

**JUNIOR FOOTBALL LEAGUE
OF
CENTRAL ILLINOIS**



GENERAL RULES

SECTION 3

JUNIOR FOOTBALL LEAGUE OF
CENTRAL ILLINOIS
GENERAL RULES for All LEVELS

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GENERAL RULES COMMON TO ALL LEVELS OF PLAY FOR JFLOCI TACKLE FOOTBALL.

JFLOCI will use the IHSA rules format for tackle football with the exception of JFLOCI specific rules and level specific rules. Variations can be found as listed in the **JFLOCI General Rules** and the **Level Rules**.

TO ALL HEAD COACHES AND STAFF

Each Head Coach and his Staff are expected to read and understand all stated rules in this booklet, and all rules and regulations stated in the “Junior Football League of Central Illinois” General Rules and each Level Rule.

The foregoing Rules have been adopted and approved by the Board of Directors of the Junior Football League of Central Illinois.

This booklet has been prepared solely for the benefit of ALL COACHES in order that they may understand, early in the season, the playing conditions and required rules that shall be enforced during the current season.

If Coach(s) deliberately and flagrantly violates these rules, the Coach(s) shall be suspended, if a JFLOCI investigation so warrants.

Any penalty imposed during the season may be carried over to the following season.

If you should have any questions regarding these rules, contact your area Director for clarification.

SPORTSMANSHIP

The responsibility for the way your team, fans, and parents conduct themselves at a game is yours! As a coach, you set the tone completely. Kids and their parents do not know to point, stare, degrade or snub others without their coaches fueling their emotional fires. Don't do it! You will have much more impact as a coach if you can run your program with integrity. Please consider these points:

ACCEPT THE OUTCOME: You may not achieve the goals you have set. Sometimes teams who place very high in the final order have not reached all of their goals and will still have to deal with that. Sometimes teams who perform at the top of their ability level do not place as high as they had hoped. Everyone wants to win or they wouldn't compete. A good coach stresses the greater lessons of competition and will keep moving in a positive direction. When players see their coach offer congratulations, accept every outcome with poise, and refuse to participate in negatives, they will most often follow their coaches' behavior.

PARENTS: They will follow your lead. Tell them exactly what you expect and watch them make you proud. Do not give them a reason to feel they can question an official or coach. Every parent wants his or her child to win and know success. Help teach them that success comes in many forms other than winning the game.

ACCEPT YOURSELF: Most often, poor sportsmanship is generated from the coach who ties his self-worth in with competitive efforts of his team. This is unfortunate for everyone and makes for an unhappy person and team experience. Recognize that a game is one day in the life of your kids. Separate yourself from the performance of your kids. Look for the positives. Realize that for every practice you conduct, someone, somewhere else is working hard. Everyone wants to win. Winning teams and winning coaches have little to do with winning trophies.

Try hard not to reduce a superior performance by another team to a judging bias or myths like the ones previously stated. Realize that how another team performs has little to do with how your team conducts themselves on the field.

If poor sportsmanship comes your way refuse to participate. We can set a great example and make an important difference in the competitive climate of tackle football.

GENERAL JFLOCI RULES

COMMON TO ALL LEVELS

SEASON START DATE

First official practice start date will be July 25 of each season.

JFLOCI SANCTIONED EVENT

Any action, which simulates any game play conditions where members of one area would be organized against members of one or more other areas, would be considered a JFLOCI event and will be expected to adhere to the rules of conduct

PLAYING LEVELS

- 1. Every players level will be based on their age on september first of the current season.**
- 2. Players may move up 1 level only with area directors approval and parental consent.**
- 3. Any player that moves up will maintain ball carrier status based on the age group prior to moving. for example, if an 8u player is an nbc, he will remain an nbc if he moves to a 9u team.**
- 4. If any area does not field a lower team however, the player will assume the nbc status of the level he is moving to.**

PLAYING LEVELS DEFINED

8 YEAR

All players 8 years old as of Sept 1 of the current season.

9 AND UNDER

Players 9 and under as of September 1 of current season. no players under 8 years old

10 AND UNDER

Players 10 and under as of September 1 of current season. no 8 year olds

11 AND UNDER

Players 11 and under as of September 1 of current season. no 9 year old players

12 AND UNDER

Players 12 and under as of September 1 of current season. no 10 year old players

14 AND UNDER

Players 14 and under as of September 1 of current season. no 11 year old players.

PLAYER MOVEMENT

1. A player may move up one level with the approval of **BOTH** the Area Director and parental consent.
2. **No player will be permitted to play in a lower level.**
3. **A PLAYER IS ONLY ALLOWED TO VALIDATE ON ONE TEAM OR AT ONE LEVEL.**
4. **THE LEVEL YOU VALIDATE AT IS THE LEVEL YOU WILL STAY.**

PLAYING TIME RULES

MINIMUM MANDATORY PLAYING RULE

1. It is the intent of the JFLOCI to see that all players listed on the official roster are given a reasonable opportunity to play in every game, barring, sickness, injury or disciplinary action.
2. All Directors are in charge with the responsibility to ensure that all coaches are familiar with and understand the playing time rule.
3. The following shall be the Minimum Mandatory Playing Rule (MPR) for all teams. Each area may set a higher limit, but never less than the minimum as set by the JFLOCI. All MPR's will be based on eligible players at the start of the game.
4. Not abiding by this rule shall subject the entire coaching staff to a one game suspension. A second infraction shall result in disciplinary action with the entire coaching staff and area director by the JFLOCI Infractions Committee.
5. All players shall receive their minimum playing time by participation in "active" plays, without the intent to minimize the action or integrity of the plays.
 1. The plays must be from the line of scrimmage.
 2. Kickoff's, extra points shall not count toward fulfilling the MPR requirement.
 3. Plays such as, but not limited to, having the center snap the ball to the QB, and then the QB falls to the ground, while substitutes are playing the other positions, shall not be considered active plays.

8U, 9U, 10U AND 11U TEAMS

1. Each player must play a minimum, of the equivalent, of one half of a game, 20 minutes. This does not apply to A player on disciplinary action.
2. Teams with more than twenty-two (22) players on a roster, it is the responsibility of the head coach to insure each player receives equal playing time. "equal playing time" is defined as an equivalent number of minutes played by each player on a roster during each game.

12U AND 14U TEAMS

1. Each player must play a minimum, of the equivalent, of one quarter of a game, 10 minutes. this does not apply to player on disciplinary action.
2. For teams with more than twenty-two (22) players on a roster, it is the responsibility of the head coach to insure each player receives equal playing time. "equal playing time" is defined as an equivalent number of minutes played by each player on a roster during each game.

BALL CARRIER RULES

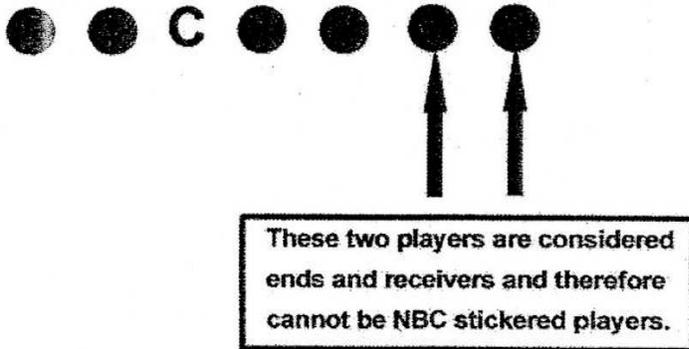
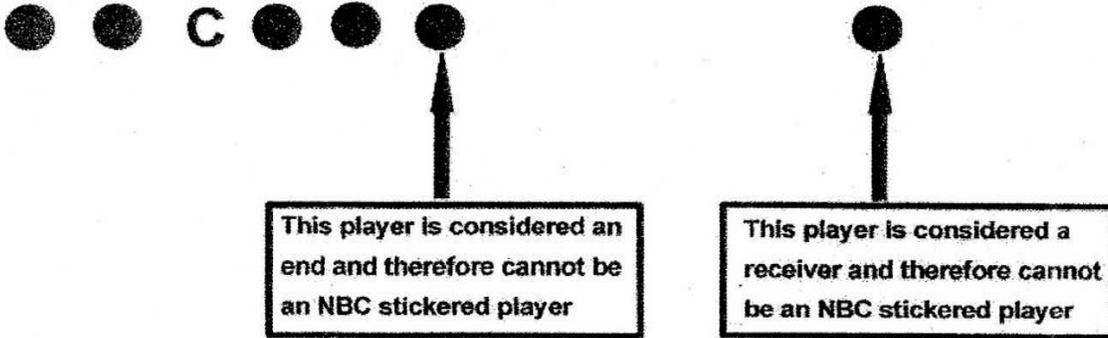
1. Each playing level will have a designated non ball carrier weight.
2. An **NBC** designated player will have a JFLOCI supplied **NBC** sticker placed on the back of the helmet near the center.
- 3.

8 YEAR OLDS	OVER 80 LBS	NON BALL CARRIER
9 YEAR AND UNDER	OVER 90 LBS	NON BALL CARRIER
10 YEAR AND UNDER	OVER 100 LBS	NON BALL CARRIER
11 YEAR AND UNDER	OVER 115 LBS	NON BALL CARRIER
12 YEAR AND UNDER	OVER 130 LBS	NON BALL CARRIER
14 YEAR AND UNDER	OVER 155 LBS	NON BALL CARRIER

NON BALL CARRIER RULES

1. **NBC** on defense, players may advance a fumbled ball, interception or blocked kick.
2. **NBC** on offensive, may advance the ball due to an unintentional fumble, interception or blocked kick.
3. **Defensively**, any player may advance (even **NBC** players the ball due to fumble, interception or blocked kick. but no nbc player may advance the ball on kickoffs or offensively on punts.
4. **On offense**, all **NBC** stickered players must play tackle to tackle (including extra point, field goal attempts and punts). In addition, nbc stickered players are not allowed to carry or advance the ball from scrimmage. all interior linemen must be positioned in a three (3) or (4) four point stance at the time of the snap.
5. **“NBC”** players must play tackle to tackle (tackle, guard or center). This gives the offensive line five (5) positions that an **“NBC”** player may play.
6. **On defense** all **NBC** players must play on the interior line or defensive end. defensive end is defined as no farther than 2 yards outside the last position on the offensive line.
7. **On defense**, all **NBC** stickered players must play end to end on defense. all down linemen must be positioned in a three (3) or four (4) point stance at the time of the snap. defensive ends will be allowed to stand up as will all other defensive personnel.
8. Rules Infraction: **“NBC”** player playing out of position. If a coach refuses to place an **“NBC player”** in the proper position as described in the Official **J.F.L.O.C.I.** Rules, his team forfeits said game, entire coaching staff must sit out next schedule game and offending area is subject up to a \$500.00 fine as determined by the Infractions Committee.

CLARIFICATION OF RULES: OFFENSIVE LINE POSITIONS



REQUIRED EQUIPMENT

ALL EQUIPMENT USED WILL BE PURCHASED BY THE AREA DIRECTOR THROUGH THE LEAGUE OFFICE. THERE ARE NO EXCEPTIONS TO THIS POLICY.

NO EQUIPMENT WILL BE HANDED OUT PRIOR TO JULY 25, OF THE CURRENT YEAR!

Each player shall properly wear the mandatory equipment while the ball is live.

The following items shall be worn in ALL divisions, beginning with physical contact in practice sessions:

HELMET: Only **WHITE** helmets bearing the NOCSAE seal of certification may be worn. All helmets must bear the current NOCSAE approved "warning label" in a visible position on the outside of the helmet. The "warning label" is the same label that is furnished by all helmet manufacturers and quality reconditioners.

FACE MASK: Only face masks bearing the NOSCAE seal of certification may be used. The face mask shall be made of material designed to be nonbreakable with rounded edges, and those constructed of metal shall have the surface covered with resilient material designed to prevent chipping, burrs or abrasiveness which would endanger players.

Chin Straps,

Shoulder Pads,

Hip Pads,

Tail Pads,

Thigh Pads,

Knee Pads,

Jerseys (practice and/or game)

Pants, which cover the knee and knee pads,

Tooth and Mouth Protector with keeper strap attached to face mask,

SHOES: All divisions may have detachable cleats of a soft composition, sneakers or rubber cleated shoes. (soccer style)

EYEGLASSES: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.

Face Masks Shields must be clear.

The game officials shall approve any additional equipment worn by a player.

ILLEGAL EQUIPMENT

No player shall be permitted to play while wearing illegal equipment. This applies to any equipment, which in the opinion of game officials' is dangerous, confusing or which is inappropriate.

JFLOCI AUTHORIZED BALLS

The home team will provide a **JFLOCI** sanctioned football (wilson) as a game ball for inspection by the officiating crew and the visiting team during the pregame officials conference. If for any reason the visiting team objects to the home team ball, then the officiating crew will inspect the visitors ball and have the power to make the final decision as to which game ball provided they prefer to use.

The following balls are authorized for **JFLOCI** sanctioned games.

8 YR OLD	K2
9U	K2
10U	TDJ
11U	TDJ
12U	TDY
14U	TDY

VALIDATION FOR ALL TEAMS

Rules and Guidelines:

Validation is a process implemented by the J.F.L.O.C.I. to insure all participants playing in the program are placed in the correct level based on age, players are weighed to determine ball carrier status for each level. Validation must be completed for all players on announced J.F.L.O.C.I. validation dates.

On an area's scheduled "Validation Night", each area shall conduct "Non-Practice Night", defined as: *"No tackle equipment shall be worn and NO practice will be allowed"*.

When a player weighs, player must wear T-shirt and shorts. No shoes, no loose clothing (example: sweatshirts)

Any player caught cheating will not be able to play the entire season. Additionally, respective coach will not be allowed to coach. (Coach is responsible for proper attire)

If an error is made when validating teams by a "validator" (player on wrong team), the Executive Board reserves the right to correct the error(s) and immediately place the player on the correct team."

Each area/team will file with the J.F.L.O.C.I. of which it is a member, a complete roster of players and coaches for the regular season. This will be accomplished on the official J.F.L.O.C.I. roster form. Upon receipt of each team roster, J.F.L.O.C.I. has for its records, a valid list of participants on which to base its insurance responsibilities and registration fees.

The validation process is uniform; that is, all member teams are required under J.F.L.O.C.I. policy to be validated before any participation is possible. (Any player not validated after the league scheduled "make up validation", may not participate within the JFLOCI this season)

To be certified onto a team roster, each participant shall qualify by the following:

1. Each area will attempt to assign a first time player to the lowest team based upon age.
2. Once certified for a particular team, a player will not be permitted to participate on another team. A player may only play one game a weekend.
3. A player will be validated for age and NBC requirements as specified in the officials J.F.L.O.C.I. rules,
4. All J.F.L.O.C.I. registration forms are fully completed and verification of age attached to the registration form.
5. At Validation, a player will step on the scale to validate ball carrier status. Player level status is verified by confirmation of date of birth. Weight does not factor into a players level.
6. Once a player who steps on the Official Scale, that weight will be reported as his Official Weight. Under no circumstances will a player be allowed to be weighed again. All weigh ins are assumed to only be as accurate as the scale. No reweighs under any circumstance.

VALIDATION CONTINUED

- 7. All players listed on the roster at an area will be weighed. This includes any player without “proof of age.” If a weighed player does not have proof of age, the validator will circle the box corresponding to his name in the weight column. The area must submit a copy of “proof of age” no later than make up validation.**
- 8. All areas will pay 100% of registration fees for all rostered players upon the conclusion of their respective validation at their site. The Executive Committee will approve of any exemptions to this payment based on financial circumstances within an area.**
- 9. This roster shall include player’s name, player’s jersey number, (NO duplicate numbers on a team) and verified birth date, address, city and phone number. This information shall be obtained from forms received from the participant at sign ups. The Director will be responsible for the correct transfer of this information. This must be done on the official J.F.L.O.C.I. roster forms. The J.F.L.O.C.I. Infractions Committee shall determine penalty for falsification of records.**
- 10. A rostered team is established as follows: 15 player minimum, 36 player maximum. (40 on the 14U level)**
- 11. An area that does not have the required minimum players for a full team may declare as an 8 man team. A rostered 8 man team must have a minimum of 10 players and no more than 14 players. An 8 man team will have the option of adding players to reach the level needed for a full team until Sept 15. All added players will have to go to the JFLOCI to validate.**

PENALTIES

ANY AREA FOUND IN FLAGRANT VIOLATION OF THESE VALIDATION RULES WILL BE SUMMONED TO APPEAR BEFORE THE INFRACTIONS COMMITTEE. THE INFRACTIONS COMMITTEE HAS THE AUTHORITY TO FINE THE OFFENDING AREA UP TO A MAXIMUM OF \$500.00 PER INFRACTION, AND/OR THE SUSPENSION OF COACHES AND/OR THEIR STAFF

OFFICIAL ROSTER

The only acceptable roster is the official JFLOCI roster provided. No Facsimiles will be allowed.

Complete roster for each team with players' names listed in alphabetical order by their last name. All coaches must be listed in alphabetical order on their team roster also. A coach may only be listed on two rosters. (Tackle and Flag combined) Jersey numbers of each participant is to be listed.

The roster will be three pages.

Page One: *White* -To be maintained by league office.

Page Two: *Yellow* – To be submitted to office upon completion of validation Lamented, and returned to Area after completion of entire validation process.

Page Three: *Pink* - To be kept by area.

Validation Roster: Official laminated League Validation Roster must be shown, and one paper copy must be exchanged, at the start of each game in the presence of game official.

Note: Immediately upon completion of an area validation, the top two sheets will be brought to the office, the third sheet will stay within the area. The Pink copy will be used for Week One games.

All yellow copies will be laminated after make up validation has taken place. (All rosters must be completed by make-up validation) Copies must be made from the lamented rosters to distribute to each opponent. Lamented rosters will be made available between weeks one (1) and two (2).

GAME DAY RULES AND PROCEDURES

OFFICIALS

The league office will assign all game officials. under no circumstance will an officials crew be relieved of their scheduled duties by an area. (the league office can only remove officials from a scheduled game) at least one (1) "patched" IHSA official, and/or area directors and/or area coaches must be present in order to start a regulation game.

(area directors or coaches may be used as additional officials if mutually agreed upon by both head coaches.)

There must be a combination of two officials to start a game.

PRE GAME SITE FORMS

1. Area Director or representative will be responsible for properly preparing a pre game site form.
2. Pre game site forms should be returned to the JFLOCI office before the next Friday following games.

POST GAME REPORT

1. A post game report must be filled out completely following each game.
2. Post game report should be accurate and reflect correct score of the game
3. Sportsmanship and Officiating are scored as follows. A 1 is the lowest score and a 10 is the highest score.
4. Any report that reflects a score of under 5 for either sportsmanship or officiating must have a written explanation.

WEATHER POLICY

1. Teams need to show up at game sites and prepare to play. (Areas are so spread out; it may be raining in one location, but not at another site.)
2. Site Administrators (Director or appointed Site Director) Coaches and Game Officials must be aware of potential inclement weather and the signs which indicate thunder-storm development.
3. Host game Director is always responsible for the welfare and safety of spectators as well as participants, coaches and officials.
4. Once game officials assume authority for the contest, they SHARE responsibility with the Site Director for recognizing inclement weather and reacting to it.
5. If game officials fail to recognize inclement weather, home Site Director is authorized to direct officials to suspend contest.

GAME DAY continued

6. If inclement weather continues to exist at a game site, one coach from each team and the site director will discuss the situation and make a determination if the game shall be played.
7. The Site Director has final authority to suspend, alter game start times or cancel games.
8. When a game is suspended or cancelled, the Site Director and coaches involved may determine if and when the game(s) can be played.

LIGHTNING / THUNDER RULE: (Informative IHSA Rule)

When THUNDER is heard, or a cloud-to-ground lightning bolt is seen, the Thunderstorm is close enough to strike your location with lightning. Suspend Play and take shelter immediately.

30 Minute Rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.

Any subsequent thunder or lightning after the beginning of the 30 minute count reset the clock for another 30 minute count.

Don't be fooled by sunshine or blue sky!

CHAIN GANGS (JFLOCI RULE)

1. **All "Chain-Gangs" will be positioned on the "Home Team" sideline.**
2. The typical "Chain-gang" crew consists of at least three individuals, a down box operator and two, to hold the rods.
3. The complete concentration of the crew is absolutely necessary if it is to discharge its duties efficiently.
4. The crew must refrain from showing any partisan reaction to the events taking place on the playing field.
5. As part of the officiating crew when assigned to the "Chain-Gang", you are not permitted to coach or instruct players from this position.
6. Do not engage into discussions with your team's coaches and do not discuss any strategies or game related information observed or heard.

JFLOCI CONCUSSION POLICY1. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and/or practice and shall not return to play until cleared by an appropriate health care professional."

GAME DAY continued

RETURN-TO-PLAY-POLICY:

1. Any player, who has been removed from a game and/or practice for a possible concussion or head injury, cannot return to that game and/or practice. He may return after visiting (going to a health care provider's office) and being evaluated by a licensed health care provider and receives clearance from the licensed health care provider. For the purpose of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois or a certified athletic trainers working in conjunction with above physicians.
2. A player cannot return to game and/ or practice until said player has provided his or her Area Director with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

PLAYING CLOCK & TIME-OUTS

1. All divisions will play ten (10) minute quarters in accordance with IHSA rules.
2. Each quarter will consist of a standard ten (10) minute IHSA clock therefore a regulation squirt division game will consist of a standard forty (40) minute IHSA clock
3. There will be a seven (7) minute intermission between halves followed by a mandatory three (3) minute IHSA warm up period.
4. Time-outs. Each team will be allowed three (3) time-outs per half, for a total of six (6) time-outs per game.
5. In the event one team is leading by 30 points or more at any time during the second of half of a game, there will be a continuous running clock. The clock will continue to run regardless of the score returning to less than a 30-point differential. The clock will only stop for the following reasons, a score by either team, player injury, time out, or officials decision. The IHSA rule will apply with JFLOCI using 30 points rather than the IHSA running clock score.

JFLOCI SCORING RULES

EXTRA POINTS

1. Scored the following ways:
2. Two (2) points for a kick.
3. One (1) point for running or pass play

SCORING RULES continued

8YR, 9U, 10U, 11U

18 POINT SPREAD

1. Eighteen point (18) point spread rule: an eighteen point spread rule has been established for use by all levels (except 14U). The intent of this rule is to eliminate the number of occasions on which teams are defeated by excessive scores. The JFLOCI will not tolerate coaches who think it is acceptable to defeat an opponent by a 70 - 0 score.
2. If during any sanctioned JFLOCI game. A point differential of eighteen (18) or more points has been obtained by a team:
3. That team will have a “first and goal” on all subsequent possessions as long as an eighteen (18) 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 an eighteen (18) 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 eighteen (18) 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

12U & 14U

25 POINT SPREAD RULE

TWENTY-FIVE POINT (25) POINT SPREAD RULE:

A twenty-five point spread rule has been established for use by the **14 u level 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:

1. If during any sanctioned **14U JFLOCI** game. a point differential of twenty-five more points has been obtained by a team:
2. 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.
3. 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.
4. 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.

COACHING RULES

8U, 9U, 10U AND 11U TEAMS

1. **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. call the offensive play or defensive formation in the huddle and let the players react normally.
4. As soon as the quarterback is over center 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.
5. Coaches, both offensive and defensive, must position themselves a minimum of ten (10) yards off the line of scrimmage.
6. 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

12U 14U COACHING RULES

1. COACHES WILL BE ON SIDELINE IN ACCORDANCE WITH IHSA RULES.

RADIO AND COMMUNICATION DEVICES

NO RADIOS OR OTHER COMMUNICATIVE DEVICES SHALL BE ALLOWED DURING GAME SITUATIONS TO RELAY INFORMATION TO THE COACHING STAFF ON THE FIELD OR SIDELINES.