



Premier Youth Football League

1. Playing rules for PYFL football shall be those used by the NCAA games (rules issued by the National Collegiate Athletic Association), modified where appropriate.
2. Each game will consist of four 8 minute regulation quarters with a 7 minute halftime. Each team has 3 timeouts per half, which do not carry over. Flag games will consist of four 8 minute running clock quarters. Halftime may be reduced to 5 minutes when necessary.
3. PYFL Field Director will be responsible for player/roster verification prior to kickoff. Coaches will be responsible for providing a binder with all players' Certified ID to the Field Director prior to each game.
4. Each team must field at least eleven (11) players for the game to be declared official. Should a team not be able to field eleven (11) players at starting time, plus ten (10) minutes, the game will be declared a forfeit. Teams that forfeit will be fined \$500, which must be paid prior to that team's next scheduled game.
5. Each team may have one head coach, a team manager and 5 assistants on their sideline (18 years of age or older). Head Coach and the Team Manager are responsible for all assistant coaches, parents, players and fans. No one other than certified coaches and certified player will be permitted on the sideline.
6. All players, coaches, assistant coaches and Team Manager can be in the coaches' box on the sidelines. The coaches' box is between the twenty-five yard lines. Coaches and players are required to stay off the white section of the sideline.
7. The referee will ask for up to 3 team captains prior to kickoff for coin toss. Coin toss winner can choose to receive or defer to 2nd half. Coin toss loser will choose direction, unless the winner defers.
8. The visiting team is responsible for obtaining 3 adult volunteers (15 years of age or older) to run the sideline chains and down marker. These volunteers cannot coach. Nor can they cheer outside the coach's box. The Team Manager is responsible for obtaining his 3 volunteers prior to each game.
9. The offense is given 25 seconds from the spotting of the ball to the time they must snap the ball to begin the next play.
10. The method of scoring and their value are:
 - a. Touchdown – 6 points
 - b. Safety – 2 points
 - c. Field Goal – 3 points
 - d. Extra Point (all from the 3 yard line):
 - I. Kick – 2 points
 - II. Run or Pass – 1 point
11. All players must wear an approved helmet and pads, which abide by NCAA rules. **NO jewelry, open toed shoes or metal cleats may be worn. No Player shall participate while wearing illegal equipment.** This applies to any piece of equipment that in the opinion of the referee or the Field Director is dangerous and/or inappropriate.

12. The game balls and sizes are:
 - a. Nike Spiral Tech Pee Wee – Flag & 8U
 - b. Nike Vapor 48 JR. – 9U, 10U, 11U
 - c. Wilson GST Youth – 12U
13. Game clock errors may be corrected only in the period that they occur.
 1. Two unsportsman-like conduct penalties by any player, coach or spectator will result in immediate dismissal of the violator, a fifteen yard penalty and a dead ball. If a warning is issued to a spectator for any reason, a Team Manager (with the same respective team) will be escorted by the Field Director to issue the warning. The warning will be verbally communicated by the Team Manager to the violator. If the spectator is cited a second time, he or she will have 5 minutes to exit the stadium. If the violator is not outside the entrance gate in 5 minutes, that respective time will take a forfeit (21-0 loss in the standings). The referees will be instructed to end the game immediately.

Mercy Rule: After a 25 point lead, clock doesn't stop. Time outs can be taken, but the clock will not stop. The losing team will start with the ball at mid-field with no kick-off. If the losing team decreases the lead to less than 25 points, then the clock will return to regulation play.

Injury Clock: The clock will stop after an injury and then the clock will start when the player is back on the sideline. Player must leave the playing field for one play. Players on the opposing team must take a knee in the huddle or remain on the sideline.

Overtime rules are:

- a. One time out per team for the entire overtime.
- b. The team that has the ball at the end of regulation will start with the ball during overtime
- c. Extra period consists of two series from the ten yard line (both teams will have 1 series per overtime period). If the score is still tied, then the game will go into an additional overtime period from the five yard line. Each team will have 4 downs to score from the five. Overtime periods will continue from the five yard line until there is a winner.

Equipment Requirements:

Each player shall properly wear the mandatory equipment in order to participate in any tackle football game or practice.

- a. Any multi-bar face mask that meets NCAA standards.
- b. Helmet with properly fastening chinstraps that meet the NCAA standard (NO zip ties)
- c. Mouthpiece
- d. Shoulder pads that meet NCAA standards.
- e. Hip pads and tailbone pads.
- f. Thigh pads that has a minimum compression resistance to four to eight pounds.
- g. Knee pads at least ½ inch thick and must be worn over the knee and under the pants.

Disqualification or Ejection:

- a. Fighting: whether it is a player, coach or spectator
- b. Striking, kicking, punching or any physical contact.
- c. Intentional contact with game officials.
- d. Two un-sportsman-like fouls by a player, spectator or coach.
- e. Any other act that is unruly, rough and/or flagrant...in the opinion of the officials.

Disciplinary Procedures and Penalties

- b. It is expected that all coaches will conduct themselves in a sportsman-like manner and be respectful to all league officials, referees and opponents. No abusive language, profanity or arguing with any game official, PYFL staff or opposing parents/coaches/players will be tolerated. Failure to comply with this rule will result in a fifteen-yard un-sportsman-like conduct penalty. Failure to comply with this rule may result in any or all of the following:
 1. Coach(s) will be ejected from the game and suspended by the league for up to three games.
 2. Coaches can only be reinstated at PYFL discretion.
 3. Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game.

Supplemental Playing Rules for Special Teams

Playing rules for PYFL football shall be those used by the NCAA (rules issued by the National Collegiate Athletic Association). Modifications to those rules are as follows:

1. Flag

- a. Field size is 100 yards in length.
- b. Automatic punt. There is no punting on fourth down unless the team chooses to have a player attempt the punt. No rush rule applies in this case. Otherwise, for a change of possession, the offensive team tells the referee that they choose to punt, the ball is advanced 25 yards down field to be no deeper than the defensive team's 20-yard line, and the ball is turned over to the defensive team.
- c. Point after touchdown (PAT) is one point for running and (2) for kicking, or a forward pass
- d. Flag players must wear the PYFL issued game flags, official jersey and shorts.
- e. Only flags issued by PYFL may be used in this division.
- f. Any player who handles the football and has their jersey untucked or flag missing is considered down at the spot of contact with the ball.
- g. Linemen may block with arms extended and inside the shoulders of the opponent.

2. 8U

- a. There is a "no rush" punt rule allowing for the punter to receive the ball from the center and kick it. For the offensive team to receive the "no rush" protection, the offensive team must tell the referee that they are going to punt. There is no "fake punt" opportunity. Defense must have 6 players on the line of scrimmage.
Once the ball is punted the punting team may release for punt coverage.
- b. This level may also opt for the automatic punt where the ball is advanced 25 yards down field to be no deeper than the defensive teams 20-yard line.

3. **Flag & 8U -- EXTRA POINTS** kicked there is no rush.

5. **9U thru 12U**

- a. All punts are live.
- b. All PAT's are live.
- c. Once the ball is punted the punting team may release for punt coverage.
- d. No defensive player shall line up over the center on punts or PAT's.
- e. It is illegal to hit the center on Punts or PAT's.

6. **Punts**

- a. **Flag & 8U** - If a team decides to punt or kick an extra point, the coach or team captain must tell the referee before they break the huddle. The referee shall announce the coach's call. The punting/kicking team has to punt/kick the ball and the defensive team may not rush the punter/kicker. The clock does not run until the ball is touched. If a team does not declare a punt/kick, the defense may rush the punter/kicker. On declared extra-point kicks, the defensive team is allowed to raise their hands. The referee may only ask the coach if they wish to declare and must do so prior to the offense breaking huddle.
- b. Receiving team formation on a declared punt/kick shall consist of a regular 6 man defensive front on the line and a maximum of three players back to receive the ball. If a penalty occurs on a declared punt, then the declaration is removed. If the punting/kicking team retains possession after the penalty and want a declared punt/kicking, they must re-declare. They still have the option of running a play or punting.

Stadium Rules

No tobacco products, alcoholic products, skates, roller blades, skateboards, or animals

No food or drink inside track area

No fruit, candy, sunflower seeds, or sports drinks allowed on the field – **WATER ONLY!!!**

Eligibility

Flag Division	6U	NO WEIGHT LIMIT ON BALL HANDLERS
8U DIVISION	8U	100 LB LIMIT ON BALL HANDLERS
9U DIVISION	9U	115 LB LIMIT ON BALL HANDLERS
10U DIVISION	10U	130 LB LIMIT ON BALL HANDLERS
11U DIVISION	11U	150 LB LIMIT ON BALL HANDLERS
12U DIVISION	12U	NO LIMIT ON BALL HANDLERS
<i>UIL participation requirements will apply for 7th and 8th Grade Divisions.</i>		
7TH GRADE DIVISION	13U	NO WEIGHT LIMIT ON BALL HANDLERS
8TH GRADE DIVISION	14U	NO WEIGHT LIMIT ON BALL HANDLERS