

Expectations and Commitment

Football requires significant commitment from everyone involved in order to ensure the Mission and Goals will be met for every participant...

- Conference Board of Directors
- NJF Board of Directors and year-round volunteers
- Coaches, assistants and other team volunteers
- Parents
- Players

In addition to the significant time commitment, players must be prepared to make the necessary physical, mental and emotional commitments to football. Some participants may simply not be ready yet and there is no shame in admitting this. We would much rather a participant (and their parents) decide to wait than “gut it out” for a season and never play again.

For that reason, NJF offers a 50% refund to any participant who withdraws from the program prior to the first regular-season game.

Basic Expectations

Participants should expect to make football a priority from the start of pre-season practices in early August through the final game in early November. Practice time and repetition are required to adequately learn the basic fundamentals and on-field responsibilities. Participants who play other sports are expected to choose football practices over practices in other sports, and football games over other games.

Registration for football involves payment and the following paperwork...

- Copy of participant’s birth certificate
- Copy of a health form dated in the current year or a letter from the doctor indicating the participant is healthy enough to participate in football
- Copy of the participant’s most recent report card showing grades for the full school year

In general, the practice schedule is as follows...

Pre-season – Early August until Labor Day

- Four nights per week from 6:00-8:00PM
- The first three days of practice will be dedicated to conditioning – all participants must complete three days of conditioning before practicing in pads



- There may be scrimmages on weeknights or weekends against other programs during the pre-season – attendance at these events is recommended and encouraged

Regular Season – After Labor Day

- Three nights per week from 6:00-8:00PM
- There will typically be one weekend game per team on Saturday or Sunday
- Players must have attended at least 75% of the pre-season practices and at least two practices each week leading up to a game in order to participate
- Players may be excused from practice for school events, for religious reasons and for illness
- Players missing practice for serious medical reasons should bring a note from a doctor indicating they are cleared to participate again