

2016 NJ-SYFL Rule Card – 4th Grade – “E” Level

1. Regulation Ball : K2 (or equivalent).
2. All equip. worn by players conforms to State tackle regs.
3. Game Time : 85 mins, 2-forty min halves, 5 min half time.
4. To begin halves, after scoring & COP inside 35, place ball at 35.
5. 4 downs w/chains, option to “punt” (non-kick) on 4th down.
6. If “punting “, place ball 25 yds dn field , not inside the 35.
7. All Fumbles and INTs are “live”, possession changes.
8. Fumble exception: Ctr/QB exchange..1 reset per half.
9. After a reset, any exchange fumble is a dead ball/loss of dn.
10. Possession does not change on a loss of dn. PATs=1.
11. Penalties: marked off by ref when egregious to the play.
12. 1 offsides/half, after a reset, offsides calls will be marked off.
13. 2 coaches on field, must be 10 yards back of deepest player
14. No blitzing, no bull rushing of centers, 6-man D-Line max.
15. No scores boarded. No kick-offs. 40 second huddles max.
16. Outside Off. player must have green sticker on back of helmet

2016 NJ-SYFL Rule Card – 6th Grade – “C” Level

1. Regulation Ball : TDJ (or equivalent). All HS/SYFL rules apply.
2. All equip. worn by players conforms to State tackle regs.
3. Game Time : 12 min qtrs., (running), 10 min HT. 3 TOs /half.
4. Full Clock Stoppages at 2 mins remaining point of 4th Qtr.
5. To begin halves, after scoring & touch-backs, place ball at 35.
6. Frozen lines on punts. Punt must be declared prior 2 the down.
7. All Fumbles and INTs are “live”, possession changes.
8. No bull rushing of centers on punts and PATs.
9. After Safeties, ball is placed at mid-field.
10. 3-striped plyrs only play tckl-to-tckl for O&D, 3pt. stance on D.
11. PATs = 1 point, if kicking PAT, O & D lines are frozen. No fakes.
12. Three Refs are to be used.
13. Scores are kept on scoreboards and by refs.
14. No Kick-Offs.
15. 4-man D line->2 waivers max on the field.
16. Outside Off. player must have green sticker on back of helmet

2016 NJ-SYFL Rule Card – 5th Grade – “D” Level

1. Regulation Ball : K2 (or equivalent). All HS/SYFL rules apply.
2. All equip. worn by players conforms to State tackle regs.
3. 18 min qtrs run'g, 5 min HT. 2 TOs /half, stops for TOs & Injrs.
4. Full Clock Stoppages at 2 mins remaining point of 4th Qtr.
5. To begin halves, after scoring & COP inside 35, place ball at 35.
6. Ball on 35, 4 dns w/chains, opt 2 kick or 25 yrd . rule on 4th dn.
7. If 25 yrd. Rule, place ball 25 yds dn field , not inside the 35.
8. All Fumbles and INTs are “live”, possession changes.
9. 2 coaches Off., 1 for Def., no directing after huddle, 10yds. back
10. No blitzing, no bull rushing of centers, 6-man D-Line max.
11. Safeties, ball is placed at mid-field. Only HC may comm. w/refs.
12. 3-striped plyrs only play tckl-to-tckl for O&D, 3pt. stance on D.
13. PATs = 1 point, if kicking PAT, O & D lines are frozen. No fakes.
14. Three Refs are to be used . No Kick-Offs. 40 sec huddles.
15. Scores kept on boards & by refs. 4-man D-line->2 waivers max.
16. Outside Off. player must have green sticker on back of helmet

2016 NJ-SYFL Rule Card – 7th & 8th Grade – “B” & “A” Level

1. Regulation Ball : TDY (or equivalent). All HS/SYFL rules apply.
2. All equip. worn by players conforms to State tackle regs.
3. Time: 7th-> 10 min qtrs., (Full Stops), 10 min HT, 3 TOs /half.
4. Time: 8th-> 10 min qtrs., (Full Stops), 10 min HT, 3 TOs /half.
5. Full Clock Stops 7th : at 2 mins remaining point of 4th Qtr.
6. To begin halves, after scoring & touch-backs, place ball at 35.
7. 4 downs w/chains, Punts are live, no frozen lines.
8. All Fumbles and INTs are “live”, possession changes.
9. No bull rushing of centers on punts and PATs.
10. After Safeties, ball is placed at mid-field.
11. 7th : 3-strpd plyrs only play tckl-to-tckl for O&D, 3pt. st. on D.
12. PATs : Run = 1 point, Kick = 2 point.
13. Three Refs are to be used . No Kick-Offs.
14. Scores are kept on scoreboards and by refs.
15. 7th: 4-man D line->2 waivers max on the field.
16. Outside Off. player must have green sticker on back of helmet

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4. To begin halves, after scoring & COP inside 35, place ball at 35.
5. 4 downs w/chains, option to “punt” (non-kick) on 4th down.
6. If “punting “, place ball 25 yds dn field , not inside the 35.
7. All Fumbles and INTs are “live”, possession changes.
8. Fumble exception: Ctr/QB exchange..1 reset per half.
9. After a reset, any exchange fumble is a dead ball/loss of dn.
10. Possession does not change on a loss of dn. PATs=1.
11. Penalties: marked off by ref when egregious to the play.
12. 1 offsides/half, after a reset, offsides calls will be marked off.
13. 2 coaches on field, must be 10 yards back of deepest player
14. No blitzing, no bull rushing of centers, 6-man D-Line max.
15. No scores boarded. No kick-offs. 40 second huddles max.
16. Outside Off. player must have green sticker on back of helmet

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1. Regulation Ball : TDJ (or equivalent). All HS/SYFL rules apply.
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3. Game Time : 12 min qtrs., (running), 10 min HT. 3 TOs /half.
4. Full Clock Stoppages at 2 mins remaining point of 4th Qtr.
5. To begin halves, after scoring & touch-backs, place ball at 35.
6. Frozen lines on punts. Punt must be declared prior 2 the down.
7. All Fumbles and INTs are “live”, possession changes.
8. No bull rushing of centers on punts and PATs.
9. After Safeties, ball is placed at mid-field.
10. 3-striped plyrs only play tckl-to-tckl for O&D, 3pt. stance on D.
11. PATs = 1 point, if kicking PAT, O & D lines are frozen. No fakes.
12. Three Refs are to be used.
13. Scores are kept on scoreboards and by refs.
14. No Kick-Offs.
15. 4-man D line->2 waivers max on the field.
16. Outside Off. player must have green sticker on back of helmet

2016 NJ-SYFL Rule Card – 5th Grade – “D” Level

1. Regulation Ball : K2 (or equivalent). All HS/SYFL rules apply.
2. All equip. worn by players conforms to State tackle regs.
3. 18 min qtrs run'g, 5 min HT. 2 TOs /half, stops for TOs & Injrs.
4. Full Clock Stoppages at 2 mins remaining point of 4th Qtr.
5. To begin halves, after scoring & COP inside 35, place ball at 35.
6. Ball on 35, 4 dns w/chains, opt 2 kick or 25 yrd . rule on 4th dn.
7. If 25 yrd. Rule, place ball 25 yds dn field , not inside the 35.
8. All Fumbles and INTs are “live”, possession changes.
9. 2 coaches Off., 1 for Def., no directing after huddle, 10yds. back
10. No blitzing, no bull rushing of centers, 6-man D-Line max.
11. Safeties, ball is placed at mid-field. Only HC may comm. w/refs.
12. 3-striped plyrs only play tckl-to-tckl for O&D, 3pt. stance on D.
13. PATs = 1 point, if kicking PAT, O & D lines are frozen. No fakes.
14. Three Refs are to be used . No Kick-Offs. 40 sec huddles.
15. Scores kept on boards & by refs. 4-man D-line->2 waivers max.
16. Outside Off. player must have green sticker on back of helmet

2016 NJ-SYFL Rule Card – 7th & 8th Grade – “B” & “A” Level

1. Regulation Ball : TDY (or equivalent). All HS/SYFL rules apply.
2. All equip. worn by players conforms to State tackle regs.
3. Time: 7th-> 10 min qtrs., (Full Stops), 10 min HT, 3 TOs /half.
4. Time: 8th-> 10 min qtrs., (Full Stops), 10 min HT, 3 TOs /half.
5. Full Clock Stops 7th : at 2 mins remaining point of 4th Qtr.
6. To begin halves, after scoring & touch-backs, place ball at 35.
7. 4 downs w/chains, Punts are live, no frozen lines.
8. All Fumbles and INTs are “live”, possession changes.
9. No bull rushing of centers on punts and PATs.
10. After Safeties, ball is placed at mid-field.
11. 7th : 3-strpd plyrs only play tckl-to-tckl for O&D, 3pt. st. on D.
12. PATs : Run = 1 point, Kick = 2 point.
13. Three Refs are to be used . No Kick-Offs.
14. Scores are kept on scoreboards and by refs.
15. 7th: 4-man D line->2 waivers max on the field.
16. Outside Off. player must have green sticker on back of helmet