



## FALL GAME DAY CHECKLIST & RULES

### **\*\*\*GAMES MAY NOT BE STARTED EARLY\*\*\***

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?  
***\*\*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\***

- All face mask penalties are 15 yards.
- All blocks in the back are 10 yard penalties.
- There will be 4, 10 minute quarters.
- IHSA running clock rules apply at a 28 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 position.
- NBC Players Kicking: May kick, but may not advance a fumbled snap.
- Half Time of all games will be 7 mins + 3 mins on the field for warm-up = 10 mins.  
***\*\*Also read additional rules for the age level of game.\*\****

### **14U Level - Additional Rules**

- Wilson TDY Footballs are the approved game balls.
- Extra Points: 2 points for kicking - 1 point for running or passing.
- Fake Extra Points, Field Goals, Punts: Allowed - IHSA and NBC Rules must be met.
- Overtime games are allowed.

### **12U Level - Additional Rules**

- Wilson TDY Footballs are the approved game balls.
- Extra Points: 2 points for kicking - 1 point for running or passing.
- 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.*
- Fake punts are allowed - IHSA and NBC Rules must be met.
- Overtime games are allowed.

### **10U & 11U Levels - Additional Rules**

- Coaches on the field must position themselves a minimum of 10 yards behind the last player. 1st Offense = Warning. 2nd Offense = Delay of Game Penalty. 3rd Offense = Unsportsmanlike Conduct Penalty.
- Defense - No Blitzing until the ball is snapped.
- No Snap for Extra Point, Field Goal, or Punts. NO Fake attempts.
- Extra Points: 2 Points for Kicking - 1 Point for Running or Passing.
- 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 Footballs are the approved game balls.

### **8U & 9U Levels - Additional Rules**

- 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: in 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.
- 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 Footballs are the approved game balls.

***Remember to display GOOD SPORTSMANSHIP at all times and HAVE FUN!!!***

**\*\*\*GAMES MAY NOT BE STARTED EARLY\*\*\***  
***FAMILIES MAKE ARRANGEMENTS TO ARRIVE FOR SCHEDULED START  
TIMES. WE MAY RUN BEHIND, BUT NEVER EARLY.***