

## 8U - CADETS

- 1) 12 Min. quarters with a running clock.
- 2) The start of each half and following any score the ball is spotted on the offensive team's own 35-yard line.
- 3) No Blitzing, No Kickoffs. The ball will be spotted at the offense's 35-yard line.
- 4) 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.
- 5) One coach allowed on the field. 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.
- 6) All players on the line of scrimmage must be in a 2 point stance.
- 7) No lining up directly over the Center / Snapper. Line backers must be positioned 4 yards off the line of scrimmage. Failure to do so results in the ball remaining dead and a warning issued to that team. / 2nd violation is a 15-yard penalty.
- 8) No more than six (6) defensive players 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.
- 9) **Scoring:**
  - ♦ Touchdowns = 6 points
  - ♦ Point After Attempt  
(run or pass) 3-yard line = 1 Pt.  
(run or pass) 5-yard line = 2 Pts. Most Notify Ref
  - ♦ No Kicks
  - ♦ Safety = 2 points



## 10U - JUNIOR VARSITY

- 1) 12 Minute Quarters / Standard Clock
- 2) No Kickoffs, The ball will be spotted at the offense's 35-yard line.
- 3) No Punts. Declaration of a Punt: Ball is 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.
- 4) No fake punts are allowed.
- 5) **Scoring:**
  - ♦ Touchdowns = 6 points
  - ♦ Point After Attempt  
(run / pass) 3-yard line = 1 Pt.  
(run / pass) 5-yard line = 2 Pts. Most Notify Ref
  - ♦ (kick) 2 points / No Rushing the play
  - ♦ Safety = 2 points
  - ♦ No Field Goals

## 12U VARSITY-14U GRADUATES-15U SHOWCASE:

Games shall be played under the NFHS rules. In the event a rule is not dictated whining our rules book, NFHS rules will take precedence.



## 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.

## AGE VERIFICATION

Help us protect the integrity of our league and promote fair play by getting your team age verified with National Sports ID. NSID takes the hassle out of submitting and reviewing birth certificates, passports, state id's and report cards so your players can prove their eligibility and make sure your team is in the proper division. [www.nationalsportsid.com](http://www.nationalsportsid.com)

### YFL Age Cut Day: **August 1st, 2026**

We use a forward age cut date. The cut off date prevents older athletes from playing with younger athletes by forcing the older athlete to move up a level. It also brings parity with the traditional fall season of the calendar year.

**Play Up Waiver:** All players are eligible to play up one age level group. A waiver must be requested to the GM's and signed by parents.

**Play Down Waiver:** **ABSOLUTLY NO PLAINING DOWN ON AGE ALLOWED UNDER ANY CIRCUMSTANCES**

## Safety and Youth Football

Safety is always a concern in our program. As many as one million kids play youth football in the United States. For our league UFL, safety and learning are central to our values. Learning the rules and displaying good sportsmanship will be of the highest importance. Learning to be a team player in the "ultimate" team sport will be taught and will hopefully be instilled in them well into the future. This developmental approach is particularly important with the younger players as they are learning about playing full contact football and can gain valuable experience playing in the off season. Ultimately, the most important thing is that every child in our program, regardless of their current skill level, develop and masters new skills that will enhance their own safety in the sport.

**DISCIPLINE / HARD WORK / DEDICATION**

**WHO WE ARE:** NEYT Is a nonprofit organization for youth football that seeks to advance safety and education, in youth football in the New England area. NEYT is dedicated to the athletic and mental development of our youth through football. The success of the league is measured by the fun, achievement, sportsmanship and competition that each of us experience as a result of pulling together to develop the children of our community. We invite your support in leading the character of our youth toward responsibility, self-discipline, respect, integrity and sportsmanship.

**MISSION STATEMENT:** The founders of Upstate Youth Athletics (UYA), created the league as a place where children of all ages and abilities could learn about the sport of football while having fun. The emphasis is on providing an environment that allows children access to the sport year-round. Central to our mission is to provide more playing time, a learning environment for coaches and lowering the cost of participation in the sport.

**Report CONCERNS, CHEATING & ABUSE**  
**UPSTATEYOUTHATHLETICS@OUTLOOK.COM**



# Football Rules