

# **JFLOCI**



**JUNIOR FOOTBALL LEAGUE  
OF CENTRAL ILLINOIS**

**8U - 14U**

**SPRING 7v7 FLAG**

**PLAYING RULES**



## **SPRING 8U - 14U (7 VS 7) FLAG FOOTBALL**

### **PURPOSE**

The purpose of the 7 vs 7 flag football within the JFLOCI is to provide an introduction to football that does not include full contact tackle, in addition to providing a non-contact season outside of the traditional JFLOCI tackle season.

### **7 VS 7 PLAYING RULES**

#### **GENERAL RULES**

General rules are those rules common to all levels. Any age specific rules are listed within the age level.

Any rule not covered in this set of rules shall revert back to the general rules as listed in the JFLOCI playing rules. Rules not covered in the JFLOCI playing rules shall revert to the NFHS 7 vs 7 flag football competition.

All rules and penalties regarding conduct and sportsmanship of coaches, players, and fans shall apply.

#### **PLAYING LEVELS**

The same playing levels used for Fall Tackle will also be used for flag 7 vs 7 competition (8U, 9U, 10U, 11U, 12U, & 14U). All rules and waiver options pertaining to these levels shall apply.

## **PLAY CLOCK**

Game consists of two 20-minute halves with a running clock. The clock only stops for time-outs and official's discretion e.g. injuries, intentional team delays, or other unsportsmanlike conduct. The clock does not stop for change of possessions.

Half time shall be 10 mins. (7min+3min warmup)

Each team will have 1, 60 second time out per half. (No carry over)

## **OVERTIME**

No Overtime

## **PLAYING FIELD**

The playing field shall be a standard football field utilizing of half of the field or 50 yards. Any field outside this dimension used for play must be approved by the JFLOCI prior to use.

## **7 VS 7 GAME RULES**

To start the game, the offensive team takes possession at the 40-yard line or a location designated on modified fields. The offense has four (4) plays to cross the 20-yard line (or field designated first down location if using an approved, modified field.) Once a team crosses the first down location and achieves a first down, it has four plays to score a touchdown.

Only 1 first down is awarded per possession unless granted by penalty.

If the offense fails to score, the ball changes possession and the new offensive team starts on the 40-yard line (or field designated location if using an approved, modified field.)

In the event of an interception, the ball is immediately dead.  
The defensive team gains possession at the 40-yard line.

There is no kicking game.

In the event of a dropped ball or "fumble", the ball is IMMEDIATELY DEAD and retained by the offensive team.

THERE ARE NO FUMBLES. *This is a SAFETY RULE.*

## SCORING

Game scores will not be maintained.

## COACHES

8U-11U coaches are allowed on the field and must remain at least 10 yards off the line of scrimmage.

12U-14U coaches remain on the sidelines.

The Coaches' boxes shall not extend beyond the 25-yard line.

## OFFENSE

1. The seven (7) players on offense consist of a center, a quarterback and five (5) eligible receivers. Two (2) of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.
  - a. Center. This player must snap the ball between their legs and is allowed to be a receiver following the snap.
  - b. Quarterback. This player receives the snap from the center and initiates the play either through a handoff or pass. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.
  - c. Receiver/Back. These players are all eligible to receive a handoff or catch a pass. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center – while the other three are at least one yard behind the line of scrimmage in either a slot, wide-out, or running back position. No player other than the quarterback may line up within three yards of the center.

## DEFENSE

All players on defense are eligible to rush the quarterback or drop back into coverage.

1. **Rusher.** Any player who rushes the quarterback must be a minimum of 10 yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this 10 yard zone before every play.
  - a. Following a legal handoff, pass, or lateral, any member of the defense can

cross the line of scrimmage.

## **PLAYING VIOLATIONS**

The following is a list of violations for 7 vs 7 flag competition.

### **CHARGING**

An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.

**PENALTY:** The play is immediately dead. Assess an unsportsmanlike conduct penalty directly to the player & a 10-yard penalty from spot of foul. Replay the down. *Note: 2 unsportsmanlike conduct penalties of any kind by the same player in a single game will result in an automatic ejection. All ejection rules from the JFLOCI tackle playing rules apply and suspensions may carry over into the tackle season.*

### **FLAG GUARDING**

An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags or intentionally moving flags with a hand or arm.

**PENALTY:** The play is immediately dead at the spot of the foul. The down will not be repeated, and no loss of yardage will be recorded.

### **RUSH LINE VIOLATION**

Rushing the QB from closer than the 10 yd designated location.

**PENALTY:** The play WILL continue. Once the play is over, the offense will have the option to accept the result of the play without replaying the down OR accept a 5-yard penalty from the original line of scrimmage and replay the down.

### **ROUGHING/TACKLING/BLOCKING**

An illegal act by any player that involves intentional pushing, tripping, or force used against a player of the opposite team.

**PENALTY:** Same as Charging.

## EQUIPMENT

1. Each player must wear uniform tops & flag belts with 3 flags attached.
2. At the start of each play, there shall be 1 flag on each side of the participant and 1 above their tail bone for a total of 3 flags.
3. Teams will use the approved JFLOCI football for each age division.
  - a) 5U-7U: Tachikara SF2R or Martin F401
  - b) 8U-9U: Wilson K2 (Pee-Wee)
  - c) 10U-11U: Wilson TDJ (Junior)
  - d) 12U-14U: Wilson TDY (Youth)
  - e) 14U High School (teams comprised of all 14-year-olds) have the option to use an Official High School Football. Their opponent will still use the approved Wilson TDY (Youth) football when on offense.
4. Flag belts may not be the same color as a player's shorts or pants.
5. Each flag belt will consist of 3 flags at least 12 inches in length.
6. Cleats with exposed metal are not allowed and must be removed.
7. Players may tape their forearms, hands, and fingers.
8. Players may wear gloves.
9. Braces with exposed metal are not allowed.
10. **Players are required to wear mouth pieces during practice and games.**
11. Players must remove all jewelry, hats, and do-rags. Exceptions include winter hats and protective headgear.
12. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
13. We recommend players wear football pants or shorts that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.

## AGES 5 - 7 FLAG RULES

5 - 7-year-old teams shall use the same rules that are used during the Fall season.

# Appendix A – Revisions

## 3-4-2026 Revisions

- USA Football game length and running game clock rules adopted.
  - Excluded: clock stops in the final 1 minute of each half for out of bounds, penalties, and change of possessions.
- Possessions start at the 40-yard line.
- Centers are required to snap the ball between their legs and are eligible to be a receiver.
- Scoring and overtime eliminated.
- The coaches' boxes shall not extend beyond the 25-yard lines.
- Protective headgear allowed.

## 4-2-2026 Revision

- 14U High School Team (all 14-year-olds) have option to use High School Official Football.