

WESTERN LAKES JUNIOR FOOTBALL LEAGUE 2008 FOOTBALL RULES

PHILOSOPHY

The Western Lakes Junior Football League, also known as WLJFL, is designed for the improvement and development of the capabilities of individuals, to encourage team athletic endeavors in football and to promote the physical, mental and moral development of youths 8 through 14 years of age, without regard to race, creed, color or religion. This end shall be accomplished by providing the means through which the individual player shall receive education and instruction in football, to develop a sense of fair play, honest and fair competition and true sportsmanship.

REVISION HISTORY

Date	Author	Key Changes
26-Apr-09	Jeff Hood	WLJFL Board approves 2009 rule changes
25-May-09	Jeff Hood	Document updated to reflected approved rule changes from April 26, 2009 WLJFL meeting

DEFINITIONS

League: Collections of teams that will include but not limited to the following:

1. Commerce Chargers
2. Livonia Blue Jays
3. Livonia Eagles
4. Livonia Falcons
5. Livonia Orioles
6. Multi-Lakes Gators
7. Northville Colts
8. Northville Stallions
9. Novi Bobcats
10. Rochester Ravens
11. Walled Lake Braves

Unit: A unit shall be considered as three (3) teams classified as Freshmen, Junior Varsity and Varsity.

Teams: Teams shall be considered as the name indicates.

RULE 1 - PLAYING RULES

- A. The rules of the **National Federation of High School Associations**, also known as the NFHS, shall apply except as hereinafter noted, the rules of the league will be binding on all units without exception.
1. The games will be administered by a minimum of three (3) officials (upon mutual agreement by head coaches, games may be played with less than three). The duties of the referee are those stipulated in the Appendix of the High School rules.
 2. Flags shall not be required at the goal lines.
 3. The ball shall be equivalent to a “Wilson” model TDY for the Varsity, a “Wilson” model TDJ for the Junior Varsity and a “Wilson” model K2 for the Freshmen. The ball may be comprised of a composite material.
 4. Football shoes shall consist of soft leather, synthetic or canvas uppers. Molded cleats may be used but under the following restrictions:
 - a. All cleats shall be made of rubber or plastic and should be no longer than ½ inch in length.
 - b. Screw-in cleats are not permitted.
 5. All teams participating in the Western Lakes Junior Football League will be covered under one insurance policy that will be issued to the Western Lakes Junior Football League. Payment of the policy will be shared equally between all members of the WLJFL.
 6. All games shall be played in four (4) quarters of twelve (12) minutes each. There will be at least a twelve-(12) minute intermission at the half. Subsequent games will start no sooner than two (2) hours from the starting time of the preceding game. The clock will stop for out of bounds, time out, incomplete pass, change of possession and penalties. Exceptions are Rule
 7. Each player who is completely uniformed for a game must play at least five (5) plays in each half. The other team must be notified that a player cannot participate because of injury, sickness, weight, disqualification, or disciplinary action (kick-offs and receiving of the same are considered a play).
 8. In the event that a team uniforms 35 or more players their minimum play number, as mentioned above, is reduced to four (4). If a team uniforms (20) players or less their play minimum increase to (8)

unless their opponent does not have (5) more players uniformed. If that is the case the play minimum remains at (5).

9. The first five consecutive plays of the first and third quarters of the Freshman game must be played by eleven players who are considered to be "*first year non-starting low impact developmental*" players. The game clock will stop after each of the 5 consecutive developmental plays for each half and be considered an "Official's time out"
10. During the five Developmental plays at the start of the first and third quarters, one coach from each team (offense\defense) will be allowed on the playing field. The coaches are to assist the players in the huddle only. When the huddle breaks to line for the play, the coaches must remain fifteen 15 yards from the line of scrimmage and stay out of the play, physically and verbally. Penalties for violation of this rule are:
1st Violation – verbal warning, 2nd Violation – 5 yd Penalty, 3rd Violation – 10 yd Penalty
11. These players are only allowed to play an additional five plays per half for a maximum of ten (during this time, kick-off and kick returns are considered a play).
EXCEPTION: Developmental group may enter the game at any time upon the agreement of both coaches. Normal time clock rules apply, no "official's time out" will be used to remove the developmental squad from the field of play at this point.
12. The eleven players will be listed on a card, which will be exchanged with the weigh-in representative of the opposing team before the start of the game. Two players who are also considered to be nonstarting-low impact players, not developmental, will also be listed on the eleven player card as substitutes in case of an injury.
13. The cap is removed if the 18 point rule is in effect.
14. EIGHTEEN POINT RULE
 - a. During the game when a team is at eighteen (18) points ahead eight (8) designated players are no longer allowed to play. The eight (8) designated players are not allowed to play and must remain on the sideline.
 - b. If the eighteenth (18th) point ahead is scored by the way of a touchdown, the eight (8) designated players shall be allowed to participate in the point after attempt, then they must

remain on the sideline as stated in Rule(s) 1-10. Equally, if a team scores and the 18 point rule is no longer in effect, the (8) designated players must remain on the sideline until after the extra point attempt is made as stated in Rule 1-10.

15. The eighteen (18) point “pull card” will be established using the following player format:
 - a. Top eight “impact” players as identified by the head coach.
 - b.. When the eighteen point rule is in effect the 8 players must remain on the sideline between the goal and 20 yard line with helmets off. Officials’ time out, once each game for each team, will be granted for player set up.
 - c. The eighteen (18) point rule “list of players” must be compiled and given to the weigh-in representative of the opposing team before the start of each game.
 - d. When the eighteen (18) point rule is in effect, the team so affected can only be reduced to a minimum of thirteen (13) players. In the event a player from the eighteen (18) point pull card must return to the game.
 - e. Either team twice in the game may challenge the “Pull Card”. The team challenging may elect to remove one or two players from the field and place him or her on the pull card. The opposing team will also choose the returning player with out loss of a challenge. The challenge should occur when the rule is in effect. A maximum of two players per game may be challenged. One (1) per half or two (2) in the 2nd half if none was challenged in the 1st half.
 - f. If the “Pull Card” players have not participated in their 5 plays per half, they must return to the game concurrently and consecutively on defense only. Kickoffs are considered defensive plays.
 - g. The 18 point rule is not in effect for Championship game. The 24 point rule applies to the Championship game only.
 - The top eight (8) impact players will be listed on the pull card and submitted to the opposing team at the time of team’s official weigh-in.
 - Following extra point conversion, when the 24 point margin is reached, the “Pull Card” players will only receive plays on defense. The defensive plays include

kickoffs. Contesting impact players will follow the rules set forth in 1.A.15.e

16. Game quarters may be shortened or start times changed in the event of any emergency upon the agreement of the Unit Directors of the teams competing.
17. The game shall be played on regulation football field (300' x 160'). In cases where there is an exception to this rule, procedure would follow by mutual consent of the Unit Directors of the teams competing.
18. One (1) point shall be scored by a team making an after touchdown conversion by pass or run for after the touchdown conversion. Two (2) points shall be scored for a successful kick after a touchdown
19. Weekly game reports shall be submitted by email or fax to the W.L.J.F.L. commissioner no later than 16:00 hrs on the Monday after the game. Team designee will submit reports. Game reports will be submitted on the league provided format.
20. Swearing, fighting, and/or improper behavior will not be tolerated. Such actions will result in ejection from the game. Anyone being ejected from more than one (1) game during the season will be suspended from the next game. Anyone being ejected from more than two (2) games during the season will be suspended for the remainder of the season. It is the responsibility of each unit to report such suspensions to the W.L.J.F.L. commissioner in the weekly game report.
21. If a taunting penalty is assessed to a player, that player must be removed from the game for the next play. A fifteen yard penalty shall be assessed and a warning given to the player's coach. The second time a player is penalized for taunting during the same game, he will be ejected from the game and a fifteen-yard penalty shall be assessed. (A team time-out must be taken if a coach wants to discuss the second taunting penalty/ejection.)
22. The use of communication devices for coaching purposes on the game field are prohibited, except for emergency purposes.
23. In order to make the free block zone age appropriate, it will not exceed past the outside shoulder of the tackle on either side of the ball. In the case of where there is an unbalanced line, it will not exceed where the 2nd player to the right or left of the ball would normally line up. No blocking at or below the knees is allowed on

defensive ends lined up outside of this zone. No physical assisting of defensive line is allowed.

24. No game shall end in a tie unless weather and time does not allow for completion. Overtime will be played as outlined in NFHS rules.

B. Player weigh-in should be conducted before each game as stated in RULE 2 ARTICLE A & G.”

C. It is the duty of each Unit Director to see that the coaches are giving each player proper opportunities for participation in practice and games. A specific individual within the unit, known as the team “spotter”, other than the coaching personnel of the game in progress, should be charged with the responsibility of checking on participation and determining six (6) minutes prior to the ending of each half which players have not played, and to inform the team coach to enter those players into play. Rule 1, ARTICLE A, ITEM 7,8, 9 & 10 and Rule 2 ARTICLE A - H will be enforced in the following manor:

D. A league approved spotter sheet shall be filled out by both teams prior to the start of each game

1. The sheet will list all RULE 1-ARTICLE A, ITEM 7 & 8 players noting eligibility status
2. The sheet will list all RULE 2-ARTICLE A overweigh ‘5’ play only players
3. The sheet will list all 18 point “pull card players”.
4. Opposing teams at their discretion may verify and have a non-coach “spotter” available.
5. All games the Referee 6 minutes prior to Half time and 6 minutes prior to the end of the game will remind the head coaches to check their participation status on all their players
6. At the discretion of the executive committee by majority vote. Not playing an eligible player the proper amount of their minimum plays may result in
 - A written warning
 - A one game suspension of the Head Coach
 - If infractions continue a permanent suspension of the Head Coach may be warranted

7. All spotter sheets will be signed by spotters, and retained by unit directors.
 8. Spotters are not allowed to influence the game in any way.
- E The wearing of a protective mouthpiece, athletic supporter, and protective cup shall be mandatory. Mouthpiece must be tethered to helmet (unless it is a special dental appliance). Failure of a player to wear a protective mouthpiece in a game shall constitute a rule violation subject to the following action:
- 1st Violation – Warning, 2nd Violation - 5 Yard Penalty,
3rd Violation - 10 Yard Penalty
- F. Announcing - An announcer should talk only after the whistle has blown the play dead, and announce or play music only until the offensive center breaks the huddle or the huddle is broke. There will be no PLAY-BY-PLAY from the time the center reaches the line of scrimmage, until the whistle blows the play dead. The announcer and chain gang should remain neutral at all times as he or she represents both teams while performing their duties. It is the responsibility of the Unit Director or his representative to enforce this rule. An unsportsmanlike conduct penalty may be issued if the rule is not followed after the first warning.
- G. The National Anthem shall be played before the start of each game.

RULE 2 - ELIGIBILITY RULES

- A. Youths who are eight (8) years old prior to August 1st and not fifteen (15) years old prior to August 1st, and weight is not more than listed below are eligible to play football in the WLJFL. Any unique or marginal weight issues will be resolved on game day using the discretion of Field Directors or Unit Directors from both sides.

Freshmen:	Age	Weight
	8-9	125lb. max

Junior Varsity	Age	Weight
	9-11	140 lb. max

Varsity:	Age	Weight
	10 -13	170 lb. max
	14*	135 lb. max

*players who turn 15 prior to November 15 must have WLJFL approval.

1. All weights for Freshman, Junior Varsity, and Varsity include the game jersey and all the playing equipment from the waist down, excluding football game shoes. Scales should be set at 126 for Freshman, 141 for Junior Varsity and 171 for Varsity (136 for 14yr old). A player who does not raise the beam to the halfway point of the scale shall be considered to be within the allowable weight.
2. Players who are one to four pounds more than their maximum allowable weight will be allowed to participate with a limit of five (5) plays per half for Freshman, Junior Varsity and Varsity. These plays will be consecutive, counting kick-offs, free kicks, and extra points. Scales should be set at 130 for Freshman, 145 for Junior Varsity and 175 for Varsity (136 for 14yr old). A player who does not raise the beam to the halfway point of the scale shall be considered to be within this weight range.
3. Any player who is five (5) pounds or more in excess of the maximum allowable weight will be ineligible to participate in the game. The above stated rule is to be administered by the Unit Director only.
4. The aforementioned weights shall be determined within one-half prior to each regularly scheduled game by actual weigh-in, in the presence of one representative, from the opposing teams. At this time the scale is to be balanced with an honest weight. It is requested that one person be responsible for all weigh-ins from each unit. No coaches or parents are allowed at the weigh in. All reasonable efforts should be made to

allow players to make weight. Limited to; removing non required equipment as stated in Rule 2 Article A Item 2 and balancing of weight bar on scale.

5. No artificial means may be used to affect a player's weight on the day of a scheduled game. Early official weigh in will be available upon request on game day for Junior Varsity and Varsity players at an official weigh-in. Players are limited to one official weigh-in.
- B. All rosters of player personnel, including those shown in the program, shall be listed by team and in numerical order showing the player's name, age of August 1st, and their weight. A league-approved roster will be supplied. (a roster with the phonetic spelling of cheerleader, players, and coaches must be supplied, so as to be used to announce from during the games).
- C. Each team roster shall be closed on the fifth (5th) of September. Two (2) copies of the roster must lie in the hands of the league's Football Commissioner on that date. Varsity roster may be added to for two weeks past the first game if you have less than 30 players. All roster documentation including birth certificates and registration forms will be reviewed by league directors for accuracy and completeness prior to the first game.
- D. Minimum team requirements and team regulations:
1. Each team must have at least sixteen (16) players on its approved roster by the fourth (4th) of September. This shall be presented to the football commissioner no later than one (1) week prior to the start of the first regularly scheduled game (excluding pre-season game).
 2. The minimum number of players on a team to start a game shall be 13.
 3. A qualified medical person shall be present for each game and scrimmage. No game or scrimmage shall start without a qualified medical person being present.
- E. Players participating in a public, private, or parochial school football program, or other organized football program, during the current WLJFL season are not eligible to participate in the WLJFL. The WLJFL Board of Directors discourages the participation in concurrent athletic programs.
- F. To be eligible as a "veteran", a player must have played one (1) game during the immediate season pre-ceding the year in question, barring illness and/or injury.

- G. The Unit Director or his appointed representative must have available at all games, a copy of each player's registration form, birth certificate and physical examination. Documentation will be provided in a league approved format. At the game weigh-ins, the unit director or his appointed representative must supply for review the proof of registration, birth date and physical exam for any player if requested to do so. Failure to do so will make the player or players in question ineligible for that game(s).
- H. **Age break for players shall be August 1st.** For example, if a player turns 15 on August 1st, they *are* eligible to play. In the event a player turns 15 on July 31st, they are *not* eligible to play.
- I. The WLJFL Board of Directors reserves the right to change (waiver) the eligibility rules for any player when they feel it is appropriate or necessary. Reason for a waiver may be for but not limited to physical or emotional needs of the player. If a unit wishes to request a waiver it should be made to the WLJFL Board of Directors. Changes will be approved by a majority vote of the WLJFL Board of Director prior to the start of the season. Waivers must be attached to the player's documentation for game day review.
- J. Eligibility rules will be finalized each year no later than the January WLJFL Board of Directors meeting.

RULE 3 – COACHES

- A. Coaches will adhere to the following code of conduct:
- I will provide positive support, care and encouragement for the team
 - I will encourage good sportsmanship by demonstrating positive support for all participants, coaches, officials, board members and league staff at home and away games.
 - I will place the emotional, psychological, and physical well being of the players and other children in the league ahead of any personal desire I may have.
 - I will insist that my team participate in a safe and healthy environment.
 - I will support all coaches, board members in order to encourage a positive enjoyable experience for all.
 - I will demand an environment that is DRUG, TOBACCO, and ALCOHOL free and all events.
 - I will remember that the WLJFL is for the youth, not the coaches.
 - I will ask the team to treat other participants, coaches, board members, parents, and spectators with respect, regardless of race, sex, creed or ability.
 - I will refrain from any and all vulgar, lewd or obscene language or gestures.
 - I will direct all comments and criticisms to parents, participants, officials, and board members away from the children participation in the league.
 - I will read and understand the WLJFL rules and regulations. Violations of rules may result in disciplinary action.
- B. Unit Directors for each unit are responsible for collecting signed Codes of Conduct and maintaining these signed documents on file.
- C. No Head coaches will be younger than 18 years of age.

RULE 4 - REGISTRATION AND PHYSICAL EXAMINATION

RULE 4 WILL BE READDRESSSED BY THE RULES SUBCOMMITTEE BY THE END OF 2009 TO COMMONIZE AS MUCH OF THE FILL POLICY AS POSSIBLE. FILL POLICIES SPECIFIC TO EACH ORGANIZATION WILL ALSO BE IDENTIFIED IN RULE 4.

A. Physical Examination:

Each unit belonging to the Western Lakes Junior Football League shall provide a physical examination for each player on a date to be specified. A certificate of examination signed by a physician and countersigned by his parents, must be submitted prior to any body contact. Subject certificate shall contain date of examination, which shall be within the calendar year of the football season prior to the date of any body contact, and the physician's statement declaring fitness of the child to play football. All physical examination certificates shall be on file with the unit and open for inspection at all times.

B. Registration and Fill Policy

1. Players must play within the unit in which they live, unless that unit's roster is filled and/or that unit director releases the player to play in another unit. In the case where the player's family moves from one unit to another unit within their city, the player may exercise veteran rights in either the new or the old unit.
2. Registration shall be conducted on a "first come, first served" basis, with preference to participants of the previous year only. ***There shall be no tryouts for any team participating in the WLJFL.***
3. Registration shall be conducted in the following format. All veterans registered with their respective units will receive any and all literature and schedules related to that unit.
4. Minimum roster requirements of 30 players should be used for each team at the time of registration when players are available
5. Assignment of new players to another unit will be allowed only if all means have been taken to exhaust player recruitment within the unit's geographical area. Assignment should be based on location proximity for ease of transportation to the practice field.
6. Registration shall be closed on the Friday before Labor Day. Unless a team/teams roster is below thirty (30) players. In this case players

may be added after the published closing date, with the approval of the league football directors. Once a roster\rosters is at thirty (30) or more players, registration is closed. If a team fulfills the 30 player minimum guideline, or opts to proceed with fewer than 30 players, any player assigned to that team from another unit may elect to return to their home unit team prior to the Friday before Labor Day.

7. Each player shall furnish proof of age which must be checked by the unit director or his or her designated representative.
8. Each unit director shall supply the league with a master roster by teams, which will include player's name, age, weight, and uniform number. The player shall be listed by uniform number, in numerical order, on the forms supplied by the league. Failure to comply shall be cause for forfeit of all league games until compliance.

C. Braves/Gators Registration and Fill Policy

Gators Schools	Braves Schools	Chargers Schools
Dublin	Wixom	Loon Lake
Keith	Meadowbrook	M.H. Guest
Commerce	Walled Lake	Oakley Park
Glengary	Hickory Woods	Pleasant Lake
		Twin Beach
		Maple

1. All veteran players/cheerleaders will be offered the opportunity to register prior to open registration. Veteran players are identified in Rule 2 Section A Item F. Veteran registration will occur in the month of January prior to open registration. Veteran players/cheerleaders will be grand fathered in their current organization if they live outside of the teams boundaries. Immediate family members (brother – sister) will also be treated as veterans. Veteran player's returning to their home squad should be given priority to register prior to open registration.
2. Open registration will occur after veteran registration is complete. Month of February is the targeted time frame. Exact date, time, location or method will be determined by each organization. *All potential registrants will receive an invitation to register by providing flyers to each team's assigned schools.* Joint registration is not required.
3. Fees for participation will be *jointly* determined in advance by organizations. Fundraising requirements, equipment deposits and discounts are at the discretion of each organization.

4. Enrollment will come from within the boundaries of the schools listed above. A lottery will be used to fill open positions on each squad if needed. Separate organizational waiting lists will be created if needed. Waiting list will be used to fill either team's roster. Minimum roster requirements of 30 players will be used for each team at the time of registration when players are available. Registration shall be closed on the Friday before Labor Day, unless a team's roster is below thirty (30) players. In this case players may be added after the published closing date, with the approval of the league football directors.
5. Enrollment will focus on the Walled Lake Consolidated School District (WLCSD). Outside enrollment will only be accepted if teams are unable to fill from within the WLCSD. Other team's (WLCSD) waiting list will be given priority prior to outside enrollment. A meeting will be held immediately after open registration, no later than the 1st week of March, to perform the lottery choices and provide waiting lists.
6. Common registration policy will be reviewed and updated in alternate years.
7. Exceptions to the policy will be addressed. Some participants may not want to participate in their home or veteran squad and should notify the Registrar of the organization they wish to join. Exceptions to the registration policy will be jointly addresses and resolved by the Presidents of each organization at the lottery meeting each year.

D. NORTHVILLE NOVI TEAMS REGISTRATION/FILL POLICY

1. All players/cheerleaders will reside in or attend school in the cities of Northville or Novi.
2. Team placement for football players is based on participant's school district unless individual units are not filled. All attempts will be made to keep each unit divided equally with participants at each age group.
3. Participants from outside the cities of Northville and Novi will only be considered if team openings still exist after a designated recruitment period of Northville and Novi residents/students.
4. Participation fees will be determined each season by the Northville Novi Football Association's board.
5. Minimum roster requirements of 30 players will be used for each team. Individual head coaches will be given the discretion to increase team rosters up to a maximum of 36 players.

E. Veteran Registration

1. All veteran players/cheerleaders will be offered the opportunity to register prior to any new member registration. A set period of time will be designated for veteran registration and communicated to all players/cheerleaders from the previous season in the registration letter.
2. Veteran status is given to immediate family members as long as one member is a returning player or cheerleader.
3. Veteran players will be grandfathered into a team of their choice if they live outside of the cities of Northville or Novi for the 2004 season only. These players must remain with the team subsequent years unless approved by the organization's board.
4. Late registrations will be treated as new members and will be placed in the new member registration lottery.
5. Veteran players/cheerleaders must submit the following registration paperwork:
 - Registration Form
 - Official copy of participant's birth certificate or a copy of a passport only if participant is given veteran status based on immediate family member
 - Volunteer Form
 - Participation Fees
 - Physical Form

F. New Member Registration

1. An open registration process for new members will be conducted for any open positions within a unit. Interested players/cheerleaders mail in registration information for a set period of time and conclude with an in-person registration at the Novi Civic Center on a designated date to be determined each year.
2. New members initially submit the following registration paperwork:
 - Registration Form
 - Official copy of participant's birth certificate or a copy of a passport
3. An age based lottery process follows open registrations to fill open positions on each unit, if needed. All new participants will be drawn randomly and when a team is full, the remainder of the participants will be placed on a

waiting list. All individuals will be notified of the lottery drawing and team placement status. Participants are selected from each age group to maintain the goal of having each unit with equally divided participants at each age.

4. New player acceptance onto a team, after the lottery, is contingent upon full participation fee payment, a commitment to volunteer positions, and a completed physical exam form on file with the organization.
5. If a team or unit is not filled after veteran and new member registration, registration will remain open until the league rules allow.

G. RAVENS YOUTH FOOTBALL REGISTRATION AND FILL POLICY

1. The Ravens Youth Football organization will enforce a “Walk In” open registration policy, on a first comes first serve basis. Players and Cheerleaders will be accepted to posted roster limits. No waiting list will be used. The Avondale School District and the Rochester School District will be adapted as the home districts for the Ravens Youth Football organization, when open registration is referred to.
2. All Veteran players and cheerleaders will be offered the opportunity to register prior to open registration. Veteran registration will begin the month prior to open registration.
3. Open Registration for Football and Cheerleading will occur after veteran registration is complete. The month of March will be slated for open registration, but is subject to change with approval of the board, and the WLJFL.
4. Participation fee will be determined in advance by the Executive Board of the Ravens Youth Football organization. It may vary from year to year.
5. Immediate family members (siblings) of existing Ravens Youth Football and Cheerleading participants will be eligible for Veteran registration each year.
6. The Ravens Youth Football organization will accept participants for both football and cheer outside our open registration boundaries, only after Open Registration has passed, and openings on rosters still exist to roster limits.
7. The initial roster limits for Football will be set at 35 and the initial roster limits for Cheerleading will be set at 24. Roster limits are subject to change with approval from the Ravens Youth Football Executive Board.

8. There will be NO “try-outs” or “player selection” of any kind in the recruitment of Football players and Cheerleaders for the Ravens Youth Football organization.

RULE 5 - SCRIMMAGE GAMES

- A. Intra-league and extra league scrimmage games are allowed. These games are considered and count as a practice session and absolutely no attempt shall be made to approximate game competitive standards:
- No referees are permitted
 - No time clock is permitted
 - No score keeping is permitted
- B. No player may participate if they exceed the maximum allowable weight by 10 lbs.

RULE 6 - PRACTICE RULES

A. Opening Practice

1. No formal or informal supervised practice or conditioning shall be held before the Scheduled Practice Start Date established by the WLJFL Board every year. Practice start date will never occur more than five (5) weeks prior to the first regularly scheduled game.
2. Camps may be conducted by league members. All camps will be approved by the WLJFL Board **before May 31st**. Enrollment will be open to all league units. Camp participation may not be used for team “try outs” or “cuts”. All teams may conduct one two hour camp prior to **July 1st** without approval of the board and be exclusive to their team/s.

B Body Contact

1. Prior to body to body Contact, or tackling drills each player must have at least 3 days of physical conditioning. Helmets may be worn during time conditioning. Athletic supporters, cups and mouth pieces are recommended during conditioning but not mandatory

C. Prohibited Practice

1. Prior to the first game, no team shall practice more than six (6) days a week. The week following the first game, there shall be no more than four (4) days of practice per week. The days-off are up to the discretion of each unit.

D. Practice Duration

1. Teams can practice two and one-half (2.5) hours per day up to the first WLJFL league game. After the first WLJFL game, teams can practice up to two (2.0) hours per game.

E. Practice Attendance

1. Any player missing 2 practices during a game week (unexcused) that player must be held out for 1st half of the game. Any player missing 3 practices in a week (unexcused) may not participate in that week’s game.

F. Water Breaks

1. During games it will be the responsibility of the home team to supply the home team and visiting team's sidelines with adequate amounts of water to ensure proper hydration for all players

RULE 7 - SCHEDULING RULES

A. Schedule Establishment

1. Games for all units shall be scheduled and approved by the Board Of Directors
2. Re-scheduling for the games must be approved by the Board of Directors
3. Playoff games will be scheduled once the season has ended. Playoff format is as follows:

Round 1 _____	Championship Game
Bracket # 1) 1 st VS 4 th	Winners of Round 1
Bracket # 2) 2 nd VS 3 rd	
	Bracket # 1 VS Bracket # 2

Consolidation games will be decided by the WLJFL Board.

4. Playoff positions will be determined by:
 - a. Overall won loss record.
 - b. Won loss record between tied teams.
 - c. Point totals from won, loss and tie record. 2 points for win, 1 point for OT loss.
 - d. Coin toss to be held by the league President.
- B. Day Games: The first game of all day games shall start at 11:00 A.M.
- C. Night Games: The first game of all night games shall start at 3:00 P.M

RULE 8 - WEATHER RULES

A. Weather Conditions

1. The decision as to whether a game should be played in inclement weather shall be in the hands of the Unit Directors. They shall consider primarily the welfare of the players. MHSAA guidelines should be followed.
2. Once a decision is rendered, it shall be considered final and received in the spirit of good sportsmanship.

B. Field Conditions

1. The decision as to whether a game should be played due to poor field conditions shall be solely in the hands of the home field Unit Director.

RULE 9 - AWARDS

- A. There will be no individual, team or unit awards given to any player unless all awards are identical and one is given to each youth. Exceptions will be made for championship games.
- B. Award stickers on helmets or any part of the uniform are not permitted as it promotes individualism.

RULE 10 - COMMERCIALIZATION

- A. Exploitation of the Western Lakes Junior Football League's program, a unit, a team or an individual player with the benefit or otherwise to an individual, or to a business is not permitted. The sole aim of the contributor, both in time and money should be to assist the organization or individual unit as a whole, and to help make their community a better place in which to live.

RULE 11 - SCOUTING

- A. Scouting is permitted without the use of video equipment. Sharing of game film is not allowed for scouting purposes.
- B. Any violation of the scouting rules by a league coach shall be cause for removal of the Head Coach from the next league game.

RULE 12 - RULES COMMISSION

A. Rule Infractions

1. The head coach of each squad is responsible for the actions of his coaching staff and players. Refer to Coaches, RULE 3 ARTICLE A.
2. If any rule of the Western Lakes Junior Football League is violated during a game the head coach of that squad will be held responsible.
3. Any and all rule violations must be reported to the WLJFL League President verbally within forty-eight (48) hours and written within seventy-two hours of the alleged rule or conduct violation. The WLJFL League President will notify the remaining Board of Directors via E-Mail of the proposed rule or conduct violation. All comments or feed back must be made directly to your individual Unit Director to assist them if a hearing is needed.
 - a. If a hearing is needed a date, time, and place shall be determined by the League President as to when the head coach and all Unit Director's must report and discuss the rule violation and impose penalties if deemed necessary. All decisions made will be final and binding.
 - b. One Unit Director or one representative from each organization is eligible to be present during the hearing.
4. All rulings and/or penalties assessed by the Board of Directors and or the Board of Unit Directors shall be final.

RULE 13 - LEAGUE MEMBERSHIP NOTIFICATION

- A. All units of the WLJFL will be notified at the December football directors meeting as to the status of the participation within the WLJFL for the following season.

RULE 14 - SUMMARY

- A. All rules and the intent thereof, as published herein, including their enactment and enforcement, shall be the responsibility of the Western Lakes Junior Football League's Board of Directors.
- B. The home teams are responsible for having a set of the WLJFL rules at each game.
- C. Effective January 1st, 2009, any unit/units as a whole who are absent for two (2) regularly scheduled consecutive meetings of the Football Committee, shall face disciplinary action that may include the following.
 - 1. Lose the ability to host one (1) home game. If the schedule is published, the unit/units will lose a home game the following year.
 - 2. Review by remaining Board members for continued participation in our program.
- D. Smoking, chewing tobacco, use of alcoholic beverages or illegal drugs are prohibited at practice, games and playing fields and will be strictly enforced.

ACCEPTANCE STATEMENT

In order for any unit to be eligible for membership in the Western Lakes Junior Football League Corporation, each unit must adopt and comply with the Western Lakes Junior Football League Football Rules. By signing below, the appropriate Unit Director indicates that their unit or units have adopted the Western Lakes Junior Football League Rules.

Signature

Title

Date

Unit Name or Names