



HYFA

Hernando Youth Football Association

Revision Date: August 4, 2006

Football Playing Rules

Football Ages 7 Thru 12

ARTICLE I Playing Rules

UNLESS SPECIFICALLY STATED CHANGES HEREINAFTER, GAMES PLAYED IN THE HYFA LEAGUE WILL BE GOVERNED BY THE FOOTBALL

Rules of:



National Federation of State High School Associations

1) PLAYING FIELD

- A. The playing field for HYFA will be 80 yards long, 53 yards wide, and end zone will be 10 yards deep.
- B. A spectator restraining fence will extend the length of the ball field, and **no one**, with the exception of the football players, cheerleaders and respective coaches and cheerleading sponsors shall be allowed beyond the fence. For the HYFA this restraining fence will be on the west side of the stadium where both the home and visitor bleachers are available.

2) KICKOFFS

- A. The ball shall be put in play by the kickoff team from the 35 yard line for the HYFA field for the 9 & 10, 11 & 12 year olds. For the 7 & 8 ball will be into play from the 20 yard line.
- B. The receiving team shall not be closer than 10 yards from the kickoff line and Five (5) players must be within 5 yards of the line.

ARTICLE I Playing Rules

(continued)

- C. Following a touchback, the ball shall be put in play on the 20 yard line.
- D. Following a safety, the ball shall be put in play from the 20 yard line by a free kick, except in the 7 & 8 year olds the ball shall be put in play from the 30 yard line on 80 yard field.
- E. An overweight player (see article III WEIGHT) may kick the ball only on a kickoff or a free kick after a safety.
- F. An overweight player on the receiving team must be on the receiving teams front line, within 10 yards of the kickoff line. An overweight player may advance the ball as long as he is the first person to touch the ball and gain control after the kick he may not retreat back to receive the kickoff.

3) **SCRIMMAGE KICKS**

- A. No overweight player can punt the ball.
- B. Any scrimmage kick that strikes a defensive player will be treated as a blocked kick. If an overweight player receives the punt and controls it, the play is blown dead and the ball is placed ready for play at the point of possession. An overweight player may advance the ball, as long as he is the first person to touch the ball and gain control after the punt. He may not retreat back to receive the punt.
- C. For a scrimmage kick no player overweight may line up deeper than 10 yards from the line of scrimmage.

4) **FOOTBALL**

- A. The size football used shall be determined by HYFA. Coaches shall use the following football or a ball that has comparable dimensions.
 - “Wilson K2 or Nike 1000K” – 7/8 and 9/10
 - “Wilson TDY or Nike 1000J” – 11/12

5) **PENALTIES**

- A. Minor penalties will be assessed 5 yards total.
- B. Major penalties will be assessed 15 yards total.

ARTICLE I Playing Rules

(continued)

6) **ASSISTANCE BY COACHES**

- A. One Coach may be on the field from each team at one time in the 7 & 8 year olds, and the 9 & 10 year olds. The coach on the field **MUST** take a position **10 yards** behind their deepest player before the snap of the ball. There will be (no) coaching after the snap of the ball. Failure to adhere to 10 yard buffer zone will result in an official warning. A second violation will result in a 15 yard unsportsmanlike conduct penalty. A third violation will result in a 15 yard penalty and non-punitive removal from that particular game. No coach will be allowed on the field for the 11 & 12 year olds.

7) **Scoring**

- A. Touchdown is six (6) points.
- B. Extra point is worth one (1) point if the ball is placed down for play after a touchdown at the one (1) yard line. Extra point is worth two (2) points if the ball is placed down for play after a touchdown at the three (3) yard line.
- C. Safety is worth 2 points.
- D. Field Goal is worth 3 points.

8) **End of Regulation Tie Game**

- A. In the event of a tie ballgame each team shall be given four downs beginning on the 10 yard line and the opportunity for point after try if a touchdown is scored. A coin toss shall determine which team goes first. If additional overtime periods are required the beginning point shall be the 5 yard line. In the third overtime period and subsequent periods each team must attempt a two point conversion.

ARTICLE II PRACTICE, SCHEDULES, SCOUTING

1) PRACTICES

- A. No Team shall practice earlier than the Monday following the first registration each person must be signed up insured, to practice.
- B. Players must be in shorts and helmet the first three (3) days of practice.
- C. Practices before the season's first game can be up to five days a week. Then after the first game, teams are limited to three (3) events a week. Example: **two (2) practices, and one (1) game.**
- D. HYFA recommends the practice sessions last no longer than 2.5 hours!

2) SCHEDULES AND TIME

- A. Schedules will be made by the Board of Directors of HYFA.
- B. Starting times of games will be set by Board of Directors.
- C. Each quarter for the 7 & 8 year olds will be a 10 minute running clock. Each quarter for the 9 & 10 year olds will be a 10 minute running clock. Each quarter for the 11 & 12 year olds will be a 12 minute running clock. There will be 4 quarters in a regulation game.
- D. The clock will stop for injuries and called time outs.
- E. Each quarter will be a running clock until the last two (2) minutes of each half. The clock will then run per the National Federation of State High School Associations.

3) POSTPONEMENT PROCEDURE inclement weather

- A. Games may be postponed when the safety of the players, cheerleaders, coaches, officials and fans becomes a factor.
- B. Prior to kickoff, the decision to postpone a game will be made by the officials or Board of Directors, with input from both coaches of the teams involved. Once a game has started, the referee is in control of the game and the choice to call a game is his decision.

4) SCOUTING RESTRICTIONS

- A. No moving pictures or photos will be taken of a game in which a particular team is not a participant. A coach or supporter of one team can not film or take pictures of a game that his or her team is not playing.
- B. Films can not be exchanged between teams.

ARTICLE II PRACTICE, SCHEDULES, SCOUTING

(continued)

- C. Press box occupancy will be restricted to HYFA officials and press box personnel.
- D. Sideline cameras will not be allowed. Except with expressed written approval of HYFA Board of Directors.

5) UNIFORM REGULATIONS

- A. Each player must be fully equipped to HYFA standards. These standards would coincided with the National Federation of State High School Associations which include: Helmet (NOLSAE approved), shoulder pads, pants, pant pads, mouth piece, shoes (shoes will be one piece molded rubber or tennis shoes). No steel clits.

ARTICLE III WEIGHT

1) WEIGHT LIMITS

- A. The weight limit for 7& 8 year olds, for position deemed a running back, or a deep receiver on kickoff or punts, or punter is **85** pounds on the day of the official weigh in! A back that is eligible for the official weigh in is allowed no more than (7) seven pound weight gain through out the season.
- B. The weight limit for 9&10 year olds, for position deemed a running back, or a deep receiver on kickoff or punts, or punter is **100** pounds on the day of the official weigh in! A back that is eligible for the official weigh in is allowed no more than (7) seven pound weight gain through out the season.
- C. The weight limit for 11&12 year olds, for position deemed a running back, or a deep receiver on kickoff or punts, or punter is **125** pounds on the day of the official weigh in! A back that is eligible for the official weigh in is allowed no more than (7) seven pound weight gain through out the season.

ARTICLE III WEIGHT

(Continued)

- D. An over weight player may line up as a tight end (must be within 2 yards of the tackle to his side of the line. He is eligible for a pass as long as the pass is beyond the line of scrimmage and he has first touch.
- E. Eligible backs must be declared to the President of the Board of Directors by the day before the first game. HYFA will exchange eligible back list for each team.
- F. Challenges must be submitted to the President of the Board of Directors 1 hour before game time. Players will be weighed at a mutually agreed upon area with a board member and coaches present.
- G. If a challenged player that has been declared ineligible by the league to play a position deemed a back, and lines up in this position, then the opposing coach must issue a protest to the league president, upon which the Board of Directors will meet to rule on a possible forfeiture.

ARTICLE IV DOCUMENTATION

- 1) **BIRTH CERTIFICATE w/ CURRENT PICTURE, ROSTER, BACK LIST**
Each head coach will be required to have (A, B, &C) with him before each game.
 - A. Each head coach will be required to have a copy of each of his player's birth certificate and a current picture attached to the birth certificate.
 - B. Each head coach will be required to have his team's roster with players number.
 - C. Each head coach will be required to have his team's BOD approved running back list.
 - D. Each head coach will be required to verify that the opposing head coach does in fact have required documentation before each game.