



PO Box 16181, Hooksett NH 03106
www.northeastjhfl.com

Rules & Regulations for Grades 2, 3, 4, 5 and 6 as Amended 02/11/2016

Junior Level Rules and Regulations

Unless otherwise specified herein, the following are the rules and regulations for the Junior Level

Varsity and JV Teams (5th & 6th Grade/4th grade).

- A. Level/Team Designation
1. Varsity Team: Competitive
 2. JV Team: Developmental

NOTE: team designation based on a player's physical and emotional wellbeing, as well as talent/skill level

B. Team Responsibilities:

1. Provide a roster using the template roster provided by the League for all teams to use.
2. Official team rosters are to include the following player information:
 - a. Player's first and last name
 - b. Game jersey number(s): Must be position appropriate: see NFHS rules
 - c. Player's birth date
 - d. Town of residence
 - e. Player's weight and weight classification
 - f. Level/Team Designation: Players must be designated Varsity or JV
3. Roster Changes
 - a. Any team requesting a revision to its roster after they submitted their official league roster i.e.: add a player, change in game jersey number, etc., must contact the Vice Chairman and/or his designee by 8pm the **WEDNESDAY NIGHT**, prior to the upcoming game. If adding a new player after the official league weigh-in, that player is automatically ineligible to play in a ball carrier position. See section F.3.
 - b. Roster changes are to be sent to the other league teams by the Vice Chairman and/or his designee, as soon as possible.

C. Rules of Play:

Rules shall follow the National Federation of State High School Associations (NFHS) rule book, except as noted herein:

1. Teams are to exchange up-to-date roster(s) prior to the start of the 1st game, indicating any roster change that has been made.
2. There shall be two games played: A Varsity game and a JV game.
3. Game will be played on regulation sized football field in accordance with NFHS rules
4. Coaches will not be allowed on field for either game.
5. Game start times shall be set by the home team. See League By-laws for further rules
6. Length of quarters shall be four (4) ten (10) minute regulation periods.
7. Time-outs will not exceed one minute.
8. Halftime breaks will be ten (10) minutes.
9. Breaks between games will be fifteen (15) minutes maximum.
10. No player exceeding 120 pounds can be placed in a ball carrier position. See section F.5 for clarification



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11. Game Balls: Junior teams will use Wilson TDJ's and/or the equivalent of another manufacturer and will supply their own game balls
12. Overtime will be played as followed:
 - a. Varsity Game: NFHS overtime rules will apply, if after two (2) overtime periods the game is still tied, the game will end in a tie.
 - b. JV Team: Will not play overtime.
13. Use of Varsity Players in JV games
 - a. Any player designated as a Varsity player cannot play in a JV game, unless the team does not have enough JV players to field a team, at which time Varsity players can used, but they must play out of their normal position i.e.: Players designated as eligible Varsity Ball Carrier cannot play in a JV Ball Carrier position.
 - b. Head Coach must notify opposing head coach prior to the start of game of intent to use Varsity players and must supply name/numbers and what positions they will play at.
14. JV Team Punt Rules:
 - a. There is no rushing the punter and no returning of punt.
 - b. On 4th down, offensive team must declare they are going to punt or continue playing prior to breaking the huddle.
 - c. If punting:
 1. Once receiving team touches the ball after it is punted and/or ball hits the ground, the play shall be considered over.
 2. If the punter does not properly handle the snap and/or snap does not reach the punter, the punter will be allowed to pick up ball, move to a spot at least 6yds directly behind the center and will punt the ball when ready.

D. Blocking Restrictions

1. All blocks must initiate from above waist/belt line, this includes within the Free Blocking Zone as defined by NFHS. Lineman cannot chop, cut, and/or crab block. This rule applies to both offensive and defensive lineman
2. All other rules and regulations regarding blocking, tackling, etc. will follow NFHS Rules.

E. Player Regulations

1. Age and Grade Restrictions
 - a. All players must be within the age of 9, 10, 11 and 12 and within grades 4, 5, and 6.
 - b. A player must be a minimum of 9 years old prior to the first regular season game and entering a grade as indicated above.
 - c. A player must not have reached their thirteenth (13) birthday before September 1st.
 - d. All teams must be able to provide birth certificates for their players, upon request by the league.

F. Weight Restrictions/Official Weigh In:

1. All potential ball carriers will be weighed in by the Vice Chairman and/or his designee and/or appointed designee at the **Official Weigh-in**. The **Official Weigh-in** will take place at the annual Junior Varsity & JV Team Preseason Jamboree. It is mandatory that all teams attend.
2. At the **Official Weigh-in**:



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- a. Teams are to bring 2 copies of their roster with them, 1 to go to the Jr Level Coordinator and/or his designee and/or appointed designee, 1 to remain with head coach to record weights.
 - b. Teams will arrive a minimum 30 minutes prior to weigh in time.
 - c. Head coach and 1 (one) assistant coach are allowed to be present at weigh in.
 - d. Head coaches can observe weigh-in and record weight for their own information
 - e. Assistant coach is responsible for lining players up in numerical order and controlling team.
 - f. Parents/guardians/others are not allowed within the designated weigh in area.
3. All potential ball carriers must be weighed in **prior to or during** the **Official Weigh-in** or they will not be eligible to be a ball carrier in the upcoming season. Potential ball carriers get **1 (one)** chance to weigh in. Once they are officially weighed in, they cannot get re-weighed if they don't make weight.
 4. Maximum weight of any ball carrier shall not exceed 120 pounds, with a .5 pound variance at the **Official Weigh-in**, at which time the player is officially added to the team roster.
 - a. Ball Carrier Positions: Running Back (Tail, Full, Flanker/H Back), Quarterback, Wide Receiver, Tight End*, Kick Off/Punt Returner, and Punter.
***Exception: Tight Ends** can be over 120lbs, are eligible for passes, but must line up within free blocking zone as defined by NFHS rules. They cannot split out, and are not eligible to return punts or kickoffs. Teams must also designate on their official team roster any TE that exceeds 120 pounds and must be number appropriate as defined by NFHS.
 5. Any player over 120 pounds, excluding tight ends, when they are added to the roster at the **Official Weigh-in** is considered over the weight limit for a ball carrier and cannot be re-weighed at a later date to become a ball carrier.
 6. Additional Weigh In: For those players who miss and/or are unable to attend the Preseason Jr. Jamboree, an additional "Official" weigh in will take place on the Monday after the Preseason Jr. Jamboree, time and location to be determined by the Jr Level Coordinator and/or his designee. Teams to be notified by the Thursday prior to Preseason Jr Jamboree of time and place of the additional "Official" weigh in
 7. A team may also request a weigh-in(s). by contacting the Vice Chairman and/or their designee. . If request is for a new player to be added after the official league weigh in, see section B.3.
 8. No challenges can be made once the **Official Weigh-in** has been recorded and the player is added to the **Official Team Roster**.

G. Varsity Team Playoff/Championship Games: See League By-Laws

Youth Level Rules and Regulations (3rd&4th Grade/2nd grade)

Rules shall follow the National Federation of State High School Associations (NFHS) rule book, except as noted herein:

A. Teams

1. Teams consist of minimum 12 registered players.

B. Team Responsibilities:

1. Provide a roster using the template roster provided by the League for all teams to use.
2. Official team rosters are to include the following player information:
 - a. Player's first and last name
 - b. Game jersey number(s): Must be position appropriate: see NHFS rules



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- c. Player's birth date
 - d. Town of residence
 - e. Player's weight and weight classification
 - f. Level/Team Designation: Players must be designated Varsity or JV
3. Roster Changes
- a. Any team requesting a revision to its roster after they submitted their official league roster i.e.: add a player, change in game jersey number, etc., must contact the Vice Chairman and/or his designee by 8pm the **WEDNESDAY NIGHT**, prior to the upcoming game. If adding a new player after the official league weigh-in, that player is automatically ineligible to play in a ball carrier position. See section F.3.
 - b. Roster changes are to be sent to the other league teams by the Vice Chairman and/or his designee, as soon as possible.

C. Rules of Play

1. Game will be played on regulation sized football field in accordance with NFHS rules
2. Two (2) Coaches per team are allowed on the field during play.
 - a. Once the offense breaks huddle, coaches on the field must stay a minimum of 10 yards (behind team) from line of scrimmage.
 - b. Once the quarterback starts his cadence, **ALL** coaches will refrain from "coaching" i.e.: no talking to players and/or physically moving players.
3. There is no kicking and punting.
 - a. Kick offs: Receiving team will begin play from their 35 yard line.
 - b. Punts: The Offense must declare prior to start of play whether they are going to punt or continue playing. If offense declares they are punting, ball will be placed 25 yards downfield from line of scrimmage and play shall resume. Except if placement puts ball inside the 20 yard line, then the ball will be placed at the receiving team's 20 yard line.
4. Length of Quarters: (15) minute "running" time. Injuries, scores, penalties, change of possession and timeouts are the only means to stop the clock. Once ball is set for play, clock will start
5. The last 2 minutes of the 2nd and 4th quarters will be regulation stop time. Officials will notify both teams.
6. Timeouts will not exceed one minute
7. Half time breaks will be five (5) minutes.
8. Overtime will not be played. If the game is tied at the end of regulation, the game will end in a tie.
9. Game Balls: Youth teams will use Wilson K2 and/or the equivalent of another manufacturer and will supply their own game balls

D. Blocking Restrictions

1. All blocks must initiate from above waist/belt line, this includes within the Free Blocking Zone as defined by NFHS. Lineman cannot chop, cut, and/or crab block. This rule applies to both offensive and defensive lineman
2. All other rules and regulations regarding blocking, tackling, etc. will follow NFHS (Federation) Rules.

E. Player Regulations

1. Age and Grade Restrictions
 - a. All players must be within the age of 7, 8 and 9 and within grades 2, 3, and 4.



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- b. A player must be a minimum of 7 years old prior to the first regular season game and entering a grade as indicated above.
- c. A player must not have reached their eleventh (11) birthday before September 1st.
- d. All teams must be able to provide birth certificates for their players, upon request by the league.

F. Weight Restrictions

1. All players will be weighed in by the Vice Chairman and/or his appointed designee at the League's **OFFICIAL WEIGH-IN**. The **OFFICIAL WEIGH-IN** will take place at the annual Youth Team Preseason Jamboree. Attendance is mandatory for all teams. See Jr Rule F.6 & F.7 for additional weigh in(s) rules.
2. No challenges can be made once the **OFFICIAL WEIGH-INS** have been recorded and the player is added to the **OFFICIAL ROSTER**.
3. Maximum weight of any ball carrier shall not exceed 90 pounds at the **OFFICIAL WEIGH-IN**, at which time the player is officially added to the team roster.
 - a. **Ball Carrier Positions:** Running Back (Tail, Full, Flanker/H Back), Quarterback, Wide Receiver and Tight Ends*.
***Exception:** Tight Ends can be over 90lbs, are eligible for passes, but must line up within free blocking zone as defined by NFHS rules. They cannot split out, and are not eligible to return punts or kickoffs. Teams must also designate on their official team roster any TE that exceeds 90 pounds and must be number appropriate as defined by NFHS.
4. All ball carriers must be weighed prior to, or at the **OFFICIAL WEIGH-IN**. Any player not weighed in by the time of **OFFICIAL WEIGH-IN** will not be eligible to be a ball carrier for the upcoming season.
5. Any player who weighs over 90 pounds when he is added to the **OFFICIAL TEAM ROSTER** is considered over the weight limit and **CANNOT** be re-weighed at a later date to become a ball carrier.
6. Players that are over 90 pounds will by default be offensive lineman; on defense any player can play any position. Exception: Tight Ends. See E.3.b
7. Postseason Super Ball Jamboree will consist of round robin play with point system, 1st, 2nd and 3rd place trophies with pizza party at the end.

G. Mercy Rule

1. Once a team has built a lead equal to or greater than 20 points NFHS Mercy Rule will apply. Also, on change of possession the losing team will take possession on their 40 yard line. The winning team will take possession on their 20 yard line, regardless of where or how the change of possession occurred, unless the change is inside their 20 yard line, in which case the change will occur as normal.

H. Officials

1. Officials will consist of at least one board certified official provided by the Northeast Jr. High. Football League. Plays will run every **45** (forty-five) seconds once the official has placed the ball in play.
2. There will be an effort placed on calling penalties that affect the play only, and coaching the players and team coaches on smaller or less important penalties.

I. Offense/Defense



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1. Each team will run its own offense
2. Defenses will be static and non-blitzing.
 - a. The use of a nose guard/tackle over the center is not allowed.
 - b. Defensive guards have to be lined up directly over the offensive guards, and not in the gaps on either side of the center.
 - c. Line Backers must be a minimum 2yds off the defensive line. Inside Backers must line up over defensive guards. They cannot line up in the gaps to either side of the center.
 - d. Defensive Backs must be a minimum of 5yds off the line of scrimmage
 - e. Once ball is snap, defensive players can then pursue to the ball.
3. There are no QB "sneaks" between the offensive tackles. QB sweeps, keepers and/or bootlegs are legal providing the play is to the outside of the offensive tackles.

Note: any decision on rules, regulations and administration of the Junior/Youth Level is under the authority of the Northeast Junior High Football League