

LITTLE ILLINI JUNIOR FOOTBALL LEAGUE RULES AND REGULATIONS

- I. Council Office and Officers
 - A. Council Office will consist of one (1) voting member from each team, with 5/8 of members present at meetings to form a quorum.
 - B. Elected officers: President, Vice President and Treasurer. Officers will be elected for two-year terms.
 - C. President to cast tie breaking vote.
- II. Insurance
 - A. All league teams must purchase insurance through the Little Illini Junior Football League policy. Failure to do so will result in forfeiture of team membership.
- III. Dues
 - A. Annual league dues are \$100 and are payable to the Little Illini Junior Football League and must be received by the Treasure before July 1st.
- IV. Equipment
 - A. Each team may use its own football
 - B. All players must use NOCSAE stamped helmets
 - C. All players must use mouthpieces at all times
 - D. Athletic supports and cups are optional
- V. Schedule
 - A. Determined by the number of members at the pre-season meetings
 - B. The first game will be on the third Saturday of August (unless agreed to otherwise)
 - C. Practice and season starts on the last Monday of July (unless agreed to otherwise)
 - D. Rosters for Lightweight and Heavyweight teams MUST be sent to all opposing teams on your schedule and the league President one week prior to the first game. Rosters must include player name, date of birth, jersey number, grade, weight, name of head coach and contact information. Failure to comply will result in a forfeit.
 - E. Any player added to a roster after the first game must be registered to the league President, with all the information to be made known to the opposing coach at the next game.

- F. Birth certificates must be provided to the council on complaint of demand before the next game.
- G. The HOME team must phone in game results to the league president of website manager each Sunday. Scores and league standings may be mailed to each teams' contact the following week. Failure to comply COULD result in: First violation \$10 and a \$20 fine for each violation thereafter. Fines are payable to the League.
- H. Games scheduled on bye weeks, with other league teams, whether sanctioned by the Little Illini JFL or not, must adhere to the rules of the Little Illini JFL

VI. Rules

A. Grade level and cut-off point

1. A lightweight team consists of 4th (optional), 5th and 6th grade players. Each league member has the option to allow 3rd graders to play.
2. If any player turns 13 years of age on or before September 1st, they must play in the Heavyweight division. If a player turns 15 years of age on or before September 1st, the player is ineligible to play or practice. Violation of this rule warrants forfeiture of all games in question.
3. Any 7th or 8th grader, regardless of age, must play on the Heavyweight team. If this rule is violated, the head coach responsible shall be removed from position for 1 calendar year, along with forfeiture.

B. Every player must play if dressed for a game, unless for disciplinary action of a dressed player MUST be disclosed with the opposing team before game time. Violation of this rule will result in forfeiture.

C. It is the coach's discretion to PLAY 3rd grade players and parent's consent is required.

D. Officials

1. THREE IHSA (Patched) officials for Lightweight and Heavyweight games. (Two for "B" games)
2. Fees for the all officials are to be paid by the home team.
3. The chain gang is to be provided by the home team and is to work on the home side of the field.

4. If no officials are provided as outlined under Rules sections D-1 and D-2, then the home team forfeits the game unless agreed upon by both coaches in writing or decision is made by league officials.
5. Any rules violation under Rules section D will result in forfeiture.

E. Game Rules

1. Unless otherwise stated in Rule sections A through J, follow IHSA Rules Book.
2. One Lightweight coach may be in the offensive huddle, but must stay back 15 yards off the line of scrimmage and remain silent during play. (B-Game Only-1 Defensive coach on the field) When running no-huddle offense and 2-minute drill, coach must be on the sideline.
3. Punting. For the Lightweight teams only, coaches have the option to punt the ball or move the ball. If in your own territory, the ball may be moved 25 yards. If in the opponent's territory, the ball may be moved $\frac{1}{2}$ the distance to the goal line. If a team is punting, there is no play (rush) or release until the ball is punted. NO FAKES
4. Weight Limit. For the Lightweight teams only, all running backs (including quarterbacks) and offensive ends or receivers must weigh 110lbs or less ("B" teams and 5th grade teams limit is 100lbs.)
PLAYERS MUST WEIGH IN BEFORE THE START OF EACH GAME. THIS IS NOW MANDATORY. Players must have a strip of tape of a contrasting color on the back of their helmet to identify that they have made weight requirements. Failure to comply with this rule will result in forfeiture.
5. The kickoff return team must place any player weighing over 110lbs in front of the 45-yard line. ("B" teams and 5th grade team limit is 100lbs)
6. Players weighing over 110lbs can only advance the ball on a kickoff, a fumble or an interception. ("B" teams and 5th grade teams limit is 100lbs)
7. In the event of cancellation of any game due to weather, of a tie due to weather, the game will be replayed in its entirety.
8. No headsets or electronic communications equipment of any type is allowed (by any Team).

9. The “Mercy Rule” is a 32-point differential and will strictly adhere to the IHSA rules thereafter. (2nd half only)

F. Length of Quarters

1. All games are played with 10-minute halftime.
2. All Saturday games are to start at 4:00pm. The Heavyweight games must start a maximum of 15 minutes after the completion of the Lightweight game.
3. Game days and starting times can be changed with the consent of BOTH competing teams.
4. Overtime play, in the case of a tie, must strictly adhere to the IHSA rules.

G. Kicking Extra Points and Field Goals

1. Kicks should be worth 2 points and runs should be worth one point, also there should be no rushing the kicker in lightweight games, 5 seconds from the snap. (PAT must be cleanly fielded, at any time if the holder’s knee leaves the ground the attempt will be considered a dead play and the PAT is no good). NO FAKES in LIGHTWEIGHT. Heavyweight kicks should be played by IHSA rules, except 2 points awarded for kicks and 1 point for runs or passes.

H. Jersey Numbers

1. Any player at any position can wear any jersey number. Duplicate numbers are acceptable.

I. Rules Violations and Protests

1. Any rules violation of the Little Illini JFL rules will be reviewed by the rules committee before the next league scheduled games. (All decisions will be final)
2. Protests must be filed with the rules committee no sooner than 24 hours (a cooling off period) after the incident and no later than 72 hours following the incident. This will give the rules committee time to rule.

VII. Determining Divisional Champions

- A. Divisional champions will be determined by the outcome of the 6 divisional games played. Non-divisional games DO NOT count towards divisional championships.
- B. TIE BREAKER: In the case of a tie, the following guidelines apply.

1. 2-way tie=head to head competition.
2. Multiple tie=
 - a. Defensive points allowed in games between tied teams only.
 - b. Defensive points allowed in all divisional games
 - c. Coin toss

VIII. Team Players

- A. The players on any member team must live in the teams own: town, consolidated school district, the high school football co-op district, and private school and must be enrolled full time. The only exception being if the players own town, consolidated school district, high school football co-op district and private school DOES NOT offer junior football at all. Violation of this rule will result in the head responsible shall be removed from position for 1 calendar year, along with forfeiture.
- B. Member teams cannot use players from other towns that offer junior football regardless of the time of years played

*Must field both LW and HW teams every year to stay in the league

**B and LW weigh-ins must be done in suitable wear (no nude weigh-ins)

Rules Committee

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