

North Sound Junior Football League — Rules and Regulations

MISSION

The Mission of the NSJFL is to provide youth in Western Washington the opportunity to participate in football and cheer in a safe environment with the highest standards of good sportsmanship.

Objectives

- Operate as a high school feeder youth football model that works closely with local high school football and cheer programs.
- Offer youth in our communities the chance to participate in football or cheer, regardless of prior experience or athletic ability, in a safe and structured environment.
- Instruct all participants in proper tackle football fundamentals and techniques, focusing on skill development through positive coaching.
- Ensure uncompromised safety, sportsmanship, fair play, and healthy competition in both victory and defeat.
- Promote physical and mental growth, helping participants become quality teammates and leaders, and boosting confidence and self-worth beyond the field into school, family, and community.
- Encourage fun, lasting friendships, and great memories.
- Educate and inspire community members to support and expand football and cheerleading participation.
- Honor the game.

ARTICLE I – ETHICS

1. Conduct

- 1.1. 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.
- 1.2. All participants must demonstrate good sportsmanship before, during, and after games.

Sportsmanship is the commitment to fair play, respect, and integrity in all aspects of competition. In this league, sportsmanship means that every player, coach, and spectator upholds the values of honesty, self-control, and consideration for others — on and off the field. Good sportsmanship includes:

Respect for opponents — treating every player on every team with dignity, regardless of the score or outcome of the game.

Respect for officials — accepting referee and official decisions graciously, without argument or retaliation, and understanding that officials are essential to the game.

Respect for teammates — encouraging fellow players, sharing credit for success, and supporting one another through mistakes and setbacks.

Respect for the game — playing within the rules, competing with full effort, and never attempting to gain an unfair advantage.

Grace in winning and losing — celebrating victories with humility and accepting defeat without excuses, blame, or hostility.

The NSJFL does not tolerate conduct that demeans, threatens, or embarrasses others, including coaches, players, parents, spectators, officials, and referees. Profanity, taunting, and unsportsmanlike behavior are strictly prohibited and contrary to the values taught in NSJFL. Legitimate complaints of unacceptable conduct or unsportsmanlike behavior will be investigated by NSJFL. Penalties for unacceptable conduct or unsportsmanlike behavior may include game forfeiture, suspension, expulsion, or banning from NSJFL.

2. Controlled Substances

- 2.1. Intoxicants (alcohol, marijuana, illegal drugs) are not allowed at any NSJFL event or venue. Alcoholic beverages and containers are prohibited.
- 2.2. Tobacco products may not be used by coaches, volunteers, parents, or spectators at NSJFL events or venues.
- 2.3. NSJFL enforces a ZERO TOLERANCE policy.
- 2.4. Anyone found intoxicated or consuming alcohol, marijuana, or illegal drugs at an NSJFL event will be suspended for at least one year.
- 2.5. Failure to comply with laws regarding tobacco or controlled substances results in a minimum one-year suspension from NSJFL.

- 2.6. Organization representatives and head coaches are responsible for communicating and enforcing NSJFL's controlled substance policy.
 - 2.7. Referees and league officials may stop any event for controlled substance violations, which may result in a forfeit for the offending team.
3. Threat or Use of Physical Violence or Altercations
 - 3.1. NSJFL does not tolerate physical violence or threats thereof before, during, or after any NSJFL activity.
 - 3.2. Players or coaches involved in violence or threats during a game may be ejected by referees or field managers.
 - 3.3. Spectator behavior is managed by the head coach/field manager of the associated team. Referees/field managers may eject spectators for conduct violations.
 - 3.4. Failure to leave when ejected can result in forfeiture of the game in favor of the non-violating team.
 - 3.5. The League may take additional disciplinary action, including forfeiture, suspension, or prohibiting future attendance.
 - 3.6. Discipline for spectator violations is determined case-by-case by the League.
 - 3.7. Repeat offenses will be reviewed by the Board of Directors and may result in future participation bans or forfeitures.
 - 3.8. Altercations between adults (parents, coaches, spectators) and officials are not tolerated.
 - 3.9. Any conduct policy violation must be reported to the home field Club President within 24 hours of the game.
 - 3.10. The Club President reviews violations and disciplinary actions, reporting outcomes to the League President within 48 hours.
 - 3.11. The League President and Board will review and may adjust disciplinary actions within 24 hours.
4. Other Malpractices and Violations
 - 4.1. Violence, facemask holding/touching, or verbal abuse toward any player is prohibited.
 - 4.2. Scouting at another team's practice is prohibited; attending scheduled games and scouting is permitted for coaches and players.
5. Ejection Policy
 - 5.1. Ejections must be reported to NSJFL President, Vice President, and the ejected person's organization president promptly after the last game of the day.
 - 5.2. Ejected players or coaches are suspended for at least 7 days (including the next scheduled NSJFL game) and may not participate or attend any practices or games during suspension.

- 5.3. Second ejection during the season results in ineligibility for the rest of the season. If the second ejection occurs in the last game, suspension applies for the entire following season.
- 5.4. Ejections by referees cannot be protested.
- 5.5. NSJFL may review ejections and impose additional penalties beyond the minimum suspension.

ARTICLE II – NSJFL ORGANIZATIONAL ELIGIBILITY & REQUIREMENTS

1. NSJFL consists of independent 501(c)(3) nonprofit organizations.
2. Team Liability/Medical insurance is mandatory. Proof must be provided to the President by Jamboree, one week before the Jamboree.
3. Expulsion policies:
 - 3.1. No organization may be expelled without a unanimous Board of Directors vote (excluding the organization in question).
 - 3.2. The organization under consideration for expulsion cannot vote and will be excused during debate and voting. If expelled, the NSJFL President informs the organization.
 - 3.3. The associate board may motion to expel an individual team, following relevant procedures.
 - 3.4. Organizations wishing to return after leaving NSJFL must re-petition the Association and Executive Board; rejoining requires a 2/3 majority vote and counts as a new organization.
 - 3.5. Conditions for expulsion include repeated rule/code violations, failed compliance attempts, and formal grievance submissions. Final decisions are made by silent majority vote.
 - 3.6. Expelled organizations receive a letter detailing reasons and may re-apply after one year.
4. New Membership:
 - 4.1. Board may impose any conditions deemed fit prior to or during the probation period, including extending the probationary period.
 - 4.2. Club must be sponsored by a current club in good standing.
 - 4.3. Be a recognized 501(c)(3) nonprofit and registered charity in Washington.
 - 4.4. Have Saturday access to a regulation artificial turf football field with scoreboard and clock for at least three Saturdays per regular season.
 - 4.5. Use a web-based registration system.
 - 4.6. Be on probationary (non-voting) status for the first year.

- 4.7. Accepted by simple majority vote by April board meeting.
- 4.8. Status modification voted at the first board meeting of the new year after the probationary season.
- 4.9. Full membership requires a 2/3 majority vote; failure to achieve this results in continued probation or denial by simple majority.
- 4.10. Clubs not current in league fees by year-end are placed on probation and lose voting rights until arrears are paid.
- 4.11. Clubs not current by June cannot roster teams for the upcoming season.

ARTICLE III – GENERAL OPERATIONS

1. League rules apply to all regular season, playoff, and championship games. (Refer to Gameday Procedures for additional gameday rules and protocols.)
2. National Federation of State High School Associations (NFHS) rules apply unless otherwise modified.
3. Incident Review Committee and Penalties
 - 3.1. The hearing board shall be comprised of North Sound Junior Football League Board Directors (see Bylaws) and presided over by the League President. All cases, complaints, or reports must be tendered in writing to the League President within forty-eight hours of the alleged infraction.
 - 3.2. The League President shall first review the complaint and determine whether there is a claim for which relief under the rules of the league may be granted and whether there is sufficient evidence presented in the complaint to refer the matter to the Board for a hearing. The decision of the President shall be final and cannot be appealed. The decision will be reported to all club Presidents. Only the Board may override the decision of the President not to refer a complaint to the Board for hearing. A two-thirds vote of the Board is necessary to override the President's decision. If an allegation involves the League President, the most senior club president not named in the complaint shall act in the place of the League President and shall review the complaint as described above.
 - 3.3. The Board shall have jurisdiction over all complaints. The Board shall hear the case, make a decision, and assess penalties. The latter can include, but is not limited to, revocation of club, forfeiture of a game(s), forfeiture of league standing, expulsion of coaches, players, organization officials, referees, or spectators from the league, and/or a monetary penalty.
 - 3.4. If, after completion of a hearing as set forth in this section, the Board finds that the allegation is frivolous or is without merit or is presented to the Board in order to embarrass, harass, or intimidate the accused, the Board may assess penalties against the complainant including any or all of the penalties outlined above.
 - 3.5. The decision of the Board of Directors shall be final and binding. Complaints that involve officiating decisions and calls will not be reviewed.

ARTICLE IV – LEAGUE FEES

1. Any funds in the form of Grants, Donations, Sponsorships or any other funds received by the NSJFL will be split among the organizations equally or as the Associate Board determines by a majority 2/3 vote.
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 NSJFL Referee Coordinator will calculate each organization's officials cost and communicate and collect payment from each member organization. The NSJFL Referee Coordinator will then deliver these checks to the Snohomish County Officials Association (SCFOA) and the PNFOA. Timely payment to the SCFOA & PNFOA is critical for our league to be able to maintain the working relationship with the officials we need to offer great football to our youth. If an organization is late in making payments, they are subject to being put on probation for a period of one year.
3. The hosting of an NSJFL Jamboree must be applied for by an organization and voted on by the associate board. An organization must apply no later than February of the current season. The organization that carries the most votes will host the NSJFL Jamboree. 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.
4. The hosting of an NSJFL playoff event, bowl event, or championship must be applied for by an organization and voted on by the associate board. Hosting a NSJFL playoff event, bowl event, or championship event will rotate between organizations. An organization must apply no later than February of the current season. The organization that carries the most votes will host the NSJFL playoff event, bowl event, or championship. 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 field 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.
5. All home field costs are the responsibility of each organization which secures those fields.
6. Any Club not current in their league fees and obligations by the last day of the calendar year following the current season will automatically be placed on probation and not eligible to vote on league matters until any arrears are brought current.
7. Any Club not current in their league fees and obligations by the last day of April preceding the upcoming season will not be eligible to roster teams for the upcoming season.

ARTICLE V – PLAYER ELIGIBILITY

Division	Grade
Peewees	K, 1st, 2nd
89'ers	3rd, 4th
Juniors	5th, 6th
Bantams	7th
Seniors	8th

1. Players may play up a grade, but not down, as determined by each organization.
2. Players' age on July 31 is used for league eligibility. No 15-year-olds or 9th graders allowed; 14-year-olds must not turn 15 before December 1. No 9-year-olds in Peewees, no 11-year-olds in 89'ers, no 13-year-olds in Juniors. Age exceptions require board disclosure and review.
3. Required registration documentation includes:
4. School report card or official letter, or Declaration of Intent for home school (Form 106).
5. Copy of utility bill with parent/legal guardian's name or other proof of address. Must be the legal parent/guardian's home address; violations are subject to review and discipline.
6. Violations result in game forfeiture; teams must remove ineligible players before the next game.
7. Players in violation may only participate as practice players and must check in with the Field Monitor.
8. The Associate Board determines disciplinary actions, up to probation or expulsion.
9. 7th & 8th graders can play in NSJFL while also playing for their local school if all rules are met.
10. No weight limits for any division.
11. Players may participate on only one team in one division per season.
12. Challenges to Eligibility
 - 12.1. Challenges of player eligibility must be made within forty-eight hours after the official start time of a game.
 - 12.2. If the coach of the challenged player cannot provide a validated team roster showing the eligibility of the challenged player, that player may not participate in any future games until such verification is provided.
 - 12.3. If it is determined that an ineligible player has participated in any league game, all prior games shall be forfeited, and if known by the coach, he/she shall be removed from coaching for the remainder of the current season and for all of the next season.
13. Changing Clubs

- 13.1. If a player or coach signs up with one NSJFL club, that player or coach cannot change clubs without the consent of both Club Presidents and the League President.
- 13.2. A player who was a member of another NSJFL club the prior season cannot play for another NSJFL club the following season without the consent of both Club Presidents.
- 13.3. Players who are directed to another member club due to lack of roster space (roster being at league maximum) or the absence of a team at a given level may be allowed to return to the sending club the following season without consent of the club presidents, provided that the sending club notified the receiving club in writing of the players involved in the transfer prior to the start of the season.
- 13.4. Coaches, players, families, fans and club officials are prohibited from knowingly and deliberately recruiting players from other NSJFL clubs.

Required documentation per league policies:

- Parent Code of Conduct
- Player Code of Conduct
- Player Concussion Acknowledgement
- Parent Concussion Acknowledgement

ARTICLE VI – TEAM ROSTERS

1. All team rosters submitted by each organization to the NSJFL Compliance & Safety Coordinator shall be shared and made available to the Associate Board. All rosters shall include players' first name, last name, address provided as residence via utility bill, legal parent/guardian, school attended, organization, division, and team. NSID rosters shall be made available to all Associate & Executive Board members upon request.
2. Official rosters (Form 105) are set by the Friday before the second regular season game. No late additions; signed rosters must be filed with the NSJFL President. Head coaches must have rosters available on game day for eligibility verification. Only opposing head coaches may challenge player status (per grievance rules).

ARTICLE VII – COACHES AND VOLUNTEERS

1. The North Sound Junior Football League expects all of our coaches to practice the highest standards of sportsmanship and coaching ethics. We expect the coaches and their representative organizations to induce a spirit of high ideals in their teams. The coaches are dedicated to promoting the core values of the Organization.
2. Wins and losses are not a priority for our coaches; developing life skills and individual character is what guides our coaching decisions and actions.
3. Coaches are expected to lead by example in both words and actions on and off the football field.
4. Coaches accept responsibility for the development of our athletes as both players and people while under their direction.
5. Our goal is to be an organization that not only develops football players that parents and coaches will be proud of, but also guides our athletes to becoming positive contributors to any team they choose to be a part of.
6. Each club will be responsible for completing coaching applications and conducting background checks for each coach and other volunteers that have contact with players. The clubs will maintain copies of the applications and background checks for its records. Each club must make a copy of each coach and volunteer application and background check available to the North Sound Junior Football League Board of Directors upon request.
7. Any coach who receives an “Alert” or “Red Light” on their background check is deemed to have failed the background check requirement and is not eligible to coach in the NSJFL unless cleared by a majority vote of the NSJFL Board. It is the responsibility of the club presidents to bring these coaches to the attention of the Board and present any appeal of their eligibility status.
8. Each club will provide an official coach’s roster for each team to the NSJFL prior to the Jamboree.
9. Only those coaches listed on the official roster with valid NSJFL credentials are allowed on the sideline.
10. At this level of youth participation in this program, it is very important that sportsmanship, honesty, citizenship and good character be stressed.
11. All coaches must complete all certification requirements as specified by the NSJFL Board.
12. This includes completing coaching education requirements and attending the league-sponsored training to be eligible to participate as a coach. Each coach will be issued a photo identification badge upon completion of all coaching certification requirements. Coach ID badges must be worn and visible at every game in order for a coach to be allowed access to the sidelines.
13. Credentials are mandatory for any person associated with the team to be on the sidelines on game day.

14. Any person who has not been properly credentialed by the NSJFL for the current year on the sidelines of the playing field during a regular season, playoff or championship game at any age level shall be removed from the field by the field manager or referee. If the individual so identified by the field manager or referee refuses to leave the sidelines or the prohibited area as designated by the field manager or referee, the game shall be stopped and be declared a forfeit for the team to which the offender is identified, and the head coach shall be suspended for seven (7) days including all practices and the next regular season game or playoff game.
15. A repeat violation of this rule by the same team or person(s) identified with the offending team shall result in all the games previously played by that team during the current season being declared forfeited, and the head coach shall be suspended for the remainder of the season plus one additional season.
16. Head coaches are required to complete the on-line coaches report by 5pm Sunday following Saturday's games.
17. Head Coaches are responsible for the conduct of assistants, players, and parents.

ARTICLE VIII – SEASON SCHEDULE & GAMES

1. Season Dates

- 1.1. Start of Practice — 4 weeks prior to Labor Day.
- 1.2. Jamboree — the weekend that is one week prior to Labor Day weekend.
- 1.3. First Regular Season Game — first Saturday following Labor Day.
- 1.4. Length of Season — 10 weeks from the first regular season game.

2. Turnout for Practice

- 2.1. Players may turn out as a team for practice any time on or after the first practice in August.
- 2.2. Coaching team players prior to the first Monday in August is not allowed.
- 2.3. Conditioning sessions are allowed.
- 2.4. Organized 7v7 & 5v5 permitted if playing in a league. Practice must end after the last regular game.

3. Season Schedule

- 3.1. 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 the time and place of the meeting and will notify all member organizations one week before the meeting by telephone or in person.
- 3.2. The Season Schedule must be submitted for review and approval to the NSJFL Executive Board and the Associate Board before it becomes official. All Organizations must do their part in a timely manner to review the schedule or inform the NSJFL Scheduler of issues.

3.3. Divisions — Gold & Silver Bracket

- 3.3.1. The purpose of the Gold and Silver Bracket system is to promote competitive balance, enhance player safety, and reduce significantly mismatched contests during the regular season and postseason. This structure is intended to provide developing teams and programs with an appropriate level of competition while maintaining the integrity of league play.

3.3.2. Eligibility

- 3.3.2.1. A division must have at least 11 registered teams before a Silver Bracket may be considered. In an 11-team division, the Gold Bracket must contain at least seven (7) teams, leaving four (4) teams eligible for the Silver Bracket.
- 3.3.2.2. In a division with 12 or more teams, the Gold Bracket must contain at least eight (8) teams, with any remaining eligible teams participating in the

Silver Bracket. Regardless of division size, a minimum of four (4) teams must voluntarily elect to participate in the Silver Bracket in order for a Silver Bracket to be created. If fewer than four teams elect the Silver Bracket, no Silver Bracket will be formed, and all teams will compete together in a single division under the league's standard scheduling procedures.

3.3.2.3. Team Declaration & Selection. Participation in the Silver Bracket shall be voluntary. Program presidents have until 9am on the Tuesday following the Jamboree to declare which teams are opting into the Silver Bracket in each Division. Any teams not declared by this time will automatically be considered in the Gold Bracket of their respective division. The Executive Board (with the league president having any tie-breaking vote) reserves the authority to deny a Silver Bracket request if doing so would violate the minimum Gold Bracket requirements established above.

3.3.3. Postseason

3.3.3.1. Gold Bracket. Gold Bracket teams shall participate in the league's existing playoff structure and remain eligible for league championships.

3.3.3.2. Silver Bracket. Silver Bracket teams shall not participate in the league championship playoffs. Instead, the Silver Bracket season shall conclude with an end-of-season Bowl Game, providing participating teams with a meaningful and competitive season finale while preserving the championship pathway for Gold Bracket teams.

3.3.4. Competitive Integrity

3.3.4.1. Member programs are expected to designate teams in good faith and in a manner consistent with the competitive ability of each team.

3.3.4.2. A program shall not intentionally misclassify a team into the Silver Bracket for the purpose of obtaining an unfair competitive advantage ("sandbagging").

3.3.4.3. Allegations of intentional misclassification may be reviewed by the League Executive Board. A finding of intentional misclassification shall require evidence demonstrating a clear and substantial disparity between the team's competitive ability and its declared bracket, and approval by a majority vote of the League Presidents after reviewing available evidence, which may include game film, game results, or other relevant testimony.

3.3.4.4. Upon a finding of intentional misclassification, the League Presidents may impose appropriate corrective action, including but not limited to reclassification of the team, adjustment of postseason eligibility, or other remedies deemed necessary to preserve competitive fairness.

4. Home Game Date Requests

4.1. Each Club will give its home field availability dates in early July, or as soon as possible, to the NSJFL Scheduler to compile the first 6 weeks of games.

- 4.2. Clubs requesting specific home dates for the season must do so in writing to the scheduler, no later than the initial scheduling meeting.
5. Changes to Schedule
 - 5.1. Any changes to the schedule must be approved by the clubs affected by the change and the President.
6. Standings
 - 6.1. League standings shall be posted and distributed to each club by the League on a weekly basis. This information will also be available on the league website.
 - 6.2. League standings will be determined by a point system as follows: Win = 2 points, Tie = 1 point, Loss = 0 points.
 - 6.3. Head-to-head competition will be used to determine order in the standings for teams that are tied with an equal point record. The outcome of head-to-head competition during the regular season will determine order of finish.
 - 6.4. If head-to-head competition is not applicable (either because the teams did not play each other or they split their games), then record against common opponents will be used to determine order in the standings for teams that are tied with an equal point record.
 - 6.5. No other factors are used to break ties. The use of point spreads, points scored, points allowed, etc. will not be used as criteria to break ties or in any other manner.
 - 6.6. When a tie cannot be resolved by regular season head-to-head competition or record against common opponents, the league will resolve the tie through a coin toss or other method of chance for seeding, or, when the tie is for a final playoff spot, a mid-week playoff or other method as specified and agreed upon by the affected club presidents and the NSJFL.
7. Playoffs & Championship
 - 7.1. The Playoffs and Bowl Games must be submitted for review and approval to the NSJFL Executive Board before it becomes official. All Organizations must do their part in a timely manner to review the schedule or inform the NSJFL Scheduler of issues.
 - 7.2. The top 8 seeded teams in the Gold Bracket will advance to the Playoffs. After the Bowl game is played, both teams' seasons are over.
8. Playoff Brackets & Bowl Games will be as follows:
 - 8.1. Top 8 teams in the Grade Division make the playoffs in the Gold Bracket and are seeded by the rules in the Standings section. Any remaining teams will play a bowl game.
 - 8.2. All playoff brackets shall be as follows. The top seeded teams shall always play the bottom seeded team in each playoff round.

Gold Division — Week 1

Seed #1 plays Seed #8 — Game 1 Seed #2 plays Seed #7 — Game 2

Seed #3 plays Seed #6 — Game 3 Seed #4 plays Seed #5 — Game 4

Gold Division — Week 2

Winner Game #1 plays Winner Game #4 — Game 5

Winner Game #2 plays Winner Game #3 — Game 6

Gold Bracket — Week 3 – Championship

Winner Game #5 plays Winner Game #6

8.3. A Trophy shall be awarded to the Winners of the Gold division.

ARTICLE IX – PRACTICES

1. Teams may practice a maximum of 10 hours per week up until Labor Day.
2. After Labor Day, a maximum of 6 hours per week is permitted.
3. Practice games/scrimmages count as practice for that week and should be considered 2 hours of practice time.
4. 10 hours of practice shall be allowed during championship week. This does not pertain to prior playoff week games.

ARTICLE X – JAMBOREE & OUTSIDE NSJFL GAMES

1. Each organization must be ready to participate in an 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, the organization is free to attend any pre-season event they wish.
 - 1.1. Jamboree scrimmages shall be 25 minutes.
 - 1.2. Each team will have 10 minutes of offense and defense per matchup, with a 5-minute break between.
 - 1.3. No team shall have more than three scrimmages during the NSJFL jamboree.
2. Any NSJFL Organization may play any Organization of their own choosing outside of NSJFL. Any Organization choosing to play another club or organization outside of NSJFL agrees to discharge NSJFL, and any other NSJFL organizations, of any liabilities or risks. The liabilities and risk will be encumbered upon the Organization choosing to play an organization outside of NSJFL. Before scheduling a game outside of NSJFL, all Organizations agree that playing another NSJFL organization will come first before a non-NSJFL Organization.

ARTICLE XI – UNIFORMS & EQUIPMENT

1. All participants must be suited in full uniform in compliance with NFHS rules. A uniform consists of:
 - 1.1. A certified NOCSAE helmet with properly secured facemask warning sticker. The helmet shall be secured by a properly fastened, four-point chin strap. Only clear visors are allowed. No visor with any color or tint is allowed unless medically approved.
 - 1.2. Shoulder pads.
 - 1.3. Official team jersey. 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).
 - 1.4. Either girdle pads or pants that hold a tail pad, hip pads on each side, two thigh pads, two knee pads (knee pads are to be worn under pants only).
 - 1.5. Shoes with metal spikes or cleats, and shoes that have protruding metal screws in the sole of a shoe to attach cleats, are specifically and strictly forbidden.
 - 1.6. Shoes designated/designed for other sports (baseball, soccer, lacrosse, etc.) may not be in compliance with NFHS rules.
 - 1.7. Knotted jerseys will not be allowed.
 - 1.8. It is recommended that all male participants wear a protective cup. All female players must wear appropriate protective equipment where required.
2. Mouthguards
 - 2.1. All mouthguards/mouthpieces 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.
3. Items Not Allowed
 - 3.1. Players are not allowed to wear bandanas or stocking caps under helmets (Under Armour-type caps are accepted).
 - 3.2. 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.
4. Colors
 - 4.1. Organization must indicate their colors for home and away at the start of the season.
 - 4.2. All teams are required to have home and white away jerseys (these can be individual jerseys or reversible).

ARTICLE XII – GAME PLAYING RULES

The North Sound Junior Football League plays by the National Federation of High School Rules (NFHS, www.nfhs.org) except where superseded by Washington Interscholastic Athletic Association (WIAA, www.wiaa.com) rules and our own NSJFL-specific rules that follow.

1. The NSJFL Referee Coordinator will be responsible for scheduling referees for each NSJFL game. All organization heads must promptly respond to any communication from the NSJFL Referee Coordinator during the season regarding scheduling conflicts.
2. Hosting Field Equipment
 - 2.1. The hosting field club will furnish and/or ensure that there are:
 - 2.2. Adequate and legible chain and down markers for each game played at their home field.
 - 2.3. At least one set of yard and down markers. They shall be constructed of pliable material to prevent injury to players.
 - 2.4. Each club will rope off or mark 5 yards from sidelines and end zones to keep spectators at a safe distance. The game is to be watched from outside these boundaries only. For games played in stadiums, spectators must confine themselves to the grandstand areas and/or behind other established boundaries (i.e., fences, barricades, etc.). These boundaries will define the Restricted Field Boundaries at each game location.
 - 2.5. A hosting club should provide an operational stadium clock or otherwise furnish a regulation clock. In the event that there is no operational clock available to the host club at game time, the official game time shall be kept by the referee.
3. Home Team and Chain Crew
 - 3.1. The Home Team shall have the choice of which sideline they will occupy for that particular game.
 - 3.2. The home team in each game shall provide personnel to operate the chains and down marker.
 - 3.3. Chain crews are considered part of the officiating crew and are not allowed to cheer or make comments from the sidelines. Chain crew members who violate this rule may be removed from the chain crew by the referees and replaced by another crew member.
4. Restricted Boundaries, Sideline and Field Access
 - 4.1. Access inside the restricted field boundaries, including field access and sideline access, is restricted to the following authorized personnel:
 - 4.1.1. NSJFL certified coaches listed on the official coaches roster for each team.
 - 4.1.2. Rostered players listed on the official team roster.
 - 4.1.3. Referees.
 - 4.1.4. Field managers designated by the hosting club.

- 4.1.5. Chain crew.
- 4.1.6. One photographer per team with Field Guest Pass (available from the Field Manager).
- 4.1.7. One “ball boy” per team.
- 4.1.8. One “water boy” per team.
- 4.1.9. Cheer squads (in accordance with Article VI, Section 9).
- 4.1.10. NSJFL officials.
- 4.1.11. Certified Athletic Trainers.
- 4.2. All coaches must display a valid, current-year NSJFL ID Badge at all times inside the restricted field boundaries.
- 4.3. Parents, spectators, coaches from other teams, players from other teams, and any other persons not specifically authorized are not allowed inside the restricted field boundaries and specifically not allowed on the sidelines or the field.
- 4.4. It is the responsibility of the Field Manager and each Head Coach to ensure compliance with this rule. Failure to comply may result in suspension of play and/or game forfeiture.
- 5. Sideline Safety
 - 5.1. Spectators, parents, children, cameras, chairs, tables, benches, coolers, or other potentially hazardous items are not allowed within the restricted field boundaries and specifically not allowed within five (5) yards of the sidelines for the entire length of the playing field, including the end zones. The Head Coach and field manager of each team is responsible to ensure that their sideline is compliant with this safety rule.
 - 5.2. Players and assistant coaches should not direct any derogatory or inflammatory comments to referees, opposing players, opposing coaches, opposing fans, or league officials.
- 6. Parent and Fan Zones
 - 6.1. All parents and fans are required to remain outside of the Restricted Field Boundaries at all times before, during and after a game, unless specifically invited or granted access by the Field Manager.
 - 6.2. At venues where stands are not available, parents and fans must stay outside of the Restricted Field Boundaries and not interfere with sideline players, coaches, or referees at any time.
 - 6.3. Parents, family and friends are not allowed inside the restricted field boundaries. It is the responsibility of the head coach to ensure compliance with this rule.
 - 6.4. At the completion of each game, teams will quickly shake hands and clear their sideline area. Post-game meetings and other activities must take place in areas designated by the Field Manager.

6.5. No food or beverages are allowed inside the restricted field boundaries with the exception of water, unless specifically allowed by the Field Manager.

7. Location of Cheer Squads

7.1. Cheer squads may perform within the field of play at half-time.

7.2. Cheer squads may locate in view of spectators in a designated area as determined by the field manager.

ARTICLE XIII – 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 club 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.

ARTICLE XIV – FIELD MANAGERS

1. Field Manager Responsibilities

The home field club will provide a Field Manager who will be responsible for the following:

- 1.1. Must remain and be available throughout the day.
- 1.2. Must also identify themselves to each officiating team, athletic trainer and each head coach, and point out the location of the pre- and post-game Sportsmanship Huddles.
- 1.3. Field Monitors/Board members of the hosting club enforce coach & player suspensions on game day. All Head Coaches must check in with the field monitor.
- 1.4. The NSJFL Compliance Director will provide each hosting organization with a list of suspended coaches or players prior to the game, including the organization, team, and name of either player or coach.
- 1.5. The NSJFL Compliance Director shall email or notify the Board of Directors & Officers of any suspended players or coaches 48 hours prior to the game.
- 1.6. Must check rosters 30 minutes before the game.
- 1.7. Must be familiar with all aspects of the Emergency Action Plan (EAP) for the facility.
- 1.8. The Field Manager must submit, within 24 hours, an email summary of the day's games to the email address specified on the weekly score report, which includes:
 - 1.8.1. Final scores.
 - 1.8.2. Number of officials present.
 - 1.8.3. Ejections of coaches and/or players, including names and jersey numbers with a brief explanation (example: "Ejected for unsportsmanlike conduct").
 - 1.8.4. A summary of any other problems that should be brought to the attention of the NSJFL Board.
- 1.9. The Field Manager is to make sure all sideline credentials are visible and the credential policy is strictly enforced. The Field Manager will also provide, as needed, any temporary sideline passes for each participating team photographer, which shall be worn and visible.
- 1.10. The Field Manager may issue a temporary sideline pass for a coach who may have forgotten his credential, only if that coach is listed on the NSJFL certification list provided.
- 1.11. In addition, each team will have a designated Field Manager who will be responsible for the conduct of their team's fans.

ARTICLE XV – GAME PLAY RULES

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 the 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, as defined by the Referee Association, is a shoe with cleats that can produce a cutting edge.
3. Tinted visors will be allowed on a case-by-case basis only if there is a medical condition (e.g., aniridia with macular hypoplasia), and the league is presented with sufficient documentation that requires it.
4. Ball size: Peewee size for Peewee & 89er divisions; Junior size (100) for the Junior division; and Youth size (200) for the Bantam & Senior division.
5. 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.
6. 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 that 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.

Overtime

In the event a game is tied at the end of regulation play, an overtime procedure will occur. When a game ends in a tie, a tie-breaker (Kansas Tie-Breaker) procedure will be used. The National Federation of High School Rules shall prevail. 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.

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 rules.

See Game Day Procedures — Overtime Procedures.

Division Specific Rules

Peewee Division

1. All teams must use NSJFL-approved defenses 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. The coach can line up ball players but must be 10 yards back from the deepest ball player when the ball is snapped. The coach cannot assist, touch, or give instruction to any player after the snap of the football.

Defense Rules

1. 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.
2. 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 4-point stance and will not be allowed to dive between the Center's legs so as to disrupt the progression of the play. First infraction is a warning; second infraction is unsportsmanlike conduct and a fifteen-yard penalty. (Rule passed with 100% at the 2-9-14 meeting.)
3. All other players are to be at least “minimum” five yards off the ball.
4. Defensive alignment is to be set as the center is over the ball (touching the ball); this prevents stunting and/or in-play shift formations. Legal defensive alignments: 4/4, 5/3, 5/4, 6/2.
5. Illegal defensive alignments: 7/2, 10/1, etc. Verification needed pre-snap by officials only.
6. Rule enforcement: First infraction will result in a warning. The second infraction of the rule will result in a fifteen-yard unsportsmanlike penalty for any variation of the Pee Wee Defense rule.
7. All punts and kick PATs will be dead-ball kicks, with no defensive rush or defensive player movement.
 - 7.1. 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.
 - 7.2. PAT: The offense will declare a “PAT kick” to the opponent. The game referee will be told of the 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, 1 point for run PAT. If the PAT is kicked, the try will be 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.

89er Division

1. The 89er division will have regulation kickoffs and on-side kicks per NFHS rules.

2. All punts and kicked PATs will be 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 the 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.

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.

Game Length, Coaches, Field Size

1. For the Pee-Wee & 89er Divisions, there will be four 12-minute quarters with a running clock. Clock stops for the 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 halftime 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 halftimes.
 - 2.1. 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 ball player 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.

Concussion Return to Play Policy

NSJFL Concussion Return to Play Policy:

1. Each club must have a parent read & sign the concussion and head injury information sheet: [Parent/Athlete Concussion Information Sheet](#)

2. A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time. A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

NSJFL Concussion Protocols:

1. At the pre-contest conference between the coach and officials, the official will ask the coach if he/she has a licensed health care provider that is authorized to evaluate possible concussions on site.
2. If the answer is yes, the health care provider must be on site and able to be summoned to evaluate a potential concussion.
3. If the team does have an approved health care provider with them and an official removes an athlete from play for possible concussion signs or symptoms, that athlete could return to play provided they are cleared by that on-site health care provider.
4. If the team does not have an approved health care provider available, and the official removes an athlete from play for possible concussion signs or symptoms, that athlete will not be allowed to return to play during that contest.

NSJFL Coaches Expectations:

1. Shall be educated as to the nature and risk of concussion and head injuries, including the risk of continuing to play after a concussion or head injury. This education shall include signs and symptoms of concussion/brain injury. This education is available at no charge to coaches via the sports-specific WIAA online rules clinics. Coaches shall educate their athletes on the signs and symptoms of concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
2. Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
3. Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

NSJFL Organization Expectations:

1. Each organization shall adopt or create their own concussion protocol & return-to-play policy and submit it to the NSJFL President & NSJFL Compliance Officer.
2. Shall adopt policies for the management of concussion and head injuries in youth sports.
3. Shall ensure that all coaches (paid or volunteer) are educated in the nature and risk of concussion or head injury prior to the first practice/competition. This education shall include signs and symptoms of concussion/brain injury. This education is available at no charge to coaches via the sports-specific WIAA online rules clinics.

4. Shall annually require all athletes and the parent(s)/guardian(s) of those athletes to sign and return an information sheet relating to the nature and risk of concussion or head injury. This information sheet shall include the signs and symptoms of concussion/brain injury.
5. Shall ensure that any athlete showing signs or symptoms of concussion/brain injury is removed from participation immediately, and not allowed to return to play until they have written clearance from a licensed health care provider trained in the evaluation and management of concussion/brain injury.

Licensed Health Care Provider:

Licensed Health Care Providers must provide written proof to a club or organization before any player can return to practice/games and resume contact. Written proof shall only be provided from:

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician's Assistant (PA)

ARTICLE XVI – DISPUTES

All rules and regulations governing the North Sound Junior Football League not covered in the National Federation of High School Rules, Washington Interscholastic Activities Association, or in the League Official Rules and Regulations, will be ruled upon by the NSJFL Board of Directors.

1. No protest of official's judgment calls will be reviewed at any time. Any other protest may be brought to the NSJFL Board of Directors by a Club President if considered to be a valid protest (improper enforcement of a penalty, improper interpretation of a rule).
2. 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 Organization President or Board within 48 hours of the completion of the game. The written protest must be detailed as to what playing rule was not recognized. The Organization President or Board will then present it (and any video or digital recording) 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 week's scheduled games.
3. Ineligible players, coaches, or parents; unsportsmanlike 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 Organization President or Board within 48 hours of the completion of the game. The system director will then present it (and any video recording) 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 week's scheduled games.
4. Only Executive NSJFL Board Members or an NSJFL Organization Rep may submit a grievance.
5. Grievances are limited to a Bylaw interpretation request, or Officers/Executive or Board of Directors decisions or rulings.
6. 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 week's 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.

ARTICLE XVII – NSJFL AIR QUALITY PROTOCOL

The NSJFL will closely monitor the air quality when necessary, using airnow.gov. A zip code will be entered to get precise air quality conditions.

1. 30 minutes before the kickoff of each game, when air quality is degraded, a determination of whether the game will be played will be made based on the following guidance:
 - 1.1. If the air quality is green, the game will be played.
 - 1.2. If the air quality is yellow, the game will be played.
 - 1.3. If the air quality is orange, the game will be played.
 - 1.4. If the air quality is red, the game will be canceled.
2. If a parent makes a decision to hold their athlete out due to health conditions or concern about the air quality, there will be no penalty or repercussions for that athlete moving forward.

ARTICLE XVIII – BOUNDARIES

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.

1. Boundary Exceptions:

- 1.1. A player living outside of North Sound boundaries, attending a school within the defined boundaries of a North Sound organization, can play for that organization. This does not constitute a waiver for the player's chosen organization/team.
- 1.2. Example: Player lives in area C, outside of North Sound Boundaries, but attends school in Organization A's North Sound boundaries. That player may play for Organization A.
- 1.3. A player living inside North Sound Boundaries, in one organization's boundary but attending school in another organization's boundaries, may choose to play for either organization. This does not constitute a waiver for the player's chosen organization/team.
- 1.4. Example: Player lives in Organization A's boundary but attends school in Organization B's boundary. The player can choose to play for either Organization A or Organization B.
- 1.5. A player living in North Sound Boundaries, within an organization's boundaries and attending school outside of North Sound Boundaries, can play for the organization's boundaries they live within. This does not constitute a waiver for the player's chosen organization/team.
- 1.6. Example: Player attends school in area C, outside of North Sound Boundaries, but lives in Organization D's boundaries. That player may play for Organization D.
- 1.7. A player living in North Sound Boundaries, whose parents share custody and live in two different organizations' boundaries, may choose to play for either organization. This does not constitute a waiver for the player's chosen organization/team.
- 1.8. Example: Parent A in Organization A's boundary, Parent B in Organization B's boundary; the player may play for either Organization A or Organization B.
- 1.9. A player living outside of North Sound Boundaries, whose parents share custody and one parent lives within North Sound Boundaries and within an organization's boundaries, may play for the organization in which one of their parents lives. This does not constitute a waiver for the player's chosen organization/team.
- 1.10. Example: Player lives in Area C, outside of North Sound Boundaries, with one parent, and the other parent lives in Organization B's boundaries. The player may play for Organization B.
- 1.11. A player in home school or private school, in North Sound Boundaries, within an organization's boundaries, may play for that organization. This does not constitute a waiver for the player's chosen organization/team.

- 1.12. A player living in Organization A's boundary and attending school in Organization A's boundary, and who has a city address of neighboring Organization B's city, shall constitute a waiver and must be denoted on the team roster and declared as a waiver.
- 1.13. Example: A player with a Snohomish city address living in Glacier Peak boundaries and wanting to play for Snohomish Panthers would have to be noted on the roster and declared as a waiver. A player with a Lake Stevens address but living in Snohomish Panther boundaries and wanting to play for Lake Stevens would have to be noted on the roster and declared as a waiver.
- 1.14. A player living outside of, attending school outside of, and whose legal guardians live outside of NSJFL boundaries, wanting to play in NSJFL, and having a youth organization to play in their community in another league separate from the NSJFL, shall constitute a waiver and must be denoted and declared on the official NSJFL roster, Form 105.
- 1.15. Example: Player in Woodinville, which has a youth football program, wants to play for Monroe or Glacier Peak. This shall constitute a waiver.
- 1.16. If two or more NSJFL Organizations don't have enough players to make a team at a division, the organizations may merge to create a single team. The organizations merging will decide amongst themselves which organization the team will play under. The Associate Board shall be informed by both organizations, and a vote shall be taken by the Associate Board for approval. If approved by the Board, these exceptions shall only last the current season and not carry over to the following season.
- 1.17. If an NSJFL team at a division folds and the players wish to continue to play, the NSJFL organization whose team has folded shall bring it to the NSJFL Associate Board and shall provide a list of players that wish to continue to play. The Associate Board shall take a vote to approve the players who will finish out the year on another organization's team. If approved by the Board, these exceptions shall only last the current season and not carry over to the following season.
2. Anything outside of the above-listed exceptions would need to be designated on a waiver on the official roster, Form 105, or any non-listed exceptions above submitted to the Associate Board to be heard and voted on for a determination. Anything not listed above is not an exception or exemption from the bylaws and must be brought before the Associate Board. Acting in a manner clearly outside of the intent of the bylaws may result in probation or expulsion as determined by the Associate Board.
3. Further waiver considerations or exemptions for a player or team must be submitted to the Executive Board. The Executive Board must inform the Associate Board. The Associate Board shall vote to approve or deny.
4. Grandfathered Rules:
 - 4.1. 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 time as the organization decides to establish a new program for the new high school. The new high school and old high school organizations shall have three years to

separate and establish separate programs from the time the new high school is complete and operational.

- 4.2. 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.
- 4.3. Any out-of-district player may play for a neighboring organization if the player's district does not have a submitted team for the current season, once the request has been submitted by the incoming organization to the Associate Board for approval.
- 4.4. If a new high school program is rolled out within a school district, any player playing for a “legacy” program's team will be deemed “grandfathered” and allowed to finish their playing time in the league for that program's 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.
5. Waivers — Each team, per organization, can have a maximum of 2 players on their roster/season from outside their boundaries. Waivers cannot be traded.
 - 5.1. Additional waivers may be requested by an organization for one or more of an organization's teams. Any additional waiver requests must be submitted and voted on by the Associate Board.
 - 5.2. Any player not meeting the Boundary Exceptions or Boundary Map with listed schools will be considered a waiver for whichever Organization/Team roster the player is submitted on.
 - 5.3. Waivers do not grandfather a player into an organization for following consecutive seasons. Any player not meeting the Boundary Exceptions or other requirements in the NSJFL bylaws must be denoted on the team roster and declared as a waiver.
6. Organization Boundary Maps & Zip Codes: See Attachment — Boundaries.
7. Any player not meeting the exceptions will be considered a waiver and must be denoted on Form 105 if they are outside of their organization's district (*v).
8. Zip codes may cover part of another organization's boundaries and do not give exceptions to play in another organization's boundaries. A player will still have to be denoted as a waiver if they choose to play for another organization outside of their boundaries on Form 105 (*v).
9. Each organization is responsible for informing NSJFL of any new or missing schools within their boundaries.

ARTICLE XIX – AMENDMENTS

1. The Operating Rules (Football & League Operations) may be amended by a simple majority of the Board of Directors at a regular or special meeting, except as noted below.
 - 1.1. Rule changes that affect the current season must be voted on no later than the first Sunday of June NSJFL meeting.
 - 1.2. The North Sound Junior Football League has an unstated goal of remaining consistent over the course of each football season. However, should an issue arise or an obvious error or omission in our rules be discovered, the NSJFL Board reserves the right to make any corrections, additions, or deletions to our rules as deemed necessary. The approval of any change to the current rules within the 30-day period prior to the start of the season or during the season will require a Super Majority (>2/3 in favor) vote of all member organizations in good standing.
 - 1.3. Proposed amendments must be distributed in advance.
2. The following league structural items will have a parliamentary voting model of one vote per organization in North Sound and require a super-majority (2/3) vote to change:
 - 2.1. Division Ages (Pee-Wees, 89ers, Juniors, Bantam, Seniors).
 - 2.2. Unlimited Weight Model.
 - 2.3. Club boundaries aligned with high school boundaries (Feeder Model).
 - 2.4. Club development of rosters (no NSJFL league rules imposed).
 - 2.5. Minimum playtime rules at the league level (no NSJFL league rules imposed).
 - 2.6. The Board of Directors shall decide upon the Pee Wee level playoffs and Bowl games.
 - 2.7. The Board of Directors, in custom and policy, shall be governed by Robert's Rules of Order.
 - 2.8. 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.
3. Meadowdale Youth Football will be allowed to include players from within the Lynnwood & Mountlake Terrace High School Boundaries and will not count as a waiver/variance. It was determined there is no current youth football offered. This will stand until such time as the Board deems it unnecessary and votes to remove this exemption, or an Organization within the Lynnwood or Mountlake Terrace boundaries offers youth football.
4. Edmonds-Woodway Youth Football will be allowed to include players from within the Lynnwood & Mountlake Terrace High School Boundaries and will not count as a waiver/variance. It was determined there is no current youth football offered. This will stand until such time as the Board deems it unnecessary and votes to remove this exemption, or an Organization within the Lynnwood or Mountlake Terrace boundaries offers youth football.

5. Mariner Youth Football shall be allowed to include players from within the Everett High School boundaries and will not count as a waiver/variance. It was determined there is no current youth football offered. This will stand until such time as the Board deems it unnecessary and votes to remove this exemption, or an Organization within the Everett High School boundaries offers youth football. Mariner shall build up an Everett program internally and separate at a time when an Everett youth football club can stand on its own.
6. Mariner Youth Football & Mill Creek Youth Football shall be allowed to include Cascade School District within their boundaries. It was determined there is no current youth football offered. This will stand until such time as the Board deems it unnecessary and votes to remove this exemption, or an Organization within the Cascade High School boundaries offers youth football.
7. Mill Creek Youth Football will be allowed to include players from within the Bothell & North Creek High School Boundaries and will not count as a waiver/variance. This will stand until such time as the Board deems it unnecessary and votes to remove this exemption, or an Organization within the Bothell & North Creek area joins NSJFL or a youth club is created.

ARTICLE XX – DEFINITIONS

1. Suspension: Participants that are suspended are not allowed to participate in, or attend, practices, games, or other scheduled events for the period of time specified.
2. Ban: Participants that are banned are not allowed to participate in, or attend, practices, games, or other scheduled events until written permission to return to NSJFL-related activities is obtained from the NSJFL Board of Directors.
3. Board of Directors — All current member organization Presidents of the NSJFL, or a person designated by the President.
4. Officers/Executive Board — NSJFL representatives elected by the Board of Directors to carry out and execute contracts, policies and decisions as approved by the NSJFL Board.
5. Boundaries — A member organization's high school boundaries into which players will attend.
6. Out of District — A player not within NSJFL Boundaries.
7. In District — A player within NSJFL boundaries and a member organization of NSJFL's boundaries.
8. High School Feeder — The school that students follow as they progress from one level to the next.
9. Grade Division — A division made up by the grade(s) it represents, i.e., Pee Wee, 89er, Jr's, Bantam's, Sr's.
10. 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 organization 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 in the Associate Board or Executive Board, then the president will cast the determining vote.
11. NSJFL Vice President — Carries out the duties of the president when absent. Supports the President in all presidential duties. In the President's absence, the Vice President shall cast a vote only if a Board of Directors vote results in a tie.
12. NSJFL Treasurer — The treasurer is responsible for assisting in any financial matters regarding the league.
13. NSJFL Secretary — The secretary is responsible for taking notes during league meetings and helping with any communications to the member organizations.
14. At-Large Member — Any Board of Director who will serve on the Officers/Executive committee.

ARTICLE XXI – ATTACHMENTS

1. Compliance Agreement
2. Boundaries
3. Game Day Procedures
4. Coaches Code of Conduct
5. Athletes Code of Conduct
6. Parents Code of Conduct
7. Robert's Rules of Order