

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:

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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.

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 FUMBLED/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 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

1. 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

ENHANCED GENERAL RULES (CONTINUED)

2. 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.
3. 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. THE FORTY TWO (42) POINT SPREAD RULE SHALL BE ADMINISTERED WITH THE FOLLOWING RULES OR GUIDELINES:
 - (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.

JUNIOR VARSITY DIVISION RULES & GUIDELINES

ENHANCED GENERAL RULES (CONTINUED)

(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 J.F.L.O.C.I. CERTIFIED LEVEL FOUR (4) 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.

Rationale:

All games start with two officials, whether it is IHSA patched officials and/or combination of IHSA patched officials, Level Four certified JFL officials and/or coaches and directors.

6. 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.

7. I.H.S.A. RULES WILL BE APPLIED UNLESS SUPERSEDED BY ENHANCED SPECIAL J.F.L.O.C.I. RULES.

J.F.L. ABSOLUTE RULE

**EACH TEAM WILL PLAY THEIR
SCHEDULED OPPONENT**

NO FORFEITS!

NO HUMILIATION!

**GIVE EACH TEAM A
FAIR CONTEST!**