

Jr RAIDER RULES

DIVISION 1

OFFICIALS

Referees will be NJ State Certified Official or in the Cadet Program . There will be a minimum of two officials for each game. The game clock and play clock will be kept on the field by the officials. If less than 2 officials are present for a single game it will be the sole decision of the directors of the league as to whether or not to continue or who will officiate in the absence of an officiating crew. The following will be followed:

If one certified official is available that person will be the lead official and can be supplemented by a league director or current HFL coach in any division.

If no certified official is present, the directors may allow play if the game can be run by 2 current HFL coaches, directors or if the playing teams agree, one coach from each team may be used however they will not be allowed to coach their team on the field. If the teams cannot agree to the later, the game will not be played nor made up at any other time.

Penalties will be enforced in the following manner:

Initial warnings (1st occurrence per team NOT PLAYER) are allowed by discretion . on false starts, alignment, holding etc . This rule can be changed by an official for a specific play if the infraction is blatant and in the official's opinion affects the outcome of a play or is a safety risk. For example, a sweep away with backside holding will generally not be enforced; however, on a sweep where the play side cornerback, who is in position to make the play, is tackled, held or clipped by the offensive the

NOTE: After completion of the play, coaches should instruct the players of the infraction and instruct him in the proper technique to be employed in the future.

NOTE: Penalty Assessment : Junior Skylands – NFHS / NJSIAA Rulebook can/will overrule below .

General:

Delay of Game: 5 yards

Face Masking: (unintentional): 5 Yards *Not Automatic First Down*

Illegal Formation: (Offensive or Defense) 5 yards

Illegal Use of Hands or Feet: 10 yards

Blitzing: 15 Yards/ Automatic First Down

Face Masking: (there is no difference between incidental and intentional) 15 yards and automatic first down (Defensive Penalty)/or loss of down (Offensive Penalty)

Illegal Block: 15 yards (from the spot)

Clipping: 15 yards (from the spot)

Personal Foul: 15 yards automatic first down/loss of down

Spearing: 15 yards automatic first down/ loss of down

Unnecessary Roughness: 15 yards automatic first down/loss of down

Un-Sportsmanlike Conduct: (First Offense) Player or Coach; receives warning/ Coach will remove Player for series and Discuss the Situation with the Player. Automatic First Down or Loss of Down

* (Second Offense) Same Game; Game Ejection. Automatic First down or Loss of Down.

* (Second Game Ejection In A Season) Suspended from League Pending Board Inquiry/ Automatic First Down or Loss of down

Offensive Penalties:

Off Sides: 5 yards (Offensive line up or cross of scrimmage)

False Start: 5 yards

Illegal Motion: 5 yards

Illegal Procedure: 5 yards

Passing over line of scrimmage: 5 yards and loss of down

Holding Offense: 10 yards (from line of scrimmage during a play, from spot on any type of runback or downfield holding during a long run).

Offensive Pass Interference: 10 yards from line of scrimmage.

Ineligible receiver downfield during pass: 10 yards

Defensive Penalties:

Defensive Off Sides: 5 yards

Defensive Pass Interference: 15 yard penalty from LOS not an automatic first down.

Defensive Holding: 5 yards (an eligible receiver is held from going down field for a pass)

FIELD COACHES

There will be ***No Coaches allowed on the field during league play.*** Coaches should send plays in with another player or can meet halfway (***Not beyond Hash Marks or Inside the 25 Yard Line***) to relay the play to the QB. Coaches should never be on the field of play during an active play. ***The 40 sec. Play***

GAME DURATION

All HFL in town games will consist of ***(4) 20-minute running quarters with a 10-minute half time (end of cheer routine)***. The 2nd and 4th quarters will have a 4 minute warning and be run to JR Skylands timing regulations. The clock can only be stopped via a time out (***see Time-Outs***). The game time can also be addressed by league directors or the officials based on a current situation (weather, injury, score or administrative) Minor injuries do not stop the clock. A two minute water break may be issued

COIN TOSS

Each game shall begin with a coin toss.

The coin toss takes place prior to the start of the game at midfield

During the coin toss, the Head Referee will identify himself to all the Head Coaches along with Referee responsibilities on the field.

- * Which Referee is keeping the running clock.
- * Which Referee is keeping the between playtime.
- * Which Referee is in charge of the down and distance marker.
- * Which Referee is charge of spotting the ball.

The Visiting Team calls the **coin flip.**

The winner of the Coin Flip has the following options for the first or second half:

Has the Option to defer to the second half.

Receive Ball (Offense First) or

Select Goal to Defend

OVERTIME / Shoot-Out Rules

There will not be ties in the HFL divisions. In the event of a tie game at the end of regulation play shootout will occur to determine the winner. **Shootout Rules** are as follows:

Coin toss (Overtime) will take place prior to the start of the overtime. **Home Team** calls coin flip.

Winner of coin toss has right to take offensive or defer to defensive.

The starting defensive will have the last opportunity to score.
Ball is spotted at 10-yard line. If after each both teams have an opportunity on Offense and no winner has been determined the ball is moved to the 5 yard line and process continues. If a winner is not determined after each team has the opportunity on Offense. The ball will be moved to the 3 yard line.

If a winner is still not determined after each team has an opportunity on Offense...Game is a Tie
(during Playoffs the ball will remain at the 3 yard line unless both teams score then the process is started over)

Offensive has 4 downs to score. There are no first downs.

If a TD is scored the extra point can be a kick, a run or a pass.

Field goals are allowed

If the defense intercepts or recovers a fumble after their offense has already scored in overtime, the game is over. One of these events will end the current offense turn.

Timeouts

Each team will be allocated two *Time-Outs per half. Timeouts may not be combined to have more than 2 per half.

* Running Clock will Stop / 30 sec Time Out

* Running Clock will Stop for (Major) Injury / Officials Time-Out/ Delay of Game Penalty / * *Additional Stoppage in Post Season Play - see Running Clock Post season*

SCORING

Touchdown : 6 points

Field Goal : 3 points

P.A.T. : will start at the 3 yard line and 2 points will be awarded for a kick and 1 point for scoring via the run or completion of a pass.

Safety : 2 points awarded to Defense and ball is Placed on the 50 yard line for the team who scored the safety

LOPSIDED SCORE RULE for all Divisions

Once a team is up by **17 points** they must switch out their entire starting backfield including quarterback and running backs. Starting players are considered your best running backs or players drafted as impact or high rated players. Coaches must make every effort to get backups in for both offense and defense. All players should be given a chance to play key positions based on their ability and adhere weight restrictions and other regulations. **No blitzing at any time**. There is no coaching excuse for not having a 2nd and 3rd backup player at every position.

KICKING

There will kicking at this level

At the start of the game after a coin toss whoever elects to receive the ball. Defense will kick from their **40 yard line**. After a touchdown is scored the team that was scored upon will receive the kick.

On fourth down the Offense can punt the ball or go for a first down, no declaration is mandatory.

Field Goals and **Kicking PAT's** are allowed and played like JR Skylands rules

There will be Zero Tolerance for Sparring or any Head to Head Contact. Any contact above the shoulder including the use of the head, forearm, fist or physical motion to cause injury will be an automatic personal foul. This goes for offense and defense regardless of play.

OFFENSE

Only Standard Approved Offensive Formations per the issued league playbook will be allowed. No variations are allowed or trick plays. Objective is to get the players used to how we play at the JV and Varsity level. The only offensive plays that can be run are as defined in Play Book.

All blocking should be thigh high or above (waist high). No chop blocking or aiming at the knees or below to start a block is permitted. An illegal block foul will be called with a 15 yard penalty.

Players must be in a two or three point stance before the start of every play at this level.

Chains will be used and a first down will be awarded after 10 yards are gained. This will continue until a touchdown is scored, the team elects to punt or a turnover occurs.

NOTE: Neutral Zone is 1 Yard wide from Nose of Ball

DEFENSE

All teams will run a **Standard 5-2**, 4-3 or TNT defensive front. In addition a short yardage defense can be used where needed.

More aggressive positioning can be done based on the defense in play however, the following should be a guide. All **Linebackers** must be lined up **4-5 yards from the line of scrimmage** and **Cornerbacks** must be lined up **1- 3 yards from the line of scrimmage and play outside the TE 2-3 yards, corners may**

line up head on split receivers or wideouts . **Safeties** will be **7- 8 yards off Line of Scrimmage**

Nose Guard/Tackle must be in a 3-point stance and will be aligned **Head up** the Center.

Defensive Guards and **Tackles** will use a 3-point stance and will align themselves on the outside shoulder or **head up (no A gap alignment)** of their Counterpart on the offensive line.

Defense line play is open.

NOTE: Blitzing is allowed and open in Division 1.

Blitz is defined as Any movement toward the Line of Scrimmage by the Linebackers, Safeties or Cornerbacks Prior to the Snap.

Shooting Gap is defined as Any intentional avoidance by the Defensive Lineman to make initial contact with their Offensive counterpart before pursuing the play.

PROTESTS

There are no protests. The decision of the League Directors are final. **These games are to teach the kids the fundamentals of the game.**

UNIFORM

Game Jerseys and Game Pants (gold) are to be worn for all regular games along with the correct color jersey (*Maroon-Home and White-Visitors*). ***No game uniform is to be used for practices*** . Players are responsible to ***return all equipment in clean condition*** . *Any equipment that is damaged during normal wear and tear will be replaced by the HFL* . Any equipment lost or abused will have to be reimbursed by

FOOTBALL

Only a Wilson TDY football or similar ***provided by the league will be used.***

ROSTERS

Teams will be picked from those who have been registered and present during the first week of practice in August. Once the rosters are set, only the league director can add or make changes to the teams. If new players join after teams are selected the director will determine where to place any new

CAPTAINS

All players shall get at least one opportunity during the year to be a captain to start the game. There can be more than one captain for each game.

THE FIELD

Box: is from 25 yard line to 25 yard line (as per NFHS Rules). Home Team is Always on the East Side of Fields. Chains, Down Marker and Yard Markers are Always on Visitor Sideline.

Chain Gang: Home Team is Responsible for procuring a **(3) Adult** Crew to operate the Chains

PLAYING TIME

All players must have one starting position. If they do not start on offense they must start on defense.

They also must get playing time on both sides of the ball . Coaches should make every effort to have players play more than one position on both sides of the ball and in skilled positions (running back, quarterback, center on offense; linebacker)

REQUIRED EQUIPMENT

All players must have all their equipment with them in order to participate in any given game or practice. This equipment is to include: helmet, shoulder pads, rib guards, **mouth piece** , jersey, athletic supporter and cup, football pants, 2 knee pads, 2 thigh pads, girdle, 2 hip pads, a tail pad and Rubber Molded Football Cleats . **Shoes with Detachable Cleats are prohibited.**

A **Mouth Piece/Guard** will be worn at all times during Games and Practices. During Games , Failure to have the Mouth Piece in the players mouth at the time of Snap will receive a Team warning for the first offense than a 5 yard penalty there after. The Mouth Piece/Guard must meet NFHS/NJSIAA Rules and Specifications. SECTION 5/ ARTICLE 1/ PARAGRAPH I which also states:

NOTE: Mouth Piece/Guard : shall be any readily **Visible Color** , can not be White or Clear .

WEIGH-IN

Weigh-in will occur in the first few days of Practice . Any player weighing more than **150bs** will not be eligible to Quarterback, run the ball or run pass patterns. On **Offense any player over 150lbs** will play Tackle; Guard or Nose. On defense they must play defensive line or linebacker. **Maximum Weight** for **Linebackers** is **175 lbs.** **NOTE: (Maximum Weight for Running Backs, Quarterbacks and Linebackers can be altered Based On a 45lb. differential from Weight of Lightest Rostered Player in**

COACHES; TEAM OFFICIALS CONDUCT

The conduct of COACHES, PLAYERS, CHEERLEADERS, OFFICIALS, Chain Gang, Trainer, Statistician and PARENTS at games is of critical importance.

The following must be observed and is subject to change. The administrative rules of the organization will also be enforced in addition to any regulations mentioned here.

Spectators are not permitted beyond the 20 yard line, at or behind the End Zone and should not be closer than 5 yards to the sideline.

Important Note: Players and coaches must refrain from open, loud, visible criticism of players, cheerleaders, coaches, parents and officials during the game. Penalty for violation will be 15 yards at the discretion of the officials on the field or the league directors. Offending party may be suspended from the game and asked to leave the facility. If during the same game a second penalty is enforced the head coach of the team will be removed from the game along with the problem person(s).

A second unsportsmanlike conduct call on the same person during the season will be considered **grounds for expulsion** from the league for an individual player, cheerleader, coach, parent or official involved pending League Decision.

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 may or may not warn the offending team based on the situation. Repeated violations will result in penalties or forfeiture of the game.

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, cheerleader, statistician, yard markers, etc.) , the offending adult will be asked to leave the playing field immediately.

The consumption of drugs, alcoholic beverages, or tobacco products on a game or practice field by anyone is prohibited. Any player ejected from a game will be suspended from the next scheduled

Any player ejected from 2 games in a season will be suspended for 2 additional games.

*** Any coach ejected from a game will be suspended from the next scheduled game.** This suspension will apply to all levels of play and games scheduled. Any coach ejected from 2 games within a single season shall be banned from coaching in the League indefinitely pending a review to be re-admitted.

Readmission is solely at the discretion of the league Directors.

Important NOTE: It is the duty of the Head Coach to see that all players, cheerleaders, parents, and assistant coaches are fully aware of these rules. It is encouraged that an assistant coach be in charge of parents and sidelines to help enforce our rules.

TEAM NAMES

Will be decided on by the league directors. Once the teams are given guidelines it is up to each team to pick an appropriate name.

POST SEASON PLAY

All teams make the playoffs and the schedule will be a typical format of Top seed vs. Bottom seed, 2nd seed vs. next to last seed etc. based on the number of teams in the league. Tie Breaker for Seeding will be decided by a simple coin flip (see Tie Breakers), points for and against are not used to avoid running
Note: Post Season Alignment and Procedure can change prior to the start of Post Season Play based on the Number of Teams in the Division in order to accommodate "All teams make the Play-offs"

PRACTICES

* Practices will begin on August 15th and is subject to change. Practice prior to school starting will be 2 1/2 hours in length for a total of 4 practices per week.

* Once school begins each team will be allowed a maximum of 6 hours of practice time per week with no single practice exceeding 2 hours in length for a maximum of 3 practices per week. The third optional weekly practice will be shorts and helmets only, no contact. All practices are to be held at

* Any practice outside the 2 specified days (Monday, Wednesday) must not be for contact drills or scrimmaging, shorts and helmets only. Teams must notify league directors of intent to practice outside the assigned days for approval.

NOTE: Scrimmaging is not allowed. Only the League sanctioned Scrimmage will be allowed

Important Note: * *Players must participate in a minimum of (2) Conditioning Practices before allowed to participate in any Contact Drills or Games*

TIE BREAKERS

- * **Coin Flip** - Top Seed in Playoff Games will make the Call/ Home Team during Regular Season Games
- * **3 way Tie** - In the event more than two teams are Tied, a Shoot-Out may be played. (see Overtime - Shoot-Out Rules). Based on scheduling, a 3 way coin flip will be used, odd man has lower spot.

DRAFT

Players will be reviewed and placed in categories based on Ability, Skill, Knowledge and Coachability.

Additionally Identify Player Position Potential (i.e. QB, Line, Backfield etc.)

(I) **IMPACT Player** - Athlete/Dominate Play Maker

(1) **ATHELETE** / Natural Ability

(2) **PLAYER** / Football Ability, Skills and Knowledge of the game.

(3) **AVERAGE** / New to game

SELECTION Process

- * **Impact** and **#1 Ranked Players** will be **Evenly** divided into Specified Number of Teams
- * Coaches Child/Children will be withheld from initial Team Assignment
- * Head Coaches agree that each Team is Balanced and as Equal as possible, Coaches will then Finish the Draft
 - * Order in which the Coaches Draft will be pre-determined
 - * Player Selection will continue by Selecting balance of Players
- * TRADES are subject to League Approval (Division Director or Director of Football)

COACHES and STAFF

All Coaches must be Rutgers Trained and Certified. The league offers training for a nominal fee. No other certifications will be accepted.

Only Four Coaches in Box during Games ; It is Every Coaches Responsibility to Maintain their Sideline.

There is No Limit to the Number of Coaches Allowed for Practices provided that they are Rutgers Trained and a productive Part of the Practice

Head Coach: Oversee and Delegate Responsibilities, Instruct Proper Technique in Tackling, Blocking etc.

Assistant Coach: Carry out Head Coaches program / Instruct Proper Technique in Tackling, Blocking etc.

Assistant Coach/ Bench Coach: Primary Responsibility is to Ensure each Player gets Maximum Playing Time on Both Sides of the Ball

Assistant Coach/ Equipment Manager: Primary Responsibility is to Ensure each Player is Properly Equipped

Assistant Coach/ Trainer: Primary Function is to Maintain Medical Supplies, Administer Ice Packs; Band Aids etc.

MAINTAINING YOUR SIDELINE

- * **Water Bottles** are Away from Playing Field toward the back of the Coaches Box
- * **Non-Active Players & coaches** are 2 or more yards from Sideline at snap of ball.
 - * **Spectators** are at least 5 yards from Sideline
 - * **No Spectators in/or around End Zones**
- * **Non Active Players, Spectators or Coaches** are not on the Field of Play or beyond the **25 yard line**
 - * **Maintain** a Civil, Healthy, Positive and Sportsmanship Environment