

## **VARSITY DIVISION RULES & GUIDELINES**

### **PURPOSE**

THE PURPOSE OF THE VARSITY DIVISION IS TO PROVIDE AN INTERMEDIATE LEVEL INSTRUCTIONAL DIVISION FOR YOUNG PLAYERS WITH AN EMPHASIS STILL TO BE PLACED PRIMARILY UPON TEACHING YOUNG PLAYERS GOOD SOUND OFFENSIVE & DEFENSIVE FUNDAMENTAL SKILLS & NOT WINNING OR LOSING. THE VARSITY DIVISION IS STRUCTURED TO BE A LITTLE MORE COMPETITIVE THAN THE PEE WEE AND JUNIOR VARSITY DIVISIONS WHICH ARE STRUCTURED TO BE INSTRUCTIONAL ONLY. EVEN THOUGH THE VARSITY DIVISION IS STRUCTURED TO BE A LITTLE MORE COMPETITIVE THAN THE TWO (2) INSTRUCTIONAL DIVISIONS MENTIONED ABOVE IT IS STILL VERY IMPORTANT THAT EACH COACH REMEMBER THAT THE J.F.L.O.C.I. 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.

### **VARSITY DIVISION AGE & WEIGHT LIMITATIONS**

VARSITY AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>
9 (NONE ALLOWED)	_____
10	UNLIMITED
11	116 LBS. & OVER
12	130 LBS. & UNDER (AGE 12: 91 lbs. – 130 lbs.)
13	105 LBS. & UNDER

### **NOTE**

ALL TEN (10) YEAR OLD PLAYERS MUST PLAY IN THE PEE WEE OR JUNIOR VARSITY DIVISION UNLESS THE FRANCHISED AREA IN QUESTION DOES NOT FIELD A JUNIOR VARSITY TEAM OR THE PLAYER CANNOT MAKE WEIGHT FOR THE PEE WEE TEAM, IN WHICH CASE, THE TEN (10) YEAR OLD PLAYER MY PLAY IN THE VARSITY DIVISION. NINE (9) YEAR OLD PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN THE VARSITY DIVISION.

**THE VARSITY DIVISION PLAY WILL BE ADMINISTERED BY STANDARD I.H.S.A. RULES WITH THE FOLLOWING RULES EXCEPTIONS LISTED:**

**ALL VARSITY PLAYERS REGARDLESS OF THEIR AGE OR THEIR WEIGHT MUST BE VALIDATED AT THE LEAGUE VALIDATION NIGHT.**

### **VARSITY DIVISION RULES & GUIDELINES**

## **PLAYING CLOCK & TIME-OUTS**

THE 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 VARSITY DIVISION GAME WILL CONSIST OF A STANDARD FORTY (40) MINUTE I.H.S.A. CLOCK
2. THERE WILL BE A TEN (10) 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. AS STATED IN I.H.S.A. RULES TIME-OUTS WILL STOP THE REGULATION I.H.S.A. CLOCK.
4. OVERTIME GAMES. THE VARSITY DIVISION WILL UTILIZE THE STANDARD I.H.S.A. TIE BREAKER PROCEDURE FOR GAMES ENDING IN A TIE SCORE AFTER REGULATION TIME HAS EXPIRED.

## VARSDITY DIVISION RULES & GUIDELINES

### ENHANCED OFFENSIVE & DEFENSIVE RULES

1. A 130 LBS. BALL CARRIER RULE HAS BEEN INSTITUTED FOR THE VARSITY DIVISION. THE 130 LBS. BALL CARRIER RULE IS DEFINED THE FOLLOWING WAY: ANY PLAYER WEIGHING 131 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 131 LBS. OR OVER) THE BALL DUE TO AN UNINTENTIONAL FUMBLE, INTERCEPTION OR BLOCKED KICK.

DEFENSIVELY, ANY PLAYER MAY ADVANCE (EVEN PLAYERS WEIGHING 131 LBS. OR OVER) THE BALL DUE TO FUMBLE. INTERCEPTION OR BLOCKED KICK. BUT NO PLAYER 131 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. 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.
4. THE HOME TEAM WILL PROVIDE A J.F.L.O.C.I. SANCTIONED FOOTBALL (WILSON TD-Y) 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.

## **VARSIY 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 DIRECTLY ACCORDING TO I.H.S.A. RULES.
3. FAKE PUNTS WILL BE ALLOWED, AS LONG AS THE PUNTER MEETS THE BALL CARRIER WEIGHT LIMIT, AND WILL BE ADMINISTERED DIRECTLY ACCORDING TO I.H.S.A. RULES.
4. EXTRA POINTS WILL BE SCORED THE FOLLOWING WAYS:
  - (A) TWO (2) POINTS FOR A KICK.
  - (B) ONE (1) POINT FOR RUNNING OR PASS PLAY.
5. NO FAKE EXTRA POINT KICKS OR FIELD GOAL ATTEMPTS WILL BE ALLOWED.
6. 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.

## VARSIY DIVISION RULES & GUIDELINES

### ENHANCED GENERAL RULES

1. EACH PLAYER MUST PLAY A MINIMUM OF TEN (10) MINUTES PER GAME. THIS DOES NOT APPLY TO PLAYER ON DISCIPLINARY ACTION.  
NOT ABIDING BY THIS RULE SHALL SUBJECT THE HEAD COACH TO A ONE-GAME SUSPENSION. A SECOND INFRACTION SHALL RESULT IN DISCIPLINARY ACTION WITH THE COACH AND AREA DIRECTOR BY THE J.F.L.O.C.I.
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.

(C) A MUFFED PUNT, AN ONSIDE KICK, OR KICKOFF RETURN WILL NOT BE CONSIDERED A LIVE BALL PLAY. A PLAY FROM SCRIMMAGE WILL ONLY BE CONSIDERED A 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

## **VARSITY DIVISION RULES & GUIDELINES**

### **ENHANCED GENERAL RULES (CONTINUED)**

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

4. AREA DIRECTORS WILL NOT BE RESPONSIBLE FOR OBTAINING GAME OFFICIALS. THE J.F.L.O.C.I. MANAGER WILL SCHEDULE ALL 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.

5. 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.

6. 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!**