



RULES AND REGULATIONS

Football



Jefferson Parish Department of Parks & Recreation

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2016 JPRD Football Rule Book



These are the official rules and regulations for the 2016 football season adopted by the Jefferson Parish Department of Parks and Recreation (JPRD), 6921 Saints Drive, Metairie, LA 70003 and 7437 Lapalco Boulevard, Marrero, LA 70072. The authorized football program conducted at our playgrounds will comply with these rules and regulations. They are intended to enhance a competitive balance between playgrounds, minimize risks to participants, and promote enjoyable participation and sportsmanship. Any activities, to include practice, clinics, and games, conducted outside the scope of these rules and regulations will not be considered as part of the authorized JPRD sports program that entitles players, coaches, and sponsors to certain rights and privileges.

JPRD has adopted the rules of various sports coordinating bodies to govern rules not covered by JPRD. The JPRD rules and regulations will supersede these rules when applicable.

The Center Supervisor is the nearest JPRD official and certainly the most informed on matters dealing with the playground athletic leagues. We strongly suggest that parents, coaches, and players contact their playground Center Supervisor in attaining help. Naturally, the administrative staff at our Parks and Recreation Headquarters stands ready to help if needed, however, the first step is your Center Supervisor.

2016 Rules Committee

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Jay Ureta, Westbank Administrator

Seth Simpson, Eastbank Athletic Area Coordinator

Gerry Constant, Westbank Athletic Area Coordinator

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Dates to Remember

- August 1..... Last date football registration may start
- August 8..... Practice may start (in shorts and helmets)
- August 15..... Practice may start (with equipment)
- September 7 All Parish Rosters and Coaches Agreements are due to the Area Coordinator
- September 9, 10, & 11..... Westbank Jamboree Weekend
- September 12.....Two (2) days complete rest takes effect for all Parish teams
- September 19.....All intramural league **games** must begin **by the week of**
- September 15.....*Waiver deadline*
- September 15..... No playground clinics may be held after this date without the approval of the Area Coordinator of Athletics
- September 16..... Intramural rosters, Coaches agreements, and all paper work due to the Athletic Area Coordinator NOTE: Rules and schedules due one week **before** league begins.
- October 1 Final date for participation on a LHSAA High School to join the JPRD program
- October 13..... Final date for any roster additions and/or changes. Final date for roster changes (due to disbanding and/or weight gain)
- November 5 West Bank District playoffs
- November 12 West Bank Championship playoffs
- November 27 Playground base team may compete in bowl game with the approval of the Athletic Area Coordinator through this date

Section

2

New Rules for 2016

None

Proposed Rules for 2017

None

Section

3

Weight Restriction Policy

The weight limiting aspect of the JPRD Tackle Football Program creates the issue of weight reduction for some participants either near or above the maximum weight limits for an age group. Some of these children may have a strong interest to participate in the sport and they and their parents may feel it important to lose weight to be eligible for our program. We recommend the athlete be allowed enough time to make the target weight without having to lose more than two (2) pounds per week.

In order to discourage radical weight-loss practices, Jefferson Parish Department of Parks and Recreation will not allow participants to register in our program whose weight is ten (10) pounds over the maximum starting weight.

Section

4

Mandatory Participant Insurance Program

All participants in Jefferson Parish Department of Parks and Recreation programs *must* pay for participant insurance. Coaches are eligible for the same plan and may *voluntarily* pay to enroll.

The Participant Insurance Program consists of the following:

HEALTH INSURANCE: Maximum \$15,000 coverage for all injuries arising out of participation by registrants in the activity sponsored and directly supervised by the Jefferson Parish Department of Parks and Recreation. This plan acts as a secondary insurance, which pays deductibles, as well as any remaining covered expenses, after the primary has exhausted its benefits. If, however, there is no primary insurance, it will pay the same as a primary.

LIABILITY INSURANCE: Offers \$1,000,000 coverage protecting the enrolled individuals, coaches and team for claims arising out of bodily injury and property damage, and litigation costs to defend such claims. There is a \$500 deductible per claim.

[It is strongly recommended that all coaches enroll in the above insurance plan. Coverage (for coaches) for the above plan is from April 1, 2016 through April 1, 2017.]

Coverage includes suits arising out of:

- Injury/death of participants
- Incidental medical malpractice
- Non-owned auto coverage (association liability only)
- Host liquor liability (non-profit)
- Ownership use or maintenance of fields
- Consumption use of food and drink
- Libel, defamation, false arrest, wrongful eviction or invasion of privacy
- Injury/death of adult volunteers
- All activities necessary or incidental to conduct of practices and games
- Liability assumed for work done by independent contractors
- Spectator injury
- Cost of investigation and defense of claims, even if groundless
- Property damage liability

Section

5

Emergencies

- 5:01 In case of injury, coaches shall be prepared to seek immediate medical attention. The location of the telephone, particularly at their playground, shall be known in advance.
- 5:02 Reserved
- 5:03 All injuries, regardless of severity and site of injury, must be reported to the playground Center Supervisor. Information must be accurate and reported in a timely manner.
- 5:04 Coaches must have phone numbers of their players available to contact parents in emergency situations. Copies of the registration form are provided at the start of the season that has home phone numbers as well as an alternate emergency number. Parents must be immediately advised of all injuries.
- 5:05 Each JPRD playground has first aid supplies located in a designated area. Coaches must know where these supplies are located at their playground.

Section

6

Safety

- 6:01 **EQUIPMENT:**
- 6:01:01 Do not let player practice or play if he is not fully outfitted with all safety padding and protection in place. He should wear a complete protective uniform.
- 6:01:02 **HELMETS:**
- A. All helmets must have the N.O.C.S.A.E. seal and warning displayed on it.
 - B. The opening by the ear should be even with the player's ear. If the ear is higher than the opening, the helmet is too large; if the ear is lower, the helmet is too small.
 - C. In the front of the helmet, the lower bridge of the helmet should be one finger width over the eyebrow.
- 6:01:03 Shoulder pads should fit snugly and not rock or shift. Make sure the arch padding extends $\frac{1}{2}$ " or $\frac{3}{4}$ " beyond the edge of the shoulder. The chest size of your player should match the size of the shoulder pad.
- 6:01:04 All players must use a mouthpiece for all practices and games. Any type of mouth or teeth guard is acceptable; supervisor is to check at weigh/check in.

6:02 **WEIGHT:**

6:02:01 At the time of registration a participant **cannot exceed ten (10) pounds over the starting weight limit**. Any participant exceeding ten (10) pounds over the starting weight limit cannot register for the current season.

6:02:02 Artificial weight loss methods are not to be used. Players should never be given fluid pills for weight loss. No player is to wear a plastic bag over body. It is strongly recommended that the participant wear shorts and a T-shirt to work out.

6:03 Flexibility in your conditioning program should be incorporated through flexibility exercises. This should be done in preseason and regular season workouts. The flexible athlete is less injury prone and more likely to perform to his best ability.

6:03:01 *STATIC STRETCHING*, in which a position of extreme stretching on a given muscle group is assumed and held for a long period of time, is considered to be the most effective.

6:03:02 *BALLISTIC STRETCHING* is prohibited. A ballistic stretch is a stretching exercise where some body movement or bouncing is used to force the muscle group into as much extension as possible. An example of this is a hurdler's stretch where the trunk of the body bobs towards the extended leg to stretch the hamstring.

6:03:03 Players should not do any drastic stretching or stretch to the point of pain. All stretches should be done slowly.

6:03:04 Neck bridging is not recommended.

6:03:05 Each coach must have a plan for all of his practices. It is compulsory that each coach start his team with the proper calisthenics and stretching at the beginning of each session.

6:03:06 Laps are to be used as a conditioner only, and NOT as punishment. Supervisors are to see that this is enforced.

6:04 Certain drills that emphasize hitting from the blind side should be avoided.

6:05 **BLOCKING AND TACKLING**

The most important safety factor in coaching football is teaching the correct techniques of blocking and tackling.

6:05:01 Do not use the head to butt or ram an opponent.

6:05:02 The forehead and chin should be up when preparing to tackle.

6:05:03 Players should be taught to avoid making initial contact with the head or forehead.

6:05:04 The blow should be a glancing blow off the side of the helmet with the main impact being absorbed by the shoulder pads.

6:05:05 All tackling drills should be done within close proximity, never exceeding five yards between tackler and ball carrier.

6:05:06 Angle tackling is similar to head-on tackling. The tackler is taught to drive his head across the path of the ball carrier using the football as the point of aim. The tackling technique is the same after impact, except the tackler attempts to square his hips and drive the ball carrier backwards.

6:06 **BLOCKING** is taught the same way as tackling, except the blocker cannot use his hands to grab an opponent.

- 6:06:01 In blocking as in tackling do not make contact with the top of the head.
- 6:06:02 All downfield blocks on punts and kickoffs should be made above the waist.
- 6:06:03 Blocking below the waist is prohibited outside the free-blocking zone (tackle box).
- 6:06:04 In the areas outside the free-blocking zone (tackle box), emphasize that the **opposing player should never be hit from the back . . . if the opponent's front numerals are not visible, they should not be blocked.**
- 6:07 During August and September, when the weather is very hot and humid, it is of the utmost importance that precautions are taken daily to prevent against heat-related problems such as heat stroke and heat exhaustion.
- 6:07:01 Practice sessions must be limited to one-half (1/2)-hour intervals with ten- (10) minute breaks between each interval. Overall practice sessions must be limited to:
- ◆ ... For Parish teams - two (2) hours per day, including break times, and
 - ◆ For intramural teams - 1½ hours per day, including break times.
- 6:07:02 Supervisors and coaches should be very aware that no player should be drilled or played to the point of exhaustion. Your percentage for injury or heat related illnesses go up with fatigue.
- 6:07:03 Getting water to your players is extremely important especially during early season workout. Players are encouraged to bring their individual water for hydration.
- 6:07:04 Do not give players salt tablets
- 6:07:05 Concentrate on building up their cardiovascular system. This is accomplished with jogging, wind sprints and exercise.
- 6:07:06 **HEAT RELATED ILLNESSES** are caused by overexposure to heat. Once the signals of heat related emergency begin to appear, the person's condition can quickly become life threatening.
- a) **Heat Cramps first signals** that the body is having trouble with the heat. Painful muscle spasms occur in the legs and abdomen.
- ◆ Have the player rest in a cool place
 - ◆ Give cool water to drink
 - ◆ Lightly stretch the muscle and gently massage the area.
 - ◆ When the cramps **stop**, the player can usually start activity again if there are **no** other signals of illness.
 - ◆ Continue drinking plenty of fluids.
 - ◆ Watch player carefully for further signals of heat-related illness.
- **Recognize Heat Exhaustion and Heat Stroke in its early stages, player's symptoms can usually be reversed.**
- b. **HEAT EXHAUSTION** signals include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.
- ◆ Move player to **cooler** environment.
 - ◆ Loosen or remove clothing
 - ◆ Fan the player
 - ◆ Get player into circulating air while applying wet towels
 - ◆ If player is conscious, give small amounts of cool water to drink. 4 ounces of water every 15 minutes.
 - ◆ Player should not continue to practice/game.

- ◆ Watch carefully for changes in player's condition

c) **HEAT STROKE** is a SERIOUS LIFE THREATENING MEDICAL EMERGENCY. Signals of Heat Stroke is refusing water, vomiting; red, hot, dry skin; rapid, weak pulse, shallow breathing; **CHANGE IN CONSCIOUSNESS----CONTACT 911**

- ◆ Move player to **cooler** environment.
- ◆ Keep player lying down---if vomiting place player on side.
- ◆ Remove/loosen any tight clothing.
- ◆ Apply cool, wet cloths. Ice packs should be applied on player's wrists and ankles, on the groin, and each armpit, and on the neck to cool the large blood vessels. Be sure a cloth is between the skin and the ice pack. **DO NOT APPLY RUBBING ALCOHOL.**
- ◆ Conscious player, give small amounts of cool water to drink. Give 4 ounces of water every 15 minutes.
- ◆ **CHANGES IN CONSCIOUSNESS IS LIFE THREATENING----CONTACT 911**

6:08 FIRST AID:

6:08:01 Each playground is equipped with a first-aid cabinet located in the Supervisor's office.

6:08:02 When a player is injured, coaches may be quick to move or manipulate a player. Be careful, especially when a head, neck, or spine injury is involved (leave player lying flat). Do not move the player, get medical treatment right away.
DO NOT PICK A PLAYER UP BY THE BELT, especially if an injury is involved.

6:08:03 **BRUISES** are the SIMPLEST CLOSED WOUND. Blood and other fluids seep into the surrounding tissues, causing the area to swell and change color.

- Elevate injured part. **DO NOT ELEVATE THE INJURED PART IF IT CAUSES MORE PAIN.**
- Apply direct pressure on the area to decrease bleeding beneath the skin as long as the injured area is deep still.
- Apply wrap ice with a damp cloth or small bag of ice to the injured area for a period of about 20 minutes. Place a thin barrier between the ice and bare skin. Remove the ice for 20 minutes before reapplying

*****DO NOT ASSUME THAT ALL CLOSED WOUNDS ARE MINOR INJURIES. TAKE THE TIME TO FIND OUT WHETHER MORE SERIOUS INJURIES COULD BE PRESENT. CALL 911 IF THE PLAYER HAS THE FOLLOWING:**

- Player complains of severe pain or cannot move a body part without pain.
- The force that caused the injury was great enough to cause serious damage.
- An injured extremity is blue or extremely pale. Player may be bleeding internally and need emergency medical help STAT.

6:08:04 **FRACTURES:**

CLOSED FRACTURE is a complete break, as chip or a crack in a bone – MOST COMMON.

OPEN FRACTURE is more dangerous due to bone breaking the skin will cause risk of infection and severe bleeding.

LIFE THREATENING ONLY IF THE BREAKS INVOLVES A LARGE BONE SUCH AS THE THIGH, SEVER AN ARTERY OR AFFECT BREATHING CONTACT 911.

Always suspect a serious injury when any of the following signals are present:

- ◆ Significant deformity
- ◆ Bruising and swelling
- ◆ Inability to use the affected part normally
- ◆ Bone fragments sticking out of a wound
- ◆ Players feel bones grating; player felt or heard a snap or pop at the time of injury
- ◆ Injured area is cold and numb
- ◆ Cause of the injury suggests that the injury may be severe.

General Care for injuries to muscles, bone and joints: Remember RICE!

Rest-Do not move or straighten the injured area

Immobilize—Stabilize the injured area in the position it was found. Splint the injured part **ONLY** if the person must be moved and it does not cause more pain.

Cold – Fill a plastic bag or wrap ice with a damp cloth and apply ice to the injured area for 20 minutes. Remove the ice pack for 20 minutes reapply if needed. Place a thin barrier between the ice and bare skin.

Elevate – **DO NOT** elevate the injured part if it causes more pain.

SPLINTING:

- Splint only if the person must be moved or transported by someone other than emergency medical personnel.
- Splint only if you can do so without causing more pain.
- Splint an injury in the position you find it
- Splint the injured area and the bones or joints above and below the injury.
- Check for circulation (feeling, warmth and color) before and after splinting.

****HEAD, NECK AND BACK INJURIES CAUSE UNINTENTIONAL DEATH OR LIFELONG NEUROLOGICAL DAMAGE---CONTACT 911 STAT!!! Player should not be moved.**

DO NOT PICK A PLAYER UP BY THE BELT FOR ANY TYPE OF INJURY!

6:08:05 JPRD employees, league commissioners and volunteer coaches are to be aware and monitor situations, during practice and games, when there is an injury that results in blood being present. They must be cognizant that anytime there are blood and body fluids present, it must be treated with respect, regarding its ability to transmit infectious disease. Under circumstances in which differentiation between body fluid types is difficult or impossible, all body fluids are considered potentially infectious.

Before competing, all athletes must cover wounds on their body. Practice or competitive play must be stopped and any injured player must be immediately attended to.

In the event of injury or sickness involving blood or bodily fluids, the following procedures must be followed:

- ◆ If at all possible, injured person shall render first aid to himself and cover his own wound.
- ◆ When rendering first aid, protective gloves must be worn when it is anticipated blood or bodily fluids are involved. Clean gloves must be worn for each individual treated. Do not wear the same gloves for multiple injured parties.
- ◆ An individual, who has treated an injury where blood is present or has cleaned a potentially contaminated surface, should wash their hands with soap and hot water, whether or not protective gloves have been worn.

6:09 Good hygiene shall be practiced. Towels, uniforms, cups and water bottles will not be shared

Organizational

- 7:01 All teams and coaches participating in sanctioned JPRD Football Leagues will be under the supervision of Jefferson Parish Department of Parks and Recreation and its staff.
- 7:02 **All practices must be conducted at a JPRD facility.**
- 7:03 All playing rules will be National Federation of High Schools playing rules for this program except where changed within this handbook.
- 7:04 Clinics are strongly encouraged for all coaches.
- 7:05 All participants must present a valid JPRD I.D. card. purple and blue will be the legal colors for the 2016 season. These I.D. cards must be shown at all pre-game "Check-ins". If no card is shown, player will be dropped from the roster and not allowed to play in that game.

<p><i>IT IS THE SUPERVISOR'S RESPONSIBILITY TO SEE THAT THE ABOVE RULES ARE STRICTLY ENFORCED.</i></p>

- 7:06 All home sites will be responsible for having a football first aid kit on the sidelines during Parish games.
- 7:07 Each team is responsible for having water available to players at all times.
- 7:08 Each center shall enter teams in the Parish-wide football program. JPRD will be divided into two (2) leagues – the East Bank League and the West Bank League. The Travel Football program enjoys a position in our program that has given them special recognition. *This does not give this program the right to supersede or take over practice or game times of other programs.*
- 7:09 Any playground that does not field a Minor or Junior travel football team will not be eligible for the Novice 9-10 or Minor or Junior National (Westbank) football program, however, this rule may be waived with special approval of the Area Coordinator of Athletics.
- 7:10 All eligible players in the playground's program must be under consideration for its travel football team, players may not choose the team they will play for.
- 7:10:01 The playground travel football teams must be comprised of the strongest and the most experienced players, just as it is in the American League of other programs.
- 7:10:02 Any player who participated in the travel football program the year before must play travel football and is not eligible for the Novice Intramural League or Minor and Junior National teams (Westbank)
- 7:10:03 If there are any mitigating circumstances, an appeal can be made to the Area Coordinator of Athletics for an exception.
- 7:10:04 Center Supervisors are responsible for determining which participants will be under consideration for the travel football team at his/her playground.

Eligibility

The competitive balance and integrity of our program are maintained by strict adherence to the following eligibility criteria. Coaches and supervisory personnel must make every effort to assure that players and their parents are aware and are in compliance with these criteria. Failure to do so may result in innocent teammates being exposed to games lost due to forfeiture.

8:01 RESIDENCY:

- 8:01:01 All participants must reside in Jefferson Parish or boundaries deemed legal by JPRD.
- 8:01:02 Participants legal residence must be recorded on the official JPRD registration form and the valid JPRD I.D. card.
- 8:01:03 Some playground districts share geographical areas and in accordance with this, the initial or original selection by the participant of a playground for participation in the youth athletic programs will become their designated or proper playground.
- 8:01:04 **WAIVERS** - Participants are allowed to participate outside of their playground district or change participation eligibility at playgrounds within a neutral zone with an approved JPRD Waiver Form. A player who moves to another district during regular season will be allowed to finish the season, to include playoffs, at his/her original playground.

8:02 DUAL PARTICIPATION:

- 8:02:01 Participants may not simultaneously play JPRD and LHSAA Senior High School varsity or junior varsity programs.
- 8:02:02 JPRD prohibits dual participation in its own programs. Dual participation with other tackle football teams, not affiliated with JPRD or LHSAA, is permissible.
- 8:02:03 Any player, who is a member of an LHSAA affiliated team after October 1, 2016 is ineligible to participate in the 2016 JPRD Tackle Football Program.

8:03 ENFORCEMENT OF ABOVE ELIGIBILITY RULES FOR RESIDENCY AND DUAL PARTICIPATION:

- 8:03:01 Verified violators, identified by means of protest as outlined in these regulations, or any other means of identification, will result in immediate expulsion from the football program.
- 8:03:02 Additionally, violators are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.
- 8:03:03 Any challenges of the eligibility credentials of a participant will be fully investigated by JPRD prior to assessment of penalties. Participants will be required to produce certified affidavits with backup documentation to support their eligibility status.

8:04 **AGE PARTICIPATION**

- 8:04:01 Participants must play in their correct age classification as specified within these rules and regulations.
 - 8:04:02 The age determining date for the JPRD Football Program is August 1, 2016.
 - 8:04:03 Participants correct age and birth date must be recorded on the JPRD registration form and the valid JPRD I.D. card.
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8:05 **ENFORCEMENT OF ELIGIBILITY RULES FOR AGE PARTICIPATION**

- 8:05:01 Verification of a violator(s) (identified by protest or other means) of the age classification requirements of JPRD leagues or tournaments will result in immediate expulsion from the football program. The protested game will be a forfeit for the offending team (tournament or league play) and other games may be forfeited or further sanctions imposed pending a JPRD review of infractions.
 - 8:05:02 Violators of the age classification requirement are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.
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8:06 **REGISTRATION FORM and INSURANCE FEE** - It is mandatory that all participants, upon registering, submit an official signed registration form and pay the insurance fee.

- 8:06:01 Participants cannot choose the class in which they will play.
- 8:06:02 It is the responsibility of the Supervisor to see that these procedures regarding registration are followed.
- 8:06:03 No player is to participate in practice and/or games until the registration form and insurance fee has been received by the Center Supervisor. The Center Supervisor must submit these forms and fees to the respective Main Office, prior to the deadline established for rosters.

8:07 **I.D. CARDS** - All players competing in Parish championship play and inter-playground leagues must have a valid JPRD I.D. card (purple and blue will be the acceptable I.D. colors for the 2016 season.)

Schedules, Forfeits, Protests, Etc.

- 9:01 Only protests on ineligibility and validity of I.D. will be allowed, and then only when submitted by a Center Supervisor or Assistant Supervisor, in writing, to the Area Coordinator of Athletics within the following time frames:
- 9:01:01 Twenty-four (24) hours after the game has been played.
 - 9:01:02 For holidays or weekends, on the next regular Main Office working day.
 - 9:01:03 At any time that an over age player is identified by the department, Rule 8:05 will be enforced.
- [NOTE: The burden of proof, once team rosters have been accepted, will be on the protesting party. If proven to have ineligible player(s), appropriate penalty will apply.]
- 9:02 There will be no changes on the regular schedule of games, except for extreme emergencies, weather conditions, or if deemed necessary by the Area Coordinator of Athletics.
- 9:03 Games suspended for weather conditions may be resumed at a later date from the point at which it was suspended, if deemed necessary by the Area Coordinator of Athletics.

Section
10

Weight Restrictions

10:01 MINOR TRAVELING LEAGUE:

Age	Minimum Starting Weight	Maximum Weight(any position)	Maximum Weight(tackle to tackle)
8	85 lbs.	125 lbs.	140 lbs.
9	N/A	125 lbs.	140 lbs.
10	N/A	125 lbs.	140 lbs.

NOTE: A participant weighing between 126 lbs. and 140 lbs. must play tackle to tackle. A participant weighing more than 140 lbs. will not be allowed to participate.

10:02 JUNIOR TRAVELING LEAGUE:

Age	Minimum Starting Weight	Maximum Weight(any position)	Maximum Weight(tackle to tackle)
10	100 lbs.	140 lbs.	155 lbs.
11	N/A	140 lbs.	155 lbs.
12	N/A	140 lbs.	155 lbs.

NOTE: A participant weighing between 141 lbs. and 155 lbs. must play tackle to tackle. A participant weighing more than 155 lbs. will not be allowed to participate.

10:03 SENIOR TRAVELING LEAGUE:

Age	Minimum Starting Weight	Maximum Weight(any position)	Maximum Weight(tackle to tackle)
12	125 lbs.	150 lbs.	165 lbs.
13	N/A	150 lbs.	165 lbs.
14	N/A	150 lbs.	165 lbs.

NOTE: A participant weighing between 151 lbs. and 165 lbs. must play tackle to tackle. A participant weighing more than 165 lbs. will not be allowed to participate.

10:04 NOVICE LEAGUE - Center Supervisors must use the following age groupings in the Novice League:

League Ages .	Maximum Weight(any position)	Maximum Weight (tackle to tackle)
10:04:01 League ages 6, 7 and 8.....	100 lbs.	115 lbs.

NOTE: A participant weighing between 101 lbs. and 115 lbs. must play tackle to tackle. A participant weighing more than 115 lbs. will not be allowed to participate.

League Ages	Maximum Weight(any position)	Maximum Weight (tackle to tackle)
10:04:02 League ages 9, 10, and 11	120 lbs.	135 lbs.

NOTE: A participant weighing between 121 lbs. and 135 lbs. must play tackle to tackle. A participant weighing more than 135 lbs. will not be allowed to participate.

Team Rosters

The official team roster is a vital document that assists Parks and Recreation officials to verify the credentials of players at game sites. It must be accurately and neatly filled out. The official team roster will be laminated with a red JPRD approval stamp to prevent tampering. All players must have an assigned jersey number on the roster in order to be eligible.

- 11:01 Rosters must be submitted to the Area Coordinator of Athletics by September 7, 2016.
 - ◆ The player registration forms and signed Coaches Agreements must be submitted along with the rosters.
- 11:02 Team name must consist of the Playground and a nickname.
- 11:03 It is important that all rosters are completed in full and typed or printed in ink on original JPRD issued forms or an EXACT duplicate.
- 11:04 All coaches' names must appear on all rosters. Maximum of five (5) allowed (1 head coach and 4 assistants).
 - ◆ If coaches cannot be present at game time for legitimate reasons, the Supervisor will substitute coaches' names on the game roster for game involved.
- 11:05 Rosters will be limited to thirty (30) players in all leagues. (In extreme instances, extra players will be allowed only with the approval of the Area Coordinator of Athletics.)
- 11:06 Every effort should be made to keep assigned jersey numbers in proper numerical order on roster.
- 11:07 All jersey numbers must coincide with the roster submitted by the coach to the overseer weekly. There will be no duplicate numbers of players, each player must have their own distinct jersey number.
 - ◆ If jersey numbers are changed after the official roster is submitted, it will be the responsibility of the Center Supervisor to submit the jersey changes to the Area Coordinator of Athletics. A new roster will be made.
- 11:08 After Parish rosters are submitted, movement from roster to roster will only be allowed, due to a weight gain and/or teams folding, until October 13, 2016. After October 13, 2016, NO movement from roster to roster will be allowed.
 - ◆ In cases where roster movements occur, JPRD, by use of its own discretion, will have the final decision in placing participants on different teams and at the same time maintaining a competitive balance.
- 11:09 Roster additions will be allowed through October 13, 2016. No roster additions and/or changes will be allowed after this date.
 - 11:09:01 All participants must make the weight for at least two (2) league games to be eligible for the playoffs.
 - 11:09:02 In order for a participant to get credit for a forfeited game, he/she must check-in at the scheduled game site on time.
 - 11:09:03 After rosters are submitted, additions will only be accepted on the weekday designated by the Area Coordinator of Athletics. Any player not being added to a roster by this designated day will be ineligible to play that week.
 - 11:09:04 No additions will be allowed for any type of playoff games.

Practice, Scrimmages and Outside Games

- 12:01 No practice of any kind can start prior to August 8.
- 12:02 On August 15 practice may start in full equipment.
- 12:03 Practice sessions are to be limited to one-half (1/2) hour intervals with a ten (10) minute break between each interval
- 12:03:01 Overall practice sessions must be limited to:
- ◆ For Parish teams - 2 hours per day, including break times, and
 - ◆ For Intramural teams - 1½ hours per day, including break times
- 12:04 Practice is to be authorized by the Center Supervisor/Athletic Assistant at times when the playground will be open, with availability of first aid equipment, water and telephone.
- 12:05 No team will be allowed to practice unless their coach is present, or the Center Supervisor/ Athletic Assistant may take charge of the team.
- 12:06 All practice games or out-of-league games must be approved by the Area Coordinator of Athletics.
- 12:06:01 These games must be conducted on Jefferson Parish playgrounds.
- 12:06:02 Supervisor must request approval by phone three (3) days prior to the scheduled event.
- 12:07 Supervisors are reminded that, where possible, the schedule is made to include enough games. Therefore, teams will not be allowed to schedule more than two (2) outside bowl games.
- 12:07:01 **No playground based teams are to play games after November 27, 2016.**
- 12:07:02 Any other date must be approved by the Area Coordinator of Athletics.
- 12:07:03 *Games scheduled out of the metropolitan area* will require a Travel Release Form and the JPRD insurance policy.
- 12:08 There must be at least two (2) calendar days between scheduled games during the regular season. This is to include any type of scrimmage or league games played during the season. This regular season rule may be waived by the Area Coordinator of Athletics for post-season play and homecoming events. This will allow J.P.R.D. teams to compete in post- and mid-season bowl games.

Pre-Game Check-in & Departmental Weigh-In Procedures

- 13:01 Both teams must report at game site thirty (30) minutes before game time to ensure adequate time for teams to be checked-in.
- 13:01:01 Teams that fail to comply could be subject to forfeiture of game.
- 13:01:02 At least fourteen (14) eligible and capable players must be present for check-in.
[NOTE: Injuries during the game will not cause the team to forfeit, however, at all times you must be able to put eleven (11) healthy players on the field.]
- 13:01:03 In cases where more than one game is scheduled at a site on a particular day, the 2nd, 3rd, etc. games, teams will be checked in at half time of the previous game.
- ◆ For these games, teams must be present thirty (30) minutes prior to game time.
 - ◆ If one team is not present, coach forfeits the right to participate in the check-in of the opposing team.
- 13:02 Teams that fail to be at the game site and ready to be checked by game time, will forfeit.
[Team must have at least fourteen (14) eligible and healthy players present.]
- 13:03 Supervisor **MUST** check-in ALL players.
- 13:04 Players should be lined up as they appear on the roster for the check-in.
- 13:04:01 It is mandatory that players have **their jersey, which corresponds with their official roster**, JPRD I.D. card and mouthpiece in their possession when being checked-in.
- 13:04:02 Blue and **purple** will be the legal colors for the JPRD I.D. cards for the **2016** season.
- 13:05 Upon arrival at the game site, each team must present to the supervisor in charge, their laminated roster of approved/certified players. Players who have quit, are absent, injured, etc. must be noted to the supervisor in charge. This Supervisor will check roster and ID cards at check-in and submit in a weekly report to the office of the Area Coordinator. This report must include all players who have quit, are absent, injured, etc. [e.g. If roster has 30 players listed and only 25 are eligible for that game, then report must have those 5 players listed along with the reason(s) they are not eligible for that game.]

- 13:06 Check-ins will be conducted by the Center Supervisor.
- 13:06:01 Supervisor will be responsible to see that no player is used who has not had his/her weight certified by the Athletic Division and that no player is used that has not been checked in on game day by the Center Supervisor of that site.
- 13:06:02 Any player caught using any method of artificially reducing his/her weight, other than normal play or practice, will be barred from competition.
- 13:06:03 Players will be allowed to be weighed only twice on a day, however he/she cannot leave the weight room building after they have been weighed the first time.
- 13:07 LATE ARRIVALS: *[Late is to be defined as once both teams have been officially checked-in.]*
- 13:07:01 Any player who is late for the pre-game check-in must wait until half time then report to the Supervisor to be checked, with a coach of the opposing team as a witness, before he is allowed to participate.
- 13:07:02 Any player reporting after half time must sit out the remainder of the game.
- 13:07:03 EXCEPTION: When a player arriving late is needed to prevent a forfeit, he/she will be allowed to check-in up until the start of the game.

OFFICIAL WEIGH-INS

- 13:08 **During the Season/Pre-game Departmental Weigh-ins, only the Area Coordinator, Special Program Supervisor, Zone Manager, Center Supervisor, one Coach from the team and players will be allowed in the weigh-in room.**
- 13:08:01 Once a player has qualified in a weight class, he/she will **not** be required to be weighed for the remainder of the season to remain in the weight class for which he/she has qualified.
- 13:08:02 Departmental Weigh-ins will be held two days prior to each game day at an official site.
- 13:08:03 New players and players choosing to enter the unrestricted position category will be eligible to have their weights certified at any of these weigh-ins up until October **13th**.
- 13:09 **The Area Coordinator, Special Program Supervisor and/or Zone Managers will determine whether a child is certified or overweight.**
- Exact weight for each class will be used . . . there is NO allowance permitted for equipment/clothing. Players should know their approximate weight and be ready to undress if necessary. A boy may strip no farther than gym shorts; a girl no farther than gym shorts and shirt.
- 13:10 Any player who is overweight must sit out and will not be allowed to play until he/she has his/her weight certified.
VIOLATION: The game is forfeited. If both coaches are aware of the violation and agree to waive the rule, both teams will be credited with a forfeit.
- 13:10:01 Player will be allowed on their team sideline.
- 13:10:02 Player must wear no football equipment but may wear jersey on the sideline.
- 13:10:03 Jersey number of this player is to be given to the officials of the game.

13:11 *WEIGHT POLICY*

13:11:01 Only players certified in weight classes may appear on the roster. A player found to be overweight is considered overweight until he/she is certified at a **Departmental Weigh-In**.

13:11:02 Should a player fail to make the weight for that week, he/she will remain ineligible to play until he/she makes the weight at a **Departmental Weigh-in**. However, he/she must make the weight by October 13th and compete in two regular season games to be eligible for any playoff games. When the player is able to make the weight class for the week in question, he/she is eligible to play in that weight class for the remainder of the season.

Section
14

Equipment

14:01 No player will be allowed to play without a complete protective uniform.

14:02 Tennis or basketball shoes, rubber-creat baseball shoes, screw-in cleats or children's single-piece, molded rubber football cleats MUST be worn during each game and at practice.

Positively – NO BAREFEET!

The following cleats will NOT be allowed for practices and/or games:

- ◆ Plastic cleats
- ◆ Nylon cleats
- ◆ Metal cleats (i.e., baseball cleats)

14:03 The Minor, Junior and Senior leagues will use the official footballs of JPRD as listed below:

East Bank Leagues

Minors – K2 or Nike 1000PW

Juniors – TDJ or Nike 1000J

Seniors – TDY or Nike 1000Y

West Bank Leagues

Minors – TDJ

Juniors – TDJ

Seniors – TDY

Playing Fields

- 15:01 All fields should be:
LENGTH: 100 yards long, if possible, but not less than 80 yards
[If less than 100 yards long, the Area Coordinator of Athletics should be notified.]
WIDTH: 50 yards, or 53yards 1 foot (160').
- 15:02 Center Supervisors on the game sites are responsible for the marking of the playing field and are to see that it is in the best possible playing condition. If possible, field should be enclosed with portable fencing. *Special attention should be given to the area behind the player benches.*
- 15:03 Recreation officials will determine if weather conditions and/or field conditions are such that a game must be postponed.

15:04 Goals will be changed each quarter.

- 15:05 When playing on a 100-yard field, kickoffs will be from the 40-yard line.
- 15:06 All leagues will play regulation rules unless playing on a short field in which case the following changes will be made:
- 15:06:01 Fifteen- (15) yard penalty will be reduced to ten (10) yards.
- 15:06:02 Kickoffs will be made from the 30-yard line.
- 15:06:03 Free kicks will be made from the 15- yard line.
- 15:06:04 Start play from the 15- yard line after a touch back.

Responsibility of Coach

- 16:01 Managers and coaches must agree to allow the Parks and Recreation Department to conduct a background check. This check may include sex offender registries maintained by the Louisiana State Police and child abuse and criminal history records. The appointment of a volunteer is conditional upon receiving no inappropriate information on the background check.
- 16:02 Supervisors and coaches are responsible for knowing all the rules in these regulations and abiding by them where they apply.
- 16:03 All coaches are expected to set an example, especially in their behavior and sportsmanship, to their team. NO PROFANITY will be used at any time.
- 16:04 Ridicule or “razz” by coaches or members of his team about officials, the opposing team, or otherwise, will not be tolerated.
- 16:05 No coach can take his team from the field during a game.
VIOLATION: Coach will be subject to dismissal by JPRD.
- 16:06 No coach in the JPRD programs will be allowed to officiate in any game that is in the same class or division as his team.
- 16:07 Any player or coach ejected from an intramural, or inter-playground league will have to sit out the team’s next played game.
- 16:07:01 Any coach ejected from a game/event must leave the premises before play can be resumed and that coach is not allowed on the premises for the remainder of that calendar date. That coach will also not be allowed anywhere on the premises while his/her team is playing its next **played** game. Any player ejected from a game must sit out the remainder of that game and cannot participate in his/her team’s next **played** game.
- 16:07:02 This rule will be in effect for non-franchised tournament play as well as JPRD franchised tournaments that involve only JPRD teams, Eastbank or Westbank.
- 16:07:03 Any coach ejected in his/her last played game of the season can be subjected to disciplinary action by the Area Coordinator of Athletics.
- 16:08 A coach is responsible for keeping his bench clear of persons who are not members of his coaching staff. [Remember – each team may have one (1) head coach and four (4) assistant coaches, and their names must appear on the roster.]
- 16:09 No video equipment (including cell phones) may be used within the fenced-in confines of the playing field. All video equipment is to be confined to the general seating area (bleachers).
- 16:10 Coaches subjected to further disciplinary action may be suspended for a calendar year plus one sport of the youth athletic program administered by JPRD.

Game Rules

- 17:01 There will be a fifteen (15) minute grace period for the first game of the day only.
- 17:02 All leagues (Minors, Juniors or Seniors) will play eight (8) minute regulation quarters. **Change of goals will be required at each quarter.**
- 17:03 Half time periods in all leagues shall be ten (10) minutes. JPRD suggests that a three (3) minute warm-up should follow the ten- (10) minute intermission.
- 17:04 During the regular season play, games tied at the end of the regulation time will go into overtime.
- 17:04:01 Overtime periods will be conducted with the same format as the LHSAA; however only two (2) overtime periods are allowed.
- 17:04:02 If the score is still tied, the game will count as a half win and half loss for each team. There will be no ties in championship play.
- 17:05 WEST BANK ONLY:
No points will be awarded by kicking. Extra point conversion as follows:
- 17:05:01 Any team scoring by running or rushing the ball into the end zone will be awarded one (1) point,
- 17:05:02 Any team successfully completing a pass into the end zone will be awarded two (2) points on conversion.
- 17:06 EAST BANK ONLY:
Field goals are allowed (3 points). Kicking team may have ball spotted anywhere between hash marks on a field goal attempt.
- 17:06:01 Extra points after a touchdown (PAT):
- ◆ One (1) point for a score by running or passing.
 - ◆ Two (2) points for a kick through the uprights.
 - ◆ No counterpoints on any miss.
- 17:06:02 There will be no un-rushed kicks
- ◆ Juniors & Seniors must snap ball from center, fakes are legal...NFHS rules are applied
 - ◆ Minors
 - ◆ An attempted kick for 2-points must be declared
 - ◆ Play starts with a referee's whistle when the holder has the ball set for a try (kick)
 - ◆ If the holder loses the ball, the play is ended (over).
 - ◆ The kick may not be faked
- 17:07 Offensive and defensive formations: Minors, Juniors and Seniors will play National Federation of State High School Rules (as adopted by LHSAA). No restrictions.

- 17:08 (WEST BANK ONLY) If one team is leading by 40 or more points, the game will be terminated at any point after the 3rd quarter. To reiterate, if the 3rd quarter ends with a score of 47 to 7, the game will be halted; or at any point during the 4th quarter of play a team reaches a 40-point margin, the game will be halted.

Section

18

Special Rules

- 18:01 All teams must have two (2) complete days of rest each week.
- 18:01:01 This rule will take effect beginning the week of September 12.
- 18:01:02 The “week” will run from Sunday through Saturday.
- 18:01:03 It will be the responsibility of the Center Supervisor to designate which two days the team must take off. This must be in office of the Area Coordinator by September 2.
- 18:02 In cases where teams are wearing official colors that are the same, the home team must change jerseys when available.
- 18:03 JPRD strongly recommends that each player participate in at least one full quarter for each game in which he/she is present.

Section

19

Awards

- 19:01 Awards will be given to the Bank-wide Champions and Runner-Up teams only in the Minors, Juniors and Seniors.
- 19:02 Plaques will be engraved:
Jefferson Parish Recreation Department East/West Bank Football Champions
Jefferson Parish Recreation Department East/West Bank Football Runners-up

Section
20

Novice Football Program

THE FOLLOWING RULES ARE MANDATORY FOR ALL NOVICE FOOTBALL LEAGUE PROGRAMS:

- 20:01 The Novice Football Program will be conducted by JPRD Center Supervisors
- 20:02 All playgrounds should conduct a Novice Football program within their own playground or within their immediate area. The following are options for Center Supervisors to use in their efforts to form a viable league:
 - 20:02:01 Standard eleven (11)-man football program.
 - 20:02:02 Eight- (8) man team football league.
 - 20:02:03 Six- (6) man team football league.
- 20:03 The age determining date for Novice Football is August 1, 2016.
- 20:04 Center Supervisors must use the following age groupings in the Novice League:

<u>League Ages</u>	<u>Maximum starting weight(any position)</u>	<u>Maximum Weight(tackle to tackle)</u>
20:04:01 League ages 6, 7 and 8.....	100 lbs.	115 lbs.
NOTE: A participant weighing between 101 lbs. and 115 lbs. must play tackle to tackle. A participant weighing more than 115 lbs. will not be allowed to participate.		
20:04:02 League ages 9, 10, and 11	120 lbs.	135 lbs.
NOTE: A participant weighing between 121 lbs. and 135 lbs. must play tackle to tackle. A participant weighing more than 135 lbs. will not be allowed to participate.		
- 20:05 If a playground is unable to produce a viable tackle program, participants may play football at another playground but must obtain an approved temporary reassignment waiver.
- 20:06 Teams must practice at their home playground. They cannot practice elsewhere, such as schools, vacant lots or other playgrounds. Any exceptions to this rule must be approved in advance by the Area Coordinator of Athletics.
- 20:07 Teams can practice a maximum of three (3) days a week, excluding game day. Teams may not practice on Sundays. Practice sessions must end no later than 8:00 p.m.

- 20:08 No practice of any kind will start prior to August 10 (WESTBANK).
- 20:08:01 On August 8, coaches may take supervision of their team for free play, exercise and fundamentals
- 20:08:02 Practice sessions are to be limited to one-half (1/2) hour intervals with a ten (10) minute break between each interval.
- 20:08:03 Practice is to be authorized by the Center Supervisor at times when the playground will be open with availability of first aid equipment, water and telephone.
- 20:09 There must be at least two (2) calendar days between scheduled games during the regular season. This is to include any type of scrimmage of league games played during the season and homecoming events. This regular season rule may be waived by the Area Coordinator of Athletics for post-season play. This will allow J.P.R.D. teams to compete in post- and mid-season bowl games.
- 20:10 Tennis or basketball shoes, rubber cleat baseball shoes, or children's single-piece molded rubber football cleats must be worn during the game and at practice.
- 20:11 Any player or coach ejected from an intramural or inter-playground league will have to sit out the team's next played game.
- 20:11:01 Any coach ejected from a game/event must leave the premises before play can be resumed and that coach is not allowed on the premises for the remainder of that calendar date. That coach will also not be allowed anywhere on the premises while his/her team is playing its next **played** game. Any player ejected from a game must sit out the remainder of that game and cannot participate in his/her team's next **played** game.
- 20:11:02 This rule will be in effect for non-franchised tournament play as well as JPRD franchised Tournaments that involve only JPRD teams, Eastbank or Westbank.
- 20:11:03 Any coach ejected in his/her last played game of the season can be subjected to disciplinary action by the Area Coordinator of Athletics.
- 20:12 All leagues must adopt one of the two available options in regard to player participation.
- A. All available players must play one (1) unbroken quarter, both offense and defense.
- B. All available players must play a complete half on either offense or defense.
- NOTE: No protest will be accepted on player participation after the beginning of the 4th quarter.

The following rules are SUGGESTED for Novice Programs – the Center Supervisor may alter them to suit their programs:

- 20:13 In the 9-10 League, no coaches are allowed on the field.
- 20:14 Center Supervisors should set the limit for coaches in this program.
- 20:15 FOR 6, 7 and 8- year olds only: In the Novice League, one coach may stay on the field provided he stands at least ten (10) yards behind the line of scrimmage at the snap of the ball.
- 20:15:01 Once the ball is snapped, he may not shout instructions or coach in any way.
- 20:15:02 On the 2nd warning, the violating coach will be assessed a five- (5) yard penalty
- 20:16 Only coaches whose names appear on rosters are allowed on the sidelines for games.
- ◆ Coaches should police the sideline, asking non-coaching parents to sit in the stands.

- 20:17 No rushing on punts . . . no one can move until the ball has been kicked. Punts must travel at least five (5) yards. If not, the ball will be kicked again.
- 20:18 Thirty (30) seconds are allowed in the team huddle.
- 20:19 The playing field should measure eighty (80) yards with the normal width.
- 20:20 MINOR PENALTIES should be assessed five (5) yards
MAJOR PENALTIES should be assessed ten (10) yards.
- 20:21 Shotgun formation may be used on 3rd and 4th downs, however, a punt must always be declared.
- 20:22 **Required** length of quarters:
 ♦ 6, 7, 8 Leagues6 minutes
 ♦ 9, 10 and 11, 12 Leagues8 minutes
Clock stops on incomplete passes, out-of-bound plays, first down movement of chains, and penalties.
- 20:23 Teams must warm-up after the half.
- 20:24 No kickoffs – the ball should be put in play at the 30-yard line.
- 20:25 Extra point conversion:
 ♦ Pass 2 points [Receiver must receive the ball past the goal line.]
 ♦ Run..... 1 point
- 20:26 Three (3) timeouts per team per half. Timeouts cannot be accrued.
- 20:27 Coaches and players, not involved on the field of play, should remain in the bench area – between the 20-yard line.
- 20:28 Any player whose name is not on the team roster and has not been approved by the Center Supervisor will not be allowed to play.
- 20:29 It is mandatory that all players, upon registering, turn in a signed registration form, to include the insurance payment, be weighed by a supervisor, and be assigned to the proper league.
- 20:29:01 *Players cannot choose the class in which they will play.*
- 20:29:02 It is the responsibility of the Supervisor to see that these registration procedures are followed.
- 20:29:03 No player is to participate before the signed registration is submitted and insurance paid – this is the responsibility of the Supervisor.
- 20:30 Each coach must have a plan for all of his practices. It is compulsory that each coach drill his team with the proper stretching and warm-ups at the beginning of each practice session.
- 20:31 Laps are to be used as a conditioner only, and NOT as punishment. Supervisors are to see that this is enforced.
- 20:32 **TEAM TRAVEL:**
- 20:32:01 **NOVICE (6, 7, 8) LEAGUE** – limited strictly to intramural program whenever possible.
Exception: In cases where participation is such that intramural play is not possible, Center Supervisor may apply to the Area Coordinator of Athletics to play an inter-playground program with other playgrounds or immediate area.
 A. All efforts must be exhausted to conduct a satisfactory intramural program before any request to travel will be considered.

B. In cases where playgrounds play inter-playground leagues, supervisors, of affected playgrounds, would be responsible to formulate rules and schedules, in writing, for such league with the approval of the Area Coordinator of Athletics.

20:32:02 Teams consisting of the 6-7-8, 9-10, and 11-12 will be allowed to travel to play in tournaments, jamborees, exhibitions, etc. within the JPRD system, only with the approval of the Area Coordinator of Athletics.

20:33 Supervisors are reminded that, where possible, League Schedules are to be made to include enough games. Therefore, teams will not be allowed to schedule more than two (2) outside regulation games. NO GAMES are to be played after November 27.



Jefferson Parish Government

Michael S. Yenni PARISH PRESIDENT

Christopher L. Roberts Councilman-At-Large, Division A

Cynthia Lee-Sheng **Councilwoman**-At-Large, Division B

Ricky J. Templet..... District 1

Paul D. Johnston..... District 2

Mark D. Spears, Jr. District 3

E. “Ben” Zahn, III District 4

Jennifer Van Vrancken District 5

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