

Cape Ann Youth Football League Official Game Rules- Any Infraction of the rules will result in a 15yd Unsportsman-Like Penalty

LEVEL	Game Time	Kickoffs/Punts	Defensive Rule	Passing
D (3 rd /4 th grade)	12 min QTRS running time Last 2 mins of 4 th QTR stopped time 5 Timeouts (3 Full/2 30 Sec)	<ul style="list-style-type: none"> D Teams will have no kick offs; the ball will be started on the thirty (30) yard line. D Teams will have no punts. The ball will be advanced twenty (20) yards in lieu of a punt. 	<ul style="list-style-type: none"> Same Rules as JVC & C 	<ul style="list-style-type: none"> Same Rules as JVC & C
JVC, C (5 th /6 th grade)	9 min QTRS stopped time 5 Timeouts (3 Full/2 30 Sec)	<ul style="list-style-type: none"> Regular Kickoff Rules Apply Free Punt- team electing to free kick will inform the officials. The referee will inform the defense that a free kick is in process and then hand the ball to the kicker. The referee will blow his whistle to signal the start of the play. When the referee blows the whistle the play is live and the defense may attempt to block the kick. The kicker must kick the ball. If the kicker drops or runs with the ball it is immediately dead, marked at the spot, and the down is lost. Any player is eligible to perform a free kick or kickoff. 	<ul style="list-style-type: none"> No Blitzing Must have 4 or 5 players on LOS. Interior Linemen must be in down position D/Ends can stand if they are outside the Off/Tackles. Linebackers/Cornerbacks must be at least 3 yards off the LOS at the snap. Two Safeties must be 10 yards off the LOS at the snap. No pre-snap moving between a 4 man line to a 5 man line or vice versa to confuse offense. Inside the 3yd line Safeties are allowed to move up to within 3 yds of LOS. 	<ul style="list-style-type: none"> On drop back passes only interior linemen are allowed to rush the QB On Play action passes, linebackers pursuing the play action fakes are allowed to continue towards the QB On rollout/sprint out passes, the quarterback will be considered a running back.
A, B, JVA (7 th /8 th grade)	9 min QTRS stopped time 5 Timeouts (3 Full/2 30 Sec)	<ul style="list-style-type: none"> Regular NCAA/MIAA Rules Apply 	<ul style="list-style-type: none"> Regular NCAA/MIAA Rules Apply 	<ul style="list-style-type: none"> Regular NCAA/MIAA Rules Apply