



# Official Rules & Regulations of the Northwest Junior Football League

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# OFFICIAL PLAYING RULES

## Northwest Junior Football League

Adopted February 25<sup>th</sup>, 2014 (see [www.NJFL.org](http://www.NJFL.org) for up to date rules)

### ARTICLE I – ELIGIBLE PLAYERS

#### 1) ELIGIBILITY

- a) Players properly registered, with a medical waiver form completed and on file with their respective Franchise, are eligible to participate (see weight and age restrictions).
- b) Each player must have proof of age, a birth certificate (preferred) or government issued ID (passport, state ID, etc.) or other legal document satisfactory to the league Weigh-in Director, indicating proof of age, at time of weigh-in (school letter or medical coupon is 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.
- d) Players may not 'play up' a level. A player must play for the available qualified level.
- e) Players in the NJFL may not play for any other junior football program or high school program during an NJFL season. Specifically, any player on an NJFL roster is not allowed to simultaneously be on another youth football program roster or high school roster.

#### 2) 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.

#### 3) CHANGING FRANCHISES

- a) If a player or coach signs up with one franchise, that player or coach cannot change franchises without the consent of both franchise presidents.
- b) Coaches and other franchise officials are prohibited from knowingly recruiting players from other NJFL franchises.

### ARTICLE II – ETHICS

#### 1) CONDUCT

- a) The purpose of our program is to promote the participation of youth in a vigorous and entertaining sport, build character in our youth in learning the game of football, practice good sportsmanship in defeat as well as victory, be honest to one's self, as well as be honest to teammates and coaches.

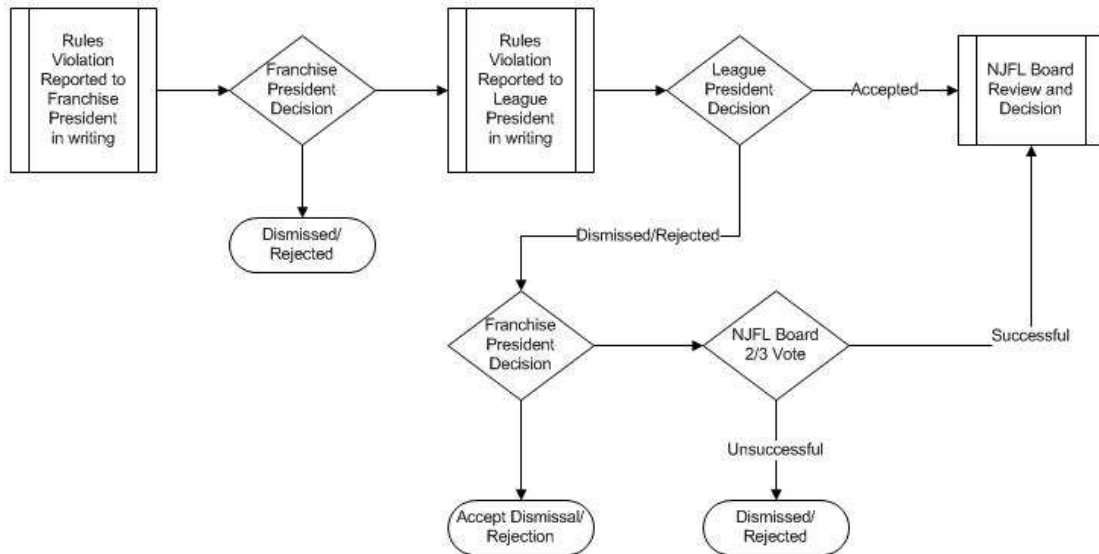
- b) We expect the coaches and their representative organizations to induce a spirit of high ideals in their teams. We expect the coaches and their staff to practice the highest standards of sportsmanship and coaching ethics.
- c) Each franchise will be responsible for providing completed coaching applications for all coaches and their staff. Each franchise will conduct a Washington State Patrol background check for each coach and other volunteers that have contact with players and maintain a copy for its records. Each franchise must make a copy of a coaches or volunteer application and background check available to the Northwest Junior Football League Board of Directors upon request.
- d) At this level of our youth participation in this program, it is very important that sportsmanship, honesty, citizenship and good character be stressed.
- e) All coaches must complete all certification requirements, including specified education requirements and attend 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.
- f) Team parents are encouraged to attend the Credential Training seminar. Credentials are mandatory for any person associated with the team to be on the sidelines on game day.
- g) 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.
- h) 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.
- i) In addition to the penalties described above the NJFL Board of Directors may impose such additional penalties as they determine are appropriate.

## 2) 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. The use of alcohol, illegal drugs, tobacco products, and profanity during practices and or games is prohibited.
- 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.
- d) Any unethical conduct, which shall include, but is not limited to, harassing, threatening, verbal abuse, and or physical harm by coaches, organizational officials, referees, or spectators will not be tolerated and is prohibited.
- e) A player or coach who is ejected from a game must sit out at least 7 days from all practices and games.

3) HEARING BOARD AND PENALTIES

- a) The hearing board shall be comprised of Northwest Junior Football League Board Directors (see Bylaws, Article I), 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:



## ARTICLE III – TEAMS

### 1) LEVELS OF PLAY

- a) The Age/Weight Coefficient schedule consists of various levels as determined and approved by the NJFL Board of Directors.
- b) A franchise need not compete 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 a “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 in a fair and equitable manner and subject to review by the NJFL Board of Directors if the distribution appears not to be in compliance with this rule.
- c) In order to determine the equity of player distribution in a timely manner, team rosters will be submitted to the NJFL President, the NJFL Vice President and the Director of Weigh-Ins, no later than the Monday before the NJFL Jamboree. Players may be added after that time in accordance with the rules, but the equity distribution must be maintained as stated below.
- d) A fair and equitable manner will be determined in the following manner:
  - i) Team rosters on Jamboree day will not vary by more than 3 players in total number. For example, team rosters with 17 and 20 players are acceptable. Team rosters with 17 and 21 players is not acceptable.
  - ii) The difference in numbers of players at a specific age between two teams from the same franchise and in the same division will not vary by more than 2 players. For example, Franchise X, fields two teams at the Bantam level. The number of 12-year olds on each team cannot vary by more than two players. A team with six 12-year olds and a team with eight 12-year olds would be acceptable. A team with five 11-year olds and a team with eight 11-year olds would not be acceptable.
- e) It is recognized that it is desirable to keep the integrity of teams together as the players advance. Therefore the following exceptions will be allowed:
  - i) When multiple teams are fielded by a franchise at one level, players who have played together (based on prior year rosters) will be allowed to stay on the same team and not be forced to split for equity purposes.
  - ii) However, all new players will be assigned to teams with the purpose of achieving equity as defined above.
  - iii) Players will be allowed to move between teams within a franchise only if it helps to create equity between the teams as defined above. For example, Franchise X has two teams at the Bantam level that move up to the Junior level the following year. Team A has 18 players distributed in the following fashion: two 10-year olds; eight 11-year olds; six 12-year olds; and two 13-year olds. Team B has eight players distributed in the following fashion: one 10-year old; five 11-year olds; and two 12-year olds.
  - iv) New players will be added to the teams only in a manner that attempts to reach equity as described above. The teams could differ by more than 3 in roster size only

if Team B was unable to acquire fifteen or more players. Team A cannot add players to their roster until Team B has reached a roster size that will allow the teams to differ by no more than 3 players. When Team B's roster has reached a point where Team A can add members, Team A can only add players that get the teams within the equity distribution by age or help reduce any inequity in the distribution. Therefore, assuming the team rosters are within 3 players in size, Team A could not add any 13-year olds until Team B had added at least one 13-year old. Team A could not add any 12-year olds until Team B had added at least three 12-year olds.

- f) Coaches will be allowed to recruit players onto their teams; however, all other players will be assigned to teams with the purpose of achieving parity as defined above.
  - g) For the purposes of this rule, new players are considered players who did not play in the Northwest Junior Football League the previous year. Players coming into the league as part of teams from outside the Northwest Junior Football League are considered new players and will be distributed according to the rules listed above.
  - h) 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 must have at least fourteen players rostered, and at least eleven players weighed in and certified at Jamboree for that team to be eligible for the upcoming season. A team that does not meet these requirements will not be considered for the schedule for the upcoming season.
- 5) **MINIMUM NUMBER OF TEAMS FOR HOSTING GAMES**
- a) Franchises with less than four teams will not be eligible to host games.

## **ARTICLE IV – SIZE AND AGE**

- 1) **AGE AND WEIGHT**
- a) Players' eligibility to play will be determined by an Age/Weight Coefficient system adopted by the League.
  - b) Once adopted, all Age/Weight Coefficient changes will remain in effect for two years.
  - c) SEE AGE/WEIGHT COEFFICIENT SCHEDULE ATTACHMENT "A".
- 2) **DETERMINING AGE**
- a) All players' ages shall be determined by how old the player is on August 31st.

## **ARTICLE V – WEIGH-INS**

- 1) **MANDATORY WEIGH INS**
- a) Each player must attend an official weigh-in to establish his/her eligibility to play. All players must present:
    - i. A completed current year Liability Waiver
    - ii. A completed current year Medical Authorization
    - iii. A completed current year "Zachery Lystedt Law" compliant Concussion and Head Injury Information Sheet
    - iv. Proof of Age (Article I, Section 1(b))



v. Official game jersey

- b) 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.
- c) 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

- a) Each franchise will provide a representative or representatives as specified to support and oversee each official weigh-in.
- b) In no event shall a player be weighed in by a representative from their own franchise.
- c) A maximum of two representatives from each team shall be allowed in the weigh-in room during the weigh-in procedure.
- d) A one pound grace allowance will be granted for scale inaccuracy at all weigh-ins.
- e) If a player's weight exceeds the weight limit by more than the one pound grace, the player does not meet the Age/Weight Coefficient requirement for that level.
- f) Opportunity of the weight of the best scale available will be used when a player's weight is critical.
- g) Each player must be presented in their official game jersey at weigh-in.

4) WEIGH IN SCALES

- a) Scales used for all weigh-ins shall be two recently (current year) certified scales acceptable to the weigh-in committee.

5) FIRST WEIGH IN (JAMBOREE WEIGH IN)

- a) One representative for each team shall be responsible for providing the following:
  - i) An official roster. The official roster will list all rostered players. Players will be grouped by 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:
    - 1. Assigned game jersey number
    - 2. Last Name

3. First Name
  4. Street Address, City and Zip Code
  5. Contact Phone Number
  6. School and Grade
  7. Birthdate
- ii) A completed current year Liability Waiver for each player
  - iii) A completed current year Medical Authorization for each player
  - iv) A completed current year “Zachery Lystedt Law” compliant Concussion and Head Injury Information Sheet for each player
  - v) Approved proof of age for each player (See Article I, Section 1(b)).
  - vi) 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.
- b) 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, time and date to 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.
  - c) A representative for each franchise shall be responsible for providing the following:
    - i. An official roster. The official roster will list all rostered players. Players will be grouped by 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:
      1. Assigned game jersey number
      2. Last Name
      3. First Name
      4. Street Address, City and Zip Code
      5. Contact Phone Number
      6. School and Grade
      7. Birthdate
    - ii. A completed current year Liability Waiver for each player
    - iii. A completed current year Medical Authorization for each player
    - iv. A completed current year “Zachery Lystedt Law” compliant Concussion and Head Injury Information Sheet for each player

- v. Approved proof of age for each player (See Article I, Section 1(b)).
- vi. 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.

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.
- b) All Age/Weight Coefficient weights will be reduced by two pounds for late weigh-in players.
- 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.
- d) A representative for each franchise shall be responsible for providing the following:
  - i. An official roster. The official roster will list all rostered players. Players will be grouped by 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:
    1. Assigned game jersey number
    2. Last Name
    3. First Name
    4. Street Address, City and Zip Code
    5. Contact Phone Number
    6. School and Grade
    7. Birthdate
  - ii. A completed current year Liability Waiver for each player
  - iii. A completed current year Medical Authorization for each player
  - iv. A completed current year "Zachery Lystedt Law" compliant Concussion and Head Injury Information Sheet for each player
  - v. Approved proof of age for each player (See Article I, Section 1(b)).
  - vi. 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.

8) MID SEASON WEIGH IN

- a) 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) must attend the Mid-Season Weigh-In. must attend this weigh-in. 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.
- b) Five pounds will be added to the maximum weights of the Age/Weight Co-efficient at the Mid-Season Weigh-In. 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.

- c) 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. 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.
- d) 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.
- e) 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 and are required 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 properly complete the weigh-in 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 to include but not limited to a 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 National Federation of High School Rules (NFHS) will prevail except where superseded by Washington Interscholastic Athletic Association (WIAA) rules with the following exceptions:

### 1) SHOES

- a) 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.
- b) Shoes designated/designed for other sports (baseball, etc.) may not be in compliance with NFHS rules.

### 2) HOME FIELD EQUIPMENT

The home 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 grandstands (i.e., not allowed on the field or the surrounding track).
- d) Only persons with valid NJFL credentials and rostered players will be allowed on the sidelines. It is the responsibility of the head coach to insure compliance with this rule.
- e) Each franchise that doesn't have an operational stadium clock must 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.

### 3) 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 even if that area is located near or up against the 5 yard area outlined in Article VI, Section 2(c).
- c) Cheer squads and their leaders may not be located within the 5 yard designated safety area except during half-time.

### 4) FIELD MANAGER RESPONSIBILITIES

The home field franchise will provide a FIELD MANAGER who will be responsible for the following:

- a) Adherence of Article VI Section 2; and knowing the location of the nearest phone, phone number to be used in case of emergency, and proper addresses for emergency response, and the quickest and easiest access to the field of play for emergency vehicles; and:
  - i. Must remain and be available throughout the day
  - ii. Must also identify themselves to each officiating team and each head coach.
  - 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.
- 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.

5) POINT AFTER TOUCHDOWN

- a) Every level of play shall receive one point for a successful point-after-touchdown completed by pass or run. Every level of play shall receive two points for a point- after-touchdown completed by a kick.

6) OFFICIAL FOOTBALLS

Football 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 "Peewee" size versions of NFHS approved footballs.
- b) Peeweess and Bantams: Will use a rubber, synthetic leather or leather covered football. Acceptable footballs are commonly labeled as "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 "Youth" size versions of NFHS approved footballs.

7) 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 of the team to which the spectator is identified. Referees may eject a spectator from the viewing area for use of or the threat to use physical violence during a game.
- 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 physical violence or altercation 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 physical violence or threat to use physical violence or

altercation 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 in physical violence or the threat to use physical violence or altercations 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 unsportsmanlike action must be reported by the franchise representative or field manager to the home field Franchise President within 24 hours following the game.
  - ii) Written notice to the League President must follow within 4 days.
  - iii) The League President and the Board of Directors will act and administer the appropriate action against franchises or individuals.

8) 76ER AND 89ER PLAYING RULE EXCEPTIONS

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

- a) The length of each quarter for the 76ers level shall be eight minutes.
- b) At the 76er level each team may have one coach on the field. These coaches may participate in the huddle and continue to coach player up until the snap of the football. No on the field coaching is allowed during a play, i.e., from the snap of the football until the end of the play.

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 and Point After Touchdown attempts must be kicked no closer than five yards from the line of scrimmage.

9) MINIMUM TEN PLAY RULE

- a) Each participant is guaranteed a minimum of 10 plays (every snap or kick of the ball counts as a play) for each full game, including playoff and championship games.
- b) Coaches may suspend players from participating due to medical reasons, disciplinary reasons, or poor attendance at practice and must comply with Article VI Section 10.
- c) Problems with adherence to this rule should be addressed in order to the 1) Head Coach, 2) Franchise President and 3) League President.

10) TEN PLAY WAIVER FORM

- a) Prior to the start of any regular season, playoff, or championship game, a 10 play waiver form, signed by the head coach and parent/guardian, must be presented to the field manager for any player who will not play a minimum of 10 plays.

- b) If a parent or guardian will not sign the 10 play waiver form, the form must be signed by the head coach and franchise president.
- c) Head coaches will be notified by the field manager prior to each game which players are being waived/restricted.

#### 11) TIE GAME AT END OF REGULATION PLAY

For regular season games that end in a tie, 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 possessions by each team, the game shall end in a tie.
- b) For regular season games that end in a tie, the National Federation of High School Rules shall prevail with the following exceptions:
- c) During 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 possessions by each team, the ball will be placed on the 10 yard line for all remaining possessions and play shall continue until a winner is established under the National Federation of High School Rules.

#### 12) RUNNING CLOCK

- a) If the score differs by 28 points at any time during the second half, (regular season games only) a mandatory running clock will be in effect from that point on, except for official and injury timeouts.
- b) If the gap to closes to less than 28 points, standard clock operating rules will resume.

#### 13) 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 – OFFICIALS**

- 1) The League will furnish two professional referees for each sanctioned league game. Three will be provided, if available, for Bantam, Junior and Senior games and for playoff and championship games.
- 2) If officials have not arrived at the field 30 minutes after the scheduled start time of a playoff game, the game must be rescheduled.
- 3) The League will negotiate the fees for the officials each year.
- 4) Whenever possible, anyone affiliated with a Northwest Junior Football League franchise, in any way, will be ineligible to referee games involving their own franchise. All officials must complete training required by the League to be an official.

## **ARTICLE VIII – SCHEDULE AND GAME TIME**

- 1) LENGTH OF PLAY
  - a) Regular stop-clock quarters will be played.
  - b) The length of each quarter for all levels of play shall be ten minutes except for 76ers.
  - c) The length of each quarter for the 76ers level shall be eight minutes.
- 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.
    - iv) Each division within a level will then have six weeks of regular season play and two weeks of playoffs prior to the championship game.
  - 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) The NJFL shall disseminate a list of players waived the previous week by all franchises to the league presidents with the weekly score report.
- c) League standings will be determined by a point system as follows:
  - WIN = 2 points
  - TIE = 1 point
  - LOSS = 0 points
- d) Head to head competition will be used to determine order in the standings for teams that are tied with an equal point record (see Article VIII, Section 6 (c)). The outcome of head to head competition during the regular season will determine order of finish.
- 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, the league will resolve the tie through 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 a 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 format will be 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) There will be a championship game for each level in the ninth week of play as specified by the NJFL Board of Directors. This is typically the first Saturday in November.
- d) 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.
- e) When there are two or more divisions, the League will prepare a Playoff Bracket which will be approved by the NJFL Board of Directors.
- f) The winner of 1 vs. 4 will be the home team and the winner of 2 vs. 3 will be the visitor.
- g) 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.
- h) 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.

## **ARTICLE X – TURNOUTS AND PRACTICE**

1) TURNOUT

- a) Players may turn out as a team any time on or after the first Monday 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) Each player must complete three no contact practices (no player to player contact) prior to any player to player contact in a practice, jamboree or game.
- e) Regular season will conclude by October 31st of the playing year.

2) PRACTICES

- a) Teams may practice a maximum of 12 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 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) INTRA LEAGUE PLAY

- a) During the season (first Monday in August thru Championship day) teams cannot play any non-league teams (teams outside the Northwest Junior Football League) without approval from the League President and NJFL Board of Directors.
- b) Approval must be granted in writing. The penalty for violating this rule will be severe as outlined in Article II, Section 3.

## **ARTICLE XI – 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 NOSC helmet with warning sticker and mouth guard

- 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 in compliance with Article VI, Section 1
- c) All jerseys must be tucked in to pants; knotted jerseys will not be allowed and will result in ejection from the current game and the following week's next game.
- 2) MOUTHGUARDS
- a) A player's mouth guard must be attached to facemask of their helmet.
  - b) 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) No player is 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:

<b>Franchise</b>	<b>Mascot</b>	<b>Colors</b>
<i>Ballard Junior Football</i>	Knights	<b>Jersey:</b> Black, Silver <b>Numbers:</b> Silver, Black <b>Pants:</b> Black, Silver <b>Helmet:</b> Silver
<i>Burien Athletic Association</i>	Bearcats	<b>Jersey:</b> Navy <b>Numbers:</b> White, Silver <b>Pants:</b> White, Silver <b>Helmet:</b> Navy
<i>Cedar Park</i>	Eagles	<b>Jersey:</b> Navy <b>Numbers:</b> Yellow <b>Pants:</b> Navy <b>Helmet:</b> Navy
<i>Eastside Crusaders Junior Football</i>	Crusaders	<b>Jersey:</b> Navy, White, Orange <b>Numbers:</b> Navy, White, Orange <b>Pants:</b> Navy <b>Helmet:</b> White
<i>Edmonds Warriors Junior Football</i>	Warriors	<b>Jersey:</b> Dark Green, White <b>Numbers:</b> White, Green <b>Pants:</b> Dark Green <b>Helmet:</b> Dark Green
<i>Everett Wildcats Junior Football</i>	Wildcats	<b>Jersey:</b> Red, White, Black <b>Numbers:</b> Red, White, Black <b>Pants:</b> Red <b>Helmet:</b> Black

<i>Seattle Interbay American Football Club</i>	Eagles	<b>Jersey:</b> Navy, White, Red <b>Numbers:</b> Navy, White, Red <b>Pants:</b> Navy, White Red <b>Helmet:</b> Navy, White, Red
<i>Lake City Junior Football</i>	Braves	<b>Jersey:</b> Kelly Green, Gold <b>Numbers:</b> Gold <b>Pants:</b> White, Gold <b>Helmet:</b> Gold, Green
<i>MTYAA Football</i>	Hawks	<b>Jersey:</b> Red, Silver, Black <b>Numbers:</b> White, Black <b>Pants:</b> Silver <b>Helmet:</b> Silver
<i>Mukilteo Junior Football</i>	Knights	<b>Jersey:</b> Purple, White <b>Numbers:</b> White, Purple <b>Pants:</b> Purple <b>Helmet:</b> Purple, White
<i>Richmond Junior Football</i>	Bulldogs	<b>Jersey:</b> Light Blue, Gold, White <b>Numbers:</b> Navy Blue, Gold, White <b>Pants:</b> Light Blue, Navy Blue, White <b>Helmet:</b> Light Blue, Gold, White
<i>Silver Lake Football Association</i>	Timberwolves Bruins	<b>Jersey:</b> Green, White, Cardinal, Black <b>Numbers:</b> Gray, White, Green, Cardinal, Black <b>Pants:</b> Silver <b>Helmet:</b> Gray/Green, White/Cardinal
<i>West Seattle</i>	Wildcats	<b>Jersey:</b> Vegas Gold, Navy Blue <b>Numbers:</b> Navy Blue <b>Pants:</b> Navy Blue <b>Helmet:</b> 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.

## ARTICLE XII – 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.

## **ARTICLE XIII – DISPUTES**

### 1) GOVERNING BODY

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

### 2) BINDING ARBITRATION

- a) Any rule controversy, or interpretation of a rule, that arises that cannot be resolved by the Board, will be referred to binding arbitration.
- b) 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.

## **ARTICLE XIV – ATTENDANCE**

### 1) BOARD MEETING ATTENDANCE

- a) A fifty (\$50) dollar fine shall be assessed for each regular League meeting a franchise is not represented and has not been excused.

## **ARTICLE XV – COACHING AIDS**

### 1) FILMING

- a) Filming or videotaping of games by an individual of their own games is permitted.
- b) Any coach found to have reviewed a film/tape, or still photos involving a future opponent playing a team other than their own, shall be removed as a coach. His/Her team shall be assigned losses for all games played prior to the date of violation and the team of the offending coach shall be ineligible for post season play.
- c) Recording video for the purpose of scouting another team is prohibited.

### 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.

## **ARTICLE XVI – AMENDMENTS**

### 1) MODIFYING RULES

- a) The Official Rules and Regulations may be amended by a simple majority of the Board of Directors at a regular or special meeting thereof, provided new rule changes have been moved and seconded at the previous League Meeting.

### 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 must have final vote no later than the April meeting of the affected year.

### ATTACHMENT “A”

NJFL Age/Weight Coefficient Scale – Adopted January 29<sup>th</sup>, 2014

#### Age/Weight Co-efficient - Maximum Weight Per Age, Per Level

		Level of Play					
		76ers	89ers	Peewees	Bantams	Juniors	Seniors
Age	6	No Limit					
	7*	No Limit	No Limit				
	8		No Limit				
	9		94	No Limit			
	10			108	No Limit		
	11			90	123	No Limit	
	12			78	103	139	No Limit
	13				90	116	No Limit
	14**					99	167
							127

\* 7 year-olds may play at the 89er level if a franchise does not have a 76er level team.

\*\* 14 year-old 9th graders are limited to 127 lbs, Seniors are limited to four per team.

**Legend:**

- Includes players above the 97th percentile for weight
- Includes players in the 50th to 97th percentile for weight
- Includes players in the 25th to 50th percentile for weight
- Includes players below the 25th percentile for weight

*Based on CDC Growth Charts (<http://www.cdc.gov/growthcharts/>)*