



# NSYFL Sideline Rules Sheet

updated 9/2025

## Game Day Contacts

Joe Strada - 816-522-5519

Marcus Taylor- 816-260-1387

Anthony Palmetero - 816-686-2782

	8th	7th	6th	5th	4th	3rd
Field Length	100 yards	100 yards	80 yards or 100 if both teams agree	80 yards or 100 if both teams agree	80 yards or 100 if both teams agree	80 yards or 100 if both teams agree
Weight Limits	None	160 or less	135 or less	125 or less	110 or less	95 or less
Kick Off	Normal Kick off per MSHSAA rules	Normal Kick off per MSHSAA rules	no kick off ball at 25 (80 yard) or 35 (100 yard)	no kick off ball at 25 (80 yard) or 35 (100 yard)	no kick off ball at 25 (80 yard) or 35 (100 yard)	no kick off ball at 25 (80 yard) or 35 (100 yard)
Punt	Normal punt with rush	Normal punt with rush	Punt with no rush, or Walk off 15 yards (80 yard) or 20 yards (100 yard) -never inside opp 20 yard line -Cannot advance punt -No turnover on muff/touching -8 people on LOS	Punt with no rush, or Walk off 15 yards (80 yard) or 20 yards (100 yard) -never inside opp 20 yard line -Cannot advance punt -No turnover on muff/touching -8 people on LOS	Punt with no rush, or Walk off 20 yards (80 yard) or 30 yards (100 yard) -never inside opp 20 yard line -Cannot advance punt -No turnover on muff/touching -8 people on LOS	Punt with no rush, or Walk off 20 yards (80 yard) or 30 yards (100 yard) -never inside opp 20 yard line -Cannot advance punt -No turnover on muff/touching -8 people on LOS
XP / FG	FG is 2 points (can rush), Run/Pass is 1 point	FG is 2 points (can rush), Run/Pass is 1 point	FG is 2 points (can rush), Run/Pass is 1 point	2 points pass, 1 point rush FG is 2 points (no rush)	2 points pass, 1 point rush FG is 2 points (no rush)	2 points pass, 1 point rush FG is 2 points (no rush)
On Side Kick	Yes, per MSHSAA rules	Yes, per MSHSAA rules	not allowed 4th & 20 from 30 (80 yard) or 40 (100 yard)	not allowed 4th & 20 from 30 (80 yard) or 40 (100 yard)	not allowed 4th & 20 from 30 (80 yard) or 40 (100 yard)	not allowed 4th & 20 from 30 (80 yard) or 40 (100 yard)
Safeties	kick off from 20 (80 yards) or 25 (100 yards)	kick off from 20 (80 yards) or 25 (100 yards)	Ball placed on 30 (80 yard) or 40 (100 yard)	Ball placed on 30 (80 yard) or 40 (100 yard)	Ball placed on 30 (80 yard) or 40 (100 yard)	Ball placed on 30 (80 yard) or 40 (100 yard)
Touchback	on 20 (80 yard) or 25 (100 yard)					
Clock Mgmt	9 min quarters 5-7 min half  3 TOs per half (1 TO per overtime) 2 OT max (1st and Goal from 10 yard line)					
Spread Rule	Spread rule if 24-point lead or greater. Ball placed at mid-field if leading team scores. If losing team scores, they have option to kick-off or give leading team ball at the 20. Team leads by 30 points, running clock stopping for timeouts and injury					

### \*Notes

- NON Eligible ball carriers shall have a NSYFL sticker on the back of their helmet indicating they are over the weight limit and not able to advance the ball. No ineligible ball carrier may line up in an offensive end or backfield position, except for a punter or place kicker or holder. On every play there must be an eligible player with a stripe at each end of the offensive line of scrimmage and in all

- Zorts is the official app to be used for roster mgmt, which includes player name, picture, jersey number and weight information