

2015 Rules and Regulations

Board of Directors

The Board of Directors of South Dakota Junior Football Inc. reserves the right to make whatever decisions necessary for the benefit of all players. The modified rules for this season are listed below. All other rules are as specified in the National Federation of State High School Associations Football Rules Book and the South Dakota High School Activities Association. Other situations that are not listed in these rules will be evaluated and ruled on by the Board of Directors.

The Board of Directors will schedule all league games, playoff games, and exhibitions, and will reschedule all postponed games. Non-league games must be approved by the Board of Directors before arrangements are made.

Any action determined to be in violation of South Dakota Junior Football Inc. Rules and Regulations will be subject to immediate review by the Board of Directors.

Head Coach Responsibilities

Head coaches are representatives of the league and should conduct themselves in a manner which reflects positively on South Dakota Junior Football Inc. at all times. All coaches should have a commitment to the best interest of all players and South Dakota Junior Football Inc. and treat all players equally regardless of abilities. The league can only be as good as its coaches make it.

All head coaches must complete a Coaching Application Form annually. As a Head or Assistant Coach, I understand and agree to the following:

- 1) As a coach, I will support, promote and participate in all league activities.
- 2) I will exhibit good sportsmanship and self-control and act in a professional manner at all league events.
- 3) I will abide by and promote the goals, objectives, code of ethics, rules, and procedures of the league.
- 4) I acknowledge that specific educational materials on concussions are available for my review on the leagues website www.sdjuniorfootball.com and that I will review them.
- 5) I will be expected to and will participate in coaching education to assist me in training the youth participants I serve on the proper basic fundamentals and safety related to the playing of the game of football correctly.

All head coaches must complete the Self-Registration Background Check through the league's assigned partner and receive certification clearance prior to being officially approved to have any affiliation with South Dakota Junior Football Inc. Currently, cleared coaches are automatically

recertified for their second year. Any coaches that do not pass the background screening will be immediately dismissed from coaching for South Dakota Junior Football Inc.

The head coach is totally responsible for the team and all equipment supplied by South Dakota Junior Football Inc. This includes the behavior of assistant coaches, players, parents, and fans. Verbal or physical abuse, profanity, use of any illegal substances, alcohol, or tobacco by any coaches or players is prohibited at all team events.

Head coaches may have up to three assistant coaches that are recognized at each league game. One of the assistant coaches that will be at all team events in the absence of the head coach must also complete the Self-Registration Background Check through the league's assigned partner and receive certification clearance prior to being officially approved to have any affiliation with South Dakota Football Inc. Currently, cleared coaches are automatically recertified for their second year. At least one screened coach must be in attendance at all team events.

Others assisting in any way with South Dakota Junior Football Inc. that are found to be listed on a nationally or state recognized sex offender list or are found to have been convicted of child abuse, neglect, child endangerment, or a violent felony, all as determined in the sole discretion of the Board of Directors of South Dakota Junior Football Inc. will be immediately dismissed from assisting in any way with South Dakota Junior Football Inc.

The head coach will schedule and conduct a pre-season parents' meeting. All players, parents, and assistant coaches should be present. This meeting will cover the practice area, practice schedule, expectations of players and parent's behavior, game rules, league calendar, and other items of the head coach's choosing.

All coaches are responsible for keeping practice areas and game sidelines clean.

A team roster (**see exhibit #4**) and team quit list (**see exhibit #3**) must be turned in prior to your first scheduled game. Equipment from players that quit after equipment is handed out must be collected by the head coach and returned. Players must keep the same jersey number all season.

Any coach that is verbally or physically abusive towards any player, coach, official, or fan will be suspended immediately and may be banned from the league permanently if deemed necessary by the Board of Directors of South Dakota Junior Football Inc.

Player Requirements

Grade and Age

Rookie Division: Players entering the 2nd grade and less than 9 years of age as of September 1st. If the player turns 9 before September 1st and is in 2nd grade, they must move up to the Pee Wee Division.

Pee Wee Division: Players entering the 3rd or 4th grade and less than 11 years of age as of September 1st. If the player turns 11 before September 1st and is a 4th grader, they must move up to the Junior Division.

Junior Division: Players entering the 5th or 6th grade and less than 13 years of age as of September 1st. If the player turns 13 before September 1st and is a 6th grader, they must move up to the Senior Division.

Senior Division: Players entering the 7th or 8th grade and less than 15 years of age as of September 1st.

Weight and Position

Each player will weigh in on the official league scale during their team's scheduled equipment handout time. The player's weight at equipment handout is his official weight for the entire season. For purposes of compiling data, player weigh-ins will also be required at season-ending equipment turn-in time.

Rookie Division: Players weighing 80.0 pounds or more will have a red ring placed on their helmet and will be referred to as a “ringer.”

Pee Wee Division: Players weighing 100.0 pounds or more will have a red ring placed on their helmet and will be referred to as a “ringer.”

Junior Division: Players weighing 125.0 pounds or more will have a red ring placed on their helmet and will be referred to as a “ringer.”

Senior Division: Any eligible player may play any position.

Ringer Alignment: All “ringer” players must start each play on the line in a three or four point stance. On offense, they must line up from tackle to tackle, be covered by an end, and are an ineligible receiver. On defense, ringers must line up on or between the offensive tackles (**see exhibit #2**). “Ringers” may not participate on free kicks.

Player Placement

The purpose of the player placement is to place all registered players onto teams as evenly as possible without influences. Board members may not be involved in the placement of players in a division they have an interest in as a parent, coach, sponsor, etc. Each player’s registration form is numbered at registration. This allows the Board of Directors to place all players on teams by number without knowledge of the player’s name, weight, abilities, or experience.

All first year players and players moving up a division will be placed onto teams. Players that are returning players from the previous season and are returning to the same division of play will return to the same team as the previous year.

All first year players and players moving up a division with addresses that fall within a school district boundary area having four or more teams per division: players will be placed onto teams within that same school district boundary area. Player registration numbers will be placed on a map according to address. These players are then placed on teams with reference to home address relative to team practice sites.

All first year players and players moving up a division with addresses that fall within a school district boundary area having three or fewer teams per division: players are randomly split by the Board of Directors and placed onto teams.

Players with addresses that fall within a school district boundary area with not enough players to form their own team will be combined with players from another nearby school district area to gain enough players to form a team.

Roster sizes are targeted between 20 and 24 players per team. The Board of Directors will make the selections necessary to establish teams with the best interests of all players and teams in mind.

General Practice Rules

Players are the coach's responsibility. A background screened coach should be present at the scheduled practice time and stay until the last player is picked up. Under NO circumstances do the background screened coaches leave a player unsupervised.

There will be NO practices on days when the temperature has reached 95 degrees at any time or the heat index has reached 100 degrees, or whenever the weather is unfavorable for practice (lightning in area). Questions should be directed to the league voice mail system at 334-3140. This system is limited and should only be used by the head coach. All coaches, parents, and players can access our web site at www.SDJuniorFootball.com.

Players should be allowed water freely. Player safety should be a priority in dealing with weather concerns.

Medical authorization to participate after a diagnosed injury or illness must be obtained and retained by the coach.

All practice locations must be approved by the Board of Directors.

Players' families cannot be solicited by a head coach or any of his or her assistant coaches to pay funds for any additional training during the South Dakota Junior Football season. The time frame for this policy runs from the coaches meeting in July until the championship games.

Our Rules and Regulations are reviewed with all coaches at a coaches meeting prior to the start of our preseason practices. Our teams practice in parks all over the city of Sioux Falls and towns in the surrounding area. During practice time within the set temperature guidelines, the decision on postponing or ending practice is ultimately up to each coach. Good judgment should be applied in assessing the current weather conditions at the practice site.

South Dakota Junior Football equipment shall only be used for league-related activities (i.e., practice, scrimmages, games). South Dakota Junior Football players and coaches are prohibited from using any league-issued equipment to practice, scrimmage, or play with (or against) any players not registered with South Dakota Junior Football, unless prior written approval is received from the President of the Board of Directors of South Dakota Junior Football Inc.

Pre-Season Practice

Signed waiver forms must be received for each player before they are allowed to participate.

All players must have 5 hours of non-contact practice before having contact practices and then have 10 hours of contact practice before being able to play in a game.

Rookie and Pee Wee teams may practice either 3 or 4 days per week. Junior and Senior teams may practice 3, 4, or 5 days per week. Only one practice allowed per day for all teams.

Each practice will be 1½ hours to 2½ hours in length.

The total number of practice hours per week must be between 4½ and 12½ hours.

A league week is defined as 12:00 am Monday to 11:59 pm Sunday.

Practices may be held any day of the week.

Practices may be held any time of day.

In-Season Practice

Each team will practice 1 or 2 times per week. Only one practice allowed per day for all teams.

Each practice will be between 1 hour and 2 hours in length.

The total number of practice hours per week will be between 1 and 4 hours.

Practice may be held any day of the week.

Practice times should be scheduled for after-school hours.

Game Rules

The footballs used will be the Wilson “Pee Wee” size in the Rookie and Pee Wee Divisions. Wilson “Junior” size will be used in the Junior Division, and Wilson “Youth” size will be used in the Senior Division.

The home team is the last team on the schedule. They will have the "HOME" sideline of the field as designated on the game field scoreboard. The home team is responsible for putting out the field markers the first game of the day, and the winning team is responsible for picking them up after the last game of the day. The visiting team is responsible for supplying the chain crew. Games are **NORMALLY NOT CANCELED** due to the heat/heat index rule. The Board of Directors schedules all games at specific times so games can be supervised by the league. During games, through our game officials, we are able to supervise the game and will instruct the game officials to ensure that adequate water breaks, in addition to game quarter breaks, are given to all teams.

Practices **ARE ALWAYS CANCELED** due to the heat/heat index rule because the league cannot monitor all practice sites. Practices are scheduled at different times throughout the day by each team's coach. We, as a board, are unable to effectively manage and supervise over 100 team practice sites to ensure the safety of the players on hot days. All players are practicing at practice. Team practices can be 2 hours long; while games are generally played with four 8 or 10 minute quarters, 32 or 40 minutes of playing time. Depending on a team's size, approx. ½ of the players are not in the game but on the sideline for a period of time during games.

Scheduled league games may be cancelled due to unsafe field conditions or unsafe playing conditions such as lightning. Player safety is our main concern.

We look at every day's situation individually and make our decisions as quickly as possible based on facts not forecasts or projections. During hot weather, the game officials may allow official time outs for water breaks.

Head coaches may address game officials for a rules interpretation or clarification. Judgment calls are not to be questioned.

During a charged timeout, only one coach may be on the field with the team.

Medical authorization to participate after a diagnosed injury or illness must be obtained and retained by the coach.

Every player must play at least 1 continuous, full quarter without substitution for any reason other than an injury. “Ringers” are an exception to this rule during free kicks.

A quarter sheet (**see exhibit #5**) will be exchanged with the opposing coaching staff before the game, and a copy will be given to the head game official. This quarter sheet must be filled out with every player on your team roster and should match the previously submitted league roster. If a player has left your team, is injured, or not present, it should be indicated on the quarter

sheet. If no indication is given, the player is expected to play. On this quarter sheet, each player should have one quarter box (X) for the designated full quarter the player will be playing. The only exception to this rule is injury or illness during the game and “ringers,” who are ineligible for free kicks. With the exception of the Rookie Division, a minimum of 8 new players must be marked to start each quarter until all players have played. The only exception is when a player is serving out a suspension. In that case, the player will be marked for the quarter he/she is eligible to play. You may have players who play more than one quarter, but it is only necessary to designate or mark one quarter for each player. If there is a quarter sheet discrepancy, game officials will stop the game, and the Board representative on site will resolve the situation.

2 points will be allowed for successful kicks on point-after-touchdown attempts. 1 point will be allowed for each successful run or pass.

When both teams have similar colored jerseys, an alternate jersey will be provided by the league and will be worn by the visiting team. The South Dakota High School numerical rule is not in effect.

In case of a tie, South Dakota High School tie-breaking system rules will apply, but will be subject to a maximum of 2 overtimes in the regular season, with the exception of the Rookie Division, where no overtimes will be allowed.

Mercy Rule: If a team is ahead by 45 points at halftime or any time after the half, the game is officially over, and the team ahead is declared the winner. The game may be continued if both head coaches agree to continue play. The officials will stay to finish the game as long as the scheduled league games for that day are running on time. The referees may end the game if they determine it to be unsafe to continue. The head coach of the winning team will be immediately suspended from the following week of practices and the following game, with no exceptions.

Game protests must be verbally stated by the head coach to the Board representative present at the fields immediately after the game. The head coach then has 48 hours to submit this protest in written form to the Board of Directors.

Absolutely no labels or stickers will be allowed on helmets, except for authorized South Dakota Junior Football Inc. stickers.

Special Rookie Division Rules

The Rookie Division was created as an instructional experience to expose players to the fundamentals of the game of football, execution of running football plays, playing of the game, and the competitive nature of game situations. As such, rookie teams will play “Jamboree” sessions and “Game” sessions each week. The Rookie Division format will be as follows:

Jamboree Sessions

Jamboree Session 1 will be 12 minutes in running time, with clock stoppage only for injuries and when teams change possession of the football. The home team will run their offense for 6 minutes. Once the home team has completed their 6-minute period on offense, the clock will

stop and that team will switch to the defensive side of the ball. The visiting team will then complete their 6-minute period on offense. An extra point conversion will occur following each touchdown. At the conclusion of that time, Jamboree Session 1 is completed.

Jamboree Session 2 will be 12 minutes in running time, with clock stoppage only for injuries and when teams change possession of the football. The home team will run their offense for 6 minutes. Once one team has completed their 6-minute period on offense, the clock will stop and that team will switch to the defensive side of the ball. The visiting team will then complete their 6-minute period on offense. An extra point conversion will occur following each touchdown. At the conclusion of that time, Jamboree Session 2 is completed.

Game Sessions

There will be two Game Sessions, and they will be played as a regular game. Each Games Session will be 12 minutes in running time, with clock stoppage only for timeouts and injuries. Each team is allowed three timeouts. The time and score will be kept on the scoreboards by the head game official. No overtimes are allowed in the Rookie Division.

Rookie Division Session Sheets (Exhibit #6): All players must play at least one continuous Jamboree Session and one continuous Game Session in the game. Every player shall be marked for one session in the Jamboree and one session in the Game. Essentially, every player will be required to play at least two full sessions.

Two coaches for each team may be on the field at all times. Both the offensive and defensive coaches will be allowed to give directions until the snap of the ball. At NO time during the game are the coaches on the field allowed to address the officials or members of the opposing team. When the ball is snapped, coaches on the field must be at least 15 yards back from the line of scrimmage, must be silent, and shall not communicate in any way. The first violation of this rule will be a delay of game/dead ball penalty, 5 yards, and repeat the down. Subsequent violations will be unsportsmanlike penalties. If the coach continues to violate this rule, he/she will be removed from the playing field.

The defense cannot have more than 6 players on the line of scrimmage at the snap of the ball, except on 4th down situations or inside their own 20 yard line. The other 5 players must be at least 3 yards behind the line of scrimmage at the snap of the ball. Once the offensive line is down and set in position, the defense cannot move forward until the snap of the ball. These violations will be considered an illegal formation/dead ball penalty, 5 yards and repeat the down.

During time-outs, one sideline coach is allowed on the field with the field coaches.

The snap will be excluded from the PAT and field goal attempt. The game official will call out the cadence of 'down', 'set', 'hut'. The play will start on the 'hut' sound by the game official. There will be no punts. In lieu of punting, the ball will be placed 20 yards ahead of the line of scrimmage. If the line of scrimmage is within the opponent's 20-yard line, the ball will be

placed half the distance to the goal line. In addition, there will be no kickoffs, and the ball will be placed on the opponent's 40-yard line.

Special Pee Wee Division Rules

All quarters will be 8 minutes in length, with clock stoppage. The time will be kept on the scoreboards or by the head game official.

One coach may be on the field at all times. Once the offensive huddle breaks, both the offensive and defensive coaches on the field must be silent and shall not communicate in any way. At NO time during the game is the coach on the field allowed to address the officials or members of the opposing team. When the ball is snapped, coaches on the field must be at least 15 yards back from the line of scrimmage. The first violation of this rule will be a delay of game/dead ball penalty, 5 yards, and repeat the down. Subsequent violations will be unsportsmanlike penalties. If the coach continues to violate this rule, he/she will be removed from the playing field.

The defense cannot have more than 6 players on the line of scrimmage at the snap of the ball, except on 4th down situations or inside their own 20 yard line. The other 5 players must be at least 3 yards behind the line of scrimmage at the snap of the ball. Once the offensive line is down and set in position, the defense cannot move forward until the snap of the ball. These violations will be considered an illegal formation/dead ball penalty, 5 yards, and repeat the down.

After an opponent scores, any team trailing by 21 points or more will have the option of receiving the ball after a score or at the start of the second half 20 yards downfield (towards their own end zone) from the kickoff spot, in lieu of a kickoff.

During time-outs, one sideline coach is allowed on the field with the field coach.

The snap will be excluded from the PAT, field goal tries, and punts. The punter or holder will start with the ball in hand. The game official will call out the cadence of 'down', 'set', 'hut'. The play will start on the 'hut' sound by the official. "Ringers" will be allowed to kick extra points and field goals. However, if a "ringer" lines up to kick a field goal or extra point, no fakes are allowed, and the play is dead if the kick is blocked.

Special Junior Division Rules

All quarters will be 8 minutes in length, with clock stoppage. The time will be kept on the scoreboards or by the head game official.

The snap will be excluded from the PAT and Field Goal attempt. The holder will start with the ball in hand. The Game official will call out the cadence of 'down', 'set', 'hut'. The play will start on the 'hut' sound by the official. "Ringers" will be allowed to kick extra points and field goals. However, if a "ringer" lines up to kick a field goal or extra point, no fakes are allowed, and the play is dead if the kick is blocked.

Special Senior Division Rules

All quarters will be 10 minutes in length, with clock stoppage. The time will be kept on the scoreboards or by the head game official.

Unsportsmanlike Conduct

In addition to the playing rules of the game, unsportsmanlike conduct penalties will be called for anything listed below and are subject to game forfeiture if deemed necessary by the Board of Directors. If the unsportsmanlike conduct penalty is called on the coaching staff, the head coach will be referred to the Board of Directors for review and could be subject to game suspension or league dismissal.

- Verbal abuse by the head coach, assistant coaches, players, or fans, on or off the field,
- Use of profanity by the coaching staff, players, or fans on or off the field,
- Consumption or presence of any illegal substances, alcohol, or tobacco products by the coaching staff or players.

Player Suspension

Any player who is ejected from a game will be suspended from play for the remainder of the quarter he/she is ejected and four additional quarters. **Example:** If a player is ejected in the 2nd quarter of a game, that player is suspended for the remainder of that quarter and the 3rd and 4th quarters of that game. He/she is also ineligible to play in the 1st and 2nd quarter of the next game. He/she is eligible to play again in the 3rd quarter of that next game. However, the player should continue to participate in scheduled practices during the suspension period.

Possible Game Forfeiture/Coach Suspension

The following situations could result in forfeiture of the following game:

- Failure to turn in a pre-season team roster. Forfeits will continue until a roster is received,
- Failure to exchange a correct game roster/quarter sheet with opposing coaching staff and game official prior to game,
- Not playing designated players in their designated continuous quarter,
- Any coach who willingly fails to adhere to all practice and game rules.