

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

1.4.2 Introductory Level (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 – Will be governed by the Minimum Play Rule guidelines as set by the League Rep.

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 – 3:15 PM

2.1.6 F Level - 4:45 PM

2.1.7 Schedule Adjustments

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

2.1.7.2 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 & E Levels. Two (2) timeouts per half will be allotted for 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 a 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 & E Level – 10 minutes – full clock stoppages

2.4.5 F Levels – fixed times, 90 mins, 40 min halves, 10 min half time

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 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

3.1.3 Safety – 2 points

3.1.4 Extra Points

3.1.4.1 A, B, C, D & E Level – Run or Pass from 2.5 yard line 1 point, Kick – 2 points

3.1.4.2 A, B, C & D Level – Run or Pass from 5 yard line – 2 points

3.1.4.3 E & F Level – Run or pass from 2.5 yard line 1 point, Kick 1 point (frozen line)

3.2 KICKING

3.2.1 Notification

3.2.1.1 A, B, C & D 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.

3.2.1.2 Punts at C & D Level still require notification & the lines are frozen, and, 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 & E levels – Games will be officiated by three (3) referees.

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

4.2.4 F levels – Effective starting for the 2018 season all 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 up 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 – Kickoffs are permitted at A & B level (effective 2026)

5.2.2 Kickoffs start at the 40 yard line & MUST travel 15 yds airbourne or is considered illegal procedure & ball placed at return team's 40.

5.2.3 No squib kicks permitted.

5.2.4 No Onside kicks until 5 minutes left in game.

5.2.5 No Overloads on the Kickoff Team.

5.2.6 5 players to each side of the Kicker.

5.2.7 No Wedge blocking alignment or Wedge busting.

5.2.8 If a Non-ERB catches the ball it's a Dead Ball at the spot of the reception.

5.2.9 Non-ERB players are restricted to the first line ONLY on Kickoff Return to help minimize high-impact hits.

5.3 PUNTING – A, B, C & D Levels only

5.3.1 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.

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

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

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

5.3.5 C & D 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.

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

5.5 ILLEGAL PARTICIPATION

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

5.5.2 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 and helmet-to-helmet tackling are prohibited and 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 2026 Season and beyond

Appendix

C

Age / Grade Qualification Chart

Level	Maximum Grade	Maximum Age (as of Sept. 1)
<i>A</i>	<i>8</i>	<i>14 yrs 6 months</i>
<i>B</i>	<i>7</i>	<i>13 yrs 6 months</i>
<i>C</i>	<i>6</i>	<i>12 yrs 6 months</i>
<i>D</i>	<i>5</i>	<i>11 yrs 6 months</i>
<i>E</i>	<i>4</i>	<i>10 yrs 6 months</i>
<i>F</i>	<i>3</i>	<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>95.9</i>
<i>F</i>	<i>90.9</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>Wilson</i>	<i>GST TDY</i>	<i>GST TDJ</i>
<i>Rawlings</i>	<i>KRP</i>	<i>KRB</i>
<i>Riddell</i>	<i>RDY-C TDY</i>	<i>RDY-C R42336</i>
<i>Voit</i>	<i>CF7</i>	<i>CF6</i>
<i>TruPlay</i>	<i>TP7</i>	<i>TP6</i>
<i>Champro</i>	<i>CT7</i>	<i>CT6</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**

Phone: _____

_____ 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

- See the following URL for the Complete NJSIAA 2022 HS Rule Book

<https://www.njsiaa.org/sports/football>

Appendix



2026 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-E : \$80 per game per ref (3-4 refs per game host site dependant) Effective 2026
- F : \$80 per game per ref (two refs per game) Effective 2026

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

“2025 Minimum Play Rule Compliance Sheet”

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

Appendix

J

Referee Cards: All HS/SYFL Rules apply; Scores are Boarded and Kept by Refs.

A & B Level - Issued : 8/15/26

FRONT:

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”). For 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.

BACK:

- **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.**

Appendix

J

Referee Cards: Continued

C & D Level - Issued : 8/15/26

FRONT:

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

C & D Side 1 of 2

BACK:

- 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.

C & D Side 2

Appendix

J

Referee Cards: Continued

E Level - Issued : 8/15/26

FRONT:

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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E Side 1 of 2

BACK:

- 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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E Side 2 of 2

Appendix

J

Referee Cards: Continued

F Level - Issued : 8/15/26

FRONT:

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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F Side 1 of 2

BACK:

- **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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F side 2 of 2