

2026 SEASON BREAKDOWN & SITE REQUIREMENTS

Practices

- Teams can practice on dates set by WMJFL
- You can expect 2-3 practices each week, usually on weeknights
- Communities are allowed to begin practicing the week of August 10 (Conditioning, no pads) and August 17 (pads)
- Players are required to have 3 days of practice without pads before being allowed to participate in full contact practices and games
- Before Labor Day, teams are allowed no more than three practices featuring full contact. After Labor Day, teams will then only be allowed no more than two days of full player-to-player contact practice not to exceed 90 minutes per week of contact. This is an MHSAA rule strongly supported by the WMJFL

Scrimmage Saturday

- August 29, 2026. Locations and times will be determined by each community.

2026 Season

- Games will be played on Saturdays beginning September 12, 2026, and will feature six weeks of play. The first four weeks (Sept. 12, 19, 26 and October 3) will feature scheduled games. Two (2) additional games will be scheduled for Weeks 5 & 6 (October 10 and 17) against an opponent with a comparable record. A seventh week may be scheduled for teams that had a bye during the regular season (October 24)
- If there are an odd number of teams in the league, teams may have a bye during a given week. A seventh week will be scheduled to accommodate those teams that have byes during the season. In short, no weekday games will be needed unless teams would like to do so on their own
- Make up games will be scheduled by each community director if teams, times, and fields are available due to unexpected cancellations for Saturday games in place of Week #7
- Referees shall be a minimum of 11th grade students. The head official shall wear a white hat, be at least 21 years of age, be an M.H.S.A.A. certified official and must be wearing an updated M.H.S.A.A. patch that is visible. It is recommended that at least four (4) officials be used at all games. If less than 4 officials are available to work then 2 of the officials on the field must be certified.
- Each organizing department prepares the fields at their respective locations. Please be respectful at each location and do your part in taking home whatever you have brought. Trash must be placed in the proper receptacles that are provided. Due to various maintenance issues...Seeds and Peanut Shells are no longer allowed on the field or sidelines, period!
- Prior to the start of the game, the Field Director makes all decisions regarding suitability of the fields for play. Once the game has started, the head referee and the Field Director will make the decisions regarding the delays and cancellations.
- Incomplete games cancelled for any reasons will be attempted to be made up. Any team, which cannot make the reschedule time, will forfeit the game. Check the WMJFL web site for specific "Hotline" options for your community (in case of possible cancellations) by clicking the "Links" tab.
- Injuries that occur during the games are to be reported by one of the coaches to their respective local league director. Each community should already have a concussion protocol in place.
- Coaches need to submit their scores to their respective director. Directors...please report your scores to Darrin Duistermars (darrind@hct.holland.mi.us) to be recorded and updated on the web site

