



Regina Minor Football 2000 Inc.

RMF House Policies and Rules

New for 2026

Accumulated OC UR 2026 Policy

Existing Policies and Rules

Eye Black

The excessive use of “eye black” is permanently damaging and staining the RMF game jerseys. “Eye black” can only be in the form of a sticker. Players using “eye black” which is not a sticker, will be removed from the game until the eye black has been cleaned off. (Affiliate teams included)

Visors

Just to clarify a Football Canada rule regarding Visors.

As per Section 11 Article 2 of The Canadian Amateur Rule Book for Tackle Football

b) All visors must be clear not tinted - no medical exceptions are allowed.

Personal Helmet Inspection

Football Canada requires all football helmets to be inspected every year.

All personal helmets must be inspected by Football Sask Inspectors each year as well. When they are inspected, they will receive an RMF certification sticker that should not be removed.

Only RMF issued stickers or decals are allowed on helmets worn during RMF Games.

Information on Inspection Dates will be included in your Player Information Letter sent out in June each year.

Divisional Play

All players will play in their age group Division. Players in Atom and PeeWee that are over the Weight limit for that division will be restricted and must play an ineligible offensive line position or tackle on the defensive line in their division.

(Check the Weigh in Policy for more details).

Eligible Numbers



Regina Minor Football 2000 Inc.

As per the Canadian Amateur Football Rule Book, ineligible numbers are 50-79.

Fair Play 12 On 12 Off Rule

The fair play rule is intended to assist coaches in the development of all players regardless of their individual level of skill and to reduce if not eliminate two-way playing.

2.1 Coaches must fill out and submit the Coaches Game Sheet, to the designated league official, prior to kickoff. This game sheet must include and stipulate:

- a) Offensive players
- b) Defensive players
- c) Remaining players
- d) Special team players
- e) Designated Ineligible offensive Line Players
- f) Injured players
- g) Absent players
- h) Disciplined players (reason & length)

2.2 Coaches must list all registered players on every game sheet in numerical order. Failure to list all players on a game sheet properly will result in the following penalties:

1st offense – the minimum is the coach must complete the game sheet properly and receives a written warning, the maximum 10-yard delay of game penalty and a written warning.

2nd offense – Head Coach receives one game suspension.

3rd offense – The Team will lose 2 points in the standings.

2.3 Players can only be listed on one side of the ball. Only at half time can a coach move players from one side of the ball to the other side of the ball. These changes must be documented with the designated league official at half time. Coaches should attempt to place an equal number of players on offense and defense. If a coach chooses to not have an equal number of players or more than 1 extra player on one side of the ball, and injuries cause the team to have less than 12 players on the lesser side, he will complete the half (or game) with less than 12 players on the field. Players can be moved at half time.

2.4 Kick offs and kick returns are unrestricted. Both offensive and defensive players can participate freely.



Regina Minor Football 2000 Inc.

2.5 Defensive player substitutions on Punts and Field Goal Attempts are restricted to kickers, punters, and long snapper. If there is a defensive sub as a punter, kicker or holder on a punt, FG attempt or convert attempt, the ball must be kicked. If there is no kick, the ball is turned over at PLS or PBD whichever is closer to the offending teams goal line. There are no offensive substitutions allowed on Punt Returns, FG attempts or converts. Players must be identified on the Coaches Game Sheet prior to the start of the game.

2.6 If injuries, missing players, disciplinary action etc. cause a team to have less than 24 players, players can play on the other side of the ball. However, a player can only play a maximum of 3 series in a row. Example play offense, play defense, play offense, then sit.

2.7 Violation of these rules is subject to review by the rules committee with possible disciplinary action.

RMF Scoring Rules

- 6 points for a touchdown
- 1 point in Atom when the ball is placed on the 2 ½ yard line for a convert
- 2 points in Atom when the ball is placed on the 5-yard line for a convert
- 2 points for a kicked convert
- 1 point for a thrown convert in PeeWee & Bantam only
- 1 point for the kicking team when the ball is punted through the end zone
- 2 points for a safety
- 1 point for a missed field goal that the receiving team doesn't run out.

Atom Scoring

When an individual Atom player scores an offensive touchdown, it will be worth 6 points. Each subsequent touchdown scored by the same player will be worth 1 less point (5, 4, 3...)

There is no overtime for Regular Season games.

Atom Overtime (for Bowl Games)

Overtime possessions will start at the 20-yard line rather than the 35-yard line and will move up 5 yards for each subsequent overtime round if necessary. If there are more than four overtime rounds, the ball will start on the 5-yard line for all subsequent rounds.



Regina Minor Football 2000 Inc.

Kicking Rules for Points After Touchdown (PAT)

Peewee and Bantam:

The ball will be placed at the 5-yard line:

If the ball is put into play on an offensive play (run, pass, fake kick) and the team is successful in scoring the team shall be awarded 1 point.

If the ball is place kicked or drop kicked through the uprights, the scoring team shall be awarded 2 points.

Kicking Rules for Field Goals

Ball pinned inside the 30-yard line:

If the ball is placed kicked or dropped kicked through the uprights, the scoring team shall be awarded 3 points.

Ball pinned on or outside the 30-yard line:

If the ball is placed kicked or dropped kicked through the uprights, the scoring team shall be awarded 4 points.

20 Second Clock

Atom:

- At the beginning of the season, the play clock will be 40 seconds. The play clock will be reset immediately after the conclusion of the previous play and will run.
- Beginning in September, the play clock will be reduced to 30 seconds.
- In Atom, in the event of an injury, the 40 second clock will hold and then resume when the referee blows in the play.

Peewee & Bantam: The 20 second clock will be used for Peewee and Bantam as full rule with no modifications.

Game Film

RMF will not be supplying any game film to any divisions. There will be no access to the camera deck on the press box. Teams may only film their own games from the belly pans on either side



Regina Minor Football 2000 Inc.

of the press box. Filming is not allowed from the Player's bench or from the field during Mighty Mite Games.

Headsets & Spotters Box

Head Sets

Mighty Mites & Atom – No one will be allowed in the Spotter's Box during Mighty Mites and Atom Games. It is more beneficial for coaches to be on the sidelines.

PeeWee & Bantam - A maximum of 2 registered coaches with headsets will be allowed in the spotter's box if a minimum of 4 coaches are on the sidelines. Must be fully registered with RMF.

These are the only Coaches on the PeeWee and Bantam teams allowed in the Spotter's box. Anyone not registered must leave.

No Coaches' children or RMF players are allowed in the Spotters box.

Swearing and/or abuse of any Coaches, Players, RMF Game Day Staff, Board Members and Officials will not be tolerated. If you are given a warning and this behavior continues this may result in an ejection from that game and a 1 game suspension.

Misuse, throwing or damage to a headset will result in an ejection from that game and a 1 game suspension.

Practice Rules

- Practice rules are:
 - Mighty Mites – maximum 2 times per week
 - Atom - maximum 3 times per week
 - PeeWee – maximum 4 times per week
 - Bantam – maximum 4 times per week
- Any team gatherings (Barbeques, meetings, films sessions, etc.) will be considered as practice and must be included in the allowable practice times.
 - All teams will be allowed to have 1extra practice during training camp week (1st week)
- No practices the day after a game (Playoffs included).
- Teams **are not** allowed to Practice or train before Season Kick-off which is the Tuesday after the holiday in August (Saskatchewan Day) for Atom, PeeWee and Bantam. Mighty Mites cannot start before their Kick-Off Camp which is held on the 1st Saturday following the holiday.



Regina Minor Football 2000 Inc.

- Teams **are** allowed 1 pre-season meeting with parents and/or players. At this meeting you should include selecting a Team Manager, your philosophy of coaching, practice format and team rules.

Photographer Policy

Only Photographers with proper accreditation are allowed on the sidelines. Professional Photo/Video Access Passes are available from the office for \$100 each season.

This pass allows access on the players Sideline from the 20-yard lines to the back of the end zone and the entire east side of the field only.

Passes can be ordered by calling Len at 306-535-4111.

Rain out Policy

During rainy weather practices may be cancelled. The City of Regina will post this information on their website www.regina.ca. On main page under Parks, Recreation & Culture, click on Recreation Facilities then on the left-hand side click on Athletic Fields and Ball Diamonds. The site is updated weekdays by 2:00 pm and by 7:30 am on weekends. You are responsible for monitoring the situation and informing your players and parents. In case of a cancellation once games are re-scheduled, they cannot be changed. If practices are cancelled teams are not allowed to practice on the green spaces. Teams caught practicing could lose their permit for their green space.

Field Rules & Procedures

- Teams can warm up on the infield of the Douglas Park track before their games. You can then enter through your appropriate gate (home or visitors) with 5 minutes remaining in the previous game and line up in the end zone. You are not allowed to walk behind or near the benches when a previous game is still being played.
- All Team personnel must be registered, and have all documentation completed before your first practice. Only registered and approved Personnel listed on the Game Sheet will be allowed at practices, on the Bench during games or in the Spotter's Box.
- Smoking/chew is **not allowed** at practice, on the bench, or in the Spotter's box at any time.
- No pets, no sunflower seeds or shelled nuts, food, or beverages on the field.
- RMF runs concessions at all League Games. Note payment is by **cash only**.