



## Y2 SPORTS LEAGUE & TOURNAMENT RULE BOOK

- No Contact or Blocking is allowed.
- The Quarterback cannot run the ball unless he or she has received a direct handoff behind the line of scrimmage.
- The player who rushes the QB must start 7 yards off the line of scrimmage. **Exception 5-6 and 7-8 division = no rushing.**
- All players are eligible to receive a pass.
- The offense has 3 downs to pass midfield and then 3 downs to score. **Exception 5-6 and 7-8 Division will have 4 downs to pass midfield and 4 downs to score.** A turnover on downs will occur if the offense is short of the first down or end zone resulting in an immediate possession change spotting the ball at the opponent's 5-yard line.
- No kicking or punting.
- All possessions, except interceptions, will start at the 5-yard line.
- Games will run with between two 15 or 20 minute halves (**depending on number of teams**) and a one minute half time.
- The clock will only stop at the two-minute warning of the second half for an incompleteness, extra points, or out of bounds play, only if the game score is within an 8-point differential. The clock will stop to set the pucks if a first down is obtained.
- Interceptions may be returned.
- All penalties are 5 yards and assessed from the line of scrimmage. Offensive penalties in the 9-11 and 12-14 division will result in a loss of down.
- Defensive penalties will result in an automatic first down.
- The offensive team is responsible for collecting and setting both the line of scrimmage puck and the 7-yard puck based off of the referee's positioning.

### THE ROSTER

- A minimum of 5 players must be on the field at all times.
- Birth certificates must be presented at time of registration.
- A player may only appear on one roster. **NO EXCEPTIONS**, even if the other team approves it. **If a player is found playing on a team illegally, the team will forfeit the next game.**

### THE ATTIRE

- Players are required to wear protective mouthpieces at all times during a game.
- Players must wear shorts with no pockets.
- **REFEREES WILL CHECK EACH TEAM BEFORE THE GAME TO CONFIRM MOUTHPIECES AND NO POCKETS. IF A PLAYERS IS INELIGIBLE HE/SHE WILL NOT BE ALLOWED TO PLAY.**
- **Jerseys must be tucked in at all times.** If a jersey is hanging over their flag belt, flag guarding will be called.
- Teams may use their own footballs as long as they are regulation weight and size for the division of play that you are participating in.
- No metal cleats are allowed.

### THE POSSESSIONS

- **The referee will flip a coin before the start of the game to determine possession of ball for first or second half.**
- **The team that wins the toss has the choice of offense or defense. At halftime the teams will automatically switch directions and possession.**
- All possession changes will start at the offensive team's 5-yard line. Exception: On interceptions the team will take possession of the ball where the defenders flag was pulled. Penalties on interceptions will be assessed where the interception occurred. Exception: If the game referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.

## COACHES ON FIELD

- Only one coach will be allowed on the field on offense. Offensive coach must back up, out of the way at the snap of the ball. Defensive coaches (**only in the 5-6**) will be allowed on the field; all other divisions will not be allowed to have coaches on the field on defense. However, the coach can direct from the sideline.

## THE FIELD DIMENSIONS – Vary per location

- 64 yards long x 25 yards wide with 7 yard end zones are the standard dimensions. However, the dimensions inside will be smaller due to the arrangement of the soccer fields.

## THE PASSING GAME

- Only one forward pass per down. All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are legal, but must be beyond the line of scrimmage.
- QB has a seven (7) second “pass clock.” If the pass is not thrown within seven seconds, the play will be ruled dead, with a loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions can be returned. Ball is spotted at where the defender’s flag is pulled.
- If a penalty occurs on an interception return by the return team, the penalty will be assessed from the end of the interception.
- If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

## THE RECEIVING GAME

- All players must start with their flag belts on. If a player starts without his flag belt properly secure with all flags attached, his team will be assessed a 5 yard and loss of down penalty.
- All players are eligible to receive passes (including the QB, if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A receiver is down where his or her flag belt is pulled. Exception: In order to achieve a first down, or a touchdown, **at least one flag belt and ball**, must cross the plane of the first down line and/or goal line.
- If a receiver’s flag belt falls off or is pulled off, before catch is made, the receiver is down where he/she catches the ball.
- Receiver must have at least one foot in bounds when making a catch.

## THE RUNNING GAME

- The QB cannot run the ball. The QB can only run the ball if he or she has taken a direct hand-off.
- Only direct hand-offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off. Exception: The ball cannot be handed off between the center’s legs.
- No laterals or pitches of any kind, anywhere on the field, are allowed.
- The player who takes the hand-off can throw the ball, as long as he or she does not pass the line of scrimmage first.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Once the ball has been handed off, the seven-second pass rule is no longer in effect.
- Defensive players cannot pass the line of scrimmage, during a direct hand-off play, until **the ball is handed off**.
- Spinning is allowed. However, jumping or diving **to advance the ball is** not allowed.

## THE “RUN ZONES”

- “No Run Zones” located five (5) yards from each end zone and five (5) yards on both sides of mid-field.
- “No Run Zones” are designed to avoid short yardage situations. **Exception: 5-6 division will not use the “No Run Zone”.**
- “No Run Zones” come into effect only when offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down, but has been pushed back into a “No Run Zone”, then the “No Run Zone” is no longer in effect.

## THE RUSHING OF THE QUARTERBACK

- All players that rush the passer must be a minimum of seven yards from the line of scrimmage, which will be designated by the referee, when the ball is snapped. Any amount of players can rush the quarterback. **Exception 5-6 & 7-8 division = no rushing.**
- If the offense draws any rusher to commit or jump that seven-yard marker, that rusher **CANNOT** rush during that play. However, any other defender that is seven yards back may rush instead.

- **The rusher must declare his rush by lining up one yard (or more) to the left or right of the center and/or puck.** If this path is crossed AND contact is made involving the rusher then an offensive penalty will be assessed.
- **The rusher CAN NOT run straight into the center.** The center has the right away if the rusher does not take an angle to the QB. If contact is made with the center by the rusher who is has not taken an angle to the quarterback a defensive obstruction penalty will be called.
- Players not rushing the quarterback may defend the line of scrimmage, as long as he or she is at least one yard from the line of scrimmage.
- **A rusher must go for the quarterback's flags. The rusher may attempt to block the pass but it is a penalty to make contact with the quarterback's arm.**

### THE DEAD BALLS

- Ball must be snapped between the center's legs to start a play.
- A play is ruled dead when: ball carriers flag is pulled, ball carriers flag falls off, ball carrier steps out of bounds, ball carriers knee touches the ground, ball carrier lets the ball hit the ground, ball carrier fumbles the ball away, and after a touchdown, or extra point is scored.
- There are no fumbles. The ball will be spotted where the player loses control of the ball.
- If there is an inadvertent whistle during a running play, the offense will have the choice of either the result of the play or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in flight, the down will be replayed.

### THE PENALTIES

- **All defensive penalties are 5 yards and an automatic first down.**
- All offensive penalties are 5 yards and loss of down (for 7-8, 9-11 and 12-14 division only) from the line of scrimmage except for flag guarding, diving and jumping which will be marked off from the point of infraction. In the 5-6 all offensive penalties are 5 yards and no loss of down from the line of scrimmage except for flag guarding, diving and jumping which will be marked off from the point of infraction
- Any type of blocking (**running with the offensive player**) is illegal and will result in a penalty.
- **ALL CALLS BY THE REFEREES ARE FINAL.**
- Games will not end on any accepted live ball defensive penalty.
- Any offensive penalty in their end zone will result in a safety (2 points).
- A second penalty on an extra point, will equate to the amount of points the offensive team was going for and will be awarded.

### THE SCORING AND TIME SITUATIONS

- Scoring: Touchdown = 6 points, Extra point (5 yards) = 1 point, Extra point (12 yards) = 2 points, Safety = 2 points.
- There is a 30 second huddle clock, which will start once the line of scrimmage is marked.
- Each team is allowed two timeouts (60 seconds long) per half. You can NOT carry a timeout over into the next half.
- Referee may stop the clock at own discretion.
- The clock will only stop at the **two-minute** warning of the second half for an incomplection, extra point, or if the offense gets out of bounds, only if the score of the game is within an 8-point differential. The clock will stop to set the pucks if a first down is obtained.
- There will be OVERTIME in league play if needed.

### Overtime Procedures

During overtime, each team will get a possession. 5-6 and 7-8 Division will get 3 plays from the 12 yard line. 9-11 and 12-14 will get two plays from the 12 yard line. Same rules apply for all divisions. After the first overtime, the team that started on offense will start on defense. If the score is tied after the 2<sup>nd</sup> overtime, each team will get one play from the five yard line going out. Another coin toss will determine who starts on offense and defense.

**THE Y2 SPORTS.** will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, teams, or family members that jeopardize that environment may be asked to leave. **THE Y2 Sports** operates under a NO TOLERANCE POLICY.

**All rules are subject to League Directors discretion.**