

Capital District Youth Football League (CDYFL)

CDYFootball.com

2015 Member Programs

Ballston Spa

Broadalbin-Perth

Burnt Hills

Colonie

East Greenbush

Niskayuna

Schalmont

Scotia-Glenville

Tackle Rules

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Capital District Tackle Football Rules

The goal of the Capital District Youth Football League is to accommodate every child in our community that is interested in playing football. We want everyone to have the opportunity to play football, regardless of size or experience. Our league is geared towards teaching the fundamentals of football, while ensuring that each child has a great experience. Every member of this league understands that player development is never compromised by competition.

Game Conditions/Practice Participation

1. Days 1 and 2 will be helmets only.
2. Days 3 and 4 will be Shoulder pads and helmets.
3. Day 5 is the first allowed full contact practice.

Games will be played on a school regulation size football field (100 yards with 10 yards for first down)

Games are played with 11 players on each team on the field at the same time

Games will consist of two 30 minute halves. Each half will be a 25 minutes running clock with the clock stopping only for injuries and timeouts. The final 5 minutes of each half will have the clock stopped for incomplete passes, penalties and out of bounds, along with injuries and timeouts.

Formations/Motions

Offensive formations are limited to standard formations

Running backs in backfield must align at least 3 yards off of the ball (same as LB's).

a. A maximum line splits of 1 yard

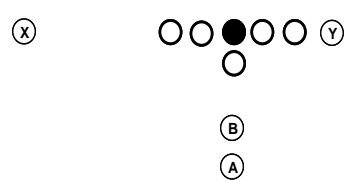
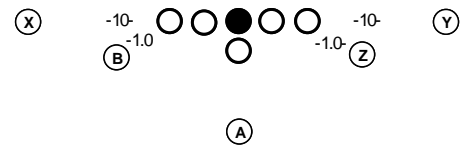
b. No more than two players outside the tackle box at the snap of the ball
If a wide receiver is employed, the maximum split from the tackle can be no more than 10 yards. The second receiver to that side can only be 1 by one off of the last player on LOS.

c. Motion is allowed. If going toward the 2 receiver side, the ball must be snapped before the player in motion reaches the midline (directly behind the center). Must be a legal formation at the snap of the ball. You must start and end in a legal formation.

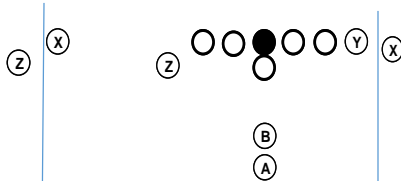
d. Tight ends can only receive the football through a pass (no handoffs or reverses).

Permitted

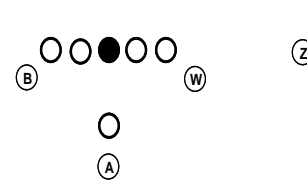
Maximum allowable receiver splits



Pro

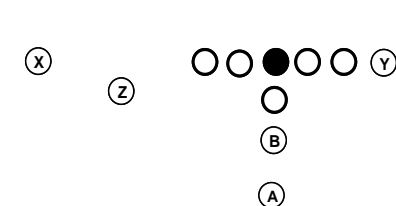


Twins (slot)

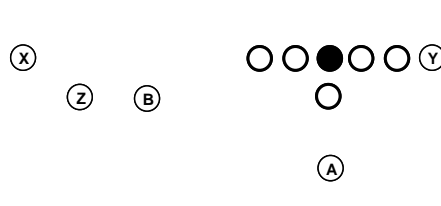


Spread

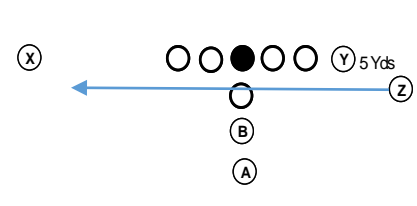
Not Permitted



2nd receiver's split is too wide



Cannot have 3 receivers on same side

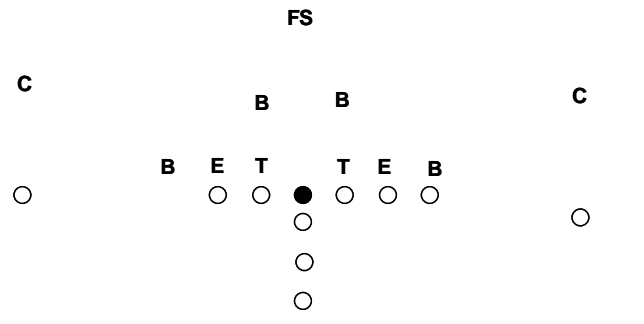


Cannot motion to or from an illegal formation

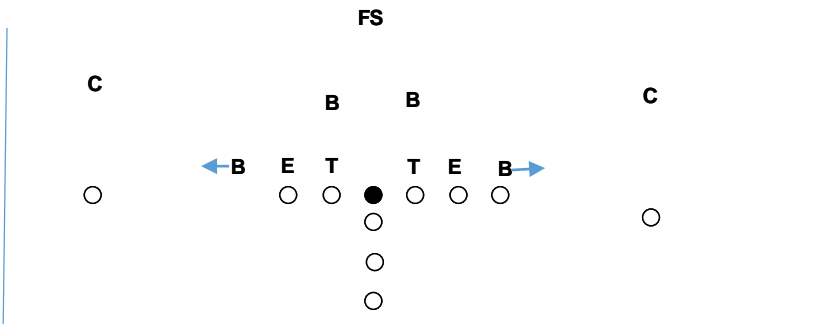
Defensive formations are limited to a standard 6-2-3 formation.

- a. 6 linemen must be in an imaginary straight line within two yards of the ball. The interior 4 linemen must lineup, head-up on the guards and tackles. No one is over the center (including line-backers)
- b. Two linebackers must be at least 3 yards off of the ball
- c. Three defensive backs must be lined up at least 4 yards off of the line of scrimmage and if a wide receiver is employed, they must be no more than 1 yard inside leverage on the receiver. Defensive backs can come up to linebacker depth inside the ten yard line
- d. A walkaway end may be employed to a split end side. They may be no more than linebacker depth and must be no wider than ½ the distance between the tackle and split end.

Penalties for any improper formation either offensively or defensively shall result in a 5 yard penalty



Base defensive alignment



Outside linebackers can align anywhere from head-up, to splitting the distance between the receiver outside of them and the next player on the LOS. They still must remain within 2 yards of the LOS

Situational

No Kickoffs-start play from own 35 yard line.

Punts are dead (even if the punter drops the ball or takes a knee accidentally, he still is allowed to get the punt off)

Regardless of the outcome of the snap, kickers are allowed to get the ball off (punts and PAT's)

A ball that is caught will be spotted 5 yards ahead of the spot of the catch.

If a ball is dropped, it will be spotted 5 yards behind the point of contact.

If a ball is fielded off the ground it will be spotted at that point.

Normal use of a legal offensive formation is required.

You may only drop back three or less returners on defense

All downfield blocking must be done in front and above the waist: penalty is 15 yards

One Coach shall be permitted on the field for a set number of games depending on level. Offensive coach must remain at the huddle point and defensive coach must be 20 yards from the line of scrimmage at the snap of the ball. Any coach who can't abide by these rules will forfeit their right to be on the field for the remainder of that game.

a. 3/4 grade level coaches can be on the field through game 4

b. 5/6 grade level coaches can be on the field through game 2

Extra-points – 2 points for a kick conversion (only snapper, holder and kicker are live - no fakes- even if it is a bad snap – kicker is allowed to try and kick it) – 1 point for a run or pass conversion – attempts are made from the 3 yard line

Safety: 2 points awarded to the scoring team and the ball placed on the 50 yard line

Ball size: A junior size ball will be used for the Senior Division and a Pee Wee ball is used for the Junior Division. The ball will be inflated in accordance with the manufacturer's guidance. The League/Team provides Footballs, no personal footballs will be used in the game.

One coach may go downfield beyond the 35-yard line. All players not on the field and all other coaches must stay within the 35-yard lines.

-Two coaches are permitted on the field during a time-out. In the event of an injury time-out, coaches are allowed on the field to check on the injured player, but are not permitted in the huddle or to give non-injury related instructions. Teams are allowed 3 timeouts per half.

Teams are allowed 30 seconds from the time the ball is spotted: to run a play.

Any player may advance a fumble. Plays shall not be designed for an interior lineman to carry or receive the football-No "fumblerooskies".

In the Junior Division, In the event that a team is ahead by 3 touchdowns, there shall be a brief time-out by the head coaches to discuss a strategy for keeping the game in hand. The "starting backfield" cannot carry the football in the second half of a game that their team is up by 3 scores or more in (18 points). Coaches that run up the score will be subject to review as determined by the Executive Board.

Excessive victory/touchdown/sack celebrations etc. are prohibited. Examples of excessive celebrations include, but are not limited to, victory laps, sack/touchdown dances, etc.

Timing

The clock will run continuously except for injuries, charged team timeouts, delay of game and scores, except for last five minutes of each half, when traditional timing rules apply.

Using a running clock for the vast majority of the game allows games to stay on schedule. It also eliminates confusion as to when the clock should or should not be running. For the last five minutes of each half, using timing rules identical to those used in high school football prevents teams from illegally wasting or conserving time.

Trick Plays And Unfair Acts/ Unsportsmanlike Conduct

It is a fundamental core belief of USA Football that coaches demand sportsmanship from their players and, equally important, lead by example. Coaches must always remember that the players look to them for positive life skills and values.

With that in mind, USA Football takes the position that coaches should refrain from teaching their players and teams techniques and plays that have no place in youth sports. Examples of deceptive plays include but are not limited to "hideout" plays, "wrong ball" plays and/or "fumblerooski" plays.

Football has been and always will be a game of deception and trickery involving multiple shifts, unusual formations and creative plays. However, actions or verbiage designed to confuse the defense into believing there is a problem and a snap isn't imminent or planned loose ball plays, are beyond the scope of sportsmanship and are illegal. Respect your opponent! Respect the game!

Rule Enhancements

Football cleats should be molded rubber soles. No screw-on cleats. Sneakers are not prohibited, but are discouraged. Helmets are made of youth graded material (plastic) for use at the youth level only.

All equipment has been inspected by each individual program to ensure that each child has been fit safely and properly with all equipment. (Required: Knee Pads, Thigh Pads, Girdle (w/ hips and tail pad), Shoulder Pads, Jersey and Helmet (with chinstrap and mouth guard). It is recommended that each player wears a belt and each jersey is tucked into the pants to ensure safety and comfort for all players). Any additional equipment must be approved by the league executive board.

Participation

Players must attend at least (approx.10 hours of non-contact practice and 10 hours of contact practice) before they can actively participate in a game, unless otherwise determined by the Executive Board. In the event players do not participate in scheduled practices following the commencement of games, player eligibility will be determined by a member of the Executive Board in consultation with the Head Coach. Decisions are made on a case by case basis. Factors affecting eligibility decisions include past practice attendance, player physical readiness and reason for absence. Decisions to limit playing time for any reason must be approved by a member of the Executive Board.

Weight Limits for League/Player Selection

1. Each program will have a mandatory weigh-in day. A spread sheet with players name, number and weight will be recorded and either posted on a league website and/or exchanged at game time. A representative from another team will be present at each teams weigh-in.

The "Tackle" Football program is divided into two divisions: Junior (Third-Fourth Grade) and Senior (Fifth-Sixth Grade) Divisions.

Junior Division – Players less than the set weight limit for lineman are to be designated as offensive or defensive backfield or end positions. Players less than the set lineman weight may play an interior line positions, but if practical should play a backfield or end position.

Weights for Junior Division 3rd/4th Grade are as follows

Maximum weight for QB, RB, WR – 95 lbs

Maximum weight for TE- 100 lbs

Maximum Weight for DE and LB – 115 lbs

Senior Division – Players less than the set weight limit for lineman are to be designated as offensive or defensive backfield or end positions. Players less than the set lineman weight may play an interior line positions, but if practical should play a backfield or end position.

Weights for Senior Division 5th/6th grade are as follows

Maximum weight for QB, RB, WR – 120 lbs

Maximum weight for TE- 130 lbs

Maximum Weight for DE and LB – 140 lbs

Coaches will evaluate each player during the evaluation week prior to player selection. Players are rated on a scale from 1 to 7 (highest ranking). Absent players are given an estimated ranking based on familiarity of the coaches with the player.

Each team within your program will be divided into equally talented teams based upon the coaches' evaluations during the evaluation period. All coaches should work together during their drafts to ensure that this takes place. Each player will play at least one-half the game on both offense and defense. Teams with greater than 22 players (or more than 10 interior offensive linemen or 12 backs/ends) should platoon players. No more than 2 (two) players may platoon at any one position. This means that if you have 25 kids on your team you must choose different positions for the excess player to platoon at and the excess players must be split between both squads. (You may not have 11 players on squad A and 14 players on squad B platooning all of them at split end and safety. You must, for example, have 13 players on one squad and 12 players on the other. On squad A you can platoon one player at split end and the other player at full back. **This addition is not intended to be used as a tool to get your star running back on more than one squad.** The object is to give all players as much playing time as possible and not take your three weakest players and rotate them all at one position which minimizes playing time.) Coaches are required to keep platoons equal in capabilities. Loading up

one squad may discourage members of the other squad. The goal remains for each player to participate in at least one half of the game and no more than three quarters of the game.

Coaches/Player/Spectators Code of Conduct

Abide by the code of conduct established for each program within the league. Inability to follow the guidelines set will result in suspension or removal from league. Please refer to code of conduct section.

Game Responsibilities

Each program within the league is responsible for setting field assignments and giving directions and location of fields to rest of league.

Each home team will be responsible for paying the officials.

All fields will be lined and marked properly to ensure proper enforcement of the rules and for the safety of the children.

All participants must have medical clearance to participate in the league.

Capital District Youth Football League

Flag Football Rulebook

Flag will consist of 2 divisions

- 1- Junior Flag will be for students entering Pre-Kindergarten through Kindergarten
- 2- Senior Flag will be for students entering 1st through 2nd Grade

Which divisions are offered will be the sole responsibility of each participating program in the CDYFL.

General Rules

- 1- Games at the flag level will be 8 on 8
- 2- Teams should consist of at least 10 players and no more than 14. This is to fit in with CDYFLs vision of inclusion.
- 3- Each player must START on at least 1 side of the ball. If a player does not START on offense, they must START on defense. All players should have the opportunity to play offense and defense.
- 4- Pee Wee Size Ball

Coaching

- 1- Each team may have 2 coaches on the field. The offensive coach may help set up their team's alignment, but must retreat to the huddle area before the ball is snapped. The defensive coach may do the same, but must retreat to at least 15 yards behind the line of scrimmage.
- 2- 1 coach from each team will stand on the line of scrimmage and act as a referee. They may still coach, but they will spot and set the ball after each play.
- 3- All coaches should have a whistle and can blow any ball dead if needed.

Game Field

- 1- The playing field will be 80yds x 40yds(the 40 yard line will be considered midfield). On a regulation football field you will mark off an endzone at the 20 yard line and a sideline at the hash marks. All other boundaries may be utilized. You may also set up a flag field independent of a regulation football field using the above dimensions.
- 2- Three(3) 20 yard markers shall be used to mark off the 1st down zones. A down marker can be used to indicate the down number or a coach/volunteer may use their fingers to display the down. When the ball is within the opposing team's 20 yard line, it is considered 1st and goal.

Equipment

- 1- Game Ball- a Pee Wee football will be used at the flag level.
- 2- Flags- each player must wear a quick release belt with 3 flags attached. The flags will hang down from each side and rear of a player's body.
- 3- Jerseys must be tucked in at all times and the flags may not be covered or secured.
- 4- If a player's flag becomes inadvertently lost, the player is down when he/she is tagged by the opposition.

Game Uniforms

- 1- All team members must wear the same colored jersey.
- 2- All jerseys must be numbered, front and back, preferably.
- 3- Any type of shorts or pants may be worn provided they do not have pads and preferably no pockets.
- 4- Jerseys must be tucked in at all times. Flags must not be covered.
- 5- Molded cleats are suggested.
- 6- Mouth Guards are required. Coaches if you see a player without a mouth guard, please send that player off the field. No Exceptions!
- 7- Athletic supporters, although not required, are highly recommended.

Referees

- 1- As stated above in the Coaching Section. There will be 2 referees, 1 from each team and they should work together to ensure clean, fair play. All coaches should have a whistle and may referee and blow a play dead if they see fit.

Rules of Play

- 1- Games are contested 8 vs. 8, free substitution rule is in effect and a player(s) may enter the game any time the ball is dead.
- 2- Games will consist of two (2) 25 minute halves with running time. A halftime can last 5-10 minutes as decided by the coaches.
- 3- There should not be more than 2 coaches per team on the field. 1 coach's main job will be to call/set up the offensive and defensive teams and 1 to act as referee.
- 4- At the start of the game, halftime and following all scores the ball shall be placed at midfield (40 yard line).
- 5- Downs-
 - a) Each team will have 4 consecutive downs to advance the ball into the next zone or to score a touchdown.
 - b) Once a team enters into the next zone, it is a first down and a new series of downs begins
 - c) When a team fails to move the ball into the next zone, they will lose possession. The opposing team takes over possession where the ball is dead and begins its series of first down and zone to go.
 - d) When the offensive team moves within the last zone with a first down, it will be considered 1st and goal.
 - f) At the conclusion of each down, a referee will place the ball in the center of the field.
- 6- Although there is not a time clock, each team should make every effort to get in and out of their huddle in a timely manner as there is a running clock.

De-Flagging

- 1- There is no tackling of the ball carrier, defensive players must attempt to grab the flag. We are teaching proper tackling progressions, as per USA Heads Up Football, so our flag players should practice and perfect their tackling skills to be in excellent tackling position with the goal of pulling the flag.

- 2- A ball carrier is considered down when their flag has been pulled. In the event that an offensive player's flag inadvertently falls off, the ball carrier is down when they are tagged.
- 3- A defensive player must go after the quarterback's (passer) flag, no attempt should be made to touch the quarterback's (passer) arm.

Blocking

- 1- All offensive players are eligible to block a defensive player, they can use their hands within their shoulders and are restricted to blocking an opposing player's chest and shoulder area.
- 2- There is no blocking in the back.
- 3- Players should make every effort to keep hands away from opposing players head and face area.

Ball Carrier

- 1- The ball carrier may not use their hands to block or protect their flag. Flag Shielding is not allowed. The defensive player must have the opportunity to remove the flags.
- 2- Ball carriers may make football moves, stiff arming and spin moves are allowed.
- 3- The ball carrier may not lower their head and shoulders to drive into a defensive player.

Center and Lineman

- 1- The center must snap the ball between their legs. A Shotgun or Pistol snap may be used as well. It is up to the coach's discretion how many snap do-overs will be allowed. Remember the players are here to learn football, so please take that into account when snaps are fumbled. With that being said, after 3 botched snaps, there should be a loss of down.
- 2- Offensive and Defensive Lineman must assume an athletic (2 point) stance prior to the snap.
- 3- Lineman should be onside prior to the snap.

Passing

- 1- Any backfield player is eligible to attempt a pass.
- 2- Passes must be attempted from behind the line of scrimmage.

Receiving

- 1- All offensive players are eligible to receive a forward pass.
- 2- Balls that are not caught are considered incomplete and the ball is dead.

Dead Balls

- 1- Any time the football hits the ground, the play should be blown dead immediately. There are no fumbles, they will be blown dead. This is why all coaches should have a whistle.
- 2- When a ball carrier's flag is pulled or they are down by contact.
- 3- Following a touchdown or safety.
- 4- When the ball and/or ball carrier goes out of bounds.
- 5- When there is an incomplete pass.

Offense

- 1- Offensive line should have fingertip splits.

- 2- There is no Split End, you may set up the Wing formation with a Running Back 1yd x 1yd outside of the tackle.
- 3- There are no QB sneaks. The QB may run outside the ends immediately or they may run a QB draw by dropping back for a pass prior to running up the middle. This will allow the defense to get off their blocks and make an adjustment to the QB run

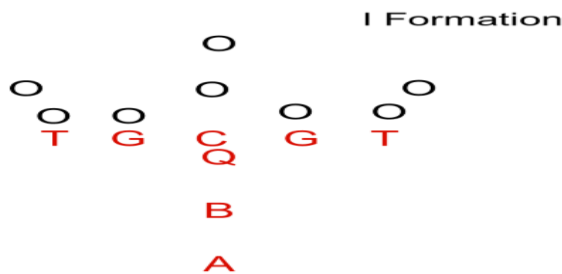
Defense

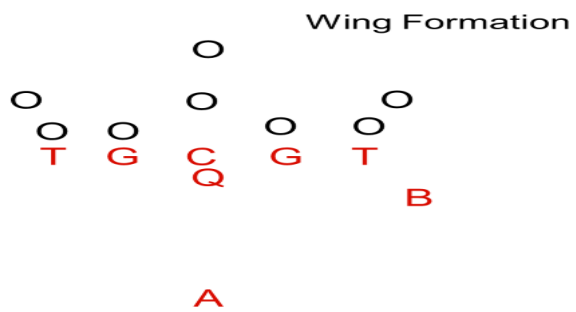
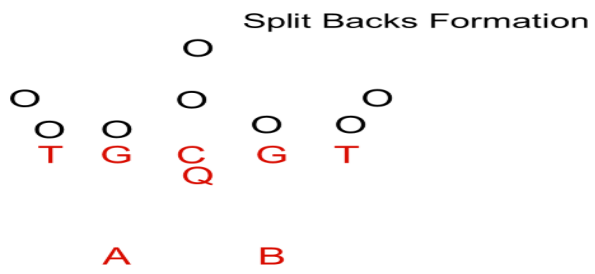
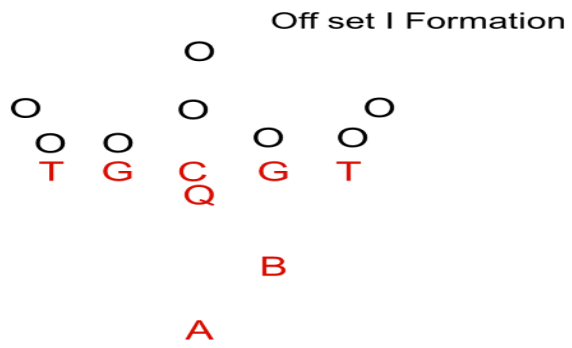
- 1- Defensive line must play head up on the offensive line and the Center is uncovered. Defensive ends may play outside shade of the offensive tackle.
- 2- Defensive lineman cannot shoot gaps, they must engage the offensive lineman first.
- 3- Linebackers should be 2 yards behind the defensive line. Linebackers may not blitz, they may cross the line of scrimmage once the ball is handed off. Outside linebackers cannot be outside of the defensive end. We want them in the box.
- 4- DBs and/or safeties can be up to 10 yards behind the linebackers and must be inside the box as well.

The next few pages will be the offensive and defensive formations that may be used at the Flag Level.

Offensive Formations

- 1- I Formation
- 2- Offset I Formation
- 3- Split Backs
- 4- Wing





Defensive Formations

1-Standard Formation (4-3)

2-Two Safeties (4-2-2)

Code of Conducts

Coaches

Coaches are key to the establishment of ethics in football. Their concept of ethics and their attitude directly affects the behavior of players under their supervision. Coaches are, therefore, expected to pay particular care to the moral aspect of their conduct. Coaches have to be aware that almost all of their everyday decisions and choices of actions, as well as strategic targets, have ethical implications. It is natural that winning constitutes a basic concern for coaches. However, the code calls for coaches to disassociate themselves from a “win-at-all-costs” attitude. Increased responsibility is requested from coaches involved in coaching young people. The health, safety, welfare and moral education of each young person in the league are a first priority, before the achievement or the reputation of the individual team, coach or parent.

1. Coaches must respect the rights, dignity and worth of each and every person and treat each equally within the context of the sport.
2. Coaches must place the well-being and safety of each player above all other considerations, including the development of performance.
3. Coaches must adhere to all guidelines laid down by the governing bodies, whether they agree with them or not.
4. Coaches must develop an appropriate working relationship with each player based on mutual trust and respect.
5. Coaches must not exert undue influence to obtain personal or team benefit or reward.
6. Coaches must encourage and guide all players to accept responsibility for their own behavior and performance.
7. Coaches must ensure that the activities they direct or advocate are appropriate for the age, maturity, experience and abilities of the players.
8. Coaches should, at the outset, clarify with the players (and, where appropriate, parent) exactly what is expected of them and also what they are entitled to expect from their coach.
9. Coaches must co-operate fully with other specialists (i.e. other coaches, officials, league representatives, medical professionals) in the best interest of the player.
10. Coaches must always promote the positive aspects of the sport (i.e. fair play) and never condone violations of the laws of the game, behavior contrary to the spirit of the Laws of the Game or the relevant rules and regulations of the league.
11. Coaches must consistently display high standards of behavior and appearance.
12. Coaches must not use, or tolerate from their players or staff, inappropriate language.
13. Remember we are dealing with YOUNG PEOPLE and not high schoolers.
14. Decisions of the executive board, whether made at a meeting or on the field are binding at the time they are made.
15. There is a fine line between emotion/animation and yelling at a player, please know the difference.

Players Code of Conduct

Players are the most important people in the sport. Playing for the team, and for the team to win, is the most fundamental part of the game. However, this does not mean winning at any cost – fair play and respect for all others in the game is fundamentally important.

Obligations towards the game

A player should

1. Make every effort to develop their own sporting abilities, in terms of skill, technique, tactics and stamina.
2. Give maximum effort and strive for the best possible performance during a game, even if your team is in a position where the desired result has already been achieved.
3. Set a positive example for others, particularly younger players and supporters.
4. Avoid all forms of taunting and trash-talk.
5. Not use inappropriate language.

Obligations towards your own team

A player should

1. Make every effort consistent with fair play and the laws of the game to help your own team win.
2. Resist any influence which might, or might be seen to, bring into question your commitment to the team doing their best.
3. Make every effort to attend all practices and be on-time

Respect the Laws of the game and competition rules

A player should

1. Know and follow the laws, rules and spirit of the game.
2. Accept success and failure, victory and defeat, equally with sportsmanship and respect.
3. Resist any temptation to use banned techniques or illegal moves\plays.

Respect towards Opponents

A player should

1. Treat opponents with respect at all times, regardless of the result of the game.
2. Safeguard the physical fitness of opponents, avoid violence and rough play, and help injured opponents.

Respect towards the Coaches\Officials

A player should

1. Accept the decision of the Official without comment.
2. Avoid words or actions which may mislead an Official.
3. Show respect to Officials at all times.
4. Show respect to your coach at all times.

Spectators & Parents Requested Code of Conduct

Parents\Spectators have a great influence on children's enjoyment and success in football. All children play football because they first and foremost love the game – its fun! However good a child becomes at football, we think it is important to reinforce the message to parents\spectators that positive encouragement will contribute to:

1. Children enjoying football
2. A sense of personal achievement
3. Improving the child's skills and techniques

A parent's\spectator's expectations and attitudes have a significant bearing on a child's attitude towards:

1. Other players
2. Officials
3. Coaches
4. Other parents
5. Spectators

We seek to ensure that parents\spectators within our league are always positive and encouraging towards all of the children. Not just their own or their own teams children.

We encourage parents\spectators to:

1. Applaud the opposition as well as your own team
2. Avoid coaching your child during the game
3. Refrain from shouting and screaming (over and above normal cheering)
4. Respect the referee's decision, whether agreed with or not, and refrain from all comments made directly to or about the referee's
5. Respect the opposing teams coaches and refrain from all comments made directly to or about the opposing coaches
6. Give encouragement to everyone participating in the game whether or not they are on your child's team
7. Remember we are watching youth football and not the NFL