

2022 NJ-SYFL Rule Cards

2022 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.
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 offsidess/half, after a reset, offsidess calls will be marked off.
10. 2 coaches on field, O & D, back 10 yds. of deepest player.
11. No blitzing any play, no bull rushing centers, 6-man D-Line max.
12. No scores boarded. No kick-offs. 40 second huddles max.
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 outside the 20. All players 2pt.

2022 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, no fakes, or rugby kick options permitted.
8. All Fumbles and INTs are “live”, possession changes.
9. Lines NOT frozen on PATs and FGs.
10. No bull rushing of centers on punts, PATs and FGs.
11. All PATs = 1 point run, 2 Points for PAT kicks. FGs are 3 pts.
12. After Safeties, ball is placed at mid-field.
13. Three Refs are to be used.
14. Scores are kept on scoreboards and by refs.
15. No Kick-Offs.

2022 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, FGs & PATs
8. All Fumbles and INTs are “live”, possession changes.
9. No Blitzing any play, NO bull rushing 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 Kickoffs.
15. Scores are kept on scoreboards and by refs.

2022 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.