

**JUNIOR FOOTBALL LEAGUE
OF
CENTRAL ILLINOIS**

JUNIOR VARSITY DIVISION

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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” Officials Rules. (Attached)

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.

SUPPLEMENT TO J.F.L.O.C.I. PROCEDURAL MANUAL AND RULES

1. **Infraction:** Coach and/or Director ejected from game by official: No Appeals Allowed!
First Offense: No involvement with area for one calendar week, immediately following said infraction. Sits out remainder of game, plus next J.F.L.O.C.I. scheduled game. In addition, ejected coach must attend "level one certification" class the following calendar year at the annual coaches' certification clinic.
Second Offense: No involvement with J.F.L.O.C.I. for one calendar year, following said infraction.
Third Offense: Lifetime banishment from J.F.L.O.C.I.

 2. **Infraction:** Any coach physically assaulting an official and/or player will be banned from coaching within the JFLOCI for lifetime, as well as banned from all other JFLOCI sanctioned events.

 3. **Infraction:** Player ejected from game, by game official:
First Offense: Player sits out remainder of game and next J.F.L.O.C.I. scheduled game. He may practice
Second Offense: Player sits out remainder of game and next two (2) J.F.L.O.C.I. scheduled games. He may practice.
Third Offense: Player sits out remainder of game and next three (3) J.F.L.O.C.I. scheduled games. He may practice. (Accumulative thereafter)

 4. **Sportsmanship:** (Shaking Hands at end of Game) Any coach and /or player who refuses to shake hands or displays dis-respectful behavior, Shall receive a one- (1) game suspension (next game)
Second Offense: Player, Two- (2) game suspension. Coach, suspended for calendar year

 5. **Coaches' Badges:** All certified coaches must prominently display the Official JFLOCI Coaches Badge at all times and be listed on the official roster. If not, all coaches must stay behind the roped off field, or fence, whichever applies.

 6. **Infraction:** A Director, Coach and/or Player participating, while under suspension:
First Offense: \$100.00 fines to offending area plus sits out one (1) more game
Second Offense: \$200.00 fine to offending area, plus sits out two (2) additional games. (Accumulative thereafter)

 7. **Infraction:** Forfeit (Removal of team) (No reason to walk off field: **Absolute Rule**)
First Offense: \$500.00 fine to offending area.
Second Offense: \$500.00 fine to offending area, plus, loss of all home games the following season.
- Note: A team that does not show up to play its game, is dealt with already: Section Three: Rules, Article: Penalties of the Procedural Manual
8. **Secured Playing Site:** (Roped-off Fields) **Roped off field defined as: Endline to Endline. Zero Tolerance!** Fine is \$100.00 per game. Each game is a separate infraction.

 9. **Infraction:** Fans, out of control, (Disrupting the Game) not being controlled by area director and/or coaches.
First Offense: \$500.00 fine to offending area.
Second Offense: \$500.00 fine to offending area, plus, loss of all home games the following season.

- 10. 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.
Zero Tolerance! \$100.00 fine to offending area.
- Any Birth Certificate(s) found to be altered is cause for immediate, permanent suspension, by the culprit.
- 11. Jersey Numbers:** A new roster has been implemented to include jersey number(s) for all participants. A copy of this roster must be submitted to league office, no later than Make Up Validation (Wednesday, following Labor Day weekend). Each participant will wear the same number throughout the entire season. NO duplicate numbers on a team. In the event a jersey needs to be replaced, the league office will be notified of such immediately, on the official JFL Jersey Number change form.
- 12. Infraction:** Non roster players (not listed on any roster, or listed on an incorrect team roster)
First Offense: \$100.00 fine to offending area and offending player sits out next scheduled game.
Second Offense: \$200.00 fine to offending area and offending player sits out next two (2) games.
Third Offense: \$300.00 fine to offending area and offending player sits out next three (3) games. (Accumulative thereafter)
- 13. NBC Stickers:** Must be on helmet as described in Rules. No Exceptions! If a team is found in violation, respective head coach must sit out the next scheduled game. Area pays a \$40.00 fine per participant.
- 14. Infraction:** "NBC Player" playing out of proper 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, and offending area is subject up to a \$500.00 fine.
- 15. Purchasing** equipment from outside vendors, without league approval (not going through the league): Monetary fine in the amount of:
First Offense: \$100.00 fine to offending area.
Second Offense: \$200.00 fine to offending area and loss of two Saturday and two Sunday home games next season.
Third Offense: \$300.00 fine to offending area and loss of all home games the next season
- 16. Infraction:** Conducting a Fundraiser/Benefit without prior league approval:
First Offense: \$100.00 fine to offending area.
Second Offense: \$200.00 fine to offending area and loss of two Saturday and Sunday home games.
Third Offense: \$300.00 fine to offending area and loss of all home games the next season. (Accumulative thereafter)
- 17. Monetary Fines:** All fines payable within ten (10) days after Infractions Committee meeting. If not paid within ten (10) days, offending area will lose one (1) complete weekend (Saturday and Sunday) of JFLOCI scheduled games the following year. Fines may not be deducted from an area's allocation. One weekend is \$100.00; Two Weekends' are \$200.00, etc. You have the option to pay the fine or lose home games the next year.
- 18. Start of Game:** 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. Any problem concerning roster, player numbers, NBC stickers, roped off fields, badged coaches, equipment, etc.; shall be duly noted on "Pre Game Form", and signed by respective coaches and one game official.

Area Director will have seventy-two (72) hours after game to submit to league office, written protest, appeal letter and Pre Game Form.

Any appeal found to be "Frivolous" by the Infraction Committee, will result in doubling said fine amount.

19. Infraction: Site Director/Area not submitting "Pre Game Site Form" fully completed to league office within seven (7) days of scheduled game date:

Penalty:

First Offense: \$50.00 Fine
Second Offense: \$100.00 Fine and meeting with Executive Board
Third Offense: \$150.00 Fine and loss of one additional weekend of home games the following season
Fourth Offense: \$200.00 Fine and loss of two additional weekends of home games the following season
Fifth Offense: \$250.00 Fine and loss of three additional weekends of home games the following season(s)
Sixth Offense: \$300.00 Fine and loss of four additional weekends of home games the following season(s)
Seventh Offense: \$350.00 Fine and loss of five additional weekends of home games the following season(s)
Eight Offense: \$400.00 Fine and loss of six additional weekends of home games the following season(s)

20. Infraction: Failure to submit Re-Conditioned Equipment, as described in J.F.L.O.C.I. Rules.

Penalty:

Loss of one (1) weekend of home games the upcoming season.

21. Infraction: Final Payment of Area bills on time (October 31; of current year)

Penalty:

Manager will be directed by Executive Committee to send notification of past due amount. The offending area will have until November 15th of the current year to submit payment in full, or, meet with Executive Committee to make acceptable arrangements. Failure to comply with either will result in the offending area NOT receiving a game schedule the following season, OR, not receiving any home games the following season, based on the decision of the Board of Directors (Full Board)

22. Infraction: Registration Fee (Amount Maximum Allowable Fee to be charged)

TACKLE: \$100.00 CHEER \$60.00 FLAG \$50.00

These fees are all inclusive and guarantee participants' equipment use, uniforms and games.

Penalty:

Any area found in violation shall be fined \$500.00 and one home weekend of games forfeited.

23 Infraction: MINIMUM MANDATORY PLAYING RULE (All Levels)

Penalty:

Not abiding by this rule shall subject the Head Coach to a one game suspension. A second infraction shall result in disciplinary action with coach and area director by the JFLOCI

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 age and weight divisions. 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-Contact Practice", defined as: *"Practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted."*

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 and weight.
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 shall meet the age/weight 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 who fails to make weight for the team he has been practicing with, falls into the weight bracket of another team, may be moved to that team as part of the validation process. Once a player 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.
6. All players listed on the roster at an area validation 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.
7. 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.
8. 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.
9. A rostered team is established as follows: 15 player minimum, 36 player maximum.

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 and returned, Lamented, 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).

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 AUGUST FIRST, 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:

1. **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.
2. **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.
3. **Chin Straps,**
4. **Shoulder Pads,**
5. **Hip Pads,**
6. **Tail Pads,**
7. **Thigh Pads,**
8. **Knee Pads,**
9. **Jerseys** (practice and/or game)
10. **Pants,** which cover the knee and knee pads,
11. **Tooth and Mouth Protector** with keeper strap attached to face mask,
12. **SHOES:** All divisions may have detachable cleats of a soft composition, sneakers or rubber cleated shoes. (soccer style)
13. **EYEGLASSES:** When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
 - A: No **Face Masks Shields** except if have medical OK from physician. Then the shield must be clear.
14. 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.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

PURPOSE

THE PURPOSE OF THE JUNIOR VARSITY DIVISION 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.

JUNIOR VARSITY DIVISION AGE & WEIGHT LIMITATIONS

JUNIOR VARSITY AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>
9	UNLIMITED
10	81 LBS. & OVER
11	115 LBS. & UNDER
12	90 LBS. & UNDER

NOTE:

ALL NINE (9) YEAR OLD PLAYERS MUST PLAY IN THE PEE WEE DIVISION UNLESS THE FRANCHISED AREA IN QUESTION DOES NOT FIELD A PEE WEE TEAM. IN WHICH CASE, THE NINE (9) YEAR OLD PLAYER MAY PLAY IN THE JUNIOR VARSITY DIVISION.

EIGHT (8) YEAR OLD PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN THE JUNIOR VARSITY DIVISION. ALL EIGHT (8) YEAR OLD PLAYERS MUST PLAY IN THE SQUIRT OR PEE WEE DIVISION.

NOTE - VERY IMPORTANT

ALL JR-VAR PLAYERS REGARDLESS OF THEIR AGE OR THEIR WEIGHT MUST BE VALIDATED AT THE LEAGUE VALIDATION NIGHT.

THE JR-VAR DIVISION PLAY WILL BE ADMINISTERED BY STANDARD I.H.S.A. RULES; WITH THE FOLLOWING RULES EXCEPTIONS LISTED:

JUNIOR VARSITY DIVISION RULES & GUIDELINES

PRE GAME

WEATHER POLICY

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.)

Site Administrators (Director or appointed Site Director) Coaches and Game Officials must be aware of potential inclement weather and the signs which indicate thunderstorm development. Host game Director is always responsible for the welfare and safety of spectators as well as participants, coaches and officials.

Once game officials assume authority for the contest, they SHARE responsibility with the Site Director for recognizing inclement weather and reacting to it. If game officials fail to recognize inclement weather, home Site Director is authorized to direct officials to suspend contest. 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. The Site Director has final authority to suspend, alter game start times or cancel games.

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)

All "Chain-Gangs" will be positioned on the "Home Team" sideline.

The typical "Chain-gang" crew consists of at least three individuals, a down box operator and two, to hold the rods.

The complete concentration of the crew is absolutely necessary if it is to discharge its duties efficiently.

The crew must refrain from showing any partisan reaction to the events taking place on the playing field. As part of the officiating crew when assigned to the "Chain-Gang", you are not permitted to coach or instruct players from this position. Do not engage into discussions with your team's coaches and do not discuss any strategies or game related information observed or heard.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED GENERAL RULES

MINIMUM MANDATORY PLAYING RULE

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.

All Directors are in charge with the responsibility to ensure that all coaches are familiar with and understand the playing time rule.

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.

Not abiding by this rule shall subject the Head Coach to a one game suspension. A second infraction shall result in disciplinary action with coach and area director by the JFLOCI.

EACH PLAYER MUST PLAY A MINIMUM, OF THE EQUIVALENT, OF ONE HALF OF A GAME, 20 MINUTES. THIS DOES NOT APPLY TO PLAYER ON DISCIPLINARY ACTION.

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.

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.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

PLAYING CLOCK & TIME-OUTS

THE JUNIOR VARSITY DIVISION WILL UTILIZE A STANDARD TEN (10) MINUTE I.H.S.A. CLOCK SYSTEM.

1. EACH QUARTER WILL CONSIST OF A STANDARD TEN (10) MINUTE I.H.S.A. CLOCK THEREFORE A REGULATION JUNIOR VARSITY DIVISION GAME WILL CONSIST OF A STANDARD FORTY (40) MINUTE I.H.S.A. CLOCK
2. THERE WILL BE A SEVEN (7) MINUTE INTERMISSION BETWEEN HALVES FOLLOWED BY A MANDATORY THREE (3) MINUTE I.H.S.A. WARM UP PERIOD.
3. TIME-OUTS. EACH TEAM WILL BE ALLOWED THREE (3) TIME-OUTS PER HALF, FOR A TOTAL OF SIX (6) TIME-OUTS PER GAME. EFFECTIVE IN 2008, (ISHA RULES) 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.
4. NO OVERTIME GAMES WILL BE PLAYED. 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.
5. 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.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED OFFENSIVE & DEFENSIVE RULES

1. A 115 LBS. BALL CARRIER RULE HAS BEEN INSTITUTED FOR THE JUNIOR VARSITY DIVISION. THE 115 LBS. BALL CARRIER RULE IS DEFINED THE FOLLOWING WAY: ANY PLAYER WEIGHING 116 LBS. OR OVER WILL NOT BE ALLOWED TO CARRY THE BALL FROM SCRIMMAGE AND MUST BE VISUALLY IDENTIFIABLE BY THE ADHERENCE OF THE J.F.L.O.C.I. LEAGUE PROVIDED RED AND SILVER **NBC** (NON-BALL CARRIER) STICKER TO BE LOCATED AT EAR LEVEL ON THE BACK CENTER CROWN OF HIS/HER HELMET. ONLY ONE STICKER PER HELMET IS REQUIRED.

OFFENSIVELY, ANY PLAYER MAY ADVANCE (EVEN PLAYERS WEIGHING 116 LBS. OR OVER) THE BALL DUE TO AN UNINTENTIONAL FUMBLE, INTERCEPTION OR BLOCKED KICK.

DEFENSIVELY, ANY PLAYER MAY ADVANCE (EVEN PLAYERS WEIGHING 116 LBS. OR OVER) THE BALL DUE TO FUMBLE. INTERCEPTION OR BLOCKED KICK. BUT NO PLAYER 116 LBS. OR OVER MAY ADVANCE THE BALL ON KICKOFFS OR OFFENSIVELY ON PUNTS.

2. ON OFFENSE, ALL NBC STICKERED PLAYERS MUST PLAY TACKLE TO TACKLE (INCLUDING EXTRA POINT, FIELD GOAL ATTEMPTS AND PUNTS) AND BE POSITIONED IN A THREE (3) OR (4) FOUR POINT STANCE AT THE TIME OF THE SNAP. IN ADDITION, NBC STICKERED PLAYERS ARE NOT ALLOWED TO CARRY OR ADVANCE THE BALL FROM SCRIMMAGE.
3. DEFENSIVELY, BLITZING LINEBACKERS DEFINED BY I.H.S.A. RULES WILL NOT BE ALLOWED.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED OFFENSIVE & DEFENSIVE RULES (CONTINUED)

- 4.. ON DEFENSE, ALL NBC STICKERED PLAYERS MUST PLAY END TO END ON DEFENSE AND THE DEFENSIVE LINE CAN HAVE NO MORE THAN FIVE (5) PLAYERS ON THE LINE OF SCRIMMAGE AT THE TIME OF THE SNAP. ALL DOWN LINEMEN MUST BE POSITIONED IN A THREE (3) OR FOUR (4) POINT STANCE. WHILE DEFENSIVE ENDS WILL BE ALLOWED TO STAND UP AS WILL ALL OTHER DEFENSIVE PERSONNEL. 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.

IN ADDITION, LINEBACKERS AND CORNERBACKS MUST LINE UP IN A STATIONARY POSITION NO LESS THAN (3) YARDS OFF THE LINE OF SCRIMMAGE BEFORE THE SNAP. 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.

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.

5. 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
6. THE HOME TEAM WILL PROVIDE A J.F.L.O.C.I. SANCTIONED FOOTBALL (WILSON TD-J) 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.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED KICKING RULES

AN "NBC" PLAYER MAY ATTEMPT A FIELD GOAL, EXTRA POINT, PUNT THE BALL AND KICKOFF. THEY CANNOT ADVANCE THE BALL DUE TO A FUMBLE/MUFFED SNAP.

1. KICKOFFS WILL BE ALLOWED. EACH HALF OF PLAY WILL BEGIN WITH A STANDARD KICKOFF AS COVER BY I.H.S.A. RULES.
2. PUNTS WILL BE ALLOWED. PUNTS WILL BE ADMINISTERED IN THE FOLLOWING MANNER:
 - (A) 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.
 - (B) 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.
3. EXTRA POINTS WILL BE SCORED THE FOLLOWING WAYS:
 - (A) TWO (2) POINTS FOR A KICK.
 - (B) ONE (1) POINT FOR RUNNING OR PASS PLAY.
4. NO FAKE EXTRA POINT KICKS OR FAKE FIELD GOAL ATTEMPTS WILL BE ALLOWED.
5. 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.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED GENERAL RULES (CONTINUED)

1. EIGHTEEN POINT (18) POINT SPREAD RULE: AN EIGHTEEN POINT SPREAD RULE HAS BEEN ESTABLISHED FOR USE BY ALL DIVISIONS (EXCEPT SENIORS). THE INTENT OF THIS RULE IS TO ELIMINATE THE NUMBER OF OCCASIONS ON WHICH TEAMS ARE DEFEATED BY EXCESSIVE SCORES. THE J.F.L.O.C.I. CAN NO LONGER TOLERATE COACHES WHO THINK IT IS ACCEPTABLE TO DEFEAT AN OPPONENT BY A 70 - 0 SCORE. THIS RULE IS INTENDED TO SUPPLEMENT THE FORTY TWO (42) POINT SPREAD RULE & NOT REPLACE IT. THE EIGHTEEN (18) POINT SPREAD RULE SHALL BE ADMINISTERED WITH THE FOLLOWING RULES OR GUIDELINES:

IF DURING ANY SANCTIONED J.F.L.O.C.I. GAME. A POINT DIFFERENTIAL OF EIGHTEEN (18) OR MORE POINTS HAS BEEN OBTAINED BY A TEAM:
 - (A) 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.
 - (B) 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.
2. FORTY TWO (42) POINT SPREAD RULE: A FORTY TWO (42) POINT SPREAD RULE HAS BEEN ESTABLISHED FOR USE BY ALL DIVISIONS (EXCEPT SENIORS). THE INTENT OF THIS RULE IS TO ELIMINATE THE NUMBER OF OCCASIONS ON WHICH TEAMS ARE DEFEATED BY EXCESSIVE SCORES. THE J.F.L.O.C.I. CAN NO LONGER TOLERATE COACHES WHO THINK IT IS ACCEPTABLE TO DEFEAT AN OPPONENT BY A 70 - 0 SCORE. THIS RULE IS INTENDED TO SUPPLEMENT THE EIGHTEEN (18) POINT SPREAD RULE & NOT REPLACE IT.
3. THE FORTY TWO (42) POINT SPREAD RULE SHALL BE ADMINISTERED WITH THE FOLLOWING RULES OR GUIDELINES: (CONTINUED ON NEXT PAGE)

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED GENERAL RULES (CONTINUED)

(A) ANY J.F.L.O.C.I. FRANCHISED TEAM, DEFEATING AN OPPONENT BY A MARGIN OF VICTORY OF FORTY TWO (42) POINTS OR MORE, WILL AUTOMATICALLY FORFEIT THE GAME TO ITS OPPONENT BY A 1 - 0 SCORE.

(B) ADDITIONALLY, THE COACHING STAFF OF THE OFFENDING TEAM WILL AUTOMATICALLY BE SUSPENDED FROM COACHING THAT TEAM DURING ITS NEXT REGULARLY SCHEDULED GAME.

4. ONE COACH PER TEAM WILL BE ALLOWED ON THE FIELD AT ALL TIMES TO GIVE INSTRUCTIONS TO PLAYERS IN THE GAME. ONE (1) COACH FOR OFFENSE & ONE (1) COACH FOR DEFENSE WILL BE PERMITTED. COACHES SHOULD NOT POSITION PLAYERS. CALL THE OFFENSIVE PLAY OR DEFENSIVE FORMATION AND LET THE PLAYERS REACT NORMALLY.

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:

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

5. AREA DIRECTORS WILL NOT BE RESPONSIBLE FOR OBTAINING GAME OFFICIALS. THE J.F.L.O.C.I. MANAGER WILL SCHEDULE ALL JUNIOR VARSITY REGULAR SEASON GAMES. AT LEAST ONE (1) "PATCHED" I.H.S.A. 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.

6. RADIO and COMMUNICATION DEVICES

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

J.F.L. ABSOLUTE RULE

**EACH TEAM WILL PLAY THEIR
SCHEDULED OPPONENT**

NO FORFEITS!

NO HUMILIATION!

**GIVE EACH TEAM A
FAIR CONTEST!**