



DCYFL Rules

Rule 1.1 – Game Rules

1. GAME DURATION

a. REGULAR SEASON Games shall be played according to the following time limitations: Apply to all divisions unless specifically noted

- i. Flag Division (4U/6U) – (4) 8 min. quarters (Running Clock)
- ii. Tackle Division (8U) – (4) 8 min. quarters (Amended Regulation Clock*)
- iii. Tackle Division (10U/12U) – (4) 10 quarters (Amended Regulation Clock*)
- iv. (3) Time outs per half.

NOTE: In the event of inclement weather or a league official deems it necessary to get league play

back on schedule all games will go to regular season running clock.

2. A league referee will operate the clock during all championship games. A 35 second play clock

will be utilized at all times for 5U-13U levels the time will be held on the field by Head Official.

3. Clock Rules

a. In the event of scoreboard failure or malfunction, Head Official will keep game time on the field.

b. DCYFL operates under an amended regulation clock except in the Flag Division.

c. The clock will stop on:

- i. Injury – starts when a player leaves the field
- ii. Penalty – starts after penalty yardage is marked off and ball is spotted for play
- iii. Time outs – starts on the snap of the ball
- iv. Change of Possession – starts when the ball is snap for play
- v. When either team scores
- vi. Official time out – starts after the official signals to start the clock
- vii. First Down – starts when the chains have been reset

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- viii. Incomplete Pass starts when ball is spotted
- ix. Player runs out of bounds starts when the ball is spotted
- x. Touchdown – restarts on ensuing kickoff (Starts when the ball is kicked)
- xi. When the 24 POINT rule is in effect there will be a running clock
- di. 35 second play clock rule ALL levels (refs will manage this from the field and will indicate by hand signal when there is 10 seconds left).

4. Helmet visors are allowed and up to the white hat refs discretion if removal is needed for player safety. Player MUST exit the game until shield is removed from the helmet

5. Player equipment should be worn for all contact practices and games. This equipment consists

of: helmet, chin strap, mouthpiece, shoulder pads, pants, two knee pads, two thigh pads, one tail

bone pad, two hip pads.

6. Game jerseys must have numbers on front & back

7. Absolutely no blocking below the knees. Each infraction is a 15-yard penalty and will be considered a personal foul

8. Linebackers must be at least 3 yards off of the football when the ball snaps. Each infraction is considered offsides on the defense and will result in 5-yard offside penalty. (4U/6U/8U) Once quarterback is set no movement towards line of scrimmage is allowed.

9. Players may line up in the A gaps in a 3-point stance, but may not stand up in the gaps or line up over the center, (Flag 4U, 6U and Tackle 8U division only)

10. Regular football rules apply for all other age groups 10U and up

11. Each home team will supply volunteers to operate first & ten and downmarkers.

12. Player's footwear must consist of one-piece rubber molded shoes and/or tennis shoes. No shoe shall be worn with steel or removable cleats.

13. Mouthpieces are mandatory for all players in ALL divisions or they will not be allowed to participate until they have one.

14. Celebrations are allowed with teammates on the field of play only and must not break the taunting rule or a flag will be thrown. (DCYFL game play only)

15. Point after touchdown (PAT) is one (1) point for running or two (2) points for forward passing. Extra Point Field Goals (2) points.

Rule 1.2 – Age Specific Rules League

Age Cutoff Day is August 1st

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a. Each team must have 2 game balls at each game. Game Balls must be:

a. 4U-8U-K2

b. 10U –TDJ

c. 12U/13U–TDY.

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b. Ball carrying eligibility. All certified kids are eligible

a. All levels in DCYFL are unlimited weight

c. Flag (4U/6U) Division

1. Field size is 80 yards in length.
2. All players on offense or defense playing on the line must be in football 3-point stance or football 2-stance hand on their knees.
3. Point after touchdown (PAT) is one (1) point for running or two (2) points for forward passing.
4. Flag players must wear jerseys with number on front and back of jersey and football game pants or shorts. Hip, tail and thigh pads are optional.
5. A play is dead at the point of contact, if a player touches the football without wearing flags.
6. Any player who handles the football and has their jersey un-tucked at the start of the play, the play will be considered dead.
7. Any player who handles the football and their jersey becomes Un-tucked before the play, that ball will be consider down at the spot of contact.
8. Linemen may block with arms extended and inside the shoulders of the opponent.
9. A stiff arm is considered illegal and will result in a five (5) yard penalty.
10. Tackle is confirmed as making contact and no attempt to reach the offensive player's flags
11. Only Velcro belts are allowed during game play in the Flag Division
12. All other types' flag belts are prohibited and cannot be used during any DCYFL Games.
13. Each eligible ball carrier must wear two(flags)
14. A flag game will consist of four (4) 8 minute quarters.
15. 6U FLAG PLAYS WITH 11 MAN 4U FLAG PLAYS WITH 5 MAN
16. The clock shall run at all times except in the last two (2) minutes of the second and fourth quarters. It will also stop during team time outs.
17. 6U There will be minimum (9) players on the field. 4U There will be minimum (4) players on the field.
18. 6U There will be five (5) players on the offensive line of scrimmage tackle to tackle.
19. One coach allowed on the field at a time, One for off & def, can be the same coach.
20. Coaches must be 10 yards away from the last man from the last player on the field when the ball is snapped.
21. Coaches may not talk to players once the offense breaks the huddle.
22. There will be a (35) second play clock, violations will be assessed a (5) yard penalty. If violation gets excessive a loss of down will occur.

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23. Tackling: This is a non-contact sport; if a ball carrier is intestinally knocked down or tackled this will constitute un-sportsman like conduct. A fifteen (15) yards penalty and automatic first down. Tackling can further be defined as or to include HOLDING & GRABBING.

24. There will be no flag guarding, if a ball carrier touches a defensive player with their hands in any way while advancing the ball it will be considered flag guarding. This is a 10-yard penalty (from the spot) and loss of down (if the play doesn't equal a 1st Down).

25. Defensive players must stand at least one (1) yard off the line of scrimmage. Violations will be 5-yard penalty.

26. Fumbles are not advanced it will be a dead ball spot and the new line of scrimmage.

27. At the start of each game, start of the 2nd half, and after each score the ball shall be placed at the 25-yard line. No kick offs.

28. If a player's flag is intentionally removed when he is not the ball carrier the offending players and coach shall be given a warning. If players deflate another player intentionally under the same condition's penalties are as follows.

29. If ball carrier flag is pulled or fall in the ball carrier endzone it's a Safety.

30. If flags are altered in any way the team forfeits the game and any prior games played. The team will be BANNED from league play the remainder of the season with NO appeal.

d. (8U Tackle) Division

a. Kickoffs for 8Uis from the 40-yard line

b. All players on offense or defense playing on the line must be in 3-point stance or football 2-point stance with hand on their knees inside the tackle box.

c. Players cannot line up over center

d. You can walk off of 20yds option but ball will not be placed inside 20yd line. When a team declares "PUNT" they must punt or throw the ball

within 10 seconds of the snap. Ref will keep count. There is a "no rush" punt rule allowing for the punter to receive the ball from the center and kick it. For the offensive team to receive the "no rush" protection, the offensive team must tell the referee that they are going to punt. There is no "fake punt" opportunity once the team has declared they are punting. Defense must have 6 players on the line of scrimmage. Once the ball is punted the punting team may release for punt coverage. (Ball must be kicked or thrown inside the tackle)

f. The ball must go at least 3 yards or it will be required to re-kick or throw.

6. (8u) Division

a. Kickoffs for 8U is from the 40-yard line

b. There are no "Walk Offs" when a team declares "PUNT" they must punt or throw the ball within 10 seconds of the snap. Ref will keep count. There is a "no rush" punt rule allowing for the punter to receive the ball from the center and kick it. For the offensive team to receive the "no rush" protection, the offensive team must tell the referee that they are going to punt. There is no "fake punt" opportunity once the team has declared they are punting. Defense must have 6 players on the line of scrimmage. Once the ball is punted the punting team may release for punt coverage. (Ball must be kicked or thrown inside the tackle)

c. The ball must go at least 3 yards or it will be required to re-kick or throw.

d. 8u is played like regular football outside of the rules clarified above.

7. (10u-12u) Division

a. These levels are played under regular UIL rules.

Rule 1.3 – Punts & Kickoffs

1. If they decide to declare a punt, the coach or team captain must tell the referee before you break the huddle. The referee shall announce the coach's call.

2. The punting/kicking team has to punt/kick the ball and the defensive team may not rush the punter/ kicker (8U)
3. 8U will be allowed to throw the ball in for PUNT to the opposing team. (Must be in Punt formation.)
4. Punter has 10 seconds to get the kickoff. (8u)
5. If a team does not declare a punt/kick, the defense may rush the punter/kicker.(10U/12U)
6. The referee may only ask the Head Coach if they wish to declare to punt.
7. Receiving team formation on a declared punt shall consist of a regular 6-man defensive front on the line and a maximum of three players back to receive the ball. Good sportsmanship should be realized in this situation.
8. If a penalty occurs on a declared punt, then the declaration is removed. If the punting/kicking team retains possession after the penalty and want a declared punt/kicking, they must re-declare.
9. If punter fumbles snap and attempts to run the ball, the play will be called dead and turn over on downs will apply. (8u)
10. If punter fumbles snap and attempts to continue to punt ball away, the “no rush” rules will still apply.(8U)
11. If center hikes and the ball hits the ground, the holder may pick the ball up and place ball on tee for kicker to kick within 10 seconds (8u)
12. Leaping over the offense during a kick is prohibited (safety measurement)
13. Blocking below the knees is prohibited – includes in the trenches (safety measurement)
Penalty is
15-yard penalty and will be considered a personal foul
14. Kickoffs for (8u-13u) tackle level will be from the 40-yard line.
15. Punts and PAT's are not safe (10U,12U,13U). CENTERS are protected, defenders can't line up over or touch the center.

Rule 1.4 – Coaches on the field of Play

1. (1) flag coach may be on the field of play at all times from each team. Once the ball is in play

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coaches from each team must stand 10 yards away from the player.

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2. (1) 4U/6U coach may be on the field of play at all times. Once the Ball is in play coaches from each team must stand 10 yards away from the player.
3. No coaches on the field for 8U-13U levels.
4. On the field coaching includes, but is not limited to
 - a. Giving instructions
 - b. Positioning players
 - c. Calling plays (both offensive and defensive).

5. Violation of these rules constitutes "DELAY of GAME". The penalty will be:
- 1st offense = warning:
 - 2nd offense = 5-yard penalty.
 - 3rd offense = 10-yard penalty.
 - 4th offense = 10-yard penalty and coach ejection.
6. Once the quarterback starts his cadence the on-field coaches can no longer talk to players in the game.
7. Total number of (10) Combined Coaches, Team Mom, Water boy and Trainer are allowed on the sideline during the game. Violation of this rule will be
- 1st offense = Warning dead ball penalty
 - 2nd offense = Dead ball penalty Head Coach will be removed from the game.
 - Athletic Directors and Presidents are not included in those numbers and must have a badge stating their position.

Rule 1.5 Mercy Rule

1. Once a team has outscored its opponent by 24 points or more the following rules will apply, until the scoring gap returns under 24 points.
- Running Clock- will apply (losing teams may use timeouts to stop clock where applicable)
 - No on-side kick
 - No defensive blitz

Rule 1.6 – Game Ties

1. The rules of the University Interscholastic League will be used in situations of playoff or championship games with the modifications as follows:
- Flag Divisions - Winner of coin toss at end of regulation will begin play at opposition's twenty (10) yards from the endzone. Team on offense will be allowed chance to drive for touchdown as long as there is no turnover in play or turnover in downs. Upon end of series the defensive team is awarded ball at opposition's twenty (10) yards from the endzone and given same opportunity as the opposition. The team scoring the most points after both teams given equal possessions will determine the winner.
 - 8U-13U (Tackle Levels) - Winner of coin toss at end of regulation will begin play at opposition's twenty-five (25) yard line. Team on offense will be allowed chance to drive for score as long as there is no turnover in play or turnover in downs. Upon end of series the defensive team is awarded ball at opposition's twenty-five (25) yard line and given opportunity as the opposition. The team scoring the most points after both teams given equal possessions will determine winner.
 - REGULAR SEASON game shall end in a tie score. Each team will have (1) possession from the 25-yard line to score. If no points are scored there will be an additional (1) overtime to determine the winner. If neither team scores or if the game remains tied after both teams has had and 2nd possession the game shall end in a tie.

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Rule 1.7 – Prohibited football plays

1. NO CHOP BLOCKS AT ANY LEVEL AT ANY TIME.

2. NO SPEARING AT ANY TIME

- a. FIRST OFFENSE- PERSONAL FOUL
- b. SECOND OFFENSE- PERSONAL FOUL AND PLAYER EJECTED AND SERVE 1 GAME SUSPENSION
- c. THIRD OFFENSE- PLAYER SUSPENDED FOR 1 GAME
- d. FOURTH OFFENSE- PLAYER SUSPENDED FROM LEAGUE

3. NO TARGETING (PLAYER EJECTION)

4. PROHIBITED SIGNAL DEVICES – PLAYERS MAY NOT BE EQUIPPED WITH ANY EQUIPPED WITH

ANY ELECTRONIC, MECHANICAL OR OTHER SIGNAL DEVICES FOR THE PURPOSE OF COMMUNICATION WITH ANY SOURCE.

Rule 1.8 – On-field Injuries

1. Player must leave the playing field for one play.
2. Players on the opposing team must take a knee in the huddle or remain on the sideline.

Rule 1.9 – Protest or Challenges

1. No protest may be filed on judgment calls by the referee. Only specific protests against league rules will be allowed. There will be a \$50.00 nonrefundable charge for any protest or challenges.
2. Coaches who wish to lodge a protest must immediately notify the REFEREE and (DCYFL) official. The referee will note the time left in the quarter and the score.
3. Protests must be submitted in writing to any (DCYFL) Officials within 24 hours of occurrence.
4. The (DCYFL) official will rule on all protests within (72) hours of protest or challenge being filed.
5. The decision of the (DCYFL) will be final.

Rule 1.10 – Forfeits Due to Number of Players

1. Each team must field at least (10) players for the game to be declared official. Should a team not be able to field (10) players at starting time, plus fifteen (15) minutes, the game will be declared a forfeit.
2. Flag games may be played with eight (8) players.
3. Exception-Games can still be played with less than (11) players if both Teams President agree to play with less than (11) players. Agreement must be made prior to game being played. The game will still be considered an official game.
4. All games forfeited will be subject to a fine. DCYFL will excess fine to the Organization.

Rule 1.11 – Verbal or Written Harassment:

1. Verbal harassment of opposing players or referees by the players, coaches or fans is forbidden.

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2. The Head Coach is responsible for the conduct of his assistant coaches, players and fans. Failure to comply may result in ejection from the game or forfeiture of the game.
3. Coaches making physical contact with officials constitute expulsion for the season.
4. The use of profane language shall be considered verbal harassment. Any use of profane

language shall result in the discretion of the game officials, immediate ejection from a game and stadium.

5. No program Director, Coach, Parent, Player, or anyone associated with a team or program shall

post any written taunting of any means on their own or other team/program websites or website bulletin boards. This can result in dismissal and/or permanent expulsion from the (DCYFL).

Rule 1.12 – Playoffs:

1. Standings in each division will first be determined by divisional season record.
2. Standings resulting in a tie will
 - a. First, be determined by a head-to-head match-up
 - b. Points Allowed
 - c. Points Scored
 - d. Points Differential
3. Top 4 Teams (top 4 in each Conference or top 6) (subject to change due to state or national schedule) automatically qualify for the (DCYFL) post season play.
4. Seeding will be determined by regular season ranking as an organization.
5. A Conference Championship will determine the Texas State / National Qualifier
6. DCYFL will host playoffs, bowl games and Conference Championship games.

Violations/Penalties – Section 2

Rule 2.1 – Questions of Eligibility

1. The DCYFL Football Commissioner/Director shall be the judge of concern in all questions of eligibility.
2. ORGANIZATIONAL DIRECTORS & HEAD COACHES ARE SOLELY RESPONSIBLE FOR DETERMINING ELIGIBILITY OF ALL PLAYERS LISTED ON THE OFFICIAL ROSTER AS SUBMITTED TO THE (DCYFL). IT IS ALSO THE RESPONSIBILITY OF THE HEAD COACH TO VERIFY PLAYERS PRIOR TO THE START OF THEIR GAME. PLAYER'S ELIGIBILITY CANNOT BE QUESTIONED AFTER THE GAME HAS BEEN PLAYED. FALSIFICATION OF A PLAYER REGISTRATIONS OR ELIGIBILITY WILL RESULT IN AS FOLLOWINGS:
 - a. 1ST OFFENSE: \$500 FINE AND SUSPENSION OF HEAD COACH AND PLAYER FOR THE REMAINING OF THE SEASON. THE TEAM FORFEITS THEIR GAMES UP TO THAT POINT.

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- b. 2ND OFFENSE: \$500 FINE AND THE ENTIRE TEAM WILL FOREFEIT ALL REMAINING GAMES ON THE SCHEDULE, FORFEIT ALL PRIOR GAMES WON IN THE LEAGUE FROM THE LEAGUE. THERE WILL BE NO REFUNDS.

Rule 2.2 – Ejection and Suspension during a Game

1. Players, coaches, or spectators may be ejected from the game by a game official for violation of

the rules under which the game is played if so provided for in the playing rules or an (DCYFL) Director for violation of policy and procedures of the league.

2. If a player throws a Punch during a game he will be ejected and will serve one game suspension the next game played.

FIRST OFFENSE:

3. A player must leave the field and be accompanied by their guardian after ejection. If player is ejected in the 4th quarter of the game, he will be suspended for the next game. (NO

EXCEPTIONS)

4. Spectators ejected must leave the field and cannot attend the next game.

5. A coach who is ejected must leave the stadium immediately. The member organization they are

affiliated with will incur a fine of \$200. He nor his team will be allowed to participate again until fine is paid.

SECOND OFFENSE:

6. A player must leave the stadium and be accompanied by their guardian after ejection. The Player will also be suspended for the next game.

7. A coach who is ejected must leave the stadium. The member organization they are affiliated with will incur a fine of \$400. The coach will also be suspended for the next game. He nor his team will be allowed to participate again until fine is paid.

THIRD OFFENSE:

8. A player must leave the field and be accompanied by their guardian after ejection. The Player will be suspended for the next 4 games.

9. A coach who is ejected must leave the stadium. The member organization they are affiliated with will incur a fine of \$600. The coach will also be suspended for the remainder of the season.

FOURTH OFFENSE:

10. A Player will be suspended for the season.

11. Whenever a player, coach or spectator is ejected, the head coach or program director shall report the circumstances thereof to the league within 24 hours.

12. Suspension of games means the player; coach or spectator cannot attend ANY (DCYFL) game or events during their suspension. This includes sitting in the stands or volunteering in another area of the organization. The suspension will resume with the next scheduled games; it will not include the current game the player or coach is being ejected from.

13. Any suspension that exceeds more than four games shall require a hearing before consisting of

the DCYFL Executive Board, Head Referee Official.

Unless otherwise requested by the person involved, the hearing shall be held and a decision shall be rendered and announced before the temporary suspension has expired. A request for delay or failure to appear at a hearing shall be considered a waiving of the decision by the person involved.

14. An appeal hearing will only be granted if there is just cause to do so. The individual requesting

the hearing must provide just cause and/or proof that the previous decision was unjust and the

claims provided does not support such decision. If an appeal is denied; the individual requesting the hearing will be notified via email and/or a phone call as well as their member organization's Athletic Director and President.

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Rule 2.3 – Revoking Membership

1. An Organization membership may be revoked for the following reasons below:
 - a. Fighting or Altercations where physical contact is involved. Base on league investigation.
 - b. Repeated Violations of the (DCYFL) Rules and Regulations
 - c. Provide and unsafe environment for other members and youths of the (DCYFL). Base on investigation.

2. An Organization's volunteer, coach, player and spectator may be suspended (includes not attending any (DCYFL) events/games) for the following reasons below:
 - a. Unsportsmanlike Conduct (arguing, disrespecting refs, coaches, players, spectators or DCYFL representatives). If the action committed is found to be a serious offense or league violation immediate removal from the league will be executed.
 - b. Anyone found guilty of any of the above actions will be removed immediately; there is a not appeal hearing on any suspensions or removal. Once an organization membership is revoked, they are removed immediately from the remainder of the game schedule, cannot participate in the playoffs or championship games. The cheerleaders will not be allowed to participate in any cheer events; this includes the (DCYFL) Cheer Competition. There is no immediate appeal process on the decision of an organization's membership after it has been revoked. The (DCYFL) takes membership very seriously and before a decision of membership is revoked the Executive Board will weigh all evidence or material that has been set before them and render a decision in the best interest of the league and its member organizations. That organization can re-apply for membership for the next season; in applying for membership, it does not grant any organization a membership into the league. No refunds will be issued to that organization.

Cheerleading – Section 3

Rule 3.1 – Cheerleading Rules and Regulations

1. (DCYFL) League cheerleaders will have to be certified to be able to cheer in any League game or Event.
2. (DCYFL) League cheerleaders will be provided the opportunity to participate in two areas of cheerleading: sideline and competitive.
4. To be eligible for competition, squad participants must be registered, active participants in the (DCYFL) sideline program.
5. All cheerleaders are expected to arrive on time for every game regardless of weather conditions.
Except in extreme conditions cheerleaders will cheer if the game is being played.
6. The Director, cheerleading coordinator will make decisions pertaining to canceling a game day performance at game time.

7. Ages of cheerleader's groups will be the same as football players and using the same age guidelines for football players.
8. The ratio for cheer volunteers (coaches, Jr coaches, leaders, team moms) is 1: 8. You will be allowed 1 adult for every 8 cheerleaders.
9. More details regarding (DCYFL) cheerleading guidelines & competition rules are provided in a separate document and will be provided to each Cheer Director of the member organization.

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DCYFIL Code of Conduct

Purpose:

DCYFL expect the highest level of personal conduct from all Spectators, Coaches, Organization Staff

and Volunteers, regardless of position. DCYFL is and friendly and safe environment for Youth Sports

Games, Competitions and Events.

Principles: DCYFL provides a Safe and fun environment for all athletes to perform at their highest level.

DCYFL Pride itself in:

Safe Environment

Honesty

Integrity

Fairness

We expect ALL Spectators, Coaches, Organization Staff and Volunteers, regardless of position:

Not to have any physical and verbal altercation

No weapons of any kind. (Guns, Knives, Wooden or Metal Bats and any other type weapon)

No illegal drugs

Harassment, Bullying, Victimization and other actions and behavior's which undermine the well-being of

anyone during a DCYFL Game, Competition or Event.

It's important that you treat everyone you encounter during any DCYFL Games, Competitions or Event with respect, treat them in a courteous, fair and equal manner.

Failure to adhere to DCYFL Code of Conduct may result in disciplinary action been taken.

There is not appeals process if Code of Conduct is broken.

THESE RULES AND POLICIES ARE ONLY FOR (DCYFL) ORGANIZATIONAL MEMBERS. THESE RULES AND POLICIES MAY NOT APPLY TO NON-LEAGUE