

JFLOCI



**JUNIOR FOOTBALL LEAGUE
OF CENTRAL ILLINOIS**

8U-9U

PLAYING LEVEL RULES

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8U & 9U DIVISION RULES & GUIDELINES

PURPOSE

The purpose of the **8U & 9U** levels is to provide an entry level instructional division for young players, emphasizing offensive & defensive fundamental skills instead of winning or losing.

8U & 9U LEVEL LIMITATIONS

AGE AND WEIGHT RULES ARE AS FOLLOWS:

<u>AGE</u>	<u>WEIGHT</u>	<u>NBC</u>
8	UNLIMITED	OVER 90 LBS
9	UNLIMITED	OVER 100 LBS

The **8U** level consists of any player that is 8 years old by the yearly age cutoff.

The **9U** level consists of any player that is 9 years old by the yearly age cutoff.

8U & 9U 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. As soon as the quarterback is under the center and calling the cadence, the coaches on the field 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:
8. 1st offense - verbal warning
9. 2nd offense - delay of game penalty
10. Subsequent offenses - unsportsmanlike conduct penalty

PLAY CLOCK

Offenses will have thirty (30) seconds to snap the ball after the referee has marked the ball ready to play. Continued abuse of this 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.

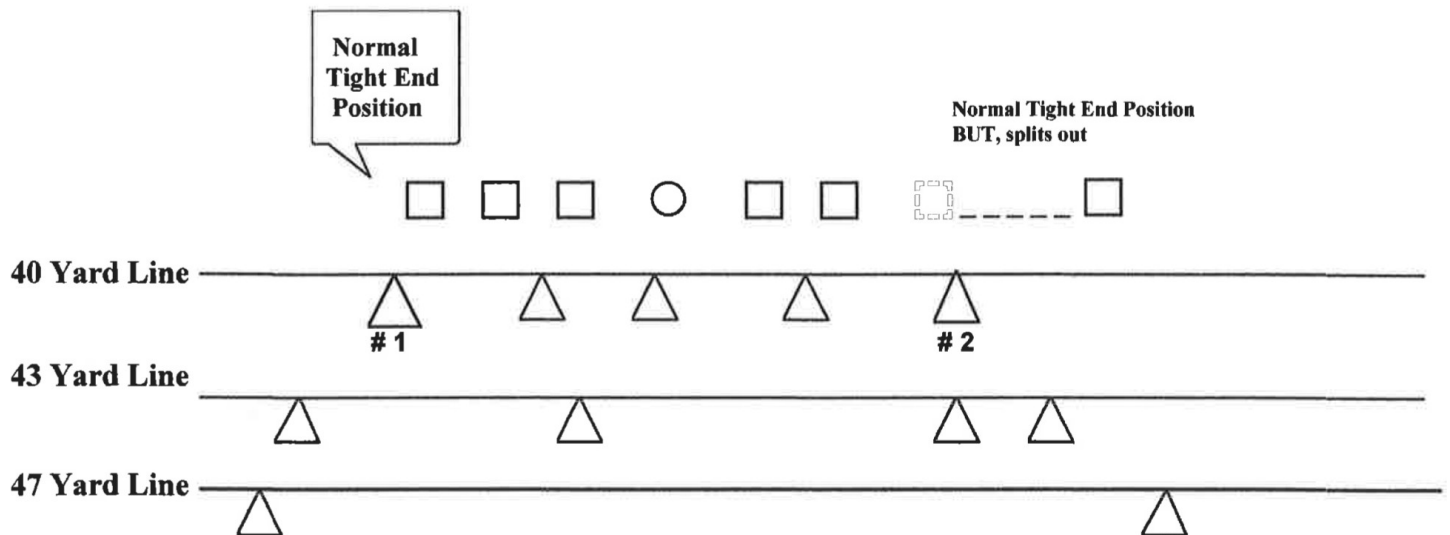
ENHANCED DEFENSIVE RULES

DEFENSIVE PLAYER MOVEMENT

1. Once the defense has aligned itself, and the offense is set, defensive line players (meaning DE's, DT's and NG's), may not shift until the ball is snapped.
2. 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.
3. Defensive backs are free to move parallel to the line of scrimmage at anytime as long as they stay within the three (3) yard and seven (7) yard increments.
4. After the ball is snapped, all defensive personnel are allowed to freely move about the entire field.
5. **The defensive line must consist of 5 players on the line of scrimmage at the time of the snap.**
6. There must be four (4) players on the second line, three (3) yards off the line of scrimmage.
7. Two players on the third line, seven (7) yards off the line of scrimmage.
8. This type of defense is known as a 5-4-2.
9. All down linemen (Tackle to Tackle) must be positioned in a three (3) or four (4) point stance.
10. Defensive ends will be allowed to stand up as well as all other defensive personnel.
11. No prevent defense allowed.

5-4-2 DEFENSIVE ALIGNMENT

Defensive End (DE) cannot play wider than the outside shoulder of the normal tight end position



Defensive End(s)

- # 1. Defensive End on outside shoulder of Tight End.
- # 2. Defensive End on outside shoulder of Tight End, in normal position.
In this example, Tight End splits out, DE Must stay in.... hence, normal position.
- #3. Defensive Line cannot shift.

INTERIOR LINEMAN Tackles and Nose Guard do not have to play "Head Up.

LEVEL TWO PLAYERS Can play any alignment, but must remain three yards off the line of scrimmage. Level Two is free to move parallel to the line of scrimmage.

LEVEL THREE PLAYERS Two players on Level three can play any alignment, but must remain seven yards off the line of scrimmage. Level Three is free to move parallel to the line of scrimmage.

EXCEPTION The one exception to this rule is that a goal line defense is allowed between the five (5) yard line and the goal line. In that 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, with the remaining four (4) players being three (3) yards off the line of scrimmage.

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

ENHANCED KICKING RULES

1. **NO KICKOFFS** will be allowed. The offensive team will start on its own forty (40) yard line. The same procedure will be followed after a safety.
2. **NO PUNTS** will be allowed. Thirty (30) yards will be walked off from the line of scrimmage or one half the distance to the goal, whichever is less. (the clock will keep running until the official marks off the yardage and sets the ball down; then the clock will stop. If the previous play had stopped the clock (incomplete pass, out of bounds) then once the official picks the ball up the clock will start and when he has walked off the proper yardage and sets the ball down it will stop.
3. **NO FAKE EXTRA POINT KICKS OR FIELD GOAL** attempts will be allowed.
4. **EXTRA POINT KICKS AND 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.

APPENDIX A – REVISIONS

Changes adopted 5-14-2026:

- Increased nonball carrier (NBC) weight limits 10 lbs. for both 8U and 9U.