



Jefferson District Youth Football League

2026 Official Rules & Playing Regulations

Prepared by the JDYFL Executive Board

Table of Contents

1. General Rules
2. Freshman Division
3. Sophomore Division
4. Junior Division
5. Senior Division
6. Overtime Procedures
7. Playoff Procedures

General:

All JDYFL games and activities shall be governed by the current edition of the National Alliance of Football Rules as published by the National Federation of State High School Athletic Association and accepted by the Virginia High School League, except where otherwise specifically outlined by each level's modifications below. All levels are designed for 11 V 11 play. If a team is unable to meet this format the game will be played under a mutually agreed format but will be considered a forfeit unless otherwise approved by a member of the JDYFL board.

The home team will provide a chain crew, and optional of what side the chains are operated on.

The host area will provide a clock/ scoreboard operator.

A modified clock will be used if there is a 28-point differential after the first half. The standard clock returns if at any time the point differential becomes less than 28.

PAT kick = 1 points (All Divisions)

2-point Conversion = 2 points (All Divisions)

NO BLOCKING BELOWN THE WAIST ALLOWED FOR OFFENSIVE OR DEFENSIVE PLAYERS IN THE FREE BLOWING ZONE.

Freshman:

This is development football and while competitive the mission is to foster an environment of learning the game over all else. Positive redirection and encouragement and fun is expected.

Ball Size: Pee Wee

Game Length: A game will consist of four (4) ten (10) minute quarters and an eight (8) minute halftime. This will be a running clock with stoppage for injury only, change of possession, and standard NFHS timing rules at the 2-minute mark of the second (2nd) and fourth (4th) quarters.

During the last two minutes of 2nd and 4th quarters, the referee will pause play and remind both teams of normal start/stop timing of the game clock. The referee will sound the whistle when the ball is ready-for-play. Play clock will be 25 seconds for the final two minutes of each half.

The Freshman will operate under traditional 4 down football starting from their own 50-yard line. If offense turns over possession of the ball, and defense recovers, the recovering team starts with a possession at their own 50-yard line. *The game shall not exceed 1 hour and 45 mins. with no overtime during regular season play.

Please use discretion when reaching the time limit, as we would like all teams to complete the full game.

Referees: 3 (regular season) 4 (post-season)

NFHS Exceptions for Freshman:

2 coaches on field (coaches will be 5 yards beyond the deepest player on both sides at the snap of the ball and will cease instruction or cheering at the snap). This rule applies to the regular season, playoffs, and Superbowl. Failure to cease instruction can incur a 5-yard penalty, additional can lead to unsportsmanlike conduct penalties.

Standard penalty enforcement – loss of yardage can exceed the 50 yard line.

The score will be kept by 7 points, no extra points.

The ball starts on the 50-yard line.

No silent count

No one lined up over the center; no one lined up in the "A" gaps.

No Blitzing in the "A" gaps, no runs up the "A" Gap – includes all positions.

NO Overtime

Sophomore:

Ball Size: Pee Wee

Game Length: A game will consist of four (4) Eight (8) minute quarters and an eight (8) minute halftime. One (1) standard NFHS overtime series will apply.

Referees: 3 (regular season) 4 (post-season)

NFHS Exceptions for Sophomores:

The game starts on 35 - yard.

NO live kickoffs

NO live punts; 35-yard walk off instead of punt (half distance from 50)

The clock will run while the 35 yards are walked off and then play will be stopped for change of possession. If the clock was stopped for out of bounds, incomplete pass, the clock will run for the walk off – accounts for a normal 4th downplay.

NO rushing on Kick PAT; 5 seconds count for kick PAT; If holder drops ball on kick PAT play is dead.

Juniors:

Ball Size: Junior

Game Length: A game will consist of four (4) Eight (8) minute quarters and an eight (8) minute halftime. One (1) standard NFHS overtime series will apply.

Referees: 4 (regular season)

NFHS Exceptions for Juniors:

Kickoff is live.

Kickoff return is live.

Punt return is live.

NO rushing on Kick PAT; 5 seconds count for kick PAT; If holder drops ball on kick PAT play is dead.

Seniors:

Ball Size: Youth

Game Length: A game will consist of four (4) Eight (8) minute quarters and an eight (8) minute halftime. Standard NFHS overtime rules will apply.

Referees: 4

NFHS Exceptions for Seniors: NONE

OVERTIME RULES *Freshman are not applicable to OT

NFHS overtime rules are applicable to the Sophomore, Juniors and Seniors only, during the regular season. During the postseason, overtime rules are applicable to all levels. One Coach and One Captain permitted for the coin toss.

Only the offense can score during OT, if there is a turnover; the play is dead.

Teams will enter overtime when the score is tied at the end of the fourth period. The referee will instruct both teams to return to their respective team boxes. There will be a three (3) minute intermission. Team Captains will meet in the center of the field for the coin toss. Each team will be granted one time-out during each overtime period. An overtime period consists of one offensive procession for each team. The team that scores the most points after one period wins. During the regular season only one (1) period of overtime is permitted, if the score remains tied after one period, the game ends as a tie and counted as a tie in the team's record. During the postseason, teams will enter overtime if the score is tied at the end of the fourth period, and follow the rules mentioned above. However, if the game remains tied after the first period of overtime a second period will be played, or as many periods are needed to declare a winner. **PLAYOFF PICTURE:**

Playoff brackets will be determined at the end of the regular season within 72 hours of the last game and results being submitted to the league.

At least the top 4 teams in each age group will earn a seed in the playoffs.

Seedings are based on Overall record, Head-to-Head, Points Scored, Points allowed, then coin toss for tiebreakers.

For areas to be eligible to host the Super Bowl must have turf field and field lights. Current Areas that are eligible to host every 3 years are the following: AHS, WAHS, C'ville, MHS, Fluvanna.