- Field Dimensions: $60 \times 35$ yards with 10 -yard end zone
-One actual sideline of field is used
-The opposite sideline is marked with cones at the field hashmarks
-Cones are placed every 5 yards on hashmarks side (more if possible)
Endzone is marked with traditional pylons
- RYFC Rules with mandatory play count, per player in place
- One coach allowed on the field for each team
- (4) 10-minute quarters, clock will be stopped as per normal section V rules
- RYFC Overtime Rules in place
- If final score result is more than a 28-point spread, winning team will forfeit. Forfeiting team can appeal to executive board within 24 hours. During a lopsided game, it is strongly recommended that a winning team informs the opposing team, and referees, how they are attempting to avoid a blowout. This could help with the appeal.


## Basic Rules and Regulations

- Ball is placed at the $40 y d$ line heading into respective end zone for initial possession
- Change of Possession after score, turnover or beginning of half $=40$-yard line
- All turnovers are considered a dead ball. IF turnover results in change of possession, possession starts at the 40 yd line

Scoring- 6 points for touchdown.

- All PATs are attempted through a run or pass try. Coaches can choose to go for 1 point from the three-yard line or 2 points from the five-yard line
- No Special Teams (punts, kickoffs, extra point kick etc.)
- If offensive penalty occurs while scrimmage line is the 40 , a loss of down results; no loss of yardage. If loss of 1 yard or more is result, no loss of down
- There are no two-point defensive safeties. All tackles behind the 40yard line result in a loss of that down, but the offense retains the ball, and the ball is re-spotted at the 40 -yard line, unless it was a $4^{\text {th }}$ down play
- Positions: Center, Right Guard, Left Guard, Right End, Left End, Quarterback, Running Back, Running Back
- 5 players on L.O.S. No more, no less:

Center, Right Guard, Left Guard, Left receiver, Right receiver (tight or wide, any combination)

- Offensive line must be balanced on either side of the center (see diagrams)
- No restrictions to backfield formation. No motion prior to snap allowed
- 1-yard max splits by interior linemen (guards and tight ends)
- No QB sneaks or QB direct runs inside guards (A gaps)
- All linemen in 2pt, 3pt or 4pt stances allowed
- A fumble is NOT blown dead until ball is recovered
-A failed snap between center and QB does not end play.


## Legal Offensive line options:



## Defense

- Positions:

Defensive Players on line of scrimmage can ONLY match Offensive Players, heads up, except for Center. Offensive Center Must Remain Uncovered

- Defense must cover offensive guards heads up. Defense can cover any other offensive player, on line of scrimmage, heads up, but can choose not to.
- All defensive players, not heads up on offensive lineman, must be a minimum of 5 yards off line of scrimmage
- All linemen in 2pt, 3pt or 4pt stances allowed
- Defensive linemen must engage with offensive lineman before penetrating A gap
- All linebackers 5 yards off line of scrimmage
- One safety, 10 yards of line of scrimmage each play

Inside the 5-yard line, linebackers and safety can move up to the goal line. This rule is in place during extra point attempts as well

