



Northern Bergen Jr. Football League
Est. 1989

2025



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Official League

Rule Book



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I. INTRODUCTION & COMPOSITION

The Northern Bergen Junior Football league is formed for the purpose of providing junior football in a hospitable environment for local communities. League membership, therefore, will predominantly consist of teams from communities located in the Bergen County area. The NBJFL recognizes that adolescent and pre-adolescent sports all too often assume an overly competitive atmosphere as a result of overzealous adult influence. This atmosphere, while sometimes resulting in excellent play, is considered more often detrimental to the vast majority of youth in this age group. We also recognize that only the highest excellence in teaching and sportsmanship can be sought. The rules, therefore, shall be designed to maintain such excellence, while preventing the over-coached competitive environment of the youth in the league's respective communities.

The league was incorporated as a not for profit corporation on February 27, 1989, as the Northern Bergen Junior Football League. The certificate of incorporation was filed with the Secretary of State in Trenton, NJ pursuant to the NJ Statute Title 15. "An Act to Incorporate Associations Not For Profit", and a certificate of incorporation was duly filed with the Bergen County Clerk's Office on March 27, 1989 originally. The League has been refiled and is currently an LLC as of 2024.

Each league member will be required to field a Pee Wee, Junior and Senior Team. Any league member that cannot field a Pee Wee, Junior and Senior Team shall be penalized as set forth in Rule XII e. The composition of all three teams is defined under Eligibility in Rule V.



II. Administration

- A. There will be five (5) League Officers elected at the January meeting by majority vote.
 - 1. President
 - 2. Vice President
 - 3. Secretary
 - 4. Advisory Role
 - 5. Weigh-In Chairperson
- B. The Executive Committee will accept league officer nominations at the December Meeting.
- C. Each league member will be assessed a \$2200 annual league fee payable by January 15th, to cover the cost of conducting league business, This includes the Head Official's fee. The Treasurer shall give a financial report at each meeting.
- D. Each League Representative Member (one per member program) will have one (1) vote in any given voting situation.
- E. Accident and/or liability insurance is considered the responsibility of each league member and may be provided either by the individual's parent's policy and/or team insurance. The league, however, shall not be required to hold duplicate insurance.
- F. Each coach and assistant coach must be certified by the Youth Sports Research Counsel of Rutgers, The State University as having attended and completed a safety and orientation program designed to satisfy the terms of NJ Statute 2A: 2A, et. Al.
- G. All injuries must be reported in writing to the league at the December meeting.



II. Administration (Cont'd)

H. There will be monthly meetings as follows. In addition to business that comes up as appropriate, the following schedule of business will be conducted at each of these meetings:

1. January

- a. Discuss Past Season
- b. Review of Injury Reports
- c. Proposal of New:
 - 1. Executive Board
 - 2. Expansion Committee
 - 3. Weigh-In Chairman
 - 4. League Scorer
 - 5. League Web Master
- d. Discuss Next Season Schedule Date Issues
- e. Discuss Potential Expansion

2. February

- a. Rule Change Proposals
- b. Accepting of New Members
- c. Schedule Selection
- d. Discuss Weigh In Dates
- e. Update contact Lists

3. March

- a. Review Final Schedules
- b. Announce Deadline for Post Season Bidding
- c. Discuss Coaches Social
- d. Vote on Rule Changes

4. April

- a. Finalize contact Lists



- b. Discuss League Football Camp
- c. Finalize Weigh In Dates
- d. Update Coaches Social

II. Administration (Cont'd)

5. May

- a. Choose Post Season Playoff Sites
- b. Issue Final Rule Book
- c. Hand Out Team Packets
- d. Finalize Coaches Social

6. June - December

- a. Regular Business

- I. The President may call special meetings at any time.
- J. In the absence of the President, the Vice President shall act on his behalf.
- K. Any type of player exemption (exception) or rule change proposals submitted (considered) after league deadlines are to be submitted in writing to the Executive Board. The Board will then discuss the issues internally to determine how the submissions comply with our league bylaws. After discussion, an/or vote, the board will then notify the program forwarding the submission(s) as to the result of the decision, If the submission(s) are approved, it will be put to the floor for discussion and then voted on by each program representative at the following meeting after each representative has had a chance to inform their individual programs of the voting issue. If the submission(s) are not approved, the decision is final and it will not progress any further.



III. New Members

- A. Application for membership must be submitted in writing to the President. The recommended application deadline is March of the playing year. Applications received after March may or may not be considered pending the review of the competition committee.

III. New Members (Cont'd)

- B. The league will examine applicants relative to shared mission, organization and overall commitment to providing a fun, safe, competitive and positive experience for ALL members and participants.
- C. A two-thirds majority vote of the total membership shall be required to admit new members.
- D. Membership must be ratified one year hence by a majority vote. New members will have all rights and responsibilities, (including voting) of existing members, except for the first ratification vote.

IV. EXPULSION/ DISCIPLINARY ACTION/ REINSTATEMENT

- A. If written evidence of a rule violation is presented to the President, he will call a special meeting within 72 hours to rule on it.
- B. The program under investigation will be given full opportunity for defense.
- C. The HEAD COACH of each team shall be responsible TO THE 'LEAGUE for the CONDUCT of his Assistant Coaches, Players and spectators.



- D. A two-thirds majority vote of league membership will be necessary to expel a member program from the league. During any expulsion voting process, the program subject to expulsion shall not be permitted to vote.
- E. Any coach who has been ejected from a game must immediately leave the complex for the remainder of the game and will be permitted to attend the complex the following week's game, but will not be permitted to coach, be on the sidelines or interact with any players during the game including halftime.
- F. If a Board investigation finds compelling reasons for disciplinary actions, the Board may choose to either: A) By way of unanimous decision accept a program's self-imposed penalty providing it is in the best interests of the league or B) recommend disciplinary actions to be taken subject to majority vote of total membership.

IV. EXPULSION/ DISCIPLINARY ACTION/ REINSTATEMENT (Cont'd)

- G. In the event a membership vote is needed, the following two meeting procedures will be used. The first (special) meeting shall be called by the executive board in order to provide adequate time for disciplinary action discussion, and give individual programs time to inform all head coaches and/or assistant coaches involved in disciplinary proceedings. In attendance will be Competition Committee members ' and/or program coordinators, head coaches and/or assistant coaches pertaining to the disciplinary action. There will be an open discussion with the executive board and Competition Committee members and /or program coordinators first, prior to the head coaches and/or assistant coach's attendance, in order to inform all league members of the disciplinary action findings. After discussion, head coaches and/or assistant coaches will attend the meeting for questions and answers and to present any and all information regarding their participation in the league investigation.



After the completed discussion, head coaches and/or assistant coaches involved will exit the meeting to provide an opportunity for Competition Committee members and/or program coordinators to further discuss the investigation. During this discussion, the Competition Committee member and/or program coordinators from the programs involved must offer their recommendation of disciplinary action against their coach/coaches, if any. After the discussion, the executive board will then schedule the second meeting within a reasonable amount of time.

H. REINSTATEMENT TO LEAGUE

1. To reinstate a member program to the league a two-thirds majority vote of league membership will be necessary.
2. To reinstate a coach that has been suspended from the league either by way of the Boards unanimous acceptance of a program's self-imposed penalty or a two-thirds majority vote of the competition

IV. EXPULSION/ DISCIPLINARY ACTION/ REINSTATEMENT (Cont'd)

H. REINSTATEMENT TO LEAGUE (Cont'd)

committee, a two-thirds majority vote is needed for reinstatement. During any reinstatement voting process, the program applying for re-instatement shall not be permitted to vote.

I. PLAYER EJECTION PROCEDURE:

Any player that has been ejected from any NBJFL league game, shall be suspended for the following/next (one) game and depending on the



severity, the Board may submit for majority vote for further suspension of the player. Player is permitted to attend games and be on sideline but not permitted to be in uniform while suspended.

NOTE: If a player is ejected from a game during the season, player is not permitted to play in the All Star game at the end of the season.

V. ELIGIBILITY

A. Senior Group

1. Shall consist of any player not having reached their 14th birthday before January 1st of the playing year.
2. A player's team level will be determined by the academic grade level that they are enrolled for in the Fall of the current season (Grade based teams).
3. Players in the 9th grade or higher are ineligible.
- 2a. Holdback Rule: All rostered 6th grade players will have 2 consecutive years of playing eligibility in the NBJFL upon finishing their first 6th grade academic year. Players repeating 7th or 8th grade are not eligible for a third season at the Senior level.

V. ELIGIBILITY (Cont'd)

A. Senior Group (Cont'd)

Clarification to Eligibility Holdback Rule

Child Participated in NBJFL While he was in 6th Grade. He now has 2 consecutive Calendar Years left in NBJFL Senior Division.

Player Repeated 6th or 7th Grade and played any number of seasons for another team (non NBJFL Program) then



returns to or begins play for NBJFL, the player only has 2 calendar years from the end of their first 6th grade season to play 2 seasons in the NBJFL. **NOTE: A player repeating 8th grade would be ineligible in all cases.**

4. Maximum weight for all players at league weigh-ins will be 180 lbs.
5. Maximum weight for the following personnel is 142 lbs. **Anyone exceeding this weight will be considered as "Line Only".**
 - a. Offensive Personnel
 - i. Backfield and Ends
 - b. Defensive Personnel
 - i. Defensive Backs, Ends and Linebackers
5. "LINE ONLY" Positioning:
 - ***A. Offensive "Line Only"** players CAN NOT be positioned in an eligible backfield or end position in an offensive formation or as a punter. Line Only players must be 'attached' inside the tackle box.
 - B. Defensive "Line Only"** players must be on the defensive line and positioned no further out than the outside shoulder of the Offensive Tackle and **MUST HAVE A HAND IN THE GROUND** (min 3pt stance). In addition, a "line only" player may not drop back in pass coverage. (Penalty 5 yards).

V. ELIGIBILITY (Cont'd)

6. Weigh-In Any player 5lbs. or less of the maximum weight at the time of the first (incl. straggler) weigh-in will be classified as a Re-Weigh player and be re-weighed at the second weigh-in.

B. Junior Group



1. Shall consist of any player not having reached their 12th birthday before January 1st of the playing year.
2. A player's team level will be determined by the academic grade level that they are enrolled for in the Fall of the current season (Grade based teams).
3. Players in the 7th grade are ineligible.
4. Maximum weight for all players at league weigh-ins will be 143 lbs.
4. Maximum weight for the following personnel is 120 lbs. **Anyone exceeding the above mentioned weights will be considered as "Line Only"**.

Offensive Personnel - Backfield and Ends

Defensive Personnel - Defensive Backs, Ends and Linebackers

5. Positioning: **Offensive** "Line Only" players CAN NOT be positioned in an eligible backfield or end position in an offensive formation or as a punter. Line Only players must be 'attached' inside the tackle box.

Defensive "Line Only" players must be on the defensive line and positioned no further out than the outside shoulder of the Offensive Tackle and must have a hand on the ground (min 3pt stance). In addition, a "line only" player may not drop back in pass coverage. (Penalty 5 yards).

6. Weigh-In Any player 5lbs. or less of the maximum weight at the time of the first (incl. straggler) weigh-in will be classified as a Re-Weigh player and be re-weighed at the second weigh-ins.

V. ELIGIBILITY (Cont'd)

C. Pee Wee Group



1. Shall consist of any player not having reached their 10th birthday before January 1st of the playing year.
 2. A player's team level will be determined by the academic grade level that they are enrolled for in the Fall of the current season (Grade based teams).
 3. Players in the 5th grade are ineligible.
 4. Maximum weight for all players at league weigh-ins will be 120 lbs.
 5. Maximum weight for the following personnel is 96lbs. **Anyone exceeding the above mentioned weights will be considered as "Line Only".**
Offensive Personnel — Backfield and Ends
Defensive Personnel — Defensive Backs, Ends and Linebackers
 6. *Positioning: **Offensive** "Line Only" players CAN NOT be positioned in an eligible backfield or end position in an offensive formation. Line Only players must be 'attached' inside the tackle box.
- Defensive** "Line Only" players must be on the defensive line and positioned no further out than the outside shoulder of the Offensive Tackle and must have a hand on the ground (min 3pt stance). In addition, a "line only" player may not drop back in pass coverage. (Penalty 5 yards).
7. Weigh-In Any player 5lbs. or less of the maximum weight at the time of the first (incl. straggler) weigh-in will be classified as a Re-Weigh player and be re-weighed at the second weigh-in.

D. Mighty Mite Group

1. Shall consist of any player not having reached their 8th birthday before January 1st of the playing year.

V. ELIGIBILITY (Cont'd)

D. Mighty Mite Group (Cont'd)



2. Players in the 3rd grade are ineligible. Exception: if they have not reached their 8th birthday before October 1st of the playing year and are therefore scholastically one year ahead of their 2nd grade peers.

3. Maximum weight for all players all weigh-ins (scheduled by league) will be 110 lbs.

4. Maximum weight for the following personnel is 85lbs.: Offensive Personnel — Backfield and Ends Defensive Personnel — Defensive Backs. Ends and Linebackers Anyone exceeding the above mentioned weights will be considered as "Line Only".

5. * Positioning: **Offensive** "Line Only" players CAN NOT be positioned in an eligible backfield or end position in an offensive formation. Line Only players must be 'attached' inside the tackle box.

Defensive "Line Only" players must be on the defensive line and positioned no further out than the outside shoulder of the Offensive Tackle and must have a hand on the ground (min 3pt stance). In addition, a "line only" player may not drop back in pass coverage. (Penalty 5 yards).

6. No Re-weigh requirement for this level apply. However, additional players may be initially added to a team's roster upon the league re-weigh.



VI. CERTIFICATE OF ELIGIBILITY

A. At the first scheduled weigh-in, team coaches must weigh each squad member in the presence of the weigh-in committee on a scale provided by the league. A player may be weighed in shorts at the discretion of the player. a 2/10ths of a pound allowance will be given for underwear. (example 142 max weight = 142.2 with underwear)

B. Each Program/Head Coach must present the following items to achieve certification of eligibility for each player:

1. A birth certificate copy or other legal proof of age for each player.
2. Hard copy of printed NJFL Online Registration Form- Signed by legal guardian
3. TWO (2) completed printed or typed (not written) squad rosters on official league roster forms including:
 - a. Jersey # (No duplication among players on same team)
 - b. Name
 - c. Date of Birth (To be checked from proof of birth presented at weigh-in)
 - d. Residence., including town
 - e. Weight (To be filled in at weigh-in)
 - f. Name of Head Coach
 - g. Name of Assistant Coaches
4. Players, birth certificates must be presented in the same order as listed on the roster (Jersey # order).



C. The weigh-in chairman will have the responsibility for planning for the weigh-in of all players. Each league member will assign at minimum (2) representative to assist at the weigh-in.

D. The team coach, Competition Committee member or other person authorized by the weigh-in chairman, must accompany each team at ALL weigh-ins.

E. If a player misses their program scheduled weigh-in time or does NOT have ALL of their required documents, they will not be weighed in until the last scheduled team has been completed. The teams HEAD COACH MUST BE in Attendance for any walk-up registrant to weigh-In as long as the proper documents are now presented and completed properly.

****Otherwise, they will be furloughed and only eligible to weigh-in at straggler weigh-in. Any players missing Official League Weigh-in can ONLY weigh-in following WEEK 1 Games. (straggler weigh-in)**

F. The weigh-in chairman will retain the original rosters and forms.

G. An alternative (straggler") weigh-in will be held on a date to be determined by the weigh-in chairman after WEEK 1 games have been completed. This weigh-in shall be for those players unable to attend the first weigh-in, or who failed to make maximum weight at the first weigh-in.

H. Two (2) weigh-ins are to be conducted by the weigh-in chairman as follows: 1st weigh-in: prior to opening day, 2nd weigh-in: the week prior to the fifth (5th) game of the season.

I. Any team may add new players to their rosters by presenting them along with, a birth certificate and all other required materials at the 2nd weigh-in. No player can be added to a roster after the 2nd weigh-in. They will be required to make the league weight.

H. Players designated as "line only" at the 1st weigh-in by weight default, MAY attempt to re-weigh into back weight at the 2nd weigh-in PROVIDING they are not greater than 2 lbs over eligible back weight at the initial weigh in. NOTE: If a player is designated by their coach at the initial weigh-in to be "Line Only" to avoid re-weigh, the player must remain as such for the balance of the season and cannot re-weigh into back weight.



I. Failure to submit any of the aforementioned documents to the weigh-in chairman by the weigh-in shall result in the player being ineligible to compete.

VI. CERTIFICATE OF ELIGIBILITY (Cont'd)

K. If a player is foreign born, with a foreign language birth certificate, a translation shall be provided in order to easily interpret the player's date of birth.

L. Each team shall arrive with all squads to weigh-in at their designated time slot. The order shall be: Mighty Mites, Pee-wee, Junior, Senior, unless arrangements have been made in advance and approved by the weigh-in chairman.

M. No player shall be eligible to play in games 1 through 4 unless he has been weighed in not later than the straggler weigh-in date. Players added to a team's roster after the straggler weigh-in date must attend the second weigh in to be eligible to play the remainder of the season.

N. If a skill player (BACK REWEIGH) is required to reweigh, but does not attend the second weigh in, the player by default will be a LINE ONLY player for the remainder of the season.

O. If a lineman (LINE ONLY REWEIGH) is required to, but does not attend the second weigh in, he is ineligible for the remainder of the season



Q. No player is permitted to play for or be rostered for two different teams at the same time during the same season. This Includes AAU or ANY OTHER Football Team competing in ANY OTHER League.

R. To be eligible to play for an NJFL program, the player must reside in a town represented by the respective NJFL program.

1. Program Geographies: The following grid defines which towns are considered part of each NJFL program:

Program	Towns
Fair Lawn	Fair Lawn
Hawthorne	Hawthorne
Mahwah	Mahwah
Montville	Montville, Towaco, Pine Brook
Northern Highlands	Allendale, Upper Saddle River, Saddle River, Hohokus
Oakland	Oakland
Paramus	Paramus
Ramsey	Ramsey
Ridgewood	Ridgewood
River Dell	Oradell, River Edge
Wayne PAL	Wayne
West Milford	West Milford
Franklin Lakes	Franklin Lakes
Wyckoff	Wyckoff

2. Split Residence

If the player resides in multiple towns (e.g. divorce), it is considered a “split residence” scenario.



If the player attends school (public or private) in one of the towns the player resides in, this establishes the player's town of residency and the preceding NJFL rules apply.

If the player attends school (public or private) outside of the towns the player resides in, the player must provide sufficient

VI. CERTIFICATE OF ELIGIBILITY – (Cont'd)

proof of primary residency to the league and must get explicit approval from the league regarding eligibility.

3. Change of Residency

If the player moves prior to the final league weigh-in, the player has re-established his residence and must comply with all NJFL rules.

If the player moves after the final league weigh-in, the league considers the player's residence to be the town the player lived in before the final league weigh-in.

4. There is no grandfathering of anyone in regards to residency. Player must reside in the participating member town or its legitimate High School adjacent town (EX: Pinebrook is listed as part of Montville).

S. Any player eligibility issue that requires interpretation or does not conform to the above player eligibility guidelines, will be referred to the league for approval. The decision of the league will be final and will move no further.



VII. HOME TEAM RESPONSIBILITIES

A. Field Dimensions

The field dimensions will be 80 yards in length plus 10 yard end zones by 53 yards in width (where available). Minimum field width is 40 yards. Yard lines shall be marked a minimum of every 5 yards with an additional 35-yard line. Hash marks will be established 15 yards in from each sideline.

B. Safety Barrier

- For safety of spectators and players, a rope or barrier shall be erected

VII. HOME TEAM RESPONSIBILITIES - (Cont'd)

at least 15 feet from the sidelines running the entire length of the field. - Failure to comply with this regulation will result in an automatic

C. Number of Officials

Four officials to be assigned by the Northern Bergen Junior Football League Officials Association. For the playoffs, 5 officials per games (4 on field and 1 on clock).

D. Official Fees

Current Official fees are \$70.00 per game. Additional increases in official fees must be voted on by the membership.

E. Official Time Keeping



Official Clock or Handheld stopwatch to be handled by the game official.

- F. Safety Equipment: A first aid kit and water supply must be on each sideline (brought to game by each team.) in addition to TRAINER onsite provided by Home Team
- G. Type of Football: Leather or Composite Only. No alternatives allowed.

Seniors - Wilson TDY

Juniors - Wilson TDJ

Pee Wees - Wilson K-2

- H. Game Cancellation

The home team will notify the opposing team and officials as soon as practical before game time of weather or any other cause

VII. HOME TEAM RESPONSIBILITIES (con't)

making the playing of the game impossible. In the event game officials arrive at the playing field and the game is subsequently called due to inclement weather, the home team will make full payment. Makeup games for postponed games should be rescheduled and the league notified.

- I. Chain Crew



The chain crew provided by the home team will operate on the HOME TEAM side of the field.

J. Reporting Game Results

The home team must notify the league of Pee Wee, Junior and Senior game results no later than 4:00 PM on game days (4:00 PM of the following day for games completed after 4:00 PM)

K. Reporting Violations

Violations of the home team's responsibility are to be reported within 48 hours to the President who will take such actions, as he deems necessary. Total enforcement could mean forfeiture of game.

L. Trainers/EMT's

Home team is required to provide certified trainers/EMT's at each game (A and B games)

VII. HOME TEAM RESPONSIBILITIES (con't)

M. FILM EXCHANGE RULE:



1. To be enforced with only the Senior and Junior levels at each program.
2. All programs will need to film their games to be shared with the entire league.
3. There will be a league wide Drop Box/HUDL that all programs will be assigned accounts to have access to it. Each Home Team is responsible for filming and film upload of each game. If the Home team seems to be having issues finding someone to record and upload the game, they can consult with the visiting team to help out.
4. Uploading of all film for all programs will commence upon the first game of the season. That will become the first upload of the season. Every game after that, including payoffs, will need to be uploaded.
 - a. Footage from each game needs to be uploaded within a 24-hour period to the appropriate folders already set up within our league's Drop Box/HUDL account.
 - b. If the league's review and follow up after 24-hours, reveals that a program that is responsible for uploading footage has not submitted footage, then that team will be subject to disciplinary action (and subject to removal/no longer have access to the shared folders).

There MUST BE a standard upheld pertaining to the quality of film uploaded to HUDL. NO completely zoomed out film and NO completely zoomed in film. NO shaking cameras. Film must cover the 22 players on field.



VIII. PLAYER EQUIPMENT

- A. NOCSAE approved helmets with facemasks, chinstraps and accessories.
 - NOTE: Tinted visors are prohibited per NJSIAA rules.
- B. Shoulder pads.
- C. Padded football pants.
- D. Game jersey with numerals.
- E. Sneakers or leather shoes with molded rubber cleats.
- F. Athletic supporter with hard cup for boys.
- G. Mouth guard protector.
- H. Pertaining to “Line Only” Players. Must apply 2x5 DUCT TAPE FRONT & BACK OF HELMET HORIZONTALLY PLACED.
Duct Tape is Supplied by NJFL. (new rule)
- I. In the event a player's jersey must be changed, the weigh-in chairman shall be advised and the roster and photo cards changed prior to the next game. It is mandatory that the opposing coach be notified prior to the start of the game.
- J. All teams must wear the jersey designated on their roster, unless mutually agreed upon with the opposing team and with the notification to the Weigh-in chairman (5) days prior to the game.



IX. PLAYING RULES: JUNIORS & SENIORS

The Federation Rulebook shall be the rule guide with the following exceptions:

- A. Touchback – The ball shall be placed on the 15-yd line.
- B. Time Outs – Three (3) timeouts per half.
- C. Game Duration

The game shall consist of four (4) quarters.

Each quarter shall be ten (10) minute Federation rule clock for

Seniors. Seniors will not have a 2 minute warning as per federation

timing rules. For Junior and Pee-Wee Level, they will do modified

timing rules as per below. (Only the juniors and pee-wee will have a

2 minutes warning).

NBJFL Timing Rules

All A games will be 10 minute quarters.

Start of Game:

-Senior clock begins when ball is touched on kicked off.

-Junior/PW clock begins on first snap.

Stop when tackled or Out of bounds after Kickoff. Start on ready for play.

Stop clock on all incomplete passes. Start when ball is marked for ready



for play. Stop on Penalties.

IX. PLAYING RULES: JUNIORS & SENIORS (con't)

Change of Possession. Clock will start on the ready for play.

3 time outs per half.

Run or completed pass goes out of bounds. – Start on the ready for play.

Exceptions

Last 2 minutes of the first half and last 4 minutes of second half, clock starts and stops as per regulation HS Federation timing rules.

Clock will become running time if the point differential is 24 points or greater in the second half.

*All B Games will have a running clock with 28 Minute halves and a 10 minute half time.

D. 2 Minute Warning.

Each bench will be notified when there are two (2) minutes remaining in the 2nd and 4th quarters for Pee Wee and Junior Games Only.

In the event there is not a working clock, each team at every level will be notified when there are four (4) minutes remaining in the 2nd and 4th quarters.



E. Kick-Offs

PeeWee & Junior Levels – NO KICKOFF OR KICK RETURN

Start of Possession: 25 Yd Line for PeeWee, 20 Yd Line for JR.

IX. PLAYING RULES: JUNIORS & SENIORS (con't)

E. Kick-Offs **Cont'd**

Senior Division- Kick-Offs must travel 20 yards in the air. Failure of this the ball will be spotted at the first point of contact. There are no onside kicks permitted. (Refer to IX. Part M.) The 40-yard line shall be midfield. (Senior Division Only) The kicking team will kick from their 30-yard line. The receiving team will place a minimum of five

(5) men between their own 35 and 40 yard lines with no player over the maximum back field/end weight lined up behind the 35 yard line.

All players on the kicking team must be at the line of scrimmage and stationary at that time of the kick.

F. Safety Procedure



SENIORS: High School Rule applies with the modification of the kicking line due to shorter field. Kicking team will align in KO Formation (Off Tee or Punted) from the 15 YARD LINE. Receiving team will align 10 yards away from ball.

JUNIORS: the OFFENSIVE Possession after a SAFETY will begin with the ball SPOTTED AT 40 YARD LINE.

G. Extra Points

The point after touchdown will count as one (1) point when attempted from the 2-yard line and two (2) points when attempted from the 5yd line.

H. Half Time Duration

The half time shall be 15 minutes maximum.

IX. PLAYING RULES: JUNIORS & SENIORS (con't)

I. Sideline Boundaries

All coaches and players will contain themselves between the 20-yard lines.

J. Penalty Distances

Penalties shall be 5 yards for a 5-yard penalty and 10 yards for a 15-yard penalty.

K. Offensive Clock

The offensive team will be allowed 40 seconds to put the ball in play.



L. Ball Possession by “Line Only” player

If a “Line Only” player comes into possession of the football, the ball shall become dead at the location of the possession and cannot be advanced. A ball recovered in the end zone by a “Line Only” player shall result in a touchdown, touchback or safety as the case may be.

M. Time Outs/Coaches/Players

During timeouts, two (2) coaches may be on the field or the entire team may go to the sideline.

N. *On-Side Kick Modification/Opportunity, 4th Qtr only.

Unlimited onside kicks by the losing team in the 4th Qtr . Ball is placed at your 25 yard, 4th & 15 attempt. A successful first down results in continued offensive drive otherwise the defending team takes possession at the spot of play.

O. **24 Point Rule**

The 24-point rule is in effect throughout the entire game.

IX. PLAYING RULES: JUNIORS & SENIORS (con’t)

O. **24 Point Rule (con’t)**

When a game becomes a 24 point differential:

- The team ahead is the "winner", and the game continues with a running clock at any point within the 2nd half of play.



- Winning Team has to take out "A" frozen players.
- Losing Team should be operating within the same Sportsmanship Conduct, as their "A" Squad is now playing against a "B" squad. If at any point the margin is reduced to less than 24 points, the Winning Team may reenter their frozen players. Regardless, if within the second half the clock will remain running at all times.

B and/or C games:

Should never be more than a 24 point differential.

If a game does go over a 24 point differential, it's an automatic review by the "Sportsmanship Committee" with a First time offense warning, second time offense suspension of the "B" Coach and Head Coach. Three or more offenses, consequence will be at the discretion of the "Sportsmanship Committee"

Overall Points in any game A/B/C:

If any game has a point differential of 34 or more points, it's an automatic review by the "Sportsmanship Committee" with a First time offense warning, second time offense suspension of the head coach. Three or more offenses, consequence will be at the discretion of the "Sportsmanship Committee"

Once the 24pt rule is in effect: Kickoffs are prohibited by either team. The ball will be set/placed on the offensive team's 25yd line in place of subsequent kickoffs.

IX. PLAYING RULES: JUNIORS & SENIORS (con't)



O. 24 Point Rule (con't)

This rule lives under the greater NBJFL sportsmanship umbrella. If a team is suspected of having behaved in an unsportsmanlike manner, the coach will be brought before the league's competition committee.

Playoff Exception

During the playoffs, the "24-point Rule" applies as previously defined, except the "trigger" point spread is 25 points instead of 24.

Q. Level of Play Declaration

- A team must have an A team scheduled with the league in order to participate at the B or C levels.
- Teams at different levels can then have, in addition to their A teams, a B, C or B&C team.



R. Required Frozen Player Grid

Declared Levels	A/B	A/C		A/B	A/C
# of players	Frozen A	Frozen B	# of players	Frozen A	Frozen B
15	1	2	36	7	19
16	1	3	37	7	20
17	1	4	38	7	21
18	2	4	39	7	22
19	2	5	40	8	22
20	2	6	41	8	23
21	3	7	42	8	24
22	3	8	43	8	25
23	3	9	44	8	26
24	4	9	45	9	26
25	4	10	46	9	27
26	4	11	47	9	28
27	5	12	48	9	29
28	5	13	49	9	30
29	5	14	50	9	31
30	6	14	51	9	31
31	6	15	52	9	32
32	6	16	53	9	33
33	6	17	54	9	34
34	6	18	55	9	35
35	7	18	Add 1 more for additional rostered spots		



IX. PLAYING RULES: JUNIORS & SENIORS (con't)

S. Minimum Number of Players

For all "A" games, all teams have the option of attending league games with only 13 players + X (with X being equal to the number of frozen players the team has, so that if the 24 point spread is reached, the frozen players can be substituted and the game may continue without forfeiture). So for example, if a team has 5 frozen players, they must attend A games with 18 players, 13 + the 5 frozen players, so that if the 24 point spread is reached, the 5 frozen players can be substituted out and the game may continue

T. Maximum Sideline Staff

A maximum of 6 coaches on the sideline. Coaches will be registered with the league (Picture ID). There is a one camera personnel per team permitted on the sideline during games. (note camera personnel cannot coach the players.) Additional passes (different color) will be provided for B coaches if programs request additional B passes.

U. Fighting



In the event a fight breaks out; only one (1) coach is allowed on the field. All coaches and sideline players must remain on the sideline. Any violation of this rule will result in a penalty (the extent of each infraction and its resulting penalty will be

IX. PLAYING RULES: JUNIORS & SENIORS (con't)

determined by the official). In addition, if any sideline player runs onto the field, that player is automatically ejected from the game.

V. Non-Scheduled Games

No team shall be permitted to play more than two (2) non-scheduled games against another organized teams during the regularly scheduled season. (Scrimmages unlimited)

W. New Rule Changes All new rule changes are subject to one (1) year probation period. New rules are noted with an asterisk (*).

X. Protests

Decisions of the game officials may be protested at any time during the game only where the decision involves interpretations of the playing rules. Where this is a violation of player and/or position eligibility, as defined in the NJFL Official Rules, it must be protested at the time of the alleged infraction. Officials will be required to immediately record the nature of the alleged



infractions and their observations of the same. Protest of both playing and/or player position eligibility must be made to the league President in writing immediately after the game. The officials, in the case of the latter protest, will be required to file their written observations made at the time of protest within 48 hours. The coach must accept the officials' decision on a matter of judgment. The official's integrity should never be questioned on the field. Officials will be furnished with copies of the league rules.

IX. PLAYING RULES: JUNIORS & SENIORS (con't)

Y. Overtime

In the event that any "A" game is tied at the end of the regulation four quarters, the game shall proceed into overtime. The following overtime procedure, primarily based on National Federation High School rules, will be in effect:

*(1) The League uses the **15-Yard Line Overtime Procedure**. The overtime is untimed play with teams taking alternating offensive possessions until a winner is determined.

(2) When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a two-minute period during which both teams may confer with their coaches.



(3) The team captains will assemble at the center of the field for a coin toss. The visiting team captain(s) shall call heads or tails before the toss. The winner of the toss shall be given his choice of defense

or offense first, or designating the end of the field at which the ball will be put in play for the entire overtime procedure. The loser will have his choice of the remaining two options.

(4) Each team shall be permitted one time out during the overtime period.

(5) To start the overtime, the offensive team shall put the ball in play, first and 10, at the 15-yard line. The offensive team's series will be terminated by any score by the offensive team or if the defensive team gains possession of the ball prior to the offensive team scoring.

(6) If the team on offense scores, it is entitled to the opportunity to try an extra point play, unless the points would not affect the outcome of

IX. PLAYING RULES: JUNIORS & SENIORS (con't)

the game. Try for extra point may be taken from the 2yd line for 1 point or the 5yd line for 2 points.

(7) If the defensive team gains possession of the ball prior to the offensive team scoring (interception, fumble), the ball becomes dead immediately and the offensive team's series of downs is ended.

(8) After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with a first and 10 from the 15-yard line.



*(9) If the overtime period has not determined a winner, additional overtime periods will be played until a winner is declared.

Z. Onside Kicking (Refer to IX part M.)

Scramble on-side kicks are prohibited. No team may attempt to perform a "scramble" on-side kick.

AA. No "A" Gap blitzing in Junior B/C level games

Exceptions:

- i. 4th Down
- ii. Goal Line situation (Plays within the 10yd line)

AB. Suplex Tackling is PROHIBITED. Any player who picks a player off the ground during a tackle and slams them to the ground in what is determined to be a backwards motion will be assessed an unsportsmanlike penalty and will be ejected for the remainder of the game plus a 1 game suspension. Once a player is off the ground the

play is to be whistled dead and the defender is responsible for the safe return of the ball carrier to the ground.

X. PLAYING RULES: PEE WEES (Cont'd)

PEE WEES PLAY BY THE SAME RULES AS OUTLINED ABOVE IN SECTION IX. EXCEPT FOR THE FOLLOWING MODIFICATIONS:

A. Offensive



The offensive team will be allowed 45 seconds to put the ball in play.

- B. Blocking Below The Waist is prohibited.
- C. Punts

All punts shall be free punts; that is to say, there will be no rushing, everyone holding position for the snap and punt. A "standard offensive formation" meaning the five offensive linemen shall be within an arm's length shall be used. It is clearly understood that the ball and play is deemed dead until the ball is kicked. Because the ball is dead, "Line Only" players are permitted to punt. If a punting situation arises and the time clock has been stopped, the clock will not resume until the ball has been punted.

D. Coaches Field Presence

- Two (2) coaches from each team will remain on the field during the game.
- All coaches on the field must be at least 15 yards from the line of scrimmage or 5 yards behind the deepest defender at the break of the huddle.
- There is to be no communication from the on field coaches after the offensive team breaks the huddle.
 - First Offense: 10 yard penalty.
 - Second Offense: 10 yard penalty and the offending coach must leave the field of play. A new coach may take their place on the field.

X. PLAYING RULES: PEE WEES – (Cont'd)



- No playbooks are allowed on the field. Coaches play call sheets are allowed.
- The coaches' conduct should be exemplary in that his action shall not materially slow down the game.

E. Elimination of Kickoffs

There will be no kickoffs during PeeWee games. The ball will be set/placed on the offensive team's 25 yard line in place of the opening kickoff, 2nd half kickoff and after all scores.

F. Safety Procedure: the OFFENSIVE Possession after a SAFETY will begin with the ball SPOTTED AT 40 YARD LINE.

F. Filming of Pee Wee games

- Game films may be taken of your opponent only on the day you play them.
- Exchanging or sharing of game film is STRICTLY prohibited.

Exception: Transfer of game film between two opponents when they were the participants in the game. (Example: Home team agreed to film the game for both teams)

G. No "A" Gap blitzing in Pee wee B/C level games

Exceptions:

- 4th Down
- Goal Line situation (Plays within the 10yd line)



*H. Pee wee B Games will be played with a running clock with 28 minutes halves and a 10 minute halftime.

XI. SCOUTING

- A. All communities associated with the NBJFL shall not send scouts to any other community's practice or scrimmages.
- B. Game films may be taken of your opponent only on the day you play them.
- C. Scouting is only permitted for sanctioned league games. Must exist on the league schedule.

XII. REGULAR SEASON SCHEDULING

- A. Regular Season Scheduling will be agreed upon and scheduled (prior to June).
- B. The executive board will then do the pairings for each team to have seven (8) regular season games, taking into consideration the home/away schedule from the previous season along with all pre-schedule requests and alterations.
- C. The schedule shall be prepared to show all Pee Wee, Junior and Senior games to be played on Saturday night or Sunday morning/afternoon unless both teams agree otherwise and the league approves.
- D. All teams must meet league obligations in accordance with official league rules, and all previously scheduled games must be played as scheduled under penalty of forfeiture of the entire league schedule, and is subject to suspension from the league the following year. Any and all special problems or unusual schedule conflicts due to weather or otherwise, may be referred to the league for decision.



- E. No admissions may be charged for any regular season games.
- F. All regular season games (8 games) will count toward playoff seeding.

XIII. POST SEASON STRUCTURE

- A. At the end of the regular season each member of the Competition Committee will have the opportunity to submit their suggested seedings (1 thru X) for each level to the Executive Board for review.
- B. Dan Nastasi, President of NBJFL, will make all playoff seeding and bracket decisions (taking into consideration aforementioned seeding suggestions).
- C. Playoff Structure will be determined during the Summer Scheduling meeting.
- D. Post season playing sites are to be determined in advance prior to the end of the regular league season. The executive committee must receive letters of intent from all towns that are interested in hosting a playoff game. All post season sites chosen are responsible for good field maintenance, parking, ample refreshments and all game official fees. All post season sites must be able to provide a 53yd wide field.
- E. The 24 point rule will be moved to 25 points for post season play.
- F. There will be an increase of game officials for post season play as follows:
 - 1. Pee Wee games will have four (4) officials.
 - 2. Junior and Senior games will have five (4) officials.
- G. In case of tie during post season play modified High School rule applies. Ball will be placed at 15 yard line.



XIV. YEAR END ALL STAR GAME TBD

- The All Star Game will be played in week 11