

2026 NJ-SYFL Rule Cards (A, B, C & D)

2026 NJ-SYFL Rule Card – 7th & 8th Grade – “A” & “B” Level

- **General Rules:** All HS/SYFL Rules apply, and all equipment must conform to State tackle regs.
- **Ball Type:** TDY Game Ball or Equivalent Required
- **Time:** Four, 10-minute quarters (alternate sides after each);
- **Half Time:** 10 minutes; **Timeouts:** 3 per half (timeouts do not carry over).
- **Line of Scrimmage:** Kickoffs will be performed to begin halves, and after scoring (See “**Kickoffs**”). Touchbacks, place ball at 35.
- **Safety:** Ball placed on 50-yard line after Safetys
- **Offensive Downs:** Offense has 4 downs w/chains; on 4th down offense may Punt
- **Bull Rushing:** No bull rushing the Center on any kicking play or fake kicking play.
- **Punts, Extra Points and Field Goals:** All kicks are live, the defense is live and all kicks may be faked, however, no bull rushing of centers on kicks.

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- **Extra Point(s)/Field Goals:** After each touchdown the offense has three Options: Option 1) Ball Placed on 2.5 Yard Line = 1 Point for the Offense, Option 2: Ball Placed on 5 Yard Line = 2 Points for the Offense, Option 3) Extra Point Kick from 3 Yard Line = 2 Points for the Offense. Field Goals = 3 points.
- **On Field Coaches:** None; **Scores:** Boarded and kept by Referees;
- **Referees:** 3-4 per game (4th ref runs clock on scoreboard).
- **Huddles:** Next snap, 40 seconds after last play.
- **Kickoffs** start at the 40 yard line & MUST travel 15 yds airbourne or is considered illegal procedure & ball placed at return team's 40. No squib kicks permitted.
- No Onside kicks until 5 minutes left in game.
- No Overloads on the Kickoff Team. 5 players to each side of the Kicker. No Wedge blocking alignment or Wedge busting.
- If a Non-ERB catches the ball it's a Dead Ball at the spot of the reception. **Non-ERB players are restricted to the first line ONLY on Kickoff Return to help minimize high-impact hits.**

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A & B side 2

2026 NJ-SYFL Rule Card – 5th & 6th Grade – “C” & “D” Level

- **General Rules:** All HS/SYFL Rules apply, and for all equipment
- **Ball Type:** TDJ for “C”, “D” level my use K-2 or TDJ.
- **Time:** Four, 10-minute quarters (alternate sides after each);
- **Half Time:** 10 minutes; **Timeouts:** 3 per half (timeouts do not carryover).
- **Line of Scrimmage:** There are no kickoffs, to begin halves, after scoring and touchbacks, place ball at 35.
- **Safety:** Ball placed on 50-yard line after Safety
- **Offensive Downs:** Offense has 4 downs w/chains; on 4th down offense may Punt.
- **Punts:** Offense and defense is frozen until ball is punted, no fakes, or rugby kicks permitted.
- **Extra Points and Field Goals:** Live for entire offense and defense

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C & D Side 1

- **Bull Rushing:** No bull rushing the Center on any kicking play or fake kicking play.
- **Turnovers:** All Fumbles and INTs are “live” possession changes.
- **Extra Point(s):** After each TD the offense has three options:
 - **Option 1)** Ball Placed on 2.5 Yard Line = Offense attempt by run or pass, for 1 point.
 - **Option 2)** Ball Placed on 5 Yard Line = Offense attempt by run or pass, for 2 Points.
 - **Option 3)** Extra Point Kick from 3 Yard Line = Offense attempt by “place kick” for 2 Points, O & D line is **NOT** frozen.
- **Field Goals** = 3 points, O & D line is **NOT** frozen.
- **On Field Coaches:** None; **Scores:** Boarded and kept by Referees;
- **Referees:** 3-4 per game (4th ref runs clock on scoreboard)
- **Huddles:** Next snap, 40 seconds after last play.

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C & D Side 2

2026 NJ-SYFL Rule Cards (E & F)

2026 NJ-SYFL Rule Card – 4th Grade – “E” Level

- **Ball Type:** K2 or Equivalent.
- **Time:** Four, 10-minute quarters (alternate sides after each);
- **Half Time:** 10 mins; **Timeouts:** 3/half (TOs do not carryover).
- **Line of Scrimmage:** To begin halves & after scoring place ball at 35. There are no kickoffs or punt kicks.
- **Turnovers:** All Fumbles and Interceptions are live plays. For all types of turnovers, the ball is marked as a 1st down where whistled dead, no adjustment is made to the field position of the ball.
- **Offensive Downs:** Offense has 4 downs w/chains; on 4th down offense may “Punt” (i.e. referee places ball 25 yards down field, not inside the 15 yrd line).
- **Blitzing:** No blitzing is permitted.
- **Stances:** 2-Point stance optional, 3-point stance optional.
- **On Field Coaches:** 2 per offense 2 per defense, all 10 yards behind deepest player.

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- **Defensive Linemen:** six (6) man max defensive line, outer most lineman must be heads up against outer most offensive lineman. Additional defensive lineman must drop four yards back into a linebacker position. Defensive line players can line up in the “A” Gaps.
- **Stances:** 2-Point stance optional, 3-point stance optional.
- **On Field Coaches:** 2 per offense 2 per defense, all 10 yards behind deepest player.
- **Scores:** Are kept on the score board; **Huddles:** Next snap, 40 seconds after last play.
- **Extra Point(s):** After each TD the offense has three options:
 - **Option 1)** Ball Placed on 2.5 Yard Line = Offense attempt by run or pass, for 1 point.
 - **Option 2)** Ball Placed on 5 Yard Line = Offense attempt by run or pass, for 2 Points.
 - **Option 3)** Extra Point Kick from 3 Yard Line = Offense attempt by “place kick” for 2 Points, O & D line is frozen.
- **Field Goals** = 3 points, O & D line is frozen.

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2026 NJ-SYFL Rule Card – 3rd Grade – “F” Level

- **Ball Type:** K2 or Equivalent.
- **Time:** Two, 40 min halves; **Half Time:** 5 mins; **Timeouts:** No Timeouts
- **Line of Scrimmage:** To begin halves, after scoring & all Change of Possession inside 35, place ball at 35; there are no kickoffs or punts.
- **Turnovers:** After the initial Mulligan (see below), All Fumbles and Interceptions are live plays. If live turnover does not result in ball reaching at least the 35-yard line, it must be moved to the 35.
- **Mulligans Resulting in Free Do-Overs:** one Fumble per Center/QB exchange each half, one offsides per defense each half and one offsides per offense each half. **Dead Ball/Loss of Down:** Any fumble resulting from an exchange other than center/QB is an immediate dead ball and loss of down.

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- **Offensive Downs:** Offense has 4 downs w/chains; on 4th down offense may “Punt” (i.e. referee places ball 25 yards down field).
- **Blitzing:** No blitzing (only the defensive line may attempt to sack the quarterback behind the line of scrimmage).
- **Defensive Linemen:** six (6) man max defensive line, outer most lineman must be heads up against outer most offensive lineman. Additional defensive lineman must drop four yards back into a linebacker position. **Two-Point Stance:** 2-Point stance only, 3-point stances are not permitted.
- **A Gap:** Other than when Offense is inside the 20-yard line, no Defensive Player is permitted inside the A Gap, and no Offensive player may carry the ball inside the A Gap.
- **On Field Coaches:** 2 per offense 2 per defense, all 10 yards behind deepest player.
- **Scores:** No scores boarded; **Huddles:** Next snap, 40 seconds after last play.

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