

# Junior High Football Rules

## 1) Coaches:

All active coaches are expected to uphold the rules and regulations within these rules. Penalty for non-compliance of the rules can be expulsion from any further games and forfeiture of any of the involved games.

## 2) Rosters:

All team rosters will be final on or prior to the opening game of the upcoming season.

a) Rosters to consist of the following on a form:

All Coaches-names, address, phone-home and cell

All Players-names, address, birth date, phone, School and Grade of first semester of upcoming School year, Weight and Jersey number.

Copies of Birth Certificates for all players should accompany the team's rosters. Players that will play up a level must be listed on both rosters.

b) Absolutely no players will be added to the rosters and/or allowed to play in games after the rosters have been finalized on or prior to the opening game for the upcoming/current season.

c) Any teams found in violation of allowing ineligible players to participate in games will be deemed in violation of rules. The games in which ineligible players participated will be considered forfeits and the head coach of these games will not be allowed to participate in any further games.

## 3) Standard playing rules:

IHSA Football playing rules will apply to all games with the following exceptions:

a) Coaches on field – There will be no coaches on the field for any junior high level.

b) Game Ball – 8<sup>th</sup> grade – TDY; 6<sup>th</sup> & 7<sup>th</sup> grade – TDJ and/or TDY (offensive team's discretion)

c) Game times – 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade – 9 minute quarters – start/stop clock

d) Mercy Rule – Running Clock with 24 point lead after the start of and/or during the 4<sup>th</sup> quarter with the exceptions of timeouts or scoring

## 4) Weight Limits:

7<sup>th</sup> grade – 155 lbs.

6<sup>th</sup> grade – 135 lbs.

Weigh-ins will take place the week prior to opening day at each team's practice facility and conducted by a neutral party. All Players over the weight limit will be considered Stripers. Any Striper will not be allowed to line up in the offense backfield. Stripers are not allowed to advance the ball offensively. Should a striper recover a fumble or intercept a pass they may return the ball and they become an eligible ball carrier for that play. The Penalty for using a player who should be Striper, but is no longer wearing a Striped Helmet will be a suspension for the remainder of the season.

## 5) Officials:

All Officials are to be hired by and paid by the Home team on game day. Our desire is to have at least one IHSA accredited official per game.

## 6) Age Limitations:

8<sup>th</sup> Graders-Cannot turn 15 before July 21<sup>st</sup>

7<sup>th</sup> Graders-Cannot turn 14 before July 21<sup>st</sup>

6<sup>th</sup> Graders-Cannot turn 13 before July 21<sup>st</sup>

## 7) Practice time guidelines:

All Teams will be allowed to practice a maximum of 10 hours per week.