

## 2015 - Heart of Illinois Junior Football Conference Rules

### Conference Roster:

- Blue Ridge
- El Paso
- Eureka - 2015 President
- Fieldcrest - 2015 VP
- Fisher - 2015 Treasurer
- Heyworth - 2015 Secretary
- LeRoy
- Lexington
- Prairie Central
- Ridgeview
- Tri-Valley (Downs)

### Levels of Play:

- Flag: 1<sup>st</sup> & 2<sup>nd</sup> grades, or an equivocal age for home-schooled players, \*cannot be 9 or older on September 1<sup>st</sup>\*
- Bantams: 3<sup>rd</sup> & 4<sup>th</sup> grades, or an equivocal age for home-schooled players, \*cannot be 11 or older on September 1<sup>st</sup>\*
- Junior: 5<sup>th</sup> & 6<sup>th</sup> grades, or an equivocal age for home-schooled players, \*cannot be 13 or older on September 1<sup>st</sup>\*
- Varsity: 7<sup>th</sup> & 8<sup>th</sup> grades, or an equivocal age for home-schooled players, \*cannot be 15 or older on September 1<sup>st</sup>\*

### Team uniform colors:

- All organizations shall stick with a “main” color for their jerseys to avoid confusion with other organizations. Changes to an organization’s main color MUST be approved by the League Board prior to switching the color.
- Current colors for jerseys:

○ Blue Ridge	Cobalt Blue
○ El Paso	Dark Purple
○ Eureka	Kelley Green
○ Fieldcrest	Midnight Blue
○ Fisher	Orange
○ Heyworth	<b>Black</b>
○ LeRoy	Maroon
○ Lexington	Barney Purple
○ <b>Prairie Central</b>	<b>White</b>
○ Ridgeview	Navy Blue
○ Tri Valley	Royal Blue

### HOI Junior Football Conference Board

- The *Heart of Illinois Junior Football Conference* Board will consist of one (1) representative from each town or organization, regardless of the number of teams each town/organization fields.
- To have a quorum for the purpose of voting at a Conference meeting a simple majority of the representatives must be present.
- Each town/organization’s representative will have one (1) vote.

- Starting with the 2008 season and carried forward hereafter the President, Vice President, Secretary & Treasurer will be chosen by alphabetical order using the town/organization name on the Conference roster above or any officially amended HOIJFC Conference roster. The Board Officials term will last for a period of 1 year from January to January.
- President's duties:
  - run HOIJFC meetings
  - schedule special meetings as needed
  - takes care of problem resolution
  - tie breaker vote
- Vice President's duties:
  - take care of anything in the President's absence
  - in charge of weigh-in schedule, forms & communicating to the other teams
- Secretary's duties:
  - file forms & keep all paperwork up to date
  - keep track of all meeting minutes
  - send out agenda's
  - schedule special meetings as needed
- Treasurer's duties:
  - Collect AYP Dues
  - Collect Insurance Fees
  - Pay All Fees

## **Scheduling and Game Requirements:**

- **Scheduling Games**
  - The HOIJFL Board will meet in April/May every year to create the schedule for the upcoming season. **At this meeting every town is required to state how many teams they will have at each level.**
  - Effort will be made for each team at each level to play every other team at that level once during the season.
    - Some towns may have more than one team due to high enrollment numbers; this is acceptable provided there is a firm commitment from the individual organization by the April/May HOIJFC schedule meeting.
  - Once the schedule is set in April/May; there will be no changing who plays whom
  - At the April/May schedule meeting the Board will set the 1<sup>st</sup> game date, and the start of practice will be four (4) weeks before the first HOIJFC game. The first week of practice will be known as conditioning week, and per IHSA rules each organization will require each player to have a minimum of 3 days of conditioning (**No Pads**). If your organization/HS/JH has a football camp prior to this week, it is permissible for your players to attend these camps, however these camps do not apply to the mandatory 3 days of conditioning, these days start the first day of practice.
  - All Levels of each organization will play at the same field whenever possible.
  - Every team will host at least three (3) Home Games \*whenever possible\* (Unless a central site is decided upon by all coaches involved or fewer is approved by the organization representative.)

- The standard scheduled start time for each game will be as follows (depending on the number of games being hosted):
  - 1:00PM - Bantams
  - 3:00PM - Junior Varsity
  - 5:00PM – Varsity
- Times may be changed with the agreement of both coaches involved (organizational leadership should also be made aware of these changes in advance).
- Each team may schedule out of conference games during the week, during their bye week or at the conclusion of their HOIJFC scheduled season. Out of conference games will not count towards any HOIJFC team's Conference record.
- No out of conference games may be played before the HOIJFC season begins. (A game is considered 4 quarters and having paid officials)
- **Weather:**
  - **Heat Rule**
    - The two competing clubs should discuss the strategy for each game. In the event that a game needs to be cancelled due to the heat index being 100 degrees & above. Clubs do not have to cancel all games; rather they will need to use the heat index projection on [Weather.com](http://Weather.com) to make educated decisions to play.
    - **The game must be called at least 2 hours prior to start time** of that game.
    - In the instance the game or games will be played and it is close to the heat index of 100 degree. The teams will have mandatory time-outs for water.
    - This rule will be also used for practices.
- **Team Rosters**
  - If an Organization has less than 25 players sign up for a specific age group, it is permissible to accept players from other towns/districts to fill a 25 player roster. No player will be utilized from an opposing HOIJFC organization without discussing the situation with the resident team organization
  - Each individual Organization will make the decision to allow players to play a level up or take 2<sup>nd</sup> graders to fill a roster
  - The President of each organization is required to distribute their team's rosters (name, jersey number, non-ball carrier status and/or weight) to all the Presidents in the league by the day after the Jamboree after the last weigh-in.
- **Game Day Requirements of Home Team:**
  - Officials (at least 3 IHSA certified officials)
  - Provide the game football(s)
  - **Chain Gang (every effort should be made to use your own personnel) and will be located on home side of game field.**
  - Time Keeper & Scoreboard Operator
  - Programs
  - Field marked and ready for play.
  - Emergency Medical Personnel on the premises or on call for all games.
  - Gates should be the same: \$2.00 for everyone & \$5.00 for a car load. (Coaches, Players & Cheerleaders should be let in FREE of charge.)

## Weigh-In Rules:

- Each year the Official weigh-in date for all teams will be by the end of the **second** week of practice.
- At the weigh-in there will be a representative from *at least* one (1) other HOIJFC organization present. (the representative will be set by the Conference at the same board meeting the weigh in date is chosen)
- **The player at weigh-ins will be required to weigh with full pads including shoes but without helmet. Players will use this weigh for the base weight to start the season. The player will weigh at every game thereafter during the season.**
- The weigh-in representative and a representative from the team being weighed will sign the weigh-in sheet. This sheet will be sent to the HOIJFC board for record by the weigh-in representative.
- A Master Weight sheet will be distributed to all Presidents. Coaches and/or parents will not have access to this except where a concern is established. Presidents will resolve the concern by showing and not distributing the information. \*Privacy issue to help eliminate bullying\*
- If a player misses the designated weigh-in. Optional make up weigh-in date will be at the Blue Ridge Jamboree, original weigh-in sheet will need to be signed. This will be the last date to have players weighed for competition. **If a player has missed the last official weigh-in (at the Jamboree), they will be penalized and have 10 lbs. added to their weight and will have to contact the team President that did their team's validation weigh in to be weighed. This will have to be done prior to first game.**
- **At game time weigh-ins, players will weigh with full pads including shoes but w/o helmet, if the player weights over the require weigh the player will become a NC for the rest of the season. The coaches will notify the President of that program so a updated roster be sent out to all programs.**

## Everyone Plays Rule:

- At the Bantam & JV level; each player will play a minimum of 6 plays per half. It is recommended that organizations strive for as equal playing time as possible.
- At the Varsity level; each player will play a minimum of 3 plays per half. It is recommended that organizations strive for as equal playing time as possible.
- ***This Conference's purpose is to teach the fundamentals of football and good sportsmanship. It is everyone's responsibility to make sure players get the playing time they deserve and exhibit good sportsmanship. Disrespect to any opposing player, coach or game official should not be tolerated.***
- Each organization may have rules pertaining to starting position or playing time based on missed practices or other disciplinary concerns. The coach that has player(s) being disciplined for disobeying any team rule is responsible for informing the other team's coach for the players limited playing time before the game starts.
- Communicate to officials and opposing coaches about disciplinary situations that prevent the minimum plays from being accomplished.

## HOIJFL Suspension Rule:

- Any player or coach that is thrown out of a game **will be** suspended for the following week's conference game. No exceptions to this rule. The League President will communicate this information to all Presidents.

## Overall Game Rules & Regulations:

- At all levels the IHSA Football rules will apply; with the following exceptions.