

Andover Junior Football League

PO Box 782

Andover, MA 01810



Summary of Operating Rules

The operating rules prescribed herein govern the operation of the Andover Junior Football League.

Revised

September 2017

Organization

1. The operating rules can be amended, deleted or created only by majority vote of the Executive Committee present, and voting, at a meeting in which amendment, deletion or addition is properly moved and seconded.
2. The AJFL is a recognized 501(c)(3) charitable organization registered in the state of Massachusetts. The secretary of the corporation will keep the charter for the organization. The purpose of the league is to conduct a season of football play for area youngsters.
3. The Board of Directors will elect officers of the corporation when a position needs to be filled. By league policy, all head coaches automatically become directors of the corporation. The executive committee must elect all head coaches. The head coaches, subject to approval of the executive committee, will appoint assistant coaches.
4. All members of the board of directors of the corporation shall have equal voting rights consisting of one vote each.
5. For the 2017 season, the league shall consist of 4 teams and the number of players on each team varies. The maximum regular season schedule will consist of no more than 5 games. There will be 1 championship game and a consolation game.
6. Eligibility to participate in the league, as a player will be governed by the eligibility rules. (See Eligibility Rules).
7. The executive committee, for the purpose of determining the geographical area from which a team shall initially select its players, shall divide the Town of Andover into districts and randomly appoint players to each team without bias.

Overview

1. **Game Rules-** Official NCAA football rules will apply to conduct the games except as modified by the officers and directors of the league at a duly held meeting. Other rules that apply to the AJFL are outlined in this document.
2. **Equipment-** All equipment used in the conduct of the game shall be provided by the league except shoes and mouth guards. Shoes and mouth guards will be provided by the individual players and will be limited to sneakers or multipurpose cleats. Specifically excluded are any cleats having metal tips. Players can provide their own equipment, but the AJFL is not liable for any injuries sustained if a player chooses to do so.
3. **Practice-** All practices will be conducted in accordance with following general rules:
 - Pre-season practices shall be conducted for a minimum of two weeks prior to the scheduling of the first game.
 - All practice sessions shall be limited to a two hour time period with no practice being conducted later than 7:30 PM
 - Practice will not be held more than six times a week prior to the first game and three times a week after the first game, not more than two hours per day.
 - The B Games of the Week shall count towards practice time.
 - Practice sessions, including pre-season, shall be confined to the AJFL. No practice session may be conducted which includes the participation of any player or teams who are not members of the league.
4. **Season-** The policy concerning the conduct of the season schedule is outlined below:

Following the conclusion of pre-season practice, league play commences in accordance with a schedule established and approved at a league meeting of directors. The league schedule must be completed by the eighth Sundays from the beginning Sunday. The additional Sunday is reserved for playing postponed games or deciding ties in case regular season should result in two or more teams being tied for first place. The league will not extend its playing season beyond eight Sundays for any purpose.
5. **Pre/Post-Season or Extracurricular-** No pre-season or post-season games, or any other type of extracurricular activity will be conducted by any team in the AJFL and 8th grade travel team without approval of a two thirds majority of members present and voting at a league meeting of directors.
6. **Championship and Awards-** The team finishing the season with the best winning record will be named champions. In the event of a tie, schedules will be weighed on a head to head basis to determine a champion.
7. **Awards-** Team trophies will be given to the championship team at the end of year banquet. Three individual trophies will also be awarded (Gus Connolly Award, the Walter Stretch Person Award, and the Phil Markey Award) to three players selected from each team. The awarding of “other” non-league sanctioned awards is prohibited during the banquet. Any coach desiring to do so must seek the approval of the board of directors and do it outside of an official event.

Supporting Activities

1. **Registration-** The executive committee shall determine procedures for registration yearly.
2. **Insurance-** It shall be league policy to require insurance on all players throughout the season.
3. **Purchases-** Purchases made in the name of the league will be made only by a purchasing agent who shall be appointed from the officers and/or directors or the corporation. The designation of the purchasing agent shall be made at the annual league meeting. It shall be a matter of league policy that a sincere effort is made to purchase equipment locally. Coaches will be authorized to expend up to \$25.00 without purchasing agent or additional league approval. The object of this policy is to allow coaches to replace minor items of equipment such as chin straps, shoulder pad laces, etc. without delay.
4. **Fund Raising-** Fund raising will be conducted in accordance with the needs of the league as determined by the officers of the league. The executive committee must approve all fund raising procedures.
5. **Officials-** Two or three game officials will be provided by the league for each game. The president of the league will appoint these officials.
6. **Medical Attention-** It shall be the policies of the league to have a licensed trainer or EMT attend each game on Sundays. If the licensed trainer deems a player injured or unfit to return to a game, the head coach or his staff cannot override the decision of the trainer.
7. **Publicity-** It shall be the policy of the league to publicize the outcome of games when possible. No persons other than the AJFL Executive Committee shall place any form of media or articles on behalf of the league without written consent/approval of the Executive Committee.

Offensive Formations

- A Team:** All legal NCAA offenses are permitted with the following limitations:
- Up to 2 receivers can be spread out wide on 1 side only. However, 2 receivers or “wings” can be split tight on either side (1 wing per side). They can line up no wider than the outside hip of the tackle
 - Stacked twins are not permitted.
 - The opposite side line of the spread must include a tight end that is tight on the line and is no more than 1 arms distance away from the tackle.
 - The opposite side tight end cannot split out.
 - The opposite side tight end is the furthest player out on that side of the offense.
 - A running back cannot be positioned outside the opposite side tight end, and the further he can line up is directly behind the tight end.
 - 1 player is allowed in motion to the outside only.

B Team:

- There must be seven men on the line of scrimmage and not more. There must be two linemen on each side of the center, one end on each side, and the maximum split between all linemen is one yard.
 - Only one player can be split at a time, which will be the weak side wing-back.
 - The wing-back cannot be more than one arm’s length outside the end.
 - There must always be a quarterback under the center and a fullback directly behind the quarterback. The only exception to this rule is when playing out of the shot-gun or in punt formation.
 - There must be one halfback on the side or behind the fullback. The weak side halfbacks (wing backs) can be split beyond the end by an arm’s length, but must be at least 2 yards behind the line of scrimmage. The halfback cannot be the same as the split wing.
 - Motion is not allowed.
- **See Appendix A for Offensive Formations.**

Punt:

- Any type of punt formation may be used. On fourth down, a team is free to run or pass from punt formation.
- Other than fourth down, if a team goes into punt formation it must punt.
- A run or pass from punt formation on other than fourth down is permitted only if, in judgment of the officials, it was the result of broken play on a legitimate attempt to punt.
- If the designated punter is over the eligible running back weight limit, B=110 lbs., and A = 130lbs., the punter must either punt the ball or the play will be deemed “dead” since he cannot run with the football.

Defensive Formations

- A Team:** All legal NCAA defenses are permitted with the following limitations:
- Interior linemen must always line up head to head on an offensive lineman.
 - Linebackers must be positioned 3 yards behind the defensive line and not closer.
 - No planned blitzing or stunting will be permitted.
 - A 9-2 is permitted inside the 10 yard line. All linemen must be head up on the offensive linemen.

B Team:

- Interior linemen and linebackers must always play head on to an offensive man.
- There must always be two defensive ends on the line of scrimmage (they may play as wide as they wish) and two deep men in the secondary (they may play as deep as they wish.)
- Permitted defense formations: 6-3-2, 6-2-3, or 5-4-2.
- One variation is permitted on the 6 defense. You may place the middle linebacker deep as a safetyman with absolutely no other change in the defensive positioning.
- Inside your own ten-yard line, a 9-2 is permitted.
- No planned blitzing or stunting on defense will be permitted. For linebackers or secondary men, this means that it is not legal to predetermine before the snap of the ball that any player will attempt to shoot into the opposing backfield. For linemen, this means that no player may attempt to shoot the gap; all linemen must make their own charge against the offensive linemen directly in front of him.
- All linebackers must be at least three yards off the defensive line, and must be motionless until the ball is snapped.
- Outside linebackers must be positioned inside the defensive end.

Special Teams

A and B Team: All legal NCAA special team formations are permitted with the following limitations:

Punt/Punt Return:

- On fourth down, a team is free to run or pass from punt formation.
- Other than fourth down, if a team goes into punt formation it must punt.
- A run or pass from punt formation on other than fourth down is permitted only if, in judgment of the officials, it was the result of broken play on a legitimate attempt to punt.
- If the designated punter is over the eligible running back weight limit, B=110 lbs., and A = 130lbs., the punter must either punt the ball or the play will be deemed “dead” since the player cannot run with the football.
- A player cannot line head up on the center while snapping the ball.
- There are no restrictions on defenses used against punt formation.
- Maximum weight for the deepest player/s returning a punt:
 - A Team: 130 lbs.
 - B Team: 110 lbs.

Kick-Off/Kick-Off Return:

- Maximum weight for the deepest player/s returning a kick-off:
 - A Team: 130 lbs.
- There are no kick-offs during the 3rd quarter B team play. The ball will automatically be placed on the 40 yard line of the offensive team in all kick return situations.

Game Rules

All NCAA Football rules will be in effect with the following exceptions:

1. Maximum weight to either play in the offensive backfield or to carry the football on any type of running play from behind the line of scrimmage:
 - A Team: 130 lbs.
 - B Team: 110 lbs.

2. Each A and B team player must play at least 5 plays during each game.
3. Touchdown = 6 points, point after = SEE POINT 17 BELOW
4. All quarters will be timed. 1st, 2nd, 4th quarters will be 11 minutes w/stop time while the 3rd quarter will be 20 minutes running time w/exceptions of time-outs, injuries, and touchdowns.
5. Although a scoreboard will keep time, the official game time will be kept on the field and held by the referee.
6. All plays must be put into operation within 40 seconds.
7. No signs shall be carried or posted in the playing area, which the league officers feel in their sole discretion, are disruptive or deface public property.
8. If a player flagrantly does not show for practice, playing time will be reflected and will be up to the coaches discretion with approval by the league's board. If a player will not be playing the minimum number of plays due to disciplinary reasons or injury, the coach must communicate the players name to the league officials and opposing team coach prior to the kick-off.
9. An opposing team coach shall question no player unless his coach is first consulted. This rule shall apply to all coaches and league officials.
10. Only players weighing 110 and under may run with the ball on the B team and 130 and under on the A team. This also means end around. However the player is allowed to catch a pass from an end position, these players are also not allowed to punt the ball due to the possibility of running with the ball.
11. Coaches and players are prohibited from leaving the bench area. The bench area is defined as the area between the 35-yard lines. All players must remain in the bench area throughout the ball game. This includes the first team while the second team is playing and vice versa. The only exception is at the end of the second period when the B squad may be allowed to leave the bench area in order to warm up for play in the third quarter.
12. If there is an officiating/rules question on the field during game time that needs to be addressed by the referee or the executive committee, the head coach of the team or the head coach of the B squad will be the sole representative of their team.
13. The league will not tolerate lack of sportsmanship. Poor conduct, such as profanity, fighting, abusive yelling, etc., by any coach, player or parent/family member will be grounds for immediate dismissal from the game. If the incident is deemed severe enough as determined by executive committee or is a repeat offense, the offender will be permanently dismissed from the league. All coaches and league officials must sign and abide by the Code of Conduct.
14. Any B team player who plays during the first half (1st and 2nd quarter, offense or defense) of any Sunday game is not eligible to play in the B game of the week.
15. Any B team player that consistently plays the 4th quarter of the Sunday game must be bumped up to the A Team or discontinue playing in the 4th quarter.
16. Game Schedule:
 - a. Weeks 1 thru 5 will consist of regular season games with each team playing 5 games.
 - b. Week 6 will be a consolation game and a championship game:
 - i. Game 1: 3rd place team vs. 4th place team (consolation)
 - ii. Game 2: 2nd place team plays 1st place team (championship)
17. PAT:
 - **Option 1: Run or Pass**
 - 1 point
 - Ball is set at the 2.5 yard line
 - A fumble or an interception is a dead ball
 - **Option 2: Kick**
 - 2 points
 - Ball is set at the 2.5 yard line
 - A player cannot line up over the center
 - There is no formal rush but the opposing team can jump to try and block
 - Muffed snap or fumble is a dead play
 - No trick plays on kick

B Team and Third Quarter Rules:

- The intent of the third quarter rule is to ensure that every player on every team will play at least one quarter of every scheduled game. It shall be the policy of the league that the B team of each team play the entire third quarter of each game.
- The B team shall be defined as those players that are 9 & 10 yrs. old.
- Players that are 11 years old are allowed to play on the B team:
 - a. 75 lbs. and under can play any position.
 - b. +75 lbs. must play end to end on offense and any position on defense.
- No child who plays in the first half of any game may participate in the third quarter. If lack of numbers necessitates an exception to this rule, any child who has participated in the first half may not run with the ball, throw a pass, or receive a pass in the third quarter. This rule would include running back kicks or punts but not intercepting a pass. It is the clear intent of this rule not use top A team members in the third quarter. Also, the head coach must let the opposing teams head coach aware of the substitution prior to the 3rd quarter
- The designation of the third quarter team must lie completely within the discretion of the head coach. Any league official or coach during the conduct of the scheduled game will not challenge the integrity, honesty and intentions of the head coach. Any dispute arising from this or any other rule will be discussed after the game is completed with an executive board member. It shall be the firm policy of the league that no dispute will ever be allowed on the playing field. A dispute on the field falls under the code of conduct and can lead to a forfeit or league expulsion.
- Since the execution of the third rule can have importance bearing on the outcome of a game and since the execution of third quarter rule is so vital to the success of the AJFL, it must be afforded the full attention and compliance of each team's head coach.
- Occasionally, the time of play in the third quarter may be increased to accommodate additional playing time for the B team. Currently, the time of play is 20 minute running time. The clock stops for touchdowns, injuries, and time-outs only. Additionally, each B team player must play a minimum of 5 plays during the 3rd quarter.
- The time of play in the third quarter as well as 1st, 2nd and 4th quarters will be discussed annually at the end of season board meeting. The time of play for the third quarter will be established for one season at a time by vote of a majority of member of the board of directors.
- There are no kick-offs during the 3rd quarter B team play. The ball will automatically be placed on the 40 yard line of the offensive team in all kick return situations.

Penalty for Violating Third Quarter Rule:

- Violation of the third quarter rule can result in forfeiture of the game. Continual violation can result in league expulsion.

Weight/Age Requirements for the B Team:

- All 9 & 10 year olds are eligible to play
- Maximum weight to carry the football out of the backfield or play running back/quarterback/end (including reverses and end arounds), kick-off returns and punt returns = 110 lbs.
- 11 year olds can play on the B team as a judgment call from the head coach.
 - 75 lbs. and under can play any position.
 - +75 lbs. must play end to end on offense and any position on defense.

B Game of the Week:

- The B game of the week is designed to provide additional developmental time and instruction for the B team players.
- The games are considered glorified scrimmages and are not counted towards team standings.
- It is expected that coaches conduct themselves in a positive professional manner and will rotate players to ensure maximum playing time.
- B team games during the week will be scheduled in accordance to the past Sunday's game schedule and will be held once a week during the regular season.
- The games are played on Tuesday, Wednesday, or Thursday as scheduled by the board of directors. Each game will consist of two 30 minutes running time halves.
- The game will be officiated by 2 designated coaches from each team as scheduled by the board. B Game

B Game Rules:

- Each player must play 50% of the time
- Time of game = two 30 minute halves of running time
- Touchdown = 6 points, point after = 1 point
- One coach from each team can be on the field at all times to instruct
- Time outs = 3 per team per half
- Clock stops ONLY for time outs, injuries, and touchdowns
- Coaches are responsible for setting-up/breaking down the games
- There are no kick-offs during the 3rd quarter B team play. The ball will automatically be placed on the 40 yard line of the offensive team in all kick return situations

Eligibility Rules

1. **Age-** Players between the ages of 9-13 (age as of September 1st of each season) and grades 4-7 for in-town play.
2. **Weight-** Each child shall be weighed at registration or on a specified date set by the executive committee, a maximum of 3 pounds will be allowed for clothing, which will be minus the actual weigh in. The only weight that will be recognized as “official” by the AJFL will be that taken at league weight-in. This will ensure consistent and fair weight measurement throughout all players in the league.
3. **Assignment to teams-** Method of assignments to teams will be made immediately following the final registration period by the executive committee. The league president and the executive committee in their sole discretion shall decide all controversies as to what boy belongs to what team.
4. **Medical Examination-** A medical waiver is included in the online registration form. Parents must notify the league on the online registration form if their child has any medical condition.
5. **Late Registration-** Those players who are desirous of playing in the league, who are not registered during the normal registration period, will be required to submit an application at a scheduled league meeting prior to the start of the season. Such applicants will be accepted and assigned to a team in accordance with the majority vote of the executive committee.
6. **Conduct-** Each player, parent, coach, and volunteer must sign the Code of Conduct policy and submit to the league prior to the first day of practice. Coaches and players cannot engage in practice unless the Code of Conduct form is signed and submitted to the league. A violation of the Code of Conduct can lead to a suspension from the league (*See Appendix C*).