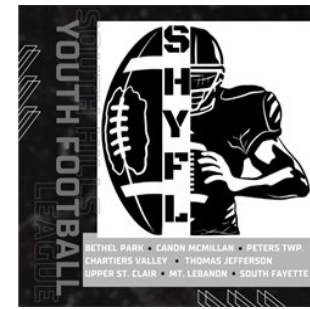


SHYFL GENERAL & AGE SPECIFIC PLAYING RULES

www.southhillsyouthfootball.com



The SHYFL uses the National Federation of State High School Football Association Rules and Regulations as its basis. <https://www.nfhs.org/activities-sports/football/>

Additionally, the SHFYL Board, the SHYFL Representatives, and SHYFL Referees have collectively, and unanimously approved adjustments be made to the National Federation of State High School Associations Football Rules and Regulations to maintain a competitive spirit and sportsmanship among league members, keep our young athletes safe, and promotes learning the game of football in a progression that appropriately fits their age and skill level.

The SHYFL Board maintains the right to enforce and amend all SHYFL General and Age-Specific Playing Rules and Regulations if necessary and impose disciplinary action for conduct detrimental to the integrity, safety, and reputation of the SHYFL.

Section 1: Coaches:

1. All coaches should be in good standing within SHYFL and obtain background checks/clearances as outlined in their community's requirements.
2. It is highly recommended that each community should have one USA Football Certified Player Safety Coach.
3. All head coaches and assistant coaches on opposing teams should strive to work together in a manner that is conducive to the safety of every player on the field.
4. All head coaches, assistant coaches, athletes, referees, and fans should act in a manner that is not detrimental to the SHYFL. The SHYFL Board reserves the right to impose disciplinary action on coaches disregarding the rules if deemed necessary. In instances where organizations continually break league rules, the board will follow the below course of action:
 - a. Complaint by the offended party (NOTE: Complaints in these instances must be provided within 48 hours of the infraction).
 - b. Evidence provided regarding the infraction (NOTE: Evidence in this instance shall be documented video footage, visual documentation, or written witness accounts).
 - c. SHYFL Board will review the submitted infraction, make a determination, and apply the appropriate disciplinary actions. Listed below are the minimal disciplinary actions that will be applied. **The SHYFL Board reserves the right to use its discretion in evaluating discipline, using more severe consequences than the minimal actions listed below, especially in cases of serious infractions or persistent defiance of rules.**
 - **First Offense:** Verbal Warning to the Head Coach / Offending Party

- **Second Offense:** Written reprimand, possible suspension of the Head Coach / Offending Party
 - **Third Offense:** One game or more suspension of the Head Coach / Offending Party, possible sanctions determined by the SHYFL Board
5. A player disqualified from a game for any reason will also be suspended from the following game. Instances that result in disqualification from a playoff game will be subject to SHYFL Board review because offending parties might be eliminated from playoff contention due to game results.
 6. Any Offending Party has the right to submit their accounts or to request further consideration from the SHYFL Board.

Section 2: Film Exchange

1. Each community is required to sign up for HUDL.
2. For every JV and Varsity game, each community, whether the home or away team, is to film the game. Scrimmages are not required to be filmed. All Termite games are optional, and the film does not have to be shared via HUDL.
3. The game film is to be up no later than 6 pm on Sunday following Saturday's game. Every effort should be made to upload the film to HUDL sooner than the deadline. Failure to post-game film will result in the following course of action:
 - a. Complaint about the offended party
 - b. Communication between SHYFL Board/Reps
 - c. SHYFL Board Review of the infraction
 - d. Review by the SHYFL board regarding the appropriate disciplinary action as detailed above in Section 1, Line 4.
 - e. **NOTE:** If technical difficulties prevent the game film from being uploaded within the upload time frame, communication between concerned parties must be clear and quick.

Section 3: General Rules (All Levels)

1. **Team Splits** - All SHYFL communities will attempt to field as many teams as possible, maintain rosters that permit appropriate player development in practice, meaningful reps in games and/or the 5th quarter, and do not seek to create unfair or lopsided talent distribution in team drafts. **(See Section 10: Talent Balancing)**
 - a. All teams must have a minimum of 16 players.
 - b. Any community with more than one team at any level, must have an equal amount of grade representation on each team.
 - c. SHYFL recommends team sizes of 22-28 players per team.
 - d. All decisions regarding team splits are subject to league review and guidance.
2. **Cross-rostering** - is permitted in certain cases **(See Section 9 - Cross-Rostering for guidelines)**.

3. **Proper Equipment** - Each community's head coaches are responsible for ensuring that all players meet the PIAA required minimum of three (3) consecutive days of heat acclimation before any contact at practice.
4. **Footballs** – Teams may use either leather or composite footballs, provided that the footballs meet the size requirements for each age group:
 - a. Termites – Wilson K2 or equivalent
 - b. JV – Wilson K2, TDJ, or equivalent
 - c. Varsity – Wilson TDJ, TDY, or equivalent
5. **Heat acclimation** days permit players to wear helmets, shoulder pads, and football shoes. All other contact pads are prohibited for a minimum of three (3) consecutive days.
6. **Summer Camp** - SHYFL start date will align with the WPIAL start date.
 - a. All teams may practice up to ten (10) hours per week, prior to first regular season game.
7. **Practice Hours** - Thereafter, all teams are permitted up to six (6) hours per week of practice, including and through all playoff games.
8. **Playoffs** - All SHYFL teams make the playoffs in either the Super Bowl or Consolation Bracket
 - a. Record, Head-to-Head, Points (Points will prevail if head-to-head cannot be established)
 - b. Home Field is not guaranteed in consolation brackets based on referee needs.
9. **Players & Field Size** - Termite will play 9vs.9, and JV/Varsity will play 11vs.11 football on a 100-yard field. SHYFL reviews numbers in June to determine if 11 vs.11 is possible for Termites
10. **Game Times** - The JV and Varsity game will consist of 4 quarters, 10 minutes each with a 10-minute halftime. Regulation clock stoppages and regulation penalties.
 - a. Termite games are four 15-minute quarters with a running clock except for the last two minutes of each half, which will be regulation clock stoppages, with 10-minute half-time and regulation penalties.
11. **Play Clock** - There is a 40-second play clock at all levels.
12. **Timeouts** - Three timeouts are allotted per half.
13. **Coaches on the Field**
 - a. **Termites** - Two coaches are permitted on the field and in the huddle; once the offense breaks the huddle, the defensive coaches should work themselves to the offensive side of the ball and get 10 yards behind the line of scrimmage.
 - b. **JV** - One coach is permitted on the field and in the huddle; once the offense breaks the huddle, the defensive coach must work themselves to the offensive side of the ball and get 10 yards behind the line of scrimmage.
 - c. **Varsity** - One coach is permitted on the field and in the huddle during the first game only. Thereafter, no coaches are permitted in the huddle; although one coach may come out to the numbers to call in the play to a player on the field for the remainder of the season.
14. **Coaching on the Field** - There is to be no talking/coaching/directing the kids once the offense breaks the huddle. Coaches from the sideline can communicate with the players.
15. **Kickoffs** - The ball starts on the 25 for all levels (Varsity can kick the ball from the 40 any time)
 - a. **(JV)** Kickoffs are only permitted if the scoring team is trailing at any time during the 4th quarter, the trailing team then has the option to kick from its 40-yard line.

16. **Punts** - No kicking at any level, each punt will be a 25-yard walk-off and 10-second run-off of the game clock anywhere on the field.
 - a. The ball cannot go beyond the 10-yard line if kicked within the 35-yard line.
 - b. Quick-kick-style punts on third down are a live football play (Varsity only).
17. **Extra Points** - After a touchdown, the offense may elect to go for one or two points. If one point, the ball is placed at the 3-yard line; if two points, the ball will be placed at the 5-yard line.
 - a. The scoring team may elect to kick for two points; if so, the ball will be placed on the 3-yard line.
 - b. On a botched snap, running or passing the ball in for a score out of a kick formation results in one point.
 - c. A blocked kick is a dead ball.
 - d. Intentional fake kicks are not allowed.
18. **Motions** - If an offensive player goes in motion, he may cross the midline and block a defensive player (kick out a defensive end as an example) or take a hand-off. However, if an offensive player goes in motion to a wing position, he must come to a complete stop (1 full second minimum) before blocking a defensive player. Regulation penalty enforcement at all levels.
19. **Illegal Blocking** - No cut blocking or crack back blocking is permitted at any age level. The penalty enforcement will be 15 yards for JV and Varsity and 10 yards for Termites.
20. **Overtime** – SHYFL follows the high school overtime rules.
 - a. Coin toss for the First Round Selection of Offense/Defense
 - i. Regular Season – One overtime
 - ii. Playoffs (Play to win, flip Offense/Defense each Round)
 - b. Four downs from the 10-yard line.
 - c. One timeout per round
21. **Mercy Rule** - When either team leads by at least twenty-five (25) points, the Mercy Rule shall apply at the start of the 3rd quarter.
 - a. The clock shall become a running clock for the remainder of the game.
 - b. The game shall be played in the normal fashion - offense, defense, change of possessions.
 - c. The clock shall be stopped only for a score, timeout, or injury.

Section 4: Termite (Grades K-2) Specific Playing Rules

1. **No unbalanced line is permitted.** You need 3 players on the line of scrimmage on each side of the center. A split end does count as one on the line. There are no restrictions on where you put your backs. Trips formation is not permitted.
2. The offense is not permitted to run a QB sneak from under center or use a silent count.
3. All offensive linemen, including the TEs must be in a 3-point stance.
4. **The defense is only permitted to run a 4-4 set.**
5. All defensive linemen, including ends must be in a 3-point stance. LBs/CBs must be a minimum of 3 yards off the ball and Safeties must be a minimum of 7 yards off the ball.
6. The defense is not permitted to line up over the center or in the A gap. The DTs must engage with the OG's before any A gap penetration. There is NO blitzing. Blitzing is defined as a direct

charge to the line of scrimmage upon the snap. Players may charge the line of scrimmage after making a reactive football move.

Section 5: JV (Grades 3-4) Specific Playing Rules

1. **No unbalanced line is permitted.** You need 3 players on the line of scrimmage on each side of the center. A split end does count as one on the line. There are no restrictions on where you put your backs. Trips formation is permitted.
2. A Gap Quarterback Sneaks are not permitted when the Quarterback is under Center.
3. On offense, all linemen must be in a 3-point stance, the TE is permitted to be in a 2-point stance.
4. The defense is not permitted to line up directly over the center; A-gap alignment is permitted.
5. There is NO blitzing permitted at this age group. Blitzing is defined as a direct charge to the line of scrimmage upon the snap. Players may charge the line of scrimmage after making a reactive football move.
6. The defense is permitted to have 6 players maximum on the line of scrimmage; 8 players maximum are permitted on the line of scrimmage inside of the 10-yard line (goal line defense).
7. On defense, LBs and CBs must be a minimum of 3 yards off the ball and Safeties must be a minimum of 7 yards off the ball. A minimum of one safety must be in the defensive alignment at all times.
8. If a defensive end lines up clearly on the outside of the offensive tackle, he is permitted to be in a 2-point (standing) stance. If defensive lineman lines head up or inside of the offensive tackle, he must be in either a three- or four-point stance. Only one defensive player on each end of the line may be in a 2-point stance. This includes defensive ends and OLBs.

Section 6: Varsity (Grades 5-6) Specific Playing Rules

1. A defensive lineman may not line head up over a center in a pistol or shotgun formation.
2. If a defensive end lines up clearly on the outside of the offensive tackle, he is permitted to be in a two-point (standing) stance. If defensive lineman lines head up or inside of the offensive tackle, he must be in either a three- or four-point stance.
3. LBs between the offensive tackles must line up no closer to the L.O.S. than the heels of the defensive lineman.
4. There are no further defensive limitations beyond regulation rules.

Section 7: Weigh-in, Weight Rules and Restrictions

1. All SHYFL players must participate in the annual league weigh-in or alternative weigh-in night.
2. Players will be assigned dots or double dots based on max skill and playing weights.
3. All age-based maximum weights are subject to review by the SHYFL Board.
4. If a player petitions to play up by age level due to weight or skill level, the petition will be reviewed by the SHYFL Board on a case-by-case basis. Players may play up in emergencies as defined and reviewed by the SHYFL Board.

Weight Restrictions Table:

Division	Max Skill Weight	Review Playing Weight
Termite	75 lbs.	110 lbs.
JV	95 lbs.	130 lbs.
Varsity	115 lbs.	150 lbs.

5. Weight-Specific Rules:

- a. The MAX skill weights are listed in the chart above.
- b. A single dot Tight End must line up next to the tackle and on the line of scrimmage. They are eligible to catch a forward pass; they are not permitted to catch a screen pass or take a handoff of any type.
- c. On offense, players over the review playing weight may line up from tackle to tackle only, they are ineligible to catch any passes.
- d. On defense, players over the review playing weight must line up in a three or four-point stance head up over the offensive tackle and may penetrate, at the snap of the ball, through any gap.
- e. Players over the review max weight are allowed to advance a fumble or an interception in JV and Varsity.
- f. Any violation of the Max Skill Weight player or rules is subject to a 5-yard penalty and/or loss of down and can then escalate to a 15-yard unsportsmanlike charge against the head coach (not the player).
- g. (Varsity Only) Single dot LBs are not permitted to blitz between the offensive tackles.

Section 8: 5th Quarter – Developmental Game

1. JV and Varsity will participate in a 5th quarter (developmental game) during the regular season and playoff rounds 1 and 2.
2. Each game will be played after the regulation game, handshakes occur after the 5th quarter.
3. There will be a 2-minute break between the regulation game and the 5th quarter.
4. There will be two 10-minute quarters (one offense/defense per team), with a running clock.
 - a. Running clock only stops with a timeout, or referee stoppage for an injured player(s).
5. The home team will start the game on the opposing 40-yard line. The home team will start the game with the ball. Visiting teams will start the 2nd quarter with the ball.
6. After scoring a touchdown (Going for a 1 or 2-point conversion), or if a team fails to obtain a 1st down after 4 attempts (at any time during a 5th-quarter drive), the ball will be reset at the 40-yard line for the team to continue their offensive drive till the end of the 10-minute quarter.
7. No special teams. No blitzing on defense.
8. One coach will be on the field and in the huddle. Defensive coach must get behind the offensive huddle.
9. Each team will get one total timeout per (20-minute) game.

10. Record the end-of-regulation score, reset, and keep score for the 5th quarter.
11. Film is not required, but strongly encouraged for player development.
12. All teams are required to play in the 5th quarter. Any extenuating circumstances should be shared with the SHYFL Board by Wednesday of that week for review and communication to the opposing team.

Section 9: Cross Rostering

1. SHYFL allows for cross-rostering of players in situations where there are unexpected shortages of players for upcoming games and/or 5th Quarters. The following are guidelines on how to cross-roster. Remember, this is **NOT** to gain a competitive advantage but to help teams play games in the spirit of providing more playing time for kids in that community.
2. If a team has injuries, sickness, etc., it can bring over role-players to fill the void.
3. No cross-roster player should play over anyone on the existing team.
4. Cross-roster players cannot play a skill position.
5. The goal is to replace a player with similar or less talent/skill, preferably a player who can benefit from extra playing time but is not the star on the main team.
 - a. i.e. Do not bring over the starting backfield to play line on the second team.
6. Cross-rostering is permitted due to the above circumstances and must be communicated to the SHYFL Board and the upcoming opponent's league representative in a timely manner.
7. All players should only be rostered on one team at the start of the season.

Section 10: Talent Balancing

1. Any community running two (2) or more teams in the Termite, JV, or Varsity Level must make every attempt to divide talent evenly between the respective teams. SHYFL encourages an open draft between coaches of the respective teams, or selective separation of talent by the community's board members that are reasonably knowledgeable of the individual skill level. The intentional creation of unbalanced teams through age aggregation, skill aggregation, or other unbalanced measures is prohibited. As a minimum measurement of compliance, teams are required to distribute athletes of differing age across all teams in the same Termite, JV, or Varsity Level with reasonable equivalency.
2. Any disproportionate team splits or perceived violation of talent stacking withing a community may be subject to league review and disciplinary action.