



YFL RULES

General Rules

- The games are 40 minutes long (two 20-minute halves).
- Games will have a running clock and will stop for referee's time-out or injuries. Each team will be allowed 1 timeout per half. In the 2nd half if score is 8 or less point differential a 2min warning will stop the clock. From then on change of possessions, running out of bounds and incomplete passes will stop the until the game ends.
- 5-minute half time.
- 6v6 for all divisions.
- 4 downs to get to the 20yrd/ 4 downs to reach the end zone.
- Touchdowns = 6 points
- 1-point conversions are from the 5yrd line.
- 2-point conversions are from the 10yrd line.
- Teams will be given warning for all penalties, any penalties after will be called. (1-2nd will have exceptions)
- No taunting/poor sportsmanship will be tolerated by any player, coach, or spectator.
- Profanity of any kind will not be tolerated by any player, coach, or spectator. Profanity will cost the offender 10 pushups for every offense. Continued use of profanity will either make you strong or you may be asked to leave the field area.

Offensive Rules

- Pass or run clock on the tee:
 - 1st – 2nd Grade 5 seconds
 - 3rd – 5th Grade 4.5 seconds
 - 6th – 8th Grade 4.0 seconds
- 45 seconds to run the next play. Time starts once the tee is set at the line of scrimmage.
- QB sneak/QB designed run is allowed once (1) per 4 down series. One before 20yrd line and another (1) before the touchdown. In addition, QB'S may run if blitzed.
- Ball tee will not be an option. Centers are allowed and ball tees can be placed flat on the ground to snap from, and centers are eligible for passes.
- No Blocking:
 - 1st blocking foul, the ball will be placed at the lesser of the spot of foul or where the runner is down.
 - Additional blocking fouls, will result in a loss of down, and the ball will be placed at the original line of scrimmage.
- Ball carriers will be determined to be down where the flags (Hips) are, not the ball.
- Fumbles lost behind the line of scrimmage will result in loss of down.
- Fumbles lost after a gain in yardage will be dead at the spot of the dropped.
- No run zone for 3-5th and 6-8th grade divisions for 1-point conversions, or within 5yds of first-down and touchdown. 1-2 Grade divisions may run on any down, however no QB sneak/designed run on 1-point conversion.

Defensive Rules

- Interceptions count as 6 points if returned for a TD (pick 6), if not returned, only 2 points scored, and Defense retains possession.
- If an interception is returned for a touchdown during extra point, the scoring team will get the value of the extra point try.
- No defense past the line of scrimmage unless the ball is handed off or a blitz. Once the ball is pitched or lateraled back, the defense can attack and pull flags.
- Defense gets 2 blitzes per series. 1 prior to the midline and 1 before the goal line.
- Defense must be 5 yards behind the line of scrimmage if blitzing.
- No blitzing on extra points or overtime plays.
- No blitzing in the no run zone.
- 1 person may blitz in the 1-2nd, and 3-5th grade. 2 may blitz in 6-8th.
- No pressing on defense
- No tackling or pushing.