

**Official Rules & Regulations**

***of the***

**Northwest Junior Football League**

Official Rules Ratified January 8, 2019

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**OFFICIAL RULES**

Northwest Junior Football League

The Northwest Junior Football League (NJFL) is a non-profit, all volunteer organization that provides a positive, structured and safe youth football and cheer program for youth ages 6 through 14.

**MISSION**

The mission of the NJFL is to teach young athletes the skills and fundamentals of football and cheer in an environment that builds outstanding character and promotes participant safety and the highest levels of good sportsmanship.

**OBJECTIVES**

• Provide the youth in our communities the opportunity to play football or participate in cheer, without regard to prior experience or athletic ability in a safe and structured environment.

• Teach all participants the proper fundamentals and techniques of tackle football and develop their individual skills using positive coaching principles.

• Promote uncompromised safety, sportsmanship, fair play and healthy competition in both victory and defeat.

• Foster physical and mental growth, helping participants become quality teammates and leaders, increasing confidence and self-worth that extends beyond the field into school, family and community.

• Have fun, build lasting friendships and great memories.

• Educate and inspire the people in our communities to encourage and grow participation in football and cheerleading.

• Honor the game.

1) CONDUCT

**ARTICLE I – ETHICS**

a) The Northwest Junior Football League requires that all participants uphold the principle and spirit of Good Sportsmanship at all times which specifically includes the time periods before, during, and after games.

b) The NJFL will not tolerate conduct from coaches, players, parents or spectators which demeans, threatens or embarrasses opposing coaches, players, parents, spectators or league officials and referees.

c) Profane language, taunting, and other unsportsmanlike behavior will not be tolerated and is exactly the opposite of the type of conduct that should be modeled and taught to the youth participants in the NJFL.

d) The Northwest Junior Football League will investigate legitimate complaints of unacceptable conduct or unsportsmanlike behavior by any participant associated with the NJFL or any member organization.

e) If the NJFL finds that any participant has demonstrated unacceptable conduct or unsportsmanlike behavior, the NJFL may impose penalties up to and including game forfeiture, suspension or an expulsion and ban from the NJFL.

2) CONTROLLED SUBSTANCES

a) Intoxicants of any type, including but not limited to alcohol, marijuana, or illegal drugs, are not permitted at any Northwest Junior Football League function or venue. Alcoholic beverages

or their containers are not permitted at any NJFL function or venue.

b) The use of tobacco products is not permitted by coaches, volunteers, parents or spectators at any NJFL function or venue.

c) Northwest Junior Football League has a ZERO TOLERANCE policy.

i. Anyone found to be intoxicated, consuming alcohol, smoking marijuana, or consuming other intoxicants or illegal drugs at a Northwest Junior Football League function or venue will be suspended from participation for a minimum of one (1) year.

ii. Anyone who fails to comply with applicable laws concerning the use of tobacco or other controlled substances at a Northwest Junior Football League function or venue will be suspended from participation for a minimum of one (1) year.

d) Organization representatives and the head coaches of each team are responsible for the communication and enforcement of the NJFL policy concerning the use of controlled substances to their coaches, players, parents and spectators.

e) Referees and League Officials are empowered to stop any and all games, practices or events where a controlled substance violation exists which could result in a forfeit for the team with the offending participants.

3) THREAT OR USE OF PHYSICAL VIOLENCE OR PHYSICAL ALTERCATIONS

a) NJFL does not tolerate the use or threat of physical violence or physical altercations before, during or after any practice, game or sanctioned event.

b) Physical violence or the threat of physical violence or altercations by a player or coach during a game may result in ejection of player or coach as determined by the referee or field manager.

c) In addition, the behavior of spectators shall be controlled by the head coach/field manager of the team to which the spectator is identified. Referees or field manager may eject a

spectator from the premises for violations of the NJFL Conduct Policy.

d) Failure of a player, coach or spectator who has been ejected or removed to leave as directed by the referee or field manager may result in the referee declaring the game forfeited in favor of the team that is not responsible for the violation of the NJFL Conduct Policy as determined by the referee or field manager.

e) The League may take further action against a coach, player or spectator in addition to the action taken by a referee. These action(s) may include but is/are not limited to declaring a forfeiture of the game in which the violation of the NJFL Conduct Policy took place or suspending a player or coach or both and prohibiting a spectator from viewing future games of NJFL teams

f) The actions of the League with respect to the discipline of spectators involved violation of the

NJFL Conduct Policy shall be determined on a case by case basis.

g) A repeat offense by a player, coach or spectator shall be reviewed by the Board of Directors, which may result in barring future participation and/or forfeitures of future games.

h) Altercations between parents, coaches, or any other adult spectator and officials will not be tolerated.

i. Any violation of the NJFL Conduct Policy must be reported by the franchise representative or field manager to the home field Franchise President within 24 hours following the game.

ii. Franchise President will review the violation of the NJFL Conduct Policy and determine if any disciplinary actions are warranted. The Franchise President will report the violation of the NJFL Conduct Policy, and any disciplinary actions taken to the League President with 48 hours following the game.

iii. The League President and the Board of Directors will review the actions taken by the Franchise President and will approve, increase, or decrease the disciplinary actions taken by the Franchise President within 24 hours.

4) OTHER MALPRACTICES AND VIOLATIONS

a) The highest degree of ethical conduct is expected of all who participate in this program. This includes strict adherence to both the letter and spirit of the rules and regulations of this program.

b) Violent conduct, holding/touching the facemask or verbal abuse towards any player will not be tolerated and is prohibited.

c) Scouting of another team or teams at practices is prohibited. Attending scheduled games by coaches and players of other teams is permitted.

5) EJECTION POLICY

a) Ejection of any player, coach, parent, or spectator from a game for any reason must be reported by the hosting organization to the NJFL President, the NJFL Vice President and the President of the organization of the ejected person promptly, following the conclusion of the final game of the day.

b) A player or coach who is ejected from a game will be suspended for a minimum of 7 days (including the next scheduled NJFL game) and is prohibited from participating and attending all practices and games during the suspension.

c) If the same individual is ejected a second time during the season, that individual will be ineligible to participate in any practices, games or other league events for the remainder of the season. If the second ejection occurs during the last game of the season, the individual suspended for the entire following season.

d) Ejections by a referee cannot be protested.

e) The NJFL may investigate and/or review any ejection and impose additional penalties beyond the minimum 7-day suspension.

6) HEARING BOARD AND PENALTIES

a) The hearing board shall be comprised of Northwest Junior Football League Board Directors (see Bylaws), and presided over by the League President. All cases or complaints or reports must be tendered in writing to the League President within forty-eight hours of the alleged infraction.

b) The League President shall first review the complaint and determine whether there is a claim for which relief under the rules of the league may be granted and whether there is sufficient evidence presented in the complaint to refer the matter to the Board for a hearing. The decision of the President shall be final and cannot be appealed. The decision will be

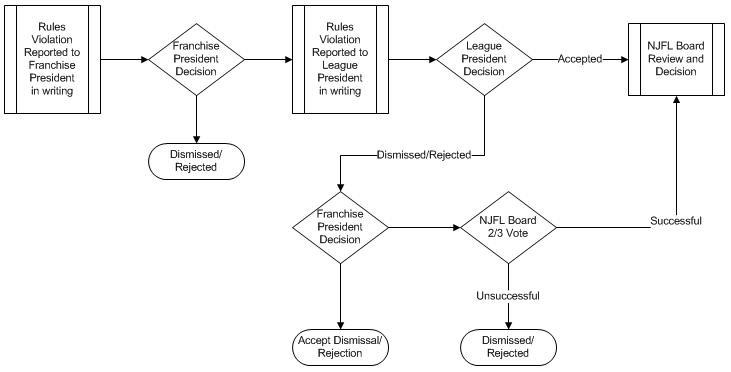
reported to all franchise Presidents. Only the Board may override the decision of the President not to refer a complaint to the Board for hearing. A two-thirds vote of the Board is necessary to override the President’s decision. If an allegation involves the League President the most senior franchise president not named in the complaint shall act in the place of the League President and shall review the complaint as described above.

c) The Board shall have jurisdiction over all complaints. The Board shall hear the case, make a decision, and assess penalties. The latter can include, but is not limited to, revocation of franchise, forfeiture of a game(s), forfeiture of league standing, expulsion of coaches, players, organization officials, referees, or spectators from the league and or a monetary penalty.

d) If, after completion of a hearing as set forth in this section, the Board finds that the allegation is frivolous or is without merit or is presented to the Board in order to embarrass, harass, or intimidate the accused, the Board may assess penalties against the complainant including any or all of the penalties outlined above.

e) The decision of the Board of Directors shall be final and binding. Complaints that involve officiating decisions and calls will not be reviewed.

f) Visual description of the rules violation process:



1) ELIGIBILITY

**ARTICLE II – ELIGIBLE PLAYERS**

a) To be eligible to participate, all players must be properly registered with the following forms completed, fully executed and on file with their respective Franchise:

i. NJFL Registration form

ii. NJFL Liability Waiver/Medical Authorization iii. NJFL Concussion Form

iv. NJFL Code of Conduct Form v. Proof of Age

b) Proof of Age may either be a copy of a Birth Certificate or government issued passport.

School letter, baptismal certificate or medical coupon are NOT acceptable Proof of Age).

c) The Age/Weight Co-efficient system will rule the eligibility of players within each level of play.

Each player must be listed on a validated team roster (see weight and age restrictions and

Attachment “A”).

d) Players are not allowed to ‘play up’. A player must play for the available qualified level based on their age and weight.

e) Player may be allowed to ‘play down’ only under the following circumstances:

i. The player in question has a recognized physical or cognitive medical condition diagnosed by a certified medical professional where:

ii. There is the potential for significant risk to the player if they were to play at their designated level AND

iii. There is minimal risk to the players at the ‘play down’ level by having the player participate at that level

iv. All ‘play down’ requests must be made by the franchise president and approved by a simple majority vote of the NJFL Board of Directors.

f) Players in the NJFL may not play for any other junior football, middle school, select or high school contact football program during an NJFL season.

g) High school freshmen/9th graders are not eligible to participate in the NJFL.

2) MINIMUM PRACTICE DAYS

a) Contact is not allowed during the first three (3) days of practice for each individual player.

Should a player begin turnouts any time after the first day of summer practice, that individual player may not be involved in those drills or practices in which there is "contact" until all required no contact practices are completed.

b) All players must participate in a minimum of four (4) full pad/contact practices in order to be allowed to participate in scrimmages with other teams as allowed under NJFL rules (Article X, Section 3).

c) Accordingly, per items a, b and c, all players must participate in a minimum of 7 practices (3 non-contact practices followed by 4 contact practices) in order to be eligible to participate in a scrimmage with other teams, which includes the NJFL Jamboree.

d) All players must participate in a minimum of 12 practice days in order to be eligible to participate in a game.

3) CHALLENGES TO ELIGIBILITY

a) Challenges of player eligibility must be made within forty-eight hours after the official start time a game (Article II, Section 3).

b) If, in the event the coach of the challenged player cannot provide a validated team roster showing the eligibility of the challenged player, that player may not participate in any future games until such verification is provided.

c) If it is determined that an ineligible player has participated in any league game, all prior games shall be forfeited, and if known by the coach, he/she shall be removed from coaching for the remainder of the current season and for all of the next season.

4) CHANGING FRANCHISES

a) If a player or coach signs up with one NJFL franchise, that player or coach cannot change franchises without the consent of both Franchise Presidents and the League President.

b) A player who was a member of another NJFL franchise the prior season cannot play for another NJFL franchise the following season without the consent of both Franchise Presidents.

c) Players who are directed to another member franchise due to lack of roster space (roster being at league maximum of 29) or the absence of a team at a given level may be allowed to return to the sending franchise the following season without consent of the franchise presidents provided that the sending franchise notified the receiving franchise in writing of

the players involved in the transfer prior to the start of the season.

d) Coaches, players, families, fans and franchise officials are prohibited from knowingly and deliberately recruiting players from other NJFL franchises.

1) LEVELS OF PLAY

**ARTICLE III – TEAMS**

a) The Age/Weight Coefficient schedule consists of various levels as determined and approved by the NJFL Board of Directors. (See AGE/WEIGHT COEFFICIENT SCHEDULE ATTACHMENT “A”).

a) A franchise is not required to field a team at each level.

2) CHEER SQUADS

a) Cheer teams/squads may be fielded by each franchise.

b) If a franchise has a cheer squad(s) they shall be counted as one “team” for all purposes consistent with these rules. Cheerleaders are not subject to the Age/Weight Coefficient.

3) DISTRIBUTION OF PLAYERS AMONG TEAMS AT A GIVEN LEVEL

a) No team will be allowed more than 29 players (exceptions: Cheer Squads, Article III, Section

3 and Article V, Section 9(a)).

b) When a franchise has more than one team at any given playing level, the distribution of players will be determined by a Combine/Draft process or other equitable method approved in advance by the NJFL Board of Directors.

c) Challenges regarding the distribution of players between rosters at a given level will first be reviewed by the Franchise President and if a satisfactory resolution is not achieved, then by the League President and Board of Directors. Any decision on final roster status by the NJFL Board is final and not subject to appeal.

d) The Combine/Draft process is as follows:

a. Over a given period not to exceed three (3) practices, players will be evaluated by the coaches,

b. After the evaluation period, the head coaches will flip a coin to determine order of selection.

The first head coach will make the first selection, the other head coach will have the 2nd and

3rd selection and then will alternate selections until all players have been drafted. The winner of the coin toss may elect to have the 1st pick, or the 2nd and 3rd picks.

c. Players joining after the draft is complete will be assigned to teams on an alternating basis with the team having the next pick receiving the next player.

d. Players may not transfer between rosters after the draft without the consent of the Franchise

President.

e. Players may not transfer between rosters after Jamboree for any reason.

f. Coaches may not select assistant coaches to have that coaches’ child on their team.

g. Teams not in compliance with this rule are deemed ineligible and shall forfeit all games until the distribution compliance is achieved.

4) MINIMUM ROSTER SIZE

a) A team (squad) must have the following minimum number of players on their roster in order to be eligible to be certified at the First Weigh-in (Minimum for Jamboree) and to be eligible for the regular season (Minimum Regular Season .

Level Minimum for Jamboree Minimum Regular Season

76er 8 10

89er 14 16

PeeWee 14 16

Bantam 14 16

Junior 16 18

Senior 16 18

b) A team that does not meet these requirements will not be considered for the schedule for the upcoming season.

c) A team (squad) must have a minimum of fourteen certified players present and eligible in order to participate in any game (8 for 76ers). A team that does not meet these requirements will be required to forfeit that game.

1. In the event of a forfeit under this rule, the teams can choose, by mutual agreement of both head coaches and the referees, to use the scheduled time to play a scrimmage.

5) PLAY UP RULES

1. By Rule a player may play up per weight chart only under the following conditions
2. Franchise does not have a team at the preferred level
3. Neighboring Franchise must not have availability at preferred level
4. Max of 5 per team, 25% of roster
5. Must be within 10% of max weight for current age

|  |  |
| --- | --- |
| **Team** | Allowed Play ups |
| **76ers** | No Play ups |
| **89ers** | No Play ups (unless no 76er team) |
| **Peewees** | 9-year-olds > 94 |
| **Bantams** | 10-year-olds > 108 |
| **Juniors** | 11-year-olds > 122 |
| **Seniors** | 12-year-olds > 138 |

1) AGE AND WEIGHT

**ARTICLE IV – AGE AND WEIGHT**

b) Players’ eligibility to play will be determined by an Age/Weight Coefficient system adopted by the League.

c) Once adopted, all Age/Weight Coefficient changes will remain in effect for a minimum of two years.

d) See AGE/WEIGHT COEFFICIENT SCHEDULE ATTACHMENT “A”.

2) DETERMINING AGE

a) All players’ ages shall be determined by how old the player is on July 31st.

1) MANDATORY WEIGH INS

**ARTICLE V – WEIGH-INS**

a) Each player must attend an official weigh-in to establish his/her eligibility and become certified to play. In order to become certified, each player must present:

i. NJFL Registration form

ii. NJFL Liability Waiver/Medical Authorization iii. NJFL Concussion Form

iv. NJFL Code of Conduct Form v. Proof of Age

vi. Official game jersey

b) One representative for each team shall be responsible for providing an official roster. The official roster will list all rostered players. Players will be grouped by League Age, youngest to oldest, and each age group will be in alphabetical order by last name. The roster will include the following information for each player:

i. Assigned game jersey number ii. Last Name

iii. First Name

iv. Street Address, City and Zip Code v. Contact Phone Number

vi. School and Grade vii. Birthdate

c) The League Weigh-in Director shall supervise all official weigh-ins. The League Weigh-in Director in consultation with the League President may temporarily modify the weigh-in rules for the benefit of the League.

d) It is the responsibility of each franchise and their respective coaches to track the weight of their players and to insure compliance with the rules at all weigh-ins by providing representatives, all required paperwork, and all players in their official game jersey.

2) WEIGH IN DATES AND LOCATIONS

a) The league will establish the specific date, time and location for each official weigh-in for each season.

b) The **First Weigh-In** will be held on Jamboree day, which is typically held on the last Saturday prior to the Labor Day weekend or as otherwise specified by the NJFL Board of Directors.

c) The **Second Weigh-In** will be held during the week prior to the first regular season games.

This will typically be held on the Wednesday prior to the first week of the regular season or as otherwise specified by the NJFL Board of Directors.

d) The **Late Weigh-In** will be held during the week following the second regular season games.

This will typically be held on the Wednesday prior to the third week of the regular season or as otherwise specified by the NJFL Board of Directors.

e) The **Mid-Season Weigh-In** will be held during the week following the fourth week of the regular season. This will typically be held on the Wednesday prior to the fifth week of the regular season or as otherwise specified by the NJFL Board of Directors.

3) WEIGH IN PROCEDURES

The following weigh in procedures apply to all weigh-ins unless otherwise noted:

a) At the First Weigh-In (at Jamboree), each team will line up in the order listed on the official roster at least 15 minutes prior to their scheduled time at their assigned scale.

b) Each player must be presented in their official game jersey at weigh-in. They may wear or carry their game jersey.

c) Players may wear their football jersey, football pants and cleats. They may not wear their shoulder pads or helmet when they are weighed.

d) Players that are close on their maximum weight do not have to wear their football pants and/or cleats. Players close on weight are encouraged to wear shorts or other lightweight clothing, or clothing that can be quickly removed when being weighed.

e) Each franchise will provide a representative or representatives as specified by the league to support and oversee each official weigh-in.

f) In no event shall a player be weighed in by a representative from their own franchise.

g) A maximum of two representatives from each team shall be allowed in the weigh-in room during the weigh-in procedure.

h) If a player’s weight exceeds the weight limit, that player does not meet the Age/Weight Coefficient requirement for that level and will subsequently have to move up to the next level of play or “step off” (First Weigh-in only).

i) If a player’s weight is less than the weight limit of a lower level, that player does not meet the

Age/Weight Coefficient requirement for that level and will subsequently have to move down to the next level of play or “step off” (First Weigh-in only).

j) One representative for each team shall be responsible for providing the following:

i. An official roster (see Article V, Section 1 b).

ii. All required paperwork for each player (see Article V, Section 1 a).

4) WEIGH IN SCALES

a) Scales used for all weigh-ins must be approved by the weigh-in committee.

5) FIRST WEIGH IN (JAMBOREE WEIGH IN)

a) The First Weigh-In will be held on Jamboree day. The time, date and location will be determined by the NJFL Board of Directors.

b) At the First Weigh-In (at Jamboree), each team will line up in the order listed on the official roster at least 15 minutes prior to their scheduled time at their assigned scale.

a) STEP ON – STEP OFF RULE (APPLIES ONLY TO THE FIRST WEIGH-IN)

i. At the First Weight-In at Jamboree, all players will be allowed to step on the scale and subsequently choose to have their official weight recorded.

ii. A player can also “Step Off” and choose to not to have his/her official weight recorded. Players that choose to not have their official weight recorded are not certified and not allowed to participate in the NJFL Jamboree or games until certified at the Second Weigh-In or the Late Weigh-In.

6) SECOND WEIGH IN

a) The Second Weigh-in will be held prior to the first regular season game. The time, date and location will be determined by the NJFL Board of Directors.

b) There is no “Step-On – Step Off Rule” in place following the First Weigh-In at Jamboree for the Second Weigh-In or any subsequent weigh-in.

c) The Second Weigh-In is the last opportunity to add players to a team roster for teams with

22 or more listed players (certified or not) on their official roster. If a team has 22 or more players listed on their official roster at the completion of the Second Weigh-In, that roster is closed and no additional players can be added.

7) LATE WEIGH IN

a) A Late Weigh-In will be held by the Weigh-in Committee during the week following the second week of league games. The time, date and location will be determined by the NJFL Board of Directors.

b) All Age/Weight Coefficient weights (maximum weights) will be reduced by two pounds for all players attending the Late Weigh-In.

i. For example, the maximum weight for a 12 year-old Bantam is 103 pounds. At the Late Weigh-In the maximum weight allowed for a 12 year-old Bantam is 101 pounds (103-101).

c) In order to be certified at the Late Weigh-In a player’s must have been listed on the official roster no later than the Second Weigh-In. Players cannot be added to a team roster after the Second Weigh-In, with the following exception:

i. An exception will be granted to any team that has less than 22 players listed

(certified or not) on their official roster as of the Second Weigh-In. The Late Weigh-In is the last opportunity to add and certify players for any team with less than 22 players.

d) The Late Weigh-In is the last opportunity for any rostered players to become certified and eligible to participate in the NJFL.

8) MID SEASON WEIGH IN

a) The Mid-Season Weigh-In will be held during the week following the fourth week of the regular season. The time, date and location will be determined by the NJFL Board of Directors.

b) Players with an official weight within three pounds of the maximum weight allowed for their age and level of play (see the Age/Weight Co-Efficient, Attachment “A”) must attend the Mid- Season Weigh-In.

i. For example, the maximum weight for a 12 year-old Bantam is 103 pounds. A 12 year-old Bantam that weighed 100 pounds or less does not have to attend the Mid- Season Weigh-In, but a 12 year-old Bantam who weighed more than 100 pounds must attend the Mid-Season Weigh-In.

c) Five pounds will be added to the maximum weights of the Age/Weight Co-efficient at the

Mid-Season Weigh-In.

i. For example, the maximum weight for a 12 year-old Bantam is 103 pounds. At the

Mid-Season Weigh-In the maximum weight for a 12 year-old Bantam is 108 pounds.

d) Players that are certified at the Late Weigh-In will be allowed a five pound weight gain from the two pound penalty in place at the Late Weigh-In, i.e., three pounds above the maximum Age/Weight Coefficient.

i. For example, the maximum weight for a 12 year-old Bantam is 103 pounds. At the Mid-Season Weigh-In the maximum weight for a 12 year-old Bantam certified at the Late Weigh-In is 106 pounds.

e) Each player must be presented in their official game jersey as shown on the team’s official roster. There are no exceptions to this rule.

f) The Mid-Season Weigh-In is for previously certified players only. No paperwork is required.

9) EXCEEDING MAXIMUM ALLOWED WEIGHT AT LATE OR MID SEASON WEIGH IN

a) All players who exceed the maximum weight will not be allowed to participate for the remainder of the season at that level of play. They are allowed to move up to the next level, even if a team at that level is at the 29 player limit.

10) MISSING MANDATORY MID SEASON WEIGH IN

a) Any required player who cannot attend the mid-season weigh-in will not be eligible for the fifth game of the season, and in addition, will be penalized two pounds (allowed a three- pound weight gain in lieu of five).

b) For those players who do not attend the mid-season weigh-in, a special weigh-in must be arranged by the League President. The President is to coordinate any such weigh-in with the Weigh-in Director.

11) NO COMPROMISE ON AGE AND WEIGHT RULES

a) It is the responsibility of each franchise and their respective head coaches to verify, monitor and track the weight of each player prior to placing the name of the player on a team roster.

b) Coaches and franchise representatives shall not ask weigh-in or registration officials to modify or overlook the rules.

c) Any request to compromise these rules shall be rejected unless approved by the Board of

Directors.

d) Any coach or franchise representative who does not comply with the rules for weigh-in or registration shall be penalized as determined by the Board of Directors.

12) MAINTAINING OFFICIAL PAPERWORK

a) Periodic review of official paperwork may be conducted by the League.

b) All coaches must have their official roster available for review by the League at each game. c) Failure to produce official and certified paperwork when requested by the league or to

provide a copy of an official team roster may result in forfeiture of game(s) and or suspension of the head coach as determined by the League.

**ARTICLE VI – PLAYING RULES**

The Northwest Junior Football League plays by the National Federation of High School Rules (NFHS, [www.nfhs.org)](http://www.nfhs.org/) except where superseded by Washington Interscholastic Athletic Association (WIAA, [www.wiaa.com)](http://www.wiaa.com/) rules and our own NJFL specific rules that follow.

1) GAME CLOCK TIMES

a) The clock running time for 89ers, Peewees, Bantams, Juniors and Seniors shall be 40 minutes and shall consist of four quarters of 10 minutes each.

b) The clock running time for 76ers shall be 32 minutes and shall consist of four quarters of 8 minutes each.

c) There will be an intermission for changing goals of 1 minute between the first and second quarters and between the third and fourth quarters.

d) There will be intermission (half time) between the second and third quarters. 10 minutes is normal however, the intermission may be reduced to a minimum of 5 minutes by the referees or hosting field manager for game day time management.

e) Charged time-outs will be 1 minute in length.

2) RUNNING CLOCK

a) If the score differs by 28 points or more at any time during the second half, a mandatory running clock will be in effect from that point on, except for official and injury timeouts.

3) HOSTING FIELD EQUIPMENT

The hosting field franchise will furnish and/or ensure that there are:

a) Adequate and legible chain and down markers for each game played at their home field.

b) At least one set of yard and down markers. They shall be constructed of pliable material to prevent injury to players.

c) Each franchise will rope off or mark 5 yards from sidelines and end zones to keep spectators at a safe distance. The game is to be watched from outside these boundaries only. For games played in stadiums spectators must confine themselves to the grandstand areas and/or behind other established boundaries (i.e., fences, barricades, etc. These boundaries will define the Restricted Field Boundaries at each game location.

d) A hosting franchise should provide an operational stadium clock or otherwise furnish a regulation clock. In the event that there is no operational clock available to the host franchise at game time the official game time shall be kept by the referee.

4) HOME TEAM AND CHAIN CREW

a) The Home Team shall have the choice of which sideline they will occupy for that particular game.

b) The home team in each game shall provide personnel to operate the chains and down marker.

c) Chain crews are considered part of the Officialization crew and are not allowed to cheer or make comments from the sidelines. Chain crew members who violate this rule may be removed from the chain crew by the referees and replaced by another crew member.

5) RESTRICTED BOUNDARIES, SIDELINE AND FIELD ACCESS

a) Access inside the restricted field boundaries, including field access and sideline access is restricted to the following authorized personnel:

i. NJFL certified coaches listed on the official coaches roster for each team. ii. Rostered players listed on the official team roster

iii. Referees

iv. Field managers designated by the hosting franchise v. Chain crew (see Article VI, Section 5b)

vi. One photographer per team with Field Guest Pass (available from the Field

Manager)

vii. One “ball boy” per team viii. One “water boy” per team

ix. Cheer squads (in accordance with Article VI, Section 9)

x. NJFL officials

xi. Certified Athletic Trainers

b) All coaches must display a valid, current year, NJFL ID Badge at all times inside the restricted field boundaries.

c) Parents, spectators, coaches from other teams, players from other teams and any other persons not specifically authorized are not allowed inside the restricted field boundaries and specifically not allowed on the sidelines or the field.

d) It is the responsibility of the Field Manager and each Head Coach to insure compliance with this rule. Failure to comply may result in suspension of play and/or game forfeiture.

6) POINT AFTER TOUCHDOWN

a) Every level of play shall receive one point for a successful point-after-touchdown completed by pass or run except that 76ers shall receive 2 points for an extra point by forward pass completed beyond the line of scrimmage. Every level of play shall receive two points for a point-after-touchdown completed by a kick.

7) SIDELINE SAFETY

a) Spectators, parents, children, cameras, chairs, tables, benches, coolers, or other potentially hazardous items are not allowed within the restricted field boundaries and specifically not allowed within five (5) yards of the sidelines for the entire length of the playing field, including the end zones. The Head Coach and field manager of each team is responsible to ensure that their sideline is compliant with this safety rule.

b) Players and assistant coaches should not direct any derogatory or inflammatory comments to referees, opposing players, opposing coaches, opposing fans or league officials.

c) The NJFL encourages active, positive, sideline participation. However, the use of noise makers such as air horns, cow bells and drums as well as the playing of loud music or the use of electronic voice amplification of voice (other than a stadium announcer) is not allowed during a game.

d) The use of other noisemakers and the playing of music of any type are limited only to the time between the quarters or at halftime. Violation of this rule will result in a warning to the offending team’s Head Coach and subsequent violations of this rule will be charged as an unsportsmanlike penalty on the offending team’s Head Coach.

8) PARENT AND FAN ZONES

a) All parents and fans are required to remain outside of the Restricted Field Boundaries at all times before, during and after a game, unless specifically invited or granted access by the Field Manager.

i. At venues where stands are not available, parents and fans must stay outside of the Restricted Field Boundaries and not interfere with sideline players, coaches, or referees at any time.

a) Parents, family and friends are not allowed inside the restricted field boundaries. It is the responsibility of the head coach to insure compliance with this rule.

b) At the completion of each game, teams will quickly shake hands and clear their sideline area. Post game meetings and other activities must take place in areas designated by the Field Manager.

c) No food or beverages are allowed inside the restricted field boundaries with the exception of water, unless specifically allowed by the Field Manager.

9) LOCATION OF CHEER SQUADS

a) Cheer squads may perform within the field of play at half-time.

b) Cheer squads may locate in view of spectators in a designated area as determined by the field manager.

10) OFFICIAL FOOTBALLS

Footballs to be used shall be as follows:

a) 76ers and 89ers: Will use a rubber, synthetic leather, or leather covered football. Acceptable footballs are commonly labeled as official “Peewee” size versions of NFHS approved footballs.

b) Peewees and Bantams: Will use a rubber, synthetic leather or leather covered football.

Acceptable footballs are commonly labeled as official “Junior” size versions of NFHS

approved footballs.

c) Juniors and Seniors: Will use a rubber, synthetic leather or leather covered football.

Acceptable footballs are commonly labeled as official “Youth” size versions of NFHS

approved footballs.

11) 76ER AND 89ER PLAYING RULE EXCEPTIONS

76er and 89er playing rules shall be identical to those at all other playing levels with the following exceptions:

a) Elimination of kickoffs. The receiving team will take possession on their own 40 yard line. b) Punts must be declared to the officials prior to the down. The ball becomes dead at first

contact with a player or the ground after leaving the punter’s foot. There is no advancing of

the ball on the return. There is no rushing on the punt.

c) Field Goals and Point After Touchdown attempts must be declared to the officials prior to the down. There is no rushing on a Field Goal attempt or Point After Touchdown attempt.

d) Punts, Field Goals and Point After Touchdown attempts must be kicked no closer than five yards from the line of scrimmage.

12) 76ER PLAYING RULE EXCEPTIONS

The following exceptions apply to the 76er level only:

**Clock**

a) The length of each quarter for the 76ers level shall be eight minutes. b) The play clock will be 40 seconds.

**Coaches**

a) Each team may have up to one coach on the field. On field coaches may participate in the huddle and continue to coach players up until offense becomes set, prior to the snap of the football.

b) On field coaches are not allowed to coach during a play, i.e., from the snap of the football until the end of the play.

c) On field coaches must remain a minimum of 10 yards from the line of scrimmage and must maintain a distance of 5 yards or more from all players during a play.

d) On field coaches may temporarily approach the line of scrimmage to assist players to line up correctly, but promptly return to 10 yards from the line of scrimmage.

e) Coaches that fail to comply with these rules will be subject to the following:

i. 1st offense: Warning.

ii. 2nd offense: Illegal Participation Penalty, Coach is removed from on field coaching for the remainder of the series.

iii. 3rd offense: Illegal Participation Penalty, Coach is removed from on the field coaching for the remainder of the game. The length of each quarter for the 76ers level shall be eight minutes.

**Defense**

a) The defense is limited to 4 players on the line of scrimmage and be in a 3 or 4 point stance. b) All other players must be at least 3 yards from the line of scrimmage and may not blitz.

c) Linebackers must be at least 3 yards from the line of scrimmage with a minimum 1 yard gap between them (parallel to the line of scrimmage)

d) The defense is allowed one defensive lineman in an “A” gap (center-guard gap) and that player may not lineup directly over the center.

e) The defensive player in the “A” gap may not initiate contact with the center. Contact with the center is allowed after the center or another offensive player has made contact. He may initiate contact with the guard or go through the “A” gap.

f) Violations of these rules will be enforced as Encroachment on the Defense

**Offense**

a) All offensive linemen (center, guards and tackles) and any offensive players attached to and on the line of scrimmage (i.e. tight ends), must be in a three-point stance.

b) A quarterback taking the snap from under center may not run the ball between the guards unless and until he has moved at least 1 yard away from the line of scrimmage after taking the snap.

c) Violations of these rules will be enforced as Offsides on the offense.

**Point After Touchdown**

a) A successful point after touchdown try will be worth 1 point for a run play and 2 points for a pass play or a successful kick.

b) A kick attempt must be declared prior to the snap. The defense may not rush the kick (cross the line of scrimmage).

13) MINIMUM TEN PLAY RULE

a) Each participant should receive a minimum of 10 plays for each full game, including playoff and championship games. Every snap or kick of the ball counts as a play (unless the play is nullified by penalty).

b) Coaches may restrict players from participating due to medical reasons or disciplinary reasons and require a “10 Play Waiver” form (see Article VI, Section 15).

i. Issues that arise during a game, such as an injury, are exempt from the “10 Play

Waiver” requirement.

c) It is not possible to guarantee a minimum of 10 plays, however, coaches will be held accountable to comply with this rule.

d) Parents with concerns regarding adherence to this rule within their team or franchise communicate those concerns as follows:

i. First to the Head Coach

ii. If not resolved, next to their Franchise President iii. And finally, if not resolved, to the NJFL President

e) Violations of the minimum play rule must be reported with a summary of the complaint and supporting evidence to the NJFL, through the Franchise President, no later than the Monday after the game in question.

i. Example: Video evidence that includes every play of the game.

f) If the NJFL finds that a head coach willfully failed to comply with the minimum 10 play rule, that coach and any other coaches found to be responsible will be immediately suspended from coaching for a minimum of seven (7) days or longer as specified by the NJFL.

g) Repeat violations of the Minimum 10 Play Rule will result in the League President and the Board of Directors taking additional action(s) against an individual(s) or franchise(s), including but not limited to suspension, removal, forfeiture of a game(s), loss of standing.

14) TEN PLAY WAIVER FORM

a) Prior to the start of any regular season, playoff, or championship game, the Head Coach of each team must provide a “10 Play Waiver” form (see Attachment “C”) to the home team Field Manager, signed by the head coach and parent/guardian, for any player who will not play a minimum of 10 plays.

b) If a parent or guardian refuses to sign the “10 Play Waiver” form, it form must be signed by the head coach and franchise president, or other available franchise officer.

15) OVERTIME

In the event a game is tied at the end of regulation play, an overtime procedure will occur. When a game ends in a tie, a Tie-Breaker (Kansas Tie-Breaker) procedure detailed in Attachment “B” will be used. The National Federation of High School Rules shall prevail with the following exceptions:

a) During the regular season, the ball shall be placed on the 10 yard line for each possession.

If the game remains tied after two overtime periods, the game will end in a tie.

b) During the post season (playoff and championship games), the ball shall be placed on the 25 yard line for the first two rounds. If the game remains tied after two rounds, the third round and all subsequent rounds will begin on the 10 yard line and play shall continue until a

winner is established.

16) EXCESSIVE SCORE RULE

a) A margin of victory of 35 points or more constitutes a violation of the excessive score rule. b) Each week the League Vice President will prepare a report of excessive score occurrences

and provide it to all Franchise Presidents and League Officials.

c) It is the responsibility of head coach to control the scoring to prevent a winning margin of 35 points or more by effectively managing players, playing time, positions and play selection.

d) Excessive score violations will result in the following disciplinary actions:

i. First offense – The head coach will be suspended immediately for one full week from all team practices and activities including the next game.

ii. Second offense – In the event of a second violation during a season, the head coach will be suspended immediately for the remainder of the season from all team practices, activities and games.

iii. Third offense – In the event of a third lifetime violation, the head coach will be suspended immediately and permanently from the Northwest Junior Football League.

e) Excessive score violations, especially repeat violations may result in the League President and the Board of Directors taking additional action(s) against an individual(s) or franchise(s). Additional actions can include, but are not limited to, suspension, removal, forfeiture of a game(s), loss of standing.

**ARTICLE VII COACHES**

The Northwest Junior Football League expects all of our coaches practice the highest standards of sportsmanship and coaching ethics. We expect the coaches and their representative organizations to induce a spirit of high ideals in their teams. The coaches are dedicated to promoting the core values of the Organization.

Wins and losses are not a priority for our coaches; developing life skills and individual character is what guides our coaching decisions and actions.

Coaches are expected to lead by example in both words and actions on and off the football field.

Coaches accept responsibility of the development of our athletes as both players and persons while under their direction.

Our goal is to be an organization that not only develops football players that parents and coaches will be proud of, but also guide our athletes to becoming positive contributors to any team they choose to be a part of.

a) Each franchise will be responsible for completing coaching applications and conducting background checks (NCSI, PYS or other as may be designated by the NJFL Board) for each coach and other volunteers that have contact with players. The franchises will maintain copies of the applications and background checks a copy for its records. Each franchise

must make a copy of each coach and volunteer application and background check available to the Northwest Junior Football League Board of Directors upon request.

b) Any coaches who receives an “Alert” or “Red Light” on their background check is deemed to have failed the background check requirement and is not eligible to coach in the NJFL unless cleared by a majority vote of the NJFL board. It is the responsibility of the franchise presidents to bring these coaches to the attention of the Board and present any appeal of their eligibility status.

c) Each franchise will provide an official coaches roster for each team to the NJFL prior to the

Jamboree.

d) Only those coaches listed on the official roster with valid NJFL credentials are allowed on the sideline.

e) At this level of youth participation in this program, it is very important that sportsmanship, honesty, citizenship and good character be stressed.

f) All coaches must complete all certification requirements as specified by the NJFL Board.

This includes completing coaching education requirements attending the league sponsored training to be eligible to participate as a coach. Each coach will be issued a photo identification badge upon completion of all coaching certification requirements. Coach ID badges must be worn and visible at every game in order for a coach to be allowed access to the sidelines.

g) Credentials are mandatory for any person associated with the team to be on the sidelines on game day.

h) Any person that has not been properly credentialed by the NJFL for the current year on the sidelines of the playing field during a regular season, playoff or championship game at any age level shall be removed from the field by the field manager or referee. If the individual so identified by the field manager or referee refuses to leave the sidelines or the prohibited area

as designated by the field manager or referee the game shall be stopped and be declared a forfeit for the team to which the offender is identified and the head coach shall be suspended for seven (7) days including all practices and the next regular season game or playoff game.

i) A repeat violation of this rule by the same team or person(s) identified with the offending team shall result in all the games previously played by that team during the current season being declared forfeited and the head coach shall be suspended for the remainder of the season plus one additional season.

j) Head coaches are required to complete the on-line coaches report within 24 hours of the completion of their game (or scrimmage under Article V.4.c). Any coach who has not filed their report by 8 PM of the next day will be suspended for the following week and the next scheduled game.

k) In addition to the penalties described above the NJFL Board of Directors may impose such additional penalties as they determine are appropriate.

**ARTICLE VIII FIELD MANAGERS**

1) FIELD MANAGER RESPONSIBILITIES

The home field franchise will provide a Field Manager who will be responsible for the following:

i. Must remain and be available throughout the day

ii. Must also identify themselves to each officiating team, athletic trainer and each head coach and point out the location of the pre- and post-game Sportsmanship Huddles.

iii. Must collect from each head coach the “officials’ evaluation card” and mail it within

24 hours to the address labeled on the back of the card if the card is presented by the official.

iv. Must be familiar with all aspects of the Emergency Action Plan (EAP) for the facility. b) The Field Manager must submit within 24 hours an email summary of the day’s games to the

email address specified on the weekly score report which includes:

i. Final Scores

ii. Number of officials present

iii. A list of all 10 play waiver players including team, name and jersey number.

iv. Ejections of coaches and/or players, including names and jersey numbers with a brief explanation (example: “Ejected for unsportsmanlike conduct”).

v. Include a summary of any other problems should be brought to the attention of the

NJFL Board.

c) The Field Manager shall request and receive from each head coach all 10 play waivers prior to the start of the game, insure each form is completed and notify opposing coaches which players have 10 play waivers. All forms should be maintained by the host franchise and available if needed.

d) The Field Manager is to make sure all sideline credentials are visible and credential policy is strictly enforced. The Field Manager will also provide, as needed, any temporary sideline passes for each participating team photographer which shall be worn and visible.

e) The Field Manager may issue a temporary sideline pass for a coach who may have forgotten his credential only if that coach is listed on the NJFL certification list provided.

f) In addition, each TEAM will have a designated Field Manager who will be responsible for the conduct of their team’s fans.

**ARTICLE IX – OFFICIALS**

1) The League will contract with the Pacific Northwest Football Officials Association (PNFOA) to provide referees for each game and scrimmage/Jamboree

2) Games shall not proceed unless a minimum of 3 referees are present for Bantam, Junior and Senior games, and 2 referees are present for 76er, 89er and PeeWee games.

**ARTICLE X – SEASON DATES, SCHEDULE AND GAME TIME**

1) SEASON DATES

a) Start of Practice – 4 weeks prior to Labor Day

b) Jamboree – Weekend that is one week prior to Labor Day weekend c) First Regular Season Game – First Saturday following Labor Day

d) Length of Season – 9 weeks from First Regular Season Game

2) SEASON SCHEDULES

a) The Board of Directors will meet and determine a game schedule.

b) Schedules will be prepared and approved by the Board of Directors. The Board of Directors will utilize the following procedures when preparing the schedule.

i. The President will determine the number of teams each franchise will field at each level.

ii. If there are more than eight teams within a level, the League will create two divisions within that level.

iii. Divisions shall be determined by the Board of Directors.

c) A tentative season schedule will be distributed to all franchises no later than one week prior to the first regular season game.

3) HOME GAME DATE REQUESTS

a) Franchises requesting specific home dates for the season must do so in writing, no later than Jamboree Day.

b) The Board of Directors will meet and consider franchise requests on the weekend before the first league game of the regular season.

4) SEASON SCHEDULE DISTRIBUTION

c) The Board of Directors will finalize and distribute the final schedule no later than the Monday before the first regular season games. The schedule will also be available on the league website.

5) CHANGES TO SCHEDULE

a) Any change to the schedule must be approved by the League President.

6) STANDINGS

a) League standings shall be posted and distributed to each franchise by the League on a weekly basis. This information will also be available on the league website ([www.njfl.org).](http://www.njfl.org/)

b) League standings will be determined by a point system as follows: WIN = 2 points

TIE = 1 point

LOSS = 0 points

c) Head-to-head competition will be used to determine order in the standings for teams that are tied with an equal point record. The outcome of head to head competition during the regular season will determine order of finish.

d) If head-to-head competition is not applicable (either because the teams did not play each other or they split their games), then record against common opponents will be used to determine order in the standings for teams that are tied with an equal point record

e) No other factors are used to break ties. The use of point spreads, points scored, points allowed, etc. will not be used as criteria to break ties or in any other manner.

f) When a tie cannot be resolved by regular season head to head competition or record against common opponents, the league will resolve the tie through a coin toss or other method of chance for seeding or, when the tie is for a final playoff spot, a mid-week playoff or other method as specified and agreed upon by the affected franchise presidents and the NJFL.

7) PLAYOFFS AND CHAMPIONSHIP:

a) When a level has only one division, the regular season will be comprised of seven weeks with a one week playoff prior to championships. At the end of the regular season play, there will be playoff held using the following format:

1 vs. 4, winner advances to championship game

2 vs. 3, winner advances to championship game

5 vs. 6, consolation game

7 vs. 8, consolation game

b) If there are two divisions, the playoff format format will follow a) above or as follows: Div I 1 vs. Div II 4 and Div II 1 vs. Div I 4, winners advance

Div I 2 vs. Div II 3 and Div II 2 vs. Div I 3, winners advance Div I 5 vs. Div II 6 and Div II 5 vs. Div I 6, consolation games Div I 7 vs. Div II 8 and Div II 7 vs. Div I 8, consolation games

c) The playoff format for each level will be determined by the NJFL Board prior to the first game of the regular season.

d) There will be a championship game for each level in the ninth week of play as specified by the NJFL Board of Directors.

e) When there is one division, the winner of the playoff games involving teams 1 and 4 and 2 and 3 will compete for the championship trophy.

f) When there are two or more divisions and the 8 team playoff format is elected, the League will prepare a Playoff Bracket which will be approved by the NJFL Board of Directors.

g) The winner of 1 vs. 4 will be the home team and the winner of 2 vs. 3 will be the visitor.

h) In all cases the playoff format and schedule will be prepared by the authorized designate of the NJFL Board and approved by the NJFL Board.

i) Note: Home team does not necessarily equate to home field. There is no home field advantage earned or awarded.

8) CHAMPIONSHIP QUALIFICATION TIE BREAKER

a) In the event a championship games ends in a tie, a tie breaker will determine the outcome using the current National Federation of High School Rules or superseding WIAA rules if applicable.

9) CHAMPIONSHIP LOCATION

a) Once the location for the Championship games is set, it may not be changed due to a host franchises lack of teams in the Championships.

b) The Championship games will be hosted by a franchise that will be selected by the Board of

Directors no later than August 1st of each year.

1) TURNOUT

**ARTICLE XI – TURNOUTS AND PRACTICE**

a) Players may turn out as a team any time on or after the first practice in August at all levels. b) Coaching players or teams prior to the first Monday in August is not allowed.

c) Holding tryouts and/or cutting players is not allowed.

d) Regular season will conclude by October 31st of the playing year.

2) PRACTICES

a) Teams may practice a maximum of 10 hours per week up until Labor Day. b) After Labor Day, a maximum of 6 hours of practice per week is permitted.

c) Practice games/scrimmages count as a practice for that week and shall be considered as 2 hours of practice time.

d) Ten hours of practice shall be allowed for championship week. This does not pertain to playoff week games.

e) No player shall be given a 10 play waiver for the Championship game for missing practice if that player attended six or more hours of practice the week preceding the Championship game.

3) INTER LEAGUE PLAY

a) During the season (first practice in August thru Championship day) teams cannot play any non-league teams (teams outside the Northwest Junior Football League) without approval in advance from the League President.

b) Approval must be granted in writing (email is acceptable). Requests to scrimmage teams from non-age-weight leagues are required to be accompanied by rosters from both teams showing the ages and weights of all players. The penalty for violating this rule will be severe as outlined in Article II, Section 3.

c) Midweek scrimmages count against allowable practice time. Out-of-league games during bye weeks account against game time (i.e. only one game per week).

**ARTICLE XII – UNIFORMS AND EQUIPMENT**

1) PLAYER UNIFORMS

a) All participants must be suited in full uniform in compliance with NFHS rules. b) A uniform consists of:

i. A Certified NOSCAE helmet with properly secured facemask warning sticker. The helmet shall be secured by a properly fastened, four-point chin strap.

ii. Shoulder pads

iii. Official team jersey

iv. Either girdle pads or pants that hold a tail pad, hip pads on each side, two thigh pads, two knee pads, (knee pads are to be worn under pants only).

v. Shoes with metal spikes or cleats and shoes that have protruding metal screws in the sole of a shoe to attach cleats are specifically and strictly forbidden.

vi. Shoes designated/designed for other sports (baseball, soccer, lacrosse etc.) may not be in compliance with NFHS rules.

c) All jerseys must be tucked in to pants; knotted jerseys will not be allowed.

2) MOUTHGUARDS

a) A player’s mouth guard must be attached to facemask of their helmet.

b) The mouth guard must be of any readily visible color, other than white or clear.

c) The mouth guard must be in the player’s mouth whenever he/she is practicing or in a game.

3) ITEMS NOT ALLOWED

a) Players are not allowed to wear bandanas or stocking caps under helmets.

b) Players are not allowed to wear jewelry during practice or games. Emergency ID bracelets may be worn, but must be covered with white athletic tape.

4) FRANCHISE SPONSORS AND COLORS

a) Sponsors names on uniforms are approved, but must be limited to one line of two inch letters above the numerals on the back of the jersey or decals on the helmet, and sponsorship artwork must be approved by the NJFL Board.

b) Each team’s uniform colors shall be approved by the Board of Directors. The following shall be recognized as the official team colors for all franchises:

**Franchise Mascot Colors**

*Burien Athletic*

*Association*

*Cedar Park Christian Junior Football & Cheer*

*Eastside Crusaders*

*Junior Football*

*Everett Wildcats*

*Junior Football*

Bearcats **Jersey:** Navy, White, Green **Numbers:** White, Silver **Pants:** White, Silver

**Helmet:** Navy

Eagles **Jersey**: Navy, White **Numbers**: Yellow **Pants**: Navy

**Helmet**: Navy

Crusaders **Jersey**: Navy, White, Orange **Numbers**: Navy, White, Orange **Pants**: Navy

**Helmet**: White

Wildcats **Jersey**: Red, White, Black **Numbers**: Red, White, Black **Pants**: Red

**Helmet**: Black

*Kirkland Steelers* Steelers **Jersey:** Black, White **Numbers:** White, Black **Pants:** Black

**Helmet:** Black

*North Creek Junior*

*Football Association*

*North Seattle Titans*

*Junior Football*

*Pac-Highway Junior*

*Bulldogs*

Jaguars **Jersey:** Black, Purple **Numbers:** Grey **Pants:** Black

**Helmet:** Black

Titans **Jersey:** Black, Kelley Green, White

**Numbers:** Carbon

**Pants:** Black

**Helmet:** White

**Bulldogs Jersey:** Grey, Purple, White **Numbers:** Purple, White **Pants:** Grey

**Helmet:** White

*West Seattle* Wildcats **Jersey**: Vegas Gold, Navy Blue

**Numbers**: Navy Blue **Pants**: Navy Blue **Helmet**: Navy Blue

c) All members present and future of this League shall recognize the preceding colors. All members shall have exclusive rights to their official colors.

d) Color changes or assignment of new colors, or ratification of colors for a new franchise, shall be done by the Board of Directors in an officially convened meeting.

e) Infringements on color rights of another member shall be reviewed by the Board of Directors and may result in the suspension of the member/franchise in violation.

f) Effective with the 2020 season, all teams are required to have home and white away jerseys

(these can be individual jerseys or reversible)

**ARTICLE XIII – AWARDS**

1) PLAYOFF AND CHAMPIONSHIP TROPHIES

a) A permanent trophy (not to exceed $100 in value) will be presented to the first and second place teams in each level of play, by the President of the League at the conclusion of the Championship game.

2) TRAVELING TROPHY

a) The “traveling trophy” will also be presented at the conclusion of the Championship Game to the winning team.

b) The “traveling trophies” must be returned to the NJFL League President at the NJFL Jamboree.

1) GAME VIDEO

**ARTICLE XIV – COACHING AIDS**

a) Coaches may video future opponents under the following conditions:

i. Video may be taken only by certified coaches from the same franchise

ii. Coaches taking video must be in franchise attire and identify themselves to the home Field Manager prior to taking any video

iii. Teams may not exchange game films

iv. Game films posted to publicly available sites (such as YouTube etc.) may be viewed by opposing coaches

2) ELECTRONIC EQUIPMENT

a) Telephones, walkie-talkies, electronic communications or other similar devices, including cellular telephones, are not allowed on the field if they are used to affect the outcome of the game.

1) GOVERNING BODY

**ARTICLE XV – DISPUTES**

a) All rules and regulations governing the Northwest Junior Football League not covered in the National Federation of High School Rules, Washington Interscholastic Activities Association or in the League Official Rules and Regulations, will be ruled upon by the NJFL Board of Directors.

2) BINDING ARBITRATION

a) No protest of official’s judgment calls will be reviewed at any time. Any other protest may be brought to the NJFL Board of Directors by a Franchise President if considered to be a valid protest (improper enforcement of a penalty, improper interpretation of rule).

b) Any rule controversy, or interpretation of a rule, that arises that cannot be resolved by the

Board, will be referred to binding arbitration.

c) The party to the arbitration that is not the prevailing party as determined by the arbitrator shall bear the costs and fees of the arbitration.

1) MODIFYING RULES

**ARTICLE XVI – AMENDMENTS**

a) The Official Rules and Regulations may be amended by a simple majority of the Board of

Directors at a regular or special meeting except as noted below..

2) RULE CHANGE EFFECTIVE DATES

a) Rule changes that affect the current season must be voted on no later than the last Tuesday in July, by the NJFL Board of Directors.

b) Rule changes regarding the Age/Weight Coefficient (Attachment “A”) must have final vote no later than the April meeting of the affected year. Changes to the Age-Weight Coefficient

must be approved by a Super Majority (>=2/3) vote of all member organizations in good standing.

c) The Northwest Junior Football League has an unstated goal of remaining consistent over the course of each football season. However, should an issue arise or an obvious error or omission in our rules is discovered, the NJFL Board reserves the right to make any corrections, additions, or deletions to our rules as deemed necessary. The approval of any change to the current rules within the 30 day period prior to the start of the season or during the season will require a Super Majority (>2/3 in favor) vote of all member organizations in good standing.

3) NJFL MEMBERSHIP - FRANCHISE REQUIREMENTS & ELIGIBILITY

a. In order to be considered for membership in the NJFL, a franchise must meet the following criteria:

i. Be sponsored by a current NJFL franchise that is in good standing

ii. Be a recognized 501 (c) 3 non-profit corporation and a registered charity in the state of Washington

iii. Have full-day Saturday access to a regulation size, artificial turf American football field with scoreboard and game clock for a minimum of 3 Saturdays during the regular season.

iv. Must utilize a web-based registration system with the ability to collect fees and produce reports in editable format.

v. Payment of a $1,000 initiation fee ($500 of which will be credited to the new franchise’s league fees at the end of the season).

b. All new franchises are on probationary (non-voting) status for the first year

c. New Franchises will be accepted into the NJFL on probationary status by simple majority of current NJFL Franchises in good standing. Votes to accept new Franchises will take place no later than the April meeting of the board.

d. Votes to modify Franchise status will be taken at the first Board meeting of the new year following the Probationary Franchises’ first season.

e. New Franchises can be moved from probationary status to full membership in the NJFL by a

2/3 majority vote of current NJFL Franchises in good standing. In the event that a Probationary Franchise does not receive the required 2/3 majority of the Board members to move to full status, the Board can then vote to keep them on probationary status or decline their admission to the NJFL. The latter two options require a simple majority of the Board members.

f. Any NJFL Franchise not current in their league fees and obligations by the last day of the calendar year following the current season will automatically be placed on probation and not eligible to vote on league matters until any arrearages are brought current.

g. Any NJFL Franchise not current in their league fees and obligations by the last day of June preceding the upcoming season will not be eligible to roster teams for the upcoming season.

4) COACH, PLAYER, AND FAN CONDUCT

a) One Unsportsmanlike Conduct penalty will result in an immediate ejection and suspension for one week of practice and the next game.

b) A second Unnecessary Roughness Penalty in the same game will result in an immediate ejection and suspension for 1 week of practice and the next game.

c) Unsportsmanlike Conduct on behalf of the fans could result in an immediate ejection of the Head Coach and suspension for 1 week of practice and the next game. The offending fans will also be ejected. The current game would also be considered a forfeit for the offending team. One warning will be issued prior to levying the penalty (primarily because you are penalizing someone other than the offending parties).

5) DEFINITIONS

a) **Suspension:** Participants that are suspended are not allowed to participate in, or attend practices, games or other scheduled events for the period of time specified.

1. **Ban:** Participants that are banned are not allowed to participate in, or attend practices, games or other scheduled events until written permission to return to NJFL related activities is obtained from the NJFL Board of Directors.

6) AIR QUALITY GUIDANCE

a) **The NJFL will closely monitor theair quality when necessary, using** [**https://www.airnow.gov/**](https://www.airnow.gov/)**. A zip code will be entered to get precise air quality conditions.**

1. **30 mins before the kickoff of each game when air quality is degraded a determination of whether the game will be played based on the following guidance**
   1. **If the air quality is green the game will be played**
   2. **If the air quality is yellow the game will be played**
   3. **If the air quality is orange the game will be played**
   4. **If the air quality is red the game will be canceled**
2. **If a parent makes a decision to hold their athlete out due to health conditions or concern about the air quality there will be no penalty or repercussions for that athlete moving forward.**

**ATTACHMENT “A”**

NJFL Age/Weight Coefficient Scale

**Bantam Junior Senio**

**r**

1. Age is as of July 31 of the current year

**ATTACHMENT “B”**

**NJFL Procedure for Resolving Tied Games**

An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.

**Modifications and Notes Compared to NFHS Regulation Play**

3-1: When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may - confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure,

-and discuss how penalties, if any, including any carry-over penalties from the regulation contest will

be assessed to start the overtime procedure. (See 8-3-5,6) At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located and the line judge will go to the other team. They will inform the coaches of any -special penalty enforcements that apply.

3-2-1: At the coin toss in the center of the field the visiting-team’s captain shall be given the privilege of choosing “heads” or “tails” before the coin is tossed. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.

3-5-1: Each team shall be permitted one time-out during each overtime period (a series for A and a series for B). The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by -totaling all points scored by each team during both regulation time and overtime periods.

5-1-1: To start the overtime, the offensive team shall put the ball in play, first and goal, on the defensive team’s 10- yard line during (25 yard line in the post season) or succeeding spot if a carry-over penalty has been administered anywhere between the inbounds lines. The first offensive team shall have a series of four downs. That series shall be terminated by any score by the –offensive team or if the defensive team has possession of the ball. If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying.

A field-goal attempt is permitted during any down.

If the defensive team gains possession, the ball becomes dead immediately and the offensive team’s series of downs is ended. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 10-yard line (25 yard line in the post season) anywhere between the inbounds lines. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with additional overtime periods. During the regular season a maximum

of two overtime periods will be played. If the score remains tied after two overtime periods the game will end in a tie. In the post season (playoffs and championships) the procedure will be repeated until a game winner is determined. In all cases, there shall be an intermission of two minutes between overtime periods. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.

5-1-2: If a safety is scored by the offensive team, the succeeding spot will be the 10-yard line (25 yard line in the post season) in -possession of the team that was on defense, provided the defensive team has not had its series of downs (the temporary overtime score is: Team A-2; Team B-0).

When the defensive team gains possession of the ball, the down and series immediately end for the - offensive team.

5-2-1: The offensive team shall be awarded a new series of downs when any one of the following occurs:

a. Penalty for defensive pass interference is accepted.

b. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone.

c. Defensive team is guilty of roughing the kicker, place-kick holder, snapper or passer.

5-3-1: The line to gain is always the goal line in the regular season.

8-1: If the defensive team scores a safety or touchdown, the game is ended.

8-3: No try will be attempted if the winner of the game has been determined.

10-4-3a: Post scrimmage kick enforcement is not applicable in this procedure.

**RESOLVING TIED GAMES INTERPRETATIONS:**

3.1.1 SITUATION A: On fourth down in overtime play, A scores a touchdown. After the score, but before the try, B1 commits an unsportsmanlike foul. Ruling: The penalty is enforced from the succeeding spot on the try. Nonplayer fouls, nonplayer unsportsmanlike fouls and dead-ball fouls are penalized on the - succeeding spot.

3.1.1 SITUATION B: During the last timed down of the fourth period A1 advances for a touchdown making the score B-21 and A-20. On the try A2 passes complete to A3 in the end zone. Following the try B1 commits an unsportsmanlike foul. Ruling: The penalty for the foul by B1 after the successful try will be administered from the succeeding spot to begin overtime play.

3.1.1 Comment: In this situation the referee should explain to the captains at the time of the coin toss the fact the penalty will be administered on the first series of downs in the overtime. The place from which the ball will be put in play for each team could have an effect on the choice made by the winner of the toss.

3.1.1 SITUATION C: When the regulation game ends in a tie, the teams use the recommended tie-breaking - procedure. A wins the toss and elects to take the ball. A1 scores on the third down. After A1 crosses the goal line: (a) A2 clips B1; or (b) B1 strikes A2. Ruling: Dead-ball fouls in both (a) and (b). The score counts and the penalties in both (a) and (b) are enforced on the try, because that is the succeeding spot.

3.1.1 SITUATION D: On third and 4 in overtime play, B recovers a fumble or intercepts a pass. Ruling: The down ends as soon as B1 recovers or intercepts. In both cases the series of downs is ended for A.

3.1.1 SITUATION E: On third and 6 in overtime play Team A attempts a field goal. The attempt is not successful and B recovers on the 1-yard line. Ruling: The down ends when B1 recovers. The series is ended for A.

3.1.1 SITUATION F: The fourth quarter ends during a scoring play. During the successful 1-point try, B9 is called for pass interference. A accepts the result of the play, which ties the score and chooses to have the penalty assessed at the succeeding spot. Ruling: This is correct. Since A, by rule, can choose succeeding spot enforcement, and the try was successful, A will likely take enforcement at the succeeding spot to begin overtime. Game officials must be certain to explain the options clearly, not only during penalty administration, but also during the overtime coin toss.

3.1.1 SITUATION G: In overtime play with third and goal from B’s 4-yard line, B1 interferes -during a forward pass. Ruling: If the penalty is accepted it will be first and goal for A on B’s 2-yard line.

3.1.1 SITUATION H: In overtime play on second down from the 8-yard line, B1 commits pass interference.

Ruling: First down for A on the 4-yard line if the penalty is accepted.

3.1.1 SITUATION I: (a) On second; or (b) fourth down and 9, A1 interferes on an incomplete forward pass.

Ruling: In (a) it is A’s ball third down from its 24-yard line. In (b) B will decline the penalty and take the ball on the 10-yard line.

3.1.1 SITUATION J: At the end of the regulation game the score is tied, 7-7. It was previously announced

that the recommended tiebreaking procedure would be followed. Immediately after the last down of the fourth -period A1 strikes B1. Ruling: A1 will be disqualified and may not participate during the overtime period. The penalty for A1 ‘s foul will be administered from the succeeding spot. If B is the first to put the ball in play it will be from the 5-yard line. If A is the first to put the ball in play it will be from the 25- yard line.

3.1.1 SITUATION K: At the beginning of the overtime, A wins the toss and elects to go on offense. On first down, B1 intercepts a pass, but then fumbles and A1 recovers. RULING: The ball became dead and A’s series ended immediately when B1 intercepted. A1 recovered a dead ball. B will put the ball in play to start its series of four downs, first and goal from anywhere between the inbound lines on the 10-yard line.

3.1.1 SITUATION L: During the last timed down of the fourth period, A scores a touchdown to make the score 14-12. During the successful kick try, B1 roughs the kicker/holder. RULING: If A accepts the score, the penalty is enforced to start the -overtime. If A accepts the penalty, the try will be replayed from the 1½-yard line. (2-41-10; 8-3-5).

3.1.1 SITUATION M: During an overtime period, it is fourth and goal from the 6-yard line. During A’s unsuccessful field-goal attempt, B1 charges into the place-kick holder. RULING: It will be first and goal for A at the 3-yard line following enforcement of the roughing penalty which also includes an automatic first down.

3.1.1 SITUATION N: Following a scoreless first overtime period, the captain of B chooses to play the second overtime period at the opposite end of the field. RULING: This is permissible, as it is one of the options to begin each overtime -period.

3.1.1 SITUATION O: During the first overtime period, A chooses to go on offense first and scores a touchdown on the third play of the series. During the successful kick try, the holder is roughed by B1. A accepts the successful kick try. RULING: Since A accepted the result of the play, B will be penalized from the succeeding spot. B will start its overtime series from the 25-yard line after the penalty for roughing the holder is enforced. (10-5-2).

3.1.1 SITUATION P: In overtime play with fourth and goal from B’s 24-yard line, BI interferes during a legal forward pass. RULING: First down and goal for A on the 12-yard line if the penalty is accepted.

**ATTACHMENT “C”**

**Northwest Junior Football League**

**Minimum 10-Play Waiver**

Player’s Name:

Franchise: Date of Game:

Team: Opponent:

Jersey #:

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Reason player might not be playing a minimum of 10 plays: \_

Have you informed the player’s parent(s)? [ ] Yes [ ] No

Signatures: Parent:

Head Coach: Field Manager:

\*Franchise President/Officer:

\* Signature required if there is no parent signature

This completed form must be given to the Home Team’s Field Manager PRIOR to the start of your game.