



2022 NJFL Rules Cheat Sheet



- **Games will not start before scheduled time. Example: PW 5pm JR 6:15 SR 7:30**
 - **Clock:** Scoreboard will be the official clock controlled by an official.
 - **10 Min Quarters: All levels:** 24+ Point differential = running clock in second half.
 - **Timeouts** = 3 per half, **Halftime** = 15 Min, **OT** = 1 possession EACH from 15 yard line
 - **SENIORS:** HS Federation Timing entire game.
 - **JUNIOR/PW: Clock Stops:** change of possession, OB, Incomplete Pass, Penalties. **Clock starts** on ready for play. **Exception:** HS Federation timing for last 2 minutes of 1st half and last 4 minutes of 2nd half. 2 Minute Warning 2nd/4th Quarters
 - **Play Clock: 30 seconds Junior/Seniors, 45 seconds Peeewees**
 - **2 Coaches on field for timeouts or team may go to sideline.**
 - **Chain crew** provided by Home team on Home team sideline.
 - **Sideline box** – 20 yard line to 20 yard line
 - **Game Balls: Wilson TDY, TDJ, K-2 ONLY.** No alternatives allowed.
 - **Regarding Tape Heads or LINE ONLY PLAYERS. MUST be lined up Tackle to Tackle on O or D** While on DEFENSE, MUST be lined up within the Offensive Tackles Body (attached 5 Tech)
 - All Line Only Players MUST be in a 3 Point or 4 Point Stance at the snap of the Ball. Otherwise they are technically a LB aligned in a gap which is against NJFL League Rules. This will be strictly enforced. Results in 5 yd penalty.
 - **If “Line Only” player** comes to possess the ball, play shall be Dead at the spot they retrieved ball.
 - **PW/JR - There are NO KICKOFFS: PW Start 25 yd line, JR start 20 yd line**
 - **SENIORS KICKOFF RULE**
 - Kick-Offs must travel 20 yards in the air. Failure of this the ball will be spotted at the first point of contact. There are no onside kicks permitted. (Refer to IX. Part M.) The 40-yard line shall be midfield. (Senior Division Only) The kicking team will kick from their 30-yard line. The receiving team will place a minimum of five (5) players within 11 yards of kicked ball, with no player over the maximum back field/end weight lined up beyond 12 yards of kicked ball.
 - *All players on the kicking team must be at the line of scrimmage and stationary at that time of the kick.
 - **On Side Kick opportunity Per Game- Each Team is allowed (1)**
 - **Only Within the Last 4:00 of 4th Quarter.**
 - **Onside Kick** is a 4th & 15 from YOUR 25 Yard Line.
- Scenarios:** Convert 4th & 15 continue possession at spot of the ball. Do Not Convert: Other Teams ball at spot of the ball. Score a TD on the 4th&15.It Counts!! Elect 1 or 2 point conversion (You have No More On Side Kick Opportunities) **Extra Point Attempts** – 1 Point from 2 yd line, 2 points from the 5 yd line)
- **Penalty Distances** – 5 yds for a 5 yard penalty and 10 yds for a 15 yds penalty
 - **24 Point Rule:** When a team leads by 24 points the leading team must remove all frozen players from the game. “B” game occurs. **If margin drops below 24 Frozen may re-enter game**
 - Playoffs: 24Pt Rule changes to 25 points
- Peeewee Specific Rules**
- **No blocking below the waist**
 - **Punts:** Frozen Line, ‘Standard formation’, “Line Only” players eligible to punt. If clock stopped it will not resume until ball is punted.
 - **2 Coaches permitted on field.** Once offense breaks huddle, on-field coaches **CAN NOT** communicate with team. Coaches must be 15 yards behind LOS or 5 yds behind deepest defender. If called: Penalty is 10 Yds for first offense, second offense is 10yds and offending coach must leave field of play. A substitute coach is permitted to replace offending coach.