



2017
SEASON BREAKDOWN
GAME PROCEDURES
RULE BOOK
FIELD LOCATIONS

For

Players, Parents and Coaches

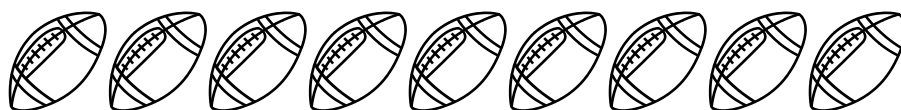


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This Season Breakdown/Game Procedures/Rule Book/Field Locations Handbook was prepared by the Directors of West Michigan Junior Football League (WMJFL) in an effort to answer common questions asked by parents, players and coaches. If you have suggestions for improvements, please contact your local director.



OUR MISSION...

Character, Courage and Loyalty

West Michigan Junior Football League is a program of service to children in grades 3rd-6th. It is geared to provide an outlet of healthful activity and training under adult leadership in an atmosphere of wholesome community participation. The program inspires youth with a goal and enriches their lives towards the day when they must take their place in the world. It establishes the value of teamwork, sportsmanship and fair play.

West Michigan Junior Football League is currently comprised of teams from various communities. They include Allendale, Byron Center, Dorr, Fennville, Grand Rapids Christian, Hamilton, Holland, Holland Christian, Kelloggsville, NorthPointe Christian, Saugatuck, South Christian, TNT, Unity Christian, Wayland, West Ottawa, Wyoming and Zeeland. Our league must adhere to all rules and regulations established by the West Michigan Junior Football League.

League Organization

The West Michigan Junior Football League is a program that is constructed, supervised and assisted by directors who offer organized football to their respective communities.

Each community sets up and administers each of their teams. Each community director is responsible for the teams that play under its registration.

The West Michigan Junior Football League has an equal board of directors that consists of one representative from each community. These directors meet to discuss the further advancement of the league. Each community MUST provide a representative to attend all necessary meetings. Each community will be assigned a task each football season. If a community fails to attend the necessary meetings or fails to complete their tasks they will risk being eliminated from the league.

2017 Board of Directors

Allendale:	Chris Jones/Brian Taylor
Byron Center:	Crystal Laska
Dorr:	Josh Lown/Tim Stallard
Fennville:	Joe Rodriguez
Grand Rapids Christian	Stacey Boender
Hamilton:	Eric Talsma/BJ Nykamp
Holland:	Jeremy Myers/Juan Alfaro
Kelloggsville:	Josh Barnes/Bruce Foster
NorthPointe Christian	Christopher Brown/Les Wheeler
Saugatuck:	Scott Kierzek
South Christian:	Todd Schrottenboer/Charlie Booth
Unity Christian:	Mark Te Slaa
TNT	Anbrocio Ledesma, Lamar Reeves III
Wayland:	Brian Stuive
West Ottawa:	Darrin Duistermars/John Kievit
Wyoming:	Kenny Weststrate
Zeeland:	Kelli Koss

WMJFL Web Site:

www.eteamz.com/wmjfl

SEASON BREAKDOWN & GAME PROCEDURES

1. **PRACTICE**...Teams can practice on dates set by WMJFL. You can expect 2-3 practices each week, usually on weeknights. Communities are allowed to begin practicing the week of August 7. Players are required to have 3 days of practice without pads before being allowed to participate in full contact practices and games. Also, before Labor Day, teams are allowed no more than three practices featuring full contact. After Labor Day, teams will then only be allowed no more than two days of full player-to-player contact practice not to exceed 90 minutes per week of contact. This is an MHSAA rule strongly supported by the WMJFL
2. **SCRIMMAGE SATURDAY**...August 26, 2017. Locations and times will be determined by each community.
3. **2017 SEASON**...Games will be played on Saturdays beginning September 9, 2017, and will feature six weeks of play. The first four weeks will featured scheduled games. Two (2) additional games will be scheduled for Weeks 5 & 6 against an opponent with a comparable record. A seventh week may be scheduled for teams that had a bye during the regular season
4. **BYE GAMES**...If there are an odd number of teams in the league, teams may have a bye during a given week. A seventh week will be scheduled to accommodate those teams that have byes during the season. In short, no weekday games will be needed
5. **MAKE UP GAMES**...Make up games will be scheduled by each community director if teams, times, and fields are available due to unexpected cancellations for Saturday games in place of Week #7
6. **FIELD PREPARATION**...Each organizing department prepares the fields at their respective locations. Please be respectful at each location and do your part in taking home whatever you have brought.
7. **TRASH/SEEDS/PEANUT SHELLS**...Trash must be placed in the proper receptacles that are provided. Due to various maintenance issues...Seeds and Peanut Shells are no longer allowed on the field or sidelines, period!
8. **EQUIPMENT NEEDS**...Some communities may have player equipment available for those who are in need and cannot afford it. Please contact your local league director.
9. **REFEREES**...Referees shall be a minimum of 11th grade students participating on the varsity football team. The head official shall wear a white hat, be at least 21 years of age, be an M.H.S.A.A. certified official and must be wearing an updated M.H.S.A.A. patch that is visible. It is recommended that at least four (4) officials be used at all games. If less than 4 officials are available to work then 2 of the officials on the field must be certified.
10. **GAME DELAYS**...Prior to the start of the game, the Field Director makes all decisions regarding suitability of the fields for play. Once the game has started, the head referee and the Field Director will make the decisions regarding the delays and cancellations.
11. **RAIN OUTS/CANCELLATIONS/HOTLINES**...Incomplete games cancelled for any reasons will be attempted to be made up. Any team, which cannot make the reschedule time, will forfeit the game. Check the WMJFL web site for specific "Hotline" options (in case of possible cancellations) by clicking the "Links" tab

12. INJURIES...Injuries that occur during the games are to be reported by one of the coaches to their respective local league director. Each community should already have a concussion protocol in place

13. SCORE REPORTS...Coaches/Field Directors...please report your scores to your community director, ASAP. Your community director will then submit them to Darrin Duistermars (darrind@hct.holland.mi.us) and Amanda Klomprens (amandak@hct.holland.mi.us) to be recorded and updated on the web site

14. EQUIPMENT REQUIRED...*Players are required to provide:*

- Football pants with knee and thigh pads, hip and tailbone pads or
- A girdle with hip and tailbone pads with football pants.
- Helmet with chinstrap.
- Shoulder Pads.
- Football cleats or tennis shoes.
- Mouthpiece attached to helmet

15. UNIFORMS/WEIGH IN

- Players must wear full uniforms during games.
- No jewelry is allowed except for medical reasons.
- Players will be weighed in each game with FULL uniform and equipment.
- All home teams must be prepared to supply helmet caps or pennies to the visitors if playing a similar color visitor team.
- Teams must have extra uniforms available in case of a player having blood on any part of their uniform. The player must change uniforms immediately.
- Make sure all equipment is correct, properly worn (helmets, mouth guards, shoulder pads, etc.) and that you have additional parts available if repairs are needed on site. Extra jerseys and pants should be considered, also.



WEST MICHIGAN JUNIOR FOOTBALL LEAGUE RULES

The West Michigan Junior Football League is for participants currently enrolled in 3rd, 4th, 5th, & 6th grades for the 2017-2018 school year and will follow the MHSAA playing and scoring rules with the following exceptions:

1. Every player must play a minimum of 8 plays in each half of every game. Failure to comply with this rule shall result in a one game suspension of the head coach. Exception: The coach does not have to comply with this rule if the player is not making all the practices.
2. NO overtime will be played.
3. All age groups shall play on a standard field - 100 yards goal line to goal line.
4. It is recommended that all fields will have a clock available to maintain official game time.
5. In the event of an injury, an official time out will be called. The player injured will be removed from the game and will stay on the sidelines for a minimum of 3 consecutive plays. The field director in charge may remove the injured player from the rest of the game if, in their opinion, the player is unable to safely continue playing. An infraction to this rule will result in a 15-yard penalty. Time outs cannot be used as injury plays. If a player displays concussion-like symptoms then said player and coaches must adhere to the regulations of the Michigan Sports Concussion Law (see league web site for more details).
6. A player with a cast of any kind will not be permitted to participate in contact drills during practice or participate in a game until the cast has been removed and a doctor's release has been obtained.
7. Any team behind by 21 points or more will receive the ball on their opponent's 35 yard line. This only applies immediately following a score by the team in the lead. Should the team fail to generate a first down with the allotted four "downs" the ball would then be turned over to the opposing team. However, the team that is down does not continue to get the ball after they score if they are still down by 21 points or more
8. If a team is down by 30 points, the clock will be a running clock. The running clock will only stop for time outs and injuries. Please be mindful and respectful to the opposing team if yours is the team in the lead. Sportsmanship is one of the foundations of this league. Any perceived violation on sportsmanship will be under the discretion of the officials/local directors and dealt with accordingly
9. Sixty seconds will be allowed for time outs.
10. Five to Eight minutes will be allowed for halftime. This is under the discretion of the Head Official. Decisions will be based on various issues including time management, weather, field availability, etc.
11. If there are an odd number of teams in the league some teams may have a "Bye" on certain Saturdays. However, a seventh week (October 21) will be scheduled for the 2017 season to avoid weekday games
12. The WMJFL shall have a set schedule of 6 games
 - a. Scrimmage - Saturday, August 26
 - b. 1st Game - Saturday, September 9
 - c. Remaining Regular Season Dates - September 16, 23, 30, October 7, & October 14
 - d. Seventh Week for "Bye" teams - October 21
 - e. Game Times: 9am, 10:30am, 12pm, & 1:30pm (unless local director requests alternate time)
13. A game may be canceled or postponed in case of threatening weather or field conditions. Make-up schedules of postponed games will be the responsibility of each team's respective local director. Weekday night games may be an option if both communities agree
14. Extra Point Attempt: Kick = 2 points, Run or Pass = 1 point.
15. If a team has two or more "Yellow Striped" players, a team is now allowed to play TWO (only) at the same time. However, they must play on the offensive line in Offensive Tackle positions (on either side of the center), ONLY! No other combinations will be allowed.
16. The "Center Sneak" is an Illegal play and will not be allowed
17. No metal cleats of any kind will be allowed. If any metal is found to be a part of a player's shoe, said player will not be allowed to play until they are removed or if shoes are replaced

18. Per MHSAA rules, tinted face shields are also not allowed. A player will not be allowed to participate until the shield is removed
19. Mouthpiece must be attached to the helmet
20. Foul language used by a coach or player will be cause for immediate ejection from the game. Foul or abusive language used by a parent or fan will result in a 15-yard penalty against the sideline charged. A second offense by the parent will result in ejection from the game of their child.
21. There will be an automatic penalty of 15-yards for any member of the coaching staff OR SPECTATORS entering the playing field and interrupting the normal progress of a game.
22. Suspensions/Ejections...Normal procedure for a suspension will include coaches/players receiving a warning, a flag for unsportsmanlike conduct, and finally an ejection if deemed necessary by the Head official. Players, Coaches, & Spectators may be ejected without a warning/flag if deemed necessary, again, by the Head official. An automatic one game suspension will be enforced. Additional game suspensions could be added by the offending team's local director and/or the WMJFL Board if considered appropriate.

23. WEIGHT AND AGES

- A participant's playing level will be determined by his grade rather than his age. The following chart depicts the level of play and the age and weight stipulations for this format to be effective. There will be no deviation from this chart:

<u>Grade</u>	<u>Tackle To Tackle Weight (Yellow Stripe)</u>	<u>Ball Carrying Weight (Blue Dot)</u>
○ 3 rd /4 th	135lbs. & Over	Under 115 lbs.
○ 5 th /6 th	160 lbs. & Over	Under 140 lbs.
- **Yellow Stripe**...Tackle to tackle weight means the player will be playing offensive center, offensive guard, or offensive tackle if you play only ONE Yellow Striped player. No defensive positions allowed. If a team has TWO or more "Yellow Striped" players, a team is now allowed to play TWO (only) at the same time. However, they must play on the offensive line in Offensive Tackle positions (on either side of the center), ONLY! No other combinations will be allowed. A yellow stripe will indicate who these players are. Any child over the Tackle to Tackle Weight may have the option to move up a level with parent and coaches permission. Kick off receive is allowed on front line only.
- No one over the Tackle to Tackle Weight (**Yellow Stripe**) will be allowed in the backfield, on special teams (including on 4th down when a team is punting) or in any position to intentionally or unintentionally advance the ball. This includes the positions of kickoff receive (except Front Line player) and punt receive, punter, running back, quarterback or receiver (special teams).
- **Blue Dots** will be placed on the front and back of a player's helmet to indicate players over the Ball Carrying Weight. Offensively, these players must play on the offensive line, **excluding the TE position**. Defensively, players may play any position. However, they may not advance the ball, period, regardless of the situation including interceptions, fumble recoveries, etc. For Special teams, blue-dotted players can handle kicking/punting duties.
- Any intentional infraction will be treated as a personal foul and will result in a 15 yard penalty and ejection of both the player and the head coach.
- In the event a player's grade/age is questioned, please inform your local league director and it will be handled, if necessary, in as timely a fashion as possible.
- One official weigh-in will occur no more than 30 minutes before game time and no less than 15 minutes before game time. All fields will have a 10lb weight to check the scale accuracy. The scale must be set up on a hard surface. A roster with numbers may be asked for by the home team coach if announcers are used at their home field.
- All players will weigh in with full uniform and equipment.

24. 3rd & 4th Grade Divisions:

- a. A 12-minute running clock will be used. The clock will stop on injuries, penalties, scores and time outs. After a time-out the clock will re-start after the ball is snapped
- b. A coach from each team in the 3rd & 4th Grade Divisions may remain on the field at all times and may enter its huddle to guide it but must do so in a timely fashion
- c. Each offensive and defensive coach will remain at least 10 yards from the line of scrimmage after the offensive huddle has broken.
- d. THE COACH MUST BE EFFICIENT IN THE HUDDLE & QUIET AFTER THE HUDDLE IS BROKEN. THIS IS FOR BOTH THE OFFENSIVE AND DEFENSIVE SIDES OF THE BALL
One warning will be given: A 5-yard penalty will be assessed for violation of these rules. Once the ball is marked teams will have 35 seconds to run a play. Only one coach may be on the field at any one time. Consideration will be given towards coaches by the officials if the game is no longer in doubt and coaches are giving instructions to players as they are moved to different positions
- e. DEFENSIVE FORMATION...
 - i. Minimum of four players and a maximum of six players allowed on the line of scrimmage
 1. The line of scrimmage goes from sideline to sideline
 2. Players set on the line of scrimmage in "lineman" positions may rush the passer
 3. Secondary players lined up with receivers on the outside will be counted as one or more of the allotted six players allowed. However, they cannot rush the passer
 4. Linebackers must line up 3-yards off the line of scrimmage and cannot advance prior to the ball being snapped
 5. At least two defensive players must line up 5-yards off the line of scrimmage.
 - ii. No blitzing is allowed. However, at the snap of the ball, all defensive players may advance forward towards the line of scrimmage.
 - iii. This rule doesn't apply within 5-yards from the goal line.
 - iv. An infraction of this rule will result in an illegal defense penalty of five yards
- f. No kickoffs will be involved in the 3rd & 4th grade level. The ball will be put in play on the offensive teams' 35 yard line
- g. On 4th down, a free punt will be permitted at the 3rd & 4th grade level. After the snap and when the ball is controlled, the punter will have no more than 5 seconds to punt the football. Failure to punt the football within the required 5 seconds will result in a "delay of game" penalty in which the penalty will be a loss of down. The coach will advise the referee on the teams' intent to punt or go for a first down. Once lined up in a punt formation, there will be no fake punts. There will be no rushing to block the punt. While in punt formation, no defensive player may line head up or touch the offensive center. Violation of this rule will result in a 15-yard penalty and an automatic first down. Must be a long snap from center to punter, and you cannot send any kicking team members down field until the ball is kicked.
- h. When kicking an extra point attempt or a field goal attempt, the kicking team will advise the referee on the teams' intent to kick. Once lined up in a kicking formation, there will be no fake kicks. The kicker will have no more than five seconds to kick the football. Failure to kick the football within the required 5 seconds will result in a "delay of game" penalty in which the penalty will be a loss of down. There will be no rushing to block the kick. While in kicking formation, no defensive player may line head up or touch the offensive center. Violation of this rule will result in a re-kick if the kick was unsuccessful the previous try. The kicker cannot take a running start, must be a 3-step drop.
- i. After a safety, the ball will be placed on the 50-yard line for the 3rd & 4th grade level.
- j. Ball Size: Pee Wee or Junior Size

25. **5th & 6th Grade Divisions:**

- a. A 12-minute running clock will be used. The clock will stop on: injuries, penalties, scores and time outs.
- b. Coaches must remain on the sidelines, within the 25-yard lines.
- c. Kickoffs will take place within the 5th & 6th grade division at the 40-yard line.
- d. DEFENSIVE FORMATION...
 - i. Minimum of four players and a maximum of six players allowed on the line of scrimmage
 1. The line of scrimmage goes from sideline to sideline
 2. Players set on the line of scrimmage in "lineman" positions may rush the passer
 3. Secondary players lined up with receivers on the outside will be counted as one or more of the allotted six players allowed. However, they cannot rush the passer
 4. Linebackers must line up 3-yards off the line of scrimmage and cannot advance prior to the ball being snapped
 5. At least two defensive players must line up 5-yards off the line of scrimmage.
 - ii. No blitzing is allowed. However, at the snap of the ball, all defensive players may advance forward towards the line of scrimmage.
 - iii. This rule doesn't apply within 5-yards from the goal line.
 - iv. An infraction of this rule will result in an illegal defense penalty of five yards
- e. On 4th down, the coach will advise the referee on the teams' intent to punt or go for a first down. Once lined up in a punt formation, there will be no fake punts. However, the defensive team may rush to block the punt. While in punt formation, no defensive player may line head up or touch the offensive center. Violation of this rule will result in a 15-yard penalty and an automatic first down. The snap must be a long snap from center to punter. If an attempt is made to advance the ball for any reason, the play is to be blown dead once the line of scrimmage is breached. The ball is turned over on "downs", period
- f. 5th & 6th grade ball size: Junior or Youth Sizes

NOTE: Unless listed in this rule book, the league will follow MHSAA rules of play



ADDRESSES TO THE FOOTBALL FIELDS

Go to www.teamz.com/wmjfl and click the "Locations" tab to get Google directions

ALLENDALE...Allendale Middle School at 10505 Learning Lane in Allendale (49401)

BYRON CENTER...Byron Center Varsity field at 8638 Byron Center Ave. SW in Byron Center (49315)

DORR...North Dorr Park at 1879 142nd Avenue in Dorr (49323)

FENNVILLE...Fennville High School at 5 Memorial Drive in Fennville (49408)

GRAND RAPIDS CHRISTIAN...Eagle Stadium, 2300 Plymouth St SE GR (49506)

HAMILTON...Hamilton Varsity Stadium (Middle School Campus) at 4845 136th Ave. in Hamilton (49419)

HOLLAND...Holland High School at 600 Van Raalte Avenue in Holland (49423)

Hope College Ray & Sue Smith Stadium at 313 Fairbanks Avenue in Holland (49423)

Holland Christian High School at 950 Ottawa Avenue in Holland (49423)

KELLOGGSVILLE...East Elementary School at 4656 Jefferson in Grand Rapids (49548)

SAUGATUCK...Saugatuck High School at 401 Elizabeth St. in Saugatuck (49406)

SOUTH CHRISTIAN...South Christian High School at 160 68th Street SW in Grand Rapids (49548)

UNITY CHRISTIAN...Unity Christian Athletic Complex at 5900 48th Ave. in Hudsonville (49426)

WAYLAND...Wayland High School Varsity field at 870 E. Superior St. in Wayland (49348)

WEST OTTAWA...West Ottawa High School South building at 3600 152nd Avenue in Holland (49424)

WYOMING...Wyoming High School located 1350 Prairie Parkway SW in Wyoming (49509)

ZEELAND...Zeeland High School Stadium & Practice fields at 9900 Riley St. in Zeeland (49464)

Please use football stadium parking lot.

Field #1 (Varsity Stadium), Field #2 (Practice north field off Riley) & Field #3 (Practice south field off Riley)

NORTHPOINTE CHRISTIAN & TNT will not have Home fields available this season