<table>
<thead>
<tr>
<th>Amended Dates</th>
<th>Author</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 2013</td>
<td>Ryan Glynn</td>
<td>Original Release</td>
</tr>
<tr>
<td>May 2015</td>
<td>Ryan Glynn</td>
<td>Modifications/Additions to Articles V, VII, and IX</td>
</tr>
</tbody>
</table>
**Table of Contents**

ARTICLE I: COMPETITIVE DIVISIONS .......................................................... 3
ARTICLE II: ELECTION AND APPOINTMENT OF OFFICERS ......................... 3
ARTICLE III: RULES OF PLAY .................................................................... 7
ARTICLE IV: LEAGUE PLAYOFFS ................................................................. 8
ARTICLE V: REGULATIONS AND REGISTRATION PROCEDURES .................. 10
ARTICLE VI: IN-SEASON PLAYER MOVEMENT ........................................... 12
ARTICLE VII: REFEREES ........................................................................ 13
ARTICLE VIII: SANCTIONS ..................................................................... 14
ARTICLE IX: LOCAL RULE EXEMPTIONS .................................................. 15
ARTICLE X: REGISTRATION FEES .............................................................. 17
ARTICLE I: COMPETITIVE DIVISIONS

The following rules and regulations are applicable to all players registered in the St. John’s Touch Football League (SJTFL).

ARTICLE II: ELECTION AND APPOINTMENT OF OFFICERS

At each year's first Annual General Meeting of the League (usually to be held in April), the following Executive positions are to be filled by nomination and vote proceedings:

President, Treasurer, Director - Officials, Director - Men’s League, Director - Women’s League, Director - Statistics, and Director - Sponsorship. An Executive position is also reserved for the immediate Past President of the League.

All members of the Executive are expected to be active participants in Executive discussions throughout the season. These discussions will mainly take place via email, however in person meetings may occasionally be required. Executive members are also required to vote on various issues that require a ruling throughout the season. Specific duties for each member of the Executive are as follows:

**President**
- Serve as the Chief Executive Officer of the League.
- Organize and chair League meetings.
- Serve as official League spokesperson.
- Serve as main point of contact for team representatives.
- Serve as main point of contact for outside agencies such as Sport NL and the City of St. John’s.
- Serve as a financial signing authority for the League.
- Work with other members of the Executive to ensure the successful completion of their duties.
- Work to uphold the reputation and integrity of the St. John’s Touch Football League.
- Other related duties.
Treasurer

- Forecast League budget prior to first AGM and provide financial analysis of previous year’s spending.
- Determine vendor costs for upcoming season (field rentals, year-end trophies and t-shirts).
- Serve as a financial signing authority for the League.
- Distribute payment to League referees and to city for field rental.
- Collect League fees and deposit in League account.
- Arrange for printing, payment and pick up of Championship t-shirts.
- Co-ordinate ordering and engraving of all trophies for year-end.
- Distribute payment to all vendors involved in year-end celebration (BBQ Rental, food supplies, Bella Vista).
- Other related duties.

Director - Officials

- Organize and conducted a referee's clinic annually, or as required.
- Communicate any rule changes voted on by the League to all officials and ensure consistent application of League Rules.
- Schedule officials for all League games, including regular season and playoffs.
- Other related duties.

Director - Men's League

- Request blackout dates from Men's League teams prior to the development of the regular season League schedule.
- Assign a blackout date submission deadline to all Men's teams.
- Develop Men's regular season schedule in conjunction with the Director – Women's League to ensure:
  (i) each team's blackout dates are honoured;
  (ii) each Men's team has close to equal number of weekday games, when possible;
  (iii) each Men's team has a fair share of weekend time slots (and not heavily weighted toward morning or afternoon games), when possible;
  (iv) each Men's team has a fair share of Saturday and Sunday games, when possible;
(v) teams face-off against each other throughout the season with time between games, when possible.
- Reschedule any games throughout the season that may have been cancelled due to weather, the City’s closure of the field or by granted team request that was approved by the Executive.
- Other related duties.

**Director - Women's League**

- Request blackout dates from Women’s League teams prior to the development of the regular season League schedule.
- Assign a blackout date submission deadline to all Women’s teams.
- Develop Women’s regular season schedule in conjunction with the Director – Men’s League to ensure:
  (i) each team’s blackout dates are honoured;
  (ii) each Women’s team has close to equal number of night games, when possible;
  (iii) each Women’s team has a fair share of weekend time slots (and not heavily weighted toward either morning or afternoon games), when possible;
  (iv) each Women’s team has a fair share of Saturday and Sunday games, when possible;
  (v) teams face-off against each other throughout the season with time between games, when possible.
- Reschedule any games throughout the season that may have been cancelled due to weather, the City’s closure of the field or by granted team request that was approved by the Executive.
- Other related duties.

**Director - Statistics**

- Collect game sheets from the field and update stats/standings on League website (minimum once per week).
- Email local media with game scores upon completion of games.
- Email local media with stats/standings update on a weekly basis.
- Assist with the organization and management of Team Representatives email list.
- Other related duties.
**Director - Sponsorship**

- Meet with representative from sponsor at the beginning of season and confirm sponsorship details for upcoming season.
- Ensure proper allocation and distribution of team beer.
- Co-ordinate selection of player of the week and player of the month awards, and distribute prizes.
- Ensure beer is delivered to the host venue for the year-end party.
- Distribute beer tickets to team representatives for the year-end party.
- Prepare award packages for the year-end awards.
- Other related duties.

**Past President**

- Serves as an advisor to the Executive and facilitates the transition from the previous season to the current season.
- Exact scope of role will be dependent on the amount of turnover in the other Executive positions.

Note: The League will require three Executive members to act as signing authorities each year. As two signing authorities are required on all cheques, this will allow for the issuing of cheques should either the President or Treasurer be unavailable. The third signing authority will be another member of the Executive, however there will be no requirement for it to be tied to a particular Executive position.
ARTICLE III: RULES OF PLAY

The rules of game play for the SJTFL shall be those of the current version of "The Canadian Rule Book for Touch Football". The rule book is published by Football Canada and is available on the League website (www.touch-football.com). There are some local rule exemptions followed by the SJTFL, and these are outlined in Article VIII of this document.

General Rules of the SJTFL:

1. Game sheets will be provided by the SJTFL on the League website (www.touch-football.com) and teams will be responsible to print and bring to games. Game sheets are to be filled out electronically with player names and numbers. Player names should be organized in alphabetical order by last name.

2. All registered teams shall be responsible for having proper uniforms, which shall include top of the same colour and style with permanently affixed numbers.

3. Scoring for League play shall be awarded as follows; 2 points for a win, 1 point for a tie, zero points for a loss.

4. The regular season League schedule for all teams will be released prior to the start of the season. Once the schedule is released, games will only be re-scheduled in the event of weather, a closure of the field by the city, or exceptional circumstances. Any request for re-scheduling due to exceptional circumstances will be voted on by the League Executive.

5. Each League team will be allowed to request two black-out dates for the regular season schedule. These two dates can consist of two separate dates or an entire weekend (Saturday and Sunday). The Executive will make every attempt to honour black-out requests, however under extreme circumstances teams may be requested to play on a previously blacked-out date.

6. Any issues voted on at the annual League meetings will be conducted on the premise of one vote per team, no matter how many representatives of a given team are present. The exception to this is that if no team representative is present, that team will forfeit its right to vote.
ARTICLE IV: LEAGUE PLAYOFFS

Playoff System:

The Executive will determine the number of teams in the playoffs and the playoff format for each Division prior to the start of the season. The following guidelines are in place:

1. For a three team Division: the top two finishing teams shall play in the Championship game.
2. For a four team Division: all four teams will play in the semi-finals (first playing fourth and second playing third). The winners of these semi-finals shall then play in the Championship game.
3. For a five or six team Division: the top four teams will play in the semi-finals (first playing fourth and second playing third). The winners of these semi-finals shall then play in the Championship game.
4. For a seven or eight team Division: the third through sixth place teams will play in the quarter-finals (third playing sixth and fourth playing fifth). Then the first place team will play the lowest seed advancing and the second place team will play the highest seed advancing in the semi-finals. The winners of these semi-finals shall then play in the Championship game.
5. For a nine team Division: the third through sixth place teams will play in the 'A' quarter-finals (third playing sixth and fourth playing fifth). Then the first place team will play the lowest seed advancing and the second place team will play the highest seed advancing in the 'A' semi-finals. The winners of these semi-finals shall then play in the 'A' Championship game. The eighth and ninth place teams will play in the 'B' semi-finals. The winner of this semi-final shall then play the seventh place team in the 'B' Championship game.
6. For Divisions with ten or more teams: the third through sixth place teams will play in the 'A' quarter-finals (third playing sixth and fourth playing fifth). Then the first place team will play the lowest seed advancing and the second place team will play the highest seed advancing in the 'A' semi-finals. The winners of these semi-finals shall then play in the 'A' Championship game. The seventh through tenth place teams will play in the 'B' semi-finals (seventh playing tenth and eight playing ninth). The winners of these semi-finals shall then play in the 'B' Championship game.
Tie Breaking System:

For all ties after penalties have been considered, the higher position(s) will be awarded to teams in the following order of merit:

(a) loses the least number of points for failure to provide lines people.
(b) has the best won - lost record of games played between tied teams.
(c) has the best points against record involving the entire Division.
(d) has the best points scored record involving the entire Division.
(e) a coin toss between the tied teams.

The goal of the League is to have no team eliminated from the playoffs (or specifically the 'A' playoffs for Divisions with 9 or more teams) via a tie-breaker. In the event that two teams are tied for the final playoff spot, a play-in game will decide which team makes the playoffs.

Should three (or more) teams be tied for the final playoff spot, the above tie-breaking system will be used to determine the top two teams, at which point those two teams would compete in the play-in game.
ARTICLE V: REGULATIONS AND REGISTRATION PROCEDURES

A. Eligibility for Participation in League Play:

1. A team is eligible if properly registered with the SJTFL by the registration deadline set by the Executive for the playing season.

2. All teams interested in registering must confirm their interest prior to the first AGM. Final confirmation will be required prior to the second AGM. Fees are to be paid prior to or on the deadline set by the Executive. Failure to pay fees by the deadline imposed by the Executive shall result in removal of the team from the playing schedule and could lead to sanctions being imposed on that team and its registered members for future playing seasons.

3. An individual player is considered to be eligible for regular season play if:
   - They are not, or were not, a member of a team that is not in good standing with the League.
   - They are not under any suspensions or sanctions issued by the League.

B. The registration deadline for all teams shall be determined at the AGM by the incoming Executive.

C. Each team shall provide two lines people for games designated to them by the Scheduler. All lines people are expected to be at the field, with whistles and cleats or sneakers, ready to perform their duties at kick-off. For every lines person that is not ready at kick-off their team is fined $50. For every lines person who is not at the field by the end of the first quarter their team is penalized a point in the standings.

Failure to provide a lines person for a playoff game will result in loss of choice in both halves for the team's next playoff game. Should the team already be eliminated from the playoffs, additional sanctions may be imposed by the Executive for the next season. Any team not in playoff contention during the regular season which fails to provide lines people may also be subject to sanctions by the Executive.

Note: Any individual who has a direct relationship with a team (either as a player or a coach) is ineligible for line duty for that team’s games. If an individual in this
capacity serves as a lines person, their team will be penalized as if that lines person was not present.

D. To be eligible for playoff participation, the player must be present for a predetermined number of games throughout the regular season. This number will be set by the Executive prior to the beginning of the season, and will generally be approximately one-third of a team's regular season games.

Note: Any player who is present at the field for a regular season game and is correctly listed on the roster sheet is given credit for a game played.

E. An injured player can apply to the Executive to be given credit for games missed due to injury, even if that player is not present at the field. The request must be made prior to the game, and the injured player should be identified by listing them as “INJ” in the games played column of the game sheet.

F. Teams are required to provide a proper roster sheet for all games. A template to be used is provided on the league website, and the roster is to be printed clearly on this template, with players listed alphabetically by last name, and submitted at the start of each game. Failure to provide a proper roster sheet will result in loss of choice in both halves for that game.
ARTICLE VI: IN-SEASON PLAYER MOVEMENT

The following policy details the process for in-season player movement. This policy will only come into effect in extremely rare circumstances where irreconcilable differences make it impossible for a player to continue with their existing team. It is not intended to create a system of free agency in the League.

(i) The player informs the Executive IN WRITING that they no longer wish to play for their current team and gives a detailed explanation as to why their current football situation is untenable.

(ii) The player’s existing team informs the Executive IN WRITING that they renounce their rights to that player and gives a detailed explanation as to why their current football situation is untenable.

(iii) The Executive will consider the explanation and do further investigation as necessary.

(iv) The Executive has a duty to consult with Team Representative and League officials as to the legitimacy of the desire to move.

(v) The Executive makes a final decision as to whether the free agency is approved/denied.

If the player is granted free agency, they can go to any team they desire. They are still eligible to play in the postseason, but they lose all credit for games played to that point in the season. In effect, they are treated as if they were a new player joining the League.
ARTICLE VII: REFEREES

Game officials for scheduled games shall be assigned by the Director - Officials. Two paid game officials will be assigned for all regular season games. Three paid game officials will be assigned for all playoff games, excluding Championship games. Five paid game officials will be assigned for all Championship games.

If a referee has a romantic or familial relationship with a player on a team participating in a game, that referee is deemed to be in a conflict of interest and cannot referee or perform line duty for that game. If you are not clear if your relationship qualifies as a conflict, email the Director - Officials for clarification.
ARTICLE VIII: SANCTIONS

In the event that a disciplinary issue has to be dealt with during the season, the issue will be placed before the members of the Executive for a ruling. The Executive will form a sub-committee of three members who will review the issue and provide a ruling. The League President shall serve on this sub-committee whenever possible. Additionally, any Executive members who are considered to be in a potential conflict of interest will be removed from consideration.

Should an individual disagree with the committee's ruling, the individual can appeal the ruling. In the event of an appeal, any individuals (or teams) who are directly involved in the ruling would be given the opportunity to present any pertinent information to the Executive. After reviewing this information, the entire Executive would vote on the appeal, with the exception of any members previously removed due to potential conflict of interest.
ARTICLE IX: LOCAL RULE EXEMPTIONS

The rules listed below are exemptions to the Football Canada rule book that are followed by the SJTFL. The Executive will review these exemptions prior to the first AGM each season and, where necessary, an exemption will be brought to the member teams for a vote. A two-thirds majority vote is required to maintain a rule exemption, and an exemption that is passed by this majority will be ineligible for a re-vote for three years. In order for a team to vote on a rule exemption, they will have to have participated in the previous League season.

1. All kick-offs in League play will occur from the 20 yard line. (Last vote: 2015)

2. Modification to rule 9.2.2.1, a touch will also be considered when a player waves their hand over a downed ball carrier. Also incorporated in this exemption is a wave over a player who deliberately ducks to avoid a tag. Note that this then contradicts the listed ruling for rule 9, case 6. (Last vote: Unknown)

3. The league will continue to use the "5-Plays Rule" at the end of a half. Rule 4.3 and Regulations 4.3-4.5 will not apply. (Last vote: 2015)

4. Teams will not be required to have their benches on the same side of the field. Regulation 2.1.6 allows for benches to be allowed on opposite sides if circumstances dictate; league voted to allow for this. When both teams have their benches on the same side of the field, their bench area will be between their own 20 and 40 yard lines. When the two teams are using benches on opposite sides of the field, their bench area will be between the two 20 yard lines. (Last vote: 2015)

5. Only leather footballs are to be used in the Men's Division. Regulation 2.2.1, allowing composite footballs, will not apply to the Men's Division. (Last vote: 2015)

6. The unique colour bean bag will be placed on the rusher's line, not at the 1st down line. Regulation 2.4.1 will not apply. (Last vote: 2015)

7. A team will be allowed to play a game with a minimum of 6 players. Due to this allowance, and time concerns for scheduling, the grace period for a forfeit will be reduced from 15 minutes to 5 minutes. These conditions are modifications to Rule 6.9.1. (Last vote: 2015)
8. In addition to the existing measures listed under Rule 22 for Player Conduct, any player who is charged with two personal fouls or two objectionable conduct penalties in a game must be ejected from the game. (Last vote: 2015)
ARTICLE X: REGISTRATION FEES

A. Registration fees are determined by the League Executive based on the number of teams applying and the anticipated costs to effectively run the League. The SJTFL operates as a non-profit organization.

B. Each team must pay all registration fees by the registration deadline set by the Executive at the AGM. Teams who have not paid will not be included in the schedule.