



Regina Minor Football 2000 Inc.

2026 RMF High School Spring League Rules

RMF High School Spring League is intended for players currently in their grade 9, 10 or 11 years who want to commit to a competitive league to further their skill development and enjoyment of the game. The following procedures and rules explain how the RMF High School Spring League is run, and outlines exceptions to the Canadian Amateur Football Rulebook for Tackle Football.

Note: These rules are reviewed annually by the RMF Competition Committee, as well as the four Spring League head coaches. The head coaches may suggest alterations to these or any other rules pertaining to Spring League, but those suggestions must be approved by the RMF Board of Directors in order to be implemented.

Coaches

1. RMF will accept applications from coaches who would like to head coach an RMF Spring League team, and will also accept applications from coaches who would like to assistant coach an RMF Spring League team.
2. Head coaches will be selected by the RMF from a list of applications.
3. Head coaches may select up to 5 assistant coaches to begin forming their staff. The balance of the staff will be selected from the list of coaches that have applied. Head coaches can only add assistants that are not on the list with the approval of the RMF.
4. All coaches must have completed Safe Contact training.
5. All coaches must have completed a Criminal Records Check (valid for three years).
6. Only approved coaches are allowed on the field or in the spotters' booth at any time during practices or games.

Team Selection

1. Teams will be selected by a draft process.
2. Prior to the draft, head coaches will draw for their draft order. When it's a team's turn, they will select a position to draft. We will draft **one** round at that position then move on to the next teams turn.
 - a. The following order will be used in the draft: when Team 1 drafts first: **1234**, Team 2: **2341**, Team 3: **3412**, Team 4: **4123**.
 - b. After the first round of position selection we will snake the draft order, Team 4 will start the second round (1234432112344321). We will continue until the set number of each position has completed. We will then snake picks, and coaches can select any position.
3. Each team may protect a maximum of two players who are the child, legal ward or sibling of one of the coaches.
 - a. Protected players must be selected by their team in the draft round that matches their Evaluation Camp ranking.
4. The RMF, in consultation with the Evaluation Camp Coaching Staff, will set the number of draft rounds for each position group based on the level of talent. Typical numbers of draft rounds are: QB – 2, OL – 6, RB – 2, RC – 5, DL – 5, LB – 5, DB – 6.



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5. The RMF, in consultation with the Evaluation Camp Coaching Staff, will set the total roster for each team. Typically 44 players will be drafted. All player will dress for games, but the Fair Play rules only apply to the 40 (or designated number) players that comprise the game day roster. Players not on the regular game day roster should have an asterisk (*) beside their name, indicating that the Fair Play rules do not apply to them. Coaches are strongly encouraged to find ways to get these additional players into the game. Coaches should also communicate (in advance) that the additional players are not on the 40 player roster, so will not get the same playing time as other players.
 - a. Reasons a player may not be on the 40 player game roster include injury, missing practice or not meeting team expectations.
 - b. Coaches can choose to select additional players to their roster
6. Coaches are not obligated to play their drafted players in the position they played during the Evaluation Camp. Coaches may assign positions to drafted players based on team need.
7. Head coaches will draw for their order of selecting game jersey colors.

Practices and Games

1. Teams may only practice and meet at the times and locations set by RMF.
2. Following the draft, teams will be given a “training camp” week of three practices.
3. For any practice or game day, coaches are permitted to meet with their players a maximum of one hour before the scheduled start time, and a maximum of 30 minutes following the scheduled finish time (practice) or end of the game.
4. No members of any team that is not scheduled to practice may be inside the Leibel Field fence until five minutes prior to their scheduled practice start time.
 - a. Exception: team members entering the dressing room may go directly to the dressing room.
5. RMF will do attendance for all practices.
 - a. Players must contact RMF in advance if they will be missing an Evaluation Camp practice or a team practice for any reason.
 - i. Players are also expected to communicate to their team coaching staff if they will miss a team practice for any reason.
 - ii. Players that miss a practice and do not inform RMF and their coach in advance will not be permitted to play their upcoming game.
 - b. The Evaluation Camp is a very important time for players to work on their skills and physical preparation for Spring League competition.
 - i. Players who miss some or all of the Evaluation Camp are eligible to be drafted if they have informed the commissioner about their absences in advance.
 - ii. Players that miss the Evaluation Camp must participate in all five team practices in order to be able to play their first game.
 - iii. Players that miss part of the Evaluation Camp must accumulate at least 10 hours of practice (including



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- Evaluation Camp and team practices) in order to play in their first game.
- c. Team practices are a very important time for players to continue to hone their football skills, learn their team's schemes, and be physically prepared for Spring League competition.
 - i. Players that have accumulated the minimum 10 hours of practice prior to their week 1 game, but miss a team practice prior to their week 1 game will not be permitted to play in the first quarter of their game.
 1. For any additional team practices missed prior to the week one game, the player would miss that number of quarters.
 - ii. In game weeks 2-4, players that miss or do not participate in a practice due to illness or other commitments will not be permitted to play in the first half of their game.
 - iii. In all game weeks, players that miss or do not participate in both of the practices prior to the game will not be permitted to play in the game.
 - d. With the Spring League schedule, players have five days off between their previous game and their next practice. This is ample recovery time for players that sustain minor injuries.
 - i. In a game week, if a player misses or does not participate in a practice due to injury, they will not be allowed to play in that week's game.
 - e. If a player is benched due to missing practice for any number of quarters, those quarters cannot count toward their Fair Play rotation.
 - i. If a player is benched for one quarter, he would only be able to play one quarter in the first half and one quarter in the second half.
 - ii. If a player is benched for one half, he would only be able to play one quarter in the second half.
6. Teams are not allowed to use video for practices.
 7. Game film will be provided by RMF through a contractor.
 8. Teams will be given a minimum 15 minute on-field warn-up prior to their game.
 9. Games will be played in 12 minute quarters.
 - a. Home team wears dark color jerseys – visitors wear white jerseys
 - b. Home team calls the coin toss
 - c. The clock will stop on first downs, incomplete passes, ball out-of-bounds and penalties.
 - d. Half time will be five minutes

Fair Play

1. RMF Fair Play guidelines will be in effect



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- a. All players* on the game day roster will be guaranteed at least half of a game of playing time. Substitutions to ensure all players get at least half of the plays on their side of the ball may be done in the following ways:
 - i. Alternating by play.
 - ii. Alternating by series
 - iii. Alternating by quarter
 - iv. Alternating by half

* Quarterbacks will not be required to follow the Fair Play guidelines IF the RMF, in consultation with the Evaluation Camp Coaching Staff deems that there is a significant skill difference between the top four quarterbacks and the remaining quarterbacks. If a team elects to draft a third quarterback, Fair Play guidelines would not apply to the third quarterback if he is on the game day roster, but if he is not getting playing time at QB, he must get at least 25% of playing time at another position.

2. Players can only be moved from offense to defense (or vice versa) between quarters or halves; players cannot play both offense and defense in the same quarter.
3. Fair Play guidelines apply to short yardage situations. Players cannot be substituted out of their rotation on short yardage plays.

Playing Rules

The following rules are considered RMF “technical” house rules for Spring League. These rules will be monitored by Game Day staff and game observers, and breaking a technical rule will be communicated to the game officials by the Game Day staff (Game Day staff may administer a verbal warning to coaches of a technical infraction, but any repeat infraction will definitely be penalized). Game officials will refer to these as “technical penalties” when announcing and applying the penalty.

The non-offending team will have the option of accepting a technical penalty 10 yards from the most advantageous spot (point ball dead, previous line of scrimmage. If the technical penalty is called on the offense, it will also include a loss of down. If the technical penalty is called on the defense, it will also include an automatic first down for the offense.

1. The offense is allowed to have a maximum of two running backs in the backfield at the snap of the ball.
 - a. This includes anywhere behind the offensive linemen, in a tight end alignment, or in a wing (outside and behind the offensive tackle) alignment.
 - b. The offense is allowed more than two running backs in the backfield in short yardage situations (down and 3 yards or less to go) or on or inside the opposition’s 5 yard line.
2. The defense must play a 4-3 front with 5 defensive backs.
 - a. Defensive backs may not blitz at any time.
 - b. Defensive linemen may not jump into a different gap immediately before the snap of the ball.
 - c. Stunts are not allowed.
 - d. Players on the defensive line must attack the line of scrimmage; they cannot drop into coverage.



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- e. A maximum of 5 players can blitz (1 linebacker may blitz).
 - i. In short yardage situations (down and less than 3 yards to go) or on or inside the defense's own 5 yard line, more than 5 players may blitz.
- f. Linebackers may not line up or move to be stacked behind a defensive lineman.
 - i. If they are blitzing, they must line up across from the gap they are blitzing. Looping/stunting/twisting is not allowed. Linebackers are allowed to adjust their alignment to match the offense's formation or motion, and may blitz the gap directly in front of them after adjusting.
- g. Linebackers (whether they are blitzing or not) may not walk up to the line of scrimmage to show a 5 man front (with the exception of point h)
- h. Defenses are allowed to adjust their alignment to match the offense's alignment.
- i. i.e. the defense may move an additional defender to the line of scrimmage to match up against a player in a tight end or wing position.

Spring League Demeanor

1. Players and coaches are expected to show respect for the game of football, the facilities at Leibel Field, and everyone present at any game or practice.
2. Team members may not use tobacco products, sunflower seeds, drinks (other than water) or any other substance that may cause damage, stain or mess on the field or in the spotter's booth or buildings.
3. Team members must use the bathroom facilities to relieve themselves.
4. Foul language and emotional outbursts will not be tolerated on the field or in the spotters' booth.
5. Any coach that engages in conversations or communication with players or their parents about a player leaving their current school and/or moving to a different school will automatically be banned from RMF indefinitely.
6. Significant displays of disrespect, lack of sportsmanship, or unruly behavior will be addressed by the RMF and may result in consequences up to and including removal from the league.