



## FSYFL REFEREE AND COACHES “10 RULE” CHEAT SHEET



### RULE 1 – COIN TOSS

In the presence of each team’s captains, the referee will choose the coach to conduct a coin toss prior to game start. The choice of this coach is at the discretion of the head referee entirely and is not to be questioned at all. The winner of the coin toss will have THREE choices only 1) be on offense 2) be on defense 3) choose which side of the field they would like to start with. The opposing team will choose one of the remaining choices. **After halftime the teams will switch ball roles and change sides of the field in which they are defending regardless.** In the FSYFL there are NO deferring rules with regard to the coin toss. The teams switch sides at ½ time regardless of the toss result.

### RULE 2 – GAME TIMING

The game will consist of two continuous 22 minute halves with a five minute halftime. The clock will be continuously running, only stopping for team and/or referee time outs. Each team is allowed two, thirty second timeouts per game. The timeouts can carry over to the second half. No overtime in the case of a tie (except in playoff games). The referee will also call a 2 minute warning at the end of BOTH halves, these timeouts will have all the privileges of a time out for both teams. In the last two minutes of the game, the team with a lead of more than 18 points cannot call a time out. The clock stops in the last 2 minutes of the game (i.e. the second half) for timeouts, penalties, incomplete passes and out of bounds running plays. There will also be one referee timeout at each 10 minute mark for water breaks where the clock will stop, however this referee timeout will be at the discretion of the referee crew. If the weather is not hot the timeout will not be implemented.

### RULE 3 – GAME SCORING

The methods of scoring and their value: Touchdown 6 points. There are NO field goals. Extra Point values are: 1 point for a **RUN** from the 5 yd line, and 2 Points for a **PASS** from the 5 yd line. In order to be awarded 2 points for a pass, the pass must be forward and caught beyond the line of scrimmage. Backward passes and passes caught behind the line of scrimmage that result in a score on an extra point will be awarded 1 point. Safety 2 points.

### RULE 4 – OFFENSIVE LINEMAN RULES

**The offense must have five players (no more or no less) lined up on the line of scrimmage for every play.** All offensive and linemen must be in a three or four point stance prior to the snap of the ball. Linemen are described as any player WITHIN four yards left or right of the football. Violation of this rule is a five yard live ball enforcement for illegal position at the snap. If penalty is accepted, it is administered from the previous spot.

### RULE 5 – DEFENSIVE RULES

**The defense must have a minimum of 2 and a maximum of 4 players on the line of scrimmage for every play. The line of scrimmage extends from sideline to sideline.** (The NFHS rule regarding Linebackers states "that defensive players within one yard of the football are considered lineman, therefore defensive secondary players must be a minimum of 2 YARDS North/South to be in a standing position" The NFHS Rule on this issue is in place to define who can be legally blocked below the waist, legally blocked in the back and legally clipped). In the FSYFL the following rule applies. All defensive linemen must be in a 3 or 4 point stance prior to the snap of the ball. Linemen are described as any player WITHIN 4 yards left or right of the football and/or WITHIN 2 yards behind the football. Any defensive player within the 8 yard by 2 yard rectangle (centered on the football) prior to the snap would be required to be in a 3 or 4 point stance. Therefore, a player will be penalized if their initial position is fine but right before the snap the defensive line or secondary player tries to time his rush/blitz but he moves or arrives in the zone (i.e. within 2 yards) prior to the snap. In addition, concurrent with this rule should a defensive end or defensive back approach the line of scrimmage at the snap and thereby violate the maximum defensive player rule this would also be a violation. The officials will consistently enforce the rule as interpreted. If there are 4 defensive players in the 8 x 2 box at the snap, and a linebacker blitzes and ends up in the 8 x 2 yard box at the snap, it shall be a violation for 2 reasons” 1. Not down in a 3 or 4 point stance. 2. He is now the 5th player in the box and/or on the line of scrimmage (sideline to sideline).

### RULE 6 – CENTER PROTECTION

**NO player may line up on, go over the top of, run directly into or “rough” the Center.** The clarification here is that a defensive player on the defensive LOS shall not line up directly over the snapper (center) or run directly into the snapper from the guard/center gap on any scrimmage play. This will constitute roughing the snapper and result in a 15 yard penalty. Clearly the center will be “bumped” from time to time, or “shaved” as the defensive player shoots their gap, however the premise of the rule is that the initial intent of the defensive player should be to control their lane without, however an obvious intent simply to run directly into the Center in an unsafe manner. **Once the Center begins to engage the block then “all bets are off” and the defensive player is entitled to engage.** This is a thin line of judgment, referees have been given latitude here to determine intent of "roughing the snapper" in the same way as a "roughing the kicker" is concerned. This is about protecting the players.

### RULE 7 – BLOCKING BELOW THE WAIST

Blocking below the waist is prohibited at all times anywhere on the field by any player of either team.

### RULE 8 – 4TH DOWN DECLARATION

There are NO punts. For all 4th down plays, coaches may choose to; 1) run the 4th down play 2) "declare" an intention to punt to the referee. In the case of a declared punt the ball will then be placed 25 yards further down the field from the 4<sup>th</sup> down LOS. Declared punts from 25 yards or less of the opposing team will be “half the distance”.

### RULE 9 – PLAY CLOCK

The offense is afforded twenty five (25) seconds in which to snap the ball following the referee’s ready for play.

### RULE 9 – MERCY RULES

If a team gets a lead of 24 points or more, the losing team will start with the ball at midfield. If a team has a lead of more than 24 as well as there being less than 5 minutes left in the game, that team may not throw the ball. A 15 yard penalty will be assessed for each infraction. In the last two minutes of the game, the team with a lead of more than 18 points cannot call a time out. In the event a team has a lead of 18 points or more and who is in offensive possession of the ball, with 60 seconds or less remaining, the game will be called final.