



Rules and Regulations 2014

(3 pages)

All teams shall adopt a "spirit of the game" philosophy in respecting the players, coaches, officials and executive of the Rideau Youth Football League.

1. Any player or coach ejected from a football game shall automatically be suspended from the next game including play-offs. Two ejections in one season carries an automatic suspension from all league play.
2. Officials may question any unsafe situations. Players and coaches will abide by any decision made by the official in terms of safety.
3. RYFL uses a convert scoring scale ~ Kick or Pass 2 points and Run 1 point (In all divisions except Pee Wee and Bantam where normal scoring occurs)
4. The last two minutes of each half will be stop time if the score is within 21 points.
5. Each team with exception of Tyke will have two time outs per half (coaches allowed on field during time outs)
6. Regular season game ties are 1 point to each team. Overtime will only be for playoff games.
7. Ties will be decided by the shoot-out formula. (see Shootout Formula below)
8. Four downs will be played for a first down. (In all divisions except Bantam)
9. Coaches will strive to give equitable playing time to all players. All players should be part of a regular player rotation.
10. Tyke and mosquito division's violation of weight restriction will result in forfeiture. (Coach will be under review by local association)

Tyke Division Rules

One coach per team will be allowed on the field to guide their team. When cadence begins, coach will remove themselves from area of play.

Game will consist of four **11 minute Quarters**. 40 second max play or delay of game.

10 players on the field, 6 offensive players on the Line of Scrimmage

Weight Restriction of 100 lbs. carrying the ball (no -RB, QB, WR)

Tight Ends can go out for open field passes at any weight. Tight Ends (that don't meet restrictions) must come from the end of the line. They cannot be split out wide or carry the ball from the backfield by way of reverse or any other type of plays that would put the TE behind the line of scrimmage.

Team list will be turned in before first game one with players weights. Please be honest!!

There is a five-minute half-time.

The clock stoppage follows normal timing rules with the exception of 40 second per play and no timeouts

The extra point kick at this level is unopposed. There is a 10 second time limit on the conversion. The center must snap the ball, the ball must be received cleanly by the holder, and the kicker must attempt the kick in that 10 second time period. The timer begins when the official blows the whistle starting the play.

Mosquito Division Rules

One coach per team will be allowed on the field to guide their team When cadence begins, coach will remove themselves from area of play.

Game will consist of four **11 minute Quarters**.

Weight Restriction of 120 lbs. carrying the ball (no- RB, QB, WR)

Tight Ends can go out for open field passes at any weight. Tight Ends (that don't meet restrictions) must come from the end of the line. They cannot be split out wide or carry the ball from the backfield by way of reverse or any other type of plays that would put the TE behind the line of scrimmage.

Team list will be turned in before first game one with players weights. Please be honest!!

There is a five-minute half-time.

The clock stoppage follows normal timing rules.

Pee Wee Division Rules

A Coach is allowed on the field to guide the team for the first two weeks of the season unless agreed upon by both coaches.

The game shall consist of four **11 minute quarters**.

The clock stoppage follows normal timing rules.

Half time is five-minutes long.

Bantam Division Rules.

The game shall consist of four **12 minute quarters**.

The clock stoppage follows normal timing rules.

Half time is five-minutes long.

Tie Breaker (Standings)

To break a tie in the standings to determine the playoff seed.

2 teams Tied: Head to Head

3 Teams Tied: Points against eliminates third team then head to head

In Divisions where each team plays twice and could be tied in head to head points against will be used.

Shootout Formula

Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at centerfield and review the tie-breaker procedure.

The officials will escort captains to the centre of the field for the coin toss. The winner of

the toss shall choose on of the following options:

- Offense or defense, with the offense at the opponent's 35-yard line to start the first series.
- Which end of the field shall be used for both series of that overtime period.
Note~ The winner of the toss may not defer its choice.

The loser of the toss shall exercise the remaining option for the first extra periods and shall have the first choice of the two options for subsequent even-numbered extra periods.

Extra periods. An extra period shall consist of two series with Team A and Team B each putting the ball in play by a snap on or between the hash marks of the 35-yard line, which becomes the opponents 35-yard line.

Team Series. Each team retains the ball during a series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first and 10 if it again possess the ball after a change of team possession.

Scoring. The team scoring the greater number of points during regulation and extra periods shall be declared the winner. There shall be an equal number of series, as defined in (4) above, in each extra period, except if Team B scores during a period other than on the try for extra point(s). For example: if Team B intercepts a Team A pass and returns it for a touchdown, the game will be over.

If the score is still tied the third series will begin at the 25-yard line, the fourth series will begin at the 15-yard line and until a winner is decided all remaining series will begin at the 7-yard line.

There shall be no time-outs during overtime play.