

2020 DICKINSON YOUTH FOOTBALL LEAGUE RULES

The Dickinson Youth Football League (DYFL) follows North Dakota High School football rules (NDHSFR) with the following exceptions:

1. General Game Rules

- a) Each game will consist of four quarters that are 12 minutes in length with a running clock. The clock will only stop for injuries and timeouts except for the final 2 minutes of each half it will stop on first downs, possession changes, incomplete passes, and if a player runs out of bounds.
- b) There will be a two minute interlude after the first and third quarters.
- c) Half time will be an eight minute interlude.
- d) Teams have 30 seconds to put the ball in play after the referee has signaled "ready for play." This will be enforced with a delay of game penalty.
- e) Each team is allowed two timeouts per half. Each timeout is two minutes in length. Timeouts do not carry over to the second half or overtime.
- f) One or two coaches may be on the field with their team during offense and defense. They are allowed in the huddle but must stand 10 yards behind the line of scrimmage during play.
- g) At the conclusion of each game the opposing teams will line up and shake hands with each other in a manner of good sportsmanship.

2. Weight Restriction

- a) Each player will be weighed at their time of registration.
- b) Players weighing in at 115 lbs. or less are eligible to play any position and advance the ball at any time and are referred to as an eligible ball carrier.
- c) Players weighing in at 116 lbs. and above will have their helmets marked with a colored sticker. These players are not allowed to advance the ball under any circumstances and will have limitations on offense. See section five for those limitations.

3. Playing Time

- a) The league would like to see all kids get as much playing time as possible. Remember, we are a feeder program to serve the players. It is our job as coaches to build their skills for the future. This cannot be done if they are sitting on the sideline during games.

4. Coin Toss

- a) The visiting team (first team listed on the schedule) will call the coin flip before the toss occurs.
- b) The winner of the coin toss has two options:
 - B1. Start on offense
 - B2. Start on defense and choice of goal to defend
- c) The team that begins the game on offense will begin the second half on defense.
- d) There is no option to defer until the second half.

5. Offense

- a) Players weighing in at 115 lbs. and below are eligible ball carriers and may play any position on offense.
- b) Players marked with a sticker weighing in at 116 lbs. and above are only eligible to play an offensive line position including tight end on the offensive side of the ball. They are not allowed to split out wide on the line of scrimmage or line up in the backfield. They are eligible to catch a pass (**greater than 5 yards beyond the line of scrimmage**) or recover a fumble and may advance the ball after doing so. They are not allowed to receive a pitched ball.
- c) There must be six offensive linemen in the offensive formation. In other words, each formation must include one tight end. This will be enforced with an illegal procedure penalty.
- d) Unbalanced lines are not allowed. There must be at least one offensive guard and one offensive tackle on each side of the center. You may not double up tight ends or wingbacks. This will be enforced with an illegal procedure penalty.
- e) Offensive formations must have three "backs" in the offensive backfield. This includes the quarterback. They must line up between the offensive tackles. "Wing backs" lined up on the outside shoulder of the tackle or tight ends are not considered to be in the backfield. There must be 1 WR on each side of the formation. This will be enforced with an illegal procedure penalty.
- f) Motion before the snap by the offense is prohibited. This will be enforced with an illegal motion penalty.
- g) Wide receivers may only initially block defensive backs (no linebackers/ends).
- h) Cut blocking is not permitted in DYFL.

6. Defense

- a) There are no weight restrictions related to position on the defensive side of the ball.
- b) If a defensive player with a sticker on their helmet intercepts a pass or recovers a fumble the play will continue as normal. They are allowed to advance the ball.
- c) All defensive alignments must consist of a five player defensive line and three linebackers.
- d) The five player defensive line must consist of a nose guard who lines up across from the center, two defensive tackles who line up across from the offensive tackles and two defensive ends who line up on the outside shoulder of the tight end. If there is no tight end on the defensive end's side of the formation then he must line up on the imaginary outside shoulder where a tight end would be if there was one in the formation. The defensive end is not allowed to line up in a "pinch" formation.
- e) Interior defensive lineman (Nose guard, Tackles) must play in a down position (3 or 4 point stance). Defensive Ends may start a play in a 2-point (upright) stance.
- f) Linebackers must position themselves at least three yards from the line of scrimmage and may not move toward the line of scrimmage until the ball is snapped.
- g) Defensive backs must position themselves at least five yards from the line of scrimmage and may not move toward the line of scrimmage until the ball is snapped.
- h) No blitzing is allowed. Blitzing is defined as a linebacker or defensive back moving toward the line of scrimmage before the ball is snapped. This will be enforced with a defensive illegal procedure penalty.

7. Punting

- a) On fourth down, offensive teams must declare if they are going to punt the ball or attempt to gain a first down.
- b) Once a team declares their intention to punt, fake punts will not be permitted.
- c) The punting team must position seven players on the offensive line of scrimmage from tight end to tight end in a down position. They must remain on the line of scrimmage until the ball has been punted.
- d) Players may advance past the line of scrimmage when the ball is kicked.
- e) The punt return team must position five defenders on the line of scrimmage as if in a standard defensive formation.
- f) The punt return team is not allowed to cross the line of scrimmage and rush the punter in an attempt to block the kick.
- g) No snap is required. The punter will hold the ball and punt it when the offense is set. He must be at least 7 yards behind the line of scrimmage. If the punt hits an offensive or defensive lineman the punt is playable.
- h) Punt return men must be eligible ball carriers.
- i) Fair catches are permitted.

8. Point After Touchdown (PAT)

- a) Standard scoring applies to all PATs. They are as follows:
 - A1. One point for a kick (attempt from the 3 yard line)
 - A2. One point for a run or pass across the goal line (attempt from the 2 yard line)
 - A3. Two points for a run or pass across the goal line (attempt from the 4 yard line)

9. Penalties

a) Penalties

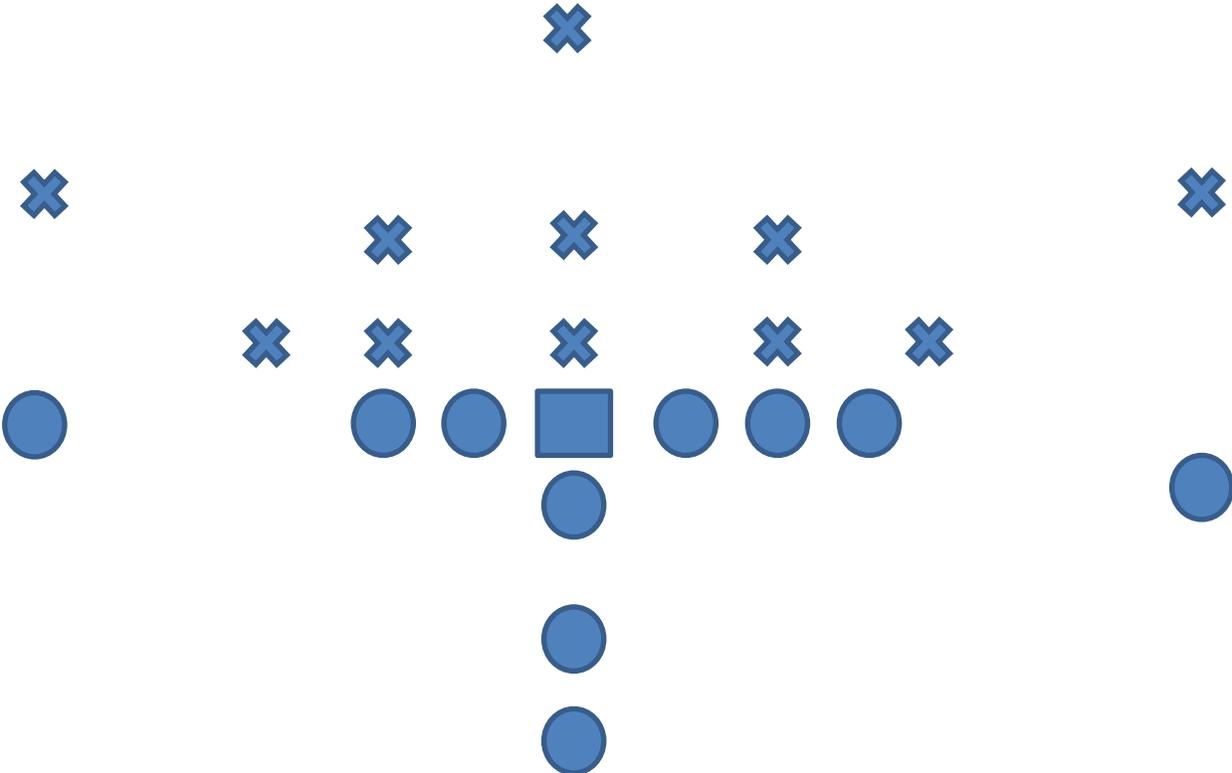
- a. 5 Yard Penalties
 - i. Holding – Grasping the jersey inhabiting the tackler from making a play.
 - ii. Off-sides – When a player either lines up over the neutral zone, or jumps off-sides and fails to return to the defensive side of the ball before the ball is snapped
 - iii. False Start – When an offensive player moves before the ball is snapped.
 - iv. Delay of Game – When one team fails to be ready for the next play in a reasonable amount of time
 - 1. Offense – 30 seconds from the tackle and ball placement.
 - 2. Defense – Laying on a player after a tackle to waste time
 - v. Incidental Pass Interference – When either an offensive or defensive player has incidental contact with the opposing player resulting in the inability to catch or make a play on the ball.
- b. 10 Yard Penalties

- i. Hands to Face – When a player's hands grasp or go under the facemask of the opposing team, NON-TACKLING penalty
 - ii. Horse Collar – When a player is tackled from behind, and the tackler has gotten their hands in the shoulder pads behind the helmet.
 - iii. Pass Interference – Deliberate contact or impediment of a player to make a play on a ball while in the air.
- c. 15 Yard Penalties
 - i. Unsportsmanlike Conduct – Any activity or conduct determined detrimental to the game, this may be called on Players, Coaches and Parents.
 - ii. Facemask – Grasping the BALL CARRIERS facemask at any time during a play.
 - iii. Block in the back – Any contact to a defensive player on their back during a play.
 - iv. Spearing – Using the top of the helmet to make a tackle.
 - v. Taunting – Excessive celebrations, trash talking, name calling or any other behavior determined to be detrimental to the game.
 - vi. Crack block – When a Wide Receiver goes down the line of scrimmage to block either a Defensive Lineman or a Linebacker. WR must block a member of the secondary on all run plays.

10. Overtime

- a) The visiting team will call the coin flip before the toss occurs.
- b) The team that wins the flip will choose to go on either offense or defense first.
- c) The team that loses the flip will choose which end of the field to play the entire overtime on.
- d) An overtime period is defined as: each team has received one complete offensive possession.
- e) Overtime periods start 3 minutes after the end of regulation time.
- f) Each team is allowed one timeout during an overtime period.
- g) Overtime periods are played in their entirety on one end of the field and do not change between periods.
- h) The first overtime period will begin at the 10 yard line. Each succeeding overtime period will begin at the five yard line.
- i) If the offensive team turns the ball over during their possession and the recovery or interception occurs in the end zone by the defense, no points are awarded. This is considered a touchback and the defense has held.
- j) Any turnover recovered by the defense before the end zone may be returned to their scoring end zone for points in an attempt to score. The turnover ends the offensive possession and it is considered to be a complete possession by the offensive team.
- k) The team with the higher score after one or more overtime periods will be declared the winner.

Offensive and Defensive Alignment



Punt Formation (Punter will start with the ball when the Offense declares that they are punting)

