

Campbell County Junior Football

It is important that you as coaches and officials read and understand these rules. If you have any questions or suggestions, please contact any of the board members of CCJFA. We want to remind everyone that this is junior football, and the league is designed to build a basic understanding of football, so our players are prepared to make the next step to junior high football. We stress safety, sportsmanship, and teamwork.

NFHA rules will apply with the following exceptions:

1. Player weight limits:

- a. 3rd /4th Grades: Any player over **90 pounds at equipment check-out** will be ineligible to advance the ball or be lined up in the offensive backfield.
- b. 5th /6th Grades: Any player over **120 pounds at equipment check-out** will be ineligible to advance the ball or be lined up in the offensive backfield.
- c. Those players weighing over these designated weights may line up as an eligible receiver on the line of scrimmage and receive a pass, but the ball cannot be advanced from the point of the reception.
- d. The rule does not apply to defensive players.
- e. **Players over the weight limits will have red tape lines on their helmets.**
- f. Red stripes shall be extended from the front to the back of the helmet.

2. Playing field dimensions:

- a. CCJFA fields are all 100yd and full sized.

3. Kick-Off:

- a. Both divisions will kick off from the 50-yard line.
- b. Front players on the return team will line up on their own 40-yard line in both divisions.
- c. A kicking team that is ahead in score can not obtain initial possession of a kickoff regardless of the distance traveled by the football.

4. Extra Points.

- a. The ball will be placed at the 3-yard line.
- b. Extra points will be worth 2 if kicked and 1 if ran or passed.
- c. Defensive players may not move on a kick (**3rd & 4th only**), other than jumping straight up and down in place.

5. Teams will change the direction of play and defending end zones at the end of each quarter.

6. **Game Timing:**

- a. Quarters will be 10 minutes in length, with a 5-minute halftime.
- b. The Head Referee will keep the time.
- c. The clock will run continuously except for the following:
 - i. Entire game:
 1. Time-outs
 2. Injury
 3. Kickoffs (not punts)
 - ii. Final 2 minutes of 2nd & 4th quarters:
 1. Incomplete pass
 2. Play goes out of bounds
 3. Change of Possession
 4. Time-out
 5. Injury

7. **Penalties:**

- a. All penalties will be marked off in increments of 5, 10, and 15 yard increments.
- b. 2 unsportsmanlike conduct penalties in one game will result in an ejection.

8. **On Field Coaching:**

- a. 3rd /4th Grades: 1 coach may be on the field at all times for entire season.
- b. 5th/6th Grades: 1 coach may be on the field at all times for the 1st and 2nd games of the season only.
- c. There can be a maximum of 5 adults in the box on the sidelines. The intent is for it to be a maximum of 4 coaches and a team representative to keep track of playing time.

9. **Defensive Line of Scrimmage/Blitzing:**

- a. The line of scrimmage extends from sideline to sideline.
- b. Teams must have a minimum of 3 players on the defensive line of scrimmage and a maximum of 5 (except in goal line situations). When the line of scrimmage is on or less than the defending team's 10-yard line, defenses may place 6 players on the line of scrimmage.
- c. Defensive linemen that are aligned on or inside the offensive tackles must be in a down in a 3- or 4-point stance. Other players aligned outside of the offensive tackles may elect to be in a 2-, 3-, or 4-point stance.

- d. **(3rd/4th ONLY)** All players lined up on the defensive line of scrimmage must be down in a 3- or 4-point stance, no matter where they are lined up on the defensive line of scrimmage.
- e. All other players must be lined up at least 3 yards off of the defensive line of scrimmage and are eligible to blitz. Cornerbacks are allowed to be on the line if they are lined up on a split\wide receiver.
- f. **(3rd/4th ONLY)** No blitzing/rushing on extra points, field goals, or punts.
 - 1 Violation of this rule will be a 15-yard penalty from the previous spot.

10. **Time-Outs:**

- a. Each team will have **2 sixty-second time-outs per half.**
- b. Any team leading by 14 points or more, at or inside the 2-minute mark of the 4th quarter and when they are in plus territory, will not be allowed to call a time out. This will be viewed as an unsportsmanlike penalty.

11. **Punt Rule:**

- a. **(3rd & 4th only)** Teams must declare on 4th down if they intend to punt or go for the 1st down.
- b. **(3rd & 4th only)** There are no fake punts.
- c. **(3rd & 4th only)** Players on both sides of the ball may not move until the ball is kicked.
- d. **(3rd & 4th only)** If the snap is bobbled or dropped, the punter will be allowed to gain possession and complete the punt.
- e. **(5th & 6th only)** The defense can rush up to 5 down linemen. None of which can cover up or initiate contact with the center. Punt team (or any punt formation) must have personal protector or up man for protection of punter.
- f. **(5th & 6th only)** Red striped players can punt, however if a red stripe is lined up as a punter, fake punts are not allowed.

12. **Field Goals:**

- a. Must be declared for all leagues
- b. No fake field goals.
- c. **(3rd & 4th only)** No rushing on field goals.
- d. **(3rd & 4th only)** If snap is bobbled or hits the ground the holder is allowed to gain control, place the ball, and allow the kicker to complete the attempt.
- e. **(3rd & 4th only)** Defensive players may jump up and down in place during the kick but may not advance towards the line of scrimmage.
- f. **(5th & 6th only)** The defense can rush up to 6 down linemen, None of which can cover up or contact the center. No other players can blitz.

13. **Huddles:**

- a. Play clock will be **40 seconds timed from the spot of the ball.**
- b. Violation of this rule will be delay of game and 5 yards..
- c. Head Ref will give 10 second warnings.

14. **Abuse:**

- a. Any coach, player, or family member verbally abusing an official or coming onto the field during games will result in a 15-yard Unsportsmanlike conduct penalty.
- b. A 2nd offense will result in person(s) removal from the facility.
- c. Any physical abuse or assault will result in notifying the authorities, filing of and permanent ban from the facility.

15. **Playing time:**

- a. The intent is that all players receive relatively equal playing time, measured by number of plays on the field.
- b. **It is the Head Coach's responsibility to appoint a team representative to monitor this during all games, and this can be checked at all times.**
- c. Manipulation of this rule will not be tolerated, and can result in a 1 game suspension of the Head Coach
- d. The Board realizes the importance of player safety and will support decreased playing time because of lack of practice attendance on a case-by-case basis.
Coaches must communicate the issues to the Board.

16. **Offensive Line:**

- a. Must be a minimum of 5 linemen on the offensive line of scrimmage.
 - i **(3rd & 4th only)** Linemen and Tight Ends must be in a 3- or 4-point stance.
 - ii **(5th & 6th only)** Linemen may be in a 2-, 3-, or 4-pt stance.
- b. Split ends are allowed to be in 2-point stance.

17. **Practices:**

- a. Minimum of 2 practices per week.
- b. Maximum of 2 hours per practice session.
- c. Maximum of 6 hours per week after school starts.
- d. There will not be any two-a-days allowed.
- e. Any practices on Wednesdays are to be optional. Kids that do not participate due to religious events will NOT be penalized in any way.
- f. No Practices on Sundays.
- g. All teams must hold 2 complete practices without pads. Helmets are allowed.
 - i. The WY/SD Elite Football Camp can be counted as one practice without pads for those athletes that participate.
- h. All players must participate in 2 formal team practices in full pads before eligible to play in a game.
- i. Practices both formal and informal may not commence prior to the official league start date.
- j. Violation of practice rules may result in the immediate replacement of Head Coach.

18. **Officials:**

- a. A CCJFA board member will serve as Head Referee, and timekeeper.
- b. The Head Referee will have final say on all rulings.

19. **Mercy Rule:**

- a. After a 28-point lead is accomplished, the trailing team must score on their next possession, or score is frozen and time runs continuously even through final 2 minutes.
- b. Once "mercy rule" has kicked in, leading team must:
 - Run the ball (no passing).
 - Punt or kneel on 4th down.
 - Not use a timeout
- c. Once the "mercy rule" has kicked in, no kickoffs will take place. Instead, the receiving team will start offensive play at their 40-yard line.

20. **Overtime regular season:**

- a. Each team will get one offensive possession per overtime with the ball to be spotted at the 10-yard line. Selection of first offense and defense will be by coin toss (visiting team gets to call).
- b. Turnovers are a dead ball change of possession in OT.
- c. Overtime will be played on one side of the field chosen during the coin toss.
- d. There will be a maximum of two overtimes played except during tournaments.

21. **Player Equipment Rules**

- a. All mouthpieces must be connected to the helmet.
- b. Mouthpiece infraction will result in a 5-yard penalty.
- c. Clear helmet visors are allowed.
- d. Tinted helmet visors are PROHIBITED.

The ultimate goals of the league are the players to:

- **Gain a basic understanding of the fundamentals of football □ Prepare them for the Junior High level.**
- **Make lasting memories and friendships.**
- **Have Fun!**

Please don't try to make this about anything other than those simple things and everyone will have a great time!!