

Junior Varsity Level: Rules & Regulations:

- **Game Time:**
 - Four 10 minute quarters
 - Half-time is 10 minutes
- **Ball Size:**
 - Wilson Premium Composite (TDJ)
- **Extra Point:**
 - Successfully *kicks* a field goal – 2 Pts.
 - Successfully *runs in* or *passes* for a score – 1 Pt.
- **Point Leads:**
 - 21 point lead – is a 1st and goal from wherever on the field
 - 28 point lead – continuous clock- *does not change even if lead goes under 28*
 - 40 point lead – the team scoring 40 points will forfeit (Exception- 40 pt lead attained by Safety)
- **Weight:**
 - If a Junior Varsity level player weighs **over 130 lbs (Full pads including shoes but w/o helmet). The player's helmet will have a standard Lime Green NC sticker that is consistent across the league on the back of the helmet just above the sweat band.**
 - A Junior Varsity player weighing **over 130 lbs** is subject to the following guidelines:
 - **Offense; may only play a TE position or tackle to tackle and may not run or advance the ball. TE's can not advance the ball in any way (Receiving or Running).**
 - **Defense; may not play Cornerback, Safety or Linebacker. The NBC-player may not run the ball or advance the ball on a fumble or interception. The ball will be dead at the spot of the turnover.**
 - **Kicking: may punt, kick-off, kick XP or field goal but cannot advance the ball by running or throwing the ball (EX: Botched punt). The NBC-punter can lateral to an eligible runner or the ball is dead at that spot of recovery.**
- **Kick offs / Punts**
 - **No Kick-off: Offense will start at the 35 yard line at the beginning of the 1st / 3rd quarters and after any score.**
 - **No Punts: 25 yard walk-off will be used. If the ball is the opponents side of the field (past 25 yd. line), the walk-off will be half the distance to the goal.**
 - **Punt- The clock will stop after the allotted time for "THE BALL IN PLAY".**
 - **Before the game there should be a discussion of "PUNT or GO FOR IT" on 4th down. The official will signal to start the play clock by using the start "Play Clock" signals. After 25 seconds there will be the "Delay of Game penalty" that will be administered.**
- **Rushing the Punter/Kicker:**
 - If a team decides to attempt to kick an extra point, the ball is to be placed next to the tee or can be snapped. The official will yell 'go' and then the defense can rush. The 'go' also signals when the ball can be held upright for the kick attempt. The officials will *not* use their whistles to signal that the attempt should begin.
 - **No one** may line up or rush over the center on field goals or extra points.
- **Overtime:**
 - OT #1 - each team gets four downs to score from the 10 yd line.
If no winner, then play OT #2
 - OT #2 - each team gets four downs to score from the 10 yd line.
If no winner, then the game will end as a tie.
 - There will be a coin toss before the FIRST overtime series.
 - Possession will alternate in 2nd overtime from the 1st overtime.