



## **JUNEAU YOUTH FOOTBALL LEAGUE**

### **2011 LEAGUE RULES**

*Changes in red.*

*Rev May 2011*

**FOR**

**PLAYERS, CHEERLEADERS, & PARENTS**

The Juneau Youth Football League supports lower division football programs for six through fourteen year old players and cheerleaders who have not yet begun high school. These rules cover operations of these lower divisions.

The JYFL additionally acts as a support arm for the JDHS under a memorandum of agreement with that program.

The term “player” refers to football players. The term “cheerleader” refers to cheer team members and the term “participant” refers to players and cheerleaders.

# CHAPTER I

## REGISTRATION, DIVISIONS & ELIGIBILITY

### 1. Registration

- A. Every youth who meets age/grade eligibility and indicates a desire to become a participant candidate for the JYFL shall have a fair chance to do so, subject to available space on the team. The only criteria (other than eligibility) that may be considered in selection of participants are desire, ability, and skill.
- B. Ample opportunity will be provided for each candidate to register. Notice of registration will be well in advance of the camp practices beginning and will be advertised by all possible means to parents and candidates. Registration will remain open for several weeks.
- C. If there are more participant candidates than spaces available on teams in any division, priority shall be given first to participants returning from the previous year who register or provide written notice of intent to return by the camp practice begin date. Next priority shall be given to participants new to the league in the order in which they registered.
- D. The deadline for registering will be midnight on the day prior to the round robin competition. An exception will be provided for those students new to the Juneau School District.

### 2. Registration Fees

- A. Fees are per participant per season as set by the Board of Directors.
- B. A participant who registers but is not assigned to a team due to team size or equipment limitation is entitled to a full refund.
- C. All participants must pay fees, submit their approved physical (if required) and complete registration form before being allowed to participate in any league or team activities unless other provisions are approved by a majority vote of the Board. The Board, at its discretion, may waive the fee in lieu of work performed by the participant for the league. Any participant not fulfilling the required duties will be dismissed from the league.

### 3. Eligibility

- A. A participant's grade will be determined to be the grade the participant will enroll in for the current season. Birth certificates are required for new participants.
- B. Participants in all divisions must be regularly attending elementary or middle school, or other approved school program during the football

season. If a participant stops going to school for any reason the participant is ineligible for JYFL football programs.

4. Divisions:  
*Football*

Placement in all divisions will be determined initially by school grade. However, the player placement committee may place a player up or down a division based on the overall needs of the league and their determination of the appropriate placement based on the player's demonstrated ability, skills, size, and maturity. The player placement committee will consist of Chair of Coaches, the Division Representative and one other knowledgeable Board Member. All players may play any position, ball carrier or otherwise, regardless of the player's weight.

- A. Flag Division (Flag Football)  
Grades Kindergarten through Second.
- B. Cub Division  
Grades third through fourth
- C. Junior Division  
Grades fifth through sixth
- D. Senior Division  
Grades seventh through eighth with maximum age of 14 by August 1st

*Cheerleading*

Placement in all divisions will be determined by grade.

- A. Flag Division (Flag Football)  
None
- B. Cub Division  
Grades first through third
- C. Junior and Senior Division  
Grades fourth through eighth

5. Divisional Transfers (Waivers)

- A. Requests for transfers between divisions, except those performed by the participant placement committee, must be presented by the participant's parents in writing to the Division Representative for the division that the participant would normally be assigned to based on grade. Procedures for making these requests are contained in this chapter.

- B. Transfer Eligibility:
- i. Parents of participant may petition to transfer to the next higher division, based on their assessment of their child's abilities relative to others in the division.
  - ii. The parents of participant who have brothers or sisters eligible to play in the same division may petition to have all their children play on the same team.
  - iii. Only under extreme circumstances will the Board consider transfer of a participant down a division from which they would normally be assigned by age. The participant must be a combination of inexperienced, small sized and lower maturity level relative to their same grade peers. There will be no waiver process for freshmen to play in the Senior Division.

- C. Transfer Procedure:
- i. All petitions for transfer must be in writing and signed by the participant's parents or guardians, unless circumstances dictate otherwise. Such circumstances must be explained in detail in the petition.
  - ii. If the request for transfer is based on having brothers and/or sisters play on the same team, the Division Representative will make a recommendation for the final placement of the family based on the needs of the league and the desires of the parents in that order.
  - iii. If the request for transfer is based on ability, the Division Representative will consult with coaches from both the divisions to determine the appropriateness of the waiver based on safety and in maintaining a competitive balance within the divisions.
  - iv. The Division Representative will present the waiver request and make a recommendation to the participant placement committee for their consideration
  - v. For waivers of participants down a division coaches from both the sending and receiving divisions must sign the waiver with clear indication that the player would be inappropriate for the higher division based on a combination of inexperience, small size relative to their same grade peers, and maturity level. Waivers will ONLY be approved under these extreme circumstances. No waivers down a division will be considered for participant more than one grade older than the standard for that division.
  - vi. All Division Transfer waivers must be considered by the participant placement committee prior to the Round Robin games being played. Waivers will require a unanimous vote of the committee to be approved.
  - vii. Decisions of the participant placement committee may be appealed to full board.

## 6. Normal Assignment of Participants to Teams

- A. For purposes of insuring that all participants and new coaches have the benefit of instruction in the basic fundamentals of the game and in making equitable distribution of players, the league will use a preseason camp format followed by a blind draft selection system to assign players to teams in the Flag, Cub, Junior, and Senior Divisions,

## 7. Camp Procedures

- A. At least one week prior to camp beginning a mandatory coaching clinic will be held to finalize procedures for each Division's preseason camp. The Director of Coaches will use the JYFL league skills checklist and the NFL's Junior Player Development program as a starting point for insuring that all players receive the appropriate fundamental instruction and introduction to safe skills. The Division coaches will work together prior to camp to develop the schedule necessary to accomplish these goals. Either the Division Representative or a head coach elected by the other Division head coaches will be responsible for the final camp schedules.
- B. Camp will consist of instructional practice sessions followed by a final evaluation day preceding a blind draft for team assignment.
- C. As coaches evaluate participant they may be moved up or down a division for evaluation to determine which division is the most appropriate for that player based age, size, maturity and skill.
- D. Participants will be evaluated based on the following criteria with a five representing the highest value and a one the lowest. All head coaches in a Division shall participate in the evaluation with a player's final score being an average in each criterion
  - Experience and Attitude -
  - Demonstrated Physical Ability -
  - Speed –
  - Final Evaluation Score as:
    - Potential as an impact runner -
    - Potential as an impact lineman – (N/A Flag Division)

## 8. Blind Draft Procedures

- A. After evaluation of the participants is complete divisional coaches, the Division Representative, and at least one other board member shall meet and build the teams for the division referring to the average final evaluation scores determined during the evaluation. Any movement of participants up or down a division based on the decision of the participant placement committee will be done prior to the draft if possible. An attempt will be made to build competitive and even teams considering all factors determined above and make an attempt to place any siblings with

- approved waivers on the same team. (See paragraph E regarding late signups by siblings)
- B. Head coaches who have children playing in the division will have those players kept out of the team building process with a package of equally scored players for assignment after the teams have been built. One assistant coach his/her child may also be held out of the team building process and be “packaged” for assignment like the head coach’s child provided the assistant coach has been approved by the board and assigned to that team prior to the start of the first day of camp. Other assistant coaches who have children playing will not be assigned to a team but go wherever their participant goes.
  - C. Once all coaches, the Division Representative, and the other Board member agree that the teams are as even and competitive as possible they will be randomly assigned to the head coaches and finally the package of players with equivalent scores with the coach’s child are assigned to teams. No trading of players will be allowed after the teams have been formed by the committee. (Note: with the concurrence of all head coaches and the board director for that division one final physical lineup of proposed teams may be performed and adjustments made to personnel before the teams are finalized) The final team rosters are reported to the league and players are contacted with their team assignment for preparation for the season.
  - D. As individual players will be discussed these meetings are not open to the general public. Only the division coaches, the Division Representative and any interested Board member may attend.
  - E. Participants that meet the registration deadline but do not participate in the evaluation camp will be assigned to teams based on the recommendations of the player placement committee. As the primary concern is evenly talented teams, siblings and other placement waiver requests will not be considered for participants registering after teams have been formed.
  - F. Cheerleader teams will be formed by the JYFL Cheer Director who will attempt to pair cheerleaders living near each other for ease of transportation.
  - G. Decisions regarding cheer team formation remain at the discretion of the JYFL Board and Cheer Director.

## CHAPTER 2 EQUIPMENT

### 1. Players

- A. A player cannot receive equipment until the player is completely registered. The Equipment Director will receive a record of such from the Board and will not issue equipment until such is received.

- B. Every player must wear equipment provided by JYFL unless his or her personal equipment meets all safety standards as determined by the Equipment Director. Safe fitting of helmets is a primary safety concern. All helmets will be issued and fitted by the Equipment Director or his or her designee. The Equipment Director reserves the right to refuse to issue a helmet to a player with a hairstyle or other personal grooming choice that precludes safe fitting. The player will modify his or her hair to comply with safety requirements or he/she will not be allowed to play.
- C. Every player must use a protective mouth guard in all contact practices and games.
- D. Every player must provide his or her own shoes and athletic socks. No player may wear shoes with metal cleats.
- E. The Equipment Director will attempt to schedule as many equipment “gear outs” as reasonably possible after the registration period begins and prior to camp starting provided there are enough head coach volunteers to perform these “gear outs”
- F. Game jersey numbers are to be recorded on each official roster. A player must retain this number throughout the season unless permission is granted by the league. As the team sponsor name will be printed on the back of the jersey, no printing of the player last name or nickname will be permitted. Players will retain their jerseys at the end of the season.
- G. In the event a player is injured in practice and must be transported to the hospital, the coach is responsible for instructing the individual transporting the player to the hospital to recover and seal the equipment as soon as it is removed from the player. If the player is injured in a game, the senior member of the Board present will accept responsibility for the recovery and sealing process.
- H. Penalties for players who deliberately misuse equipment, such as throwing helmets, will be as follows:
  - i. If the offense occurs before or after a practice session or game, the player will not be allowed to participate in his or her next scheduled game.
  - ii. If during a game, the player will be suspended from the remainder of the game and not allowed to participate in his or her next scheduled game.
  - iii. Misuse of equipment will be reported to the Equipment Director who will report it to the Board of Directors. Punishment may range from verbal warning to suspension or dismissal from the program.
  - iv. If equipment is damaged through abuse or misuse the player will reimburse the league the replacement cost of the damaged equipment regardless of the punishment enforced.
  - v. Game uniforms for both the lower division and High School programs and NOT to be worn during practice.

## 2. Cheerleaders

- A. Cheerleaders will receive uniforms after completed registration forms have been turned in and cheerleaders have been assigned to a team. Cheerleaders are responsible for the care and upkeep of their uniforms. If a uniform is damaged through use or abuse, the parents of the cheerleader responsible for the uniform will be expected to reimburse JYFL for the actual cost of replacing of the uniform up to \$250. Cheerleaders are expected to take good care of their uniforms.
  - B. Cheerleaders must return their uniforms to the league on the date scheduled for their individual teams. All uniforms must be returned clean and undamaged.
  - C. Cheerleaders completing the current football season may keep their pompoms, tee shirts, briefs and socks.
  - D. Junior and Senior Division Cheerleaders are required to have clean white tennis shoes that are used for cheer only.
3. Coaches – Cheer and Football
- The team coach's equipment duties include, but are not limited to, the following:
- A. Assist the Equipment Director in keeping the equipment within the safety standards prescribed by the manufacturers and ensure that it is not abused or misused.
  - B. Ensure that the equipment is not modified. The painting of helmets is strictly forbidden.
  - C. Ensure that all equipment is clean and turned in to the Equipment Director within two weeks after the end of the season.
  - D. Ensure that equipment is not distributed from team to team without prior consent of the Equipment Director.
  - E. To insure equity among teams no team coach, or others, may purchase or distribute uniform equipment to their team other than incidental items without the approval of the Equipment Director.
4. Fees
- The Board of Directors may require a refundable deposit for equipment issued to participants

## CHAPTER 3 CONDUCT OF THE SEASON

1. Practice
- A. No participant will be allowed on the field for camp or practice prior to their registration being complete and accepted by the league.
  - B. All participants in Cub divisions and higher must have a physical by a licensed professional. All such physical forms must be in the possession

of the league prior to a registration being considered complete and accepted

- C. Practice sessions for all participants will be limited to two per week for the Cub and Flag Divisions **and three per week for the Junior Division and Senior Division** while school is in session, starting with the first full week of school attendance. Practice is defined as any organized team meeting including team bonding, film or other strategy sessions.
- D. Practice times will be limited to a maximum of two hours and thirty minutes per day.
- F. The penalty for violation of practice rules shall be reassignment of the participants to a different team. Coach's violations of these rules will result in a one game suspension for the coach.
- H. Participants must attend every practice unless extenuating circumstances, as determined by their coach, preclude attendance. Players who feel they have been treated unfairly by their coaches may appeal to their Division Representative.
- I. Cheerleaders must attend two of three practices per week to be allowed to stunt in a game.

## 2. Flag and Cub Division Special Rules

- A. These divisions are to be an introduction to football for young players.
- B. The Flag Division will be flag football with the primary focus is to be a fun introduction to football for young players with competition deemphasized in favor of all players receiving instruction in all phases of the game with a goal of returning to the Cub Division the next year to play in a more competitive program. Flag games are played to **40 minutes running time**. Special Flag football rules are attached to these rules as an addendum. Game score will not be tracked or recorded
- C. If head coaches of the Flag and Cub Division by unanimous vote minus one believe it necessary to alter the rules during the season to accommodate the development of the players, they will submit that request in writing to the division representative. The Division Representative will review the proposal, come to an agreement with the coaches, advise the Board of the change and be responsible for notifying anyone affected by the revision.

## 3. Participation Expectations

- A. Each participant must provide their own transportation to and from practices and games. The coaches WILL NOT give rides to participants while performing their duties as representatives of JYFL.

- B. Each team member must have adequate time to devote to the sport. Jobs or other responsibilities should not conflict with practices, games, or fundraising activities.
- C. Participants must attend and fully participate in all practices and games.
- D. Participants must attend and fully participate in all spirit and fundraising events
- E. Participants may be suspended by their coach if they violate team rules or practice requirements. Absences will be excused with a note from the participant's parents or guardians explaining an illness or family emergency.

#### 4. Cheer Appearance

- A. Uniforms must be clean. Uniforms include a jacket, pants, and a skirt. Hair ribbons, briefs, and socks may be added to the uniform and may be kept by cheerleaders at the end of the season. Cheerleaders who arrive at a game in any clothing other than the team uniform will be benched for the game.
- B. Team members must wear team shoes (white athletic tennis shoes).
- C. No jewelry is allowed to be worn at practices or games (no exceptions).
- D. Chewing gum is not allowed during practices or games.
- E. Cheerleaders are not allowed to eat while performing.
- F. Hair must be secured in a ponytail (or as directed by the coach), if shoulder length or below, and bangs must be kept out of eyes.
- G. Cheerleaders are not allowed to wear their uniforms outside of JYFL activities except to attend TMHS and JDHS football games.

#### 5. Conduct

- A. Participants are expected to refrain from using, possessing, or being under the influence of alcohol, tobacco or tobacco products, or any non-prescription controlled substances at all times, including evenings, weekends, and holidays during the term of the practice and game playing year. Any player or cheerleader who is using, is in possession of, or is under the influence of alcohol, tobacco or tobacco products, or any non-prescription controlled substance during any JYFL event, including but not limited to practice sessions, games, and during travel to other communities will be suspended from all remaining league activities for the remainder of the league's season, subject to the process outlined in this chapter.
  - i. Definition of a controlled substance is as listed in Alaska Statute 11.71.140-11.71.190.
- B. Participants will participate in the "end of the game handshake" with the opposing team in a sportsmanlike manner in keeping with the spirit of the game of football.

- C. Participants will not use obscene or abusive language during practice, games, or other league activities. Such behavior is subject to disciplinary action by the coach/advisor of the player/cheerleader. Disciplinary action will be determined by the coach/advisor and may include suspension from a scheduled game. This rule applies to all divisions.
- D. Participants will conform to laws. During the league year, participants of all divisions will comply with all regulations/laws of the local, state, and federal governments. Penalties for any violations will be determined by the Board. The Board meeting addressing this issue will be publicized and open to the participant and his or her parent/guardian.
- E. The league encourages students to achieve and maintain academic success.
- F. Each team, including both players and cheerleaders, will be assigned one postgame per season to be responsible to assist with field takedown and cleanup. Participation is required.
- G. All players and cheerleaders must fulfill their assigned fund raising responsibilities before they may participate in any league sanctioned travel or any postseason league event(s) including playoff games.

#### 6. Participant Disciplinary Procedures

- A. Any board member or coach aware of a possible violation of the participant's conduct rules shall notify the coach/advisor of the participant and the nature of the violation.
- B. A coach/advisor aware of a possible violation by a participant shall:
  - i. Talk with the participant to confirm or deny the allegation. This will occur at the earliest opportunity.
  - ii. Notify the parent/guardian of the conversation with the participant at the earliest opportunity.
  - iii. Notify the league President or designee of the allegation at the earliest opportunity.
- C. If the player or cheerleader admits to violating a section of the player or cheerleader conduct rules, the coach/advisor shall administer the discipline allowed in that section. The coach will then:
  - i. Immediately notify the parent/guardian.
  - ii. Notify the league president or his or her designee. This person will notify the remainder of the Board as soon as possible.
- D. If the participant denies the allegation, then:
  - i. The league President or designee shall investigate the incident as soon as possible. Once the investigation is complete, the President will call a Board meeting to present the allegations. The participant and respective parent/guardian will be invited to attend the meeting and present testimony. The Board, by majority vote, will decide whether the allegations are upheld.

- ii. No discipline will be administered until the hearing before the Board is held and the participant will continue participation without prejudice.
- E. If the allegations are upheld:
  - i. The President or designee will immediately invoke the penalty prescribed in the respective section.
  - ii. The Division Representative will immediately advise the respective parent/guardian.
- F. A coach/advisor may suspend a player from immediate participation when such action is necessary for the well being of the player or for a violation of a team rule established by the coach.
  - i. The respective parent/guardian will be notified as soon as possible by the coach/advisor.
  - ii. The league President or designee will be notified as soon as possible.
- G. Appeals Process: A participant or representative may appeal any disciplinary action. The Board will meet as soon as possible, but no later than four days from the appeal. A majority vote of the Board members at the meeting is required to uphold the appeal and change the disciplinary action.

## CHAPTER 4

### FOOTBALL PLAYING RULES

1. The National Federation of State High School Associations (NFSHSA) playing rules shall apply, except as specifically revised and approved prior to the start of the playing season. Such rules shall be those contained in the latest publication available. Changes to the NFSHSA rules in this and other chapters of the JYFL Rules shall specify in detail any variances or exceptions that will be in use, and such specified variances, or exceptions shall have precedence over the NFSHSA rules.
  - i. Game officials for each league game will be provided by the Southeast Officials Association in compliance with the current contract except for the Flag Division which will be officiated as detailed below in rule 3(D).
  - ii. Each team will be responsible for furnishing the kicking tees used by their team.
  - iii. The home team will select a responsible person to serve on each end of the chain marker. Such persons will be considered sideline officials and will take instruction and guidance from the field officials who are officiating the game.
  - iv. The referee will appoint a timekeeper and an individual to run the down marker for each game. The referee in appointing these positions should make a good faith attempt to avoid possible conflicts of interest. However, if a conflict of interest should arise, it shall not be considered grounds for appeal unless the individual in question clearly demonstrates a deliberate effort to influence the outcome of the game.

- v. The standard-sized NFSHSA football will be used in the Junior Varsity and Varsity play. Smaller-sized footballs specifically designed for smaller players will be used in each of the Flag, Cub, Junior, and Senior Divisions.

## 2. League Modifications to NFSHSA Rules

- A. If a touchdown or a field goal is scored and the point spread is 21 or more points, the team with the fewest points shall receive the ball on the opposing team's 40 yard line.
- B. If a team has an advantage of 30 points or more, the game clock shall not be stopped except for the quarter change and officials' time outs. If a team narrows the point advantage to less than 30 points, the clock shall return to normal. If a team has a 50-point lead, the losing coach may agree to call the game and suspend further play.
- C. The NFSHSA rules covering the advancement of a fumble will prevail EXCEPT in the Cub, and Junior Divisions no fumble that has touched the ground prior to a player gaining possession may be advanced by either team. The rules covering team possession of a fumble will prevail in all fumble situations. In the Flag Division a recovered fumble results in a dead ball end of play with no change in possession caused by loss of the fumble.
- D. For the Junior and Senior Divisions should the score of any game be tied at the end of regulation play the 10 yard line overtime procedure laid out in the NFSHSA rules will be used to break the tie. Each team is limited to one possession. If, at the end of the tie-breaker the score remains tied, no further overtime will be played. There shall be no overtime for Flag and Cub Divisions, except for any Cub playoff or post-season games.
- E. NFSHSA rules for Point After Touchdowns (PAT) will apply **in the Cub division. To encourage development of the kicking game for the Junior and Senior divisions successful point after kicks will be awarded two points and runs or passes will be awarded one point.**
- F. Lower division team sizes will be set by the board based on enrollment and gear availability **not to exceed 22 players per team.** New teams will not be added in the Cub, Junior and Senior divisions unless all teams have a minimum of **16** players on their rosters.
- G. Length of quarters:
  - For the Senior Division, each quarter shall be 10 minutes in length.
  - For the Junior Division, each quarter shall be 9 minutes in length.
  - For the Cub Division, quarter 1-3 shall be 14 plays each and the 4<sup>th</sup> quarter shall be 8 minutes in length. For Cub division playoff or post-season games, each quarter shall be eight minutes in length.
  - For the Flag Division there shall be a **40** minute (running clock)..

## 3. Special Rules For Flags

- A. The Flag division will play using flag football rules subject to the addendum attached to these rules for each season.

#### 4. Special Rules For Cubs

- A. The Cub Division's focus will be to introduce third and fourth grade players to the rules of the game and prepare them for a more competitive environment.

(Removed previous rules on number of players allowed on defensive line and prohibition on called blitzing)

- B. One coach from each team may be on the field during play, but may not signal his team after the quarterback begins his signal cadence. In the Cub Division it shall be a 15 yard unsportsmanlike conduct penalty for disregarding this rule.
- C. Receiving teams on a free kick will take possession of the ball on their own 5 yard line if play is on a 50 yard field and on their own 40 yard line if play is on a standard field.
- D. No rush or return will be allowed on scrimmage kicks.
- E. No defensive player may align "over" the snapper from the snapper's outside shoulder to the snapper's opposite outside shoulder within one yard of the line of scrimmage.

The official will notify the offensive coach when the 25 second count after the ready for play signal has expired and the game clock will be stopped if the quarter is being timed. If the huddle is not broken within 30 seconds after this warning the referee shall charge the offensive team a 5 yard delay of game penalty. For the Cub division, during post season or playoff games, a thirty second play clock shall be in effect.

#### 5. Officials

- A. The referee assigned to each game will be in charge of the field officials and the sideline officials assigned or selected for that game.
- B. The referee will be the final judge concerning the rules of the game and the conduct of all players, coaches, spectators, and other game officials.
- C. Any coach may request an official interpretation of a rule by submitting a written request to the Director of Coaches, who shall obtain an interpretation from the Southeast Officials Association. This interpretation shall be made available as promptly as possible to all head coaches. Rulings made during prior games will not be revised as a result of these interpretations. Rulings made by the crew of officials are final unless reversed by the officials using the means provided by the NFSHSA rules or by the Board.

- D. As the Flag Division is intended to be a fun introduction to football where the competitive aspects of the game are deemphasized officiating of their games will be done by non participating division coaches and/or Board representatives.

## CHAPTER 5 FOOTBALL SPECIAL RULES

### 1. Mandatory Play Rule

- a. It is the goal of JYFL to insure that all players in good standing\* participate in at least half of each game. For all non-Flag divisions all players in good standing\* must be assigned a starting position on either offense, defense, or both (hereafter referred to as their "platoon"). All players must play when their assigned platoon is on the field during the first and third quarters of play. Coaches are not under any player restrictions in the second, fourth, or overtime periods. Offensive platoon players will be assigned color "A" wrist bands and defensive players color "B". When color "A" is on the field there must be no color "A" wrist bands on the sidelines unless that player has been declared to be not in good standing\*, is injured, or otherwise deemed ineligible or unfit to play. The requirement to count number of plays has been removed from the rules. The goal of this rule is to insure players have a reasonable opportunity to participate and reduce the administrative overhead on coaches to track plays. Coaches are not to be forced into playing players who are injured, winded, or otherwise unprepared to play. (See paragraph B. for details) Players who are assigned to "play caller" positions may rotate out every other play but must reenter on the next play.

In the Flag Division all players must start on either offense and/or defense and play at least half the game

*\*Good standing – See Paragraph B below for details on "good standing"*

- b. Coaches may declare a player to not be in good standing by reporting to the JYFL board representative in charge of each game. The notification must occur before the start of the game or, if the situation occurs during the game, as soon as is practical after the coach becomes aware of the cause for such declaration.

Coaches may declare any player to not be in good standing if:

- *They miss more than one practice per week regardless if it was excused or not.*
- *They miss one practice without a written parental excuse.*
- *They are late to more than one practice in a week.*
- *For a disciplinary reason determined by the coach.*
- *For physical injury or illness.*

- c. A violation of this rule must be reported to the Division Representative. An official complaint form will be given to the person reporting a violation by the division representative. Upon receiving the complaint form, the Board member will:
  - i. Notify the coach, the parents, and the player.
  - ii. A committee made up of the Director of Coaches and the Division Representative will investigate the validity of the claim.
  - iii. The findings will be presented to the Board at the next regularly scheduled Board meeting.
  - iv. A Board decision will be issued in writing to the involved parties no later than one week from the report of the incident.
  
- d. The penalty for violation of the mandatory play rule is:
  - i. If the Board determines that the failure to comply with the rule was intentional, grossly negligent, or otherwise deserves additional penalties, the Board may penalize the head coach through verbal or written reprimand, suspension for a set number of games, or termination from coaching in the league.

## 1. Weather

- A. Extreme weather may be cause for canceling a game if it is considered a safety problem, particularly if it may lead to hypothermia in the smaller age groups. The senior JYFL league official present has the authority to cancel the game before the game starts (President, Vice-President, Chair of Safety, other). After the game starts, the game's referee has the authority to cancel the game.
  
- B. Rescheduling the game will be the responsibility of the senior JYFL league member who canceled the game. Availability of referees will be considered before the final rescheduling decision is made.

## 2. Round Robin

- A. The Round Robin is a short scrimmage between all teams in a division. It will be held one week prior to the start of regulation games.
- B. Flag and Cub Division teams each will play 8 offensive and 8 defensive plays with Junior and Senior Division teams each playing 10 offensive plays and 10 defensive plays against an opposing team in their division. Play will continue until every team has played every other team in their division.
- C. Any fumbled snaps during the 10 offensive plays will not be considered an offensive play and fumbles will not cause a change of possession. The

officials will determine fumbled snaps. If simultaneous game play is conducted on the turf field for the Round Robin (or any other league games) officials will be requested to use whistles or other signaling devices with different tones to prevent inadvertent stoppage of play in the wrong game.

3. Special "9-man" rule provision

A. It is JYFL's goal to have at least 15 eligible for each game. Prior to beginning each game both coaches will advise the head official of the number of players eligible and healthy enough to participate. If both teams have a minimum of 13 players available the game will be conducted under the standard "11 man" NFHS rules as amended by JYFL rules. As those rules indicate, if a team is unable to continue with 11 players on the field due to ejection or injury they may continue with less. The opposing team may continue to play with 11. However, prior to the start of the game if either team has less than 13 players but more than 10 the game will be conducted under the "9-man" rules as detailed in the NFHS rules as amended below.

Rule 1, field markings: a standard 11-man field will be used

Rule 2,3 yard square free blocking rule: unchanged

Rule 6, free kick line: Remains the same as "11-man" on a 100 yard field. i.e. K's line is the 40 and R's line is the 50

Rule 7, player positioning and pass eligibility: unchanged from NFHS 9-man rules. i.e. At least 5 A players on the line at the snap. Each player must momentarily be within 12 yards of the spot of the snap and, each player at the end of the line (2) and each player who was legally behind the line at the snap (4) is eligible to receive a pass.

Rule 10, basic spot: the basic spot will remain the 20 yard line as in 11-man football rather than the 15 yard line as specified.

Once a game is begun under the 9-man rule set those rules will prevail for the entire game. If a team is unable to continue with 9 players on the field due to ejection or injury they may continue with less. The opposing team may continue to play with 9.

If prior to commencing the game either coach advises that they have less than 11 players available for the game the game will be called and that team will forfeit.

## CHAPTER 6 SANCTIONED GAMES OUTSIDE THE LEAGUE AND TRAVEL

Any lower division games conducted with any entity other than another JYFL team, either during or post season, may only be conducted if sanctioned by the JYFL Board. A written letter of agreement must be executed by the Presidents of the JYFL and any league involved before any games will be sanctioned by the board. That agreement must include the following at a minimum:

- 1) Agreement that both leagues and teams will abide by Chapter's 1, 2, 3, and 4 of the JYFL rules unless specifically changed or waived by the letter of agreement.
- 2) Agreement on division of any costs associated with the event(s).
- 3) Details of any housing arrangements associated with the event(s).
- 4) Emergency safety plan to be in effect for the games and guarantee of EMT's to be on-site for the event(s).
- 5) Certification that each league's liability insurance will be in effect to protect their interests during the event(s).
- 6) Any other details necessary to insure the terms and safety of the event(s).

Before any participant or coach may participate and/or travel to the event(s) they MUST participate in a pre-travel meeting to be conducted by the JYFL Division Representative to insure all are aware of the conduct requirements expected of all participants in any JYFL sanctioned event. Participation by a participant's parent or legal guardian at this meeting is required. All participants including coaches, players, cheerleaders, and their parents or legal guardians will be required to sign an Agreement of Acceptable Conduct before they may participate. (See Attached Agreement)

## CHAPTER 7 PLAYOFFS and POST SEASON PLAY

### 1. Playoffs

The following procedure will be used to determine the pairings for the season ending playoffs for the Cub, Junior, and Senior Divisions.

A If there are four teams in a division the first and fourth place team will play in a semi-final game as well as the second and third place teams.

The winners of these games will compete for the Division Championship.

B If there are only three teams in a division the first place team during the regular season will receive a "bye" into the Championship game. The second and third place teams will compete in a semi-final game to determine the opponent.

C The following determines the regular season rankings:

i Win versus loss record, then

ii Head to head record, then

iii Head to head number of "JYFL Community Service Points"\* received or if Sitka is involved, a coin flip.

*\*JYFL Community Service Points – JYFL Community Service Points are awarded to a team on the following basis:*

*- At least 75% of team and cheerleaders participating in their assigned postgame field cleanup day equals 10 Points*

*- Average per player and cheerleader number of raffle tickets sold per team equals number of points awarded*

#### 1. All Stars and Postseason play

The Board will determine from year to year whether there will be a post-season All Star selection process or tournament. If the Board determines that there will be a post-season All Star selection process or tournament, the Board will set the all star selection standards at that time.

## CHAPTER 8 COACHING

#### 1. Selection of Coaches

- A. Any person who wants to be a coach must fill out a “National Background Screening Consent/Release Form” authorizing JYFL’s security contractor to obtain a background report every 24 months. Results of this report as well as the release form will be kept in confidence by the JYFL board and be used solely for the purpose of approving coaches. They will also be required to attain coaching certification through a recognized training program. The Interested Persons Report may be obtained from the State of Alaska or other appropriate governmental agency at the applicant’s expense. The Board will review and approve the league coaches. Any first-year coach must coach in an assistant coach capacity unless approved by the Board to be a head coach. Prior to draft day, a head coach must report to his or her division representative the names and contact information for a maximum of two assistant coaches. (See note on assignment of assistant coaches based on blind draft procedures above.)
- B. A coach who is approved by the Board may request from their Division Representative a transfer to another team in a different division. The Division Representative will provide a recommendation and take this request to the Board for a vote.

#### C.

##### Criteria for Exclusion

A person will be disqualified and prohibited from serving as a volunteer if the person has been found guilty of the following crimes:

Guilty means that a person was found guilty following a trial, entered a guilty plea, entered a no contest plea accompanied by a court finding of guilty, regardless of whether there was an adjudication of guilt (conviction)

or a withholding of guilt. This recommendation does not apply if criminal charges resulted in acquittal, *Nolle Prose*, or dismissal.

### SEX OFFENSES

- All Sex Offenses – *Regardless of the amount of time since offense.*

*Examples include: child molestation, rape, sexual assault, sexual battery, sodomy, prostitution, solicitation, indecent exposure, etc.*

### FELONIES

- All Felony Violence – *Regardless of the amount of time since offense.*

*Examples include: murder, manslaughter, aggravated assault, kidnapping, robbery, aggravated Burglary, etc.*

- All Felony offenses other than violence or sex within the past 10 years.

*Examples include: drug offenses, theft, embezzlement, fraud, child endangerment, etc.*

### MISDEMEANORS

- All misdemeanor violence offenses within the past 7 years

*Examples include: simple assault, battery, domestic violence, hit & run, etc.*

- All misdemeanor drug & alcohol offenses within the past 5 years or multiple offenses in the past 10 years.

*Examples include: driving under the influence, simple drug possession, drunk and disorderly, public intoxication, possession of drug paraphernalia, etc.*

- Any other misdemeanor within the past 5 years that would be considered a potential danger to children or is directly related to the functions of that volunteer.

*Example include: contributing to the delinquency of a minor, providing alcohol to a minor, theft – if person is handling monies, etc.*

- D. All coaches are required to attend mandatory meetings set up by the Board.

## 2. Conduct

Each head coach is responsible to the Board and will conduct himself in accordance with the following and will ensure that assistant coaches conduct him or herself in accordance with the following:

- A. Work closely in a positive manner with all the other coaches in the Division in organizing, conducting, and evaluating the annual preseason skills camp
- B. Require and maintain appropriate conduct for the coaching staff of the team.
- C. Assure that team and participant equipment is not abused or misused.
- D. Assist in all JYFL fundraising activities. Head Coaches will be responsible for insuring that all team members fully participate in league fundraising activities and will be the distribution and collection point for their participants.
- E. Attend and/or assure attendance of assistant(s) at any meeting called by the Board.
- F. Report all injuries to the Division Representative who will report them to the Director of Safety.
- G. Restrict, monitor, and report infractions regarding the use of alcohol, drugs, tobacco products, or abusive language during practices, games, and other league activities.
- H. Assure that coaches on his or her team will not administer any medication or drug not prescribed by a licensed physician to any participant or encourage any participant to use such.
- I. Assure that coaches on his or her team refrain from using corporal punishment toward a participant.
- J. Assure that coaches on his or her team do not recruit players for their respective teams. They may recruit players for the league.
- K. Assure that ineligible participants are not allowed to practice or play.
- L. Assure that players are not assigned equipment without the Equipment Director or his or her designee present.
- M. Lead and participate in the "end of the game handshake" with the opposing team in a sportsmanlike manner in keeping with the spirit of the game of football.
- N. Prohibit any coach on his or her team from physically pushing, shoving, punching, or in any way physically assaulting another coach, parent, or participant. These actions are subject to review by the Board's disciplinary committee. If the Board finds the complaint valid, then it may consider expulsion of the coach from the league.
- O. Football coaches are expected to be thoroughly versed in the NFSHSA football rules as amended by this document. Football coaches must specifically have a clear understanding of the rules relating to blocking below the waist, cut blocking, and chop blocks. Notwithstanding these rules it is JYFL policy to not teach any blocking technique that requires initial contact below the other player's thigh. Coaches teaching such

- technique will be considered to not be meeting the ethical expectations of the league and will be subject to disciplinary action as detailed below.
- P. Rule infractions or conduct contrary to ethical standards can and will result in penalties being assessed against violators. Depending upon the nature and degree of violations, penalties could range from verbal warnings to suspension or dismissal from the program.
  - Q. Coaches, assistant coaches and any persons assisting the team will not use obscene or abusive language during practice, games, or other league activities. Such behavior is subject to disciplinary action by the Board's disciplinary committee.
  - R. Coaches, assistant coaches and any persons assisting the team are prohibited from smoking while participating in JYFL activities and functions.
  - S. Insure that all coaches and team members abide by the JYFL travel policy during league approved travel.
3. Attendance Rosters  
Each coach is responsible for maintaining throughout the season an attendance roster for his or her team. The attendance roster will track participant attendance at practices, team meetings, games, and other team gatherings.
4. Parent Meeting  
Each coach shall, at least once a season, meet with the parents of team participant to discuss player safety, JYFL rules, and other matters of interest to the parents.
5. Coach Interaction with Medical Personnel and Injury resolution  
Coaches shall, in all cases and without exception, defer to the judgment of an attending EMT or other medical professional as to the treatment of an injured participant and whether that player should continue playing in the game. A visit to a participant by medical personnel for evaluation during a game is not automatic grounds for removal of the player from further participation. If the EMT or other medical professional verbally advises the coach that the participant is not to return for that game that decision is final. No further medical release is required for return to subsequent practice or games and rule 3.3.E applies. However, if the EMT or other medical professional completes a written report advising the participant to seek further medical treatment that participant may NOT return to physical contact in that game or ANY further practice or games until a written release from a medical professional is provided to the coach and the coach provides that to the Division Director or Director of Safety. The same release mechanism is required any time a participant is removed from participation from any JYFL event on a medical professional's orders. A written release must be received for that participant to return to participation.

## CHAPTER 8 PARENT CONDUCT

1. If a parent has concerns or issues with other parents' conduct, that issue/concern should be brought to the attention of a Board member. The parent will complete and submit the complaint form provided by that Board member. The complaint form will be addressed at the next Board meeting.
2. Parents are required to attend a mandatory parent meeting at the beginning of the football season. This meeting is held by the Board to inform parents of rules, rights, schedules, and opportunities to volunteer. JYFL appreciates parent volunteers.
3. Parents must sign an ethics statement provided at the mandatory parent meeting.
4. No parent may use abusive, threatening, or inappropriate language directed toward a JYFL Board member, coach, player, cheerleader, or game official.
5. The Board, upon receiving a written complaint that a parent has approached a coach or player (removed: who is not their own child) and used abusive, threatening, or inappropriate language will assign a disciplinary committee to review the complaint for validity. The disciplinary committee may invite the parties involved to appear before the committee or the Board. The findings of the disciplinary committee will be presented in writing to the Board. The Board, upon finding the complaint to be valid, will issue a reprimand to the offending parent. A second violation by a parent will result in a suspension of the parent from games and practices for one week, except to drop off and pick up his or her player. A third violation by an offending parent will result in the suspension of the parent from the games and practices for the remainder of the football season, except to drop off and pick up his or her player. A fourth violation by an offending parent will result in the expulsion of his or her child from the JYFL program.
6. The Board upon receiving a written complaint that a parent physically pushes, shoves, punches, or in any way physically assaults a Board member, coach, or player will assign a disciplinary committee to review the complaint for validity. The disciplinary committee may invite the parties involved to appear before the committee or Board. The findings of the disciplinary committee will be presented in writing to the Board. The Board will consider the findings and make a determination. The Board may consider any physical assaults as grounds for immediate expulsion of the parent and his or her child from the JYFL program.

Removed previous Chapter 9 concerning relationship with High School programs

## CHAPTER 9 SITUATIONS NOT SPECIFICALLY COVERED BY THESE RULES

The Board is aware that from time to time situations may arise that are not specifically covered by these rules. In the case where there is contradiction in these rules or a situation is not covered the Board may deliberate on the issue in question and rule by majority vote.

For 2011 a separate Cheerleading handbook is incorporated by reference into these rules.