



NATIONAL YOUTH FOOTBALL ORGANIZATION
RULES OF PLAY

1. 7 defenders (may not line up 8 & drop one before snap) and 7 offensive players (must use an “ineligible” center or extra player to snap as 1 of the 7).
2. Each possession starts on the 40 yard line – going in.
3. First downs are made by crossing the 25 yard line and the 10 yard line.
4. 4 downs to make a first down.
5. a) 1 point PAT snaps are at the 5 yard line, offensive choice of hash.
b) 2 point PAT conversions will be from 10 yard line with choice of hash.
6. 4.0 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4.01 or greater). The clock will be stopped on a sack in the final 1:00 of the game. NOTE: Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
7. 4 second clock starts on snap of ball.
8. Possession changes after a) PAT attempt, b) failure to make a first down, or c) turnover.
9. Games consist of two (2) 25:00 minute halves and 5 minute half-time. The clock runs continuous during both halves.
10. Courtesy Development Plays - At the end of regulation each team will be given 10 offensive “spot” plays (10 minutes max.) from anywhere on the field to work on situational plays and the other team will play defense. *This will not be scored.*
11. Overtime in tournament play consists of 3 plays from 10 yard line. Each team has an attempt to score in each overtime period. Starting with the 3rd and subsequent overtimes, all PAT's must be 2 point attempts from the 10 yard line. Overtime periods are not timed.
12. One time-out per team per half (clock will continue to run). 1 additional time-out per overtime.



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13. All offensive formations must be legal sets. 3 players which includes the "CENTER" must be on the line of scrimmage.

14. (25) seconds to get the play off.

15. One-hand touch anywhere.

16. No running plays allowed, No Handoffs.

17. No Rushing by Defense

18. No Fumbles. Ball is dead if it touches the ground.

19. A muffed snap is NOT a fumble/dead ball!

20. No double passes or shuffle passes.

21. Two Offensive coaches allowed on the field behind huddle and out of the field of play, Defensive Coach from the sidelines. (ok to huddle with team on hash near side line).

22. Scoring:

A) Touchdown - 6 points

B) Interception - 3 points (no runbacks for safety reasons, no points for INT on PAT)

C) Turnover on downs - 2 points!

D) PAT - 1 point from 5 yard line (may opt for 2 pts from 10 yard line) !

E) Turnover on PAT is dead ball!

*Official Score will be kept and reported by referee!

23. Penalties

OFFENSE:

A) Offsides/Illegal Procedure = Loss of Down!

B) Delay of Game = Loss of Down!

C) Pass Interference = 5 yard penalty and loss of down!

D) Exceeding 4 seconds to release the ball = loss of down!

E) No Blocking (including Screens)!

F) Personal Foul = loss of down and 5 yards from original line of scrimmage. !

G) If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void

DEFENSE:



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- A) Offside = 5 yard penalty!
- B) Defensive Holding = 5 yard penalty.
- C) Defensive Pass Inference = first down at the spot of the foul.
- D) Any dead ball penalty on the defense AFTER a change of possession would result in loss of down for that team's offense when they begin their ensuing possession.
- E) Personal Foul: = 1st down and 5 yards from original line of scrimmage.
- F) Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and then must cover. Excessive or prolonged contact will result in a "Tack on" penalty at the end of the play (5 yard penalty).
- * Fighting / unsportsmanlike conduct: 1st offense = ejection from game. 2nd offense = ejection from tournament.
- * Fighting / unsportsmanlike conduct (team): if any player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE TOURNAMENT OR GAME

25. Uniforms:

- A) Mouthpieces are required for each player!
- B) All players must be in team uniform!

26. Tournament Rules: may vary slightly