



Official Rules & Regulations *Of The* **Northwest Junior Football League**

Official Rules Ratified May 29th 2007

By:

Rich Ross – NJFL President
Bill Weber – RJF President
Glenn Quinton – BJF President
Matt Finlon – LCJF President
Mike Tagliavore – MJF President
Mark Squires – SLFA President
Ken Cavallon – IFC President
Jim Wright – ECJF President

NJFL Rules Table of Contents

ARTICLE I – ELIGIBLE PLAYERS	4
1) ELIGIBILITY	4
2) CHALLENGES TO ELIGIBILITY	4
3) CHANGING FRANCHISES	4
ARTICLE II – ETHICS	4
1) CONDUCT	4
2) MALPRACTICES AND VIOLATIONS	5
3) HEARING BOARD AND PENALTIES	5
ARTICLE III – TEAMS	6
1) LEVELS OF PLAY	6
2) SIX YEAR OLD PLAYERS	7
3) CHEER SQUADS	7
4) DISTRIBUTION OF PLAYERS AMONG TEAMS AT A GIVEN LEVEL	7
5) MINIMUM ROSTER SIZE	8
6) MINIMUM NUMBER OF TEAMS FOR HOSTING GAMES	8
ARTICLE IV – SIZE AND AGE	8
1) AGE AND WEIGHT	8
2) DETERMINING AGE	8
ARTICLE V – WEIGH-IN	8
1) MANDATORY WEIGH INS	8
2) WEIGH IN DATES AND LOCATIONS	9
3) WEIGH IN PROCEDURES	9
4) WEIGH IN SCALES	9
5) FIRST WEIGH IN (JAMBOREE WEIGH IN)	9
6) SECOND WEIGH IN	9
7) LATE WEIGH IN	10
8) MID SEASON WEIGH IN	10
9) EXCEEDING COEFFICIENT AT LATE OR MID SEASON WEIGH IN	10
10) MISSING MANDATORY MID SEASON WEIGH IN	10
11) NO COMPROMISE ON AGE AND WEIGHT RULES	11
12) MAINTAINING OFFICIAL PAPERWORK	11
ARTICLE VI – PLAYING RULES	11
1) SHOES	11
2) HOME FIELD EQUIPMENT	11
3) LOCATION OF CHEER SQUADS	11
4) FIELD MANAGER RESPONSIBILITIES	12
5) POINT AFTER TOUCHDOWN	12
6) OFFICIAL FOOTBALLS	12
7) THREAT OR USE OF PHYSICAL VIOLENCE OR PHYSICAL ALTERCATIONS	12
8) 89er PLAYING RULE EXCEPTIONS	13
9) MINIMUM TEN PLAY RULE	13
10) TEN PLAY WAIVER FORM	14
11) TIE GAME AT END OF REGULATION PLAY	14
12) RUNNING CLOCK	14
13) EXCESSIVE SCORE RULE	14
ARTICLE VII – OFFICIALS	14
ARTICLE VIII – SCHEDULE AND GAME TIME	15
1) LENGTH OF PLAY	15

2) SEASON SCHEDULES	15
3) HOME GAME DATE REQUESTS.....	15
4) SEASON SCHEDULE DISTRIBUTION.....	15
5) CHANGES TO SCHEDULE	15
6) STANDINGS.....	15
7) PLAYOFFS AND CHAMPIONSHIP:	16
8) CHAMPIONSHIP QUALIFICATION TIE BREAKER	16
9) CHAMPIONSHIP LOCATION	16
ARTICLE X – TURNOUTS AND PRACTICE	17
1) TURNOUT	17
2) PRACTICES	17
3) INTRA LEAGUE PLAY	17
ARTICLE XI – UNIFORMS AND EQUIPMENT	17
1) PLAYER UNIFORMS	17
2) MOUTHGUARDS	17
3) ITEMS NOT ALLOWED	17
4) FRANCHISE SPONSORS AND COLORS	18
ARTICLE XII – AWARDS	19
1) PLAYOFF AND CHAMPIONSHIP TROPHIES	19
2) TRAVELING TROPHY	19
ARTICLE XIII – DISPUTES	19
1) GOVERNING BODY	19
2) BINDING ARBITRATION	19
ARTICLE XIV – ATTENDANCE	19
1) BOARD MEETING ATTENDANCE	19
ARTICLE XV – COACHING AIDS	19
1) FILMING	19
2) ELECTRONIC EQUIPMENT	20
ARTICLE XVI – AMENDMENTS	20
1) MODIFYING RULES	20
2) RULE CHANGE EFFECTIVE DATES.....	20
ATTACHMENT “A”	21
NJFL Age/Weight Coefficient Scale – Adopted March, 2007	21

OFFICIAL PLAYING RULES

Northwest Junior Football League

Adopted May 29th, 2007 (see www.NJFL.org for up to date rules)

ARTICLE I – ELIGIBLE PLAYERS

1) ELIGIBILITY

- a) Players properly registered, with a medical waiver form completed and on file with their respective Franchise, are eligible to participate (see weight and age restrictions).
- b) Each player must have proof of age, a birth certificate (preferred), signed Northwest Junior Football League (NJFL) waiver from previous year, baptismal certificate or other legal document satisfactory to the league Weigh-in Director, indicating proof of age, at time of weigh-in (school letter or medical coupon is not acceptable proof of age).
- c) The Age/Weight Co-efficient system will rule the eligibility of players within each level of play. Each player must be listed on a validated team roster.
- d) Players may not 'play up' a level. A player must play for the available qualified level.
- e) A player may not play for any other junior football program while the participating in a NJFL sponsored or endorsed football program. A player may play for a school sponsored program while playing for a NJFL sponsored or endorsed football program.

2) CHALLENGES TO ELIGIBILITY

- a) Challenges of player eligibility must be made within forty-eight hours after the official start time a game (Article II, Section 3).
- b) If, in the event the coach of the challenged player cannot provide a validated team roster showing the eligibility of the challenged player, that player may not participate in any future games until such verification is provided.
- c) If it is determined that an ineligible player has participated in any league game, all prior games shall be forfeited, and if known by the coach, he/she shall be removed from coaching for the remainder of the current season and for all of the next season.

3) CHANGING FRANCHISES

- a) If a player or coach signs up with one franchise, that player or coach cannot change franchises without the consent of both franchise presidents.
- b) Coaches and other franchise officials are prohibited from knowingly recruiting players from other NJFL franchises.

ARTICLE II – ETHICS

1) CONDUCT

- a) The purpose of our program is to promote the participation of youth in a vigorous and entertaining sport, build character in our youth in learning the game of football, practice good sportsmanship in defeat as well as victory, be honest to one's self, as well as be honest to teammates and coaches.

- b) We expect the coaches and their representative organizations to induce a spirit of high ideals in their teams. We expect the coaches and their staff to practice the highest standards of sportsmanship and coaching ethics.
- c) Each franchise will be responsible for providing completed coaching applications for all coaches and their staff. Each franchise will conduct a Washington State Patrol background check for each coach and other volunteers that have contact with players and maintain a copy for its records. Each franchise must make a copy of a coaches or volunteer application and background check available to the Northwest Junior Football League Board of Directors upon request.
- d) At this level of our youth participation in this program, it is very important that sportsmanship, honesty, citizenship and good character be stressed.
- e) All coaches must attend the league sponsored Credential Training seminar to be eligible to participate as a coach. Credentials will be earned upon completion of the league approved training seminar. Credentials must be worn and visible at every game in order for a coach to be allowed access to the sidelines.
- f) Team parents are encouraged to attend the Credential Training seminar. Credentials are mandatory for any person associated with the team to be on the sidelines on game day.
- g) Any team that permits a person that has not been properly credentialed by the NJFL for the current year on the sidelines of the playing field during a regular season, playoff or championship game at any age level shall be removed from the field by the field manager or referee. If the individual so identified by the field manager or referee refuses to leave the sidelines or the prohibited area as designated by the field manager or referee the game shall be stopped and be declared a forfeit for the team to which the offender is identified and the head coach shall be suspended for seven (7) days including all practices and the next regular season game or playoff game.
- h) A repeat violation of this rule by the same team or person(s) identified with the offending team shall result in all the games previously played by that team during the current season being declared forfeited and the head coach shall be suspended for the remainder of the season plus one additional season.
- i) In addition to the penalties described above the NJFL Board of Directors may impose such additional penalties as they determine are appropriate.

2) MALPRACTICES AND VIOLATIONS

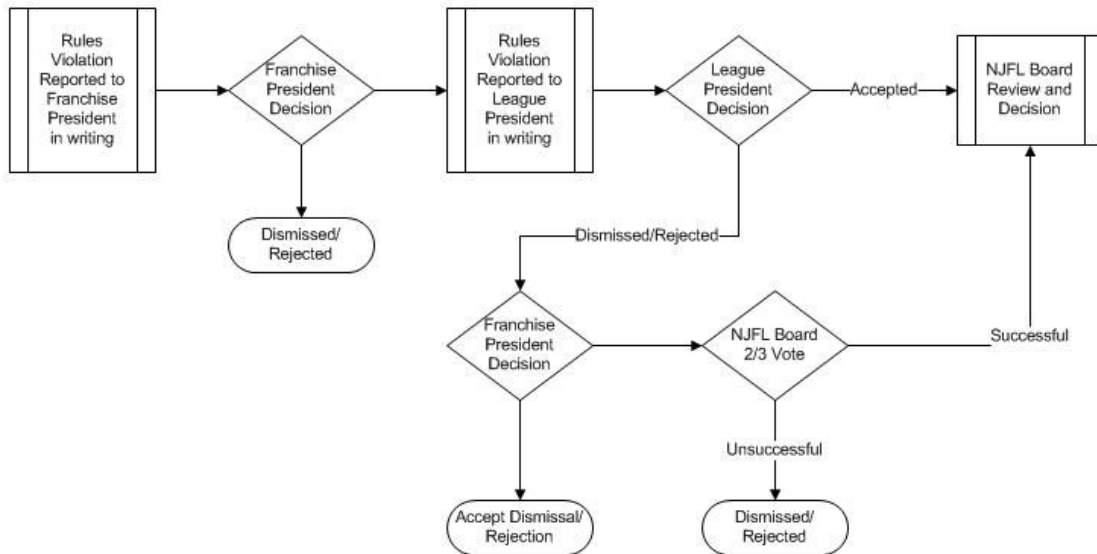
- a) The highest degree of ethical conduct is expected of all who participate in this program. This includes strict adherence to both the letter and spirit of the rules and regulations of this program. The use of alcohol, illegal drugs, tobacco products, and profanity during practices and or games is prohibited.
- b) Violent conduct, holding/touching the facemask, or verbal abuse towards any player will not be tolerated and is prohibited.
- c) Scouting of another team or teams at practices is prohibited. Attending scheduled games by coaches and players of other teams is permitted.
- d) Any unethical conduct, which shall include, but is not limited to, harassing, threatening, verbal abuse, and or physical harm by coaches, organizational officials, referees, or spectators will not be tolerated and is prohibited.
- e) A player or coach who is ejected from a game must sit out at least 7 days from all practices and games.

3) HEARING BOARD AND PENALTIES

- a) The hearing board shall be comprised of Northwest Junior Football League Board Directors (see Bylaws, Article I), and presided over by the League President. All cases or

complaints or reports must be tendered in writing to the League President within forty-eight hours of the alleged infraction.

- b) The League President shall first review the complaint and determine whether there is a claim for which relief under the rules of the league may be granted and whether there is sufficient evidence presented in the complaint to refer the matter to the Board for a hearing. The decision of the President shall be final and cannot be appealed. The decision will be reported to all franchise Presidents. Only the Board may override the decision of the President not to refer a complaint to the Board for hearing. A two-thirds vote of the Board is necessary to override the President's decision. If an allegation involves the League President the most senior franchise president not named in the complaint shall act in the place of the League President and shall review the complaint as described above.
- c) The Board shall have jurisdiction over all complaints. The Board shall hear the case, make a decision, and assess penalties. The latter can include, but is not limited to, revocation of franchise, forfeiture of a game(s), forfeiture of league standing, expulsion of coaches, players, organization officials, referees, or spectators from the league and or a monetary penalty.
- d) If, after completion of a hearing as set forth in this section, the Board finds that the allegation is frivolous or is without merit or is presented to the Board in order to embarrass, harass, or intimidate the accused, the Board may assess penalties against the complainant including any or all of the penalties outlined above.
- e) The decision of the Board of Directors shall be final and binding. Complaints that involve officiating decisions and calls will not be reviewed.
- f) Visual description of the rules violation process:



ARTICLE III – TEAMS

1) LEVELS OF PLAY

- a) The Age/Eight Coefficient schedule will consist of various levels as determined and approved by the NJFL Board of Directors.
- b) A franchise need not compete at each level.

2) SIX YEAR OLD PLAYERS

- a) Six year olds may be accepted into the program as determined by each franchise as "Developing Players".
- b) They will be rostered, but will not be part of the 29 player limit.
- c) The Minimum Ten Play Rule (Article VI, Section 9) will NOT apply to six year olds.

3) CHEER SQUADS

- a) Cheer teams/squads may be fielded by each franchise.
- b) If a franchise has a cheer squad(s) they shall be counted as a "team" for all purposes consistent with these rules. Cheerleaders are not subject to the Age/Weight Coefficient.

4) DISTRIBUTION OF PLAYERS AMONG TEAMS AT A GIVEN LEVEL

- a) No team will be allowed more than 29 players (exceptions: Cheer Squads, Article III, Section 3 and Article V, Section 9(a)).
- b) When a franchise has more than one team at any given playing level, the distribution of players will be in a fair and equitable manner and subject to review by the league Board of Directors if the distribution appears not to be in compliance with this rule.
- c) In order to determine the equity of player distribution in a timely manner, team rosters will be submitted to the League President, League Secretary, and Director of Weigh-Ins, no later than the Tuesday following the second week of practice. Players may be added after that time in accordance with the rules, but the equity distribution must be maintained as stated below.
- d) A fair and equitable manner will be determined in the following manner:
 - i) Team rosters on Jamboree day will not vary by more than 3 players in total number. For example, team rosters with 17 and 20 players are acceptable. Team rosters with 17 and 21 players is not acceptable.
 - ii) The difference in numbers of players at a specific age between two teams from the same franchise and in the same division will not vary by more than 2 players. For example, Franchise X, fields two teams at the Peewee level. The number of 12-year olds on each team cannot vary by more than two players. A team with 6, 12-year olds and a team with 8, 12-year olds would be acceptable. A team with 5, 11-year olds and a team with 8, 11-year olds would not be acceptable.
- e) It is recognized that it is desirable to keep the integrity of teams together as the players advance. Therefore the following exceptions will be allowed:
 - i) When multiple teams are fielded by a franchise at one level, players who have played together (based on prior year rosters) will be allowed to stay on the same team and not be forced to split for equity purposes.
 - ii) However, all new players will be assigned to teams with the purpose of achieving equity as defined above.
 - iii) Players will be allowed to move between teams within a franchise only if it helps to create equity between the teams as defined above. For example, Franchise X has two teams at the Midget level that move to the Peewee level. Team A has 18 players distributed in the following fashion: 2, 10-year olds; 8, 11-year olds; 6, 12-year olds; and 2, 13-year olds. Team B has 8 players distributed in the following fashion: 1, 10-year old; 5, 11-year olds; and 2, 12-year olds.
 - iv) New players will be added to the teams only in a manner that attempts to reach equity as described above. The teams could differ by more than 3 in roster size only if Team B was unable to acquire 15 or more players. Team A cannot add players to

their roster until Team B has reached a roster size that will allow the teams to differ by no more than 3 players. When Team B's roster has reached a point where Team A can add members, Team A can only add players that get the teams within the equity distribution by age or help reduce any inequity in the distribution. Therefore, assuming the team rosters are within 3 players in size, Team A could not add any 13-year olds until Team B had added at least one 13-year old. Team A could not add any 12-year olds until Team B had added at least three 12-year olds.

- f) Coaches will be allowed to recruit players onto their teams, however, all other players will be assigned to teams with the purpose of achieving parity as defined above.
 - g) For the purposes of this rule, new players are considered players who did not play in the Northwest Junior Football League the previous year. Players coming into the league as part of teams from outside the Northwest Junior Football League are considered new players and will be distributed according to the rules listed above.
 - h) Teams not in compliance with this rule are deemed ineligible and shall forfeit all games until the distribution compliance is achieved.
- 5) MINIMUM ROSTER SIZE
- a) A team must have at least 11 players rostered, and at least 7 players weighed in at Jamboree to be eligible for the upcoming season. A team that does not meet these requirements will not be considered for the schedule for the upcoming season.
- 6) MINIMUM NUMBER OF TEAMS FOR HOSTING GAMES
- a) Franchises with less than 4 teams will not be eligible to host games.

ARTICLE IV – SIZE AND AGE

- 1) AGE AND WEIGHT
- a) Players eligibility to play will be determined by an Age/Weight Coefficient system adopted by the League.
 - b) Once adopted, all Age/Weight Coefficient changes will remain in effect for two years.
 - c) SEE AGE/WEIGHT COEFFICIENT SCHEDULE ATTACHMENT "A".
- 2) DETERMINING AGE
- a) All players ages shall be determined by how old the player is on August 31st.

ARTICLE V – WEIGH-INS

- 1) MANDATORY WEIGH INS
- a) Each player must attend an official weigh-in to establish his/her eligibility to play. All players must present a completed current year medical waiver, proof of age (Article I, Section 1(b)) and wear their official game jersey.
 - b) The League Weigh-in Director shall supervise all official weigh-ins. The League Weigh-in Director in consultation with the League President may temporarily modify the weigh-in rules for the benefit of the League.
 - c) It is the responsibility of each franchise and their respective coaches to track the weight of his/her players and to insure compliance with the rules at all weigh-ins by providing representatives, all required paperwork, and all required players in their official game jersey.

2) WEIGH IN DATES AND LOCATIONS

- a) The league will establish the dates, times and locations for all official weigh-in each year.
- b) The first weigh-in will be held on Jamboree day.
- c) The second weigh-in will be held during the week prior to the first regular season game.
- d) The late weigh-in will be held during the week following the second league game
- e) The mid-season weigh-in will be conducted during the week following the fourth regular season game on Wednesday night.

3) WEIGH IN PROCEDURES

- a) Each franchise will provide a representative to support and oversee each official weigh-in.
- b) In no event shall a player be weighed in by a representative from their own franchise.
- c) A maximum of two representatives from each team shall be allowed in the weigh-in room during the weigh-in procedure.
- d) A one pound grace allowance will be granted for scale inaccuracy at all weigh-ins.
- e) If a players weight exceeds the weight limit by more than the one pound grace, the player does not pass the Age/Weight Coefficient for that level.
- f) Opportunity of the weight of the best scale available will be used when a player's weight is critical.
- g) Each player must weigh-in wearing their official game jersey.

4) WEIGH IN SCALES

- a) Scales used for all weigh-ins shall be two recently (current year) certified scales acceptable to the weigh-in committee.

5) FIRST WEIGH IN (JAMBOREE WEIGH IN)

- a) One representative for each team shall be responsible for providing the following:
 - i) An official roster: The roster to filled out by age (youngest first) then in alphabetical order.
 - ii) Appropriate proof of age for each player (See Article I, Section 1(b)).
 - iii) The current year medical waiver (League Liability) form for each player.
 - iv) The player must be presented in their official game jersey as shown on the team's official roster. There are no exceptions to this rule.
- b) STEP ON – STEP OFF
 - i) At Jamboree weigh-in, all players will be allowed to step on the scale. If a player chooses to, they can have their weight recorded.
 - ii) If the player chooses not to have their weight recorded they cannot participate in Jamboree. The player must come back to the second weigh-in before they are officially rostered on the team.

6) SECOND WEIGH IN

- a) The Second Weigh-in will be held prior to the first regular season game, time and date to be determined by the Board and Weigh-in Committee.
- b) The step on step off rule that is in place during the Jamboree is not in effect for this weigh-in or any subsequent weigh-in.

- c) Appropriate proof of age for each player (See Article I, Section 1(b)).
- d) The current year medical waiver (League Liability) form for each player.
- e) The player must be presented in their official game jersey as shown on the team's official roster. There are no exceptions to this rule.

7) LATE WEIGH IN

- a) A late weigh-in will be held by the Weigh-in Committee during the week following the second league game.
- b) The Age/Weight Coefficient weights will be reduced by two pounds for late weigh-in players.
- c) The late weigh-in player's name must have been on the original roster no later than the second initial weigh-in.
- d) Exceptions will be granted to those teams that have less than 22 players. This late weigh-in is the last chance to add players for those teams with less than 22 players.
- e) Appropriate proof of age for each player (See Article I, Section 1(b)).
- f) The current year medical waiver (League Liability) form for each player.
- g) The player must be presented in their official game jersey as shown on the team's official roster. There are no exceptions to this rule.

8) MID SEASON WEIGH IN

- a) Players who must attend this weigh-in are those players who weighed within three pounds of the maximum weight allowed for their level of play (i.e. a 12 yr. old Peewee who weighed 100 pounds or less does not have to attend, but a 12 yr. old Peewee who weighed more than 100 pounds must attend the mid-season weigh-in.)
- b) A five pound maximum weight gain above the maximum Coefficient weight will be allowed (scale procedures as defined above) i.e. a 12 yr. old Peewee is allowed to weigh 108 pounds.
- c) Those players who attend the late weigh-in will be allowed a five pound weight gain from the two pound penalty they were accorded by attending the late weigh-in (three pounds above the maximum Coefficient weight) i.e. a 12 yr. old Peewee will be allowed to weigh 106 pounds.
- d) Appropriate proof of age for each player (See Article I, Section 1(b)).
- e) The current year medical waiver (League Liability) form for each player.
- f) The player must be presented in their official game jersey as shown on the team's official roster. There are no exceptions to this rule.

9) EXCEEDING COEFFICIENT AT LATE OR MID SEASON WEIGH IN

- a) All players who exceed the allowable weight will not be allowed to participate for the remainder of the season at that playing level but are allowed to move up to the next level, even if a team at that level is at the 29 player limit.

10) MISSING MANDATORY MID SEASON WEIGH IN

- a) Any required player who cannot attend the mid-season weigh-in will not be eligible for the fifth game of the season, and in addition, will be penalized two pounds (allowed a three-pound weight gain in lieu of five).
- b) For those players who do not attend the mid-season weigh-in, a special weigh-in must be arranged by the League President. The President is to coordinate any such weigh-in with the Weigh-in Director.

11) NO COMPROMISE ON AGE AND WEIGHT RULES

- a) It is the responsibility of each franchise and their respective head coaches to properly complete the weigh-in of each player prior to placing the name of the player on a team roster.
- b) Coaches and franchise representatives shall not ask weigh-in or registration officials to modify or overlook the rules.
- c) Any request to compromise these rules shall be rejected unless approved by the Board of Directors.
- d) Any coach or franchise representative who does not comply with the rules for weigh-in or registration shall be penalized as determined by the Board of Directors.

12) MAINTAINING OFFICIAL PAPERWORK

- a) Periodic review of official paperwork may be conducted by the League.
- b) All coaches must have their official roster available for review by the League at each game.
- c) Failure to produce official and certified paperwork to include but not limited to a team roster may result in forfeiture of game(s) and or suspension of the head coach as determined by the League.

ARTICLE VI – PLAYING RULES

The National Federation of High School Rules will prevail with the following exceptions:

1) SHOES

- a) Only shoes with pliable molded, non detachable cleats will be allowed.
- b) Shoes with removable cleats are specifically prohibited.
- c) Only cleats designated/designed for football will be allowed (no soccer cleats are to be permitted)

2) HOME FIELD EQUIPMENT

The home field franchise will furnish and/or ensure that there are:

- a) Adequate and legible chain and down markers for each game played at their home field.
- b) At least one set of yard and down markers. They shall be constructed of pliable material to prevent injury to players.
- c) Each franchise will rope off or mark 5 yards from sidelines and end zones to control spectators. The game is to be watched from outside these boundaries only. For games played in stadiums spectators must confine themselves to the grandstands (i.e., not allowed on the field or the surrounding track). Only persons with current NJFL credentials and players will be allowed on the sidelines.
- d) Each franchise that doesn't have an operational stadium clock must furnish a regulation clock. In the event that there is no operational clock available to the host franchise at game time the official game time shall be kept by the referee.

3) LOCATION OF CHEER SQUADS

- a) Cheer squads may perform within the field of play at half-time.
- b) Cheer squads may locate in view of spectators in a designated area as determined by the field manager even it that area is located near or up against the 5 yard area outlined in Article VI, Section 2(c).

- c) Cheer squads and their leaders may not be located within the 5 yard designated safety area except during half-time.

4) FIELD MANAGER RESPONSIBILITIES

The home field franchise will provide a FIELD MANAGER who will be responsible for the following:

- a) Adherence of Article VI Section 2; and knowing the location of the nearest phone, phone number to be used in case of emergency, and proper addresses for emergency response, and the quickest and easiest access to the field of play for emergency vehicles; and
- b) Must remain and be available throughout the day. Must also identify themselves to each officiating team and each head coach. Must collect from each head coach the "officials evaluation card" and mail it within 24 hours to the address labeled on the back of the card if the card is presented by the official.
- c) The Field Manager must submit within 24 hours an oral or written summary of the day's games to include scores, ejection of players, number of officials present, and a summary to include any other problems that need to be brought to the attention of the NJFL Board. Scores should be reported to the NJFL webmaster via email.
- d) The Field Manager shall receive all 10 play waivers prior to the start of the game, assure the form is filled out completely and notify opposing coach of which players are to be waived or restricted. All forms should be mailed in with the "officials evaluation card".
- e) The Field Manager is to make sure all sideline credentials are visible and credential policy is strictly enforced. The Field Manager will also hand out, as needed, any temporary sideline passes for each participating team photographer which shall be worn and visible.
- f) The Field Manager may issue a temporary sideline pass for a coach who may have forgotten his credential only if that coach is listed on the NJFL certification list provided.

5) POINT AFTER TOUCHDOWN

- a) Every level of play shall receive one point for a successful point-after-touchdown completed by pass or run. Every level of play shall receive two points for a point- after-touchdown completed by a kick.

6) OFFICIAL FOOTBALLS

Football to be used shall be as follows:

- a) 89ers and Midgets: Will use a rubber covered football, with half stripes 10 ½" to 11" long with a short circumference of 18" – 19", a long circumference of 25" – 26" and a weight of 300 – 340 grams. Teams shall only use a Baden F100, Mikasa F5006 Voit CF6S, Wilson F1514 or other football(s) as approved by the league.
- b) Peeeweeks, Bantams, and Juniors: Will use a rubber covered football, with half stripes 11" – 11 ¼" long, with a short circumference of 19" – 20", a long circumference of 26" – 27" and a weight of 340 – 397 grams. Teams shall only use a Baden F200, Mikasa F5007, Voit CF7S, Wilson F1522 or other football(s) as approved by the league.

7) THREAT OR USE OF PHYSICAL VIOLENCE OR PHYSICAL ALTERCATIONS

- a) NJFL does not tolerate the use or threat of physical violence or physical altercations before, during or after any practice, game or sanctioned event.
- b) Physical violence or the threat of physical violence or altercations by a player or coach during a game may result in ejection of player or coach as determined by the referee or field manager.

- c) In addition, the behavior of spectators shall be controlled by the head coach of the team to which the spectator is identified. Referees may eject a spectator from the viewing area for use of or the threat to use physical violence during a game.
 - d) Failure of a player, coach or spectator who has been ejected or removed to leave as directed by the referee or field manager may result in the referee declaring the game forfeited in favor of the team that is not responsible for the physical violence or altercation as determined by the referee or field manager.
 - e) The League may take further action against a coach, player or spectator in addition to the action taken by a referee. These action(s) may include but is/are not limited to declaring a forfeiture of the game in which the physical violence or threat to use physical violence or altercation took place or suspending a player or coach or both and prohibiting a spectator from viewing future games of NJFL teams
 - f) The actions of the League with respect to the discipline of spectators involved in physical violence or the threat to use physical violence or altercations shall be determined on a case by case basis.
 - g) A repeat offense by a player, coach or spectator shall be reviewed by the Board of Directors, which may result in barring future participation and/or forfeitures of future games.
 - h) Altercations between parents, coaches, or any other adult spectator and officials will not be tolerated.
 - i) Any unsportsmanlike action must be reported by the franchise representative or field manager to the home field Franchise President within 24 hours following the game.
 - ii) Written notice to the League President must follow within 4 days.
 - iii) The League President and the Board of Directors will act and administer the appropriate action against franchises or individuals.
- 8) 89er PLAYING RULE EXCEPTIONS
- 89er playing rules shall be identical to those at all other playing levels with the following exceptions:
- a) Elimination of kickoffs. The receiving team will take possession on their own 40 yard line.
 - b) Punts are declared to the officials prior to the down. The ball becomes dead at first contact with a player or the ground after leaving the punter's foot. There is no advancing of the ball on the return. There is no rushing on the punt.
 - c) Field Goals and Point After Kick attempts are declared to the officials prior to the down. There is no rushing on a Field Goal attempt or Point After Kick attempt.
 - d) Punts and Point After Kick attempts must be kicked no closer than five yards from the line of scrimmage.
- 9) MINIMUM TEN PLAY RULE
- a) Each participant is guaranteed a minimum of 10 plays (every snap or kick of the ball counts as a play) for each full game, including playoff and championship games.
 - b) Coaches may suspend players from participating due to medical reasons, disciplinary reasons, or poor attendance at practice and must comply with Article VI Section 10.
 - c) Problems with adherence to this rule should be addressed in order to the 1) Head Coach, 2) Franchise President and 3) League President.

10) TEN PLAY WAIVER FORM

- a) Prior to the start of any regular season, playoff, or championship game, a 10 play waiver form, signed by the head coach and parent/guardian, must be presented to the field manager for any player who will not play a minimum of 10 plays.
- b) If a parent or guardian will not sign the 10 play waiver form, the form must be signed by the head coach and franchise president.
- c) Head coaches will be notified by the field manager, prior to each game which players are being waived/restricted.

11) TIE GAME AT END OF REGULATION PLAY

- a) For regular season games that end in a tie, the National Federation of High School Rules shall prevail, except that the ball shall be placed on the 10 yard line during the regular season and the 25 yard line for post-season play.
- b) If the game is still tied after two possessions by each team, the game shall end in a tie.
- c) For playoff and championship games, play shall continue until a winner is established under the National Federation of High School Rules.

12) RUNNING CLOCK

- a) If the score differs by 28 points or more at half time, or at anytime during the second half, (regular season games only) a mandatory running clock will be in effect from that point on, except for official and injury timeouts.
- b) This rule applies even if the team trailing by 28 points or more closes the gap to less than 28 points during the time of play.

13) EXCESSIVE SCORE RULE

- a) A margin of victory of 35 points or more constitutes a violation of the excessive score rule.
- b) Each week the League Vice President will prepare a report of excessive score occurrences and provide it to all Franchise Presidents and League Officials.
- c) If the winning margin of a game is 35 points or more, the winning coach must submit a written report to his franchise president within 48 hours. The report will detail what actions were taken to minimize the scoring margin and any additional circumstances for consideration.
- d) Excessive score violation reports will be submitted to the NJFL President by the affected Franchise Presidents within four days of a violation. Reports should also include any remedial or disciplinary action taken by the Franchise President.
- e) Excessive score violations, especially repeat violations may result in the League President and the Board of Directors taking appropriate action against individuals or franchises. Additional actions can include, but are not limited to, suspension of the head coach, removal of the head coach, forfeiture of a game(s), loss of standing.

ARTICLE VII – OFFICIALS

- 1) The League will furnish two professional referees for each sanctioned league game. Three will be provided, if available, for Bantam, Junior and Senior games and for playoff and championship games.
- 2) If officials have not arrived at the field 30 minutes after the scheduled start time of a playoff game, the game must be rescheduled.

- 3) The League will negotiate the fees for the officials each year.
- 4) Whenever possible, anyone affiliated with a Northwest Junior Football League franchise, in any way, will be ineligible to referee games involving their own franchise. All officials must complete training required by the League to be an official.

ARTICLE VIII – SCHEDULE AND GAME TIME

1) LENGTH OF PLAY

- a) Regular stop-clock quarters will be played.
- b) The length of each quarter for all levels of play shall be ten minutes.

2) SEASON SCHEDULES

- a) The Board of Directors will meet and determine a game schedule.
- b) Schedules will be prepared and approved by the Board of Directors. The Board of Directors will utilize the following procedures when preparing the schedule.
 - i) The President will determine the number of teams each franchise will field at each level.
 - ii) If there are more than seven teams within a level, the League will create two divisions within that level.
 - iii) Divisions shall be determined by the Board of Directors.
 - iv) Each division within a level will then have six weeks of regular season play and two weeks of playoffs prior to the championship game.
- c) A tentative season schedule will be distributed to all franchises no later than one week prior to the first regular season game.

3) HOME GAME DATE REQUESTS

- a) Franchises requesting specific home dates for the season must do so in writing, no later than Jamboree Day.
- b) The Board of Directors will meet and consider franchise requests on the weekend before the first league game of the regular season.

4) SEASON SCHEDULE DISTRIBUTION

- c) The Board of Directors will finalize and distribute the final schedule no later than the Monday before the first regular season games. The schedule will also be available on the league website.

5) CHANGES TO SCHEDULE

- a) Any change to the schedule must be approved by the League President.

6) STANDINGS

- a) League standings shall be posted and distributed to each franchise by the League on a weekly basis. This information will usually be available through the league website.
- b) The League Secretary shall disseminate a list of players waived the previous week by all franchises.

- c) League standings will be determined by a point system as follows:
 - WIN = 2 points
 - TIE = 1 point
 - LOSS = 0 points
- d) Head to head competition is inclusive only to those teams that are tied with an equal point record (see Article VIII, Section 6 (c)).
- e) In the event of a tie, the outcome of head to head competition during the regular season will determine league standings. The use of point spreads will not be used as criteria to break ties.

7) PLAYOFFS AND CHAMPIONSHIP:

- a) At the end of the regular season play, there will be a playoff held using the following format:
 - 1 vs. 4
 - 2 vs. 3
 - 5 vs. 6
 - 7 vs. 8
- b) If there are two divisions, the format will be as follows:
 - Div I 1 vs. Div II 4 Div II 1 vs. Div I 4
 - Div I 2 vs. Div II 3 Div II 2 vs. Div I 3
 - Div I 5 vs. Div II 6 Div II 5 vs. Div I 6
 - Div I 7 vs. Div II 8 Div II 7 vs. Div I 8
- c) There will be a championship game three weeks following completion of the regular season.
- d) When there is one division, the winner of the playoff games involving teams 1 and 4 and 2 and 3 will compete for the championship trophy.
- e) When there are two or more divisions, the League President will prepare a Playoff Bracket which will be approved by the League Board.
- f) The winner of 1 vs. 4 will be the home team and the winner of 2 vs. 3 will be the visitor.
- g) In all cases the playoff format and schedule will be prepared by the authorized designate of the NJFL Board and approved by the NJFL Board.

8) CHAMPIONSHIP QUALIFICATION TIE BREAKER

- a) In the event that there is no clear cut first and second place teams, a tie breaker involving head to head competition (see Article VIII, Section 6, (d)) using the current National Federation of High School Rules that determine participants.

9) CHAMPIONSHIP LOCATION

- a) Once the location for the Championship games is set, it may not be changed due to a host franchise's lack of teams in the Championships.
- b) The Championship games will be hosted by a franchise that will be selected by the Board of Directors no later than August 1st of each year.

ARTICLE X – TURNOUTS AND PRACTICE

1) TURNOUT

- a) Players may turn out as a team any time on or after the first Monday in August at all levels.
- b) Regular season will conclude by October 31st of the playing year.

2) PRACTICES

- a) Teams may practice a maximum of 12 hours per week until Labor Day.
- b) After Labor Day, a maximum of 6 hours of practice per week is permitted.
- c) Practice games count as a practice for that week and shall be considered as 2 hours of practice time.
- d) Ten hours of practice shall be allowed for championship week. This does not pertain to playoff week games.
- e) No player shall be waived, however for missing practice as long as they have six hours of practice the week preceding the Championship game.

3) INTRA LEAGUE PLAY

- a) During the season (first Monday in August thru Championship day) teams cannot play any non-league teams (teams outside the Northwest Junior Football League) without approval from the League President and Board of Directors.
- b) Approval must be granted in writing. The penalty for violating this rule will be dealt with in the strictest form as outlined in Article II, Section 3.

ARTICLE XI – UNIFORMS AND EQUIPMENT

1) PLAYER UNIFORMS

- a) All participants must be suited in full uniform.
- b) A uniform consists of:
 - i) a Certified NOSC helmet with warning sticker and mouth guard
 - ii) shoulder pads
 - iii) official team jersey
 - iv) Either a girdle or pants that hold a tail pad, either a one or two piece hip pad on each side, two thigh pads, two knee pads, (knee pads are to be worn under pants only).
 - v) and shoes in compliance with Article VI, Section 1
- c) All jerseys must be tucked into pants, knotted jerseys will not be allowed and will result in ejection from the current game and the following weeks next game.

2) MOUTHGUARDS

- a) A players mouth guard must be attached to facemask of their helmet.
- b) The mouth guard must be in the players mouth whenever he/she is practicing or in a game.

3) ITEMS NOT ALLOWED

- a) Players are not allowed to wear bandanas or stocking caps under helmets.

- b) No player is allowed to wear jewelry during practice or games. Emergency ID bracelets may be worn, but must be covered with white athletic tape.

4) FRANCHISE SPONSORS AND COLORS

- a) Sponsors names on uniforms are approved, but must be limited to one line of two inch letters above the numerals on the back of the jersey or decals on the helmet, and sponsorship artwork must be approved by the NJFL Board.
- b) Each team's uniform colors shall be approved by the Board of Directors. The following shall be recognized as the official team colors for all franchises:

Franchise	Mascot	Colors
<i>Ballard Junior Football</i>	Knights	Jersey: Black or Silver Numbers: Silver or Black Pants: Black or Silver Helmet: Silver
<i>Burien Athletic Association</i>	Bearcats	Jersey: Blue Numbers: White Pants: White Helmet: White
<i>Eastside Crusaders Junior Football</i>	Crusaders	Jersey: White, Blue Numbers: Blue, White Pants: White Helmet: White
<i>Lake City Junior Football</i>	Braves	Jersey: Kelly Green, Gold Numbers: Gold Pants: White, Gold Helmet: Gold, Green
<i>Mukilteo Junior Football</i>	Knights	Jersey: Purple, White Numbers: White, Black Pants: Purple Helmet: Purple, White
<i>Richmond Junior Football</i>	Bulldogs	Jersey: Light Blue, Gold, White Numbers: Blue, Gold, Navy, Silver Pants: Light Blue, Gold, Navy Blue, White Helmet: Light Blue, Gold, White
<i>Seattle Interbay American Football Club</i>	Eagles	Jersey: Navy, White Red Numbers: Navy, White, Red Pants: Navy, White Red Helmet: Navy, White, Red
<i>Silver Lake Football Association</i>	Timberwolves	Jersey: Dark Green, Silver, White, Black Numbers: Silver, Green, White, Black Pants: Silver Helmet: Silver, Dark Green

- c) All members present and future of this League shall recognize the preceding colors. All members shall have exclusive rights to their official colors.

- d) Color changes or assignment of new colors, or ratification of colors for a new franchise, shall be done by the Board of Directors in an officially convened meeting.
- e) Infringements on color rights of another member shall be reviewed by the Board of Directors and may result in the suspension of the member/franchise in violation.

ARTICLE XII – AWARDS

1) PLAYOFF AND CHAMPIONSHIP TROPHIES

- a) A permanent trophy (not to exceed \$100 in value) will be presented to the first and second place teams in each level of play, by the President of the League at the conclusion of the Championship game.

2) TRAVELING TROPHY

- a) The “traveling trophy” will also be presented at the conclusion of the Championship Game to the winning team.
- b) The “traveling trophies” must be returned to the NJFL League President two weeks prior to the each Championship Game.

ARTICLE XIII – DISPUTES

1) GOVERNING BODY

- a) All rules and regulations governing the Northwest Junior Football League not covered in the National Federation of High School Rules, or in the League Official Rules and Regulations, will be ruled upon by the Board of Directors.

2) BINDING ARBITRATION

- a) Any rule controversy, or interpretation of a rule, that arises that cannot be resolved by the Board, will be referred to binding arbitration.
- b) The party to the arbitration that is not the prevailing party as determined by the arbitrator shall bear the costs and fees of the arbitration.

ARTICLE XIV – ATTENDANCE

1) BOARD MEETING ATTENDANCE

- a) A fifty (\$50) dollar fine shall be assessed for each regular League meeting a franchise is not represented and has not been excused.

ARTICLE XV – COACHING AIDS

1) FILIMING

- a) Filming or videotaping of games by an individual of their own games is permitted.
- b) Any coach found to have reviewed a film/tape, or still photos involving a future opponent playing a team other than their own, shall be removed as a coach. His/Her team shall be assigned losses for all games played prior to the date of violation and the team of the offending coach shall be ineligible for post season play.
- c) The use of a movie/TV camera for the purpose of scouting another team is prohibited.

2) ELECTRONIC EQUIPMENT

- a) No telephone, walkie-talkie, electronic connections or other similar devices, including cellular telephones, will be allowed on the field if they are used to affect the outcome of the game.

ARTICLE XVI – AMENDMENTS

1) MODIFYING RULES

- a) The Official Rules and Regulations may be amended by a simple majority of the Board of Directors at a regular or special meeting thereof, provided new rule changes have been moved and seconded at the previous League Meeting.

2) RULE CHANGE EFFECTIVE DATES

- a) Rule changes that affect the current season must be voted on no later than the last Tuesday in July, by the Board of Directors.
- b) Rule changes regarding the Age/Weight Coefficient must have final vote no later than the April meeting of the affected year.

ATTACHMENT "A"

NJFL Age/Weight Coefficient Scale – Adopted March, 2007

		Level of Play					
		89er	Midget	Peew ee	Bantam	Junior	Senior
Age	7	No Limit					
	8	No Limit					
	9	94	No Limit				
	10		108	No Limit			
	11		90	123	No Limit		
	12		78	103	139	No Limit	
	13			90	116	No Limit	
	14				99	167	No Limit

DATED this 29th day of May, 2007