**HUDSON COUNTY**

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**YOUTH FOOTBALL LEAGUE**

**2016 RULES and REGULATIONS**

NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATION RULES - We will be used by HCYFL and are to be considered binding in all divisions, except where the HCYFL Association voted to over-ride or modify any such rules.

**I: PLAYER EQUIPMENT**

1. All helmets must be secured with a four point chin-strap.
2. Tooth protector (mouthpiece) must be of any visible color, not white or clear and MUST BE ATTACHED TO THE FACEMASK.
3. Only one forward pass may be thrown during a down.
4. **Pass Interference**:
5. The New Rule only makes it a penalty if contact occurs on the **receiver catching the ball.**
6. Hindering an opponent’s vision without making an attempt to catch, intercept or bat the ball is pass **interference, even though no contact was made.**
7. Contact by a defender obviously away from the direction of the pass is **not considered pass interference.** If the ball is thrown to the left side of the field and the defender on the right side impedes/bumps in the receiver ( on the opposite side of the field) while the ball is in flight is not pass interference
8. **As per NFSHSAA** -Before each game at all levels the Officials will ask each Head Coach **“ Are all players legally equipped”? Once the head Coach states all his players are legally equipped:**
9. The Head Coach will be assessed a 15 year unsportsmanlike conduct penalty if an illegally equipped penalty is called against his team.
10. If a 2nd illegal equipment penalty is called the 2nd unsportsmanlike conduct penalty will be assessed and the Head Coach will be ejected from the game.
11. This means no player is to be wearing jewelry
12. Religious medals need to be tucked in under their shoulder pads
13. Head covers may not extend outside of the helmets
14. Tinted eye protectors are illegal equipment
15. **As per NFSHSAA** – Forearm pads must have a securely attached label or stamp ( NFHS/NCAA specifications) indicating compliance with test specification on file with the Sporting Good Manufactures Association

**II: PARTICIPATION BY UNLIMITED PLAYERS**

1. **INDENTIFICATION STRIPES FOR UNLIMITED PLAYERS**

Helmets will have 2 inch thick strip of plastic tape to identify UNLIMITED PLAYERS

1. This tape must be placed across the helmets from ear to ear and over the top and must remain there the entire season
2. It is Association responsibility to replace the tape if it should come off
3. **RULES FOR KICK GAME USE OF UNLIMITED PLAYER**
4. Kick off/ Kick Returns -- **No** UNLIMITED PLAYER can participate
5. Free Kick ( Safety ) -- **No** UNLIMITED PLAYER can participate
6. Punt Return -- UNLIMITED PLAYERS can participate
7. Extra Point/Field Goal -- UNLIMITED PLAYERS can participate
8. Punt -- UNLIMITED PLAYERS can participate
9. **POINT AFTER TOUCHDOWN CONVERSION KICK BY “ UNLIMITED PLAYER**
10. If a UNLIMTED PLAYER ( Striped helmet) may is the kicker in extra point kicks after touchdowns. No offensive player may advance the football after a bad snap or in an attempt to deceive the defense ( fake extra point). Officials will be instructed to blow a quick whistle if the snap is muffed or fumbled. The result of a kicked ball, if blocked will not be changed by this rule.
11. If you have a player who makes the weight classification and the snap is muffed or fumble then the offensive can advance the ball
12. **PUNT ATTEMPTED BY UNLIMETED PLAYER**
13. If a UNLIMTED PLAYER ( Striped helmet) is the punter. No offensive player may advance the football after a bad snap or in an attempt to deceive the defense ( fake punt). Official will be instructed to blow a “quick “ whistle if the snap is muffed or fumbled. The result of a kicked ball is blocked will not be changed by this rule.
14. If you have a player who makes the weight classification and the snap is muffed or fumble then the offensive can advance the ball.
15. Fake Punts are permitted as long as you have a player who meets the weigh classification taking the snap.
16. **ADVANCEMENT OF BALL BY “UNLIMTED” PLAYER**

An “UNLIMTED PLAYER may advance the ball when intercepting or recovering a fumble on **DEFENSE ONLY** .

**III: GAME MANGEMENT**

1. **GAME BALLS**

The game ball we be of good quality leather only with specification in the area of .

**Each team will use their own Game Balls when on offense**.

1. Lightweight Wilson TDJ or Nike 2000J

Length = 10.25 to 10.50 in

Weight = 12-13 oz.

2. Middleweight Wilson TDY or Nike 2000Y

Length = 10.625 to 10.75

Weight = 14-15 oz.

1. Heavyweight Wilson TDY or Nike 2000Y

Length = 10.625 to 10.75

Weight = 14-15 oz.

1. **LENGTH OF PERIODS**

All divisions will play a 10 minute quarter/period

1. **INTERMISSION LENGTH**

* 2 MINUTES BETWEEN 1ST AND 2ND QUARTER/ PERIOD AND 3RD AND 4TH QUARTER/PERIOD
* 15 MINUTES BETWEEN 2ND AND 3RD QUARTER/PERIOD (HALFTIME)

1. **SCORING VALUES**

* 6 points for a TOUCHDOWN
* 2 points for a conversion KICK after Touchdown
* 1 point for a conversion RUN or PASS after Touchdown

1. **TEAM LATENESS**

If a team arrives late to a game they must be given an additional 15 minutes to get prepared. Which includes weigh-in and credentials check prior to the game.

1. **LOPSIDED SCORES**

If Team A is ahead by **24 points or more**: there will be no further kickoffs. Rather Team B will be awarded the ball at the **50 yard line** after any score by either team, as long as the margin remains **24 points or more**

1. **OVERTIME PLAY-OFFS AND CHAMPIONSHIP GAMES ONLY**
2. 1 maximum 4 plays possession from the 10 yard line ( Additional plays may be awarded after accepted penalties)
3. 1 play, possession at 3 yard line
4. Alternating turns until someone scores
5. Alternating choice of possession
6. Coin flip 1 time before 4 possessions
7. 2-minute intermission between end of game and start of overtime
8. **WEIGHT LIMITS PER DIVISION**

Weights need to be adjusted to read as followed

Division 1\*Weight without pads-2\* Weight with Pads-3\* Max lbs with 1 lb per week max of 8lbs

* Lightweight 115 ------------------123---------------------------131
* Middleweights 130-------------------139---------------------------147
* Heavyweights 160------------------169----------------------------177

1. **Weekly Weights Gain Allowance**

Date - Week Weight Gain Allowance LW---------MW---------HW

9/ 7 or 8 1 0 lbs 115 --------130----------160

9/14 or 15 2 1 lb 116 ---------131 --------161

9/ 20 or 21 3 2 lbs 117 ---------132 --------162

10/27 or 28 4 3 lbs 118 ---------133 --------163

10/4 or 5 5 4 lbs 119 ---------134 --------164

10/11 or 12 6 5 lbs 120 --------- 135 -------165

10/18 or 19 7 6 lbs 121 --------- 136 ------- 166

11/25 or 26 8 7 lbs 122 --------- 137 --------167

11/1 or 2 9 8 lbs 123 --------- 138 ------- 168

11/8 or 9 10 9 lbs 123 -------- 138-------- 168

11/15 Championship 10 lbs 123----------138----------168

1. **Player Eligibility League Schematic ( Cut-off date of 31 December 2016)**

\*Any player being born in 2007 is league age of EIGHT (8) year old

\*Any player being born in 2006 is league age of Nine (9) year old

\*Any player being born in 2005 is league age of Ten (10) year old

\*Any player being born in 2004 is league age of Eleven (11) year old

\*Any player being born in 2003 is league age of Twelve (12) year old

\*Any player being born in 2002 is league age of Thirteen (13) year old

\*Any player being born in 2001 is league age of Fourteen (14) year old

K. . **POSITIONING OF UNLIMITED PLAYERS ON OFFENSE**

\* On the Line of Scrimmage ( LOS)

\* Horizontally within 5 yards of the ball

\* Covered by an eligible receiver

Unlimited players can ONLY be tackle to tackle

t

g

c

t

wr

te

g

qb

rb

**Backs can be on either side**

rb

rb

1. **POSITIONING OF “UNLIMITED” PLAYER ON DEFENSE**

An “UNLIMITED” players must be:

* On the Line of Scrimmage ( LOS)
* NO Further from the ball than the outside shoulder of the OT

(Defensive player’s inside shoulder on the OT’s outside shoulder )

S

C C

LB LB

OSLB OSLB

dt

Gg

G

dt

**UNLIMITED PLAYERS CAN ONLY PLAY OUTSIDE SHOULD OF TACKLE TO TACKLE**

1. All Defensive players from Tackle to Tackle position must be in either a 3 point or 4 point stand. One hand must be in the dirt.
2. **NO PUNTING IN LIGHTWEIGHT LEVEL**

There will be no punting in the Lightweight Division. Team A declares prior to the 4th down that they intent to punt and the ball is re-set 30 yards from the line of scrimmage (Middle Field) where Team B takes possession. A punt declared from inside the Teams B’s 30 yard line would result in a touchback and placed ready to play by Team B its own 20 yard line.

1. **KICKOFF / KICKOFF RETURN N0 UNDERMANNED TEAM**

If Team A does not have enough non- UNLIMITED players to field a kickoff team it will take possession of the ball on their own 20 yard line after a Team B score. Team B will take possession of the ball at the 50 yard line after Team A scores. The 24 POINT RULE SUPERSEDES THIS RULE

1. **Play-offs Tie Break**

Tie Breaker

1. Head To Head
2. Least amount of Points Scored Against your team through the season of 7 games
3. The best record within teams in your division ( 21 Sept 2015 approved by the members)
4. Coin Toss by the HCYFL Secretary with Reps from tied teams present
5. **HCYFL OFFICALS FOR GAME**
6. During regular HCYFL season games there will be 3 Officials on the field
7. During Play-off and Championship games there will be 4 Officials on the field and 1 manning the Game clock. HCYFL will pay all officials for the play-offs and Championship games.
8. **PLAYERS WEIGHING IN**

Players when weighing in may only weigh in 1 time in Full pads minus their Helmets and 1 additional time without pads striping down to shorts. A player can not try to make weight by weighing in any more times then above.

**OFFICAL MEMBERS OF HCYFL RULES APPROVAL FOR THE 2013 ( EACH REP TO SIGN TO ACCEPT**

North Bergen : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hoboken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jersey City PAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Passaic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

West New York : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Union City : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kearny : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hackensack : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bayonne: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clifton \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jersey City Jets \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

West Orange \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Belleville \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_