



as of 4/20/09

HUDSON COUNTY Youth Football League
RULES and REGULATIONS

National Federation of State High School Athletic Associations Rules will be used, and are to be considered binding in all Divisions, except where the HCYFL's Associations vote to over-ride or modify such rules.

R.I. PLAYER EQUIPMENT **EFFECTIVE 1/18/06 as per NFSHSAA**

1. All helmets must be secured with a **four-point chin strap**.
2. Tooth protector (**mouthpieces**) must be of **any visible color**, *not white or clear*, and must be **attached** to the face mask.
3. Only **one forward pass** may be thrown during a down.
4. **Pass interference:**
 - a. The new rule only makes it a penalty if contact occurs on the receiver catching the ball.
 - b. 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.
 - c. 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 a defender on the right side impedes/bumps the receiver (on the opposite side of the field) while the ball is in flight it is not pass interference.
5. **EFFECTIVE 8/1/07 as per NFSHSAA** Before each game at all levels the officials will ask each Head Coach "are all players legally equipped"?
 - a. Once the Head Coach states all his players are legally equipped:
 1. The Head Coach will be assessed a 15 yard 'unsportsmanlike conduct' penalty if an 'illegal equipment' penalty is called against his team.
 2. If a 2nd 'illegal equipment' penalty is called, a 2nd 'unsportsmanlike conduct' penalty will be assessed, and the Head Coach will be ejected from the game.
 1. This means no player is to be wearing jewelry (specifically earrings, necklaces or bracelets).
 2. Religious medals need to be tucked in under their shoulder pads.
 3. Head covers may not extend outside the helmet.
 4. Tinted eye protectors are illegal equipment.
6. **EFFECTIVE 8/1/08 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 Goods Manufacturers Association.

R.II. PARTICIPATION BY 'UNLIMITED' PLAYER

A. IDENTIFICATION STRIPES FOR 'UNLIMITED' PLAYERS EFFECTIVE 4/19/01

A 2-inch strip of plastic tape will be used 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.

B. RULES FOR KICK GAME USE OF 'UNLIMITED' PLAYER EFFECTIVE 12/06/00

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|---------------------------|---|
| 1) Kick Off/Kick Returns | No 'Unlimited' Player Can Participate |
| 2) Free Kick (Safety) | No 'Unlimited' Players Can Participate |
| 3) Punt Return | 'Unlimited' Players Can Participate |
| 4) Extra Point/Field Goal | 'Unlimited' Players Can Participate |

C. POINT AFTER TOUCHDOWN CONVERSION KICK TRY BY 'UNLIMITED' PLAYER EFFECTIVE 3/16/05

An 'Unlimited' player (striped helmet) may be 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 attempt). 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.

D. ADVANCEMENT OF BALL BY 'UNLIMITED' PLAYER EFFECTIVE 2/7/07

An 'Unlimited' Player may advance ball when intercepting or recovering a fumble on **defense only**.

E. POSITIONING OF 'UNLIMITED' PLAYER ON OFFENSE EFFECTIVE 3/14/01

An 'Unlimited' player must be:

- On the Line of Scrimmage (LOS)
- Horizontally within 5 yards of the ball
- Covered by an eligible receiver.

F. POSITIONING OF 'UNLIMITED' PLAYER ON DEFENSE EFFECTIVE 3/14/01

An 'Unlimited' player 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)

R.III. GAME MANAGEMENT

A. GAME BALLS

The game ball will be of good quality leather only with specification in the area of:

Lightweight	(Wilson TDJ, Nike 2000J, or similar)
length	= 10.25 to 10.50 in.
weight	= 12–13 oz.
Middleweight	(Wilson TDY, Nike 2000Y, or similar)
length	= 10.625 to 10.75 in.
weight	= 14–15 oz.
Heavyweight	(Wilson TDY, Nike 2000Y, or similar)
length	= 10.625 to 10.75 in.
weight	= 14 – 15 oz.

B. LENGTH OF PERIODS

All divisions will play 10 minute periods.

C. INTERMISSION LENGTH

- 2 minutes between 1st and 2nd period; 3rd and 4th periods
- 15 minutes between 2nd and 3rd period (Halftime)

D. SCORING VALUES

- 2 points scored for a conversion kick after touchdown
- 1 point scored for a conversion run or pass after touchdown

E. TEAM LATENESS **EFFECTIVE 2/03/99**

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

F. LOPSIDED SCORES **EFFECTIVE 1/18/05**

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.

G. OVERTIME **PLAYOFFS AND CHAMPIONSHIP ONLY **EFFECTIVE 3/19/03****

- 1) 1 maximum, 4 play possession from 10 yard line
- 2) 1 play, possession at 3 yard line
 - a. Alternating turns until someone scores
 - b. Alternate choice of possession
 - c. Flip coin 1 time before 4 play possessions
 - d. 2-minute intermission between end of game and start of overtime

H. NO PUNTING IN LIGHTWEIGHT LEVEL **EFFECTIVE 1/18/05**

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

I. KICKOFF / KICKOFF RETURN BY UNDERMANNED TEAM EFFECTIVE 1/18/05

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 a Team A score. The 24 point rule supersedes this new ruling.

J. OFFICIAL CLOCK EFFECTIVE 2/03/99

The HCYFL will pay an extra official to run an official clock for both playoffs and the championship game. For playoffs we will have 4 officials plus an official clock (5) in total. For the championship we will have 5 officials plus an official clock (6) in total.