

LIYIF RULES

THE FIELD (UPDATED 11/07/15)

The field will be played at an indoor turf facility. This surface is approximately 105 feet wide by 156 feet long. Each venue may vary slightly, as the league grows, and uses additional facilities.

EQUIPMENT (UPDATED 11/07/15)

Full contact football gear, as required by the High School Federation.

- The official football used is a K-2 for ages 10 and under; TDJ is used for ages 11 thru 12 and TDY is used for 13 years old.
- All players must wear an athletic supported, and a mouthpiece to be eligible to play.
- Foot gear: Sneakers, turf shoes, and rubber cleats are acceptable, but you should check out the corresponding facility, at which you'll be playing, before making a determination.

AGE RESTRICTIONS (UPDATED 11/07/15)

- 6U teams – no player may turn seven (7) years old prior to November 15 of the current indoor season.
- 7U teams – no player may turn eight (8) years old prior to November 15 of the current indoor season.
- 8U teams – no player may turn nine (9) years old prior to November 15 of the current indoor season.
- 9U teams – no player may turn ten (10) years old prior to November 15 of the current indoor season.
- 10U teams – no player may turn eleven (11) years old prior to November 15 of the current indoor season.
- 11U teams – no player may turn twelve (12) years old prior to November 15 of the current indoor season.
- 12U teams – no player may turn thirteen (13) years old prior to November 15 of the current indoor season.
- 13U teams – no player may turn fourteen (14) years old prior to November 15 of the current indoor season.

***** NO EXCEPTIONS TO AGE REQUIREMENTS*****

All teams must submit certified ID's and Rosters prior to the first game.

Under the rules, players can play up, although Long Island Youth Indoor Football discourages this as children should be with other children their own ages.

WEIGHT RESTRICTIONS (UPDATED 11/07/15)

UNRESTRICTED WEIGHTS IN ALL DIVISIONS STARTING 2015 - 2016 SEASON

PLAYERS AND FORMATIONS (UPDATED 11/07/15)

Please note that the purpose and intention of the league rules are to generate offense. All High School rules are in effect according to the National Federation rulebook with the following exceptions: The LIYIF applies to indoor football as detailed in the following sections. Long Island Youth Indoor Football reserves the right to modify, add or remove rules as they deem fit for the improvement or safety of the League.

Starting of the Game

- To start the game, the visiting team shall take possession of the ball at their 3, 5 or ten (10) yard line depending on the venue.
- The home team shall take possession of the ball to start the second half unless they are winning by 18 or more points and the losing team will take possession.

Coaching

- Four (4) coaches are permitted on sidelines.
- Coaches must be identified on the team roster and no substitutes are allowed.
- No coaches are permitted on the field unless a time out is called.
- One (1) coach is permitted on the field for 8 years old and younger.

Offense

- The offensive team shall consist of eight (8) players on the field.
- Four (4) offensive players must be on the line of scrimmage with the “box” (free blocking zone).
- Acceptable line formations are: [G C Q E] and [E G C G]. In these formations, the end may not be split and all four (4) offensive players in the box must be in a down position.
- The principles of one Center, two Guards and one End/Receiver make up the base offensive structure. Only the single End/Receiver is eligible of the base linemen.
- With the five man line, only one end may be split from the base formation, i.e.; E G C G E.
- An unbalanced line formation is illegal, with the exception of the standard base formation.
- An even five man line – in the “box” is also allowed E G C G E – (double tight)
- All basic football rules apply to eligible receivers and covered ends.
- There is not forward offensive motion prior to snap.
- Ages 8 and up use High School Federation Rules and accordingly the backfields are not subject to restriction concerning formation or motion other than the limitations imposed by H.S. Federation rules.
- All backs are eligible receivers.
- If the backs are spread and move up to the line of scrimmage, they become linemen and are subject to the aforementioned restrictions. If the backs like up 1yard or more off the line of scrimmage they are backs.

Defense

- The defensive team shall consist of eight (8) players on the field.
- The base defensive formation is the 3-3-2.
- Permitted defensive formations: 4-2-2, 3-3-2 or a 3-2-3
- A minimum of three (3) defensive players is required on the line of scrimmage. **The three man defensive line is used against an offensive four-man formation.**
- All three defensive linemen must be in a down position – 3-point stance.

- **A fourth defensive lineman can be used against a five man in the 'box' formation.**This formation now consists of two (2) D tackles and two (2) D Ends.
- In the four man defensive front, the two (2) interior linemen must be in a down position.
- In all defensive formations, the ends must be within one yard of the down offensive personnel.
- Linebackers are to be five (5) yards off the line of scrimmage, and cannot move forward until snap of the ball. **NO BLITZING is permitted.**
- Safeties are to line three (3) yards behind the linebackers or eight (8) yards off of the line of scrimmage.
- Exception: If ball is within ten (10) yard mark, linebackers and safeties can now 'split the difference'. IE: if the ball is placed on the 8-yard line, the linebackers may now 'squeeze' the formation down to four (4) yards off the ball. The 6 yard line becomes three (3)yards, etc.

18 POINT RULE (UPDATED 11/07/15)

- If a team leads by eighteen (18) or more points, the opposing team will name 4 players that must be removed from the game on offense. They may however play on defense.
- Should the team have less than 12 players available, a member of the removed players must be rotated into the line up each play? That player is required to play an interior line position and is not permitted to handle the ball. He can recover but not advance a fumble.
- If at the start of the second half, one team is ahead by more than 18 points, the losing team shall receive the ball to start the second half.
- The 3-2-3 defensive formation must be used by the team that is ahead by 18 points.
- The defensive backs must move to a depth of 10 yards from the line of scrimmage.

8U RULES (UPDATED 11/07/15)

Effective for the 2015/16 season, the 8 year old division follows high school federation rules and no longer has the formation restrictions and tailored rules of years past. Those rules which are outlined below still apply to the 7U and 6U divisions. The 8U division will follow the rules for 9U through 13U with one exception. One coach will still be permitted on the field on both offense and defense. This exception is being made to assure that the games move along quickly there are no unnecessary delays due to players not knowing where to line up. If an 8U team is made up of 7 year olds and 8 year olds (which most are), the new 8 year old rules apply.

6U, 7U RULES (UPDATED 11/07/15)

- 7-Years old will play 8 on 8.

One coach from each team shall be permitted on the field with the payers during the game. One coach is allowed on the field for offense and one coach is allowed on the field for defense.

Offense

- Only an even five man line – in the ‘box’ is allowed E G C G E – (double tight)
- All five players on the line of scrimmage must be in a down position.
- All offensive ‘linemen’ must block the man in front of them (no pulling guards – no cross blocking).
- All backs must line up within the structure of the three-man line. No player shall be allowed to line up outside the last downed lineman.
- Quarterback sneaks are not allowed (center uncovered).
- The ball must be snapped by the count of one. The offense may also elect to go on “SET”.
- Only one ball exchange is permitted. No double exchanges – no double reverses.
- Fumbles can be recovered but not advanced.
- Interceptions can be recovered but not advanced.

Defense

- Only a four man defensive lineman can be used against a five man in the “box” formation. This formation consists of two (2) D Tackles and two (2) D Ends.
- The Center must be left uncovered in all formations.
- All defensive linemen must be in a down position – 3-point stance.
- No defensive lineman is allowed to shoot the gaps.
- The interior defensive linemen MUST line up directly in front of the down linemen(guards) in front of them.
- All defensive linemen MUST step directly forward to hit their man. If a lineman steps to the gap, this is an illegal procedure.
- The defensive ends must line up within one yard of the offensive ends.
- Permitted defensive formations: 4-2-2
- D Backs are required to be 8 yards from the line of scrimmage, (10 yds if up by 18 pts.)

TIME LIMITS (UPDATED 11/07/15)

- Two (2) twenty-five (25) minute halves of running time, with a three (3) minute break between halves.
- There is a 30 second clock in effect between plays and a 40 second clock in effort for 5/6 and 7/8 years old.
- Each team has two (2) time outs per game. Timeouts are 1 minute 30 seconds each.
- If the time-out is not used in the first half, they carry over to the second half.
- If both time outs are used in the first half there will be no time-outs available for the second half.
- Time-outs are essentially clock stoppages. After 1 minute 30 seconds a whistle will blow and the clock will automatically start.
- The clock will not stop for any other reason except on defensive penalties within final 2minutes of the game. Should a player become injured, the clock will remain running until such time as the referees or a league official determines that the player will be down for a serious injury or an extended period of time. Clock stoppages are very rare.

- In the event that the clock is stopped due to an injury, the league may shorten the game to accommodate the facility.
- At the conclusion of all games, after the teams have shaken hands, they must exit the field immediately to accommodate the facility's scheduling. Coaches may address their teams in another section of the facility.
- **Teams must be present fifteen (15) minutes prior to game.**
- If the score in any game is within 16 points a defensive penalty will stop the clock if there is 2 minutes or less left in the half or the game.
- If a time out is called after a touch down the clock will start up again after the extra points concluded and the ball has been positioned by the referee and the whistle is blown to start play.

FORFEITS

- A game will be declared a forfeit by the league if a team does not have at least 7 players ready to play at the field location within 10 minutes after the actual game time on the schedule.
- The league at its discretion can leave the decision up to the opposing team as to whether they want to play a shortened game.
- Rescheduling any game must be agreed by opposing team and is subject to league approval with all costs to be paid by team who would otherwise forfeit.
- Any team that has not paid the league fee can at the discretion of league officials forfeit 1 or any number of games.
- Teams that have not paid in full prior to the start of the season may, at the discretion of league officials, have season shortened, or may be replaced or removed from participating in the play-offs.

MOVING OF BALL AND SCORING

- Four (4) downs are allowed to advance the ball ten (10) yards for first down, or to score.
- Six (6) points are awarded for a touchdown.
- One (1) Point conversion from the three (3) yard line.
- Two (2) point conversion from five (5) yards.
- Two (2) points awarded for a safety.
- There are currently no provisions for field goals in any of the indoor facilities.
- Passing rules follow High School Federation Rules, in which receiver must have one footing bounds.
- Punting – at any point during an offensive series, the offensive can opt to punt. There is no actual punt but if this option is designated – The ball will be placed on the opposing team's 5 yard line so that they will begin their offensive series from that location.

PENALTIES

There will be two (2) referees assigned per game. The referee's judgment is final.

Penalty Structure

- Normal five (5) to ten (10) yard penalties will be considered to be five (5) yard penalties.
- Normal fifteen (15) yard penalties will become ten (10) yard penalties.
- All unsportsmanlike penalties shall be 15 yards.
- Any player or coach can be removed from the game by a referee or League Official.
- Any ejection of a player, or coach, will result in review by the league with a mandatory, minimum one (1) game suspension, and can include forfeits and expulsions from the League, without refund.
- All disciplinary actions are at the discretion of Long Island Youth Indoor Football, without exception.
- Any PROTEST must be verbalized to the game referee at the time of the incident.

- The protest must then be filed with the league in writing within 24 hours of the game.
- A \$100.00 filing fee must accompany the written protest.
- If the protest is determined to be a legitimate protest, the filing fee shall be returned.
- ALL appeals must be made in writing addressed to Long Island Youth Indoor Football
League, 3 Quenzer Street, Nesconset, NY 11767, via E-mail to Paula@LIYIF.com or George@LIYIF.com.

PLAYOFFS (UPDATED 11/07/15)

Playoff brackets will be determined by the number of teams in each division. It will be higher seed verse lower seed format. This is a single game elimination. The higher is the home team. At the championship game a coin toss determines who the home team is. Eliminated teams may play consolation games.

In all divisions, the placement seeding will be determined by overall record. If the records are the same, the second criteria will be the head to head record. If there is still a tie after the head-to-head games, the third criteria will be the team with the least points scored against it.

We will not use points scored as a criteria for getting a play-off spot, as this will promote running-up scores, and that is a direct contradiction to what this league is about. If there is still a tie with respect to points scored against, the final criteria will, unfortunately, be the flip of a coin.

At the discretion of Long Island Youth Indoor Football, some Divisions will break off into A/B brackets for the playoffs to assure more balanced games and on occasion out of scheduling necessity.

PARENT'S CODE OF CONDUCT

- I will place the emotional and physical well-being of my child ahead of personal desire to win. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game. I will never force my child to participate in sports.
- I will remember that the game is for the youth and that my child plays sports for his or her enjoyment, not for mine.
- I will insist that my child play in a safe and healthy environment. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will do my very best to make football fun for my child. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard. I will never ridicule or yell at my child for making a mistake or losing a competition.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and referees at every game, practice, or other Long Island Youth Indoor Football events. I will remember that children learn best by my examples. I will set a positive example by applauding good plays/performances by both my child's team and their opponent.
- I will support the volunteer coaches, and umpires working with my child in order to encourage a positive and enjoyable experience for all. I will not question the official's judgment or honesty in public.
- I will respect the volunteerism of our league's coaches, referees and administration. I will acknowledge, through my respectful behavior, the commitment to my child that these people make by choosing to volunteer their time. I will treat my child's coach as I would his/her teacher and support their efforts to help my child develop as a player.
- I will demand a sport's environment for child that is free of drugs, tobacco and alcohol and will refrain from their use at all Long Island Youth Indoor Football events. I will support all efforts to remove verbal and physical abuse from my child's sporting activities.
- I will ask my child to treat other players, coaches, fans and umpires with respect regardless of race, sex, creed or ability.

- I promise to help my child enjoy football by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation. I will be involved and set a respectful example by ensuring my child's attendance at practice and games on time.

Adherence to these rules of conduct are mandatory. Refusal to abide by these simple rules of conduct will result in my ejection from the field, and facility, and if continued, my child's expulsion from the Long Island Youth Indoor Football League, without refund, or other sanctions as deemed appropriate by the Board of Directors of The Long Island Youth Indoor Football League.