

Juniata Valley Football League

Rules and Regulations



1. POLICY

The League will furnish insurance protection for all Players, Coaches, Officers and Volunteers. Coaches must notify League Secretary of all injuries immediately. This Insurance will be a secondary plan. The parents or guardians insurance will be primary.

Permission slips for players will be signed by the parents each year. Organizations will retain the sign-up forms until the end of season. A Centralized sign-up will be used by the JVFL. Sign-up areas will be broke down by counties to designate places, date & time. All JVFL Sign-ups will take place at the same time. Effective 2006, Sign-ups were available via JVFL.ORG website, on-line registration, Organizations were permitted to have open sign-ups from the end of June until the first week of August. (No Centralized Sign-Ups)

An Entrance Fee of \$150.00 will be assessed each combined team (Midget and Pee Wee) at the beginning of each playing season and must be paid prior to the first game. The sign-up fee for players, until further notice, will be \$25 per player, with an additional \$10 per player for immediate family. No concession or any other fee will be collected at the League Centralized sign-up's. Flag Football will be \$15 Registration Fee.

A \$ 50.00 fine will be assessed for any team not represented at any League meeting. Each team (i.e.-Mid-get and Pee Wee) Head Coach, or his designee, will be present.

League Officers will be nominated and elected in November and will take office January 1. All Officers will be for a 2 year term with special elections for resignations. This will take place at the last meeting of the season on even years (Ex : 2000, 2002, 2004, 2006, etc.)

If a parent has a concern or compliant with the JVFL, on a ruling decision, the complaining party must give notice to a League Officer no later than 48 hours prior to the next scheduled league meeting. At the league meeting, the complaintiff will be allotted 15 minutes to table the issue to the league.

There will be no "cutting" of any JVFL players (football and cheerleading) of any type (NO TRYOUTS). Any player signed up for an organization will be suited up.

If there is an interest in starting a new organization, a contact person must provide the league with a roster of names, addresses, and birthdates, then approach the league for decision.

The League here by agrees that should the JVFL should ever be dissolved, that all money and assets recorded and acquired in the League's name be donated to a local charity of the choice of the majority vote of those Members then in existence.

Anyone wishing to be a Head Football Coach in the JVFL, is mandated to attend a Coaching Clinic afforded by the High School Coaching Staff of the Feeder Team in the JVFL. This will be mandatory every year prior to the season start.

Coaches must coach with a team for 2 years before their kids may participate outside their residing boundaries team.

II. THE FIELD

The field shall be a minimum of 80 yards long by 40 yards wide. There shall be at least 5 yards of clearance on either sideline of the field (either roped or taped to segregate the fans from the playing field). There shall be a 10 yard end zones at both ends. Goal Posts are not required, but if used, shall be 15 yards in from the side-lines. Spectator boundary will a minimum of 36 inches high.

The field shall be fairly level without rocks and other debris and cinders. Plain bare ground is okay.

If playing field is not in playing condition, that is, lined off and prepared as is "Section II" of the field rules, within 15 minutes past the scheduled starting time, the contest will be forfeited to the visiting team. Game officials will make the decision.

The field is to be clearly marked either with white paint or sand every 5 yards all the way across the field. The white lines should be appropriate cardboard or rubber markers. There will be a first-down marker provided by the home team as well as the first down chains. Lime will not be used in marking playing fields.

All fields and field equipment (yardmarkers, etc.) must be inspected and approved prior to the season by a league representative, and any equipment not complying to the above cannot play unless approved by this representative.

The home team must provide a responsible 16 years or older to keep downmarker and direct chain gang. The chains and downmarker will be operated on the home team sidelines.

Restroom facility must be supplied.

Ambulance or EMT Services are mandatory for all games. The home team is responsible for contact and fees. If an EMT is provided at a game, they are to be introduced prior to the game to both coaches. The EMT will be located in a close area, behind the coaches box. If medical service is not provided at a game, a 15 minute grace period is allowed, at which point a sanctioned \$75 fine is imposed and the game will be forfeited by the home team.

Coaches box (from 25 yardline to 25 yardline), a reasonable amount of coaching staff will be allowed.

Fans must be kept back from the playing field at least 8 yards, using tape or strapping.

III. EQUIPMENT

Sneakers or rubber-cleated shoes.

All players must wear full uniforms. Each helmet must carry the official seal approved by the league. Also, strong shoulder pads and a mouth piece, jersey, pants, and pads must be worn in all contact practice. Pads will include knee / thigh, all girdle pads with hip / tailbone, and rib pads. These are mandatory for all games, scrimmages, and contact practices.

Helmets must have a strap that fits securely. Helmets must also fit heads properly. If using a eye shield on a helmet, it must be clear only. All snaps on helmets will be secured for games and practices.

Kicking toes are permitted.

All team colors and nicknames must be approved by the league secretary prior to the season.

The official little league football will be used in all contests. All footballs must be approved by the league. The home team will furnish the game ball. Pee Wee Football will use a " K-2 Football " and Midget Football will use a " TDY Football ". A synthetic football is approved by "Baden" or "Wilson", it will be used by agreement of both coaches, that the team on offense has a choice of which football to use.

Scales will be readily available at all games, provided by the home team. The coaches have the right to weigh any player, if no scales are available, the game will be suspended until the chosen players weight is determined.

IV. ROSTERS

Rosters will be closed at the first regular or by a date specified by the League. A cover sheet will be provided by all Organizations to the League including all coaches, Organization Officers, Cheerleaders and Advisors, along with Football players and Coaches. All Rosters will include Name, Address, Phone, Date of Birth, Parents Name, and current playing age.

To be eligible to play Pee Wee Football, a player must be 7 years of age before August 1. A player who turns

10 years of age before August 1, is ineligible to play for the Pee Wee Team. The following weight limits apply to Pee Wee players: No player will weigh more than 110 lbs. To be eligible to play Midget Football, a player must be 10 years of age before August 1, and are ineligible if the player turns 13 before August 1. Before participation a player may not weigh more than 140 lbs. Weigh-ins will be held at the start of each game. Players being weighed in will be selected by coaches. A 9 year old may move to the midget program only if the player is over weight. If the player, as the season progresses, loses enough weight, the player is ineligible to be reinstated to the pee-wee program. This will change starting the 2007 season, 7 year olds must be of age by September 1st. Every year after, until the ages are exhausted, the 7 year olds will remain September 1st.

Pee Wee cheerleaders will age from 7 years of age before September 1, to the age of 9 years before August 1. (Excluding mascots). Midget cheerleaders will age from 10 years of age before August 1, to the age of 12 years before August 1. (Excluding mascots) Any cheerleader trying out for Jr. High Cheerleading Program, and is not able to make the team (I.e. cut), the cheerleader may participate with the boundary area Organization. Effective for the 2005 Season, Mascots under the playing age will not be permitted inside playing boundary.

Geographical boundaries are as follows:
(See attached boundary sheet)

Once a player is officially on a roster (made by the team), the player must play for that team. The only exception to this rule would be the relocation of their residence. A player must play for the team from which the boundaries state. Exception, if the player is the son/daughter of the head coach or the two main assistant coaches, the player may participate outside of the designated boundary that is involved.

Sibling Law : Any player already established (actively participating) with a team organization, if and when eligible, a brother/sister may also participate with that organization. The only other scenario is unless the legal parents or guardians would choose to participate in the residing boundary (their choice). No Team hopping.

If an organization cannot field enough players (13) for the up coming season, players may participate with bordering boundary organizations with the understanding that the player will play with his/her original boundary organization the following year.

Complete team rosters will be collected at the first meeting prior to August 1. Each coach will be provided with a copy of all rosters for all organizations in their respected programs (example: football midgets will get a copy of all team rosters for midget football).

Any 10 year old under the weight of 55 lbs., may play Pee-Wee Football. However, once the player is rostered as a Pee-Wee, he / she will remain a Pee-Wee player until the conclusion of that season.

Once a player participates in practice for a Jr. High football team, they will not be eligible to play Midget football again.

V. PLAYING RULES

No player may be sweated down by use of a machine or artificial methods.

A minimum of (3) officials are required for each JVFL game. The home team is responsible for the cost of officials. Officials are to be paid \$35 at half-time break. Officials will be approved by the League, and have good knowledge of the game (PIAA). 4 man crews are to be used for the Super & Senior Bowls, and also for play-off games. Regular Season Games may utilize 2 Officials if absolutely necessary.

League officials must verify team weights. Date to be announced annually. All players must make weight prior to participation in league games. A player may practice with his team until he make weight. On the first game of the season, all players will be weighed.

Scores will be called into the League Secretary by the winning team coach. This is mandatory, and a sanctioned \$10 fine will be imposed. Scores will be phoned or emailed the same day.

Postponements are up to the home team. It must be severe weather before football games are postponed. The home coach will notify the visiting coach and the referees assigned to the game at least one and one-half

hours before game time, if the game is to be called off. Postponed games must be made by the home team coach.

The game should consist of four timed quarters. Three (3) time-outs per team, per half. These are not cumulative. Both Midget and Pee-Wee games will be played with 8 minute quarters. The Senior Bowl at the conclusion of the season will be played with 10 minute quarters. Pee-Wee timeouts can be called by a coach or a player anytime during a game, Midget timeouts must be called by a player on the field.

One coach is permitted to be on the field during time-outs. During time-outs, a player can come to the sidelines with the coaches, however, the players may not leave the field of play.

Caution your players right from the start about talking back to the referees as they will not allow it under any circumstances. Appoint your captain and install in him the fact of using courtesy and manners when speaking with the referees on the decisions, all other players must be huddled in a group away from the ball. The team itself will not crowd around the referees to make a group decision. Any player thrown out of a game for a personnel foul, swearing or fighting will receive a one (1) game suspension. If a coach would get "thrown out" of a league game, the coach will be sanctioned a mandatory fine of \$50, and also be mandated to serve a one game suspension.

The halftime should be 10 minutes in length. Each team is required a mandatory stretch period of 3 minutes prior to the start of the second half and also prior to the start of the game. This is to prevent injury from not being warmed-up. Super and Senior Bowl halftimes will be 15 minutes.

Senior Bowl : Each team will field 11 different offensive and defensive players, there will be no 2-way starters. After the half, or every quarter, the players will switch to opposite sides of the ball (offense to defense), the head coach will be responsible for equal play for all. Coaching Staff will be determined by the end of season records in the two local school districts. Teams outside these school districts will fill in on teams to even the number of players.

Any games called for darkness with 3 minutes or less, with a team losing by 9 points or more, the game will be declared over. Any team losing by 21 points or more after the start of the 4th quarter, the game will be declared over. This will only effect the games that are called for darkness or hazardous weather. If the game is under the points circumstances, the game will be finished at the time it is stopped on the next day.

There is no limit on playing scrimmages with the other teams in the league for practice, it is recommended that you conduct these as a scrimmage contest and not a regular game. That is, one team take the ball for 10 plays on offense, and then the other team take the ball for 10 plays. Scrimmage games outside the JVFL are permitted if a League Officer is notified and approved with a 2 week notice. (Insurance Rider will be needed)

Any use of vulgar language will result in that player and/or coaches being warned and the second time the player and/or coach being ejected from the game immediately, no matter what the reason. The league should be notified and be told the reason why. Coach is to be brought in front of the coaches and board to determine further discipline.

Pre-season weigh ins will be conducted at a designated League date and time, weights will be recorded.

Weight Charts will be utilized on the opening game of the season. Both teams Head Coach's will conduct the player weigh in's. The coach will weigh every player from the opposing team, and log his/her name, number and weight. These will be retained by the opposing coach's and returned to the League Secretary promptly.

It is the stand of the JVFL that it is an Organization decision as to whether or not Cheer Squads attend Competitions. The JVFL will provide liability insurance for these Competitions provided we are notified in advance (2 weeks), that a Squad will be attending and that all JVFL By-Law's are followed. This means as follows, there will be no cutting of Competition Squads, age guidelines must be followed and certain maneuver's banned by our insurance clause cannot be used. All funding, with the exception of the insurance rider, will also be the responsibility of the participating Organization. AACCA Rules and Regulations are adopted by the JVFL.

Effective 2005, there will no longer be "Team Mascots" being rostered by any JVFL Organization. This will include Cheer Mascots and Football Water Boy's. Players will participate in there own age division.

Flag Football Cheerleading, at no time will a Flag Cheerleader leave the ground for any kind of toss, they will be limited to jumping only.

All football players must attend 3 full practices with just helmet's and shorts (I.e. no pads) before that player may participate in full uniform and contact. This is for the Heat Acclimation Period.

There will be absolutely no use of tobacco inside the ropes by any coach and volunteer's during practice or games.

High school rules will be enforced with the exceptions so stated above and in the league by-laws. NFHS Rules

Any rule outside the rules listed by the JVFL will be recognized by PIAA Rules. All penalties will be assessed according to the NFHS Rules and Regulations. The smaller playing field does not effect the distance of a foul. NFHS Rule Books will be provided to all Head Coaches by the League every 2 years. Yearly rule updates will be provided by the League Secretary.

Play Clocks : Midget will be 30 seconds, Pee-Wee will be 45 seconds, this will start after the "ready-to-play" whistle by the referee.

Plays like the "old sleeper", "statue of liberty", "center sneak keep", "silent count", plays are illegal. A penalty will be assessed if those are called. All players must come out of the huddle on every play. Any of these plays used, must be protested before the next play or it is the coach's negligence. If caught, a penalty will be assessed. Illegal Participation 5 yard penalty will be assessed. Center, Tackle and Guard Eligible plays are permitted as long as the player that is pass eligible reports in to the referee before the play.

Kick-off point will be the 35 yard line, with the receiving team being on the opposite 35 yard line.

Instruct your players that they must stop on the whistle everytime, as this will be called very closely. "Piling on" is a 15 yard penalty and injury can result very easily.

Free substitution. All players must leave the huddle at the same time.

Any player injured must come out for at least one play before returning on an Officials Timeout.

After a safety, the ball must be kicked or punted from the 15 yard line.

There shall be no passing for punts. Punting is not permitted for the kick-off.

Touchbacks- the ball cannot be run out of the endzone. Play is dead when the ball crossed the goal-line. The ball will be placed on the 15 yardline.

If a team is losing by 21 points, the losing team automatically receives the football the start of the second half. This rule will only effect the opening kick-off of the second half, not from there after.

Extra Points are scored as following : 1 point for a run, 2 points for a forward pass. The football will be marked at the 2 1/2 yardline.

35 Pt. Mercy Rule : If a team is losing by 35 pts or more, the game clock will continue to run. Stopping the clock will only occur on a Team and Official time-outs. Even if the game gets under the 35 pt mark, the clock will continue to run for the remainder of the game.

Mouthpieces will remain on the strap and fixed on the helmets facemask, and will be in the players mouths when the teams enter the line of scrimmage. If a players mouthpiece is out at the time of the snap, the play will be immediately blown dead, and an illegal participation penalty will be enforced (5 yards from previous spot, repeat the down).

Overtime games ending tied, high school rules will be used.

1. Flip of a coin to determine who gets the football.
2. The team that gets the football, football goes on the 10 yard line. Team will get 4 plays to score.
3. The other team will also get 4 plays to score.

4. Both teams possessions will take place at the same end of the field, if the game goes into a 2nd overtime period, the teams will play in the opposite endzone.

A minimum of 1 foot is required for all Offensive Line Splits

Pee-Wee Defense : Must use a Base Defense (5-4, 6-3, 4-4), Interior linemen must be in the down position, (3 pt or 4 pt stance and tackle to tackle). There will be no blitzing, and all backers will be at a minimum of a 3 yard drop. Penalties : Illegal defense will be a warning, next infraction will result in 5 yard penalty. Blitzing will be treated as a unsportsmanlike penalty with no warning. Midget Defense will also run out of a base set, 5-4, 6-3, 4-4, with the backers at a 3 yard drop.

Pee-Wee : No more than 6 men on the line on defense outside the 10 yard line.

Pee-Wee Football only, there will be no defensive rush on the forth down punt. Also, the punting team will not be permitted to fake punt, if they line up in a punt formation, they have to punt. A punt that lands behind the line of scrimmage will be blown dead, offense may not advance the football.

Pee Wee punt has been modified that there will be a snap exchange, however, there will be no players releasing from the line of scrimmage until after the ball has been kicked.

2006 ADDITIONS :

Head Coach's are to discuss penalties and infraction's with the referee only.

Vulgarity coming from the Coaching Box will result in automatic ejection from the game, one game suspension (the next scheduled), and a League Fine will be sanctioned.

Tobacco inside the ropes of a game or practice will result in a one game suspension.

Line to gain and down indicators are to be operated at least 1 yard outside the sideline.

The tooth and mouth protector shall be of any readily visible color, other than completely white or completely clear and strapped to the helmet at all times.

Updated : 25 July 2007

President

Vice President

Secretary

Treasurer