

# Cecil County Jr Football League, Inc.

2025

## Football Playing Rules

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## 1) ELIGIBILITY

A. Players are determined by age. Ninth graders (high school) are not eligible to participate. All players must be officially registered and verified by the Player Representatives. Registration forms must be authorized by someone of legal age.

B. The ages of the teams are as follows:

- **7u** Must turn 5 by Sept 1st
- **9u** 9 or under on or before Sept 1st
- **11u** 11 or under on or before Sept 1st
- **14u** Cannot turn 15 before Dec. 31st

**C. PARTICIPANTS MUST ATTEND 3 PRACTICES IN FULL GEAR BEFORE THEY ARE ELIGIBLE TO PLAY IN ANY GAME OR SCRIMMAGE**

## 2) PARTICIPATION

A. Player may participate out of the middle school district in which they live, only with prior consent (**signed waiver**) of the Head Program Coach of the district in which the player lives. **Once a player is waived, the waiver is good for the duration of the players time in CCJFL as long as their participation is consecutive years.**

B. After book verifications, players are prohibited from moving up and down the rosters.

C. Players may participate in CCJFL and a school sanctioned team at the same time. This applies **ONLY** if the player have played in CCJFL the prior season. Players may not participate in leagues that are not a school team.

D. Once a player has registered, they cannot change teams without the permission of the head coach of the team in which he registered for the remainder of the season.

E. Registration cut-off will be the second scheduled game of the regular season. Players must be weighed-in and participate in three practices before playing in any game. The football VP or the Head Coaches' Rep must be notified of any late registrations to schedule a late weigh-in. Player must be accompanied by their Head Program Coach or team rep and bring a signed registration form, completed, current physical form, proof of age, proof of residency for verification.

F. Any player suspended from school cannot participate in any league activity for those days which they are suspended from school. If a child does not return to school until Monday, then they cannot participate in the weekend games. Suspended players are not allowed to attend practice and are not allowed to be on the sideline with the team during games.

## 3) PLAYER WEIGHT AND WEIGH-INS

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- A. Official weigh-ins will be conducted under the authority and supervision of the Football Vice-President.
- B. No pre-checks are permitted.
- C. Early weigh-ins will be held on **Wednesday, August 13th**. Each head coach will notify the Football Vice-President on or before **Monday, August 11th** the names of the players to be weighed at early weigh-ins. Early weigh-ins are limited to **10 players per program**.
- D. The date of the official weigh-ins will be Saturday, **August 16th**. The location of the weigh-ins will be decided by the Football Vice-President.
- E. Late registration weigh-ins will be held on **August 22<sup>th</sup>, September 29<sup>th</sup>, and October 5<sup>th</sup>** as needed. **Head Program Coaches or Team Reps must contact the Football VP a day in advance of the weigh-in.**

**Players who register on Saturday, September 6<sup>th</sup> (day of the second game), must be weighed in by Friday, September 12<sup>th</sup>. Head Program Coaches or Team Reps must notify the Football VP on Saturday, September 6<sup>th</sup> with such registrations.**

- F. Rosters, using the approved format, (see attachment 1 in By-Laws) must be turned into the Football Vice-President at the weigh-ins. All players must be officially weighed-in and on the roster in order to participate in the games.
- G. Any player who misses early or official weigh-ins must be weighed in under the supervision of the Football Vice-President or a designated League representative prior to playing in any games and will be assessed a ten (10) pound penalty for 14u & 11u players and five (5) pounds for 7u & 9u players. Players will be weighed on a digital scale. Weights will be rounded to the nearest whole number. 0.4 And below is rounded down and 0.5 and above is rounded up.
- H. Any player who weighs-in greater than the weight listed below will be designated as X player.

7u- 75 lbs.

9u - 95lbs

11u - 125lbs

14u –155 lbs.

- I. Players will not be permitted to attempt to lose weight at the weigh-in site. Players must weigh-in wearing a minimum **of shorts and a shirt**. Players will not be allowed to strip down.

## 4) HEAD COACHES

- A. Coaches and adults are prohibited from participating in bodily contact with players unless they are demonstrating a drill or technique.

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- B. The HPC of each team will decide the practice times for all squads.

NOTE: When school begins, 7u may only practice two (2) times per week. 9u teams may only practice three (3) times per week. A practice includes any gathering of any number of players, either practicing or reviewing film. If there is evidence of illegal practicing, the head coach and coaches involved will be brought in front of the Disciplinary Committee for possible disciplinary actions (see CCJFL by-laws). Prior to the scrimmage practice is up to each Head Program Coach.

- C. HPC will be responsible for keeping all statistics on injuries concerning weight and position of players involved. The HPC or a Team Rep must report this to the league's Football Vice-President, using the official injury report form.

### 5) PLAYING RULES

#### A. 14u, 11u, & 9u Teams

1. Ten (10) minute stop-clock quarters will be used for 14u, 11u, and 9u games. **The play clock shall be 25 seconds and will start when the referee makes the ready for play whistle.**
2. There will be no more than a fifteen (15) minute intermission between the 9u/11u games and 11u/14u games.
3. All tied games will be decided by the Kansas tie-breaker rule. 14u games will be played until there is a winner. 11u & 9u games have a maximum of two (2) possessions each. If the score is still tied after two possessions, then the game ends as a tie.
4. If a 14u or 11u team does not have 11 eligible players for kick off or kick off return, the ball will be placed on the receiving teams 40-yard line.
5. Four (4) officials will be used during the regular season and post season for all 14u and 11u games. Three (3) officials will be used for all 9u games and two (2) officials for the 7u scrimmage
6. Any protest must be made in writing to the football Vice-President within twenty-four (24) hours of the game in question. Game officials must be informed that the game is being played under protest. The game and League officials will resolve federation rule protests. If the protest is upheld, the game will resume from the point of the protest and played at the end of the season only if it has a bearing on the play-off position.
7. Any player or coach disqualified from a game will be automatically ineligible to participate in the next weeks practices and scheduled game, (first offense). Any player or coach removed a second time by game officials will be ineligible to participate in the league for the remainder of the season. For the purpose of this rule

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a game includes: pre-season, regular season, post season and all-star games. The team of any disqualified player or coach must notify the Football VP within 48 hours.

8. High School Federation rules concerning numbering of players by offensive position and number of coaches on the sideline will not be enforced.
9. Home team HPC will decide which side of the field will be considered the home side.
10. During all games, the first down chains and markers will be on the visitor's side and the visiting team will be responsible to provide a chain crew.
11. Teams will be permitted to conduct an optional four (5) day non-contact football camp prior to the start of the first official practice. Teams may not install offense, defense or "run plays". Camp is intended for conditioning and player evaluation only.
12. Three different size footballs will be used, 9u and 7u will use Pee Wee size, 11u will use junior size and 14u will use youth size.
13. The head official has the right to send a player to the sideline for 4 plays as a "cooling off period" without assessing a penalty. The team may sub.
14. IN THE EVENT OF A FORFEITURE DURING A GAME, HEAD PROGRAM COACHES MUST COMMUNICATE. THE HEAD PROGRAM COACH OF THE FORFEITING TEAM HAS THE FINAL DECISION.
15. 14u and 11u PAT is worth 2 points for a successful kick or 1 point for a successful run or pass. (See 9u exceptions)

### B. X PLAYERS

1. Cannot advance the ball (See 14u Exceptions)
2. Cannot participate on kick-off or kick-off return teams.
3. If the X player gains possession, the ball is dead at that spot. (See 14u Exceptions)
4. Defensive X players must play line in a down position (hand on the ground) and must line up within ½ yard of the line on scrimmage. The initial movement must be forward, and they may not drop back and cover downfield.
5. Defensive X players must be inside the tight end. Inside is defined as the defender is clearly inside the last man on the line of scrimmage. (See 14u Exceptions)
6. An X player can participate as a kicker on extra point attempts after reporting to the game official. If the team fails to get the kick off, then the play is blown dead and there will be no further advancement of the ball. The ball will be spotted according to High School Federation rules. Failure to report carries a five-yard penalty.

7. An X is to be on the back of the helmet and at least 3 inches in length and in a contrasting color for all X players. The X must be on the helmet to participate in any game or scrimmage. HEAD COACH WILL BE ASSESSED AN UNSPORTSMAN LIKE PENALTY FOR VIOLATION OF THIS RULE.
8. Offensive X-players must be covered by a non-X player on both ends of the line of scrimmage. **They may line up in a 3 point or a 2-point stance.**
9. All violation of X player rules will result in a 10-yard penalty.

#### C. 14u - EXCEPTIONS

1. Defensive X Players can advance the ball on fumbles and interceptions.
2. Defensive X players may line up anywhere as long as they are within ½ yard of the line of scrimmage with their hand on the ground.

#### D. 11u – EXCEPTONS

1. Defensive X Players can advance the ball on fumbles and interceptions.

#### E. 9u – EXCEPTIONS

1. The score will be kept at all games. When one team has a least a 20-point lead the score board will be shut-off and announcing of any score will stop until the score is under a 20-point deficit.
2. On fourth down the offense may take a "march-off" punt of 20 yards **OR** may elect to kick. The ball cannot be spotted inside the opposing team's 20-yard line if the march-off is used. On a scrimmage kick, there will be no rush or return from the defense. If a team elects the kick, they must take the result of the play, no matter what the distance is. **The punter must be a minimum of 7 yards behind the line of scrimmage.** The offense cannot go down field. The ball will be downed where it is first **possessed** by the defense or where it rolls dead. **If the snap hits the ground, the ball is dead and the defense takes possession at the previous spot. IF A RECEIVER MUFFS THE BALL FORWARD, THE BALL WILL BE DOWNED AT THE SPOT THE BALL WAS MUFFED. IF THE SNAP HITS THE GROUND, THE BALL IS DEAD AND THE DEFENSE TAKES POSSESSION AT THE PREVIOUS SPOT.**
3. Teams will not kick off. The ball will be placed at the team of possession's 40-yard line. (Need to go 60 yds. to score)
4. Defense must have a minimum of 3 and no more than 4 down linemen.
5. One (1) coach will be permitted on the field to run the huddle only and may not be present at the line of scrimmage. When the play is being run, the coach must be at least 5 yards behind the safety on defense and 10 yards behind the deepest back on

offense. The coach is not permitted to communicate to players after the huddles have been broken. **The coach will be issued a warning for the first offense. The second offense will result in removal from the field.** After the 2nd game, starting with the 3rd game, no coaches will be permitted on the field. Plays will be sent in from the sideline.

6. PAT is worth 2 points for a successful pass or kick, 1 point for a successful run. NO RUSH FOR PAT ONLY. IF HOLDER LOSES POSSESSION OR FUMBLES THE BALL THE PLAY IS DEAD, NO FAKES OUT OF THIS
7. AFTER A SAFTEY, THE BALL WILL BE PLACED AT THE TEAM OF POSSESSION'S 40-YARD LINE. (NEED TO GO 60 YARDS TO SCORE)

F. 7u

1. The philosophy of this age group is to be instructional and fun for the children. Time should be taken by coaches on both sides to explain the rules and certain techniques in playing the game (e.g., how to block and tackle). These age groups are NON-COMPETITIVE, therefore score and win/loss records are not to be kept. There will be no posting scores or win/loss records in any form.
2. Field dimensions will be 40 yards by 35 yards (from the home sideline to the far hash.) Yard markers will be placed on the visitor's hash marks. Each possession will begin at the 40-yard line going in.
3. Games will play under a standard scrimmage format. Plays will consist of two halves. 12 minutes (which ever comes first) on offense and 12 minutes (whichever comes first) on defense for each team. Games will have a one (1) hour time limit. A five (5) minute warning will be given by the officials. There will be a 30 second Official's Time Out at the six (6) minute mark to allow for water, substitutions, etc.
4. Only two (2) coaches will be permitted on the field to run the huddle only and may not be present at the line of scrimmage when the cadence starts. When the play is being run, the coach must be at least 5 yards behind the safety on defense and 5 yards behind the deepest back on offense. **A coach is not permitted to call out instructions to players after the plays starts or the snap is imminent.**
5. Consecutive fumbles in the backfield or a fumbled Center/QB exchange will result in a play.
6. Teams must have a minimum of 7 players suited up on game day. Teams may borrow players from the opponent. The number of players used to structure the scrimmage will be decided by the Head Coaches. (e.g., 7 on 7, 9 on 9, 11 on 11)
7. Any unsportsmanlike penalty on a 7u coach will result in an automatic 1 game suspension. A second will result in suspension for the remainder of the season.



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8. No special teams will be played.
9. Offense will consist of two (2) tight ends or basic squad (balanced) formation (slot) at all times. Pulling lineman, unbalanced lines, cut blocks and trick plays are not allowed.
10. When using the slot formation, the split end cannot line up more than 10 yards from the nearest offensive tackle and the slot back cannot line up more than 5 yards from the nearest offensive tackle.
11. Motion by the backs is not allowed.
12. No trips formations will be allowed.
13. No more than one hand-off per play.
14. Teams must huddle between each play.
15. Flags will be thrown for instructional purposes. Penalties will not be marched off.
16. Defense must consist of a base defense (3 or 4 down lineman) in which the lineman are lined up head to head, but may not line up directly over the center. Defensive ends are not considered down lineman, however; they must line up head up over the TE. Linebackers are five (5) yards off the line of scrimmage and cornerbacks must line-up at least three (3) yards off the line of scrimmage and outside the defensive ends. Teams are not permitted to blitz or stunt.

### 6) PLAYTIME RULES

- A. All players in uniform must participate in minimum number of plays allotted for that squad. They are as follows:

7u	10 play minimum
9u	8 play minimum
11u	5 play minimum (Regular Season Only)
14u	No minimum play

### 7) REGULAR SEASON

- A. Official registration can begin on **January 1<sup>st</sup>**.
- B. Teams may begin practice on **August 4<sup>h</sup>**
- C. Teams are permitted to scrimmage other teams at the Head Program Coaches discretion.
- D. The regular season will begin the weekend of **Saturday, August 30<sup>th</sup>** and consist of an eight (8) game schedule.

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- E. Games will be determined by field availability and scheduled to be played on Saturday or Sunday for 14u, 11u, 9u, & 7u.
- F. Game schedules will be prepared by the Head Coaches Rep and approved by the Head Coaches Committee.
- G. Any game postponed for any reason must be made-up by Tuesday of the following week or the game will be cancelled and not made-up. If the entire weekends schedule is lost, then the Head Coaches Committee can decide whether to extend the season to make-up the games.
- H. Any postponed game will be rescheduled by the Head Coaches Rep after consulting the affected teams. Teams are required to abide by this re-scheduling or forfeit the game.

### 8) POST SEASON GAMES – 14u, 11u & 9u

- A. The top 4 teams will participate in the play-offs. There will be games played Saturday and/or Sunday. The highest seeded 14u will have choice of day and time in each round.
- B. Teams will be seeded based on regular season records. Tie breakers will be decided first by head-to head records and finally by coin toss.
- C. Semi-Final Round – the 4<sup>th</sup> place 14u, 11u and 9u teams will play the 1<sup>st</sup> place teams. Games will be played at the home field of choice by the 1st place 14u team. The 3<sup>rd</sup> place 14u, 11u and 9u teams will play at the 2<sup>nd</sup> place teams. Games will be played at the home field of choice of the 2nd place 14u team.
- D. The Head Coaches Rep can submit for Head Coaches approval an alternative 11u or 9u playoff schedule in order to accommodate and simplify the schedule.
- E. If a lower seeded 11u or 9u team is playing on their home field they will be permitted to use the home sideline.
- F. Championship game location will be determined by the highest seeded 14u-Team. Both 14u, 11u & 9u games will be played at this location.

### 9) ALL-STAR GAME

- A. THE ALL-STAR GAME IS FOR 14u ONLY
- B. THE HEAD PROGRAM COACH OF THE 14u IN EACH DIVISION (EAST AND WEST) WITH THE BEST OVERALL RECORD WILL BE THE HEAD COACH OF THE ALL-STAR TEAM FOR THAT DIVISION. IF THE HEAD COACH IS UNABLE TO COMMIT TO COACHING THE ALL-STAR GAME, THEN IT WILL GO TO THE 2<sup>ND</sup> PLACE HEAD PROGRAM COACH OF THAT DIVISION. IT IS UP TO THE HEAD COACH OF EACH DIVISION TO SELECT HIS COACHING STAFF. HE WILL BE RESPONSIBLE FOR SETTING UP PRACTICE TIMES AND LOCATIONS.

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- C. THE ALL-STAR TEAM FOR EACH DIVISION WILL BE SET AS FOLLOWS. IF TEAMS HAVE THE SAME DIVISIONAL RECORD, THEN THE TOTAL PLAYERS ALLOWED WILL BE DIVIDED EQUALLY AMONG THE TIED TEAMS.
- FIRST PLACE TEAM WILL SEND ELEVEN (11) PLAYERS
  - SECOND PLACE TEAM WILL SEND NINE (9) PLAYERS
  - THIRS PLACE TEAM WILL SEND SEVEN (7) PLAYERS
- D. IT WILL BE THE RESPONSIBILITY OF EACH TEAM TO SELECT THE PLAYERS THEY SEND. IF A HEAD COACH FEELS HE DOES NOT HAVE THE RECOMMENDED NUMBER OF ALL-STAR PLAYERS, HE CAN GIVE THE REST OF HIS POSITIONS TO THE OTHER TEAMS. IF THIS DOES HAPPEN, IT WILL BE UP TO THAT HEAD COACH OF THE ALL-STAR TEAM TO DECIDE WHAT TEAM SHOULD GET TO SEND THE EXTRA PLAYERS.
- E. EACH PLAYER WILL WEAR THE HELMET OF THE TEAM HE PLAYS FOR DURING THE REGULAR SEASON. THE COLOR OF THE JERSEY WILL ALTERNATE FROM BLACK AND WHITE.
- F. ALL PLAYERS IN UNIFORM MUST PARTICIPATE. A MINIMUM OF TWENTY-TWO (22) DIFFERENT PLAYERS FOR EACH TEAM MUST PLAY IN EACH QUARTER. THE TWENTY-TWO (22) RULE IS FOR THE FIRST 3 QUARTERS ONLY. NO TWO-WAY PLAYERS WILL BE ALLOWED DURING THE QUARTER. THIS MEANS ONCE PLAYERS ARE ESTABLISHED AS AN OFFENSIVE OR DEFENSIVE PLAYER THEY MUST REMAIN SO UNTIL THE END OF THE QUARTER. THE 4<sup>TH</sup> QUARTER IS OPEN FOR FREE SUBSTITUTION.

**Respectfully Submitted, Dan Workman March 16th, 2025**