

## Greater Eastside Junior Football Association Rules and Regulations

April 6, 2011 (Adopted)

### Name:

The name of the Organization is The Greater Eastside Junior Football Association (GEJFA). GEJFA is the "League."

### Purpose:

The Greater Eastside Junior Football Association (GEJFA) was formed by the Bellevue Boys and Girls Club in 1963 to provide contact football in a program that respected Boys and Girls Club philosophy. Our purposes can be stated as follows:

- To provide a positive experience for all participants.
- To help build positive self-esteem for players.
- To teach team participation and responsibility.
- To teach participants to respect and honor opponents and all other participants (coaches, officials, parents).
- To teach sportsmanship and fair play.
- To teach football skills in an environment where players compete with other players of comparable age and age/weight formula.
- To teach all participants how to win, how to lose, and how to do both with dignity.

### Ethics:

The highest degree of ethical conduct is expected of all who participate in this program. This includes strict adherence to both the letter and the spirit of the Rules and Regulations of this program.

The use of alcohol during practices or games is prohibited.

- Profanity and tobacco products are also out of place.
- Drugs of any kind are not to be used by any player or coach without the advice of a physician.

- Rule infractions or conduct contrary to ethical standards can and will result in penalties being assessed against violators. Depending upon the nature and degree of the violations, penalties could range from forfeiture of a game, to dismissal from the program.
- All coaches shall sign a “Coaches Code of Conduct” form which will be submitted to and maintained on record by GEJFA.
- The use of a “Parent Code of Conduct” is strongly encouraged.

### Membership:

The Greater Eastside Junior Football Association is composed of the various independent football **franchised Clubs** voted into membership. The program is directed through the Junior Football Council (JFC) of the GEJFA and is sponsored by the Eastside Boys & Girls clubs.

A **Club** may be removed from membership only with at least a 2/3 (two-thirds) majority vote of the total membership of the JFC (for this purpose, total membership includes only the **Clubs**). Such a removal vote must come after a written proposal is submitted to the President at least two weeks prior to said vote.

*(Policy Note: For purposes of this vote and other such votes referenced in these rules, there are currently 17 **Clubs** in GEJFA and a 2/3 majority is 11 votes.)*

A new **Club** may join GEJFA under the following outline:

1. Application in writing to GEJFA must be made by December 31 to allow review of the new **Club** and work in the changes for the coming year.
2. The new **Club** must be sponsored by an existing **Club** that is in good standing with a minimum of five years in GEJFA. The sponsoring **Club** will be responsible for education and review of procedures by the new **Club**. The new **Club** will be on probation under sponsorship for one year.
3. The new **Club** must have available a game field that meets the acceptance of GEJFA, a high school field with clock and scoreboard. The field must be available every Saturday for round robin league play and playoffs (first nine weeks).
4. The new **Club** must have two different colored game jerseys (home/away jerseys).
5. The new **Club** will remain on probation during the second year. At the end of the second year, it may be approved for full membership by a majority of total membership (counting only the **Clubs**).

## Administration:

**JUNIOR FOOTBALL COUNCIL:** Responsibility for all phases of the GEJFA program rests with the JFC, which is comprised of the representatives of each of the **Club**s which participate in the program as well as the Athletic Directors of the Bellevue, Mercer Island and Kirkland Boys & Girls Clubs. The JFC establishes GEJFA rules and policy regarding such things as squad sizes, game scheduling, playing rules, eligibility, awards, discipline, practice sessions, financing, selection of coaches and disposition of complaints or protests, as well as all other phases of the program not specifically covered in the Association's Rules and Regulations.

In JFC voting, each **Club** has one vote, regardless of how many representatives it may have in attendance. Each Boys & Girls Club Athletic Director also has one vote. *(Note: The Boys and Girls Club Athletic Director has only one vote even if also acting a **Club** Representative.)* On all matters voted on by the JFC, a majority vote will prevail unless specifically stated otherwise in the Rules and Regulations. Elected officers are members of Council but without voting rights unless also serving as a **Club** representative. However, the President of the GEJFA will cast the deciding vote in the case of a tie. A quorum shall prevail if more than one half of the **Clubs** are properly represented. A quorum does not require the attendance of a **Boys and Girls Club's** Athletic Director.

**EXECUTIVE DIRECTORS COUNCIL:** The Executive Directors of the Bellevue, Mercer Island, and Kirkland Boys & Girls Club shall make up an Executive Directors Council having veto power.

**PRESIDENT:** The President of the GEJFA shall be elected by the JFC and confirmed by the Bellevue Boys & Girls Club Director. The President's initial term shall be two (2) years. After the then-current President has served a two year term, any further election to the office shall be for a one (1) year term. The President shall not coach a team or have any administrative post within any **Club** while serving as President. The President will preside at JFC meetings. The President shall appoint committees as deemed necessary. If the President cannot complete his term, the Senior Vice-President assumes the duties of the President. At the next regularly scheduled JFC meeting, a vote will be held to confirm and/or elect the President and Vice-President to complete the remaining term.

**VICE-PRESIDENT:** There will be two Vice-Presidents. The Vice-Presidents will be elected to staggered two (2) year terms. The Senior Vice-President will be the Vice-President with the most consecutive years in office (assuming the potential for re-election). The Vice-Presidents will assist the President as necessary and shall assume the duties of the President at any JFC meeting at which the President is absent.

**SECRETARY:** The Secretary shall be elected for a one (1) year term. The Secretary will record the minutes of the JFC meetings and post them on the web. If the Secretary cannot complete the one year term, an election will be held at the next JFC meeting to elect a new Secretary to complete the term.

**TREASURER:** The Treasurer shall be elected for a one (1) year term. The Treasurer will monitor GEJFA accounting as performed by the Bellevue **Boys and Girls Club** accounting staff. The Treasurer will monitor the collection of fees (e.g., Club Outreach Membership fees, GEJFA Administrative fees and GEJFA Officials fees) to ensure timely payment. The Treasurer will also monitor the payment of charges to GEJFA. If the Treasurer cannot complete the one year term, an election will be held at the next JFC meeting to elect a new Treasurer to complete the term.

**REFEREE'S COORDINATOR:** The Referee's Coordinator shall be appointed by the President. The Referee's Coordinator shall be responsible for coordinating the GEJFA game officials and all activities relating to their recruiting, training, and game assignment.

**GRIEVANCE COMMITTEE:** There shall be a standing Grievance Committee of at least three Council members as appointed by the President and approved by the JFC. The President shall replace a member if the review of a specific case involves a team from that committee member's **Club** or when there is otherwise a conflict of interest, whether real or perceived. The committee shall review all coach ejections and other matters as directed by the JFC. On coach ejection, the committee's decisions shall be final unless appealed to the JFC. On all other matters, the committee shall report back to the JFC with recommendations.

**JFC MEETINGS:** The JFC shall meet at least once a month during the season and as necessary in the off season. Special meeting of the members may be called by the President or shall be called by the Secretary upon written request by three (3) members in good standing. Notice of the time and place of all meetings shall be given by email or by phone one week in advance or at a prior meeting to all eligible voting members.

**REMOVAL OF CLUBS ADMINISTRATORS:** The JFC can require a Club to remove any of its administrators (whether officially with title or not) or coaches upon at least a two-thirds (2/3) vote of the total membership of the JFC (counting only the Clubs).

**ELECTIONS:** The election of Officers shall normally take place at the last scheduled meeting of the JFC each year. The new Officers shall take over the responsibilities of their office at the start of the new calendar year. Any elected Officer may be removed by at least a two-thirds (2/3) vote of the total membership of the JFC (counting only the Clubs).

**PARLAMENTARY AUTHORITY:** The rules contained in the current edition of Robert's Rules of Order, Newly Revised shall govern the organization in all cases to which they are applicable, and in which they are not inconsistent with the Rules and Regulations and any special rules of order the organization may adopt.

**AMENDMENT OF THE RULES AND REGULATIONS:** The rules and regulations may be amended at any meeting of the JFC by at least a two-thirds (2/3) vote of the total membership of the JFC (counting only the Clubs). Proposed amendments must be submitted to the President in writing at least two (2) weeks before the scheduled time of that meeting. The President will distribute the proposed amendment to all JFC members at least one (1) week prior to said meeting.

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## Rules for Play

National Federation of State High School Association (NFHS) rules shall apply except as noted within this document.

### 1. ORGANIZATIONAL STRUCTURE

#### A. Club Assignment:

- (1) Clubs service areas are defined to coincide with the public high schools within the area served by the GEJFA as follows:

<u>CLUB</u>	<u>SCHOOL</u>
Bainbridge Island	Bainbridge Island
Bellevue Bears	Interlake HS & Sammamish HS
Bellevue Knights	Newport HS
Bellevue Wolverines	Bellevue HS
Bothell	Bothell HS
Cedarcrest	Cedarcrest HS
Eastlake	Eastlake HS
Five Star	Liberty HS & Hazen HS
Inglemoor	Inglemoor HS
Issaquah	Issaquah HS
Juanita	Juanita HS
Lake Washington	Lake Washington HS
Mercer Island	Mercer Island HS
Mount Si	Mount Si HS
Redmond	Redmond HS
Skyline	Skyline HS
Woodinville	Woodinville HS

- (2) Each player new to GEJFA football will be assigned to the appropriate Club based on boundaries wherein he/she resides. All exceptions must be approved by the GEJFA Grievance Committee.
- (3) Grandfather clause: Having established eligibility to play in a Club based on boundaries wherein a player resided, that player may continue to play with that Club from year to year until his/her eligibility expires, regardless of his/her current residence. That eligibility expires when the player moves from within those boundaries and either doesn't play football for one or more seasons, or plays for the Club based on boundaries wherein he/she currently resides. This grandfather does not apply to siblings who have not established their own eligibility under this provision.

- (4) Transfers: A player who plays for a **Club** other than the one in which he/she resides must have an approved transfer, except in the case of a grandfather discussed in paragraph A.(3) above; that transfer is good only for the current year and must be renewed annually.
- (5) Until June 30, **Clubs** must first accommodate all player applicants who reside within their boundaries before taking transfers from other **Clubs** or from beyond their boundaries.

B. Squad Limit:

- (1) Although the GEJFA Council recommends at least 22 players per team, a minimum of 14 and a maximum of 33 players may be assigned to a team.
- (2) Each team must take up to 26 players in the order of application before being considered full and turning potential players away or putting them on a waiting list. However, **Clubs** may close registration after June 30 without regard to number of players and may do so earlier when approved by vote of the JFC.
- (3) A **Club** may divide ('split') a team into two equal teams when the team roster has 28 to 33 players. A **Club** must divide a team when the team roster reaches 34 players.
- (4) "Equal" is understood by the GEJFA Council to mean that parity of numbers, skill, size, age, etc. will be used to achieve balance. A geographic split by school boundaries is considered by Council to satisfy the desire for equity.
- (5) Whatever the method of achieving the split, it must be approved by the GEJFA Council prior to implementation.
- (6) If a **Club** has team splits at more than one level, the splits must be done in a like manner (e.g., all geographic or all by draft) for all teams within that **Club**. Note: minor deviations between levels is permitted for purposes of achieving equity in numbers. Deviations are also permitted, subject to vote approval by the JFC, when the number of splits per level differ.

C. Level Assignments:

- (1) Players will be assigned to one of five separate levels of play as determined by either their age or by the Age-Weight point total. See the current GEJFA Age/Weight Chart for details.

- (2) A player wishing to play at a level higher than that determined by the Age-Weight point total must be within five (5) points of the minimum point total of the higher level and have a waiver and release of liability signed by his parents and approved by the Club prior to participating at that higher level. *GEJFA discourages use of this provision except when deemed most appropriate for the player and the involved teams (e.g., to balance roster numbers).*
- (3) The Age points only option for assigning playing level could result in players being eligible for several levels, one level by Age-Weight, and possibly two levels by Age only. This provision was introduced to allow players who are bigger than their age peers to play with those peers regardless of weight. However, paragraph C.(2) above notwithstanding, the age point only option could also allow a player to play up with his/her peers even though he/she might be much smaller than those peers. This is permitted at the discretion of the Club and is subject to a waiver. *GEJFA discourages players from playing above the lowest level for which they are eligible except when deemed most appropriate for the player and the involved teams (e.g., to balance roster numbers).*
- (4) No player may be wavered down to a level below that for which he is eligible based on the Age-Weight Chart, using either option.

D. Responsibilities of Team Coaches:

- (1) All coaches, head and assistant, shall receive some form of training as discussed in the following paragraphs.
  - a. Training in following topics should be provided.
    - Youth coaching philosophy
    - Football fundamentals – proper techniques
    - Basic NFHS football rules
    - Equipment fitting
    - GEJFA Rules
    - Concussion awareness and procedures
    - First Aid (at least one coach per team)
  - b. The following types of training clinics/courses are among those recommended.
    - USA Football online basic tackle course
    - USA Football Coaching School

- Glazier Football Clinics
- ASEP online tackle football course
- NYSCA online tackle football course
- Club level organized training (e.g., HS Coach)

c. Each Club will at the beginning of the season provide certification that such training has been received.

- (2) Each head coach is responsible to his Club Director and the GEJFA Council for the following:
- a. Conduct and performance of himself, any assistants, his players, and his players' parents.
  - b. Attendance of himself and assistants at any meeting called by the GEJFA President and/or the GEJFA Council. Of prime importance is attendance at Council clinics organized for the benefit of the coaches, and through them, help the players with whom they will be working.
  - c. Reporting of all injuries, and ensuring that proper insurance claims are filed and forwarded to the proper Boys and Girls Club official.
  - d. Submitting game reports in accordance with established and posted procedures by 6:00pm on the day following the game (i.e., Sunday).
  - e. Ensuring that all players meet eligibility requirements as set forth in the eligibility section of these rules.
  - f. Submitting signed Code of Conduct forms and Background Check forms to the designated Boys and Girls Club representative prior to the season start in accordance with the established and announced procedures (procedures are always subject to change from one year to the next).
- (3) No coach may coach two teams at the same level.

## 2. OFFICIAL WEIGH-INS --- GEJFA Game Day Weigh-In Procedures

A. Teams and individual players shall be at the game site one (1) hour before their scheduled starting time. All players must weigh-in except as follows:

- (1) Players assigned to the Rookie, Cub and Varsity levels based on league age alone, see Age/Weight Chart, are not subject to weight

- restrictions and need not weigh-in. All 9<sup>th</sup> graders at the Varsity Level must meet the required Age/Weight formula.
- (2) Players assigned to the Sophomore, and Junior Varsity levels base on league age alone, see Age/Weight Chart, have a "Cap Weight" restriction (weight at which they may not carry the ball) and must be weighed and marked by "X" on the helmet in contrasting color and otherwise clearly visible if they exceed the "Cap Weight."
- a. From scrimmage, the "X" players are limited on defense and offense to ~~down~~-lineman positions in the tackle-to-tackle box. The widest such a defensive player may align is on the outside shoulder of the offensive tackle.
  - b. On kickoffs, the "X" players are not restricted in position except that the requirement in paragraph (3)c. below still applies. A kicker is deemed not to be in possession of the ball.
  - c. If any player with an "X" on his/her helmet possesses the ball, the play ends with their team retaining the ball other than by rule at the spot the "X" player possessed the ball.
  - d. All "X" players are ineligible as pass receivers.
- B. Any player who EXCEEDS his/her maximum weight allowance by more than nine tenths (9/10ths) of a pound at weigh-in will not be allowed to play in the game. (EMPHASIS ADDED)
- C. The "weighmaster" generally will be the stadium or field manager for the Home **Club**. This person shall be competent and knowledgeable of the weigh-in procedure, rules, and roster handling. Should the field or stadium manager be unable to perform this assignment, said manager shall then designate a competent alternate replacement to perform these duties.
- D. The "weighmaster" plus one representative from each team will be present to witness the weigh-in procedures. Each team representative shall also make sure that their team is lined up in the same order as the players are listed on the roster, reading from top to bottom (oldest to youngest) in preparation to weigh-in.
- E. The visiting team shall weigh-in first and the visiting team representative shall have an option to request the "weighmaster" balance out (zero) the scale to check for accuracy. The home team representative also shall have this option.
- F. Once the weigh-in commences, each team representative shall be the only observer and shall have no authority to interfere with the "weighmaster." The team representatives shall answer all questions asked of them by the "weighmaster" that are pertinent to the team.

- G. Each team representative shall provide the “weighmaster” with two (2) copies of their team game roster. One copy shall remain with the “weighmaster” so it can be turned into the League (when requested) and the second copy shall be given to the opposing coach. The roster shall contain the correct jersey number for each player and specific game notes such as players injured or being disciplined.
- H. All weigh-ins may commence one hour prior to scheduled game time but in no case shall start later than 50 minutes prior to game time, ideally with the visiting team starting at 55 minutes to game time and the home team starting at 50 minutes to game time. This will allow both teams to have 45 minutes of warm-up and practice time without any interruptions. In the event the visiting team is NOT ready for weigh-in when called for by the “weighmaster,” the home team may opt to weigh-in first if they are ready.
- I. Players may weigh-in up to 15 minutes prior to the start of the game. Any player who arrives later shall not be allowed to play in the first half. Players in this situation must weigh-in at or before half time in order to play in the second half. The “weighmaster” shall notify the coaches of both teams about players who were late but made weight under his/her supervision.
- J. All players shall weigh-in with ALL the equipment they will wear in the game EXCEPT for the helmet and optionally their game shoes. All other optional equipment shall be considered part of their playing gear and considered part of the weight allowance that is given by the League.
- (1) Once on the scale, the player may not remove any clothing or optional equipment in order to make weight, in other words, the player shall be on the scales once and only once to be weighed; except that a player who weighs with his shoes on and fails to make weight, may remove his shoes (nothing else) and re-weigh.
  - (2) Players shall not add gear, except the helmet and shoes, nor shall they change any gear, except that which may later be broken, in which case the change shall be to equipment of the same size.
  - (3) Weight allowances for uniform and equipment are outlined on the official GEJFA Age/Weight Chart and will be reflected on the weekly official game rosters. The equipment allowance is given to all players who weigh-in with their equipment on. The equipment allowance points in the Age/Weight Chart are added on top of the points for the respective playing level. Players assigned by age points only also get the equipment allowance.

- (4) Any player may elect to weigh-in without his equipment and uniform in order to make weight, however, said player will not be given the uniform and equipment allowances that are offered by the League. In NO case will a player be allowed to weigh-in naked or without proper undergarments.
- K. Players who are deemed unable to play WILL remove their helmet and shoulder pads prior to the game and said players' coach or representative shall notify the opposing coach or representative and identify said players on the roster.
- L. A player who misses weight two consecutive games shall be moved up. A player who misses weight one game and then does not play in the next game is assumed to be overweight for second consecutive game unless a satisfactory reason for missing that game is presented.
- M. Weigh-ins are required for playoff games. Weigh-ins are not required for match-up games at the end of the season, except that "X" players wishing to remove that designation may weigh to demonstrate they are eligible to play without a "X."

### 3. ELIGIBILITY

- A. In order to compete in this program a player must meet the following requirements:
- (1) Be a member of the Bellevue, Mercer Island or Kirkland Boys and Girls Club.
  - (2) Meet the resident requirement and age/weight requirements. See the Age/Weight Chart for assignment of players at all levels. All 9<sup>th</sup> graders at the Varsity Level must meet the required Age/Weight formula.
  - (3) Must not be a player participant for any other football program, e.g., middle school, junior high or senior high school football team during the same fall season in which also competing in the GEJFA program. A player no longer playing in any other football program, may be added to a team subject to meeting the registration deadline established by GEJFA Council. (Note: registration in a GEJFA Club is not considered valid while a player is participating in another same season football program.)
- B. In addition, before participating in any Jamboree or game, all players are required to submit a birth certificate, or other official document, as proof of birth date.

- C. A coach may declare a player on his roster ineligible for a game by obtaining prior approval of his **Club** director or the Athletic Director of one of the Boys & Girls Clubs.
- (1) The coach shall present a game waiver for the ineligible player to the opposing coach prior to the start of the game. An indication on the game roster may serve as this waiver. The coach must account for every player on the roster; unless covered by a waiver indication (absent, injured, disciplined) all other players will be counted as present and eligible for game play. All eligible players must play in the game unless injured.
  - (2) Coaches may establish policy on attendance, conditioning, and/or discipline with the approval of their **Club** director. Generally, such policy should be **Club** wide and uniformly applied.
  - (3) **Club**s shall give written notice to Council via the President whenever a player is terminated from their program for cause. Written notice shall include the reasons for termination.
- D. The use of an ineligible player, subject to review and confirmation by the Grievance Committee, shall result in the following penalties:
- The automatic forfeiture of every game in which that player appeared; and
  - The immediate suspension of the player's head coach until the matter has been reviewed by the Grievance Committee.
- E. Subject to GEJFA Grievance Committee review, a player or coach who is disqualified (ejected) by a game official is automatically ineligible for the next game.
- (1) If the same player or coach is disqualified (ejected) a second time in one season, he is suspended for the remainder of the games that season.
  - (2) All coaches suspended from a game must appear before the Grievance Committee, accompanied by his/her **Club** President and team Head Coach prior to reinstatement. If the Grievance Committee is unable to meet prior to the game following the automatic game suspension, the coach may be temporarily reinstated by the GEJFA President pending an appearance before the Grievance Committee.
  - (3) A coach or player who is suspended from for a game shall not be on the field (inside fenced area) during that game. A suspended coach shall not have communication/contact of any type with the team on game day until after the game is completed. It is the responsibility

of each Club to monitor the coach/team to be sure the suspension is enforced.

- (4) Players will not appear before the Grievance Committee and their suspension resulting from an ejection is not open to appeal.
- F. Coaches may also be subject to suspension based on Grievance Committee review of a reported breach in proper conduct. A coach suspended for any reason shall not have communication/contact of any type with the team on game day until after the game is completed. It is the responsibility of each Club to monitor the coach/team to be sure the suspension is enforced.
4. EQUIPMENT. The following are deviations/modifications/clarifications of the NFHS Rules as they are applied to GEJFA youth football. Otherwise, the NFHS Rules apply.
- A. Every player must wear gear provided by each Club unless his personal gear meets all safety standards as determined by his head coach, Club Director, and/or GEJFA, as may be appropriate. Players must wear full uniforms including mouth guards at all contact practices as well as all games.
- B. Bandannas are not allowed on players while playing in the game.
- C. Athletic supporters are required for all male participants; cups are not required.
- D. Game jersey numbers are to be recorded on each team's official roster. A player must retain this number throughout the season unless permission to change is granted by the GEJFA Council.
- E. No player may wear shoes with either metal or detachable cleats. Acceptable shoes are those of the tennis type and those with molded rubber cleats (no sharp edges).
- F. Players may not participate in any contact, live or otherwise, in practice or games if wearing a hard (rigid) cast (or brace) even if said cast is wrapped with protective foam or rubber type substances. GEJFA examples of a hard cast include those made out of metal, plaster type material or fiberglass material.
- G. Footballs may be leather, composite, or rubber. The football used for kicking must be the ball the kickoff team is using on offense or must be similar. The balls, which shall otherwise meet NFHS rule specifications, shall meet the following size specifications:
- (1) For Junior Varsity and Varsity levels: length 10 -11 inches; long circumference 26 -27 inches; short circumference 19 - 20 inches;

and weight 12-14 oz. (Examples: Baden and Nike have given these footballs a "Youth" or "Intermediate" designation.)

- (2) For Sophomore, Cubs, and Rookies levels: length 9 1/2 -10 1/2 inches; long circumference 25 - 26 inches: short circumference 18 - 19 inches; and weight 11-13 oz. (Examples: Baden and Nike have given these footballs a "Junior" designation.)

H. All uniform color changes must be approved by the GEJFA Council. All **Club** are to have two jersey colors available, one light and one dark, to avoid game day jersey color conflicts. The home team shall wear their dark colored jersey and the visiting team shall wear its light colored jersey. The visiting team is otherwise responsible for ensuring that their jerseys contrast in color with the home team jersey. Where conflicts are anticipated, opposing **Club** heads shall make contact in the week before the game to resolve conflict before game day.

**Club** team colors are as follows:

<b>CLUB</b>	TEAM COLORS	ALTERNATE JERSEYS
Bainbridge Island	Blue/Gold (2 tone) Jerseys, Blue Pants & Blue Helmets	White
Bellevue Bears – R, C & S	Black Jersey & Pants & Black Helmets	White
Bellevue Bears – JV & V	Navy Blue Jersey & Pants & Black Helmets	White
Bellevue Knights	Red Jerseys, Gold Pants & Red Helmets	White
Bellevue Wolverines	Navy Blue Jerseys, Pants & Helmets	White
Bothell Cougars	Royal Blue Jerseys, Pants & Helmets	White
Cedarcrest Redwolves	Cardinal Jerseys, Black Pants & Black Helmets	White
Eastlake Wolves	Black Jerseys, White Pants & Cardinal Helmets	White
Five Star Cougars	Blue/White (2 tone) Jerseys, Black Pants & Black Helmets	White
Inglemoor Viking	Black Jerseys, Black Pants & Black Helmets	White
Issaquah Eagles	Purple Jerseys, Pants & Helmets	White
Juanita Rebels	Navy Blue Jersey, Pants & Helmets	White
Lake Washington Kangs	Purple Jerseys, Pants & Helmets	White
Mercer Island Islanders	Maroon & Black Jerseys & Pants & Maroon Helmets	White
Mt Si Wildcats	Scarlet/White Jerseys; Cardinal Pants & Cardinal Helmets	White
Redmond Mustangs	Green/Gold (2 tone) Jerseys, Vegas Gold Pants & Helmets	White
Skyline Spartans	Dark Green Jerseys, Silver Pants & Helmets	White
Woodinville Falcons	Green Jerseys & Black Pants & Black Helmets	White

## 5. PRACTICE SESSIONS

- A. There shall be no organized practice sessions by any **Club** or team prior to the first day of practice established by the GEJFA Council; generally three weeks before Labor Day.
- B. Generally (but may not always), practice may be held daily with a maximum of five (5) sessions for the weeks preceding Labor Day.

- C. After a date established by the Council, which will generally (but may not always) coincide with Labor Day weekend, teams will be limited to three (3) practices per week.
- D. Practice sessions, including warm-up time and any other instruction ("chalk talk", etc.), may last no more than two (2) hours. Strict adherence to the two hour practice session limitation is required. Injuries are most likely to occur when a player is fatigued. A secondary reason is courtesy to the player and his parents.
- E. Each team may participate in one Jamboree as an extra practice. Any additional Jamboree, or other scrimmage, shall be counted as one of the allowed practices in the week in which that Jamboree or scrimmage occurs.
- F. Players may not engage in collision contact activities until they have attended two (2) non-collision contact practices outfitted in their practice equipment. Players must then participate in three (3) collision contact practices before participating in a game.
- G. All team meetings including skill sessions, movies, etc., shall constitute practice.
- H. Coaches (any non-player) are not to take part in either scrimmages or scrimmage type action.
- I. A player who is more than five pounds (five total age/weight points) over the upper limit for the level of play to which he/she is assigned, when assigned by age and weight, shall not have collision contact with other players at that level, even in practice (including a jamboree).
- J. Teams at different levels will not have collision contact between each other (i.e., Cubs vs. Rookies, etc.).

## 6. GAME DAY

### A. Game Management Responsibilities:

- (1) The designated home team (arranged with the host field as necessary), as determined by the GEJFA Council (generally per the game schedule), will provide the official time clock, down box, yard markers and chains.
- (2) The down box and chains will be operated on the visitor's side of the field by volunteers from the visiting team.
- (3) Each Club shall have a field manager at their home games. The general responsibilities of the field manager include the inspection the playing field, conducting the game day weigh-in (see Rule 2

- above), monitoring the coaches' exchange of rosters, making arrangements for a chain crew, checking with the game officials and assisting them as needed, and informing all spectators to stay behind the spectator boundary line (on most fields, this will be outside the fenced playing field). In the event a dispute arises, the field manager will mediate as necessary.
- (4) All teams shall have a first aid kit at their benches. At least one coach or other designated person on each team shall be first aid certified.
- B. Game Ball: Each team may use its own ball so long as it conforms to proper size (see Rule 4.G. above) and inflation standards (subject to final approval of the game officials). A team may have an on-field attendant to dry a wet football between plays, but that person may not communicate with the players, coaches, or officials except as required to execute his duty.
- C. Field Access:
- (1) At high school fields where the playing field is fenced from the spectator areas, only the game participants (players, coaches, and officials) may be inside the fenced area. This may also include rostered team statisticians and one still photographer who shall be outside the team box. No videographers will be allowed in the fence area.
- (2) On those fields where such fencing does not exist, coaches shall inform the spectators on their side of the field that League rules require that all spectators remain five (5) yards or more from the sideline. It is recommended that the five (5) yard boundary line should be roped or marked off.
- (3) Nothing prohibits a **Club** from establishing stricter field access rules as deemed necessary or as required by the respective school district or school.
- D. Length of Game:
- (1) Rookies and Cubs will play 8 minute quarters.
- (2) Sophomores, Junior Varsity and Varsity will play 10 minute quarters.
- (3) All games will be played per high school rule book timing rules.
- E. Game Rosters:
- (1) GEJFA weigh-in rosters with game jersey numbers must be exchanged between coaches prior to the start of the game. Any coach exchanging a roster other than an official GEJFA roster will be

given a warning. For a second violation, the coach must appear before the GEJFA Grievance Committee before coaching during the next game.

- (2) Players being withheld from participating in the game due to team disciplinary reasons must be so noted on the roster, with the number of quarters they will be withheld also noted. All such disciplinary actions must begin with the start of the game and run through consecutive quarters. Discipline should only be applied with the knowledge and concurrence of the Club Director or per Club Bylaws or other established policy.

F. Coaches on the Field:

- (1) Coaches of the Varsity, Junior Varsity, Sophomore and Cub teams will not be permitted on the field of play except during a time-out or in the case of an injury.
- (2) At the Rookie level, one coach from each team is permitted on the field at any time in order to allow closer supervision and better instruction for the younger, less experienced players. The coach on the field may call the plays and make necessary adjustments between scrimmage plays. He may in no way interfere with the play of either team; including talking to or shouting at his or opposing players once the offensive team has broken their huddle. If a coach is still communicating after the huddle has broken, a warning will be issued by the referee. A second violation, and all subsequent violations could result in a 5 Yard Penalty for "on Field Interference." *(Policy: When there is no huddle, communication between the coaches on the field and their respective players shall cease at the time the ball is made ready for play.)*

G. Game Officials: GEJFA will attempt to assign three (3) game officials to every game and a fourth (4) for Sophomore, JV and Varsity games. At the Rookie level, two (2) officials will constitute a full crew, however, more may be assigned.

H. Electronic Communications:

- (1) Any game related communications between coaches, coaches and parents, or coaches and players using electronic devices such as, but not limited to, cell phones, two-way radios, transmitters, etc., shall be deemed illegal for any game in which your team is a participant. Violation, subject to review and substantiation by the Grievance Committee, will cause automatic forfeiture of any game in which illegal electronic devices were used, and immediate suspension of all coaches involved. The suspended coaches must

- appear before the Grievance Committee before coaching another game.
- (2) Cell phones are not to be used on the sidelines. Those receiving calls or making calls shall step out of and away from the team box when using a cell phone.
- I. Scouting: Coaches or their representatives may scout other teams in games only. Video will not be used to scout. Scouting of practices (not including jamborees) is prohibited.
- J. Picture taking and Video Taping:
- (1) Picture taking and video taping of your team is allowed from your side of the field in the stands or beyond the playing field boundary (in most cases outside the fenced area) except that one still picture photographer per team may be on the sideline outside the team box. There will be no filming of games or practices not involving your team. *(If you wish to film from the opponent's side, get permission from that team and please be respectful of the fans for that team.)*
- (2) There shall be NO viewing of any video of an opponent other than games where your team participated.
- (3) Video Passes: Any person(s) who wish to legally video tape games may do so with a properly displayed video pass, which may be obtained from their Club Director. Photography inside the fenced boundary is a privilege, not a right, and if the photographers do not follow the rules relative to where they are permitted to stand, then that photographer and others with the same team shall be removed from the field area. All video passes must be visibly displayed at all times while filming. All Clubs will have their color pass on record prior to the start of the season.
- K. Substitution Rule:
- (1) Upon the change of possession (i.e. fumble, loss of down, pass interception, or punt) a coach must empty his bench and replace all of his players on the field, if possible.
- a. After a proper substitution, all players then on the field shall remain on the field for four consecutive legal plays, unless the ball changes possession.
- b. After a minimum of four plays following a change in possession, a coach may substitute freely. However, when the ball changes possession, he must again empty his bench and replace all players currently on the field, if possible, for a minimum of four consecutive plays.

- c. Should a team score a touchdown or kick a field goal, free substitution is allowed for both the extra point and kickoff.
  - d. At the beginning of scrimmage play following a kickoff, the substitution rule is re-instituted (starts over).
  - e. If a player is injured, a free substitution may be made for the injured player. Even following an injury substitution, when the ball changes possession, the coach must again empty his bench and replace all players on the field, if possible, for a minimum of four consecutive plays. Otherwise, the injured player may return to action, after sitting out a minimum of one play.
- (2) An injured player should remove his/her helmet and sit on or near the team bench. If the injured player is out for a prolonged period of time, he/she should remove his/her shoulder pads and helmet.
  - (3) It is the intent of the GEJFA council that all players get equitable playing time. But in any event, all players, including those who may be subject to discipline for some part of the game, must play at least twelve plays during the game period.
  - (4) Violations of the substitution rule, subject to review by the Grievance Committee, may result in forfeiture of the game and the suspension or termination of the coach. The Host Club of any team found in violation of the substitution rule can be put on "Substitution Rule Probation" for the remainder of that season and the entirety of the following season. Violating teams from a Club already on probation will in most cases upon review by the Grievance Committee automatically forfeit the game in question even if it is determined that the violation didn't affect the outcome of the game. Any Club that is found in substantial violation of the Substitution rule while on "Substitution Rule Probation" may be ruled ineligible for participation in the playoffs. Coaches violating even just the spirit of this rule may be subject to the disciplinary action of the GEJFA Council.
- L. There is a free punt rule at the Rookie level, when declared.
- (1) If the offensive team wishes to have a free punt, they notify the referee and the referee will notify the other team. The clock then stops until the ball is punted.
  - (2) Both teams must have 8 players within 3 yards of the line of scrimmage and the coaches on the field must stay clear of the punted ball.
  - (3) No player may cross the line of scrimmage until the ball is punted.

- (4) If a rule infraction occurs prior to the punt, the punt shall be replayed after the penalty has been assessed; however, off sides and encroachment penalties shall not apply.

M. Point After Touchdown (PAT):

- (1) Any point after touchdown conversion kick will be worth two (2) points because of the difficulty at these lower levels.
- (2) A run or pass PAT will be worth one (1) point.

N. Score Management:

- (1) Any team that is behind by twenty-one (21) points or more even after just scoring a touchdown, field goal, or point after touchdown, or at the start of the second half may elect to receive the kick-off.
- (2) The 32 Point Rule: It is the intent and spirit of the GEJFA Council that no team shall defeat, nor shall it at any point in the game lead an opponent by more than 32 points.
  - a. Any time a team is ahead by 21 or more points, either coach may call a league timeout in order to discuss further game protocol.
  - b. The following rules will further govern play when the score differential in a game is 25 or more points:
    - After a score that creates this score differential, the trailing team will take possession and start their offensive series at the 50 yard line; there will be no kick-off.
    - When the trailing team takes possession of the ball, it shall start its offensive series at the 50 yard line or at the point of possession if inside the other team's 50.
    - When the leading team takes possession anywhere outside its own 20 yard line, the ball will be moved back to that team's 20 yard line to start the offensive series.
    - At the beginning of the 4<sup>th</sup> quarter or at such time in the 4<sup>th</sup> quarter that a 25 point or more score differential exists, the game clock will go to a running clock and will be stopped only for injuries or time outs.
    - Game clock can go to a running clock at any time during the game if both coaches agree.
    - If the score differential drops below 25 points, then regular play (i.e., kick-offs) will resume, except that once a running clock, always a running clock.

(3) Violation of the 32 Rule:

- a. If a team exceeds the 32 point margin offensively, the Head Coach shall automatically be suspended by his/her Club for the next game. No appearance before the Grievance Committee is required.
- b. If a team exceeds the 32 point margin and the last score was defensive, the Head Coach shall meet with the Grievance Committee before coaching the next game, unless excused by the Grievance Committee because it is unable to meet in a timely manner.
- c. If a team's margin of victory is 38 points or more, by any situation, the Head Coach is automatically suspended for the next game. No appearance before the Grievance Committee is necessary.
- d. A coach on suspension for violation of the 32 point rule cannot have communication/contact of any type with the team on game day, until after the game is completed. It is the responsibility of each Club to monitor the coach/team to be sure the suspension is enforced.
- e. A second violation of the 32 point rule, or a violation of the game day contact rule, will result in a coach being suspended for the remainder of the season. These suspensions may not be appealed.

O. Tie Breaker Format for Playoffs:

- (1) Tie breakers for playoff seeding (shoot-outs) will not be used except per the seeding discussion in paragraph 8.H. below.
- (2) If a tie breaker format is needed to determine team seeding for playoff games, the following format will be observed:
  - a. For a three way tie, a coin toss will determine which team will be awarded a first-round bye.
    - Ties for last playoff seed: The loser of the first series will then play the team with the bye and if the bye team is the winner of that series, it will then play the winner of the first series to determine the winner of the tie breaker. If the bye team loses in the second series, then the winner of the first series is the winner of the tie breaker.
    - Ties involving two or more playoff seeds: The loser of the first series will then play the team with the bye. If the bye team loses, it is eliminated and winner of the first series

takes highest seed and winner of second series takes lower seed. If the bye team wins the second series, then the loser is eliminated and the bye team now plays the winner of the first series to determine seeding order. *Example: C wins coin toss and gets bye. A plays B in first series. A wins, thus B then plays C in second series. If B wins second series, C is eliminated and then A takes highest seed and B the lower seed. If C wins the second series, then B is eliminated and C and A play to determine seed order.*

- b. A coin toss will determine which team gets choice of possession. For purposes of the coin toss, the team traveling the farthest will be the visiting team.
  - c. Each team will have:
    - A 1st and 10 from the 20 yard line; if this session ends in a tie, then they will have another session of 1st and 10 from the 10 yard line; if this results in a tie, then play will continue subsequent sessions from the 10 yard line until a winner is decided.
    - If a touchdown is scored, the point after touchdown will be tried.
    - The substitution rule is in effect throughout tie breaker play except when the ball changes hands, whether on downs, a turnover or on a score, the coach must again empty his bench and replace all players on the field, if possible, for a minimum of four consecutive plays.
    - Each team will have one timeout per complete session
- (3) If a playoff game ends in a tie following regulation play, the following tie breaker format will be used determine the winning team.
- a. A coin toss will determine which team gets choice of possession.
  - b. Each team will have:
    - A 1st and 10 from the 10 yard line; if this results in a tie, then,
    - 1st and goal from the 5 yard line; if this results in a tie, then play will continue from the 5 yard line until a winner is decided.
    - If a touchdown is scored, the point after touchdown will be tried.

- The substitution rule is in effect throughout tie breaker play except when the ball changes hands, whether on downs, a turnover or on a score, the coach must again empty his bench and replace all players on the field, if possible, for a minimum of four consecutive plays.
- (4) Ties in Championship Games will be resolved per the playoff game tie breaker format in paragraph (3), except that after two complete tie breaker sessions, if the score is still tied, then the game shall end at that point in a tie.
- P. Interrupted Games. Although highly unlikely, games could be interrupted due to weather (lightning or other severe weather), loss of lighting, or other unforeseen circumstance in which it would be unsafe to continue play.
- (1) Interrupted games shall be resumed as soon as it is safe to do so, the same day if possible.
- (2) If interrupted games are unable to resume the same day, they shall be reported to the League President and the scheduler by the end of game day.
- (3) Every attempt will be made to schedule a field and time to resume play, most likely the following Tuesday or Wednesday evening.
- (4) Per High School rules, interrupted games will be resumed at the point of interruption, unless the involved teams agree to terminate the game with the existing score.
- (5) If the existing score at the point of interruption is already lopsided, teams are encouraged to terminate. If agreement to terminate cannot be reached between the involved teams, the League will rule on the matter.

## 7. PROTESTS

- A. Protests of any nature are discouraged as detrimental to the spirit and intent of the GEJFA.
- B. A protest on any official's judgmental call will not be accepted. A protest of the official's interpretation of a game or association rule may be submitted.
- C. Any alleged infraction must be submitted in writing by a head coach, with the concurrence of his **Club** Director, to the GEJFA President within seventy-two (72) hours of the alleged infractions.
- D. Charges of any rule violation or unethical practice by a coach or by any **Club** may be made to the GEJFA Council. Although no specific time limit

is noted for submission to the Council, it is recommended that any complaint be made promptly, so that the Council may act with dispatch in resolving the issue.

E. Protests regarding violations of the substitution rule:

(1) Protests concerning a violation of the GEJFA substitution rule will be made in the following manner:

a. The coach wishing to protest such a violation will ask the game officials to provide an official's time out for the purpose of discussing a league rule with the opposing coach.

- The head coach will then be invited to the middle of the field where the protesting coach will state to the opposing coach, "You are violating the league substitution rule."
- The protesting coach must then specify the exact nature of the violation to the opposing coach.
- These coaches will make every effort to resolve the situation.

b. A subsequent violation in the same game shall be handled in the same manner as in the first instance; however, the protesting coach may add, "A formal protest of these violations will be made to the GEJFA Grievance Committee."

- No further discussion concerning the violation of this rule should occur during the game.
- The protesting coach, with the concurrence of his **Club** Director, should then submit a letter of protest, stating the circumstance of the protest, to the GEJFA President not later than seventy-two (72) hours following the game.
- The GEJFA Grievance Committee will call a special meeting to hear the protest. The coach filing the protest is required to be present at this meeting to present any pertinent facts and/or to answer any questions. The opposing coach is encouraged to attend this meeting and respond to the protest if he so desires, but not required to do so.

(2) In regards to a violation of the league's substitution rule, no protests by a family member of players will be allowed; however, they are encouraged to bring these concerns to the attention of their **Club** Director and also advise the GEJFA Council of violations they may observe.

(3) When the above procedures are not followed, the protest will not be heard; however, the matter may still be reviewed by the Grievance

- Committee to determine corrective action. A formal protest is not needed for the Grievance Committee to recommend to Council that a **Club** be put on "Substitution Rule Probation" if one of their teams is found to be in gross violation of the rule.
- F. Protests must be heard by the GEJFA Grievance Committee. Any **Club** director who cannot attend is required to designate a delegate from within his/her **Club** who shall have full authority to act on behalf of the **Club** director not attending.
8. SCHEDULES
- A. League scheduling: Two or four Conferences will be established with teams rotated each year (the goal will be for all teams to have the opportunity to play each other in a four year plan). Each playing level will be placed into Conferences and the playoff format will be determined by the Scheduler and President and approved by the Council prior to the start of the season.
- B. GEJFA will attempt to schedule split teams from the same High School area so they will not play each other, except during the play-offs.
- C. Each team will play teams in their Conference and cross over games as required to balance the round robin schedule. Except in Conferences with a bye, all games count. Games count as follows: 2 points for a win, 1 point for a tie. Conferences with a bye will have non-counting games for teams without a bye in the same Conference as determined by the Council prior to the start of the season.
- D. ALL teams will play at least nine games, except at those levels for which there is an odd number of teams thus creating a weekly bye.
- E. For levels with less than 24 teams, there will be two Conferences with a regular season schedule of eight games.
- (1) Playoffs will begin in week nine with the Quarter Finals involving the top four teams (total points) in each Conference. The higher seeded team will be home team on their field or at the best field available if their **Club** doesn't have a home field on this date. The Quarter Final bracket will be as follows:
- Game 1 -- 4th National vs 1st American
  - Game 2 -- 3rd American vs 2nd National
  - Game 3 -- 4th American vs 1st National
  - Game 4 -- 3rd National vs 2nd American
- (2) Semi-finals: Semi finals (week ten) will feature winners of the Quarter Finals. The winner of quarter final game (1) will play the

- winner of quarter final game (2); and the winner of (3) will play winner of (4). Home teams are determined by the scheduler (coin flip) and confirmed by the President. Any team from the host Club will be the home team.
- (3) Championships: The two semi-final winners will meet in the 11<sup>th</sup> week for the GEJFA Championship.
  - (4) Match-up games for non-playoff teams: All teams not in the playoffs will have a ninth week "match-up" game unless there is an odd number of teams at their level, in which case one team at that level will have a bye. All match-up games will feature teams with similar total points (and when possible, teams that have not played each other during the season). Weight-in is not required for these games, except for players overweight in week eight must weigh to qualify.
- F. For playing levels with 24 or more teams, there will be four Conferences with a regular season schedule of seven games.
- (1) Playoffs and match-up games will start in week eight. Prior to the season starting, the Council will decide which two Conferences will be paired in the first round of the playoffs through the semi-finals.
  - (2) The four top teams from each Conference will start the playoffs and each Conference pairing will progress to a single winning team through a quarter final, semi-final and final in the format outlined in paragraph 8.E.(1), (2) and (3) above. The winners of the Conference pairings will then meet in the 11<sup>th</sup> week for the GEJFA Championship.
  - (3) Match-up games for losers of first round playoff games: Each of these teams will be matched against another loser of the first round playoffs having a similar overall record. No weigh in is required.
  - (4) Match-up games for those teams not in the playoffs: Each of these teams will have an eighth and ninth game. To maximum extent possible, these teams will be placed in pods of four teams with similar records. Within each pod, the winners of the eighth week game will play each other in week nine. Within each pod, the losers of the eighth week game will play each other in week nine. Weight-in is not required for these games, except for players overweight in week seven must weigh to qualify.
- G. Championship Games for all levels will be held at one field to be determined by the GEJFA Council and listed in the GEJFA Calendar.
- H. First round playoffs seeding, either week eight or nine. Entering the playoffs, teams will be seeded according to their total won/loss record

points. If two or more teams are tied, their order of placement will be determined as follows:

- (1) If the teams have played during the season, the win/loss record of the game(s) between the teams tied (head-to-head record) will be used to seed the teams.
  - (2) If the tied teams have not played or if the win/loss record does not clarify the seeding, a coin toss or similar chance method shall be used to seed the teams; however, if the tie is for the last playoff position, then a tie-breaker format will be used.
  - (3) Ties may also be broken by a team electing the lower seeding. In the case of a three way tie, the seeding of the two remaining teams shall be determined first by the head-to-head record and then by a coin toss or similar chance method.
  - (4) If a shoot out is required to break a tie in the standings between teams in/out of the first round of playoffs, it will be held on or before the Tuesday following the last scheduled regular season game. Shootout format is discussed in paragraph 6.O. above.
- I. Other than the match-up games addressed above, no other match up games will be scheduled, unless two GEJFA teams agree to play, make field arrangements and notify the President and scheduler. Make sure your **Club** Director notifies the scheduler prior to 6pm on Sunday prior to the game. If a GEJFA team arranges to play a non GEJFA team, the **Club** Director must review the opponent's roster (with birth dates and weights) to make sure they don't have players over our formula point totals.
9. OTHER GAMES: Any proposed post season activity will be evaluated by each **Club** and is subject to review by the GEJFA Council. Inter-league games, subject to review by the GEJFA Council, or practice games are allowed during the season on weeks when a team has a bye on the official schedule.
10. AWARDS: Each **Club** is responsible for its own awards program.