

# Western Conference Junior Football League, Rules and Regulations, 2008 (WesCo Jr Football)

## MISSION STATEMENT:

The Western Conference Junior Football League (WesCo Jr Football) mission is to provide youth in Western Washington the opportunity to participate in a safe tackle football and cheer program. Where each local organization can operate independently and cooperatively with each other to provide a positive athletic experience for each participant and to allow each participant to play in a youth football league that's competitive and fair.

### *Definitions*

**Organization-** An independent system that fields at least one team in each division with-in WesCo Jr Football. It must have a President, Secretary, and Treasure (Or equivalent title). Each organization in WesCo Jr Football will operate and maintain their franchises and be responsible for their own sign-up registrations, insurance, equipment, fields, and coaches. WesCo Jr Football organizations will operate their own boards, fund-raisers, and maintains their own separate finances. Each organization of the WesCo Jr Football will abide by all decisions voted on by the majority or otherwise stated.

## 2008 WJFL SCHEDULE

July 28th: First practice (five days per week allowed)  
August 16<sup>th</sup>: Meadowdale Jamboree (optional)  
August 19: WJFL coaches meeting @ Alderwood Boys & Girls Club (mandatory)  
August 24<sup>th</sup>: WJFL Jamboree @ Edmonds Stadium, Edmonds, WA  
September 2<sup>nd</sup>: School practice schedule begins (three days per week maximum)  
September 6<sup>th</sup>: First WJFL regular season game (with games 2-8 on every Saturday thereafter thru October 25<sup>th</sup>)  
October 27<sup>th</sup>: Playoff practice schedule begins (five days per week allowed)  
November 1/2: WJFL Quarter Final playoff games @ sites to be determined  
November 8/9: WJFL Semi Final playoff games @ sites to be determined  
November 15/16: WJFL Championships @ King HS, Shoreline, WA.

## SECTION I

### WESCO ADMINISTRATION

1. WesCo Jr Football will be comprised of organizations that are independent with their own board of directors and financial resources to fund their own program. The board of directors must include at least a president, secretary and treasurer. (Or equivalent title)
2. All WesCo Jr Football League members must sign the "**Compliance Agreement** " clause in **Section XV** of this document. Failure to sign this agreement will result in the exclusion of the organization from the WesCo Jr Football League.
3. The name, Western Conference Junior Football refers to the league as a whole. Organizations operate under their own name with their own identity. WesCo Jr Football allows organizations and their franchises to share in the planning and decision making while playing under the same rules and regulations.
4. The WesCo Jr Football Board will consist of each member organizations president or designee, as well as the WesCo Director and Referee Coordinator. The WesCo Jr Football Board will also participate in other areas as outlined in Section 7.9, 7.10, 7.11, 11.5, 11.6.
5. The 2008 voting member organizations are Edmonds Cyclones, MTYAA Trojans, Stanwood Spartans, Everett Eagles, Lynnwood Tigers, Marysville Knights, and Meadowdale Wolverines.
6. The 2008 non voting/probationary member/organization is Lake Stevens Vikings & Huskies.

## **Voting Rules:**

1. Each member organization receives one vote.
2. Two-thirds of acting board members are required in attendance for a vote to take place. It's in the member's best interest to attend all board meetings and participate.

## **WesCo Jr Football League Board**

1. **WesCo Director (WD)** – The WD will preside over league meetings and mediate grievances brought to the league. The WD will also work with member organizations to ensure all league membership requirements are followed and all organizations are clear as to what the requirements are. The WD will have no vote in any league matter with one exception; If a vote results in a tie then the WD will cast the determining vote.
2. **WesCo Rules / Referee Coordinator (RC)** – The RC will secure qualified referees for all WesCo Jr Football League games. The RC will work with the official's association representative to ensure all fees are paid, all schedules agreed to, and all requirements are met. The RC will work with the Director on league matters. The RC will clarify WJFL rules to member organizations and their coaches when questions arise concerning a rule or regulation. In coaches meetings the RC will outline the WJFL rules package as well as the Code of Conduct to ensure every coach fully understands what's expected in WesCo Jr Football. The RC may work with each member organization field manager to ensure all field requirements are met. The RC is a non-voting position.
3. **Organization Head-** All independent organizations Presidents (or equivalent title) will automatically be a voting member of the WJFL board and represent their organization at all WJFL meetings.
4. The WesCo Jr Football Director position will be a two-year term. Any WesCo Jr Football league member can seek the position. A majority vote will occur at the November meeting at the end of the WD second year in office by the WesCo Jr Football Board. All other positions will be on a volunteer one-year term and may be from any organization. If for some reason these officials can't meet their term in office a meeting will be called to either elect a new WD from member candidates and or appoint a new Referee Coordinator.
5. WesCo Jr Football board will hold meetings the third Tuesday of the month, no less than every other month. A special August meeting will take place with all organizations to create a game schedule for all levels of play.

**Note:** It's up to the organization to contact a league official when a question arises or a situation develops. Member organizations hold responsibility to support the league when other organizations need help with an answer. Don't always assume that every member organization interprets rules, codes or protocol the same as you do. Talking is the best way to keep informed.

## **SECTION II FRANCHISE COSTS**

1. There will be no yearly fee to be a member of the WesCo Jr Football League.
2. Each WesCo Jr Football organization will pay their share for officials based on the number of teams they field for the current year. The per team charge will be the total overall cost divided by the total number of teams in WesCo Jr Football. That figure will then be multiplied by the total number of teams that a organization fields in WesCo Jr Football for the total organization cost. The hosting organization will then pay the Official after every home game. Receipts of all bills will be given to the Referee Coordinator.
3. Each WesCo Jr Football organization will pay their share for services or merchandise considered a combined league wide cost agreed to by the WesCo Jr Football board. These costs could include Advertising, Trophies, Apparel, Banquets, or any costs where all organizations participate and benefit. It will be based on the number of teams they field for the current year. The per team charge will be the total overall cost divided by the total number of teams in WesCo Jr Football. That figure will then be multiplied by the total number of teams that a organization fields in WesCo Jr Football for the total organization cost. The organization will then pay the WesCo Jr Football League treasure that will in turn pay the costs with one check.
4. Hosting a WJFL jamboree or championship competition will rotate between organizations. If an organization is unable to take their turn for the current year, any other organization may volunteer to host these events if they choose. If an organization hosts a jamboree, championship or post seasons competition at their home field. That organization will pay those fields costs unless otherwise agreed to by the other members of the WJFL. They will keep all revenue generated at those games by their own concessions, their own merchandise, or other means. The host team will allow any visiting organization to set up a booster area so as to foster team spirit.
5. All home field costs are the responsibilities of each organization, which secure those fields.

### SECTION III ORGANIZATION ELIGIBILITY

1. WesCo Jr Football will be comprised of independent organizations playing together as a league. Any organization that wishes to play in WesCo Jr Football will be welcome to join as a member organization if agreed upon by a vote of current WesCo Jr Football board.
2. Any vote on a new organization admitted to the league will be taken after a current season but before a new season. A simple majority vote is needed to accept a new organization into WesCo Jr Football.
3. Each new member organization will be on a one-year probationary season. At the end of the probationary season the league members will then take a vote at the December meeting. A majority vote will be required to give the new member organization permanent status.
4. No organization may be expelled from WesCo Jr Football without a majority vote by the WesCo Jr Football board. This vote will take place at the last meeting of the year in November. The WesCo Director will make this motion based on the rules in section 5.1, 5.2, and 5.3.
5. For WesCo Jr Football organizations, Team Liability/Medical insurance is mandatory. Proof will be provided to the WesCo Director on or before Jamboree
6. A vote to expel an organization can be called only after these conditions are met:
  - A. An organization shows a repeated disrespect for the rules and codes set forth in WesCo Jr Football. This can be quantified by an unusually high number of grievances brought against an organization and formally submitted to the WesCo Director.
  - B. Repeated attempts are made by the WesCo Director to get the offending organization into compliance and the offending organization refuses to correct the problems.
  - C. At the November meeting with the WesCo Jr Football Board attending. The issue is debated and discussed with the WesCo Jr Football League Board and organization in question. An agreement can be reached to correct the problems or the WesCo Director will call a silent majority vote if no agreement can be reached. The result of the vote will be final.
  - D. If an organization is expelled, a letter from the WesCo Director will be sent to the expelled organization president detailing the reasons.
  - E. An expelled organization can re-apply for membership after a one-year period has gone by.

### SECTION IV PLAYER DIVISIONS, PLAYER ELIGIBILITY, ROSTERS, COACHES ELIGIBILITY

1. WesCo Jr Football will be based on the following four (4) divisions based on **grade**, with exceptions noted in Section IV.4. **The player's age on September 1<sup>st</sup> shall be the player's league age for the current season.** No fifteen- (15) year olds or ninth (9<sup>th</sup>) graders are allowed to play in WesCo Jr Football. No 9 year old is allowed to play Pee Wees, no 11 year old is allowed to play 89ers, and no 13 year old is allowed to play Junior's. A valid birth certificate will determine the player's age and division of play.

**Peewee- K, 1<sup>st</sup> and 2<sup>nd</sup> grade**

**89ers – 3<sup>rd</sup> and 4<sup>th</sup> grade**

**Junior - 5<sup>th</sup> and 6<sup>th</sup> grade**

**Senior - 7<sup>th</sup> and 8<sup>th</sup> grade**

2. A valid copy of each player's birth certificate will be on file with each WJFL member organization to insure the correct division of play as well to settle any protests that may occur as to a player's eligibility.
3. Seventh (7<sup>th</sup>) and Eighth (8<sup>th</sup>) graders are allowed to play in WesCo Jr Football while playing for their local school as long as they meet all league rules and requirements.
4. Weight Limits- There will be no weight limits for each division; however, each Peewee, 89er and Junior division team will be allowed a maximum of four (4) "Play Down" exceptions. The number of play down players each team can use will be determined by the need of each WJFL system member but may not exceed four (4) without an official petition being granted by WJFL. At the discretion of each franchise director or designee: A 7th grade player weighing **95 lbs.** or less may play at the Junior level; A 5<sup>th</sup> grade player weighing **80 lbs.** or less may play at the 89er level; and A 3rd grade player weighing **65 lbs.** or less may play at the Peewee level. Any player that's found to be ineligible after a grievance has been filed will be moved up to the correct division. All games that the ineligible player competed in will be forfeited. **The WesCo Jr Football board must approve any player that falls into the "Play Down Category".**

- A. If a player falls into the “Play Down Category” the organization will take the players weight at the time of registration. The player’s weight will be taken without equipment on. Any players that fall into this category will be so noted on the official roster that’s made available on game day.
  - B. There will be a player eligibility and weigh-in procedure conducted at the WJFL Jamboree. All players on every team will be required to pass through the verification process. Representatives appointed by the WesCo Jr Football board will conduct the weigh in of all players seeking play down status. A player must be weighed before qualifying as a play down player All play down players will be identified on the field (jersey or helmet mark) during the WJFL Jamboree.
5. A player can play in only one division and on one team per season.
  6. All official rosters, **Form 105**, will be set by Friday of week two (2) in the regular season. **No additional players may be eligible if not on the final Form 105 as of the second Friday of September.** A signed copy must be on file with the WJFL director by that date. Head coaches must have their team’s official roster with player’s name, grade, age and game jersey number available on game day to verify player’s eligibility if needed. Also, any player that moves down a division per Section IV must be noted on the official roster as such with his weight information added. Only the opposing head coach can challenge a player’s status. The head coach must then follow the protest and grievance rule, Section VII, 10.1 of this document.
  7. All coaches must submit to a Washington State background check before having contact with players or cheerleaders. Proof of this must be on file with the organization head. All head coaches are **required** to be trained in CPR and First Aid and hold a valid current card. They will have a properly stocked first aid kit on the sidelines of all WesCo Jr Football league games and practice. Coaches can be expelled from WJFL for not having the proper first aid kits available at all times.
  8. All WJFL coaches are required to attend the preseason coach’s orientation meeting. All sideline passes will be issued to the coaches by their respective organizations. Each coach must be familiar with and in compliance with all WJFL Rules, Regulations and Codes of Conduct as a condition to being issued a sideline pass. No one is allowed on the sidelines of any WJFL game without an approved sideline pass. The meeting will be held prior to Jamboree of the current football season.

## **SECTION V BOUNDARIES**

1. WesCo Jr Football member organizations will have no boundaries. Any player can play on any organization they sign up with. It’s unfair to dictate to parents as to where it’s best for their child to play.
2. A player that has never played before may be recruited by any member organization. A player must finish the season with the organization they start with for that year. **The “start” date shall be considered the date upon which a registration form is completed and dated by the parent.** A waiver may be sought to this rule by making petition to the WJFL board and upon a majority approval of the board.
3. A coach must finish the season with the organization they start with for that year.
4. If a player chooses to change to another organization from one year to the next, both organization presidents must be informed that this has happened. In some cases a player and or parent has been expelled (Examples: Owing fees, holding equipment, rules violations) from WesCo Jr Football and might be trying to play or coach while under expulsion. This will protect member organizations from these situations. A member organization can recruit a player that has participated on another team in WesCo Jr Football only if that player has not played in WesCo Jr Football for a period of one year.

## **SECTION VI GAME & PRACTICE REGULATIONS / OFFICIALS**

1. Each organization will provide their own home field and will be responsible for chains, yard markers, chain crew, and field supervision. It will be mandatory that the field be roped off (or equivalent system) to keep spectators at least five yards away from the field of play. It’s also required of all home fields to have access to toilet facilities or Honey Buckets for all participants.
2. It will be the responsibility of the home organization to provide three competent referees for all regular season and playoff games played at that organizations home field. They must have experience at the youth or high school level. They must wear an official referee uniform and be at least 16 years of age (one official must be 18 years of age). WesCo member organizations are encouraged to share and retain referees so as a network of competent officials can be built and depended on for each week’s games.
3. Each organization that doesn’t have an operating score board will have the referee keep time on the field.

4. If the officials have not arrived at the field thirty (30) minutes after the scheduled start time of a game, the game must be rescheduled.
5. The visiting team is responsible to make sure that they do not have the same colored jerseys as the home team. Each organization must indicate their colors for home and away at the start of the season. In the interest of cost, it's desirable to use one color for home and away.
6. Each organization will operate their home field as the host and may elect to have concessions. It is not a requirement that a franchise have concessions. All teams must make sure that their sidelines are cleaned up after each game.
7. Game times will be set at the time the schedule is made. Field availability at each home field will also determine game times.
8. A game schedule meeting will take place in July or August prior to the first game of the year to establish a schedule for all games and playoffs. One member of each organization is required to be at the meeting with their field and game time information. The WesCo Director will determine time and place of the meeting and will notify all member organization one-week before the meeting by telephone or in person.
9. Official practice will start no sooner than the first week in August. Each organization can practice up to five (5) days a week until school starts, including Saturday. When school begins, organizations can practice three (3) days a week thru the play-offs. Championship week will be allowed five (5) days in the week for practice.

## **SECTION VII PLAYING RULES**

Playing rules will be **National Federation of High Schools (NFHS)** rules with the following exceptions:

1. Shoes with molded rubber **or plastic** detachable cleats will be allowed. An illegal shoe, defined by the Referee Association, is a shoe with cleats that can produce a cutting edge.
2. Ball size pee wee or junior size (100) for Peewee's, junior size (100) for the 89er and Junior divisions, and intermediate (200) for Senior division.
3. No point's rules are in effect to alter the score or game time in the WJFL. For games that end in a tie, NFHS rules apply. Those rules are as follows:
4. **Overtime rules apply to all Peewee, 89er, Junior, and Senior divisions for all regular season and playoff games.**

### **10-YARD LINE OVERTIME PROCEDURE (CONDENSED)**

If the game is tied at the end of regulation time, untimed overtime periods will determine a winner. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.

1. A three-minute intermission will take place after regulation time.
2. Unused second half team time outs may be used in overtime. For each overtime period an additional time out will be granted.
3. A coin toss will take place with the visiting team's captain calling the toss while the coin is in the air. The winner will have the choice of offense or defense first, or of which end of the field the ball will be put in play. The loser will have the choice of the option not picked.
4. To start overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 10 yard line anywhere between the inbound lines. The first offensive team has a series of four (4) downs. That series shall be terminated by any score by the offensive team or if the defense gains possession of the ball. If the team scores a touchdown, it's entitled for a try unless the points would not affect the outcome of the game.
5. A field goal attempt is permitted during any down.
6. If the defensive team scores a safety or touchdown, the game is ended.
7. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team and start play as at the 10 yard line as in line four (4) above.
8. If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case there shall be an intermission of two (2) minutes. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of options. If additional overtime periods are required, then the first options will be alternated with no coin toss.

Note: It's the responsibility of each organization to provide their coaches a current year copy of the NFHS rules book so as to be knowledgeable about the current rules situation.

## Peewee Division

1. All teams must use the WJFL approved defense (5-3)
2. **No forward movement by any defensive player before the snap of the ball.**
3. **Three LB's must be at least 4 yards off the line of scrimmage.** Two CB's must be 3 yards behind the DL (even with the LB's) and at **least/minimum of 2 yards outside the widest defensive ballplayer (DE or OLB).** One **Safety must be three yards deeper** than the LB's.
4. One coach will be allowed on the field. Coach is able to line up ballplayers but must be 10 yards back from the deepest ballplayer when ball is snapped. Coach cannot assist or touch any player.
5. Four 12 minute quarters with running clock. Clock stops for last 2 minutes of each half on incomplete pass, play out of bounds or TD. The PAT is an un-timed down/play.
6. All punts and kick pats will **be dead ball kicks, with no defensive rush or defensive player movement.**
7. **PUNT: The Offense will declare a "punt" to the opponent. The game referee will be told of any punt before the punt occurs by the team captain. The referee will then inform the defense that no movement of players is allowed and all defensive players shall take a knee. The team receiving the punt may field the punt at which point the ball is declared dead.**
8. **PAT: The Offense will declare a "PAT kick" to the opponent. The game referee will be told of PAT kick before the kick occurs by the team captain. The referee will then inform the defense that no movement of players is allowed and all defensive players shall take a knee. The offensive snap, hold, and kick must be one continuous and fluid motion, at the discretion of the referee. If the snap hits the ground the ball is dead and the kick is failed. If the referee determines that the snap, hold, and kick are not continuous and fluid, the play will be declared dead and the kick will be disallowed/no good.**
9. 2 points for kick PAT, 2 points for pass PAT, one point for run PAT. If the PAT is kicked the try will be of one smooth continuous sequence from the center to the holder to the kick, and there will be no rush from the defensive team. Play will start from the team's own 40-yard line. First Possession will be determined by a toss of the coin before the game. There will be no kickoffs at the Peewee division.

## 89er Division

1. The 89er division will have regulation kickoffs and on-side kicks per NFHS rules.
2. All punts and kick pats will **be dead ball kicks, with no defensive rush or defensive player movement.**
3. **PUNT: The Offense will declare a "punt" to the opponent. The game referee will be told of any punt before the punt occurs by the team captain. The referee will then inform the defense that no movement of players is allowed and all defensive players shall take a knee. The team receiving the punt may field the punt at which point the ball is declared dead.**
4. **PAT: The Offense will declare a "PAT kick" to the opponent. The game referee will be told of PAT kick before the kick occurs by the team captain. The referee will then inform the defense that no movement of players is allowed and all defensive players shall take a knee. The offensive snap, hold, and kick must be one continuous and fluid motion, at the discretion of the referee. If the snap hits the ground the ball is dead and the kick is failed. If the referee determines that the snap, hold, and kick are not continuous and fluid, the play will be declared dead and the kick will be disallowed/no good.**
5. 2 points for kick PAT, **1 point for pass PAT**, and 1 point for run PAT.

## Junior, and Senior Division

1. These divisions will have regulation kickoffs, on-side kicks, punts and point after touchdown tries per NFHS rules.
2. 2 points for kick PAT, 1 point for run or pass PAT

## Game Length, Game Footballs, Coaches, Field Size

1. 89er, Junior, and Senior division games will consist of four (4) ten (10) minute quarters with eight (8) minute half times. Peewee division will be four (4) twelve (12) minute running clock quarters and eight (8) minute half times.  
The offensive team reserves the right to use their ball as long as it meets division regulation size.
2. No coach will be allowed on the field of play in any **89er, Junior, or Senior** division unless a time out has been called in any regular season, playoff, championship, or all-star game. If a time out has been called, one (1) coach may be allowed in the huddle on the field. In all divisions one (1) coach will be allowed on the field during scrimmages and WesCo Jr Football Jamborees, but must be 10 yards back from the deepest ballplayer when the ball is snapped.
3. All Peewee, 89er, Junior, and Senior division level teams will play on 100 yard regulation football fields.

## PROTESTS

1. Game Protest must be based on an interpretation of the rules (i.e., playing rules). Only the objecting head coach, at the time the play occurs, must notify the head referee, opposing coach, and home field manager that the game is being played in protest. All protested games will be played out to the finish of the game. The coach must then submit a written protest to their System Director within 48 hours of the completion of the game. The written protest must be detailed as to what playing rule was not recognized. The system director will then present it (and any video tape) to the WesCo Jr Football grievance board for review of the protest and decide on a course of action. A decision is to be made before the next weeks scheduled games.

## OTHER PROTESTS

1. Ineligible players, coaches, or parents – unsportsman like behavior by coaches, players, or parents - player equipment or field setup infractions, Only the objecting head coach, at the time the infraction occurs, must notify the head referee, opposing coach, and home field manager that the game is being played in protest. All protested games will be played out to the finish of the game. The coach must then submit a written protest to their System Director within 48 hours of the completion of the game. The system director will then present it (and any videotape) to the WesCo Jr Football grievance board for review of the protest and decide on a course of action. A decision is to be made before the next weeks scheduled games.

## GRIEVANCE BOARD

1. The Grievance board will be made up of the current year WesCo Jr Football League Board members, which includes all organization presidents, WesCo Director and Referee Coordinator. A minimum of three (3) WesCo Jr Football board members must be in attendance for a hearing to occur. If a board member is a direct party to the dispute. That board member will not sit on the grievance board for that instance. The WesCo Director will chair the board but not have a vote. All parties involved will be present and state their case before a silent vote can be taken to determine the outcome. If the vote results in a tie then the WesCo Director will cast the determining vote. When a silent vote is taken the results are final and all organizations agree to abide by the decision of the “Grievance Board”.

## SECTION VIII UNIFORMS

1. All players must be suited in full uniform. A uniform consists of a CERTIFIED NOSC helmet with a warning sticker, mouth guard, shoulder pads, team jersey, either a girdle or pants that hold a tail pad, either a one or two piece hip pad one each side, two thigh pads, two knee pads worn under pants, and shoes. It is recommended that all male participants wear a protective cup. All female players must wear appropriate protective equipment where required.
2. Players are not allowed to wear bandannas or stocking caps under helmets (Under Armor type caps are accepted).
3. Players are not allowed to wear jewelry during practice or games. Emergency I.D. bracelets may be worn but must be covered with white athletic tape.
4. All mouth guards/ mouth pieces must be colored (anything other than clear or white) per NFHS rule (2006) and attached to the facemask, unless a true orthodontic basis justifies an exception to the rule.
5. Only clear visors are allowed. No visor with any color or tint is allowed

## SECTION IX SCHEDULES AND PLAYOFFS

1. Each organization will have a home field if possible. This will encourage community in the league. Organizations may choose to share a home field if they desire. The Monday after each Saturday or Sunday game. A representative from the home team’s games will call the league Director to report their game scores so standings can be kept.
2. Playoff format will be as follows- **1 Vs 4 and 2 Vs 3** in the semi-final. The winners play in the final. If a level is divided into two divisions then 1A vs 2B, 1B vs 2A, The winners play in the final.
3. Playoffs will be at the home site of the higher seeded team (if possible). Members will work together to see that fields are available for playoffs and all teams have a place to play.
4. Championship games will be at a location agreed upon by the WesCo Jr Football board determined prior to the season start. An organization may volunteer to host the championships if so desired prior to season start.
5. Tie-breakers:
  - A. Head to head
  - B. In the event of a tie, a coin flip will determine seeding.
  - C. No other Tie-Breaker methods will apply.
6. There will also be a WesCo Jr Football League Division Traveling trophy that each champion keeps for the year and returns at championships the next year.
7. Individual player trophies **or awards** will be the responsibility of each organization.

8. Each organization must be ready to participate in a WesCo Jr Football season kickoff jamboree if one is held for that season. Member organizations may volunteer to host the jamboree if so desired. If a jamboree is not held then the organization is free to attend any pre-season event they wish.

## **SECTION X CHEERLEADING**

1. WesCo Junior Football encourages each organization to have a cheer program as it enhances the football program by allowing more families to participate in WesCo Junior Football functions.
2. Cheer is operated by each franchise, as its own entity just as the football teams are. Any fees or uniforms may be done as each organization sees fit.
3. Organizations can elect to have cheer squads at all games, regardless of being a home team or a visiting team. The home team field manager will instruct the visiting cheer squad as to which sideline they will be using.

## **SECTION XI CONDUCT, RULES**

1. Each organization will be responsible for the conduct of their coaches and players parents and their spectators. Any player, parent coach or spectator who is ejected from a game must follow all WesCo rules regarding ejection from a game.
2. Each franchise may choose their own nicknames, colors (as long as it's not already in use), team size, number of teams, home field but must conduct themselves under the spirit of the rules of WesCo Jr Football.
3. Each organization must provide a field manager for their assigned home games. The field manager has the right to remove any spectator who is disruptive regardless of which team the spectator is cheering for. He must carry a cell phone for emergency purposes.
4. Every parent, player and coach in each organization will receive a "Code of Conduct Form" (**Form 102**). It explains what's expected as to their behavior at any and all WesCo Jr Football functions. **Form 102** will be signed by the coach, parent, and player and filed with the player's registration forms with each member organization.
5. Any current year grievance will be taken to the WesCo Jr Football Grievance Board if requested. The grievance must be submitted in writing to the WesCo Jr Football AD within 48 hours of the incident. The WesCo Jr Football Grievance Board will meet before the next weeks-scheduled games. All parties will be present and will state their case. After which, the WesCo Jr Football board will review the situation and take a silent vote to determine the outcome. All parties will then be notified of the decision.
6. Physical altercations before, during or after a game by players, coaches, officials or spectators will result in the ejection of that player, parent, coach, or spectator from the field location by the Field Manager. Ejection of players, coaches, or spectators by officials will result in the automatic suspension from participating in all WesCo Jr Football League functions, including all practices, for a period to include the next scheduled game. The WesCo Jr Football board will review the incident with the players, parents, coaches, or spectators during the suspension period. At that time a silent vote will be taken to allow or disallow the individual to continue participation in league activities. The WesCo Jr Football Board can take action up to and including banning the individual from WesCo Jr Football League. If the individual is allowed to continue participation and is involved in a second offense. It will result in the automatic suspension from league play or participation for the remainder of the current year.
7. Altercations between parents, players, coaches, officials, or any other spectators will not be tolerated. Franchises must police themselves and make it clear to their organization that bad behavior will not be tolerated.

## **SECTION XII ETHICS**

1. In any document one can find loopholes or ways to get around a rule. It's up to the individual organizations to police themselves so as not to break the spirit of the codes and rules. An organization is only as good as the people in it who are willing to play above board in an honest and trusting manner. The Western Conference Junior Football League was created to bring together strong independent youth football organizations. Who are willing to compete and operate without the interference of a central governing few who have only control and self-fulfillment as their goal. The dynamics of youth football demands that a youth football league be operated in this manner. This way allows the community, in which the organization resides to better serve that area, grow with the area and have a sense of ownership with the community.

2. Member organizations are expected to induce a spirit of high ideals in their teams. Member organizations are to practice the highest standards of sportsmanship and coaching ethics.
3. Member organizations will be responsible for providing proof that their coaches have submitted to a Washington State Patrol background check before taking the field and a copy is on file with the member organization.
4. The highest degree of ethical conduct is expected of all that participate in the league. This includes strict adherence to both the letter and the spirit of the rules and regulations. The use of alcohol, illegal drugs, tobacco products, and the use of profanity during practice or games are prohibited.
5. Violent conduct, holding / touching the facemask, or verbal abuse towards any player will not be tolerated and is prohibited.
6. Scouting of other teams at practices is prohibited. Attending scheduled games by coaches and players of other teams is permitted.
7. Video taping opponent's games is allowed.

#### **SECTION XIV CHANGES**

- 1) At the end of each season the WesCo Jr Football Board will meet during the winter to review these rules. If a rule is to be changed it will take a two-thirds majority vote.



**SECTION XV  
COMPLIANCE AGREEMENT**

By signing this agreement we acknowledge to have read and understand the rules and regulations of the WesCo Jr Football League. By signing this agreement we agree to attend scheduled meetings, return phone calls, and cooperate with other member organizations in a timely manner. By signing this agreement we understand that if these rules are broken or ignored by this organization we run the risk of expulsion from the WesCo Jr Football League. Refusal to sign this agreement will exclude this franchise from League play.

(Organization Head must sign, This document is then given to the WesCo Director for the current year.)

**Organization Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Organization Head Signature** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# **WesCo Jr Football League CODE OF CONDUCT**

## **COACHES CODE OF CONDUCT**

- 1) Coaches will always be fair, firm and consistent.
- 2) Coaches will promote a positive attitude and lead by example.
- 3) Coaches will follow the rules of the sport and of the WesCo Jr Football League and teach the basic fundamentals of football at a level and pace that incurs the best possible environment for learning.
- 4) Coaches will not argue with parents or officials, and will always demonstrate good sportsmanship.
- 5) Coaches will listen to their players concerns and try to help them any way they can.
- 6) Coaches will do the best they can to ensure each athlete is both physically and mentally ready for whatever task is asked of them.
- 7) Coaches will strictly adhere to the policies and procedures of the WesCo Jr Football League, and set a proper example with their actions for everyone to follow.
- 8) Coaches will stress teamwork and respect each and every athlete.
- 9) Coaches will not allow anyone who has not filed a WSP background investigation form to come within ten (10) feet of any minor.
- 10) Coaches will allow each athlete the opportunity to compete and excel.

## **SUMMED UP**

Do whats right, not whats easy. We are being watched and listened to every minute we are with ballplayers. Stay positive! Here are a few things we were taught when we were little...

Treat others as you want to be treated. Remember the big picture, This is a kids game. If you have nothing good to say, don't say anything. You are a mentor to these kids. We should teach more than football- responsibility, discipline, leadership, respect, teamwork and good citizenship. **Do what we know as right!**

## **ATHLETES CODE OF CONDUCT**

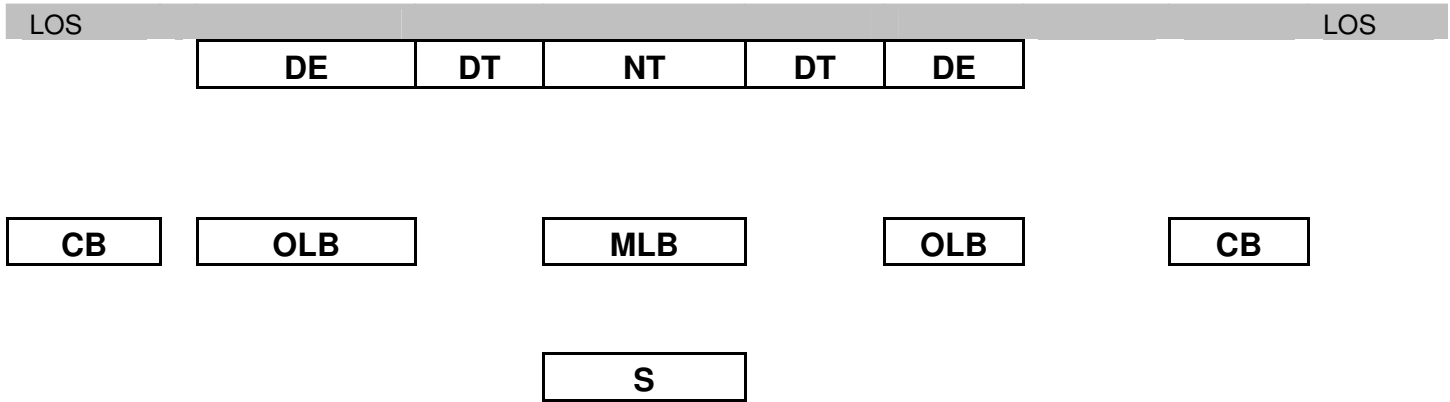
- 1) I will attend all practices, games, meetings and any other team function on time.
- 2) I will show respect toward all coaches, players and referees at all times.
- 3) I will demonstrate good sportsmanship on and off of the field of play.
- 4) I will not fight, use foul language or argue with coaches or team mates.
- 5) I will stay within the established areas of the sidelines during games.
- 6) I understand that I risk being ejected and or suspended from a game or further league participation if I incur unsportsmanlike behavior penalties.
- 7) I will be coachable and ready to learn and have fun.
- 8) I will be a team player and always put the team first.
- 9) I will obey the coaches and the rules of the WesCo Jr Football League.
- 10) I will try my very best to learn and have fun.

## **PARENTS CODE OF CONDUCT**

- 1) Parents should support the efforts of the volunteer coaches and the league.
- 2) The use of profanity, drugs, alcohol or tobacco during any WesCo Jr Football League event is prohibited.
- 3) Set the right example for your child by always showing good sportsmanship.
- 4) Never argue with a coach or official during practices or games. Any complaints or concerns can be directed to the Organizations heads or WesCo Jr Football League, where it will be promptly investigated.
- 5) Understand that your child will be given every opportunity to participate; however, the safety of our athletes is our #1 concern.
- 6) Any parent who enters the playing field during a game risks their child being disqualified from further participation.
- 7) Any parent who incurs an unsportsmanlike behavior penalty risks their child being disqualified from further participation.
- 8) Remember too praise your child's efforts and always offer your support.
- 9) Please allow your child to play as a child and have fun.
- 10) Never voice any complaints or concerns toward coaches, referees or league officials in front of the children.

**Parents: (Print Name)** \_\_\_\_\_ **Sign:** \_\_\_\_\_  
**Players: (Print Name)** \_\_\_\_\_ **Sign:** \_\_\_\_\_  
**Coaches: (Print Name)** \_\_\_\_\_ **Sign:** \_\_\_\_\_

## 2008 WJFL Pee Wee Defense (5-3)



5 down defensive lineman (DE'S MUST BE IN 3 or 4 POINT STANCE)

3 Linebackers, 4 yards off the line of scrimmage

2 Cornerbacks even with the Linebackers and at least/a minimum of 2 yards wider than the DE or OLB (who ever is widest)

1 safety 3 yards deeper than the deepest defensive ballplayer.

Coach is 10 yards behind safety at snap of ball.

Coach cannot assist ballplayer toward the ball (no touching of ballplayers)

No forward movement by any defensive player before the snap of the ball.

