

LIGUE DE FOOTBALL MONTRÉAL-MÉTRO



SPECIFIC RULES

2024

LFMM

This document will help referees to apply specific rules of LFMM.

The new 2023 rules are in yellow

INTRODUCTION

The rules of the game are those dictated by Football Canada and the Green Book of the Quebec Amateur Football Federation. This document presents specific rules for the Montreal-Metro Football League and applies only to games played as part of the activities of the League.

CATEGORY

The league offers categories according to the structure Division B of the Green book 2018

Category	Ages	Type	Nb of players	Weight limit
Atome	6-7-8	Flag football	9 players	No limit
Moustique	9-10	Contact football	12 players	120
Pee-wee AAA	11-12	Contact football	12 players	150 lbs
Bantam	13-14	Contact football	12 players	No limit
Midget	15-16-17	Contact football	12 players	No limit

GAME TIME DURATION

Atome : 4 quarter of 10 minutes
Moustique : 4 quarter of 12 minutes
Pee-wee : 4 quarter of 12 minutes
Bantam : 4 quarter of 12 minutes
Midget : 4 quarter of 12 minutes

MAJOR PENALTIES

The referees **must mark on the scoresheet** the numbers of the players who receive major penalties for roughness, unnecessary roughness, unsportsmanlike conduct or who are ejected.

A player who obtains 3 roughing penalties or a player or staff member who obtains 2 unsportsmanlike conduct during the same game is expelled from the game and is suspended for the next game.

COMMUNICATION DEVICE

Atom, Moquito, Peewee :	No communication device is permitted between players, coaches, parents or any other person within the limits of the football field during a game
Bantam and Midget :	Permitted for 2 players. Communications must stop as soon as the huddle is broken

FOOTBALL

Each team must provide their football on each offensive series:

Atome :	Wilson K2 or Champro CT7 peewee (composite or leather)
Moustique :	Wilson TDJ or Champro CT7 Junior (composite or leather)
Pee-wee :	Wilson TDY or Champro CT7 Youth (composite or leather)
Bantam :	Wilson TDY or Wilson Youth GST Game (leather only)
Midget :	Wilson F2000 (leather)

PLAYERS EXCEED WEIGHT LIMIT

Players who exceed the weight limit of their category must be identified with **an official LFMM sticker** and must be identified on the scoresheet with the an **O/W** designation beside their name.

He/she can block on offensive plays anywhere. As much on running plays as pass plays after a completion.

FIELD LIMIT

Atom:	41 yards * 110 yards
Mosquito AAA to Midget AAA:	65 yards * 110 yards

SCORE

In the LFMM Junior sector (atom, mosquito & peewee), when the score reaches a difference of 40 points between the two teams, the points are no longer counted on the scoreboard.

TIMER

All games must be played with a functional clock that is to be visible to both team coaches.

OVERTIME

In the event of a tie game, there is overtime in the **playoffs only**.

CONVERSION

Atom: **Conversion by kicking only** and one point when successful (3 players).
 Mosquito : **Conversion by kicking only** and one point when successful (full teams).

Peewee to Midget :

- By kicking : 1 point
- By running or passing: 2 points

SPECIFIC RULES - ATOM

30.1.1 When the number of players per team is 11 or more, the game is played with 9 players. If the number of players present per team is 10 or less (minimum 7), the game can be played with 7 players if the team requests it.

- a. When a game is played with 7 players, the team that requests it must indicate it on the score sheet and the two head coaches must sign it to confirm their agreement and the applicant team loses game 6 - 0. Thus, the game will be considered played.
- b. b) A team that does not show up or does not have enough players to play 7 vs 7 will have the penalties provided for this purpose in Article 15.

30.1.2 Field 41 yards x 110 yards.

30.1.3 Neutral zone of 1 yard from the line of scrimmage, according to Canadian football rules.

30.1.4 **No tackling.** A roughing penalty (15 yards) will be applied in the event of a contact, or of a voluntary or accidental tackle.

30.1.5 Only blocks above the belt are allowed and only in the scrimmage area (5 yards).

30.1.6 Each player must wear two (2) flags of contrasting color with their pants.

30.1.7 Each team must have two (2) sets of flags: red and yellow. These flags must be the ones supplied by the League and be attached to the belt that is also supplied by the League. These flags must be worn on both sides of the waist, be entirely visible and remain accessible at all times.

30.1.8 The game is stopped when a player of team "B" manages to remove a flag from the ball carrier on team "A".

30.1.9 Before the game, both teams must identify on the game sheet the names of all players who will play in the offensive backfield considered as eligible receivers during the first half (minimum of 6 players), i.e. all positions other than the 3 linemen.

- a. Players who will be playing in the offensive backfield or eligible receiver during the first half must be identified with the letter "A" in front of their name on the game sheet.
- b. Players so identified will not be allowed to play in the backfield or eligible catcher at any time during the second half. They are therefore ineligible for any position in the offensive backfield in the second half.
- c. If any of the players who have become ineligible occupy a position in the backfield or eligible receiver during the second half, there is a penalty for illegal procedure (loss of try and five (5) yards). The defending team will then have the option of accepting the penalty or the new dead ball on the play

30.1.10 **Conversion by kicking only** and one point when successful.

30.1.11 Coaches may be on the field for the first 5 games of the season.

- a. Coaches must step away from the players five (5) seconds before the game begins.
- b. From the beginning of the game, **coaches cannot influence the players.**
- c. Maximum of (2) two coaches per team on the field.

30.1.12 A pass must be attempted in one of the first three (3) attempts. A pass is defined as a motion over the shoulder, at head height, while the ball is directed forward.

30.1.13 **No Kickoff.** The ball is placed at the 35-yard line of the offensive team's territory at the beginning of each game half and after a touchdown.

30.1.14 **No punt.** When the offensive team is at the 4th down, they can:

- a. Make a regular play by passing or running regardless of position on the field.
- b. Advance the ball 15 yards and the opposing team gains possession.

30.1.15 Defensive players may not snatch the ball from the carrier. If violated, a 15 yard roughing penalty will be given.

30.1.16 The ball carrier is prohibited from protecting his/her flags. In case of violation, a 10-yard interference penalty will be given.

SPECIFIC RULES - MOSQUITO

30.2.1 Neutral zone of one yard at the line of scrimmage, according to Canadian football rules.

30.2.2 A pass or punt must be attempted in one of the first three (3) attempts. A pass is defined as a motion over the shoulder at head height with the ball directed forward

30.2.3 When a team scores a touchdown, they may attempt a conversion only by kicking for one (1) point. No points will be awarded if the conversion is made by running or passing.

SPECIFIC RULES - PEEWEE

30.3.1 When a team scores a touchdown, they then have two choices; either to convert by kicking for one (1) point or to attempt a two (2) point run/pass conversion.

30.3.2 A pass or punt must be attempted in one of the first three (3) attempts. A pass is defined as a motion over the shoulder at head height with the ball directed forward