

WESTERN FOOTBALL CONFERENCE 2009 RULES AND REGULATIONS

I. TITLE

- 1. The league shall be known as the Western Football Conference. New league entries will not change the title.**

II. OFFICERS

- 1. Officers shall be President, Vice President, Secretary, Treasurer and Past President.**
- 2. Candidates shall be nominated and elected at the first meeting following the Championship game by league members only. Such voting will be on the basis of one vote per team. New officers will take office at the first meeting of the year.**
- 3. Officers shall serve two-year terms. Officers may choose to run other positions or continue in their same post with a proper league vote to continue for additional 2 years.**
- 4. Proposals for changes to the Western Football Conference "Rules and Bylaws" may only be made 1st meeting of the calendar year.**
- 5. Changes to the Western Football Conference "Rules and Bylaws" will be voted on at the meeting following the rules proposal meeting.**
- 6. Proposals regarding league structure and playoff structure will be presented at the March meeting and voted on in April.**
- 7. For the purpose of these rules team refers to all of the schools associated with the team. (Example St. Teresa and St Al's (Saylor Park) is a team and will have one vote for all league matters.**

III. MEMBERSHIP

- 1. Each entry must be from a Roman Catholic Parish.**
- 2. Each entry must field, for the entire league schedule, three teams: PONY, PEEWEE, AND VARSITY. Failure to do so may, after a special meeting, result in the expulsion of the school and the forfeiture of all teams comprising the entry. If there is a problem filling an entry, there will be consideration of combining teams. Any school may choose to enter two teams at any level. Each team will be all of 1 class. For example if a team chooses to enter 2 pony teams 1 team will be all 4th graders and the other team will be all 3rd graders. To qualify to split a team the split must result in at~20 players on each team.**
- 3. No expelled team, or players from an expelled team, may take part in any Western Football Conference regular season, playoff, or championship games.**
- 4. Each league entry will be assessed an entry fee to cover league costs. The amount of the fee will be determined by need. Any parish paying league fees after July 31st will be assessed a \$25.00 fine per each month late.**

5. If any Parish is not represented at two successive meetings, the secretary will send a letter to the athletic association of the parish, informing them that they are not being represented. A \$25.00 fine will be assessed for each subsequent meeting that is missed.
6. To be expelled from the league, a parish must be voted against by at least all but one voting member. Two votes to retain a parish shall be enough to block expulsion. The parish, against which the action is considered, will not be permitted to vote.
7. The remainder of the parishes shall consider any disciplinary action, other than expulsion. A majority vote of the members present will decide all issues.
8. No filming of opposing teams during games or practice. (No exchange of opposing team films). The only film coaches should watch are films in which their team has participated. No scouting of team practices. Any offending team may be subject to sanctions by the Board. Sanctions may include suspensions and/or forfeiture of game(s).

IV. LEAGUE EXPANSION

1. Interested prospective members will be delivered a copy of the league rules and will only be considered for membership after agreeing to abide by the rules as written.
2. Expansion committee shall consist of one representative from each parish, with one vote per parish (team).
3. More than two votes against a prospective member shall disqualify said prospect.
4. New parishes will not be accepted after the May meeting of any calendar year.

V. VOTING

1. Each entry shall have one vote cast by any representative of said team present unless he chooses to abstain.
2. Regardless of the numerical size of the league, a majority of votes of parishes present will decide issues or motions provided all parishes have been notified of the league meeting.

VI. QUALIFICATIONS

1. **Enrollment:**
Each player, in order to be eligible, must be either (1) currently enrolled in the school or (2) must be registered in the parish of one of the schools involved in the team entry he represents. In the case of an in-season transfer, the player has the option of playing for either team prior to the 3rd week of the season. Many schools require players to attend CCD to participate on the team but this is not a league rule.

2. **Age:**
 - Bandit:** A player to be eligible to play in any league game must not become nine (9) years of age before October 1st.
 - Pony:** A player to be eligible to play in any league game, must not become eleven (11) years of age before October 1st.
 - Peewee:** A player to be eligible to play in any league game must not become thirteen (13) years of age before October 1st.
 - Varsity:** A player to be eligible to play in any league game must not become fifteen (15) years of age before October 1st.
3. **Grade:**
 - Bandit:** A player to be eligible to play in any league game must be enrolled in the second grade or under.
 - Pony:** A player to be eligible to play in any league game must be enrolled in the fourth grade or under.
 - Peewee:** A player to be eligible to play in any league game must be enrolled in the sixth grade or under.
 - Varsity:** A player to be eligible to play in any league game must be enrolled in the eighth grade or under.
4. **Weight:**
 - Bandit:** A player to be eligible to play in any league game must not exceed 90 pounds.
 - Pony:** A player to be eligible to play in any league game must not exceed 110 pounds.
 - Peewee:** A player to be eligible to play in any league game must not exceed 140 pounds.
 - Varsity:** A player to be eligible to play in any league game must not exceed 170 pounds.
 - a. The weight restrictions shall be increased two (2) lbs. in each class at the beginning of the play-offs.

- b. All players must be weighed prior to each game by the opposing team's coach or representative. All players must have their jersey with them during weigh-ins. The opposing team's head coach, or representative, will act as the final judge. The home team must furnish a scale approved by the league. The visiting team should have an official scale available in case the home team's scale is inoperable. If prior to kickoff a player makes body weight for his respective division, with or without football equipment, he will be eligible to play. To participate in the game, all players must wear all required football equipment as listed in Article VIII if these rules.
- c. Each team shall have an opportunity to weigh-in at least 30 minutes prior to game time.
- d. No team or any of its representatives may waive the weight limit for any player.
- e. Early weigh-ins will begin ½ hour prior to the start of the Bandit game and will last 20 minutes. Any player arriving past this time must weigh-in with their team at normal pre-game times. Players choosing to take part in early weigh-ins must have their jersey with them.
- f. All players must be presented for weigh-ins.

5. Participation

- a. A player can only play for one team (Bandit, Pony, Peewee, or Varsity) per day. Any roster changes must be submitted to league VP prior to the third game of the season at the start of third game all rosters are final. During the first two weeks of the regular season overweight players can either practice with their age group team while trying to lose weight or play up. (Coaches should limit contact of overweight players if they are practicing with their age group.) Prior to the beginning of 3rd week of games all rosters must be final and turned into the league VP. At this time overweight players must choose which team they will be with for the remainder of the season and no roster additions will be permitted. If a player is overweight for his age group and wishes to move up the change must be before the roster is final (start of game #3). Players who have started the season playing up due to weight may also move down during this time.

Team affiliations

St. Jude with St. Al's Bridgetown
St. Bernard with St. Martin's/St. Catherine
St. Lawrence, Resurrection and Holy Family with St. William
St. Al's on the Ohio, St. Vincent, with St. Teresa

- b THE WESTERN FOOTBALL CONFERENCE IS A COMPETITIVE FOOTBALL CONFERENCE. THERE IS NO GUARANTEE OF PLAYING TIME.

6. Roster and Contract

Official league rosters will be submitted by the school representative of each team to the league secretary the Wednesday night prior to the 1st game. On the official league roster all information must be complete. Players information must include name, address, birth date, school attended, grade level, jersey number. Special eligibility request should be noted on the official rosters. The penalty for not submitting rosters will be forfeiture of any games played prior to the submission of the rosters.

Each team's roster must include all coaches listing names and phone numbers on the team roster form. THIS RULE WILL BE STRICTLY ENFORCED.

- a. Any changes in the roster must be submitted in writing to the league VP before any player is eligible to play.
- b. Additions to the roster may only be made prior to the third (3rd) scheduled Saturday of the season.
- c. Any team having a player or players that are ineligible due to age and or school affiliations will face disciplinary action from the league. The league will hold a meeting to discuss the roster violation to determine the appropriate penalty. In most cases forfeiture of all games in which the illegal player participated will be imposed. All 9 voting members will (minus) the team involved will vote on the appropriate action.

VII. PLAYING RULES: FEDERATION RULES PREVAIL

Two coaches and two players will be allowed to go 10 yard line to the 10 yard. All other coaches and players must remain inside the coaching areas, no further than the 25 yard line in each direction. Coaches must stay off the field.

- 1. There will be no limit to substitutions.
- 2. All teams will play four 8-minute stop and go quarters.
- 3. All divisions will be allowed three (3) ninety second time outs per half. Time outs not used in the first half cannot be carried over to the second half. Two coaches from each team may join the team on the field regardless of which team called the time out. Water will be made available to both teams during an injury time out at the time of the injury (coaches should not bring out the water and treat the time as a time out).
- 4. Game officials will inform the head coach of each team when there are four and two minutes left in each half. No notification will be given when the game clock is visible to both participants.

5. Points will be scored as follows:
 - 6 points for a touchdown
 - 3 points for a field goal
 - 2 points for a safety
 - 2 points for a run or pass extra point
 - 1 point for a kicked extra point
7. The Varsity and Peewee teams will kick-off from the 40 yard line. Pony teams will kick-off from the 50 yard line. Pony kick off following safety will be from the 30 yard line.
8. An unlimited number of captains are permitted on the field for the coin toss.
9. Pony Division Free Punts
 - a. No player on the punting team (offense) or the receiving team (defense) may enter the neutral zone until the ball is kicked. If this rule is violated, an encroachment penalty will be assessed after the official has issued one warning to the offending player and team. In the event of a penalty, the receiving team (defense) must be notified whether there will be a free punt.
 - b. A player on the punting team (offense) must notify officials whether or not a free punt will be executed prior to the 4th down play. Upon notification of the official, no other play other than the free punt may be executed unless the punting team calls a time out. The punting team must notify the official immediately at the time the time-out is called that they do not want to punt and will run a play from scrimmage. The offensive team cannot punt the ball unless they have notified the official of a free punt. They must run a play from scrimmage.
 - c. The official, upon notification by a player on the punting team (offense) of a free punt, will immediately stop the game clock and will not restart the clock until the ball is KICKED.
 - d. The receiving team (defense) must have at least 7 players on the line of scrimmage for the free punt, 5 within 4 yards of the offensive center. All receiving team players must remain in position until the ball is kicked.
 - e. The punting team (offense) must have at least 7 players on the line of scrimmage within 4 yards of the center. **These players must remain in position until the ball is kicked. *******
 - f. The ball must be snapped directly from the center to the kicker, who must be positioned at least 5 yards behind the center.
 - g. The kicker may not take more steps than is normal for punting the ball (maximum 3 steps).
 - h. When a bad snap or fumble by the kicker occurs, the kicker must punt the ball from the point where he gains possession, providing that the point of possession is behind the line of scrimmage. The punter must be allowed to take the normal punting steps from the point of possession.

- i. All Federation and WFC rules not listed in this section will apply on free punt plays.

10. Bandit rules: Handout will be made at Bandit meeting to be held in August.

VIII. EQUIPMENT

1. All players will be required to wear a mouth guard, shoulder pads, helmet with face mask, approved football pants, jersey with numbers front and back, thigh pads, kneepads, and hip pads.
2. Jersey colors presented reserved are:
St. Antonius.....Black and Gold
St. Catherine.....Gold, Navy Blue and White
St. Dominic.....Black, Grey and White
St. Jude/St. Al's.....White, Cardinal
St. Martin.....Grey and Maroon
St. Teresa.....Green, White and Gold
O.L.Lourdes.....White and Navy Blue
O.L.Visitation.....Blue and Orange
O. L. Victory.....Gold and Navy Blue
St. William.....Grey and Blue
3. Pony and Peewee players will be permitted to wear the molded cleated football or soccer shoes, or gym shoes. No street shoes will be allowed. Varsity players will be permitted to wear regulation football shoes, as prescribed in Federation rules or the shoes mentioned above. No metal tip or metal cleats of any kind will be allowed.
4. The league will vote on select official league balls. All teams must only use officially approved league balls.
5. All jerseys must be numbered front and back. Jerseys are to be of contrasting colors.

IX. GAME TIMES

1. All games will be played on Saturday at the following times unless so designated by the league.
Bandit: 9:00 or 10:00am
Pony: 11 or 12 Noon
Peewee: 12:30 or 1:30pm
Varsity: 2:00 or 3:00pm

X. POSTPONED GAMES

1. Games will be played at the time set up by league VP and President with the approval of the coaches.
2. Teams that fail to make up postponed games prior to the playoffs will be ineligible for post-season play.
3. All postponed games must be played within 72 hours from date of postponement.

4. Any postponed game scheduled and not made up will result in a loss.

If the league officers determine that one of the teams from a postponed game is earnestly trying to schedule and play the game and other team is trying to avoid the game, the team trying to avoid the game may be assessed with a forfeit.

XI. PROTESTS

1. The protest board will consist of schools not involved in the dispute and the game officials. Weight and rulebook infraction protests must be placed with game officials and opposing coach at the time of the infraction. From that time forward, the game will be played under protest. A time out will be charged to the team filing the protest. Protests are to be submitted in writing to the league President within 24 hours of said protest along with \$25.00 protest fee. The fee will be refunded if the protest is upheld. No protest can be filed after the conclusion of the game if the protest was not placed during or prior to the game.

XII. LEAGUE STANDINGS

1. Both teams must report the scores of all games to the designated league official within 24 hours of game time.

XIII. HOME TEAM RESPONSIBILITIES

1. The home team must supply chains, downs markers, marked coaching areas (25-25) and yard markers.
2. The entire perimeter of the field will be roped off from end zone to end zone; 10 yards back from the playing field, where possible.
3. Each team is responsible for crowd control on their side of the field.
4. Coordinators can have fans removed from the game site due to inappropriate behavior.
5. The home team is responsible for paying the officials.

XIV. DIVISIONS (revised 2009)

1. Effective with the 2009 season, the division alignment (3 divisions: Large, Middle and Small) will be replaced by a single division format in the varsity, peewee and pony levels.

XV. SCHEDULE

1. The league officers will prepare a schedule and present the schedule for approval at the June meeting. The league will play an eight (8) game schedule with each team playing each other team once per

season. (Special schedule rules will be put in place as needed to accommodate split teams.)

2. League Vice-President shall be in charge of coordinating playoffs.
- 2a. Playoff games will be played at selected grade school fields. Championships will be played at Elder High School.
- 2b. Playoff sites to be determined at time of playoff schedule completion. Any team not wishing to hold a playoff game must notify the league. Programs are guaranteed to host one playoff game every 2 years, if they so desire.
- 2c. Any school wishing to hold a playoff game must have a field clock that is visible and in complete working condition.

XVI. Playoff and Regular Season considerations:

1. The head of officials will select game officials.
2. If there is a tie in any regular season game, there will be a maximum of two overtime periods. The conference will follow the Federation tie-breaking procedure with one exception; the ball will be placed at the ten-yard line, not the twenty. If after the second overtime there is no winner, the game will be declared a tie.
3. If there is a tie in any post season game, the conference will follow the Federation tie-breaking procedure to determine the winner, with two exceptions; the ball will be placed at the ten-yard line, not the twenty, and there will be a five-minute rest period between the fourth quarter and the first overtime period. There will be no rest periods in any subsequent overtime periods
4. ~~8 teams will qualify for the post season play offs. The top 3 seeded teams will be the 3 division winners. The 5 wild card teams will be the next five best records. The teams will be reseeded after the 1st round of playoff games with highest remaining seed playing the lowest remaining seed. (SEE 2009 REVISIONS)~~
5. If there is a tie for the division championship, the following tie-breaker procedure will be used.
 - a. division record
 - b. head to head competition
 - c. record against common opponents
 - d. in case of three-way tie a coin toss will be used to determine seeding (SEE 2009 REVISIONS)
6. If there is a tie for the wild card entry, the following tiebreaker procedure will be used:
 - a. head to head competition
 - b. record against common opponents
 - c. record against common division champions
 - d. in case of three-way tie a coin toss will be used to determine seeding

The only time an extra game will be played is if the game is a play in game.
7. If a team forfeits two or more games, they will forfeit their entire season, subject to a vote at a special meeting.

8. **Preseason Activity:**
- No team may practice prior to the start of the season. The first practice will start the Monday of the week of August 1st. NO equipment, except helmets, may be worn during the first full week of practice, including Saturday. (Practice shall mean any activity that includes coaches and players, regardless of numbers.)
 - Allow one meeting prior to 1st practice for parents/equipment handout. At no time should practice or conditioning will be allowed.
 - Conditioning camps may not be conducted prior to August 1st.
 - Violation of this rule will result in an automatic loss of first game.
9. The season will begin on the last Saturday of August.
10. 2009 Playoff Brackets: Seeding will be based on final record

Varsity:

	Week 1	Week 2	Week 3
	Varsity		
Seed 1	Winner 1-8		
Seed 8		Winner (1-8) vs (4-5)	
Seed 5	Winner 4-5		
Seed 4			Championship
Seed 3	Winner 3-6		
Seed 6		Winner (3-6) vs (2-7)	
Seed 7	Winner 2-7		
Seed 2			

Peewee:

	Peewee		
	Week 1	Week 2	Week 3
Seed 1		Winner 1 vs (4-5)	
Seed 4 vs Seed 5 Play in Game	Play in Game 4-5		
Seed 3			Upper Championship
Seed 2		Winner 2-3	

Seed 6		Winner 6-9	
Seed 9			Lower Championship
Seed 8		Winner 7-8	
Seed 7			

Pony:

	Pony		
	Week 1	Week 2	Week 3
Seed 1	Bye	Winner 1 vs (4-5)	
Seed 4	Winner 4-5		
Seed 5			Upper Championship
Seed 3	Winner of 3-6		
Seed 6		Winner 2 vs (3-6)	
Seed 2	Bye		
Seed 7		Winner 7 vs 10	
Seed 10			Lower Championship
Seed 9		Winner 8 vs 9	
Seed 8			

XVII. CANCELLATIONS

1. **The President, or Vice President in his absence, has the right to cancel a full day of games due to weather or other reasons.**
2. **When severe weather conditions exist at a particular site, the game may be cancelled and rescheduled by the involved coordinators with the consent of the referee. If all games at particular site need to be cancelled due to field conditions or other circumstances league officials must be involved in the process. The league VP and President will help reschedule the game.**

Once a game has begun the referee can postpone or cancel the game due to unsafe weather conditions.

XVIII. DRINKING OF ALCOHOLIC BEVERGES

- 1. Consumption of alcoholic beverages at WFC games is discouraged by the Conference. NO TEAM IS PERMITTED TO SELL ALCHOLIC BEVERAGES DURING THEIR GAMES.**

REVISED: September 1, 2009 daj