

KMJMF U14 Division Rules & Regulations

Coaches Game Day Print Out

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. 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

2. 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.

3. 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.

4. 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

5. 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.

6. 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.

7. 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

8. 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

9. 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.

10. 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

11. KICKERS / PUNTERS:

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

12. 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

13. 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.

14. 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.

15. 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

16. 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

17. 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 players involved 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.