

YCYFA PLAYING RULES
DIVISIONS: VARSITY AND JUNIOR VARSITY
LEVELS: MIDGET, PONY, RINK, SMURF

I. FIELDS:

1. NFHS 11-player field requirements shall be used if possible.
2. Unless they play at a stadium where the field is fenced off from the spectators, the home team must provide a barrier, preferably rope, along each sideline and end lines a minimum of 5 yards, if possible, to keep spectators away from the playing area. The home team is responsible for controlling fan behavior as outlined in the YCYFA code of conduct including removal from the playing facility.
3. One photographer from each organization is allowed inside the rope barrier. They must stay at least 2 yards off the side or endlines and are never allowed in the team area. Stadium facilities photographers must stay on the track area.
4. All playing fields must provide restroom facilities and have water available for both teams' use.
5. Games will be forfeited if the above is not met.

II. CHAIN GANGS:

1. The home team is responsible for providing three (3) people, preferably 15 years or older, with running the line-to-gain and down indicator for all games. These individuals shall not use profanity, do any coaching or anything deemed to be interfering with the team on that sideline. The host organization shall provide the necessary equipment and shall operate along the sideline of the home team's discretion.

III. PLAYER EQUIPMENT (All Divisions & Levels):

1. YCYFA organizations must follow the guidelines and safety standards of the current NFHS rule book concerning player equipment. At any time, an Official or a YCYFA Officer may disapprove equipment and declare it unsafe for contact. As a result, the player(s) can be barred from competition until the situation is corrected.
2. **Player Equipment:**
 - A. Helmet/face guard: All players shall wear helmets that carry a warning label regarding the risk of injury and a manufacturers or re-conditioner's certification indicating satisfaction of NOCSAE test standards. All such reconditioned helmets shall show recertification to indicate satisfaction with the NOCSAE test standard.
 - B. Mouthpiece
 - C. Shoulder pads
 - D. Football jersey
 - E. Protective hip and spinal pads
 - F. Thigh pads
 - G. Knee pads

H. Regulation football pants

I. Cleats or other approved football shoe

3. Game Balls:

A. leather or composite ball is to be used during the game. This ball is to be new or in like new condition and supplied by the home team. During change of possession, the visiting team may change game balls providing the visiting team has a designated ball person to make timely exchanges.

B. **Midget level** will use the junior-size ball:

Wilson TDJ – GST/TDJ	McGregor MXJ
Wilson AYF TDJ Traditional	Nike 1000J
Nike Vapor Jr	Nike VStrike
Spalding J5J	Baden FC 5
Rawlings PRO5JR	Under Armour UA 395/495 may have black stripe

C. **Pony level** will use the junior-size ball:

Wilson TDJ – GST/TDJ	Nike 1000J
Wilson AYF TDJ Traditional	Nike VStrike
Spalding J5J	Nike Vapor Jr
Rawlings PRO5JR	Baden FC 5
McGregor MXJ	Under Armour UA 395/495 may have black stripe

C. **Rink and Smurf levels** will use the Pee Wee size ball:

Wilson K2 – GST/K2	Nike 1000W
Wilson K2 – Traditional	Baden FC500PW
Wilson K2 TDY Composite	Nike Vapor Threat
Spalding J5PW	Nike VStrike
Rawlings R5PW	Under Armour UA 395/495 may have black stripe
McGregor MXP	

4. **Towels:** Towels may be worn and not exceed 18" x 36" in length. They can be of any color except ball (brown) or penalty flag color (yellow/gold) and they may have a logo.

5. **Visors:** May be worn, but they must be completely clear. If tint is medically required, organizations may present it to the YCYFA Officers for consideration and approval

IV. GAME TIMING (All Divisions & Levels Except Smurf)

1. **(8)** minute quarters – **(8)** minute half-time including warm up – **(1)** minute between quarters except halftime.

2. **Junior Varsity Smurf** - 1 ½ hour time limit. Each team will get 10 offensive plays, then 10 defensive plays; then 10 offensive plays; then 10 defensive plays or vice versa or until the total time has elapsed. After 1 ½ hours, the game will be ended. (40 plays).

V. SCORING POINTS (All Divisions & Levels)

1. Touchdown Six (6) points
2. Field Goal Three (3) points
3. Safety Two (2) points

A. Midget Level-All Divisions (PAT)

1. Ball spotted on the **(3)** yard line unless moved by penalty.
2. Two **(2)** points for a successful kick try. Note: Kicking block must be **(7)** yards from LOS.
3. One **(1)** point for a successful run or pass play from scrimmage.

Note: Fields that do not have goal posts will use the Rink level (PAT) procedure for all levels.

B. Pony Levels-All Divisions (PAT)

1. The scoring team's head coach will inform the officials of their choice and the defense notified.
2. Once the decision is made it cannot be changed, including a timeout or penalty.
3. One **(1)** point for a successful run or pass play spotted on the **(3)** yard line unless moved by penalty.
4. Two **(2)** points for a kick try spotted on the **(3)** yard line unless moved by penalty.
 - a. Kicking block must be placed a minimum of **(5)** yards from LOS
 - b. **No** player from either team can enter the LOS neutral zone until the ball is kicked.
 - c. An errant snap or muff the holder may retrieve the ball and place back on the kicking tee.

Note: Fields that do not have goal posts will use the Rink level (PAT) procedure for all levels.

C. Rink Levels-All Divisions (PAT)

1. The scoring team's head coach will inform the officials of their choice and the defense notified.
2. Once the decision is made it cannot be changed, including a timeout or penalty.
3. One **(1)** point for a successful run or pass play spotted on the **(3)** yard line unless moved by penalty.
4. Two **(2)** points for a successful run or pass play spotted on the **(10)** yard line unless moved by penalty.

D. Mercy Rule (All Divisions & Levels)

1. When there is a scoring margin of **24** points or more any time during the game, the running clock rules will take effect immediately unless an official or team timeout is taken. The ball will be snapped from offensive **(40)** yard line, unless moved by a penalty, instead of the free kick down. This rule will stay in effect even if the margin of points drops below 24 points.
2. When there is a scoring margin of at least **35** points, this will be the officially reported score, and no more points will be awarded to either team and the game will continue unless the head coach

of the team with the least number of points decides to end the game. All “blitzing” by the defense will be prohibited. Any violation of this “blitzing” rule will be addressed by the YCYFA Officers.

E. Overtime - All Divisions (JV and Varsity)

Regular season games that are tied at the end of regulation will be given **(1)** overtime period to break the tie. Both teams will be given **(1)** possession from the 10-yard line. Both teams must go for the touchdown. No field goals will be allowed in the overtime period. If the game is still tied after the 1st overtime period, the game is over and will result in a tie. During playoffs/championship games overtime periods will continue till a winner is determined.

VI. ROSTERS (All Divisions & Levels):

1. Any changes that an organization needs to make to their roster must be approved by the Commissioner; only authorized reasons for said roster changes will be approved. **i.e.:** Injury to a player and need to move kids up; jersey number change or changing playing level.
2. The opposing team must have the home team’s roster and vice versa in order to perform roster checks prior to the start of their game. The first game of the day will commence roster checks no later than 10 minutes before kickoff time and each subsequent game will commence roster checks no later than five (5) minutes left in the preceding games 4th quarter.
3. Paper rosters will be used; it is **STRONGLY DISCOURAGED** to use electronic rosters and may result in Board involvement.

VII. GAME SCHEDULES (All Divisions & Levels):

1. Order of Play for Day Games and Night Games
 - a. Junior Varsity – Rink, Pony, Midget, JV Smurf
 - b. Varsity – Rink, Pony, Midget
2. Rink Level night games will start no later than 5:00pm.
3. If any game is in the third (3rd) quarter at 10:00pm, the game will be called at the end of the quarter and the team that is ahead will be declared the winner. If the game is tied one overtime period shall be played in accordance with the YCYFA overtime rule. The 10:00pm rule will be waived during any Association Playoff and/or Championship games.
4. Any game delayed due to unforeseen circumstances such as weather will be postponed if not restarted within **60** minutes from the time the game was stopped. If the 3rd quarter has been completed the game will be considered final.

VIII. SPECIAL PLAYING RULES (All Divisions & Levels):

- A. All current NFHS rules shall be used, except as outlined in the YCYFA playing rules. After the first game of the season, no team may have contact practice totaling more than six hours per week (Monday through Sunday). Non-contact practices are allowed.

B. Rule Exceptions:

1. **Play Clock Rule Exception:** After any change of possession play, the game clock will start on the ready for play whistle. Exception: With 2 min or less in the 4th period and when the point margin is 12 or less, the game clock will start on the snap. A 25 second play clock will be used for all downs except the Rink level which will use a 40 second play clock. All other NFHS football timing rules will apply.
2. **Lightning Detection Devices:** The use of electronic devices, including phone apps, may be used when determining when to suspend a contest. Any lightning detected within a 10-mile radius shall be the standard used.
3. **The National Anthem shall only be played before the start of any game of each Division.**
4. **Coin Toss:** The head coach and a maximum of four captains may be on the field for the coin toss. It is recommended that each organization representative and EMT accompany the coach and captains to the coin toss for the first game, to introduce themselves to the official's crew working on the games that day.
5. **Offensive numbering:** The offense will not be required to have (5) players numbered 50-79 on the line of scrimmage at any time. Pass eligibility rules by position still apply.
6. **Punts for Pony level only:**
 - a. On any down the offensive team may declare a punt by notifying the referee of their intention to do so. The punting team must first inform the referee prior to the ball being set ready for play; the referee will then inform the opposing team. If an accepted penalty happens after the decision by offensive team, or a timeout granted, they may change their decision to punt.
 - b. The punter will only be required to be a minimum of (5) yards behind the line of scrimmage to receive the snap. Due to an errant or mishandling of the snap the punter may retrieve the ball and return to kick if they are at least (5) yards behind the line of scrimmage.
 - c. All players must stay behind their line of scrimmage till the ball is kicked; any player crossing the neutral zone before the ball is kicked the play will be blown dead immediately and encroachment penalty administered.
 - d. **Only (4) defensive players may be off their LOS to receive the punt.**
5. **Punt (Walk-Off) for Rink Level Only:**
 - a. On any down the offensive team may declare a punt by notifying the referee of their intention to do so. The punting team must first inform the referee prior to the ball being set ready for play; the referee will then inform the opposing team. If an accepted penalty happens after the decision by offensive team, or a timeout granted, they may change their decision to punt.

b. The offensive team will have the ball spotted **(25)** yards beyond the line of scrimmage or half the distance to the goal line after declaring a punt. Once this option is chosen the game clock shall be stopped (if running) prior to the walk-off.

IX. SPECIAL RULES FOR RINK (All Divisions)

A. Coaches

1. One coach from each team has the option to be on the field during the season. Each coach must always stay at least (15) yards behind the line of scrimmage on their respective sides of the field and may not interfere, physically touch or move players once the huddle is broken. Coaches on the field are not to address the game officials in any way except to request a team time-out. Failure to adhere to this rule will have the coach removed from the playing field for the remainder of the game. If a coach is removed from the field, they can be replaced with a different coach.
2. After the 3rd scheduled playing week of the season coaches will no longer be allowed on the field for the **Varsity Division only**.

B. Defensive Formations

1. A maximum of **(5)** defensive players may be on the line of scrimmage. Of those a maximum of **(3)** players may line up inside the free blocking zone (tackle box). Only **(1)** player may line up over the snapper and is the only player on the LOS allowed to advance between the snapper and guards ("A" gap) once the ball is snapped. All other players must be a minimum of **(4)** yards off the line of scrimmage when the ball is snapped and will not have any advancing restrictions. **Exception:** At **(4)** yards to goal, all defensive players must stay behind the goal line except for the **(5)** defensive line players allowed on the LOS until the ball is snapped.
2. Penalty will be **(5)** yards live ball illegal defensive formation enforced from the previous spot. Note: Offense has the choice of declining the penalty taking the result of the play or accepting the penalty enforced from the previous spot and repeating the down.

X. SPECIAL RULES FOR JUNIOR VARSITY SMURFS:

1. There will be no special teams or 1st downs at this level.
2. Play will be conducted as a controlled scrimmage.
3. Play will begin at the offensive team's 40-yard line.
4. Each team will possess the ball for an entire quarter of play per half.
5. There will be no A gap pre-snap allowances on the defensive line at this level.
6. There will be no blitzing at this level; defense must have **(4)** down linemen no "A" gap, **(4)** linebackers **(4)** yards off the ball and **(3)** defensive backs **(7)** yards off the ball.
7. **(2)** coaches, per team, may be on the field during the entire scrimmage. Coaches must remain **(10)** yards behind the deepest player on the field.

8. In the event of a turnover, the ball will be placed back at the previous spot. There will be no playoffs at this Level of play.