



# Northern Illinois Football Conference

## Rules and Regulations

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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:**

- 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. (09/Apr/2009) (13/Mar/2018)

## **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**

The annual entry fee will be due at the August meeting. Membership fees are \$600.00 for organizations having up to two teams, any organization with more than two (2) teams will be charged an additional \$200 per team. (20/Apr/2010)

## **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 1<sup>st</sup> 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. No participants may be double-rostered.

### **Section 5 - Divisions**

- a) FLYWEIGHT  
Age: Max of 8 years old (04/Apr/2007)  
Weight Restrictions: 100 lbs.  
Max Ball Carrier Weight: 85 lbs  
Game-Day Max Weight: Non-Petitioned - 107 lbs; Petitioned - 110
- b) LIGHTWEIGHT  
Age: **9** years old (and under)  
Weight Restrictions: 125 lbs.  
Max Ball Carrier Weight: 110 lbs

Game-Day Max Weight: Non-Petitioned - 132 lbs; Petitioned - 135 lbs

- c) MIDDLEWEIGHT (10/Feb/2011)  
Age: 10 years old (and under)  
Weight Restrictions: 135 lbs.  
Max Ball Carrier Weight: 120 lbs  
Game-Day Max Weight: Non-Petitioned - 142 lbs; Petitioned - 145 lbs
  
- d) HEAVYWEIGHT  
Age: 11-12 years old (and under)  
Grades: 6<sup>th</sup> and under (09/Apr/2009)  
Weight Restrictions: 165 lbs.  
Max Ball Carrier Weight: 140 lbs  
Game-Day Max Weight: Non-Petitioned - 172 lbs; Petitioned - 175 lbs
  
- e) 7<sup>th</sup> GRADE (08/Mar/2016)  
Age: 14 years (and under)  
Grades: 7<sup>th</sup>  
Weight Restrictions: None  
Max Ball Carrier Weight: None
  
- f) 8<sup>th</sup> GRADE (08/Mar/2016)  
Age: 15 years (and under)  
Grades: 8<sup>th</sup>  
Weight Restrictions: None  
Max Ball Carrier Weight: None

Definitions:

1. Ball Carrier: Any player that has the opportunity normally granted the ability to advance the ball (i.e. receivers, quarterbacks, running backs, tight-ends, etc.) Tight-ends that are not going to be used as receivers but rather strictly as blockers are not subject to this. Using a player that is Ball Carrier Ineligible to receive a pass or run with the football will be grounds for discipline for the offending team of coaches.
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)
- Players exceeding the weight criteria may petition to play at their age group. Any player who exceeds the weight restriction must be identified and limited to playing on either the offensive line or defensive interior line and not be able to advance the ball on offense. (04/Apr/2007)
- 12 yr old 7<sup>th</sup> graders may petition to play in the heavyweight division providing they do not have access to a 7<sup>th</sup> grade team (09/Apr/2009) (08/Mar/2016)

## **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. 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. 7<sup>th</sup> and 8<sup>th</sup> 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**

There shall be no camps held by any Conference member without petition and approval by the conference Committee. All camps must be open to the public, without pads, non-segregated by divisions, and be general conditioning or skill development activities for all participants. Organization must notify all NIFC organizations via email the details (e.g. dates, times, locations, intention) of the camp. (modified 3/Mar/2015)

7<sup>th</sup> and 8<sup>th</sup> grade teams are permitted to hold camps. All camps must be without pads, non-segregated by divisions, and be general conditioning or skill development activities for all participants. (08/Mar/2016)

### **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. Lightweight 11:30 p.m.
- c. Middleweight 1:30 p.m.
- d. Heavyweight 3:30 p.m.

7<sup>th</sup> and 8<sup>th</sup> Grade: TBD (08/Mar/2016)

### **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. Flip of a coin by Championship Committee

### **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**

The Conference is required to submit to all teams a copy of the current schedule on or before the July Conference meeting.

### **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. If a point spread of twenty-four (24) points or more exists at any time during the game, coaches of the winning team are required to substitute lesser skilled players at quarterback, running backs, receivers, and skilled defensive players. An official time out **must** be called to substitute
- b. e players and coaches **must** meet at mid field. The time out needed for this substitution will **NOT** be charged against either team. When substituting players due to a point spread, key players may not be substituted to other key positions. (23/Apr/2012)
- c. The receiving team, when trailing by 24 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. Lightweight Division: Kickoffs are required. Punting is disallowed. Punts will be a walk-off of yardage.
- d. 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 punters 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 (lightweights and 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) There will be four – ten (10) minute quarters. No running clock.
- c) Officials cannot declare a tie. IHSA rules for overtime will be followed.  
(13/Mar/2018)
- d) PATs (see Section 13)
- e) Practice Acclimation – at the start of practice, the NIFC will observe 3 days of helmet only practice

## 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

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

7<sup>th</sup> & 8<sup>th</sup> 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, 7<sup>th</sup>, & 8<sup>th</sup> = Youth

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## Change History

Date	Change	Edited By
07/24/2007	<ol style="list-style-type: none"> <li>1. Moved Article IX Section 6 (Exceptions to IHSA rules) to end of section.</li> <li>2. Added new Article IX Section 7 regarding allowing flyweight coaches on the field.</li> <li>3. Added Article VII Section 6 regarding score reporting</li> <li>4. Added Article VII Section 7 regarding Conference Points</li> <li>5. Added Conference Points to Article VIII Section 4 for playoff eligibility determination</li> <li>6. Modified Revision date in Header and on Title page.</li> <li>7. Added NIFC Logo to Title page</li> <li>8. Added Change History page to Rules and Regulations Document</li> <li>9. Article VI Section 6: Modified to state that each organization maintains birth certificates.</li> <li>10. Article VI Section: Modified to state that each organization maintains contracts.</li> <li>11. Article VIII – Renumbered – Section “3” was missing from numbers.</li> <li>12. Added Table Of Contents.</li> </ol>	Dennis Kentner, Conference Commissioner
03/09/2008	<ol style="list-style-type: none"> <li>1. Added Article I Section 3: Participant Contract and Emergency Form</li> <li>2. Article IV: Added text “is without regard to Race, Color, Gender, Religion, and National Origin”</li> <li>3. Article IV Section 4: Changed youth to participant.</li> <li>4. Agreement/Accountability Form: Added Hold Harmless and Limited Liability Agreement sections.</li> <li>5. Article IV Section 7 – added date for earliest preseason weigh-ins</li> <li>6. Article IV Section 5: Definitions, game-day weigh-in weights, and ball carrier weights added.</li> <li>7. Article VI Section 9 “Roster Infractions” added new</li> <li>8. Article II Section 7 “Conduct Detrimental to the NIFC” added new</li> </ol>	Dennis Kentner, Conference Commissioner
04/10/2008	<ol style="list-style-type: none"> <li>1. Article IV Section 5 Definitions: Modified Roster Weight and Game Day Weight.</li> <li>2. Article VI Section 10: Added new</li> <li>3. 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.</li> <li>4. Article VII Section 3 Game Day: Times changed to allow travel to wider area of membership.</li> <li>5. Title Page: Date removed from under title</li> </ol>	Dennis Kentner, Conference Commissioner
04/09/2009	<ol style="list-style-type: none"> <li>1. Article II Section 8: Added new</li> <li>2. Article V Section 4: Added new</li> <li>3. Article VI Section 9: Modified to allow suspension of offender instead of only the head rep</li> <li>4. Article IX Section 12: Added new</li> <li>5. Article IV Section 5: Modified heavyweight restrictions to 6<sup>th</sup> graders</li> <li>6. Article IV Section 6: Modified to allow petitions for 12 yr old 7<sup>th</sup> graders to play heavyweight</li> </ol>	Dennis Kentner, Conference Commissioner
4/20/2010	<ol style="list-style-type: none"> <li>1. Article IV Section 5: Added Middleweight Division</li> <li>2. Article VII Section 3: Modified game times</li> <li>3. Article III Section 2: Modified Entry Fee to \$600</li> <li>4. Article IV Section 6: Modified the exception rule</li> </ol>	Dennis Kentner, Conference Commissioner



2/12/2011	<ol style="list-style-type: none"> <li>1. Article IV Section 5: Modified the middleweight division weight restrictions to 135 lbs.</li> <li>2. Article IX Section 8: Section rewritten.</li> <li>3. Article IX Section 6: Added rule regarding receiving team retaining possession of kickoff and punts when within the slaughter rule.</li> </ol>	Dennis Kentner, Conference Commissioner
4/23/2012	<ol style="list-style-type: none"> <li>1. Article IX Section 6: Added requirement for calling the official timeout and meeting of coaches at mid field.</li> </ol>	Dennis Kentner, Conference Commissioner
2/11/2014	<ol style="list-style-type: none"> <li>1. Article IX Section 13: Added new rule for PAT</li> <li>2. Article IV Section 9: Added new rule for organizational boundaries</li> <li>3. Modified page breaks</li> <li>4. Corrected section numbering in Article VIII</li> <li>5. Replace NIFC logo on title page</li> </ol>	Dennis Kentner Conference Commissioner
2/10/2015 and 3/10/2015	<ol style="list-style-type: none"> <li>1. Article IX Section 6: Slaughter rule name changed to Mercy Rule</li> <li>2. Article IX Section 11 Subsection e: Practice acclimation rule added (IHSA changed their rule)</li> <li>3. Article IV Section 9: Boundaries rule of 90% eliminated. New rule added.</li> <li>4. Article VII Section 1: Camps was defined and section modified to include notification.</li> </ol>	Dennis Kentner Conference Commissioner
3/08/2016	<ol style="list-style-type: none"> <li>1. Article IV Section 3: Max age for participation set at 15.</li> <li>2. Article IV Section 5: Added 7<sup>th</sup> and 8<sup>th</sup> grade divisions.</li> <li>3. Article IV Section 6: Modified title to limit exceptions to fly through heavy and added "providing they do not have access to a 7<sup>th</sup> grade team" to 7<sup>th</sup> grade petition rule.</li> <li>4. Article IV Section 7 &amp; 8: Modified title to include only Fly through Heavy divisions.</li> <li>5. Article VI Section 1: Added 7<sup>th</sup> and 8<sup>th</sup> grade roster rule.</li> <li>6. Article VI Section 2: Modified roster turn in rules.</li> <li>7. Article VI Section 6: Modified rule to only include Fly through Heavy.</li> <li>8. Article VI Section 7: Changed who provides the contracts from Conference to individual organizations.</li> <li>9. Article VII Section 1: Added camp rule for 7<sup>th</sup> and 8<sup>th</sup> grades.</li> <li>10. Article VII Section 3: added 7<sup>th</sup> &amp; 8<sup>th</sup> grade game day rule (TBD).</li> <li>11. Article VII Section 7: Added clarification.</li> <li>12. Article VIII Section 1: Removed "in playoffs" for awards. Removed \$125 host fee.</li> <li>13. Article VIII Section 2: Removed.</li> <li>14. Article VIII Section 4: Removed.</li> <li>15. Article VIII Section 5: Removed.</li> <li>16. Article VIII Section 6: Removed.</li> <li>17. Article VIII Section 7: Modified b) to include 'or on call'; removed d).</li> <li>18. Article IX Section 1: Removed max number of teams.</li> <li>19. Article IX Section 4: Removed '3" from the number of officials.</li> <li>20. Article IX Section 13: PAT rule for rushing modified to split Fly – Middle (no rush) and Heavy – 8<sup>th</sup> (full rush).</li> </ol>	Dennis Kentner Conference Commissioner
3/07/2017	<ol style="list-style-type: none"> <li>1. Article IX Section 8: Added rule regarding middleweight punt return formation.</li> <li>2. Article IX Section 14: Added rule for flyweight play clock</li> <li>3. Article IX Section 15: Added rule regarding number of game coaches.</li> <li>4. Article IX Section 16: Added rule regarding ball sizes.</li> </ol>	Dennis Kentner Conference Commissioner

3/13/2018	<ol style="list-style-type: none"><li>1. Article II Section 7 &amp; 8: Added rule prohibiting sharing/swapping videos of games and practices</li><li>2. Article IX Section 11: Amended overtime rule to follow IHSA rules.</li></ol>	Dennis Kentner Conference Commissioner
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## 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