

**JUNIOR FOOTBALL LEAGUE
OF
CENTRAL ILLINOIS**



PLAYING LEVEL RULES

SECTION 5

JFLOCI

8U & 9U LEVEL GUIDELINES & RULES

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8U & 9U DIVISION RULES & GUIDELINES

PURPOSE

THE PURPOSE OF THE **8U and 9U** LEVELS ARE TO PROVIDE AN ENTRY LEVEL INSTRUCTIONAL DIVISION FOR YOUNG PLAYERS WITH AN EMPHASIS TO BE PLACED PRIMARILY UPON TEACHING YOUNG PLAYERS GOOD SOUND OFFENSIVE & DEFENSIVE FUNDAMENTAL SKILLS & NOT WINNING OR LOSING.

8U & 9U LEVEL LIMITATIONS

The **8u** level consists of any player that is 8 years old on sept first of the current season.

The **9u** level consists of any player that is 9 years old and under as of sept first of the current season.

8 U AND 9 U AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>	<u>NBC</u>
8 U	UNLIMITED	OVER 80 LBS
9 U	UNLIMITED	OVER 90 LBS

8U & 9U LEVEL GUIDELINES

LEVEL GUIDELINES

1. **Field coach.** one coach per team will be allowed on the field at all times to give instructions to players in the game.
2. One (1) coach for offense & one (1) coach for defense will be permitted.
3. Coaches should not position players.
4. Call the offensive play or defensive formation in the huddle and let the players react normally.
5. As soon as the quarterback is overcenter and calling the cadence, the coaches on the field must be silent, not communicating verbally or by grabbing and/or physically directing a player from the time that the offensive team becomes set until the play is whistled dead.
6. Coaches, both offensive and defensive, must position themselves a minimum of **ten (10) yards off the line of scrimmage.** failure to comply with this positioning rule will result in the following penalties to be administered in the following manner:
 7. 1st offense - verbal warning
 8. 2nd offense - delay of game penalty
 9. Subsequent offenses - misconduct penalty

PLAY CLOCK

Offenses will have thirty (30) seconds to snap the ball after the referee has marked the ball ready to play. continued abuse of this thirty (30) second time frame by the referee's discretion will be administered by the referee as a delay penalty.

OVERTIME

No over time games will be played during the regular season. If after four (4) quarters (40 minutes) the score is tied, the game is over. it is declared a tie. There is no tie breaker format to be used.

PLAYOFF OVERTIME

In the case of a tie in the playoffs, each team will receive 4 plays from the 50 yard line. the team that scores first or comes closest to scoring after 4 offensive plays will be the winner. SEE PLAYOFF RULES FOR MORE DETAIL.

ENHANCED DEFENSIVE RULES

DEFENSIVE PLAYER MOVEMENT

1. Once the defense has aligned itself, and the offense is set, defensive line players (meaning de's, dt's and ng's), may not shift until the ball is snapped.
2. Shift defined: a shift is defined as defensive players moving to a "new location" once their defense has aligned itself and the offense is set.
3. Defensive backs are free to move parallel to the line of scrimmage at anytime as long as they stay within the three (3) yard and seven (7) yard increments.
4. After the ball is snapped, all defensive personnel are allowed to freely move about the entire field.
5. On defense, all nbc stickered players must play end to end on defense and the defensive line must consist of five (5) players on the line of scrimmage at the time of the snap.
6. There must be four (4) players on the second line, three (3) yards off the line of scrimmage,
7. Two players on the third line, seven (7) yards off the line of scrimmage.
8. This type of defense is known as a 5-4-2.
9. All down linemen must be positioned in a three (3) or four (4) point stance.
10. Defensive ends will be allowed to stand up as well as all other defensive personnel.
11. No prevent defense allowed.

5-4-2 DEFENSIVE ALIGNMENT

**Defensive End (DE) cannot play wider than
the outside shoulder of the normal tight end position**

NORMAL TIGHT END POSITION

TE T G C G T TE

Defensive End(s)

- # 1. Defensive End on outside shoulder of Tight End.
- # 2. Defensive End on outside shoulder of Tight End, in normal position.
In this example, Tight End splits out, DE Must stay in.....hence, normal
Position.
- #3. Defensive Line cannot shift.

INTERIOR LINEMAN Tackles and Nose Guard do not have to play "Head Up."

LEVEL TWO PLAYERS Can play any alignment, but must remain three yards off the line of scrimmage. Level Two is free to move parallel to the line of scrimmage.

LEVEL THREE PLAYERS Two players on Level three can play any alignment, but must remain seven yards off the line of scrimmage. Level Three is free to move parallel to the line of scrimmage.

EXCEPTION The one exception to this rule is that a goal line defense is allowed between the five (5) yard line and the goal line. In that goal line defense, the defensive team is allowed to use a seven man front on the line of scrimmage but five players must be in a down three (3) or four (4) point stance, with the remaining four (4) players being three (3) yards off the line of scrimmage. NBC players on the goal defense must still play end to end and be no wider than the normal tight end position.

Failure to comply with these defensive rules will result in the following penalties to be administered in the following manner:

- (1) 1ST OFFENSE - VERBAL WARNING
- (2) 2ND OFFENSE - DELAY OF GAME PENALTY
- (3) SUBSEQUENT OFFENSES - MISCONDUCT PENALTY

ENHANCED KICKING RULES

1. **NO KICKOFFS** will be allowed. the offensive team will start on its own forty (40) yard line. the same procedure will be followed after a safety.
2. **NO PUNTS** will be allowed. thirty (30) yards will be walked off from the line of scrimmage or one half the distance to the goal, whichever is less. (the clock will keep running until the official marks off the yardage and sets the ball down; then the clock will stop. if the previous play had stopped the clock (incomplete pass, out of bounds) then once the official picks the ball up the clock will start and when he has walked off the proper yardage and sets the ball down.
3. **NO FAKE EXTRA POINT KICKS OR FIELD GOAL** attempts will be allowed.
4. **EXTRA POINT KICKS AND FIELD GOAL** attempts will be administered in the following manner:

The ball will be handed to the holder to position in front of, in back of, or to either side of the extra point kicking tee as he/she desires. The holder will be allowed to put his hands near but not on the ball until the referee blows his whistle. As soon as the referee determines both teams are ready, he will blow his whistle to simulate the snap & the holder may pick up the ball & place it on the tee to kick.

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10U AND 11U LEVEL RULES:

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10U & 11U LEVEL RULES & GUIDELINES

PURPOSE

The purpose of the **10u & 11u** levels is to provide an entry level instructional division for young players with an emphasis to be placed primarily upon teaching young players good sound offensive & defensive fundamental skills & not winning or losing.

10U & 11U LEVEL LIMITATIONS

10U & 11U AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>	<u>NBC</u>
10	UNLIMITED	OVER 100 LBS
11	UNLIMITED	OVER 115 LBS

The **10u** level consists of any player that is 10 years old or under on sept first of the current season.

The **11u** level consists of any player that is 10 years old and under as of sept first of the current season.

10U & 11U LEVEL GUIDELINES

1. **The Head Coach** can designate another coach for the purpose of requesting time outs. in this division of play, either of the coaches (offensive coach or defensive coach) on the field may call time out.
2. **Field coach.** one coach per team will be allowed on the field at all times to give instructions to players in the game.
3. **One (1) coach** for offense & one (1) coach for defense will be permitted.
4. **Coaches** should not position players.
5. **Call** the offensive play or defensive formation in the huddle and let the players react normally.
6. **Coaches** as soon as the quarterback is overcenter and calling the cadence, you must be silent, not communicating verbally or by grabbing and/or physically directing a player from the time that the offensive team becomes set until the play is whistled dead.
7. **Coaches**, both offensive and defensive, must position themselves a minimum of **ten (10) yards off the line of scrimmage.** failure to comply with this positioning rule will result in the following penalties to be administered in the following manner:
 8. **1st offense** - verbal warning
 9. **2nd offense** - delay of game penalty
 10. **Subsequent offenses** - misconduct penalty

PLAYCLOCK

Offenses will have thirty (30) seconds to snap the ball after the referee has marked the ball ready to play. continued abuse of this thirty (30) second time frame by the referee's discretion will be administered by the referee as a delay penalty.

OVERTIME

No over time games will be played during the regular season. If after four (4) quarters (40 minutes) the score is tied, the game is over. it is declared a tie. There is no tie breaker format to be used.

PLAYOFF OVERTIME

In the case of a tie in the playoffs, each team will receive 4 plays from the 50 yard line. the team that scores first or comes closest to scoring after 4 offensive plays will be the winner. SEE PLAYOFF RULES FOR MORE DETAIL.

ENHANCED OFFENSIVE & DEFENSIVE RULES

1. **Defensively**, blitzing linebackers defined by i.h.s.a. rules will not be allowed.
2. **On defense**, all nbc stickered players must play end to end
3. **The defensive line** can have no more than five (5) players on the line of scrimmage at the time of the snap.
4. All **down linemen** must be positioned in a three (3) or four (4) point stance.
5. **Defensive ends** will be allowed to stand up as will all other non line defensive personnel.
6. **Exception** to this rule is that a goal line defense is allowed between the five (5) yard line and the goal line.
7. **Goal line defense**, the defensive team is allowed to use a seven man front on the line of scrimmage but five players must be in a down three (3) or four (4) point stance.
8. **NBC players** on goal defense must still play end to end and be no wider than the normal tight end position.
9. **Linebackers and cornerbacks** must line up no less than (3) yards off the line of scrimmage before the snap, but they are free to move parallel to the line of scrimmage at anytime.
10. **Defensive line players** (meaning de's, dt's and ng's) may not shift until the ball is snapped. after the ball is snapped, all defensive personnel are allowed to freely move about the entire field.
11. **Shift defined:** a shift is defined as defensive players moving to a "new location" once their defense has aligned itself and the offense is set.
12. **Failure to comply** with these defensive rules will result in the following penalties to be administered in the following manner:
 - (1) 1st offense - verbal warning
 - (2) 2nd offense - delay of game penalty
 - (3) subsequent offenses - misconduct penalty

10U & 11U LEVEL RULES

ENHANCED KICKING RULES

1. **Kickoffs** will be allowed. each half of play will begin with a standard kickoff as cover by IHSA rules.
2. **Punts** will be allowed. punts will be administered in the following manner:
The ball will be handed to the punter to position on the ground in front or to either side of his/her body & the punter may not touch the ball again until the referee blows his whistle. as soon as the referee determines both teams are ready, he will blow his whistle to simulate the snap & the punter will pick up the ball & kick it just as if the ball had been snapped to him/her from center.
3. **No fake punts** will be allowed. if the offensive team declares to the game officials their intent to punt and aligns in a punt formation, they must attempt to punt the ball. they cannot rush or pass the ball for any gain. it must be kicked successfully or blocked by the opposing team. if for any reason the punter would attempt to advance the ball with a rush or a pass, the offensive team will be penalized and the ball will be marked at the previous spot or line of scrimmage.
4. **No fake extra point kicks or fake field goal attempts** will be allowed.
extra point kicks & field goal attempts will be administered in the following manner: the ball will be handed to the holder to position in front of, in back of, or to either side of the extra point kicking tee as he/she desires. the holder will be allowed to put his hands near but not on the ball until the referee blows his whistle. as soon as the referee determines both teams are ready, he will blow his whistle to simulate the snap & the holder may pick up the ball & place it on the tee to kick.
5. **An “NBC” player** may attempt a field goal, extra point, punt the ball and kickoff. they cannot advance the ball due to a fumbled/muffed snap.
6. **Extra points** will be scored the following ways:
 - (a) two (2) points for a kick.
 - (b) one (1) point for running or pass play

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12U & 14U LEVEL GUIDELINES AND RULES:

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12U 14 U DIVISION RULES & GUIDELINES

PURPOSE

The purpose of the **12u and 14u** levels are to provide a Junior High school level for older and more experienced players with an emphasis still to be placed primarily upon teaching young players good sound offensive & defensive fundamental skills. The 12u and 14u divisions [also known as the **Sunday Teams**] are an educational and competitive step toward the next level of football in high school. Each coach needs to remember that the JFLOCI program itself was established many years ago to provide each player an opportunity to play regardless of his/her ability and to obtain good sound instruction in the sport of tackle football. Although more competitive the Sunday teams still need to maintain the instructional integrity of JFLOCI.

12U 14U LEVELS LIMITATIONS

AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>	<u>NBC</u>
12	UNLIMITED	OVER 130 LBS
13	UNLIMITED	OVER 155 LBS
14	UNLIMITED	OVER 155 LBS

12U AND 14U GUIDELINES

The 12u and 14u levels will follow the IHSA rules with the exception of the rules as listed with JFLOCI General Rules and Level Rules.

OVERTIME GAMES.

The 12u & 14u levels will utilize the standard IHSA tie breaker procedure for games ending in a tie score after regulation time has expired.

TWENTY-FIVE POINT (25) POINT SPREAD RULE:

1. A twenty-five point spread rule has been established for use by the 12U and 14U levels only. (*all other divisions use an eighteen point spread*) the twenty-five (25) point spread rule shall be administered with the following rules or guidelines:
2. If during any sanctioned 12u and 14u JFLOCI game a point differential of twenty-five (25) or more points has been obtained by a team, the rule will be applied.
3. That team will have a “first and goal” on all subsequent possessions as long as a twenty-five (25) point or more differential continues to exist between the two teams.
4. After completing four downs without a score, the only way in which a team with a twenty-five (25) point or more lead may regain possession of the ball is for the trailing team to have had the ball in their possession for at least one (1) live ball play.
5. After a score, the team leading by twenty-five (25) points, must kick off to the trailing team and allow them at least one (1) live ball play, in the event the kicking team recovers the ball on the kickoff, they will turn the ball over to the receiving team at the spot of recovery.