

## Uxbridge Spartan Youth Football Supplemental Rules

1. There will be **NO** kickoffs. The ball will be placed on the offensive teams own 20 yard line.
2. There will be **NO** blocking below the waist or leaving your feet to throw a block. Diving to pull a flag is legal.  
Penalty: **15 yards** for dangerous play
3. **No Tackling.**
  - **No intentional** pushing or blocking a ball-carrier who is running near a sideline for the purpose of knocking him out of bounds and stopping his progress. This is a foul with a **5 yard penalty and an automatic first down.**
4. **No fumbles.** The ball is dead on contact with the ground. It will be spotted where control was lost. (Clock will continue to run as if it were a running play. In the last **4 minutes** of each half).
5. Teams **MUST** use a long snap on all field goals or punts. (The kicker will stand 6 yards from the line of scrimmage on field goals & 8-10 yards on punts).
6. There will be **NO BLOCKING** of field goals and punts.
7. There will be two 30 minute halves. The last four minutes of the half, the clock will **STOP** the same as high school conditions. There will also be three time outs per half and injury time outs. **Teams must change ends of fields after each half time.**
8. All offensive and defensive players **MUST** wear flags.
9. **NO** guarding of flags. Penalty: Spot the ball at the infraction.
10. On offense, there will be six eligible receivers, five players on the line, and a total of nine on the field.
11. On defense, there will be a total of nine players on the field. Defense must have three “down” lineman who **MUST** line head up with an offensive player. (Down lineman waived on punts).
12. One coach will be on the field with the offensive unit. **NO** coach will be on the field with the defensive unit. The defensive coach may go on the field between plays to give instruction. Black division coaches may stay on the field at all times.
13. All plays **MUST** be executed within 40 seconds after the ball has been spotted; 45 seconds in the Black division.

14. **No protest** will be allowed, by coaches or players
15. All extra points **MUST** be kicked. All kicks must be completed in three seconds from the snap, extra points and field goals. Two point conversions will be allowed in the last **4 minutes** of each half.
16. **Rule No. 4** is waived during field goals and extra points as long as within the three second limit.
17. The punt formation team must punt once a punt has been called. No one may leave until the ball is punted. Rule no. 4 is waived. Punt formation must be a legal formation. Once the ball has been marked for play the punter has 40 seconds (Orange) 45 seconds (Black) to snap the ball and punt the ball away. (The clock will not start until the ball is punted. In the last **4 minutes** of each half).
18. There will be **NO BLITZING** of linebackers or defensive backs. If QB rolls out to pass or run, linebacker toward side of the roll out may come up.
19. When the quarterback makes a **FORWARD** motion as if to run, all defensive players may advance.
20. In the event of a tie between any teams in final standings, there will be a comparison of head to head competition. If that is the same, records against other teams in the order of finish will be tiebreaker.
21. Any player removed for **UNNECESSARY ROUGHNESS** by an official is out for that game along with a **15 yard penalty** to the team. The player could also be lost for additional games at the board's discretion.
22. The ball carrier **CANNOT DIVE** as to advance the ball, or leave his feet as to run over a tackler. The ball carrier may leave his feet to avoid contact. **Penalty 5 yards from the infraction.**
23. In the event there is an inadvertent whistle by a referee, the play **MUST STOP**, the team with possession of the ball has the option of replaying the down, or the result of the play.
24. Linebackers must be at least 2 yards from the line of scrimmage behind a down lineman when ball is snapped.
25. No mismatches allowed on line of scrimmage. Mismatches are a judgment call by a referee and do not pertain only to size difference or age difference. If a coach has a problem with a judgment call by a single referee on a mismatch, he can ask for a conference of the officials.
26. There will be **NO INTENTIONAL** stripping or punching loose of a **ball. Unsportsmanlike penalty 15 yards.**

27. In case of ties for playoff spots, teams will play on the next Tuesday following the conclusion of the regular season.

**Point system for playoff teams ties.**

- 5 for 1<sup>st</sup>
- 4 for 2<sup>nd</sup>
- 3 for 3<sup>rd</sup>
- 2 for 4<sup>th</sup>
- 1 for 5<sup>th</sup>

**15 Yard Penalties**

- 1. No leaving feet to block
- 2. No blocking below the waist
- 3. No straight arming

**5 Yard Penalties**

- 1. Holding of ball carrier
- 2. Unintentional tackling

**Padding rule addition:**

- 1. Any exposed metal, like knee brace or ankle brace must be covered.
- 2. Casts are to be padded and approved by referee and verbal permission must be given by the parent or guardian before a child will be allowed to play.
- 3. Pads that are used for medical reasons cannot be used as a weapon.

**Overtime Rule:**

4 plays from the 20 yard line, each team will have three possessions, the first team to score, after holding their opponent, will be the winner. **If after 3 possessions by each team no one scores, the game is ruled a tie.**

**Forfeit Rule:**

Teams must have **9 players** at the start of a regular scheduled game or the game will be declared a forfeit.

There will be a fifteen minute leeway on all **rescheduled** games.

**Jewelry:**

Jewelry **will not** be worn by any player.