



BY-LAWS

2017 Football Season

CONSTITUTION AND BY-LAWS

ARTICLE I

NAME

The name of this League shall be the "South Jersey Independent Youth Football Association".

ARTICLE II

OBJECT

- A. The object of the League is to promote good sportsmanship, honesty, loyalty, courage, fair play, and good citizenship through the game of football.
- B. The object will be achieved by providing supervised, competitive athletic games for youth of all races, creeds and natural origins.

ARTICLE III

GOVERNMENT

- A. Government of this League shall be under direct supervision of the Elected Officers.
- B. Officers shall be nominated during the last meeting of November for a period of two years; the officers will then be elected at the next meeting.
- C. TO BE ELIGIBLE FOR NOMINATION AS AN OFFICER, NOMINEE MUST ATTEND AT LEAST 60% OF SEASONAL MEETINGS (AUGUST THRU NOMINATING MEETINGS).
- D. Each franchise entered in any weight division shall be entitled to have two delegates represent their franchise at League meetings.
 - 1. EVERY FRANCHISE MUST ABIDE BY THE BY-LAWS SET FORTH BY THE LEAGUE TO BE A MEMBER OF GOOD STANDING.
 - 2. MEMBERS OF GOOD STANDING SHALL HAVE ONE VOTE PER FRANCHISE IN MATTERS CONCERNING THE LEAGUE.
- E. Officers of the Association shall consist of the President to be elected for the even years, Vice President odd years, Secretary even years, Treasurer odd years and Sergeant At Arms even years, and two Trustees (one even, one odd years). These officers will constitute the Board of Directors.
- F. Only one member from each Franchise can serve on the Board of Directors at one time.

ARTICLE IV

MEETINGS

- A. Meetings will be held on the 1st Wednesday of each month. During the season, meetings will also be held on the 3rd Wednesday of each month (August – November). These meetings can be held via conference call.
- B. Teams may request the President to call a special meeting at which time no business will be transacted except such as may be specified in the call for special meeting.
- C. Quorum for League meetings shall consist of not less than 2/3 of the League membership.
- D. Majority vote will rule. The president will vote in case of a tie.
- E. The President has the right to veto any vote.

- F. A Presidential veto may be overridden by majority vote by the Board of Directors.
- G. Franchises not represented shall be fined \$20.00. Franchises arriving 30 Minutes after the start of the meeting will be marked absent. If any franchise fails to attend three (3) consecutive meetings, SAID FRANCHISE MUST APPEAR BEFORE THE BOARD OF DIRECTORS FOR DISCIPLINARY ACTION.
- H. ALL Fines must be paid by the next meeting or said Franchise will relinquish their right to vote.
- I. ALL ATTENDEE'S MUST SIGN ATTENDANCE REGISTER.

ARTICLE V

DUTIES OF OFFICERS

President

1. Be executive officer of the organization.
2. Preside at all meetings.
3. Shall be a member ex-officio of all committees.
4. Shall appoint all committees.
5. Shall have general supervision over all officers and shall sign all checks and levy fines.
6. Have veto power.

Vice President

1. Assumes all the duties of the President in his absence.
2. Shall also carry out special assignments and details as directed by the President
3. Serve on such committees as may be directed by the President.
4. Responsible for weigh-ins.

Sergeant At Arms

1. Enforce the by-laws.
2. Help executive board control meetings.
3. Rule on amendments or proposals that are out of order during the meeting.
4. In charge of referees and point person for assignor, during the season & playoffs.
5. Responsible for varsity scheduling & accurately keeping results/standings.
6. Oversee and schedule the JV program, regular season, and JV tournament.
7. Certify eligible nominees for board members.

Secretary

1. Be responsible for recording attendance at all meetings.
2. Supervise the handling of all applications for membership.
3. Keep a record of all members of the League.
4. Notify applicants of their acceptance into the Conference or the rejection there from the league.
5. Record minutes of all meetings.
6. Shall be responsible for maintaining attendance register.
7. Handle all correspondence.
8. Certify eligibility for voting.

Treasurer

1. Keep records of accounts in books belonging to the Association.
2. Collect all moneys that the Association is entitled to.
3. Disburse such funds as are authorized by the Association and these By-Laws.
4. Upon vacating office, shall deliver to his/her successor all funds, books, accounts, vouchers, and all other Association property in his/her possession.
5. Sign checks along with other officers.

Trustee

1. Work with Board to resolve matters of the League.
2. Can be assigned to various sub-committees as the committee lead.

ALL OFFICERS ARE REQUIRED TO ATTEND ALL MEETINGS. IF ANY OFFICER FAILS TO ATTEND THREE CONSECUTIVE MEETINGS, SAID OFFICER MUST APPEAR BEFORE A HEARING BOARD CONSISTING OF REMAINING BOARD OF DIRECTORS AND THREE FRANCHISE APPOINTEE'S FOR DISCIPLINARY ACTIONS.

ARTICLE VI

BY-LAWS

- A. These by-laws may be amended at any regular meeting from January through May when the following requirements are met;
 - i. It shall require a majority vote of all Franchises present for the approval of any amendment.
 - ii. Amendments must be in writing and addressed to the League.
 - iii. Amendments must be read at two (2) regular meetings before being approved.
- B. All by-law changes approved by the League must be kept in practice for at least one season before a second related change can be submitted. Season shall be defined from August 1 until the last game of the year.

ARTICLE VII

FINANCIAL POLICY

The Board of Directors shall place all income in a common treasury or approved trust fund directing expenditures of same in such a manner as will give no individual or team an advantage over the others.

ARTICLE VIII

MEMBERSHIP

- A. New membership shall be granted only by a majority vote of Association members attending any regularly scheduled meeting. This vote shall be by secret ballot.
- B. The number of memberships shall be at the discretion of the League members.

- C. Membership of this League shall consist of a minimum of 5 weight divisions (70, 85, 95, 110 and Junior High) specified under the playing rules.
- D. New Members will consist of a minimum of 4 weight classes (85, 95, 110, and Junior High).
- E. All new Franchises will agree to abide by the by-laws of the League and be placed on at least one year probation without voting rights, subject to approval during the January meeting by a majority vote of the membership.
- F. PROBATIONARY FRANCHISES VOTED OUT CANNOT RE-APPLY FOR A PERIOD OF TWO YEARS.

ARTICLE IX
FEES

- A. Any team desiring membership in this Association is required to submit the following fees:
 - 1. Annual operating fee shall be determined annually by Board of Directors by the February meeting. The annual fee is \$600.00 for operating expenses and is not returnable.
 - 2. Annual operating fee is due to the League by the April meeting. Any franchise that does not pay their annual operating fee by the date specified shall be declared an ineligible franchise and must reapply for membership and pay a new franchise fee. The provisions of this paragraph can be waived in cases of hardship by a majority vote of all Association members attending any scheduled meeting.

ARTICLE X
RULES

- A. The official rules and regulations governing the new Jersey State Interscholastic Athletic Association shall be binding upon this Association except where the League rules specifically differ from the NJSIAA rules.
- B. The playing rules (ARTICLE XII, RULE 5) of the League shall be amended and adopted by the membership at least one (1) month prior to the first game.

ARTICLE XI
INELIGIBILITY

- A. Any Franchise that does not complete their schedule (including playoff and consolation games) in any division shall be declared ineligible on January 1st and shall be required to reapply for membership the following season and pay a new franchise fee. The provisions of this paragraph can be waived in cases of hardship by a majority vote of all League members attending any scheduled meeting.
- B. Any Franchise that does not field at least one team in the core weight classes (85, 95, 110, and Junior High weight class) in two consecutive season, shall be declared ineligible on January 1st and shall be required to reapply for membership the following season and pay a new franchise fee.

ARTICLE XII

PLAYING RULES AND REGULATIONS

Rule 1 – Liability

- A. All teams must have insurance to cover the period between August 1 to December 31. Certified proof of insurance must be furnished to the League prior to August 1.
- B. EVERY FRANCHISE MUST HAVE AT LEAST ONE RUTGER'S S.A.F.E.T.Y. CERTIFIED COACH PER TEAM ON THE FIELD AT ALL TIMES.

Rule 2 – Eligibility

- A. Each team is responsible for parents or guardian written approval of their participants.
- B. Each player must present proof of date of birth in one of the following forms:
 1. Birth certificate
 2. Naturalization papers, passport, and/or visa
 3. Baptismal papers, original or sealed copy.
 4. D.D. Form 1173 (Military)
 5. Official school record
 6. Adoption papers

(Note: Individual problems with reference to identity, name, and proof of date of birth must be submitted in writing to the executive committee at the regular meeting preceding the preseason weigh in for approval. A proof of date of birth must be approved by the executive committee before a player can proceed with weigh in.)

C. Weight Classes:

1. The Age cut-off date is October 1st for all weight divisions. The Players' age on October 1st determines the weight class they shall play.
2. In order for a player to participate in a skill position, they are required to make the weight based on the chart listed below. A skill position is defined as any position that lines-up outside the fixed tackle box on both offense and defense as well as all kick-off/kick return players. A more defined explanation can be found

- 70lb – (Must be 5 as of 12/1 of the current season)
- 85lb – 7, 8 year olds
- 100lb – 9, 10 year olds
- 115lb - 11, 12 year olds
- Junior High – 7th & 8th grade (No 9th graders permitted)

Each player is given a 1lb allowance at the scale, there are no exceptions.

- D. Once a player qualifies for their weight class there shall be no further weigh-in requirement for that season.
- E. Weigh-ins: All teams in all weight divisions shall weigh in on registration day at the prescribed weight for their division. All boys must meet the prescribed weight or less for their division at the weigh-ins.

- F. Any player who is absent or who is over-weight at the 1st weigh-in shall be eligible to attend a "make-up" weigh-in that shall be scheduled one week after the initial weigh-in.
- G. The President shall have discretion over scheduling any additional hardship weigh-ins to allow the minimum numbers of players to qualify and participate. **Those players cannot play offensive skill positions for 3 weeks following the hardship weigh-in date.**
- H. Boys will have 2 chances on scale, with stripping down to shorts allowed. No sweating down boys at weigh-in will be permitted.
- I. The League scales or other scales approved by the Board of Directors will be the official scales.
- J. The President shall appoint a weigh-in committee who shall be responsible for all weigh-ins.
- K. A representative from each team must accompany his team to all weigh-ins.
- L. Players will be photographed for I.D. cards at weigh-ins. The I. D. cards will consist of League Name, Date of Birth, Players Last Name and First Initial, Organization Name, Weight Class and Season.
- M. The league shall be furnished a complete roster consisting of the boys' names AT THE WEIGH-IN. A player's contract signed by a parent/guardian & player must be furnished to the League AT THE WEIGH-IN.
- N. The I.D. card of any boy who is no longer a member of any team after the season starts shall be forwarded to the League President immediately.
- O. The I.D. cards mentioned in section F of this rule shall be used in the following procedure to make any boy eligible to play. Ten minutes before game time he shall stand at attention with his I.D. card in front of him so that he can be identified by the opposing coaching staff. No boy will be permitted to play any League game without his I.D. card. (\$6.00 a card).
- P. At the beginning of each game, a team must produce ID cards for each player specifying whether they are a varsity, JV, tackle-to-tackle player. If a team fails to produce the league issued I.D. card, the player will not be able to participate in the game. If a player, or the player's card, is not presented to the opposing team prior to the end of the 2nd quarter, that player will not be eligible to participate in that game.
- Q. A rostered player in the SJIYFA may not be rostered or play for any other Football League or High School team while he or she is registered in the SJIYFA.
- R. There is a 15 Player Minimum for all weight classes Varsity & JV. (75lb, 85lb, 95lb, 110lb, and Jr High).
- S. **Territory Rule:** In an effort to build all the programs in the SJIYFA, no program will accept registration from any player who currently resides in a town that also competes in the SJIYFA unless the town in which the player resides signs a release that allows that player to participate.

Below are the exceptions to the territory rule:

- The town in which the player resides does not have a team in the age specific weight class that the player is eligible to play.
- In the event the player's parents do not live together the parents/player can select which team to play for – for example, if the player's mother lives in Pemberton and the parent's father lives in Burlington Township, the family can choose to play for either team as long as they show current proof of residence.

- If the player resides in one town, but attends school in another town, the parents/player can select which team to play for – for example, if the player resides in Moorestown, but attends school in Lumberton, the family can choose to play for either team as long as they show current proof of schooling.
- In the event the town in which the player resides refuses to sign a release, either the family or the town in which the player would like to play can request an appeal by the SJYFA board. If either the residing town or the requesting town has a member of the board, that member will not participate nor have a vote in the appeal.

It is the responsibility of the parent of the player and the team requesting the waiver to have it signed by the releasing program. Player's should not start practicing with a team until a waiver form has been signed by the releasing program or the Board of Directors. After a waiver is signed, it is the responsibility of the requesting program to submit that waiver to the league Vice President. If the releasing program decides not to sign the waiver, the waiver must be presented to the Board of Directors by August 15th for review. The Board will automatically approve waivers for any player who participated in the prior season with the requesting team. For example, a Burlington Township resident who participated with Moorestown during the 2015 season will be approved. However, a Burlington Township resident who did not participate with Moorestown will not be approved. There must be extenuating circumstances for a program to request Board approval on any waiver. It is the sole discretion of the Board to approve/decline the request after speaking to both of the League Representatives (requesting and releasing programs).

Starting in 2017, any program that submits a waiver after the cutoff will be charged a \$200 fine for each late submission.

Rule 3 – Equipment

Each boy must be fully equipped as required by National Federation rules including helmet, faceguard, mouthpiece, shoulder pads, football pants including thigh and knee pads, one piece (non-detachable) cleated footwear of sneakers and jersey with number on front and back to be worn by same player all season.

Rule 4 – Safety

Officials will not let any player continue in any game if he is injured, exhausted or out of condition. Above players must remain out of game at least one play.

Rule 5 – League Rules

NJSIAA rules in all games with the following exceptions:

- A. Three time outs per half for all weight divisions.
- B. Extra point shall count two points if kicked. One point if run or passed.
- C. Kick-off from the 40-yard line (75lb and 85lb-JV kick-off only if both coaches agree, otherwise ball will be placed on 40-yard line)

- D. Four ten minute quarters for all teams except 70lb, they will play under a 12 minute running clock.
- E. Two coaches shall be permitted on field at all times for both offensive team and defensive team for 70lb games. At the 85lb-JV level one coach shall be permitted on the field. Once the players are set, the coach on the field is prohibited from coaching the players or yelling out instruction.
- F. There is a 35 second play clock between plays. The 70lb and 85lb-JV will be permitted 45 seconds between plays.
- G. TEN (10) minutes between halves.
- H. Jersey numbering system is not mandatory but strongly suggested.
- I. On the 70lb & 85lb level an offensive team shall have the option to advance the ball 20 yards in lieu of a punt when they are inside their own 30-yard line. The same rule applies for a Safety.
- J. On the 70lb level there will be no nose tackle over the center. No Player shall line up in the "A" gap (between the center and guard). They must be directly over the guard.
- K. At the 85lb & 95lb level if the QB is not under the center or during a Punt or Extra point. o player shall line up over the center; they must be in the "A" gaps NO EXCEPTIONS. At the 110LB and Junior High levels they can be on the Center but they cannot rush until the center raises his head and can defend themselves.

Rule 6 – Playing Rules

- A. All divisions will use a regulation field as prescribed in NJSIAA rules, or as close as possible.
- B. Coaches, Managers and players must remain within the 25 yard lines on side of field.
- C. The home team is responsible for having field properly marked, field to be marked at five yard intervals and inbound markings.
- D. Player's bench will be for official players, coaches and managers only.
- E. Home team shall rope or fence off spectators from playing field.
- F. Home teams shall provide adequate police protection for each game and will have ambulance, emergency vehicle or phone available.
- G. Coaches will be required to wear a field Pass, with Team Name & Weight Class. Only two Coaches will be able to talk to the referees.
- H. Down markers and down box will be on the home team side.

Rule 7 – Official Ball

The following shall be the official ball used during games:

- 70lb & 85lb - Wilson K2
- 95lb & 110lb - Wilson TDJ
- Junior High - Wilson TDY

A BALL EQUIVALENT TO THE CORRESPONDING BALLS ABOVE MAY BE SUBSTITUTED WITH PRIOR APPROVAL OF THE BOARD OF DIRECTORS. Composite balls are permitted but must be the same size balls as listed above. Teams are permitted to use their own ball, however once a ball enters the game, that ball must stay in play. For example, if a team kicks off with a ball and they recover the ball to go on offense,

they must leave that ball in play. After inspection, the official has the right to request a ball change due to poor gripping or excessive wear.

Rule 8 – Points

- A. Each team shall receive 1 point for a win and ½ point for a tie using a percentage of wins versus games played. To determine playoff seeds we will go by: 1) conference record; 2) head to head; 3) overall record; 4) playoff game during the week. If a dispute of a tie is just over home-field advantage or seed position, then a draw of cards or coin flip will decide.
- B. A mid-week playoff is for two teams that are tied for the final playoff spot in each conference instead of points being run up or a coin flip deciding the teams who make the playoffs, let the kids decide by playing.
- C. Each team during the playoffs, will have a 72-hour grace period between football games during the playoffs. This is from the start of each kickoff, weather permitting.

Rule 9 – Forfeit Time

Teams have 30 minutes after the official starting time before forfeiting the game.
FORFEITING TEAM MUST PAY FOR THE REFEREES.

Rule 10 – Protests

All protests must be filed with the League President within 48 hours accompanied with \$50.00. If protest is upheld, the \$50.00 will be refunded. No protests involving decision of game officials will be allowed.

Rule 11 – Postponements

Teams and League official must agree at least two hours before official game time to postpone any league game. Home team shall notify officials/league two hours before the scheduled start time in case of postponement. While at the field, the officials will determine the playability of the field due to inclement weather. Changes to the schedule cannot be made after the schedule is released. Any game postponed must be played by Wednesday of the next week. If the home field is not available a neutral field must be chosen.

Rule 12 – Officials

The following shows the number of officials to be used for each weight class:

- 65lb 2 Officials
- 85lb & 100lb 3 Officials
- 115lb & JH 4 Officials

If the number of designated officials are not present at the start of the game, the teams can elect to start/play the game. Once a game starts, teams must finish or forfeit the game.

Rule 13 – Score Reporting

All home teams must report each game to the Sgt. of Arms, no later than 6:00 PM on Sunday for those weekend games. FAILURE TO REPORT SCORES SHALL RESULT IN FORFEITURE OF THE REPORTING TEAM AND/OR FINES.

Rule 14 – Playoffs/Championship

The top four teams in each group will make the playoffs. Seeding is determined by Group/Conference Record then head-to-head. If there is still a tie and it affects either making or not making the playoffs, we will hold a mid-week playoff game. If it is just a matter of seeding for the top four teams then a draw of cards will be used to determine the seeding.

Rule 15 – League Season

- A. League play shall start at the discretion of scheduling committee, however the third weekend in September is the targeted start date and the last weekend in November is the targeted end date.
- B. No team shall hold pre-season practice before August 1st of each year.

Rule 16 – Schedule Dates and Starting Time

- A. UPON LEAGUE APPROVAL OF THE FINAL SCHEDULE, NO CHANGES WILL BE ALLOWED.
- B. Night games will be played only after inspection of lighting facilities and approval by the Board of Directors.

Rule 17 - Coaches Conduct

- A. Coaches will conduct themselves in the presence of their players, parents, officials, and spectators in such a manner as to be a credit to themselves, their Organizations, the League and the Coached Code of Ethics.
- B. Coaches will meet at mid-field after game to extend, or receive congratulations to or from the opposing coach.
- C. Any incident or conduct involving a Coach/Coaches of any team which might cause trouble before, after or during a game (including expulsion from playing field by officials) will be penalized as in Article XII, rule 19. And any Coach who is ejected from a game or any Coach who exhibits unsportsmanlike like conduct as deemed by the league will be or may be penalized after a Board member meetings findings.
- D. Officials assigned to League games are mandated by the League to expel from the playing field the coach or coaches who are penalized three times in any one game for unsportsmanlike conduct. Expulsion from the playing field is defined as being physically removed to a location where any verbal communication (including telephone, intercom and radio) is impossible. Refusal to obey such expulsion order of violation of the order by establishing lines of communication will result in forfeiting of the game to be called the Official-in-Charge.
- E. Any Coach who shows UNSPORTSMAN like conduct to a referee or opposing Coach or a Fan

after the CONCLUSION of a game could be subject to an ADDITIONAL fine of \$50.00 plus a Franchise fine of \$100.00. This would be Subject to a Board review.

- F. All Coaches are required to participate in the Coaches Conduct meeting and get a Certification card (\$10.00 – 2-year card) to be able to Coach and be on the Sideline in the SJYFA Youth Football Season and are required to have that card at all times during the game on the sidelines. If a coach has been found not to have one disciplinary actions will be taken. **70LB COACHES HAVE A DIFFERENT CARD. (\$5.00 1-year card).**
- G. Each program must assign a special representative for every game as a crowd and sideline control official. These representatives must introduce themselves to the officials prior to the start of every game.

Rule 19 – Unsportsmanlike Conduct

- A. Ejection's for Unsportsmanlike Conduct will be handled as follows:
 - 1. Reports will go to the Grievance Committee
 - 2. Any coach who is ejected from game will be penalized as follows:
 - a. 1st offense - \$50.00 automatic fine and next game suspension
 - b. 2nd offense - \$100.00 automatic fine and next 2 games suspension
 - c. Any additional offenses will be reviewed by the Board of Directors
 - 3. A player ejected for fighting receives an automatic 1 game suspension. All other ejections must be reviewed before the next game.
 - 4. A team ahead in the score by 25 points or more in the second half will not blitz and make every effort not to score (i.e. running between the tackles). Additionally, the opposing team will not blitz up the middle when they see the other team running between tackles.
 - a. The coach will be given 1 warning by the official; the 2nd infraction will result in a flag and a 15 yard penalty. A 3rd infraction will include a \$100.00 fine and a game suspension for the head coach.
 - b. Additionally, once the score differential reaches 25 points (in the 2nd half) at the 80lb and 95lb level there will no longer be kick-offs. The receiving team will begin possession at their own 40 yard line. For the other weight classes there will be NO ONSIDE KICKS.
 - c. This rule will no longer be enforced if the other team scores to bring the score under 25 points.

ARTICLE XIII

DISCIPLINARY ACTIONS

- A. Illegal Players: Any team found to have an Illegal Player, the following actions will take place:
 - 1. Automatic fine of a minimum of \$200.00 and removal. Player Grievance Committee must notify said Franchise of the Player being investigated.
 - 2. Grievance Committee is to investigate and review with the body their findings and suggestions of any additional penalties within 1 week of reported player.
 - 3. If found guilty said team will forfeit all games the player was involved in.

- B. ANY COACH FOUND TO FALSIFY OR ALTER ANY PLAYERS' DOCUMENTS, THAT COACHE'S SAID FRANCHISE WILL BE INELIGIBLE TO PARTICIPATE IN ALL LEAGUE STANDINGS AND PLAYOFF GAMES IN ALL WEIGHT DIVISIONS. ADDITIONALLY, THE COACH OR COACHES WILL BE BANNED FROM COACHING IN THE SJIYFA.
- C. Probation: Any new Franchise or existing Franchises not complying with these by-laws may result in probation. Probation consists of the loss of all voting privileges and fines deemed appropriate by the Board of Directors. Any further violations may result in expulsion from the league. These actions require a special meeting of the Board of Directors held for such purpose and a 2/3 majority vote of the Board members present.
- D. If a player, coach or fan is involved in a physical or verbal altercation with another player, coach, official or fan then that franchise, player or coach may be subject to the following penalties:
1. Player may be suspended for the rest of the season including playoffs.
 2. Coach may be suspended for the rest of the season including playoffs.
 3. The police will be notified immediately and will be prosecuted the fullest extent of the law which could occur.
 4. The entire Franchise may be ineligible to participate in any playoffs and may be put on immediate probation with the loss of voting privileges.
 5. If incidents should occur on the last game of the season, the penalties will carry over to the next playing season.
 6. Franchise may be fined up to \$500.00.

ARTICLE XIV

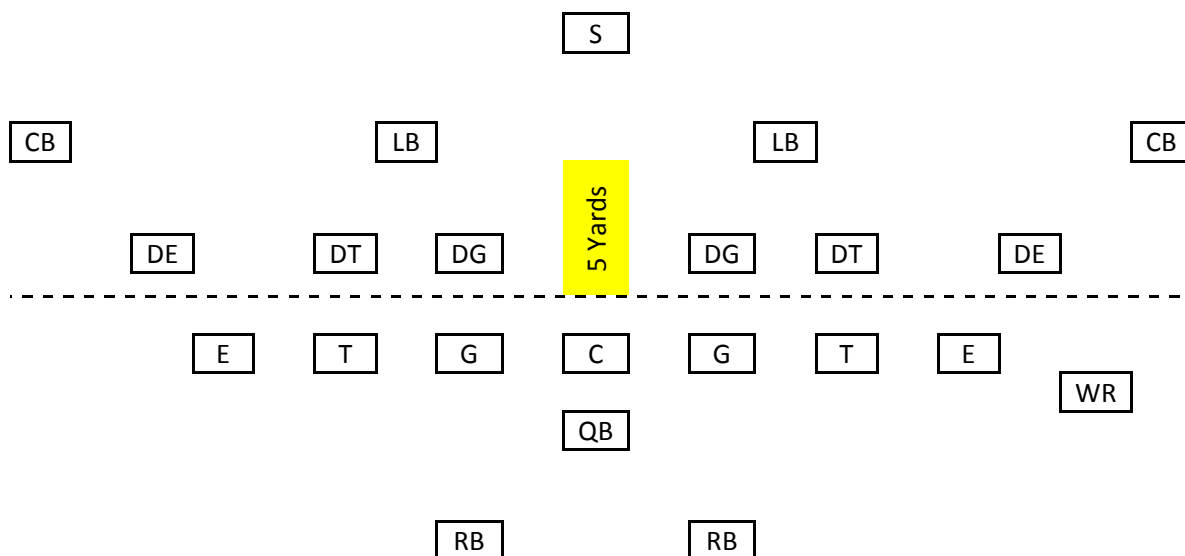
MISCELLANEOUS PLAYING RULES

RULE 1 – JV BYLAWS

1. CERTIFICATION: All players designated to play JV by the League and or Coaches of any weight class of a franchise shall be required to be certified at the regular league weigh-ins as all other players of the SJIYFA.
2. PICTURES: All JV Coaches must ensure that all JV players show a SJIYFA picture prior to ALL JV games that proves the players' certification to play. Any player not having a picture from the League weigh-ins will be ineligible to play in that game just as in the varsity games. Any team not producing pictures to show to the opposing team prior to the beginning of each game shall be fined \$50.00. A second occurrence may result in a \$100.00 fine and a third occurrence may result in additional fines and/or ineligibility to possible JV tournaments that may be scheduled.
3. PLAYING AND PLAYER RULES: All player and playing rules for the league sanctioned varsity games will also apply at all JV games. Exception: Each 85lb-JV team is allowed to have one (1) Coach on the field during the game to assist these players. Coaches must be at least 10 yards off the ball and the 45 second clock will be enforced by the officials, but they will also exercise the rule with some flexibility for this level is only a half-step above the 70lb instructional play.
4. JV ELIGIBILITY: In order to be eligible for and enter a team to play in the JV schedule, you must have a minimum of 25 players in that weight class. You are required to card 50% of your total weigh class, or 15 players as Varsity players (whichever number is less).
5. CARDS: The Varsity players cards will be the regular cards we produce as a league each year. The JV and tackle-to-tackle (T2T) player's cards will have a JV or T2T identification on them to designate the difference from the Varsity cards.
6. OVERTIME: There is no overtime period for the JV division during the regular season. There will be overtime during the playoffs.
7. No JV player may play more than 6 quarters per week.
8. Varsity Special Teams are not considered plays with respect to the 6 quarter rule

RULE 2 – 70lb Playing Rules

1. No kick-offs unless both teams agree to do so, team will take possession at their own 40-yard line.
2. Four 12 minute running clock quarters.
3. Two coaches shall be permitted on field at all times for both offensive team and defensive team for 70lb games. Once players are set, coaches are to move out of the way.
4. The offensive team shall have the option to advance the ball 20 yards in lieu of a punt when they are inside their own 30-yard line. The same rule applies for a Safety.
5. There will be no Trick plays on the 70lb level.
6. There are no QBB sneaks at the 70lb level.
7. The defensive guard must be lined up head-to-head over the offensive guard.
8. The defensive tackle must be lined up either head-to-head over the offensive tackle or shaded slightly to the offensive tackle's outside shoulder – some part of the defensive tackle's shoulder/helmet must be lined up on the offensive tackle's shoulder/helmet.
9. If the offense shifts, so can the defense.
10. Linebackers & cornerbacks must start 5 yards deep – if the offense shifts, so can these players, but they must remain 5 yards deep until the snap of the ball. Cornerbacks are permitted to line-up on the line of scrimmage, but must be at least 10 yards wide of the tight end. If the end on that side of the field is split out, they must be at least 10 yards from the next offensive lineman.
11. If you would like to put your safety up on the same line as the linebackers/corners, that is also allowed.
12. Once the players are set-up the coaches on the field are to step away from the players and are not permitted to talk/coach the players during the play. Coaches on the sideline can speak to the players.
13. Suggested 70lb defensive formation:



RULE 3 – Tackle-to-Tackle Rules By Phases of the Game:

Offense:

- No more than 5 players on the field at one time that are considered tackle-to-tackle.
- These 5 players must be evenly distributed – 2 on either side of the center. You cannot have a staggered line, where 3 or 4 players are on one side of the ball. If a team decides to go with a staggered line the 3rd player from the center and beyond cannot be a tackle-to-tackler player.
- They are permitted to be the last player on the line of scrimmage, however they are not permitted to be an eligible receiver. For example, a team can play with two ends on the same side of the field (only one will be eligible), however the tackle on the opposite side of the center is NOT permitted to be an eligible receiver.
- Players must start with one hand on the ground.
- These players are permitted to pull.

Defense:

- No more than 5 players on the field at one time that are considered tackle-to-tackle.
- These 5 players must be lined up inside the 4-technique position (they cannot be lined-up on the outside shoulder of the tackle, this is considered the 5-technique and is not permitted).
- The player must initially engage an offensive lineman or shoot the line of scrimmage/gaps, they are not permitted to drop back into coverage or into a line-backer position.

Special Teams:

- “tackle-to-tackle” players are permitted on kickoff and kickoff returns.
 - Max of 5 in center of the field
 - May not advance the football
 - Must be on the front line
- They are not permitted to kick or hold on the offensive side and are not permitted to be out of the tackle box inside the line of scrimmage (as described above under defense).
- If lined-up over the center, they must adhere to the league rule which allows the center the opportunity to defend themselves from a head-to-head collision.

If a high weight player lines up illegally, the officials will through an illegal formation penalty.

DISCIPLINARY ACTIONS: Any team found to have an Illegal Player, the following actions will take place:

1. Automatic fine of a minimum of \$200.00 and removal. Player Grievance Committee must notify said Franchise of the Player being investigated.
2. Grievance Committee is to investigate and review with the body their findings and suggestions of any additional penalties within 1 week of reported player.
3. If found guilty said team will forfeit all games the player was involved in.

ANY COACH FOUND TO FALSIFY OR ALTER ANY PLAYERS' DOCUMENTS, THAT COACH'S SAID FRANCHISE WILL BE INELIGIBLE TO PARTICIPATE IN ALL LEAGUE STANDINGS AND PLAYOFF GAMES IN ALL WEIGHT DIVISIONS. ADDITIONALLY, THE COACH OR COACHES WILL BE BANNED FROM COACHING IN THE SJIYFA.

RULES FOR IDENTIFYING HIGH WEIGHT PLAYERS

1. High Weight Players Card will be a different Color. Card will be presented at weigh ins and **MUST** be presented at GAMES.
2. During pregame lineup, ALL high weight players must be together on the same side lined up next to each other. **DO NOT** have players interspersed during the lineup. This will make it easy for the other team to make notations of the High Weight Players playing in that game.
3. A helmet sticker will be placed on the back of the helmet as identification. **If the HIGH weight player DOES NOT have a sticker on his helmet, HE CANNOT PLAY! NO EXCEPTIONS OR EXCUSES TO THIS RULE.** Stickers will be a significant color and change to the current helmet. Sticker will be visible on the back of the helmet so the officials can identify those players.