

# **Greater Eastside Junior Football Association 2019 Season Rules**

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## **Greater Eastside Junior Football Association Rules and Regulations**

**Adopted 8-27-2019**

### **Name:**

**The name of the Organization is The Greater Eastside Junior Football Association (GEJFA). GEJFA is the "League."**

### **Purpose:**

**The Greater Eastside Junior Football Association (GEJFA) was formed by the Bellevue Boys and Girls Club in 1963 to provide contact football in a program that respected Boys and Girls Club philosophy. Our purposes can be stated as follows:**

- **To provide a positive experience for all participants.**
- **To help build positive self-esteem for players.**
- **To teach team participation and responsibility.**
- **To teach participants to respect and honor opponents and all other participants (coaches, officials, parents).**
- **To teach sportsmanship and fair play.**
- **To teach football skills in an environment where players compete with other players of comparable age and age/weight formula.**
- **To teach all participants how to win, how to lose, and how to do both with dignity.**

### **Ethics:**

**The highest degree of ethical conduct is expected of all who participate in this program. This includes strict adherence to both the letter and the spirit of the Rules and Regulations of this program.**

- **The use of alcohol during practices or games is prohibited.**
- **Profanity and tobacco products are also out of place.**
- **Drugs of any kind are not to be used by any player or coach without the advice of a physician.**
- **Rule infractions or conduct contrary to ethical standards can and will result in penalties being assessed against violators. Depending upon the nature and degree of the violations, penalties could range from a**

warning, a suspension, to forfeiture of a game, to dismissal from the program.

- **As part of each Club's coach selection process, all coaches shall acknowledge the "Coaches Code of Conduct", thus acknowledging that they are aware of the conduct requirements of GEJFA. Clubs shall verify to GEJFA that this has been accomplished.**
- The use of a "Parent Code of Conduct" within each Club is also required.

### **Membership:**

The Greater Eastside Junior Football Association (GEJFA) is composed of the various independent franchised football Clubs voted into membership. The program is directed through the Junior Football Council (JFC) of the GEJFA and is sponsored by the Eastside Boys and Girls Clubs (Bellevue, Kirkland and Mercer Island), and administered under the auspices of the Bellevue Boys and Girls Club.

1. Each franchised Club must have available a game field that meets the acceptance of GEJFA, such as a high school field with clock and scoreboard. The field must be available as many Saturdays as possible for round robin league play and playoffs (first nine weeks).
2. Each franchised Club must have two different colored game jerseys (home/away jerseys).
3. Each franchised Club shall have and keep current a Club website, the basic outline of which will be prescribed by the Council.
4. Each franchised Club shall at a minimum provide for the following management positions within its Club for the purposes of GEJFA administration:
  - A GEJFA Representative (and alternate) to serve on the JFC.
  - **A coach coordinator to ensure all Club coaches are appropriately trained in the requirements of USA Football's Heads Up Program and GEJFA rules.**
  - A Club registrar with whom GEJFA will make contact for purposes of Club player registration information.
  - At least one Certified First Aide individual for each team who is to be present at practices and games.
5. All franchised Clubs shall be registered with and comply with the USA Football Heads Up Program.

6. Each year, each franchised Club shall recruit new game officials as follows: Clubs having up to 7 teams shall recruit two new officials; Clubs with 8 to 10 teams shall recruit at least three new officials; and Clubs with 11 or more teams shall recruit at least four new officials.
  - A. If a Club fails to recruit the required number of game officials by August 15 each year, it will be subject to a monetary penalty of \$1350 for each official they are short of those required.
  - B. If a Club fails to recruit the required number of game officials by August 31 each year, in addition to the monetary penalty in 6.a., the Club shall provide coaches to fulfill the requirement.
  - C. If during the season a game official who is one of those fulfilling the requirements of this paragraph, quits, the Club shall provide prompt replacement or suffer the penalties referenced above.
7. A franchised Club may be removed from membership only with at least a 2/3 (two-thirds) majority vote of the total membership of the JFC (for this purpose, total membership includes only the franchised Clubs). Such a removal vote must come after a written proposal is submitted to the President at least two weeks prior to said vote.

*(Policy Note: For purposes of this vote and other such votes referenced in these rules, there are currently 18 voting Clubs in GEJFA, thus a 2/3 majority is 12 Club votes.)*

8. A new Club may join GEJFA under the following outline:
  - A. Application in writing to GEJFA must be made by December 31 to allow review of the new Club and work in the changes for the coming year.
  - B. The new Club must be sponsored by an existing Club that is in good standing with a minimum of five years in GEJFA. The sponsoring Club will be responsible for education and review of procedures with the new Club. The new Club will be on probation under this sponsorship for one year.
  - C. The new Club will remain on probation during a second year. At the end of the second year, it may be approved for full membership by a majority of total membership (counting only the Clubs).
  - D. During the period of probation, the new Club will not have a vote, nor is it included in the count of Clubs toward establishing a quorum.

**Administration:**

**JUNIOR FOOTBALL COUNCIL:** Responsibility for all phases of the GEJFA program rests with the JFC, which is comprised of the representatives of

each of the franchised Clubs which participate in the GEJFA program as well as the Athletic Directors of the Bellevue, Mercer Island and Kirkland Boys & Girls Clubs. The JFC establishes GEJFA rules and policy regarding such things as squad sizes, game scheduling, playing rules, eligibility, awards, discipline, practice sessions, financing, selection of coaches and disposition of complaints or protests, as well as all other phases of the program not specifically covered in the Association's Rules and Regulations.

In JFC voting, each franchised Club has one vote, regardless of how many representatives it may have in attendance at meetings. Each Boys & Girls Club Athletic Director also has one vote. *(Note: The Boys and Girls Club Athletic Director has only one vote even if also acting on behalf of a franchised Club Representative.)* On all matters voted on by the JFC, a majority vote of a quorum will prevail unless specifically stated otherwise in the Rules and Regulations. Elected officers are members of Council but without voting rights unless also serving as a franchised Club Representative. However, the President of the GEJFA will cast the deciding vote in the case of a tie.

A quorum shall prevail if more than one half of the franchised Clubs **(not including new Clubs on probation)** are properly represented and does not include the Boys and Girls Club's Athletic Directors unless representing one of their Clubs.

**EXECUTIVE DIRECTORS COUNCIL:** The Executive Directors of the Bellevue, Mercer Island, and Kirkland Boys & Girls Club shall make up an Executive Directors Council having veto power. In general, the Club Executive Directors, either directly or through their representatives (i.e., the Club Athletic Directors), will exercise this authority only regarding the overall administration of GEJFA and do not have any role in the governance of the individual franchised Clubs other than their own.

**PRESIDENT:** The President of the GEJFA shall be elected by the JFC and confirmed by the Bellevue Boys & Girls Club Director. The President's initial term shall be two (2) years. After the then-current President has served a two year term, any further election to the office shall be for a one (1) year term. The President shall not serve as head coach of a team within GEJFA or have any administrative post within any franchised Club while serving as President, however, the President may be an assistant coach. The President will preside at JFC meetings. The President shall appoint committees as deemed necessary. If the President cannot complete his term, the Senior Vice-President assumes the duties of the President. At the next regularly scheduled JFC meeting, a vote will be held to confirm and/or elect the President and Vice-President to complete the remaining term.

**VICE-PRESIDENT:** There will be two Vice-Presidents. The Vice-Presidents will be elected to staggered two (2) year terms. The Senior Vice-President

will be the Vice-President with the most consecutive years in office (assuming the potential for re-election). The Vice-Presidents will assist the President as necessary and shall assume the duties of the President at any JFC meeting at which the President is absent.

**SECRETARY:** The Secretary shall be elected for a one (1) year term. The Secretary will record the minutes of the JFC meetings and post them on the web. If the Secretary cannot complete the one year term, an election will be held at the next JFC meeting to elect a new Secretary to complete the term.

**TREASURER:** The Treasurer shall be elected for a one (1) year term. The Treasurer will monitor GEJFA accounting as administered by the Bellevue Boys and Girls Club accounting staff. The Treasurer will monitor the collection of fees (e.g., Club Outreach Membership fees, GEJFA Administrative fees and GEJFA Officials fees) to ensure timely payment. The Treasurer will also monitor the payment of charges to GEJFA. If the Treasurer cannot complete the one year term, an election will be held at the next JFC meeting to elect a new Treasurer to complete the term.

**REFEREE'S COORDINATOR:** The Referee's Coordinator shall be appointed by the President. The Referee's Coordinator shall be responsible for coordinating the GEJFA game officials and all activities relating to their recruiting, training, and game assignment.

**WEBMASTER:** This position is responsible for the design, development, maintenance and support of GEJFA internet Website. This position is appointed by the President and approved by the JFC.

**WEB APPLICATIONS:** This position is appointed by the President and approved by the JFC. This position is responsible for the design, development, maintenance and support of ALL GEJFA internal web application which include:

- Administrative Reports
- League Report
- Game Reports
- GEJFA Game Schedules
- Official's Reports
- Coaches Application
- Volunteer Application
- Official's Application
- Concussion Training

**GRIEVANCE COMMITTEE:** There shall be a standing Grievance Committee of at least three Council members as appointed by the President and approved by the JFC. The President shall replace a member if the review of a specific case involves a team from that committee member's franchised Club or when there is otherwise a conflict of interest, whether real or perceived. The

committee shall review all coach ejections and other matters as directed by the JFC. On coach ejection, the committee's decisions shall be final unless appealed to the JFC. On all other matters, the committee shall report back to the JFC with recommendations.

**PROGRESSIVE DISCIPLINE:** Occasionally violations by coaches are caused by poor communications, failure of a franchised Club to have representation at Council meetings, failure of a Club to share important information with coaches and parents, failure of a Club to place proper emphasis on matters, etc, all resulting mistakes made within the Club. In such cases, the Grievance Committee may find it appropriate to also discipline the franchised Club per the Progressive Discipline guide provided as Appendix A.

**JFC MEETINGS:** The JFC shall meet at least once a month during the season and as necessary in the off season. Special meeting of the members may be called by the President or shall be called by the Secretary upon written request by three (3) members in good standing. Notice of the time and place of all meetings shall be given by email or by phone one week in advance or at a prior meeting to all eligible voting members.

**REMOVAL OF CLUBS ADMINISTRATORS:** The JFC can require a franchised Club to remove any of its administrators (whether officially with title or not) or coaches upon at least a two-thirds (2/3) vote of the total membership of the JFC (counting only the Clubs).

**ELECTIONS:** The election of Officers shall normally take place at the last scheduled meeting of the JFC each year. The new Officers shall take over the responsibilities of their office at the start of the new calendar year. Any elected Officer may be removed by at least a two-thirds (2/3) vote of the total membership of the JFC (counting only the franchised Clubs).

**PARLAMENTARY AUTHORITY:** The rules contained in the current edition of Robert's Rules of Order, Newly Revised shall govern the organization in all cases to which they are applicable, and in which they are not inconsistent with the Rules and Regulations and any special rules of order the organization may adopt.

**AMENDMENT OF THE RULES AND REGULATIONS:** The rules and regulations may be amended at any meeting of the JFC by at least a two-thirds (2/3) vote of the total membership of the JFC (counting only the franchised Clubs). Proposed amendments must be submitted to the President in writing at least two (2) weeks before the scheduled time of that meeting. The President will distribute the proposed amendment to all JFC members at least one (1) week prior to said meeting.

## Rules for Play

National Federation of State High School Association (NFHS) rules shall apply except as noted within this document.

### 1. ORGANIZATIONAL STRUCTURE

#### A. Franchised Club Assignment:

- (1) Franchised Clubs service areas are defined to coincide with the public high schools within the area served by the GEJFA as follows:

CLUB	SCHOOL
<b>Bainbridge Island (P)</b>	<b>Bainbridge Island</b>
Bellevue Seahawks	Interlake HS & Sammamish HS
Bellevue Knights	Newport HS
Bellevue Wolverines	Bellevue HS
Bothell	Bothell HS
Cedarcrest	Cedarcrest HS
Eastlake	Eastlake HS
<b>Edmonds (P)</b>	<b>Edmonds HS</b>
Hazen	Hazen HS
Inglemoor	Inglemoor HS
Issaquah	Issaquah HS
Juanita	Juanita HS
Lake Washington	Lake Washington HS
Liberty	Liberty HS
Mercer Island	Mercer Island HS
<b>Mountlake Terrace</b>	<b>Mountlake Terrace</b>
Mount Si	Mount Si HS
North Creek	North Creek HS
Redmond	Redmond HS
Skyline	Skyline HS
Woodinville	Woodinville HS

- (2) Each player new to GEJFA football will be assigned to the appropriate franchised Club based on boundaries wherein he/she resides. All exceptions must be approved by the GEJFA Grievance Committee.
- (3) **Internal Transfers:** A player who plays for a franchised Club other than the one in which he/she resides must have an approved transfer. Such transfers must first have the approval of the two involved Clubs and is subject to final approval by Council (*Note: the Grievance Committee shall review and approved on behalf of the Council*). All such transfers must be for good reason that relieves some kind of hardship. Such transfers are good only for the current

year and must be renewed annually. No Club shall accept more than five internal transfers.

- (5) **External Transfers:** A player who resides outside the boundaries of all franchised Clubs comprising GEJFA may play for any GEJFA Club subject to approval by the Club and then by the Council. *(Note: the Grievance Committee shall review and approve on behalf of the Council).* All such transfers must be for good reason that relieves some kind of hardship. Such transfers are good only for the current year and must be renewed annually. No Club shall accept more than five external transfers.
- (6) When a franchised Club is not fielding a team at a level, any players at that level within the boundaries of that Club may transfer to a neighboring Club without the need for player specific approval. However, such transfers are good only for the current year.
- (7) Until June 30, franchised Clubs must first accommodate all player applicants who reside within their boundaries before taking transfers from other Clubs or from beyond their boundaries.

#### B. Squad Limit:

- (1) The GEJFA Council recommends at least 22 players per team. If a franchised Club forms only a single team at any playing level, a minimum of 14 and a maximum of 33 players may be assigned to the team. At the Varsity level, a minimum squad size of twenty (20) players is strongly encouraged.
- (2) Each team must take up to 26 players in the order of application before being considered full and turning potential players away or putting them on a waiting list. However, franchised Clubs may close registration after June 30 without regard to number of players and may do so earlier when approved by vote of the JFC. *(Note: No player applicant should be turned away, particularly prior to June 30, until all assignment options have been considered.)*
- (3) A franchised Club may divide ('split') a team into two or more equal teams when the team roster exceeds the division's maximum roster split size listed in the following table:

DIVISION	MIN	MAX
Rookie	15	29
Cub	16	31
Sophomore	17	33
Junior Varsity	18	35
Varsity	20	35*
<i>* May result in having to send 4 players to another franchised Club</i>		

- (4) "Equal" is understood by the GEJFA Council to mean that parity of numbers, skill, size, age, etc. will be used to achieve balance. A geographic split by school boundaries is considered by Council to satisfy the desire for equity.
- (5) Whatever the method of achieving the split, it must be approved by the GEJFA Council prior to implementation. Every year, each Club must provide notice of its split policy, either by giving reference to an existing/continuing policy or giving notice of a new/revised policy.
- (6) If a franchised Club has team splits at more than one level, the splits must be done in a like manner (e.g., all geographic or all by draft) for all teams within that Club. *(Note: minor deviations between levels is permitted for purposes of achieving equity in numbers. Deviations are also permitted, subject to vote approval by the JFC, when the number of splits per level differ.)*

**C. Level Assignments:**

- (1) Players will be assigned to one of five separate levels of play as determined by either their age or by the Age-Weight point total. See the current GEJFA Age/Weight Chart for details. Ninth graders with more than 67 age points are only permitted to play by Age-Weight point total.
- (2) A player wishing to play at a level higher than that determined by the Age-Weight point total must be within five (5) points of the minimum point total of the higher level and have a waiver and release of liability signed by his parents and approved by the Club prior to participating at that higher level. *GEJFA discourages use of this provision except when deemed most appropriate for the player and the involved teams (e.g., to balance roster numbers).*
- (3) The Age Points Only option for assigning playing level could result in players being eligible for several levels, one level by Age-Weight, and possibly two levels by Age only. This provision was introduced to allow players who are bigger than their age peers to play with those peers regardless of weight. However, paragraph C.(2) above notwithstanding, the age point only option could also allow a player to play up with his/her peers even though he/she might be much smaller than those peers. This is permitted at the discretion of the Club and is subject to a waiver. *GEJFA discourages players from playing above the lowest level for which they are eligible except when deemed most appropriate for the player and the involved teams (e.g., to balance roster numbers).*

- (4) No player may be wavered down to a level below that for which he is eligible based on the Age-Weight Chart, using either option.

**D. Responsibilities of Team Coaches:**

- (1) GEJFA is a member of USA Football's "Heads Up Football" program. Consequently, all coaches, head and assistant, will be trained in accordance with that program, which includes the USA Football basic tackle football online course and/or age specific course.
- (2) All coaches, head and assistant, shall receive some form of training as discussed in the following paragraphs.
- a. Besides the USA Football courses, training in following additional topics shall be provided.
- GEJFA Rules
  - Equipment fitting
  - Concussion awareness and procedures
  - First Aid (at least one coach per team)
- b. The following types of training clinics/courses are among those also recommended.
- USA Football Coaching School
  - Glazier Football Clinics
  - Club level organized training (e.g., HS Coach)
- c. Each Club will at the beginning of the season provide certification that such training has been received. *(Note: The League will also verify completion of the Heads Up Football training requirements.)*
- (3) Each head coach is responsible to his Club Director and the GEJFA Council for the following:
- a. Conduct and performance of himself, any assistants, his players, and his players' parents associated with any GEJFA/Club football activity (e.g., practices and games).
- b. Attendance of himself and assistants at any meeting called by the GEJFA President and/or the GEJFA Council. Of prime importance is attendance at Council clinics organized for the benefit of the coaches, and through them, help the players with whom they will be working.
- c. Reporting of all injuries, and ensuring that proper insurance claims are filed and forwarded to the appropriate Boys and Girls Club official.

- d. **Submitting game reports in accordance with established and posted procedures by 12:00pm (midnight) on the day of the game (i.e., Saturday). Game reports are to include all opposing players who are not participating due to injury, absence or discipline. (*Note: Failure to submit a team game report is a violation for which the team's head coach will be automatically suspended for the team's next scheduled game.*)**
  - e. **Ensuring that all players meet eligibility requirements as set forth in the eligibility section of these rules.**
  - f. **Submitting signed Code of Conduct forms and Background Check forms to the designated Boys and Girls Club representative prior to the season start in accordance with the established and announced procedures (procedures are always subject to change from one year to the next).**
- (3) No coach may coach two teams at the same level.**
- (4) Up to eight coaches may be listed on the roster and be on the sideline in games. However, a team may have additional properly trained and certificated coaches participating in practices.**
- 2. OFFICIAL WEIGH-INS --- GEJFA Game Day Weigh-In Procedures**
- A. Teams and individual players shall be at the game site one (1) hour before their scheduled starting time. All players must weigh-in except as follows:**
- (1) Players assigned based on league age alone, see Age/Weight Chart, are not subject to weight restrictions and need not weigh-in.**
  - (2) All ninth graders with more than 67 age points must meet the required Age/Weight formula, thus must weigh-in).**
- B. Any player who EXCEEDS his/her maximum weight allowance by more than nine tenths (9/10ths) of a pound at weigh-in will not be allowed to play in the game. (EMPHASIS ADDED)**
- C. The "weighmaster" generally will be the stadium or field manager for the Home Club. This person shall be competent and knowledgeable of the weigh-in procedure, rules, and roster handling. Should the field or stadium manager be unable to perform this assignment, said manager shall then designate a competent alternate replacement to perform these duties.**
- D. The "weighmaster" plus one representative from each team will be present to witness the weigh-in procedures. Each team representative shall also make sure that their team is lined up in the same order as the**

players are listed on the roster, reading from top to bottom (oldest to youngest) in preparation to weigh-in.

- E. The visiting team shall weigh-in first and the visiting team representative shall have an option to request the "weighmaster" balance out (zero) the scale to check for accuracy. The home team representative also shall have this option.
- F. Once the weigh-in commences, each team representative shall be the only observer and shall have no authority to interfere with the "weighmaster." The team representatives shall answer all questions asked of them by the "weighmaster" that are pertinent to the team.
- G. Each team representative shall provide the "weighmaster" with two (2) copies of their official team game roster. One copy shall remain with the "weighmaster" so it can be turned into the League (when requested) and the second copy shall be given to the opposing coach. The roster shall contain the correct jersey number for each player and specific game notes such as players injured or being disciplined.
- H. All weigh-ins may commence one hour prior to scheduled game time but in no case shall start later than 50 minutes prior to game time, ideally with the visiting team starting at 55 minutes to game time and the home team starting at 50 minutes to game time. This will allow both teams to have 45 minutes of warm-up and practice time without any interruptions. In the event the visiting team is NOT ready for weigh-in when called for by the "weighmaster," the home team may opt to weigh-in first if they are ready.
- I. Players may weigh-in up to 15 minutes prior to the start of the game. Any player who arrives later shall not be allowed to play in the first half. Players in this situation must weigh-in at or before half time in order to play in the second half. The "weighmaster" shall notify the coaches of both teams about players who were late but made weight under his/her supervision.
- J. **All players shall weigh-in with ALL the equipment they will wear in the game EXCEPT for the helmet and optionally their game shoes.** All other optional equipment shall be considered part of their playing gear and considered part of the weight allowance that is given by the League.
  - (1) **Once on the scale, the player may not remove any clothing or optional equipment in order to make weight, in other words, the player shall be on the scales once and only once to be weighed;** except that a player who weighs with his shoes on and fails to make weight, may remove his shoes (nothing else) and re-weigh.

- (2) **Players shall not add gear, except the helmet and shoes, nor shall they change any gear, except that which may later be broken, in which case the change shall be to equipment of the same size.**
  - (3) **Weight allowances for uniform and equipment are outlined on the official GEJFA Age/Weight Chart and will be reflected on the weekly official game rosters. The equipment allowance is given to all players who weigh-in with their equipment on. The equipment allowance points in the Age/Weight Chart are added on top of the points for the respective playing level. Players assigned by age points only also get the equipment allowance.**
  - (4) **Any player may elect to weigh-in without his equipment and uniform in order to make weight, however, said player will not be given the uniform and equipment allowances that are offered by the League. In NO case will a player be allowed to weigh-in naked or without proper undergarments.**
- K. Players who are deemed unable to play WILL remove their helmet and shoulder pads prior to the game and said players' coach or representative shall notify the opposing coach or representative and identify said players on the roster.**
- L. A player who misses weight two consecutive games shall be moved up to the next playing level. A player who misses weight one game and then does not play in the next game is assumed to be overweight for second consecutive game unless a satisfactory reason for missing that game is presented.**
- M. Weigh-ins are required for playoff games. Weigh-ins are not required for match-up games at the end of the season.**

### **3. ELIGIBILITY**

- A. In order to compete in this program a player must meet the following requirements:**
- (1) **Be a member of the Bellevue, Mercer Island or Kirkland Boys and Girls Club.**
  - (2) **Meet the resident requirement in that the player lives within the boundaries of the Club or has an approved transfer (see Rule 1.A.(4) regarding transfers).**
  - (3) **Meet the age/weight requirements per the Age/Weight Chart for proper playing level assignment. A 9<sup>th</sup> grader may only participant provided he/she meets the Age/Weight formula; age only is not an option for 9<sup>th</sup> graders. Players with more than 67 age points must provide evidence that they are 8<sup>th</sup> graders or below, otherwise they**

- will be considered 9<sup>th</sup> graders subject to the Age/Weight formula and pregame weigh-ins.
- (4) **Must not be a player participant for any other football program, e.g., middle school, junior high or senior high school football team during the same fall season in which also competing in the GEJFA program. A player no longer playing in any other football program, may be added to a team subject to meeting the registration deadline established by GEJFA Council. (*Note: registration in a GEJFA Club is not considered valid while a player is participating in another same season football program.*)**
- B. In addition, before participating in any game, all players are required to submit a birth certificate, or other official document, as proof of birth date.**
- C. A coach may declare a player on his roster a non-participant for a game by obtaining prior approval of his franchised Club director.**
- (1) **The coach shall present a game waiver for non-participating players to the opposing coach prior to the start of the game. An indication on the game roster will serve as this waiver. The coach must account for every player on the roster; unless covered by a waiver indication (absent, injured, disciplined) all other players will be counted as present and available for game play. All available players must play in the game unless injured.**
- (2) **Coaches may establish policy on attendance, conditioning, and/or discipline with the approval of their Club director. Generally, such policy should be Club wide and uniformly applied.**
- (3) **Clubs shall give written notice to Council via the President whenever a player is terminated from their program for cause. Written notice shall include the reasons for termination.**
- D. The use of an ineligible player, subject to review and confirmation by the Grievance Committee, shall result in the following penalties:**
- **The automatic forfeiture of every game in which that player appeared; and**
  - **The immediate suspension of the player's head coach until the matter has been reviewed by the Grievance Committee.**
- E. Subject to GEJFA Grievance Committee review, a player or coach who is disqualified (ejected) by a game official is automatically ineligible for the next game.**
- (1) **If the same player or coach is disqualified (ejected) a second time in one season, he is suspended for the remainder of the games that season.**

- (2) All coaches disqualified in a game and consequently suspended from the next game must appear before the Grievance Committee, accompanied by his/her Club President and team Head Coach prior to reinstatement. If the Grievance Committee is unable to meet prior to the game following the automatic game suspension, the coach may be temporarily reinstated by the GEJFA President pending an appearance before the Grievance Committee.**
  - (3) A coach or player who is suspended from for a game shall not be on the field (inside fenced area) during that game. A suspended coach shall not have communication/contact of any type with the team on game day until after the game is completed. It is the responsibility of each Club to monitor the coach/team to be sure the suspension is enforced.**
  - (4) Players will not appear before the Grievance Committee and their suspension resulting from an ejection is not open to appeal.**
- F. Coaches may also be subject to suspension based on Grievance Committee review of a reported breach in proper conduct. A coach suspended for any reason shall not have communication/contact of any type with the team on game day until after the game is completed. It is the responsibility of each Club to monitor the coach/team to be sure the suspension is enforced.**
- 4. EQUIPMENT. The following are deviations/modifications/clarifications of the NFHS Rules as they are applied to GEJFA youth football. Otherwise, the NFHS Rules apply.**

    - A. Every player must wear gear provided by each Club unless his personal gear meets all safety standards as determined by his head coach, Club Director, and/or GEJFA, as may be appropriate. Players must wear full uniforms including mouth guards at all contact practices as well as all games.**
    - B. Bandannas are not allowed on players while playing in the game.**
    - C. Athletic supporters are required for all male participants; cups are not required.**
    - D. Game jersey numbers are to be recorded on each team's official rosters. A player must retain this number throughout the season unless permission to change is granted by the GEJFA Council.**
    - E. No player may wear shoes with either metal or detachable cleats. Acceptable shoes are those of the tennis type and those with molded rubber cleats (no sharp edges).**
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- F. **Players may not participate in any contact, live or otherwise, in practice or games if wearing a hard (rigid) cast (or brace) unless said cast is wrapped with protective foam or rubber type substances per NFHS rules and approved by the head official at beginning of game.**
- G. **Football may be leather, composite, or rubber. The football used for kicking must be the ball the kickoff team is using on offense or must be similar. The balls, which shall otherwise meet NFHS rule specifications, shall meet the following size specifications:**
- (1) For Junior Varsity and Varsity levels: length 10 -11 inches; long circumference 26 -27 inches; short circumference 19 - 20 inches; and weight 12-14 oz. (Examples: Baden and Nike have given these footballs a "Youth" or "Intermediate" designation.)**
  - (2) For Sophomore, Cubs, and Rookies levels: length 9 1/2 -10 1/2 inches; long circumference 25 - 26 inches; short circumference 18 - 19 inches; and weight 11-13 oz. (Examples: Baden and Nike have given these footballs a "Junior" designation.)**
- H. **All uniform color changes must be approved by the GEJFA Council. All Clubs are to have two jersey colors available, one light and one dark, to avoid game day jersey color conflicts. The home team shall wear their designated "home" jersey and the visiting team shall wear their designated "away" jersey per the list below. The visiting team is otherwise responsible for ensuring that their jerseys contrast in color with the home team jersey. Where conflicts are anticipated, opposing Club heads shall make contact in the week before the game to resolve conflict before game day.**

**Club team colors are as follows:**

Clubs	Home Jersey Color	Pant Color	Helmet Color	Alternate Jersey Color
<b>Bainbridge Island (P)</b>	Blue	Blue	Blue	White
Bellevue Seahawks	Black	Black	Black	Gray
Newport Knights	Red	White	Red	White
Bellevue Wolverines	Navy Blue	Navy Blue	Navy Blue	White
Bothell Cougars	Royal Blue	Royal Blue	Royal Blue	White
Cedarcrest Redwolves	Cardinal	Black	Black	White
Eastlake Wolves	Black	White	Black	White
<b>Edmonds (P)</b>	Green	Green	Green	White
Hazen Highlanders	Black	Black	Black	White
Inglemoor Viking	Black	Black	Black	White
Issaquah Eagles	Purple	Black	Purple	White
Juanita Rebels	Navy Blue	Navy Blue	Navy Blue	White
Lake Washington Kangs	Purple	Purple	Purple	White
Liberty Patriots	Royal Blue	Royal Blue	Silver	Silver
Mercer Island Islanders	Maroon/Black	Maroon/Black	Maroon	White
<b>Mountlake Terrace (P)</b>	Red	Red	Silver	White
Mt. Si Wildcats	Cardinal	Cardinal	Cardinal	White
North Creek Jaguars	Purple	Silver	Purple	Silver
Redmond Mustangs	Dark Green	Dark Green	Vegas Gold	White
Skyline Spartans	Dark Green	Dark Green	Dark Green	White
Woodinville Falcons	Green	Green	Green	White

**(P) – New franchised Club currently on probation**

**5. PRACTICE SESSIONS**

- A. There shall be no organized practice sessions by any Club or team prior to the first day of practice established by the GEJFA Council; generally the first day of August. (Must check for specific dates annually as Council may change some dates; specifics will be per the approved calendar).**
- B. For the purposes of this section, a week is defined as starting on Sunday and ending on Saturday.**
- C. One practice may be held per day with a maximum of five (5) practice sessions in a week provided there shall be no more than fifteen (15) practice sessions preceding Labor Day.**
- D. After a date established by the Council, which will generally (but may not always) coincide with Labor Day weekend, teams will be limited to three (3) practices per week.**

- E. Practice sessions, including warm-up time and any other instruction ("chalk talk", etc.), may last no more than two (2) hours. Strict adherence to the two hour practice session limitation is required. Injuries are most likely to occur when a player is fatigued. A secondary reason is courtesy to the player and his parents.**
  - F. Each team may participate in one Jamboree as an extra practice. Any additional Jamboree, or other scrimmage, shall be counted as one of the allowed practices in the week in which that Jamboree or scrimmage occurs. A jamboree is considered to be any scrimmage event involving two or more teams of two different Clubs.**
  - G. Players may not engage in collision contact activities until they have attended two (2) non-collision contact practices outfitted in their practice equipment. Players must then participate in three (3) collision contact practices before participating in a game.**
  - H. All team meetings including skill sessions, movies, etc., shall constitute practice. Except that one preseason season team meeting with players and parents is permitted for the purposes of providing concussion training and discussing team organizational matters.**
  - I. Coaches (any non-player) are not to take part in either scrimmages or scrimmage type action.**
  - J. A player who is more than five pounds (five total age/weight points) over the upper limit for the level of play to which he/she is assigned, when assigned by age and weight, shall not have collision contact with other players at that level, even in practice (including a jamboree).**
  - K. Teams at different levels will not have collision contact between each other (i.e., Cubs vs. Rookies, etc.).**
- 6. GAME DAY**
- A. Game Management Responsibilities:**
    - (1) The designated home team (arranged with the host field as necessary), as determined by the GEJFA Council (generally per the game schedule), will provide the official time clock, down box, yard markers and chains.**
    - (2) The down box and chains will be operated on the visitor's side of the field by volunteers from the visiting team.**
    - (3) Each Club shall have a field manager at their home games. The general responsibilities of the field manager include the inspection the playing field, conducting the game day weigh-in (see Rule 2 above), monitoring the coaches' exchange of rosters, making arrangements for a chain crew, checking with the game officials and**

- assisting them as needed, and informing all spectators to stay behind the spectator boundary line (on most fields, this will be outside the fenced playing field). In the event a dispute arises, the field manager will mediate as necessary.**
- (4) All teams shall have a first aid kit at their benches. At least one coach or other designated person on each team shall be first aid certified.**
- B. Game Ball:** Each team may use its own ball so long as it conforms to proper size (see Rule 4.G. above) and inflation standards (subject to final approval of the game officials). A team may have an on-field attendant to dry a wet football between plays, but that person may not communicate with the players, coaches, or officials except as required to execute his duty.
- C. Field Access:**
- (1) At high school fields where the playing field is fenced from the spectator areas, only the game participants (players, coaches, and officials) may be inside the fenced area. This may also include rostered team statisticians and one still photographer who shall be outside the team box. No videographers will be allowed in the fenced area. At some fields (having stricter rules) even the still photographer may not be allowed within the fenced area.**
- (2) On those fields where such fencing does not exist, coaches shall inform the spectators on their side of the field that League rules require that all spectators remain five (5) yards or more from the sideline. It is recommended that the five (5) yard boundary line should be roped or marked off.**
- (3) Nothing prohibits a Club from establishing stricter field access rules as deemed necessary or as required by the respective school district or school.**
- D. Length of Game:**
- (1) Rookies and Cubs will play 8 minute quarters.**
- (2) Sophomores, Junior Varsity and Varsity will play 10 minute quarters.**
- (3) All games will be played per high school rule book timing rules.**
- E. Game Rosters:**
- (1) GEJFA weigh-in rosters with game jersey numbers must be exchanged between coaches prior to the start of the game. Any coach exchanging a roster other than an official GEJFA roster will be subject to disciplinary review and action.**

- (2) **Players being withheld from participating in the game due to team disciplinary reasons must be so noted on the roster, with the number of quarters they will be withheld also noted. All such disciplinary actions must begin with the start of the game and run through consecutive quarters. Discipline should only be applied with the knowledge and concurrence of the Club Director or per Club Bylaws or other established policy.**
- (3) **Up to eight coaches may be listed on the roster and be on the sideline in games. *(Note: A team may have additional properly trained and certificated coaches participating in practices.)***

**F. Pregame meeting:**

- (1) **Prior to the coin toss, about 10 minutes before the start of the game, coaches from both teams shall meet at the center of the field to cover the following:**
  - a. **Introductions to each other**
  - b. **Player concerns (injuries, discipline, etc.)**
  - c. **Sportsmanship**
  - d. **Field management**
  - e. **Score management**
- (2) **If the referee is available, he/she may join in and observe this meeting, however, the referee is not in charge of the discussion.**
- (3) **The field manager may also join in this meeting as an observer and to answer questions as needed.**

**G. Coaches on the Field:**

- (1) **Coaches of the Varsity, Junior Varsity, Sophomore and Cub teams will not be permitted on the field of play except during a time-out or in the case of an injury.**
- (2) **At the Rookie level, one coach from each team is permitted on the field at any time in order to allow closer supervision and better instruction for the younger, less experienced players. The coach on the field may call the plays and make necessary adjustments between scrimmage plays. He may in no way interfere with the play of either team; including talking to or shouting at his or opposing players once the offensive team has broken their huddle. If a coach is still communicating after the huddle has broken, a warning will be issued by the referee. A second violation, and all subsequent violations could result in a 5 Yard Penalty for "on Field Interference." *(Policy: The purpose of coaches on the field is instructional, therefore a no huddle offense is not permitted.)***

- H. Game Officials:** GEJFA will attempt to assign three (3) game officials to every game and a fourth (4) for Sophomore, JV and Varsity games. At the Rookie level, two (2) officials will constitute a full crew, however, more may be assigned. The home/host Club is responsible for providing game officials with proper refreshments.
- I. Electronic Communications:**
- (1) Any game related communications between coaches, coaches and parents, or coaches and players using electronic devices such as, but not limited to, cell phones, two-way radios, transmitters, etc., shall be deemed illegal for any game in which your team is a participant. Violation, subject to review and substantiation by the Grievance Committee, will cause automatic forfeiture of any game in which illegal electronic communications were used, and immediate suspension of all coaches involved. The suspended coaches must appear before the Grievance Committee before coaching another game.
  - (2) **To minimize distractions and interference**, cell phone **communications are not to occur** on the sidelines. Those receiving calls or making calls shall step out of and away from the team box when using a cell phone.
- J. Scouting:** Coaches or their representatives may scout other teams in games **and jamborees** only. Scouting by video of games is allowed. Video scouting shall be from the stands. Scouters shall not be in the booth. Scouting of practices (not including jamborees) by any means is prohibited.
- K. Picture taking and Video Taping:**
- (1) Picture taking and videotaping is allowed from your side of the field in the stands or beyond the playing field boundary (in most cases outside the fenced area) except that one still picture photographer per team may be on the sideline outside the team box except on fields that prohibit even the still photographer inside the fenced area. There will be no filming of practices not involving your team. *(If you wish to film from the opponent's side, get permission from that team and please be respectful of the fans for that team.)*
  - (2) Where field video cameras exist, the video from those cameras, if used, shall be shared with both the teams involved.
  - (3) Teams may share game video, but are not required to do so.
  - (4) **Photographer behavior:** Whether still photography or video, photographers who don't follow the rules may be shutdown and/or asked to leave the field. Photography inside the fenced boundary is a privilege, not a right, and if the photographers do not follow the

rules relative to where they are permitted to stand, then that photographer and others with the same team will not be permitted in the field area (inside the fence).

**L. Substitution Rule:**

- (1) Upon the change of possession (i.e. fumble, loss of down, pass interception, or punt) a coach must empty his bench and replace all of his players on the field, if possible.**
  - a. After a proper substitution, all players then on the field shall remain on the field for four consecutive legal plays, unless the ball changes possession.**
  - b. After a minimum of four plays following a change in possession, a coach may substitute freely. However, when the ball changes possession, he must again empty his bench and replace all players currently on the field, if possible, for a minimum of four consecutive plays.**
  - c. Should a team score a touchdown or kick a field goal, free substitution is allowed for both the extra point and kickoff.**
  - d. At the beginning of scrimmage play following a kickoff, the substitution rule is re-instituted (starts over).**
  - e. If a player is injured, a free substitution may be made for the injured player. Even following an injury substitution, when the ball changes possession, the coach must again empty his bench and replace all players on the field, if possible, for a minimum of four consecutive plays. Otherwise, the injured player may return to action, after sitting out a minimum of one play.**
- (2) An injured player should remove his/her helmet and sit on or near the team bench. If the injured player is out for a prolonged period of time, he/she should remove his/her shoulder pads and helmet.**
- (3) It is the intent of the GEJFA council that all players get equitable playing time. But in any event, all players, including those who may be subject to discipline for some part of the game, must play at least twelve plays from scrimmage during the game period.**
- (4) Violations of the substitution rule, subject to review by the Grievance Committee, may result in forfeiture of the game and the suspension or termination of the coach. The Host Club of any team found in violation of the substitution rule can be put on "Substitution Rule Probation" for the remainder of that season and the entirety of the following season. Violating teams from a Club already on probation will in most cases upon review by the Grievance Committee automatically forfeit the game in question**

even if it is determined that the violation didn't affect the outcome of the game. Any Club that is found in substantial violation of the Substitution rule while on "Substitution Rule Probation" may be ruled ineligible for participation in the playoffs. Coaches violating even just the spirit of this rule may be subject to the disciplinary action of the GEJFA Council.

**M. There is a free punt rule at the Rookie level, when declared.**

- (1) If the offensive team wishes to have a free punt, they notify the referee and the referee will notify the other team. The clock then stops until the ball is punted.**
- (2) Both teams must have 8 players within 3 yards of the line of scrimmage and the coaches on the field must stay clear of the punted ball.**
- (3) No player may cross the line of scrimmage until the ball is punted.**
- (4) If a rule infraction occurs prior to the punt, the punt shall be replayed after the penalty has been assessed; however, off sides and encroachment penalties shall not apply.**

**N. Point After Touchdown (PAT):**

- (1) At all levels:**
  - a. A point after touchdown conversion kick will be worth two (2) points.**
  - b. A run or pass PAT will be worth one (1) point.**
- (2) Free PAT kick try at the Rookie level:**
  - a. If the offensive team wishes to have a free PAT kick, they notify the referee immediately after a score and the referee will notify the other team.**
  - b. The offensive team will line up in a standard PAT configuration (7 players on the line, 2 players at the wing, 1 holder and 1 kicker).**
  - c. The defensive team will line up in a legal defensive formation.**
  - d. Coaches must be clear of the play.**
  - e. No player may cross the line of scrimmage at any time during the attempt.**
  - f. The ball must be centered, held and kicked. The holder may move to get the ball.**
  - g. The kicker will have one attempt at kicking the ball once the holder places the ball on the tee. Missing the ball completely, shanking it, or hitting it square is considered an attempt.**
  - h. NO FAKES ALLOWED.**

- i. **If a rule infraction occurs prior to the kick, the kick shall be replayed after the penalty has been assessed; however, off sides and encroachment penalties shall not apply.**
  - j. **As noted in M.(1)a. above, a successful kick will result in 2 points for the offense.**
- O. Score Management:**
- (1) Any team that is behind by twenty-five (25) points or more even after just scoring a touchdown, field goal, or point after touchdown, or at the start of the second half may elect to take possession of the ball.**
  - (2) The 32 Point Rule: It is the intent and spirit of the GEJFA Council that no team shall defeat, nor shall it at any point in the game lead an opponent by more than 32 points.**
    - a. **Any time a team is ahead by 25 or more points, either coach may call a league timeout in order to discuss further game protocol.**
    - b. **The following rules will further govern play when the score differential in a game is 25 or more points:**
      - **After a score that creates this score differential, the trailing team will take possession and start their offensive series at the 50 yard line; there will be no kick-off.**
      - **When the trailing team takes possession of the ball, it shall start its offensive series at the 50 yard line or at the point of possession if inside the other team's 50.**
      - **When the leading team takes possession anywhere outside its own 20 yard line, the ball will be moved back to that team's 20 yard line to start the offensive series.**
      - **At the end of any play, if the team in possession of the ball is ahead by 25 or more points, and the line of scrimmage for the next play will be at or inside the 20-yard line of the trailing team, then possession is immediately given to the trailing team on the 50-yard line.**
      - **At the beginning of the 4<sup>th</sup> quarter or at such time in the 4<sup>th</sup> quarter that a 25 point or more score differential exists, the game clock will go to a running clock and will be stopped only for injuries or time outs.**
      - **Game clock can go to a running clock at any time during the game if both coaches agree.**

- **If the score differential drops below 25 points, then regular play (i.e., kick-offs) will resume, except that once a running clock, always a running clock.**

**(3) Violation of the 32 Rule:**

- If a team exceeds the 32 point margin offensively, the Head Coach shall automatically be suspended by his/her Club for the next game. No appearance before the Grievance Committee is required.**
- If a team exceeds the 32 point margin and the last score was defensive, the Head Coach shall meet with the Grievance Committee before coaching the next game, unless excused by the Grievance Committee because it is unable to meet in a timely manner.**
- If a team's margin of victory is 38 points or more, by any situation, the Head Coach is automatically suspended for the next game. No appearance before the Grievance Committee is necessary.**
- A coach on suspension for violation of the 32 point rule cannot have communication/contact of any type with the team on game day, until after the game is completed. It is the responsibility of each Club to monitor the coach/team to be sure the suspension is enforced.**
- A second violation of the 32 point rule, or a violation of the game day contact rule, will result in a coach being suspended for the remainder of the season. These suspensions may not be appealed.**

**P. Tie Breaker Format for Playoffs:**

- (1) Tie breakers for playoff seeding (shoot-outs) will not be used except per the seeding discussion in paragraph 8.E. below.**
- (2) If a tie breaker format is needed to determine team seeding for playoff games, the following format will be observed:**
  - For a three way tie, a coin toss will determine which team will be awarded a first-round bye.**
    - **Ties for last playoff seed: The loser of the first series will then play the team with the bye and if the bye team is the winner of that series, it will then play the winner of the first series to determine the winner of the tie breaker. If the bye team loses in the second series, then the winner of the first series is the winner of the tie breaker.**

- **Ties involving two or more playoff seeds:** The loser of the first series will then play the team with the bye. If the bye team loses, it is eliminated and winner of the first series takes highest seed and winner of second series takes lower seed. If the bye team wins the second series, then the loser is eliminated and the bye team now plays the winner of the first series to determine seeding order. *Example: C wins coin toss and gets bye. A plays B in first series. A wins, thus B then plays C in second series. If B wins second series, C is eliminated and then A takes highest seed and B the lower seed. If C wins the second series, then B is eliminated and C and A play to determine seed order.*
- b. **A coin toss will determine which team gets choice of possession. For purposes of the coin toss, the team traveling the farthest will be the visiting team.**
  - c. **Each team will have:**
    - **A 1st and 10 from the 20 yard line; if this session ends in a tie, then they will have another session of 1st and 10 from the 10 yard line; if this results in a tie, then play will continue subsequent sessions from the 10 yard line until a winner is decided.**
    - **If a touchdown is scored, the point after touchdown will be tried.**
    - **The substitution rule is in effect throughout tie breaker play except when the ball changes hands, whether on downs, a turnover or on a score, the coach must again empty his bench and replace all players on the field, if possible, for a minimum of four consecutive plays.**
    - **Each team will have one timeout per complete session**
- (3) If a playoff game ends in a tie following regulation play, the following tie breaker format will be used determine the winning team.**
- a. **A coin toss will determine which team gets choice of possession.**
  - b. **Each team will have:**
    - **A 1st and 10 from the 10 yard line; if this results in a tie, then,**
    - **1st and goal from the 5 yard line; if this results in a tie, then play will continue from the 5 yard line until a winner is decided.**

- **If a touchdown is scored, the point after touchdown will be tried.**
  - **The substitution rule is in effect throughout tie breaker play except when the ball changes hands, whether on downs, a turnover or on a score, the coach must again empty his bench and replace all players on the field, if possible, for a minimum of four consecutive plays.**
- (4) Ties in Championship Games will be resolved per the playoff game tie breaker format in paragraph (3), except that after two complete tie breaker sessions, if the score is still tied, then the game shall end at that point in a tie.**
- Q. Interrupted Games. Although highly unlikely, games could be interrupted due to weather (lightning or other severe weather), loss of lighting, or other unforeseen circumstance in which it would be unsafe to continue play.**
- (1) Interrupted games shall be resumed as soon as it is safe to do so, the same day if possible.**
  - (2) If interrupted games are unable to resume the same day, they shall be reported to the League President and the scheduler by the end of game day.**
  - (3) Every attempt will be made to schedule a field and time to resume play, most likely the following Tuesday or Wednesday evening.**
  - (4) Per High School rules, interrupted games will be resumed at the point of interruption, unless the involved teams agree to terminate the game with the existing score.**
  - (5) If the existing score at the point of interruption is already lopsided, teams are encouraged to terminate. If agreement to terminate cannot be reached between the involved teams, the League will rule on the matter.**
- 7. PROTESTS**
- A. Protests of any nature are discouraged as detrimental to the spirit and intent of the GEJFA.**
  - B. A protest on any official's judgmental call will not be accepted. A protest of the official's interpretation of a game or association rule may be submitted.**
  - C. Any alleged infraction for which the game is under protest must be submitted in writing by a head coach with the concurrence of and via his Club Director, to the GEJFA President by 8:00am Monday morning following the game.**

- D. Charges of any rule violation or unethical practice by a coach or by any Club may be made to the GEJFA Council. Although no specific time limit is noted for submission to the Council, it is recommended that any complaint be made promptly, so that the Council may act with dispatch in resolving the issue.**
- E. Protests regarding violations of the substitution rule:**
- (1) Protests concerning a violation of the GEJFA substitution rule will be made in the following manner:**
- a. The coach wishing to protest such a violation will ask the game officials to provide an official's time out for the purpose of discussing a league rule with the opposing coach.**
    - The head coach will then be invited to the middle of the field where the protesting coach will state to the opposing coach, "You are violating the league substitution rule."**
    - The protesting coach must then specify the exact nature of the violation to the opposing coach.**
    - These coaches will make every effort to resolve the situation.**
  - b. A subsequent violation in the same game shall be handled in the same manner as in the first instance; however, the protesting coach may add, "A formal protest of these violations will be made to the GEJFA Grievance Committee."**
    - No further discussion concerning the violation of this rule should occur during the game.**
    - The protesting coach, with the concurrence of and via his Club Director, should then submit a letter of protest, stating the circumstance of the protest, to the GEJFA President by 8:00am, Monday morning following the game.**
    - The GEJFA Grievance Committee will call a special meeting to hear the protest. The coach filing the protest is required to be present at this meeting to present any pertinent facts and/or to answer any questions. The opposing coach is encouraged to attend this meeting and respond to the protest if he so desires, but not required to do so.**
- (2) In regards to a violation of the league's substitution rule, no protests by a family member of players will be allowed; however, they are encouraged to bring these concerns to the attention of their Club Director and also advise the GEJFA Council of violations they may observe.**

- (3) When the above procedures are not followed, the protest will not be heard; however, the matter may still be reviewed by the Grievance Committee to determine corrective action. A formal protest is not needed for the Grievance Committee to recommend to Council that a Club be put on "Substitution Rule Probation" if one of their teams is found to be in gross violation of the rule.
- F. Protests must be heard by the GEJFA Grievance Committee. Any Club director who cannot attend is required to designate a delegate from within his/her Club who shall have full authority to act on behalf of the Club director not attending.
8. SCHEDULES (8 game regular season)
- A. REGULAR SEASON SCHEDULING: There will be two Conferences at each level. Each Conference will be made up of either one Division or two depending on the number of teams at the level.
- (1) If there are twenty (20) or fewer teams at a playing level, then there will be two Conferences each with only one Division. Teams will play intra Division and only play inter-Conference as necessary to balance the round robin schedule of eight regular season games.
- (2) If there are more than twenty (20) teams, then there will be two Divisions. Divisions will be of equal size, except when there is an odd number of teams, in which case they will differ in size by one (1) team. Teams will play intra Division and only play inter-Division within their Conference as necessary to balance the round robin schedule of eight regular season games.
- (3) GEJFA will attempt to schedule split teams from the same affiliated Club so they will not play each other, except during the playoffs.
- (4) Except in Conferences or Divisions with a bye, all games count. Conferences or Divisions in which byes are necessary will have one non-counting game for those teams within the Conference that do not have a bye. Non-counting games will be identified, approved by Council and noted on the game schedule at the start of the season.
- (5) For win/loss record placement purposes games count as follows: 2 points for a win, 1 point for a tie, no points for a loss.
- B. ALL TEAMS will play at least nine (9) games, eight regular season games and at least one playoff game or consolation game, except at those levels for which there are an odd number of teams thus creating a weekly bye. In the latter case, there will necessarily be a team with a bye in week 9, but it will not be a team that has already had a bye.

- C. FORFEITURES:** If a team is unable to field a team for a scheduled game, that team shall give ample notice so that other options may be considered. Advanced notice of the potential forfeiture shall be given on Sunday prior to the game and final decision shall be made by Wednesday before the game.
- D. PLAYOFFS:** At each playing level, the playoffs and match-up games will start in week nine.
- (1) Gold Tournament:**
- (a) If there is one Division in each Conference, then the top four teams from each Conference will start the Gold playoffs and in each Conference the pairing will progress to the single winning team through a quarter final, semi-final and final as follows:**
- Quarter Final in each Conference (week 9)**
- 4<sup>th</sup> seed will play 1<sup>st</sup> seed
  - 3<sup>rd</sup> seed will play 2<sup>nd</sup> seed
- Semi Final in each Conference (week 10)**
- Winners of the Quarter Finals play each other
  - The losing teams of the first two games are done
- Championship (week 11)**
- Winner of semi-final in each conference will play for the Championship
  - The losing teams from the semi-finals are done
- (b) If there are two Divisions in each Conference, the top team in each Division (seeds 1 and 2) and the next two top teams in the Conference (seeds 3 and 4) will start the Gold playoffs and in each Conference the pairing will progress to the single winning team through a quarter final, semi-final and final as in D.(1)(a) above.**
- (2) Silver Tournament:**
- Whether there is one Division or two Divisions in each Conference, the next two teams with best win/loss record in each Conference after the Gold Tournament teams are determined will start the Silver playoffs and in each Conference the pairing will progress to the single winning team through a semi-final and final as follows:**
- Semi Final in each Conference (week 9)**
- Conference teams play each other
- Championship (week 10)**
- Winner of semi-final in each conference will play for the Championship

- The losing teams from the semi-finals are done
- (3) **Consolation Games:** All remaining teams will be paired with teams of similar win/loss records for one additional games in week nine. Every attempt will be made to pair teams with a team they have not already played.
  - (4) Throughout the playoffs, the home team in each game will be the highest seeded team. For the first round and quarter finals, games will be schedule on the home team's field when available.
  - (5) All players on teams yet to be eliminated from the Gold and Silver tournament shall weigh-in. Players in consolation games need not weigh-in, except those players who were overweight and thus disqualified in the previous game must weigh-in to qualify.
  - (6) Rosters are to be exchanged at all games including consolation games.
- E. BREAKING TIES IN TEAM WIN/LOSS RECORDS.** Entering the playoffs, teams will be seeded according to their total won/loss record points. If two or more teams are tied, their order of placement will be determined as follows:
- (1) If the teams have played during the season, the win/loss record of the game(s) between the teams tied (head-to-head record) will be used to seed the teams.
  - (2) If the tied teams have not played or if the win/loss record does not clarify the seeding, a coin toss (between the GEJFA scheduler and the GEJFA President) or similar chance method shall be used to seed the teams; however, if the tie is for the last playoff position, then a tie-breaker format will be used.
  - (3) Ties may also be broken by a team electing the lower seeding. In the case of a three way tie, the seeding of the two remaining teams shall be determined first by the head-to-head record and then by a coin toss (between the GEJFA scheduler and the GEJFA President) or similar chance method.
  - (4) If a shootout is required to break a tie in the standings between teams in/out of the first round of playoffs, it will be held on or before the Tuesday following the last scheduled regular season game. Shootout format is discussed in paragraph 6.O. above.
- F. Other than the match-up (aka consolation) games addressed above, no other match up games will be scheduled, unless two GEJFA teams agree to play, make field arrangements and notify the President and scheduler. Make sure your Club Director notifies the scheduler prior to 6pm on Sunday prior to the game. If a GEJFA team arranges to play a non GEJFA**

**team, the Club Director must review the opponent's roster (with birth dates and weights) to make sure they don't have players over our formula point totals.**

- 9. OTHER GAMES: Any proposed post season activity will be evaluated by each Club and is subject to review by the GEJFA Council. Inter-league games, subject to review by the GEJFA Council, or practice games are allowed during the season on weeks when a team has a bye on the official schedule.**
  
- 10. AWARDS: Each Club is responsible for its own awards program, including any special recognition of the Championship teams.**

## Appendix A



# GEJFA Progressive Discipline Policy

Violations will be classified into one of three categories...

1. Health, Safety and Ethics Violation Rules Violations
2. Administrative Requirements Violation

In the case of a confirmed violation in category 1, Health, Safety and Ethics, a point value from 1-4 based on the severity of the offense will be issued to the club. If the violation is committed by an individual or group of individuals, that individual or group of individuals will also be subject to penalty, such as suspension. The severity will be determined by the Grievance Committee after a review of the information/evidence presented to them.

In the case of a confirmed violation of category 2, Rules, a point value from 1-3 based on the severity of the offense will be issued to the club. If the violation is committed by an individual or group of individuals, that individual or group of individuals will also be subject to penalty, such as suspension. This will be determined by the Grievance Committee after a review of the information/evidence presented to them.

In the case of a confirmed violation of category 3, Administrative Requirements, a point value from 1-2 based on the severity of the offense will be issued to the club. If the violation is committed by and individual or group of individuals, that individual or group of individuals will also be subject to penalty, such as suspension. This will be determined by the Grievance Committee based on a review of the information/evidence presented to them.

Points will be cumulative. If over the course of one season, a club reaches 4 total points, they will be required to appear in front of the Grievance Committee to review violations. If a club reaches a total of 8 points, the Grievance Committee will recommend sanction to the council that may include club disqualification from playoffs, probation, etc.

Certain violations will be issued an automatic sanction of a one game suspension without further review. Examples of those violations include player ejection, coach ejection, late game report (2<sup>nd</sup> and subsequent violations as the 1<sup>st</sup> violation equals club probation). With the exception of a player ejection, these violations also require appearance before the Grievance Committee before the individual(s) will be permitted to return to coaching. Certain violations, after review and confirmation by the Grievance Committee, will be issued an automatic sanction of game forfeiture. These include but are not limited to, altered game rosters (playing an illegal player), and failure to produce an approved game roster.

The Grievance Committee reserves the right to recommend sanctions regardless of the guidelines based on information/evidence that may be presented to them in any particular case.