

EOSSAA Football Championship SAC Playing Regulations

January 2009

Please Note: These guidelines are the first of their kind for EOSSAA Football, since the championships have resumed over the past few years. They are intended to include guidelines for A/AA and AAA championships and eventually junior as well as senior divisions.

1. Date

The EOSSAA Football championship will normally be held on a date set by the convenor with consideration given to OFSAA and National Capital Bowl playdown dates. Any EOSSAA playoff game must allow a minimum of three (3) consecutive calendar days between games.

2. Location:

The location of playoff games will be determined on a rotation basis, the A/AA games being in reverse of AAA games. Games will be held at the home field of the association representative.

The host venue for playoff games shall be suitably lined and the host association is to arrange for certified referees, medical coverage, provide an official timer and stick crew. A clock and scoreboard is strongly recommended.

For the championship, priority will be given to a venue with artificial turf.

The following rotation was established for the next three (3) years. If this proves to be successful, it will be continued. This rotation should be examined on a minimum, three (3) years basis.

For A/AA Playoffs

2009 LGSSAA @ KASSAA
LAN/REN @ SEAWAY
2010 SEAWAY @ LGSSAA
KASSAA @ LAN/REN
2011 LGSSAA @ LAN/REN
KASSAA @ SEAWAY

For AAA playoffs

The host association representative will be the reverse of those in the A/AA playoff above.

3. Playing Regulations

CIS regulations with exceptions as listed in the Canadian Amateur Football handbook shall be followed. Exceptions are as follows:

1. 2 - 1 minute timeouts per half, coaches may go on the field during a

timeout. During an injury timeout, only the trainer or a coach administering to the injured player, shall be allowed on the field.

2. 4 - 12 minute quarters with 2 minutes of stop time at the end of the second and fourth quarter.
3. 2 game balls shall be submitted to the head referee for their suitability, prior to the start of the game. A team may bring in their own game ball if it was one the balls deemed suitable prior to the start of the game.
4. overtime in playoffs, after a 10 minute rest, is the same as the CIS format.
5. a lightning protocol is to be added to the playing regulations.

4. Entry

Each league in EOSSAA is allowed one (1) entry in each of the A/AA and AAA divisions.

Each league convenor must confirm their league entry into EOSSAA playdowns no later than September 15th.

5. Expenses

An entry fee may be charged to help cover the cost of officials and operating expenses. The entry fee may be waived if admission receipts are sufficient to cover the game expenses.

Teams are responsible for their own travel costs.

6. Eligibility

A player must be deemed eligible under the EOSSAA Constitution and Transfer Policy regulations.

A completed and duly signed EOSSAA eligibility form must be available for the league convenor for playoff and championship games.

Each player must read and sign the Rules of Behaviour signature form

7. Uniform

Each player must wear a complete set of padding, including hip, thigh and knee pads. Pads may not be modified from the manufacturer's standards. Suitable football footwear and mouth guards are mandatory.

Where is a conflict in uniform colour, the visiting team may request that the home team change to a contrasting colour.