

# **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:**

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

## **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.

as of 07/13/2023