

**LIVINGSTON COUNTY AREA
JUNIOR FOOTBALL LEAGUE
GENERAL RULES
Revised August 20, 2008**

ARTICLE I - BALANCED COMPETITION

Section One - Division Format

A. Divisions will function on the basis of minimum and maximum weight and **grade levels** so as to provide a "safety-first" tackle football program of balanced competition. Divisions will be formed as follows:

<u>DIVISION</u>	<u>GRADE</u>	<u>WEIGHT</u>
Instructional	2 nd	Max weight 110 lbs.
Freshman	3 rd & 4 th	65-125 lbs.
Jr. Varsity	5 th & 6 th	75-150 lbs.
Varsity	7 th & 8 th	220 lbs.

**Sixth grade varsity players must have league approval, be weight eligible, parent approval and waiver signed.

Section Two - Weight and Age Verification

- A. All teams to use the same type of scale at the pre-game weight in. (a mechanical beam balance scale)
- B. Official weigh-in will be held immediately prior to each regularly scheduled game. Players who do not qualify (by weight) may be re-weighed (if they did not participate in game) and may participate, once they make weight.
- C. The above weights are with equipment (minus helmet).

•• ATTENTION ••

NO EXCEPTIONS OR TRADE-OFFS ON PLAYERS WHO DO NOT MAKE WEIGHT!

- D. All players at all levels must provide a copy of their birth certificate. These must be available at weigh-in. Any questions must be handled at this time.
- E. Grade levels will be determined as current (upcoming) school year.
 - 1. No third grade player can play Jr. Varsity or Varsity
 - 2. No fifth grader player can play Varsity
- F. The minimum weight limit is to be used only by the participating player's Commissioner who can evaluate the player on his ability to play with larger participants. There shall be no minimum weigh-in before games.
- G. No player can play down.

Section Three - Freshman Particulars

- A. Eight (8), nine (9), and ten (10) year olds may play any position, as long as he/she qualifies per the weight range listed above.

Section Four- Junior Varsity Particulars

- A. Players over 140 lbs. will be restricted to playing the interior line on offense and defense (tackle to tackle). Coaches must bring any violation of this rule to the attention of the officials. Game officials are to have a copy of the league rules. Violation of this rule will result in the play being a dead ball foul at the point of possession and the loss of down.

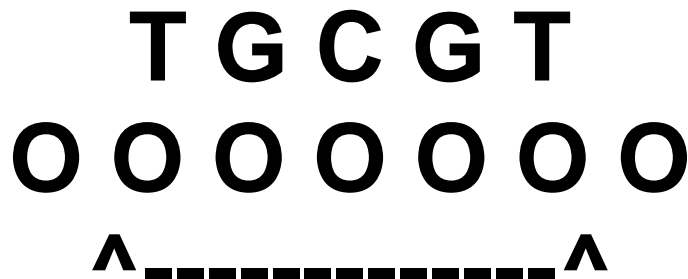
Section Five - Varsity Particulars

- A. Any student who will attend high school (grades 9-12) during the current season (year) is ineligible to play on a Junior Football League team.
- B. Players over 160 lbs. will be restricted to playing the interior line on offense and defense (tackle to tackle). Coaches must bring any violation of this rule to the attention of the officials. Game officials are to have a copy of the league rules. Violation of this rule will result in the play being a dead ball foul at the point of possession and the loss of down.
- C. No participants over the age of 14 as of November 1st for that season may play in the LCAJFL.
- D. All 8th graders must play Varsity.

Section Six - All Players Particulars

- A. A player may move to a higher division during the season, but no player can move to a lower division. (Example: Freshman to Jr. Varsity.)
- B. The Free Substitution Rule is always in effect.
- C. Once removed from the game because of injury, a player should not be allowed to re-enter the game without the approval of a Game Medical Attendant or Red Cross cardholder. This rule does not apply to minor injuries; i.e., abrasions, bruises, etc.
- D. Every player must play a least six (6) plays per half, unless there is a disciplinary or medical reason. The player and reason must be identified at weight in.
- E. The parents of any player who does not play a least six (6) plays per half may contact their Commissioner or any League Commissioner and register a complaint. However, if the player was being disciplined for violating League or team rules, the matter must be resolved between the parent and the coach.
- F. The following action will be taken by the League Commissioners if two (2) or more complaints are received:
The team violating the six-play rule will forfeit the scheduling of a home game for each infraction. This action will be reflected in the next season schedule.

- G. Any players with the tackle-to-tackle restriction must wear a clearly visible sticker on the back of their helmet to identify them as a lineman. These players may only advance the ball on defense. On offense these players may not advance the ball by running or passing the ball. As a kicker He or She may kickoff, punt, kick extra points and kick field goals. (On kick off returns they must remain on the front line but may advance the kick.) See diagram 1A for more clarification.



Player's on Varsity or Junior Varsity must wear Dotted Helmet

Tackle to Tackle Rule

All Players on varsity or Junior Varsity that wear a dotted helmet will play on the line.

On Offense, they may play from tackle to tackle. In the event of a tackle eligible play, he will not be eligible because he exceeds the maximum weight allowed to advance the ball.

On defense, a player will be allowed to line up on the outside shoulder of the offensive tackle. ***This means that the defensive tackle's head can be lined up on the outside shoulder of the offensive tackle's shoulder. He cannot line up outside that shoulder (The player must be in a 3 or 4 point stance).***

In the event of a trick play, where the offensive tackle does not line up where he should, it becomes the option of the defensive tackle to adjust to him, or line up where the offensive tackle would be.

Diagram 1A

- H. A player may request to be moved up in Division play (i.e., Jr. Varsity to Varsity, Article I, Section Five A), but the player must have his/her parent's written approval and his/her Commissioner's consent. Players ages 11 & 12 may play on Varsity, but must have his/her parent's written approval and his/her Commissioner's and Varsity Head Coach's consent. All three must agree (Parent, Commissioner and Varsity Head Coach).
- I. A commissioner has the right to move a player up one level to maintain league safety providing all other league requirements are met.

Section Seven - Rookie Registration Process

- A. Rookie registration should be held by LCAJFL members during the months of April or May. The LCAJFL will be notified in advance of the date, time and location of this event. If a community has not filled a team they may accept late registrations until the divisions have been filled. Late registrations cannot be placed on the Pool Player List.

Section Eight – Team Formation

- A. This activity will be held on a different day than the registration process (rookie or veteran) and those in attendance are only board members and the visiting Commissioner representing the LCAJFL. This procedure is to be completed by the end of June. The LCAJFL will be notified in advance of the date, time and location of this event.
1. Pool Player List Player Selection Procedure
The procedure of acquiring Pool Player List Players is as follows: First it has to be determined "How many Pool Player List Players are needed to fill the team roster to the required number set by the program by-laws." If it is determined that all Pool Player List Players are going to be placed, the rotation of selecting shall continue through the blind draw system by the President until the Pool Player List Players have all been placed and all teams are filled. If it is determined that only part of the Pool Player List Players are going to be placed, then that number of players are taken from the Pool Player List in order, and then the rotation of selecting shall continue through the blind draw system by the President until they have been placed and the teams are filled.
 2. Rookie Player Selection Procedure
The procedure of acquiring Rookie Players is as follows: First it has to be determined "How many Rookie Players are needed to fill the team roster to the required number set by the program by-laws." Next, the needed number of players is "BLINDLY" drawn from a hat by the President. The remainder of the names shall also be drawn out of the hat and listed in the order in which they were drawn to form the "Pool Player List". Now, the rotation of selecting shall continue through the blind draw system by the President until the Rookies have all been placed and all teams are filled. The rookie player selection procedure shall take place annually to recruit rookies if they are needed to fill any roster. If the teams are not filled during this process and late registrations are accepted, these players will be assigned to teams were the continuous pick rotation left off (sibling rule does take precedent).

3. **Pool Player List**
 Members of the LCAJFL are required to carry Pool Player List year to year if they are unable to place all registered players on a team. These Pool Player List Players may play for another member community of the LCAJFL program with the permission of the Pool Player List community's Commissioner and hold their position on the Pool Player List. If called they must report to their home community if practice has not begun for the current season.

4. **Special Notes Concerning Siblings:**
 A rookie or waiting list player has a sibling on a Division the sibling must play on the same Division or wait until there is an opening on that division.
 * SPECIAL NOTE: IF THERE ARE ANY SITUATIONS WHICH MAY OCCUR THAT ARE NOT NOTED, MAY REQUIRE INTERPRETATION, OR ARE NOT EXPLAINED IN THIS PROCEDURE, THE LCAJFL HAS THE RIGHT TO COLLECTIVELY RESOLVE THE ISSUE.

- B. When a League member is going to form two (2) teams within a Division, the teams will be formed by one of the following procedures. These procedures take precedent over the color rules.
 1. If the League member's school district has two (2) middle schools they may select the teams by the middle school in which the child will be attending.

 2. Each team will alternate in selecting players. The purpose of this method of team formation is to develop a balanced level of talent between teams. This, in turn, will further enhance balanced competition within the League. This activity will be held on a different day then the registration process (rookie or veteran) and those in attendance are only board members and the visiting Commissioner representing the LCAJFL.
 - a. **Coaching Particulars & Players Protected**
 - i. **Commissioner**
 Commissioners shall be picked in accordance with the program that is expanding. Commissioners shall be selected before the program registration of veteran player selection, and rookie player lottery.

 - ii. **Head Coach**
 Head Coaches shall be picked in accordance with the program that is expanding. Coaches shall be selected before the program registration of veteran player selection, and rookie player lottery.

 - iii. **Assistant Coach**
 The Head Coach of the program (expanding) shall announce one Assistant Coach. The program (expanding) will approve or disapprove of the Head Coaches selection. No other coaches or staff will be allowed at this particular time. Other coaching or staff positions may be entered after all players have been joined to a team and will be screened by the program in the same manner.

- iv. **Players protected by Commissioner & Coaches**
The Commissioner, Head Coach and Assistant Coach shall be allowed to reserve a spot on the team for their sons or daughters as players. If the Head Coach or Assistant Coach does not have a child in the program they may designate a one player as "their child" and reserve a spot on the team for them, this does not apply to the Commissioner. The purpose of this clause is to prevent a team from having sizable numbers of players protected by more coaches than describe in the previous statement. In essence, more kids will have opportunities to participate in the program, and teams cannot be designed by the recruiting of other coaches.
- v. **Players Protected by Board Members**
Board members of the program (expanding), in good standing, shall be able to reserve a spot on a team for their sons or daughters as a player. If the player is a veteran, he or she shall be subject to the veteran selection procedure described below. The board member cannot choose a preferred division for them to play in. If the player is a rookie, he or she shall subject to the rookie selection procedure described below, but will not have to be drawn from the "Blind" lottery.

b. Player Selection Process

As a result of any community program expansion effort, the players, both veteran, waiting list and rookies, shall be selected in accordance with the following procedures that are in compliance with the LCAJFL and shall be officiated by a person appointed by the programs Board and supervised by a visiting Commissioner from another community representing the LCAJFL. The Veteran's portion of this procedure shall only be required for the first year or initial "expansion" of the program. After the initial "expansion", Veteran Players will stay in the division in which they were placed and will remain in the same division until such time they graduate in to the High School Football Program, unless further expansion is required.

The order of player selection within the program shall begin with Varsity, followed by Junior Varsity, and ending with Freshmen. The player selection procedure will not be allowed to begin, by any team, until the selection procedure of the prior team has been declared closed by the officiating person appointed by the programs Board. This would also mean that each player has met the eligibility requirements of the team, E.I. registration requirements, proper weight, age, etc., in order to close the procedure.

NOTE: If a Veteran does not have their registration completed and turned in along with any required fees by the designated date, they shall not be considered a "Veteran" and shall fall under the "Rookie" player selection procedure, and only if they meet the registration requirements for that procedure.

i. Veteran Player Selection Procedure

The procedure of Veteran Player selection is as follows: First it has to be determined "How many Veteran Players are needed on each team roster to make the teams have the same number of players." This will be used to determine the number of players that will be drawn from the existing team

to create the second team. The President shall be the only person actively participating in the player selection procedure. After that, the President will choose Veteran players, using the blind draw system, until they are exhausted. After the veteran procedure has ended and all veterans have been selected on a team, rotation will continue for any waiting list and rookie players which may be required to fill the team roster to the number determined by the program (expanding).

ii. Pool Player List Player Selection Procedure

See: Article 1, Section 7, A.1

iii. Rookie Player Selection Procedure

See: Article 1, Section 7, A.2

iv. Pool Player List

See: Article 1, Section 7, A.3

v. Special Notes Concerning Siblings:

1. When a veteran player is selected to a team and has a sibling who is also a veteran and eligible to play on the same team level, he or she shall automatically be placed on the same team. This selection shall count as two (2) picks for the Coach and he or she will forfeit their next selection. This means the opposing Coach will make two (2) selections in a row before the rotation may continue.

*NOTE: PLAYERS OR COACHES CANNOT BE TRADED.

2. When a veteran player is selected to a team and has a sibling who is also a veteran, but is eligible to play on a team of a smaller level, he or she will automatically be placed in the same division to assure that family members are kept together. The coach receiving the player shall be notified prior to the player selection procedure for his team, so they can be fitted in as a Veteran Player. These players count toward the filling of a roster as any other player would. However, these players placed on a team due to the sibling language of this procedure shall not be considered as a part of the rotation of selecting players, but, they will be counted in the total number as a Veteran Player before the beginning of the Rookie Player selection procedure.

3. If a veteran player is selected to a team and has a sibling on any Pool Player List the sibling must wait until there is an opening on that division.

* SPECIAL NOTE: IF THERE ARE ANY SITUATIONS WHICH MAY OCCUR THAT ARE NOT NOTED, MAY REQUIRED INTERPRETATION, OR ARE NOT EXPLAINED IN THIS PROCEDURE, THE LCAJFL HAS THE RIGHT TO COLLECTIVELY RESOLVE THE ISSUE.

c. When a League member is going to form three (3) teams or more within a Division, the teams will be formed in the following manner.

1. If the League member's school district has multiple middle schools they may select the teams by the middle school in which the child will be attending if the number of middle schools is equal to the number of divisions.

2. Each team will alternate in selecting players. The purpose of this method of team formation is to develop a balanced level of talent between teams. This, in turn, will further enhance balanced competition within the League. This activity will be held on a different day than the registration process (rookie or veteran) and those in attendance are only board members and the visiting Commissioner representing the LCAJFL.
 - a. Coaching Particulars & Players Protected
See: Article 1, Section 7, B, 2, a
 - b. Player Selection Process
See: Article 1, Section 7, B, 2, b
 - i. Veteran Player Selection Procedure
The procedure of Veteran Player selection is as follows: First it has to be determined "How many Veteran Players are needed on each team roster to make the teams have the same number of Veteran players." This will be used to determine the number of players that will be drawn from the existing two teams to create the third team. The President shall be the only person actively participating in the player selection procedure. After that, the President will choose Veteran players in a continuous rotation, using the blind draw system, until they are exhausted. After the veteran procedure has ended and all veterans have been selected on a team, rotation will continue for any waiting list and rookie players which may be required to fill the team roster to the number determined by the program (expanding).
 - ii. Pool Player List Player Selection Procedure
See: Article 1, Section 7, A, 1
 - iii. Rookie Player Selection Procedure
See: Article 1, Section 7, A, 2
 - iv. Pool Player List
See: Article 1, Section 7, A, 3
 - v. Special Notes Concerning Siblings:
See: Article 1, Section 7, B, 2, b, v

SPECIAL NOTE: Any League members that have a Junior Varsity and a freshmen teams in the Junior Conference and wanting to add a Varsity team to complete a full group of 3 teams. Must declare their method of filling their Varsity Roster.

Option 1: Use and following Section Eight-Team Formation.

Option 2: Moving the Junior Varsity players from the Junior Conference team or teams rosters, to the new Varsity Roster. Then after those players are exhausted fill the roster with waiting list players.

IN CLOSING: It is intended that this procedure be used in the good spirit of fair play and to encourage family participation throughout the LCAJFL. The procedures therein were developed so that for the first year, a way of forming three Divisions is accomplished in fairness for the success of the LCAJFL.

- d. If a new community enters the league and a youth from the new community is playing for a current member community, the youth is permitted to stay with the community in which they started playing (grandfather rule)
- e. A New community coming in to the league, New players must play in their home community

ARTICLE II - PLAYER PARTICIPATION

Section One - Eligibility for Certification

- A. Player eligibility: In order to be certified on a team roster, a player shall qualify as an eligible candidate under the following requirements:
 - 1. Residence: A player is to participate in the community in which he/she normally attends public school. If there is no Junior Football program in his/her school district, a player may participate in a program of his/her choice. Any special conditions must be brought before the League Board of Commissioners.
 - 2. A player shall be considered eligible for any division in which he/she can qualify by combination of weight and age.
 - 3. A player shall be ineligible during any season in which he/she simultaneously has participated in any inter-school flag or tackle football game, except a touch or flag program which is a regular part of a school system's intramural or physical education program.
 - 4. A player may not practice for a school team and a Livingston County Area Junior Football League team at the same time.
 - 5. Parental consent: A player shall furnish written permission to play from his/her parent or legal guardian.
 - 6. Medical certification: A player will provide proof of examination by a physician prior to participating in any practice or play.

Section Two - Retention of Eligibility

- A. To remain eligible, a player must meet the following requirements:
 - 1. Retain parental consent and maintain sound physical condition.
 - 2. League recommendation is to maintain passing grades in school - "C" average.

ARTICLE III - EQUIPMENT

Section One - General

A. The physical contact in football demands that each player wear a full complement of protective equipment, which makes participation relatively expensive in comparison with other youth athletic sports. Therefore, to achieve maximum player protection while realizing a genuine economy by spreading the higher initial cost of quality equipment over several seasons of reliable wear, no items should be purchased which are not at least in the middle price line of a recognized manufacturer of quality athletic equipment.

B. PROTECTIVE EQUIPMENT SHOULD BE INSPECTED ON AN ANNUAL BASIS TO INSURE THAT IT CONFORMS TO STATE REQUIREMENTS! All helmets MUST have a current certification that complies with the NOCSAE standard.

Section Two - Required Equipment

- A. The following items shall be worn by players in all divisions beginning with the physical contact in practice sessions and shall meet the Required Standards as noted. (Recommended Standards are noted in parentheses.)
1. **Helmet:** May be of one (1) or two (2) piece construction, of ultra-high impact plastic type material. Helmet shall provide adequate neck protection, shall have horizontal (double bar) face guard attached, and shall have a chinstrap. Only clear visors may be worn by players.
 2. **Shoulder Pads:** May be of corrugated, molded fiber or plastic type (high-density polyethylene) material, with coated (polyvinyl) washable padding, heavy web hinges, and adjustable (cantilevered) underarm straps.
 3. **Pants:** May be of one-piece "shell" construction with tunnel belt loops or attached web belt. Knit (cotton/nylon) material is recommended. "Shell" pants may feature Sanforized knee guard pockets and (waist suspended) thigh pad pockets.
 4. **Tail, Hip and/or Kidney Pads:** May be of corrugated, molded fiber or plastic type (polyethylene) material, covered on the inside with a shock absorbing (polyfoam) material and shell spine piece. These pads must be secured to the pants or secured in a girdle.
 5. **Thigh Guards:** May be of corrugated, molded fiber or plastic type (polyethylene) material with adequate (polyfoam) padding, not less than ½ inch thick.
 6. **Knee Guards:** May be of corrugated, molded fiber or plastic type (polyethylene) material with adequate (polyfoam) padding, not less than ½ inch thick.
 7. **Jersey:** For game purposes, may be of rayon/nylon, cotton/nylon, or nylon/durene materials, with single shoulders and elbows. Numbers (six (6) to eight (8) inches on front, eight (8) to ten (10) inches on back) are required and may be processed, air dyed cotton (cotton/nylon) material.

8. **Teeth or Mouth Protection:** Shall be of intra-oral, custom or self-fitted impression type. **A mouth guard must be worn at all practice sessions and games in which players engage in physical contact. All clear mouth guards MUST have a strap.**
9. **Shoes:** Sneakers or non-detachable rubber cleated or plastic molded shoes are required. No metal or screw-on type cleats will be allowed (male threaded nylon, screw-in cleats are permitted). Length of cleat is no greater than 1/2 inch. If player has a screw-in cleat, it must be plastic with no metal showing.
10. **Cup and Supporter:** Shall be worn by all male players at all practices and games.

ARTICLE IV - BASIC RULES

Section One - Medical Attention

- A. The home team shall be responsible for the presence of a Doctor (MD, DO), Nurse (RN, LPN) Emergency Medical Technician (EMT), or First Response on the field. The press box will be supplied with his/her name.

Section Two - Officials

- A. The League shall arrange for the appearance of at least four (4) qualified officials at each scheduled game.
- B. All qualified officials will be registered Collegiate or High School.
- C. The officials must have a copy of the Michigan High School Athletic Association (M.H.S.A.A.) rules and the Livingston County Area Junior Football League rules. If an official is shown a rule in the LCAJFL rulebook, they are supposed to try and follow these rules.
- D. The officials shall be fully uniformed. Pants will be white or black. The officials must wear an official's shirt.
- E. All officials will sign in and show M.H.S.A.A. credentials at the beginning of each event day.
- F. All Commissioners will fill out official evaluation forms at the end of each event day.
- G. Each Commissioner will then forward the evaluation to the head of the refereeing association.
- H. Any issues with officials must be directed to the League designate.

Section Three - Game Balls

A.

1. The game football for freshman and Instructional teams shall be no less than eleven and one half (11 1/2) inches, from end to end - K2 BALLS WILL BE ACCEPTED
2. The game ball for Jr. Varsity and Varsity teams shall be **no less than** twelve and one-half (12½) inches or longer, from end to end.

Note: The measurement is to be made from one end, following the curve of the ball, to the other end measured on the laces.

3. ALL game balls are to be inspected, measured, and approved by the commissioners at the weight in.

Section Four - Playing Field

A.

1. The home team is responsible for the preparation of the playing field.
2. All playing fields will be 100 yards long and 53½ yards wide (not counting the 10 yard end zones).
3. Coaches and players are not permitted beyond the 25-yard line.
4. The bench area is reserved for players, adult team personnel, and a game medical attendant. Sidelines are for the crew operating the yardage chains and down markers. The general vicinity of the field shall be clear except for the presence of an ambulance and law enforcement officials.
5. Playing personnel not in the game should remain in the bench area.
6. Due to inclement weather, games may be officially delayed, suspended or cancelled by mutual agreement of both communities' commissioners. Games maybe rescheduled. The waiting period is 30 minutes after the most recent lighting strike before a game may restart.

Section Five - Quarters (Stop and Go Clock)

A.

1. All games will be played with four (4) quarters, with each quarter being twelve (12) minutes long (stop time).
2. Between the first and the second quarters and between the third and the fourth quarters, there will be a two (2) minute intermission.
3. Between the second and third quarters, there will be a fifteen (15) minute intermission (half time).
4. Three (3) time-outs, per team, per half. The clock stops for one (1) minute during time-outs.

5. Mandatory three (3) minute warm-up at half time.
6. There will be no two (2) minute warning.
7. Current team rosters and team spotters are required in the press box fifteen (15) minutes prior to game starting time.
8. Game clock will stop at change of possession for no less than 30 seconds.
9. There will be no continuously running clock.

Section Six - Scoring Values

A.

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|----|-------------------------------------|----------|
| 1. | Touchdown | 6 points |
| | Field Goal | 3 points |
| | Point After Touchdown (run or pass) | 1 point |
| | Point After Touchdown (kick) | 2 points |
| | Safety (awarded to opponent) | 2 points |
| | Forfeit (offended team wins) | 2 points |
- a. If the offended team is ahead at the time of a forfeit, during a game, the offended team wins by the score at the time of the forfeit being made.
 - b. Freshman teams must have at least eighteen (18) players. Jr. Varsity teams must have at least eighteen (18) players. Varsity teams must have at least thirteen (13) players.
 - c. Under no circumstances will Varsity games be played with less than thirteen (13) players.
2. Games may end in a tie, there is no overtime.

Section Seven - Scoring Balance

- A.** The four (4) best backfield players' (the starting backfield) names must be given to the opposing coach at weigh-in. (The four (4) best backs are defined as the (4) best backfield players who are the starters for the game.) These four (4) players must be removed or switched to an offensive interior lineman position (tackle to tackle) after an eighteen (18) point lead for freshman, an eighteen (18) point lead for Jr. Varsity, and an eighteen (18) point lead for Varsity. These players can intercept passes, recover fumbles, and advance the ball while on defense. These players may not return punts, kick extra points, kick field goals, kick-off, punt or be a holder. They must play on the front line during a kick-off and are still not eligible to advance the ball. These players may return to the backfield (offense) if the lead decreases.

- B.** Upon reaching 18 points a team must IMMEDIATELY (re)move the top 4 backs designated at weigh-in. The team must make this change before any extra point attempt if the 18 points were attained on a touchdown.

Note: The intent of the above rule is to promote good sportsmanship. In the event that a team violates this rule, the following actions will be taken: Any points gained during this violation will be removed from the scoreboard, the violating team will be charged with a loss of down and a 15-yard penalty. For example, if this occurs during the extra point and the extra point is gained, the extra point will be removed from the scoreboard, the opportunity to retry will be lost and the 15-yard penalty will be imposed on the kick-off.

C. Sportsmanship rule:

- a. With a lead of 30 points or more at any point in the game, you will:**
- i. Run all plays between the tackles**
 - ii. Not pass**
 - iii. Not blitz**
 - iv. Not execute an onsidess kick**
 - v. Not execute fake punts**
- b. When trailing by 30 points or more at any point in the game, you will not:**
- i. Place no more than 8 in the box (box defined as 3 yards from the line of scrimmage outside shoulder of both offensive tackles)**
 - ii. Blitz (blitz defined as any player other than a down lineman crossing the line of scrimmage)**

Failure to comply with above rule will result in a disciplinary review by the LCAJFL Executive board that could lead to a 1-game suspension of the head coach for the 1st offense and removal of the head coach for a 2nd offense.

Section Eight - Player Inspection

A.

- 1.** Prior to the start of the game, the Head Coach will inspect his/her own players to ensure each player is wearing the following safety equipment:
 - a.** correct shoes
 - b.** mouth guard
 - c.** cup and supporter (males only)
- 2.** Any player not having or using the above equipment will be excused from play in the game.

Section Nine - Practice

A.

- 1.** Formal practice not permitted before the date established by the Livingston County Area Youth Football League Board of Commissioners.
- 2.** A players first week of practice shall be three (3) days with helmets alone; two (2) days with pads and no player to player contact; after which full contact can commence.

3. **Total practice time in one calendar week is not to exceed 15 hours prior to first league scheduled game.**
4. After the first week of league scheduled games, no team is allowed to practice more than six (6) hours per week (total practice time).
5. Viewing tapes is considered practice.
6. **There will be NO practices held on Sunday's.**

B.

1. OFFSEASON: Players may participate in camps/clinics held in their community provided:
 - a. It does not exceed 20 total hours per season.
 - b. The coaching of the camp/clinic is done by persons outside the local Junior Football program. EXAMPLE: High school or college coaches, etc. (Junior Football coaches may be administrators for the camp.)
 - c. The camp is not restricted to players already signed up and may include additional players within the school system. However, this camp must not be used as a tryout camp. An advertised open sign up must be held for the roster, teams may fill them with another open and advertised sign up after the camp/clinic, only not on the same day that it is held.
 - d. Times and location must be known to the League Commissioners and the home Commissioner or designate must be in attendance.

Section Ten - Conduct

A.

1. The conduct of all participants of the LCAJFL during the game should be exemplary. However, to ensure this point, the officials are authorized to request a coach or member of his staff to leave the playing field for improper display of temper or poor choice of language.
2. Profane language by player(s) and/or coach(s) constitutes an automatic fifteen (15) yard penalty. Repetition of the same by the same player will result in that player(s) and/or coach(s) being ejected from the game.
3. Any participant of the LCAJFL who is ejected from a football game by a game official or home commissioner is automatically INELIGIBLE to participate in their team's next scheduled game. It will be the responsibility of the opposing commissioner to contact the next weeks opposing commissioner about the infraction (no appeals).

Section Eleven - League Particulars

A.

1. All rules not covered relate to the Michigan High School rules.
2. Each member of the Livingston County Area Junior Football League must have a Board of Directors. Each Board must have elected officers that consist of a President, Vice President, Treasurer, Secretary, and Commissioner. Each associate member must operate under a set of bylaws that are approved by the League Board of Commissioners.
3. A single League Commissioner or designated representative shall be acceptable as the only person needed to be present at Commissioners meetings.

EXCEPTION: If a league or community has multiple divisions or sub-leagues, and each has its own separate governing board as described in the league by-laws, then each of those divisions or sub-leagues of that community shall be represented by its own League Commissioner or designated representative.

4. If a League Commissioner, or his designated representative, fails to attend two (2) scheduled League Commissioners' meetings, his/her community will, at the discretion of the League Commissioners, be dropped from the League or lose one (1) scheduled home game for the following season. By adoption of this rule, it is hoped that the entire League will benefit from the full participation of the communities in the League and that the misunderstandings or ignorance of the League policy and rules will thus be avoided.

B.

1. To ensure an organized sideline, each team coaching staff (including all helpers) shall not exceed six (6) persons. Any extra persons shall be approved and policed by both teams' Commissioners. All persons designated are confined to operate within the parameters of the 25-yard markers. Designated medical staff is exempt from this rule.
2. All facilities, including the press box, shall be shared equally.
3. The use of a statistician from goal to goal may be allowed, as long as he/she refrains from coaching or disrupting the game.
4. Allow games from Saturday's that have been cancelled to be played on Sunday's starting no earlier than 1:00pm, but no practices on Sunday's

Section Twelve - Commissioners

A.

1. The home Commissioners shall be the final authority in any dispute. **All Coaches must obey all requests of the Commissioners!**
2. Infractions must be registered with the Commissioner and one (1) warning will be issued. A second, similar infraction can lead to forfeiture of a game. (It is up to the discretion of the home field (official) Commissioner or his mandated proxy.)
3. Each Commissioner is responsible to ensure each Coach receives, understands, and follows the League rules in their respective communities. Ignorance of the rules is inexcusable.
4. Commissioners will be around the field and accessible at all times.

B.

1. Each year, the Board of Commissioners shall set a final date for that current year (June meeting) where as all rules new and old will be voted final by June until the following year in review.

2. Commissioners shall require each Head Coach to submit a complete roster in numerical order with players names, numbers, ages, birth dates, and any discipline or injury problems listed. These rosters shall be exchanged at weigh-in.
3. All Community's must be represented at all Commissioners meeting and all Commissioners are required to attend at least six league commissioner meetings per calendar year.

Section Thirteen - Punitive Action

A.

1. In the event that a community violates the Bylaws or Rules of the League, and after investigation by the League, the Commissioner(s) from the community may be removed and/or the community will lose 2 home games. If that Commissioner(s) or community does not comply, the possibility exists that the violating community could lose all of its home games the following season. If the community still does not comply, the League could omit that community from the League schedule the following season.
2. Forfeiture is automatic when an infraction occurs involving Article I.
3. Disregarding the Scoring Balance Guidelines, will automatically result in lose of points earned.
4. Any infraction of the previously stated rules could result in the suspension of the coach for one (1) game.

CONCLUSION

These rules are in no way intended to restrict the game, but are intended to assure a manageable means of player participation. It is assumed that these rules will be implemented by all concerned with the utmost integrity.

SPECIAL NOTE: IF THERE ARE ANY SITUATIONS WHICH MAY OCCUR THAT ARE NOT NOTED, MAY REQUIRE INTERPRETATION, OR ARE NOT EXPLAINED IN THIS PROCEDURE, THE LIVINGSTON COUNTY AREA JUNIOR FOOTBALL LEAGUE HAS THE RIGHT TO COLLECTIVELY RESOLVE THE ISSUE.

Article V - Livingston County Junior Conference

Section One – Eligibility

- A. Membership in this conference is limited to current members of the LCAJFL and those identified as being eligible to be members (Communities/School Districts that draw students from Livingston County)
- B. This conference will only have Freshmen and/or Junior Varsity Divisions.
- C. The number of teams a community may place in this conference is unlimited.

Section Two – Rules

- A. The LCJC will follow the same rules that the LCAJFL follows expect those that apply to the Varsity division.
- B. The scheduling of games will be on Saturday's, if schedules and field availability will permit. If not games could be schedule for Sunday's, with the first game time no earlier than 1:00pm.

Section Three – Transition

- A. Communities that have teams in the LCAJFL will use this conference as an opportunity for their Pool Players to gain experience. These Pool Players will follow the Pool Player Selection Process to return to the LCAJFL.
- B. If there are any situations that may occur that are not noted, may required interpretation, or are not explained in this procedure, the LCAJFL has the right to collectively resolve the issue.

Article VI - Livingston County Instructional Conference

Section One – Eligibility

Membership in this conference is limited to current members of the LCAJFL and those identified as being eligible to be members (Communities/School Districts that draw students from Livingston County)

Section Two - GUIDELINES (To be played in scrimmage environment)

- 1. Players will be 7 and 8 years old.
- 2. Weight restriction at this level is 110lbs.
- 3. There will be no more than 6 hours a week for practice.
- 4. 18 minute quarters, continuous clock, no time outs (injury only), Maximum 45 seconds between plays. Three minutes between quarters, ten minutes between half.
 - A. No score will be kept at the instructional level.**
- 5. Home team will start on offense, visitor's start on offense third quarter. No special teams.

A coach will receive one warning for unbecoming behavior, such as bad language, intensive criticism of a player, coach or referee. Second offense, coach will be ask to participate from the sideline only, third offense game misconduct as stipulated in the LCAJFL rules book. All discussions shall be out of players listening range and only at the end of the quarters or half.

6. Two coaches from each team will be allowed on the field on their side, show some class when instructing your players to block and tackle, do not intimidate.
7. The League shall arrange for the appearance of at least two (2) qualified officials at each scheduled game. See Article IV, Section 2 – Officials. The home team will provide one parent or a non-instructional coach to assist the officials.

Commissioner should provide basic training and try to assign the same knowledgeable individuals for the season.

Penalties should be called only if the infraction directly effects the outcome of the play or play results in a score, or the infraction could result in a injury such as clipping, spearing or fighting, player shall receive 2 warnings before the team is penalized for infractions that occur before the play has started. All penalties will be limited to loss of down and 5 yards from the line of scrimmage after the ball has been snapped or 5 yards prior to the ball being snapped.

8. All players will be allowed to play all positions.
9. It will be the goal of the coaches to get the same amount of plays for each player. However may be modified due to disciplinary actions.
10. When on offense the team will start on their 40-yard line. Play will be normal; they will have 4 plays to get a first down or score. If they don't get the first down the ball turns over and the opposing team will start on their 40-yard line.
11. The home team will provide medical personnel prior to the start of the contest.
12. Home Commissioner has final word in all disputes.
13. The Instructional Conference will play no more than an eight (8) game schedule during the season.