

JFLOCI



**JUNIOR FOOTBALL LEAGUE
OF CENTRAL ILLINOIS**

10U-11U

PLAYING LEVEL RULES

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10U & 11U LEVEL RULES & GUIDELINES

PURPOSE

The purpose of the **10U & 11U** levels is to provide an entry level instructional division for young players, emphasizing offensive & defensive fundamental skills instead of winning or losing.

10U & 11U LEVEL LIMITATIONS

AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>	<u>NBC</u>
10	UNLIMITED	OVER 110 LBS
11	UNLIMITED	OVER 125 LBS

The **10U** level consists of any player that is 10 years old by the yearly age cutoff.

The **11U** level consists of any player that is 11 years old by the yearly age cutoff.

10U & 11U LEVEL GUIDELINES

1. **The Head Coach** can designate another coach for the purpose of requesting time outs. In this division of play, either of the coaches (offensive coach or defensive coach) on the field may call time out.
2. **Field coach.** one coach per team will be allowed on the field at all times to give instructions to players in the game.
3. **One (1) coach** for offense & one (1) coach for defense will be permitted.
4. **Coaches** should not position players.
5. **Call** the offensive play or defensive formation in the huddle and let the players react normally.
6. **Coaches**, as soon as the quarterback is under the center and calling the cadence, you must be silent, not communicating verbally or by grabbing and/or physically directing a player from the time that the offensive team becomes set until the play is whistled dead.
7. **Coaches**, both offensive and defensive, must position themselves a minimum of **ten (10) yards off the line of scrimmage.** failure to comply with this positioning rule will result in the following penalties to be administered in the following manner:
 - **1st offense** - verbal warning
 - **2nd offense** - delay of game penalty
 - **Subsequent offenses** - unsportsmanlike conduct penalty

PLAYCLOCK

Offenses will have thirty (30) seconds to snap the ball after the referee has marked the ball ready to play. Continued abuse of these thirty (30) second time frame by the referee's discretion will be administered as a delay of game penalty.

OVERTIME

No overtime games will be played **during the regular season**. If after four (4) quarters (40 minutes) the score is tied, the game is over and declared a tie. There is no tie-breaker format to be used.

ENHANCED DEFENSIVE RULES

1. **Defensively**, blitzing linebackers defined by IHSA rules will not be allowed.
2. **On defense**, NBC rules shall apply.
3. **The defensive line** can have no more than five (5) players on the line of scrimmage at the time of the snap.
4. All **down linemen (Tackle to Tackle)** must be positioned in a three (3) or four (4) point stance.
5. **Defensive ends** will be allowed to stand up as will all other non line defensive personnel.
6. **Exception** to this rule is that a goal line defense is allowed between the five (5) yard line and the goal line.
7. **Goal line defense**, the defensive team is allowed to use a seven man front on the line of scrimmage but five players must be in a down three (3) or four (4) point stance.
8. **NBC rules** apply to goal line defense.
9. **Linebackers and cornerbacks** must line up no less than (3) yards off the line of scrimmage before the snap, but they are free to move parallel to the line of scrimmage at anytime.
10. **Defensive line players** (meaning DE's, DT's and NG's) may not shift until the ball is snapped. After the ball is snapped, all defensive personnel are allowed to freely move about the entire field.
11. **Shift defined:** a shift is defined as defensive players moving to a "new location" once their defense has aligned itself and the offense is set.
12. **Failure to comply** with these defensive rules will result in the following penalties to be administered in the following manner:
 - (1) 1st offense - verbal warning
 - (2) 2nd offense - delay of game penalty
 - (3) Subsequent offenses - unsportsmanlike conduct penalty

10U & 11U ENHANCED KICKING RULES

1. **Kickoffs** will be allowed. Each half of play will begin with a standard kickoff as covered by IHSA rules.
2. **Punts** will be allowed. P unts will be administered in the following manner:
The ball will be handed to the punter to position on the ground in front or to either side of his/her body. The punter may not touch the ball again 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 punter will pick up the ball & kick it just as if the ball had been snapped to him/her from center.
3. **No fake punts** will be allowed. If the offensive team declares their intent to punt to the game officials and aligns in a punt formation, they must attempt to punt the ball. They cannot rush or pass the ball for any gain. It must be kicked successfully or blocked by the opposing team. If for any reason the punter would attempt to advance the ball with a rush or a pass, the offensive team will be penalized and the ball will be marked at the previous spot or line of scrimmage.
4. **No fake extra point kicks or fake field goal attempts** will be allowed. 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 that 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.
5. **An "NBC" player** may attempt a field goal, extra point, punt the ball, and kickoff. They cannot advance the ball due to a fumbled or muffed snap.
6. **Extra points** will be scored the following ways:
 - (a) two (2) points for a kick.
 - (b) one (1) point for running or pass play

APPENDIX A – REVISIONS

Changes adopted 5-14-2026:

- Increased nonball carrier (NBC) weight limits 10 lbs. for both 10U and 11U.