. For other fields, parents and spectators must also follow the directions regarding appropriate spectating areas as set out by the officials.
- C. Team benches shall be a minimum of five (5) yards and an optimum of ten (10) yards from the sidelines.
- D. Yard markers shall be placed one (1) yard outside the field of play.
- E. For safety reasons, all goal posts shall be properly padded.
- F. All kickoffs shall be placed 10 yards from center on the kicking team's side (the 30 yard line). All kickoffs after safeties shall be placed at the 20 yard line on the kicking team's side.

Section 2 - The Ball

- A. The game is played with the GSL designated game ball.
- B. The home team will provide a GSL designated game ball.
- C. All footballs in the game will be controlled by the officials. The size of the football for each Division is:
 - Pee Wee TDJ
 - Minor TDY

Section 3 - The Game

Unless otherwise specified in this document, the rules and mechanics of GSL tackle football adhere to The Canadian Amateur Rule Book (CARB) for Tackle Football.

In the interests of safety and to promote good sportsmanship and healthy football, the following rules are GSL-specific modifications of existing CARB rules:

- A. No free blocking zone. All blocking must be made at the front, from the waist to the shoulders and must be performed with the hands (ie: no shoulder or blind-side blocking). The GSL does not allow any cut blocks, chop blocks, crackback blocks or any other form of blocking in which the principal area of contact is the legs, back or head, anywhere on the field at any time. Illegal blocking is a 15 yard penalty.

B. Any number can play any position.

C. There is no play clock, however officials strongly encourage coaches and players to get plays off in a timely manner, and the head official reserves the right to stop the main time or start a play clock if he or she feels that a team is stalling or wasting time. Play clock is 25 seconds and may also be employed in close games late in the 4th quarter where possession is critical. The penalty for a delay of game is 5 yards and the clock stops until the next snap.

D. The away team will call the coin toss/rock paper scissor. The winner will elect to defer or receive.

E. Game length:

1. Pee Wee and Minor will play four (4) ten minute quarters.
2. The final two minutes of each game are stop time.
3. In all games a two-minute warning will be given at the two (2) minute mark before half time and the end of the fourth quarter. The one (1) minute warning will be given out before the end of the first and third quarter.

F. Each team may call three (3) time outs per half.

1. All timeouts stop the clock however only team timeouts restart the clock at the snap. All other timeouts (injuries, equipment, unusual delays, etc.) start at the referee's ready signal.

G. The Head official may call an official's time out and a time out for injury at any time.

H. The last two minutes of each half adhere to proper stop time rules as specified in the CARB rulebook (ie: clock stops for turnovers, scores, out of bounds, incomplete pass, penalties, etc.). Teams are encouraged to exercise proper clock management.

I. 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. Decisions of the Head Official are final.

J. Coaches have the right to request the time from the head official as much as they want.

K. If a team is behind by 30 points or more at the start of the second half they will have the option to kick or receive the ball or scrimmage from their own 35 yard line. If they wish they may choose to defend at the beginning of the second half. During half time the two coaches can approach the Field Supervisor and ask that the Mercy Rule be put in effect if they both agree. If they don't agree then the Head Official can enforce the rule at the beginning or at any time during the 3rd quarter if he feels it is warranted once there is a 30-point spread.

1. The Mercy Rule will be applied automatically 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. The team that is behind by 30 points will have the option to accept the kick-off or scrimmage from their own 35-yard line whenever there is at least a 30-point deficit.

L. Coaches are permitted on the field for Minor and Peewee.

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.

B. Overtime shall be in a Texas Shoot-out format. There will be a coin toss/paper rock scissor and the winner will have the option of scrimmaging 1st or the choice of end. The teams will begin on the 20-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.

C. The teams will continue until a team scores more points than their opponent in the shoot-out.

D. The Head Official may call the game on account of darkness.

E. If Overtime cannot continue immediately following the game because of darkness, then the shootout will be scheduled no later than Wednesday of the following week.

Section 5 - Playoff Structure

A. GSL Playoffs: All teams will make the playoffs.

B. Rules for all playoff games – same as regular season except for allowable Overtime.

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

E. All grievances pertaining to the game after or during the game must be filed with the Division Coordinator via email no later than 30 minutes following game completion. A decision will be made by the GSL Executive. This decision will be final and not open to appeal.

F. Only players and coaching staff are allowed at the bench. No children allowed (e.g. water boys), parents or spectators are permitted in this area.

Section 6 - Uniforms and Equipment

A. Mouth guards are mandatory. Tackle Division mouth guards 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.

B. Teeth Braces: If a player is wearing braces he may wear a special mouth guard.

C. No “stickum” or similar products shall be used by any player in any league play. Violators will be suspended for the game and given an unsportsmanlike conduct penalty. Gloves may be used.

D. Players must wear league-issued helmets. Any exceptions will require the expressed written consent of the GSL Executive.

E. Clear visors are allowed without any documentation. All tinted visors must be authorized by the GSL Executive through a request to the Division Coordinator with supporting documentation from an Optometrist or Ophthalmologist.

F. All Players are required to wear multi-cleated shoes. Shoes are to be rubber-moulded style only and may have unlimited cleats.

G. No player will be allowed on the playing fields wearing a cast or splint. No exceptions. A Plastic Air Cast will be allowed with a Doctors’ Certificate.

H. No team shall use any radio communications between coaches or coaches and players.

I. Teams shall also not use drones during any GSL games.

Section 7 - Players

A. All players must be recorded by name, number and starting position for any game as requested by the Division Coordinator or Field Supervisor for any given game.

B. Players will provide proof of age at the time of registration or at any time after as required by the Registrar, Field Supervisor or Division Coordinator. (Documents that can be used to verify date of birth are birth certificates, passports, citizenship papers, official court orders, certification of birth certificates (with file number), baptismal certificates or a BC Identification/Care Card that shows birth date.

- C. Players are not allowed to play out of their Division except with approval of GSL executive.
- D. To ensure fairness and competitiveness of the teams it may be necessary after the first game to reassign players to ensure team balance.
- E. Player's ages are determined as of December 31 of the playing year. Exceptions allowed by GSL executive.
- F. Where it has been determined a team has used over-aged or otherwise ineligible players not approved by the league, all games previously played by the ineligible player will be forfeited.
- G. 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.
- H. Players unable to participate in a game due to injury, illness or discipline shall not wear shoulder pads and helmets. Non-playing players may remain with the team except in cases of discipline, ejection and suspension.
- I. No player or parent of a player is to receive any type of compensation for a player to play in the GSL.
- J. No player will be reimbursed for any expenses they incur to attend practices or games that are not offered to the entire team unless approved by the GSL.

Section 8 - Field Officials

1. As shown in the Agreement between the BCFOA and GSL.

Section 9 - Game Officials

1. All field officials shall be appointed and scheduled by the Referee Coordinator. GSL coaches shall not be an official of a game in the division in which they are currently coaching. Game officials shall be responsible for recording and reporting the scores of each game to the GSL.

Section 10 – Game Scoring

1. Touchdown - 6 points
2. Run or Pass Convert
 - 5 yard line attempt - 1 points
 - 10 yard line attempt – 2 points
3. Safety - 2 points

Section 11 - League Scoring

- A. The winning team of each league game will receive 2 points for a win and 1 point for a tie. The losing team will not receive any points.
- B. When a game is forfeited, 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 6 game points for and 0 points against.
- C. Final standings in league play will be determined as follows:
 - If two teams are tied:
 - A. Record versus each other
 - B. Combined winning % of opponents (not including games against them)
 - C. Points for/against-Maximum of +10 per game
 - If three or more teams are tied:

- A. Record versus each other
- B. Winning teams of tied group get placed on top first
- C. Points for/against: maximum of +30 per game

Section 12 - Discipline

A. Objectionable conduct includes:

- (1) Foul language
- (2) rough play
- (3) fighting
- (4) flagrant attempt to injure
- (5) objectionable conduct towards game officials, Field Supervisor and any GSL Executives
- (6) verbally threatening or unnecessary contact with an official, Field Supervisor or any GSL Executive.
- (7) Any objectionable conduct may result sanctions including ejection from the game. Any player or coach ejected from a game will also receive a minimum one game suspension for the next game following the ejection.

B. Any individual (player or coach) ejected from a game or suspended for a game is not permitted to remain or to be present at the field and must remove pads and helmet immediately. Failure to comply may result in further suspensions or a game forfeit.

C. All ejections will be referred to the GSL disciplinary sub-committee for review.

D. In the case of more serious or multiple offences as well as offences away from a game situation referred to the sub-committee, the sub-committee has the power to determine the appropriate disciplinary sanctions and may or may not request additional information from the individuals involved or alleged to be involved prior to making such decisions.

E. The decisions of the disciplinary sub-committee will be final and binding.

Concussion Management

Guidelines for Coaches, Players, Parents and Officials

- **You do not have to lose consciousness to have a concussion. Symptoms are often subtle.**
 - **Players must wear properly fitted protective equipment.**
 - **The head (helmet/facemask) should never be used to make initial contact with another player.**
 - **When in doubt, Sit the Player Out!**
 - **Concussion is a Brain Injury.**
 - **A concussion maybe caused by a direct blow to the head, face, neck, or anywhere else on the body that causes a severe and sudden movement to the head.**
 - **A concussion alters the way your brain functions and can cause significant impairment.**
- Concussions can cause various symptoms.**
- **Symptoms may include:**
 - **Loss of Consciousness**
 - **Confusion and Disorientation**
 - **Headache**
 - **Dizziness**

- Nausea and Vomiting
- Loss of Balance
- Double Vision or Fuzzy Vision
- Ringing in the Ears
- Slow or Slurred Speech
- Emotional or Personality Changes
- Feeling Stunned or Dazed
- Seeing Stars

Management of a Concussion

An athlete should never return to play while symptomatic - “When in Doubt, Sit Them Out”

When a player shows any symptoms or signs of a concussion:

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, regular monitoring for deterioration is essential.
3. The player should be medically evaluated following the injury.
4. Return to play must follow medical clearance by an appropriate physician and must follow a medically supervised stepwise process.

Return to Play Steps

The green light of the qualified physician is required before considering a return to the game.

The management of the concussion should meet the following:

1. No activity, only complete rest. Proceed to step 2 only when symptoms are gone.
2. Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.
3. Sport specific activities and training (e.g. skating)
4. Drills without body contact.
5. Begin drills with body contact.
6. Game play.

ON FIELD RULES

GENERAL

Defense

- (1) Must present a static front with the offensive centre being uncovered.
- (2) Must line up one yard off the ball.
- (3) Each player on the defensive line must cover one offensive player except for the offensive centre.
- (4) No cross plays are allowed by the linemen or stunts by the linebackers.
- (5) Pressure can be applied by the defensive players who are positioned on the line of scrimmage.
- (6) No blitzing unless lined up on the line of scrimmage

Offense

- (1) No unbalanced line
- (2) No pre-snap motion by eligible receivers
- (3) No cut blocks allowed across the entire offensive front

Loss of 5 Yards (5 Metres)

- 1) No Huddle after team time-out
- 2) Improper Equipment
- 3) Illegal Removal of Helmet
- 4) Alleged need for equipment, etc.
- 5) Illegal Motion of Ball by Center
- 6) Misleading Tactics
 - a) Attempt to draw offside
 - b) Team B voicing signals to draw offside
- 7) Time Count prior to 3-minute warning
- 8) Illegal Scrimmage
 - a) Less than 7 players on wingline
 - b) Improper numbering & position
 - c) Motion after 3 or 4 point stance
 - d) Wingline in motion prior to snap
 - e) One second pause by wingline players
- 9) Illegal Kick-Off
 - a) Kick-off less than 10 yards (10 metres)
 - b) Kick-off out of bounds at sideline
 - c) Offside on kick-off

Loss of 10 Yards (10 Metres)

- 1) Team Appearing Late on Field
- 2) Unauthorized Delay of game
- 3) Player voluntarily leaves field and returns
- 4) No Mouthguard (deliberate)
- 5) Illegal Substitution

- a) Sub leaves on wrong side of field
- b) Sub enters after Team A breaks huddle
- c) Sleeper Play
- d) Messenger Players
- 6) Excess Number of Players
- 7) Illegal Use of Sideline Privileges
- 8) Interference by unauthorized persons
- 9) Illegal number and entry of non-players
- 10) Time Count Violation after 3 minute warning
- 11) Holding Hands & Locking Arms
- 12) Interference on Kicker
- 13) Illegal Use of Hands, kicking team
- 14) Forward pass thrown from beyond LS
- 15) Second forward pass on same down
- 16) Ineligible Receivers
 - a) Touches or catches pass
 - b) Downfield before pass thrown
- 17) Illegal Contact with Eligible Receiver
- 18) Holding or Encircling
- 19) Illegal Use of Hands & Arms
- 20) Illegal Block
- 21) Tripping
- 22) Contacting the kicker
- 23) Objectionable Conduct
- 24) Action to delay game
- 25) Illegal Interference in end zone – loose ball
- 26) Illegal Interference in end zone – loose ball

Loss of 15 Yards (15 Metres)

- 1) Restraining Zone Foul on Kick or Return Kick
- 2) Kick touched by Offside Player after kick crosses LS
- 3) Pass Interference
- 4) Unnecessary Roughness
- 5) Blocking from Rear (clipping)
- 6) Piling On
- 7) Tackling out of bounds
- 8) Contacting Passer
- 9) Contacting the Kicker
- 10) Contacting Place-Kick Holder
- 11) Grasping the face-mask
- 12) Head Tackling in open field
- 13) Clotheslining
- 14) Spearing
- 15) Butt Blocking, Butt Tackling

- 16) Illegal use of hands & arms in a U.R. manner
 - i) Contact with fist, heel of hand or elbow
 - ii) Cocking the blocking arm
 - iii) Elbow Smash
 - iv) Turning Body to add Force
 - v) Contact with clasped hands
 - vi) Striking opponent above shoulders
- 17) Crack-back blocking
- 18) Delayed Knee Block
- 19) Protection center on scrimmage kick play
- 20) Horse collar
- 21) Hand to Face
- 22) Blindside Block
- 23) Blocking Below Waist
 - a) After change of Possession
 - b) Kick offs
 - c) After recovery of blocked kick
 - d) Kicks from Scrimmage
 - e) Return Kicks
 - f) By kicking team
 - g) After Recovery of own Kick
 - h) After intercepted pass

Loss of 25 Yards (25 Metres) & Disqualification

- 1) Deliberate charging of Kicker, Passer or Receiver
- 2) Striking opponent with fist, heel of hand, knee, elbow or kicking
- 3) Butt Blocking, Butt Tackling or Spearing calculated to injure
- 4) Face Masking, calculated to injure
- 5) Any flagrant act of roughness or unfair play
- 6) Targeting

Loss of Down

- 1) Time Count on 1D & 2D after 3-minute warning
- 2) Offside Pass
- 3) Forward Pass Striking an ineligible receiver
- 4) Deliberate Grounding by Passer

No Distance Penalty

- 1) No mouthguard warning
- 2) Improper registration