

LIGUE DE FOOTBALL MONTRÉAL-MÉTRO



SPECIFIC RULES

2018

LFMM

This document will help referees to apply specific rules of LFMM.

New rules in 2018 are in yellow

INTRODUCTION

The rules of the game are those dictated by Football Canada and the Green Book of the Quebec Amateur Football Federation. This document presents specific rules for the Montreal-Metro Football League and applies only to games played as part of the activities of the League.

CATEGORY

The league offers categories according to the structure Division B of the Green book 2018

Category	Ages	Type	Nb of players	Weight limit
Atome	6-7-8	Flag football	9 players	No limit
Moustique	9-10	Contact football	12 players	120
Pee-wee AAA	11-12	Contact football	12 players	150 lbs
Pee-wee AA	11-12	Contact football	9 players	150 lbs
Bantam	13-14	Contact football	12 players	No limit
Midget	15-16-17	Contact football	12 players	No limit

GAME TIME DURATION

Atome : 4 quarter of 10 minutes
 Moustique : 4 quarter of 12 minutes
 Pee-wee : 4 quarter of 12 minutes
 Bantam : 4 quarter of 12 minutes
 Midget : 4 quarter of 12 minutes

MAJOR PENALTIES

The referees **must mark on the scoresheet** the numbers of the players who receive major penalties for roughness, unnecessary roughness, unsportsmanlike conduct or who are ejected.

A player who obtains 4 major penalties (roughing, unnecessary roughing or unsportsmanlike conduct) during the same game is expelled from the game and is suspended for the next game.

COMMUNICATION DEVICE

Atome, Moustique, Pee-wee :	No communication device is permitted between players, coaches, parents or any other person within the limits of the football field during a game
Bantam and Midget :	Permitted for 2 players. Communications must stop as soon as the huddle is broken

FOOTBALL

Atome :	Spalding Alpha Peewee or Wilson K2 (composite or leather)
Moustique :	Spalding Alpha Junior or Wilson TDJ (composite or leather)
Pee-wee :	Spalding Alpha Youth or Wilson TDY (composite or leather)
Bantam :	Spalding Alpha Youth or Wilson TDY (2 leather football)
Midget :	Spalding Alpha Varsity or Wilson F2000 (2 leather football)

PLAYERS EXCEED WEIGHT LIMIT

Players who exceed the weight limit of their category must be identified with a **3 inches X LFMM sticker** and must be identified on the scoresheet with the an **O/W** designation beside their name.

FIELD LIMIT

Atome:	41 yards * 110 yards
Moustique to Midget :	65 yards * 110 yards

SCORE

When the score reaches a difference of 40 points between the two teams, the points are no longer counted on the scoreboard.

TIMER

All games must be played with a functional clock that is to be visible to both team coaches.

OVERTIME

In the event of a tie game, there is overtime in the **playoffs only**.

LFMM RULES - ATOME

30.1.4 **No tackling.** A roughing penalty (15 yards) will be applied in the event of a contact, or of a voluntary or accidental tackle.

30.1.5 Only blocks above the belt are allowed and only in the scrimmage area (5 yards).

30.1.6 No blocking in the legs is allowed.

30.1.7 Each player must wear two (2) flags that are of a contrasting color with regards to the pants.

30.1.8 Each team must have two (2) sets of flags: red and yellow. These flags must be the ones supplied by the League and be attached to the belt that is also supplied by the League. These flags must be worn on both sides of the waist, be entirely visible and remain accessible at all times.

30.1.9 The game is stopped when a player of team "B" manages to remove a flag from the ball carrier on team "A".

30.1.10 Before the start of the game, both teams must mandatorily identify on the scoresheet the names of all the players that will play in the offensive backfield for the first half of the game (minimum 4 players). Players in the offensive backfield are all players do not constitute the 5 offensive linemen.

Players that will play in the offensive backfield for the first half of the game must be identified with the letter "A" before their name on the scoresheet.

Players identified as such on the scoresheet must not play in the offensive backfield at any time in the second half of the game. Such players therefore become ineligible to any position in the offensive backfield for the whole second half of the game.

If one of these ineligible players happens to play in the offensive backfield in the second half of the game, then an illegal procedure penalty will be called (loss of down and five (5) yard loss). The defensive team will have the option of accepting either the penalty or the new ball position at the end of the play

30.1.11 **Converts by kick only** and one point awarded when successful.

30.1.12 Coaches may be on the field during **the first 5 games** of the season.

- a. Coaches must move away from the players five (5) seconds before the start of the game.
- b. From the start of the play, **coaches cannot influence players.**
- c. Maximum of two (2) team coaches in the field.

30.1.13 A pass or punt must be attempted in one of the first three (3) downs.

30.1.14 It is forbidden to put pressure the kicker.

30.1.15 **The kicking team cannot recover the ball.** The team receiving the kick takes possession of the ball automatically.

30.1.16 No Kickoff. The ball is placed at the 35-yard line of the offensive team's territory at the beginning of each game half and after a touchdown.

30.1.17 The referee stops the time when the offensive team announces that it will perform an unopposed kick, until the change of possession.

30.1.18 Punts : When the team on offense wants to punt it can:

- a. Perform a punt in a normal manner, regardless of position in the field.
- b. Perform an unopposed kick.

30.1.19 The line of scrimmage must be located in the defensive zone of the kicking team.

30.1.20 The kicking team sends only two players: The player snapping the ball and the kicker who is at least 5 yards from the line of scrimmage. When the snap is errant, the kicker recovers or retrieves the ball and executes the punt.

30.1.21 At no time shall the two players on the punting team be allowed to pass the line of scrimmage.

30.1.22 The defending team sends only one player; The role of this player is to ensure the best possible position to his team by recovering the ball. At no time may the defensive player cross the line of scrimmage to put pressure on the kicker.

30.1.23 Other players must withdraw from the field when there is a punt.

30.1.24 The play is stopped when :

- a. The defensive player catches the ball (no return);
- b. The ball comes to rest following the kick
- c. The ball bounces towards the team that has just punted (bad bounce of the ball or following contact with the defensive player);
- d. The ball leaves the field of play (out of bounds)..

30.1.25 Only defensive players on the line of scrimmage (maximum 5) can enter in the offensive backfield. A 10-yard penalty will be apply at the point of last scrimmage.

LFMM RULES - MOUSTIQUE

- Conversion kick : 2 points
- Conversion by run or pass: 1 point
- Neutral zone of 1 yard from the line of scrimmage, according to Canadian football rules

LFMM RULES - PEEWEE

- Conversion kick : 2 points
- Conversion by run or pass: 1 point

- PEE-WEE AA : 9 players football

- Minimum number of players : 14
- Maximum number of players: 24
- Field limit : 41 yards * 110 yards
- Neutral zone of 1 yard from the line of scrimmage, according to Canadian football rules