



6U Rules

1. No player at all may rush the A Gap except the nose guard who is one yard off the ball and line of scrimmage.
2. The nose guard must be in a three point or four point stance. A player cannot rush from the nose position in a two point stance.
3. Defensive tackles can only line-up head up on the guards and tackles, and all defensive linemen must be in a 3 or 4 point stance, excluding the ends.
4. Defensive tackles CANNOT slant into the A gap at all.
5. Defensive tackles can bull rush or slant to the B gap. The A gap can only be rushed by the defensive nose guard from a three point stance or 4 point stance.
6. Violation the first two times is a 5 yard penalty, each additional penalty will result in a 15 yard penalty.
7. Only six (6) lineman in the box, or on the line of scrimmage
8. No Blitzing
9. There will be no kickoffs at the 6U level. The ball will be placed on the at the receiving teams 40 yard line.
10. Once players are lined up and the ball is snapped, coaches are no longer allowed to coach their players or tell them where to go. Coaches must be back 15 yards from line of scrimmage at beginning of the play. Coaches will receive 1 warning for first infraction, second infraction will result in 15 yard penalty and removal from field to the sideline
11. Only two (2) coaches per team allowed on the field for 6U
12. On fourth down coaches must declare if they will go for it or punt/kick, no trick plays allowed if punt/kick is declared and defensive team cannot rush the punter/kicker For the 6U level, on fourth down, the offensive team has the option to go for it, attempt a traditional punt (defense cannot rush, punt team cannot fake), or turn the ball over to the defense, after a 20 yard walk off in the positive direction. If a team is attempting an actual punt, they must declare prior to lining up
13. There will be no QB sneaks thru the A gaps
14. The league will not post standings for the 6U level. They will be kept by the scheduler only

15. For the 6U level, the offensive team MUST huddle, with the exception of the final 2 minutes of the fourth quarter
16. For the 6U level, offensive guards must line up no further than 1 yard from the center.
17. Play clock will be 35 seconds

8U Rules

1. No Nose guard at all. You may place Defensive Guards/Tackles in each A gap and they may attack the A gaps. No body lined up over center on the line of scrimmage
2. If you use a middle linebacker lined up over the center, he must be 3 yards deep.
3. No rush on punts and kicks and you still cannot line up over the center on these plays.
4. 1 Coach is allowed on the field. Once the huddle breaks, the coaches must step back 20 yards from the Line of Scrimmage and remain quiet. All coaching after the huddle breaks must come from the sidelines only.
5. Kansas City Tiebreaker rules are in effect.

Mighty Mites

1. No Nose guard at all. You may place Defensive Guards/Tackles in each A gap and they may attack the A gaps. No body lined up over center on the line of scrimmage
2. If you use a middle linebacker lined up over the center, he must be 3 yards deep.
3. You can rush punts and kicks but you still cannot line up over the center on these plays.
4. Kansas City Tiebreaker rules are in effect.
5. No coaches on the field.

Blocking Restriction all levels

1. Blocking below the waist anywhere on the field is strictly prohibited.

Referees

Referees Decisions on the Field are Final.

Game Clock / Field

1. On all levels on an incomplete pass, the game clock will stop until the ball is snapped on the next play.

2. When a player runs out of bounds the game clock is stopped until the ball is re-spotted and the referee signals the play and clock to run and that also starts the 25 second play clock (45 second for 8U and Mighty Mites).
3. During final two (2) minutes of each half the clock will follow NFHS rules

Football Size Requirement

The following is the recommended size breakdown per team level. The Wilson football is listed here for illustration purposes you may use any brand's size equivalent.

Mitey Mites	Wilson K2
Cadet	Wilson K2
Jr. PeeWee – PeeWee	Wilson TDJ
Jr. Midgets	Wilson TDY
8 & Under	Wilson K2
10 & Under	Wilson TDJ
12 & Under	Wilson TDJ
14 & Under	Wilson TDY
15 & Under	Wilson TDS

Pregame Coaches Check in and ID Check procedure

The Head Coach must check in at the Tournament Director Trailer one hour prior to game. At that time, the Head Coach will inform us where his team is so we can find them to do ID checks prior to the game. Failure to do so will result in your right to watch the ID check of the other team. All ID checks will be conducted by UYFL Staff. Teams should line up in numerical order when we arrive to check your IDs vs our roster.

Mandatory Play Rule

All UYFL participants **MUST** play an active role in each game. Unless noted prior to the start of the game, by absence, by injury, or the participant fails to make weight.

All UYFL participants **MUST** play an active role in a minimum number of plays as follows:

30 - 35 Players = 6 Plays

22 - 29 Players = 8 Plays

16 - 21 Players = 10 Plays

The number of plays required is determined by the numbers of players eligible and physically able to participate at the start of each game.

All Minimum plays must be “Active” plays. Any play where a snap is involved is considered an Active plays from the LOS and will count with the exception of a quarterback taking a knee.

Any Penalties resulting in the replay of the down do not count as plays.

All participants must receive their minimum mandatory number of plays by the end of the 3rd quarter. Any participant that has not received their minimum plays by the end of the 3rd quarter must enter the game and remain in the game until they have received their required number of plays.

Each team will supply 2 adults, 18 years of age or older, to monitor the Mandatory Play Rule. Failure to supply 2 adults as described will be considered a violation of the Mandatory Play Rule and may result in the forfeiture of the game. Any issue with this provision must be resolved prior to the start of the game.

Post Game

1. Upon completion of the game all players and coaches will line up at midfield to shake hands. Players will keep their helmets on during this time.
2. The referees will leave the field at the conclusion of the last game. Any confrontation with the referees, either verbal or physical even during this time may still be subject to disciplinary actions that may include any or all the following, fines, penalties suspension or even expulsion.