



## SCARDSDALE REC YOUTH FOOTBALL LEAGUE

### 2011 - QUICK RULES 3<sup>RD</sup> & 4<sup>TH</sup> GRADE DIVISION

As of: September 15, 2011

#### Pre-Game:

- “Home Team” shall mark the field and provide down and distance markers and a competent chain crew.
- Coaches and officials must agree the field is safe to play. The game officials will have the final decision.
- Warm up must not exceed 1 hour.
- Game officials will gather both teams at midfield 10 minutes prior to start for pre-game instructions.
- Coaches will affirm that every player is eligible, exchange Player ID cards of all X and XX players on the roster with the opposing coach and referee, and be in compliance with practice limits.
- **Coaches and Referees MUST carry a copy of the Quick Rules to each game.**

#### Game Start / Time:

- Game will start promptly at scheduled time. Forfeit time is fifteen (15) minutes after scheduled start.
- Minimum of 2 officials must be present for a game to be official. If only 1 official is present at the scheduled start time, the coaches have the option to play the game as a scrimmage with the guidance of both teams coaches.
- Game Ball (K2 or equivalent) will be placed on the 50-yard line (100 yard field) and 40 yard line (80 yard field) to begin play.
- The 1<sup>st</sup> and 3<sup>rd</sup> quarters of the game will consist of 15 minute quarters (running time).
- The 2<sup>nd</sup> and 4<sup>th</sup> quarters of the game will consist of 13 minute quarters (running time), then National Federation High School (NFHS) rules for final 2 minutes.
- Clock stops after a P.A.T. (Point After Touchdown).
- Referee will announce time remaining after each play during final 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.
- There will be a 2 minute break between quarters and a 5-minute break at halftime.
- Each team will have (3) three 45-second time-outs per half.
- A delay of game penalty will be assessed after **45 seconds** from ready to play. Referees will issue one (1) warning per team prior to enforcing a delay of game penalty.
- The game is official at halftime.
- There is no overtime.
- There is no 5<sup>th</sup> quarter.
- **Consulting with Head Referee is permitted at the end of each quarter, by the Team Head Coach and/or Team Assistant Coach ONLY, in a professional and calm manner, to discuss concerns they may have during the game.**

#### Punt / Safety / P.A.T. / Field Goal / P.A.T. Scoring

- No Punt – Receiving team takes possession 25 yards from the line of scrimmage or half the distance to the goal line.
- The receiving team on a safety shall receive the ball at the midfield.
- On a kicked P.A.T. or field goal, the referee shall hand the ball to the holder at 7 yards behind the line of scrimmage for a free kick.
- The defense shall stand quietly in their positions, not jump up and down, and not rush the kicker. An X or XX may play anywhere.
- P.A.T. kicks are worth 2 points, while running or passing is worth 1 point.



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### Permitted Formations:

- Offense:
  - Maximum Split – 1 yard between linemen. No Split Ends.
  - Balanced Line – 3 men on line of scrimmage on each side of the Center (E/T/G/C/G/T/E).
  - **There must be a balanced line between the Guards, Tackles and Ends.**
  - **Offensive Wing Back can only be one (1) yard from the End.**
  - **All other Offensive Backs MUST be lined up inside the Tackles.**
  - All linemen must be in a 3-point or 4-point stance including Ends.
  - No back shall be wider than 1 yard outside of the End.
  - Motion is NOT permitted.
  - Ends (E) can be an “X” player but “X”s are not permitted to touch the ball (running or receiving) or going downfield on passes beyond the line of scrimmage
- Defense:
  - 6-2-3
  - Guards and Tackles must be in a 3-point or 4-point stance.
  - The line must be “**HEAD UP**” to the Offensive Guard and Tackle and must engage with two hands prior to hitting a gap. Shading or slanting is NOT permitted in the lineup formation.
  - The DE may stand, but may be no more than 1 yard outside of the widest player to his side.
  - LBs must be a minimum of 2 yards behind the deepest lineman, and outside the Guard.
  - DBs must be a minimum of 4 yards behind the deepest LB.
  - Inside the 10 yard line the DBs may be 2 yards behind the deepest LB.
  - LBs and DBs may not move forward prior to the snap and cannot blitz.
  - **LBs are permitted to move laterally, inside the Cornerbacks, based on Offensive formation.**

### Special Rules / Enforcement:

- Coaches on the Field: 2 coaches from each team are permitted on the field for player instruction. Coaches are allowed in the huddle. Once the huddle breaks, Coaches “**MUST BE SILENT**” plus be positioned 10 yards behind the deepest lined up offensive or defensive player. Coaches “**MUST NOT TOUCH**” players or give any further verbal instructions. Violation of this rule will result in Coach being removed from the field of play but will be allowed to participate as a bench coach for the remainder of the game.
- No Huddle Offense – NOT allowed. The Offensive team **MUST** huddle prior to snapping the ball for an offensive play within the allotted **45 second** play clock.
- Halftime Change of Possession: if a team trails by 14 points at halftime, the losing team will start the 2<sup>nd</sup> half with possession of the ball at midfield. If the losing team does not score, the winning team will take back possession of the ball from the last point on the field. If the winning team drives the ball deep into the losing team’s territory and does not score, the losing team will regain possession and start at midfield. If the winning team scores again, the losing team will regain possession starting at midfield.
- Blocking Below the Waist: Shall be permitted only on the initial charge against the man head up on the line of scrimmage.
- Clipping: 15-yard penalty for below the waist and 10 yard penalty for above the waist.
- Tackling: Horse collar tackles (back or side of the neck) are NOT allowed and will result in a 15 yard penalty (New 2009 NFHS Rule).
- **Tackling: with your head down is illegal and NOT permitted. All Coaches are responsible and MUST teach their players proper tackling techniques.**
- Loose Ball (Interception) – an offensive pass that is intercepted by the defense may be advanced, except if intercepted by an X or XX player. If an X or XX player intercepts the ball, it is a “Dead Ball” at the spot of the interception.
- Loose Ball (Fumble) – a fumble may NOT be advanced by any player. It is a “Dead Ball” at the spot of fumble.
- A bad snap will be called a “Dead Ball”.
- Filming of games will be permitted as long as the person(s) filming game are not on the field of play at any time.