



2018

2017 JEFA Schedule

**Skills Day.....August 4th & 11th
(BOTH DIVISIONS-9:00-12:00)**

Draft Day (Head Coaches Only).....August 12th (Sunday)

First Week of Practice (No Pads).....August 20th-24th

Second Week of Practice (With Pads).....August 27th-31st

Third Week of Practice (With Pads).....September 4th-8th

Game 1.....September 8th

Game 2.....September 15th

Game 3.....September 22nd

Game 4.....September 29th

SouthLake's Fall Break (NO Games or Mandatory Practice)...October 1st-5th

Game 5.....October 13th

Game 6.....October 20th

Game 7.....October 27th

Game 8.....November 3rd

Game 9.....November 10th

Game 10.....November 17th

Playoffs (First Round).....November 29th (Thursday)

Playoffs (Second Round).....December 1st

JEFA BOWL.....December 8th

JEFA

General Policies and Information

League Fees:

SouthLake Families- \$185 per player
Non-SouthLake Families- \$225 per player

Age and Weight Divisions:

Junior Weight Division (8 Man Football)

Grades 2nd, 3rd, 4th (**CAN NOT CARRY THE BALL IF THEY WEIGH OVER 115**)

Heavy Weight Division (8 Man Football)

Grades 5th, 6th, 7th (**CAN NOT CARRY THE BALL IF THEY WEIGH OVER 145**)

Weigh-Ins & Skills day

Skills Day (Saturday, August 4th & 11th)

Time: 9:00-12:00

Location: Sign-In on Southlake's Turf Football field below the Score Board

Both divisions will be evaluated together. Players will be assessed at Skills day on many aspects of the game. Helmets and pads will be handed out on this day at the end of the evaluation. The only things that need to be purchased will be chin strap, white practice and game pants (most use the same pair), mouthpiece and cleats.

Evaluation

- 30 yard dash
- 5-10-5 Shuttle
- Passing
- Catching

Team Selection

Both divisions may build their own teams on their recruitment. We will then except request and place others on teams, based on their evaluations.

Roster Size

LW-12-14 players
HW-12-14 players

Our goal is to have Strong Christian leaders as coaches and make the league as even and competitive as possible.

Once the teams have been finalized, parents will be contacted by each head coach to confirm the player's placement.

Practices

There will be three weeks of practice prior to the first game. The first week will be without pads and the following two will be full pads. Coaches are not permitted to have more than two practices a week (Monday through Friday). A practice schedule will also be finalized during the coaches meeting. Each practice will be an hour and a half for both divisions and are prohibited to holding practice on Sundays in any format. Please reference the Rule section for practice requirements.

Parent Volunteer Roles

JEFA relies on parents for several volunteer roles throughout the season:

1. Chain Gang (working the chains on the sidelines during games)
2. Team Moms- Please contact your head coach if interested.
3. Volunteer Coaches- once the teams are selected, and you want to help out with coaching, please contact your head coach.

Game Cancellations

Games cancelled due to weather will be made up the following Monday and Tuesday evening. Notices will be sent out in a timely manner with rescheduling details.

Sports Physical and Emergency Data Sheet

Players will not be permitted to participate in practice or game until their Medical files are complete. Physical and Data sheets will be due at skills day.

Refunds

Refunds will not be issued after the first two games have been played.

Conduct

All parents, players and coaches must conduct themselves according to the Professional Conduct Policy located in the registration packet. Parents, players and coaches will be reminded of this policy one time. The second notification will result in immediate dismissal from that practice or game and will miss that week and the following week of practices and games. Any player, parent or coach dismissed from a practice or game will not resume until he or she has met with the JEFA staff to resolve the issue.

Rules

National tackling midget football rules and regulations apply. In addition to the following:

Time:

LW: 9 minute quarters, 5 minute half time, 2 timeouts per half

HW: 10 minute quarters, 5 minute half time, 2 timeouts per half

Clock:

Normal play clock. Play clock will begin after all penalties have been applied. Each division will be guided by a 30 second play clock. A 21 point lead will result in a running clock except for timeouts.

Playing Time:

Players will receive a minimum of 8 minutes per game. Coaches must do their best to play players as much as possible. There are certain circumstances that could lead to instance where a coach may choose to override the minimum standard, just as at all levels of sports. Example: players who are not physically ready to play due to injury and players who do not follow coach's instruction. If a player misses both practices that week, the minimum standard of playing time will not be applicable for that week. If a player misses one practice for that week without proper excuse clearly communicated prior to the start of practice, the minimum standard will not be applicable for that week.

Field Dimensions:

LW- 80 yards in length and 40 yards in width

HW- 100 yards in Length and 40 yards in width

PAT's and Punts

Both divisions: No rush until the receiver (punter/holder) has control of the ball. Fakes are allowed.

Kickoffs

Both Divisions: Onside kicks are allowed and must go 10 yards

Offense

1. Must have five on the line of scrimmage
2. Maximum of five carries per player per quarter (Both Divisions)
3. Rushing and Pass receptions are the only carries that apply
4. Quarterbacks that drop back to pass and have to run, only applies if there's a gain in yardage
6. Carries do not apply on extra points, punt and kick returns
5. Extra Points: One point will be rewarded for a traditional two point conversion and two points for kicking an extra point.

Defense

BOTH DIVISIONS

No more than four defensive lineman on the line of scrimmage. A goal line defense can take place on short yardage (3 yards or less) or the ball is on the goal line (5 yards and in). Linebackers and defensive backs must be four yards off the ball prior to snap. Once the ball is snapped, stunts from the linebackers and secondary backs can take place.

Overtime

If the game is tied after regulation play, the officials will flip a coin to determine who will get the ball first. The ball will be placed on the 10 yard line and the offense will have four downs to score. If no team scores or both

teams score equal points, overtime will continue. During the second overtime, the possession order will alternate. Overtime will continue until a winner is determined. Extra points after touchdowns apply.

Coaches on the Field

LW: One coach may be on the field. The purpose is to coach players after each play and setting up or calling offenses and defenses.

HW: One coach may be on the field for the first two weeks of play. After the first two weeks are up, a system must be put in for calling in plays from the sideline.

Playoffs

Two rounds; each team makes playoffs

JEFA Contact Information:

JEFA Director

Mike Causey - 704-608-4423
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Head Football/Baseball Coach
Head Strength and Conditioning Coach

JEFA Administrator (for questions concerning registration, physicals, and payment)
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