

Central Junior Football League

Where Pride and Practice Become a Way of Life!

Providing Youth Football Opportunities to Children from the following Communities...
Athens - Auburn - Girard - New Berlin - Nokomis - Palmyra - Pawnee - Riverton - Virden – Williamsville

Last Update 7/19/07

Purpose

It is our purpose to promote safe healthy competition, fair play, sportsmanship, physical and mental excellence, a better understanding, and a love of the game of football. It is by our example and encouragement that we can best reach these goals. It is our objective to field teams, as much as possible, that are comparable in size, age, and ability.

Participants

Participants shall consist of individuals in the 4th through 8th grade, which will not turn fifteen years of age prior to September 1 of the season in which they desire to play.

Rosters should be submitted to the website administrator (admin@centraljfl.com) no later than Wednesday, August 22nd. The rosters should include the player's name, number, grade, age as of 8/31 and school district where the player resides.

NOTE: If a player has the opportunity to play in the town where they reside, they must play in that town.

Age

A Level must not turn 15 prior to 9/1

B Level must not turn 14 prior to 9/1

C Level must not turn 13 prior to 9/1

D Level must not turn 12 prior to 9/1

E Level must not turn 11 prior to 9/1

Participants are required to:

Have an athletic physical dated after October 1, 2006.

Be covered by some insurance program, show proof of insurance and complete insurance waiver form.

Be outfitted with football equipment that meets current standards.

Teams

Teams for CJFL play are divided into five classifications for league play as follows: "A" Team (8th Grade) "B" Team (7th Grade) "C" Team (6th) "D" Team (5th) "E" Team (4th)

It is realized that every Town / Team will have years when they may not have enough players in one level to make a complete team and would need to bring players up to complete a roster for the classifications. Bringing a player up is allowable within the rules.

If a grade level is unable to field a team it may be allowed to bring a player down one grade level in order to complete the game. The older players that are being brought down to help complete a game must be disclosed to the opposing coach prior to their entering into the contest. Any team that is required to bring a player down will receive a loss in the standings for that game.

Coaches should reference the purpose of our league and incorporate those thoughts when making up your team rosters for each contest. It is the responsibility of each coach, league official to strive towards;

-- Not having an exceptional player playing more than one game a scheduled date just looking for a victory when another child does not receive playing time.

Team Participants

A Level = 6th through 8th

B Level = 5th through 7th

C Level = 5th through 6th

D Level = 4th through 5th

E Level = 4th Grade Only

Team Weight limits

A Team (150.0 lbs. Limit on Running Backs, Receivers, Quarterbacks)

B Team (140.0 lbs. Limit on Running Backs, Receivers, Quarterbacks)

C Team (120.0 lbs. Limit on Running Backs, Receivers, Quarterbacks)

D Team (110.0 lbs. Limit on Running Backs, Receivers, Quarterbacks)

E Team (100.0 lbs. Limit on Running Backs, Receivers, Quarterbacks)

Weigh In: All offensive set players must weigh in before each game. Home teams will be responsible for weigh in and will be required to allow weigh in until end of the first quarter of the game the player is to play in.

The weigh in should occur at half-time of the preceding game. In other words, 8th grade players should weigh in at half-time of the 7th grade game.

A self calibrated digital scale must be used to weigh the players. The visiting team may bring a self calibrated digital scale to use if the home team's scale is inoperable. The home team will make the decision if their scale is inoperable.

Players may remove their Helmet and Shoulder Pads to weigh in. They are also required to have their shoes and game pants on (with pads) to properly weigh. Note: no sandals are permitted during weigh in.

The above listed categories apply to offensive plays from an offensive set. It is agreed that a defensive recovery or pass interception will be live and may be advanced by any team member involved.

A tight end that is over the above listed weight limit will be allowed to line up at the tight end position, but will not be allowed to catch a pass or take a handoff.

Any player placed in the back two rows to receive a punt or kickoff must be within the weight limitations as well.

At the A level (8th grade) punters and place kick holders must be within the weight limitations.

It is agreed that the player number system will attempt to follow IHSA guidelines for offensive players, lineman, etc.

Game Scheduling

No team will be allowed to participate in more than two games per week. Each week in the CJFL season will begin on a Monday and end on a Sunday.

Defensive Rule Modifications

It is agreed that any defensive player that may perform any defensive take away e.g. fumble recovery, interception, will be allowed to advance the ball until stopped by the opposing team. Any player lined up on the line who receives an errant kick off will also be allowed to return / advance the ball as if a take away possession.

No more than 6 defensive players will be allowed to line up on the line of scrimmage. All other defensive players must line up at least 3 yards from the line of scrimmage. These players will not be allowed to move within 3 yards of the line of scrimmage until the ball is snapped. A violation of this rule will result in a defensive offsides penalty. The offense will have the option to accept the 5 yard penalty or the result of the play. In a situation where the goal line is less than 3 yards from the line of scrimmage, the 2nd row defensive players will be allowed to line up on the goal line. This rule will not be enforced on fourth down.

Punting

Punting at the C, D and E level will consist of a 30 yard walk-off by the referee. During this walk-off the ball will not be placed inside the defense's 20 yard line.

At the B level, the ball will be punted by the offense and fielded by the receiving team. The rush and the return are not live. The ball is spotted where the ball is fielded or where the ball stops. If the long snap to the punter is muffed, the punter should retrieve the ball and return to his original location to punt the ball.

Punts are live at the A level.

Extra Point Kicking

The defense is not allowed to rush on an extra point kick attempt at the B, C, D and E level. The defense may stand with their arms in the air, but no rush is allowed.

At the B, C, D and E level, the holder must field the ball without moving from his holding position. If the holder moves from his kneeling position, the extra point attempt is considered a failed attempt.

Extra point kicking is live at the A level.

Games

One coach will be allowed on the field during the B, C, D and E games to help set up the offense and the defense. His verbal and physical help shall not continue after the offense goes set or during the running of any play. No coaches will be allowed on the field during the A Team games. These are simply guidelines and if a team does not wish to have on field participation they are certainly not required to do so.

3 referees are required at the A, B & C level.

2 referees are required at the D level.

1 referee is required at the E level.

\$1 per child and \$2 per adult should be charged at all regular season games.

\$2 per child and \$3 per adult should be charged at all playoff games.

Time

A Games will consist of Four 12:00 minute quarters. (Running Clock)

B Games will consist of Four 10:00 minute quarters. (Running Clock)

C Games will consist of Four 10:00 minute quarters. (Running Clock)

D Games will consist of Four 10:00 minute quarters. (Running Clock)

E Games will consist of Four 10:00 minute quarters. (Running Clock)

Overtime: One overtime period per regular season game and shall be considered tie if no winner.

Clock will run continuously on all games to be stopped as normal in the last two minutes of the second quarter, and the last two minutes of the fourth quarter.

Each team will have thirty seconds to call and initiate the next play from scrimmage.

Clock will be stopped when a touchdown is scored and in the occurrence of an injury.

Half Time of each game will last three minutes.

Teams who will play in the next game should begin warm up prior to their scheduled games, as time between games should be three to five minutes only!

Time-Outs

Each Team will receive two time-outs per half lasting forty-five seconds in duration. It is agreed that the running clock will be stopped during all time-outs.

Game Ball

At the A level, a youth sized ball is the minimum requirement. At the B, C, D and E level, a junior sized ball is the minimum requirement.

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