

GREEN BOOK

Constitution

Article 44



Technical and specific regulations

Tackle, Touch, Flag Football & Cheerleading

Adopted at the Annual General Assembly of June 15th, 2006

La version française est la version officielle des règlements techniques et spécifiques (livre vert) de la Fédération.

Cette version sera utilisée dans le cas ou une divergence entre la version anglaise et française existerait.



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DEVELOPMENT COMMISSIONS



ARTICLE 1 NUMBER

The Federation recognises eleven (11) development commissions in the discipline of “Tackle football”. These are:

- the titan football development commission;
- the atom football development commission;
- the mosquito football development commission;
- the peewee football development commission;
- the bantam football development commission;
- the midget football development commission;
- the junior football development commission;
- the senior football development commission;
- the scholastic football development commission;
- the collegiate football development commission;
- the university football development commission.

ARTICLE 2 COMPOSITION

Each commission consists of the teams and leagues registered with the Federation in their respective sectors of activity. (See article 7 for definition of registered teams concerning Delegate privileges).

ARTICLE 3 MANDATE

- to administer, regulate and develop their sector of activity in such a manner as to promote healthy participation and to co-ordinate this development with the other Development Commission;
- to apply the Federation policies to their sector of activity;
- to govern the discipline in their sector of activity, according to the technical rules adopted by the Federation in this area;
- to impose any necessary disciplinary measures to athletes, team support staff, teams and leagues that are under their jurisdiction. (See article 15 – Right of Appeal).



OTHER PROVINCIAL COMMISSIONS



ARTICLE 4 NUMBER

The Federation recognises five (5) other provincial commissions and one “entity”: the Presidents’ Office:

- the provincial touch football commission;
- the provincial flag football commission;
- the provincial cheerleading commission;
- the provincial referees’ commission;
- the provincial team support staff commission;
- the Presidents’ Office

ARTICLE 5 COMPOSITION

5.1 The provincial touch football commission

It consists of the leagues and teams registered with the Federation in the touch football discipline.

5.2 The provincial flag football commission

It consists of the leagues and teams registered with the Federation in the flag football discipline.

5.3 The provincial cheerleading commission

It consists of the associations, teams and individual members registered with the Federation in the cheerleading discipline. Members must register with the Federation and with the C.P.C.

5.4 The provincial referees’ commission

It consists of the individual members of the Federation affiliated as referees.

5.5 The provincial team support staff commission

It consists of the individual members of the Federation affiliated as team support staff.

5.6 The Presidents’ Office

It consists of the presidents of the commissions, leagues, associations and clubs.



ARTICLE 6 MANDATE OF THE PROVINCIAL COMMISSIONS

6.1 The provincial touch football commission

- to apply the Federation policies to its discipline;
- to administer, organise and govern its discipline;
- to present, revise and enforce the technical rules and regulations of touch football;
- to present, revise and enforce the rules of play touch football;
- to impose any necessary disciplinary measures upon athletes, team support staff, teams and leagues that are under their jurisdiction;
- to recommend the persons who will represent the Federation at the national touch program, if available.

6.2 The provincial flag football commission

- to apply the Federation policies to its discipline;
- to administer, organise and govern its discipline;
- to present, revise and enforce the technical rules and regulations of flag football;
- to present, revise and enforce the rules of play of flag football;
- to impose any necessary disciplinary measures upon athletes, team support staff, teams and leagues that are under their jurisdiction;
- to recommend the persons who will represent the Federation at the national flag football program, if available.



ARTICLE 6 **MANDATE OF THE PROVINCIAL COMMISSIONS (cont'd)**

6.3 **The provincial cheerleading commission**

- to apply the Federation policies to its discipline;
- to administer, organise and govern its discipline;
- to present, revise and enforce the technical rules and regulations of cheerleading;
- to present, revise and enforce the rules of competition of cheerleading;
- to impose any necessary disciplinary measures upon athletes, team support staff, teams and leagues that are under their jurisdiction;
- to recommend the persons who will represent the Federation at the national flag football program, if available.

6.4 **The provincial referees' commission**

- to administer, organise and govern its discipline;
- to promote and facilitate the development of officiating amateur football in Quebec;
- to supervise the application and interpretation of the playing rules of amateur football in Quebec;
- to associate or affiliate with other Amateur Football officials associations;
- to aid in supplying referees to Federation members;
- to encourage the improvement of football referees through yearly regional and provincial camps;
- to make recommendations to the Federation on all matters of refereeing;
- to impose any necessary disciplinary measures upon the members under its jurisdiction.



ARTICLE 6 **MANDATE OF THE PROVINCIAL COMMISSIONS (cont'd)**

6.5 **The provincial team support staff commission**

- to encourage the improvement of team support staff through regional and provincial camps, in cooperation with the development commissions and the Federation;
- to make recommendations to the Federation and development commissions on all coaching matters;
- to promote and develop amateur football in Quebec;
- to impose any necessary disciplinary measure upon the members under its jurisdiction.

6.6 **The Presidents' Office**

Although the Presidents' Office acts in advisory capacity, it can submit recommendations adopted at its Annual Meeting through the different commission (normal procedures to adopt changes). This body amongst other responsibilities will be the prime on establishing, reviewing and readjusting the development program for the minor football (A.M.PW).



OPERATION OF THE DEVELOPMENT COMMISSION



ARTICLE 7 ANNUAL GENERAL ASSEMBLY

- 7 a) Each development commission must hold, not later than April 30th of each year, an Annual General Assembly on a date and at a location determined by its Board of Directors. Notification of the Annual General Assembly must be mailed to all members in good standing, (paid & registered the previous year) with the Federation, at least 15 days prior to the Assembly. For the purpose of this meeting, the associations belonging to the development commissions, the teams belonging to the “touch football” commission, the “flag football” commission and the “cheerleading” commission are each allowed one (1) delegate. In spite of clarification, even if an association has more than one registered team in the Commission, the association the registered team will have one (1) delegate only. Each delegate has one (1) vote at any commission meeting including the Annual General Assembly. At the A.G.A. of the commissions a vote must be taken on the proposed changes to the green book, and the delegates must vote according to the decisional adopted at the A.G.A meeting and not according to their personal choice, and their votes must be recorded at the A.G.A. (of Football Quebec).

At the titan, atom, mosquito and pee-wee levels, the president of each commission must come from leagues that he represents, and if they are more than two (2) leagues represented, no one league can have more than one (1) president coming from the same league.

For a team to be allowed to send a delegate to the Annual General Meeting said team must have participated in at least 80% of scheduled game or events in their respective discipline.

ARTICLE 8 BOARD OF DIRECTORS

- 8 a) Each development commission is administered by a Board of Directors consisting of at least five (5) members, including a President, a Vice President, a Secretary, a Treasurer and a Registrar. These persons are elected each year at the Annual General Meeting. If these criteria are not met, the teams may appoint a delegate but this person may not vote during the Annual General Meeting.
- 8 b) Ineligible to become administrators are: the minors, the major in guardianship or in trusteeship, the persons who are under bankruptcy and the ones with a criminal record and where the court forbid them to exercise that function.



ARTICLE 9 MEETING OF THE BOARD OF DIRECTORS

The Board of Directors meets as often as judged necessary by request of the President or two (2) other members. The quorum is established as the simple majority of the members. The notice of assembly for any meeting must be sent by ordinary mail, by telephone or telegram, at least five (5) days prior to the date of the meeting.

ARTICLE 10 MINUTES OF ASSEMBLY

After the meeting, each development commission must send to the Federation office, to its member leagues and teams and to the association president a copy of the minutes of its Annual General Assembly and of the meetings of its Board of Directors.

ARTICLE 11 LIST OF MEMBERS OF THE BOARD OF DIRECTORS

Each development commission must send to the Federation office and to its members of the commission concerned, before April 30th of each year a list of the members of the board of Directors and keep it advised of all changes that may be brought to it during the course of the year.

ARTICLE 12 DUTIES AND RESPONSIBILITIES OF THE MEMBERS OF THE BOARD OF DIRECTORS

12.1 The President

- to preside the Annual General Assembly and Board of Directors meetings of the commission or association;
- to sign, along with the Secretary and Treasurer, the cheques and other bank notes;
- to undertake any other responsibilities that the Board of Directors may entrust.



ARTICLE 12 DUTIES AND RESPONSIBILITIES OF THE MEMBERS OF THE BOARD OF DIRECTORS (cont'd)

12.2 The Vice President

- to replace the President when the latter is unable to act;
- to undertake any other responsibilities that the Board of Directors may entrust.

12.3 The Secretary

- to keep all the commission or association correspondence up to date;
- to keep all secretarial work and registers up to date;
- to prepare, in co-operation with the President, the notices of assembly and agendas for all assemblies and meetings;
- to write the minutes of assembly;
- he is, with the President and the Treasurer, one of the signatories of cheques and bank notes;
- to undertake any other responsibilities that the Board of Directors may entrust.

12.4 The Treasurer

- to be responsible for the financial administration of the commission or association;
- to assure that the accounting books are kept in order;
- to prepare the financial report at the end of each fiscal year;
- he is, with the President and the Secretary, one of the signatories of cheques and bank notes;
- to undertake any other responsibilities that the Board of Directors may entrust.



ARTICLE 12 DUTIES AND RESPONSIBILITIES OF THE MEMBERS OF THE BOARD OF DIRECTORS (cont'd)

12.5 The Registrar

- enforce that all players, teams, team support staff, and referees that participate in their respective commission or association activities are affiliated with the Federation.

- enforce that the technical rules and the rule of play adopted by the Federation are correctly applied within the respective commission or association;

- to undertake any other responsibilities that the Board of Directors may entrust;

- the registrar only acknowledges that the documents submitted as proof confirms the information on the contract and that the picture on the contract is of the person in front of him. It is the team responsibility to make sure that the players are legal.



**ETHICS COMMITTEE
APPEAL PROCEDURE AND RELEASE PROCESS**



ARTICLE 13 **FORMATION OF COMMITTEES**

Leagues Level

Each league should elect its Ethics Committee following their annual assembly.

Ineligible to chair are: the minors, the major in guardianship or in trusteeship, the persons who are under bankruptcy and the ones with a criminal record and where the court forbid them to exercise that function.

Commission and/or Provincial Association Level

At each Development Commission Annual General Meeting, following the election of new officers, an Ethics Committee will be formed by the members in attendance. One (1) member of the new executive and two (2) other members in good standing of the Commission or members at large will chair this committee.

Ineligible to chair are: the minors, the major in guardianship or in trusteeship, the persons who are under bankruptcy and the ones with a criminal record and where the court forbid them to exercise that function.

Federation Level

At its first meeting following the Annual General Assembly, the Board of Directors of the Federation will form a Federation Ethics Committee. This committee consisting of a neutral person from outside the Federation and two (2) current members coming from discipline not involved in the lawsuits. This committee may invite the president of the Federation and/or the technical director as advisors during their hearings.

Ineligible to chair are: the minors, the major in guardianship or in trusteeship, the persons who are under bankruptcy and the ones with a criminal record and where the court forbid them to exercise that function.

“Comité de Régie”

An administrator member of the RLQ chairs the “Comité de Régie”; four (4) members assist him where two (2) are elected at the AGM. The two (2) elected members must have occupied a position in a CA of a league for at least one (1) year or be involved in the amateur football for at least three (3) years. The two (2) other members must be part of an existing tackle football commission. Any absence in the course of the mandate must be replaced by a commissary in due form.



ARTICLE 13 FORMATION OF COMMITTEES (cont'd)

Ethic Committee Structure

An administrator member of the RLQ chairs the Ethic Committee; a member coming from each discipline of football assists him. A representative of the same discipline cannot hear a case.

ARTICLE 14 RESPONSIBILITIES

14 a) **League Ethics Committee**

The league Ethics Committee must hear and settle all differences because it is responsible for all disciplinary measures relating to individual or collective members under its jurisdiction. It settles any dispute between member of the said league concerning the Technical Rules of the Federation or the rules of play.

14 b) **Commission and Associations Ethics Committee**

The commission's Ethics Committee must hear and settle all difference because it is responsible for all disciplinary measures relating to individual or collective members under its jurisdiction. It settles any dispute between any two parties who are members of the said Development Commission concerning the Technical Rules of the Federation or its rules of play.

14 c) **Federation Ethics Committee**

The responsibility of the Federation Ethics Committee is to settle any dispute, misconduct or behavior problem, concerning an individual and/or development commissions, provincial associations or one association and one development commission and one association, concerning the technical rules of the Federation or its rules of play.

14 d) The Federation Ethics Committee only has the power to settle an appeal basing itself on the logic, the merit or the soundness of the requestor and even if there has been no violation of the technical and specific regulations by either of the parties involved.

14 e) The Ethics Committee may hear directly cases where the league or the commission will ask the Federation to settle a difference, or cases where the Federation feels that the league or the commission has not treated the case properly or in a reasonable time frame.



ARTICLE 14 RESPONSIBILITIES (cont'd)

- 14 f) Any minor concerned by a disciplinary measure or in an appeal process must be heard accompanied by his/her parent or legal guardian or by a person authorized by these last or by a legal representative without which the decision appeal may be declared void.

- 14 g) When a person attends an Ethics Committee disciplinary hearing where he is accused of having broken a rule of the Federation, he must be allowed to hear his accusers. This must be done in order that he may be able to hear all the proof or testimony that is being given against him, and this must be done to give him the chance to defend himself.

ARTICLE 15 RIGHT OF APPEAL

- 15.1 Whoever disagrees with a decision, sanction or penalty, insofar as it has not been declared without appeal under the terms of the present rule, may lodge an appeal of said decision, sanction or penalty.

- 15.2 The league hears the appeal of decisions rendered under article (14 a).

- 15.3 The Commission hears the appeal of decisions rendered by the league or its Ethics Committee and of decisions rendered under article (14 b) or of any other decisions not foreseen in the present rule.

- 15.4 The Federation hears the appeal of all decisions rendered by the Commission or its Ethics Committee and of decisions rendered under article (14 c).

- 15.5 The Federation hears from the appeal of all decisions, sanctions or penalties rendered during the playoffs.

- 15.6 a) The Federation (C.A.) hears from the appeal all decisions rendered by his “comité de régie”.

- b) Appeals at any level of authority must be sent by registered mail within thirty (30) days of the incident or the learning of the sanctions, accompanied by a deposit according to the grid below:

\$100.00 for the release of a player through the “Comité de Régie” (this is an appeal of an association decision)

\$200.00 for all appeals to the Ethic Committee.

\$200.00 for all appeals to the CA.



ARTICLE 15 RIGHT OF APPEAL (cont'd)

If the decision, sanctions or penalty affects a team taking part in the playoffs, the delay is reduced to seventy two (72) hours following the end of the game in which the decision, sanction or penalty was rendered.

- 15.7 The notice of appeal must be accompanied by a brief resume of the facts in question as well as arguments supporting it.
- 15.8 Copies of all decisions must be sent by fax to the president of the Federation within twenty four (24) hours of being rendered.
- 15.9 The committee responsible for hearing the appeal is also responsible for the appeal procedure. Nevertheless, it must advise the parties concerned of the date of the hearing and the chance to be heard, if not, the decision rendered is void.
- 15.10 The notice must have been received at least five (5) days before the date of the hearing, unless the parties concerned have expressly agreed otherwise.
- 15.11 The committee responsible for hearing the appeal must render its decision within ten (10) days from hearing the parties, unless the decision affects the playoffs in which case the decision must be rendered within twenty four (24) hours, except if an investigation is required in which case the delay is seventy two (72) hours.
- 15.12 The deposit is returned if the appeal is upheld.
- 15.13 Any minor concerned in the appeal must be heard accompanied by his/her parents or legal guardian or by a person authorized by these last or by a legal representative, without which the decision/appeal may be declared void.
- 15.14 When a person attends an Ethics Committee disciplinary hearing where he is accused of having broken a rule of the Federation, he must be allowed to hear his accusers. This must be done in order that he may be able to hear all the proof that is being given against him. This must be done to give him the chance to defend himself.



TEAM LEVEL



ARTICLE 16 MEMBERSHIP

A team participating in activities sanctioned by Q.A.F.F. must be a member of a Development Commission or a provincial association.

ARTICLE 17 APPLICATION TO THE FEDERATION

- 17 a) Each new team must file a request for membership directly to the Federation before March 1st. Upon receipt, the Federation will forward the request to the “comité de régie”. If the “comité de régie” is favourable with the request, then the “comité de régie” will advise the requestor to forward his request to the League where his team wants to play.
- 17 b) After having successfully satisfying the requirements of the Federation, the team must seek permission from the Commission within seven (7) days of its acceptance by the Federation. The Federation shall immediately inform the league / commission of its decision.
- 17 c) All requests must be made in writing and listing the following information:
- the discipline e.g. Tackle, Touch, Flag, etc.;
 - the sector of activity;
 - the names, addresses and telephone numbers of the team executive including Head Coach;
 - the full name of the team;
 - the team’s colours;
 - name and address of their home field;
 - each request must be accompanied by the annual membership fee;
 - each team must, upon request of its Development Commission, supply any additional information required;
 - the league in which it wishes to play;
 - any new team that give false or misleading information on its application could be suspended indefinitely (immediately or at the time the false information are discovered).
- 17 d) All requests addressed to the ‘Comité de Régie’ must have all the information mentioned in article 17 c) of the Green Book in the case of team request, a complete file in the case of requests for league or association. In the case of tampering, the request must include all arguments and proof of back up such as declaration of players, parents or denunciatory. A deposit of \$200 must accompany all requests.



ARTICLE 18 ACCEPTANCE / REFUSAL

The league/commission must render its decision within thirty (30) days; and inform the team and the Federation, in writing with the reasons for its acceptance or refusal.

Any refusal may be appealed at the Federation within fifteen (15) days of the decision.

ARTICLE 19 RESPONSIBILITIES OF COMPETING TEAMS

The responsibilities of teams designated as the home team and the visiting team are as follows:

The home team is required:

- a) To ensure the following is placed on the sideline officials' table at least fifteen (15) minutes before the scheduled starting time of the game:
 - game ball(s);
 - a kicking tee;
 - a set of yardsticks;
 - a down box;
 - a one-minute warning flag;
 - a timing device;
 - an official Q.A.F.F. scoresheet;
 - flags or marker indicating the end zones;
 - goal post protectors.

- b) To have, fifteen (15) minutes before the start of the match, the following minor officials report to the referee in charge of the match:
 - a timekeeper;
 - a scorekeeper;
 - an attendant for the down box
 - an attendant for the yardsticks;
 - an attendant for the kicking tees and balls.

- c) Ensure adequate crowd control and that no person is permitted to interfere with the orderly conduct of the game, or with the cheerleading activities or with the orderly arrival or departure of both teams and/or the game officials. (See Federation Safety regulations).



ARTICLE 19 RESPONSIBILITIES OF COMPETING TEAMS_(cont'd)

- d) Ensure that ambulance service is available.
- e) Change game sweaters if, in the opinion of the referee, there is confusion with the sweater colours of the visiting team.
- f) Be present on the playing field at least twenty (20) minutes before the scheduled starting time of the game.
- g) Give at least 48 hours notice to the visiting team, the game official and all other parties concerned of the cancellation of a game. A home team failing to do so is responsible for all game expenses; officiating fees, traveling expenses of the opposing team, etc.

The home team is required (cont'd):

- h) In the case of a municipality having a specific regulation concerning the condition of the field or a regulation concerning rain, twenty four (24) hours notice will be acceptable if copies of such regulations had previously been sent to the Federation, the Commission and the league. If the game can be relocated, then the two (2) teams should play; if not, the game should be rescheduled within a maximum of twenty four (24) hours of the original schedule, if not, the home team will lose by default.
- i) It is the teams' responsibility to inform players and parents regarding the Federation's technical and specific regulations.

The visiting team must:

- a) Appoint the following minor officials and have them at the minor official's table at least fifteen (15) minutes before the scheduled starting time of the game:
 - an attendant for yardstick;
 - an official team representative to sit at the timer's table (optional).
- b) Be present on the playing field, at least twenty (20) minutes before the scheduled starting time of the game.
- c) Assist the home team in every way possible to ensure that no person is permitted to interfere with the orderly conduct of the game, or with the orderly arrival or departure of both teams and/or the game officials.



ARTICLE 19 RESPONSIBILITIES OF COMPETING TEAMS_(cont'd)

- d) Give at least 48 hours notice to the home team, the game officials and all other parties concerned of the cancellation of a game. A visiting team failing to do is responsible for all game expenses officiating fees, traveling expenses, etc.

ARTICLE 20 WITHDRAWAL

- 20 a) That the President of a league must also inform the commission of any team that has withdrawn from their league. This must be done within ten (10) days of the event happening.
- 20 b) Any team that withdraws may see its annual membership fee forfeited.

ARTICLE 21 CANCELLATION

The Executive Committee of the league/Development Commission for the following reasons may cancel the membership of a team:

- a) Any infraction of the Federation By-laws or Rules and Regulations.
- b) Any conduct considered detrimental to the sport of football.
- c) Any infraction to the Federation *security rules*. (See Federation's Safety regulations).
- d) Any cancellation may be appealed as outlined in article 15.

ARTICLE 22 INTER-PROVINCIAL COMPETITION

Any team that wishes to play outside the province must have a written permission from the Federation (see article 59 a).

ARTICLE 23 GAME REVENUES AND EXPENDITURES

23.1 Game revenues

- a) In the absence of any other agreement by the team all revenues collected at the game shall be the property of the home team.
- b) The only exceptions being the provincial championships or special events, which are under the jurisdiction of the Q.A.F.F.



ARTICLE 23 GAME REVENUES AND EXPENDITURES (cont'd)

23.2 Expenditures

- a) Any expenditures required or incurred in respect of facilities, game equipment, game officials or for any other item necessary for the playing of the game other than the visiting teams' expenses shall be the responsibility and an expense of the home team.
- b) The only exceptions being the provincial championships or special events, which are under the jurisdiction of the Q.A.F.F.

ARTICLE 24 MEMBERSHIP TERMINATION

The memberships of all teams are automatically terminated on the date decided by its Development Commission, not later than April 30 of the following year.



PLAYER LEVEL



ARTICLE 25 DIVISIONS AND AGES

- a) A player is eligible for registration with a team if his age does not exceed the minimum or maximum player age for the divisions in which his team operates. (See Federation's Safety regulations).

<u>DIVISIONS</u>	<u>MINIMUM AGE ON DEC. 31ST OF THE PLAYING YEAR</u>	<u>MAXIMUM AGE ON DEC. 31ST OF THE PLAYING YEAR</u>
T = Titan	6	7
A = Atom	6 (by June 30)	9
M = Mosquito	10	11
PW = Pee-Wee	12	13
B = Bantam	14	15
MID = Midget	16	17
J = Junior Major	18	22
S = Senior	over 18	

If an association has titan, then the 6-year and 7 year old players can play titan or atom.

- b) A player may only play, no matter what the reason, in his *immediate superior category*, if he is not eligible to play in his category for the following reasons: player exceeds the category weight limit or a team in his immediate category does not exist in his community.

In the case of an upgrading, a parent or legal guardian after taking notice of the risks are required to sign QAFF's Registration Certificate of that player.

- c) For the purpose of this regulation, the definition of the word division means only the age category for whom the player must play.



ARTICLE 25 DIVISIONS AND AGES (cont'd)

CHEERLEADING	Minimum	Maximum	Upgrading
A = Atom	6 (June 30)	9	No upgrading
M = Mosquito	10	11	Max 4 upg of age 9 as of Dec 31st
P = Pee Wee	12	13	Max 4 upg of age 11 as of Dec 31st
B = Bantam	14	15	Max 4 upg of age 13 as of Dec 31st
M = Midget	16	17	Max 4 upg of age 15 as of Dec 31st
J = Junior	18	20	Max 4 upg of age 17 as of Dec 31st In addition (3 x 21 + 1 x 22)
J+ = Junior +	Over 19		Max 4 upg of age 18 as of Dec 31st
O = Open	Mixed ages		

ARTICLE 26 WEIGHT LIMITS

- a) The weight limits for the Atom, Mosquito and Pee Wee divisions on the date the player is registered must be as follows:

Titan	no limit	Atom	100 pds	Mosquito	125 pds	Pee-Wee	155 pds
	no limit		45 kgs		56 kgs		70 kgs

- b) Each player must be weighed in by the League Registrar or his or her representative at the time he registers with a team. If a player's weight is greater than the weight limit allowed, the player and his contract can go to his immediate superior division with the written consent of a parent or legal guardian. (See article 35 – Upgraded Players). If a player's weight is greater than the weight limit allowed in the immediate superior division of his age, the said player will be permitted to play in that division, but he will be limited to play as an offensive line player and will be identified on the scoresheet as such.
- c) The maximum weight gain after registration may not exceed five (5) lbs (2.25 kilograms) of the regulation weight. Any breach, the player and his contract must be passed on to the next higher division. As long as this player does not exceed the requirements of this higher division and that this new division has room for an additional player. (See article 26 – above).
- d) At no time, no matter what the reasons, will a player play in a division other than the one immediately above his regular division.



ARTICLE 26 WEIGHT LIMITS_(cont'd)

- e) In the case of an upgrading (Atom to Pee Wee inclusively) a parent or legal guardian after taking notice of the risks must sign QAFF'S Registration Certificate of that player.

ARTICLE 27 ELIGIBILITY OF PLAYERS

- a) Each team must have all it's player's sign a Q.A.F.F. Registration Certificate. The Registration Certificate must be approved by the league registrar twenty four (24) hours prior to the first (1st) game that player plays. In some leagues for purpose of time and distance a temporary control numbering system is in effect. As soon as a team asks the registrar for a control number, the contract is in effect and the asking team must be sure that this player is legal or they will loose all game that said player as participated in.
- b) Each team must have a Team File on hand at all league games. The Team File will consist of all players for which a QAFF Registration Certificate has been approved. The white copy of the certificate must be sent to the Federation no later than October 1st. No changes to the Team File are allowed after October 1st.
- c) Once the player's certificate is accepted and approved by the league's registrar he will distribute the different copies of the certificate as follows:
- the team's copy, to the team;
 - the league's copy, to the league registrar;
 - the commission's copy, to the Development Commission concerned;
 - the Federation's copy, to the Federation not later than October 1st of the current season;

Each team must sign a contract with the C.P.C. and once these contracts have been approved by the commission's registrar will forward a copy to the Federation.

- d) When the name of a player appears on the scoresheet and this player is fit to play, this player is considered to have played.
- e) On the scoresheet of a game, the number of names of players has to be the same number as the number of players dressed to participate in the game.
- f) Any late or omitted player can be added to a scoresheet after the start of a game as long as this player is already registered and in good standing.



ARTICLE 27 ELIGIBILITY OF PLAYERS_(cont'd)

- g) Any player who has participated in two (2) league games in a season cannot be released for the current season. He shall only be eligible to play for the team he has played his second (2nd) game with.
- h) Only players who have participated in at least two (2) scheduled league games be eligible to participate in any played game.
- i) The final date for the signing of new players is October 1st of each year, (except for Junior Major which is September 15).
- j) In the event that a team ceases its activities during the season, the Federation has the power to release the players under contract if they (the Federation , the executive of the league and the organization concerned) find it useful or advantageous to do so.
- k) The responsibility for proving the eligibility of a player rests with the team of which that player is a member.

ARTICLE 28 MINIMUM AND MAXIMUM NUMBERS OF PLAYERS

To be considered present at a game, a team must have a minimum number of players:

<u>DIVISIONS</u>	<u>7 PLAYERS</u>		<u>9 PLAYERS</u>		<u>12 PLAYERS</u>	
	<u>Min</u>	<u>Max.</u>	<u>Min</u>	<u>Max.</u>	<u>Min</u>	<u>Max.</u>
T = Titan			12	24		
A = Atom			12	35		
M = Mosquito					16	40
PW = Pee Wee					18	50
B = Bantam					20	50
MID = Midget					20	50
J = Junior Major					25	50
S = Senior					10	30
T = Touch	5	21				
F = Flag	7	25				
C = Cheerleading						

FQSE (Refer to specific and technical rule book for High School, Collegiate and University).



ARTICLE 29 PLAYERS' REGISTRATION CERTIFICATES

- All division of tackle a) The deadline to sign a new player is October 1st of the current season (except for Junior Major which is September 15).
- Touch The deadline to sign a new player is *August 21st* of the current season.
- Flag The deadline to sign a new player is *August 15th* of the current season.
- Cheerleading The deadline to sign a new participant is *August 21st* of the current season.
- b) A player's registration certificate must be completed as follows:
- i. The player's registration certificate will be completed and signed in the useful manner every year.
 - ii. The registration date, team, division, weight, and Registrar approval be indicated.
 - iii. The four (4) photos are to be attached, one to each copy.
- c) A player's certificate will be accepted for registration only after fulfilling the following conditions:
- the certificate is completed and signed;
 - a release is completed and signed, if necessary. A copy of same is attached to Q.A.F.F. copy of certificate;
 - a proper proof of birth is presented;
 - four (4) head photos of registered player, one to be attached on each copy of the players' certificate.
- d) At all games sanctioned by Q.A.F.F., the team's support staff must, at the request of the opposing team or a league representative and at the latest 30 minutes prior to the start of the game and only to:
- the opposing team;
 - and a league representative
- present their players eligibility certificates.
- e) The member's registration certificate expires on April 30th of the following year.
- f) For all players at Bantam level or under, the registration certificate must be signed by a parent or legal guardian.



ARTICLE 29 PLAYERS REGISTRATION CERTIFICATES (cont'd)

- g) Everyone who signs a registration certificate is eligible for the Federation accident and liability insurance, if available. This program is mandatory for all civil networks and for anyone wishing to participate in Federation sanctioned activities, and this in all sectors of activity which are: tackle, touch, flag and cheerleading.

ARTICLE 30 NUMBER OF PLAYERS' REGISTRATION CERTIFICATES

The maximum number of players certificate that can be registered by each team shall be as follows:

<u>DIVISIONS</u>	<u>7 PLAYERS</u>	<u>9 PLAYERS</u>	<u>12 PLAYERS</u>
Titan		24	
Atom		35	
Mosquito			40
Pee-wee			50
Bantam		40	50
Midget			50
Junior Major			60
Senior			50
Touch	21		
Flag	25		
Cheerleading			25

- 30.1 If a team has used all its contracts and a player presents himself before the deadline, the player is free to play elsewhere in his region and if he cannot find a team in his category in his region he may go outside of his region.

FQSE: Refer to FQSE specific and technical rules, High School, Collegiate and University

ARTICLE 31 PROPRIETARY RIGHTS

- 31 a) Any team wishing to protect its registered players from the preceding year must register its team using the form (Membership Request for a Team) before the date decided by its Development Commission, or not later than *May 1st* of the current year. Failure to do so will result in the players being declared free agents by the league or commission.
- 31 b) Any organization that wishes to form a team in an immediate superior division of its players that have become of age to this new division must advise by registered letter the President of the Development Commission before March 1st, by sending him a list of the registered players concerned.
- 31 c) When a player signs a player certificate with a team, he becomes registered with that team. When he becomes over age for that division, he automatically becomes eligible to play in the immediate superior division, if the same organization is involved in that division, and he must register with that team.
- 31 d) Any minor players who play for a team operating outside of their zone of residence, and who does not sign a players' certificate for the current season will become free agent in the following season and may sign with another team in his region. If there is no team in his category in his region, then he may go outside of his region.
- 31 e) Rule 31 d) applies only when a team does not operate in his residence zone. If a team in his category operates in his residence zone then, even if he does not register for a season, he will remain the property of the team playing in his region.
- 31 f) After the second regular game of the season, the team for which a player is trying out has two (2) weeks in which to have him sign a registration certificate; Otherwise he is free to sign with another team in his region. If he cannot find another team in his region, then he may go outside of this region.
- 31 g) Any player who is cut from a team who has not signed a registration certificate, but who has been on the team's list of insured persons for at least two (2) weeks, is free to sign with another team in his region for the current year. If the player does not sign a certificate for the current year, he may sign with another team in his region the following year.

ARTICLE 31 PRORPIETARTY RIGHTS_(cont'd)

- 31 h) Any player wishing to play outside of his region, even though there are teams in his age category in his region, must first obtain a release from all the teams concerned in his region before approaching a team outside of his region.
- 31 i) Any organization that wishes to form a cheerleading team must advise the president of the C.P.C.

ARTICLE 32 PLAYER'S RESIDENCE (See maps – Article 76)

- 32 a) For the purpose of this article, the Province of Quebec, which is the territory on which the Federation is the governing body, is divided into thirteen (13) regions and these regions can be divided into zones, in accordance with the maps in the addendum to the present technical regulations.

Every player 17 years old or younger on December 31st must play for a team operating on the territory of the region in which his legal residence is. Furthermore, if the territory of the region where his legal residence is established is divided in zones, he must play for a team operating in the zone where his legal residence is.

For the purpose of this present article, the legal residence of a player is the address of his father or his mother or his legal guardian.

- 32 b) Every player 17 years old or younger on December 31st must play within the limits of the territory where his legal residence is situated.
- 32 c) When a player moves, before August 1st, outside of the region where he was playing, he may:
- play in that region as long as he never misses a season (in that case he is considered a resident);
 - register in the new region where his legal residence is situated;
 - when there is no football or cheerleading for his age division, a player will have permission to play in the nearest territory.



ARTICLE 33 PROOF OF BIRTH

- 33 a) Each player, before he can be registered, must present a proof of his birth date before he plays his first game and must be registered on a Q.A.F.F. player's certificate (See article 27 – Eligibility).
- 33 b) Proof of birth shall be a Quebec Health Insurance card issued by la Régie de l'assurance-maladie du Québec. A passport or a driver's permit with a picture will also be accepted.
- 33 c) The Registrar must verify the proof of birth. No photocopy will be accepted as proof.
- 33 d) Any player, coach or other official found guilty of falsifying a proof of birth or a player's certificate or having known that such a certificate has been forged is automatically suspended by the Federation Discipline Committee from the date of the discovery of the infraction for a period of one (1) year. A longer suspension can be levied.

ARTICLE 34 RELEASE

- A release may be requested only by the player or his parents (registered or unregistered player). The player or his parents must undertake all steps and no one can help or make it easier to obtain said release.
- 34 a) A player cannot ask a release on the pretext that the organization where he must play does not have team in his division with higher caliber (ex. AAA vs AA vs A).
 - 34 b) Any person wishing to obtain a release must send to the Federation by mail the form (request for release) with a cheque in the amount of fifty (\$50.) dollars.
 - 34 c) The Federation will in turn forward the release to the organization concerned either by mail, courier or fax.
 - 34 d) Upon receipt of the request, the organization will have five (5) working days to return his answer to the Federation.

ARTICLE 34 RELEASE (cont'd)

- 34 e) If the release is granted, the Federation will advise the requestor. The Federation will return the deposit to the requestor.

- 34 f) If the request is not answered within the time prescribed, the Federation will grant the release to the requestor and will return his deposit.

- 34 g) If the release is refused, the requestor could ask to forward his request to the “comité de régie”, who will in turn ask the parties involved and will render a written decision within five (5) working days following the hearing of the request.

The Federation “comité de régie” has the power to settle a release (previous responsibility of the Ethics Committee) basing itself on the logic, the merit or the soundness of the requestor, and the settlement can be rendered even if there has been no violation by either of the parties involved.

A player who was registered must return to the team all equipment received and pay all due to the team.

The limit date for release in touch football is September 15th, of the current year.

ARTICLE 35 UPGRADED PLAYER

- 35 a) All Bantam, Midget or Junior players should play in the category corresponding to his age group. However, a player may play in the immediate superior age category provided he has played one season in his own age category or unless there is no team in that category.

The only exception is, if a player has been upgraded to a superior age category due to article 26 (weight limits for A-M-PW) and submits the written consent of a parent or legal guardian. In spite of, a player of titan age could play either for titan or atom category.

ARTICLE 36 PLAYER PAYING FOR MORE THAN ONE TEAM

- 36 a) Any registered player, who signs more than one player’s certificate or member card for more than one team member or non-member of Q.A.F.F. is not eligible and is automatically suspended.

- 36 b) Any registered player, who plays for more than one team, member or non-member of Q.A.F.F. is not eligible and is automatically suspended.



ARTICLE 36 PLAYER PAYING FOR MORE THAN ONE TEAM (cont'd)

36 c) Articles 36 a) and 36 b) will not apply to players selected to all star or excellence teams nor players that participate in spring leagues.

ARTICLE 37 CHALLENGE OF A PLAYER'S ELIGIBILITY

37 a) Any challenge of a player's eligibility must be made in writing to the league president upon discovery of the infraction. The team directors must be advised immediately and a decision by the league disciplinary committee must be rendered within five (5) days of the notice.

37 b) Any team using a non-eligible player loses all games played with that player. The player is suspended immediately.

37 c) Any decision may be appealed to the Federation's Ethics Committee

ARTICLE 38 PLAYER TAMPERING

38.1 Anyone may submit a written complaint and the Ethics Committee (league or commission) will review the case and its decision may not be appealed.

38.2 Any coach, official or member of a team from a civil program, high school or collegiate approaching or negotiating with a registered player, his parents, brothers or sisters, with the purpose of encouraging said player to seek his release, inviting him to their training camp, or allowing him to participate in their training camp or practice, or to sign him without first obtaining a release, shall be declared to have tampered with said player and will be invited to appear before the league Ethics Committee or the commission or the Federation.

The league must hear any tampering case from a civil program or the commission within a maximum of two (2) weeks of the date the complaint was made. For cases involving a civil program against an high school program or collegiate, it must be heard by the mixed Ethics Committee (Q.A.F.F. and F.Q.S.E.) within two (2) weeks of the date the complaint was made.

If after the preliminary hearing from the league or the commission, there is enough proof or doubts, so the file will be transferred to the Federation Ethics Committee for sanctioning.

38.3 No player may begin activities with a team (gym or outside practices or pre-season game) without first having obtained his release.



THE LEAGUE



ARTICLE 39 MEMBERSHIP

- Any league participating in activities sanctioned by Q.A.F.F. must be member of its Development Committee.
- To have its activities sanctioned, a league must pay 50% of its registration fees, which his half of his contracts available in his league, and this before August 15 of the current year.
- Any team or association participating in sanctioned cheerleading activities must be a member of the CPC.

ARTICLE 40 REQUEST

- 40 a) Any league must make its request before *May 1st* of the current year in order to maintain its affiliation.
- 40 b) Any request made after *May 1st* could be accepted or refused by the Development Commission.
- 40 c) Any request must be made in writing and mentioning the following information:
 - name of the league;
 - the discipline;
 - the sector of activity and the category;
 - the names, addresses and telephones of the officers;
 - the names of the teams.
- 40 d) A league must be formed by a minimum of three (3) registered teams in good standing.

The decision may be appealed following the procedure in article 15.



ARTICLE 41 AGREEMENTS BETWEEN LEAGUES OR TEAMS

- 41 a) No league or team may enter into any verbal or written agreements that circumvent or breach any regulations of Q.A.F.F.

- 41 b) The Federation does not recognize any verbal or written agreement between leagues or teams.

- 41 c) The leagues agrees to abide by all regulations which the Federation may from time to time adopt.



TEAMS' SUPPORT STAFF



ARTICLE 42 TEAMS' SUPPORT STAFF DEFINITION

42.1 Teams' Support Staff

- a) Group of persons involved in the organization, administration and/or the coaching of a team, member of the Federation.
- b) No association, league or club has the right to sell or to serve alcohol beverages during a minor football game from Titan to Midget inclusively.

Any association, league or club who will not obey this rule will be liable to disciplinary measure, which could result in a suspension of his membership rights.

- c) Team Support Staff

Any person or group of persons cannot be affiliated, in any way, affiliated at more than one civil football organism, even if it is financial, organizational or advisory, and this at all times and even if the organizations work in different territories or different regions.

The only exception permitted is when the person or group of persons is also united to a non-profitable organism where the main activity is not exclusively dedicated to football (ex. Salvation Army, Lions Club who will have a football activity in their programming, etc.). As far as it is identify to the organism, it is understood that this person or group of persons will not allow being involved as an active member in the football program of that organism.

No organism is allowed to operate a team in more than one region or more than one territory. If such a situation occurs, one of his teams will have to become independent.

42.2 Member

Any person or group of persons abiding by the condition of membership set forth in the Q.A.F.F. Regulations.



ARTICLE 42 TEAMS' SUPPORT STAFF DEFINITION_(cont'd)

42.3 Trustee

- a) Any person signing the team membership request form or the league file form as President or Secretary and/or Manager.
- b) Any person elected President of a Development Commission or a Provincial Association at their respective Annual General Meeting.
- c) Any person who has the mandate or the proxy to act for an other person or a group of persons.

42.4 Coach

Any person registered with the Federation and who works toward the formation and the development of a team.

42.5 Certification

The National coaches' certification program.

The Provincial Cheerleading Commission's coaches' certification program.

The Flag Football Commission's coaches' certification program.

ARTICLE 43 SCOPE

43.1 Only members may take part in the Federation activities.

43.1 a) Only members of the commission provincial of cheerleading may take part in the Federation cheerleading activities.

43.2 No member may participate in activities where non-members identified by the Federation participate.



ARTICLE 44 COMMITMENT

- 44.1 Any member pledges adherence to the Constitution, By-laws and Regulations of the Federation as existing and/or amended.
- 44.2 Any member who breaks or contravenes any of the Rules and Regulations of the Federation or displays conduct detrimental to the sport of tackle, touch or flag football or cheerleading will be subject to disciplinary action.
- 44.3 All coaches must abide by the Canadian Coaches Association code of ethics as described in the Federation's Safety Regulations

ARTICLE 45 RIGHTS

- 45.1 Any person signing a coaches' certificate automatically becomes a member of his Coaches' Regional Technical Committee.
- 45.2 Any person signing a coaches' certificate is eligible for the Federation's accident and liability insurance program, if available. This program is mandatory for all the civil networks and for anyone wishing to participate in Federation sanctioned activities, and this in all sectors of activity which are: tackle, touch, flag and cheerleading. The exceptions to this rule are coaches involved in high school, collegiate and university networks.
- 45.3 Any coach can officiate in any game except the ones of the league in which he coaches.
- 45.4 A member's rights are in force until April 30th following the season.

ARTICLE 46 MEMBERSHIP

- 46.1 All coaches must sign a coaches' certificate to be eligible to coach a team.
- 46.2 Any coach may coach more than one (1) team provided that all these teams are members of the same organization or all star excellence team and that a coach's certificate is signed. The only exception is for coaches that participate in a spring league and then coach a team in the fall.
- 46.3 Any coach may sign a coaches' certificate at any time during the regular season.

ARTICLE 47 RESPONSIBILITIES

47.1 Any coach found guilty of falsifying:

- a birth certificate;
- a player's certificate or member card;
- having known that such a certificate or member card has been counterfeited;

is automatically suspended by the Ethics Committee from the date of the infraction for a period of at least one (1) year. A longer suspension may be levied.

47.2 Suspended coach:

Any team coached directly or indirectly by a suspended coach, shall lose the game or games coached by the said coach.

ARTICLE 48 BEHAVIOUR

48.1 Any coach removed from the field for any behaviour or attitude prejudicial to tackle, touch or flag football or cheerleading by the game officials before, during or after a Q.A.F.F. game is automatically suspended and ineligible to participate in the next scheduled game played by that team.

48.2 If circumstances warrant it, the league Ethics Committee or the Commission may suspend any coach for more than one (1) game following the game in which the offence occurred.

48.3 If a coach is disqualified or removed from the field by the game officials as a consequence of physical or verbal abuse of any game official, he shall be suspended indefinitely until the league or Commission Ethics Committee reviews the case and hands down its final decision. The minimum suspension for such a physical abuse is six (6) games.

48.4 A coach or player-coach or a team personnel or administrator who is suspended is barred from all Federation activities for the duration of the suspension, that includes attending league, commission or Federation meetings.

A suspended coach or player-coach or staff or administrator who is suspended for contravening article 48 (Behaviour) must serve the suspensions consecutively.



ARTICLE 48 BEHAVIOUR (cont'd)

- 48.5 A player who is a coach in another division than the one in which he is playing and is suspended, shall automatically be suspended from all Federation activities until his suspension is completely served.
- 48.6 Any player, coach, official or any other person associated with a football team, suspended for a season, must serve his suspension completely even if it is necessary to serve the balance of his suspension during the following season(s).
- 48.7 Any behaviour by a referee detrimental to football must be dealt with by their association/commission with a right to appeal the decision to the Federation (Q.A.F.F.).

ARTICLE 49 CERTIFICATION

- 49.1 Any person signing a coaches' certificate must be following the clinics that will permit him to achieve the requirements of the category he wishes to coach in (See chart in article 50) and this within the framework of the National Coaching Certification Program (NCCP). (See standards and responsibilities in the Federation's Safety regulations).
- 49.2 Any coach having obtained a certification in accordance with the Federation standards must complete a certification form to become a member of the Federation.
- 49.3 Any coach who would like to obtain his NCCP certification must complete the following conditions for each of the three level of competence:
- attend a recognized Football-Quebec technical clinic;
 - attend a recognized Sports-Quebec Theory clinic;
 - obtain a recognized Football-Quebec practical accreditation.



**ARTICLE 50 TABLE OF LEVELS – TECHNICAL ACCREDITATION
(MINIMUM REQUIREMENT)**

** Re : CA-88-03-26 (as specified in the Federation’s Safety regulations)

	ATOM	MOSQUITO	PEEWEE	BANTAM	MIDGET	JUNIOR MAJ	CÉGEP AA	CÉGEP AAA	UNIVERSITY	HIGH SCHOOL
Head coach	1	1	11	11	111	111	111	111	111	111
Ass 1 st YEAR	1	1	1	1	1	1	1	1	11	1
Ass 2 nd YEAR	1	1	1	1	11	11	11	11	111	11

Titan will be the same as Atom.

As far as the technical accreditations stipulated in the above article, all head coaches must have, besides the technical level requested following the division where they coach, completed the theory training (1)

ARTICLE: 51 EQUIVALENCE

As specified in the National Coaching Certification Program (NCCP).



SPECIFIC REGULATIONS



ARTICLE 52 PLAYING RULES

- a) The playing rules are those approved by the Canadian Amateur Football Association.
- b) Maximum number of captains:
 - team members identified to the officials before the game as spokespersons for offensive or defensive units of a team shall be considered team captains;
 - each team is permitted a maximum of six (6) captains;
 - only a team captain is entitled to an explanation of the rules including choices for penalty options, kick offs and convert attempts;
 - only a team captain can request a measurement or an equipment safety check.

ARTICLE 53 FIELD

- a) For atom, 9 players, the minimum approved field is 41 yards (37.5 meters) wide, and 80 yards (73 meters) long with a 5 yard (4.75 meters) end zone.
- b) For all other divisions, a regulation size field must be used.
- c) See details in Chapter VI of the Federation's Safety regulations.
- d) An area must be marked out close to the playing area, so that the cheerleaders can do their routines.

ARTICLE 54 BALL

DIVISIONS

BALL USED

Titan	Wilson	TDJ
Atom	Wilson	TDJ
Mosquito	Wilson	TDY
Pee Wee	Wilson	TDY
Others	Wilson F2000 ou Wilson NFL	



ARTICLE 55 SWEATER NUMBERING FOR 9 MAN FOOTBALL

For nine (9) man football there is no restriction on sweater numbering, other than no number on any one team may be used more than once.

ARTICLE 56 SCHEDULE

Leagues wishing to participate in any provincial playoff sanctioned by the Federation must submit their schedule to Q.A.F.F. before the end of July.

ARTICLE 57 TEAM STANDINGS

57 a) The team standing is made as per the following:

Game won:	2 points to the winning team
Game tied:	1 point to each team
Game lost:	no point to the losing team

57 b) Any other method of tabulating standings must be approved by the Federation Executive Committee.

ARTICLE 58 TIE BREAKING PROCEDURES

58 a) A team shall be declared winner if they have the most game wins during the regular schedule.

58 b) If step (58 a) does not break the tie, the team with the best (win-tie and lost record) for regular scheduled games, played only between the teams involved will be declared the winner.

58 c) If step (58 b) does not break the tie, then the team with the best points (for and against) record for regular scheduled games played only between the team involved, will be declared the winner.

58 d) If step (58 c) does not break the tie, then the same procedure as above, will be repeated for the teams involved using the next highest team in the standings.



ARTICLE 59 EXHIBITION GAMES

- 59 a) In Quebec a member team must request permission from its league or commission as per jurisdiction to play an exhibition game, or tournament with other members. If the events is with non-members or is outside Quebec then the sanction must come from the Federation.
- 59 b) The rules of the Federation apply in all exhibition games, and tournament played in Quebec unless a special request was ask to the Federation.

ARTICLE 60 POSTPONED OR CANCELLED GAME

- 60 a) The President of the Development Commission or the league representative may postpone or cancel any game under his jurisdiction forty eight (48) hours before its schedule starts.
- 60 b) Only the referee may cancel or end a game once play has started.

ARTICLE 61 DEFAULT OF GAME

- 61 a) A team which is unable or refuses to commence play in any game of the Q.A.F.F. within thirty (30) minutes of the scheduled starting time shall be declared in default and the game shall be awarded to the non-offending team.
- The non-offending team shall be awarded two (2) points in the standings and a score of six (6) to zero (0) for the compilation of the points for and the points against.
- 61 b) A team which is unable or refuses to continue play in any game of the Q.A.F.F. shall, after a two (2) minute warning by the referee, be declared in default and the game shall be awarded to the non-offending team.
- The non-offending team shall be awarded two (2) points in the standings and the best of the points scored in the partly played game or a score of six (6) to zero (0) for the compilation of the points for and the points against.
- 61 c) Any team that is declared in default of a Q.A.F.F. game shall automatically appear before the Development Commission or league representative depending whose jurisdiction they are under.



ARTICLE 62 TIMING

<u>DIVISION</u>	<u>1ST QUARTER</u>	<u>2ND QUARTER</u>	<u>3RD QUARTER</u>	<u>4TH QUARTER</u>	<u>REGULATIONS</u>	<u>OVERTIME</u>
TITAN	15 minutes running time					
ATOM	10 MINUTES REGULATION TIME	10 MINUTES REGULATION TIME	10 MINUTES REGULATION TIME	10 MINUTES REGULATION TIME	40 MINUTES OF PLAY	TWO HALF TIME PERIODS OF FIVE MINUTES EACH REG. TIME
MOSQUITO	12 MINUTES REGULATION TIME	12 MINUTES REGULATION TIME	12 MINUTES REGULATION TIME	12 MINUTES REGULATION TIME	48 MINUTES OF PLAY	TWO HALF TIME PERIODS OF SIX MINUTES EACH REG. TIME
PEE WEE	15 MINUTES REGULATION TIME	15 MINUTES REGULATION TIME	15 MINUTES REGULATION TIME	15 MINUTES REGULATION TIME	60 MINUTES OF PLAY	TWO HALF TIME PERIODS OF SEVEN MINUTES REG. TIME EACH

Regulation timing:

Time will start when either team touches the ball after the opening kickoff. However, during the game the clock will stop for the following:

1. A score has been made and throughout any convert attempt.
2. The ball goes out of bounds.
3. An incomplete forward pass.
4. Penalty application.
5. For a complete player substitution.
6. Player injury.
7. At the end of a quarter.
8. When first down is gained.
9. A team time out.
10. An official's time out.
11. On every whistle in the last three (3) minutes of each half or overtime.

In all above situation time will resume on either the referee's whistle when he leaves the ball to take up position behind the buddle or an a snap depending on the situation. If time is to start on a snap the referee will keep his arm up until ball is snapped.

Note : The above is a resume of regulation timing rules found in the Canadian Association Rule Book for Amateur Football. Please refer to rule book or casebook for exact ruling.



ARTICLE 63 SCORESHEETS

- 63 a) Only the scoresheet approved by the Federation must be used at games.
- 63 b) The name, surname and the number of every player must be entered on the scoresheet before the start of the game. The scoresheet must be signed by the head coach of both teams before the start of the game.
- 63 c) The name and position of each official must be entered on the scoresheet before the start of the game. The referee, the scorekeeper and the timekeeper immediately following the game must sign the scoresheet.
- 63 d) The name and number of the scoring players must be entered on the scoresheet along with the score.
- 63 e) The name and number of each disqualified player by the referee, the nature of the infraction and the penalty assessed must be entered on the scoresheet.
- 63 f) If during the game, a player must change sweater number his manager must advise the timekeeper and either the opposing manager or head coach.
- 63 g) The original of the scoresheet is to be forwarded by the home team to the appropriate registrar within twenty-four (24) hours of the conclusion of the game.
- 63 h) In order to prove the eligibility of a player to participate in a playoff game, the team manager must provide all regular season scoresheets and present them at each playoff game his team is involved in.

ARTICLE 64 PROTESTS

- 64 a) A protest may be filed when a team believes they have been victim of an infraction of the by-laws or rules and regulations of the Federation, or by wrong application of the rules of play, or by an irregularity in the organization of a competition.
- 64 b) Any notice of protest must be given to the game referee by the captain when the incident occurs and recorded on the scoresheet before the next play get under way. The referees must stop the game and must go and see the team wishing to file the protest.



ARTICLE 64 PROTESTS (cont'd)

- 64 c) The team must send by registered mail a copy of the protest to the Development Commission or to the league representative within twenty-four (24) hours following the incident.
- 64 d) The Development Commission or the league representative must render a decision within five (5) days following the receipt of the protest.
- 64 e) The Development Commission or the league representative may disallow the protest or they may accept the protest, and award the game to the protesting team, or order the game replayed in its entirety.
- 64 f) Any team may appeal as per article 15 – Right of Appeal.

ARTICLE 65 CONDUCT OF PLAYERS / CHEERLEADERS OR TEAMS, OR TEAM OFFICIALS

- 65 a) Any player disqualified, or team, or team official removed from the field for any reason whatsoever by the referee before, during or following a Q.A.F.F. game shall be automatically suspended and be ineligible to participate in the next scheduled game played by that team. The disqualified person may appeal within 72 hours of the game to the Ethics Committee of the League involved, with a deposit of \$50.00. The league shall render a decision within 48 hours after the appeal is received. The deposit of \$50.00 is to be reimbursed if the appeal is won and is to be forfeited if it is lost.

Note: A copy of the notice of appeal is to be sent to the respective Development Commission.

- 65 b) If the circumstances warrant it the league ethics decision may be modified by the Commission Ethics Committee. Any appeal to a modified disciplinary action would be made directly to the Federation Ethics Committee.
- 65 c) If any player, team or team official is disqualified or removed from the field by the referee as a result of any physical abuse of any game official, he or they shall be suspended indefinitely until the Ethics Committee reviews the case and imposes a suspension of a definite term. The minimum suspension shall not be less than *three (3) games* for such an offence.



**ARTICLE 65 CONDUCT OF PLAYERS / CHEERLEADERS OR TEAMS, OR
TEAM OFFICIALS (cont'd)**

- 65 d) Ethics Committee shall advise the suspended party, the league, the league registrar, the Provincial Cheerleading Commission and Q.A.F.F. by registered mail, within five (5) days from the time the offence occurred.
- 65 e) Any Q.A.F.F. member who breaks or contravenes any of the rules and regulation or displays conduct considered detrimental to the sport of football and/or cheerleading will be subject to disciplinary action. The severity of disciplinary action applied by the Federation or one of its members bodies, will be guided by the seriousness of the infraction.

ARTICLE 66 OFFICIAL'S CERTIFICATE

Only officials recognized by the Federation may officiate games sanctioned by the Federation. (See standards and responsibilities in the Federation's Safety regulations).

Each official must complete and sign a Federation official's certificate and be in good standing with the Federation in order to be eligible for the Federation's accident and liability insurance program, if available. This program is mandatory for all the civil networks and for anyone wishing to participate in Federation sanctioned activities, and this in all sectors of activity which are: tackle, touch, flag and cheerleading.

Any referee in his second season must have a minimum level 1 certification.

ARTICLE 67 CHAMPIONSHIP AWARDS

- 67 a) Cups and other challenge trophies awarded annually for a provincial championship of a division are the property of the Q.A.F.F.
- 67 b) Teams or individuals receiving Q.A.F.F. trophies shall be responsible for their safekeeping while the trophies are in their custody and shall be responsible for any loss or damage which may occur. The trophies are to be returned to the Federation office by March 1st, of the following year.



ARTICLE 68 DIVISIONS RECOGNIZED FOR PROVINCIAL CHAMPIONSHIPS

- 68 a) Senior
 Junior Major
 Midget
 Bantam (12 players)
 Pee wee (12 players)
 Mosquito (12 players)
 Atom (9 players)
- 68 b) The Board of Directors may decide to add or delete any championship.
- 68 c) The procedure use to schedule the preliminary games will be a draw amongst the qualified teams.

ARTICLE 69 REPRESENTATION

The Development Commission must state the divisions in which it wishes to be represented in the provincial championships at the August meeting of the Board of Directors.

ARTICLE 70 ELIGIBILITY

To participate in a provincial championship, only the approved leagues/commissions/associations shall be accepted.

Furthermore, the league must have discharged all its financial obligations before October 15th of the current year in order to be eligible for the championships.

A league must be formed by a minimum of three (3) registered teams in good standing. Furthermore, the league must have a minimum of two (2) different territories (region).

When a league has more than four (4) territories (regions), his two (2) divisions could participate in the championships.



ARTICLE 71 PROCEDURES FOR PROVINCIAL CHAMPIONSHIPS

ALL DIVISIONS

- Participating teams must present themselves sixty (60) minutes prior to the start of the game.
- Teams should report to the room assigned to them by the Federation.
- The team manager must give to the registrar his team file as well as his registration certificates.
- Each player must appear before the registrar for verification of his photo on the registration certificate.
- The team manager must verify the line-up of players on the official scoresheet and return it to the scorekeeper at least thirty (30) minutes prior to the beginning of the game.
- Teams must follow Federation directives carefully during official ceremonies and should comport themselves in a dignified and positive manner during them.
- Any breach of the above procedures could lead to a sanction against the offending team(s) by the Federation's championships Ethics Committee.
- Decisions of the Ethics Committee may not be appealed.
- Age groups and weight according to articles 25 and 26.
- The game will be played on a field of the dimensions set down in article 53.
- The ball to be used is set down in article 54.
- Maximum number of players is set down in article 28.
- Duration of the game is set down in article 62.
- In the event that there is a conflict of colours between the two (2) teams, the home team must change colours, unless the other team agrees to change its colours.



ARTICLE 71 PROCEDURES FOR PROVINCIAL CHAMPIONSHIPS (cont'd)

ALL DIVISIONS

- The communication devices with the players must be in accordance with the security rules approved by the Federation.

ATOM, MOSQUITO, PEE WEE DIVISIONS

- Each player must be weighed in front of the Commission registrar (Atom, Mosquito and Pee Wee categories only).
- Any player who exceeds the weight limit in his category (ARTICLE 26) at the time of the official weigh-in may not play in the championship game.
- No restriction on numbering of jerseys.

ATOM DIVISION

For 8 and 9 year old, if an association as titan otherwise 6 year (by June 30th) and 7 years old can then play atom.

The game will be played with four (4) downs, with a pass in the first three (3) downs. If the pass is not thrown, there will be loss of down and a five (5) yard penalty.

A pass is described as a motion over the shoulder, at the level of the head and the ball must be thrown forward. One (1) yard separation at the line of scrimmage.

A red zone 15 yards in & out.

In the football game played with 9 players, at the beginning of the play, a minimum of five (5) offensive players must be aligned on the line of scrimmage. The two (2) outside players will be considered eligible receivers.



ARTICLE 71 PROCEDURES FOR PROVINCIAL CHAMPIONSHIPS_(cont'd)

MOSQUITO AND PEE WEE DIVISIONS

The game will be played with four (4) downs, with a pass in the first three (3) downs. If the pass is not thrown, there will be loss of down and a five (5) yard penalty.

A pass is described as a motion over the shoulder, at the level of the head and the ball must be thrown forward. No yard of separation at the line of scrimmage.

A red zone 15 yards in & out.

BANTAM DIVISION

The game will be played with four (4) downs, with a pass in the first three (3) downs. If the pass is not thrown, there will be loss of down and a five (5) yard penalty.

A pass is described as a motion over the shoulder, at the level of the head and the ball must be thrown forward. No yard of separation at the line of scrimmage.

A red zone 15 yards in & out.

ATOM DIVISION ONLY

In order to promote the convert after a touchdown, two (2) points will be awarded for a successful kick and one (1) point for a convert made by passing or running. To get the two (2) points, three (3) players must be clearly identified; the snapper, the pinner who must be at least four (4) yards from the line of scrimmage, and the kicker.

At the level of titan and atom the three (3) players attempting the kicked (convert) will go on the field; all other players will retire from the field.



ARTICLE 71 PROCEDURES FOR PROVINCIAL CHAMPIONSHIPS_(cont'd)

MOSQUITO DIVISION ONLY

In order to promote the convert after a touchdown, two (2) points will be awarded for a successful kick and one (1) point for a convert made by passing or running.

PEE WEE, BANTAM AND MIDGET DIVISIONS

One (1) point will be awarded for a successful kicked convert and two (2) points for a successful convert made by passing or running.

MOSQUITO, PEE WEE AND BANTAM DIVISIONS

A pass must be attempted in the first three (3) downs. A pass voluntarily batted down by the offensive team will not count as a forward pass.

- a) If the pass is not attempted, it will result in an illegal procedure no pass (loss of down and five (5) yard penalty).
- b) The defensive team will have the option of accepting the penalty or the option of loss of yard on the previous play.



ARTICLE 72 TITAN CATEGORY RULES

- Field 41 yards wide and 80 yards long with a 5 yards end zone
- 6 and 7 year old players
- 9 players per team
- No weight limit
- TDJ Ball.
- 4 downs
- Neutral zone of one yard at the line of scrimmage, following the Canadian football rules.
- No statistics
- No scoresheet
- No official referees
- The referee is done by one coach of each team
- All penalties are 5 yards
- No tackle
- Only the tackles over the waist are permitted
- No tackle in the legs are permitted
- After a second offence, the player involved will be sent to the bench for three (3) plays
- Two half of thirty (30) minutes
- The teams change side at half time only
- The half time if ten (10) minutes
- Each player must have the proper equipment and a mouth piece
- Each player must wear two (2) vinyl flags
- Each team must have two (2) sets of flags: red and yellow
- The play stops when a player from the “B” team is able to take off the flag from the player carrying the ball from the “A” team
- All players in the outfield cannot play more than a half time at their position
- The whole outfield, which is all players who are not on the offensive line, must change at half time
- The coaches must be out of the reach of the players five (5) seconds before the start of the play
- At that time, the coaches cannot influence the players
- Maximum of two (2) coaches per team on the field:
 - Offensive field
 - Offensive line
 - Defensive field
 - Defensive line



ARTICLE 72**TITAN CATEGORY RULES (cont'd)**

- Passing rule, same as Atom to Bantam categories
- If a team did not pass in the first three (3) downs, then the team will have to kick off
- All players from the two (2) teams must stay on the field while there is a kick off
- It is forbidden to put pressure on the kicker
- The play starts with the kicker having the ball in his hands. The player will kick the ball when he is ready. As soon as the ball touch the ground, the play is stopped and the defensive team will take the ball
- The kicking ball must be ten (10) yards. If the ball does not pass the distance required, the play will be stopped
- The kicking team will not be allowed to get the ball back. The team receiving the kick will automatically take the ball
- The kick off is from their own respect 35 yards line, which is five (5) yards from midfield.
- Only the touchdowns count. There is no convert

Rule “no blitz”. The defensive team cannot blitz (pressure on the quarterback) in order to develop the offensive play.



ARTICLE 73 PLAYOFF JURISDICTION

As soon as playoffs have started at the regional level, the decision of the Development Commission is final and has no appeal. As soon as playoffs have started at the provincial level, the decision of the Federation Ethics Committee is final and has no appeal.

ARTICLE 74 APPLICATION OF REGULATIONS

- 74 a) Where the application of any regulation of Q.A.F.F. is clearly inappropriate considering the operation of a league, of a division of the Q.A.F.F., the representative of that league may apply to the Directors of Q.A.F.F. to waive the requirement of one or more of the regulations.
- 74 b) This application must be made by the representative of the said league and approved by the Q.A.F.F. Executive Committee prior to July 31st of each year.
- 74 c) The waiver, if approved, will be in effect throughout the season for which the application was made.

If the waiver does not cover all the teams competing for a provincial championship, then it will revert back to the Federation rules for the playoffs.

- 74 d) Any waiver that is approved shall automatically terminate on November 30th of the current season.

ARTICLE 75 AMENDMENTS TO THE TECHNICAL AND SPECIFIC REGULATIONS

- 75 a) The technical and specific regulations must be adopted, repealed or modified between December 1st of one year and March 31st of the immediate following year.

ARTICLE 76 SAFETY REGULATIONS BOOKLET

The Safety regulations booklet is the official reference for standards and responsibilities in matter of safety.



ARTICLE 77 TERRITORIES

See the book of territories.

TERRITORIES

The existing territories in effect on December 31st, 2001, will not be modified even though recent annexation have changes some boundaries and names. There will be no changes until the Federation's "comité de régie" decides to bring any changes.

- A) The Federation's territories cover all recognized administrative regions in Quebec, but can be modified by the Federation (Ex.: Lac St. Louis north & south).
- B) Based on the number of teams, the level of development, the population, isolation and a series of other factors each region can be subdivided into territories.
- C) The Federation must overlook the development of all its discipline (cheerleading, touch, flag & tackle football) in each of its regions & territories.
- D) When an association/club makes a request, the Federation can grant in part or in whole exclusively or not, a portion of territory within a region so that football can be develop in that area.
- E) All territories belong to the Federation and as such only the Federation can grant exclusive territories, modify its limits or its status (exclusive).
- F) The "comité de régie" is composed of three (3) members from the A.G.A. and a fourth member chosen by the executive committee from outside the football community. These members are on a two (2) year mandate and have the following responsibility:
 - Applying the standards of application for a territory set by the board of directors of the Federation.
 - Establishing criteria to measure development in a territory.
 - Studying request for modifications to a territory and its impacts.
 - Studying consequences resulting from non-respect of application criterias.
- G) When a territory is said to be open, that means that all teams that operate in that region will have access to that territory (Ex. Teams operating in Lac St. Louis south). Furthermore, when a territory is granted to an association/club it will be considered exclusive only if that association registered a minimum of two (2) consecutive age categories between atom and midget. If this criteria is not met, the other teams in that region will be allowed to recruit there.



TERRITORIES_(cont'd)

H) Definition of territories for the Bulldogs & Vikings of Laval north at midget level.

Bulldogs: all the territory south of the 440

Vikings: all the territory north of the 440

I) A junior team playing in a league leading to a national championship will have the province of Quebec as its territory. It will also have access to all 18 to 22 year old players inclusively without any restrictions.

J) Frozen territories

A reminder, we are in the second year of a three-year program (2003-2004-2005) regarding the frozen territories. After that frozen territories program, all new request must be addressed to the “comité de régie”.



SEE BOOK OF TERRITORIES

**THE MAPS OF THE TERRITORIES
APPLY ONLY TO
TACKLE FOOTBALL
AND
CHEERLEADING**