

# SPRING TACKLE FOOTBALL RULES

All Upstate Football League (UFL) games shall be played under The UPSTATE YOUTH ATHLETICS (UYA) Furthermore, rules for UFL games have been modified to meet the safest guidelines possible for each age division. In the event a rule is not dictated within this rule book, UYA rules will take precedence.

**Harmful Activities - WE PLAY HEADS-UP FOOTBALL! THE SAFETY OF THE PLAYERS IS OF PARAMOUNT IMPORTANCE! WE REQUIRE COACHES TO REVIEW, UNDERSTAND AND ABIDE BY HEADS UP STANDARDS. IF TEAMS ARE CAUGHT TARGETING OR NOT PLAYING HEADS-UP PLAY YOU WILL BE DISQUALIFIED FROM ALL NEYT TOURNAMENTS FOREVER!**

Every coach will abide by UFL's rules on blocking and tackling including no chop blocking, face tackling or spearing techniques. Any player "intentionally" violating these rules will be immediately ejected from the game. The field referee's will have the final call as they see it. There will be NO challenges to their call. The safety of the players is of paramount importance in ALL NEYT GAMES. Questionable play WILL NOT be tolerated



## **MEDIA FIELD ACCESS RULES**

Access to competition areas (Football Field, Sidelines, Locker Rooms) shall be limited to participating student-athletes, coaches, officials, support personnel and properly-credentialed individuals at all times.

For the safety of participants and spectators alike, at no time before, during or after a contest shall spectators be permitted to enter the competition area.

Individuals who would like access to the competition areas to film or engage in flash photography, must submit a permit request to UFL, at least 48 hours prior to the scheduled game. Please be advise there may be a fee associated with such request.

It is the responsibility of each organization within UFL to implement procedures to ensure compliance with this policy and with our complete Press & Media Policy.

## **PLAYER ELIGIBILITY**

- A. All players must meet the age limits in order to certify.
- B. The age matrix is not a waiver, all players must start the season at the certified age group.
- C. Players may not participate in jamboree or regular season games until they have certified.
- D. Players may only attempt to certify for one age group/division.
- E. Certified Rosters cards has to be in possession of the Head Coach prior to first game of season.
- F. Any player not certified by the first game is ruled ineligible to play.
- G. The players' age on July 1st of the season year shall be the certified age for the coming season. except for 15u division which is June 30th.
- H. Players with a birthdate in season, shall certified for the division to which they are turning.
- I. No play down waivers available at all.
- J. Play up waivers are available. Athletes may participate to one level above their certifiable age.

## **AGE DIVISIONS**

- A. 8u - Cadet 6.7.8 (Must meet Age cutoff of 6/01) of current season year.
- B. 10u - Jr. Varsity 9,10
- C. 12u - Varsity 11,12 (NHSF Football Rules)
- D. 14u - Graduates 13, 14. (NHSF Football Rules)
- E. 15u – Showcase (Must meet Age cutoff of 6/30 of current season year) (NHSF Football Rules)

## **ROSTER SIZE**

- Minimum roster shall be 20 players to certify a team and 16 players on game day to play.
- Maximum roster shall be 35 players.

## **MANDATORY PLAY RULES**

- A. There is no mandatory play minimum or MPRs
- B. Coaches are responsible for safe equitative play



## WAIVERS

### “PLAY UP” WAIVER

NEYT allows parents/players to request a WAIVER to allow their player to “play up” into the next age level allowed to them. Requests and any approval granted are for one playing season only. Requests are by written application only by the parent or legal guardian. While UFL does not recommend that players play up, our leadership does recognize that there may be a number of factors, including but not limited to, size, maturity, playing experience and exceptional skills that may warrant a child’s ability to play up.

It is UFL’s policy that all players compete at an age level they are capable of, both physically and developmentally. For a player to move up to the next age level available to them requires approval from the General Manager (GM) of the team they will be playing for. Written consent on the “Play Up” Waiver form should be obtain by the GM from the parents prior to moving a player up in age bracket. The “Play Up” Waiver should be kept by the organization for two seasons.

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### “PLAY DOWN” WAIVER

Effective JANUARY 1st, 2026, Play down Waiver Rules are no longer valid. Under no circumstances can any athlete play down a level.

## EJECTIONS

The Game Official will immediately notify both head coaches during the game if a player or coach has been ejected. Player card will be noted at time of ejection by both head coaches. The Head league referee will send an e-mail to all presidents by the following Monday with a complete list of all ejected players and coaches. Such ejection should also be noted in the game card.

## GAME SCORING

- A. Touchdowns = 6 points
- B. Point after attempt (kick)
  - a. 8u, 10u - Cadets, No Kicks / No Field Goals
  - b. 12u - Varsity 1 points (if goalposts are available)
  - c. 14u & 15u - 1 point (if goalposts are available)
- C. Point after attempt
  - a. 8u & 10u
    - i. (run or pass) from 3-yard line = 1 point
    - ii. (run or pass) from 5-yard line (MUST NOTIFY REF) = 2 POINTS
  - b. 12U JR. Varsity & Varsity 14u & 15UGraduates, Will follow NFHS rules
- D. Safety = 2 points
- E. Field Goal
  - a. 8u & 10u, No Field Goals
  - b. 12u, 14u & 15u - 3 point (if goalposts are available)

## BRACKET SCORING / TIE BREAKER

- A. Teams will be ranked by games played, wins and losses to maintain a position.
- B. Tie Breaker Criteria (If there are multiple teams within a division that are tied )
  - a. Head to head
  - b. Point Differential
  - c. Coin Flip

## **PLAYOFFS FORMAT**

- (a) Teams will play a minimum of five (5) season games to be eligible for playoffs. 8u and 15u teams will be exempt from this rule.
- (b) All teams will make playoffs on week 6 on a bracket single elimination tournament First Vs Last based only on standings across the league.
- (c) Round one will be hosted by individual organizations. Any additional grounds will be hosted in common grounds as designated by UFL.
- (d) UFL reserves the right to modify Playoffs Format to accommodate for fair competition.

## **FIELD REQUIREMENTS AND MARKINGS**

- A. Fields shall be regulation size for all divisions
- B. Home team is responsible for the field and all accessories required for the game.
- C. Home team is responsible for paying referees for their particular game.
- D. All fields will be inspected for safety prior to use.
- E. Chain Gang will be provided by the Home Team and will be positioned on the Visitors sideline
- F. The bench area is reserved for players, coaches, and authorized team personnel only
- G. The sidelines areas are reserved for the game Media, EMT, Law enforcement and chain crew
- H. The total number of team personnel, including coaches, in a team box shall not exceed 8 personnel.

## **SCOUTING**

- A. Videotaping or filming at all regularly scheduled league or non-league games is permitted.
- B. Videotaping or filming of an opponent during scrimmages or practice is strictly forbidden.

## **PROTEST OF GAMES**

- A. The intent to protest must be requested and documented to the official and opposing coach at the point of the infraction before the continuation of the contest.
- B. A protest of a game, excluding a claim of the ineligibility of a player, may only be entered by the game's official.
- C. Such protest must be submitted to the Executive Board in writing and be submitted within 48 hours of the completion of the game in question;
- D. The Executive Board polls the members of the Advisory Board, in consultation regarding the disposition of the protest. The decision is final and binding, without recourse to any appeal.



## FORFEIT & CANCELLATIONS:

All affiliated Team(s) will submit a \$200.00 performance bond to UFL. This performance bond will be returned to the team in full at the conclusion of the Spring season provided the team has not forfeited any of its UFL conference games. Forfeits and Cancellations are defined as either;

- A. **Cancellation:** Defined as a team representative contacting UFL Staff via email informing that they will be unable to make a scheduled game with at least 3 business days (72 Hours) notice. A cancellation will come with no penalty to the team although the team may end up playing one-two less games than other teams in the league depending on scheduling availability. A combination of 2 cancellations without make up will result in automatic removal of the team from UFL. Every possible attempt should be made by cancelling team to reschedule game.
- B. **Forfeit:** defined as either;
  - a. A team representative contacting UFL Staff via email with less than 72 hours business notice that their team will not be able to make a scheduled game. This will be referred to as a “standard forfeit”.
  - b. A team not showing up to a scheduled game with no prior communication made to UFL Staff via email. A “no show forfeit” will result.
  - c. A combination of 2 forfeits will result in automatic removal of the team from UFL. Forfeiting teams are automatically excluded from any Championship games and All-Star games. All teams that forfeit will be subject to a \$65 per referee fee (3) and \$150 fee per game for facility cost. The team will remain suspended from playing until fees are paid. Teams will not play again unless the forfeit fees are paid and any games that were already scheduled at the time of the forfeit for the team in question will be cancelled unless the forfeit fee is paid with 48 hours of the team’s next scheduled game.
- C. UFL requires the home team or hosting organization to provide medical coverage at each game. In the absence of a physician and or ambulance on site, the minimum requirement will be the presence of an individual who is a Certified Athletic Trainer, EMT-certified, or is currently certified Registered Nurse or its equivalent. Home team or hosting organization is required to introduce the emergency medical personnel to the visiting team and to review the emergency medical plan with the visiting team. Therefore, no game shall start without proper medical assistance on hand. Failure to comply will result in forfeiture of game by the home team
- D. Coaches MUST have all Emergency Medical Release Forms and Parent/Guardian Emergency Numbers in their possession at all times when team is practicing, traveling, or playing in any game or competition. Once an injured participant is removed from the game, they may not re-enter the game unless first approved by the highest medical authority covering the event that will make the final decision regarding injuries on the field and the ability for a player to return. If present, the licensed/certified athletic trainer will make the final medical decision unless a medical doctor is present and covering the activity”. Therefore, no game shall start without proper medical assistance on hand. Failure to comply will result in forfeiture of game.
- E. Each member institution in a forfeited game shall enter the results of the contest in its record.
- F. If a forfeit is declared while a game is in progress, all statistics are voided unless the game has reached “reasonable point of conclusion” (i.e., three quarters completed in football), in which case all statistics shall count and be reflected in the records.
- G. The team’s won-loss record and coach’s record shall include the forfeit, but if the stats are voided, all averages in future ranking shall be computed without inclusion of the forfeited game.
- H. If a game is interrupted and the officials do not declare a winner or loser in such a contest the status shall be “no contest.” Stats shall not be counted, nor shall either team’s won-loss record or coaches record be changed. UYA Executive board will review the game incident and determine appropriate action and Win/Loss Cancellation / Postponement decision.

## I. FORFEIT SCORES SHOULD BE 1-0

- J. Postponements / Emergency Scheduling Plan: All scores and postponements must be reported by both home and visiting teams within 24 hours of the game
- K. In the case of postponements, all contests must be rescheduled within 48 hours or the Executive Director in conjunction with the Executive board Vice President will set the date and time of the game.
- L. A coach may not arbitrarily, intentionally, or unilaterally forfeit or cancel a scheduled game with another member team. Only GM's should make this decisions with guidance of the Executive board.
- M. It is the competence of the Executive Board to determine the arbitrary or intentional nature of a forfeiture.
- N. If a contest is forfeited without authorization, the member team will be issued a fine or be responsible for all field or officiating fees in accordance with this policy.
- O. Canceled games approved by the Executive Board will not carry a fine.
- P. In the event of an Act of God or any other crisis that demands scheduling alternatives, a decision of whether to implement the emergency scheduling plan will be made by the Executive Board after consultation with the Advisory Board.
- a. **An act of God is define as;** an extraordinary interruption by a natural cause (such as a flood or earthquake) of the usual course of events that experience, prescience, or care cannot reasonably foresee or prevent. An act of God is generally considered an act attributable to nature without human interference.

## LOPSIDED SCORES

If a team is trailing by 28 points or more at any time during the fourth quarter. The game score will be considered final and a winner and loser is officially declared.

- A. Once this score differential is reached, the game officials will call an official time out to discuss the rule revisions with the head coaches of the two teams.
- B. A controlled game will be played with the remainder of the time on the clock. The game clock will become a running clock. Once the clock becomes a running clock it can only be stopped for injuries and official or team time outs.
- C. The losing team can elect to take the ball at the 50 yard line instead of receiving a kickoff
- D. Losing team head coach also have the option of calling the game.
- E. Referees in all cases will do their best to finish all games as scheduled.
- F. The referee has the right to take action needed to be equitable or to control a game, including ending the game. Examples include, but are not limited to, an unusual amount of sustained injury, exceedingly poor team behavior, or a team's continued violation of stated game management guidelines.
- G. It will be the losing teams preference as to whether they will receive a normal kickoff or they may choose to take the ball on their own 50 yard line.
- H. The conduct expectation for the winning team is that starters are replaced where possible, particularly those who have been consistently effective over the course of the game, second and third string players are in the game.
- I. The winning team is prohibited from any forward passing and from running any mis-direction, reverses or "trick plays" of any kind (1st violation 15 yard penalty, 2nd violation coach ejection). Teams are not required to run inside the tackle box, plays meant to go outside are allowed.
- J. The conduct expectation for the losing team includes an understanding that the game is out of reach and is being appropriately managed by the opposing side. The losing team's game management should have this in mind in making every effort to get second and third string players in the game as well.



## GAME BALL

1. The ball used must be of good quality materials and must be in good condition. Teams may play with leather or composite leather footballs.
2. Approved use footballs will meet the following criteria with a +/- 2% variance youth size PeeWee, Junior, Youth or High School footballs, will be used as the standard for football sizing only. Other brands and models are acceptable if they meet the size requirements.

a) Cadets 6 to 8 YO

- Pee Wee Footballs or K2
- Target Age: 6-9 years old (5th grade and below)
- Average Weight: 10 ounces
- Long Circumference: 24 inches
- Short Circumference: 17.5 inches

b) Jr. Varsity Cadets 9 to 10 YO

- Pee Wee Footballs or K2
- Target Age: 6-9 years old (5th grade and below)
- Average Weight: 10 ounces
- Long Circumference: 24 inches
- Short Circumference: 17.5 inches

c) Varsity & 11 to 12

- Junior Footballs (TDJ)
- Target Age: 9-12 years old (6th grade)
- Average Weight: 11 ounces
- Long Circumference: 25 inches
- Short Circumference: 18.5 inches

d) Graduates 13 to 14 YO

- High School Footballs or TDY
- Target Age: 12 to 14 years old (9-12th grade)
- Average Weight: 14-15 ounces
- Long Circumference: 27.75 to 28.5 inches
- Short Circumference: 20.75 to 21.125 inches

e) Showcase 15U

- NFHS - High School Footballs
- Weight 14 to 15 ounces
- Long circumference 27 3/4 to 28 1/2 inches
- Long Axis 10 7/8 to 11 7/16 inches
- Short circumference 20 3/4 to 21 1/4 inches
- Inflation pressure 12 1/2 to 13 1/2 pounds

## EQUIPMENT REQUIREMENTS

Each player shall wear the following:

- A. Helmet (NOCSAE certified 3 year)
- B. Football helmets of the same color are not required.
- C. 4 snap chin straps snapped to helmet at the 4 standard anchor points
- D. Shoulder Pads
- E. Hip Pads, Thigh Pads, Knee Pads, Tail Pad, Protective Cup
- F. Readily visible Lip Protective Mouth Guard (keeper required).
- G. Additional equipment worn must have prior approval for football use from a reputable standards organization or majority vote of the Board members according to league voting procedures.
- H. Jerseys will be tucked in or no higher than belt length.
- I. Jerseys must have a number in front and back and must bear the NEYT shield in a visible location
- J. **Eyeglasses:** When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- K. Any additional protective equipment worn by players shall be allowed with league approval.
- L. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform.

## VISORS

At times medical personnel need to see an injured player's eyes without removing his helmet, and tinted visors interfere with that. A legal eye shield attached to the helmet must be clear or lightly tinted. Any tinted eye shield attached to the helmet must allow 80% of light to pass through it. Eyes including the pupils must be fully visible to the Game Officials and Medical Personnel present at the game. Head Referee will have the last word on the legality of the shield. For players with a verified medical condition, will be permitted to wear a Tinted Visor, as a medical exemption provided that a doctor's note be presented to the game officials.

## CLOCK MANAGEMENT

- A. The game shall consist of 4 (four) Quarters each being:
  - a. 8u - Cadets 12 Minutes quarters with a running clock.
  - b. 10u - Jr. Varsity 12 Minutes
  - c. 12u - Varsity 12 Minutes
  - d. 14u - Graduates 12 Minutes
  - e. 15u - Show-Case 12 Minutes
- B. The maximum length of periods shall be 12 minutes except when a game ends in a tie, in which case the tie-breaker rule may be used
- C. The clock shall be a run with starts and stops.
- D. No time will be run off the clock for Declared Punt
- E. Each team will have 3 (three) time-outs per half.
- F. Length of intermission between quarters shall be 2 (two) minutes
- G. Length of halftime is 10 (ten) minutes.

## COMMUNICATIONS & ELECTRONIC DEVICES

### SPEAKERS IN HELMETS.

- A. Electronic communication devices including but not limited to audio recorder, Local Area Network (LAN) phones and/or headsets, mobile phones, still photograph(s), film, analog or digital video(s) and/or Internet depictions, **shall not be used to communicate with a player except during an outside 9-yard mark conference.**
- B. Electronic communication devices including but not limited to audio recorder, Local Area Network (LAN) phones and/or headsets, mobile phones, still photograph(s), film, analog or digital video(s) and/or Internet depictions **may be used by coaches and non-players.**

## SCHEDULING OF GAME OFFICIALS

- A. All games should be scheduled within 48hrs after a team's last game and 48hrs prior to their next game.
- B. A minimum of (3) licensed officials will be assigned to each game. Home team is responsible for paying officials.
- C. During Playoffs, (4) licensed officials will be assigned to each game. Both teams are responsible for paying officials, each team pays for (2).
- D. Under no circumstances shall a non-certified volunteer be used to officiate any game without prior approval from the League.
- E. It shall be the responsibility of the home or host Franchise to pay all assigned officials, no later than halftime of the final game to be played that day.
- F. Franchises are only obligated to pay those officials that are in attendance and who actually officiate the games.
- G. The fee to be paid per official shall be announced annually by UYA Executive Board.
- H. In the event that a game is played on a neutral site, both visiting teams shall be responsible for payment of the game officials.
- I. Under no circumstances may a member Franchise play in any game where there are less than two game officials. If by chance this should happen, the home or host Franchise shall notify the Football Coordinators so that the game can be rescheduled.
- J. UFL is responsible for scheduling all game officials. GM's are responsible for providing game and facility updates to the Referee Coordinator via text, call or email.



## **CONTACT WITH OFFICIALS / HEAD COACH**

- A. If a player or adult should strike (hit) a game official, the offender shall be subject to suspension and/or being permanently banned from UFL activities.
- B. Only the Head Coach can ask for clarification from the officials. All interaction with the officials is through the Head Coach only.
- C. The Head Coach is responsible for the behavior of his assistants and players. Head Coaches are responsible for controlling their Staff and Fans
- D. The Head Coach must work with the General Managers (GM) to control the behavior of the parents / fans on their side of the field.
- E. In the event that an assistant coach or staff member is ejected from the game, the head coach will also be ejected for the remainder of the game.
  - a. Head coach may return the next game as long as he was not directly ejected from the game.
  - b. Ejected assistant or staff member will remain suspended for the next game after the ejection.
- F. For 8u / Cadets, Coach on the field may interact with officials the same as a head coach as long as he is the coach on the field at the time of play.
- G. Assistant coaches may ask the officials questions regarding the following topics:
  - a. Time / Clock specific questions
  - b. Remaining time outs questions

## **GRIEVANCES AGAINST OFFICIALS:**

The League will collect all grievances and report concerns with game officials from the score sheet form submitted directly to the Football Coordinators. The forms will be used to help the assignor, with input from the Football Coordinator, determine game day assignments and assignments for the playoffs. An official may be dropped from the list of game officials if a pattern of complaints from several franchises appears to have developed. It is important that Head Coaches collect officials name on the score card and the issues during the game.

## **START OF GAME**

- A. All teams are required to be at their designated playing field at least thirty (30) minutes prior to the scheduled kickoff time. If either team is not on the field, prepared to play, they will be given a 20-minute grace period, after that time a forfeit will occur. Forfeiting team will be responsible for any officials or field cost for that game.
- B. Each team is responsible for turning in a game day roster with jersey numbers and identifying any players with communication device in helmet.
- C. Teams will meet and introduce one another without helmets prior to coin toss.
- D. Teams will render a handshake to the opposing team players at the end of the game to show good sportsmanship. This is to be done at the 50-yard line.

## **OBLIGATIONS TO REPORT SCORES:**

It is the responsibility of the Home or Host Franchise/team to report scores for all games played at their site. Scores must be submitted by the method determined by UFL each season. It is also the responsibility of both head coaches to submit score cards for their games.

## GAMES CALLED DUE TO WEATHER / FIELD SAFETY

- A. In the event a game has to be called due to the weather, the following provisions will apply:
- B. If the game is “Lopsided”, regardless of the quarter, the team that’s ahead wins.
- C. If the game is not “Lopsided”, and is called before completion of the third quarter, the game must be replayed in its entirety.
- D. If the game is called after the completion of three full quarters of play, the score stands and the leading team wins.
- E. If both teams agree, the game does not have to be replayed, and the score at the close of the “called” game shall be official

## SAFETY RULES

- 1. Only the event staff director can cancel a game due to inclement weather.
- 2. Hot Weather Protocol powered by USA Football compliance
- 3. Cold Weather Protocol powered by USA Football compliance
- 4. Water Breaks will be conducted in accordance to USA Football Guidelines
  - a. Have unlimited access to water available to players during activity.
  - b. Allow your athletes to drink as much as they want.
  - c. Athletes should be able to drink for the entire break period if they wish.
  - d. Provide access to sports drinks when exercise is greater than 60 minutes or if exercise is going to be intense and in the heat.
- 5. Mud: game will be cancelled if the mud is more than half inch
- 6. Rain: games will continue unless the mud is unsafe
- 7. Snow: game will continue unless the field condition worsen or League calls the game
- 8. Lightning: games will be cancelled due to safety
- 9. A licensed physician, licensed trainer, Registered Nurse or certified EMT must be in attendance and on duty for all interscholastic football games. The medical person shall be responsible for both teams unless the visiting team has its own medical coverage. His/her judgment will be final with regard to the condition of a player after injury. No player may continue to play against the medical person's advice. The penalty for violation of this provision is forfeiture of the game.
- 10. INJURED PLAYERS: Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.
- 11. A player must participate in at least 10 football practice days before taking part in a football game.



## SPECIAL LEAGUE RULES (ALL-PLAYER FOULS)

1. **Blitzing:** Is defined to be a strategy used by a defensive unit in which they will have a player other than a member of the defensive line vacate their normal responsibilities in order to pressure the offense with the objective to tackle the quarterback or the ball carrier behind the line of scrimmage or force the quarterback to hurry their pass. **Blitzing is illegal only at the 8u Cadet Level.**
2. **At the Cadets levels of play** there should be no defensive player lined up over the Snapper (CENTER). Defensive player must be positioned 5 yards off his line of scrimmage. Failure to do so results in the ball remaining dead and a warning issued to that team. Second and subsequent violation violations result in a 15-yard penalty.
3. **Chop blocking:** is when a lineman dives at an opponent's knees anywhere outside of the line of scrimmage. Also consider a Chop Block any block below the waist on an opponent who is already engaged with another blocker. Practice is prohibited Enforcement: Live ball foul. 15 yards.
4. **Clipping:** When an offensive lineman blocks an opponent from behind, hitting him in the back of the legs or in the back. The infraction costs the offense 15 yards. Also Blocking or falling into the back of an opponent from the waist down. Enforcement: Live ball foul. 15 yards.
5. **Encroachment:** Encroachment happens when a player enters the neutral zone before the ball is snapped and makes contact with the opposition. This is a 5-yard penalty. The offense repeats the down.
6. **Illegal Helmet Contact:** Any butt block, face tackle, spear, or other intentional use of the helmet to butt or ram an opponent. Any contact by the crown of the helmet, including on tackles and blocks. Any contact by the crown of the helmet to a defenseless player. Any contact to a defenseless player's head or neck area. This is considered a dangerous play and should be enforced on every game. Enforcement: Live ball foul. 15 yards.
7. **Horse Collar Tackle:** Grasping a ball-carrier by the back collar or inside the shoulder pads, then pulling the ball-carrier back and toward the ground. Enforcement: Live ball foul. 15 yards.
8. **Roughing the Passer:** A continued effort to knock or tackle a passer after the ball has been thrown. Enforcement: Live ball foul. 15 yards. Automatic first down.
9. **Roughing the Snapper:** Any contact on the snapper during the execution of a PAT, field goal or punt before the player is allowed the opportunity to regain his or her balance. This rule is extended to all snaps, so centers and quarterbacks have the best opportunity for a clean exchange. Enforcement: Live ball foul. 15 yards. Automatic first down.
10. **Blindside Block:** Any block against an opponent other than the runner, who does not see the blocker approaching unless it is initiated with open hands. Enforcement: Live ball foul. 15 yards.
11. **Facemask:** Grasping an opponent's face mask or any edge of a helmet's opening. Enforcement: Live ball foul. Either five yards (incidental) or 15 yards (excessive).
12. **Holding:** Using the hands, arms, or legs to hook, grasp, restrain or otherwise impede an opponent. Grabbing an opponent is not enough. There must also be an element of control. Enforcement: Live ball foul. 5 yards.

13. **Targeting:** No player shall target and make forcible contact to the head or neck area of a defenseless opponent with the helmet, forearm, hand, fist, elbow, or shoulder. Enforcement: Live ball foul. 15 yards. This is considered a dangerous play and should be enforced on every occurrence whether as a targeting foul or unnecessary roughness. Any player disqualified from a contest because of targeting shall not participate in the next scheduled contest.
14. **Crack back blocks:** This is where a trailing defender or unsuspecting edge defender gets hit by an unseen offensive blocker. “A hit on any player who is not carrying the ball and ‘does not see the blocker approaching’ is now punished with a 15-yard penalty. Such a hit involves contact by a blocker against an opponent who, because of physical positioning and focus of concentration, is vulnerable to injury. A block from the outside-in is legal if it is initiated with open hands.
15. **Unnecessary Roughness:** Any contact by a player or coach that is deemed excessive or unnecessary. Enforcement: Live ball or dead ball foul. 15 yards.
16. **Unsportsmanlike Conduct:** Any non-contact action by a player or coach that is intentionally harmful or especially objectionable. Enforcement: Live ball or dead ball foul. 15 yards.
17. **Unfair Acts:** Any player or coach hindering play or committing an act that is considered a travesty of the game not otherwise covered by a rule. Examples include hiding a ball under a jersey, continuing to commit dead-ball penalties to run out the clock, coming off the bench to make a tackle or block, unfair deception of an imminent snap through non-football related actions, etc. The invocation of this rule is entirely at the game officials’ discretion.
- Enforcement: Live ball or dead ball foul. 15 yards. If an unfair act negates a gain or loss that would otherwise result in a score or larger distance, officials have the right to award yardage as they see fit. **These types of plays have no place in youth football.**
18. **Use of kicking tee** will be permitted for extra point and field goal attempts. Clock stops when a ball carrier, fumble or backward pass is ruled out of bounds. The game clock will next start on the snap, except for a forward fumble out of bounds by team A.
19. **Coin Toss:** The team that wins the toss to start the game has four options:
- Kick
  - Receive
  - Defend a Goal
  - Defer to the second half.
20. **Celebrations:** Celebrations are allowed after scores in a tasteful manner. Taunting the other team, any unsportsmanship like celebrations and/or any sexual gesture will not be tolerated and will receive a 10-yard penalty. If penalty happens after a scoring play that penalty will be assessed on the following kick-off.

### **GAME TIE-BREAKER RULE FOR 8U, 10U ONLY**

- A. At the end of regulation play if there is a tie each team will have an offensive series with the ball placed on the 20-yard line. The team with the highest score after each team has had scoring attempt will be declared the winner. (see scoring values below).
- B. If the defense intercepts the ball or recovers a fumble their offense immediately gets the ball on the 20-yard line, if there is not a defensive touchdown. If their team has already scored because of going first in overtime the game will end giving them the victory.
- C. If there is a tie after the first overtime series play will continue in the same manner until one team scores while the other fails.
- D. If there are field goal uprights a team may choose to attempt extra point conversions from the 5-yard line rather than running the ball. It is their choice. (see scoring values below).

### **GAME TIE-BREAKER RULE FOR 12U AND ABOVE**

- A. 12u / 14u / 15u will Follow MIAA / NFHS rules.

### **SUMMARY OF PLAY BY DIVISION**

#### **8U - CADETS**

- a. 12 Minutes quarters with a **RUNNING CLOCK**.
- b. The start of each half and following any score (including a safety) the ball is spotted on the offensive team's own 35-yard line.
- c. No Blitzing,
- d. No Kickoffs, The ball will be spotted at the offense's 35-yard line.
- e. No Punts. Declaration of a Punt: the ball will be moved 25 yards down field. If the offensive team wishes to punt inside the 35-yard line the ball will be moved half the distance of the goal.
- f. One coach allowed on the field. The coach must conduct actions as if coaching from the sideline. The on-field coach may NOT physically touch or move players after the huddle is broken and must remain at a distance so as to not interfere with the play or the officials.
  - i. PENALTY:
  - ii. Dead ball foul and a 5-yard penalty.
  - iii. 2nd PENALTY: Unsportsmanlike Conduct and a 15-yard PENALTY.
  - iv. 3rd PENALTY: Ejection.
- g. All players on the line of scrimmage must be in a 2 point stance.
- h. No lining up directly over the Center: At the Cadets levels of play there should be no defensive player lined up over the Snapper. Line backers must be positioned 4 yards off his line of scrimmage. Failure to do so results in the ball remaining dead and a warning issued to that team.
  - i. Second and subsequent violation violations result in a 15-yard penalty.
  - ii. No more than six (6) defensive players can be on the line of scrimmage or rush the ball, linebackers must be 4 yds off the line of scrimmage, corners must be 5 yds off line of scrimmage and safeties must be 7 yds off line of scrimmage.
- i. Scoring:
  - a. Touchdowns = 6 points
  - b. Point after attempt
    - i. (kick) = **Cadets, No Kicks / No Field Goals**
    - ii. (run or pass) from 3-yard line = 1 pt / from 5-yard line (MUST NOTIFY REF) = 2 Pts
  - c. Safety = 2 points

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## **10U - JUNIOR VARSITY**

- a. 12 Minute Quarters
- b. No Kickoffs, The ball will be spotted at the offense's 35-yard line.
- c. No Punts. Declaration of a Punt: the ball will be moved 25 yards down field. If the offensive team wishes to punt inside the 35-yard line the ball will be moved half the distance of the goal.
- d. No fake punts are allowed.
- e. Scoring:
  - i. Touchdowns = 6 points
  - ii. If a 2-point conversion is desired the offense must declare the intentions to the "white hat" and the ball will be spotted at the five-yard line. The offense may run or pass from the five-yard line for a 2-point conversion.
  - iii. Point after attempt (kick)
    - 1. JR. Varsity 2 points (if goalposts are available) / No Rushing the play
  - iii. Point after attempt
    - 1. (run or pass) from 3-yard line = 1 point
    - 2. (run or pass) from 5-yard line (MUST NOTIFY REF) = 2 POINTS
  - iv. Safety = 2 points
  - v. No Field Goals

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## **12U - VARSITY:**

- a) Games shall be played under the The UPSTATE YOUTH ATHLETICS (UYA) Rules. Except for Lopsided rule.
- b) 12 Minute Quarters

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## **14U – GRADUATES**

- a) Games shall be played under the National Federation of State High School Associations (NFHS) Rules. Except for Lopsided rule.
- b) 12 Minute Quarters

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## **15U – SHOWCASE:**

- a) Games shall be played under the National Federation of State High School Associations (NFHS) Rules. Except for Lopsided rule.
- b) 12 Minute Quarters



## UFL ALL-STAR GAME

The purpose and spirit of the UFL All-stars games is to give recognition to student athletes who maintain a GPA of 3.0 during the UFL Spring Tackle season. Qualifying players will be nominated by their coaches and organizations General Managers. The nomination is only one part of the selection process.

### ALL-STAR GAMES GUIDELINES:

- A. The All-Star game will be played only after all championship games have been played. Traditionally one week after Championship and a week prior to July 1<sup>st</sup>.
- B. Games will be played under UFL Rules Book.
- C. Mandatory Play rules will be in effect to ensure all athletes get to participate.
- D. Players must provide their own Helmet, Shoulder pads, girdle and kneepads.
- E. UFL will provide game uniforms.
- F. UFL Divisions and teams will be combined on to two even divisions to facilitate the process NATIONALS / PATRIOTS

### COACH SELECTION GUIDELINES:

- A. Head Coach for all teams will be the coaches who made Championship the season prior to the current season.
- B. Coaches will head coach the same level that they made an appearance at Championship the season prior to the current season.
- C. All-Stars head coaches may pick their own coaching staff.
- D. Only current UFL coaches can participate.
- E. Coaches must be properly registered in NSID
- F. In the event that a rightful All-stars coach is not part of UFL or decides not to commit to the event, the spot will be granted to the third runner-up team head coach and subsequently.

### ATHLETE SELECTION GUIDELINES:

- A. To be nominated, athletes must have a 3.0 GPA at the beginning and end of the current UFL season
- B. Athlete must be an UFL current participant registered on NSID and rostered by League cut date of April 1<sup>st</sup>
- C. Coaches and GM's are responsible for submitting the All-star selection forms to UFL with a minimum of 10 players per level by the last game of the regular season.
- D. All-Stars head coaches will pick an even number of players from each team based on a 35 men roster and the number of teams submitting players.