



Regina Minor Football 2000 Inc.

Restricted Players 10-14 Rule

Restricted players by weight to the offensive line and defensive line.

In Atom because there are only 3 interior O-line positions and 2 D-line positions, players that have been deemed to be restricted and subject to an ineligible offensive or defensive line position must play guard or center. If a team has more than 10 players that are over the weight limit a team may also have two restricted players that take up the tight end positions, with a balanced line. These players must report as ineligible and should wear a number from 50-79. If a team needs to use only 1 restricted player, the other end must be split out (minimum 5 yds outside the guard) to be eligible. No restricted player can become a ball carrier or receiver at any time.

For PeeWee, Restricted players can play offensive center, guard or tackle and 2 defensive tackle positions. If a team has more than 14 players that are over the weight limit a team may also have two restricted players that take up the tight end positions, with a balanced line. These players must report as ineligible and should wear a number from 50-79. If a team needs to use only 1 tight end, the other end must be split out (minimum 5 yds outside the tackle) to be eligible. No restricted player can become a ball carrier or receiver at any time.

For PeeWee, players can play any position on kick off or kick off return. Because we consider punts, PA and field goals offensive plays, restricted players must be in an offensive line position. If a restricted player is a punter or kicker, if the ball is not kicked the ball will be turned over on downs and the defensive team will get the ball at PLS or PBD.

These are new rules that have been updated for 2025. All new rules will be monitored and may be subject to change.

Aug 13, 2025