

Nisqually Junior Football League 2015

1) Roster :

- a) Team Roster – finalized after the conclusion of the last weigh in. For 2015, this will be **August 22nd, 2015**. All final rosters will be turned into the league for verification of eligibility to play.
- b) Team Roster will include the following:
 - i) Name
 - ii) Birthday
 - iii) Weight
 - iv) Grade
 - v) Jersey number
- c) Infraction
 - i) 1st offense of roster infraction – If an ineligible player has played in a game, the offending team will forfeit the game.
 - ii) 2nd offense of roster infraction – The Coach of the offending team will be suspended for the rest of the season. The team will be ineligible for playoffs and tournaments.
- d) Each team’s representative will need to be present during team weigh-ins roster with player picture, all data and all required paperwork. Weigh-ins and pictures will be administered by a League Officer and a “Non-Partisan” witness.
- e) Each team will be provided with a copy of the other team’s rosters, weights, and jersey numbers prior to the first game. This will be sent via email by the League Secretary.
- f) A report card from the school confirming a player’s grade for the 2015 season will need to be turned in and on file with the League.
- g) A copy of the athlete’s birth certificate is required to be turned in and on file with the League.
- h) Physicals are NOT mandatory, but highly recommended. Each organization may ask for proof of physical and if so, should be turned in to the requesting organization.

2) League Fees:

- a) Fees are paid per team fielded, not per organization.
- b) League Fee deposits, per team are to be paid as soon as possible after receipt of invoices, to be no later than July 1st, with the final payment due by July 15th. If a team pulls out after July 15th, the fees are non-refundable.
- c) Teams can pre-register prior to above date. In order to pre-register, the head coach must contact the League Treasurer.
- d) Fees consist of:
 - i) Insurance
 - ii) Referees
 - iii) Score Boards, chains, markers, etc.
 - iv) Website

3) Insurance:

- a) Insurance is required and provided by the League.
- b) Insurance is part of the League Fees
- c) Aggregate policy coverage is \$2,000,000.

4) Injuries:

- a) All teams are required to provide a first aid kit as well as ice/cold packs prior to the start of every game.
- b) The League is NOT responsible for supplying a first aid kit.
- c) In case of severe injuries (i.e. lack of feeling in extremities, tingling in spinal column, etc) 911 will be called. All injuries will be assessed by the coaching staff.

5) Games:

- a) All games will be held at a location sanctioned by the Board of Directors prior to games.
 - i) Due to many factors, games may be changed with very little or no warning. We try to give as much notice as possible up to 2 weeks but that is not always an option. People should monitor the league website and keep in contact with the team you are registered with.
- b) Nobody is allowed on the field without a badge. Badges MUST show the following:
 - i) NAME
 - ii) ORGANIZATION
 - iii) TITLE
- c) The only approved positions allowed on the ANY playing field are:
 - i) Approved organization board members, football coaches, cheer director, and Field Marshal. Team moms are not allowed personnel.
- d) All coaches who are authorized to be on the sidelines MUST be able to be identified. All coaches are REQUIRED to have a USA football badge showing that they are certified through the league is required.
- e) Due to many organizations playing on turf, ONLY water is permitted on the sidelines of ALL fields.

6) Rules:

a) Roster Rules:

- i) Rosters for combined grade teams are limited to a maximum of 48. If a team exceeds that they must break into 2 competitive teams.
 - (1) This excludes the 7th/8th grade teams.
- ii) All players must be weighed in prior to being added to any roster and being permitted for play.
 - (1) If they have not weighed in, they cannot play in the game.
- iii) Weigh in MUST be witnessed by League Officer and Non-Partisan witness.

b) Weight Limits:

- (1) 1st/2nd grade teams: 100 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense.
- (2) 3rd/4th grade teams: 120 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense.
- (3) 5th grade teams: 135 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense.
- (4) 6th grade teams: 160 lbs. weight limit for skilled position on offense. If over this weight must be a down lineman on defense. This is also the limit for the 5th/6th combined teams.
- (5) No weight limits for 7th/8th grade teams.
- (6) Weight Limit is: the weight **listed** with ALL actual playing equipment on.

c) Practice:

- i) Practice start date is August 1st, 2015.
- ii) A player **MUST** complete 3 non-contact and 2 contact practices to be eligible for competition.

d) Skilled Positions (Pertains to all grades EXCEPT 7th/8th):

- i) Any player who is not in a 3 point stance including (receivers and tight end).
- ii) Any player who is not on the Line of Scrimmage.
- iii) Any player who is a kicker or punter.
- iv) Only skilled positions under the listed weight can carry the ball, catch the ball, or line up in a position eligible to catch or carry the ball.
 - (1) Fumbles and Interceptions can be recovered, received, and returned by any player.
 - (2) There can be NO designed or simulated fumble plays (i.e. Fumblersoski) to get the ball in the hands of a player beyond the skilled position weight limit.
- v) All *offensive* linemen must be in a 3 point stance.
- vi) All *defensive* linemen must be in a 3 or 4 point stance.
 - (1) ***If a defensive end is over the skill position weight limit they must start in a 3 point stance. If they are under the weight limit they are permitted to use a 2 point stance.***
- vii) Linebackers CANNOT be over the weight limit because they start in a 2 point stance.

e) Special Teams (NO SPECIAL TEAMS FOR 1st/2nd - Ball on own 40):

- i) Kick off and Kick off returns cannot have players over the skilled position weight limit.
 - (1) If the kicking team does not have enough players at or under the sanctioned weight limit then the team is subject to the following:
 - (a) Game ball spotted on own 40 (-40) yard line. Similar to if the ball is kicked out of bounds.
 - (2) If the receiving team does not have enough players at or under the sanctioned weight limit then the team is subject to the following:
 - (a) Game ball spotted on own 40 (-40) yard line. Similar to if the ball is kicked out of bounds.
- ii) For 2015, **3rd – 8th grade** are subject to standard high school rules for punt/kick.

- (a) Can rush but CANNOT hit the long snapper- He is in a prone position and there will be a penalty called if he is hit regardless if ball is live or not.
- (b) Punts and Extra Points:
 - (i) Extra points are 2 points for kick; 1 point for a play run as an extra point.

f) Age Limits:

- i) MUST be 1st or 2nd grade.
- ii) MUST be 3rd or 4th grade.
- iii) MUST be 5th or 6th grade.
- iv) MUST be 7th or 8th grade
- v) Suitable proof requirement is a Birth Certificate and a report card from the child's school.
- vi) Birth Certificates are MANDATORY to be eligible for play.
- vii) Report cards are MANDATORY to be eligible for play.
- viii) A maximum age limit has been established. This age limit does NOT apply to new players. New players must play in their respective grades. If a player reaches the maximum listed age before August 31st, they are ineligible to play in that age group and must move up.

(1) Ages

- (a) 1st/2nd: 9 years old (2005)
- (b) 3rd/4th: 11 years old (2003)
- (c) 5th: 12 years old (2002)
- (d) 6th: 13 years old (2001)
- (e) 7th/8th: 15 years old (1999)

g) Games:

- i) 1st/2nd ONLY: A SINGLE coach can be on field. It is up to each club if they choose to do so.
 - (1) No coaches allowed on the field for any other grades, regardless of division.
 - (2) If a coach is using the opportunity to be on the field as a way to stop time, steel signs, steel plays, or use this in an unsportsmanlike manner, an unsportsmanlike conduct penalty will be assessed. If the behavior continues, it could lead to ejection. See rules on game ejections.
- ii) For 1st/2nd: There will be a 40 second clock to run a play.
- iii) 1st thru 4th grade - Each game will consist of four (4) 8 minute quarters with stoppages in play.
- iv) 5th/6th grade – Each game will consist of four (4) 9 minute quarters with stoppages in play.
- v) 7th/8th grade – Each game will be (4) 10 minute quarters with stoppages in play.
 - (1) If a game is running behind, half time will be shortened.
- vi) Clock will **start** and **stop** on the snap during the following situations: *Time Outs, Out of Bounds, and Incomplete Passes.*
- vii) Clock will **stop** and **start** on the ready during the following situations: *Penalties, First Downs, and Change of Possession.*
- viii) There will be a 2 minute warning by the officials in the 2nd and 4th quarters, no clock stop.
- ix) Mercy rule – 28 point lead

- (1) Continuous running clock (including for out of bounds). Only stops for TO's, scores, and injuries.
- x) Overtime will fall under Kansas Tie Breaker Rules:
 - (1) Coin flip for possession that the visiting team calls at the captain meeting.
 - (2) Offensive team starts at the 10 yard line, Regular football rules apply.
 - (3) After 1st overtime period, if game is still tied, ball is moved to the 5 yard line.
 - (4) If the game is tied after 2nd overtime possession then the ball is moved to the 3 yard line with 1 play for both teams that equals 2 points and this will go back and forth until the game is decided. Regular football rules still apply. No Game will end in a Tie.
- xi) Criteria for determining placement and scheduling:
 - (1) 1st/2nd was completed first based on number of teams.
 - (2) Geography
 - (3) Requests
 - (a) Take into consideration as many as possible. Importance was placed on avoiding youngest teams traveling alone; older teams were put into same section. This may impact where teams play.
- xii) League standings
 - (1) Organization Presidents and/or Secretaries will forward all organization team scores to League Secretary no later than 5:00 PM on Sunday evenings.
 - (2) In the absence of Board members, head coaches for the winning teams must send in scores.
 - (3) Scores will be kept by the League Secretary and will be reviewed weekly via email by the Board of Directors.

7) In Game Rules:

- a) Rules for in game are based upon the *National Federation of State High School Associations (NFHS)* football rulebook.
- b) As a League, we are in compliance to the *Washington Interscholastic Activities Association (WIAA)*
- c) If a rule needs to be changed or there is conflict about either NFHS or WIAA rule, then it needs to be presented prior to the season starting in a meeting with the League Commissioner and the Board of Directors present.
- d) **EJECTIONS** - Parameters if coaches kicked out :
 - i) If kicked out, must leave field.
 - ii) Coach can appeal suspension in writing only by 5:00 PM Monday following game.
 - iii) If upheld, coach will serve 1-game suspension at the next scheduled contest, regardless of opponent location or time.
- e) 1st/2nd AND 3rd/4th grade level, when blitzing the A gap, the defensive player must line up outside the A gap no closer than his toes even with the down defensive lineman's heels. If the defensive player lines up within that point a 5 yard penalty can be assessed.

- f) 1st/2nd is allowed to have A SINGLE coach on the field during play.
- g) Minimum football sizes will be as follows (regardless of brand):
- i) 1st/2nd – Pee Wee
 - ii) 3rd/4th – Pee Wee
 - iii) 5th/6th – Junior
 - iv) 7th/8th – Youth
 - v) Playoffs – Depending on number of teams
 - (1) League championship format: Traditional - One and done.
 - (2) Tie Breakers (Based on number of teams)
 - (a) TBD by grade
 - (i) Due to # of teams in the oldest division, teams may play more out-of-division games than they will in-division, therefore overall record may used.
 - (b) Options:
 - (i) Possible Head-to-Head within the sub-division.
 - (ii) Possible Overall record (1st-6th)
 - (iii) Coin flip *****
 - 1. Odd man out format until team determined.**
 - 2. League VP to oversee.
 - 3. Head coaches for teams involved only.
 - 4. Monday following the last regular season game.
 - (3) The league reserves the right to set up a Round-Robin formatted tournament (2nd Chance) for teams that did not qualify for official playoffs. For 2015, there will NOT be any 2nd Chance games. The league will revisit this on a year-by-year basis.