

CASPER JUNIOR FOOTBALL

Revised 8-17-20

CJFL JUNIOR DIVISION RULES

SECTION I LEAGUE RULES

Teams will not have high school, college, or professional team names i.e.: Broncos, Patriots etc....

Rule 1 To be eligible for play a boy or girl must be in grade 3 or 4 as of September 1st.

Rule 2 Rosters listing the player's names, addresses, and phone numbers will be prepared for each team by league officials and presented to the head coaches prior to the start of team practices. The CJFL Board will establish the official weigh-in dates. Any player whose weight exceeds backfield limitations (Offensive Rules, Rule 1) shall be designated on the team roster with red striper next to his name. Subsequent additions or changes to the roster must be approved by the CJFL Board.

Rule 3 Eligibility: No boy or girl shall be eligible to play until he/she has been duly registered and he/she is equipped with equipment approved by the CJFL. The CJFL may waive registration fees. All boys and girls must have four (4) non-contact and six (6) additional team practices before he/she will be eligible to play in a game.

Rule 4 Registration: Registration will officially be closed on the date determined by the CJFL.

Rule 5 No awards, trophies, gifts or any other tangible item may be given by anyone or any entity other than the League.

Rule 6 Playing time: All athletes are required to play a minimum of 7. This based on 100% practice attendance per game week. However, the required playing time will be reduced by 2 plays per quarter for a missed practice. For example, if an athlete misses one practice for that game week, the total number of plays required shall be reduced by 2 play per quarter to 5. If a kid misses 2 practices in one week then the minimum playing time is forfeited for that week and any and all playing time will be the coach's discretion. These are the minimum requirements and the remainder of playing time is at the coach's discretion. The board may lower the required plays for individuals on a case-by-case basis.

Any violation of the mandatory playing time policy by a coach during a game will result in a 9-yard unsportsmanlike penalty assessed at the start of the following quarter. Three infractions of this rule during the season will result in the suspension of the head coach until an investigation is completed by the board at which time the board can elect to reinstate the head coach or suspend the coach for the remainder of the season.

Rule 7 Any and all coaches are required to be respectful and practice good sportsmanship towards all officials and CJFL Representatives. At any time if a coach is deemed to be out of line towards any of the above, that coach shall be removed from the CJFL activity until further notice.

SECTION II CONDITIONING WEEK

Rule 1 Procedures for conducting conditioning week will be designated by the League. The first 2 non-contact practices will be designated as the conditioning week. Conditioning week and the following four practices will comprise training camp. Training camp may be extended at the discretion of the League Board or the coaches. Preseason camp shall be considered part of the three required days of conditioning.

Rule 2 The league Coaching Coordinator will be responsible for conducting conditioning week.

Rule 3 Conditioning will consist of a minimum of 4 two-hour sessions. Each player is required to have 10 practices (including the four conditioning practices) prior to playing in their first game.

Rule 4 Players will be required to wear all regulation equipment that is designated during conditioning week by the coaches.

Rule 5 The 4 conditioning practices are no contact practices. No contact is defined as any physical contact of any nature with another player.

Rule 6 Any violation of conditioning rules will result in responsible parties being suspended without warning.

SECTION III DRAFT RULES

The drafting of teams will take place after training camp has been completed and will be conducted by the Board of Directors. The draft will consist of 4 groups, 1st year players, 2nd year players, 3rd year players and 4th year players. Each group will be separated into categories; “red stripers” list and non “red stripers” list. Each category will be drafted separately. The draft order will be flipped for each draft Ex: (Striper draft order Team 1, Team 2, Team 3) Non-Striper draft order Team 3, Team 2, Team 1). The Board will not take requests for athletes to be placed on the same team with the exception of coach’s children or those with mitigating circumstances that have prior approval from by the board.

SECTION IV PRACTICES

Rule 1 The league will schedule all practice time and locations for the duration of the season. No coach is permitted any outside practice without the approval from the Board of Directors.

Rule 2 Coaches will coordinate with the coaching coordinator for team practice times and locations.

Rule 3 Limit: The football week will begin on Monday and end on Thursday. Each team is limited to a maximum of four playing periods per week. A playing period is hereby defined as a practice or game in which the players are engaged in organized practice or play. The maximum playing periods per week can be extended with prior approval from the board and only during tournament settings.

Rule 4 Length of practice: Length of a practice session shall not exceed two (2) hours.

Rule 5 Upon the first infraction of the above rules, the coach will be given a warning; upon the second infraction, the coach will be dismissed.

Rule 6 Players are required to wear all regulation and approved equipment during practices.

SECTION V PLAYING FIELD

Rule 1 Size: The playing field shall be 60 yards long and 36 yards wide, excluding end-zones 10 yards (5 yds. each) behind the goal lines.

Rule 2 Marking: The 60-yard playing field will be properly marked at 5-yard intervals with out of bounds marked on one sideline and one hash mark for all games.

Rule 3 A down box and a 6-yard chain shall be supplied by the CJFL for each game. The officials shall have the right to insist on an adult line and make any changes in the line crew at any time during a game.

SECTION VI GAME RULES

Rule 1 Official Rules: Where applicable and with the changes and additions listed herein, the official rules will be the rules of the National Federation of State High School Athletic Association.

Rule 2 Game Officials: Two paid or volunteer officials will be supplied for games if available. **If officials are not available, assistant coaches or parents must volunteer or the game will be cancelled.** In the event that only 1 official is available for the game, 1 assistant per team will be required to ref. **If the assistant refuses then that team will forfeit the game.** No protests shall be considered regarding judgment call insofar as the outcome of any game is concerned.

Rule 3 Length of Game: Each game shall consist of four, 15-20-minute quarters. Each quarter will be a running clock with no stoppage, except for a time out or injury. The clock will be stopped in the last 2 minutes of the 2nd & 4th quarter for normal football rules (out of bounds, dropped pass, etc..) if the game is within 14 points. The length of the quarters can be adjusted at the board's discretion at any time. Quarters can also be shortened in a game if the game is considered to be a blowout (more than 30 points in any quarter). This will be the head official's decision. If a game is more than 30 points at any time the clock will continuously run regardless of timeouts or injuries, no exceptions.

Rule 4 Overtime will not be played for a regular season game. Overtime will be played only for tournament or championship games until a winner is declared. In the event overtime is needed, it will consist of four offensive plays from the 6-yard line in a goal line situation. Each team will have the opportunity to have the ball on offense. If any team scores and the other fail to match it, the game will be over and the winner declared. This format will be repeated until a winner is determined. A coin flip will determine which team will have the opportunity to be offense or defense first. All official game rules will apply during the OT period(s).

Rule 5 Offensive or Defensive off sides will result in a 3-yard penalty to be assessed against the team that committed the penalty.

Rule 6 Position of Ball at Start of Play: Kickoff, 23-yard line; try for 1 point after touch down, 2-yard line. Try for 2 points after touch down, 5-yard line.

Rule 7 One point shall be scored for any successful extra point from the 2-yard line and 2 points shall be scored for any successful extra point from the 5 yards.

Rule 8 Penalties: All penalties in the official high school rules, shall be reduced to 60 percent of their stated value, i.e., 15 yards will be 9 yards, 5 yards will be 3 yards, etc.

Rule 9 Official Game Time and score: Official game time will be kept by the Visiting team. The time/score keeper shall be on the game field at all times behind the offense. No exceptions.

Rule 10 Chain Gang: The home team will be responsible for getting volunteers for the chain gang.

Rule 11 Ball: Junior size ball.

Rule 12 Cleats: Rubber cleats, which are an integral part of the rubber sole, are recommended, but any other type of cleat is prohibited.

Rule 13 Mouthpieces: Mouthpieces are required. **Mouth pieces cannot be cut off, they must be attached to helmet at all times.** If a player does not have mouth piece in when the ball is snapped there will be a 5-yard penalty assessed.

Rule 14 Postponed Game: Postponed games will be rescheduled by the League.

Rule 15 Keeping Order: Each team shall be responsible for keeping the spectators orderly, off the playing field, and behind the spectator's boundary. Parents and spectators are urged to encourage their teams by cheering them on. Attempting to coach or instruct from the sideline or shouting in abusive language at players, officials or other spectators are strictly prohibited, and violation shall result in the IMMEDIATE removal from the field by the officials, a present board member, and or the coaches.

Rule 16 Officials will enforce official high school rules pertaining to coaches and players boundaries and conduct. Coaching from the sidelines by the team coaches will be permitted. In addition, one coach will be allowed in the offensive backfield and one in the defensive backfield staying at a minimum 10 yards from the line of scrimmage. A 3-yard penalty will be assessed to any coach inside that boundary when the official sets the ball for the play to begin.

Rule 17 The play clock will be enforced for the first regular season game. Coaches will be notified when they have exceeded 40 seconds. In subsequent games, delay of game shall be penalized if 40 seconds over elapses after the ball has been marked ready for play by the official.

Rule 18 Timeouts: There will be two total timeouts per team per half. In the event of an OT, there will be one timeout awarded to each team per OT period.

OFFENSIVE RULES

***Each year the Board of Directors reserves the right to experiment with and change and offensive Rules as the Board of Directors deems necessary to improve the play and fairness of the Casper Junior Football League.**

Rule 1 Backfield Limitations: Players eligible to play a position in offensive or defensive backfields shall not exceed 85 lbs. Any player whose official weight, as determined at scheduled weigh-in, exceeds 85lbs shall be designated by a red piece of tape, 1 inch in width, placed over the center line of such players helmets, such players hereafter referred to as “red strippers”. However, the Board of Directors may change the minimum weight limit of the “red stripper: after evaluations but before the team draft, to allow for an adequate number of “red strippers” per team. Any willful removal of the tape by persons other than members of the CJFL shall be cause for dismissal from the program. Once a player has been designated a red striper, he/she will remain so designated for the duration of the season. Each player so designate shall not advance the ball on any predetermined offensive play **EXCEPT** as the result of a recovered fumble or interception.

- There is no rule stating on what type of stance the line has to be in, it can be either 2,3 or 4

Rule 2 Halfbacks and fullbacks cannot be “Red Strippers”.

Rule 3 Flanker/Slot/Wide Receivers cannot be a “Red Striper”.

Rule 4 Tight Ends can be a Red Striper but are not eligible to receive a pass”.

A. Black strip rule: Kids weighing more than the minimum “red stripe weight” set by the board and weighing up to 95 lbs. will be marked with a “black strip on their helmets. Those marked with the black strip are eligible to play TE and eligible to receive a pass only to advance the ball. The board has the right to adjust this weight before the draft to coincide with the minimum weight for “red strippers”

Rule 5 Quarterbacks who are not Red Strippers may advance to ball past the line of scrimmage and their play is not restricted in any way

RED STRIPERS MAY PLAY THE QUARTERBACK POSITION, but are limited by the following rules of play;

1. The Red Striper quarterback must be receiving the direct snap from the center, either under center or in the shotgun formation (no direct snaps to a running back if a Red Striper is the quarter back)
2. The Red Striper Quarterback must either pass the ball or hand the ball off.
3. The Red Striper Quarterback CAN NOT advance the ball past the line of scrimmage under any circumstances. If the Red Striper Quarterback advances the ball past the line of scrimmage, there will be a 9-yard penalty assessed and the offense will replay the down.
4. The Red Striper Quarterback may scramble (behind the line of scrimmage) to elude would be tacklers, in order to hand the ball off or to complete a pass to an eligible receiver.

Rule 6 Punters and kickers may be a “Red Striper” but are not allowed to advance the ball past the line of scrimmage under any circumstance or pass the ball.

Rule 7 Blocking: Pulling of lineman, Straight man on man blocking, double-teaming, cross blocking is allowed. Chop blocking, crack back blocking is **NOT ALLOWED**.

Rule 8 Shifting of players: One player will be allowed to go into motion prior to the snap of the ball. Players eligible to go into motion shall be any player in the back field or wide receiver. No offensive lineman, to include the tight ends will be allowed to go into motion.

DEFENSIVE RULES

***Each year the Board of Directors reserves the right to experiment with and change any Defensive Rules as the Board of Directors deems necessary to improve the play and fairness of the Casper Junior Football League.**

Rule 1 There will be no blitzing allowed on defense. For CJFL purposes, a blitz will occur **when more than five players or a player outside of the offensive tackles or tight-ends** crosses the line of scrimmage prior to either:

- The exchange of the ball from one offensive player to another
- Forward movement by the quarterback. (Should the quarterback move laterally or forward immediately following the snap, that motion will be considered forward movement, (a bootlegging QB will be considered a runner, a play action pass shall be considered a forward or lateral movement)
- The penalty for blitzing is a 9-yard penalty assessed to the defense for every violation of this rule.

Rule 2 Linebackers must be minimum of 4 yards off the line of scrimmage. There is no minimum distance from the line of scrimmage for linebackers when the line of scrimmage is within 4 yards of the goal line on the defensive side of the ball. Example: From the 4-yard line and in the linebackers may stand with their heels on the goal line.

Rule 3 No stunting is allowed at any time. At no time will a defensive lineman be allowed to line up directly over the offensive center. Defenders may be lined head up on the offensive guards. A defensive lineman's fist moves CAN NOT be into the "A" gap, or the defensive lineman's first contact CAN NOT be with the offensive center.

Rule 4 Alignment of defensive backs (cornerbacks, CB) defined. When the offensive formation incorporates a split end(s), (wide receivers(s)), CB's will line up over (within 3 yards inside or outside shoulder of the WR and a minimum 2 yards off the line of scrimmage). In the event the offensive formation does not incorporate a WR(s), the CB may line up no closer than 5 yards from the outside shoulder of the offensive TE and no closer than 2 yards back from the line of scrimmage.

Rule 5 No more than 5 defensive linemen can be lined up on the line of scrimmage at one time. The center cannot be covered at any time. The innermost defensive lineman can not be lined up closer than head up on the offensive guard at any time. When a defense has 5 linemen, the defense is permitted to have 3 to one side. If the 3 linemen are on a side without a TE, the DE cannot be lined up more than 1 arm length away from the end of the offensive line. For CJFL purposes a wing is considered a TE for alignment purposes.

- If an offensive team chooses to go to narrow splits (foot to foot) please be aware that the officials will not call an A gap penalty on a defensive lineman. Foot to foot spacing is very difficult to judge if there is someone lined up in the A gap.
- There is no rule on what type of stance a player deemed on the line has to be in. They can be in either a 2,3- or 4-point stance.

SPECIAL TEAM RULES

Rule 1 On kickoff returns and punt returns, "Red Strippers" must be on the front line, i.e.; on kickoff return he/she must be between the 25- & 27-yard line." Red Strippers" may return the ball if they receive it between the 25- and 27-yard line. The kickoff will be from the X on the field or the 23-yard line.

Rule 2 Rushing the punter: After the offensive team has declared to punt, no defensive rush will be applied. After the ball is snapped, the defense may fall back. The offensive team cannot leave the line of scrimmage until ball has been kicked.

Rule 3 Kneeling of the ball: If a team decides to kneel the ball, that coach must declare with the officials and the opposing coach prior to the play. That play will be considered a dead ball play. . The defense is permitted to align up properly, but upon the snap, there will be no rush by the defense.

Rule 4 Safety: In the event of a defensive safety, the defensive team will be awarded 2 points and the ball. The offensive team that conceded the safety will have a free kick that may be either a punt, place kick (kickoff) or drop kick from the 10-yard line. No onside kick will be permitted on a safety kick.

Rule 5 Kickoff: High School rules will apply. If the ball is kicked out of bounds prior to being touched by the receiving team, the ball will be placed at the spot that it went out of bounds, or 15-yards from the spot of the kick, whichever is more advantageous.

Rule 6 Point after touchdown: In the event that field goals are available. A field goal attempt is worth 2 points on an extra point attempt and a try with an offensive play is worth 1 point. This is a dead play.

Rule 7 Field Goal: In the event a team tries a field goal, field goals are a dead play. If the field goal is made then normal kickoff rules follow. If the field goal is missed, the ball will be spotted such as a touchback at the 12-yard line in the event that the field goal is outside the 12-yard line. If the ball is inside the 12-yard line, the ball will be placed at the original line of scrimmage?