

Appendix

A

SYFL Variations of NJ High School Rules

General Guidelines

The following specific variations to New Jersey State High School Football Rules are intended to provide an environment focused on the ability level, health, safety, and welfare of youth athletes. In the absence of any specific SYFL rule, regulation, or guideline, all NJSHS Football Rules shall apply. In all other cases the SYFL rules, regulation, or guideline will supersede the NJSHS rule.

Some common misconceptions often arise with coaches and assistants that have had more exposure to professional or college level rules. The officials engaged by the SYFL to referee scheduled games have all been certified and are well versed in NJSHS rules and are the on-field authority. Any ruling that the referee's make on game day shall stand.

In the event that a coach feels that a specific SYFL rule is not being properly administered or that a NJSHS rule was used when SYFL rules exist to supersede such a ruling, the coach shall have the right to invoke the “**challenge rule**” (Section 5), however the referee's ruling regarding the challenged rule shall also stand as final on game day.

Rules versus Regulations

The game rules proscribed in the following section are intended to be defined in a manner which make them easily understood and enforceable by the game day on-field referee's. Rules are focused primarily on events that comprise the activities of actual game play. Regulations on the other hand, while still enforceable by game day referee's, are more focused upon additional league and/or program guidelines for player safety, ball carrier/waiver violations, coaches conduct, individual player time, field sizes and equipment, etc.

SYFL Game Rules

1.0 GAME STRUCTURE

1.1 DEFALUT – In the absence of an applicable SYFL rule governing a specific situation, by default, NJ High School rules shall apply.

1.2 CHALLENGES – A “coaches challenge” may only be invoked to verify proper application of the SYFL rules set forth in this rulebook, it **may not** be used for any other purpose such as disputing a penalty, down ruling, ball placement, or score.

1.2.1 INVOKING – A challenge may be invoked only by the head coach and will be initiated by notifying the closest official that a rule challenge is being made. An official’s time out is then to be called to review the challenge.

1.2.2 RULINGS – The officials will make the final determination on the challenge. Over-ruled challenges will result in the following actions:

1.2.2.1 The team submitting the challenge will be charged a time out. In the event that no time outs remain and the challenge is over-ruled, the team submitting the challenge shall be assessed a 5 yard penalty.

1.2.3 NUMBER – Each team will be allowed one challenge per half. officials will make the final determination on the challenge.

1.2.3.1 Excess - If additional challenges are made and cause a stoppage of play, no ruling is to be made on the challenge, the origin ruling on the field will stand, and team submitting the challenge will be assessed a time out. In the event that no time outs remain, the team submitting the “invalid” challenge shall be assessed a 5 yard penalty.

1.3 FIELD DIMENSIONS

1.3.1 Notification must be given by the hosting program’s league representative to the opposing program regarding the field size, location, and whether the field is equipped with goal posts. Notice must be provided at least 1 week prior to the scheduled game.

1.3.2 Penalties will be reduced from 15 yards to 10 yards when games are being played on shortened fields, such as 80 yards.

1.4 COACHING FORMAT

1.4.1 Competitive Levels (A, B, C & D) will have **three (3) officials** for all league sanctioned games and coaches may only coach from the sidelines for A-C Levels, D Level will have 2 coaches on the field for Offense, but just one coach for Defense.

1.4.2 Introductory Levels (E & F) will be “officiated” by **two (2) paid referees** and a maximum of two coaches for each team will be permitted on the field during game play.

1.5 PLAYING TIME – Equitable playing time for each participant will be determined by the individual programs based upon the size of the roster, player safety, player commitment and development, and other guidelines as set by the specific teams.

2.0 TIME

2.1 GAME TIMES – Official starting times are as follows: (Effective 2021)

2.1.1 A Level – 1:30 PM

2.1.2 B Level – 12:00 PM

2.1.3 C Level – 10:30 AM

2.1.4 D Level – 9:00 AM

2.1.5 E Level – 3:00 PM

2.1.6 Schedule Adjustments

2.1.6.1 Two (2) Division Game Schedule Times – 12:00 PM and 1:30PM

2.1.6.2 One (1) Division Game Schedule Times – 12:00 PM

2.2 TIME BETWEEN

2.2.1 Periods

2.2.1.1 Quarters – 2 minutes

2.2.1.2 Halves – 10 minutes

2.2.2 Plays

2.2.2.1 Each team is allotted 30 seconds between plays. Counting of time begins when the official sets the ball for the next play.

2.3 TIMEOUTS

2.3.1 Team – each team is allotted **three (3) timeouts per half** and each timeout is 1 minute in length, **for A, B, C & D Levels. Two (2) timeouts per half will be allotted for E & F Level.**

2.3.2 Official – The length of official timeouts for injuries, challenges, special situations, etc. is at the discretion of the officials.

2.3.3 Four-Minute Warning – is given to both head coaches when there are approximately four minutes left in each half. This is considered an official timeout and the clock starts at the next snap of the ball.

2.3.4 Injury – an injured player must sit out for at least **2 plays** before returning to the game. Any player, that presents symptoms that could be related to a head injury, that are identified by a referee during a game, may only return to the “game” after receiving the clearance of a Medical Doctor.

2.4 GAME LENGTH – Length of quarters will vary by level as follows:

2.4.1 A Level – 10 minutes – full clock stoppages

2.4.2 B Level - 10 minutes – full clock stoppages

2.4.3 C Level - 10 minutes – full clock stoppages

2.4.4 D Level – 10 minutes – full clock stoppages

2.4.5 E & F Levels – fixed times, 90 mins, 40 min halves, 10 min half time, running clock

2.5 TIME COUNTING FORMAT

2.5.1 Full Clock Stoppages – clock starts on the snap unless otherwise indicated and will be stopped for:

2.5.1.1 Incomplete passes

2.5.1.2 Out of bounds

2.5.1.3 Team timeouts

2.5.1.4 Official timeouts (starts on “ready” whistle)

2.5.1.5 Touchback

2.5.1.6 Scores (starts on kickoff if used, otherwise on the snap)

2.5.1.7 First downs (starts on “ready” whistle)

2.5.1.8 Penalties

2.5.1.9 Injuries

2.5.1.10 Punts (starts when ball hits foot)

2.5.2 Running Clock – clock will only stop for the following:

2.5.2.1 Team timeouts

2.5.2.2 Official timeouts (starts on “ready” whistle)

2.5.2.3 Scores (starts on kickoff if used, otherwise on the snap)

2.5.2.4 Penalties

2.5.2.5 Injuries

2.5.3 Fixed Time – the clock is not employed for counting down time, the periods end at fixed prescribed times agreed upon by both teams regardless of the amount of time spent on actual game plays between coaching points.

3.0 SCORING

3.1 POINTS

3.1.1 Touchdown – 6 points

3.1.2 Field Goal – 3 points, Frozen Line for D Level only

3.1.3 Safety – 2 points

3.1.4 Extra Points

3.1.4.1 A, B & C Level – Run or Pass 1 point, Kick – 2 points

3.1.4.2 D, E & F Level – Run or pass 1 point, Kick 1 point (frozen line)

3.2 KICKING

3.2.1 Notification

3.2.1.1 A, B & C Level – no notification, all field goal and extra point attempts are live. Missed field goal attempts from between the goal line and the 35 will result in ball being placed on the 35. Missed Attempts outside the 35 will result in the ball being placed at the line of scrimmage of the Field Goal Attempt. Missed Field Goal Attempts can be run back, if fielded from inside the field of play. Punts at C Level still require notification and the lines are frozen.

3.2.1.2 D Level – notification must be given to the official and the other team. The team will have five (5) seconds to execute the kick for PATs, FGs and punts, lines are frozen. If the elapsed time runs out the kick attempt is ruled no good. No player may move until the ball is kicked however the defense may raise their arms. Missed field goal attempts from between the goal line and the 35 will result in ball being placed on the 35. Missed Attempts outside the 35 will result in the ball being placed at the line of scrimmage of the Field Goal Attempt. Missed Field Goal Attempts can be run back, if fielded from inside the field of play. Punts must be kicked from an area inside the offensive tackles (approximately a five yard square box behind the ball snapper).

4.0 WAIVER & OTHER RULES

4.1 GENERAL – Applicable to all levels (A through E)

4.1.1 Identification – all waivers (AG, LS) must be identified by 1 (one) distinctive strip of tape that run from front to the back of the helmet.

4.1.2 Reporting – all waivers must come out with the team captains at the time of the coin toss.

4.2 LEVEL SPECIFIC

4.2.1 A Level – only one waiver may participate in the game at one time, all other levels, 3 waivers max of any type are permitted per play.

4.2.2 A, B, C & D levels – Games will be officiated by three (3) referees.

4.2.3 E & F levels – Games will be officiated by two (2) referees.

4.2.4 D, E & F levels – Effective for the 2018 season all D, E & F players will play from a 2 point stance prior to the ball snap.

5.0 OFFENSE

5.1 BALL CARRIERS

5.1.1 Positions – only players designated as eligible running backs (ERB) may line in one of the four (4) backfield positions or two (2) offensive ERB end positions.

5.1.2 Eligibility

5.1.2.1 In order for a player to **line up** in a ball handler position they must have been pre-qualified at the beginning of the season as an eligible running back (ERB) by meeting the prescribed weight restrictions for their level.

5.1.2.2 In order for a player to **line up** in a ball handler position they must also have been weighed-in prior to the start of any regular league sanctioned game and meet the prescribed ERB weight restrictions for their level.

5.1.2.3 Exceptions are only possible for special league sanctioned (LS) additions under the hardship rule.

5.1.3 Penalty for violating this rule will be loss of down and a 15 yard penalty.

5.2 KICKING GAME

5.2.1 Kick-offs – NO kickoffs permitted at any level.

5.2.2 Punting – A, B, C & D Levels only

5.2.2.1 Any player on the official roster may punt the ball, however, no punter that exceeds the weight limit for eligible ball handlers at their level may run the ball for any reason, no fake punts or fumble recovery ball advancements are permitted.

5.2.2.2 The defense must keep a minimum of 4 lineman at the line of scrimmage.

5.2.2.3 A & B Level – all attempts are live at the snap of the ball, no formation restrictions

5.2.2.4 Balls punted into the end zone will be placed on the 35 yard line, all levels.

5.2.2.5 C Level - No player may move until the ball is kicked however the defense may raise their arms. There must be 4 players in the backfield and a 7 man line must be used. Only the ENDS can be split wide, no backs may split off the line. Field Goals and PATs are live beginning 2021.

5.2.3 Safety – The team scoring the safety will get the ball on offense at midfield.

5.3 ILLEGAL PARTICIPATION

5.3.1 Sleeper Plays – to be eligible to participate in an offensive play, a player must have been in the previous offensive huddle

5.3.2 Substitutions – no player changes are allowed during a “hurry up” offense

6.0 DEFENSE

6.1 BULL RUSHING

- 6.1.1 Defensive Formation** – when the offense is lined up for a punt, field goal, or extra point kick attempt; no defensive player may line directly over the center, either on the line or in a shallow linebacker position.
- 6.1.2 Guard / Center Gaps** are the only valid lanes for defensive rushing past the center in these formations.
- 6.1.3 Penalty** for “Bull Rushing” during a punt or field goal attempt will result in an automatic first down, and during an extra point kick attempt will result in a repeat kick on a failed attempt and a 5 yard penalty assessed on the ensuing change of possession for a successful attempt.

6.2 Tackling

- 6.2.1** Horse-collar tackling is prohibited and will be penalties will be applied as a personal foul by the referee at all levels. A 15 yard Penalty will be assessed.

7.0 MISCELLANEOUS

7.1 ADVANCING THE FOOTBALL

- 7.1.1 Any Player**, offensive or defensive, and regardless of position, age, weight, or waiver status may advance the football by manner of an interception, fumble recovery, or blocked punt if they are the initial player to handle the ball.
- 7.1.2 Only Players** designated as eligible running backs may advance the football by having it passed to them by means of a lateral or handoff after a fumble recovery or interception. (i.e. no “hook and ladder” style plays to non ball-handlers for competitive advantage).
- 7.1.3 Penalty** for violating this rule will be returning the ball to spot of the initial fumble recovery or interception.
- 7.1.4 If a score is made utilizing an illegal or ineligible ball carrier**, the play is deemed illegal and the ball is set at the original line of scrimmage and the scored points are nullified. The offensive team gets penalized a loss of down on the play.

8.0 EQUIPMENT

8.1 FOOTBALLS – To be valid for game play all footballs must be fully inflated.

8.2 SAFETY

8.2.1 Clothing – hooded shirts and sweatshirts are not permitted.

8.2.2 Jewelry – no exposed metal objects of any nature are permitted, including but not limited to watches, rings, bracelets, necklaces, chains, or earrings. Objects that can be securely taped under some part of a players uniform or helmet in such a way that it will not be exposed may be permitted.

8.2.3 Padding – All casts and metal braces must be completely covered with appropriate padding and securely fastened to prevent exposure during the course of game play.

8.2.4 Warnings – One warning will be allowed per team per game for any player(s) without a chinstrap properly secured or a mouthpiece properly in place.

8.2.5 Penalty – A 5 yard penalty will be assessed for failure to have a mouthpiece or helmet chinstrap in place after one (1) warning has been give to a team for a violation.

8.3 GAME JERSEYS – If a jersey becomes damaged during the course of a game and is deemed unusable, a player will be allowed to use a different jersey to continue play. However, notification must be made to both the officials and the opposing team before a player can return to the game.

8.3.1 Illegal Substitutions of game jerseys will result in the involved player(s) being ejected from the game.

8.4 CHALLENGES

8.5 USAGE – A “coaches challenge” may only be invoked to verify proper application of the SYFL rules set forth in this rulebook, it may not be used for the purpose of disputing a penalty, down ruling, ball placement, score, or missed call.

8.6 INVOKING – A challenge may be invoked only by the head coach and will be initiated by notifying the closest official that a rule challenge is being made. An official’s time out is then to be called to review the challenge.

8.7 RULING – The officials will make the final determination on the challenge.

8.7.1 Over-ruled challenges will result in the following actions:

8.7.1.1 The team submitting the challenge will be charged a time out.

8.7.1.2 In the event that no time outs remain and the challenge is over-ruled, the team submitting the challenge shall be accessed a 5 yard penalty.

8.8 NUMBER – Each team will be allowed one challenge per half. officials will make the final determination on the challenge.

8.8.1 Excess - If additional challenges are made and cause a stoppage of play, no ruling is to be made on the challenge, the origin ruling on the field will stand, and team submitting the challenge will be assessed a time out. In the event that no time outs remain, the team submitting the “invalid” challenge shall be accessed a 5 yard penalty.

Forfeits (Enforcement): If the minimum number of players is not present (see rule 10.3) 15 minutes after the scheduled start time, a forfeit is declared.

14.0 **Personal Behavior**

- 14.1 **Treatment of Officials and Commissioner:** Any coach or player that curses at an official or the commissioner will be ejected. The following behaviors on the part of any coach or player will result in suspension or ejection from the league: 1) telephoning an official at his home or work (excluding head coaches calling the head official of the league), 2) threatening or touching an official, or 3) verbally or physically attacking an official (including racial or religious remarks). Additionally, charges will be pressed with the police if applicable. The above behaviors (except phone calls) are prohibited within the confines of the entire park including any visible area from the playing field.
- 14.2 **Treatment of Coaches and Players:** Shoving and verbal challenges during a game will result in a personal foul penalty. Profanity on the field or sideline will result in a personal foul without warning. Two personal fouls (live or dead ball) by the same player require that player to be automatically ejected from the game. Two fight suspensions result in that player's expulsion from the league for the remainder of the season. Physical or verbal attack (including racial or religious remarks) results in suspensions or ejection from the league.
- 14.3 **Suspensions:** Once a player is suspended or expelled from the league for any reason, he may not attend the games he is suspended from. A coach who is suspended may coach his team up until kickoff. He must then remove himself from the team's sideline. Coaches will be notified by Thursday 6:00 PM regarding player suspensions. Videotape may be used for suspension purposes. Coach suspensions mandate that there will be no contact with the team on game day including prep time on game day. The commissioner reserves the right, AFTER a proper league investigation, to change the suspension according to the seriousness of the charges and findings. The suspension will be final with no appeals heard. If a coach fails to follow the suspension requirements, the coach will be immediately removed from the league.
- 14.4 **Fights:** Should a fight develop, coaches are expected to react in the following manner: 1) secure your sideline to avoid all-out brawl, 2) remove your involved player(s) from the field and a member of the teams coaching staff will escort them to the players parents/guardian and indicate the instruction that the player must leave the property immediately. If the player/parent fail to do so, the player will have additional suspensions or removal from the league placed against them if deemed warranted.
- 14.5 **Bench Clearing:** If your sideline empties out onto the field, the game can be ended and one or even both teams forfeit. Twice in one season results in team expulsion.
- 14.6 **TAILGATING PROHIBITED:** No tailgating is permitted by parents, players or coaches while present at the site of a hosting facility at any regular season, playoff, championship or All-Star Game, no exceptions. Violation of this rule will lead to game forfeitures. League Representatives are responsible for communicating this rule to all parents and coaches prior to opening day of each season.

Appendix

B

Not applicable for 2021 Season

Appendix

C

Age / Grade Qualification Chart

Level	Maximum Grade	Maximum Age (as of Sept. 1)
<i>A</i>	8	<i>14 yrs 6 months</i>
<i>B</i>	7	<i>13 yrs 6 months</i>
<i>C</i>	6	<i>12 yrs 6 months</i>
<i>D</i>	5	<i>11 yrs 6 months</i>
<i>E</i>	4	<i>10 yrs 6 months</i>
<i>F</i>	3	<i>9 yrs 6 months</i>

A participant's age in years and months is calculated from their date of birth to September 1st of the year in which they are participating.

Appendix

D

Ball Handler Qualification Chart

Level	Maximum Weight (lbs)
<i>A</i>	<i>160.9</i>
<i>B</i>	<i>135.9</i>
<i>C</i>	<i>120.9</i>
<i>D</i>	<i>105.9</i>
<i>E</i>	<i>90</i>
<i>F</i>	<i>90</i>

Ball handlers are pre-qualified at the beginning of the season during an official weigh-in and must be weighed and qualify again prior to the start of any league sanctioned game. Any player that is not pre-qualified, for any reason, will not be eligible for any game day weigh-ins and hence not an eligible ball handler for the duration of the season.

Appendix

E

Approved Footballs

Brand	A & B Level Models	C Level Models
<i>Spalding</i>	<i>J5Y</i>	<i>J5J</i>
<i>McGregor</i>	<i>X2Y</i>	<i>X2J</i>
<i>Wilson</i>	<i>F1300 TDY</i>	<i>F1360 TDJ</i>
<i>Wilson</i>	<i>F1516 TN</i>	<i>F1514 TN</i>
<i>Rawlings</i>	<i>KRP</i>	<i>KRB</i>
<i>Voit</i>	<i>CF7</i>	<i>CF6</i>
<i>TruPlay</i>	<i>TP7</i>	<i>TP6</i>

In addition to those footballs in the above approved list, all footballs marked by the manufacturer with a “Y” may be used at the A & B levels, and all footballs marked by the manufacturer with a “J” may be used at the “C” levels. Models for the D & E levels are not regulated, K-2 or like sized football shall be deemed acceptable.

Appendix

F

Official Forms

The following forms are available in this appendix and are also available on the SYFL website or through your SYFL league representative.

- 1. Team Roster – 3 pages**
- 2. Roster Change Form – 1 page**
- 3. Game Day Roster – eligible running backs**
- 4. Weight Protest**
- 5. Waiver Request**

Divison: _____ Year: _____ Assistant: _____
 Phone: _____

[illegible]

SYFL – Official Team Roster

[illegible]

SYFL – Official Team Roster

Uniform Nbr	Player Name	Date of Birth mm/dd/yyyy	Grade	Weight	ERB	Safe Football			WAIVERS		
						Y/N	Date Initials		CF	AG	LS

Signatures

Submitted by: _____ Coach or Assistant:
 _____ Date: _____

Submitted by: _____ League Representative:
 _____ Date: _____

Submitted by: _____ Weigh Team Coordinator:
 _____ Date: _____

Game Day Phone Numbers

Commissioner:	Russ Yeager	(908) 251-1662
Secretary:	Bill Harvey	(908) 230-4808
Officials:	Tom Medler	(908) 419-3314

SYFL – OFFICIAL TEAM ROSTER

Community: _____ Coach: _____
_____ Phone: _____

Divison: _____ Year: _____ Assistant: _____
_____ Phone: _____

***** CHANGE FORM *****
(only one player per form)

Uniform Nbr	Player Name	Date of Birth mm/dd/yyyy	Grade	Weight	ERB	COEFFICIENTS			WAIVERS		
						Age	Wt		CF	AG	
						Total			LS		

record original information on line one and new information on line two

Signatures

Submitted by: _____ Coach or Assistant: _____
_____ date: _____

Submitted by: _____ League Representative: _____
_____ date: _____

Submitted by: _____ Commission or Secretary: _____
_____ date: _____

SYFL – GAME DAY ROSTER

****eligible ball handlers only****

Community: _____ Coach: _____

Opponent: _____ Division: _____

Uniform Nbr	Player Name	Official Weight	Game Day Weight	ERB

The player's game day weight need not be recorded unless they exceed the official maximum for the particular division. Simply indicating that the player is eligible on "Game Day" by placing a "Y" in the ERB (eligible running back) will be sufficient.

Signatures

League Representative: _____ Date: _____

League Representative: _____ Date: _____

SYFL – OFFICIAL WEIGHT PROTEST

Date: _____

Time: _____

Team Protested

Team Name: _____

Team Level: **A** **B** **C** **D** **E** (circle one)

Player Name: _____

Jersey Nbr: _____

Coach's Name: _____

Present: **Y** **N** (circle one)

Team Rep: _____

Present: **Y** **N** (circle one)

Team Submitting Protest

Team Name: _____

Team Level: **A** **B** **C** **D** **E** (circle one)

Player Name: _____

Jersey Nbr: _____

Coach's Name: _____

Present: **Y** **N** (circle one)

Team Rep: _____

Present: **Y** **N** (circle one)

Scale Model: _____

Date certified: _____

Players Roster Weight: _____

Actual Weight: _____

Signatures

Protested Team: coach - _____

team rep - _____

Protesting Team: coach - _____

team rep - _____

SYFL – OFFICIAL WAIVER REQUEST

Program Requesting Waiver: _____ Division: _____

League Representative: _____

Type of Waiver Requested: _____ (AG) Age / Grade
_____ (LS) League Sanctioned

Player Information

Name: _____ Uniform Number: _____

Date of Birth: _____ Grade: _____ Weight: _____ Coefficient: _____

Reason for Request

Below Section is for Official Use

Approval

Commissioner: _____ Date: _____ Approved / Declined
(circle one)

Special Restrictions or Qualifications:

Appendix

G

NJSHS Football Rules

Game Rules - Summary

[Rule 1](#) – Equipment

[Rule 3](#) - Timing and Substitutions

[Rule 6](#) - Kicks

[Rule 7](#) - Snaps, Handing and Passing, Numbering and Formations

[Rule 9-1 through 9-4](#) - Conduct of Players - Blocking, Use of Hands, Illegal Contact

[Rule 9-5](#) - Unsportsmanlike Conduct by Players

[Rule 9-6](#) - Illegal Participation

[Rule 9-7](#) - Illegal Batting and Illegal Kicking

[Rule 9-8](#) - Unsportsmanlike Conduct by Non-Players

[Rule 9-9](#) - Unfair Acts

[Rule 10](#) - Enforcement of Penalties

- [10-1](#) - Procedure after a Foul; Loss of Down Fouls; Automatic 1st Down Fouls
- [10-2](#) - Double Fouls; Multiple Fouls
- [10-4](#) - Basic Spots for Penalty Enforcement
- [10-5](#) - Special Enforcement Rules

NF Rule 1	This section deal with Equipment			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
1-5-6	Failure to wear required equipment during the down	Unsportsmanlike Conduct	15	27-23
1-5-2	A player wears Auxiliary Equipment not sanctioned by the Umpire as being soft, non-abrasive, nonhardening material	Unsportsmanlike Conduct	15	27
1-5-3	Wearing of Illegal Equipment by a player	Unsportsmanlike Conduct	15	27
1-5-5	Failing to correct missing or required equipment - or - Failing to remove illegal equipment by a player prior to his participation	Unsportsmanlike Conduct	15	27
1-5-6	Failing to wear mandatory equipment (usually removing mandatory equipment) during a down.	Failure to wear required equipment during the down.	5	27-23
1-6-1	Use of prohibited electronic communication (such as computers, film, television and video tape) during the game or between periods	Unsportsmanlike Conduct	15	27
1-6-2	Use of phones and/or headsets by players	Unsportsmanlike Conduct	15	27

NF Rule 3	This section deal with Timing and Substitutions			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
3-6-2a	Failing to snap or free kick the ball within 25 seconds after the ball is made ready for play	Delay of Game	5	7-21
3-6-2b	Unnecessarily carrying the ball after it is has become dead - or - Consuming time in failing to unpile at the end of the down	Delay of Game	5	7-21
3-6-2c	Requesting a Coach-Referee conference after all time-outs have been used and the ruling remains unchanged	Delay of Game	5	7-21
3-6-2d	Failure by a player to wear legal or required equipment when the ball is about to become live	Delay of Game	5	7-21-23
3-6-2e	Snapping or kicking the ball before the ready for play is made by the referee	Delay of Game	5	7-21
3-6-2f	Any conduct which unduly prolongs the game	Delay of Game	5	7-21
3-6-4	Failure by a team to play within 2 minutes after being ordered to do so by the Referee	Forfeiture of the Game	Forfeiture	
3-7-1	Substitute enters during a down (and remains a non-player)	Illegal Substitution	5	22
3-7-2	Failure of replaced players to leave the field immediately	Illegal Substitution	5	7-22
3-7-3	Replaced Player (or substitute unable to complete the substitution) fails to leave the field on his side of field and/or go directly to his team box	Illegal Substitution	5	7-22
3-7-4	Substitute becomes a player and then withdraws from the field during the same dead ball interval or a; Player withdraws from the field and then re-enters the field as a substitute during the same dead-ball interval	Illegal Substitution	5	7-22
3-7-5	A replaced player or substitute attempts to leave the field during the down but does not participate or affect the play	Illegal Substitution	5	22
3-7-6	Failure of a substitute to be on his side of the neutral zone when the ball is snapped or free-kicked	Illegal Substitution	5	22

NF Rule 6	This section deal with Kicks			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
6-1-2	Moving the ball to a new spot once it has been designated on a free kick - or - failing to kick the ball within one step of K's free-kick line if a punt is used after a safety.	Illegal Procedure	5	7-19
6-1-3	Other than the place holder and kicker, any player of either team is beyond the respective free-kick lines before the ball is kicked	Encroachment	5	7-18
6-1-8	Free Kick goes out of bounds either untouched by the receivers or last touched by the kickers	Illegal Procedure	OPTIONS: 1) 5 yds and rekick 2) put the ball in play 25 yds beyond the free kick spot 3) Start new series at inbounds line on yd line where the kick went OOB	19
6-2-1	Kicking the ball by a punt, drop kick or place kick beyond the neutral zone - or - kicking the ball after possession has changed during a down	Illegal Kicking	15	31

NF Rule 6	This section deal with Kicks (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
6-5-1	A player gives a valid or invalid fair catch signal and then blocks an opponent before the kick has ended	Illegal Blocking	15	40
6-5-5	Advancing the ball after a valid or invalid signal has been given by any member of the receiving team	Delay of Game	5	21
6-5-6	Obstructing the receiver's path to a kick in flight; Kicking team member touching a kick in flight prior to R touching the ball.	Kick Catch Interference	OPTION: 15 yds or Awarded Fair Catch	33
6-5-7	Using an improper fair catch signal	Invalid Fair Catch Signal	5	32
6-5-8	Runner gives a fair catch signal after catching or recovering the kick	Illegal Fair Catch Signal	5	32

NF Rule 7	This section deal with Snapping, Handing, Passing the ball, Numbering and Formations			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
7-1-1	Snapper is beyond the ball (except for his hand(s) touching the ball	Encroachment	5	7-18
7-1-2	Snapper rotates the ball spinning it end to end or fails to keep the ball parallel to the sideline	Snap Infraction	5	7-19
7-1-3	Snapper: removes both hands from the ball; makes any movement that simulates a snap; fails to clearly pause before the snap; after adjustment, lifts or moves the ball other than to snap	Snap Infraction	5	7-19
7-1-5	After the ready for play: Touching the ball, touching an opponent, or being in the neutral zone calling defensive signals	Encroachment	5	7-18
7-1-6	Any player breaks the plane of the neutral zone before the snap after the snapper has placed his hand(s) on the ball	Encroachment	5	7-18
7-1-7	A shift or feigned shift simulates action at the snap; any act that is clearly intended to cause B to encroach; - and/or - any player between the snapper and the player at the end of the offensive line moves his hand or makes any quick movement after placing his hand(s) on or near the ground	False Start	5	7-19

NF Rule 7	This section deal with Snapping, Handing, Passing the ball, Numbering and Formations (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
7-2-1	A Team A player does not get within 15 yards of the ball at any time after the ready for play and before the snap	Illegal Procedure	5	19
7-2-2	Any Team A lineman has his legs interlocked with any player other than the snapper at the snap	Illegal Formation	5	19
7-2-3	More than one player is in position to receive a hand-to-hand snap, - or - the person who is breaking the plane of the waistline of the nearest lineman does not have his hands in position to receive the ball if the ball is snapped between the snapper's legs.	Illegal Formation	5	19
7-2-4	Snap fails to immediately leave the hand(s) of the snapper and touch a back or Snap fails to immediately touch the ground before touching a Team A lineman	Illegal Snap	5	7-19
7-2-5	Failure to have 5 offensive lineman wearing numbers that are 50 through 79 (except during a scrimmage kick formation)	Illegal Numbering	5	19
7-2-6	Failure of all 11 Team A Players to be stationary simultaneously (at the same time) without movement of hand, foot, head or body for at least one second prior to the snap after a huddle or shift	Illegal Shift	5	20
7-2-7	A team A player is in motion towards his opponents goal at the snap - or - the player in motion is not 5 yards behind the line if he started in motion from a position not clearly behind the line and did not stop for one second to establish himself as a back	Illegal Motion	5	20

NF Rule 7	This section deal with Snapping, Handing, Passing the ball, Numbering and Formations (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
7-2-8	A Team A lineman advances a planned loose ball without the referee having been notified prior to the snap that that play would be run during the down	Planned Loose Ball Infraction	5	19
7-3-2a	Handing the ball forward to a lineman behind the line when the lineman has not moved his feet 180 degrees (faced his own goal) and/or is not 1 yard behind the line when receiving the ball	Illegal Handing	5 and loss of Down	35-9
7-3-3	Handing the ball forward to any teammate after a change of possession	Illegal Handing	5	35
7-5-2a	Any forward pass after team possession has changed	Illegal Forward Pass	5	35
7-5-2b	A forward pass from beyond the neutral zone	Illegal Forward Pass	5 and loss of down	35
7-5-2c	A forward pass intentionally thrown into an area where there are no eligible receivers	Intentional Grounding	5 and loss of down	36
7-5-2d	A forward pass thrown intentionally to save loss of yardage or to conserve time (except for the legal "spike" after an hand-to-hand snap)	Intentional Grounding	5 and loss of down	36

NF Rule 7	This section deal with Snapping, Handing, Passing the ball, Numbering and Formations (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
7-5-10a	Any player of B interferes with any team A player's opportunity to to move toward, catch or bat a legal forward pass beyond the neutral zone prior to the ball being touched by any player	Pass Interference	15 and Automatic 1st Down	33-8
7-5-10a	Any player of A interferes with any team B player's opportunity to to move toward, catch or bat a legal forward pass beyond the neutral prior to the ball being touched by any player of B or eligible receivers of A;	Pass Interference	15 and loss of down	33-9
7-5-10b	Ineligible receiver touches or is touched by a forward pass beyond the neutral zone before a Player of Team B touches it	Pass Interference	15 and loss of down	33-9
7-12	An ineligible receiver is beyond the expanded neutral zone before the last legal forward pass is thrown from behind the neutral zone to beyond the neutral zone	Ineligible downfield	5	37
7-13	An ineligible A player bats, muffs, or catches a forward pass while in or behind the neutral zone prior to the pass being touched by B	Illegal Touching	5 and loss of down	16-9

NF 9-1 through 9-4	This section deal with Conduct of Players involving blocking, use of hands and Illegal Contact			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-1	Pushing, pulling or lifting the runner to aid his forward progress	Helping the runner	5	44
9-2-1a	Using an illegal blocking technique (Rule2)	Illegal use of hands	10	43
9-2-1b	Grasping or encircling a teammate to form interlocked blocking	Illegal Use of hands	10	43
9-2-1c	Using hands, arms or legs to hook, lock, clamp, grasp,encircle or hold in an effort to restrain and opponent	Holding	10	42
9-2-2	Runner grasps a teammate	Illegal Use of hands	10	43
9-2-3-a	Defensive player uses a illegal technique (Rule 2)	Illegal Use of Hands	10	43
9-2-3b	Defensive player uses his hands to add to the charge of his teammate who is on the line	Illegal Use of Hands	10	43
9-2-3-c	Defensive player uses hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent other than the runner	Holding	10	42
9-2-3d	Defensive player contacts an eligible receiver who is no longer a potential blocker	Illegal Use of Hands	10	43

NF 9-1 through 9-4	This section deal with Conduct of Players involving blocking, use of hands and Illegal Contact (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-3-2	Blocking an opponent below the waist, other than when the free blocking zone exists and its requirements are met - or - Blocking an opponent below the waist other than to tackle a runner or pretended runner	Blocking below the waist	15	40
9-3-3 (same as 6-5-1)	A player who gives a valid or invalid fair catch signal and then blocks an opponent before the kick has ended	Blocking after giving a fair catch signal	15	40
9-3-4	Blocking the kicker or placeholder of a free kick either before the ball has touched the ground or the opponent to be blocked has advanced 5 yards beyond the free-kick line	Illegally blocking the kicker /placekick holder	15	40
9-3-5a	Charging into or falling into the back or legs of an opponent who is not the runner or pretending to be a runner - or - pushing into the back of an opponent using arms or hands (except when free blocking zone requirements are met)	Clipping	15	39
9-3-6	A delayed block at the knees or below of an opponent who is already in contact with a teammate in the free blocking zone	Chop Block	15	41
9-3-7	Use the lower legs or foot to obstruct an opponent who is not the runner.	Tripping	15	46

NF 9-1 through 9-4	This section deal with Conduct of Players involving blocking, use of hands and Illegal Contact (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-4-1	Any player or non-player attempts to strike or engage an opponent in a combative manner unrelated to football, by such acts as attempting to strike the opponent with the arm(s), hand(s), leg(s), foot (feet) whether or not there is contact	Fighting	15 and disqualification	38-47
9-4-2a	Swing the foot, shin or knee into a an opponent or extend a knee to meet a blocker	Personal Foul	15	38
9-4-2b	Charge into an opponent after he is clearly out of the play or after the ball is clearly dead	Personal Foul	15	38
9-4-2c	Pile onto any player who is lying on the ground	Personal Foul	15	38
9-4-2d	Hurdle an opponent	Hurdling	15	38
9-4-2e	Position on the shoulders or body of a teammate or opponent to gain an advantage	Personal Foul	15	38
94-2f	Throw a helmet to trip an opponent	Personal Foul	15	38
9-4-2g	Make any contact which is deemed unnecessary and which incites roughness	Personal Foul	15	38
9-4-2h	Grasp an opponent's face mask or any edge of a helmet opening	Face Mask	15	45
9-4-2i	Butt block, face tackle or spear	Illegal Helmet Contact	15	24
9-4-2j	Intentionally use the helmet to butt or ram	Illegal Helmet Contact	15	24
9-4-2k	Hide the ball under a jersey	Personal Foul	15	38
9-4-2l	Strike with a fist, locked hand, forearm or elbow or kick or knee an opponent	Striking or kneeing	15 and disqualification	38-47

NF 9-1 through 9-4	This section deal with Conduct of Players involving blocking, use of hands and Illegal Contact (continued)			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-4-3	Rough the passer	Roughing the passer	15 and Automatic 1st down	34
9-4-4	Rough the kicker or the holder	Roughing the kicker or holder	15 and Automatic 1st down	30
9-4-5	Charge directly into the snapper when offense is in a scrimmage kick formation	Roughing the snapper	15 and Automatic 1st down	38
9-4-6	Intentionally contact an official	Contacting an Official	15 and disqualification	38-47
9-4-7	Defensive player uses his hand(s) to slap the blocker's head	Slap to the Head	15	38

NF 9-5	This section deal with Unsportsmanlike Conduct by Players			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-5-1a	Bait or taunt through acts, words or insignia which engender ill will	Unsportsmanlike Conduct	15	27
9-5-1b	Use profanity, insulting or vulgar language or gestures	Unsportsmanlike Conduct	15	27
9-5-1c	Any delayed, excessive or prolonged act attempting to bring attention upon one's self	Unsportsmanlike Conduct	15	27
9-5-1d	Use of disconcerting acts or words prior to the snap to interfere with A's signals or movements	Unsportsmanlike Conduct	15	27
9-5-1e	Intentionally kicking at the ball other than during a legal kick	Unsportsmanlike Conduct	15	27
9-5-1f	Leaving the field between downs to gain an advantage unless replaced	Unsportsmanlike Conduct	15	27
9-5-1g	Refusing to comply with an official's request	Unsportsmanlike Conduct	15	27
9-5-1h	Use of tobacco or smokeless tobacco	Unsportsmanlike Conduct	15	27
9-5-2a	A player who after the ball is dead in his possession: Intentionally kicks the ball	Unsportsmanlike Conduct	15	27
9-5-2b	Spikes the ball	Unsportsmanlike Conduct	15	27
9-5-2c	Throws the ball high into the air or from the field of play	Unsportsmanlike Conduct	15	27
9-5-2d	Intentionally failing to place the ball on the ground or return it to a nearby official	Unsportsmanlike Conduct	15	27

NF 9-6	This section deal with Illegal Participation			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-6-1	Except when blockedout by an opponent, any player of A or K goes out of bounds and returns during the down prior to any change of possession or if there is no change of possession	Illegal Participation	15	28
9-6-2	A player intentionally goes out of bounds and then returns	Illegal Participation	15	28
9-6-3	A replaced, player or a substitute hinders an opponent, touches the ball or influences the play	Illegal Participation	15	28
9-6-4a	Have 12 or more players participating at the snap or free kick	Illegal Participation	15	28
9-6-4b	When an injured player returns not having been replaced for one down (except after halftime or overtime intermission)	Illegal Participation	15	28
9-6-4c	Use a replaced player or a substitute in a substitution or pretended substitution to deceive the opponents at or immediately before the snap or free kick	Illegal Participation	15	28
9-6-4d	A player lies on the ground to deceive the opponents at or immediately before the snap or free kick	Illegal Participation	15	28
9-6-4e	A disqualified player re-enters the game	Illegal Participation	15	28

NF 9-7	This section deals with Illegal Batting and Illegal Kicking			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-7-1	Intentionally kicking the ball other than as a free or scrimmage kick	Illegal Kicking	15	31
9-7-2	Batting a loose ball other than a pass or fumble in flight or a low scrimmage kick in flight in an attempt to block it in or behind the neutral zone	Illegal Batting	15	31
9-7-3	Batting a backwards pass forward by the passing team	Illegal Batting	15	31
9-7-4	Batting a ball in player possession by a member of the team in possession	Illegal Batting	15	31

NF 9-8	This section deal with Unsportsmanlike Conduct by Non-Players			
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-8-1a	Use profanity, insulting or vulgar language or gestures	Unsportsmanlike Conduct	15	27
9-8-1b	Attempt to influence an official's decision	Unsportsmanlike Conduct	15	27
9-8-1c	Disrespectfully address an official	Unsportsmanlike Conduct	15	27
9-8-1e	Use illegal communication equipment	Unsportsmanlike Conduct	15	27
9-8-1g	Fail to be ready at the start of either half	Unsportsmanlike Conduct	15	27
9-8-1h	Following verification, the head coach fails to have his players wearing legal and required equipment	Unsportsmanlike Conduct	15	27
9-8-1i	Being on the field except as a substitute or a replaced player	Unsportsmanlike Conduct	15	27
9-8-1j	Use tobacco or smokeless tobacco	Unsportsmanlike Conduct	15	27
9-8-1k	Being outside the team box, but not on the field	1) Sideline Warning 2) Sideline Interference 3+) Sideline Interference/UC	1st Time) Warning 2nd Time) 5 yards 3rd or more) - 15 yds	15 7-29 7-29-27
9-8-1l	A substitute leaves the team box during a fight	Unsportsmanlike Conduct	15 and disqualification	27-47
9-8-2	During an authorized conference, more than 3 attendants enter the field; - and/or - any other non-player (other than a substitute) enters the field without the referee's permission	Illegal rocedure Unsportsmanlike onduct	1st time - 5 yards 2nd or more 15 yards	19 7-29
9-8-3	A non-player is outside the team box who is not becoming a player nor returning as a replaced player - and/or-	1) Sideline Warning 2) Sideline Interference	1st Time) Warning 2nd Time) 5 yards	15 7-29 7-29-27

	more than 3 coaches are in the coaches' area.	3+) Sideline Interference/UC	3rd or more) - 15 yds	
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NF 9-9		This section deal with Unfair Acts		
NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
9-9-1	A player or non-player or anyone not subject to the rules hinders play by an unfair act not specifically covered by a rule	Unfair Act		
9-9-2	A team repeatedly commits fouls that halve the distance to the goal	The Referee enforces any penalty that he considers equitable, including the award of a score; for repeated fouls, the game may be forfeited		
9-9-3	Either team commits an act which in the opinion of the Referee tends to make a travesty of the game			

NF 10	This section deal with Enforcement of Penalties
NF 10-1-1	<p>The distance penalty for any foul may be declined.</p> <p>If there is a double foul, no loss of distance occurs.</p> <p>The captain's choice of options may not be revoked.</p> <p>Decisions about penalties shall be made before any charged time-out may be granted to either team.</p>
NF 10-1-2	<p>The ball shall not be permitted to become live if a dead ball foul occurs.</p> <p>The captain may accept or decline the penalty.</p>
NF 10-1-3	<p>When a live ball foul by one team is followed by a dead ball foul by the other team, the penalties are administered separately and in the order in which they occurred.</p>
NF 10-1-4	<p>When the same team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.</p>
NF 10-1-5	<p>Enforcement of a penalty cannot take the ball more than half the distance from the enforcement spot to the team's goal. The ball is placed halfway from the spot of enforcement to the goal line when the penalty yardage prescribed is greater than half the distance to the goal.</p>
NF 10-1-6	<p>Fouls by A which include loss of down:</p> <ul style="list-style-type: none">• Illegal forward handing• Illegal forward pass• Forward Pass Interference <p>Illegal Touching (of a forward pass by ineligible behind the line)</p>
NF 10-1-7	<p>Fouls by B in which Team A will be given an automatic 1st down:</p> <ul style="list-style-type: none">• Roughing the kicker or holder• Roughing the passer• Roughing the snapper <p>Forward Pass Interference</p>

Double Fouls - Multiple Fouls

- NF 10-2-1 If both teams commit fouls (other than Unsportsmanlike or non-player fouls) during a down, it is a double foul and the down is replayed with the penalties canceling if:
- There is no change of team possession during the down.
 - There is a change of team possession during the down, and the team in final possession accepts its opponent's foul.
- There is a change of team possession during the down, and the team in final possession fouled prior to gaining the final possession.
- NF 10-2-2 If both teams commit fouls (other than Unsportsmanlike or non-player fouls) during a down, and the team in final possession fouled after gaining the final possession, it may keep the ball if it declines the opponent's foul(s). However, if that happens, the other team has no penalty options (Which means the penalty against the team retaining the ball must be accepted).
- NF 10-2-3 When a team commits two or more live ball fouls, only one penalty may be enforced (except for unsportsmanlike fouls, the penalties for which if accepted are enforced from the succeeding spot after the administration of or declination of any live ball fouls). The offended team may choose which one penalty to accept, or they may choose to decline all penalties.
- NF 10-2-4 Penalties for dead ball fouls are administered separately and in the order of their occurrence. Dead ball fouls are not coupled with other live ball or dead ball fouls to create a multiple foul or a double foul.

Basic Spots

- 10-4
- The basic spot is the previous spot for a foul which occurs simultaneously with the snap and for a foul which occurs during a loose ball play.
 - The basic spot is the spot when the related run ended when a foul occurs during a running play.
- The basic spot is the succeeding spot for unsportsmanlike fouls, non-player fouls, Kick-catching interference and when the final result is a touchback.

Special Enforcements

- 10-5-
- If B fouls during a successful kick, try, Team A has 2 choices:
- Replay the down and accept enforcement of the penalty
- Accept the result of the play (Successful one point try) with enforcement of the penalty from the succeeding spot.
- 10-5-
- If defense fouls when the run ends in the end zone and the result of the play would be a safety, the enforcement spot is the goal line.
- 10-5-
- The penalty for a foul by the defense is automatically declined when either a touchdown or two point try is scored.
- 10-5-
- If a team scores a touchdown, field goal, or try during a down commits any live ball foul (other than unsportsmanlike) for which the penalty is accepted, the score is nullified.
- 10-5-
- If the offensive team throws an illegal forward pass from its end zone, or if it commits any foul for which the penalty is accepted and the enforcement spot is from on or behind its goal line, it is a safety.
- 10-5-
- If there has been no change of possession during the down, the enforcement spot for roughing the passer is from the end of the last run when the run ends beyond the neutral zone.
- 10-5-
- Disqualified players shall be removed.
- Special
ditions
06-
07
1. Chains and down marker shall operate 6 feet outside the sidelines where space in the game facility exists
 2. Four snap chin straps are required to secure the helmet
 3. Mouth guards shall be any readily visible color other than white or clear
Exception : clear is permissible if Orthodontist prescribed



COMMENTS ON THE 2013 FOOTBALL RULES CHANGES

SOLID-COLORED TOWELS NOW LEGAL (1-5-3a(5)a): The committee modified the rule regarding the authorized wearing of a moisture-absorbing towel. Towels that are one solid color may now be worn, as long as they are not the color of the football or penalty flag. The towel cannot have no more than one visible manufacturer's logo/trademark, which cannot exceed 2 ¼ square inches in any dimension. Towels worn by teammates must be the same color. Previously, the towel could only be white and unmarked.

USE OF COMMUNICATION DEVICES EXPANDED (1-6): The committee has expanded use of communication devices to allow, coaches, players and nonplayers to use any form of available communication technology during authorized conferences outside the 9-yard marks (7-yard marks in nine-, eight- and six-player competition), on the sidelines and during the halftime intermission period. Use of communication devices by players except during conferences outside the 9-yard marks continues to be prohibited.

DEFINITION OF A CATCH CLARIFIED (2-4-1): The committee clarified the definition of a catch. An airborne player who has forward progress stopped inbounds and is carried out of bounds by an opponent before contacting the ground is awarded a catch at the spot of forward progress.

LOSS OF HELMET AFTER THE DOWN (3-5-10d): The committee clarified that if the helmet comes completely off during subsequent dead-ball action related to the down, and is not directly attributable to a foul by the opponent, the player must leave the game for at least one down (unless half-time or overtime intermission occurs). An official's time-out shall be called.

KICK-CATCHING INTERFERENCE (6-5-6 PENALTY; 2-9-2; 5-2-1; 5-2-2; 6-5-4; 10-4-2b): The committee added a 15-yard penalty to the existing option of accepting an awarded fair catch for kick-catch interference. The option to try a scoring free kick after an awarded fair catch remains.

PASS INTERFERENCE PENALTIES REVISED (7-5-10 PENALTY; Table 7-5): This rule change removes the automatic first down for defensive pass interference and the loss of down for offensive pass interference. The 15-yard penalty provision remains for both fouls.

CLARIFICATION ON SCORE ON A TRY (8-3-3): The committee clarified that the touchdown scoring team is the only team that can score on a try.

BLOCKING ON FREE KICKS REVISED (9-3-8c NEW): A new provision added to the existing rule stipulates the kicking team may initiate contact once the receiving team has initiated a block within the neutral zone.

INITIATING CONTACT WITH A HELMET-LESS OPPONENT (9-4-3i NEW): In the interest of minimizing risk, the committee added a new illegal personal contact foul. This foul is charged to any player who initiates contact with an opposing player whose helmet has come completely off.

ILLEGAL PARTICIPATION FOR PLAYERS CONTINUING TO PLAY WITHOUT A HELMET (9-6-4g NEW): Continuing with focus on risk minimization, the committee determined that a helmet-less player shall not block, tackle or otherwise participate beyond the immediate action in which the player is engaged when the helmet came completely off. The penalty would be a live-ball, basic-spot foul.

Appendix



2021 Rates for Officials

Fees Schedule

The fee schedule is established on a “per official” basis. The fee listed will be the amount paid to each official for the number of games being played at the home team location. In situations where a scheduled official does not show up and the other officials must continue “short handed”, the fee scheduled for the other official WILL NOT be split among the other officials. The league position on this situation is that the absence of the proper number of officials compromises the ability to have full coverage of play and the teams should not be responsible for paying for full coverage when in fact it was not available.

Special Consideration

The league recognizes the efforts and time commitments being made by the officials, specifically in cases where officials are travel for less than a “full complement” of a standard three game schedule at the A, B, and C levels. In an effort to address this in an equitable fashion and provide the officials with added incentive for locations not hosting a full schedule, a sliding fee schedule has been adopted. When less than a full schedule of games is being played at a given location, the fee paid per official will increase for each game not paid. (see schedule below)

Payments

Payments of the officials are the responsibility of the hosting program. Every effort is to be made to pay the officials prior to the start of the first game being officiated. A breakdown of the fees paid per official per game are as follows:

- A-D : \$65 per game per ref (three refs per game) Effective 2021
- E & F : \$65 per game per ref (two refs per game) Effective 2021

Appendix



Minimum Play Compliance Form:

This form is located on the league website as a PDF at

<http://njsyfl.com/downloads.php>

...in the “Forms for Coaches” box

Click on the red PDF button next to the form titled

“2021 Minimum Play Rule Compliance Sheet”

The form can be printed in this PDF format to any printer.

Appendix

J

Referee Cards: D-F Levels

2021 NJ-SYFL Rule Card – 3rd & 4th Grade – “F” & “E” Level

1. Ball: K2. Game Time : 85 mins, 2-forty min halves, 5 min half time.
2. To begin halves, after scoring & COP inside 35, place ball at 35.
3. 4 downs w/chains, option to “punt” (non-kick) on 4th down.
4. If “punting”, place ball 25 yds dn field, not inside the 35.
5. All Fumbles and INTs are “live”, possession changes. No Kickoffs.
6. Fumble exception: Ctr/QB exchange...1 reset per half,
7. Any other exchange fumbles are a dead ball/loss of dn, no COP.
8. Penalties: marked off by ref when egregious to the play.
9. 1 offsides/half, after a reset, offsides calls will be marked off.
10. 2 coaches on field, O & D, back 10 yds. of deepest player.
11. No blitzing, no bull rushing of centers, 6-man D-Line max.
12. No scores posted. 40 second huddles max. 2 Coaches on field O&D.
13. D. plyrs. prohibited: in “A-Gaps” outside the 20.
14. D. plyrs. required: to be “heads up” on Guards outside the 20.
15. QB sneaks and dives prohibited o/s the 20. All players 2pt. stance.

2021 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. Time : 10 min qtrs., (Full Stops), 10 min HT, 3 TOs /half.
4. To begin halves, after scoring & touch-backs, place ball at 35.
5. Coaches on field 2 for O, 1 for D., 10 yds back of deepest player.
6. Punts must be declared after the 3rd dn, if punting or 25yd wlk-off.
7. Frozen lines on punts. All Players 2pt. Stance, all plays.
8. All Fumbles and INTs are “live”, possession changes.
9. No Blitzing, No bull rushing of centers on punts and PATs.
10. After Safeties, ball is placed at mid-field.
11. 6-man Defensive Line max.
12. Outer most defensive players must be Heads-Up on the TEs.
13. PATs=1 pt., FGs= 3 pts. O & D lines are frozen @ kicking, no fakes.
14. Three Refs are to be used. No Kick-Offs.
15. Scores are kept on scoreboards and by refs.

Appendix

J

Referee Cards: A-C Levels

2020 NJ-SYFL Rule Card – 6th Grade – “C” Level

1. Regulation Ball : TDJ (or equivalent).
2. All HS/SYFL rules apply.
3. All equip. worn by players must conform to State tackle regs.
4. Time : 6th -> 10 min qtrs., (Full Stops), 10 min HT, 3 TOs /half.
5. To begin halves, after scoring & touch-backs, place ball at 35.
6. Punts must be declared prior to 4th down.
7. Frozen lines on punts only, FGs and PATs are live.
8. All Fumbles and INTs are “live”, possession changes.
9. No bull rushing of centers on punts and PATs and FGs.
10. After Safeties, ball is placed at mid-field.
11. PATs: Run or Pass = 1 point, Kick = 2 points, FGs: 3 points.
12. O & D lines frozen on all punts not frozen on PATs & FGs. No fakes.
13. Three Refs are to be used.
14. Scores are kept on scoreboards and by refs.
15. No Kick-Offs.

2020 NJ-SYFL Rule Card – 7th & 8th Grade – “B” & “A” Level

1. Regulation Ball : TDY (or equivalent).
2. All HS/SYFL rules apply.
3. All equip. worn by players conforms to State tackle regs.
4. Time: 7th & 8th 10 min qtrs., (Full Stops).
5. 10 min HT, 3 TOs /half.
6. No Kick-Offs.
7. To begin halves, after scoring & touch-backs, place ball at 35.
8. 4 downs w/chains,
9. Punts are live, no frozen lines.
10. All Fumbles and INTs are “live”, possession changes.
11. No bull rushing of centers on punts and PATs.
12. After Safeties, ball is placed at mid-field.
13. PATs : Run = 1 point, Kick = 2 point.
14. Three Refs are to be used .
15. Scores are kept on Scoreboards and by refs.