

RULE 14

Football variants

SECTION 1. Youth Football

General Principle

ARTICLE 1. Youth football shall be played under Rules 1 to 11 with the following changes.

Length of Periods (amendment to rule 3-2-1)

ARTICLE 2. The maximum total playing time in a game shall be 48 minutes, divided into four periods of 12 minutes each.

Blocking Below the Waist (replacement for rule 9-1-2-e)

ARTICLE 3. There shall be no blocking below the waist except against the runner.

PENALTY – 15 yards from the basic spot and a first down for Team B fouls if the first down is not in conflict with other rules [S40].

Scoring Plays (amendment to rule 8-1-1)

ARTICLE 4. The point value of scoring plays shall be:

Touchdown	6 Points
Field Goal	3 Points
Safety (points awarded to opponents)	2 Points
Successful Try Touchdown	2 Points
Successful Try Field Goal	2 Points
Successful Try Safety	1 Point

Free Kick Formation (exception to Rule 6-1-2-c)

ARTICLE 5. In 9-man football, at least three Team K players must be on each side of the kicker.

Offensive Team Requirements (exception to Rule 7-1-3-b-1)

ARTICLE 6. In 9-man football, at least five players on their scrimmage line, not less than three of whom shall be numbered 50 through 79. The remaining players must be either on their scrimmage line or legally positioned as a back.

Goals (exception to Rule 1-2-5-f)

ARTICLE 7. The following procedure will be adopted when one or both goals are missing or have been taken down, and the original posts are not available for a try or field goal attempt.

1. The game will be classed as a "no post" game and will be noted on the match report form as such.
2. The league will be notified.

REPORT – No posts.**Tripping (exception to Rules 2-28-1 and 9-1-2-c)**

- ARTICLE 8. a. Tripping is intentionally using the lower leg or foot to obstruct an opponent (including the runner) below the knees.
- b. There shall be no tripping (including against the runner).

Persons Subject to the Rules Restrictions (addition to Rule 9-1-2)

ARTICLE 9. If a player persistently commits personal fouls in a game, he shall be disqualified.

PENALTY – Persistent offenders shall be disqualified.

SECTION 2. 5 on 5 football

General principle

- ARTICLE 1. 5 on 5 football shall be played under Rules 1 to 11 with the following changes.
- a. Where a rule is in conflict with Rules 1 to 11 or clearly does not apply, the 5 on 5 rule takes precedence.
- b. There is no restriction on particular players wearing particular numbers.

The game

- ARTICLE 2. a. The game shall be played between two teams of no more and no less than 5 players each.
- b. The number of players in a squad and the number of those permitted to be in uniform shall be determined by the organiser of the tournament.

Supervision

ARTICLE 3. The game shall be played under the supervision of one or more officials.

The field

ARTICLE 4. The field shall be a rectangular area of length 60 yards and width 30 yards. The goal line, the end line, half way line, the 12 yard line (no more than 2 yards long and in the centre of the field) and the 5 yard line (as a hashed line) are the only lines permitted on the field.

Goals

ARTICLE 5. There shall be no goal posts

Line to gain

ARTICLE 6. There shall be no line to gain indicators.

The ball

ARTICLE 7. The ball shall be that mandated by the governing body and the age group of the competing teams.

Players and playing equipment

ARTICLE 8. There are no numbering restrictions.

Kicks

ARTICLE 9. There shall be no kicking of the football.

Game clock

ARTICLE 10. The game clock is any device under the direction of the appropriate official used to time the duration of the game.

- a. The normal duration of the game is 30 minutes, but this may be changed by the tournament organiser.

30-second clock

ARTICLE 11. The 30-second clock is any device under the direction of the appropriate official used to time the 30 seconds between the ready-for-play signal and the ball's being put into play.

Start of each half

ARTICLE 12. Each half shall start with a snap from the offensive team's 5 yard line.

- a. Before the game, the Referee shall toss a coin at midfield, in the presence of not more than two captains from each team, first designating the captain of the visiting team to call the coin toss.
- b. The winner of the coin toss has first possession (there is no deferring); the loser chooses which end of the field to defend and shall have first possession in the second half.

Overtime

ARTICLE 13. Overtime will only be played in play-off games and will be "sudden death" i.e. the first team to score shall be declared the winner. A coin toss will take place to determine first possession. Each overtime period shall be of 5 minutes duration and each team is entitled to one charged team timeout per extra period.

Playing time

ARTICLE 14. a. The total playing time (excluding extra periods) shall be 30 minutes divided into two halves of 15 minutes each with a two minute intermission between halves.

- b. The clock shall start on the first snap from the offensive team's 5 yard line.
- c. The clock shall be stopped when each period ends. Other than for timeouts and specific penalty enforcements, the clock shall not be stopped except during the last two minutes of each half when the clock shall be stopped during extra points, after incomplete passes, when a ball or ball carrier is out of bounds, after a change of possession or a first down completion.

Timeouts

ARTICLE 15. Each team is entitled to two charged team timeouts during each half.

Delay of game

ARTICLE 16. PENALTY — Clock is stopped (restarted on the snap). 5 yard penalty (and a loss of down if delay caused by offense).

Putting the ball in play

ARTICLE 17. The ball shall be put in play within 30 seconds of it being declared ready for play, unless, during that interval, play is suspended. If play is suspended the 30 second count will start again.

Downs

ARTICLE 18. The team in possession shall have four downs to progress to the half way line. If successful that team shall have a further four downs to score.

Backward passes and hand offs

ARTICLE 19. A runner may hand off or pass the ball backward at any time provided the hand off or pass is completed behind the neutral zone, except to throw the ball intentionally out of bounds to conserve time. PENALTY — 5 yards from the previous spot.

Running the football

- ARTICLE 20. a. Prior to a change of possession, and if the line of scrimmage is inside Team B's 5-yard line (or relocated outside Team B's 5-yard line after any penalty against Team A), no Team A player may advance a ball handed off to him. PENALTY — Loss of down from the previous spot.
- b. Prior to a change of possession, no player in position to receive a hand-to-hand snap may advance the ball beyond the neutral zone until the ball has been in the possession of another player. PENALTY — Loss of down from the previous spot.

Numbering and formations

ARTICLE 21. There are NO restrictions on the formation or numbering of players. PENALTY — Illegal Motion 5 yards AND loss of down.

Forward passes

ARTICLE 22. Team A may make one forward pass during each scrimmage down before team possession changes, provided the pass is thrown from a point in or behind the neutral zone. The Quarterback has 7 seconds to pass the ball. If the Quarterback hands the ball off the 7 second limit no longer applies. PENALTY — Loss of down from previous spot for exceeding the 7 seconds. PENALTY — 5 yards AND loss of down for an illegal forward pass.

Eligibility to touch a forward pass

ARTICLE 23. All players are eligible to touch a forward pass. (*Exception:* The Passer is not eligible to touch a forward pass until it is touched by another player.)

Scoring

ARTICLE 24. The point value of scoring plays shall be:

Touchdown

6 Points

Safety (points awarded to opponents)	2 Points
Successful Try Touchdown	1 Point (from 5 yard line) 2 Points (from 12 yard line)

NOTE: The try will be from the 5 yard line unless the captain or coach of the scoring team informs the referee that it will be from the 12 yard line. This option must be chosen before the ready for play.

Personal fouls

- ARTICLE 25. a. There are no exceptions to the clipping rule.
- b. Blocking below the waist is not permitted. (*Exception:* Against the runner.)
- c. Only the nose tackle (defender positioned immediately in front of the ball) is permitted to rush (blitz) the Quarterback, provided (s)he is in a 3 or 4 point stance. If the defensive formation does not use a nose tackle, one player, who must be lined up 7 yards or more from the line of scrimmage at the snap, may rush (blitz) the Quarterback.

Penalties

ARTICLE 26. There are no 15 yard penalties. All penalties are 10 yards except where stated.

Penalty administration

ARTICLE 27. Any penalty may be declined, except for a false start penalty, but a disqualified player must leave the game.

Enforcement spots

ARTICLE 28. The enforcement spot for all live ball fouls is the previous spot. (*Exception:* When an interception occurs, a live ball foul after the interception is administered from the spot of the interception.)

Sportsmanship

- ARTICLE 29. a. If an official witnesses any acts of illegal tactics or blocking, “cheap shots” or any unsportsmanlike act by a player or coach, the game will be stopped and the player or coach concerned faces possible disqualification from the game. Foul play will not be tolerated.
- b. Any person disqualified from a game will be banned from his/her team’s next game. A fine (as laid down in the current BYAFA rules) will be imposed. If a disqualified player or coach participates in the team’s next game, he/she will be disqualified from the remainder of the tournament and a fine (as laid down in the current BYAFA rules) will be imposed.
- c. Trash talking (any talking which is deemed offensive to officials, opposing players, teams or spectators) is illegal. Officials have the right to determine “offensive language”. If trash talking occurs, the referee will issue one warning. If the trash talking continues the player or players will be disqualified from the game.

SECTION 3. 5 on 5 flag football

General principle

ARTICLE 1. 5 on 5 flag football shall be played under Rules 1 to 11 with the following changes.

- a. Where a rule is in conflict with Rules 1 to 11 or clearly does not apply, the 5 on 5 flag rule takes precedence.
- b. There is no restriction on particular players wearing particular numbers.

The game

ARTICLE 2. a. The game shall be played between two teams of no more and no less than 5 players each.

- b. The number of players in a squad and the number of those permitted to be in uniform shall be determined by the organiser of the tournament into which the squad is entered.

Supervision

ARTICLE 3. The game shall be played under the supervision of two or more officials.

The field

ARTICLE 4. The field shall be a rectangular area of length between 60 and 80 yards and between 20 and 30 yards in width. The goal line, the end line, half way line, the 12 yard line (no more than 2 yards long and in the centre of the field) and the 5 yard line (as a hashed line) are the only lines permitted on the field.

Goals

ARTICLE 5. There shall be no goal posts

Line to gain

ARTICLE 6. There shall be no line to gain indicators

The ball

ARTICLE 7. The ball shall be that mandated by the governing body and the age group of the competing teams.

Players and playing equipment

ARTICLE 8. There are no numbering restrictions.

Mandatory equipment

ARTICLE 9. a. All players must wear mouth guards.

- b. All players must wear two flags positioned one on each hip. The flags must be of a contrasting colour to the belt, shirt and pants. It is the responsibility of each player to make sure his/her flags are correctly positioned before the start of each down.
 1. Repeated failure of a player to have his/her flags in the correct position is a violation and a team time out will be charged to that team. If all team timeouts for an half have been used then a 5 yard delay of game penalty will be administered.
- c. Knee pads and hips pads may be worn if the tournament organiser deems the field

conditions merit them.

Illegal equipment

ARTICLE 10. a. Pants with pockets.

b. Any form of metal cleats or "blades".

c. Any form of head covering. (*Exception:* a band to tie hair back).

Kicks

ARTICLE 11. There shall be no kicking of the football.

Game clock

ARTICLE 12. The game clock is any device under the direction of the appropriate official used to time the duration of the game.

30-second clock

ARTICLE 13. The 30-second clock is any device under the direction of the appropriate Official used to time the 30 seconds between the ready-for-play signal and the ball's being put into play.

Start of each half

ARTICLE 14. Each half shall start with a snap from the offensive team's 5-yard line..

a. Before the game, the referee shall toss a coin at midfield, in the presence of not more than two captains from each team, first designating the captain of the visiting team to call the coin toss.

b. The winner of the coin toss has first possession (there is no deferring). The loser chooses which end of the field to defend and shall have first possession in the second half.

Overtime

ARTICLE 15. Overtime will only be played in play-off games and will be governed by the principles of Rule 3-1-3.

Playing time

ARTICLE 16. a. The total playing time (excluding extra periods) shall be 40 minutes divided into two halves of 20 minutes each with a two minute intermission between halves.

b. The clock shall start on the first snap from the offensive team's 5 yard line.

c. The clock shall be stopped when each period ends. Other than for timeouts the clock shall not be stopped except during the last two minutes of each half when the clock shall be stopped during extra points, after incomplete passes, when a ball or ball carrier is out of bounds, after a change of possession or a first down completion. In each of these circumstances the clock will restart on the snap.

Timeouts

ARTICLE 17. Each team is entitled to two charged team timeouts during each half.

Delay of game

ARTICLE 18. PENALTY —Clock is stopped (restarted on the snap). 5 yard penalty (and a loss of down if delay caused by offense).

Putting the ball in play

ARTICLE 19. The ball shall be put in play within 30 seconds of it being declared ready for play, unless, during that interval, play is suspended. If play is suspended the 30 second count will start again.

Downs

ARTICLE 20. The team in possession shall have four downs to progress to the half way line. If successful that team shall have a further four downs to score.

Backwards passes and hand offs

ARTICLE 21. a. Any player may hand the ball forward provided the hand off is completed behind the neutral zone.

b. A runner may hand off or pass the ball backward at any time provided the hand off or pass is completed behind the neutral zone, except to throw the ball intentionally out of bounds to conserve time.

PENALTY —5 yards from the previous spot.

Numbering and formations

ARTICLE 22. There are no restrictions on the formation or numbering of players.

PENALTY —Illegal Motion 5 yards AND loss of down.

Forward passes

ARTICLE 23. Team A may make one forward pass during each scrimmage down before team possession changes, provided the pass is thrown from a point in or behind the neutral zone. The Quarterback has 7 seconds to pass the ball. If the Quarterback hands the ball off the 7 second count restarts.

PENALTY —Loss of down from previous spot for exceeding the 7 seconds.

PENALTY —5 yards AND loss of down for an illegal forward pass.

Eligibility to touch a forward pass

ARTICLE 24. All players are eligible to catch a forward pass (*Exception:* The Passer is not eligible to touch a forward pass until it is touched by another player).

Scoring

ARTICLE 25. The point value of scoring plays shall be:

Touchdown	6 Points
Safety (points awarded to opponents)	2 Points
Successful Try Touchdown	1 Point (from 5 yard line) 2 Points (from 12 yard line)

NOTE: The try will be from the 5 yard line unless the captain or coach of the scoring team informs the referee that it will be from the 12 yard line. This option must be chosen before the ready for play.

Personal fouls

- ARTICLE 26. a. There are no exceptions to the clipping rule.
- b. Any defensive player is permitted to rush (blitz) the Quarterback, provided (s)he is lined up 7 yards or more from the line of scrimmage at the snap.
- c. There shall be no blocking, this includes "shadow blocking". Shadow blocking is defined as:
1. an offensive player deliberately running behind or in front of a team mate so as to prevent the defense from making a tackle.
 2. an offensive player deliberately positioning him/herself in such a position as to prevent the defense from tackling the runner.

Restrictions on players

- ARTICLE 27. a. No offensive player may receive a hand-off and run with the ball if the previous spot is 5 yards or less from Team B's goal line. This also applies when the ball is repositioned as the result of an accepted penalty regardless of whether the succeeding spot is within or outside the 5 yard line.
PENALTY —Loss of down at the previous spot.
- b. The player in position to receive a hand to hand snap is prohibited from crossing the neutral zone with the ball until it has been in the possession of another player.
PENALTY —Loss of down at the previous spot.
- c. No player may jump, dive or hurdle in order to either avoid or make a tackle
PENALTY —5 yards from the previous spot.

Penalties

ARTICLE 28. There are no 15 yard Penalties. All penalties are 5 yards.

Penalty administration

ARTICLE 29. Any penalty may be declined, except for a false start penalty, but a disqualified player must leave the game.

Enforcement spots

- ARTICLE 30. The enforcement spot for all live ball fouls is the previous spot. (*Exceptions:*
1. When an interception occurs, a live ball foul after the interception is administered from the spot of the interception.
 2. Defensive pass interference is a spot foul.
PENALTY —No yardage but a new set of downs is awarded. If the foul occurs in the end zone, a touchdown will be awarded.

Sportsmanship

- ARTICLE 31. a. If an official witnesses any acts of illegal tactics or blocking, "cheap shots" or any unsportsmanlike act by a player or coach, the game will be stopped and the player or coach concerned faces possible disqualification from the game. Foul play will not be tolerated.
- b. Any person disqualified from a game will be banned from participating in the remainder of the tournament and a fine (as laid down in the current BYAFA rules) will be imposed.
- c. Trash talking (any talking which is deemed offensive to officials, opposing players, teams

or spectators) is illegal. Officials have the right to determine "offensive language". If trash talking occurs, the referee will issue one warning. If the trash talking continues the player or players will be disqualified from the game.