

GOSHEN JUNIOR FOOTBALL LEAGUE RULES

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I. EXCLUSION

- A. All rules of the IHSAA will be in effect unless otherwise stated in these rules

II. FIELD

- A. Playing field will be 60 yards long, plus two 10 yard endzones (80 yards total length) and 35 yards wide
- B. Team player boxes will be located between the two game fields and used for team personnel only
- C. Spectators are expected to stay behind the marked lines on the two game fields and are not permitted in the players area unless there is an emergency

III. PLAYER ELIGIBILITY

- A. Youths from Goshen Community Schools have first right of participation 1. Youths outside of GCS's will be permitted to participate on a first come first serve basis if team limits have not been attained by Thursday of the second week of practice and/or at the discretion of the League's director(s)
- B. For the 2022 Season, youths born before August 1, 2011 and have not reached their 13th birthday by August 1, 2022 will be eligible.
- C. Players are to maintain good academic standing in their school. The Goshen JFL will deal with academic standards and discipline

IV. WEIGHT RESTRICTIONS

- A. Any player who weighs more than 120 lbs will not be allowed to advance the ball. The weight determined prior to the first game of the season will be used for the entire season
- B. Quarterbacks and receivers may weight more than 120 lbs, but may not rush for positive yardage. **No other players with the weight restriction can line up in the backfield. Quarterbacks that weight more than 120 lbs are not allowed to lead on sweeps or power runs of any kind.**
- C. The restricted players will be indentified by a black stripe on their helmet. D. No players weight may exceed 225 lbs during the Goshen JFL season in order to maintain eligibility for the league.

V. PARTICIPATION

- A. Every player must play either on offense or defense if they have attended at least one practice during that given week.
- B. The goal of this league is to encourage participation. We know there will be some that cannot contribute at all times. It is the responsibility of each coaching staff to ensure that all players participate.
- C. If a player does not attend either practice during game week, he is not guaranteed playing time, but it is still encouraged
- D. A team must field 11 players for an official game. Exceptions may be made by the officials and agreed upon by both head coaches.

VI. GAME

- A. First Downs
 - 1. After a team receives a first down, the ball will be placed on the nearest five (5) yard line away from the goal line that the team is driving towards.
 - 2. Any first down occurring within the opposing 10 yard line will be located at the point that the previous play ended.
- B. Timekeeping
 - 1. The game will have 13 minute running quarters until the final two minutes of each half. Those final two minutes will be conducted by normal timekeeping rules; time will stop on timeouts, incompletions and out of bounds
 - 2. The ref may stop the running clock to give a delay of game warning
- C. Overtime
 - 1. There will be no overtime. There may be a tie
- D. Timeouts/Breaks
 - 1. Each team is allowed 3 time outs per half, one minute each
 - 2. There will be a two minute break between quarters - at each coaches discretion

3. During Course of Play, no more than two coaches will be permitted on the playing field. One coach minimum must be on the sidelines.

4. There will be a 10 minute halftime

E. Turnovers

1. Fumbles and interceptions will be played according to IHSAA rules with the following exceptions:

a) Restricted players may not advance the ball

b) Restricted players will be down at the point of possession

c) If a restricted player intercepts the ball within the opposing 5 yard line, the ball will be placed at the 5 yard line

F. Blitzing

1. Linebackers and Defensive backs cannot blitz!

2. On passes by the quarterback, once the quarterback begins any lateral movement outside the offensive tackles or begins approaching the line of scrimmage, the linebackers may react and pursue the ball.

3. Penalty for blitzing is an automatic first down

VII. TEAM RESTRICTIONS

A. All teams will practice at the same designated times decided on by the League Director(s)

B. No additional practices are allowed

C. Team decals or awards are not allowed on helmets

VIII. PUNTING

A. The offensive team must declare if they are punting or going for a first down

B. There will be no punt rush

C. There will be no punt return

D. There will be no fake punts

E. The ball will be placed at the nearest (5) yard line behind the point where the ball was downed by an offensive player or blown dead by an official.

F. If a player on the receiving team catches the kick in the air cleanly, the ball will be placed at the nearest 5 yard line toward the goal that they are seeking

G. If the punt results in a touchback, the drive will start at the 15 yard line.

IX. PUNT PENALTIES

A. Defensive players are allowed to put their arms up, yell and wave their hands, but are not permitted to jump to try and block a punt. If a player jumps and blocks a punt, that will result in a 5 yard penalty.

X. KICK OFF

A. There will be no kick offs

B. Ball will be placed on the 15 yard line in any situation a kickoff would normally

exist.

XI. PENALTY ASSESSMENTS

- A. Fifteen (15) yard penalties set by the IHSAA will be assessed at 10 yards.
- B. Five yard penalties will be assessed at five yards
- C. Penalties that occur inside the five yard line will be assessed half the distance to the goal line

XII. PLAYS/DEFENSE

- A. All plays and defenses shall be from material supplied by the Goshen High School football coaching staff to the JFL Director(s). Any deviations from this must be approved by League Director(s).
- B. Goal line defense can be used with less than 2 yards to go for a TD or first down.

XIII. EXTRA POINTS

- A. The line of scrimmage for extra points will be the 2 and ½ yard line
- B. A kicked extra point will be scored as two (2) points and an extra point scored via run or pass will result in one (1) point
- C. A kick attempt will not be rushed
- D. No fake or run may be attempted from a kick formation
- E. The ball handler is not permitted to leave his stance to retrieve an errant snap. The kicker may not retrieve the ball himself.

XIV. OFFICIALS

- A. Assigned officials are in charge of the games and will be the final word. Coaches, players and fans are not permitted to challenge the decision of the officials and will treat the officials in a respectful manner.
- B. Questions may be directed, to the officials, by the head coach only.
- C. Every attempt will be made by the officials to maintain control of the game without calling unnecessary penalties.
- D. It is our philosophy to assist and instruct and not over penalize

XV. RULES & REGULATION ADJUSTMENT

- A. Any rules or regulation needing adjustment will be called to the attention of the League Director(s) by a minimum of three (3) head coaches.