



EVANSVILLE JUNIOR FOOTBALL LEAGUE RULES AND REGULATIONS 2026

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MISSION STATEMENT

The Evansville Junior Football League is a non-profit organization that is dedicated to teaching young athletes the basics of football by coaching them in practice and competitive games. We are committed to volunteerism, building camaraderie, and improving the athletic skills of the young people in the community.

EJFL does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.

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EVANSVILLE JUNIOR FOOTBALL LEAGUE - FOOTBALL RULES AND REGULATIONS

RULE 1 – ELIGIBILITY

SECTION A - REGISTRATION

The following rules apply when a player signs up for EJFL:

Registration fees will be paid online, at the time of registration completion. The league does allow for hardship cases or payment plans determined by the officers and/or board members.

Players must be weighed on designated evaluation/uniform fitting scheduled dates. Weight must be completed by a board member, commissioner, or coach, which may include assistant coaches. Players must wear a shirt, pants, and shoes. There will be no weigh-ins required for Flag Division players. All returning Junior Tackle or Senior Tackle Division players must weigh in on designated evaluation/uniform fitting scheduled dates and weight must be recorded on the returning sheet. Any player in the Junior Tackle or Senior Tackle Division, who does not weigh in will not be penalized, but a weight is needed and must be recorded on the returning sheet. Required practice time will be required, as described in Rule 5., before players can participate in games.

SECTION B - AGE/GRADE ELIGIBILITY REQUIREMENTS

SENIOR TACKLE DIVISION - Each player must be entering the 5th or 6th or 7th grade and not turning 14 years of age by November 1. 7th graders are eligible, upon Board approval but are not allowed to play both high school cub and EJFL. No 8th graders will be eligible. Players have a maximum of three (3) years eligibility in the Senior Tackle Division.

JUNIOR TACKLE DIVISION - Each player must be entering the 2nd, 3rd or 4th grade and not turning 11 by November 1. Players have a maximum of three (3) years eligibility in the Junior Tackle Division. No 5th graders will play in the Junior Tackle Division.

FLAG DIVISION - Each player must be entering Kindergarten, 1st or 2nd grade and not turning 9 by November 1. Players have a maximum of three (3) years eligibility in the Flag Division. Second graders will declare their chosen division at registration. No 3rd graders will play in the Flag Division.

SECTION C - PARENT/LEGAL GUARDIAN CONSENT

Each player must have written permission from his or her parent or legal guardian before he or she can participate in any practice session or game. The parent/legal guardian consent form and copy of the player's birth certificate must be on file with the league prior to the player's participation.

SECTION D - REDRAFT

A player may enter the redraft only once in each division, after completing one (1) year in that division. The player's parent/legal guardian must submit a form stating the reasons for entering redraft. Final authority is at the Board of Director's discretion.

SECTION E - REFUNDS

Any player injured or unable to play prior to the controlled scrimmage or the first game if there is no controlled scrimmage, and is out for the entire season, will be entitled to a refund. This refund will be 80% if the player quits or if the player is injured. There will be no refunds after the first game. The player will not be allowed to return as an active player until the following season and may return to the same team or go back into the draft.

SECTION F – PLAYER REQUIREMENTS

1. Must be able to be in a 3-point stance with their hand on the ground.
2. Must be able to participate in all aspects of practice/games (running, warm-ups, etc.)
3. Players should not be standing around during practices for extended periods of time.

RULE 2 - EQUIPMENT AND FACILITIES

SECTION A - LEAGUE FURNISHED EQUIPMENT

The league furnishes the uniforms and equipment. No changes or additions will be made to uniforms and equipment unless approved by the Board of Directors. The following equipment will be furnished to the Co-ed Flag Division players:

1. Soft Helmet
2. T-shirt/Jersey
3. Flags

The following equipment will be furnished to the Junior Tackle and Senior Tackle Division players:

1. Helmet
2. Shoulder pads
3. Football pants and pads
4. Game and practice jersey

There will be no weigh-ins in the Flag Division. Official weigh-in will include authorized altered equipment, excluding helmets and shoulder pads. No alterations are permitted to the helmet or its inside padding. All non-furnished equipment will be the responsibility of the parent/guardian submitting the online registration, as agreed via the online registration, whereas the parent/guardian assumes all repairs, risk, and hazards, to the personal equipment. They also acknowledge Evansville Junior Football League is not responsible for verification that equipment is properly fitted and certified for use.

Helmets should be clear of all stickers. Only approved/certified clear visors may be used. No colored or tinted visors are allowed.

SECTION B - PLAYER FURNISHED EQUIPMENT

The player will furnish the following equipment that must meet the league standards:

Athletic support, T-shirt and socks, Football shoes (1/2-inch rubber or plastic molded cleats allowed, no metal cleats allowed no screw on cleats allowed without prior approval of the league commissioners.), Mouthpiece.

RULE 3 – EVALUATIONS

SECTION A - SELECTION FACTORS

Players will be selected for teams from their weights, ages, and scores obtained during evaluations.

SECTION B - EVALUATION DATES

The Board of Directors will set registration dates and times for evaluations. Players unable to attend evaluations are required to advise EJFL prior to the last available evaluation date. Players not completing evaluations will be placed in the “Blind Draw Box” whereas any team may choose to draw blindly from the box, in lieu of their Live pick.

SECTION C – EVALUATION ATTIRE

All players should complete evaluations in gym shorts, t-shirts, and tennis shoes or football shoes. No other football gear will be worn.

SECTION D - ISSUING EQUIPMENT AT REGISTRATION / EVALUATIONS

There must be at least two (2) coaches from a team at each evaluation session to allow that team to issue equipment to returning players.

RULE 4 – THE DRAFT SYSTEM

SECTION A – CENTRALIZED DRAW, LIVE DRAFT AND THE ADDING OF PLAYERS

There will be a centralized blind draw system for the Flag division. There will be a live draft system for the Junior Tackle and Senior Tackle Divisions. The location to be announced by the league President. These draft systems will be used for all new players added to teams.

SECTION B - SAME HOUSEHOLD

Brothers or stepbrothers, and/or sisters, or players under legal guardian care living in the same household will be assigned to the same team providing both are selected and their parent or legal guardian does not choose otherwise. The legal guardian must give EJFL a copy of the official court guardianship documents prior to the time and date of the draw. This does NOT include children of parent(s) who are cohabitating in the same household, without providing proof of residency to EJFL. Documentation may include, but is not limited to, utility bills, rental agreements, or payroll checks.

SECTION C - MAXIMUM DRAW NUMBER

Each team will draw enough players to make a maximum of twenty-five (25) players per team.

SECTION D - ONE YEAR ELIGIBILITY

In the Senior Tackle Division, players with one (1) year eligibility will be put in the 7th grade draw, regardless of what age they are. In the Junior Tackle Division, players with one (1) year eligibility will be put in the 5th grade draw, regardless of what age they are. In the Flag Division, players with one (1) year eligibility will be put in the 2nd grade draw, regardless of what age they are.

SECTION E - RETURNING PLAYERS

Notification of all returning players must be submitted prior to the end of the last sign-up session. Returning players not submitted prior to the end of the last sign-up session will be treated as new players and be required to go through the draft as a new player. Coaches' children not signed up and paid prior to the draft will not be eligible for auto-draft.

SECTION F - CENTRALIZED BLIND DRAW (FLAG DIVISION)

Make sure to record all automatics in their appropriate rounds. Brothers, stepbrothers, sons, stepsons, sisters, stepsisters, daughters, or relatives living in the same household will be placed in a blind draw round in their age bracket based on weight and points. In that round, said player will automatically go to the assigned team.

The highest-grade round will be drawn first until all participants in that grade are drawn. The lower grade round will be drawn next and used to equal the teams.

All team rosters will be turned in on the day of the draw. No team will be allowed to practice until all teams in their division have completed and turned in a team roster.

The adding of late players will be by blind draw unless one team has fewer players. The teams, if possible, need to have an equal number of players. If possible, there will always be at least two teams drawing for players. The commissioner will make final decisions or be approved by the Board, if needed.

All 2nd graders will be drawn to equal 2nd grade numbers. All 1st graders will be drawn to equal 1st grade numbers. All teams will be in the first round of the Kindergarten draws. After the first-round draw of the Kindergarteners, the draws following will try to equal total numbers, in the Flag Division.

SECTION G – LIVE DRAFT (JUNIOR AND SENIOR TACKLE DIVISIONS)

All players are required to complete the evaluation process. Evaluation results are recorded on the Draft Spreadsheet, listing Player Name, Grade, and stats.

Each Team will have ninety (90) seconds to make their choice. Failure to choose within ninety (90) seconds will result in a penalty, whereas that team's choice will be forfeited to the end of the draw for that grade.

The Pick Order will be determined as defined in Rule 4. Section I.

All player grades are open for pick choices, but each team will still be required to even the team based on their returners.

SECTION H – REDRAFT

Redraft players will be placed into the live draft.

SECTION I - METHOD OF BLIND DRAW AND LIVE DRAFT PICKS

The method of drawing or picking shall be as follows: First Round - The method of drawing or picking players, will be according to the previous year's final league standings. The last place team draws/picks first in the first round, then the next to last place team draws/picks second, and so on down the line. Second Round - The next to last place team draws/picks first and so on. Additional Rounds - All proceeding blind draw/live draft rounds keep progressing upwards.

The system of drawing or picking shall be as follows: Rounds 1-4 - The drawing or picking players will be as described above. Continuing in the same order, and beginning in Round 3(for the Live Draft) the team with the least number of returning players on their roster, will draw/pick 2 players for each round going forward, until their number of players is equivalent to the next depleted team.(Note: If 2 teams are most depleted, the previous season's team record will be the determining tie-breaker) The 2nd drafted player that round will be at the end of that specific round after other teams have made their selection. In Round 3, and going forward, all other teams will draw/pick/auto one player, while the most depleted team(s) will draw/pick an additional player to catch up. Once team rosters are even, the depleted team will revert back to one pick per round until the maximum number of players allotted is reached.

If Rule 11 – Coaches, Section B is utilized specifically, Coaches at all levels will be able to bring on TWO assistants with the assistant's kid(s), counting as a draft pick based on grade. If one of the assistants has two kids, the oldest kid will count as a draft pick, based on his/her grade level, and the other kid(s) will be counted at the end of the draft. If the following year the assistant coach(s) decides not to coach, but the kid does remain on the team, the team WILL NOT be able to bring on another kid with a coach until one of the coaches' kid(s) has either decided not to play that following year, or has moved divisions. The Head Coaches decision must be made, and be submitted to the Executive Board no later than the day before evaluations begin. Note, if the assistant coach does not pass the background check, the kid will not be an automatic and will then be placed back into the draft pool. It is encouraged that the assistants names be submitted early so the background checks will be reviewed and cleared without any issues.

. In the live draft, the Head Coach's child/grandchild/same household is required to lose the round pick based on the grade level listed below. In addition, the chosen assistant coach's child/grandchild/same household is required to be that teams pick based on grade level listed below:

1. Second Grade = 3rd Round Pick
2. Third Grade = 2nd Round Pick
3. Fourth Grade = 1st Round Pick
4. Fifth Grade = 2nd Round Pick
5. Sixth/Seventh Grade = 1st Round Pick.
6. Moving a player from an existing established team will result in a loss of pick for the grade of the player.
7. Drafting a player with a sibling in the same division results in the sibling being the next round pick for that team.

SECTION J – TRADES

Following the Live Draft, each team will be offered two agreed upon trades. Trades must be finalized within 15 minutes after the draft is complete and trade must be finalized before leaving the draft site. (i.e. Team A trades 1 player to Team B and gets a Team B player in return. Both teams have 1 trade remaining.) Cross trading will not be allowed. (i.e. Team A cannot Trade Team B from a previously traded player from Team C.) Trades will be for new players only. No redraft players or returning players will be allowed to trade. In the event, the traded player falls under the Same Household rule, both players will be required to be traded; using both trades for those teams involved. There will be no trades in the Flag Division.

SECTION K – LATE REGISTRATIONS

Late Registrations will be permitted up to the end of practice on the Thursday before the controlled scrimmage. Late Registrations will be accumulated until the number of late players will equal each team. The adding of late players will be placed on a team via the blind draw method.

SECTION L – 2ND GRADE PLAYER REVIEW RECOMMENDATIONS

All 2nd grade players will have a one (1) week review period, where coaches will recommend a Flag Division player to be moved up to the Junior Tackle Division, with parent and Board approval, or a Junior Tackle Division player to be moved down to the Flag Division, with parent and Board approval. This decision will be based on the player's ability or inability to adapt to the proper level of play. It is the responsibility of the coaching staff to make the recommendation after the one (1) week review period, but prior to the first day of practice of the 2nd week.

RULE 5 – PRACTICES

SECTION A – FRIDAY AND SUNDAY PRACTICES

There will be no Friday or Sunday practice sessions.

SECTION B - PRACTICES

Eight (8) hours of practice are permitted in the first two (2) weeks of practice, after following the live draft, equipment handouts, and meeting with parents and players.

Beginning the third week of practice, six (6) hours of practice is permitted.

Practices will not last later than 7:15 pm, or 15 minutes after sunset, as listed on the Sunrise/Sunset Smartphone App; whichever comes first.

Practices will be limited to a maximum of: One (1) session per day.

Beginning the third week of practice, three (3) sessions per week with two (2) hours per session or four (4) sessions per week with one and one half (1 ½) hours per session.

After the third week, the only exception to the maximum number of practice hours is during playoff weeks. During playoff weeks, Saturday practices will be allowed on non-game weeks, but these practices cannot exceed six (6) practice hours per week.

Practice officially ends when the Coach dismisses his players.

The drill called "Bull in the Ring" or any other similar drill by another name is prohibited due to the high-risk potential for injury. This is an IHSA Rule and is also a National Federation Football Rule enacted in 1992.

SECTION C - FIRST DAY OF PRACTICE

The first day of practice will be in gym shorts, t-shirts and gym shoes or rubber cleats and helmets. All players must meet the one (1) day without uniform and without contact requirement. **The 1st eligible practice day will be Monday August 3rd, 2026.**

SECTION D - FIELD PRACTICE GAMES OR SCRIMMAGE GAMES

No practice games or scrimmage games between two teams are allowed on any game field. A commissioner will assign practice times on each game field for all teams. Teams may trade practice times with each other, if needed. No team may use the game field at any time other than their assigned practice time. The field practice time is for half of the field for thirty (30) minutes.

SECTION E - INTRA-LEAGUE SCRIMMAGES

Any intra-league scrimmage games are at the discretion of each head coach. Scrimmage games with teams outside of the league are not permitted. The Board of Directors or a meeting of the emergency Board must approve any activity away from EJFL facilities and/or properties. This procedure must be followed due to insurance coverage.

It is mandatory for a coach from both teams to have a whistle in intra-league scrimmages, and it is recommended that all coaches have a whistle at all practice sessions.

Each team can scrimmage one team, one day, for one hour per week. Except before the first game, then each team can scrimmage two times per week.

SECTION F - EJFL FIELDHOUSE AND OTHER BUILDINGS

No team may practice in the building at any time. Teams may use the building for protection from adverse weather, meetings, or game films.

SECTION G - LIGHTNING POLICY

Practice will stop immediately. All team members and coaches are to take cover in the nearest building immediately. You must wait fifteen (15) minutes. If there are no other lightning strikes, you may return to the field.

SECTION H - DISCIPLINARY ACTION/INELIGIBILITY OF PLAYERS

A coach may take disciplinary action against a player on his team and must inform a league commissioner, officer, or board member and the player's parent/legal guardian as soon as possible. The following are examples of when disciplinary action may be necessary: excessive absenteeism, foul language, fighting, or any other violation of league rules. All players may have a due process of appeal with the Board of Directors.

The Board of Directors or league commissioners shall have the right to declare a player ineligible, should he or she be guilty of misconduct or break any other league rules. All players may have a due process of appeal with the Board of Directors.

Inquiries by a commissioner or a member of the board will be made as to why a player has quit or has been removed from a team.

SECTION I- TACKLING DRILLS

Tackling drills are limited to two times per week thirty (30) minutes per session with a 5-yard limit. This includes one on one drills and tackling dummy drills.

RULE 6 – GAME RULES

SECTION A - KICK OFF

SENIOR TACKLE DIVISION - On the kickoff receiving team and the kickoff team, players weighing 135 lbs. Or more in uniform less helmet and shoulder pads, will line up within fifteen (15) yards of the line of scrimmage. The penalty for a violation of this rule is ten (10) yards. A non-striper on the kickoff receiving team and kick off team must cover all stripers.

JUNIOR TACKLE DIVISION - There will be NO kickoffs in the Junior Tackle Division. There will be onside kicks allowed based on the following conditions: 1) The current game must be in the third or fourth quarter; 2) the kicking team may only choose to onside kick the ball if: a) they have the lesser score; b) the current score is tied; or c) their score is no more than eight (8) points higher than the opponent. If any of the above does apply, and the kicking team chooses to onside kick the ball, the kicking team is required to notify the referee of their decision and must allow the other team reasonable time to set up their receiving formation. If none of the above apply, the receiving team will take over offense on their own 20 yard line.

FLAG DIVISION – There will be no kick-off in the Flag Division. The ball will be placed on the 35-yard line at the beginning of each half and after all touchdowns. In the event of a safety, the ball will be spotted on the 35-yard line.

SECTION B – FLAG DIVISION GAME RULES

Flag Division games will be played with eight (8) players on each side of the ball; eight on eight.

Flags must be worn on sides, on all players, and shirts must be tucked in, at all times.

In the event a flag becomes detached on its own, off the ball carrier, the play stops and the ball will be placed where the flag falls.

No tackling is allowed in the Flag Division.

Stiff arms are not allowed, with the exception of the ball carrier, and must be initiated below the neck contact only.

No quarterback sneaks are allowed in the Flag Division.

There will be three (3) offensive linemen and three (3) defensive linemen.

SECTION C - PUNTS, FAKE PUNTS, EXTRA POINTS, FIELD GOALS, FUMBLE OR BAD SNAP FROM CENTER

During punts, extra points, field goals, fumbles, or bad snaps from center, no defensive player may rush over the center's head. No push over the center is allowed. This is an IHSAA Rule. No punts will be allowed in the Flag Division. In the event of a punt situation, the ball turnover will be reset to the 35-yard line.

SENIOR TACKLE DIVISION - Any player may punt, fake punt, kick off, and/or kick field goals or extra points. However, if a player weighs 135 lbs. Or more in uniform less helmet and shoulder pads (2-Striper), the team cannot run, pass, or advance the ball in any way, in case of a fumble or bad snap from the center. If the team tries to illegally advance the ball, a ten (10) yard penalty from the line of scrimmage and a loss of down will be called. When a striper is in the backfield, he must be the kicker/punter. The team must kick. A 2-Striper is permitted to pass the ball on a fake punt, provided they do not cross the line of scrimmage because they are ineligible to run the ball. Penalty for crossing the line of scrimmage would be loss of down or turnover on downs (4th down).

JUNIOR TACKLE DIVISION - Any player may punt, kick off (if permitted), and kick field goals or extra points. However, if that player weighs 105 lbs. Or more in uniform less helmet and shoulder pads, the team cannot run, pass, or advance the ball in any way, in case of a fumble or bad snap from the center. If the team tries to illegally advance the ball, a ten (10) yard penalty from the line of scrimmage and a loss of down will be called. When a striper is in the backfield, he must be the kicker/punter. The team must kick. No fakes can be run. If a team is going to punt or kick a field goal, the kicking team must declare such intentions before the snap. The defensive team is not allowed to rush, and the punting team must remain stationary until the ball is kicked. The clock will be stopped until the player punts or kicks the ball. Field goals may be returned if the ball does not go into the end zone. No fakes can be run.

FLAG DIVISION - Any player may kick field goals or extra points. If a team is going to kick a field goal, the kicking team must declare such intentions before the snap. Field goals may be returned if the ball does not go into the end zone. No fakes can be run. There will be no live punts in the Flag Division. In the event of a fumble, the ball will be spotted where it hits the ground. No stripping of the ball will be allowed in the Flag Division. In the Flag Division, extra points are scored as follows: running play equals one (1) points; pass or kick equals two (2) points.

SECTION D - OFFENSIVE TEAMS STRIPERS

SENIOR TACKLE DIVISION - On defense, any player 150 lbs. or more in uniform less helmet and shoulder pads, must play tackle to tackle inside or heads up on the tackle, and **must** play in the free blocking zone in a three (3) or four (4) point stance. A free blocking zone is a rectangular area extending laterally four yards on either side of the spot of the snap and three yards behind each scrimmage line. A violation of this rule results in a ten (10) yard penalty. A stripe may be removed if the player loses weight and drops to under 150 lbs. or to under 135 lbs. from one week to the next. The only exception is that a one (1) or two (2) striper may punt, kick off, kick extra points, or kick field goals.

JUNIOR TACKLE DIVISION - On defense, any player 120 lbs. or more in uniform less helmet and shoulder pads, **must** play tackle to tackle inside or heads up on the tackle, in a three (3) or four (4) point stance. A violation of this rule results in a five (5) yard penalty and/or loss of down in which the violation occurred. A stripe may be removed if a player loses weight and drops under 120 lbs. or under 105 lbs. from one week to the next. The only exception is a one (1) or two (2) striper may punt, kick off, kick extra points, or kick field goals.

FLAG DIVISION – There will be no weight restrictions in the Flag Division.

SECTION E - DEFENSIVE TEAMS STRIPERS

SENIOR TACKLE DIVISION - On the defensive teams, players weighing 135 lbs or more, a one (1) striper and not more than 150 lbs., a two (2) striper, in uniform less helmet and shoulder pads, must line up within four (4) yards of the line of scrimmage before the ball is snapped. The penalty for such violation is ten (10) yards. On the defensive team, two (2) stripers must line up on the line of scrimmage, within four (4) yards of the ball. The penalty for a violation of this rule is five (5) yards.

JUNIOR TACKLE DIVISION - On the defensive teams, players weighing 105 lbs. or more, a one (1) striper and not more than 120 lbs., a two (2) striper, in uniform less helmet and shoulder pads, must line up within four (4) yards of the line of scrimmage before the ball is snapped. The penalty for such violation is ten (10) yards. On the defensive team, two (2) stripers must line up on the line of scrimmage, within four (4) yards of the ball. The penalty for a violation of this rule is five (5) yards. When the quarterback is in shotgun, no one can line heads up on the center. This is to protect the center when his head is down.

FLAG DIVISION – There will be no weight restrictions in the Flag Division.

SECTION F - DEFENSIVE TEAMS CENTER

JUNIOR AND SENIOR TACKLE DIVISIONS - On defensive teams, when the quarterback is in shotgun position, the defensive team may not be head to head over the center. The defensive linemen are allowed to shade (shoulder to shoulder) the center. Any player that is not a down-lineman between the tackles must be three (3) yards off the line of scrimmage. The penalty for violation of this rule is ten (10) yards.

FLAG DIVISION – There will be no blitzing in the Flag Division. Once the ball is snapped, the defense must not rush until a three (3) count, unless the ball is handed off, or the quarterback makes a football move (runs).

SECTION G - DEFENSIVE TEAMS ALL STRIPERS BALL RECOVERY

SENIOR TACKLE DIVISION - Players on the defensive teams weighing over 135 lbs. in uniform less helmet and shoulder pads will be eligible to advance the ball when they recover a fumble, blocked punt, or intercept a pass.

JUNIOR TACKLE DIVISION - Players on the defensive teams weighing over 105 lbs. in uniform less helmet and shoulder pads will be eligible to advance the ball when they recover a fumble, blocked punt, or intercept a pass.

FLAG DIVISION – All defensive players can return interceptions. In the event of a fumble, the ball will be spotted where it hits the ground. No stripping of the ball will be allowed in the Flag Division.

SECTION H - DEFENSIVE TEAMS PLAYERS

SENIOR TACKLE DIVISION - On defense, any player 150 lbs. Or more in uniform less helmet and shoulder pads, must play tackle to tackle inside or heads up on the tackle, and must play in the free blocking zone in a three (3) or four (4) point stance. A free blocking zone is a rectangular area extending laterally four yards on either side of the spot of the snap and three yards behind each scrimmage line. A violation of this rule results in a ten (10) yard penalty. A stripe may be removed if the player loses weight and drops under 150 lbs. or under 135 lbs. from one week to the next. The only exception is that a one (1) or two (2) striper may punt, kick off, kick extra points, or kick field goals.

JUNIOR TACKLE DIVISION - On defense, any player 120 lbs. Or more in uniform less helmet and shoulder pads, must play tackle to tackle inside or heads up on the tackle, in a three (3) or four (4) point stance. A violation of this rule results in a five (5) yard penalty and/or loss of down in which the violation occurred. A stripe may be removed if a player loses weight and drops under 120 lbs. Or under 105 lbs. from one week to the next. The only exception is a one (1) or two (2) striper may punt, kick off, kick extra points, or kick field goals.

FLAG DIVISION – There will be no weight restrictions in the Flag Division.

SECTION I - HOLDING PENALTIES

All holding penalties, for all divisions, will be five (5) yards.

SECTION J – CUTBLOCKS

No cut blocks will be allowed in Flag or Junior Tackle Divisions. A cut block will be determined by the referee's discretion. The penalty will be five (5) yards.

SECTION K - MINIMUM PLAYERS

Any team failing to put eleven (11) players on the playing field will automatically forfeit the game or the remainder of the game will be stopped. Game Score will be recorded as 2 to 0.

SECTION L - PLAYING TIME

All players will play, barring injury, sickness, or disciplinary action that is to be reported on the stat sheet. Disciplinary action will be for the second half or a whole game. Each player will play 4, 5, or 6 plays per half depending on the number of players dressed on game day. In the Flag Division, there will be a maximum of one (1) overtime period. All players in the Flag Division will start and play on offense or defense the entire game.

SECTION M - MANDATORY PLAY COUNTS AND FAILURE TO COMPLY

In the Junior Tackle and Senior Tackle Divisions, a coach must play his players a minimum number of plays per half based upon the number of players dressed on game day as follows:

1. 20 or less dressed players - 6 plays per half
2. 21 or 22 dressed players - 5 plays per half
3. 23 or more dressed players - 4 plays per half

A stat sheet supplied by the commissioners must be completed and turned in, to a commissioner at the end of every game. If a coach fails to comply with this Rule, disciplinary action may be taken against the head coach as described in Rule 13. There will be no stat sheet in the Flag Division.

SECTION N - LIVE PLAY DEFINITION

Any dead ball (penalty foul) does not constitute a live play. In the Flag and Junior Tackle Divisions, P.A.T. and field goals will not constitute live play.

SECTION O - SCORING OF EXTRA POINTS

Extra points will be scored as follows:

Kicking: two (2) points.

Running or passing from the three (3) yard line: one (1) point.

In the Junior Tackle Division, running or passing from the eight (8) yard line will result in two (2) points. In the Flag Division, extra points are scored as follows: running play equals one (1) points; pass or kick equals two (2) points.

SECTION P - MOUTHPIECE

A mouthpiece must be worn during all practices and all games, or no contact is allowed.

SECTION Q - JEWELRY

A player cannot wear rings, necklaces, earrings, or other jewelry in practice or games.

SECTION R - MINIMUM SCHEDULED GAMES

All teams will play a minimum of five (5) regularly scheduled games. If a regular season game ends in a tie, the tie will be broken according to the IHSAA "Tie Breaker" rule.

SECTION S - GAME TIMES

Weeknight game(s)

- 5:30 p.m. (Co-ed Flag Games)--Wednesday (Junior & Senior South Fields)

Saturday

- First game: 9:00 a.m. (Junior & Senior Tackle Games)
- Second game: 10:30 a.m. (Junior & Senior Tackle Games)
- Third game: 12:00 p.m. (Junior & Senior Tackle Games)
- Fourth game: 1:30 p.m. (Co-ed Flag Game--Senior South Field)

SECTION T - AMOUNT OF TIME/QUARTERS IN GAMES

All division games, including the Cereal Bowl game, will have four (4) eight (8) minute quarters. There will be at least a seven (7) minute half time except where there are extenuating circumstances and by mutual agreement between the head coaches and game officials. A game may be shortened by and for the same reason. There will be a seven (7) minute warm-up time before the opening of any game and a three (3) minute

warm-up time before the beginning of the second half. Again, this could be shortened in time for extenuating circumstances. The Flag Division quarters will be a running clock.

SECTION U – MERCY RULE

EJFL will implement the protocol to expedite the conclusion of football contests when the point differential between teams reaches a particular threshold. These measures are aimed at promoting sportsmanship between teams and potentially reduce the chances of injury to players when mismatches between teams occur.

Beginning with the second half of any EJFL game, when the point differential between teams is at or reaches 25 points, the game clock shall convert to a running clock. A running clock is defined as a clock that does not stop during play with the exception of timeouts, scores and/or injuries.

Once the running clock is implemented, the clock may not revert back to standard timing protocols regardless of the score of the contest.

Coaches do not have the ability to override the implementation of the Mercy Rule during a contest.

The Referee shall notify the head coach of each team when the Mercy Rule goes into effect. The referee is responsible for notifying timing personnel of the running clock.

SECTION V - IHSAA RULES

All games will be played according to IHSAA Rules except as otherwise covered by the EJFL Rules and Regulations.

SECTION W - GAME OFFICIALS

Registered officials will be furnished for each Junior Tackle and Senior Tackle game. When and if possible, the league will retain a copy of the official's license. Head officials must be registered officials. All officials for Junior Tackle and Senior Tackle games will be IHSAA sanctioned. League officials will have a meeting with the referees to explain our rules and learn about new high school rules. No immediate relatives of any coach may officiate their games, if possible. EJFL will reward referees by using a selected crew in the playoffs and the Cereal Bowl game. There will be no patched officials for the Flag Division games.

SECTION X - COACHES, GAME OFFICIALS AND SPECTATORS

Coaches will and shall accept the decisions of the game officials and commissioners. Coaches will not humiliate or use abusive language in front of the players or spectators during games or practices. Profanity or any language or other action that is demeaning to anyone is always prohibited. Abusive language or profanity by anyone will be cause for action such as suspension or removal. In the Flag Division, two (2) coaches from each team are allowed on the playing field, if there is another coach or parent on the sideline to attend to the sidelined players. Coaches, on the playing field, may not touch, guide, or assist players after the ball is snapped.

SECTION Y - COACH OR PLAYER EJECTION FROM THE GAME

If any player or coach is ejected from a game, he or she will receive a one (1) game suspension immediately following the game from which they are ejected. The league will follow the IHSAA/NFHS Rule regarding coach or player ejections. Each situation will be taken on a case-by-case basis. The commissioner will consult with the coaches and referees involved and decide based on the information that is gathered. A suspended coach or player may appeal at an emergency meeting of the Board of Directors for a final ruling. Any disciplinary action against a player must be explained to the parents of that player by the coach.

RULE 7 - CONCESSION STAND AND OTHER ACTIVITIES

SECTION A – IN AND OUT OF SEASON TEAM ACTIVITIES

No organized team practices or film reviews are allowed outside the normal EJFL schedule. Only regular season practices and games, other than Cereal Bowl activities, or the team party are permitted.

SECTION B - CONCESSION STAND VOLUNTEERS

All Junior Tackle and Senior Tackle Division teams will be required to work two assigned weeks, filling two-person practice slots each day, Monday through Thursday, from 4:30pm to 7:00pm. All teams will be required to work their time slots, regardless of days of practice. Time slots signed up and not fulfilled, by the volunteer, will result in their player being penalized the second half down time, during the next game of attendance.

Saturday/Game Day volunteers will be attempted to be filled by organizations from the Reitz, Mater Dei, and Evansville area in return for an EJFL donation to give back to our community. Should the Saturday concessions not be covered by an outside group, the team with the prior week's concession duties will be required to fill in the necessary volunteers. The minimum age requirement for concession workers is 16 years of age. No one under 16 years of age will be permitted inside the concession area.

SECTION C - TEAM REPRESENTATIVE (“TEAM MOM/DAD”)

Each team must have a representative that is responsible for assisting coaches with off-field schedules, half pot sales, etc.

SECTION D - CONCESSION STAND LIST OF DUTIES

The concession stand duties for the volunteers are as follows:

Open to close on weekdays, Monday through Thursday, 4:30 p.m. to 7:15 p.m.

Open to close on Saturdays/Game Days from 8:30 a.m. until the end of the last game.

SECTION E - CONCESSION STAND VICE-CHAIRPERSON

If the concession commissioner determines, he/she may appoint with Board approval, one or two vice-chairperson(s) to assist in the concession duties throughout the season. Such vice-chairperson(s) shall report directly to the concession commissioner and will be members of the Concession Committee.

RULE 8 - RULES FOR ONE CONFERENCE LEAGUE

SECTION A - LEAGUE CHAMPIONS

The record determines the champion.

SECTION B - LEAGUE PLAYOFFS

All teams will participate in a post-season playoff. Playoffs will be determined at the end of the regular season as follows:

- a. Overall Record for the Division
- b. Head-to-head on tied teams
- c. Points Allowed
- d. Blind draw of tied teams
- e. When one team is eliminated, the process will repeat rule 1.

RULE 9 - OFFICIAL WEIGHT CLASSIFICATIONS

SENIOR TACKLE DIVISION - Any player 135 lbs. Or more in uniform less helmet and shoulder pads will receive one (1) stripe. Any player weighing 150 lbs. Or more in uniform less helmet and shoulder pads will receive two (2) stripes.

JUNIOR TACKLE DIVISION - Any player 105 lbs. Or more in uniform less helmet and shoulder pads will receive one (1) stripe. Any player weighing 120 lbs. Or more in uniform less helmet and shoulder pads will receive two (2) stripes.

FLAG DIVISION – There are no weight restrictions in the Flag Division.

RULE 10 - WEIGH INS

SECTION A - THREE OFFICIAL WEIGH INS

There will be no weigh-ins for the Flag Division. In the Junior Tackle and Senior Tackle Divisions, there will be three official weigh-ins. The first one will be at the first game and will be for the entire team. The second one will be held on Game Four, or halfway through the regular season, and will be only for a player who was within five (5) lbs. of the one (1) or two (2) stripe weights at the first official weigh-in. The third one will be at the first playoff game and will be only for a player who was within five (5) lbs. of the one (1) or two (2) stripe weights at the second weigh-in. If a player is absent from any weigh in, that player will weigh in the next game day that the player is able to play. There will be no challenges by opposing teams, although you may weigh your own player in any week to take off a stripe. Players may weigh in any time after 8 a.m. on Saturdays by commissioners and/or officers. Must notify a commissioner by Thursday prior to the end of the practice or sign the weigh in request sheet in the concession stand. Players may weigh in on the Saturday before Cereal Bowl Sunday. Time will be set by commissioners. **ALL** weigh-in sheets are to be reviewed, verified, and signed by the Head Coach. The Commissioner completing the weigh-ins will also sign, to verify the Head Coach signature. In the absence of the Head Coach, an Assistant Coach is approved to sign and acknowledge the weigh-in. In the event there is a dispute with the weigh-in, the Head Coach will be in the position to receive the disciplinary action. During weigh-ins, players who are not prepared with the required equipment (their assigned equipment used during the games) will not be weighed. There will be no exceptions.

SECTION B – WEIGHT CLASSIFICATIONS

SENIOR TACKLE DIVISION - The 5th, 6th & 7th grade pool weight classes are as follows:

150 lbs. And over – Two Stripe
135 lbs. to 149.9 lbs. – One Stripe
Up to 134.9 lbs. – No Stripe

JUNIOR TACKLE DIVISION - The 2nd, 3rd & 4th grade pool weight classes are as follows:

120 lbs. And over – Two Stripe
105 lbs. to 119.9 lbs. – One Stripe
Up to 104.9 lbs. – No Stripe

FLAT DIVISION – There will be no weigh-ins or weight limits in the Flag Division.

SECTION C- EXCEPTION TO OFFICIAL WEIGHT CLASSIFICATIONS

During cold weather, a player may add warmer clothing to help keep the player protected, provided that the player has been officially weighed in and has the approval of the commissioner. This is a courtesy call with the welfare of the players in mind.

RULE 11 – COACHES

SECTION A. RETURNING HEAD COACH APPLICATIONS AND NEW HEAD COACH APPLICATIONS

Consideration of Returning Head Coach and/or New Head Coach applications will be the sole discretion of the Executive Board, and determined by the successful compliance of the Duties as stated in Section M. of this Rule 11., in addition to their time, effort, and participation in the success of the EJFL program, other than coaching, during the prior season. Once the Executive Board has approved and accepted an application, at that time the recommendation of the applicant will be submitted to the remainder of the Board of Directors for a final vote.

Consideration will be as follows:

1. An active Executive board member applying for the Head Coach position of an OPEN team will have first privilege.
2. If there are two or more Executive board members applying for the Head Coach position of an OPEN team, the Executive Board member with the longest time of service will have first privilege.
3. Any Board member applying for the Head Coach position of an OPEN team will have privilege over non-Board members.
4. Any two or more Board members requesting the Head Coach position of an OPEN team, the member with the longest time of service as a Board member and/or history on the Executive board will have first privilege over the other board members.
5. Any two or more non-Board members from the previous season applying for the Head Coach position of an OPEN team, the member with the longest coaching history at EJFL and/or qualifications from coaching in the past at other leagues, will have first consideration.
6. Head Coach positions already established from the previous season, at that specific level, will have first privilege to return as Head Coach, provided there has been no violations of these Rules and Regulations, or there has not been an event where the Executive board has reason to remove that individual from coaching at EJFL. The timeframe of that removal will be determined on a case by case basis.

SECTION B - RETURNING HEAD COACH APPLICATIONS

All returning head coaches must fill out and submit a re-application to the President for review and acceptance by the March board meeting. A failure to reapply will be taken to mean that the head coach will not return and will, therefore, give the board time to find a replacement. Any person who has a grievance or charge against a returning head coach may present such charge to the board for evaluation and review before the President accepts the re-application or finds it necessary to vote on the return of the head coach.

SECTION C - NEW HEAD COACH APPLICATIONS

Any new head coach must submit a completed application to the President. The President will submit the application to the board for a vote. There must be an open position on a team to apply for a head coaching position. To fill a head coaching position, seniority of those already in the league should be considered, and then applications of those outside the league will be considered. The Board of Directors will give final approval. Any coach that has caused harm to the league will be reviewed by the Executive Board, and future coaching applications may be rejected. Examples of such harm include, but not limited to removing players from league to play in other leagues, making them ineligible for EJFL, negative actions/behavior at EJFL. If Rule 11 – Coaches, Section B is utilized specifically *“Any Head Coach (in any division) will be allowed to recruit ONE assistant coach, resulting in the assistant coach’s child/grandchild/same household as an automatic draw to the same team. In the live draft, the chosen assistant coach’s child/grandchild/same household is required to be that teams pick based on grade level listed below:*

- a. Second Grade = 3rd Round Pick
- b. Third Grade = 2nd Round Pick
- c. Fourth Grade = 1st Round Pick
- d. Fifth Grade = 2nd Round Pick
- e. Sixth/Seventh Grade = 1st Round Pick

SECTION D - RETURNING ASSISTANT COACH APPLICATIONS

All returning assistant coaches must fill out and submit a re-application to the President for review and acceptance by the July meeting for the benefit of the head coach. A failure to reapply will be taken to mean that the assistant coach will not return, and will, therefore, give the head coach time to find a replacement. The President will decide final approval. This must be done before any coaching duties can be assumed or completed.

SECTION E - NEW ASSISTANT COACH APPLICATIONS

The Board of Directors will approve assistant coaches prior to the draft. Any coach (Head coach or assistant coach) will not be considered, until a Background Check has been submitted and approved by the Board. Any coach that has caused harm to the league will be reviewed by the Executive Board, and future coaching applications may be rejected. Examples of such harm include, but not limited to removing players from league to play in other leagues, making them ineligible for EJFL, negative actions/behavior at EJFL.

SECTION F - NUMBER OF ASSISTANT COACHES

Each team will have a maximum of four (4) assistant coaches. Each team should have a minimum of three (3) assistant coaches, if possible. The Statistician is not required to be an assistant coach. If the Statistician is not one of the four (4) assistant coaches, they are not approved to train/practice/coach with the players.

SECTION G - MANAGER AND/OR TEAM STATISTICIAN

Each team can have a statistician or manager to be selected after the draft. A commissioner can approve this appointment without going before the Board of Directors. The statistician and/or manager will not be considered a coach.

SECTION H - SAME HOUSEHOLD REQUIREMENTS

Any relative living in the same household of the child or any fathers, stepfathers, brothers, stepbrothers, grandfathers, or legal guardians can coach him/her if desired, provided that:

Said person has coached or served on the board in our league at least two years immediately prior to said player’s eligibility; and Said person is approved by the Board of Directors.

SECTION I - FATHER/SON, GRANDFATHER/GRANDSON AUTOMATIC

To have a father/son or grandfather/grandson automatic, you must meet the following rules:

The father or grandfather must have five (5) consecutive years coaching and/or Board members immediately prior to said player’s eligibility.

A father or grandfather who has coached on a team at least two (2) years prior to his son or grandson becoming eligible, entering in any Division, may automatically receive his son or grandson on that team whether he is head coach or an assistant coach.

Any father or grandfather wishing to coach, but who has not met the father/son, grandfather/grandson requirements of the five (5) year or two (2) year prior, must wait until his son or grandson has gone through the draft and is selected to a team. The team must have a coaching opening and the head coach must ask the father/grandfather to coach if the head coach desires to fill an opening.

SECTION J - MULTIPLE DIVISION COACHING

A coach may only coach in one division with the exception of Flag Coaches who may coach one flag team and/or one tackle team, provided the coach participates in the tackle practices a minimum of two full practices a week.

SECTION K - ABSENCE OF A COACH DUE TO MILITARY DUTY

If a coach must leave the league due to being called to military duty, the coach's time served in the military will also count as time served at EJFL.

SECTION L - HEAD COACH SWAP

If a head coach vacates his/her position after May, and/or before the draft, the executive board will appoint the new head coach, and the coach that vacates his/her position may not coach for one year with board approval.

SECTION M – DUTIES OF COACHES

Coaches will comply with the following assigned duty list. Penalties for any violation of these duties will result in Sanctions as provided for in these rules.

1. Coaches are to observe the shoes that are worn and not allow any screw on cleats or metal cleats.
2. The head coach is responsible for having any assistant coach's application filled out in its entirety.
3. Coaches are responsible for collecting all uniforms and all team equipment at the end of the season.
4. Each head coach must submit a detailed inventory sheet by the end of November to the Board of Directors.
5. Tackle teams participating in the first game each Saturday are responsible for preparing the game field (Senior Tackle at 7:45 a.m.) Dismantling of the tackle field will be the responsibility of the two tackle teams in the last game of the day. This includes trash collection. Any failure to comply with this rule could result in loss of practice time.
6. The visiting team is responsible for the chain gang. These responsibilities may be reversed if the situation deems it necessary.
7. Medically treated injuries must be documented from the parent/guardian to coach to commissioner. A release letter must be submitted up the same chain before the participant may return to action.
8. Each team is responsible for having at least one representative at each tryout date. Two representatives from a given team must be present before equipment can be issued to returning players.
9. A team may videotape his or her own games and practices only but will not be allowed to tape another team's game or practice. Videoing a scrimmage practice is also prohibited.
10. All Head Coaches must complete the USA Football coaching certification, annually, before the draft, unless approved by the Executive Board. All coaches must attend a Heads Up Football Concussion Clinic hosted by EJFL. (One coach from each team must be present at the first seminar, held before the draft.) There will be a second seminar held before the first game of the season, for assistant coaches added after the first clinic. No team will practice until the Head Coach is USA Football certified and one coach has attended a Heads Up Football Concussion Clinic. Non-Certified/Unapproved coaches allowed on the sidelines will result in a one game suspension of the Head Coach. No one will be allowed to coach until this rule is satisfied. If the Head Coach has not completed the USA Football Coaching Certification by the end of the day on the last Evaluation Day, That coaches Team will pick last in each round until they have the allotted amount by each team; If there is two or more coaches in the same division that has not completed the USA Football Certification by the end of the day on the last Evaluation day, the team that had the better record the year prior will pick last in the first round, and the other team will pick second to last. The two teams or more will flip turns each and every round afterwards picking last and next to last place until they have their allotted amount by each team.
11. All teams must have a CPR/AED certified coach on staff. CPR training will occur only once per season, when offered*, and only one coach is required to attend, however, multiple coaches have the opportunity (if space is available and is recommended) to attend, to prevent the absence of a CPR trained coach on the sideline at any given time. *Only one coach is required to have CPR training. EJFL offers the class every two years, at no cost. If a coach needs the training or is due for renewal in the years where EJFL is not offering the class, that coach is required to obtain their certification at their own expense.
12. All teams must follow the EJFL 5-point return to play concussion protocol, once a player is deemed concussed. Teams must fill out all required paperwork to report a concussion. Players must follow the 5-point concussion protocol, and players may only progress one day at a time (one day equals one practice). Step Four (4) of the 5-point protocol - return to practice and full contact in a controlled practice, cannot be on a Saturday Game Day. The player must complete Step Four (4) in a controlled full contact practice (a scrimmage or live action contact is not a controlled practice).

SECTION N – OUTSIDE COACHING

Anyone coaching outside of EJFL, at any tackle level, will not be permitted to coach an EJFL team as Head Coach or Assistant Coach.

RULE 12 - BEHAVIOR AT EJFL

SECTION A - SMOKING, VAPING, ALCOHOLIC BEVERAGES, ILLEGAL DRUGS

Coaches, assistant coaches, commissioners, and board members will refrain from smoking, vaping, or chewing tobacco in front of the players during practices and games. Alcoholic beverages are prohibited around practice and game fields. No consumption of alcohol or use of illegal drugs is permitted. All games and practice sessions must be ended, and all players must be gone before any alcoholic beverages are allowed (workdays/meetings).

SECTION B - CROWD CONTROL

It should be noted for proper control in all situations that alcoholic beverages and drug usage are not permitted in any of our games. For good "crowd control," please remember that there are always law enforcement persons in attendance at our games. Please do not hesitate to report any violations that could be a problem so that offenders can be removed or arrested promptly.

SECTION C - HIGH SCHOOL TEAM APPAREL

No high school team apparel will be worn on game day by coaches, their staff, or board members.

RULE 13 - PENALTIES AND SANCTIONS FOR VIOLATIONS OF RULES AND REGULATIONS

SECTION A - VIOLATIONS AND POTENTIAL PENALTIES

Any infraction or violation of the Rules or Regulations of the Evansville Junior Football League will be presented to a commissioner and in turn brought to the Board of Directors, if necessary. The Board of Directors may, then, hand down one (1) or more of the following penalties, if necessary:

- a. Forfeit of practice time.
- b. Probation of coach or player.
- c. Suspension of coach or player.
- d. Removal of coach, player, director, or officer.
- e. Forfeiture of game.

League Rules & Regulations violations must be presented to the Executive Board and Commissioners the day of, at the time of, or within a reasonable timeframe of the violation. Failure to do so will result in no repercussions. Review of film tape or investigation will be allowed, if it is reported the day of, or at the time of, or within a reasonable timeframe of the violation.

SECTION B - ACTIONS DETRIMENTAL TO EJFL

Any coach, assistant coach, officer, director, or volunteer who deliberately incites or stirs up players, parents, or spectators in a manner that is detrimental to the league will be officially removed from the league by vote of the Board of Directors.

SECTION C - DUE PROCESS

Any coach, league personnel, or spectator can have the opportunity to appear before the Board of Directors at any of their regular scheduled or special meetings to have a hearing over any such decisions of the board or commissioners and can appeal for reconsideration of such decisions. However, the President of the corporation must be notified in advance of such planned attendance.

