

KMJMF U14 Division Rules & Regulations

KMJMF abides by the Canadian Amateur Football Rules and Regulations 12-man format, with additional rules that are made to keep our league strong with the safety and development of young players in our minds

1. U14 GENERAL INFORMATION:

- OFFICIAL GAME BALL SIZE: TDY
- PROGRAM BEGINS: August 15th and could run till end of October
- TRAVEL: Teams possibly travel to Assiniboia, Estevan, Moosomin, Swift Current, Weyburn, or Yorkton and possibly other centers depending on teams signed up for 2022 season.
- PRACTICES BEGIN: August 22nd
 - Teams begin to practice two weeks prior to first game
 - Practice days and times determined by coaches
 - Teams can practice 5 times a week for the first 2 weeks of season
 - After 1st game teams can only practice 4 times a week
- SEASON OPENING WEEKEND: Moose Jaw September 3rd
 - Teams play one or two games a week
 - Most games will be scheduled anytime between Friday – Sunday with the possibility of some teams playing on a short week during the week nights under the lights

2. AGE QUALIFICATIONS:

- Players born between 2009 – 2010, 12 – 13 year olds as of Dec. 31 of the current year. Exceptions to this rule will be dealt with on a case by case basis and voted on by the KMJMF board. Possible examples include an 11yr old player who wants to play u14 instead of u12.
- Girls born in 2008, 14 years old as of Dec. 31 of the current year are eligible to play in the u14 division and will be subject to the same weight restrictions in the division
- Boys born in 2008, 14 years old as of Dec.31 of the current year that are going into grade 8 for the 2022 season are eligible to play in the u14 division as they are ineligible to play high school. Player will be subject to the same weight restrictions in the division

3. WEIGHT RESTRICTIONS:

- KMJMF does not support or condone the loss of weight to play any sport.
- The weight limit to play all positions and carry the football is 140lbs and under.
- Players over 165lbs. are limited to offensive tackle, guard or center positions and must wear #50 – #69. There are no exceptions.
- See Special Teams sections #14, #15, #16, and #17 for other weight restrictions
- Any player found in violation of weight restriction rules will be ejected from the game and suspended for the next game. The head coach will also be removed from game and suspended for one game.

4. OFFICIAL PLAYER WEIGH INS:

- All players will be officially weighed once before playing in their first game of the regular season. Players are ineligible to play unless they have been officially weighed.
- Players are not eligible to re-weigh in following first game.
- All players will be weighed in wearing shorts and a T-shirt, with no shoes.
- A league executive board member must be the one weighing and recording weights.
- Both head coaches must be present while weighing both teams.
- Both head coaches and the board member must sign the weight sheet before it is official.
- A picture of the official weigh in sheet must be sent to KMJMF if conducted out of town.
- Official weigh in sheets must be handed in to KMJMF
- KMJMF does not condone the encouragement of players cutting weight, any coach found to be encouraging this dangerous practice will be subject to league discipline.

5. PLAYER CONTACT DURING PRACTICES:

- With player safety in mind KMJMF is limiting full tackle contact between players during practices. We want to encourage coaches to teach proper tackling not just through full contact drills, but also with the use of proper equipment such as tackle halos, bags etc.
- During the first 2 weeks of practice teams are permitted to have full player on player tackling contact for 2 practices during the week.
- After the first game of the season teams will only be permitted to have full player on player contact drills during one practice a week.
- Offensive Line and defensive line play is full contact for blocking, try not to go to ground
- These restrictions are to limit players making full contact and going to the ground. Teams are to play to "THUD" during all other practices during the week.

6. NUMBER OF PLAYERS AND FAIR PLAY RULES:

- Player participation shall be 12 players on and 12 players off when rosters permit.

- Coaches must fill out and submit a coach's game sheet to the designated league official, as well as the opposing Head Coach with player numbers, offense/defense designation for the game that the teams will follow for both halves of the game.
- If teams do not have enough players for 12 on 12 off, two way players will be permitted
- The coach of the team that has to have a player playing two ways must explain this to the opposition coach. That opposition coach has the opportunity to play a player both ways as well. A coach must tell the opposition coach the number of the player playing two ways.
- No player can play more than three series in a row. Example – Player plays on offense and stays on for defense, that player can remain for the next offensive series and must come off before the next defensive series. 2 way players are not an opportunity to play your top players the entire game, multiple players must be rotated in the 2 way spots. Any player found in violation of 2 way rule will be ejected from the game and suspended for the next game. The head coach will also be removed from game and suspended for one game.
- Any player can play both ways as long as they are not overweight.
- Players can play one side of the ball in one half of the game and may change to the other side of the ball in the other half.
- After half time if a team should have a 29+ point lead, upon a coach's agreement, they are allowed to make roster adjustments
- This is a youth football league with the purpose of developing young players, any coach that willfully runs the score up on teams by leaving their best players in at skill positions will be subject to possible disciplinary action. Coaches control the game as much as players and we want to see coaches displaying sportsmanship towards their opponent.

7. ROSTERS:

- All teams are required to hand in and email a roster sheet to KMJMF.
- Roster must be emailed in at least 2 days prior to first game.
- Roster must then be handed in to the KMJMF before the start of your 1st home game in Moose Jaw. Paper copy must be signed by head coach verifying the information is correct.
- Rosters must be submitted (email & paper) on the form provided to you by KMJMF. It must include player names, number, weight and birthdate along with all coaching staff, trainers, etc. Only coaching staff, trainers, etc. are allowed on the sideline.
- Rosters must be submitted in numerical order for announcing purposes
- League rosters will be provided to each team by KMJMF with player's name, number, weight, and birthdate along with all coaching staff, trainers, etc.

- All rosters will be available on the KMJMF website.
- Team rosters can have a max 40 players.

8. GAME DAY CONDUCT:

- Home team supplies all volunteers needed for games
- Home team supplies Game Ball – TDY is the official ball in U14
- Teams are to be called out to their side lines before the game for the singing of the National Anthem.
- Home team has choice at the start of the game – Chosen by Captains
- Two timeouts per team per half of one minute duration. Administered by the referee. One coach and trainer per team can enter the field of play during timeout, regardless of what team called the timeout. Coaches and trainers must leave the field of play when instructed by the Referee.
- Game Lengths: All KMJMF games will consist of four quarters of 12 minute durations of stop time.
- No overtime will be played during the regular season
- Overtime will be played in the Playoffs until a winner has emerged from the game

9. U14 PLAYOFFS:

- PLAYOFFS: All teams make the playoffs
- TRAVEL: Teams possibly travel to Estevan, Assiniboia, Moosomin, Swift Current, Weyburn or Yorkton
- 12 on 12 off: Fair Play, no 2 way players (If roster allows)
- PLAYOFF FORMAT: To be determined once amount of teams is finalized
- ** NOTE** – If any Moose Jaw team is in the finals, the game will be played in Moose Jaw regardless of the team's seed. All Bowl games are business sponsored and will be played in Moose Jaw. Scheduling will try to be flexible to work around other scheduling issues, hockey, high school football, etc.
- PLAYOFF OVERTIME FORMAT:
 - Home team has choice of Offence, Defense or which end to defend. The first of two mini games start on the defending team's 35 yard Line
 - Both teams have two possessions on Offense, if necessary.
 - If game remains tied, another set of mini games are played until there is a winner.
- THE TIE BREAKING RULES FOR LEAGUE STANDINGS:
 - A win is worth 2 points, tie is worth 1 point, loss is 0 points. Win/loss record. Most points.
 - Record between tied teams in head to head games.
 - Difference in points for/against in games head to head.
 - Win/loss record of tied teams against the highest finishing common opponent.
 - Difference between points for/against of tied teams against highest finishing common

opponent.

– In the case of a three way tie between teams the above process will be used to determine

who finishes in first place. Once the 1st place team has been determined the remaining two teams will be considered tied for 2nd place and we will repeat the above process, starting at the top to determine who finished 2nd

10. CLOCK OPERATION:

- All games played in Moose Jaw will have the clock operated by a referee
- All KMJMF U14 games will consist of four quarters of 12 minute duration of stop time.
- HEAD OFFICIAL SIGNALS (WHITE HAT):
 - Start Clock: Winding arm like clock
 - Stop Clock: Two arms above his head waving back and forth
- STOP TIME: The clock will stop in all of these situation
 - Injuries: Clock starts again on the Head Referee's sign
 - Measurements: Clock starts again on the Head Referee's signal
 - Moving the yard sticks / Setting them: Clock starts again on the Head Referee's signal
 - Lengthy Referee Conferences: Clock starts again on the Head Referee's signal-
 - Penalties: Clock starts again on the Head Referee's signal- Change of Possession: Clock starts again on Head Referee's signal
 - Scoring plays: After a score the clock starts on Head Referee's signal when the ball is snapped on first possession
- 3 MINUTE WARNING: Last 3 minutes of 2nd and 4th Quarters the clock stops for
 - Incomplete pass: Clock starts again on the Head Referee's signal
 - Player carries ball out of bounds: Clock starts again on the Head Referee's signal
 - When the referee blows a play dead: Clock starts again on the Head Referee's signal
 - Injuries: Clock starts again on the Head Referee's signal
 - Measurements: Clock starts again on the Head Referee's signal
 - Moving the yard sticks / Setting them: Clock starts again on the Head Referee's signal
 - Lengthy Referee Conferences: Clock starts again on the Head Referee's signal
 - Penalties: Clock starts again on the Head Referee's signal
 - Change of Possession: Clock starts again on the Head Referee's signal
 - Scoring plays: Clock starts on any officials signal once touched by receiving team or kicking team once passes the 10 yards.
- MERCY RULE: If at any time a team is behind by 35 + points, the clock will be straight time. Clock only stops for
 - Injuries: Clock starts again on the Head Referee's signal
 - Lengthy Referee Conferences: Clock starts again on the Head Referee's signal
 - Scoring plays: Clock starts on any officials signal once touched by receiving team or kicking team once passes the 10 yards.

11. OFFENSIVE PLAYERS ON THE LINE OF SCRIMMAGE:

- All teams must have 5 players on the line of scrimmage at snap
- Teams can have 3 offensive linemen and 2 skill players on the line of scrimmage at snap
- Teams can also have 5 offensive linemen as their 5 players on the line of scrimmage. If the tackles are over 140lbs ball carrier weight limit they are ineligible receivers and must wear proper offensive linemen numbers (#50 – #69). Players or coaches must inform the refs when on the field in eligible positions, so the defense is made aware.
- Examples of the various offensive lines that are eligible are under the printable sheets tab.

12. POINT(S) AFTER A TOUCHDOWN:

- The ball will be positioned on the 5yrd line in the centre of the field.
- 1 points will be awarded if a team kicks the ball through the uprights.
- 2 point will be awarded if a team runs or passes the extra point across the goal line.

13. FIELD GOAL / PUNT – LONG SNAPPER PROTECTED:

- The long snapper is protected, defenders cannot line up on top of center
- Any forceable hit on a unprotected long snapper will result in a 15 yard penalty

14. KICKOFF RULES:

- Players must line up 1 yard off the line of scrimmage and cannot run until ball is kicked off. No running starts allowed
- No players over the 165lb weight limit are allowed on the kickoff team

15. KICK RETURN:

- Only players under the 140lbs weight limit can be back returning kicks.
- No players over the 165lb weight limit are allowed on kick return team
- Any player that is within the defensive weight limit of up to 165lbs can only be on the front line of kick return. They must be lined up no more than 11 yards from the ball at kick off.

16. PUNT RETURN:

- Only players under the 140lbs weight limit can be back returning kicks.
- Any player that is within the defensive weight limit of up to 165lbs should not be in any position to get the ball on the return team. If a player over the weight is put in a position where he is dropping back to block and picks up the ball this is considered breaking the weight rules. Ensure this does not happen or suspension can occur

17. KICKERS / PUNTERS:

- Kickers and Punters must be under the ball carrier weight of 140lbs. No exceptions

18. CUT BLOCKING:

- Cut blocking is banned anywhere on the field
- Any block that is an attempt to go low towards the knees of a defender will result in a 15 yard personal foul penalty being called

19. ELECTRONIC DEVICES:

- Teams will be PERMITTED to use electronic devices during games for film purposes on the sidelines – tablets, cell phones etc.
- Teams will be PERMITTED to use headsets with mics connected to their Quarterback or one defensive player's helmet for play calling. Only one player on the field may have the mic in their helmet at any given time. If a team is caught with multiple player's mic'd up on the field at the same time the Head Coach will be removed from the game and suspended for the following game and the team will lose the ability to use the head sets during the head coach's suspension.

20. KMJMF SHARED HUDL ACCOUNT GUIDELINES:

KMJMF provides a shared hudl account that all teams share for game film. All teams will have access to all games played during the season. The account is for COACHES or MANAGERS ONLY. No players are to be added to the account. Teams must abide by the following rules or they will lose their access to hudl and face possible discipline action.

- Home team is responsible for recording the games and uploading it within **24hrs** of the game
- Games should be recorded on a camcorder with a tripod so the video is good quality and so it is not shaking all over from someone holding the camera in the air. The game should be recorded at an elevated level, not ground level
- Games need to be recorded in a play by play style, not a steady stream. Start to record when the offense or special teams break the huddle and record the play until 4-5 seconds following the whistle blowing it dead
- Camera should be zoomed in just enough that we can see all 12 or 9 players on the field at the start of the play and then follow the ball. Do not be so far zoomed in we only see the box players or so zoomed out we can't see the play
- A break down on how to add coaches and upload film is on the KMJMF website under the League Info tab – Printable Documents
- If a center breaks the hudl guidelines and does not record or share film they will be eliminated from the group and receive no film for the remainder of the season and discipline will be handed out to the head coach of the team resulting in suspension.

21. PLAYER / TEAM CELEBRATIONS:

Football is supposed to be fun so KMJMF will allow player celebrations with a zero tolerance for taunting other players. Have fun celebrating big plays but know the limits. Teams are NOT PERMITTED to celebrate when up by more than 28 points, this will be considered taunting.

- Celebrations Allowed

- High Stepping or diving into the end zone when scoring touchdowns
- Player or team celebrations in the end zone after a touchdown, dances etc
- Player spiking the ball or spinning it on ground after scoring touchdown. Players must go get the ball after and give it to the ref following the celebration.
- Big plays not resulting in a touchdown can still be celebrated with teammates and players can signal first down, flex to the crowd or their bench etc but are not permitted to spike or spin the ball to keep the game moving or it could result in a delay of game penalty
- Defensive players are permitted to celebrate with their teammates after a big hit, sack, interception etc but must do so in a manner that they are not in any way standing over or pushing into any player from the other team. If a player is down injured on the play then zero celebrating should take place or this could result in taunting.

- Celebrations Not Allowed

- High stepping in the end zone and looking back pointing a finger or the football at another player, this is taunting and the touchdown will be called back on the spot foul.
- Any throat slashing gesture at any point of the game
- Standing over any player on the ground looking down on them or flexing on them
- Flipping the ball or spiking it towards any player from the other team
- Any sort of comments directed at the other team during celebration.

22. LEAGUE DISCIPLINARY BOARD:

- KMJMF will have a Disciplinary Board that will have final say on league discipline for any game incidents, and player / coach ejections that require further review during the season.
- The Disciplinary Board will consist of one member from each center that competes in the KMJMF league. That centers member cannot be a coach or a league board member. A preferred member would be a referee from each center.
- The Disciplinary Board will review all available evidence and may ask the coaches and players involved for statements regarding the incident in question.
- The final say on disciplinary action will come from KMJMF's Officiating Consultant after reviewing the evidence and discussing the course of action with the Disciplinary Board
- There will be no appeals allowed following the Disciplinary Boards final decision.

23. GAME INCIDENT:

- If an incident occurs within a game, the KMJMF Game Incident Report is to be filled out within 24 hours of the incident by the head referee of the game where the incident occurs
- An email of the report must be sent to the KMJMF's Officiating Consultant who will then send out the info to the league Disciplinary Board for discussion on discipline.
- The Disciplinary Board reviews all information, including game film and/or fan submitted videos of the incident (these must be submitted within 48 hours of the incident)
- Information is reviewed and actioned upon within 72 hours of the KMJMF Incident Report being received

24. GAME EJECTIONS:

- Any player, coach, or team official that is ejected from the game must leave the field immediately and may not return to the field area for the remainder of the game.
- Any player, coach, or team official that is ejected from the game will be subject to further disciplinary action including possible suspension pending a Disciplinary Board review.
- A review by the Disciplinary Board will be done on a case by case manner to decide the severity of the punishment or suspension
- The Disciplinary Board will review all available evidence and may ask the coaches and players involved for statements regarding the incident in question.
- The final say on punishment following the review will come from KMJMF's Officiating Consultant after reviewing the evidence and discussing the course of action with the Disciplinary Board
- There will be no appeals allowed following the Disciplinary Boards final decision

25. REPEATED PLAYER INCIDENTS

- If a player is found in violation of an offense where a game suspension is received, the game suspension will be served the next game (Regular season and/or playoffs)
- If a player is found a second time in violation of an offense where a game suspension is received, the player will receive a two game suspension to be served the next two games (Regular season and/or playoffs)
- If a player is found a third time in violation of an offense where a game suspension is received, they are expunged from the league for the current season

26. KMJMF – GAME & PRACTICE FIELDS:

- No Smoking / Vaping / Chewing tobacco anywhere on the greenspace in & around any of the Game or Practice Fields. Person's may be asked to leave the field & further discipline action can occur

- No pets allowed at Elks or at McDonald Fields (Service Dogs permitted)
- Please take pride in our in our fields and not leave garbage laying around.
- Abusive language towards anyone will not be tolerated. Person's may be asked to leave the field & further discipline action can occur
- Parking at Elks Field
 - Parking lots located on the East & SW corner of the field
 - Parking on the North Side Caribou ST W
 - NO PARKING permitted on the South Side of Caribou between Thatcher Drive & the east end of the Co-op Parking lot (close to 16th Ave NW). Vehicles can be towed. Vehicles may park in the Co-op Parking lot after business hours but only in front of main store & may not park anywhere by the cardlock & pumping stations.
- Parking at MacDonald Field
 - Parking lot has designated spots with parking curbs, if you are not parked at a stall with a curb then you are only permitted to park in the over flow lot which is to the north of the parking lot. There is absolutely no parking along the edges
 - NO PARKING permitted in front of any gates at the field
 - Designated Handicap parking spots are available in the parking lot. Anyone parked in these spots without a handicap sign will be towed immediately at the cost of the owner
 - Team Buses are not permitted on the parking lot at any time. Buses will have access to drive through the main gate and park inside the facility fence line to park and unload.

27. VIOLATION OF LEAGUE RULES:

- Any team found to be in violation of purposely breaking any of the KMJMFL rules and regulations could result in the suspension of the team's head coach, as well as any playersinvolved in the incident.
- A review by the KMJMFL Board will be done on a case by case manner to decide the severity of the punishment or suspension that will include a discussion with all parties involved, as well as reviewing any evidence provided.
- The final say on punishment following the review will come from the KMJMFL President. No appeals are allowed.