



All rules are NFHS with the below clarifications and adjustments for local rules. These rules were formulated by the **Competition Committee** which was composed of representatives from 9 of our member orgs and the officials association.

(Updated for FALL 2024)

Sideline & Field Decorum

- No swearing on the sidelines or on the field. (NFHS)
- Code of conduct must be adhered to.
- Pre-game music must have no explicit words.
 - Site manager to determine and report

Coaches & Staff

- 10 max people total on the sidelines, distinguished by ID cards.
- Head coach with a different color
- Head Coaches should be the only coach communicating to the referees during the game.

Check in procedure

- Roster checks every game by site director, 30 mins prior to the start of the game
- Players in roster order with one coach or business manager representing the team.
- Site Director will check-in both teams, equipment check, making sure that each player is properly equipped.
- Each team **MUST** have an approved, green, printed roster from NSID and have it at check-in.
- Players **MUST** bring helmets to check-in.
- Late Player check in, permitted, if the game has started player will be checked in at half time.

Uniforms & Equipment

- Duplicate numbers are Not allowed
- Teams must be in the same color, visibly different from the opponent.
- Only clear visors are allowed (defined as no tint whatsoever)
- Football size 6u-10u is K2 (Pee wee), 11u-12u is TDJ (Junior), 13u-14u is TDY (Youth)
- Chains will be on the visitor sideline and need to be staffed by the visiting team.

Game rules, time management

- 10 minute quarters - NFHS Timing



- Running clock: Clock will run regardless of timeouts, out of bounds or incomplete passes at the 35 pt mark of the game. The clock will only stop with field injuries or at the referee's discretion.
- Up 35 points is a running clock, no matter if the score drops below 35 at any point in the game.
- There is no blocking below the waist at any time.

Scoring & Overtime

- Extra points - 1 point for pass or run, 2 points for a kick from the 3yd line (All Divisions)
- 4 plays from the 10, back and forth until someone is stopped. The scoring team will go for the 1 or 2 extra after the touchdown. Will stay at the same end zone for all of the OT.

Special Rules for Ages 9 & Under

- No rush on punt (team must declare, no fakes), no rush on extra kick for 6u-9u.
- One coach is allowed on the field
 - Coaches on the field:
 - Coaches must be 15 yards behind the deepest player
 - Once the QB starts his cadence and cannot speak out once the QB starts cadence.
 - Defensive coach must be 15 yards behind the deepest player once the offensive team starts cadence.
 - If a team is within their own 10 yard line, then the defensive coach needs to be out of the end zone.
 - Kickoffs, no coaches are allowed on the field.
- 9 & Under can not line-up over the center at the snap of the ball

Player or Coach Ejections

- If a player or coach is ejected from a game, they will be dismissed from the rest of that game and will also miss the next game.
- The incident will be evaluated and discussed by the Competition Committee if further suspension is needed.
- Fighting by players, coaches, etc could result in additional suspended games. Video evidence will be requested and reviewed. Again, this would include any players and/or coaches ejected from the game

Parent & Fan Behavior

- Coaches are in charge of their parents.
- Parents are also subjected to repercussions the same as a player or a coach.



- A parent should never approach a referee during a game or after a game regardless of the situation.

Field Reports

- Please fill out post game coaches report
- Report to be filled out, so it can be addressed by officials.
- Must include video evidence and include the site name, team age & game time.
- This code of conduct does not end until the team has exited the premises, which includes the parking lot.

Registration, Team & Roster Management

- Dual Rostering
 - A player can NOT play on two teams within the same division in the same organization (example A & B team).
 - A player can NOT play for two different organizations.
 - A player can be dual-rostered up, but never down.
 - Must be on both rosters, same org.
 - The purpose of dual rostering is fielding a team, not for competitive reasons.
 - Teams do it because they are short on players - not to load up for playoffs.
 - On a dual roster team, a max roster size is 20 players.
 - Players can add/drop as a dual roster until roster lock week 4.
 - Once they leave a game, the player cannot return.
 - There is a 50% registration fee for dually rostered players
- Roster locks - After Week 4 (Fall 2024 - October 1st)
- Consequences for forfeiting a game
 - 5 days prior to game day is the grace period.
 - Forfeit inside of 5 days, that team will sit out the following week as well.
 - Forfeit would be the current game and the following week's game and will go against your record.
- Cut off date for age of a division - July 31 for football, cheer will be open for spring (no exceptions)
- Each team must register a minimum of 16 players to form a team.
- Team must have 14 players to start a game
- There is no minimum play count.
- Teams must play a minimum of 4 league games to qualify for playoffs.



- Penalty for submitting a false ID, a false roster, or sneaking a player in that was not properly checked in.
 - Coach - suspended for the year.
 - Team forfeits, can still play the rest of the regular season but each game will be a forfeit and no playoffs.

Age/Grade Based Waivers

In very extreme examples, the Competition Committee can permit a waiver.

- Petition the committee via email to schedule@arizonaYFL.com , will be considered on a case by case basis.
 - The goal is not to leave 1-2 players behind. If you have 3 players, you must play the older division.
 - Need to be in the same grade of teammates
 - Typically at 13/14u
 - Players with developmental disabilities
 - The Org does not offer another team at that age level.
 - The Player is ineligible to play in the National playoff (it is a local rule).