



# WOJFC RULES SUMMARY 2011



For official WOJFC Rules, please refer to their web site ([www.wojfc.com](http://www.wojfc.com)) to read the latest release of their rules and regulations. When at the site, click on “**Documents**” and then click on “**2011 WOJFC Playing Rules**”. Know the rules...especially for your grade. The rules differ for the different grades. Per the WOJFC Playing Rules: **“The National Federation of State High School Football Association rules, as adopted by the Ohio High School Athletic Association (O.H.S.A.A.), and the adopted WOJFC rules, will be the basic playing rules of the WOJFC for all grade levels.”**

Here is a summary of the rules from the WOJFC Head Coaches Meeting held on Wednesday, July 20 at the Nutter Center.

When a regular season game is “rained out” it will not be rescheduled. You may schedule a scrimmage with the opposing team during a regular practice time, but it may not have a running clock or officials. If you are rained out on Saturday, you may not scrimmage your opponent on Sunday. You would have to wait until the normal practice days of Monday through Friday. This scrimmage counts towards your maximum time of practice per week—10 hours before Labor Day and 6 hours after Labor Day. Miamisburg standard practice hours go to 3 nights per week once school starts...however, per the WOJFC by-laws, you can practice up to 10 hours per week, excluding weekends (weekend practices are excluded during the entire season). In addition, you may scrimmage a team outside of the WOJFC but you should follow the WOJFC rules—that is, you should not run non-ball eligible players during the scrimmage. And this scrimmage counts as part of your maximum practice hours per week, and it cannot be held on the weekend. And finally with regards to playing outside of the WOJFC, no team may play in a tournament outside of the WOJFC unless you have approval from their respective Board and the WOJFC Board. Basically, the players are “property” of the WOJFC until their final 6<sup>th</sup> grade game. Then “graduated” WOJFC 6<sup>th</sup> grade players can play in any game outside of the WOJFC after their final game.

The weather rules for heat are the same as last year. At 5pm the WOJFC will see what the Heat Index is in the Dayton area and contact each League Rep. If the Heat Index is 90-94 degrees, then there is a mandatory 15 minutes of practice followed by a 5 minute water break. If the Heat Index is 95-99, then the players practice in shorts and a t-shirt and the same 15/5 guideline. If the Heat Index is 100 or above, all practices in the WOJFC will be cancelled. No exceptions. The Heat Index rule does not apply to games.

If lightning is observed during practice, you must wait 30 minutes until no more lightning is observed. If you do observe lightning during the 30 minute period, the 30 minute clock resets. If it is going on 730pm and lightning is observed, then practice is cancelled at that time. Games adhere to the same policy. If the delay pushes the game past the starting time of the next game, it will be cancelled. If this occurs after 5 plays into the second half, then the game is considered complete.

An additional ruling was made after this meeting by the WOJFC that if the Heat Index is 100 or above at 5pm and all practices are cancelled, the WOJFC will check the Heat Index at 6pm to see if it has fallen

below 100. If it has then our League Rep will be contacted and we can practice at 7pm in just shorts and t-shirt for up to 2 hours. Logistically, this rule may be challenging given the fact we will have to wait and see...but it does open up the door for at least an hour or so of practice.

Illegal helmet contact will be enforced more seriously beginning this season. This type of helmet contact applies to all players...including running backs and receivers. There are three types of illegal helmet contact being watched by the officials:

1. **Spearing:** This type of illegal helmet contact involves any player leading with the top of the helmet in an attempt to make a tackle, block or running the ball. No player may lead with the top of the helmet aimed at another player.
2. **Face Tackling:** This type of illegal helmet contact involves any player driving/tackling while leading with the face mask in the body of an opposing player.
3. **Butt Blocking:** Offensive blockers may not lead with the facemask while blocking an opponent.

The Horse Collar penalty is now a live ball penalty instead of a dead ball foul. That is, the penalty will be added to the end of the play instead of the spot of the foul. No player may grab another player's jersey collar or shoulder pads from the back or side. The only exception is if a player is being tackled and there is incidental contact around the collar. It is a subjective call by the officials.

Offensive blocking has changed somewhat but not much...but it was explained in better detail to know what is permitted and what is not permitted. First, the Free Zone Blocking (does NOT apply to Bantam) area must be defined. This area is 4 yards to the right and left of the Center and 3 yards deep in front and behind the Center. Also, the ball MUST be in this Zone for these rules to apply. The Zone is defined from where the ball is snapped. If the QB is under Center, then the Zone is basically from the Center. If the QB is in a Shotgun formation and 3 yards deep, the Zone does not extend past the line of scrimmage. This Zone (essentially Tackle-to-Tackle) allows an offensive lineman the freedom to block a defender ON THE LINE OF SCRIMMAGE in the front, side and back as long as the lineman keeps his hands on the defensive player. Once his hands leave the body of the defensive player, he can only block in the front of the defensive player. Maintaining contact throughout a play is critical. Also, offensive linemen may chop block inside this Zone on defenders on the line of scrimmage. Linebackers within the Zone cannot be chop blocked, but as long as they are in the Zone and the football is in the Zone, an offensive lineman can initiate contact and even block them in the back as long as they maintain contact with them. Once their hands leave the LB's body, they can no longer block in the back. And the high/low block is still illegal.

No excessive celebrations (TV Celebrations) will be tolerated. Players ON THE FIELD may high five each other or chest bump, but it must end quickly.

The 2 yard clear zone from end zone to end zone will remain. NO ONE is permitted in this zone during live play. The Coaches box behind this zone will continue to be from the 25 to the 25. Only 3 Coaches and subs may be in the 2 yard clear zone between plays when players are subbing in and out. All other Coaches and Players must remain behind the clear zone.

Eye paint must only be under the eye and not on the nose or past the eye socket. No face painting allowed. The eye paint may contain a word or number.

Mouthpieces still must be colored. No clear or white mouthpieces are allowed. And the mouthpiece must cover more than half of the front teeth. If it is chewed up and only covers a few teeth, the official will make the player get a new one—so have extra's in your Coaches Equipment Bag.

If there is an injury on the field and the Coach on the field (4-6<sup>th</sup> grade, Bantam and 3<sup>rd</sup> has two Coaches on the field) has to tend to the injured player and the Head Official has called an injury timeout, the players on the field **MUST** stay on the field and not come to the sideline. In the case of 4-6<sup>th</sup> grades, another Coach may come onto the field to huddle with the players if needed and water brought out.

If a player is injured or becomes sick during a game and cannot continue to play, the Head Coach must inform the other teams Head Coach and indicate on the play sheet why the player can no longer play. If a player on your roster cannot play in a game due to an injury, illness, family emergency or is being disciplined, the Head Coach must indicate it on the play sheet and inform the opponent's Head Coach. If an injured player is able to return to a game and play, the Head Coach must inform the opponent's Head Coach and indicate on the play sheet that the player returned.

Do not rely on the whistle to end the play. The officials will not blow the whistle until they actually see that the ball is down. So don't teach your players to go full speed until the whistle blows, because that player runs the risk of injuring an opponent or himself or receiving a penalty. If a player with the ball is down and no whistle has blown, simply put your hand on the player. Late hits will not be tolerated.

The Head Coach **MUST** be at the coin toss with up to 4 Team Captains. All remaining Coaches and Players must be on the sideline...preferably behind the 2 yard clear zone.

Make sure your players are all legally equipped for the game. This includes plastic, molded cleats—no metal or screw-in cleats. Colored mouthpieces must be in good condition. They cannot be white or clear. All players must wear a cup (hard for boys, soft for girls). All players must have all their pads in their pants and girdle. There are no exceptions. If a player is not at the game 10 minutes prior to the start of the game for inspection or questioned by the Head Official, the player **CANNOT** play in the game. No exception. If he shows up during the game, he cannot play. No exception. Make sure your players are at the field an hour early and legally equipped. This issue is critical during the playoffs when the Head Official takes a closer look at each player's equipment.

**ONLY** the Head Coach and the Head Official may communicate during game play. Assistant Coaches may not talk to any official—no exceptions. If a Head Coach believes a ruling on the field was incorrect and not a judgment call, the Head Coach may call a timeout and discuss the ruling with the Head Official. If the Head Official agrees with the Head Coach, he will overturn the ruling and the timeout will be given back to the Team. But if it is not overturned, then the Team loses that timeout.

**CONCUSSIONS:** If any official suspects that a player has a concussion during a game, the official can remove the player from the game. Before the player can practice or play in a game, he must see a

Doctor and get a signed release form. The WOJFC might have a form of its own...but that has not been decided yet. Regardless, if a player is suspected of having a concussion, he must see a Doctor with a signed release form indicating when the player may resume practicing and playing in games. Also, we (Wee Vikes) have an injury report form that must be completed by the Head Coach and turned into Angie Kidwell, Safety Director. If a player gets a concussion during practice or you suspect (games too) that a player might have a concussion, you are responsible for pulling the player out of the game or practice and instructing the parents or legal guardian to have the player checked for a concussion and they may not return to practice or games until released by a Doctor. The player must present you with the release form and you, as Head Coach must follow its instructions and complete an injury report and return it to Angie Kidwell, Safety Director. The form is at the end of the by-laws document on the Wee Vikes web site and is titled "Wee Vikes Football and Cheer Association Incident Report". NOTE: There is a separate "Wee Vikes Football and Cheer Association Incident Report" located on the Coaches Corner page that is for unsportsmanlike conduct by a Coach.

The same rules apply for Bantam and 3<sup>rd</sup> grade as well as 4-6<sup>th</sup> grades for defensive players lining up in the "A" gap. The "A" gap is the gap between the Center and Guard. For Bantam and 3<sup>rd</sup> grade, no player may be in the "A" gap unless they are 2 yards off the line of scrimmage. Inside the 10 yard line (goal line stand) this rule does not apply and any defensive player can line up in the "A" gap or over Center for Bantam and 3<sup>rd</sup> grade. For 4-6<sup>th</sup> grade, defensive players on the line of scrimmage can line up in the "A" gap or over the Center. There are no restrictions. For Bantam and 3<sup>rd</sup> grade, there can only be 6 defensive players on the line of scrimmage at the snap of the ball. Inside the 10 yard line (goal line stand), this restriction is lifted. Also for Bantam and 3<sup>rd</sup> grade, if an offensive player goes in motion one defensive player may mirror his motion, but not approach the line of scrimmage. Once the offensive player in motion stops and sets, then the defensive player must also stop and set. 4-6<sup>th</sup> grades may move around and blitz normally (adhere to Ohio High School rules).

After a Safety, the ball is placed on the 45 yard line of the opponent. The Team getting the Safety then goes to offense.

If a team attempts a field goal (FG) outside of the 25 and it falls short of the end zone, the ball is spotted at the 25. No missed field goal attempts may be returned at any grade level. If the missed FG outside the 25 yard line misses and falls into the end zone or past the end zone, the ball is placed at the 20 yard line. If a FG is missed from inside the 25 yard line, it is placed at the 20 regardless where it lands.

For Bantam when the ball is fumbled, it is down wherever it hits the ground. It is a dead ball. If a fumble bounces off a player and a defensive player catches it, it is treated like an interception and is a live ball. If an offensive player catches it (a fumble off of an offensive player), it is down where caught. For 3<sup>rd</sup> grade all fumbles are live and whoever recovers it, gains possession. But a fumble cannot be advanced. If it is caught in the air like an interception by the defense, it can be advanced. For the offense a fumble on the ground or in the air recovered or caught by the offense cannot be advanced. For 4-6<sup>th</sup> grade, all fumbles are live and can be advanced. But the best practice to teach is to fall on the ball to secure it. Any defensive player regardless of his weight can advance an interception at any grade level (interceptions

also include a ball bouncing off the running back or intended receiver and landing in the hands of a defensive player.

For Bantam and 3<sup>rd</sup> grade, there can be a maximum of 2 Coaches on the field with their Team during a game. Once the offensive line gets in a set position (not just standing on the line) or the QB puts his hands under Center, or the QB begins to call his cadence while getting ready to put his hands under Center, or the QB is in a shotgun formation and begins to call his cadence, both sets of offensive and defensive coaches MUST cease talking to their players on the field. Also, no hand signs from the on-the-field Coaches are permitted. However, all Coaches on the sideline can talk to the Team on the field at all times. For 4-6<sup>th</sup> grade, there can be a maximum of 1 Coach on the field with their Team during a game. There is no requirement for any Coaches to be on the field during the game...but I would not recommend that approach until maybe 6<sup>th</sup> grade. For 4-6<sup>th</sup> grade, once an offensive player begins to head to the line of scrimmage, the Coaches on the field must cease to talk to the Team on the field and no hand signals are allowed either. Offensive Coordinators at these grade levels might consider scripting 3-4 plays at a time so that the defense cannot make any adjustments (from their Coach on the field). And the defense MUST be ready to go as soon as the official spots the ball, since there is a chance that the opponents offense could run a no-huddle offense or quickly break huddle. (I would have one or two defensive players (4-6<sup>th</sup> grade) designated as "Captains" to call shifts, stunts and blitz packages when the offense sets up. Ideally this player would be an ILB and/or S. Supposedly, the Head Official will put his hand in the air when all talking and communication from the on-field coaches with their Team must cease (applies to all grade levels). But, all sideline Coaches may communicate with the players on the field at all times.

For 4-6<sup>th</sup> grades, the Coach on the field has 10 seconds to indicate that they will punt after the previous play has ended.

The Head Coach is 100% responsible for his actions, the Assistant Coaches, Players and Parents during all practices and games. The Head Coach makes all final decisions for the betterment of his Team including disciplinary actions against Assistant Coaches, Players and Parents. If Assistant Coaches, Players or Parents feel that the Head Coach is exhibiting improper actions during practices or games, then the issue should be first discussed with the Head Coach after practice or a game. If a resolution cannot be reached, then the issue should be elevated to the Athletic Director (for Coaching issues) or the President or Vice President (for Player and Parent issues that cannot be resolved).

If an Unsportsmanlike Conduct (USLC) penalty is given during the game, the official making the call will try to give the penalty to the offending Coach, Player or Parent. If the official is unable to determine exactly who committed the USLC, the official can simply give the penalty to the Head Coach. Per the WOJFC Playing Rules 1.14.6: **"Any coach, player, or sideline personnel receiving two (2) individual USLC penalties shall be ejected from the game. Any team receiving two (2) USLC penalties, (i.e. One coach, one player), the Head Coach will be required to attend the next scheduled WOJFC meeting for probationary review by the WOJFC Board of Trustees."** And 1.14.0 and 1.14.10 state: **"Any individual Coach, Player or Sideline Personnel that receives 2 unsportsmanlike penalties, 1 flagrant unsportsmanlike penalty or an ejection in a game, is suspended for 1 week. The individual that is suspended will have NO contact with his or her team (Practice OR Game) during the suspension."** And **"Any individual team that receives 2 or more unsportsmanlike penalties in a game may be required by the WOJFC to have the Head Coach attend the next**

**WOJFC meeting following that game.** “ All suspensions are non-appealable. If a Player is suspended for one week or even two weeks, the player may attend practices and games, but the player is not allowed to participate in any practice or game activity that may be construed as “practice” or “playing.” When a Coach is suspended during the regular season, the suspension is from Monday to Monday. The Coach may not have any interaction with his Team during this period or suffer a season-long suspension and the possibility of having to apply for reinstatement for the following season. Basically if you get suspended, do not be in the vicinity of your Team during practices and games during your suspension period. A second suspension during the season for a Coach or Player automatically results in a season-long suspension and has to go through the process of applying for reinstatement by the WOJFC for the following season. If a Team receives a 3<sup>rd</sup> ejection during a game, the Head Coach is automatically suspended for the season and the Team may possibly be suspended for the season or put on probation—the Team is at the mercy of the WOJFC.

During the Playoffs suspensions are handled a bit differently and may involve your League Rep to help determine your actual suspension time. If you are a 6<sup>th</sup> grade Coach or Player and you get ejected from a Playoff game and your Team loses, then it does not apply. However, for all grade levels, if a Coach or Player is suspended for one week after winning a Playoff game on Saturday, the Coach or Player must sit out the Sunday game (the one weekend during the Playoffs when you possibly play on Saturday and Sunday) and the next week of practice BUT you can return to the next Playoff game. If it you are suspended during the normal weekend Playoff games, then you must sit out next week’s practice an one game (possibly two if playing the Saturday/Sunday Playoff weekend). This scenario would be addressed by the WOJFC. If you lose your Playoff game and get suspended, then you serve your suspension the week of practice leading up to the first regular season game and the game itself (if two weeks, then the first two weeks of the regular season). Again, all suspensions are non-appealable.

Aside from your 10-person Sideline Roster, you may have 2 guests on the sideline during a game. These two guest can either be water boys/girls under the age of 18 OR a High School/Junior High Coach or Player. No other person over the age of 18 may be on the sideline during a game unless they are on your Sideline Roster unless they are a one-time guest. The Head Coach is 100% responsible for the actions of their guests during the game.

Football sizes for the following grades:

Bantam/3<sup>rd</sup>: K2

4<sup>th</sup>-5<sup>th</sup>: TDJ

6<sup>th</sup>: TDY

The same basic rules apply for Player eligibility: they must live in the Organization’s School District. Player Physicals MUST be dated this Calendar Year! That means 2011. Even if a Player had a Physical at the end of December, 2010, the Player must have a Physical this year! The weigh-in is August 6. Your Team is limited to a total of 20% of a team for Hardship Weigh-ins. Example: If you have 20 on your Team, then no more than 4 Players can attend the Hardship Weigh-in. The ball-eligible weights are the same:

6<sup>th</sup> grade: 120 pounds

5<sup>th</sup> grade: 105 pounds

4<sup>th</sup> grade: 95 pounds

3<sup>rd</sup> grade: 85 pounds

Bantam: 75 pounds

The first 5 days of practice are considered an acclimation period for the Players. Days 1-4 the Players wear their helmet and mouthpiece, t-shirt and shorts, molded plastic cleats and their cup. Day 5 the Players wears full pads. During this 5-day acclimation period, there is absolutely no contact to be made by the Players—even with practice dummies. Walk-throughs for offense and defense where they may bump each other incidentally are allowed. Each Player is tracked individually. They must attend all 5 days before they can hit and make contact. The 5-day period is not based on the Team, but the individual Players.

Scouting is allowed now for Coaches. The restrictions are that you must check-in with a League Rep at the game you are scouting and you may not record the game or take pictures or write down notes.

Here are the following important WOJFC Dates:

**July 20th:** Mandatory Coaches Meeting (**Nutter Center Arena**) (Registration: **5 PM**) (Meeting: **6 to 9 PM**)

Confirmed: 1/13/2011 @ 9:15 AM, Re-confirmed: 5/20/11 @ 8:45 AM by Jim Brown (**COMPLETED**)

**July 25th:** 1<sup>st</sup> day of practice

**August 1st:** Hardship Weigh-in letters due (**Holiday Inn Amphitheater**)(meeting @ 7 PM)(Automated Scheduling @ 9 PM)

Confirmed: 2/23/2011 @ 5:24 PM by Megan Staton

**August 3rd:** Weigh-in paper work review - Day 1 (**Holiday Inn**, Room: Paterson) (Setup: **5 PM**) (Start time: **6 PM**)

**August 4th:** Weigh-in paper work review – Day 2 (**Holiday Inn**, Room: Paterson) (Setup: **5 PM**) (Start time: **6 PM**)

**August 6th:** Weigh-ins (Vineyard Church Beaver creek) (Set Up: **7 AM**)(Start time: **8 AM**) Confirmed by Steve Wharton

**August 13th:** Premier Weekend

**August 17th:** Hardship Weigh-ins (**Nutter Center Arena**) (Setup: **5 PM**) (**6 PM till 9 PM**) (Schedule: **TBA**)

Re-confirmed: 5/20/2011 @ 8:45 AM by Jim Brown

**August 20th:** Week 1 / Regular Season Games

**August 27th:** Week 2 / Regular Season Games

**September 3rd & 4th:** No games (**Labor Day Weekend**)

**September 10th:** Week 3 / Regular Season Games

**September 17th:** Week 4 / Regular Season Games

**September 24th:** Week 5 / Regular Season Games

**October 1st:** Week 6 / Regular Season Games

**October 8th:** Week 7 / Regular Season Games

**October 15th:** Week 8 / Regular Season Games

**October 17th:** End of Season Re-cert. Weigh-ins (**Nutter Center Arena**) (**6 till 9 PM**) (Schedule: **TBA**)

Re-confirmed: 5/20/2011 @ 8:45 AM by Jim Brown

**October 22nd and 23rd:** 1<sup>st</sup> Round Tournament Weekend

**October 29th and October 30th:** 2<sup>nd</sup> and 3<sup>rd</sup> Round Tournament Weekend

**November 5th:** Semi Finals (Locations: **TBA** / Start Times: **10 AM**)

**November 13th:** W.O.J.F.C. Tournament Finals (Location: **Welcome Stadium** / Start Time: **10 AM**)

Confirmed: 3/8/2011 @ 9 AM by Julie



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