



GAME DAY CHECKLIST & RULES

The following questions must be asked before each game AND a verbal answer must be given by each team's head coach.

1. Is the playing field properly roped off or fenced in?
2. Are all of your coaches badged and certified with the JFLOCI?
3. Are NBC stickers properly affixed for all of your NBC players?
4. Did you exchange rosters with the opposing team's coach?
5. Are all of your players and coaches rostered?

If the answer is "No" to any of these questions, a special report explaining the situation must be emailed to the League Office.

IHSA RULES APPLY EXCEPT FOR THE FOLLOWING JFLOCI RULES

- All face mask penalties are 15 yards.
- All blocks in the back are 10 yards penalties.
- There will be 4, 10 minute quarters.
- IHSA running clock rules apply at a 30 point differential in the 2nd half.
- NBC Players on Offense: Positioned Tackle to Tackle Only.
- NBC Players on Defense: Positioned End to End Only.
- NBC Players Kicking: May kick, but may not advance a fumbled snap.
- Half Time of all games will be 7 mins + 3 mins on the field for warm-up = 10 mins.
- **Read Additional Rules for the correct age level.**

14U Level - Additional Rules

- 25 Point Differential = First and Goal for the winning team.
- Wilson TDY Footballs are the approved game balls.
- Extra Points: 2 points for kicking - 1 point for running or passing.
- Fake Extra Points, Field Goals, Punts: Allowed - IHSA and NBC Rules must be met.
- Overtime games are allowed.

12U Level - Additional Rules

- 25 Point Differential = First and Goal for the winning team.
- Wilson TDY Footballs are the approved game balls.
- Extra Points: 2 points for kicking - 1 point for running or passing.
- No fake extra point or field goal attempts.
- No long-snaps for field goal or extra point attempts.
- Punts will be administered according to IHSA rules. *Long snaps are required.*
- Fake punts are allowed - IHSA and NBC Rules must be met.
- Overtime games are allowed.

10U & 11U Levels - Additional Rules

- Coaches on the field must position themselves a minimum of 10 yards behind the line of scrimmage. 1st Offense = Warning. 2nd Offense = Delay of Game Penalty. 3rd Offense = Unsportsmanlike Conduct Penalty.
- Defense - No Blitzing until the ball is snapped.
- No Snap for Extra Point, Field Goal, or Punts. NO Fake attempts.
- Extra Points: 2 Points for Kicking - 1 Point for Running or Passing.
- 18 Point Differential = First and Goal for the winning team.
- Kick Off to Start Game.
- No Overtime Games.
- Goal Line: 7 man line inside 5 yard line. 5 players must be in 3 or 4 point stance.
- Wilson TDJ Footballs are the approved game balls.

8U & 9U Levels - Additional Rules

- NO BLITZING ON DEFENSE.
- Once the Defense has aligned itself and the Offense is set, Defensive line players (DE's, DT's, & NG's) may NOT shift until the ball is snapped.
- 5-4-2 Defense ONLY.
 - 5 Lineman: in 3 or 4 point stance.
 - 4 Linebackers: 3 yds off line of scrimmage. May shift parallel to LOS at any time.
 - 2 Safeties: 7 yds off line of scrimmage. May shift parallel to LOS at any time.
- Defensive End may NOT play wider than the outside shoulder of Offensive End at normal Offensive TE position. Defensive End may play head up, inside, or outside of Offensive End's shoulder.
- No Kickoffs: Start on 40 Yard Line.
- No Punts: These will be walked off 30 yds from the line of scrimmage OR 1/2 the distance to the goal - whichever is less.
- Extra Points and Field Goals may be attempted. NO FAKE ATTEMPTS.
- 18 Point Differential = First and Goal for the winning team.
- No Overtime Games.
- Goal Line: 7 man line inside 5 yard line. 5 players must be in 3 or 4 point stance.
- Wilson K2 Footballs are the approved game balls.

Play with RESPECT. Teach our young athletes to display good sportsmanship at ALL times. Remember to have fun!