



MISSION STATEMENT:

The North Sound Junior Football Leagues (NSJFL) mission is to provide youth in Western Washington the opportunity to participate in a safe tackle football. We are a "High School Feeder" model youth football league in which our member organizations are committed to providing an opportunity for every youth participant, ages 5-14 to learn the game of football, while focusing on maximum community participation and collaborating closely with their local high school football programs. Each local organization operates independently and cooperatively with each other to provide a positive athletic experience for each participant and to allow each participant to play in a youth football league that is competitive and fair.

SECTION I - NSJFL ADMINISTRATION

1. NSJFL will be comprised of organizations that are independent with their own board of directors and financial resources to fund their own program. The board of directors must include at least a president, secretary, and treasurer. (Or equivalent title)
2. All NSJFL members must sign the "**Compliance Agreement**" clause in **Section XV** of this document. Failure to sign this agreement will result in the exclusion of the organization from the NJFL.
3. The name, North Sound Junior Football League refers to the league. Organizations operate under their own name with their own identity. NSJFL allows organizations and their franchises to share in the planning and decision making while playing under the same rules and regulations.
4. The NSJFL will consist of each member organizations president or designee, as well as the Board. The NSJFL Board will also participate in other areas as outlined in Sections VII, XI, VII, XII, XIV.

The 2022 voting organizations:

- **Arlington (Eagles)**
- **Lake Stevens (Vikings)**
- **Kamiak (Fighting Knights)**
- **Mariner (Marauders)**
- **Marysville (Chargers)**
- **Meadowdale (Mavericks)**
- **Monroe (Bearcats)**
- **Snohomish (Panthers)**
- **Stanwood (Spartans)**
- **Tulalip/Marysville (Hawks)**

The 2022 non-voting organizations (Section I, Voting Rules #3):

- **Cascade (Bruins)**
- **Everett (Seagulls)**
- **Glacier Peak (Grizzlies)**
- **Lynwood (Knights)**
- **Mountlake Terrace (Hawks)**
- **Sultan (Turks)**



Voting Rules:

1. The following league structural items will have a house voting model of one vote/team fielded in the league the previous season by the voting franchise and **require a super-majority to change:**
 - a. Division Ages (Pee-Wees, 89ers, Juniors, Bantam, Seniors)
 - b. Unlimited Weight Model
 - c. Franchise boundaries aligned with high school boundaries (Feeder Model)
 - d. Franchise development of rosters (NO league rules imposed)
 - e. Minimum Playtime Rules at the League Level (no league rules imposed)
 - f. Implementation of a re-calibration scheduling model with bowl games (it would take a super-majority “house” vote to remove model...how it is implemented will be based on simple majority vote - 1 vote/franchise).
2. All other items will be simple majority vote. Each organization which holds an independent 501(c)(3), shall have one vote. If no 501(c)(3), then no voting privilege. Simple majority shall prevail. In event of a tie, league president breaks the tie. If co- presidents, the co-presidents must agree to break tie.
3. Any current NSJFL organization that has missed two or more meetings in a row will forfeit their voting rights for the season. Any current NSJFL organization that has missed two or more meetings in a row after the halfway point will forfeit their voting rights for the following season. (Voted in Jan/2019 14Yes-0No)

North Sound Junior Football League Board

1. **NSJFL President** – The president will preside over league meetings and mediate grievances brought to the league. The president will also work with NSJFL Board members and organizations members to ensure all league requirements will be followed and all organizations are clear as to what the requirements are. The president will have no vote in any league matter with one exception; If a vote results in a tie, then the president will cast the determining vote.
2. **Vice President of Scheduling (VP-S)** – The VP-S will work with participating NSJFL organizations to secure qualified fields for all NSJFL games, develops the schedule for the season, and implements recalibration and post-season schedules based on the NSJFL rules and bylaws. The VPS may also collaborate with each member organization field manager to ensure all field requirements are met. The VP-S will have no vote in any league matter.
3. **Vice President of Referees (VP-R)** – The VP-R will secure qualified referees for all NSJFL games. The VP-R will collaborate with the official’s association representative to ensure all fees are paid, all schedules agreed to, and all requirements are met. The VP-R will collaborate with the President on league matters. The VP-R will clarify NSJFL rules to member organizations and their coaches when questions arise concerning a rule or regulation. The VP-R will have no vote in any league matter.
4. **Vice President of Field Supervision (VP-FS)** – The VP-FS will work with participating NSJFL organizations to ensure each member organization understands the roll of the field supervisor and ensures that each participating organization schedules field supervisors for each game they host during all regular season and post-season games. The VP-FS will have no vote in any league matter.
5. **Vice President of Compliance (VP-C)** – The VP-C is responsible for the compliance of all rules set forth by the NSJFL for all league member organizations and teams representing each member organization. In coaches’ meetings the NSJFL will outline the NSJFL rules package as well as the Code of Conduct to ensure every coach fully understands what is expected in NSJFL. The VP-C will have no vote in any league matter.



6. **Vice President of Jamboree (VP-J)** – The VP-J is responsible for coordinating the NSJFL Jamboree for that season and to ensure there is an appropriate facility reserved to host the event. The VP-S will generate the Jamboree schedule in conjunction with the VP-J. The VP-J will have no vote in any league matter.
7. **Vice President of All-Star Event (VP-ASE)** – The VP-ASE is responsible for coordinating the NSJFL All-Star Event for that season and to ensure there is an appropriate facility reserved to host the event. The VP-ASE will have no vote in any league matter.
8. **Treasurer** – The treasurer is responsible for assisting in any financial matters regarding the league. The treasurer will have no vote in any league matter.
9. **Secretary** – The secretary is responsible for taking notes during league meetings and helping with any communications to the member organizations. The secretary will have no vote in any league matter.
10. **Webmaster** – The webmaster ensures the league website is up to date, including adding schedules and standings information on a timely manner. The webmaster will have no vote in any league matter.
11. **Organization Head-** All independent organizations Presidents (or equivalent title) will automatically be a voting member of the NSJFL board and represent their organization at all NSJFL meetings.
12. **NSJFL Board Meetings** – The NSJFL board will hold meetings the first Sunday of the month, no less than every other month. A special August meeting will take place with all organizations to create a game schedule for all levels of play.

Note: It is up to the organization to contact a league official when a question arises, or a situation develops. Member organizations hold responsibility to support the league when other organizations need help with an answer. Do not always assume that every member organization interprets rules, codes or protocol the same as you do. Talking is the best way to keep informed.

SECTION II - FRANCHISE COSTS

1. There will be no yearly fee to be a member of the NSJFL Football League.
2. Each NSJFL Football organization will pay their share for officials based on the number of teams they field for the current year. The per team charge will be the total overall cost divided by the total number of teams in NSJFL. That figure will be multiplied by the total number of teams that an organization fields in NSJFL for the total organization cost. The VP-R will calculate each organizations officials cost and communicate and collect payment from each member organization. The VP-R will then deliver these checks to the Snohomish County Officials Association (SCFOA). Timely payment to the SCFOA is critical for our league to be able to maintain the working relationship with the officials we need to offer great football to the youth of Snohomish County. If an organization is late in making payments, they are subject to being put on probation for a period of one year.
3. Each NSJFL organization will pay their share for services or merchandise considered a combined league wide cost agreed to by the NSJFL board. These costs could include Advertising, Trophies, Apparel, Banquets, or any costs where all organizations participate and benefit. It will be based on the number of teams they field for the current year. The per team charge will be the total overall cost divided by the total number of teams in NSJFL. That figure will then be multiplied by the total number of teams that an organization fields in NSJFL for the total organization cost. The organization will then pay the NSJFL treasure that will in turn pay the costs with one check.
4. Hosting a NSJFL Jamboree will rotate between organizations. This event is a league wide event, so therefore, all “hard” costs associated with the event (facility costs, utility costs, etc.) will be shared by all teams participating in the NSJFL for that season. Each organization will have the option to have concessions (or a revenue generating “booth”) at the Jamboree, but in exchange, must also assist the hosting organization with volunteers to assist in running the event. If an organization does not want to provide volunteers, they lose their right to have a booth at the event but must still participate in the shared costs of the event.



5. Hosting a NSJFL playoff event, bowl event, or championship event will rotate between organizations. If an organization is unable to take their turn for the current year, any other organization may volunteer to host these events if they choose. If an organization hosts a championship or post season competition at their home field, that organization will pay those fields costs unless otherwise agreed to by the other members of the NSJFL. They will keep all revenue generated at those games by their own concessions, their own merchandise, or other means. The host team will allow any visiting organization to set up a booster area to foster team spirit.
6. All home field costs are the responsibilities of each organization, which secure those fields.

SECTION III - ORGANIZATION ELIGIBILITY

1. NSJFL will be comprised of independent organizations playing together as a league. Any organization that wishes to play in NSJFL will be welcome to join as a member organization if agreed upon by a vote of current NSJFL board.
2. Any vote on a new organization admitted to the league will be taken after a current season but before a new season. A simple majority vote is needed to accept a new organization into NSJFL.
3. Each new member organization will be on a one-year probationary season. At the end of the probationary season the league members will then take a vote at the December meeting. A majority vote will be required to give the new member organization permanent status.
4. No organization may be expelled from NSJFL without a majority vote by the NSJFL board. This vote will take place at the last meeting of the year in November. The President will make this motion for expulsion.
5. For NSJFL organizations, Team Liability/Medical insurance is mandatory. Proof will be provided to the President on or before Jamboree
6. A vote to expel an organization can be called only after these conditions are met:
 - a. An organization shows a repeated disrespect for the rules and codes set forth in the NSJFL or takes action(s) that compromise the integrity of the league. This can be quantified by an unusually high number of grievances brought against an organization and formally submitted to the President.
 - b. The President makes repeated attempts to get the offending organization into compliance and the offending organization refuses to correct the problems.
 - c. At the November meeting with the NSJFL Board attending. The issue is debated and discussed with the NSJFL Board and organization in question. An agreement can be reached to correct the problems, or the President will call a silent majority vote if no agreement can be reached. The result of the vote will be final.
 - d. If an organization is expelled, a letter from the President will be sent to the expelled organization president detailing the reasons.
 - e. An expelled organization can re-apply for membership after a one-year period has gone by.

SECTION IV - PLAYER DIVISIONS, PLAYER ELIGIBILITY, ROSTERS, COACHES ELIGIBILITY

1. **NSJFL DIVISIONS** - will be based on the following (5) determined by Grade, with exceptions noted in Section IV #4. The Players grade will be determined as the grade entered in September of the current year.
 - A) Grade vs. Age Variance- A player may play up a grade but not down.

* Peewees - K, 1st, 2nd

* 89'ers. -3rd, 4th



- * Juniors - 5th, 6th
- * Bantams - 7th
- * Seniors. - 8th

2. Required Documentation for Each Players Registration:

- a. **School Report Card or Letter signed on original letterhead from school.**
 - b. **Copy of Utility Bill with Parents/Legal Guardians name on it or proof of address.**
 - c. **For players attending school within a NSJFL organization boundaries but resides outside of that boundary, official variance documentation will be required.**
3. 7th & 8th graders will be allowed to play in NSJFL while playing for their local school as long as they meet all league rules and requirements.
 4. Weight Limits- There will be no weight limits for each division!
 5. A player can play in only one division and on one team per season.
 6. All official rosters, **Form 105**, will be set by the Friday before the second regular season game. No additional players may be eligible if not on the final Form 105 submitted by the due date. A signed copy must be on file with the NSJFL President by that date. Head coaches must have their team's official roster with player's name, grade, age, and game jersey number available on game day to verify player's eligibility if needed. Only the opposing head coach can challenge a player's status. The head coach must then follow the protest and grievance rule, Section VII, 10.1 of these documents.
 7. All coaches must submit to a Washington State background check before having contact with players. Proof of this must be on file with the organization head. All head coaches are **required** to be trained in CPR and First Aid and hold a valid current card. They will have a properly stocked first aid kit on the sidelines of all NSJFL games and practice. Coaches may be expelled from NSJFL for not always having the proper first aid kits available.
 8. All NSJFL coaches are required to attend the preseason coach's orientation meeting. All sideline passes will be issued to the coaches by their respective organizations. Each coach must be familiar with and in compliance with all NSJFL Rules, Regulations and Codes of Conduct as a condition to being issued a sideline pass. No one is allowed on the sidelines of any NSJFL game without an approved sideline pass. The meeting will be held prior to Jamboree of the current football season.

SECTION V - BOUNDARIES

1. Each organization must field teams where the players on those teams reside within the boundaries of the high school they represent. If not, they must meet the eligibility criteria outlined below:
 - In an "Open Enrollment" school district, a player and/or immediate family member must attend a public school which will eventually feed into their respective high school.
 - In schools considered "Non-Open Enrollment," players attending a public elementary or middle/junior high school within the boundaries of a NSJFL participating school, but not residing within the school's boundaries, are eligible to play for the NSJFL team which their current school feeds.
 - A player who resides within a participating organizations school boundary but attends school in another participating organizations school boundary is deemed eligible to play for either of the organizations of their choosing.
 - A player who resides within a participating organizations school boundary but attends a school outside the boundaries of any organization within the NSJFL is deemed eligible to play for the organization that they reside in.



- A player whose parents share custody where one parent resides within the participating organizations school boundary and the other parent resides within another participating organizations school boundary is eligible to play for either of the organizations that their parents reside in of their choosing.
- A player whose parents share custody where one parent resides within the participating organizations school boundary and the other parent resides outside the boundaries of any organization within the NSJFL will be deemed eligible to play for the organization that their one parent resides in.
- All eligible players for a NSJFL participating private school program must currently attend their respective private school at the elementary or middle/junior high school level.
- A player attending a private school but living within the boundaries of a public high school may represent the public school in league play if the Eligibility Committee approves the roster. These cases must be brought to the Committee's attention and approved before the player in question participates in a NSJFL game.
- A player attending public school may not represent a private school in league play. In addition, a player attending a private school may not represent a separate private school in league play.
- For organizations that have recently added a new high school within their school district, that organization is allowed to operate under its current structure until such a time that the organization decides to establish a new program for the new high school.
- If one of these "grandfathered" players decides to play for the organization that they reside in, play for an organization outside of the league, or choose not to play for a season at any point going forward, they will no longer retain their "grandfathered" eligibility.
- Any out of district player may play for a neighboring organization if the players district does not have a submitted team for the current season once the request has been submitted by the incoming organization to the Eligibility Committee and approved. (Voted in 3-2019 10Yes-4No)

2. **Waivers - Each team can have a maximum of 2 players on their roster/season from outside their boundaries. Waivers cannot be traded.**
3. If a new high school program is rolled out within a school district, any player playing for a "legacy" programs team will be deemed "grandfathered" and allowed to finish their playing time in the league for that programs team. If one of these "grandfathered" players decides to play for the organization that they reside in, play for an organization outside of the league, or choose not to play for a season at any point going forward, they will no longer retain their "grandfathered" eligibility.

SECTION VI - GAME & PRACTICE REGULATIONS / OFFICIALS

1. Each organization will provide their own home field and will be responsible for chains, yard markers, chain crew, and field supervision. It will be mandatory that the field be roped off (or equivalent system) to keep spectators at least five yards away from the field of play. Field Supervisors must be present throughout the event, which is identified by an orange vest or another clearly identifiable clothing. It is also required of all home fields to have access to toilet facilities or Honey Buckets for all participants.
2. The VP-R will be responsible for scheduling referees for each NSJFL game. All organization heads must promptly respond to any communication from the VP-R during the season regarding scheduling conflicts.
3. Each organization that does not have an operating score board will have the referee keep time on the field.
4. If the officials have not arrived at the field thirty (30) minutes after the scheduled start time of a game, the game must be rescheduled.



5. The visiting team is responsible to make sure that they do not have the same-colored jerseys as the home team. Each franchise have concessions. All teams must make sure that their sidelines are clean after each game.
6. Game times will be set at the time the schedule is made. Field availability at each home field will also determine game times.
7. A game schedule meeting will take place in July or August prior to the first game of the year to establish a schedule for all games and playoffs. One member of each organization is required to be at the meeting with their field and game time information. The NSJFL President will determine time and place of the meeting and will notify all member organization one-week before the meeting by telephone or in person.
8. 2018: 1st non-padded practice will be July 30th. 1st padded practice will be August 1st. Each organization can practice up to five (5) days a week until the week before school starts, including Saturday. The week school begins, organizations can practice three (3) days a week thru the play-offs. Championship week may be up to five (5) days of practice.
9. Organization must indicate their colors for home and away at the start of the season. In the interest of cost, it is desirable to use one color for home and away.
10. Each organization will operate their home field as the host and may elect to have concessions. It is not a requirement that a

SECTION VII - PLAYING RULES

1. PLAYING RULES - National Federation of High Schools (NFHS) rules with the following exceptions:

1. There will be four 10-minute quarters in the **Junior, Bantam and Senior Divisions**. For the **Pee-Wee Division & 89er Division**, there will be four 12-minute quarters with a running clock. Clock stops for last 2 minutes of each half on incomplete pass, play out of bounds or touchdown or Time Outs. The PAT is an un-timed down/play.
2. Shoes with molded rubber or plastic detachable cleats will be allowed. An illegal shoe, defined by the Referee Association, is a shoe with cleats that can produce a cutting edge.
3. Masks for the 2022 season if mandated by the state government can be as follows: Paper Masks like Dr. office, Gator masks, Masks that attach to the helmet by velcro as approved by SCFOA. Once mandate is lifted masks will no longer be required.
4. Tinted visor will be allowed on a case-by-case basis only if there is a medical condition (Ex aniridia with macular hypoplasia), and the league is presented with sufficient documentation that requires it.
5. **Ball size:** PEEWEE Size for Pee wee & 89er divisions; JUNIOR size (100) for the Junior division, and YOUTH Size (200) for the Bantam & Senior division.
6. **24 Point Rule:** Becomes in effect when one team is ahead by 24 points or more and only applies during the second half. When this occurs, at the option of the trailing team, the time clock will run continuously unless there is a change in the score at which time the scoring team will continue to have their PAT attempt with the clock stopped. Also, while the 24 Point Rule is in effect, when the team that is behind gains possession, they receive the ball at the current location or on their own 40-yard line, whichever is closer to the goal they are going towards.
 - a. Once a team is ahead by 40 points or more in the second half, the time clock will run continuously unless there is a change in the score at which time the scoring team will continue to have their PAT attempt with the clock stopped per NFHS rules. The only adjustment to the NFHS rules is when the team that is behind gains possession, they receive the ball at the current location or on their own 40-yard line, whichever is closer to the goal they are going towards.
 - b. **40-point Blowout Review.**
-In effort to better manage scores and ensure sportsmanship is being exercised, score review will take place of any game that has a spread OVER 40 points. The review would consist of: An email to BOTH head coaches asking for explanation to game



conditions. If BOTH HC says no further investigation is needed, it will be noted, and the issue will be considered closed. If an issue is raised, game film will be required to be turned in, and reviewed by at least 3 members of the NSJFL board, including the President, the Compliance Director, and one other officer. If we have 3 such incidents that require SECOND LEVEL review, the offending HC faces disciplinary action, including suspension.



7. No point's rules are in effect to alter the score or game time in the NSJFL. For games that end in a tie, NFHS rules apply. Those rules are as follows:
8. **Overtime rules apply to all Peewee, 89er, Junior, Bantam and Senior divisions for all regular season and playoff games.**

10-YARD LINE OVERTIME PROCEDURE (CONDENSED)

- If the game is tied at the end of regulation time, untimed overtime periods will determine a winner. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.
 1. A three-minute intermission will take place after regulation time.
 2. Unused second half team time outs may be used in overtime. For each overtime period an additional time out will be granted.
 3. A coin toss will take place with the visiting team's captain calling the toss while the coin is in the air. The winner will have the choice of offense or defense first, or of which end of the field the ball will be put in play. The loser will have the choice of the option not picked.
 4. To start overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 10-yard line anywhere between the inbound lines. The first offensive team has a series of four (4) downs. That series shall be terminated by any score by the offensive team or if the defense gains possession of the ball. If the team scores a touchdown, it is entitled for a try unless the points would not affect the outcome of the game.
 5. A field goal attempt is permitted during any down.
 6. If the defensive team scores a safety or touchdown, the game is ended.
 7. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team and start play as at the 10-yard line as in line four (4) above.
 8. If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case there shall be an intermission of two (2) minutes. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of options. If additional overtime periods are required, then the first options will be alternated with no coin toss.

Note: It is the responsibility of each organization to provide their coaches a current year copy of the NFHS rules book to be knowledgeable about the current rule's situation.

2. PEEWEE DIVISION

1. All teams must use NSJFL approved defense's and follow the related rules and guidelines.
2. The Peewee division will NOT have kickoffs except for the final 5 minutes of the game and only by the trailing team if the trailing team chooses to kick off.
3. One coach will be allowed on the field. Coach can line up ballplayers but must be 10 yards back from the deepest ballplayer when ball is snapped. The coach cannot assist or touch or give instruction to any player post snap of the football.
4. **DEFENSE RULES:**
 - a. No more than six players on the defensive line in the tackle box. The tackle box is defined as the area 8 yards left and right of the center on the field laterally prior to the snap.



- b. Nose Guards - only 1 Nose Guard can be from A gap to A gap or head up over the Center. That Nose Guard is to be in a 3- or 4point stance and will not be allowed to dive between the Centers legs as to disrupt the progression of the play. First infraction is a warning, second infraction is an un-sportsman like and a fifteen-yard penalty. (Rule passed with 100% at the 2-9-14 meeting)
 - c. All other players are to be at least at "minimum" five yards off the ball
 - d. Defensive alignment to be set as center is over ball (touching ball); this prevents stunting and or in play shift formations. e.
Legal defensive alignments: 4/4, 5/3, 5/4, 6/2
 - f. Illegal defensive alignments: 7/2, 10/1, etc. Only verification needed pre-snap by officials.
 - g. Rule enforcement: First infraction will result in a warning of the rule. The second infraction of the rule will result in a fifteen-yard unsportsmanlike like any variation of the Pee Wee Defense rule.
5. All punts and kick PATs will be dead ball kicks, with no defensive rush or defensive player movement.
6. **PUNT:** The Offense will declare a "punt" to the opponent. The game referee will be told of any punt before the punt occurs by the team captain. The referee will then inform the defense that no movement of players is allowed, and all defensive players shall take a knee. The team receiving the punt may field the punt at which point the ball is declared dead.
7. **PAT:** The Offense will declare a "PAT kick" to the opponent. The game referee will be told of PAT kick before the kick occurs by the team captain. The referee will then inform the defense that no movement of players is allowed, and all defensive players shall take a knee. The offensive snap, hold, and kick must be one continuous and fluid motion, at the discretion of the referee. If the snap hits the ground the ball is dead, and the kick is failed. If the referee determines that the snap, hold, and kick are not continuous and fluid, the play will be declared dead, and the kick will be disallowed/no good.
8. 2 points for kick PAT, 2 points for pass PAT, one point for run PAT. If the PAT is kicked the try will be of one smooth continuous sequence from the center to the holder to the kick, and there will be no rush from the defensive team. Play will start from the team's own 40-yard line.

3. 89ER DIVISION

- 1. The 89er division will have regulation kickoffs and on-side kicks per NFHS rules.
- 2. All punts and kicked PAT's will dead ball kicks with no defensive rush or player movement.
- 3. **PUNT:** The Offense will declare a "punt" to the opponent. The game referee will be told of any punt before the punt occurs by the team captain. The referee will then inform the defense that no movement of players is allowed, and all defensive players shall take a knee. The team receiving the punt may field the punt at which point the ball is declared dead.
- 4. **PAT:** The Offense will declare a "PAT kick" to the opponent. The game referee will be told of PAT kick before the kick occurs by the team captain. The referee will then inform the defense that no movement of players is allowed, and all defensive players shall take a knee. The offensive snap, hold, and kick must be one continuous and fluid motion, at the discretion of the referee. If the snap hits the ground the ball is dead, and the kick is failed. If the referee determines that the snap, hold, and kick are not continuous and fluid, the play will be declared dead, and the kick will be disallowed/no good.
- 5. 2 points for kick PAT, 1 point for pass PAT, and 1 point for run PAT.

4. JUNIOR, BANTAM & SENIOR DIVISION

- 1. These divisions will have regulation kickoffs, on-side kicks, punts, and point after touchdown tries per NFHS rules.
- 2. 2 points for kick PAT, 1 point for run or pass PAT



5. GAME LENGTH, GAME FOOTBALLS, COACHES, FIELD SIZE

1. For the **Pee-Wee & 89er Divisions**, there will be four 12-minute quarters with a running clock. Clock stops for last 2 minutes of each half on incomplete pass, play out of bounds or touchdown. The PAT is an un-timed down/play. There is an eight (8) minute half time in the Pee-Wee Division.
2. Junior, Bantam and Senior division games will consist of four (4) ten (10) minute quarters with eight (8) minute half times.
 - a. The offensive team reserves the right to use their ball if it meets division regulation size.
3. No coach will be allowed on the field of play in any **89er, Junior, Bantam or Senior** division unless a time out has been called in any regular season, playoff, championship, or all-star game. If a time out has been called, one (1) coach may be allowed in the huddle on the field. In all divisions one (1) coach will be allowed on the field during scrimmages and NSJFL Jamborees but must be 10 yards back from the deepest ballplayer when the ball is snapped.
4. All Pee-wee, 89er, Junior, Bantam and Senior division level teams will play on 100-yard regulation football fields.

6. PROTESTS

1. Game Protest must be based on an interpretation of the rules (i.e., playing rules). Only the objecting head coach, at the time the play occurs, must notify the head referee, opposing coach, and home field manager that the game is being played in protest. All protested games will be played out to the finish of the game. The coach must then submit a written protest to their System Director within 48 hours of the completion of the game. The written protest must be detailed as to what playing rule was not recognized. The system director will then present it (and any video tape) to the NSJFL grievance board for review of the protest and decide on a course of action. A decision is to be made before the next weeks scheduled games.

7. OTHER PROTESTS

1. Ineligible players, coaches, or parents: un-sportsman like behavior by coaches, players, or parents - player equipment or field setup infractions, Only the objecting head coach, at the time the infraction occurs, must notify the head referee, opposing coach, and home field manager that the game is being played in protest. All protested games will be played out to the finish of the game. The coach must then submit a written protest to their System Director within 48 hours of the completion of the game. The system director will then present it (and any videotape) to the NSJFL grievance board for review of the protest and decide on a course of action. A decision is to be made before the next weeks scheduled games.

8. GRIEVANCE BOARD

1. The Grievance board will be made up of the current year NSJFL Board members, which includes all organization presidents, NJSFL President and the VPC. A minimum of three (3) NSJFL board members must be in attendance for a hearing to occur. If a board member is a direct party to the dispute. That board member will not sit on the grievance board for that instance. The NJSFL President will chair the board but not have a vote. All parties involved will be present and state their case before a silent vote can be taken to determine the outcome. If the vote results in a tie, then the NJSFL President will cast the determining vote. When a silent vote is taken the results are final and all organizations agree to abide by the decision of the "Grievance Board."

SECTION VIII – UNIFORMS

1. All players must be suited in full uniform. A uniform consists of a CERTIFIED NOSC helmet with a warning sticker, mouth guard, shoulder pads, team jersey, either a girdle or pants that hold a tail pad, either a one or two-piece hip pad one each side, two thigh pads, two knee pads worn under pants, and shoes. It is recommended that all male participants wear a protective cup. All female players must wear appropriate protective equipment where required.



2. All numbers on each player's game jerseys must be clearly distinguishable on the jersey (numbers color/design must be a different color/design from the main jersey color/design).
3. Players are not allowed to wear bandannas or stocking caps under helmets (Under Armor type caps are accepted).
4. Players are not allowed to wear jewelry during practice or games. Emergency I.D. bracelets may be worn but must be covered with white athletic tape.
5. All mouth guards/ mouth pieces must be colored (anything other than clear or white) per NFHS rule (2006) and attached to the facemask, unless a true orthodontic basis justifies an exception to the rule.
6. Only clear visors are allowed. No visor with any color or tint is allowed unless medically approved by Eligibility Committee.

SECTION IX - SCHEDULES AND PLAYOFFS

Unless scheduled without using recalibration (meaning divisions) schedules will follow a mid-season adjustment to accommodate teams with similar records in the interest of competition. This adjustment will be determined by NSJFL after the 6th game of the regular season (See Recalibration Model).

1. Each organization will have a home field. This will encourage community in the league. Organizations may choose to share a home field if they desire.
 2. Playoff format will follow Recalibration Model.
 3. Playoffs will be at the home site of the higher seeded team. Members will work together to see that fields are available for playoffs and all teams have a place to play.
 4. Both Bowl games and Championship games will be at a location agreed upon by the NSJFL board determined prior to the season start. An organization may volunteer to host bowl and/or championship games if so desired prior to season start.
 5. Tiebreaker (between teams with the same number of regular season games played):
 - a. Head-to-head.
 - b. If not resolved by "a," then strength of schedule of opponents (combined win/loss percentage)
 - c. If not resolved by "b," then coin flip.
- Tiebreaker (between teams with different number of regular season games played):
- The number of losses that each team has must be the same to trigger the "tie-breaker" process below:
 - a. Head-to-head.
 - b. If not resolved by "a," then strength of schedule of opponents (combined win/loss percentage); and
 - c. If not resolved by "b," then winning percentage of team.
6. There will be a NSJFL Division Traveling trophy that each champion keeps for the year and returns at championships the next year.
 7. Individual player trophies or awards will be the responsibility of each organization.
 8. Each organization must be ready to participate in a NSJFL season kickoff jamboree if one is held for that season. Member organizations may volunteer to host the jamboree if so desired. If a jamboree is not held then the organization is free to attend any pre-season event they wish.



SECTION X - CHEERLEADING

1. The North Sound Junior Football League encourages each organization to have a cheer program as it enhances the football program by allowing more families to participate in NSJFL functions.
2. Cheer is operated by each franchise, as its own entity just as the football teams are. Any fees or uniforms may be done as each organization sees fit.
3. Organizations can elect to have cheer squads at all games, regardless of being a home team or a visiting team. The home team field manager will instruct the visiting cheer squad as to which sideline, they will be using.

SECTION XI - CONDUCT, RULES

1. Each organization will be responsible for the conduct of their coaches and players parents and their spectators. Any player, parent coach or spectator who is ejected from a game must follow all NSJFL rules regarding ejection from a game.
2. Each franchise may choose their own nicknames, colors (if it is not already in use), team size, number of teams, home field but must conduct themselves under the spirit of the rules of NSJFL.
3. Each organization must provide a field manager for their assigned home games. The field manager has the right to remove any spectator for whom is disruptive regardless of which team the spectator is cheering. He must carry a cell phone for emergency purposes.
4. Every parent, player and coach in each organization will receive a "Code of Conduct Form." It explains what is expected as to their behavior at all NSJFL functions. "Code of Conduct Forms" will be signed by the coach, parent, and player and filed with the player's registration forms with each member organization.
5. Any current year grievance will be taken to the NSJFL Football Grievance Board if requested. The grievance must be submitted in writing to the NSJFL President within 48 hours of the incident. The NSJFL Grievance Board will meet before the next weeks- scheduled games. All parties will be present and will state their case. After which, the NSJFL board will review the situation and take a silent vote to determine the outcome. All parties will then be notified of the decision.
6. Physical altercations before, during or after a game by players, parents, coaches, or spectators will result in the ejection of that player, parent, coach, or spectator from the field location by the Field Supervisor. Ejection of players, parents, coaches, or spectators by an official or field monitor for **ANY REASON** will result in automatic suspension from participating in all NSJFL functions, including all practices for the period of to include the next scheduled game. Upon the second ejection of the same player, parent, coach, or spectator within the same season by an official or field monitor for ANY REASON will result in the automatic suspension from participating in all NSJFL functions, including all practices for a period to include the next two scheduled games. A third suspension from the same player, parent, coach, or spectator will be an automatic suspension from the league. The NSJFL board will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time, a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The NSJFL Board can act up to and including banning the individual from NSJFL. If the individual is allowed to continue participation and participates in a second offense, it will result in the suspension from league play or participation for the remainder of the current season. The suspended



player, coach or spectator may appeal this current season suspension, which will then bring the issue to a vote by the NSJFL Board. Any vote by the Board will be final. (2/2019 13Yes-0No)

7. The NSJFL President may make a motion to suspend any player, coach, or spectator for a period of no more than one week for any action that is deemed unsportsmanlike, detrimental to the integrity of the league or for any violation of the Code of Conduct. This motion will be in effect from time of an official announcement to the NSJFL Board and all parties involved. The suspended player, coach or spectator may appeal this decision, which will then bring the issue to a vote by the NSJFL Board. Any vote by the Board will be final. All motions for suspensions of more than one week will be an automatic vote by the NSJFL Board.
 - a. Any Section XI-7 suspension will result in that player, coach, or spectator banned from participating in all NSJFL functions, including all practices, for a period to include the next scheduled game. The NSJFL board will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time, a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The NSJFL Board can act up to and including banning the individual from NSJFL. If the individual is allowed to continue participation and engages in a second offense, it will result in the suspension from league play or participation for the remainder of the current season. The suspended player, coach or spectator may appeal this current season suspension, which will then bring the issue to a vote by the NSJFL Board. Any vote by the Board will be final.
8. Altercations between parents, players, coaches, officials, or any other spectators will not be tolerated. Franchises must police themselves and make it clear to their organization that unruly behavior will not be tolerated.

SECTION XII - ETHICS

1. In any document one can find loopholes or ways to get around a rule. It is up to the individual organizations to police themselves so as not to break the spirit of the codes and rules. An organization is only as good as the people in it who are willing to play openly in an honest and trusting manner. The NSJFL was created to bring together strong independent youth football organizations. Who are willing to compete and operate without the interference of a central governing few who have only control and self-fulfillment as their goal. The dynamics of youth football demands that a youth football league be operated in this manner. This way allows the community, in which the organization resides to better serve that area, grow with the area, and have a sense of ownership with the community.
2. Member organizations are expected to induce a spirit of elevated ideals in their teams. Member organizations are to practice the highest standards of sportsmanship and coaching ethics.
3. Member organizations will be responsible for providing proof that their coaches have submitted to a Washington State Patrol background check before taking the field and a copy is on file with the member organization.
4. The highest degree of ethical conduct is expected of all that participate in the league. This includes strict adherence to both the letter and the spirit of the rules and regulations. The use of alcohol, illegal drugs, tobacco products, and the use of profanity during practice or games are prohibited.
5. Violent conduct, holding / touching the facemask, or verbal abuse towards any player will not be tolerated and is prohibited.
6. Scouting of other teams at practices is prohibited. Attending scheduled games by coaches and players of other teams is permitted.
7. Videotaping opponent's games is allowed.

SECTION XIV - CHANGES

1. At the end of each season the NSJFL Board will meet during the winter to review these rules.



SECTION XV - COMPLIANCE AGREEMENT

By signing this agreement, we acknowledge to have read and understand the rules and regulations of the North Sound Junior Football League (NSJFL). By signing this agreement, we agree to attend scheduled meetings, return phone calls, and cooperate with other member organizations in a timely manner by signing this agreement we understand that if these rules are broken or ignored by this organization, we run the risk of expulsion from the NSJFL. Refusal to sign this agreement will exclude this franchise from League play.

(Organization Head must sign, this document is then given to the NSJFL President for the current year.)

Organization Name: _____

Address: _____

Organization Head Signature: _____

Phone #: _____

Date: _____



WHAT THE RECALIBRATION MODEL ACCOMPLISHES

1. Works to create a quality playing experience for the kids and teams playing in the league.
2. It attempts to ensure that roughly 1/3rds of a team's season will be against teams of a similar ability.
 - 2 re-calibration games
 - 1 playoff/bowl game
3. Increases competition and development of all players regardless of playing & coaching ability.

RECALIBRATION MODEL

1. Divisions:
 - Divisions will be developed immediately after the Jamboree.
 - Each association should send a representative that can speak to the caliber of the teams from that association during the division selection process. This is a recommendation, not a requirement...you may also submit this information via e-mail.
 - The League President and the Vice President of Scheduling will use the rankings and the information available about each team to evenly distribute the teams based on the, as much as possible, across each division.
 - ✦ i.e. – If there are four divisions, the top 4 ranked teams will be placed in four different divisions, the next four ranked teams will be divided into 4 different divisions, etc. down to the four bottom ranked teams.
 - ✦ The goal is to have the same number of good, medium, and poor caliber teams in EACH division, so no single division is more difficult or easier than another division.
2. First 6 Games:
 - The first six games will play each of the varying caliber of teams within their own division, as well a possible cross division game (if necessary) against teams with a similar caliber ranking...to the best of the league's ability.
3. Recalibration:
 - Each division will rank its standings after 6 games.
 - The final two games of the season will be against "like" teams from other division(s).
 - ✦ i.e. – The top 2 teams from "Wesco-Blue" will play the top 2 teams from "Wesco-Green"
 - ✦ i.e. – The 3rd & 4th place teams from "Wesco-Blue" will play the 3rd & 4th place teams from "Wesco-Green" ...etc.
 - Venues for these final 2 games will be determined while making up the original schedule after the Jamboree, with an attempt to mix these venues up in the final 2 weeks to allow teams to play at home one week and away the other week.
4. Playoffs:
 - The top 3 or 4 teams from each of the divisions make the playoffs (see attached RECALIBRATION MODEL – PLAYOFF ILLUSTRATION).
 - After Round 1 of the Playoffs, seedings (1-8) will be figured based on regular season record and tiebreakers, etc. Any team receiving a Round 1 bye will automatically maintain that seeding for the entire playoffs.
 - Playoffs will then proceed as 1 vs 8 / 4 vs 5 on one side of bracket and, 2 vs 7 / 3 vs 6 on the other side.
 - ☐ Losing teams from second round of playoffs season is over.
 - Losing teams of semi-final games of playoffs will have a 3rd/4th place game on a Wednesday evening after semi-final game and before Saturday Championship games.
 - Winning teams of semi-final games will play for Division Championships.
5. Bowl Event(s):



- After the playoff spots are determined the next best teams within the Playing Division will compete in bowl games.
- There will be 4 venues that can host 6 games/day for the Bowl Event(s)...this allows up to 48 teams that can participate in bowl games.
- These bowl games will match up "like" type teams. Top 2 bowl qualifiers play each other, next 2 bowl qualifiers play each other, etc.
- Small trophy will be awarded to winners of each bowl game.

Definitions:

1. High School Feeder- The school that students follow as they progress from one level to the next.
2. Organization- An independent system that fields at least one team in each division with-in NSJFL. It must have a President, Secretary, and Treasure (Or equivalent title). Each organization in NSJFL will operate and maintain their franchises and be responsible for their own sign-up registrations, insurance, equipment, fields, and coaches. NSJFL organizations will operate their own boards, fund- raisers, and maintains their own separate finances. Each organization of the NSJFL will abide by all decisions voted on by the majority or otherwise stated.

NSJFL Code of Conduct

COACHES CODE OF CONDUCT

1. Coaches will always be fair, firm, and consistent.
2. Coaches will promote a positive attitude and lead by example.
3. Coaches will follow the rules of the sport and of the NSJFL and teach the fundamentals of football at a level and pace that incurs the best possible environment for learning.
4. Coaches will not argue with parents or officials and will always demonstrate good sportsmanship.
5. Coaches will listen to their players concerns and try to help them any way they can.
6. Coaches will do the best they can to ensure each athlete is both physically and mentally ready for whatever task is asked of them.
7. Coaches will strictly adhere to the policies and procedures of the NSJFL and set a proper example with their actions for everyone to follow.
8. Coaches will stress teamwork and respect every athlete.
9. Coaches will not allow anyone who has not filed a WSP background investigation form to come within ten (10) feet of any minor.
10. Coaches will allow each athlete the opportunity to compete and excel.

SUMMED UP

Do what is right, not what is easy. We are being watched and listened to every minute we are with ballplayers. Stay positive! Here are a few things we were taught when we were little... Treat others as you want to be treated. Remember the big picture, this is a kid's game. If you have nothing good to say, do not say anything. You are a mentor to these kids. We should teach more than football- responsibility, discipline, leadership, respect, teamwork, and good citizenship. **Do what we know as right!**

ATHLETES CODE OF CONDUCT

1. I will attend all practices, games, meetings, and any other team function on time.
2. I will show respect toward all coaches, players, and referees always.
3. I will demonstrate good sportsmanship on and off the field of play.
4. I will not fight, use foul language, or argue with coaches or teammates.
5. I will stay within the established areas of the sidelines during games.
6. I understand that I risk being ejected and or suspended from a game or further league participation if I incur unsportsmanlike behavior penalties.
7. I will be coachable and ready to learn and have fun.
8. I will be a team player and always put the team first.



9. I will obey the coaches and the rules of the NSJFL.
10. I will try my absolute best to learn and have fun.

PARENTS CODE OF CONDUCT

1. Parents should support the efforts of the volunteer coaches and the league.
2. The use of profanity, drugs, alcohol, or tobacco during any NSJFL event is prohibited.
3. Set the right example for your child by always showing good sportsmanship.
4. Never argue with a coach or official during practices or games. Any complaints or concerns can be directed to the Organizations heads or NSJFL, where it will be promptly investigated.
5. Understand that your child will be given every opportunity to participate; however, the safety of our athletes is our #1 concern.
6. Any parent who enters the playing field during a game risk their child being disqualified from further participation.
7. Any parent who incurs an unsportsmanlike behavior penalty risks their child being disqualified from further participation.
8. Remember to praise your child's efforts and always offer your support.
9. Please allow your child to play as a child and have fun.
10. Never voice any complaints or concerns toward coaches, referees, or league officials in front of the children.

PARENTS: (Print) _____ Sign: _____

PLAYERS: (Print) _____ Sign: _____

COACHES: (Print) _____ Sign: _____

NSJFL Rules & Regulations – Effective January 1st 2022