**Article VI – Developmental Football Playing Rules**

**Section 1: D League Football Playing Rules**

1. The High School Federation rulebook will govern all playing rules, except as modified herein.
2. Scoring: The official game score will be kept. The extra point after a touchdown is scored by advancing the ball into the end zone either by a running or passing play.
3. Reduced Field: Games will be played on a thirty yard by seventy yard field with two ten-yard end-zones
4. Game length: Games will consist of two twenty five minute halves with a five minute halftime break. Each team is allowed two timeouts per half.
5. Number of players: Games will be played with an eight-on-eight format. Offense will consist of five ineligible linemen and three backs.
6. Defensive restrictions: No more than five players are allowed on the defensive line. A defensive lineman may not align directly over the center. Players not on the line are prohibited from advancing toward the offensive team prior to the snap in attempt to gain an advantage (the running blitz is prohibited). All defensive players that are not part of the line of scrimmage must be three yards behind the line of scrimmage.
7. Safeties: If the offensive team is tackled in their own end-zone, a safety will result. The ball is then turned over to the team scoring the safety back at the 5 yard line.
8. Special teams: There will be no special teams (punt, kickoff, or field goal). All possession changes, except for interceptions and fumble recoveries, begin on the offense’s 5 yard line.
9. Turnovers: Fumble recovery and Interceptions by either the offensive or defensive team will result in a live ball that can be advanced.
10. Coaches allowed on field: Two coaches per team are allowed on the field of play during games. At least one coach must be off the field of play with other team members not in the game. On-field coaches must be sure to avoid interfering with play.
11. Longer play clock: The play clock will be forty-five seconds after the ball is placed at the line of scrimmage. Failure to run in a play in the 45 second window will result in loss of down
12. Snapping the ball: If the Center and QB fail to exchange the ball cleanly, meaning the ball hits the ground, it results in a dead play and loss of down.
13. Minimum play requirement: All players must receive at least fifteen plays per game.
14. Penalties: (Holding, Offside, Facemask, etc.) Officials will provide a warning to the Team and the coach. After the warning penalties will be enforced as follows:
    1. Offensive penalties including Holding, Facemask, Offsides, etc. will result in the play not counting and a loss of down.
    2. Defensive penalties including Holding, Facemask, Offsides, etc. will result in replay of down and 5 yard penalty or the head coach of the offensive team can accept the result of the play.
15. Two touchdown limit: Once a player has scored two touchdowns, he may no longer advance the ball by any means. He may possess the ball as long as it is handed off or pitched to another player before passing the line of scrimmage (i.e. A player who has scored two touchdowns can play quarterback as long as he does not run with or pass the ball).

**Section 2: Flag Football Playing Rules**

1. The NFL Flag rulebook will govern all playing rules, except as modified herein.
2. Game length: Games will consist of two twenty minute halves with a five minute halftime break. Each team is allowed two timeouts per half.
3. September 30 will be the cutoff date used to determine league age.
4. Scoring: The official game score will be kept. The extra point after a touchdown is scored by advancing the ball into the end zone either by a running or passing play.
5. Uniforms: CLYFL will issue team shirts or jerseys and game shorts. NFL Flag jerseys are not mandated.
6. Passing – The Pass must move forward but does not necessarily have to cross the line of scrimmage
7. Snapping the ball—If the Center and QB fail to exchange the ball cleanly, meaning the ball hits the ground there will be 1 (one) do-over for a set of downs. It is still considered a dead ball, but teams are permitted one re-try before it counts as a loss of a down.
8. Defense –Interference with a blitzer (blocking) will only be penalized based on intent. If its inadvertent contact no penalty will be called. If it is clearing a back attempting to block the blitzing player then a penalty will be enforced.
9. Coaches allowed on field: Once coach per team is allowed on the field of play during games. At least one coach must be off the field of play with other team members not in the game. On-field coach must be sure to avoid interfering with play.
10. Minimum play requirement: All players must receive at least fifteen plays per game.
11. Two touchdown limit: Once a player has scored two touchdowns, he may no longer advance the ball by any means. He may possess the ball as long as it is handed off to another player before passing the line of scrimmage. The player may no longer advance the ball including: No Forward passes, No running or receiving the ball, and No advancing interceptions.