

League Rules

High School Football rules will govern.

UYFC Tackle Football – 2025 Officials

Coaches and Badges	6 max on the sideline	A team may only have 6 total coaches on the sideline. This includes the head Coach. All Coaches must have a badge. Communication with officials will be made by the Head Coach. Freshman football does not have a Coach limit, but all coaches must have badges. Only one photographer is allowed on a sideline. Photographer must remain silent. If they are not, they will be sent back into the stands.
Field Supervisor & Sidelines	League Policy	Supervisors are part of the league team that helps the league move forward. Coaches are to support and assist field supervisors when league rules are being enforced on the sideline or in the stands. Spectators are required to sit on their team's side of the field. Spectators are required to sit in the bleachers are all high school fields. No spectators are allowed in the end zones of High School Fields.
Ejections	If a coach or parent or player.	When a Coach, parent or player is ejected, the player associated with said person is also to leave the field. Both are disqualified from the game and sideline. The next game the player will miss the first half and the adult will be suspend for the entire game. The only exception to this rule is the head coach's son. If the head coach is ejected, the player may remain in the game.
Concussion	Any player	Any player that is suspected of having a concussion will be removed from the game. This coming from his coaching staff or the officiating crew. Once removed, said player cannot return without a medical professional giving clearance. No tinted faces shields are allowed. Players' eyes must be visible.
Equipment	All players must	All players must have all pant pads in their pants. Knee pads must cover the knee. No streamers or tails are allowed on any uniform. Eye black is limed to one solid line under the eye.
1st – 4th Defensive rush	League rule	The defense cannot cover the center at any time. Line backers cannot blitz (rush) the A gap. Defensive lineman may line up head up on the offensive guard. The Defensive lineman over the guard may rush the A or B gap. D line man must start in a 3 or 4 point stance. Line backers must start 3 yards off the ball.

		<p>Officials will flag defensive line man that line up in the A gap.</p> <p>Violation of this rule will result in a dead ball foul and a 5-yard penalty with a replay of the down.</p>
PI – Pass interference		<p>1. There is no 5-yard bump zone in HS rules.</p> <p>Once a receiver is presented as a receiver and not a blocker, contact must be eliminated.</p> <p>2. No such things as an uncatchable ball in HS rules.</p> <p>3. Face guarding is not illegal in HS rules.</p> <p>4. A receiver pushed out of bounds may reenter and catch a pass.</p> <p>5. Offensive PI is not a loss of down.</p>
Blind Side Blocks	HS Rule	<p>No player may hit an opposing player with a blind side hit. The following must happen for the block to be legal. The hit must start with contact from the hands. Contact must be made on the front side of the defender. At no time may the blocker lead with his head.</p>
Horse Collar Tackle	HS Rule	<p>A horse collar is when a tackle is made by reaching into the neck collar or back plate of a ball carrier. A horse collar tackle must involve a backwards or side motion pull while tackling. To be clear, a high tackle is not a horse collar. A backwards jerk is required for this foul. Hand placement must be in the back or the side-back on a horse collar tackle.</p>
Defensive offsides	HS rule	<p>Once a player breaks the plane, it is offsides. There is not getting back. This is a dead ball.</p>
Offensive Formation	HS rule	<p>The Offense may run a play with less than 7 on the line. The offense must have at least 5 players on the line of scrimmage, no more than four players in the backfield. This would be due to having less than 11 players on the field. The offensive backfield is always limited to 4 individuals</p>
Penalty Distances	League Rule	<p>80-yard fields will limit penalty distances to 10 yards.</p> <p>100-yard fields may have 15-yard penalty's</p>
Kickoffs	HS rule	<p>No pop-up kickoffs. This is a one hop, kick that has the return team fielding the ball in the air. Kangaroo kicks, 2 or more bounces are legal. Kicking team must have 5 players on each side of the kicker at the time of the kickoff.</p> <p>80-yard field – kickoff from the 30-yard line.</p> <p>100-yard field – kickoff from the 40-yard line.</p> <p>1st & 2nd grade will start from the 20-yard line. No kickoff.</p>

Punt Return – First Touching	HS Rule	The kicking team touches a punt and assumes it is dead. The offense may pick up a touched punt and return it. The ball is live until the official blows it dead. If this return results in a fumble, the ball will remain with the return team at the spot of the original 1 st touched spot.
Punts	League rule	1 st to 4 th grade will have a free kick without a defensive rush. The kick team must announce their intention and there are no fakes. 1. The defense may attempt to block a punt from behind their side of the line of scrimmage. 2. A botched snap can be gathered and kicked. 5th to 9th grade will play HS Federation rules.
PAT & field goals	League rule	1 point try will be from 1.5 yards 2 point try will be from 3 yards. 8 th & 9 th grade will be the only division that kicks field goals.
Over Time	League Rule	Each team will have equal possessions. 1 st to 6 th grade will start at the 10-yard line, 4 plays 7 th to 9 th will start at the 20-yard line. A first down may be obtained. Second overtime will start from the 10-yard line for all age divisions. IN this over time both teams must attempt a 2 point try. Any subsequent overtime, teams will only attempt a two point try. Each team will have 1 timeout in overtime.
Return a muffed kick	HS rule	Free-Kick (Kick-off) - scrimmage kick (punt, pat or FG) The Kicking team cannot return a kicked punt or kickoff. They may recover and gain possession. A kicked ball may be returned if it is the result of a fumble and not a muff. An onside kick must go 10 yards and be possessed by the kicking team while in bounds.
Automatic 1st Downs	HS rule	The only penalties that result in an automatic first downs are Roughing penalties . Roughing of the kicker, passer or snapper and holder.
Intentional Grounding	HS Rule 2022	Once out of the pocket the QB may throw the ball away without penalty. This is a safety rule to protect the QB. The QB must be out of the pocket. The ball must pass the line of scrimmage. The ball may be thrown out of bounds. A receiver does not have to be present for the QB to dump the ball.

Holding	HS Rule	It is never ok to grab a defender by his jersey. An offense player may not hug or hold a defender and limit their movement. An offense player may block with an open hand or closed hand while blocking. Use of hands when blocking should take place inside the body cage of an offensive player. New as of 2023, penalties behind the line of scrimmage will be enforced from the line of scrimmage of the plays hatching point.
Chain Gang	League rule	Chains will be place opposite of the Cameras.
Game Time	League Rule	<p>1&2nd, 3rd, 4th, 5th 6th & 7th grades – Four -16:00 quarters with a running clock.</p> <p>8th – Four 16-minute quarters with a running clock</p> <p>9th – 12-minute quarters with HS stoppage. Clock will start on the ready-for-play after a possession change.</p> <p>The clock will stop in all leagues for the last 2 minutes of each half, as per HS rules.</p> <p>If a game clock is not available at the field, then time will be kept on the field by the White Hat.</p> <p>Between plays – 1st to 6th grade will have 30 seconds.</p> <p>*7th & 8th will have 25 seconds.</p> <p>*9th grade will be 40 seconds from when the ball is set.</p> <p>The game clock will run on timeouts, other than the last 2 minutes of each half.</p>
Coach on the field	League rule	<p>Grades 1st to 4th are allowed one coach on the field. The coach may be in the huddle to help play instruction. Once the huddle is broken, the coach must be 15 yards back from the line of scrimmage. 15 yards for both offense and defense coaches.</p> <p>Changing out of the field coach can only happen on change of possession of a timeout. Once the teams come to the line of scrimmage the field coach may not call out run, pass or play calls. Coaches calling plays from wristbands (no huddle) need to do so from the sideline.</p> <p>In case of a hurry up offense, the last two minutes of the half, the officials will hold off the snap for 30 seconds, when needed.</p>

X man	League Rule	<p>X man must line up in an offensive line position. They cannot line up as a running back, fullback, receiver, tight end or quarterback.</p> <p>X man may return a fumble or interception.</p> <p>X man must be on the front 2 lines of a kickoff return team.</p> <p>X man can be a punter or kicker. They may not fake punt.</p> <p>X man can play any position on defense.</p> <p>Offensive teams may only have 5 total X men on the field at one time.</p> <p>Plays that the officiating crew feel are designed to get the ball to a X man will be blown dead.</p>
Field Size	League Rule	<p>8th and 9th grade will play on a 100 yard field.</p> <p>1st to 7th grade will play on an 80 yard field.</p>
Video replay	League Rule	Video is not allowed for review of plays or rulings.
Audio Devices in Helmets	League Rule	<p>No Player may have a communication device in their helmet in games. Coaches may not communicate with players by electronic means.</p> <p>Coaches that violate this rule will be suspended for the season.</p>
League Practice instructions	League Rule	Once the season has started teams are limited to 3 practice sessions per week. An additional option of a team game film or walk through are allowed. 4 days maximum outside of game day.
Sportsmanship scores	League Rule	Teams that receive sportsmanship scores of 2 or lower, twice in a season, will not be included in the postseason. Fans, players, dogs and coaches can affect the team sportsmanship score.