



# Colonial Youth

## Football League

# RULES

Updated August 20th, 2025

# Colonial Youth Football League (CYFL)

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## Article I. Football Divisions

Section 1.01 The CYFL offers four (4) divisions of youth football

Rookie Flags – Instructional Level Play

- a. *Cannot turn age 6 years old before August 1<sup>st</sup>*

Flags – Competitive Level Play

- a. *Cannot turn age 8 years old before August 1<sup>st</sup>*

100lbs – Competitive Level Play

- a. *Cannot turn age 10 years old before August 1<sup>st</sup>*
- b. *Must weigh 100.9 pounds or less to run the ball.*
- c. *Cannot exceed 130.9 lbs.*

120lb – Competitive Level Play

- a. *Cannot turn 13 years old before August 1<sup>st</sup>.*
- b. *Must weigh 120.9 pounds or less to run the ball.*
- c. *Cannot exceed 160.9 lbs.*
- d. *7<sup>th</sup> grade players are eligible to play on a 120 lb. team as long as he/she does not exceed 100.9 lbs*
- e. *12-year-old players that are in 6<sup>th</sup> grade (during the current season) are eligible to play at the maximum weight of 160.9. Proof of school grade must be presented to the CYFL. If no documentation is turned in; all 12-year-olds will be considered 7<sup>th</sup> graders and must meet the 100.9 weight requirement.*

## Article II. Proof of Age

Section 2.01 Certificates of Birth, or its equivalent as approved by the Executive Board, will be the only document(s) recognized by the league for proof of age.

## Article III. Rosters

Section 3.01 Each Member Organization must provide the league with team rosters and a copy of each player's birth certificate, or its equivalent as approved by the Executive Board, no later than the August meeting. The league will verify each player's eligibility to play within the division presented, according to their birth certificate or its equivalent as approved by the Executive Board. The league will then post each roster for each team to take to weigh-ins. Those players not approved on the list may provide a copy of a birth certificate or its equivalent as approved by the Executive Board, at the time of weigh-ins.

Section 3.02 Those players not approved on the league roster and not presenting a birth certificate at the time of weigh-ins, may not play.

Section 3.03 No players may be added to any roster after the September CYFL League meeting.

Section 3.04 Rosters must include the team name, division, name of the player, age and date of birth. Any rosters not turned in at the August meeting will result in the forfeit of all games played until those rosters are turned in.

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## **Article IV. Heavy Players**

Section 4.01 Heavy players are those who are above the division weight but at or below the maximum weight (or cap weight).

Section 4.02 Heavy players will be designated on a game-by-game basis.

Section 4.03 Heavy players will be required to wear a colored dot (sticker) on their helmet. The dots will be colored by weight class and placed on the front and back of the player's helmet. Dots will be provided by the league and given to each League Representative by the August meeting. The Executive Board members reserve the right to authorize other types of dots or stickers and their placement on the helmet.

Section 4.04 A heavy player may not advance the ball in any way. No more than five (5) heavy players per team, per play may be on the field.

Section 4.05 Five heavy players are permitted on offense, two on each side of the center and the center position. The center is the player who snaps the ball.

Section 4.06 Heavy players are not permitted on kick-off or kick-off return, unless they are the kicker. If the kicker is a heavy player, they may not cross the line of scrimmage.

Section 4.07 Defensive positioning for the heavy players will be defined as:

- a. Five heavy players are permitted on the defensive line as long as they are lined head up on the offensive tackle and in toward the center.
- b. Heavy players are not permitted to be defensive ends.

Section 4.08 Heavy players are permitted on Punt, Punt Return, extra point attempts, and field goal attempts, aligned according to section 4.05 and 4.07. Heavy players may play the Punter and Kicker position during the special teams mentioned within this section. If the Punter or Kicker is a heavy player, they may not cross the line of scrimmage. If the Kicker or Punter is a heavy player, a team may only have four (4) more heavy players on the line.

Section 4.09 Penalties for cheating with heavy players will consist of the following:

- a. Forfeiture of the football game;
- b. The permanent removal of the coach from the league according to due process;
- c. A \$100 fine to the organization.

## **Article V. Weigh-Ins**

Section 5.01 Home teams are required to provide the following:

- a. A commercial-type scale suitable for athletic weigh-ins, which must also be calibrated and certified by an authorized organization or agency.
- b. A suitable and enclosed building to have the weigh-ins.

Section 5.02 In the event there is not a flag game, the weigh-in for the first game of the day shall be no later than 30 minutes before game time. Subsequent weigh-ins shall begin at the beginning of halftime of the current game.

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Section 5.03 Each organization shall be responsible for presenting their teams Photo ID Album at every weigh-in to the opposing team. The league will provide Photo ID Cards. Each team will provide the Photo ID Albums. The Photo ID Album will be in numerical order according to how the players will line up. Failure to present the Photo ID Album at the weigh-in will result in a forfeit.

Section 5.04 Every player must weigh-in at every game. Each player's weight must be documented on the weigh-in sheet. Heavy players must show their helmets with the appropriate sticker affixed on the helmet. Players arriving late must be on the field prior to the end of the 2nd quarter and must weigh in.

Section 5.05 Every player rostered at a designated weight class must be able to make the weight requirements for that weight class by the third week of the regular season. If the player is unable to make weight by the third week of the regular season, the player shall be rostered at the higher weight class. In the event the player is already rostered at the highest weight class, the player may play in regular season games once he or she makes weight, however shall not be playoff eligible unless the player was able to make the weight requirements prior to the third week of the regular season.

Section 5.06 Male players may only shed down to shorts and female players may shed down to shorts and t-shirt to make weight. A parent or legal guardian must be present during this process.

Section 5.07 Under no circumstances shall a member of the opposite sex be present during weigh-ins when a player needs to shed down for weigh-ins. Parents are not permitted during weigh-ins, with the only exception being if the parent is a coach and is assigned to weigh-ins or in accordance with section 5.05.

Section 5.08 All players that want to be eligible to play any position must not exceed their division weight classification, i.e., 100 lbs, 120 lbs. Those players that do not make weight have up until the start of the game to make weight. One (1) official representative from each team's organization must be present at any late weigh-in. Any official CYFL league representative may substitute as a representative of an organization so long as that league representative is from a different organization than the player. The weigh-in must be documented on the weigh-in sheet.

Section 5.09 Early weigh-ins on a player-by-player, case-by-case basis, is permitted provided that a league representative or any authorized personnel are available to conduct the weigh-in. In all cases, one (1) official representative from each team's organization must be present at any late weigh-in. Any official CYFL league representative may substitute as a representative of an organization so long as that league representative is from a different organization than the player. The weigh-in must be documented on the weigh-in sheet. The player must have their jersey, helmet and picture card at the time of the weigh-in.

## **Article VI. Player Eligibility**

Section 6.01 No player competing in this league may play for another youth football organization or a middle school program. Players must play in the school district in which they reside. A waiver from their home school district youth organization is needed for any player to play for another youth organization within the CYFL. A player may play for any school outside the CYFL without obtaining a waiver.

## **Article VII. Game Days and Times**

Section 7.01 The home team is to determine the game day, Saturday or Sunday of the game.

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Section 7.02 Games that are played on Sundays shall start no earlier than 11:00 am, beginning with Rookie flags followed by Competitive Flags, 100's, and 120's. Games that are played on Saturday shall start no earlier than 10:00 am, beginning with Rookie Flags followed by Competitive Flags, 100's and 120's. One hour shall be given for the Rookie Flag game. All other games shall be one hour and thirty minutes (1:30). Games cannot begin more than 15 minutes prior to the scheduled start time, unless both organizations have been notified and agree to advancing game times due to impending weather.

Section 7.03 Some Member Organizations cannot play home or away games on Saturdays and therefore, the schedule must be developed each year with those limitations.

Section 7.04 The Rookie Flag games shall consist of (2) 20 minute halves.

Section 7.05 The Competitive Flag game shall consist four (4) 12 minute quarters; with a ten (10) minute break at halftime. The clock shall run continuously, except during injury or a timeout.

Section 7.06 The Tackle games shall consist of four (4), ten (10) minute quarters with a ten (10) minute break at halftime with the clock running according to PIAA rules.

Section 7.07 Regular season games where regulation ends in a tie shall be limited to two overtime periods for each team. If a game is still tied following the two overtime periods, the game shall conclude and be recorded as a tie. This section does not apply to post regular season games where a winner must be determined.

Section 7.08 The announcers are not allowed to commentate or continue dialogue during the active play, which is after the offense breaks the huddle and until the officials blow the "dead ball" whistle (PIAA Rule). Music can only be played during official team timeouts or at the end of quarters/half time.

## **Article VIII. Game Officials**

Section 8.01 The league shall appoint an assignor, who shall assign four (4) officials for all competitive games. At least two (2) officials at every game must be PIAA (FOOTBALL) certified. At least three (3) officials must be present before a game can begin.

Section 8.02 The Executive Board shall determine the scheduling fee for the assignor.

Section 8.03 The league assignor shall assign four (4) officials for all Elimination, Playoff and Championship games.

Section 8.04 The league shall supply, in writing, a compensation scale for the officials.

Section 8.05 If an official(s) is not given sufficient notice, in accordance with Section 9.01 of a canceled game, he/she will be paid half of their regular pay. If the game cancellation is due to a no-show and/or forfeit on the part of one of the teams, then that team will pay the official(s).

## **Article IX. Field Conditions and Postponements**

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Section 9.01 Field conditions are up to the home team. Home team coaches must advise visiting team's coaches at least two (2) hours before the game in regard to postponements. If the visiting team is not advised, they shall assume the game is to be played. The home team shall also advise the officials accordingly. Make-up games must be rescheduled within a two (2) week period.

Section 9.02 The Executive Board will have the sole discretion for the postponement of playoff games due to weather conditions.

## **Article X. Regulation Footballs**

Section 10.01 The following footballs shall be used for Flag games:

Wilson K-2, Nike Pee Wee, **or a ball of similar dimensions**

Section 10.02 The footballs for the 100 lb. game shall be one of the following:

Wilson K-2, Nike Pee Wee, **or a ball of similar dimensions**

Section 10.03 The following footballs shall be used for the 120 lb. game:

Wilson TDJ, Spalding J5J, Baden 500JR, Nike 1000J or 2000J, **or a ball of similar dimensions.**

## **Article XI. Field Markings**

Section 11.01 A regulation football field shall be used with goal line flags at each goal line. Goal line flags must have flexible shafts. Yards are marked every five (5) yards. Goal posts must be installed at each end of the playing field for field goal attempts. Lining of the field is the responsibility of the home team.

Section 11.02 Playing field perimeter should be roped off ten (10) yards from the sidelines and continue behind the end zone, the exception being any school or other field having the perimeter of the playing field enclosed or if geography of the field prohibits it. Only team personnel are allowed within this confined area. The head coach of each team designates team personnel.

Section 11.03 A restricted area (coaches' box) must be painted from the 25-yard line to the 25-yard line on each side of the field. This restricted area should be a minimum of 2 yards in depth.

## **Article XII. Medical Response during Games**

Section 12.01 The home team is required to ensure medical resources are available on-site (on the host team sideline) during games. Medical resources may include an EMS ambulance, EMS personnel (EMT or Paramedic), a certified First Responder, a PA, RN, MD or Certified Athletic Trainer. In the event of medical personnel only, they must be readily available to respond to an injured player immediately when notified by a coach or an official. All medical personnel must be certified for concussion assessment. The league representative or an organizational officer must point out this person to the referees prior to the start of the day's first game. There will be a \$150 fine for each game day that an organization fails to comply with this rule.

## **Article XIII. Football Shoes and Guardian Caps**

Section 13.01 The only cleated shoe that may be worn is to be a molded cleat. No metal cleats or screw-ins will be permitted.

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Section 13.02 A Guardian Cap(s) or similar protective headgear device MAY be worn by an individual player or a team on top of their helmet if the following guidelines are met:

1. The Guardian Cap or similar protective headgear is properly connected and secured to the player helmet.
2. The Guardian Cap or similar protective headgear is the same or very similar color of the primary color of the player helmet.
3. It is the responsibility of the person or organization that issued the Guardian Cap or similar protective headgear to make sure it is in proper condition for protective use in organized play.

## **Article XIV. Split Teams**

Section 14.01 Split teams are teams that are determined by Member Organizations which exceeds a reasonable and manageable player number that necessitates splitting the team into two (2) teams for any given division. In the event a split team occurs, the teams must be split evenly based on age and ability. The Executive Board reserves the right to ensure a fair and balanced approach was used to split teams.

## **Article XV. Protest**

Section 15.01 If any violation of the league by-laws or rules is suspected, a protest may be submitted to the league President, along with a fifty-dollar (\$50.00) protest fee to be refunded if the protest is upheld. The league representative or the head coach must submit this protest in writing within seventy-two (72) hours of the infraction. If it is the ruling of the Executive Board that a team has violated the league by-laws or rules, the following penalties may be imposed by the Executive Board:

- a. For a violation that affects a single game: loss of the game.
- b. For a violation that affects more than one game: loss of each game in which the violation occurred.
- c. A monetary fine determined by the Executive Board.

## **Article XVI. Regular Season and Postseason**

Section 16.01 Post-season playoffs will be for the competitive flag and tackle teams only. The games will be played at the best site determined by the Executive Board and/or the CYFL representatives.

Section 16.02 The regular season shall consist of 9 (nine) games.

Section 16.03 The league will be comprised of a Blue and Red Conference. The top four teams from each conference will be playoff eligible. The team with the lowest seed will be the home team, however if multiple teams from one organization are playing at the same playoff venue, the Executive Board shall have the discretion to assign sidelines for clarity. Playoff venues will be declared at the September meeting.

- a. Conference Semi-Finals - The 4 seed in each conference will play the 1 seed. The 2 seed in each conference will play the 3 seed.
- b. Conference Final – The winner of each conference semi-final game will play in the Conference Final.
- c. Super Bowl – Each conference winner will play in the Colonial Youth Football League Super Bowl.

Section 16.04 Tie-Breaker Rule:



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- a. Conference record;
- b. Head-to-Head match-up winner;
- c. Overall league record, including conference “crossover” games;
- d. Margin of victory, by totaling all points scored and all points against from the entire season then subtracting one quantity from the other to calculate difference. The resulting highest score of the two tied teams earns higher seed placement. There is a maximum 21-point differential per game.
- e. Prior season, the team with the higher seed from the previous season when entering the playoffs, will be awarded the higher seed in the current season.

Section 16.05 In the event a team decides not to participate in league playoffs, the 5<sup>th</sup> seeded team in that particular conference would become playoff eligible. If a 2<sup>nd</sup> team would decide not to participate, the 6<sup>th</sup> seeded team would be playoff eligible and so on. In the event of less than four (4) teams, the above model will be adjusted accordingly. If necessary, a first-round bye will be granted to the highest seeded team(s).

Section 16.06 The league will provide medals to the winner and runner up of each conference championship game at the conclusion of each conference championship game. The league will provide trophies for the league Super Bowl Champions and the runner up at the conclusion of each division Super Bowl game.

Section 16.07 The Championship game host site will rotate annually in alphabetical order of member organizations not on probation of any kind. The host site must fulfill the requirements listed in Article XI. The host site must provide a neutral atmosphere in all announcements, announcers, music, facilities, and available practice area.

Section 16.08 All league member organizations will adhere to heat acclimation rules that are aligned with standards set by the PIAA but allow for flexibility in line with the limitations of scheduling youth football practices. During the first and second official practices of the league year, players will only be permitted to wear helmets. During the third and fourth official practices of the league year, players will only be permitted to wear helmets and shoulder pads. During these four practices full speed contact between players should be avoided. Four practices will only be permitted during the first week of the league season. Full contact drills and play between players can begin on the player’s 5th attended practice. No organized practices that involve player equipment (Helmets, Shoulder Pads, Guardian Caps) or installation of offensive and defensive plays or schemes may take place prior to the heat acclimation period.

Any player that misses practices during the heat acclimation period must complete their 4 heat acclimation practices in total following the above guidelines for equipment use during practices. No player will be permitted to partake in full contract drills and play until their four practice heat acclimation process is complete.

A practice for heat acclimation will consist of at least one hour of athletic activity and no longer than 2 hours of athletic activity.

## **Article XVII. Jersey Colors**

Section 17.01 Teams must wear contrasting jersey colors whenever possible.

## **Article XVIII. PIAA Rules**



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Section 18.01 Any rules not covered by these league rules shall be according to PIAA playing rules

Section 18.02 The “Mercy Rule” will take effect when there is a 26-point difference in the score. When the “Mercy Rule” is in effect, the team that is ahead by 26 points cannot call any timeouts during the final five minutes of the game and the clock will run continuously during the second half. If a team reaches a point spread of 36 points or more, that team's coach will be suspended for one (1) game (the next game). The opposing coach will hold a “veto” on the suspension if the opposing coach feels that the offending coach did everything within their power to control the score. Everything else will follow the PIAA guidelines.

Section 18.03 Cut blocking is not permitted at any division level.

Section 18.04 Offensive Line splits (Tackle, Guard, Center, Guard, Tackle) must align tackle to tackle in a normal offensive line split not to exceed fingertip to shoulder to the adjacent player for the 100 lb, Competitive Flag, and Rookie Flag levels. The 120 lb. teams will follow PIAA rules regarding alignments.

## **Article XIX. Minimum Play Time**

Section 19.01 Every player shall play a minimum of:

- a. Six (6) plays per game for teams with 26+ players;
- b. Eight (8) plays per game for teams with 21-25 players;
- c. Ten (10) plays per game for teams with up to 20 players.
- d. The number of plays on a team is determined by the number of players in attendance at the beginning of the game. The minimum number of plays will be tracked and counted by volunteer representatives from both sides, but must include at least one play counter on each side. Time shall be given by the officials at the beginning of the 4<sup>th</sup> quarter to verify that all players have met the minimum play requirement. Play counters and head coaches will meet with the officials to check play sheets for approval of play count achievement. If a player has not reached their minimum plays by the beginning of the 4<sup>th</sup> quarter the player must start the quarter and play continuously until they have received their minimum plays. If a head coach is found to have intentionally not followed play count rules, including not starting players remaining to fulfill minimum plays at the start of the fourth quarter, he will be held accountable by the unsportsmanlike behavior ruling of the league. Both teams must have play counters on both sides of the field prior to the opening kickoff or the game cannot begin. *NOTE: It is not to be assumed that if a player starts the game that they will meet the minimum play requirements.*
- e. All play sheets are to be given to the head coach immediately following the game. Each team is responsible for collecting and turning in their organization's sheets to that organization's league representative for submission to the league.
- f. An organization may designate (1) or more players at each tackle level to be a designated kicker. This player would:
  - a. Be exempt from the play counting criteria established for all other players.
  - b. Only be allowed to act as the kicker on kicking plays (extra point, punt, kickoff, FG)
  - c. Would be required to remain designated throughout the entirety of the season.
    - Once designated, the player cannot return as a non-designated kicker.
- g. Any protests regarding the minimum play time rule must be brought to the attention of the offending team's head coach and league representative “immediately” following the game in question.

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- h. A written protest should be submitted to the Executive Board within 12 hours of the game in question.
- i. If it is determined that the team in question did violate this rule, it will forfeit the game in question.
- j. The “Minimum Play” tracking sheets are combined with the “team rosters” and are available on the CYFL website under the roster section.
- k. Extra points shall count toward player play count for players that are on the field.

## **Article XX. Pulling Players from a Lower Division**

Section 20.01 Any team may pull up players from a lower division within its organization to ensure a minimum of 15 players for a game. If any team pulls players from a lower division, the opposing team must be notified prior to weigh-ins, although the player does not need to weigh-in a second time. The players being pulled up are for substitution purposes only. They are permitted to enter a game to give a player a quick break and then must come back out. They are not allowed to start a game due to playing at the lower level.

## **Article XXI. Concussion Policy and Mouthpieces**

Section 21.01 All Member Organizations shall implement the CDC: “Heads-Up: Concussions in Youth Sports” program, a copy of which the organization shall provide. All coaches will be required to take the “online” CDC concussion program. Colored mouthpieces are required for ALL players and cannot be clear or red so officials can easily verify.

## **Article XXII. Medical Jewelry**

Section 22.01 Medical jewelry will be the only jewelry permitted during games. The jewelry must be securely taped to the player.

## **Article XXIII. Forfeits**

Section 23.01 Any team that forfeits a game must provide the most advanced notice to the opposing team as possible, but should not be less than twenty-four (24) hours. If a forfeiting team provides less than twenty-four (24) hours’ notice, the forfeiting team shall pay the full officials fees for that game. The team receiving a forfeit shall be awarded a win with a score of 6-0.

Section 23.02 It will be the host team’s responsibility to contact the officials in the event of forfeiture.

## **Article XXIV. Sportsmanship and Conduct**

Section 24.01 Coaches, players, officials, parents, family members, and fans shall conduct themselves with the highest degree of conduct and sportsmanship as possible. This league will not tolerate offensive gestures or behavior, foul or abusive language, excessive celebration, or any inappropriate distraction during league events. Violation of this section will be disciplined according to the unsportsmanlike section of the bylaws.

Section 24.02 Furthermore, no alcoholic beverage consumption is allowed near or on the grounds of any event organized by this league. Any coach, official or parent actively participating in the game that is suspected of being under the influence of drugs or alcohol will be removed from the game.

Section 24.03 Member Organizations shall be responsible for the behavior of its coaches, players, parents,

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family members, and fans and can be subject to league discipline for violating sportsmanship and conduct policies.

## **Article XXV. Coaches and Players Ejected**

Section 25.01 Any player, coach, or assistant coach being ejected from a game for any reason:

- a. First offense will be the removal of the offending individual for the remainder of that game, plus suspension from the next scheduled game.
- b. Second offense will be the removal of the offending individual for the remainder of that game and suspension of all games for the remainder of the season.

## **Article XXVI. Rookie Flag Division Rules**

Article XXVI. Rookie Flag Division Rules

Section 26.01 Flag players must wear a soft shell (karate type) headgear.

Section 26.01.1 The game will consist of two 20 minute halves. Each half will have a running clock. Each team will be allotted 10 minutes each half for both offense and defense. There will be a 5-10 minute halftime depending on the real world time. Keep in the mind that the competitive flag game cannot start late.

For example- in the first half, team A will run offense for 10 minutes while team B runs defense. At the 10 minute mark the teams will switch.

Section 26.02 NO BLOCKING WHEN THE BALL CROSSES THE LINE OF SCRIMMAGE. ALL OFFENSIVE PLAYERS WITHOUT THE BALL MUST STOP WHERE THEY ARE ON THE FIELD.

Section 26.03 7 Players on offense and 7 players on defense, adjustments can be made depending on the size of both teams.. The away team has the ball to begin the game. The home team has the ball coming out of halftime.

Section 26.04 There will be no kick-off in the Rookie Flag Division. The ball will be placed on the receiving team's 30 yard line to start a half and after a team scores.

Section 26.05 Turnovers and fumbles are considered a dead ball. There are NO exceptions.

Section 26.06 The passing QB has a 7 second count to get rid of the ball. Holding the ball longer than 7 seconds will result in a dead ball.

Section 26.06 If a ball carrier's flag falls off at any time, the play is dead. The ball is then spotted at the point where the flag fell.

Section 26.07 Penalties: there will be no enforced penalties. Each head coach is responsible to ensure that their team is playing the game with safety and the spirit of the game in mind.

Section 26.08 No "guarding" of the ball carriers flags by the ball carrier. No slapping the hands of the defenders by the ball carrier. No "pushing" out of bounds, the defender must be attempting to grab a ball

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carriers flag. Each team will be allowed one flag guarding, and one pushing warning per half. Infraction by the defense after the first warning in a half: 1st down at the point of infraction. Infraction by the offense after the first warning in a half: dead ball and loss of yardage on that play.

Section 26.10 If the offensive team does not achieve a touch down within the allotted time; the opposing team will move to offense. They will start on the 30 yard line.

Section 26.11 Each team will be allowed one timeout per half, in which the clock will stop.

Section 26.09 No game score will be kept for the Rookie Flag level.

Section 26.10 No defensive player shall set up closer than two (2) yards away from the line of scrimmage and must be lined-head up to the offensive line player. It is the Offensive coach's responsibility to NOT start a play if the defense is not properly set back or lined head up. Cornerbacks and Linebackers must line up 4 yards from L.O.S.

Section 26.11 NO BLITZING will be permitted. Blitzing is defined as any forward movement prior to the snap.

Section 26.15 Inside the 10-yard line, you can use a goal line defense, but still no BLITZING. All players on the line of scrimmage must be lined head up equal to the offensive player down linemen. Goal line defense is a maximum of 5 down linemen.

Section 26.12 No player that plays on a tackle team of any weight class may play in a rookie division.

Section 26.13 All flags shall be at least fourteen (14) inches long and be of a bright color that is contrasting to the pants that the player is wearing. The flag will be unobstructed from view and touch, at the sides of the player, and be attached by Velcro or pop style flags only.

Section 26.14 Not more than three (3) coaches from each team shall be on the field at any time during the game. At least one (1) coach must remain with the bench at all times. The head coach from both sides shall appoint one (1) coach to act as a referee during the game if a referee is not available. The referee/coaches shall agree on all infractions. The referees and coaches shall remain at least ten (10) yards away from the players in all directions and shall move away from the ball as the play progresses.

Section 26.15 Although weight is not critical, to avoid injury, players who are larger than 65 pounds should be encouraged to play competitive flags.

Section 26.16 Coaches are highly encouraged to utilize as many different players as possible to be given an opportunity to carry the ball on offense.

Section 26.18 A 45 second play clock will be utilized in order to keep the game moving.

Section 26.19 In order to maintain parity, the team that is ahead at any point in the game cannot allow their most recent player that has scored to carry or catch the ball beyond the line of scrimmage. If such a player does carry the ball beyond the line of scrimmage, the team will be penalized the yardage gained and will suffer loss of down.

## **Article XXVII. Competitive Flag Division Rules**

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Section 27.01 Flag players must wear a soft shell (karate type) headgear.

Section 27.02 There will be no kick-off in the Flag Division. The ball will be placed on the receiving team's 30 yard line to start a half and after a team scores.

Section 27.03 Turnovers and fumbles: QB/Center exchange - if the QB can recover quickly and continue by executing a play, there is no fumble. If not, loss of down. All other fumbles are loss of down and the ball is spotted at the point of fumble. Interceptions will continue as a live play.

Section 27.04 If a ball carrier's flag falls off at any time, the play is dead. The ball is then spotted at the point where the flag fell.

Section 27.05 Penalties: Each team shall be provided only one penalty warning per half regardless of foul. **Teams have the right to decline the penalty warning.** Following the warning, all blatant penalties shall be called at the discretion of the referee(s) in accordance with PIAA rules. Two (2) delay of game penalties in the same possession will result in the loss of possession.

Section 27.06 No "guarding" of the ball carriers flags by the ball carrier. No slapping the hands of the defenders by the ball carrier. No "pushing" out of bounds, the defender must be attempting to grab a ball carriers flag. Infraction by the defense is a 1st down at the point of infraction. Infraction by the offense is a loss of down and the ball will be placed at the previous line of scrimmage.

Section 27.07 The Offensive team, on fourth down, will have the option to declare an automatic punt and advance the line of scrimmage twenty (20) yards and turn possession of the ball over to the other team. If the line of scrimmage is at or inside the opposing 40 yard line, then the ball will be placed at half the distance to the goal.

Section 27.08 Each team will be allowed three time-outs per half, in which the clock will stop. The clock will only stop for injury, except the final minute of each half. For the final minute of each half (unless the mercy rule is in effect), all normal game time stoppages will apply (an example would be running out of bounds to stop the clock). A half is complete once the game clock expires, however at the end of a half the extra point(s) try will be attempted. The extra point(s) try will not be attempted if the try would not affect the outcome of the game.

Section 27.09 The game score will be kept for the Competitive Flag level.

Section 27.10 No defensive player shall set up closer than two (2) yards away from the line of scrimmage and must be lined head up to the offensive line player. It is the Offensive coach's responsibility to NOT start a play if the defense is not properly set back or lined head up. Cornerbacks and Linebackers must not line up closer than 4 yards from L.O.S. with Safeties lined up no closer than 6 yards from L.O.S. Cornerbacks must also line up 4 yards outside of the offense's end down lineman. No more than six (6) players on the line of scrimmage.

Section 27.11 Defenses will be limited to either a 5-4 or a 6-3 (5 & 6 meaning lineman and 4 & 3 meaning linebackers) and no BLITZING will be permitted. Blitzing is defined as any forward movement prior to the snap. Inside the 10-yard line, you can use a goal line defense, but still no BLITZING. All players on the line of scrimmage must be lined head up equal to the offensive player down linemen. Goal line defense is a maximum of 7 down linemen.

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Section 27.12 Offenses are limited to positioning two (2) players outside the tackle box on each side of the ball. "Trip" and "Quads" formations are not permitted.

Section 27.13 No player that plays on a tackle team of any weight class may play in the flag division.

Section 27.14 All flags shall be at least fourteen (14) inches long and be of a bright color that is contrasting to the pants that the player is wearing. The flag will be unobstructed from view and touch, at the sides of the player, and be attached by Velcro or socket style flags only.

Section 27.15 Not more than three (3) coaches from each team shall be on the field at any time during the game. At least one (1) coach must remain with the bench at all times. The head coach from both sides shall appoint one (1) coach to act as a referee during the game if a referee is not available. The referee/coaches shall agree on all infractions. The referees and coaches shall remain at least ten (10) yards away from the players in all directions and shall move away from the ball as the play progresses.

Section 27.16 Although weight is not critical, to avoid injury, players who are larger than 85 pounds should be encouraged to play tackle

Section 27.17 During the regular season; Coaches are highly encouraged to utilize as many different players as possible to be given an opportunity to carry the ball on offense.

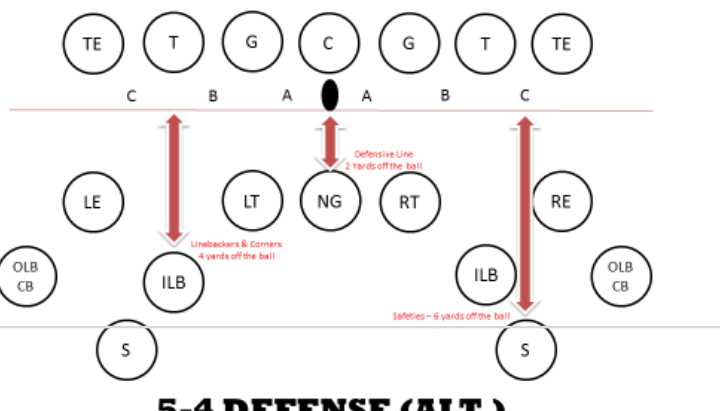
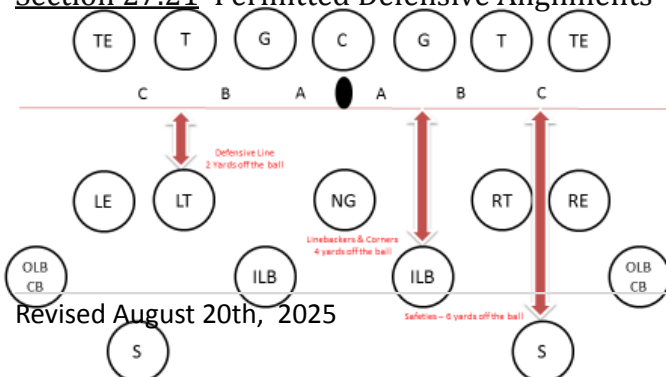
Section 27.18 A 45 second play clock will be utilized in order to keep the game moving.

Section 27.19 In order to maintain parity, the team that is ahead at any point in the game cannot allow their most recent player that has scored a touchdown to carry or catch the ball beyond the line of scrimmage. The extra point is a continuation of a scoring play and does not count as the most recent scoring play. If the most recent touchdown scoring player does carry the ball beyond the line of scrimmage, the team will be penalized the yardage gained and will suffer loss of down.

Section 27.20 ALL organizations have the option to not run the extra point play. In the event the mercy rule differential is triggered by the scoring organization, the extra point play will not occur.

Section 27.21 Two (2) points will be awarded to the team kicking a P.A.T. when the ball is placed by the holder no less than the 8 yard line; while running for a P.A.T. will result in a one (1) point score. When attempting to kick for a two-point conversion, only the holder and kicker will be on the field. There will be no other offensive or defensive players on the field. The holder shall place the ball and the kicker shall attempt the P.A.T. within the 45 second play clock. The attempt will not count toward minimum play time requirements outlined in Article XIX. The intention of this is to stimulate interest in kicking and to award a team more points for a more difficult conversion.

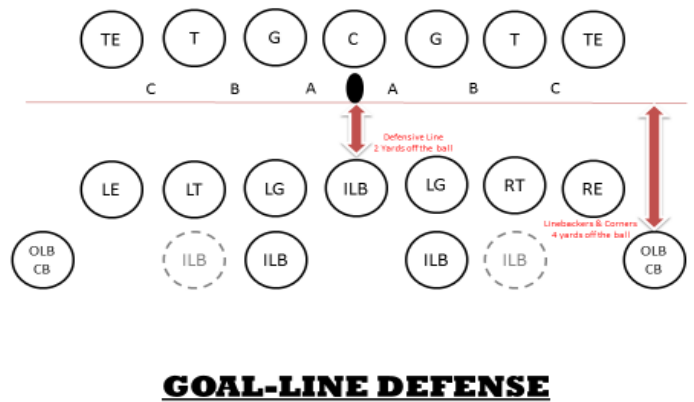
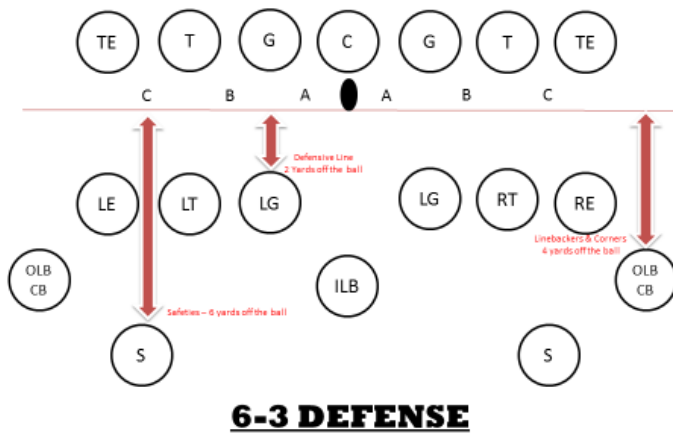
## Section 27.21 Permitted Defensive Alignments



5-4 DEFENSE (ALT)



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## Article XXVIII. 100 lbs. Division Rules

Section 28.01 Any defense may be used however, no more than six (6) defenders may be on the line of scrimmage and all line defenders must be lined head up with the offensive line and in the down position. ALL down defensive line MUST play head up in a 3 or 4 point stance for safety issues against the offensive lineman. A penalty of 5 yards may be assessed against a defense for improper alignment after the ball is snapped. Only Defensive Ends may be in a standing position. The defensive end has the option to be in a 2 or 3 point stance. The defensive end may not play outside of the offensive tight end. A defensive end may play on the outside shoulder of the tight end or head up. If no tight end exists, then a defensive end may line up head up where the tight end would have been. A tight end is defined as the third player to the left or right of the center in a normal equal offensive line split. During the game, all linebackers, (inside, outside, and cornerbacks) must be at least three (3) yards behind the line of scrimmage; safeties must be six (6) yards off the line. No BLITZING will be permitted. Blitzing is defined as any forward movement prior to the snap. Any team that blitzes will be penalized five (5) yards for illegal procedure from the line of scrimmage.

Section 28.02 Inside the 10-yard line, you can use a goal line defense, but still no BLITZING. All players on the line of scrimmage must be lined head up equal to the offensive player down linemen. Goal line defense is a maximum of 7 down lineman. All defenders not lined head up must be 3 yards behind the line of scrimmage.



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## Section 28.03 Kickoffs

- (a) There are no kick offs.
- (b) The “receiving team” will start at their 35 yard line.

Section 28.04 Any offense may be used. The Offensive team, on fourth down, will have the option to declare an automatic punt and have the officials advance the line of scrimmage thirty (30) yards and turn the possession of the ball over to the other team. If the line of scrimmage is inside the opposing forty (40) yard line, the ball will then be advanced half the distance to the goal.

Section 28.05 A thirty-five (35) second play clock will be utilized in order to keep the game moving.

Section 28.06 Shotgun protection of the center (meaning the center cannot be hit until his head is up facing forward or two (2) seconds has elapsed from the snap) shall occur if the quarterback is at least five (5) yards off of the center.

Section 28.07 Two (2) points will be awarded to the team kicking a P.A.T. when the ball is placed by the holder no less than the 8 yard line; while running for a P.A.T. will result in a one (1) point score. When a team elects to kick no rush will be allowed, however the holder must quickly gain control of the ball and kicker must attempt the try. Any unreasonable delay in gaining control of the ball will be called a dead play. The intention of this is to stimulate interest in kicking and to award a team more points for a more difficult conversion.

Section 28.08 Two (2) coaches will be allowed on the field up to and including the third (3rd) week of the season.

## **Article XXIX. 120 lbs. Division Rules**

Section 29.01 This division will follow PIAA rules with exceptions as noted within these rules.

Section 29.02 Two (2) points will be awarded to the team kicking a P.A.T.; while running for a P.A.T. will result in a one (1) point score. The intention of this is to stimulate interest in kicking and to award a team more points for a more difficult conversion.

Section 29.03 Shotgun protection of the center shall occur if the quarterback is at least five (5) yards off of the center.

Section 29.04 A thirty-five (35) second play clock will be utilized.