



Northern Illinois Football Conference

Rules and Regulations

Revision as of 9/26/2026

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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

- 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.
- Failure to attend a meeting for the first time will result in an organization being placed on probation.
- 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.
- 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.
- 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 and 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 knowingly encourages, requests, or promotes parents, players, or officials to bend or violate any Conference Rules or Bylaws shall be subject to discipline, up to and including permanent suspension from the 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 a game by an official/referee

shall be subject to the penalties below.

1) Ejections

A. Automatic Penalties

- a. Player ejection: Automatic one (1) game suspension, served at the next played NIFC game.
- b. Coach ejection: Automatic one (1) game suspension served at the next played NIFC game and a \$250 fine assessed to the organization associated with the individual.
- c. Parent or fan ejection: Automatic one (1) game suspension served at the next played NIFC game.
- d. Suspensions must be served in the next played NIFC game(s) and apply to all NIFC contests.

B. Repeat Ejections

- a. A second ejection within the same season for the same coach will result in a one (1) year suspension from all NIFC games (8 games) and an additional \$250 fine. The organization will be put on one (1) year probation.

C. Video Review (Limited Overturn Option)

- a. If irrefutable video/audio evidence exists that could overturn any ejection-related suspension, an organizational representative to the NIFC Board must submit it within 48 hours (2 days) of the ejection.
- b. The Board will review the submitted video/audio and determine whether the suspension is upheld or rescinded.
- c. There will not be an official hearing.

2) General Discipline (Conference Board Discretion)

A. Depending on the severity and circumstances, the Conference Committee may impose penalties, including:

- a) Written warning from the Conference
- b) Suspension of one or more additional games
- c) Relief of coaching duties and/or Conference-related functions
- d) Additional organizational penalties if conduct is deemed egregious

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. Violation of this rule will result in the suspension of team representatives and/or the members involved. (27/Apr/2025)

Section 7: Conduct Detrimental to NIFC

Coaches, representatives, or officials of NIFC member organizations whose conduct, behavior, or actions are determined to be 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 in any capacity.

Section 8: Videotaping

Drones have been deemed an acceptable form of video recording as long as the drone is outside the boundaries of the field of play. (27/Apr/2025) (09/Apr/2009) (13/Mar/2018) (25/Apr/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:

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

Section 2: Entry Fee

Membership fees are \$500 per team, per organization. Payments will be received starting with the annual January meeting. Final payments are due before the all coaches meeting immediately prior to the start of the season. (27/Apr/2025)

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

- All player eligibility will be determined based on their age as of August 1st of the current year.
- Maximum 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, or league. Extraordinary or emergency roster-sharing from lower levels 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. (09/Apr/2019)

Section 5: Divisions

Flyweight

- Age: Max of 8 years old
- Max Ball Carrier Weight: 85 lbs

- Game-Day Max Weight: 110 lbs

Lightweight

- Age: Max of 9 years old
- Max Ball Carrier Weight: 110 lbs
- Game-Day Max Weight: 135 lbs

Middleweight

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

Heavyweight

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

7th Grade

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

8th Grade

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

Definitions

- Ball Carrier: Any ball carrying position must be ball carrier weight. (25/Apr/2023)
- Weight Restrictions: the high weight limit for a player to play within the division.
- Max Ball Carrier Weight: the maximum weight at which a player is eligible to be positioned as a ball carrier, regardless of whether the player carries the ball.
- 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 Executive Board in writing and in person with the parent(s) and player for division exceptions. The Executive Board 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 Executive Board 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 one level if they weigh 60% or less of the maximum weight limits of their age level. (20/Apr/2010)

- 12-year-old 7th graders may petition to play in the heavyweight division provided they do not have access to a 7th grade team. (09/Apr/2009) (08/Mar/2016)
- Only first-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 one level. (11/Jan/2022)
- Petitioned players must play tackle to tackle on offense, cannot receive handoffs, 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 pound, and height on the official roster. Preseason weigh-ins shall be conducted no more than two weeks prior to roster 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. Participants must weigh in with 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 halftime to be eligible to play the second half of the game. (08/Mar/2016)

Section 9: Organizational Boundaries

Schools and club organizations that are not defined by an approved organizational boundary must petition non-registered athletes. 'Non-registered' means they are not a student in their school or schools, or a registered club member for a 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. (10/Mar/2015)

Article V: Sign Up / Practice / Equipment

Section 1: Start of Practice

The first day of practice shall coincide with the last Monday of July or the 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:

- Approved football helmet (NOC SAE approved)
- Approved shoulder pads
- Cup supporter (females excluded)
- Pants with all necessary pads
- Jersey with numbers, minimum six inches tall in front and eight inches tall in back
- Shoes, with cleats made of rubber or plastic one-half inch or less
- 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 or 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 the 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. No roster changes will be accepted after the last regularly scheduled Week 4 games are completed. Emergency roster rule does not apply.

Section 3: Jersey Numbers

The roster must be submitted in game or jersey number sequence. 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 one season. (08/Mar/2016)

Section 8: Contract Disputes

Conference members, after receiving copies of other Conference members' rosters, will have one week to state if any players are under contract to them. After one week, if a player is not so named, that player will be considered released from any pre-existing contracts. If a player owes equipment or money to another team, that player may forfeit their right to participate until the equipment is returned or the organization owed the equipment or money formally releases the 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.

Section 9: Roster Infractions

Penalty for failure to turn in an approved or certified roster: the game will be played, but the penalty for this infraction includes an automatic forfeit and could include a suspension for the head coach. (27/Apr/2025)

Section 10

Removed per modification to Section 9 above. (5/19/25)

Section 11: Insurance

The Conference Treasurer 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 by email of the camp details, including dates, times, locations, and invitation.

- Fly through Heavy camp days are capped at 10 days and no more than 5 days per month.
- 7th and 8th grade camp days are limited to 15 days. (24/Apr/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 are ideally played on Saturdays unless otherwise scheduled. Due to scheduling constraints, games may need to be played on virtually any day of the week. All scheduling will be determined on a case by case basis with the approval of all parties involved.

Section 4: Athlete Playing Requirements

All teams shall ensure that every player participates in every game, in accordance with their organization's established playing time guidelines. (March/2026)

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 text or email all home game scores to the Head of Scheduling as soon as possible following the game. (27/Apr/2025) (19/Jul/2007)

Section 7: Conference Points

Conference points shall be tallied in the following manner: each winning team shall get one point for each of their defeated opponents' wins. Example: Team A has 3 wins and loses to Team B, so Team B would get 3 points. Points are accrued retroactively throughout the season. (27/Apr/2025)

Article VIII: Championship

Section 1: Championship Logistics

The conference shall establish the time and location of the Championship by alphabetical rotation. The League is to establish proper awards for playoff teams and 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:

- Conference record
- Head-to-head record
- Conference points. (19/Jul/2007)
- Highest-Seeded Common Opponent. Determined by the teams' results against the highest-seeded common opponent. A win against that opponent ranks above a loss. If both teams won, the team with the larger point differential ranks higher. If both teams lost, the team with the smaller point deficit ranks higher. (26/September/2026)
- In the event there are three teams tied based on the first three elements above, a brief playoff will be played using IHSA overtime rules. Each of the three teams will play at a designated field prior to the semifinal games. A coin toss will determine which two teams play first. The winner of the first game will play the odd team out from the coin toss. The ultimate winner will advance to the semifinals. (27/Apr/2025)
- In the event there are five teams tied based on the first three elements above, a brief playoff will be played using IHSA overtime rules. A Head Representative, or their designee, from each organization will randomly draw a number from 1 through 5. Team 1 will play Team 2, and Team 3 will play Team 4. Team 5 will automatically advance to the semifinals. The winners of the first two games will also advance to the semifinals. The losers of those two games will play each other, with the winner advancing to the semifinals and the loser being eliminated. Once the four semifinal teams have been determined, the teams will be randomly seeded 1 through 4 to determine the semifinal matchups. (26/September/2026)

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

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

Note: The designated home team, based on playoff seeding, is responsible for providing the chain crew. The visiting team is allowed one chain crew member, provided they volunteer to the home team representative.

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

Final team counts, per organization, are due by the first Friday of June. Any additions or subtractions to the team count will result in a \$500 fine per team. (27/Apr/2025)

Questionnaires are due no later than May 15th.

The first draft of the schedule will be submitted to reps by July 1 if all previously listed 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 or 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

- The home team shall be responsible for approved game ball, chains, down markers, and yard markers.
- 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 its own ball for offense must provide an adequate and responsible ball person.
- The opposing team has the right to furnish one member of the chain crew.
- A certified scale must be provided by the home team and used for pre-game weigh-ins. (08/Mar/2016)
- A scoreboard with clock and clock operator must be provided by the home team. (08/Mar/2016)

Section 6: Mercy Rule

- There is no mercy rule in the first half. (11/Jan/2022)
- If there is a 35-point or more deficit starting the second half, the mercy rule will go into effect:
 - Running clock. (11/Jan/2022)
 - Winning team must remove any skill position offensive player (QB, RB, WR, TE) from a skill position. Those players may continue to play on the offensive line and any position on defense. (19/May/2025)

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 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 two 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

- Flyweight Division: Kickoffs and punting are disallowed.
- Lightweight Division: Kickoffs are required. Punting is disallowed and will be walk-off yardage.
- Middleweight Division: Kickoffs are required. No-rush punting is required.
- Heavyweight Division: Kickoffs and punting are required.

Definitions for Middleweight No-Rush Punts

- 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.
- Not fewer than seven players must line up on the line of scrimmage, including gunner coverage players. No more than two players may be deeper than 10 yards from the line of scrimmage. (07/Mar/2017)

Additional Special Teams Rules

- Punt walk-offs (flyweights and lightweights): 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 or 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 time will continue when the receiving team begins the next play.
- Kickoffs for 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 minutes before the start of the game and three minutes before the third quarter. Halftimes will be ten 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 halftimes. Equitable conditions must be available for both home and visiting teams. For example, if shelter is available for the home team, it must be available for the visiting team.

Section 11: IHSA Rule Exceptions

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

- Exposed hip pads are allowed.
- Officials cannot declare a tie. IHSA rules for overtime will be followed. (13/Mar/2018)
- PATs, see Section 13.
- Practice acclimation: at the start of practice, the NIFC will observe 3 days of helmet-only practice.
- There will be four quarters as follows: Flyweights 9 minutes; Middleweights 9 minutes; Heavyweights 9 minutes; 7th and 8th grade 10 minutes. (11/Jan/2022) (27/Apr/2025)

Section 12: Rescheduling Due to Weather-Related Emergencies

Game-day schedule alterations for weather-related emergencies must be made as early as possible, such as 7:00 a.m. It is the responsibility of the canceling organization to:

- Contact and work with the affected organization's Head Representative and discuss the possibility of moving the game to the opponent's field or rescheduling the game within the following 10 days.
- Contact the Head Referee to notify them of the changes and verify availability of officials.
- Notify the Conference Commissioner.

Section 13: PAT

Extra points run or passed are worth 1 point and will follow IHSA rules. Extra points kicked are worth 2 points. (11/Feb/2014)

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

- Both offense and defense shall line up in accordance with the attempt.
- There will be no rush by the defense. Neither the offense nor the defense shall engage at the snap or at any time during the attempt.
- The offense shall declare their decision to kick or run to the officials and opposing head coach prior to the attempt.

- Fake kicks are not allowed and shall disqualify the PAT attempt.
- At the snap, if the ball does not make it to the placeholder, such as going wide, over the placeholder's head, or stopping short, the placeholder shall gain possession or control of the ball and return, if necessary, to the kicking tee, then place the ball on the tee for the kick.
- Middleweight only: the kicking team has a 5-second clock from the time of the snap to kick the ball. If this is not done, play is whistled dead. (11/Feb/2020)

Heavy: IHSA rules will apply, except 2 points for a kick and 1 point for a run.

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

Section 14: Flyweight Play Clock

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. (07/Mar/2017)

Section 15: Coaches on Sidelines

Removed (March/2026)

Section 16: Ball Size

- Flyweight = Pee Wee
- Lightweight and Middleweight = Junior
- Heavy, 7th, and 8th = Youth

Section 17: Pregame Coin Toss

IHSA rules state a head coach will be at each coin toss, both Illinois and Wisconsin. (16/Jan/2024)

Appendix A: Change History

07/24/2007

Edited by: Dennis Kentner, Conference Commissioner

- 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 because Section 3 was missing from numbering.
- Added Table of Contents.

03/09/2008

Edited by: Dennis Kentner, Conference Commissioner

- 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.

04/10/2008

Edited by: Dennis Kentner, Conference Commissioner

- 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, meaning 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.

04/09/2009

Edited by: Dennis Kentner, Conference Commissioner

- 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-year-old 7th graders to play heavyweight.

04/20/2010

Edited by: Dennis Kentner, Conference Commissioner

- 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.

02/12/2011

Edited by: Dennis Kentner, Conference Commissioner

- 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.

04/23/2012

Edited by: Dennis Kentner, Conference Commissioner

- Article IX Section 6: added requirement for calling the official timeout and meeting of coaches at midfield.

02/11/2014

Edited by: Dennis Kentner, Conference Commissioner

- 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.
- Replaced NIFC logo on title page.

02/10/2015 and 03/10/2015

Edited by: Dennis Kentner, Conference Commissioner

- Article IX Section 6: slaughter rule name changed to Mercy Rule.
- Article IX Section 11 subsection e: practice acclimation rule added because IHSA changed its rule.
- Article IV Section 9: boundaries rule of 90% eliminated and new rule added.
- Article VII Section 1: camps was defined and section modified to include notification.

03/08/2016

Edited by: Dennis Kentner, Conference Commissioner

- 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 Sections 7 and 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 and 8th grade game day rule.
- Article VII Section 7: added clarification.
- Article VIII Section 1: removed 'in playoffs' for awards and removed \$125 host fee.
- Article VIII Sections 2, 4, 5, and 6 removed.
- Article VIII Section 7: modified subsection b to include 'or on call'; removed subsection 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.

03/07/2017

Edited by: Dennis Kentner, Conference Commissioner

- 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.

03/13/2018

Edited by: Dennis Kentner, Conference Commissioner

- Article II Sections 7 and 8: added rule prohibiting sharing or swapping videos of games and practices.
- Article IX Section 11: amended overtime rule to follow IHSA rules.

03/12/2019 and 04/09/2019

Edited by: Shawn Brown, Conference Commissioner

- Article III Section 2: change dues amount.
- Article IV Section 4: changed dual roster rule.

02/11/2020

Edited by: Shawn Brown, Conference Commissioner

- Article IX Section 13: Middleweight PAT time.

01/11/2022

Edited by: Shawn Brown, Conference Commissioner

- Article IV Section 5: Weights.
- Article IV Section 6: Division Exceptions.
- Article IX Section 6: Mercy Rule.
- Article IX Section 11: Quarter Times.

04/25/2023

Edited by: Shawn Brown, Conference Commissioner

- 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.

01/17/2024

Edited by: Shawn Brown, Conference Commissioner

- Article IX Section 17: Pregame Coin Toss.
- Article IX Section 2: Schedule.

04/27/2025

Edited by: Dan Heinen, Conference Commissioner

- Article II Section 6: Scouting.
- Article II Section 8: Videotaping.
- Article II Section 3: League Fees.
- Article IV Section 6: Divisional Exceptions (administrative edit).
- Article VI Section 2: Roster Turn In.
- Article VI Section 9: Roster Infraction.
- Article VI Section 11: Insurance (administrative edit).
- Article VII Section 6: Score Reporting.
- Article VIII Section 3: Determination of Participants.
- Article VIII Section 7: Host Conference Member Responsibilities.
- Article IX Section 2: Schedule (some voted on and some not).
- Article IX Section 5: Game Day Field Preparation.
- Article IX Section 6: Mercy Rule.
- Article IX Section 11: Removed Combo from verbiage.

04/15/2026

Edited by: Lucas Wagner, the DUDE

- Article IV Section 5: Lightweight added back in weights
- Article II Section 5: Adherence to rules updated
- Article VI Section 2: Roster changes was changed from 3 weeks to 4 weeks
- Article VII Section 3: Specific game times removed
- Article IX Section 8: Lightweight punting and kicking procedures re-entered
- Article IX Section 16: Ball size of lightweights re-entered

09/126/2026

Edited by: Luke Wagner

- Article VIII: Cleaned up championship tie breaker language and added 5 team tie. Voted on 9/25/26.

Appendix B: 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, employees, or 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, employees, and authorized volunteers from said Organization, except for acts caused by 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: _____