

WESTERN SUBUBAN JUNIOR FOOTBALL LEAGUE
2009
RULE BOOK
(REVISED) August 7 , 2009

Definitions

1. **Member/Unit** A member/unit shall be a duly incorporated non-profit body holding a franchise in this league, whose by-laws dictate the formation of a Freshman, Junior Varsity and Varsity teams and optional Cheerleading team/s.
2. **Team:** Teams shall be as the name indicates
3. **Veteran:** A child who has participated in a franchise the previous year.
4. **Player:** A child who is participating in football
5. **Cheerleader:** A child who is participating in cheerleading
6. **Participant:** Either a player or cheerleader.

Section I. Eligibility Rules

A. Age:

1. The age of the participants, 8 through 14, shall be their age before September 1st of the year concerned.
2. Freshman – Participants are to be either eight, nine or ten years old.
3. Junior Varsity – Participants are to be nine, ten, eleven or twelve years old.
No participant eight years old shall be allowed at the Junior Varsity level.
4. Varsity - -Participants are to be, eleven, twelve, thirteen or fourteen years old.
No participant eight, nine or ten year old shall be allowed at the Varsity level.

B. Weights:

The weight referred to herein shall be the weight of the player with full uniform consisting of at least, but not limited to, a jersey, pants with knee and thigh pads, girdle with pads, jock w/cup, socks and football shoes.

After weigh-in a player will add shoulder pads and helmet. Also, a player may add protective gear such as arm, hand, rib, elbow pads, flak jacket, cold weather clothing, etc...

Each player MUST have their jersey tucked inside their pants prior to weigh-in.

1. Freshman – The freshman weight will not exceed 125 pounds regardless of the age of the player
2. Junior Varsity – The junior varsity weight will not exceed 140 regardless the age of the player.
3. Varsity – The varsity weight will not exceed 170 pounds regardless the age of the player
4. During the progress of the playing season there will be no weight allowances.
5. **Minimum Weights** - There will be no mandatory minimum league weights. However, each unit may establish minimum weights which shall not exceed 65 pounds for freshman, 100 pounds for junior varsity and 110 pounds for varsity.

C. Other Eligibility Rules

1. Girls and boys are eligible for cheerleading or football providing they meet other eligibility requirements.
2. Overweight players may practice (make contact) only if their weight is within 10 pounds of maximum weight for their age and level.
3. All participants shall be responsible to the Unit Director or designated representative of the Unit Director.
4. Player or Cheerleaders participating or who have participated during the current season in a public, private or parochial school football or football cheerleading program are not eligible.

Section II. Registration and Physical Exam

A. Registration:

Registration will be on a “**first come, first served**” basis, with veterans rights for all participants.

B. Physical Examinations:

Prior to any conditioning, every participant must have an annual certification of good health signed by a physician and co-signed by parents. These shall be on file with the member organization and open for inspection at all times.

C. Registrars:

Each member shall have a registrar who is responsible only to his/her organization for its team’s registrations and physical examination forms.

1. Each participant shall furnish proof of age which must be checked by the Unit Director or Registrar. A birth certificate or passport is the only acceptable proof of age. For purposes of this rule cheerleading mascots are considered participants.
2. A copy of each participant’s birth certificate or passport must be kept on file by the Unit Director or Registrar. Each Unit must bring these copies to every game and make them available for opposing Unit Director’s inspection.
3. A copy of each participant’s birth certificate or passport shall be supplied to the League for verification with their team roster.
4. Each organization’s Registrar shall supply the League and it’s opponents with a master roster list by teams which must include:
 - For players; name, age, weight and uniform number and
 - For cheerleaders; name and age

D. Rosters:

1. Each team roster shall be final 6 days prior to the first scheduled league playing date. Copies of the roster must be in the hands of the league on that date. Rosters must be filled out completely as defined by the R&E chairperson. Units not in compliance with this rule will be subject to a \$100.00 fine.

2. No new player may be added after the third scheduled game ends except when the team roster falls below 14. In this case, players may be added to bring the roster back to 14.
3. Players may be moved any time before the third (3rd.) scheduled game for any reason. This move can only be upward.
4. No player may be moved for any Post-season game.
5. It will be the Unit Directors responsibility to notify the R&E chairman by Thursday, of any new player added after the team rosters have been submitted; if a player is moved due to weight problems or a player is added after the end of the third game if the count falls to below 14. This notification must be prior to the player participating in any game.
6. A \$100.00 fine will be imposed for non-compliance with this rule.

Section III Practice Rules

A. Opening Practice – No formal or informal supervised practice or conditioning shall be held before **July 27, 2009** for any participant. **This first week of conditioning is optional.**

B. Body Contact (players only)

1. The optional week of practice for each player will be for physical conditioning purposes only.
2. **Additionally, the first three days following the optional week, for each player will be for conditioning only. Full Contact can begin 8/06/09.**
3. No contact with any individual shall be allowed. No Shoulder Pads Allowed until the first Day of Contact.

C. Prohibited Practice

1. Prior to the first game there shall be no practice on one day per week for all participants.
2. After the first game there shall be no more than four practice days per week, except that there may be five practice days during a "bye week" when no games are scheduled. One of the two days off shall be the same day of the week throughout the season as determined by each team. The other day may be variable.
3. A chalk talk or viewing of films on a non-practice day not exceeding one hour shall not constitute a practice if the players do not participate in any physical practice.

D. Practice Duration – Night practice are allowed, however: no practice shall exceed Two (2) hours in duration per day.

Section IV Playing Rules

Football rules of the National Federation of High School Athletic Association and The Michigan High School Athletic Association rules shall apply except as herein after noted. The rules of the League will be binding on all Members without exception.

A. Equipment and Facilities

1. The game shall be played on a regulation football field 300' x 160'. In cases where there is an exception to this rule, procedures would be followed by mutual consent of the Unit Directors of both teams competing.
2. No flags shall be required at the goal lines.
3. The home Unit shall have a qualified medical person (M.D., R.N., E.M.T., C.A.T.) present on the field. NO games will be played without a qualified medical person on the field. A fine of \$100.00 shall be charged to any home team not in compliance with this rule.
The home team medical person in charge of the field shall make the determination as to the ability of a player removed from the game, due to injury, to return to the game.
4. Each team shall have a first aid kit and phone at all practices and league games for emergency purposes
5. The ball shall be a leather Wilson TDJ or equivalent for Freshman and Junior Varsity and a Wilson TDY or equivalent for Varsity. In case of inclement weather, a rubber ball of comparable size and weight may be used upon agreement of both team coaches, provided agreement is made prior to the start of the game or the second half.
6. All units are required before the start of each season to provide proof to the League that the player's helmets being used meet all NOCSAE requirements. Additionally, helmets may be checked for proper NOCSAE certification. Helmets without proper certification may not be used by players in any practice or game.
7. No decals or other foreign objects will be allowed on football helmets which would indicate a player's performance.
8. Block numerals of not more than eight (8) inches nor less than six (6) inches, shall be required on the back of the jersey, and block numerals of at least four (4) inches on the front of the jerseys. The colors of the uniform (jerseys, pants, helmets) must be specified at the beginning of the season and cannot be changed during the season. Nicknames on the jerseys are not allowed.
9. Football shoes shall consist of stitched or molded construction, of leather, canvas or synthetic material. Soles shall contain composite molded (no screw-in or pop Rivets In bottom of shoe) one-piece cleats and not exceed more than ½ inch in length.
10. The wearing of a mouth guard attached to the face mask shall be mandatory for all players.
11. A cup shall be worn by all players.

12. Any player not wearing all required equipment in the proper way shall not be permitted to weigh-in.

13. Players wearing improper cleats will be allowed to change and play in the game, in addition the Head Coach of the team weighing-in will be ejected from the game.

13. The use of headsets for communication between the sidelines and an elevated observation point for purposes of coaching during any game is prohibited.

B. Weight-ins

1. It is the duty of the home team to furnish a beam type scale for this weight-in. The home team must also provide a certified weight (minimum of 50lbs.) for purposes of verifying scale accuracy. The scale weight certification must be on the weight and be readable.

2. The actual weight-in is to be done in the presence of one official of each member organization representing the opposing teams. Coaching personnel are specifically prohibited from participating in the weigh-in ceremonies. Weigh ins are to be done away from spectators and parents.

3. Any player may weight/re-weight up to ten (10) minutes prior to the start of each game, players arriving after this time will not be allowed to play during the first half of the game. Players arriving during the first half may weigh in and play the second half. Players arriving after the start of the second half will not be allowed to play.

a. Time shall be by the game clock

b. 11:50 for freshman (12:00 start) or 10 minutes before scheduled start.

c. Start of the 4th quarter of the freshman game for J.V,

d. Start of the 4th quarter of the J.V. game for varsity

e. If game order is changed (see Section VII, A4) the 10 minutes will be from the start of the first game and 4th quarter of the game in progress.

4. A player is considered overweight when the beam of the scale rests on the upper frame of the scale.

5. All over weight players shall be reported to the league's Rules and Eligibility Chairperson by the opposing registrar within three days after each game in the game report.

C, Game's Rules

1. The game shall be administered by four (4) officials but not less than three (3). However, under extreme circumstances and with agreement of both unit directors and league official a game may start with two (2) officials. The duties of the Referee, the Umpire and Linesmen are those stipulated in the High School rules.

2. The officials will have their own time piece on the field and is identified as “stop time”. The home unit will provide a capable person to handle the scoreboard clock for all three games when available. The officials shall insure that the time difference between the scoreboard clock and the “official time”, not exceed thirty (30) seconds during the final four (4) minutes of each half.
3. All games will be played in four (4) quarters of twelve(12) minutes each. There will be at least a ten (10) minute intermission at the half, except during homecoming games and championship games this intermission will be up to fifteen (15) minutes.. There shall be no tie-breaking attempts played. Subsequent games will start as soon as the preceding game is completed.
 - a. Periods may be shortened in any emergency by agreement of the unit directors and the referee.
4. Each team must have a minimum of 12 players dressed and ready to play, with approved equipment, for each game
5. Every player who is in uniform for a game must play at least five (5) plays in each half, except in compliance with the eighteen (18) point rule, or if the other team has been notified that a player cannot participate because of injury, sickness, weight disqualification, or disciplinary action.
 - a. for purposes of this rule, kick-off, punt or extra point attempts shall be deemed a play.
 - b. for purposes of this rule, Dead Ball penalties shall not be deemed a play.
6. Either team may request a full official time-out at the four minute warning for the purposes of complying with the minimum number of plays rule.
7. In the freshman games only, each team will be allowed four (4) time-outs per half.
8. No uniform changes are allowed after weigh-in except for severe damage or in compliance with high school blood rules.
9. The home team will wear dark jerseys, if available. The away team will wear light jerseys if available.
10. The Unit Director shall be responsible to designate, on cards provided by the league, the eight (8) best players for each team. The card shall be given to the opposing unit director at each teams weigh in. These eight (8) designated players must be removed from the game and remain as a group between the 10 and 20 yard lines (the goal line and the 10 yard line shall be used when opposing teams share the same sideline), when the team is 18 points or more ahead, after the extra point attempt.
 - a. It is the Unit Director’s responsibility to insure his eighteen (18) point team remains in the designated area and that no other players, coaches or spectators are allowed to be around them.
 - b. The opposing team shall have the option of changing the players listed in compliance with this rule. This change may be made at any time during the game but may be made only once.

- c. A full official time-out will be permitted, if requested by either team, at the first time of the insertion of the 18 point team to permit both teams sufficient time to make required player adjustments (once per game).
 - d. If the losing team remains 18 points or more behind after a score, it shall have the option of kicking or receiving. In addition, a team losing by 18 points or more has the option of receiving the 2nd half kick-off.
 - e. The eight (8) best players shall not return to the field of play until the try for extra point has been completed.
 - f. For those teams unable to remove all eight (8) players because of the required eleven (11) players on the field, the opposing team will specify which player(s) will return. Also the opposing team will specify one injury player to be used for injury substitution only. This does not negate the option to make one change as specified in part (b) of this rule.
11. The extra point after touchdown shall be scored as: one (1) point for either a pass or a run and two (2) points for a kick in the freshman, junior varsity and varsity games, if the attempt is successful.
 12. Offensive/Defensive Blocking below the waist, or “cut blocking”, will not be permitted anywhere on the Football field including inside of what was considered the “free blocking zone”. Any block below the waist will be considered an illegal block.

D. Member’s and Unit Director’s Responsibilities

1. It is the duty of each member organization to see that their coaches are giving players and cheerleaders proper opportunities for participation in practices and games.
2. It is the duty of the Unit Director or representative to advise the opposing Unit Director or representative, after weigh-in, as to what players will not play according to Section IV, C5.(5 play rule)
3. A specific individual or individuals within the unit, other than coaching personnel, should be charged with the responsibility of checking on participation and determining four minutes prior to the ending of each half which players have not played, and further, to inform the team coach which players have not played, and further, to inform the team coach to enter these players into the game.
4. At the 4 minute time out (if requested) in both halves of the game, Unit Directors shall confirm that all their players have obtained the minimum number of plays in that half. Unit Directors shall have the coaches make the required substitution at this time to insure all players meet the minimum play requirements.
5. Coaches or Units proven to be in violation of the 5 play per player rule shall be removed by League Members upon proof of a second violation in one season.

Section V. Compliance

Member organizations failing to comply with these rules and philosophy may be subject to disciplinary action for each violation at the discretion of the League Members after due hearings. All suspected violations must be in written form, signed by the Unit Director and

submitted to the Rules and Eligibility Chairman. Any Interested person may file a written notice of violation and request for investigation under the following procedure.

A. Procedure for Violation Investigation & Hearing

All violations must be reported by telephone to the R&E chairman on the first Monday following the game. The parties involved will be advised by telephone, immediately, upon receipt of complaint and requested to present their case in writing to the R&E Chairperson, and Rules Enforcement Committee. The R/E Chairman will call a special meeting the executive board and *Rules Enforcement Committee before the next game.

*The Rules Enforcement Committee

Each team will have 1 representative designated for the Rules Enforcement Committee. 5 members will be randomly selected from the pool of Rules of Enforcement designates from each team. No team shall have a representative selected for that hearing if they are involved in the infraction. Once you have been selected for a session, you will be removed from the pool until all designates have been selected for a hearing. Once all have been selected you will be placed back in the pool.

All violations will be heard and adjudicated by the Rules Enforcement Committee majority vote.

B. Penalties – Player/Coaches Violations

Penalty for violation with any one specific rule will result in the following steps of disciplinary action. Exceptional circumstances may dictate more severe penalties at the discretion of the League Members. A year is determined to be from February to January, based on the annual review of franchises.

The penalties for non-compliance of all Western Suburban rules published and amended or agreed to by the Western Suburban Junior Football League are as follows.

1. First Violation – Written letter of advisement to franchise stating the violation and the imposition of a minimum \$100.00 fine, not to exceed \$200.00
2. Second Violation – for the same violation, a fine of \$200.00 maximum and the head coach is suspended for the next game.
3. Third Violation – for the same violation, a fine of \$300.00, head coach is suspended for the remainder of the season, and franchise is put on probation.
4. Fourth Violation – for the same violation, Franchise is expelled from the Western Suburban Junior Football League.

C. Unit Violations

These penalties are for administrative non-compliance issues as well as playing rules violations, and are in addition to any specific rules violations penalties noted within these rules.

Section VI. Sportsmanship

- A.** Any player, cheerleader, coach, chain-gang member or Unit Director that issues a threat against an official during or after a game, shall be suspended until a hearing is held.
- B.** Any player, cheerleader, coach, chain-gang member or Unit Director or official that uses abusive language, gestures or issues any personal threat to any participant on or off the playing field on game day shall be deemed in violation of League sportsmanship rules and shall be subjected to the following options:
1. Ejection from the game in progress by the referee.
 2. Ejection from the game in progress by a Unit Director and/or Unit President of his/hers particular unit.
 3. Termination of game in progress by joint agreement of Unit Directors and/or the referees.
 4. Termination of future participation during the season in progress by action of the League Members.
- C.** All coaching personnel are held responsible for upholding the principles established in the WESTERN SUBURBAN JUNIOR FOOTBALL LEAGUE COACHING CRITERIA. Unit Directors are to distribute copies of this criteria to all unit coaches prior to the first practice every season.

Section VII. Scheduling Rules

A. Schedule Establishment

1. Scrimmages – This is strictly a practice session and absolutely no attempt shall be made to approximate game competitive standards. No first downs shall be kept nor any attempt to keep score or any other method to determine the comparative abilities of the teams.
 - a. Each team shall be allowed two practice scrimmages prior to the first scheduled game; these scrimmages are not to be held in the same week.
 - b. Teams may scrimmage at any time during the season with the stipulation that a scrimmage counts as a practice. There may be only one scrimmage per team per week.
2. All games will be scheduled and approved by the members of the league.
3. Games may be scheduled only on Saturday afternoon, Saturday night or Sunday afternoon. The home team has the option of setting actual dates and time with in the limits outlined below.
 - a. Day Games – The first game of all day games shall not start prior to 11:00 AM nor later than 1:00PM. Any date affected by Daylight Savings Time shall start no later than 12:00 noon.
Allow a thirty (30) minute delay under exceptional circumstances to be approved by both Unit Directors.
 - b. Night Games – Night games May be scheduled only on Saturday nights provided the freshman games starts prior to 5:30 PM and the varsity starts prior to 9:15 PM.
Allow a thirty (30) minute delay under exceptional circumstances to be approved by both Unit Directors.

4. Games will be played in this order: Freshman, Junior Varsity then Varsity. Changes to this order can be made only by prior agreement of both Unit Directors.
5. The League shall be randomly split into Two (2) division each year, The divisions will be known as “A” and “B”. The two teams hosting divisional playoffs will be assigned a division by a coin flip.
6. The regular season shall consist of eight (8) games and start the weekend after Labor Day weekend. In case of an odd number teams, the following applies;
 - a. Eight (8) teams, to be determined randomly, each year, will play seven (7) games.
 - b. Of these eight (8) teams playing only seven (7) games, four (4) teams will have four (4) home games and the rest will only have three (3) home games. The four (4) teams will be determined randomly each year.

B. Post-Season Play

1. The top team in each division (the division winner) will participate in the Playoffs. Each team’s divisional win/loss record will be used to determine standings within the division.
2. If there are three (3) divisions, the team with the best overall record that is not a division winner will compete as the Wild Card winner.
3. In case of a tie for either Division winners or Wild Card winners, the following methods will be used to break the tie (listed in order of use).
 - a. the team with the fewest losses and/or ties in their division will be given a higher ranking (not applicable if teams don’t all play the same number of games)
 - b. the winner of a game between the tied teams will be given a higher ranking (not used if three or more teams are tied).
 - c. the team with the fewest points scored against them in divisional games will be given the higher ranking.
 - d. the team with fewer losses and/or ties in their overall record will be given a higher ranking.
4. A post-season football tournament will be played as follows and must be completed by November 15th.
 - a. the top four teams in each of the two division will play in playoff games.
 - b. Playoff round 1 will be 1 vs. 4 and 2 vs. 3 seed in each division.
 - c. playoff round 2 will be the top seed in division A will play the 2nd seed from division B. and top seed in division B will play 2nd seed from division A.
 - d. the team assignments to playoff sites will be determined by random drawing. The Executive Board may give preference to units with more than one team in the playoffs or to playoff host units.
 - e. the winners from the two (2) games described above in (4c) will play in the final tournament game (Super Bowl).
 - d. The playoff games described above will be hosted by a rotating site in the order listed:

2009 Round 1:DH Redskins/Rodchester/Farmington/Lions
2009 Round 2:Steelers/Lincoln
2010 Round 1:Redford/Comets/Lakes/ Ypsilanti
2010 Round 2:Metors/Redford

e. The Super Bowl game described above will be each hosted by rotating site in the order listed below:

2009 Dearborn Heights Redskins
2010 Farmington Rockets
2011 Belleville Cougars

If a host unit is not able to host a game, the next unit in rotation will be selected to fill their place.

f. The host field shall not charge admission but shall provide a concession stand, with all the proceeds going to the host unit.

g. The host team will provide an announcer, scales, chain-gang and medical personnel.

h. Post-season tournament games will include Freshman, Junior Varsity and Varsity teams.

I. A post season Cheerleading competition will be held on the ninth Saturday of the regular season and will include all League franchises and will be hosted by a rotating in the order listed below:

2009 Farmington Rockets
2010

Section VIII. Weather

A, To Play or Not to Play

1. The decision as to whether or not a game should be played in inclement weather shall be in the hand of the referee.
2. Once the decision is made, it shall be considered final and received in the spirit of good sportsmanship.

B. Results of Called Games in Progress

1. A called game before halftime is considered no contest
2. A called game after half time will be considered completed as the score stands at the time of calling.

C. Rescheduling of Called Games.

Any called games may be rescheduled at both teams' conveniences on any open date during the season. A sincere effort on both teams involved must be made to reschedule this game within the limitation imposed by previous commitments as to Section VII, A-1&6 and Section VII, B

Section IX. Awards

A. There will be no individual participation awards given by a member or unit unless given to each participant.

B. There will be no League award to team or individual participants except as decided by the League on a yearly basis.

Section X. Commercialization

Commercialization of Western Suburban Junior Football League's program which would benefit a business will not be permitted. The sole aim of any contributor both in time and money should be to assist youth, and to help make their community a better place to live. Members who persist in violating this rule run the risk of losing their franchise but action of the Members of the Western Suburban Junior Football League.

Section XI. Publicity

There are no restrictions in publicity except for commercialization as stated in Section X. Publicity shall be left up to the discretion of the individual Franchises as long as they comply with the rules and philosophy of the organization.

Section XII. Game Reports

A. It shall be mandatory by Tuesday following each game, that Unit Directors file a report of the game and that the officials be rated.

This shall be a rule for purposes of imposing penalties recited above. A \$50.00 fine shall be imposed on any team if the game report is not received by the R&E Chairman by the Friday following the game.

B. Copies of all Unit Directors game reports must be forwarded to the R&E Chairman.

CHEERLEADING

Section XIII. Cheerleading Eligibility Rules

Registration and proof of age requirements are as stated in Section I, A and Section II.

1. The minimum/maximum number of cheerleaders per squad shall be left to the discretion of the individual units.
2. The ages of cheerleaders for each squad shall be (7 yrs. Up to each unit) 8, 9 or 10 years old for Freshman: 9, 10, 11 or 12 for Junior Varsity: 11, 12, 13 or 14 for Varsity.
3. A mascot is considered to be anyone on a squad which is below the eligibility age requirement of the squad. Mascots are required to furnish the same proof of age.
4. **Try-outs for Cheerleading are not permitted.**

Section XIV. Cheerleading Rules

Cheerleading rules of the Michigan High School Athletic Association shall apply except as hereinafter noted. The rules of the League will be binding on all Members without exception. Cheer teams will be allowed to participate in Non-League competitions providing that they have been approved by the WSJFL League and board.

A. Dress and Appearance

1. All cheerleading shoes shall consist of a laced supportive leather upper construction, no hard sole shoes or bare feet.
2. The following are considered proper personal guidelines to be followed by all cheerleaders.
 - a. Undergarments when necessary
 - b. Dance briefs or trunks are required at all times
 - c. Make-up to be kept moderate
 - d. Nails to be neat and trim, no acrylic nails allowed.
3. The following are considered hazardous in practice and performance and cannot be used.
 - a. Jewelry
 - b. Spirit buttons
 - c. Pockets
 - d. Hoods may be worn
 - e. Clothes with loose fitting necks
 - f. Free flowing hair styles

B. General Rules

1. The cheerleading director or designated person should be present at all practices and games.
2. The cheerleading directors/coaches should follow the recommended rules as prescribed by the Western Suburban Junior Football League.
3. Varsity Cheerleaders may attend one camp as a squad with coaches, only in the months of June and July and camp must not exceed five days in length.
4. Cheering is expected in all four quarters.
5. Cheerleading units are not permitted to stunt at any time.
6. Cheerleaders should realize the importance of actively influencing the positive conduct of spectators.
7. Stimulate and control crowd response.
8. Choose the right cheer at the right time
9. Be certain, that words used in a cheer do not suggest or inflame an audience. The use of the opposing team's name in a cheer, banner or poster is prohibited
10. The use of bells, horns and noise makers by fans at the Cheerleading Rally is prohibited.
11. Divert the crowd's attention by starting a popular cheer when booing develops
12. Cheerleaders should get the crowd to respond to their lead.
13. It is important that cheerleaders look at the crowd while leading a cheer, their facial expressions are very important in generating enthusiasm.
14. Emphasize each word so that each is distinct and the cheer may be understood and followed easily
15. Cheerleaders are NOT to cheer when a football player is injured.
16. The sportsmanship and conduct of the cheerleaders, directors, coaches and/or designated person will fall under the same rules, guidelines and penalties as the football player, unit directors and coaches
17. It is mandatory for the cheerleading director or a cheerleading head coach to attend all WSJFL league meetings during football season.
18. Cheerleading head coaches must be at least eighteen (18) years of age.

19. When teams are located on the same side of the field, the cheerleader squads must alternate cheers (away, home, away, home etc...)
20. In addition to the Rally medal winners, the participating squads of the Super Bowl contestants will also perform their rally routine (if time permits).

Section XV. Cheerleading Rally Rules

A. Rally Philosophy

The primary purpose of a cheerleading squad is to support the team, raise team spirit and to be a functional part of the program. Competitions are a secondary part of cheerleading. The Cheerleading Rally should provide a chance for a group to perform their skills in a competitive and exciting atmosphere. The Rally should be fun and a team's attitude in attending this event should be to enjoy the event and do the best it can. Enjoy the pageantry of the event, observing new ideas, acknowledging other talent and being with other squads. Use this as a character building event. Do not let the pressure of winning overcome the original purpose for being chosen as a cheerleader. Remember your primary purpose, to be a leader of the crowd. If you get a chance to compete, don't let it control your team. Help your cheerleaders have the right attitude. The teams should be capable of winning graciously or accepting defeat without complaining about judges, scoring, or the operation of the competition itself

B. Rally Rules

1. A post-season Cheerleading Rally will be held on a Saturday of the regular season and will include all League franchises. A cheerleading rally will be hosted as determined by drawing or by a team designated by the WSJFL Board of Directors. See current rotation below:
 - 2009 – Farmington Rockets
 - 2010 –
2. The Rally is to be held on the Saturday of the Playoffs or the Saturday of the Superbowl. The exact time and location to be determined by the Rally host unit.
3. The cheerleaders will perform, for a minimum one minute and fifteen seconds (1:15) and a maximum of one minute and forty-five seconds (1:45), before judges and will be graded upon their cheerleading performance. The scoring will be based upon very simplistic cheerleading moves.
4. Cheerleaders are to be evaluated in each of the following categories by the judges:
 - a. Personality/Smile (projection and smile the entire time)
 - b. Voice Control (loud, clear and controlled)
 - c. Arms and Motions (form and technique)
 - d. Rhythm and Timing (does the routine flow and stay in rhythm from the beginning to the end)
 - e. Knowledge of Cheers (do they know the motions, cheers and formations)
 - f. Formations (is each formation equally spaced from the center out)
 - g. Overall Execution (what was the overall impression of the routine)

- h. Squads performing at the Cheer Rally will be divided into two division based on the number of cheerleaders competing (not to include mascots). Division A will consist of squads with 12 or less cheerleaders performing; Division B will consist of squads with 13 or more cheerleaders performing.

5. There will be a ten (10) point system used, one (1) point being given for a poor performance, five (5) points for an average performance and up to ten (10) points for a superior performance, Half points will be given.
6. All score sheets are to be completed in ink. Judges who need to make changes or correct a score will be required to put a line through the original score, write in the correct score and initial the change,
7. each unit has the option of having a representative present in the scoring room to make sure no changes are made to the score sheets and all scores are entered into the computer correctly. Representative may not copy any scores and are there for verification purposes only. Please keep all scores confidential,
8. Mascots are expected and encouraged to attend: however their performances are not to be a factor in judging. Mascots will wear an identification ribbon on the right side of the skirt.
9. Jumps are allowed.
10. Sliding splits (landing with legs extended at right angles to the trunk in a split position with first bearing most of the weight on at least one hand to break the impact of the split) are allowed. If not done as stated see #25
11. Drops (all moves that would involve both knees hitting the floor at the same time before any other body part) are **NOT ALLOWED**
12. Mounts any type of stunt in which one or more persons (with one or more feet off the ground) are supported by one or more persons with one or more feet on the ground and tumbling of any kind are **NOT Allowed**
13. Music, Pom-Poms are **NOT ALLOWED.**
14. Performances must contain a crowd response cheer at anytime during the performance. If not done see#25
15. There will be no choreographed team entrance or exit from the floor. Teams are permitted to spirit on and off the floor. The timing of the squad's performance starts with first movement or sound after starting judge has announced you may begin. If not done see #25
16. No signs other than those used by squads during their performances. All banners must be hung on the cheerleaders' side of the gymnasium. Any spectators using hand held signs or artificial noisemakers will be removed from the competition.
17. There will be a coaches and Cheer Directors meeting the day of the rally, with all the judges present. The host team will provide the meeting room.
18. White participation ribbons will be given to each participant. The squads with the highest three total points in Cheer and Dance at each age level of participation will be awarded a Medal award (Gold 1st , Silver 2nd , Bronze 3rd ,) for each member of that squad.
19. The squads will perform in a placement order determined by random drawing of teams by the Directors at a time prior to the cheerleading rally.

20. The squads from Freshman, Junior Varsity and Varsity level awarded with the highest points from the cheerleading rally will be invited to cheer their winning performance during half-time of the WSJFL Super Bowl game, after the cheerleading squads of the competing teams have performed their half-time cheers.

21. There will be a committee formed of directors and coaches within the league who will be responsible for all hiring and communications with judges for the rally.

22. Twenty-five (25) point deduction for performing over or under time limits.

23. Fifty (50) point deduction for each team for unsportsmanlike conduct. A team may be penalized for unsportsmanlike conduct if their fans (parents) are derogatory in the stands.

24. Fifty (50) point penalty deduction for coaches standing behind or near judges or “coaching” during performance.

25. Fifty (50) point penalty deduction for each violation of rules #'s 10-15.

Section XVI Recommendations

A. To the Officials

1. Penalties should be called only when the infraction gives an advantage to the team of the violator. It must be kept in mind that the age of the players and experience of the coaches are different than in other types of contest.
2. We want officials to feel they are part of our instructional staff, both in the technical and sportsmanship aspects of the game.
3. Please report unpleasant incidents and examples of improper coaching to the chief official.

B. To the Members

1. Make certain that all your coaches have a copy of these rules
2. Make sure that all people in your organization who are active in the presentation of our games have a copy of these rules

Section XVII League Coaching Criteria

The purpose of these criteria is to insure a cohesive and uniform organizational structure for the Western Suburban Junior Football League. The Guidelines set forth herein will be enforced and any deviation will result in appropriate action being taken by the Unit affected.

Responsibility

All coaches of football players, all cheerleading directors and cheerleading coaches are to adhere to all the principles set forth herein.

All coaches acting as assistants are responsible to the head coach of the team for which they assist

All head coaches are responsible to the Unit Director or his/her particular Unit for his/her actions and the actions of his/her assistants.

Head coaches are to inform the Unit Director of any serious problems relating to his/her team.

CODE OF ETHICS

Responsibility to the Participants

In their relationship with players or cheerleaders under their care, the coach should always be aware of the tremendous influence they wield, for good or bad. Parents entrust their dearest possession to the coach's charge and the coach through their own example, must always be sure that the players or cheerleaders who have been coached by them are finer and more decent people for having done so. The coach should never place the value of a win over that of instilling the highest desirable ideals and character traits in their players or cheerleaders. The safety and welfare of their players or cheerleaders should always be uppermost in their mind and must never be sacrificed for any personal prestige or selfish glory.

In teaching the game of football or cheerleading, the coach must realize that there are certain rules designed to protect the player and provide common standards for determining a winner or loser. Any attempt to beat these rules, to take unfair advantage of an opponent or teach deliberate unsportsmanlike conduct, has no place in the game of football or in cheerleading. Any coach, who is guilty of such teachings, has no right to call themselves a coach. The coach shall set an example for winning without boasting and losing without bitterness.

A coach who conducts themselves according to these principles need not fear failure. For in the final analysis, the success of a coach is measured in terms of the respect they have earned from their players or cheerleaders and from their opponents.

The diagnosis and treatment of injuries is a medical problem and should not be considered a province of the coach. A coach's responsibility is to see that the injured players are given prompt medical attention and that the physician's or qualified medical person's orders are carried out.

Under no circumstances should a coach authorize the use of medicants, stimulants or drugs except authorized by a physician.

A player's or cheerleader's future should not be jeopardized by any circumvention of any eligibility rules.

A coach should not make demands of their players or cheerleaders that will interfere with their players or cheerleaders opportunities for achieving academic success.

Responsibility to the Unit

The function of the coach is to educate young people through participation in the game of football and cheerleading. This primary and basic function must never be disregarded.

A coach shall conduct themselves so as to maintain the principles, integrity and dignity of their Unit.

A coach should discuss their problems with their Unit Director in a friendly manner and then accept and support the decisions that have been reached.

It is highly important that a coach support the Unit in all policies, rules and regulations regarding football or cheerleading.

Rules of the Game

Each coach should be acquainted thoroughly with the rules of the game and the League. It is the coach's responsibility for having the rules taught and interpreted for their player and all assistants.

Both the letter and the spirit of the rules must be adhered to by the coaches

A coach must always remember that it is not the purpose of football to hurt or injure an opponent by legal or illegal methods.

Good sportsmanship is developed on the practice field. When coaches permit, encourage or condone performance which is dangerous to an opponent, they are derelict in their responsibility to fair play and sportsmanship. This aspect of coaching must be attacked as vigorously as the teaching of offense and defense, and to the players it is far more important than all the technical aspects of the game combined. Any coach who fails to stress this point or who permits, encourages or defends the use of unsportsmanlike tactics shall be considered guilty of the most serious breach of football or cheerleading coaching ethics.

Game Day

On the day of the game, officials should be treated in a courteous manner. If problems arise during a game situation with an official, the coach is to ask the Unit Director to intercede and address the problem to an official.

It is vitally important a coach's actions and behavior at all times bring credit to themselves, their team and the game of football or cheerleading.

Before and after a game, rival coaches should meet and exchange a friendly greeting.

Coaches are accountable for the conduct of their players or cheerleaders on and off the playing field. Discipline is part of football and cheerleading and should be taught by all coaching staffs.

Additions to rules:

1. All League Members are to police and discipline their own personnel, players, coaches, parents, relatives and fans. It is expected that each league Member police themselves, if the WSJFL Board finds the league member's penalties inappropriate, the Board may assess additional penalties against the party being disciplined.

2. Once a player receives a helmet or shoulder pads from a League Member, the player must remain with the League Member for the duration of that season, unless that player is involuntarily released. A player desiring to make a move for legitimate reasons, such as a change in family circumstances, may apply to the WSJFL Board for an exemption. The exemption will only be granted on a majority vote of the Board.
3. A picture ID will be required to verify a player's birth date along with a copy of Original Birth certificate or other sealed document if directed by the WSJFL Board. Parents may be requested to provide access to a player's school if needed to verify a player's age.
4. Any player not participating in the game must remove their shoulder pads while their game is in progress. Failure to comply will result in a \$50.00 fine for each offense.
5. Once the game has entered the fourth quarter, any team with a lead of 28 or more points Shall Not attempt any form of forward pass. The coaching staff will take whatever measures necessary to accomplish these tasks.
 - a. (1st infraction) The head coach will be suspended for the next game.
 - b. (2nd infraction) The game will be recorded as a loss for the team taking more than a 35 point lead and the head coach will be expelled for the season. If this occurs on the final game of the season, the coach will be expelled for the next season.
6. Minimum Weights- There will be no mandatory minimum league weights. However, each unit may establish minimum weights which shall not exceed 65 pounds for freshman, 100 pounds for junior varsity and 110 pounds for varsity.
7. All Star play Prohibition of recruiting

Any all star or post season exhibition play is to be considered an opportunity for the players to demonstrate skills and abilities. Not an opportunity for a unit to contact prospective players. In consideration of this, coaches and other are prohibited from recruiting players from other units during practice, games or at other times related to all star play. Notwithstanding other provisions within these rules, upon determining that a violation of this prohibition has occurred, the coach/person responsible in question will be suspended from participation in WSJFL for 1 year, and the unit will be fined \$500.00. For a second violation of the same prohibition, the above penalties will be doubled.
8. Horse Collar Rule: Will follow the Michigan High School Rules. 15 yd. Penalty.
9. Face Masking: All Face Penalties will be 15 Yards.
10. Once a team is up by 18 Points, they may Request a Official Time out at that time To set up their players. This is one time only.

