



Regina Minor Football 2000 Inc.

REGINA MINOR FOOTBALL Restricted player rules

Atom players over the weight limit must play an ineligible offensive line position or tackle on the defensive line in their Division. Defensive tackles must line up head up on the guards; this means that their helmet is directly across from the guard's

In **Atom**, players that are restricted to the offensive are ineligible to carry the ball and cannot have plays designed that have them carrying or catching the ball. Penalty 10 yards for objectionable conduct.

The ineligible positions are center and guards. In cases where there are more than 4 restricted players, the tackle position can be used as an ineligible position but will count as one of the minimum 5 players on the line of scrimmage. If the tackle position is used for an ineligible player the other tackle cannot be a tight end. If a team wants the other tackle as an eligible receiver the receiver must be split from the line (a split end).

If an Atom team has more than 10 restricted players, refer to the Restricted Players 10-14 Rule dated Aug 13, 2025

PeeWee players over the weight limit must play an ineligible offensive line position or tackle on the defensive line in their Division. Defensive tackles must line up head up on the guards; this means that their helmet is directly across from the guard's

In **PeeWee**, players that are restricted to the offensive are ineligible to carry the ball and cannot have plays designed that have them carrying or catching the ball. Penalty 10 yards for objectionable conduct.

The ineligible positions are center, guards and tackles. In cases where there are more than 5 restricted players, the tight end position can be used as an ineligible position but will count as one of the minimum 7 players on the line of scrimmage. If the tight end position is used for an ineligible player the other tight end must be split from the line (a split end).

Restricted players can play on kick off and kick off return. Restricted players must be on the offensive line for punts. If a restricted player is a punter or kicker the ball must be kicked. If the ball is not kicked then the receiving team gets the ball at point last scrimmage or point ball dead, whichever is farthest from the receiving team's goal line.

If a PeeWee team has more than 14 restricted players, refer to the Restricted Players 10-14 rule dated Aug 13, 2025.