



FALL GAME DAY CHECKLIST & RULES

The following questions must be asked before EACH game AND a verbal answer must be given by each team's head coach.

1. Is the playing field properly roped off or fenced in?
2. Are all of your coaches badged and certified with the JFLOCI?
3. Are NBC stickers properly affixed for all of your NBC players?
4. Was a roster supplied by the opposing team's coach?
5. Are all of your players and head coach rostered?
6. Has the home team provided a JFLOCI sanctioned Wilson composite football for the correct age division?

*****If the answer is "No" to any of these questions, an Infraction Complaint report explaining the situation must be emailed to the League Office following the game.*****

IHSA RULES APPLY EXCEPT FOR THE FOLLOWING JFLOCI RULES

- There will be 4, 10-minute quarters.
- IHSA running clock rules apply at a 25-point differential starting in EITHER half.
- NBC Players on Offense: May not intentionally receive/touch/carry the ball.
- NBC Players on Defense: No restrictions on positions or advancing the football after a turnover.
- NBC Players Kicking: May kick but may not advance a fumbled snap.
- Extra Points: 2 points for kicking - 1 point for running or passing
- Half Time of all games will be 7 mins + 3 mins on the field for warm-up = 10 mins.

Game Start Times

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.

14U Level - Additional Rules

- Wilson TDY (Youth) Composite Footballs are the approved game balls.
- Fake Extra Points, Field Goals, and Punts are allowed.
- Overtime games are allowed.

12U Level - Additional Rules

- Wilson TDY (Youth) Composite Footballs are the approved game balls.
- No fake extra point or field goal attempts.
- No long-snaps for field goal or extra point attempts.
- Punts will be administered according to IHSA rules. *Long snaps are required.*
- Overtime games are allowed

10U & 11U Levels - Additional Rules

- Once the quarterback is under center and calling the cadence, the coaches on the field must be silent and no longer adjusting player positions until the play is whistled dead.
- Coaches on the field must position themselves a minimum of 10 yards off the line of scrimmage. 1st Offense = Warning. 2nd Offense = Delay of Game Penalty. 3rd Offense = Unsportsmanlike Conduct Penalty.
- The head coach or coach on the field may call a timeout, however only the head coach may respectfully discuss a call with the Officials.
- Defense - No Blitzing until the ball is snapped.
- The defensive line can have no more than five (5) players on the line of scrimmage
- Down linemen (Tackle to Tackle) must be in a 3- or 4-point stance.
- No Snap for Extra Point, Field Goal, or Punts. NO Fake attempts.
- Kick Off to Start Game.
- No Overtime Games.
- Goal Line: 7 man line inside 5 yard line. 5 players must be in 3 or 4 point stance.
- Wilson TDJ (Junior) Composite Footballs are the approved game balls.

8U & 9U Levels - Additional Rules

- Once the quarterback is under center and calling the cadence, the coaches on the field must be silent and no longer adjusting player positions until the play is whistled dead.
- Coaches on the field must position themselves a minimum of 10 yards off the line of scrimmage. 1st Offense = Warning. 2nd Offense = Delay of Game Penalty. 3rd Offense = Unsportsmanlike Conduct Penalty.
- The head coach or coach on the field may call a timeout, however only the head coach may respectfully discuss a call with Officials.
- NO BLITZING ON DEFENSE.
- Once the Defense has aligned itself and the Offense is set, Defensive line players (DE's, DT's, & NG's) may NOT shift until the ball is snapped.
- 5-4-2 Defense ONLY.
 - 5 Lineman: down linemen (Tackle to Tackle) must be in a 3- or 4-point stance.
 - 4 Linebackers: 3 yds off line of scrimmage. May shift parallel to LOS at any time.
 - 2 Safeties: 7 yds off line of scrimmage. May shift parallel to LOS at any time.
- Defensive End may NOT play wider than the outside shoulder of Offensive End at normal Offensive TE position. Defensive End may play head up, inside, or outside of Offensive End's shoulder.
- No Kickoffs: Start on 40 Yard Line (also following a Safety)
- No Punts: These will be walked off 30 yds from the line of scrimmage OR 1/2 the distance to the goal - whichever is less. (Clock runs during this walk off).
- Extra Points and Field Goals may be attempted. NO FAKE ATTEMPTS.
- No Overtime Games.
- Goal Line: 7 man line inside 5 yard line. 5 players must be in 3 or 4 point stance.
- Wilson K2 (Pee Wee) Composite Footballs are the approved game balls.

Remember to always display GOOD SPORTSMANSHIP and HAVE FUN!!!