JFLOCI

JUNIOR FOOTBALL LEAGUE
OF CENTRAL ILLINOIS

GENERAL RULES

Table of Contents

GENERAL RULES COMMON TO ALL LEVELS OF TACKLE FOOTBALL 3
SPORTSMANSHIP 3
RULES COMMON TO ALL LEVELS 4
SEASON START DATE 4
PLAYING LEVELS 4
PLAYING LEVELS DEFINED 5
PLAYER MOVEMENT 5
PLAYING TIME RULES 5
BALL CARRIER RULES 6
NON-BALL CARRIER RULES 6
REQUIRED EQUIPMENT 6
VALIDATION RULES AND GUIDELINES 8
VALIDATION INFRACTION PENALTY 10
VALIDATION PROCEDURES 10
FINAL TEAM VALIDATION 10
OFFICIAL ROSTER 10
GAME DAY RULES AND PROCEDURES 11
OFFICIALS 11
POST GAME REPORT 11
GAME START TIME 12
WEATHER POLICY 12
GAME CANCELLATIONS 13
CHAIN CREW 13
CONCUSSION & RETURN TO PLAY POLICIES 13
PLAYING CLOCK & TIME-OUTS 13
SCORING RULES 14
COACHING RULES 14
8U, 9U, 10U, & 11U TEAMS 14
12U & 14U TEAMS 15
ELECTRONIC DEVICES 15
PERSONALLY OWNED EQUIPMENT USE POLICY 15
APPENDIX A – REVISIONS 17

GENERAL RULES COMMON TO ALL LEVELS OF 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.

Changes to the JFLOCI playing rules proposed by the Rules Committee will be submitted to the Board of Directors no later than the monthly meeting held in **June** each year.

Playing rule changes during the season may only be made by the Executive Committee and only in an emergency, when overall player safety is challenged or clarifications are needed and cannot wait until the following season.

Any rule change or clarification made by the Executive Committee during a season will be up for review by the Rules Committee for the following season.

HEAD COACHES & STAFF

Each Head Coach and his Staff are expected to read and understand all stated rules in this section, and all rules and regulations stated in the JFLOCI General Rules and Level Rules.

The foregoing rules have been adopted and approved by the Board of Directors of the JFLOCI.

This section 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 Coaches deliberately and flagrantly violate these rules, they shall be suspended, if a JFLOCI investigation 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 youth sports.

RULES COMMON TO ALL LEVELS

SEASON START DATE

The Start of the Season will be adjusted annually so the championship games finish one week prior to the first round of the IHSA playoffs. This will improve the availability of both high school stadiums and experienced officiating for the championships. The season will include 5 weeks of practice prior to the first games (not including jamborees) followed by 7 weeks of regular season and 3 weeks of postseason.

PLAYING LEVELS

1. Every player's level will be based on their age as of September 1st in the current calendar year.
2. Players may move up 1 level within their sport if their Area Director approves.
    a. No forms will be used for players moving up one level. Submitting a roster with an athlete playing one level up shall be considered Area Director approval.
    b. 7-year-olds are allowed to play on an 8U tackle team if rostered in accordance with Validation, but they must stay on that tackle team for the remainder of the season and cannot return to play flag.

3. Any player that moves up shall maintain ball carrier status based on the age group prior to moving. For example: if an 8U player is an NBC, they will remain an NBC if they move to a 9U team.
    a. Exception: if an Area does not have a lower team, the player will assume the NBC status of the level they are moving to. Ex: a player is 8 years old, but the Area only has a 9U team and NOT an 8U team. This player would be placed on the 9U team and fall within the NBC rules for the 9U level.

PLAYING LEVELS DEFINED

- **8U** All players 8 years old as of September 1 of the current season. **No 6-year-olds.**
- **9U** All players 9 years old as of September 1 of current season. **No 7-year-olds.**
- **10U** All players 10 years old as of September 1 of current season. **No 8-year-olds.**
- **11U** All players 11 years old as of September 1 of current season. **No 9-year-olds.**
- **12U** All players 12 years old as of September 1 of current season. **No 10-year-olds.**
- **14U** All players 14 years old as of September 1 of current season. **No 11-year-olds.**

PLAYER MOVEMENT

1. A player may move up one level with the approval of the Area Director.
2. No player will be permitted to play in a lower level without an approved Administrative Waiver.
3. A player is only allowed to Validate on one team at one level.
4. The level you Validate 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 charged with the responsibility of ensuring that all coaches are familiar with and understand the playing time rules.
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 will be based on eligible players at the start of the game.
4. Each player must play a minimum of 15 plays per game. Special team participation is considered plays for the purpose of this rule. This does not apply to injured players or disciplinary action
5. 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.
6. 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.
7. 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.

BALL CARRIER RULES

1. Each Playing level will have a designated non ball carrier (NBC) weight.
2. An NBC designated player will have a JFLOCI supplied sticker placed on the back of the helmet near the center.

8 YEAR OLDS	OVER 90 LBS	NON-BALL CARRIER
9 YEARS & UNDER	OVER 100 LBS	NON-BALL CARRIER
10 YEARS & UNDER	OVER 110 LBS	NON-BALL CARRIER
11 YEARS & UNDER	OVER 125 LBS	NON-BALL CARRIER
12 YEARS & UNDER	NO WEIGHT LIMIT	
14 YEARS & UNDER	NO WEIGHT LIMIT	

NON-BALL CARRIER RULES

1. NBC on DEFENSE: players may advance a fumbled ball, interception, or blocked kick.
2. NBC on OFFENSE: players may advance the ball due to an UNINTENTIONAL fumble, interception, or blocked kick.
3. NBC players may NOT advance the ball on kickoffs OR punts from either team unless an UNINTENTIONAL fumble occurs following possession by the receiving team.
4. On OFFENSE, NBC players may be positioned anywhere except for quarterback. NBC players are NOT allowed to carry the ball by taking a handoff, receiving a pass, taking the snap (shot gun OR under center), or advancing the ball from scrimmage.
5. All interior linemen (tackle to tackle) must be positioned in a three (3) or four (4) point stance at the time of the snap. This is for OFFENSE and DEFENSE.
6. On DEFENSE, NBC players are NOT restricted to certain positions.
7. Defensive ends are NOT required to be in a three (3) or four (4) point stance but may be.

NBC RULES INFRACTION PENALTY

If a coach refuses to ensure that the NBC rules are followed, blatantly allows, or intentionally goes against them, the team will forfeit the game, the entire coaching staff will be suspended one game, and the offending Area is subject to a maximum fine of $500.00 as determined by the Infractions Committee.

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 10 DAYS BEFORE THE FIRST DAY OF PRACTICE 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 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 approved 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 non-breakable 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)

   - All JFLOCI game-worn uniform sets (tackle & flag) must be approved by and purchased through the League (like all other equipment). All printed uniforms must include the JFLOCI logo on the left chest in a color consistent with the overall uniform. Exceptions to the placement of this League logo may be made by the League if it significantly hinders or obstructs the overall design of the uniform. Sponsorships and advertising are encouraged, but when placed on the uniforms they should be secondary to markings pertaining to the Area/team, consistent with uniform colors, and tasteful. Sponsors shown on a jersey should enhance the overall look, but shall not be the main focus, draw unnecessary attention, or be of companies with contradicting values to the JFLOCI and youth football. Exceptions to this policy may be made by the JFLOCI Executive Committee.

10. **Pants,** which cover the knee and knee pads

11. **Tooth and Mouth Protector** <u>with keeper strap attached to face mask</u>

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. **FACE MASK SHIELDS/VISORS 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 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 official's 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 footballs are authorized for **JFLOCI** sanctioned games:

8U-9U	**Wilson K2 / Pee Wee**
10U-11U	**Wilson TDJ / Junior**
12U-14U	**Wilson TDY / Youth**

VALIDATION RULES AND GUIDELINES

Validation is a process implemented by the JFLOCI to ensure all participants playing in the program are placed in the correct level based on age and to determine ball carrier status based on weight. Validation must be completed for each athlete, by a League approved validator, on the announced JFLOCI validation dates.

On an Area's scheduled Validation date, no Area shall conduct practice and no tackle equipment shall be worn.

When a player is weighed, they must wear a t-shirt and shorts. They may NOT wear less than these items. If a player wears more than this (such as shoes, a jacket, etc.) their weight will be recorded including these and that will be the official weight. The player will NOT be weighed a second time, even if the weight recorded was over the NBC allowed weight. *(The COACH is responsible for proper attire.)*

Any player caught cheating will not be able to play the entire season. Additionally, if the coach is the one cheating, they will receive a one (1) YEAR suspension from the JFLOCI.

If an error is made by a validator when validating teams (ex: player on the wrong team), the Executive Committee reserves the right to correct the error(s) immediately, regardless of when the error is discovered during the season.

Each Area/team will file with the JFLOCI, of which it is a member, a complete roster of players and coaches for the regular season. This will be accomplished on the official JFLOCI roster form. Upon receipt of each team roster, the JFLOCI will use the total participant number to base insurance premiums and future registration fees.

The validation process is uniform. That is, all member teams are required under JFLOCI policy to be validated before any participation is allowed. Any player NOT validating by the League scheduled deadline may NOT participate until the following season.

To be certified on 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 allowed base on 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 per weekend.
3. A player will be validated for age and NBC requirements as specified in the official JFLOCI rules.
4. All JFLOCI 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 birth date; weight does NOT factor into a players level.
6. Once a player steps on the official scale, the shown weight will be reported as the official weight. **Under no circumstances will a player be allowed to weigh again. No appeals.**
7. All players listed on the roster at an Area shall be validated. This includes and player without proof of age. If a weighed player does not have proof of age, the validator will circle the box corresponding to their name in the weight column. The Area must submit a copy of proof of age no later than the make-up validation.
8. All Areas will pay 100% of registration fees via check for all rostered players upon the conclusion of their respective validation, before the validators leave. The Executive Committee will be required to approve any exemptions to this payment based on financial circumstances within an Area.
9. This roster shall include each player's name, jersey number (No Duplicate Numbers per Team), and verified birth date, address, and phone number. This information shall be obtained from forms received from the participant at sign- ups. The Area Director will be responsible for the correct transfer of this information. This must be done on the official JFLOCI roster forms. The JFLOCI Infractions Committee shall determine penalty for falsification of records.
10. A rostered team is established as follows: 15 player minimum & 36 player maximum (40 max on 14U level only.)
11. All teams will have the option of adding players to reach the maximum number allowed until the Friday before the third (3rd) week of games. All added players shall go to the JFLOCI Headquarters to validate.
12. All players wishing to carry the ball must have their weight validated in accordance with the rules.
13. Any player that is knowingly over the NBC weight or wishes to forego the weighing process may do so by voluntarily assuming NBC status for the entire season. Once a player assumes Voluntary NBC Status, it will be binding for the entire season and considered as having been weighed. The player may not weigh at a later date. Area Directors must supply a list of all Voluntary NBC players with proof of age at the time of their scheduled validation. Voluntary NBC players are NOT required to be present at validation so long as their proof of age is presented and their name is on the Voluntary NBC list as furnished by their Area Director.
14. Validators shall consist of Executive Committee members, the Manager, and any others appointed by the League President. Volunteers and/or assistants at Validation are NOT considered validators and may not execute the duties of them.

VALIDATION INFRACTION PENALTY

Any Area found in flagrant violation of these Validation rules will be summoned to appear before the Infractions Committee. This committee has the sole authority to fine the offending Area up to a maximum of $500.00 per infraction and/or suspend coaches and/ or Area staff.

VALIDATION PROCEDURES

1. No person shall be within 10 feet of the scales except for the validator and player actively being weighed.
2. No person shall be behind the scale or able to see the screen other than the validator(s), regardless of distance.
3. Validators will release all official weights at the conclusion of each Area's Validation. Please refrain from asking about them until that time.
4. Players shall be grouped by team and in alphabetical order per that team.
5. All proof of age paperwork shall be grouped by team and alphabetical order per that team.
6. Every athlete shall be prepared to Validate at their Area's listed start time. Please do not schedule times within your Area for teams to Validate OR give parents a "window" of time to arrive. The scheduled start time is the official time. Once validators have completed their work, they will leave and not wait for anyone who did not arrive on time.

FINAL TEAM VALIDATION

There will be one Final Team Validation night only. This Validation is also known as "Makeup Validation" and will be held at the League Office the week after Area Validations. Final Team Validation is for individuals who were unable to attend their respective Area validation or for individuals who seek an Administrative Waiver. In BOTH instances, the Area Director MUST be present with all required documentation. Final team numbers are set at this time and cannot be changed although players may still be added to existing team rosters if space is available.

OFFICIAL ROSTER

The only acceptable roster is the official JFLOCI provided roster.

Complete rosters for each team with player names listed in alphabetical order by their last name.

Jersey numbers are to be listed for all tackle and flag football athletes. No duplicate numbers on the same team.

Validation Roster: Official, laminated and stickered roster must be shown and one paper copy given to the opposing team at the start of each game, in the presence of a Game

Official. (Cheerleading is exempt from this requirement)

The Area's Director and team's head coach must be listed on each roster with all of their contact information.

An emergency contact phone number is required for every player, the head coach, and Area Director on each official roster.

All official rosters will be laminated after the final team validation has taken place. All teams are locked after make-up validation, however players may still be added to each team until the roster addition deadline. Roster addition forms will be used for this process and must be affixed to the official roster in which they are a certified extension.

COPIES OF ROSTERS GIVEN TO OPPOSING COACHES/TEAMS MUST BE MADE FROM THE LAMINATED, OFFICIAL ROSTER AND MUST INCLUDE ANY AND ALL ROSTER ADDITIONS FOR PLAYERS AND COACHES.

Tackle, Cheerleading, & Flag rosters are all due at the Area's scheduled validation date and time. All three (3) sports will use the same JFLOCI Official Roster Form.

All team rosters shall be typed; handwritten rosters will not be accepted.

Any roster with more than two (2) corrections MUST be retyped and resubmitted to the League within 24 hours.

All player weights MUST be handwritten **ONLY by a League approved Validator.** *No rosters with typed weights will be accepted.*

The JFLOCI USE ONLY section shall remain entirely blank and only used by Validators.

GAME DAY RULES AND PROCEDURES

OFFICIALS

1. The League office will assign all game officials. Under NO circumstances will an officiating crew be relieved of their scheduled duties by anyone other than the League office.
2. At least one (1) League assigned official, and/or Area Directors, and/or team coaches must be present to start a regulation game.
3. In the event that less than the scheduled number of officials show up to a game, coaches and/or Area staff may not assist in officiating unless requested by the assigned officials.
    1. The League assigned officials have the final say in this matter, regardless of how many do not show up. If one (1) official shows up and wishes to officiate the game alone, without any assistance, that is the final decision.

POST GAME REPORT

1. A post game report must be completely filled out by each team before 8am

on the Monday following each game.
2. The post game report should be accurate and reflect the correct score of the game.
3. Sportsmanship and officiating crews are scored as follows:
   1. Poor
   2. Average
   3. Good
4. Any report that reflects a score below average for either sportsmanship or officiating must include a written explanation.
5. Any feedback regarding the officiating crew shall be submitted in the game report notes. It is recommended that their first/last names be used so the League is able to properly assess feedback.

GAME START TIME

1. The first scheduled game of the day shall not begin earlier than the published start time.
2. All subsequent games may begin up to fifteen (15) minutes prior to the scheduled start time.
3. The Site Director has discretion to authorize an early start to help maintain the game schedule.
4. Teams, coaches, players, and parents must be prepared for games to begin up to fifteen (15) minutes before the scheduled start time.

WEATHER POLICY

The JFLOCI follows the IHSA weather policy regarding lightning and/or thunder.

1. Teams need to show up at game sites prepared to play for their scheduled game time. We have a large League and it may be raining in one location, but sunny and dry at another.
2. Site Administrators (Area Director or appointed Site Director), Coaches, & Game Officials must be aware of potential inclement weather and the signs which indicate thunderstorm development.
3. Host site Area 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 Area Director for recognizing inclement weather and reacting to it.
5. If game officials fail to recognize inclement weather, the host site Area Director is authorized to direct officials to suspend the contest.
6. If inclement weather continues to exist at a game site, the head coach from each team and the Area Director will discuss the situation and make a determination if the game shall be played.
7. The Area Director has the final authority to suspend games, postpone start times, or cancel games.
8. Following a weather delay, the Site Director, in consultation with the game officials and opposing team Director, may implement a running clock for the current game to recover lost time. When the schedule has been restored such that subsequent games may start at their regularly scheduled times, the standard game clock shall be used.
9. It is the Site Director’s discretion to manage any other practice or game day weather conditions as they see fit.

GAME CANCELLATIONS

1. Games cancelled for any reason shall not be rescheduled.
2. If a game is cancelled after it has started (at least 2 quarters), postseason points shall be determined based on the score at the time of cancellation.
3. Games cancelled prior to the start of play shall be recorded as a tie for purposes of post-season point calculations.
4. All game cancellations shall be subject to review by the Executive Committee.

CHAIN CREW

1. All chain crews shall be positioned on the Home Team's sideline.
2. Each crew shall consist of at least three (3) individuals: a down box operator and two (2) others to hold the chain rods.
3. The complete concentration of the crew is absolutely necessary at all times if it is to discharge its duties correctly.
4. The crew is an extension of the officiating crew and must always follow their direction.
5. They must refrain from showing any partisan reaction to the events taking place on the playing field.
6. No member of the chain crew may coach, instruct players, or relay any information whatsoever on behalf of a team.
    1. Do not engage into discussions with your team's coaches or players and do not discuss any strategies or game related information observed or heard.

CONCUSSION & RETURN TO PLAY POLICIES

1. 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 provider.**
2. Any player who has been removed from a game or practice for a possible concussion or head injury cannot return to that game or practice. He/She 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 trainer working in conjunction with above physicians.
3. **A player cannot return to game 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 game will consist of four (4) quarters.
3. There will be a ten (10) minute half-time period between the second and third quarters.
    1. This ten (10) minutes consists of a 7-minute rest period followed by a three (3) minute warm-up period that players must be on the game field for.
    2. Half-times may NOT exceed 10 minutes without prior, written approval from the

League unless there is inclement weather OR an injury that does not allow teams to return to the field (example: ambulance on the field).

4. Each team will be allowed three (3) time-outs per half. These time-outs shall be 60 seconds in total.
5. In the event that one team is leading by twenty-five (25) points or more at ANY time during EITHER half of a game, there will be a continuous running clock for the remainder of the game. The clock will continue to run even if the score differential becomes less than 25 points.
    1. The clock will only stop following a score by either team, player injury, time-out, or officials' direction to stop the clock for a special circumstance.

SCORING RULES

EXTRA POINTS

- Two (2) points for a kick.
- One (1) point for running or passing.

42 POINT RULE

- A team shall not win a game by a margin of 42 points or more**.**
- If a team's lead reaches 42 points, the head coach shall be immediately ejected from the game.
- All ejection and suspension rules of the league shall apply.

COACHING RULES

JFLOCI coaches may only coach tackle football for the JFLOCI and/or be certified by the IHSA. Any coach that coaches tackle football in any other youth League or organization shall not be eligible for JFLOCI coach certification.

Only badged coaches are allowed inside the ropes and on the sidelines. ***One individual per team*** *may be on the sidelines, inside the ropes, and out of the coaching box for the sole purpose of taking still photographs of the game: a photographer. This photographer shall not be charting plays or keeping statistics and may not use electronic devices that may transmit or record video or audio, including cell phones, radios, or tablets. This photographer* ***MUST BE BADGED in accordance with JFLOCI Media Pass requirements*** *and may NOT communicate with players, officials, spectators, or coaches while taking photographs during the game. Should this individual become a detriment to the game or violate these stipulations, they shall be restricted to their coaching box or outside the ropes for the remainder of the game. Repeat offenders shall be subject to discipline per the Infractions Committee.*

8U, 9U, 10U, & 11U TEAMS

1. One (1) coach per team will be allowed on the field at all times to give instructions to players in the game.
    1. One (1) for the offensive team & one (1) for the defensive team will be permitted.
2. Coaches shall NOT position players. They must call the offensive or defensive formation in the huddle and let the players react normally.

3. As soon as the quarterback is over center and calling a cadence, the coaches on the field must be SILENT, not communicating verbally or by physically directing a player, until the play is whistled dead by an official.
4. Coaches MUST position themselves a minimum of ten (10) yards off the line of scrimmage at all times AND move out of the way if a play begins to develop near their position.
5. The coach on the field OR the head coach may call a time-out.
6. ONLY THE HEAD COACH may question officiating decisions. Unless the coach on the field is ALSO the head coach, the coach on the field may NEVER question officiating decisions.
    1. An unsportsmanlike conduct penalty shall be assessed directly to the coach on the field if they decide to question officiating decisions. THESE COACHES ARE ONLY THERE TO COACH THE KIDS.

Failure to comply with this positioning rule will result in the following penalties to be administered:

2. 1st offense - verbal warning from the officiating crew
3. 2nd offense - delay of game penalty assessed
4. Subsequent offenses - unsportsmanlike conduct penalty assessed directly to the offending coach.

12U & 14U TEAMS

1. ALL coaches will be on sidelines in accordance with IHSA rules.

ELECTRONIC DEVICES

1. NO electronic devices shall be allowed during game situations to relay information to the coaching staff or players on the field or sidelines. (Example: radios or headsets.)
2. NO video cameras will be allowed on the field of play without prior written consent from the League.
3. Drones are not permitted.

PERSONALLY OWNED EQUIPMENT USE POLICY

A player/family may, but is not required to, purchase their own equipment from a supplier of their choice. If a player/family chooses to purchase equipment, they must keep the following guidelines in mind:

I. All helmets and face masks must be NOCSAE certified and have the corresponding sticker, imprint, or embossment visible.

II. All helmets must show the original mark indicating the date of manufacture somewhere on or inside the helmet.

III. All helmets and face masks must be the same color as the area's existing helmets and face masks.

IV. All helmets must be discarded after **10 years from the date of manufacture** unless a shorter amount of time is mandated by the manufacturer or NOCSAE.

V. All helmets must be reconditioned by a NOCSAE certified reconditioning company AND recertified **every 2 years** unless required yearly by NOCSAE or the original manufacturer. For example: a helmet manufactured in 2019 would be certified for use in the 2019 & 2020 seasons but must be reconditioned before use in the 2021 season regardless of whether or not it was used in that time frame. (Please refer to the original manufacturer's policies for each helmet style.)

VI. Equipment must be properly fitted and verified by the area director before use.

VII. Neither the JFLOCI nor its member areas will reimburse, coordinate, or pay for the cost of equipment, parts, reconditioning, or any other item relating to the purchase of equipment by a player/family. The JFLOCI provides the use of certified equipment that is included in the registration fee, but welcomes the purchase of any equipment that a player/family chooses to make on their own, so long as it meets our guidelines, the guidelines of the original manufacturer, and NOCSAE.

VIII. The JFLOCI reserves the right to inspect and/or deny the use of individually owned equipment at any time and for any reason deemed necessary.

*****Note:** If a JFLOCI member area chooses to allow a player/family to add their individually owned helmet to the area's reconditioning order, they may do so, but the coordinating of payment and handling of the helmet is the sole responsibility of the area. The JFLOCI will refer all inquiries relating to the reconditioning of individually owned helmets back to the area directors***

APPENDIX A – REVISIONS

Changes adopted 4-9-2026:

- Added 15-minute early game start allowance.
- Updated weather policy to allow Area Directors the option to use a running clock to recover lost time.
- Revised game cancellation procedures.
- Updated concussion policy to prohibit same-day return to play and require physician clearance for return to play.
- Reduced running clock threshold from 28-point differential to 25-points.
- Prohibited use of drones.

Changes adopted 5-14-2026:

- Increased Non-Ball Carrier (NBC) weight limits by 10 pounds for 8U-11U age groups.