



Jr Skyland Football Conference (JSFC)
2014 SKYLAND Division Football Rules
For Varsity & JV
Version 2014.1, June 1

The JUNIOR SKYLAND FOOTBALL CONFERENCE (JSFC) will abide by NFSH (National Federation of State High School Association) rules which can be found at <http://www.nfhs.org> and our JSFC Constitution Rules unless amended, added or changed in this document.

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I) Game & Team Management

A) Officials

- 1) The league will assign the officials for each game
- 2) Home team will be responsible for ensuring that officials are assigned for their games and the officials know where the fields are and how to get there..
- 3) The officials will be paid for by the home team in all normal circumstances.
 - (a) If the designated home team plays a visiting team's stadium or field, the scheduled home team pays the total cost of the officials.
 - (b) If the host of the stadium or field opens a revenue-producing concession stand during the game, each team will pay half the cost of the officials.
 - (c) If the game is held at a neutral site, the designated home team pays the total cost of the officials.
- 4) All head officials must be a carded with a maximum of one cadet in the crew
- 5) At each game there should be 5 officials:
 - (a) There should be 4 on the field and one the game clock.
 - (b) If there are only 4 refs then all 4 refs should be on the field and the home team can keep a clock but the official time will be on the field.

B) Rosters

- 1) Players can be added to a team's roster at any point in the season as per the procedures outlined in the JSFC Constitution.
- 2) Any player added to a team's roster after the completion of play in week four will be eligible to play in all of that team's remaining regularly scheduled games.
- 3) Any player added to a team's roster after the completion of play in week four will be *INELIGIBLE* to play in any of that team's playoff games through the completion of the current season.

C) Game Duration

- 1) Varsity: All games will consist of 10 minute, stopped clock, quarters.
- 2) Junior Varsity: All games will consist of 10 minute, stopped clock, quarters.
- 3) **Play-clock for Skyland Games is 30 seconds (5 seconds longer than the NFSH 25 play clock)**
[revised 10/6/14]

D) Overtime

- 1) Overtime periods will follow NFSH Rules with the changes as described below.
- 2) Exceptions to those rules include where the ball is spotted to start overtime and also that all JSFC overtime possession will take place at the same end of the field as is decided by the initial overtime coin toss.
- 3) In the event that a game is tied at the end of regulation, teams will participate in a coin toss
 - (a) Visiting team will make the call
 - (b) Winner will have choice of offense or defense and the loser, which goal to defend.
 - (c) Teams will line up on the 15 yard line and have the opportunity to make first downs until they score.
- 4) Scoring & Winner
 - (a) If a team scores a TD, they run a play for the extra point(s), the ball goes back out to the appropriate yard line and the opponent gets the same opportunity to score until a difference in score is obtained.
 - (b) If a team scores a FG, the ball goes back out to the appropriate yard line and the opponent gets the same opportunity to score until a difference in score is obtained.
 - (c) The defense may score on an interception or fumble recovery and if in doing so during the first attempt in overtime ends the game. If the defense intercepts or recovers a fumble after their offense has already scored in overtime, the game is over

- (d) If a team does not score, the opponent gets the ball at the appropriate yard line with the opportunity to score. If the opponent is successful in scoring after the first team does not score then, they win and do not need to run a point after attempt if they score a TD.
- (e) If neither team scores or both teams score the same and a tie continues, on their next opportunity the ball is moved in 5 yds, no further than the 5 yard-line, for each successive possession until a scoring difference is obtained.
- (f) If after having the ball moved in as close as the 5 yard-line no team scores:
 - (i) If regular season: The game will be declared a tie on the field
 - (ii) If Playoffs: The teams continue attempts from the 5 yard line until a winner is determined.
- (g) During each overtime period, which consists of both an offensive possession and a defensive possession for both teams, each team shall be allocated a single time out.
 - (i) Time outs do not carry over to the next round. Time outs will NOT accumulate during overtime periods.
 - (ii) If a time out is used in a prior round, the team will be allocated a new one for the next round.

E) Time Outs

- 1) Each team will be allowed 3 time outs per half at all levels of play provided there are 5 referees present at the start of the game and official time kept on the scoreboard clock.
- 2) In the event there are only 4 referees present at any game and official time is being kept on the field by an official the each team will be allowed 4 time outs per half.

F) Uniform Jerseys (as per NFSH Rules)

II) Gameplay

A) Scoring

- 1) As defined in the NFSH rules except for amendments noted below
- 2) P.A.T's = 2 point for kicking and 1 points for running or passing after a touchdown.

B) Kicking Game

- 1) Kickoffs: Kickoffs will be from the kicking team's 40 yard line.
- 2) Free Kicks
 - (a) Defined as a punted ball or a ball kicked from a tee.
 - (b) Free kicks are kicked from the kicking team's 20 yard line.
- 3) P.A.T's
 - (a) Point after touchdowns will spot the ball on the defender's 3 yard line.
 - (b) The Offense will have a choice of which hash mark it would like to try from.

C) Safety

- 1) A safety will award the defense with 2 Points and the offense will execute a free kick.

D) Defense

- 1) as per NFSH Rules

E) Offense

- 1) as per NFSH Rules

F) Protests

- 1) as per NFSH Rules

G) Footballs

- 1) Sizes
 - (a) Varsity – Wilson TDY or equivalent.
 - (b) JV – Wilson TDJ or equivalent.
- 2) Leather or Composite balls are acceptable.

III) Lopsided Score Philosophy & Rules

A) Philosophy

- 1) The Junior Skyland Conference promotes good sportsmanship among all its members and it is expected that no team will ever intentionally embarrass or humiliate an opposing team by running up the score.
- 2) We recognize that we are dealing with elementary school children and their confidence and safety is our utmost concern.
- 3) It is the obligation and responsibility of the head coach to be able to recognize the relative strength of the teams and manage the game scores so that no team is embarrassed nor humiliated.
 - (a) Head Coaches who cannot manage their team's ability to control game scores will be subject to disciplinary action from the league
 - (b) It is the responsibility of the Head Coach and the Organization representative to put themselves in a position (rosters, cross-train position skills, etc..) to be able to manage the game scores.

B) Rules

- 1) To help achieve these goals we have added the following guidelines for teams when scores get lopsided.
 - (a) Anytime a team goes up by 24 points or more in the regular season and the playoffs, the following will occur:
 - (i) The officials will notify both head coaches that we are now under Lop-Sided rules play.
 - (ii) The winning and losing team will no longer be allowed to blitz.
 - (iii) There will be no onside kicks permitted for the winning team.
 - (iv) The winning team should replace key starting players with reserves on both offense and defense.
 - (v) The winning team should make every effort to adjust play-calling to expedite the game and minimize running up the score.
 - (vi) These rules will remain in effect until the opposing team scores and the point differential drops to less than 24 points. At this point the winning team at their discretion may, suspend rules listed above and put their starters back in until the score differential gets to greater than 24 points again.
 - (b) Anytime a team goes up by 31 points or more in the regular season and the playoffs, the following will occur:
 - (i) The game clock becomes a running clock
 - (ii) The winning is required to sit their primary/starting backfield, inclusive of Quarterback & Running backs.
 - (iii) These rules will remain in effect until the opposing team scores and the point differential drops to less than 24 (not 31) points.
- 2) If an organization is found guilty of violating these rules then the game may be forfeited to the losing team at the discretion of league board based on the recommendation of the competition committee. Repeated offenses may result in expulsion of the coaches and/or the organization from the Junior Skyland Football Conference.

IV) Game Summary Form

- 1) Every team is required to complete the "[Game Summary Form](#)" after every game they play.
 - (a) It can be completed by the head coach or a designate on his behalf.
 - (b) It requires a brief summary of the game and has optional fields to explain any issues or events that occurred during the game.

- (c) It is due by 8pm Monday each week after a game is played, even if there were no issues/incident.
- (d) Incidents include, but are not limited to: Player and/or coach Ejections, Issues with the Officials, Issues with the venue or the fans, Issue/Incidents with opposing or your own coaches, Significant injuries, Eligibility Challenges
- (e) Failure to submit Game Summary Forms may result in fines and fees for your organization.

V) Conduct

A) Responsibilities

- 1) The conduct of coaches, players, support personnel (i.e.; chain gang, trainer, statistician etc.) and parents at games is of critical importance.
- 2) The Head coach is responsible for the conduct of their staff and all persons on their sideline.
- 3) The league representative or the senior person in the organization at the location (which may be the head coach) is responsible for the conduct of the Parents and attendees of the game as well as any other support personnel. NOTE: It is the duty of the head coach and league representative to see that all players, parents, coaches and other support staff are fully aware of these rules

B) Behavior Expectations

- 1) No spectators are permitted beyond the 20 yard line or closer than 10 yards to the sideline.
- 2) Players and coaches must refrain from open, loud, visible criticism of officials during the game. Penalty for violation could be 15 yards at the discretion of the official. Offending party may be suspended from the game.
- 3) A second unsportsmanlike conduct call on the same team during the season will be considered grounds for expulsion from the league for adult individual involved pending League approval.
- 4) Coaches must take special efforts to see that the conduct of parents reflects favorably on their team. Harassment of Officials and unruly conduct of parents will be subject to 15 yard penalties. In the case of abusive conduct on the sidelines, officials will warn the offending team. Repeated violations will result in penalties or forfeiture of the game.
- 5) Anytime it is necessary for an official to penalize a team 15 yards for unsportsmanlike conduct on the part of any non-player (coach, parent, statistician, etc.), the offending adult will be asked to leave the playing field immediately.
- 6) The consumption of drugs, alcoholic beverages, or tobacco products on a game or practice field by anyone is prohibited.
- 7) Any player ejected from a game will be suspended from the next scheduled game. Any player ejected from 2 games in a season will be suspended for the remainder of the season and playoffs.
- 8) Any coach ejected from a game will be suspended from the next scheduled game. This suspension will apply to all JV and Varsity Division games scheduled. Any coach ejected from 2 games within a single season shall be banned from coaching in the League indefinitely pending an application to be re-admitted with a two-thirds majority vote.

VI) Fields & Schedules

A) Schedules

- 1) The competition committee will put together a game schedule by June 1 of the current playing year.
- 2) All teams are to notify the committee of any dates that they cannot play at their home fields by May 1 of the current year due to scheduling problems. The committee will take this information into consideration when forming a playing schedule.

B) Fields

- 1) A home field for any games played in the Junior Skyland Football Conference is defined as the home High School Varsity Football Game Field that the JSFC Member represents. All Junior Skyland Football Conference games MUST be played on a high school football field venue
- 2) In the event the home team cannot hold the game at their High School stadium, the order of venues is as follows:
 - (a) The opponent's High School field.
 - (b) An alternate JSFC High School site on Saturday night.
 - (c) The home team's JSFC approved alternate field.
 - (d) The visiting team's JSFC approved alternate field.
 - (e) If none of the above scenarios are available, the situation is brought to the Competition Committee for review and a decision.
- 3) Every effort should be made to play the game on Saturday night. If this is not possible due to weather, the following protocol will be followed.
- 4) The scheduled home team will be allowed until 12PM on Monday to reschedule the game to be played at their home venue on Sunday, Monday, Tuesday or Wednesday following the originally scheduled game.
- 5) After 12PM on Monday without a confirmed rescheduled time and date, the visiting team will be allowed until the end of the school day on Monday to schedule the originally scheduled game at their home venue on Monday, Tuesday or Wednesday following the originally scheduled home game.
- 6) If neither the originally scheduled home nor visiting team can secure a JSFC approved venue by the end of the school day on Monday, the competition committee will then schedule the game at the first available approved JSFC neutral site on either Tuesday or Wednesday following the originally scheduled game.
 - (a) The alternate JSFC field by definition should meet the following requirements: a grass or turf field (no dirt), scoreboard, lights, bathroom, and fencing/rope.
 - (b) Each team will submit a list of alternate fields by August 1st and the Competition Committee will approve the sites. Field safety will be determined by the assigned game officials.
 - (c) It is the Home teams responsibility to make sure that the game field is available and in playing condition.
- 7) Safety & Emergency Services
 - (a) The home team is also responsible for providing EMS availability at each game they host.
 - (b) The home team must have at least one EMT on site and available during the games.
 - (c) It is suggested that they make contact with their local EMS's and arrange for their presence at the games.

VII) Practices

- A) Practice may begin four weeks before the first scheduled regular season game.
- B) Teams may conduct a one week voluntary instructional non contact camp prior to 4 weeks before the first regular season games, and will be allowed up to 3 hours of voluntary non-contact drills per week from July 1 to the start of formal practice.
- C) Once practice begins each team will be allowed a maximum of 12 hours of practice time per week with no single practice exceeding 2 1/2 hours in length. Once school begins each team will be allowed a maximum of 7 hours of practice time per week with no single practice exceeding 2 1/2 hours in length.
- D) A practice will be defined as a meeting of more than 4 players with a coach and can occur at the practice field or a coach's home.

- E) For each hour of practice all players must be allowed a 10 minute water break. Water breaks will not count towards practice time. For example, a 2 ½ hour practice with a half hours worth of water breaks will only count as 2 hours of practice time.

VIII) Standings & Playoffs

A) Standings

- 1) Standings are determined by Winning Percentage
 - (a) 2 team tiebreaker: Head-to-Head, Strength of Win, Strength of Loss then Coin Toss
 - (b) If more than 2 teams are tied: Strength of Win, Strength of Loss, then pull a name from hat. If at any time a tie is broken, revert back to the 2 team tiebreaker if possible.
 - (c) Head to head between two teams always overrides any other tiebreaker.
 - (d) Points are never used as a tiebreaker

B) Playoffs

- 1) Eligibility
 - (a) Top Four Teams will earn a berth into the playoffs
 - (b) #1 seed will play the #4 seed, and the #2 seed will play the #3 seed
- 2) Playoff Hosting
 - (a) Winners play at Championship site
 - (b) Varsity: Games are played at the higher seed's home venue.
 - (c) JV: Sites are determined by availability and Varsity sites.
 - (i) If able to host, the #1 & #2 seed will host the game
 - (ii) If a top seed is unable to host, the game will be played at one of the Varsity host sites.

Last Revised 10/6/14