



# GREENWICH YOUTH FOOTBALL LEAGUE

## **GREENWICH YOUTH FOOTBALL LEAGUE** **JUNIOR AND SENIOR DIVISIONS** **YEAR 2019 RULES AND REGULATIONS**

### **PLAYING RULES:**

FCIAC Rules, except as modified below, shall govern all play.

- A. Quarters will be 10 minutes each, timed in accordance with FCIAC rules. Half time will be limited to 5 minutes.
- B. Field of play is 53-1/3 X 100 yards for Junior and Seniors,
- C. All fumbles at the Junior level are considered a dead ball with the exception of a fumbled snap. If a snap is fumbled the play can be continued by the quarterback including handing off the ball or attempting a pass. At the Senior level all fumbles are live and may be recovered and advanced by either team. Designed fumble plays at all levels are prohibited and a penalty for illegal procedure will be assessed.

### **Offensive Formations and Restrictions:**

#### **Junior Levels**

The Offense must have at least 3 backs in the backfield lined up within the tackle box. 2 of the backs must be at least 3 yards from the line of scrimmage.

The Offense must have at least 1 receiver to either side of the formation either as a Tight End or Split End. Use of a Flanker or Split End to one side of the formation is permitted. Flanker can line up in a traditional Slot/Wingback position or further out in a Twins formation. It is also acceptable to have a Split End on each side of the ball with a Flanker on one of the sides (i.e.-no Tight Ends). No trips or bunch formations are permitted.

Splits between offensive linemen must not be more than 1 yard.

No motion may be employed and unbalanced lines are not permitted.

#### **Senior Level**

Offensive formations are unlimited in accordance with FCIAC Rules.

This would include allowing the use of pre-snap motion.

Unbalanced lines are not permitted.

All players who have registered under the "eligible as a 14-year-old" exemption (Enrolled in 8<sup>th</sup> Grade) will be considered Limited Players. All limited players they may only play Offensive Guard, Tackle or Center on Offense and Defensive Guard or Tackle on Defense. They are not permitted to play any unlimited positions such as Offensive End or Defensive End in Goal Line, irrespective of their weight.



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At no time may a team field more than two 14-year-old players at any one time.

Senior Coaches are encouraged to match up 14-year-old players on the Line of Scrimmage by instruction their players on the Defensive side of the ball to line up against other 14-year old when they break the huddle.

## **Defensive Team Formations and Restrictions:**

### Junior and Senior Levels

Defensive formations are limited to a 4-4-3 alignment, with defensive interior lineman covering the Offensive Guards and Tackles. At no time may there be a defensive player lined up on the Center or a Tight End.

All Defensive Lineman must be lined up head up on the Offensive Lineman with no shading to a side.

Defensive Lineman must be in a 3 or 4 point stance.

The 4 Linebackers may be no closer than 3 yards to the Line of Scrimmage but may line up anywhere sideline to sideline but may not be moving forward at the time of the snap.

The 3 Defensive Backs must be no closer than 6 yards to the Line of Scrimmage and may line up anywhere from sideline to sideline but may not be moving forward at the snap. If covering a Split End, the Defensive Back may move up to 3 yards from the LOS.

Inside the 10 yard line the Defense may use a 6-3-2 alignment. With Defensive Ends lined up on the Offensive Ends if they are Tight Ends or anywhere from the Tackle out if there is no Tight End on their side. Linebackers and Defensive Backs must still be 3 and 6 yards respectively from the Line of Scrimmage.

## **Special Teams Play:**

### Junior/Senior Level

On any down a team may elect to punt. If they declare they wish to punt the clock stops and it is an untimed dead ball play. The defense may put two players back to receive and there is no rush permitted. Also, offensive players may not go downfield. The ball is considered down where either of the punt returners first touch it or where the ball comes to rest. If the distance is less than 25 yards from the LOS then the ball will be placed 25 yards downfield from the previous spot.

After a Touchdown the Offensive team may elect to run or pass for an extra point. Extra points may be attempted from the 2 yard line for 1 point or the 5 yard line for 2 points. There is no kicking for extra points or field goals.

Punts are dead ball plays and do not count toward a player's minimum play count.

No Pinning – a punt that results in the ball being placed inside the 20 yard line will have the ball moved out to the 20 yard line.

## **Other:**

After a Safety the ball will be placed at mid field to start the next possession

Games that are tied after regulation will use the "Kansas City Tiebreaker" to determine a winner. The Visiting team will call the Referee's coin toss and the winner of the toss may choose Offense, Defense, or End of Field for play. The loser gets the remaining option. Each team has one possession from the 10 yard line in which to score.

If the score remains tied after each team has had a series of downs there is no coin flip rather the loser of the



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Overtime coin flip is given his choice of the above options and the process is repeated from the 10 yard line. Overtime will continue with the ability to choose first alternating between the two teams. If a tie still exists after both teams have had 2 possessions, the ball then moves to the 5 yard line until a winner is determined.

Interceptions and fumbles recovered by the defense will result in loss of possession and be a dead ball. The defense can not score off of an offensive play in overtime. Beginning with the second overtime period, teams must go for two points following a Touchdown (Bantams and Juniors only). At the Senior level on the second series the options will be to rush or pass only from the 5 yard line.

Each team will be allowed 1 timeout during each overtime period.

One Coach for each team will be permitted to be on the Field at the Junior Level. After the Offense breaks the Huddle the On- Field Coaches may not provide additional direction to the Players other than to assist them in lining up in their appropriate location on the field.