

Middle Tennessee Junior Football League, Inc.



Rules and Regulations

(January 20, 2019)

(Changes in pink)

Section I: Pages 1, 2, 3, 4 and 5

League officers, League standards, members, governing body, play-offs, Super Bowl and game times

Section II: Page 6

Sign-ups, practices, equipment and playing time

Section III: Page 7

Eligibility of players

Section IV: Pages 8 and 9

Weight limits and field positions of players

Section V: Pages 10 and 11

Roster and player activation

Section VI: Pages 12, 13, 14 and 15

Game day, field specifications and specific rules

Section VII: Pages 16 and 17

Player safety focus

**LEAGUE OFFICERS, LEAGUE STANDARDS, MEMBERS, GOVERNING BODY, JAMBOREE,
PLAYOFFS, SUPER BOWL AND GAME TIMES**

1. The League officers will consist of a Corporate President, League President, Vice-President and Secretary. The above officers also make up the Board of Directors of the League and it is their responsibility to enforce the League's rules as written and handle any issues that may arise until they can be addressed by a written rule. Additionally, it is their responsibility to insure that the integrity of the League and its product is maintained and that all enforcements are fair, equitable and consistent in respect to each member community of the League.
2. Each Community will appoint a Commissioner and an Assistant Commissioner to represent them in all League matters. The Commissioners/Assistant Commissioners have the responsibility for making the operational rules for the League and insuring the adherence of these rules within their organization and community.
3. The League community members with their colors are:
 - Cheatham County Jr. Cubs - maroon, gray and white
 - East Robertson Indians – maroon and white
 - Greenbrier Bobcats – green and white
 - Jo Byrns Red Devils – black, white and red
 - Joelton Vikings – purple, gold and black.
 - Nashville Titans – California blue, white and red
 - Pleasant View Eagles – gold and blue
 - Portland Panthers – purple, silver and white
 - Springfield Yellow Jackets – black and gold
 - White House Warriors – black and blue
4. Each community will be allowed only one vote on all League matters. If a community splits, it still has only one vote.

5. New members or rule changes must be approved by 2/3 majority of the Commissioners present at that meeting.
6. President will vote only to break tie votes.
7. Because we consider the overall safety of our athletes to be of utmost importance, each member of the League is required to be a part of the USA Football Heads Up program, under the umbrella of the League, and must follow their training and certification guidelines. USA Football is to be added as an additional insurer on your football liability insurance policies.
8. League teams are composed of three divisions: A, AA and AAA. A League community must have all three teams. If a community does not field a particular age group, they will be on probation for that year and, if scheduled as a host site for play-offs, will lose their play-off hosting. Failure to field the required number of teams the following year will result in suspension from the League.

If a community splits and has more than the required number of teams, they will be required to pay additional fees. For example, 3 teams would pay 1 fee while 6 teams would pay two fees and so on.
9. All games will be played on Saturday with game times being at 10:30 AM, 12:00 PM and 1:30 PM. Officials will be paid by half-time of the last game.
10. Three (3) TSSAA officials assigned by the MTJFL are required for all games.
11. Rotation of the jamboree is as follows:

Notes:

Springfield – 2019
East Robertson – 2020
Nashville Titans - 2021
Pleasant View – 2022
Cheatham County – 2023
Joelton – 2024
Greenbrier – 2025
Jo Byrns – 2026
Portland – 2027
White House - 2028

Communities may waive the hosting of the jamboree and may trade dates with League approval.

All Teams must participate in the jamboree.

Rotation of the Super Bowl is as follows:

Jo Byrns – 2019

Portland – 2020

White House - 2021

Springfield – 2022

East Robertson – 2023

Nashville Titans – 2024

Pleasant View – 2025

Cheatham County – 2026

Joelton – 2027

Greenbrier – 2028

Notes:

Communities may waive the hosting of the Super Bowl and may trade dates with League approval.

The Super Bowl trophy will be called the Jack Combs Memorial Trophy and shall be at least 24" in height.

12. Rotation of the play-off sites are as follows:

2019 – Jo Byrns, Portland, Springfield, White House, Greenbrier and Joelton

2020 – Pleasant View, East Robertson, Cheatham County, Jo Byrns Springfield and Portland

Note: If any community wishes to give up their jamboree, playoff hosting or Super Bowl schedule, it does not alter their next regularly scheduled time.

13. Each team will play, within its own division each year, as many teams as the schedule and number of teams in the League will allow. At the end of the regular season, considering the overall records, the top team in each age group from each division will be in the playoffs as a # 1 and # 2 seed.

Considering overall records, seeds 3 through 8 will then be selected from all of the remaining teams from both divisions with seed 1 playing seed 8, 2 playing 7, 3 playing 6 and 4 playing 5. In second round, highest remaining seed will play the lowest remaining seed.

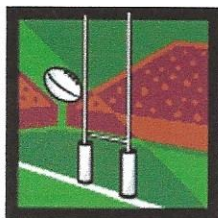
For playoff seedings, tie-breakers will be followed in this order: head-to-head, division record, non-division record and coin toss.

14. The use of abusive language, abusive play, profanity or unsportsmanlike acts will not be tolerated. Cases of this sort may be brought before the board for further action.
15. All playoffs and the Super Bowl will be played according to League rules
16. Maximum gate admissions are as follows:
 - Jamboree - \$ 3.00
 - Regular Season - \$ 3.00
 - Play-offs - \$ 4.00
 - Super Bowl - \$ 4.00
17. Post season admission is at the discretion of each community.
18. All camps must be advertised on the MTJFL website for at least 30 days prior to the beginning of the camp. The camp must be held within a 5 day period. Failure to follow this rule will result in a forfeiture of the first regular season game.
19. Any fines collected will be paid to the League and will be used in determining the following year's community League fee. Fines and/or penalties are as follows (not all inclusive):
 - a) Any coach not certified by USA Football through the MTJFL umbrella - \$ 100 fine and cannot coach until properly certified
 - b) Player penalty for an altered birth certificate – player suspended
 - c) If coach knew about the above alteration – coach suspended for 1 year
 - d) If Commissioner knew about the above alteration, Commissioner banned from MTJFL

- e) Program in which the player was discovered – Community on probation the following year
 - f) Program that allows a player to change numbers, participate under a false name or plays a player who has not been officially placed on a roster – Community on probation the following year
 - g) Threatening of players, coaches or game officials by fans – Handled by League based on the merits of each situation
 - h) As other actions merit being placed in these standards, they will be added.
 - i) Any community that is being placed on probation will be notified between the Super Bowl and the end of the calendar year. If any community causes themselves to be placed on probation, they will be ineligible for their next MTJFL post season hosting. Any community on probation two consecutive years will be dismissed from the League at the end of the second year. Each year ends on December 31.
20. Any rule approved by the Commissioners at the regular meeting or by any special vote after that meeting will be in effect even if, inadvertently, omitted from these rules.

SIGN-UPS, PRACTICE SESSION, EQUIPMENT AND PLAYING TIME

1. Sign-up rules and dates will be at the discretion of each community Commissioner.
2. Practice will not start before the last full week of July. The first week will be in shorts and helmet only. There can be an unlimited number of practices before the jamboree. After the jamboree, practices are limited to 2 hours for a maximum of 2 times a week. Coaches may add a non-contact film night if they choose. If caught violating this rule, the head coach will be suspended for two games the first time. If caught again, the head coach will be suspended for a full year, starting on the day caught.
3. All players must be equipped according to the TSSAA when playing.
4. Jerseys must be uniformly numbered with 4 inch numbers on the front and back in a color arrangement that is easily readable. Players cannot play in un-numbered jerseys. Jersey numbers shall be numbered 1 through 99 inclusive.
5. Shoes may be of the molded variety with soft rubber or nylon cleats. No metal or metal-tipped cleats will be allowed. Shoes with removable cleats may be worn as long as the cleats are made of soft rubber or nylon.
6. Game ball must be a junior rubber or leather ball. Any questions about a ball must be settled by Commissioners before the game starts. The A division may use a smaller ball.
7. Each team must have a first-aid kit and water jug with ice. The League recommends that a submersible tub of some type be available at any practice or game to treat heat and humidity-related health issues.
8. Each player must be allowed to play in each game at least 1 play unless that player is being withheld for disciplinary reasons. Exception: The 1 play rule does not apply to 5 year olds. Violation of this rule will result in a 1 game suspension of the head coach.



ELIGIBILITY OF PLAYERS

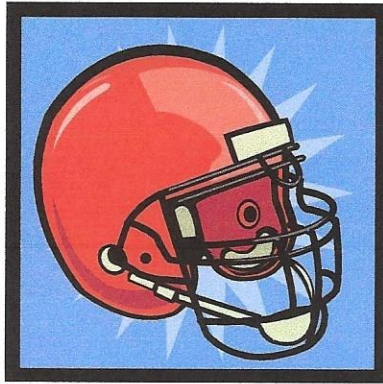
- 1. A division player's ages are 5, 6 and 7 years old.**
- 2. AA division player's ages are 8 and 9 years old.**
- 3. AAA division player's ages are 10 and 11 years old.**
- 4. Each player's age on July 31 of the current season will determine the player's age.**
- 5. When a team reaches 32 players, the League recommends the community split into additional teams. A team may have up to 40 players. A team with 41 or more players at the jamboree or at any time thereafter will become ineligible for post-season games. This team may still play a complete regular season and be eligible to win the regular season division title. If this happens, the effected division standings will change for play-off standings with no additional trophy costs.**
- 6. To retain their eligibility, players must have passing grades in their school classes. Players found to be deficient in their grades will be placed on probation until a more favorable report is given to the community Commissioner. Continuation of deficient grades will require possible discontinuance of eligibility to play in the League.**
- 7. Players who have met the requirements of the League and wish to play in the League may not be members of any other organized football team.**
- 8. One of the most important eligibility rules is that of being courteous. Competiveness in the League must be balanced by good sportsmanship by all.**

WEIGHT LIMITS AND FIELD POSITIONS OF PLAYERS

1. No player in this League can be reclassified regardless of the amount of weight he loses after the jamboree weigh-in.
2. To play in the backfield or at the end position in the A division, a player must not weigh over 80.5 pounds at the jamboree weigh-in. If a player in the A division weighs over 160 pounds at the jamboree weigh-in, he must move up to the AA division. This is a safety consideration only.
3. To play in the backfield or at the end position in the AA division, a player must not weigh over 100.5 pounds at the jamboree weigh-in.
4. To play in the backfield or at the end position in the AAA division, a player must not weigh over 120.5 pounds at the jamboree weigh-in.
5. Players in excess of the weight limits 2, 3 and 4 above must play as monster men and will be classified as interior linemen.
6. Monster men must wear one stripe on their helmet. The stripe must run from front to back of the helmet and cannot be covered by anything and must be distinguishable from the primary color of the helmet.
7. Monster men have the following restrictions:
 - a). The maximum number of monster men per team that can be on the field at the same time is 5.
 - b). All monster men must be on the line of scrimmage lined down at the time the ball is snapped.
 - c). No monster man may advance his own team's fumble. When recovered, ball becomes dead at that spot. A offensive monster man may advance a free kick if he possesses it before it has gone 15 yards. If possessed after the ball has gone more than 15 yards, ball becomes dead at that spot.
 - d). Defensive monster men may advance the other team's fumble anywhere on the field. They may advance a blocked kick or pass from behind the line-of-scrimmage only. They may not be used in the defensive secondary. Penalty for this would be 5 yards for the first occurrence and 15 yard unsportsmanlike thereafter.
 - e). A monster man may be used as a punter but may not advance the ball

by run or pass.

8. Linebackers and/or defensive backs who come to the line of scrimmage between the defensive tackles **must line down**. The penalty for this foul will be 5 yards the first time and 15 yard unsportsmanlike thereafter.



ROSTER AND PLAYER ACTIVATION

1. Official weigh-in, classification and team rosters will be determined at the jamboree. **All League teams must participate in the jamboree.**
2. To play in the League, a recent picture showing the player's name and jersey number and the player's birth certificate or applicable court documents must be presented to the League President at the jamboree. If these documents are not available, any document meaning to be a replacement must be authorized prior to the day of the jamboree by the League President along with the League officer responsible for the weigh-ins. (If the playing jersey is not available for the picture, anything reasonable can be substituted for the jersey as long as the playing number is put on the substitute in some manner). The League will provide the official roster forms to each Commissioner before the weigh-in at the jamboree.
3. Classification as to age will be made at the jamboree weigh-in according to the birth certificate. **Verification of picture, weight and date of birth is the sole responsibility of the League officers at the weigh-in station.** The League will provide 2 copies per age group of the official forms to be used at weigh-in. These forms should be filled out and turned in at the weigh-in. Classification as determined by League officers will be final. A picture and a copy of the birth certificates will be initialed by the President of the League and must be kept by the Commissioners. **These records must be present at all games.**
4. All players must be weighed in and be listed on the official roster. When weighed in, players must be in socks, football pants with pads and T-shirt or jersey. Holding the jersey up before stepping on the scale is allowed only if the player has on a t-shirt. No player will be weighed without wearing a jersey or t-shirt with the current season's number on it. Helmets, shoulder pads and shoes are not required to be worn when being weighed. **This is the only accepted way a player may be weighed.** The player will be assigned a jersey number. This will be their number for

the entire season. If this assigned number is not worn during a game, they become ineligible unless the opposing Commissioner agrees to him playing without his assigned number.

5. The weigh-in instructions will be published as part of the rules well in advance of the jamboree. Commissioners/Coaches are responsible for having all the above requirements in order. If proper documentation is not presented at the designated weigh-in time, the player will not be approved for roster purposes at that time.
6. The roster of each team will be made from the official weigh-in sheets and given to the League President.
7. Any player officially entered on the roster and unable to attend the jamboree must be weighed in at the League President's discretion, but must be done before any League play.
8. No player may be assigned to a team roster after the jamboree unless the community needs to add a player(s) to their roster because their number of players has dropped below 15 or # 7 above comes into the situation. The League President will then ask for a majority of the Commissioner's approval for the additions.
9. Any player who moves to a different zone may play for the team he wishes before the season starts. If he moves during the season, he retains his eligibility to play for his original team as decided at the jamboree.
10. Players may not be solicited from any other teams in the MTJFL.
11. Playing of an illegal or ineligible player will result in the forfeiture of all prior games. If a team does this, the head coach will be suspended for two games the first time and for a full year if caught again.
12. If a team fails to have 11 players at game time, this team may move up enough players to make 11 players for that game. These players must come from the division just below the affected team and will play under the new weight requirements.
13. No player who has an injury that requires the protection of a cast will be allowed to play in a game. Splints are included in this rule.

GAME DAY, FIELD SPECIFICATIONS AND OTHER SPECIFIC RULES



1. Location of games and game times are listed on the official schedule and can only be changed by agreement of both the involved Commissioners. If an agreement cannot be reached, the home team forfeits their right to host the game and the game goes to the visitors to be played at their field at the regularly scheduled time. If visitors elect not to host the game, the game goes back to the home team and they set the time and place. **This does not apply to weather conditions.**
2. All games will be played on Saturday according to the schedule.
3. Home team Commissioners will cancel games that cannot be played because of weather conditions. A 4 hour notice needs to be given, if at all possible. Games cancelled because of weather conditions will be played the following day on the same field starting at 2:00 PM, unless otherwise agreed to by opposing Commissioners.
4. When games are cancelled because of weather, the following guidelines will be followed:
 - a) If games are cancelled because of weather, the Assignor of Officials must be called at least two hours before the scheduled game time.
 - b) If officials arrive at the game site without notice that games have been cancelled due to weather, they will be paid \$25 per official.
 - c) If the first game starts and is then cancelled, officials will be paid \$ 45 each. If cancelled during the second game, officials will be paid \$ 85 each. If cancelled during the third game, officials will be paid \$ 105 each.

5. The field must be 80 yards in length not including the end zones. Fields can be the standard high school field width. No goal post is required as the League does not allow for field goal or extra point by kick attempts.
6. The home team will be responsible for the chains, down box and chain crew. The chains will be kept on the home team's side of the field.
7. It is recommended that a proper salute to the flag and the playing of the national anthem be done prior to the first game each week.
8. Homecomings are optional but may not delay the start of any game.
9. Each team must have a Commissioner (or Assistant) present at every game. Opposing Commissioners, if called on to do so, will settle problems immediately (if at all possible) with no delay to game. Coaches and parents must address all complaints or concerns to their Commissioner and the Commissioner only will decide whether to address the community's complaint or concern to the League.
10. Only 6 coaches may be on the sidelines. A Commissioner may coach, however, if he coaches he must appoint someone to act as Commissioner while he is coaching and he becomes subject to coaching rules and he counts as 1 of the 6 coaches. A non-coaching Commissioner may be on the sidelines.
11. All penalties will be 5 and 10 yards in length with the exception of unsportsmanlike penalties which will be 15 yards in length.
12. All quarters will be 8 minutes in length in all divisions with the clock being run using NFHS timing rules with a 10 minute break at the half. Commissioners may, by mutual agreement, shorten quarters and half times. The 40 second timing rules from high school will not be in effect.
13. Teams in all divisions except the A Division must get a play off in 25 seconds. The A Division must get the play off in 30 seconds.
14. Scoring will be as follows: touchdown (6 points), safety (2 points), extra point, if snapped from the 2 yard line (1 point) and if snapped from the 3 yard line (2 points) and any legal play can be run without restrictions.

15. In the A and AA Divisions:

- a) In A Division only, spread may not be more than 15 yards from the ball on either side.
- b) In the A Division only, an unbalanced line may not be used
- c) Violation of a or b above is a 5 yard penalty.
- d) May punt or have ball moved 20 yards or, if applicable, half the distance.
- e) An offensive and a defensive coach may be on the field and he is to assume a position 5 yards behind his deepest player. The A division may have two coaches if they choose to. **For 2019, the AA division may have one offensive and one defensive coach on the field for the jamboree and week 1 ONLY.**
- f) At the first sound of the quarterback's snap count, he/they are to quit coaching, remain quiet and not use their position on the field to influence the play, show out or question officials. Violation of this rule will be an unsportsmanlike foul with a 15 yard penalty.
- g) A Pee wee ball is used in the A Division and may be used in the AA Division.

16. TSSAA tie-breaking rules will be used with one exception: After the second overtime period, the ball will be placed on the 5 yard line to start the next series.

17. All game problems will be handled by the officials. Problems concerning the officials will be addressed by the Commissioners to the Assigner of Officials.

18. The official game will be ended when a team leads by 33 or more points at half time or later. The score at that time is the official score. If both head coaches agree, the game can be completed using a running clock. If play is continued, the scoreboard will have the score set at 0-0 and stay that way until the game is over. The team who has won the game may not call any time-outs after the 33 point rule is in effect. All other rules still apply.

19. A player who is ejected from a game will receive a 1 game suspension that will be served the following game; either that year or the next year.

20. A coach who is ejected from a game will receive a 1 game suspension that will be served the following game; either that year or the next year. The coach is not permitted to be in the stadium during his team's game. He also, may not have any contact with his team during the game after ejection and during his suspension. A coach that is suspended by the League will be under these same guidelines. If contact occurs during the ejection or suspension, the game will be terminated and forfeited.
21. If a player or coach is suspended for any number of games, the jamboree does not count as a game. If a player or coach is ejected from the jamboree, the suspension will be served starting with the first regular season game.
22. All kick-offs will be from the 30 yard line unless changed by penalty.
23. Filming of games is permitted in all League play. Access to the press box will be determined by the home Commissioner.
24. If playing on a high school field, the team box will be between the 30 yard lines(20 yard line using the Jr Pro yard markings). On high school fields, the goal lines will be the 10 yard lines.
25. Jamboree playing rules will be published separately each year.
26. Unless stipulated as an exception above, all other rules shall be enforced by the National Federation of State High School Associations rule book. The TSSAA is a member of this association.

SECTION VII Page 16
PLAYER SAFETY FOCUS

1. On January 1, 2014, Senate Bill 822 was made effective in Tennessee. Even though we had already started moving toward a concentrated focus on player safety, this law mandated the implementation of that focus. Here are the main features of that law.
 - a. All community Commissioners and coaches are to be annually required to complete a head injury safety education course. We have included in this requirement the League officers and officials.
 - b. This education must be completed annually and a copy of the current certificate for Commissioners and coaches must be on file with the community Commissioner; with League officers and officials certification being on file with the League Executive President.
 - c. Prior to the beginning of practice all coaches, parents and players must review and sign a concussion and head injury information sheet.
 - d. Any youth athlete who shows signs, symptoms and behaviors consistent with a concussion shall be immediately removed from the activity or competition and is to be evaluated by a licensed medical professional with concussion training.
 - e. Any youth player who has been removed from practice or play who has suffered or suspected to have suffered a concussion, shall not return to practice or competition until the youth athlete has been evaluated by a health care provider and received written clearance from that health care provider for a full or graduated return to play.
 - f. All the above signed documents and certifications are to be maintained for a period of three (3) years.
 - g. The Middle Tennessee Junior Football League has elected to go above the State law requirements in trying to provide a maximum safety for our youth athletes. We also believe that, in addition to concussions,

Proper equipment fitting, heat and hydration, proper tackling techniques, proper blocking techniques and sudden cardiac arrest are very important in trying to keep them as safe as possible.

- h. The Middle Tennessee Junior Football League has partnered with USA Football and their Heads Up football program to help us meet our commitment to our youth athlete's safety.**