

2022 CYFL Rules – 8-man Version

- All rules regarding kicking, punting, scoring, etc. remain the same.
- Field dimensions will be as follows:
 - Standard length (120 yds)
 - Width reduced from 160 feet to approx. 120 feet. (Point of reference: top of field numbers is approx. 27 feet)

Offensive Guidelines

- At least 5 players on the line of scrimmage (LOS) and at most 3 players off LOS (includes QB).
- Last man on LOS on either side of the center is eligible.
- Players wearing 60s or 70s must be covered by an end (tight end or split end).
- No more than 3 players on the (LOS) within the free blocking zone (FBZ) on either side of the center.
- At most one player wearing 60s or 70s on either side of the center. Centers can be 60 or 70s.

Defensive Guidelines

- Players in 60s or 70s may only line up head up the guards unless there is an unbalanced line (3 players to one side of center). In the case of an unbalanced line, 60s and 70s may be head up the guard and “tackle.”
- Linebackers in the FBZ must be at least 3 yds from LOS, can be lined up over the Guards or Center.