

SOUTHERN TIER YOUTH FOOTBALL CONFERENCE

Rules and Regulations 2019

SECTION 1 COACHES AND LEAGUE DIRECTORS

- 1.1. Each individual league participating in the STYFC will be entitled to have one person represent their league on the Board of Directors for the STYFC. Each league will have one vote through their director on all matters decided by the Board. By being a member of the STYFC each league agrees to obey by all rules, regulations and schedules set forth by the Board. It will be the responsibility of each director to see that all information regarding decisions set forth by the Board of Directors is passed on to their respective leagues.
 - A. *Each participating League is required to pay a minimum annual league fee of \$100. Checks shall be made payable to STYFC and due before start of the practice season. (2016)*
 - B. *Each participating league is required to register and comply with the USA Football – Heads Up Football program. (2016)*
- 1.2. League playing rules will be reviewed each year prior to the start of the new season. Any changes to the playing rules-or structure of the league must have majority approval of STYFC directors.
- 1.3. Coaching staff shall consist of one head coach and as many assistant coaches deemed necessary.
- 1.4. All coaches must be on their leagues Coaches Roster which will be submitted to the STYFC at weigh-ins.
- 1.5. Head coach must be knowledgeable of the game of football and all league rules. The head coach must be a mature adult whose responsibility includes total control of the sidelines, assistant coaches, and the action of all persons connected with the team.
- 1.6. Assistant coaches must be under the direction of the head coach. They are also expected to be mature individuals knowledgeable of the game and all league rules.
- 1.7. No alcohol, smoking, chewing tobacco or profanity will be allowed on the playing field during practice or games.
- 1.8. A League Director that can not be present for games hosted on their field must provide a back up persons name and phone # to the STYFC President. It will also be the home team's discretion whether to play Saturday night or Sunday afternoon.
- 1.9. The Superbowl will rotate each year to a new location. The playing field must be acceptable, or the Superbowl will go to the next field host.
- 1.10. In order to split to two teams in any age group, a league must split at least 2 of 3 age groups in any combination.

- 1.11. *It is the responsibility of the individual League Directors to submit all-star player selections from the opposing team to the League President within one (1) week of the game played. Director shall submit one ball carrier and one non-ball carrier name and number for each division. (2016)*

SECTION 2 PRACTICE SESSIONS

- 2.1. Practices shall not begin prior to **July 29, 2019** and then shall be conducted under the following guidelines:
- 2.2. No player will participate in contact drills or scrimmage until he/she has experienced three (3) full conditioning practices. All players must have three (3) full contact practice sessions prior to their first game. In Summary: All players must have a total of six (6) practices prior to their first game.
- 2.3. All players shall wear proper league approved protective equipment at all sessions (game and practice) involving physical contact.
- A. Helmet
 - B. Shoulder pads
 - C. Hip, thigh, tail bone and knee pads
 - D. Supporter with cup (boys)
 - E. Mouth guard must be attached to helmet or waived if special orthodontic device is used
 - F. Molded rubber sole cleat or non-cleated athletic shoe
 - G. All INELIGIBLE ball carriers must have clearly marked helmets signified by striping down the middle of the helmet that is distinguishable by contrast with helmet color.
- 2.4. No practice session shall exceed two (2) hours. Coaches will allow sufficient water breaks.
- 2.5. No more than three (3), two-hour practice sessions per week.
- 2.6. After the first game of the season, practice sessions shall not exceed 3 days in a week, one of which must be non-contact, *and helmets only*. (2015)
- 2.7. A week begins on Monday and ends on Sunday.

SECTION 3 GAME SCHEDULING

- 3.1. Season schedule will be set by league directors. It will be the responsibility of the head coach to see that his players are ready so that games start on time.
- A. *Saturday Game times are: (2016)*
Lower "C" – 3:30pm
Middle "B" – 5:30pm
Upper "A" – 7:30pm
 - B. *Sunday Game times are: (2016)*
Lower "C" – 11:30am
Middle "B" – 1:30pm
Upper "A" – 3:30pm

3.2 Game postponements will be allowed due to severe weather conditions as follows:

- A. In the event of severe weather, league directors should contact each other at least 2 hours prior to game time. Both directors must agree to the postponement. If the directors can't agree, STYFC President will make the decision.
- B. Or at the field just prior to the game with the consent of both participating coaches and/or league directors.
- C. Failure to field your team at the scheduled time will result in a forfeit. Games that are forfeited will be considered a loss and will not be rescheduled.

3.3. Rescheduling of postponed games will be done with both coaches and/or league directors to determine a day and time convenient for all. The postponed game must be made up by Wednesday of the following week. If the postponed game cannot be made up by Wednesday of the following week, the STYFC President must be contacted.

SECTION 4 FIELD REQUIREMENTS

4.1 Playing Fields that are not of High School caliber (meaning Fenced and with a Track) will need to be roped off in order to keep spectators off the sidelines. Ropes will need to be 30 ft. off the sideline of the playing field where possible or as far back as field dimensions will allow. The STYFC must approve all such field situations for Game Play before the first game of the season.

- A. All Fields will require Padded Goal Posts.
- B. All Fields that do not have working scoreboards will require a Digital clock on the field that both team's coaches can see while on the field. In the event of a malfunction of the digital clock, official time will be kept on the field by the officials. The home team is responsible for providing someone who will keep the visiting team updated on status of the game clock.
- C. Only one game will be played at a time per location.
- D. The home team is responsible for the game clock and must have an adult running the clock that understands basic game officials hand signals as to when to start and stop the clock.
- E. It is the director's responsibility to contact the STYFC President and the visiting team's director if there are concerns over poor field conditions due to weather etc. that would render the field un-safe to play on. This must be done as soon as possible (minimum 1 day) in advance in order to possibly change the game's location.
- F. Bathroom facilities must be provided at all field locations.
- G. Programs that can not provide an adequate playing field will play their games on the road.
- H. Fields must be maintained (ropes, pads etc.) throughout the season after receiving league approval. If an opposing team arrives for a game and the field is not up to the standards set in the STYFC rulebook, the home team will forfeit the game. Or, if agreed upon by both teams, the game may be played under protest. The STYFC President will review the protested game and make a determination.
- I. In the event of thunder and/or lightning, the playing field must be evacuated for a minimum of 40 minutes after the first sound of thunder or flash of lightning. If no further signs of thunder or lightning occur within the 40 minutes, play may resume. If at any time there is an additional clap of thunder or streak of lightning, the clock resets and play cannot resume until 40 minutes has passed without any further signs of thunder or lightning. There is a maximum of 2 clock resets, after which the game will be cancelled.

SECTION 5 PERSONNEL ON THE FIELD

5.1 One coach from each team is allowed on the field during play.

- A. This coach *is allowed to instruct the players up until the offensive huddle is broken.* (2016)
- B. In the case of a no-huddle offense, instruction must stop once the officials signal “ready to play.”
- C. The only exception is when a player is positioned illegally or in the case of a safety issue. (Example: Defensive player line up in the “A” gaps or incorrect depth or equipment problems.)
- D. A coach is not to instruct a player to go out and cover a wideout.
- E. The coach must stay clear of play and not interfere. Coach must be at least 5 yards behind the deepest player on their team.
- F. Coaching can resume once a play is blown dead. Coaching from sidelines is allowed at any time.
- G. Electronic communication devices are not allowed on the field of play at any time.
- H. Coaching violations will result in a 5 yard procedure penalty for each offense.
- I. Exception: Two coaches will be allowed on the field during *C and B Games.* (2019)

5.2 Officials and chain crews:

- A. It will be the home team’s responsibility to ensure that 3 responsible adults are assigned to man the 10-yard chain and down marker for each game.
- B. The chain crews are instructed by and under the direction of the head linesman.
- C. Chain crew location will be determined by the home team. In the event the chain crew is on the visiting team’s sidelines and there are any conflicts or confrontations between the chain crew and the visiting coaches or spectators, the chain crew will be moved to the home team’s sidelines.
- D. It will be the home team’s responsibility to have at least 2 Adult officials that are High School Certified or have been trained by their league director on the field to insure proper conduct of the game and enforcement of the rules for the each level. The visiting team may supply 1 or 2 referees. (Optional). Visiting (Non Certified) officials are entitled to be either the back judge or referee and must be an adult. The home team official has the first choice.
- E. Adults are classified as being at least 18 years of age and out of High School.
- F. If a H.S. Certified Official is in attendance for any game, (be it home or away) that Certified Official shall be designated as the Head Referee. Should both the Home and Visiting Team supply a Certified Official(s), then a Certified Official supplied by the Home Team shall be designated as the Head Referee.
- G. If Certified Officials are present then a Non-Certified Official will NOT be allowed to work with the certified crew.
- H. Failure to provide Certified or league director trained adult officiating will result in a FORFEIT by the HOME teams. If certified or league director trained officials are NOT available the HOME team must notify the visiting team and the STYFC President by Friday at 8:00 PM to avoid a forfeit.
- I. Non-Certified Officials should wear at the minimum an Officials Black/White Striped shirt.

SECTION 6 GAME CLOCK

- 6.1 Playing time for all age levels will be 4 quarters of 10 minutes each.
- 6.2 For Divisions A and B there will be no running time. It will be a full stop and go clock. *For Division C, the clock will only stop for injured players and charged time out. - 2019*
- 6.3 The play clock will be controlled exclusively by an official on the field of play and run as follows:
- A. The 45 second clock will enforced at the "A" & "B" levels while a 60 second clock will be strictly enforced at the "C" Level.
 - B. 10-minute quarters with a 1 minute official time out between the 1st and 2nd and the 3rd and 4th quarters with a 15 minute halftime. *Division C will have a 10 minute halftime.- 2019*
 - C. Clock will stop any time during the game for official time outs, extra points, out of bounds, penalties, incomplete passes, injuries, and change of team possessions. Change of possession is when the offensive team declares a punt.
 - D. A 2 minute warning will be given to each team in the 2nd and 4th quarters. At this time there will be an official time out. (1 minute).
- 6.4 Each team is allowed 3 time outs per half (1 minute each). A charged time out occurs when requested by the captain, Head Coach or other authorized player as granted by an official. Non chargeable time outs will be injury of a player, repair of equipment or officials time outs. *Injured players, for which a time out has been called, must come out of the game for the next two (2) plays. - 2019*

SECTION 7 OFFICIAL WEIGH IN

- 7.1 Each player must be officially weighed in prior to the start of playing season by league officials. Stripped weight can be used. Time, date and place of weigh-ins will be set by league officials. Doctors weigh in slips will not be accepted. All league programs must have the STYFC Roster form filled out legibly and ready for weigh-in or the team's weigh-in will not be acknowledged.
- 7.2 Once a player is weighed in and meets league requirements they will not be challenged during the year.
- 7.3 After the second weigh in an official roster will be distributed to league directors. If a player is not on the official roster he/she will be a non-ball carrier and the weight/DOB can be challenged through out the year. If a player does not officially weigh-in at either of the two weigh-ins, he/she must sit out the first scheduled game.
- 7.4 A league representative must be present for all that league's teams' weigh-ins.
- 7.5 The Official roster, in order to expedite the weigh in process, shall contain the following information in this order: *Name, Date of Birth, Age, School Name, Grade Level, Weight, and Jersey Number and must be in alphabetical order. Only the official STYFC Roster Form will be accepted. If the official STYFC form is not used the TEAM will NOT be weighed in. Once weighed in a player's jersey number can't be changed without all STYFC directors being notified in writing. NO*

EXCEPTIONS! *Each program roster shall be signed by the Program Director prior to the weigh-in. If the roster is not authorized by the Program Director, the team shall not be allowed to weigh-in. - 2019*

- 7.6 The only roster form that will be accepted as **OFFICIAL** will be the template provided on the STYFC league website. All other forms **will not** be accepted at the league weigh in.
- 7.7 *Prior to the start of the weigh-in process, a minimum of two (2) league Directors to verify accuracy of the scale to be used for weigh-ins. (2014)*

SECTION 8 ELIGIBILITY

8.1 *Lower division (Grades 2nd and Lower) – Flag - 2019*

- A. Player's grade level of the present school year will be their official playing level.
- B. Weight restrictions:
 - 1. Unlimited. However, all coaches and directors should assess whether to move a "large" player with sufficient abilities to the next level.

8.2 *Middle division (Grades 3rd and 4th) – Tackle - 2019*

- A. Player's grade level of the present school year will be their official playing level.
- B. Weight restrictions:
 - 1. Unlimited
 - 2. Maximum ball carrying weight is 85 pounds - 2019

8.3 *Upper division (Grades 5th and 6th) – Tackle - 2019*

- A. Player's grade level of the present year will be their official playing level.
- B. Weight restrictions:
 - 1. Unlimited
 - 2. Maximum ball carrying weight is 115 pounds - 2019

- 8.4 No player will be allowed to participate in more than one division at the same time. *A player can play at the level above, at the discretion of the individual program. Players are not allowed to play a level below their playing level as based on their school grade level. - 2019*

- 8.5 No player participating **on a school football team will be allowed to play in the STYFC.** *Students in 7th grade (and above) are not allowed on a STYFC roster. - 2019*

- 8.6 All ineligible ball carriers must have clearly marked helmets signified by striping down the middle of the helmet that is distinguished by contrasting with the helmet color.

- 8.7 If a team does not have their players marked as ineligible ball carriers and they recover a fumble or have an interception then the ball will be dead at the spot and will not be advanced by the player.

- 8.8 *If a Player or Coach is thrown out of a game, the League Director of that program shall report the event to the STYFC League Directors within 24 hours. STYFC will review and provide a decision on*

the Payer or Coach(es) eligibility for the next scheduled game. (2014)

- 8.9 *Any player additions after the official roster is issued, per Section 7, must be communicated and distributed to STYFC Directors. If not communicated to STYFC prior to game play, team will be required to forfeit any wins with ad player(s). (2016)*
- 8.10 All football protective pads should be covered by the uniform. If protective pads are exposed, the uniform part should be repaired or replaced.
- 8.11 Players may participate with approved padded cast on hand, wrist, forearm, or elbow and must have officials and program Director's approval.
- 8.12 Mouthguards are required and must be attached to the helmet.

SECTION 9 TACKLE - PLAYING RULES

- 9.1 Kickoffs: There are No kickoffs. Play will start on the 35-yard line on a 100-yard field and on the 25 yard line on an 80 yard field.
- 9.2 Safety: After a safety, the scoring team will put the ball in play on the 50-yard line (100-yard field) or 40-yard line (80 yard field).
- 9.3 Punting will be done by controlled freeze punt. The offensive team must declare if they are going to punt and the punt will be conducted as follows:
- A. No rushing and no returning the punt. Both the offense and defense will have 7 men at the line of scrimmage. Players are allowed to stand with hands raised. Players cannot jump.
 - B. The ball must be controlled by the receiving team. The referee will place the ball in play at the point. The ball cannot be hit or fumbled forward.
 - C. The punter must stay between the tackles and a minimum of 5 yards behind the line of scrimmage to kick the ball.
 - D. *The center must long snap the ball through his legs to the punter. (2015)*
- 9.4 Fumbles: Advancement of fumbles or interception by an eligible ball carrier will be allowed. Recovery by a non-eligible ball carrier will be marked at point of recovery.
- 9.5 Encroachment: Defined as a player breaking the imaginary vertical plane at the tip of the ball or making contact with an offensive player. A player may move or jump and reset so long as they do not make contact or break the imaginary vertical plane at the tip of the ball.
- 9.6 Blocking: A player may contact opponents with the arms or hands provided the technique is legal. The legal techniques are as follows:
- A. Closed or cupped hand technique:
 - 1. The elbow may be inside or outside the shoulders.
 - 2. The hands must be closed or cupped with the palms not facing the opponent.
 - 3. The forearms are extended no more than 45 degrees from the body.

- B. Open hand technique. The hands shall be:
 1. In advance of the elbow.
 2. Inside the frame of the blocker's body. The frame of the blocker's body is the front of the body at or below the shoulders.
 3. Inside the frame of the opponents body, except when the opponent turns his back to the blocker or after the blocker is committed to his charge. The frame of the opponents body is at the shoulders or below other than the back.
 4. At or below the shoulders of the blocker and the opponent, except when the opponent squats, ducks or submarines during the block or after the blocker is committed to his charge.
 5. Open when the palms are facing the frame of the opponent or when the forearms are extended beyond the 45 degree angle from the body.
- C. The blocker may not initiate contact with his arm or hands against an opponent above the opponents shoulders.
- D. An offensive player may also use his hands or arms when he is a runner, to ward off or push any player excluding contact with the defensive player's face mask.
- E. A defensive player may also use unlocked hands or arm to ward off an opponent who is blocking him, or push or pull the blocker out of the way in an actual attempt by him to get at the runner or a loose ball.

9.7 Free-blocking zone: The free-blocking zone is 2 yards deep on each side of the line of scrimmage and 4 yards to each side of the football. The intent of this rule is to prevent blocking below the waist on linebackers.

- A. **Only the Offensive Guard or Tackle who is stationary at the snap and any defensive player may contact an opponent below the waist on his initial charge provided all players in the contact were in the free blocking zone at the time of the snap, and that the player contact only the player directly across from that player, and contact is in the free blocking zone.**
- B. Blocking from the rear is not clipping when:
 1. Contact is in the free blocking zone.
 2. Offensive blocker is on his line scrimmage and is in the free blocking zone at the snap.
 3. Opponent is in the free blocking zone at the snap.
 4. Opponent purposely turns his back anywhere on the field while engaged.
- C. Free blocking zone disintegrates and the right to block below the waist and/or clip during close line play is not to continue after the initial charge, or the position of the ball is established, or the ball has left the zone.

9.8 *Heat Index Rule: If the Home teams school or league has a heat index rule and a game must be canceled, the Home team must re-schedule and play the game within the week or take a forfeit.* (2014)

9.9 *If a rules violation occurs during a game, the opposing coach must bring the violation to the attention of the game officials. The game officials must inform the violator of the rules violation. If the rule violation continues to occur with no attempt of corrective action, the opposing Coach may*

bring video evidence to the STYFC League Directors for review and resolution of issue. (2014)

SECTION 10 TACKLE - OFFENSE

- 10.1 *Offense line of 7 linemen must be in a 2, 3 or 4 point stance on the line of scrimmage at the snap of the ball. All players must be set for 1 second prior to snap. The use of an unbalanced line is legal.* (2019)
- 10.2 Offensive player is on the line of scrimmage when he faces his opponents goal line with the line of his shoulders approximately parallel thereto and his head or foot breaking the plane of an imaginary line drawn through the waistline of the snapper and parallel to the line of scrimmage.
- 10.3 Maximum split of 1 yard between linemen, end to end, unless a split end is used, in which case the maximum split for the end is 10 yards from the tackle. No double split ends (in other words, no “twins”). A team has the option of using either a split end or a flanker on any given down. However, they may not use both a split end and a flanker at the same time on a given down. If the end is not a ball carrying weight he/she may block only. The end must be ball carrying weight only if split is greater than 1 yard.
- 10.4 Center shall have his feet behind his line and No part of his body other than a hand or hands on the ball may be beyond the foremost point of the ball.
 - A. The snapper may make preliminary adjustment of the ball before assuming his set position. During these adjustments the snapper may lift the ball slightly without moving the location.
- 10.5 Offensive backfield must be eligible ball carriers.
- 10.6 Flanker can be used, with a maximum split of 5 yards out past the end and at least 1 yard off the line of scrimmage and be ball carrying weight.
- 10.7 Illegal formations: You cannot have 3 eligible ball carriers set on the same side outside the tackle. No more than 2 players outside the tackle.
- 10.8 Motion: No more than one player may be in motion at the snap of the ball between the offensive ends and then only if such motion is not toward the line of scrimmage prior to the snap of the ball. When motioning to the side of a formation that has 2 players outside of the tackle, the motion back may not be passed the midline of the center at the snap of the ball.
- 10.9 Ready-For-Play is a term which signifies the referee has signaled the ball may be put in play by the offense. After the referee’s signal the offense will have 45seconds to get their play off at the “A” & “B” level. The “C” level will have 60 seconds.
- 10.10 Double reverse and end around plays are legal.
- 10.11 Game Balls must have the size stamped on the ball. The following sizes will be allowed for Game Play:

“B”: PEE WEE or JUNIOR
“A”: JUNIOR or YOUTH

- 10.12 Inadvertent whistle. During a down, if an inadvertent whistle occurs while:
- A. A legal forward pass or snap is in flight: the down shall be replayed.
 - B. The ball is loose following a backward pass, fumble, illegal forward pass or illegal kick, the team last in possession may choose to put the ball in play where possession was lost or replay the down.
 - C. The ball is in player possession, that team may choose to accept the play at that spot or replay the down. (This is always offensive teams choice)

SECTION 11 TACKLE - DEFENSE

- 11.1 Defensive formation will be 6-2-3 or 6-2-2-1. Once inside the 10 yard line or extra point try a 6-3-2 can be used. Defensive player must be grouped into three distinct areas until the ball is snapped. All defensive backs and linebackers must be eligible ball carriers.
- 11.2 Defensive line made up of 6 linemen must be in an imaginary straight line extending from offensive end to offensive end. With **no one lined up over the center**.
- 11.3 No linemen may play directly over the offensive center or in the “A” gap.
- 11.4 Defensive ends can play no more than half a shoulder (body) outside the offensive ends in an upright stance. When an offensive team employs a wide receiver, *flanker* (2016) or split end, the defensive end to that side of the formation may assume a walk away position. The defensive end may align at a maximum depth even with the 2 inside linebackers and no wider than half the distance between the wide receiver, *flanker* (2016) or split end and the next lineman.
- 11.5 Linebackers must be at least 1 yard directly behind the deepest linemen (guard, tackle or end) until the ball is snapped. Linebackers may Not line up over the center or in the gap in 6-2-3 or 6-2-2-1. Inside the 10 yard line (goal line stands or extra point) 6-3-2, linebacker can line up over the center however they must be 1 yard behind the deepest lineman.
- 11.6 Defensive backs or corner backs must be at least 3 yards behind the deepest linebacker until the ball is snapped. Defensive backs cannot play outside the offensive end unless the offense is using a flanker or a split end. He may or may not move out to cover. However the 6-2-3 must be maintained. Inside the 10 yard line the defense can be modified to 6-3-2.
- 11.7 **Blitzing: No Defensive Linebacker or Defensive back may be moving towards the line of scrimmage (blitzing) prior to the snap of the ball. Movement by the Defensive line that doesn’t break the plane of that player’s line of scrimmage is not a foul.**
- 11.8 Head tackles, spearing or direct blows to the head are NOT allowed, and will result in a major penalty. Intentional use of the hands on the helmet, whether blocking or tackling to bring a player down is not allowed.
- 11.9 Horse Collar: A Horse Collar is defined as a tackle in which the defensive player’s hands grasp the

back of the jersey or the back of the shoulder pad in the vicinity of the neck that brings an offensive player down backwards. The same such tackle that pulls an offensive player forward is not a Horse Collar tackle.

- 11.10 *A defensive player is not allowed to engage a lead blocker below the waist when outside of the tackle box or down field from the line of scrimmage. Action to be considered a personal foul with a 15 yard penalty. (2014)*

SECTION 12 FLAG - PLAYING RULES - 2019

12.1 *Since flag football will have the youngest players in our league, and for many of them it will be their first experience to play in an organized spot, the sole purpose is to:*

- A. *Teach the fundamentals of the game of football*
- B. *Teach sportsmanship, ethics and integrity*
- C. *Teach team play*
- D. *Have fun*

12.2 *80 yard fields will have 10-yard first downs.*

12.3 *There are NO kickoffs. Visitors call coin at the 15 yard line on a 60 yard Field.*

12.4 *After a Safety, play will start on the 15 yard line.*

12.5 *Punting will be done by a controlled freeze punt. The offense team must declare if they are going to punt.*

- A. *No rushing or no returning of the punt. Both the offense and defense will have 5 players at the line of scrimmage. Players are allowed to stand with hands raised. NO Jumping.*
- B. *The ball must be controlled by the receiving team. The referee will place the ball in play at that point. The ball cannot be hit or fumbled forward.*
- C. *If punting is not optioned by the offensive team, then the defensive team will take over the ball 15 yards from the line of scrimmage.*

12.6 *No advancement of Fumbles*

12.7 *Equipment*

- A. *Football shall be "PEE WEE" size made of rubber or leather. No Nerf type balls.*
- B. *Flag belt holds three (3) flags; one on each side and one in the middle of the back. Belts are worn around the waist of each player on the field and not to be covered by shirts or jackets. Flags shall be a minimum of 12" long and be individually attached to the belt via velcro.*

12.8 *Interceptions are live and can be advanced.*

12.9 *Conversions that run from 1 yard out are 1 point; 3 yards out are 2 points*

12.10 *In case of a tie at the end of a game, each team will get 3 plays from the opponent's 20 yard line. Winner will be determined by most scored plays*

SECTION 13 FLAG - OFFENSE

- 13.1 *Offensive line of 5 linemen, except for the Center, must be standing up on the line of scrimmage, with hands on knees, at the snap of the ball. All players must be set or 1 second prior to snap. No unbalanced line.*
- 13.2 *Backfield. 3 Backs (1 quarterback and 2 Running backs). they will line up behind the offensive line.*
A. *No back can line up outside the offensive ends.*
B. *Running backs must be set for 1 second with hands on knees prior to the snap.*
- 13.3 *Maximum split of 1 yard between linemen, end to end.*
- 13.4 *Center may snap the ball by either:*
A. *From a three-point stand hiking the ball between the legs*
B. *Standing sideways and tossing the ball back.*
- 13.5 *If there is a fumble between the center and quarterback, the play will be run over with no loss of down (play). After the second fumble the down (play) will count.*
- 13.6 *If there is a fumble between the quarterback and the running back, the play is ended. The down (play) will count and the next play starts at the spot of the fumble.*
- 13.7 *No Motion*
- 13.8 *Double reverse and End around plays are legal.*

SECTION 14 FLAG - DEFENSE

- 14.1 *Defensive formation will be 4-2-2 or 4-1-3*
- 14.2 *Defensive line must play 1 yard off the ball and be lined up head to head on the offensive line/standing upright hands on knees.*
- 14.3 *Linebackers must be at least 2 yards behind the deepest lineman until the ball is snapped and NOT lined up outside the offensive end.*
- 14.4 *Defensive backs or Corner backs must be at least 2 yards behind the deepest linebacker and NOT lined up outside the offensive end.*
- 14.5 *Blitzing: No member of the Defensive team may be moving towards the line of scrimmage (blitzing) prior to the snap of the ball.*
- 14.6 *Head butts or direct blows to the head are NOT allowed.*

SECTION 15 SCORING & OVERTIME

15.1 The game is won by the team which accumulates the most points. Points are scored either by the run or the pass as follows:

- A. Touchdown = 6 points
- B. Point after:
 - 1. Run or pass from the 3 yard line = 1 point
 - 2. Run or pass from the 6 yard line = 2 points
 - 3. Kick from the 3 yard line = 2 points assuming the following criteria:
 - i. Ball must be snapped backwards from the 3 yard line between the center's legs.
 - ii. A place holder must spot the ball at the point where the kick will take place. If at any time the snap of the ball results in the ball touching the ground prior to placement for kicking, the play is dead and the attempt is unsuccessful.
- C. Immediately following a touchdown the offensive team must declare if point after attempt will be for 1 or 2 points or kick. The referee will then set the line of scrimmage from either the 3 or 6 yard line.
- D. *Point after kick is like a punt. Defense may only hold hands up, no rushing, no jumping. The Offense snaps the ball from the 3 yard line to the holder; ball is dead when hitting the ground. The holder is allowed to receive the ball on a pivot foot only. Should the holder move both feet during the snap, the play is ruled a dead ball. The center must snap the ball between his/her legs. A kicking block of 1 inch may be used. (2015)*
- E. Foul during point after:
 - 1. Offense attempt is for 2 points from the 6 yard line and their attempt is unsuccessful however the defense commits a foul. The offense accepts the penalty and the spot is moved half the distance to the goal. The attempt will still be for 2 points.
 - 2. Offense attempt is for 1 point from the 3 yard line and is successful however they commit a foul. The defense accepts the penalty. The spot is now beyond the 6 yard line. The attempt will still be for 1 point.

15.2 Safety = 2 points

15.3 Field Goal = 3 points

- A. Once the offense declares it is attempting a Field Goal the game clock will stop as this is a change of possession.
- B. *Field Goal attempt is a DEAD BALL play. The rule for the Defense is the same as a punt. The same rules apply to the offense as for a kicked extra point, refer to Section 12.1, Paragraph D. (2015)*
- C. If a Field only has one Goal Post it is allowable to switch sides of the Field to attempt a Field Goal or PAT.

15.4 Overtime for Games ending in a Tie

- A. A coin toss determines which side shall attempt to score first, and at which end zone the scores shall be attempted.
- A. Each team in turn will receive one possession, starting with first-and-10 from the opponent's

10 yard line. The game clock does not run during overtime. A team's possession ends when it scores; fails to gain a first down; or loses the ball by turnover. As usual, a touchdown by the offense is followed by a try for one or two points. The Defense Can Not return a Turnover for a Touchdown.

- B. Each team receives one charged time-out per overtime procedure.
- C. After two overtime procedures any touchdown must be followed by a try for two points
- D. The Overtime procedure will keep going until a winner emerges. No game should end in a Tie.

SECTION 16 POSTSEASON (2016)

16.1 STYFC postseason schedule shall include two rounds of playoff games with a final game: Super Bowl. Super Bowl to match the West and East winner's against each other.

16.2 Postseason to be determined based on Divisional Record. Top two teams from each division will qualify for postseason play. Top two from each division to be seeded as first and second seeds. First round of playoffs to have #1 seed play the opposing division #2 see. For example: #1 seed West/East A division versus #2 from West/East B division and vice versa for the other game (#1 from West/East B division versus #2 from the West/East A division). Winners will play each other the second round. Host team for second round of playoffs to be determined by previous match-up; if the teams did not compete previously then host team determined by coin toss.

A. In the event of a tied Divisional Record, the following process will be used to determine seeding or qualification for postseason:

- 1. Overall Record*
- 2. Head to Head*
- 3. Common Opponent*
- 4. Head to Head Contest (three-way tie). Overtime rules apply. Home field is determined by coin toss. Coin toss determined first two teams to play. Coin toss for first possession. After first attempt if no score another round begins in same order until winner. Then winner goes against remaining team. First team to lose twice is out, two remaining teams determine winner that advances to next week. (2017)*