



Northern Illinois Football Conference

Rules and Regulations

Article I -	REGISTRATION OF REPRESENTATIVES/PARTICIPANTS.....	4
Section 1 -	Head Rep Responsibilities	4
Section 2 -	Abiding of NIFC Documents.....	4
Section 3 -	Participant Contract and Emergency Form	4
Article II -	CODE OF CONDUCT	4
Section 1 -	Conference meetings:	4
Section 2 -	Values	4
Section 3 -	Intent/Philosophy	4
Section 4 -	Information Integrity.....	4
Section 5 -	Adherence to Rules & Regulations	5
Section 6 -	Scouting	5
Section 7 -	Conduct Detrimental to NIFC.....	5
Section 8 -	Videotaping.....	5
Article III -	REGISTRATION RESPONSIBILITIES	6
Section 1 -	Registration Information	6
Section 2 -	Entry Fee.....	6
Article IV -	ELIGIBILITY- is without regard to Race, Color, Gender, Religion, and National Origin	6
Section 1 -	Academics.....	6
Section 2 -	Team Size	6
Section 3 -	Age.....	6
Section 4 -	Exclusivity	6
Section 5 -	Divisions	6
Section 6 -	Division Exceptions – Fly Through Heavy.....	8
Section 7 -	Preseason Weigh-ins – Fly Through Heavy.....	8
Section 8 -	Game-Day Weigh-ins - Fly Through Heavy.....	8
Section 9 -	Organizational Boundaries.....	8
Article V -	SIGN UP / PRACTICE / EQUIPMENT.....	8
Section 1 -	Start of Practice.....	8
Section 2 -	Player Equipment.....	9
Section 3 -	Tryouts.....	9
Section 4 -	Open Registration	9
Article VI -	ROSTERS.....	9
Section 1 -	Roster Information	9
Section 2 -	Roster Turn-In	9
Section 3 -	Jersey Numbers.....	9
Section 4 -	Names of Players on Roster	9
Section 5 -	Signatures	9
Section 6 -	Birth Certificates – Fly Through Heavy	9
Section 7 -	Contracts	10
Section 8 -	Contact Disputes	10
Section 9 -	Roster Infractions.....	10
Section 10 -	Providing Game Day Rosters.....	10
Section 11 -	Insurance.....	10
Article VII -	CONFERENCE SEASON.....	10
Section 1 -	Camps	10
Section 2 -	Number of Games	10
Section 3 -	Game Day	11
Section 4 -	Athlete Playing Requirements	11
Section 5 -	Forfeits	11
Section 6 -	Score Reporting	11
Section 7 -	Conference Points	11
Article VIII -	CHAMPIONSHIP	11
Section 1 -	Championship Logistics	11
Section 2 -	Playoff Committee.....	11
Section 3 -	Determination of Participants	11
Section 4 -	Income and Expenses.....	11

Section 5 -	Programs and Public Relations	12
Section 6 -	Championship Report	12
Section 7 -	Host Conference member Responsibilities	12
Article IX -	GENERAL RULES	12
Section 1 -	Conference Size	12
Section 2 -	Schedule.....	12
Section 3 -	Conference Documents Availability on Game Day	12
Section 4 -	Officials	12
Section 5 -	Game Day Field Preparation.....	12
Section 6 -	Mercy Rule	13
Section 7 -	Coaches on Field for Flyweight Games	13
Section 8 -	Punting and Kickoffs	13
Section 9 -	Warm-ups	13
Section 10 -	Pre-Game and Game Time Requirements.....	14
Section 11 -	IHSA Rule Exceptions	14
Section 12 -	Rescheduling Due to Weather Related Emergencies	14
Section 13 -	PAT.....	14
Section 14 -	Flyweight Play Clock.....	16
Section 15 -	Coaches on Sidelines	16
Section 16 -	Ball Size.....	16

Article I - REGISTRATION OF REPRESENTATIVES/PARTICIPANTS

Section 1 - Head Rep Responsibilities

All team representatives and coaches shall make themselves aware of and acknowledge the current Bylaws and these Rules & Regulations.

Section 2 - Abiding of NIFC Documents

All team representatives, coaches, parents, and players shall read and abide by the Code of Conduct

Section 3 - Participant Contract and Emergency Form

Each participant, along with their parents, shall execute a Participant Contract and an Emergency Form prior to start of any practice, play or participation. (09/Mar/2008)

Article II - CODE OF CONDUCT

Section 1 - Conference meetings:

- a. Conference members must have a representative at all meetings. A discretionary decision can be made by the conference commissioner to excuse an absence in the event of an emergency.
- b. Failure to attend a meeting for the first time will result in an organization being placed on probation.
- c. Failure to attend a second conference meeting will result in disqualification from the Championship or a schedule modification for the following year made at the January meeting.
- d. Failure to attend a third conference meeting will result in the organization being dismissed from the conference. The organization would need to reapply to the conference if they wish to be reinstated. If accepted, the organization would come in under probationary status.
- e. Written notification will be sent to the Head Team Representative of the team in violation within one week of the meeting date for each violation.

Section 2 - Values

Sportsmanship, development of football skills, well-rounded student athlete, team cooperation, and a positive relationship among Conference members is of utmost importance in this Conference.

Section 3 - Intent/Philosophy

All participants, no matter what their skill level, are to be equally instructed, coached and taught within Conference organizations. Playing time is one of the most important elements in developing/retaining athletes and is one of the core philosophies of the NIFC. The NIFC strongly encourages using different athletes for offensive and defensive positions. The NIFC will have no tolerance for Conference organizations or coaches that ignore this philosophy. (04/Apr/2007)

Section 4 - Information Integrity

Any coach, team representative, or player who knowingly falsifies information to the Conference shall be permanently suspended from the Conference.

Section 5 - Adherence to Rules & Regulations

Any coach, team representative, or player who is aware of or promotes parents, players, or officials to bend or break any Rules or Bylaws of this Conference shall be permanently suspended by this Conference. Any coach, team representative, fan or player who a) intimidates (as defined by the Conference) players, team representatives, fans or officials, or b) is ejected from the game by an official shall be subject to the penalties described below at the discretion of the Conference Committee:

- Written warning from the Conference
- Suspension of one or more games
- Relief of coaching duties and or functions with regard to this Conference
- Banned from attending one or more games

Section 6 - Scouting

No coach, team representative, player, or anyone otherwise associated with any team in the Conference shall be permitted to scout or otherwise attend a practice of another team of the Conference except by express invitation which must be made publicly at the Conference meeting prior to such visit. Sharing/swapping videos of practices or games between organizations is prohibited. Violation of this rule will result in the suspension of team representatives and/or the members involved. (13/MAR/2018)

Section 7 - Conduct Detrimental to NIFC

Coaches, representatives or officials of NIFC member organizations whose conduct, behavior or actions are determined to contrary to NIFC philosophies or detrimental to the NIFC's reputation will result in discipline up to, and may include, permanent expulsion from the NIFC at any capacity.

Section 8 - Videotaping

Organizations (Coaches, representatives, fans, board members, players, etc.) are prohibited from videotaping games in which they are not participating and from sharing videos of practices or games with other teams. Drones have been deemed an acceptable form of video recording as long as the drone is outside the boundaries of the field of play. (09/Apr/2009) (13/Mar/2018) (25/April/2023)

Article III - REGISTRATION RESPONSIBILITIES

Section 1 - Registration Information

Teams must register for the current season. Team registration forms will be made available from the Conference at the January Conference meeting and are due at the April Conference meeting. The registration form will include:

- a) Head Organization Representative (one per team, mailing address, phone number, fax number, email address)
- b) Alternate Representatives (two per team, mailing address, phone number, fax number, email address)
- c) Team colors (jerseys and pants, home and away, if different)
- d) Practice site(s)
- e) Playing site(s)

Section 2 - Entry Fee

Membership fees are \$650.00 (due at the June meeting), for organizations having up to two teams, any organization with more than two (2) teams will be charged an additional \$250 per team (due at the August meeting). (12/March/2019) (24/April/2023)

Article IV - ELIGIBILITY- is without regard to Race, Color, Gender, Religion, and National Origin

Section 1 - Academics

The Conference recognizes the importance of academics as a part of a well-rounded student athlete, therefore the Conference strongly encourages member organizations to address and emphasize academics within their program. (04/Apr/2007)

Section 2 - Team Size

Each team will field at least one level and if numbers allow, are encouraged to field teams at all levels. Teams must roster a minimum of seventeen (17) players per level and dress eleven (11), or forfeit the game.

Section 3 - Age

- a) ALL player eligibility will be determined based on their age as of August 1st of the current year.
- b) Max age of participants is 15. (08/Mar/2016)

Section 4 - Exclusivity

No participant in the Conference may be a member of another organized tackle football team/organization/league. Extraordinary/emergency roster sharing from lower levels situations may be allowed and must be approved by the Executive Board and both head reps. In situations where there is disagreement among the involved organizations head reps, the Executive Board decision is final. (9/April/2019)

Section 5 - Divisions

- a) FLYWEIGHT
Age: Max of 8 years old (11/Jan/2022)
Max Ball Carrier Weight: 85 lbs
Game-Day Max Weight: - 110 lbs
- b) MIDDLEWEIGHT (11/Jan/2022)

Age: 10 years old (and under)
Max Ball Carrier Weight: 120 lbs
Game-Day Max Weight: 145 lbs

c) HEAVYWEIGHT

Age: 11-12 years old (and under)
Grades: 6th and under (11/Jan/2022)
Max Ball Carrier Weight: 140 lbs
Game-Day Max Weight: 175 lbs

d) 7th GRADE (08/Mar/2016)

Age: 14 years (and under)
Grades: 7th
Weight Restrictions: None
Max Ball Carrier Weight: None

e) 8th GRADE (08/Mar/2016)

Age: 15 years (and under)
Grades: 8th
Weight Restrictions: None
Max Ball Carrier Weight: None

Definitions:

1. Ball Carrier: Any ball carrying position must be ball carrier weight. (25/April/2023)
2. Weight Restrictions: the high weight limit for a player to play within the division
3. Max Ball Carrier Weight: the max weigh at which a player is eligible to be positioned as a Ball Carrier, regardless of whether the player carries the ball (see above)
4. Roster Weight and Game Day Weight: Weight of participant in full game day attire except shoulder pads and helmet.

Section 6 - Division Exceptions – Fly Through Heavy

Organizations head representatives may petition the Conference Committee in writing and in person with the parent(s) and player for the following division exceptions. The Conference Committee will review and vote on each case individually. Age level petitions will be considered for extreme cases only. Approval requires a majority vote of the Conference Committee prior to final roster turn-ins. The Conference Committee may revoke this exception at any time during or before the season at their discretion and move the player up. (20/Apr/2010)

- Organizations may petition athletes to play down 1 level if they weigh 60% or less of the maximum weight limits of their age level (20/Apr/2010)
- 12 yr old 7th graders may petition to play in the heavyweight division providing they do not have access to a 7th grade team (09/Apr/2009) (08/Mar/2016)
- Only 1st year players can be petitioned down except under extreme circumstances. All reps will be notified of extreme petitions. (11/Jan/2022)
- Player can only petition down 1 level (11/Jan/2022)
- Petitioned players must play tackle to tackle on offence, cannot receive hand off, and can play anywhere on defense (11/Jan/2022)

Section 7 - Preseason Weigh-ins – Fly Through Heavy

Each Conference Organization will conduct preseason Weigh-ins and shall include actual weight (rounded to the nearest lb.) and height on the official roster. Preseason weigh-ins shall be conducted no more than 2 weeks prior to roster the turn in date. (08/Mar/2016)

Section 8 - Game-Day Weigh-ins - Fly Through Heavy

Thirty minutes prior to the start of the game all players must be weighed in wearing their own jerseys for identification purposes. Participant must weigh in full game day attire except shoulder pads and helmet. All players will be marked on the roster as Ball Carrier Eligible, Play Eligible, or Weight Ineligible. Weight ineligible players will not be allowed to play in the game. Players arriving after the start of the game may weigh in at half time to be eligible to play the second half of the game. (08/Mar/2016)

Section 9 - Organizational Boundaries

(10/Mar/2015)

Schools and club organizations, which are not defined by an approved organizational boundary, must petition non-registered athletes. 'Non-registered' means they are not a student in their school (schools) or a registered club member (club based organization). This rule does not apply to community organizations with approved organizational boundaries.

Organizations registering athletes from areas served by other organizations must discuss the athlete prior to registering the athlete. Disputes must be brought to the attention of the Conference Committee.

Article V - SIGN UP / PRACTICE / EQUIPMENT

Section 1 - Start of Practice

The first day of practice shall coincide with last Monday of July or IHSA starting date of the current year, whichever comes first.

Section 2 - Player Equipment

Each team shall be responsible to furnish or be responsible that each player has the following equipment:

- a) Approved football helmet (Noc SAE approved)
- b) Approved shoulder pads
- c) Cup supporter (females excluded)
- d) Pants with all necessary pads
- e) Jersey with numbers (minimum six inches tall minimum in front and eight inches tall in back)
- f) Shoes (cleats to be rubber or plastic one half inch or less)
- g) Approved mouthpiece attached to the helmet

Section 3 - Tryouts

Conference members are prohibited from holding tryouts to cut players.

Section 4 - Open Registration

The NIFC requires member organizations to have an open registration process. Organizations shall make public their registration schedule and are prohibited from screening, discouraging interested youth from registering, or otherwise profiling/rejecting some players while accepting others from within the communities they serve. (09/Apr/2009)

Article VI - ROSTERS

Section 1 - Roster Information

Each Conference member is required to submit complete team rosters on form supplied by the league. Fly through Heavy rosters must include player name, weight, height, age, and jersey number. 7th and 8th grade rosters must include player name, age, and jersey number. (08/Mar/2016)

Section 2 - Roster Turn-In

Completed rosters are to be submitted to the Conference three weeks before the first game. Any modifications must be approved by the Conference Commissioner or appointed Conference Committee member. (08/Mar/2016)

Section 3 - Jersey Numbers

The roster must be submitted in game (jersey) number sequence. The players must wear these numbers the entire season. Any changes due to lost or damaged jerseys must be approved by the Conference Commissioner or appointed Conference Committee member.

Section 4 - Names of Players on Roster

First names are to be listed first, last names second.

Section 5 - Signatures

The Head Organization Representative must sign all rosters.

Section 6 - Birth Certificates – Fly Through Heavy

Each Conference Organization is required to maintain a copy of each player's birth certificate. This certificate shall be made available to Conference Committee members upon request for age verification purposes. (08/Mar/2016)

Section 7 - Contracts

Each youth is required to fill out completely and submit to their respective organization the contract as provided by the individual organization. This contract shall be maintained by each Conference Organization and shall be made available to Conference Committee members upon request for verification purposes. The contracts will have a term of 1 (one) season. (08/Mar/2016)

Section 8 - Contact Disputes

Conference members, after receiving copies of other Conference member's rosters, will have one (1) week to state if any players are under contract to them. After one (1) week, if a player is not so named, he will be considered released from any pre-existing contracts. If a player owes equipment or money to another team, that player may forfeit his/her rights to participate, until such a time when the equipment is returned or the organization owed the equipment or money formally releases this obligation. Any name changes of players must be indicated on these rosters and approved by the Conference. Any falsification of rosters will be a violation of the Code of Conduct (see Article II, Section 3).

Section 9 - Roster Infractions

Roster infractions, subject to an appeal, will result in a minimum one game suspension for the offender. See Article II Section 8 for additional information. (09/Apr/2009)

Section 10 - Providing Game Day Rosters

All head coaches must provide a copy of their team roster for the opposing coach on game day. Failure to do so will result a one game suspension for the head coach of the offending team".

Section 11 - Insurance

The Conference Secretary is to furnish each Conference member with a Certificate of Insurance and reporting forms so that they may submit the certificate to the playing sites as required.

Article VII - CONFERENCE SEASON

Section 1 - Camps

Camps may be held starting April 1st until the start of practice. Private camps are permitted, however the NIFC strongly encourages an invitation to all organizations. Organizations must notify all NIFC organizations via email the details (e.g. dates, times, locations, and invitation) of the camp.

Fly-Heavy camp days are capped at 10 days and no more than 5 days per month.
7th-8th grade camp days limited to 15 days. (24/April/2023)

Section 2 - Number of Games

No member team shall play an excess of 12 games. This excludes playoff and championship games.

Section 3 - Game Day

Conference games to be played on Saturday. League games to start at the following times (unless scheduled otherwise): (20/Apr/2010)

- a. Flyweight 9:30 a.m.
- b. Middleweight 11:30 p.m.
- c. Heavyweight 1:30 p.m.
- d. 7th and 8th Grade 3:30 p.m.

Section 4 - Athlete Playing Requirements

All teams are **required** to ensure that every player plays in every game.

Section 5 - Forfeits

The score of a forfeit or bye game will be 0-12.

Section 6 - Score Reporting

The Head Organization Representative is responsible to email all home game scores to the Standings Coordinator by 12:00 (noon) on Sunday following the game. (19/Jul/2007)

Section 7 - Conference Points

Conference points shall be tallied in the following manner: Each winning team shall get one point for a win, plus a point for every win of the team that just played and lost. For example: Team A has 3 wins and loses to Team B, Team B would get 4 points (1 for the win and 3 for the previous wins of Team A) (19/Jul/2007) Points are accrued retroactively throughout the season. (08/Mar/2016)

Article VIII - CHAMPIONSHIP

Section 1 - Championship Logistics

The conference shall establish the time and location of the Championship by an alphabetical rotation. The League is to establish proper awards for play-off teams/games. All participating teams will receive an award. A team under probation is ineligible to host a playoff or championship game.

Section 2 - Playoff Committee

Removed (08/Mar/2016)

Section 3 - Determination of Participants

The following shall be used to determine Championship participants:

- 1. Conference record
- 2. Head to head record
- 3. Conference Points (19/Jul/2007)
- 4. Determined by either a win or lowest point deficit vs. the highest seed common opponent. In the case where both teams beat the highest seeded common opponent, the point differential in those games determines the participant. (25/April/2023)

Section 4 - Income and Expenses

Removed. (08/Mar/2016)

Section 5 - Programs and Public Relations

Removed. (08/Mar/2016)

Section 6 - Championship Report

Removed. (08/Mar/2016)

Section 7 - Host Conference member Responsibilities

- a) Securing appropriate facilities for the Championship
- b) Having an ambulance / rescue squad on-site or on call (08/Mar/2016)
- c) Arrange for concessions to be operating during the event
- d) Removed. (08/Mar/2016)
- e) The host school will be responsible for securing the following workers:
 - a. Chain crew
 - b. Clean up crew
 - c. Press box workers
 - d. Ticket takers
 - e. (Security if required)

Article IX - GENERAL RULES

Section 1 - Conference Size

When the Conference reaches eleven (11) teams, consideration for divisions will be up for discussion. (08/Mar/2016)

Section 2 - Schedule

Questioners are due no later than May 1st.

Final team commitments are due no later than June 1st.

The first draft of the schedule will be submitted to reps by June 15th if all the previous criteria have been met.

Section 3 - Conference Documents Availability on Game Day

The *home team* is responsible to have on hand a copy of the current Bylaws and Rules & Regulations. Head coaches and Officials shall meet prior to the start of each game to review rules not identical to IHSA rules, current rule changes, and / or answer questions.

Section 4 - Officials

Each home team is responsible for paying for the officials / referees. The Conference will negotiate and set the price to be paid on an annual basis. (08/Mar/2016)

Section 5 - Game Day Field Preparation

- a. The home team shall be responsible for approved game ball, chains, down markers, and yard markers.
- b. If a team desires to use their own ball on offense, then the opposing team head coach and the officials must approve the ball. The team requesting to use his or her own ball for offense must provide an adequate and responsible ball person.
- c. The opposing team has the right to furnish one member of the chain crew.
- d. Fields must be roped off on both sides, from goal line to goal line, with a minimum distance of five (5) yards from the sideline. If a permanent fence separates the playing field from the fan section, a rope is not needed on the fenced side of the playing field.
- e. A certified scale must be provided by the home team and used for pre-game weigh-ins. (08/Mar/2016)
- f. A scoreboard with clock and clock operator must be provided by the home team. (08/Mar/2016)

Section 6 - Mercy Rule

- a. There is no mercy rule in the first half (11/Jan/2022)
- b. If there is a 35 point or more deficit starting the 2nd half, the mercy rule will go into effect:
 1. Running clock(11/Jan/2022)
 2. Winning team must pull skilled offence players (quarterback, running back, wide receiver, tight end) (11/Jan/2022)
- c. The receiving team, when trailing by 35 points or more, shall retain possession of all Kickoffs under all circumstances. This includes fumbles (whether or not the ball is advanced), on-side kicks, and kickoff recoveries by the kicking team. In the event the ball is fumbled, the ball shall be spotted at the spot of the fumble. (12/Feb/2011)

Section 7 - Coaches on Field for Flyweight Games

For Flyweight games only: A maximum of 2 coaches per team will be allowed on the field before, during, and after each play. Prior to the actual play, the coaches are permitted to call the play in the huddle, provide very brief instructional help, and help direct players to correct positioning. The coaches shall not interfere with the game in any way, shape or form during the play and must remain neutral and quiet during actual play. (19/Jul/2007)

Section 8 - Punting and Kickoffs

(12/Feb/2011)

- a. Heavyweight Division: Kickoffs and Punting are required.
- b. Middleweight Division: Kickoffs are required. No-rush Punting is required.
- c. Flyweight Division: Kickoffs and Punting are disallowed.

Definitions:

- a) Middleweight No -Rush Punts
 - a. Neither the punting nor receiving team may advance or engage prior to the ball making contact with the punter's foot. Other than stepping forward in the punting motion, the punter may not advance or move the ball before kicking. The punting team shall inform the game officials of the intent to punt prior to punting.
 - b. Not less than seven (7) players must line up on the LOS, including the gunner coverage players. No more than two players (2) may be deeper than 10 yards from the LOS (07/Mar/2017)
- b) Punt walk-offs (flyweights): 25 yards will be walked off in lieu of punting. If the line of scrimmage is within the opposing team's 35-yard line, the ball will be placed on the 10-yard line. Teams have the normal play timer to decide to punt or not. If/when the offense decides to punt, the clock will be stopped, 10 seconds will be wound off the play clock, the ball will be spotted by the officials, and the time will continue when the receiving team begins the next play.
- c) Kickoffs (flyweights only): The ball will be placed on the 35 yard line.

Section 9 - Warm-ups

Warm-ups are to be prior to the game and at the start of the third quarter. Warm ups shall be a minimum of ten (10) minutes before the start of the game and three (3) minutes before the third quarter. Half times will be ten (10) minutes long.

Section 10 - Pre-Game and Game Time Requirements

For the entire time from the start of warm-ups to the end of the game, teams must remain in plain sight of each other, including half times. Equitable conditions must be available for both home and visiting teams (e.g. if shelter is available for the home team, it must be available for the visiting team, etc.)

Section 11 - IHSA Rule Exceptions

All rules and regulations not previously stated will be the same as IHSA rules. Exceptions are as follows:

- a) Exposed hip pads are allowed
- b) Officials cannot declare a tie. IHSA rules for overtime will be followed.
(13/Mar/2018)
- c) PATs (see Section 13)
- d) Practice Acclimation – at the start of practice, the NIFC will observe 3 days of helmet only practice
- e) There will be four quarters which are as follows: (11/Jan/2022)
 1. Flyweights are 9 min quarters
 2. Middleweights are 9 min quarters
 3. Heavyweights are 9 min quarters
 4. 7, 8, and Combo are 10 min quarters

Section 12 - Rescheduling Due to Weather Related Emergencies

Game day schedule alterations for weather related emergencies and must be made as early as possible (i.e. 7am). It is the responsibility of the canceling organization to:

- 1) Remedy the situation by contacting and working with the affected organization's Head Representative and discussing the possibility of moving the game to the opponent's field or reschedule the game within the following 10 days;
- 2) 2) Contact the Head Referee to notify them of the changes and verify availability of officials
- 3) 3) Notify the Conference Commissioner.

Section 13 - PAT

(11/Feb/2014)

Extra points run or passed are worth 1 point and will follow IHSA rules.

Extra points kicked are worth 2 points.

Fly through Middle: For PAT kick attempts, IHSA rules will be followed except for the following exceptions: (08/Mar/2016)

1. Both offense and defense shall line up in accordance with the attempt
2. There will be no rush by the defense, that is, neither the offense or the defense shall engage at snap or anytime during the attempt
3. The offense shall declare their decision of kick or run to the officials and opposing head coach prior to the attempt
4. Fake kicks are not allowed and shall disqualify the PAT attempt
5. At the snap, if the ball does not make it to the placeholder (et al - goes wide, over the placeholders head, stops short of the placeholder), the placeholder shall gain possession/control of the ball and return (if necessary) to the kicking tee, then place the ball on the tee for the kick.

6. **Middleweight only.** The kicking team has a 5 second clock from the time of the snap to kick the ball. If this is not made, play is whistled dead. (11/Feb/2020)

Heavy: IHSA rules will apply (except 2 pts kick, 1 point run)

7th & 8th Grade: IHSA rules will apply. (08/Mar/2016)

Section 14 - Flyweight Play Clock

(07/Mar/2017)

Flyweight level shall have a 40 second play clock. If the play is not run within the time constraint, a delay of game shall be enforced.

Section 15 - Coaches on Sidelines

(07/Mar/2017)

Teams shall have no more than six (6) coaches on the sidelines during a game.

In addition to the coaches, teams may have one (1) trainer who is not a coach, one (1) league rep who is not a coach, and one (1) photographer/videographer who is not a coach.

Teams can have as many practice coaches as desired.

Section 16 - Ball Size

(07/Mar/2017)

Flyweight = Pee Wee

Lightweight & Middleweight = Junior

Heavy, 7th, & 8th = Youth

Section 17 – Pregame Coin Toss

IHSA rules state a head coach will be at each coin toss (both IL & WI) *(16/Jan/2024)*

Change History

Date	Change	Edited By
07/24/2007	<ol style="list-style-type: none"> Moved Article IX Section 6 (Exceptions to IHSA rules) to end of section. Added new Article IX Section 7 regarding allowing flyweight coaches on the field. Added Article VII Section 6 regarding score reporting Added Article VII Section 7 regarding Conference Points Added Conference Points to Article VIII Section 4 for playoff eligibility determination Modified Revision date in Header and on Title page. Added NIFC Logo to Title page Added Change History page to Rules and Regulations Document Article VI Section 6: Modified to state that each organization maintains birth certificates. Article VI Section: Modified to state that each organization maintains contracts. Article VIII – Renumbered – Section “3” was missing from numbers. Added Table Of Contents. 	Dennis Kentner, Conference Commissioner
03/09/2008	<ol style="list-style-type: none"> Added Article I Section 3: Participant Contract and Emergency Form Article IV: Added text “is without regard to Race, Color, Gender, Religion, and National Origin” Article IV Section 4: Changed youth to participant. Agreement/Accountability Form: Added Hold Harmless and Limited Liability Agreement sections. Article IV Section 7 – added date for earliest preseason weigh-ins Article IV Section 5: Definitions, game-day weigh-in weights, and ball carrier weights added. Article VI Section 9 “Roster Infractions” added new Article II Section 7 “Conduct Detrimental to the NIFC” added new 	Dennis Kentner, Conference Commissioner
04/10/2008	<ol style="list-style-type: none"> Article IV Section 5 Definitions: Modified Roster Weight and Game Day Weight. Article VI Section 10: Added new Article IV Section 8: Game Day Weigh-ins modified. Weight Ineligible players (players over the Game Day Max Weight) will not be allowed to play. Article VII Section 3 Game Day: Times changed to allow travel to wider area of membership. Title Page: Date removed from under title 	Dennis Kentner, Conference Commissioner
04/09/2009	<ol style="list-style-type: none"> Article II Section 8: Added new Article V Section 4: Added new Article VI Section 9: Modified to allow suspension of offender instead of only the head rep Article IX Section 12: Added new Article IV Section 5: Modified heavyweight restrictions to 6th graders Article IV Section 6: Modified to allow petitions for 12 yr old 7th graders to play heavyweight 	Dennis Kentner, Conference Commissioner
4/20/2010	<ol style="list-style-type: none"> Article IV Section 5: Added Middleweight Division Article VII Section 3: Modified game times Article III Section 2: Modified Entry Fee to \$600 Article IV Section 6: Modified the exception rule 	Dennis Kentner, Conference Commissioner

2/12/2011	<ol style="list-style-type: none"> Article IV Section 5: Modified the middleweight division weight restrictions to 135 lbs. Article IX Section 8: Section rewritten. Article IX Section 6: Added rule regarding receiving team retaining possession of kickoff and punts when within the slaughter rule. 	Dennis Kentner, Conference Commissioner
4/23/2012	<ol style="list-style-type: none"> Article IX Section 6: Added requirement for calling the official timeout and meeting of coaches at mid field. 	Dennis Kentner, Conference Commissioner
2/11/2014	<ol style="list-style-type: none"> Article IX Section 13: Added new rule for PAT Article IV Section 9: Added new rule for organizational boundaries Modified page breaks Corrected section numbering in Article VIII Replace NIFC logo on title page 	Dennis Kentner Conference Commissioner
2/10/2015 and 3/10/2015	<ol style="list-style-type: none"> Article IX Section 6: Slaughter rule name changed to Mercy Rule Article IX Section 11 Subsection e: Practice acclimation rule added (IHSA changed their rule) Article IV Section 9: Boundaries rule of 90% eliminated. New rule added. Article VII Section 1: Camps was defined and section modified to include notification. 	Dennis Kentner Conference Commissioner
3/08/2016	<ol style="list-style-type: none"> Article IV Section 3: Max age for participation set at 15. Article IV Section 5: Added 7th and 8th grade divisions. Article IV Section 6: Modified title to limit exceptions to fly through heavy and added "providing they do not have access to a 7th grade team" to 7th grade petition rule. Article IV Section 7 & 8: Modified title to include only Fly through Heavy divisions. Article VI Section 1: Added 7th and 8th grade roster rule. Article VI Section 2: Modified roster turn in rules. Article VI Section 6: Modified rule to only include Fly through Heavy. Article VI Section 7: Changed who provides the contracts from Conference to individual organizations. Article VII Section 1: Added camp rule for 7th and 8th grades. Article VII Section 3: added 7th & 8th grade game day rule (TBD). Article VII Section 7: Added clarification. Article VIII Section 1: Removed "in playoffs" for awards. Removed \$125 host fee. Article VIII Section 2: Removed. Article VIII Section 4: Removed. Article VIII Section 5: Removed. Article VIII Section 6: Removed. Article VIII Section 7: Modified b) to include 'or on call'; removed d). Article IX Section 1: Removed max number of teams. Article IX Section 4: Removed '3" from the number of officials. Article IX Section 13: PAT rule for rushing modified to split Fly – Middle (no rush) and Heavy – 8th (full rush). 	Dennis Kentner Conference Commissioner
3/07/2017	<ol style="list-style-type: none"> Article IX Section 8: Added rule regarding middleweight punt return formation. Article IX Section 14: Added rule for flyweight play clock Article IX Section 15: Added rule regarding number of game coaches. Article IX Section 16: Added rule regarding ball sizes. 	Dennis Kentner Conference Commissioner

3/13/2018	<ol style="list-style-type: none"> Article II Section 7 & 8: Added rule prohibiting sharing/swapping videos of games and practices Article IX Section 11: Amended overtime rule to follow IHSA rules. 	Dennis Kentner Conference Commissioner
3/12/2019 And 4/9/2019	<ol style="list-style-type: none"> Article III Section 2: Change dues amount Article IV Section 4: Changed dual roster rule 	Shawn Brown Conference Commissioner
2/11/2020	<ol style="list-style-type: none"> Article IX Section 13: Middleweight PAT time 	Shawn Brown Conference Commissioner
1/11/2022	<ol style="list-style-type: none"> Article IV Section 5: Weights Article IV Section 6: Division Exceptions Article IX Section 6: Mercy Rule Article IX Section 11: Quarter Times 	Shawn Brown Conference Commissioner
4/25/2023	<ol style="list-style-type: none"> Article II Section 8: Videotaping Article III Section 2: Entry Fee Article IV Section 5: Definitions Article VII Section 1: Camps Article VIII Section 3: Determination of Participants 	Shawn Brown Conference Commissioner
1/17/2024	<ol style="list-style-type: none"> Article IX Section 17: Pregame Coin Toss Article IX Section 2: Schedule 	Shawn Brown Conference Commissioner

Rules & Regulations Agreement / Accountability Form

By Signature below:

Each Head Organization Representative, or Officer, attests that they have authority on behalf of their Organization to enter into agreements with the NIFC and execute documents on the Organization's behalf. Further, each Head Organization Representative or Officer, agrees to and will be held accountable to comply with these current Rules & Regulations of the "Northern Illinois Football Conference". Each Head Organization Representative, or Officer, also assumes responsibility to assure that all respective coaching staff and appropriate personnel read and comply with these current Rules & Regulations for the "Northern Illinois Football Conference".

Organization _____

Head Org. Rep./ Officer Name and Title: _____ (Printed)

Head Org. Rep./ Officer Name and Title _____ (Signed)

Date: _____

HOLD HARMLESS/INDEMNIFICATION AGREEMENT

The _____ (hereinafter known as the Organization), hereby agrees to indemnify and hold harmless the NIFC, its agents, officers, employees and authorized volunteers, from and against any and all legal actions, claims, damages, losses or expenses arising out of the permitted activity or any activity associated with the conduct of the above-named Organization's operations, including but not limited to claims for personal or bodily injury, disease or death, or injury to or destruction of property. Further, the above named Organization agrees to indemnify the NIFC and any of its agents, officers, or employees and authorized volunteers for any attorneys fees and court costs incurred or to be incurred in defending any actions brought against them

LIABILITY WAIVER:

The above named Organization agrees for itself and or its employees, officers, agents or volunteers associated or to be associated with the activity for which membership in the NIFC is being sought, to waive and relinquish all claims that may result in any manner against the NIFC, its agents, officers, or employees and authorized volunteers from said Organization, except for acts caused by the willful and wanton misconduct.

I have read and understand the above hold harmless/ indemnification agreement and liability waiver. I further attest that I have the authority to execute this document on behalf of the Organization.

Signature/ Title

Date