

2022 NYFL Game Day Rules

<b>Junior Division Game Rules</b>	
Junior Division tackle games will be played by rules set forth in the latest edition of high school rules with the following exceptions and notations:	
Field dimension:	80 yd. X 40-50 yd.
Game Time:	<ul style="list-style-type: none"> <li>• 10 minutes quarters/15 minute half-time</li> <li>• 2-minute warning prior to the end of each half.</li> <li>• Official game time kept on the field. Time on scoreboard must be declared by the head official and both head coaches before the game.</li> <li>• Once score is at a 30-point differential, the score board is stopped, but the clock can continue to run or the officials can keep the remaining time. The losing coach has the discretion to run the clock. Game day sheets will have the score that was showing on the scoreboard at the final score. At this point, the game is a scrimmage. Minimum play rule stays in effect. However, coaches' acceptance of minimum play is not required, but the sheets will need to be signed.</li> </ul>
Penalties:	Major infraction – 10 yards Minor infraction – 5 yards
Coach limits:	2 coaches, per team, allowed on the field and 1 additional coach is allowed in coach's box on the sideline. No other coaches or volunteers are allowed with the coach's box during play. On field coaches are allowed to coach until the teams break the huddle. They must then position themselves 8 yards back from the line of scrimmage between the hash marks. No further "on field" coaching will be allowed until the current play is whistled dead.
Extra points:	Running play (including lateral pass) =1 point Forward pass = 2 points (any score from a fumble recovery = 1 point)
Overtime:	1 <sup>st</sup> OT - Federation Rule Book defined a 10-yard overtime procedure – subsequent overtimes – 5-yard line
Field Goals:	No field goal attempts
Huddle Rule:	Hurry up/No huddle offense is not allowed at any time at the Junior level.
Timeouts:	The <b>two</b> on field coaches and one water boy will be allowed in the on-field huddle during any requested time out. The <b>two</b> on field coaches are allowed in the injury huddle, should the referees allow the team to gather on the playing field during an injury. If the referees should allow the teams to go to the sidelines, any coach or coaches from that team can address the players. Injury timeouts are not team timeouts.
Football Size:	Junior Tackle: acceptable sizes are: <ol style="list-style-type: none"> <li>1. K-2</li> <li>2. 1000K</li> <li>3. Pee Wee</li> </ol>
Safeties:	2 points awarded & team earning safety takes possession at mid-field (40-yard line)
Special Teams:	<p><b>No special teams in Junior Division</b></p> <p><u>Punts</u>: On 4<sup>th</sup> down, the offense will have the opportunity to attempt to gain a first down or notify the officials they are "punting". If the offense decides to "punt", the officials will mark the ball 25 yards downfield or at the opponent's 10-yard line. The offense must notify the referees of their intention to punt before breaking the huddle. To reverse the decision to punt, the offense must call a timeout</p> <p><u>Kickoffs</u>: There will be no kickoffs at the Junior level. In place of kickoffs, the ball will be spotted at the receiving team's 20-yard line.</p>

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<b>Senior Division Game Rules</b>	
Junior Division tackle games will be played by rules set forth in the latest edition of high school rules with the following exceptions and notations:	
Field dimensions:	80 yd. X 40-50 yd.
Game Time:	<ul style="list-style-type: none"> <li>• 12 minutes quarters/15 minute half-time</li> <li>• 2-minute warning prior to the end of each half.</li> <li>• Official game time kept on the field. Time on scoreboard must be declared by the head official and both head coaches before the game.</li> <li>• Once score is at a 30-point differential, the score board is stopped, but the clock can continue to run or the officials can keep the remaining time. The losing coach has the discretion to run the clock. Game day sheets will have the score that was showing on the scoreboard at the final score. At this point, the game is a scrimmage. Minimum play rule stays in effect. However, coaches' acceptance of minimum play is not required, but the sheets will need to be signed.</li> </ul>
Penalties:	Major infraction – 10 yards Minor infraction – 5 yards
Coach limits:	One coach (only) may move up and down the field on the line of scrimmage and go on the field up to ten yards to facilitate play calling but must go back to the sideline during plays. Only 3 coaches can be inside the coach's box and are limited to movement between the 30-yard lines and must remain off the playing field.
Extra points:	Running play (including lateral pass) =1 point Forward pass = 2 points (any score from a fumble recovery = 1 point)
Overtime:	1 <sup>st</sup> OT - Federation Rule Book defined a 10-yard overtime procedure – subsequent overtimes – 5-yard line
Field Goals:	No field goal attempts
Huddle Rule:	Hurry up/No huddle offense is not allowed at any time at the Junior level.
Timeouts:	There will be only <b>one</b> coach and one water boy allowed in the on-field huddle during any requested time out. There will be only <b>one</b> coach allowed in the injury huddle, should the referees allow the team to gather on the playing field during an injury. If the referees should allow the teams to go to the sidelines, any coach or coaches from that team can address the players. Injury timeouts are not team timeouts.
Football Size:	Senior Tackle: acceptable sizes are: <ol style="list-style-type: none"> <li>1. 1000J</li> <li>2. "Junior"</li> <li>3. No rubber footballs are approved for game use.</li> </ol>
Safeties:	2 points awarded & team earning safety takes possession at mid-field (40-yard line)
Special Teams:	<p><b>No special teams in Senior Division</b></p> <p><u>Punts</u>: On 4<sup>th</sup> down, the offense will have the opportunity to attempt to gain a first down or notify the officials they are "punting". If the offense decides to "punt", the officials will mark the ball 25 yards downfield or at the opponent's 10-yard line. The offense must notify the referees of their intention to punt before breaking the huddle. To reverse the decision to punt, the offense must call a timeout</p> <p><u>Kickoffs</u>: There will be no kickoffs at the Senior level. In place of kickoffs, the ball will be spotted at the receiving team's 20-yard line.</p>