



2023 Canadian Junior Football-USport Rule Exceptions



Amateur Rule Book Reference	CJFL	USport
1.1.2.d & e Helmet	<p>No penalty shall be applied for a helmet coming off during the course of play with the exception of when a non-ball carrying player continues to participate in the play after their helmet has come off. When the helmet of the ball carrier comes off the play is to be blown dead immediately.</p> <p>Apply penalty for Illegal Participation as a Dead Ball Foul, L10 PBD & player is not required to leave the field.</p>	
1.3.2 Choice	Coin Toss, Visitor calls.	
1.3.6 Tie Game	<p>Regular Season:</p> <ul style="list-style-type: none"> • Maximum 2 possessions per team • A team that scores a touchdown on any possession must attempt a 2-point convert. <p>Playoffs: Per Football Canada Amateur Rule Book.</p>	Per Football Canada Amateur Rule Book.
<p>If Team B legally gains possession, the Team A series is over (except as noted in Item c).</p> <p>a) If the team in possession commits a foul, it shall forfeit the right to score. In addition, the opponent may accept a score where such option normally applies.</p> <p>b) Under no circumstances shall the down be replayed by reason of either team committing a foul after Team B had legally gained possession.</p> <p>c) However, the Team A series may be extended by one play under any of the following situations:</p> <ol style="list-style-type: none"> 1) Team A are entitled to possession by penalty. 2) Team B commits a foul with Team A in possession after Team A has legally regained possession. 3) Team B commits a foul which would normally be applied at the point where Team A legally regains possession. 4) Team A would normally be entitled to possession at the point the ball is dead, and Team B has committed Unnecessary Roughness or Rough Play during the play. 5) A Team B return kick is blown dead. Team A will be allowed one more play from the point at which the ball strikes the ground. <p>d) If the Team A series has been completed the only penalties for which yardage may be applied in the subsequent series are Unnecessary Roughness, Rough Play, or Objectionable Conduct.</p>		



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1.5.5 Mercy Rule	<i>Does not apply.</i>	
1.12.2 Substitution Procedure	Per Football Canada Amateur Rule Book	The Referee is not required to hold the 20 second clock for defensive substitutions unless Team A substitutes on that play.
1.12.3 Excess number of players	When Team A has more than 12 players in its huddle or formation the play shall be whistled dead before the ball is snapped and Team A shall be subject to a penalty for Illegal Substitution, L5.	
3.2.2 Field Goal	Per Football Canada Amateur Rule Book.	After the 3 minute warning has been given in the 4th quarter, the team scoring a field goal will kick off from their own 45 yard line.
3.2.3 Safety Touch	If, in the judgment of the official, a team deliberately commits a Holding infraction while in the act of conceding a Safety Touch, the score shall count and the penalty shall be applied at the point where the ball is next put into play, or option.	
4.3.1 Player Numbering	Players who align out of position by number must report to the Referee. At the line of scrimmage, those players must each raise a hand to indicate to the defence that they are out of position.	
	<i>Legal numbers are from 1 to 99 inclusive. All Team A players are identified by the following approved numbering system: Eligible Pass Receivers – 1 to 49, 80 to 99 Ineligible Pass Receivers – 50 - 79</i>	<i>Per Football Canada Amateur Rule Book.</i>
5.2.5.d Wedge Block	General definitions according to the FC Rule Book, but only applicable to kickoffs. Does not apply to deliberate on-side kickoff.	
6.4.5.b Ineligible Receivers Downfield on Forward Pass	Ineligible receivers are permitted to go downfield beyond the neutral zone without contacting an opponent provided they do not interfere with an opponent prior to a forward pass being <i>touched</i> . Penalize as Illegal Interference, L10.	



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7.2.6 Targeting	The penalty for Targeting is L25, no ejection. If an official is certain that one or more of the “action” criteria are met, but uncertain whether or not there was forcible contact to the head or neck area of the opponent, then the official is instructed to assess a 15-yard Unnecessary Roughness penalty.	
<i>7.3.4 Objectionable Conduct</i>	<i>Per Football Canada Amateur Rule Book.</i>	<i>A player, coach, or member of a team bench area who receives 3 Objectionable Conduct penalties in the same game shall be removed from play.</i>
7.3.12 Protection of Centre (Push Block)	It shall be illegal for defensive players to push-block a teammate towards the other team’s dead ball line on any play where the offense lines up in a place kick formation including kicked convert attempts and field goal attempts. Penalize as Unnecessary Roughness, L15.	
7.3.14 Hands to Face	No player may thrust their hands forward above the frame to contact an opponent on the neck, face, head, or facemask. This does not apply to a ball carrier using a stiff arm or straight arm tactic where there is no grasping of the face mask. Penalize as Illegal Block, L10.	
7.3.16.b.4 Supplex Tackle	Add to the prohibited actions against a defenseless player: Lifting the defenseless player off the ground in such a fashion as to upend the body and drive the defenseless player’s head and/or neck area into the ground.	



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7.3.19 Blocking Below the Waist	Per Football Canada Amateur Rule Book: <ul style="list-style-type: none"> All blocks must be above the knees; Players entering the BBW zone before the snap must come to a stop before the snap; and Penalty is Unnecessary Roughness, L15. 	On scrimmage plays and before the ball is kicked across the line of scrimmage, penalize as Illegal Block, L10 PLS or PBH, or option. No requirement for a player entering the BBW zone to come to a complete stop before the snap. Blocks below the waist may be made below the knees, except: Any offensive player who moves across the original point where the ball was snapped must make initial contact with the opponent above the knees unless the offensive player comes to a full stop before the snap. A running back who is inside the BBW Zone at the snap and blocking for the passer may block below the knees without restriction. Penalize as Unnecessary Roughness, L15.
7.4.g <i>Objectionable Conduct</i>	<i>The requirement to be “removed from play” shall be interpreted as being required to leave the playing field, as if the penalized individual is Disqualified. The Official(s) involved in the decision shall submit an Incident Report to the Conference Referee In Chief.</i>	
8.7 Manipulating the Clock	If, in the sole judgment of the Referee, a team is intentionally taking multiple fouls to run down the clock, the game clock will be reset to the beginning of the play and the penalty applied at the point where the ball is next put into play, or option.	

Notes:

- Changes for 2023 are written in red font.
- Differences between CJFL & USport are highlighted with yellow.
- Refer to the Officiating Standards documents and playlists for more information.