



# **The Journey House Football And Cheerleading League Playing Rules, Policies and Regulations 2011**

## **Table of Contents**

**Vision, Mission and Philosophy**  
**Registration and Medical Release**  
**Team Organization**  
**Coaches**  
**Equipment**  
**Fields**  
**Games**  
**Practices**  
**Weight Restrictions**  
**On-Field Rules and Policies**  
**Scoring and Timing**  
**Inclement Weather**  
**Game Day Operations**  
**Uniforms**  
**Codes of Conduct**  
**Junior Player Development**  
**Community Service**  
**League Teams**  
**Team Practice Locations**  
**Cheerleading Rules**  
**Data Tracking (United Neighborhood Centers of Milwaukee...UNCOM)**  
**Database**

## **Downloads**

**League Registration Application 2011**  
**League Medical Release 2011**  
**League Sports Physical Exam Form 2011**  
**Parents Code of Conduct 2011**  
**Player Code of Conduct 2011**  
**Cheerleading Registration Application 2011**  
**Coach Application 2011**  
**Team Organization Structure 2011**  
**Referee's Score Sheet 2011**



## **Vision, Mission and Philosophy**

**Vision – To help create and build football programs and fields that promote healthy children and a sustainable Milwaukee Communities. To provide a highly organized and implemented program that is appreciated and favorably received by the parents of the community.**

**Mission – To inspire youth, regardless of race, color, creed, or national origin; to practice the ideals of health, citizenship, and character; to build lasting relationships among diverse youth through the means of common interest in sportsmanship and fair play; to impart to the game elements of safety, sanity, and intelligent supervision; and to keep the welfare of the players first, foremost and entirely free of adult pressure to win at all cost.**

**Philosophy – Having fun while learning and being treated with dignity is each child’s right and each adult’s responsibility. Coaches and parents shall stress sportsmanship, team spirit, and developing life and character skills more than winning. Through the use of the NFL’s Junior Player Development Program players, cheerleaders, coaches, and parents will adopt and implement the elements of Responsibility (on and off the field), Goal Setting, Sportsmanship, Self-Control, Smart Moves (making the right decisions), Teamwork, Leadership, and Perseverance, Commitment and No Excuses. Additionally, there will be a strong emphasis on academic achievement, self-discipline, commitment and community service.**

**It’s more than scoring touchdowns and winning games, it’s about developing our youth.**

**Community Service – Will be our way of giving back to the community we live and play in. The league has scheduled a “Community Clean-up Day” of Wednesday, 31 July 2011, where each league team will select area within the vicinity of their practice locations to do a community clean-up. The league will provide trash bags and plastic gloves to assist with the cleaning.**



## Registration and Medical Release

### Registration Requirements:

1. Each player and cheerleader must register in person at the time of registration (NO EXCEPTIONS).
2. Completed Journey House Football League Registration Form
3. Original or certified birth Certificate
4. Completed Journey House Football League Physical Exam Form 2011 (Required for all players and cheerleaders) \*\*\*Form must be signed by a doctor or physician. Physical exams are good for two years.
5. Completed Medical Release Form
6. Completed Parent Code of Conduct Form
7. Completed Player Code of Conduct Form
8. Library Card
9. Weight Check
10. Picture (taken during team registration)
11. Registration Payment (IN FULL \$50.00 per player, \$30.00 per cheerleader). No refunds.

## Medical Release & Physical Examination

Each participant must have a completed signed Waiver, Release of Liability and Convenat Not to Sue (for Minors) Statement and a Journey House Football League 2011 Sports Physical Examination Form.

**Note: Documents from other leagues outside of Journey House are not valid and will not be accepted.**

## Team Organization

It is the intent of this league to have member organizations that consist of three teams within the organization. The three teams would represent players in age groups six to eight (6-8) years old, nine to eleven (9-11) years old, and twelve to fourteen (12-14) years old.

**Example: The Journey House Packers have three teams, one in each of the above age groups.**



**GENERAL MANAGER/CHIEF OF FOOTBALL OPERATIONS:** Each organization will have a designated “General Manager/Chief of Football Operations” as the chief spokesperson for the organization. This individual can also be a head coach within the organization.

**HEAD PARENT COORDINATOR:** Each organization will have a “Head Parent Coordinator” to communicate with all team parents and other parent coordinators.

**HEAD COACH:** Each team will have a designated head coach.

**ASSISTANT COACH:** Each team will have at least “one” designated assistant coach.

**TEAM LEVEL PARENT COORDINATOR:** Each team in every age group will have at least “one” designated parent coordinator.

See Journey House Football League Structure 2011 attachment #8

**ROSTER LIMITS:**

Pee Wees (ages 6-8 years old)	Minimum – 16	Maximum – 25
Juniors (ages 9-11 years old)	Minimum - 16	Maximum - 40
Majors (ages 12-14 years old)	Minimum - 16	Maximum - 25

**AGE CUT-OFF DATE:**

1 September 2011

Any football player who turns of age before the cut-off date must play at the next age level. Example: Johnny Jones played at the pee wee level last year as an 8 year old, he will be 9 on August 23<sup>rd</sup>. Johnny Jones will have to play at the Junior level because he turns 9 before the age cut-off date (1 September). If Johnny had turned 9 on September 5<sup>th</sup>, than he could still play at the Pee Wee level because he was 8 on 1 September.

If a player turns of age on 1 September they will have to play at the next level.



The rule is; if a player turns of age “ON OR BEFORE” September 1<sup>st</sup> , 2011, they must play at the next age level. **NO EXCEPTIONS**, regardless of height, weight, maturity, skill level or knowledge.

### **TEAM NAMES AND COLORS:**

All team names will follow the names of the National Football League (NFL). Example: Packers, Bears, Lions, Vikings. Exceptions will be allowed on a case by case basis.

Teams will follow as closely as possible to uniform colors of their selected NFL team. Example: Packers (Green, Gold and White)

## **COACHES**

All coaches:

1. **Must complete a league coach’s application form.**
2. **Every coach will have a background check administered through Journey House. See attachment # 5**
3. **All head coaches are “required” to attend USA Football’s Coaching School held in Green Bay every year. (The school is usually held in May)**
4. **All coaches must complete USA Football’s online certification within one year of coaching in our league.**
5. **All coaches must attend mandatory league meetings and clinics when designated. At these meetings/clinics the coach must sign a coaches statement certifying that the coach has read and understands the rules and philosophy of the Journey House Football League and has signed the Journey House Football League Coaches Code of Conduct.**

**All coaches must attend mandatory league coaches meeting when designated.**

**All coaches will have a Journey House Football League Photo ID, badge with the name of the coach and if he/she is a Head or Assistant coach. This badge must be displayed while the coach is on the field or on the sidelines of all games.**



Coaches are required to abide by the spirit of these rules and the overall philosophy of the Journey House Football League. Coaches must always remember that the program is for the players and not for the coaches.

Coaches are “highly encouraged” to purchase coaching attire that matches the team you are coaching for and that the coaching staff looks uniform on game day.

Suggested attire: Team shirt, Khaki pants, and team hat.

## EQUIPMENT

1. All league equipment will be identified and marked by the league.
2. All players must wear a mouth guard (or mouth piece) during practice and during the game. The mouth guard (or mouth piece) must be attached to the helmet.
3. Coaches are expected to see that each player is fitted properly in approved equipment in proper repair. Any player wearing faulty equipment will not be allowed to play.

## FIELDS & FIELD MANAGEMENT

The league will be responsible for ensuring that the game fields are in playable condition, properly marked and equipped for Journey House Football League games.

The team box shall extend from the 30 yard line to 30 yard line, 5 yards deep, marked with cones, chalk, tape or other designated barriers. All coaches and players are to remain inside the team box during the game. No other persons are permitted in the team box during the game. Exception: League officials, team administrators or league board members, commissioners are allowed. Parents, relatives, friends or other spectators are **NOT** permitted in the box during the game.

During halftime each team will go to a pre-determined area for halftime adjustments. Parents, relatives, friends or other spectators are **NOT** permitted in the area of the halftime team adjustments.

Spectators to include parents, relatives, family members, neighbors, and friends shall remain in designated spectator areas.



During halftime cheerleaders will perform on the field according to the rules designated by Journey House Football and Cheerleading League.

Teams will have pre-determined sides, locations and home/visitor designations. During halftime teams will quickly move to their pre-determined locations .

## **GAMES**

Games begin with a coin toss involving teams captains and the game officials. The team winning the coin toss has the choice of kicking off, receiving, or deferring their choice until the start of the second half.

Games can only be cancelled by an league official or commissioner. Games will only be cancelled due to extremely bad weather or the presence of lightening.

## **PRACTICES**

Team practices may officially start 5 July 2011. Teams may not have more than four (4) practices a week during the summer months. The official start of Milwaukee Public Schools will determine when teams will reduce the number of practices during the week. Practice must be reduced from the summer schedule.

Practice should last no longer than two (2) hours. Practices should not be conducted in bad weather or in darkness.

Water breaks should be about every 20 minutes or when a player desires.

Teams should notify parents and players when practice has been cancelled or changed. It's the team's responsibility. Practice calendars are highly encouraged.



## **WEIGHT RESTRICTIONS**

Weight restrictions are related to skilled positions on offense and defense. Skilled positions on offense are defined as (Quarterback, Halfback, Fullback, running back, slot back, flanker, wide receiver, tight end or any player that will be handling the ball with the exception of the center or long snapper).

Skilled positions on defense are defined as (Linebacker, defensive back, safety, rovers or any position that is not on the line of scrimmage).

All other players must play on the offensive or defensive lines.

The following weight limits apply:

Pee Wee Level 80lbs with a five pound variance (85lbs)

Junior Level 120lbs with a five pound variance (125lbs)

Major Level 160lbs with a five pound variance (165lbs)

## **JOURNEY HOUSE FOOTBALL LEAGUE 2011 ON-FIELD POLICIES AND RULINGS**

### **PEE WEE DIVISION (LEVEL)**

Two Coaches are permitted on the field at all times. Before a play begins, coaches must use judgments not to interfere in the play or obstruct any player movement, including running paths. Referees will have ability to call the play back if a coach interferes with a play by obstructing or not moving out of *live action* in a timely fashion when it impacts a plays outcome, offensively or defensively.

On all defensive alignments, there must be a minimal of 3 “down” lineman on defensive line and maximum of 4 outside of opposing teams offensive 10-yard line (red zone).

“Red Zone” is defined as the 10 yards or closer for an offensive score.

“Down,” means 3-point or 4-point stance with a minimum of one hand having contact with the turf, knees bent and crouched rear end. No standing!

No defensive “down” lineman are permitted to lineup over center under any circumstance.

No more than 7 “down” defensive lineman are permitted inside the 10-yard line (red zone).

### **Weight Restrictions for Skilled Positions**

Ages 6-8: Max Offensive/Defensive Skilled Position Weight: 80 lbs. (85lbs) without complete football attire. (Helmet, pads, cleats).

No weight Limit for Offense or Defensive Lineman. (X-Man- Rule)

All players over the max offensive skilled position weight will be marked as a CX-player.

X-players will have a sticker denoting their distinction and this sticker must be visibly shown at all times.

### X-player Rules:

A X- man can only play the offensive positions of Center, Guard, or Tackle. He can also act as kicker or punter. He may not be in a position that would otherwise make him an eligible receiver. A X-player can lineup in the tight end position but not be an eligible receiver. A X-player can only play the defensive positions of guard, tackle, or ends and cannot advance the ball by receiving a kick or making a forward pass. **If a defensive X-player takes possession of a fumble or intercepted pass he is not allowed to advance the ball if the possession occurs 10 or more yards away from his scoring end zone!**

**NO BLITZING ALLOWED!!!** (Linebackers/D-backs) (10-yard penalty)

*Blitz(ing)- defined as the sudden and vertical intention of a player (at the snap of the ball) other than a “down” defensive lineman attempting to vertically break the line of scrimmage to apply pressure, disrupt, make a play in the offenses backfield.*

Defensive skilled positions must be a minimum of 3 yards off the line of scrimmage and are not permitted to blitz under any circumstance!

**NO PUNT RUSH ALLOWED!!!**

**Coaches must announce to the official when they are going to punt the football.**



All players must wait until the ball is snapped, handled by the punter, and kicked before engaging in contact on punt plays.

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8-minute quarters on continuous clock.

60-yard field + 10 per end zone = 80 yard field.

Clock only stops at the end of each play with 1 minute before the half and 1:30 minutes remaining in the game.

3 timeouts per half (75 seconds each)

PAT conversions:

Successful pass attempt = 2 points

Successful run attempt = 1 point

**Overtime:** One sudden death 8-minute quarter. First team to score wins. One timeout permitted per team. There will be a continuous clock throughout the extra period. Only a timeout, player injury, or unusual event can stop the play clock. In the event time runs out and no team has scored, the game ends in a tie. End of season tiebreakers will be determined by: 1-Points Scored: 2-Points Allowed. Championship: Play continues until a winner prevails.

Teams shall have a copy of opposing teams roster prior to kickoff. Age/Weight/Picture, etc.

## **JUNIOR DIVISION (LEVEL)**

On all defensive alignments, there must be a minimal of 3 “down” lineman on defensive line and maximum of 5 outside of opposing teams offensive 15-yard line (red zone).

“Red Zone” is defined as the 15 yards or closer for an offensive score.

“Down,” means 3-point or 4-point stance with a minimum of one hand having contact with the turf, knees bent and crouched rear end. No Standing!

No more than 8 down defensive lineman are permitted inside opposing team’s offensive 15-yard line (red zone).

2 Blitzers maximum allowed. (Skilled defensive positions)



**Blitz(ing)-** *defined as the sudden and vertical intention of a player (at the snap of the ball) other than a “down” defensive lineman attempting to vertically break the line of scrimmage to apply pressure, disrupt, or make a play in the offenses backfield.*

Defensive skilled positions must be a minimum of 1 yard off the line of scrimmage

### **Weight Restrictions for Skilled Positions**

**Ages 9-11: Max Offensive/Defensive Skilled Position Weight: 120 lbs.** without complete football attire. (Helmet, pads, cleats).

**No weight Limit for Offense or Defensive Lineman. (X-Man- Rule)**

All players over the max offensive skilled position weight will be marked as a X-player.

X-players will have a sticker denoting their distinction and this sticker must be visibly shown at all times.

### **X-player Rules:**

A X- man can only play the offensive positions of Center, Guard, or Tackle. He can also act as kicker or punter. He may not be in a position that would otherwise make him an eligible receiver. A X-player can lineup in the tight end position but not be an eligible receiver. A X-player can only play the defensive positions of guard, tackle, or ends and cannot advance the ball by receiving a kick or making a forward pass. **If a defensive X-player takes possession of a fumble or intercepted pass he is not allowed to advance the ball if the possession occurs 10 or more yards away from his scoring end zone!**

Teams shall have a copy of opposing teams roster. League roster will include player name, jersey number, age, weight and picture.

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10-minute quarters on continuous clock.

80-yard field + 10 per end zone = 100 yard field.

Clock stops with 2 minutes remaining in each half. (Two-minute Warning) (Incomplete passes clock stops under two minutes. Run plays where the runner makes it out of bounds (i.e., one body part or the ball, Quarterback spikes the ball immediately after ball is snapped).

3 timeouts per half (60 seconds)



**Overtime:** One sudden death 8-minute quarter. First team to score wins. One timeout permitted per team. There will be a continuous clock throughout the extra period. Only a timeout, player injury, or unusual event can stop the play clock. In the event time runs out and no team has scored, the game ends in a tie. End of season tiebreakers will be determined by: 1-Points Scored: 2-Points Allowed. Championship: Play continues until a winner prevails.

**PAT conversions (No Goal Posts established LEAUGE-WIDE):**

Successful pass attempt = 2 points

Successful run attempt = 1 point

Once goal posts are established League-Wide: Successful kicking PAT attempts = 2pts (Pass/Run attempts) = 1 pt.

Only 2 persons permitted to rush/attempt to block punt. (Must be the outermost “on scrimmage line” and only 1 on each side of the ball).

Teams shall have a copy of opposing teams roster. League roster will include player name, jersey number, age, weight and picture.

## **MAJOR DIVISION (LEVEL)**

On all defensive alignments, there must be a minimal of 3 “down” lineman on defensive line and maximum of 6 outside of opposing teams offensive 20-yard line (red zone).

“Red Zone” is defined as the 20 yards or closer for an offensive score.

“Down,” means 3-point or 4-point stance with a minimum of one hand having contact with the turf, knees bent and crouched rear end. No standing!

No more than 8 down defensive lineman are permitted inside the opposing team’s offensive 20-yard line (red zone).

### **Weight Restrictions for Skilled Positions**

Ages 12-14: Max Offensive/Defensive Skilled Position Weight: 160 lbs. without complete football attire. (Helmet, pads, cleats).

No weight Limit for Offense or Defensive Lineman. (X-Man- Rule)

All players over the max offensive skilled position weight will be marked as a X-player.



X-players will have a sticker denoting their distinction and this sticker must be visibly shown at all times.

**X-player Rules:**

A X- man can only play the offensive positions of Center, Guard, or Tackle. He can also act as kicker or punter. He may not be in a position that would otherwise make him an eligible receiver. A X-player can lineup in the tight end position but not be an eligible receiver. A X-player can only play the defensive positions of guard, tackle, or ends and cannot advance the ball by receiving a kick or making a forward pass. **If a defensive X-player takes possession of a fumble or intercepted pass he is not allowed to advance the ball if the possession occurs 10 or more yards away from his scoring end zone!**

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12-minute quarters on continuous clock.

100-yard field + 10 per end zone = 120 yard field.

Clock stops with 2 minutes remaining in each half. (Incomplete passes clock stops under two minutes. Run plays where the runner makes it out of bounds (i.e., one body part or the ball).

3 timeouts per half (60 seconds)

PAT conversions:

Successful pass attempt = 2 points

Successful run attempt = 1 point

Once Goal Post are established League-wide, successful kicking PAT attempts =1 pt. Pass/Run = 2 points.

**Overtime:** One sudden death 8-minute quarter. First team to score wins. One timeout permitted per team. There will be a continuous clock throughout the extra period. Only a timeout, player injury, or unusual event can stop the play clock. In the event time runs out and no team has scored, the game ends in a tie. End of season tiebreakers will be determined by: 1-Points Scored: 2-Points Allowed. Championship: Play continues until a winner prevails.

Teams shall have a copy of opposing teams roster. League roster will include player name, jersey number, age, weight and picture.



## **PLAYING TIME**

There is no minimum play rule in this league. However, teams and coaches are “HIGHLY ENCOURAGED” to play all players during the course of the game.

## **SCORING AND TIMING**

In the absence of field playing clocks, the head official (referee) will be the official time keeper.

## **INCLEMENT WEATHER**

Games will be cancelled by league or game officials due to inclement weather. Normally, if it is thundering and lightening games will be cancelled.

## **GAME DAY OPERATIONS**

Teams are required to arrive at least one hour prior to game start time. Failure to arrive on time could delay the start of a game which can be determined or called as forfeiture due to late arrival. Teams must be ready to play at the start of the game, teams not ready to play within 5 minutes of the start time will be consider absent and charged with a forfeiture. Forfeiture will be count as a win for the opposing team and will count in the standings.

Player roster verifications will begin 30 minutes prior to game start. All players who are scheduled to play must be checked-in by a league official, commissioner, game official. If league officials, commissioners or game officials are not available than team “head coaches” can conduct roster verifications between their teams.

In this case, head coaches will exchange rosters and verify players of their opponents. Disputes will be resolved by league officials, commissioners, or game officials. This process should only take about 15 minutes.



## **UNIFORMS & EQUIPMENT**

All players and cheerleaders will be properly dressed. Players must have helmet, chin strap, shoulder pads, hip, thigh, and knee pads, mouth piece.

Items not permitted with practice or game uniform:

No earrings  
No chains  
No Durags or bandanas

## **CODES OF CONDUCT**

All players must have a signed code of conduct on file.  
All parents/guardians must have a signed code of conduct on file.  
All coaches must have a signed code of conduct on file.

## **JUNIOR PLAYER DEVELOPMENT**

The intent of Junior Player Development (JPD) is to teach all basic fundamentals, such as tackling and blocking, are taught and reviewed at every practice. They are best taught progressively, with the idea of “crawling” first, then “walking, jogging and finally running.” Fundamentals of form tackling and the six-point progression of blocking are first introduced six inches apart and then slowly separated by distance. This structured and controlled environment enables all players to learn at their comfort level.

- All practices are broken into instructional segments lasting no more than 15 minutes. The particular assigned position of the day is taught in an upbeat tempo that holds a player’s interest throughout the entire practice.
- Every practice ends with a review of skills. To further emphasize skills learned that day, there is also a weight-based competition between two adjacent teams on the field that have learned complimentary positions through one-on-one individual competition.
- The objective of competitive play focuses on the execution of basic skills learned, not necessarily the end result of a play. Participants compete for



points awarded by a referee for proper set up and stance, as well as proper execution of skill.

- JPD is broken into three six-week stages. Every participant graduates from stages one through three in consecutive years and/or seasons. For example, each stage can be implemented every spring over three consecutive years or over three different seasons (spring/fall/spring). The focus of instruction and competition shifts after stage one to a

progression of sharpening and combining with other skills. At this time a semblance of the actual game of football is developed. Instruction then focuses on how different positions work together, with competitions reflecting these changes.

- Each head coach applies the incorporation of life skill messages throughout all on-field skill training. Coaches follow a specifically designed curriculum created by a sports psychologist. Each week a different life skill is integrated throughout the on-field curriculum.

Week One: Responsibility

Week Five: Smart Moves

Week Two: Goal Setting

Week Six: Teamwork

Week Three: Sportsmanship

Week Seven: Perseverance

Week Four: Self Control

Week Eight: Commitment

Week Nine: No Excuses

## **COMMUNITY SERVICE**

Organizations or teams are required to participate in at least two community service projects. One of the projects has to be a community clean-up.

Community Clean-up: Can be held any days during the summer months or early fall. The clean-ups should be a team effort by coaches, players and parents.



## **LEAGUE TEAMS**

**Journey House Packers  
Lindsay Heights Titans  
Hmong American Peace Academy Patriots  
Milwaukee Christian Center Cowboys  
Agape Community Center Steelers  
Young Leadership Academy Knights  
LaVern Way Boys & Girls Club Cowboys  
Community Team LSU Tigers**

## **TEAM PRACTICE LOCATIONS**

**Journey House Packers – Mitchell Park (27<sup>th</sup> and Pierce) Mondays, Wednesdays and Fridays 6-8 pm.**

**Lindsay Heights Titans – (TBA)**

**Hmong American Peace Academy Patriots – Hmong American Peace Academy School, (84<sup>th</sup> and Hampton Aves) Day and times (TBA)**

**Milwaukee Christian Center Cowboys – Kosciusko Park (2201 S. 7<sup>th</sup> Street, Milwaukee, WI 53215)**

**Agape Community Center Steelers – TBA**

**Leadership Academy Knights – TBA**

**LaVern Way Boys & Girls Club Cowboys – LaVern Way Boys & Girls Club (15<sup>th</sup> and Center Streets)**

**Community Team LSU Tigers – 65<sup>th</sup> Street School (65<sup>th</sup> and Capitol Drive) Days and Times (TBA)**



## **DATA TRACKING (United Neighborhood Centers of Milwaukee – UNCOM) Database**

All team players, cheerleaders, coaches, parent coordinators and volunteers will be loaded in the UNCOM database for data tracking. The league office will be responsible for making sure every participant is loaded properly in the UNCOM data system. Each team is required to take and maintain attendance records for each category. At a minimum, each team must keep records for attendance, practice, games, team meetings and field trips. Attendance for practice and games should be kept weekly. Credit for these categories must be loaded into the UNCOM database system weekly.

The league office will monitor team attendance records to ensure attendance credit is given to anyone who is involved with the team.

UNCOM database training will be provided by the league office on specified training days or on a one-on-one basis.

## **CHEERLEADING RULES**