

JFLOCI



**JUNIOR FOOTBALL LEAGUE
OF CENTRAL ILLINOIS**

12U & 14U

PLAYING LEVEL RULES

12U & 14U DIVISION RULES & GUIDELINES

PURPOSE

The purpose of the **12U & 14U** levels are to provide a Junior High school level for older and more experienced players with an emphasis still to be placed primarily upon teaching young players good sound offensive & defensive fundamental skills. The 12U and 14U divisions (also known as the **Sunday Teams**) are an educational and competitive step toward the next level of football in high school. Each coach needs to remember that the JFLOCI 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. Although more competitive, the Sunday teams still need to maintain the instructional integrity of JFLOCI.

12U & 14U LEVEL LIMITATIONS

AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>	<u>NBC</u>
12	UNLIMITED	OVER 130 LBS
13	UNLIMITED	OVER 155 LBS
14	UNLIMITED	OVER 155 LBS

12U & 14U GUIDELINES

The 12U and 14U levels will follow the IHSA rules with the exception of the rules as listed with JFLOCI General Rules and Level Rules.

PUNTS, EXTRA POINTS, & FIELD GOALS:

- A. 12U must long-snap on punts, but extra points and field goals shall revert to the 10U & 11U rules which do not require a long-snap.
- B. 14U requires a long-snap for punts, extra points, and field goals.

OVERTIME GAMES.

The 12U & 14U levels will utilize the standard IHSA tie breaker procedure for games ending in a tie score after regulation time has expired.

TWENTY-FIVE POINT (25) POINT SPREAD RULE:

1. A twenty-five point spread rule has been established for use by the 12U and 14U levels **only**. (*all other divisions use an eighteen point spread*) The twenty-five (25) point spread rule shall be administered with the following rules or guidelines:
 - If during any sanctioned 12U or 14U JFLOCI game, a point differential of twenty-five (25) or more points has been obtained by a team, the rule will be applied.
 - That team will have a "first and goal" on all subsequent possessions as long as a twenty-five (25) point or more differential continues to exist between the two teams.
 - After completing four downs without a score, the only way in which a team with a twenty-five (25) 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.
 - After a score, the team leading by twenty-five (25) points, must kick off to the trailing team and allow them at least one (1) live ball play. In the event the kicking team recovers the ball on a kickoff, they will turn the ball over to the receiving team at the spot of recovery.