

ULYFL Developmental Contact
Football Playing Rules (D League)

Section 1
General Guidelines

- A. The objective of the developmental contact football program is to introduce children to the game of contact football. It is designed to be a non - competitive, fun, and safe learning experience.
- B. All children, ages 6 (having completed one season of ULYFL's flag football program) and 7 years old, are eligible to play developmental contact football. Parents that wish to have their child advanced to play developmental contact football, without completing one season of ULYFL's flag football program may do so by filling out the Advance/Regression form and submitting it to the ULYFL Board of Directors. The move must be approved by the Board.
- C. Team Structure:**
1. Players will be assigned to teams by the league coordinator and the Board of Directors.
 2. A team must have a minimum roster of twelve (12) players with a maximum of fourteen (14) at the roster deadline date unless otherwise approved by the board.
 3. Eight (8) players play at one time on the field. This may increase to nine (9) after the first few games.
- D. Coaches:**
1. 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.
 2. The coaches should take a "hands-on" approach during the game. They are permitted to be in the huddle helping to call plays and are allowed to set players in positions when needed. The quarterback must wait until the coach is out of the way before calling the signals to start a play.
 3. All Head Coaches and Assistant Coaches will be selected by the Flag/ D League Director and approved by the ULYFL Board of Directors.
 4. Each Head Coach will be given handouts by the ULYFL Board of Directors that will explain how to teach the proper tackling technique, as well as a basic offensive package and list of drills to get the teams started.
 5. Each coach will sign and be expected to adhere to the ULYFL Coaches Code of Conduct.

1. Practices will be held at Franklin Park, and each team will practice for no longer than an hour and a half, twice a week.

F. Games:

1. Games will be held on Friday evenings or Saturday mornings. In the event of a cancellation, a makeup game will be scheduled as soon as possible by the Scheduling Coordinator.
2. In the event of a game cancellation, and a makeup game is scheduled during the week, the makeup game will count as one (1) practice for that week.

Section 2

D League Game Rules

1. Games will be played on a 40 yard long by 35 yard wide field (opposite hash marks to sideline).
2. Games will have two twenty - five minute (25) halves with the clock running continually. There will be a maximum eight (8) minute break between halves.
3. A coin toss will determine first possession. (To be done by official or board member)
4. Only the time will be kept, not the score, throughout the game.
5. **ALL D LEAGUE PLAYERS WILL BE GIVEN THE CHANCE TO 10 MINUTES OF RUNNING CLOCK PER GAME AND WILL HAVE THE OPPORTUNITY TO RUN THE BALL ONCE THROUGHOUT THE SEASON**

A. On Offense:

1. Possession starts at the forty (40) yard line and drives towards the goal. The ball will be placed no further back than the 40 yard line on subsequent plays.
2. Each offensive possession will consist of ten (10) plays, or twelve (12) minutes, whichever comes first.
3. Once the offensive team reaches the end zone, the ball returns to the forty (40) yard line, and they run the remainder of their allotted plays, or time limit. .
4. Each offense will consist of 5 down linemen, and 3 players behind the line of scrimmage.
 1. Once a player has scored 2 touchdowns they are no longer an eligible ball carrier for the remainder of the game. That player must be reassigned to the offensive line. They may not return as a quarterback or running back.

2. A fumble cannot be advanced and will result in a dead ball and returned to the line of scrimmage. The only exception to this is in the case of the quarterback - center exchange. If the quarterback fumbles the ball during the snap, he may pick the ball up and advance the ball or continue the play. If a defensive player recovers the ball, the play is whistled dead, but there is no change of possession. Fumbles on the quarterback - running back exchange will be ruled dead and returned to the line scrimmage.
3. An interception will result in the ball being placed back at the forty (40) yard line, and the current offense will keep possession of the ball.

B. On Defense:

1. No more than 4 players may be on the line of scrimmage at one time. The defensive guards and tackles must line up “Head on Head”, in a three (3) or four (4) point stance. They may not be standing up at the beginning of the play. They are not allowed to line up in the gaps, and no player will be allowed to line up directly over the center. The four down linemen are also required to engage the offensive linemen before making a move toward the ball/ball carrier. They are not permitted to shoot the gaps.
2. No blitzing is allowed (*i.e.: Linebackers CANNOT break the line of scrimmage to make a tackle*). Linebackers must be 4 yards behind the defensive lineman. Only the four down lineman are allowed to cross the line of scrimmage at the onset of the play. The linebackers and corners are not allowed to cross the line of scrimmage until either, 1- the ball has moved outside of the tackle box (meaning a sweep or run that moves the ball past the offensive tackle) or 2- once the ball carrier has committed to the run between the tackles.
3. All teams must play a 4/4 defense, consisting of four (4) down lineman one (1) yard off the line of scrimmage, two (2) linebackers four (4) yards off the line of scrimmage, and two (2) cornerbacks three (3) yards off the line of scrimmage. Coaches are required to play every player at defensive line and linebacker during the game.
4. The cornerbacks must not cross the line of scrimmage until the ball has been advanced past the line of scrimmage, or outside of the tackle box. If the offense positions a player out as a receiver, and attempts to throw a screen pass, the cornerback is permitted to cross the line and make a play on the ball/ball carrier.

Goal - line Defense

1. When the ball is marked inside the 5 yard line, the defense may bring the cornerback in tight and line them up just outside the defensive tackle. The cornerbacks must be lined up 3 yards off the line of scrimmage in this formation.

ULYFL Flag Football Playing Rules

Section 1

General Guidelines

- A. The objective of the Flag football program is to introduce children to the game of football. It is designed to be a non - competitive, fun, and safe learning experience.
- B. All children, ages 5 and 6 years old are eligible to play Flag football.
- C. **Team Structure:**
 1. Players will be assigned to teams by the league coordinator and the Board of Directors.
 2. A team must have a minimum roster of twelve (12) players with a maximum of fourteen (14) at the roster deadline date unless otherwise approved by the board.
 3. Eight players play at one time on the field. (This is subject to change based on number of participants in Flag).
- D. **Coaches:**
 1. 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.
 2. The coaches should take a “hands-on” approach during the game. They are permitted to be in the huddle helping to call plays and are allowed to set players in positions when needed. The quarterback must wait until the coach is out of the way before calling the signals to start a play.
 3. All Head Coaches and Assistant Coaches will be selected by the Flag/ D League Director and approved by the ULYFL Board of Directors.
 4. Each Head Coach will be given handouts by the ULYFL Board of Directors that will explain how to teach the proper tackling technique, as well as a basic offensive package and list of drills to get the teams started.
 5. Each coach will sign and be expected to adhere to the ULYFL Coaches Code of Conduct.
- E. **Practices:**
 1. Practices will be held at Franklin Park, and each team will practice for no longer than an hour and a half, twice a week.
- F. **Games:**

2. All games will be played at Fireman's Field, on Friday nights starting at 6:15 pm.
3. In the event of a game cancellation, and a makeup game scheduled for the following Monday night, the makeup game will count as one (1) practice for that week. The only exception will be if your team has a bye that week, then you will be permitted to practice twice.

Section 2

Flag League Game Rules

- A. Games will be played on a 40 yard long by 35 yard wide field (opposite hash marks to sideline).
- B. Games will have two twenty five minute (25) halves with the clock running continually. There will be an eight (8) minute break between halves.
- C. A coin toss will determine first possession.
- D. Only the time will be kept, not the score, throughout the game.
- E. **All players must be rotated and play at least 10 minutes of running clock per game. All players are eligible to run the ball, and it is expected that each player be given the opportunity to carry the ball.**
- F. **On Offense:**
 1. Possession starts at the forty (40) yard line and drives towards the goal. The ball will be placed no further back than the 40 yard line on subsequent plays.
 2. Each offensive possession will consist of ten (10) plays, or eleven (11) minutes, whichever comes first.
 3. Once the offensive team reaches the end zone, the ball returns to the forty (40) yard line, and they run the remainder of their allotted plays.
 4. Each offense will consist of 5 down linemen, and 3 players behind the line of scrimmage
 5. Once a player has scored 2 touchdowns they are no longer an eligible ball carrier for the remainder of the game. That player must be reassigned to the offensive line. They may not return as a quarterback or running back.
 6. A fumble cannot be advanced and will result in a dead ball and returned to the line of scrimmage. The only exception to this is in the case of the quarterback-center exchange. If the quarterback fumbles the ball during the snap, he may pick the ball up and advance the ball or continue the play. If a defensive player recovers the ball, the play is whistled dead, but there is no change of possession. Fumbles on the quarterback-running back exchange will be ruled dead and returned to the line of scrimmage.

7. An interception will result in the ball being placed back at the forty (40) yard line, and the current offense will keep possession of the ball.

G. On Defense:

1. No more than 4 players may be on the line of scrimmage at one time. The defensive guards and tackles must line up “Head on Head”, in a three (3) or four (4) point stance. They may not be standing up at the beginning of the play. They are not allowed to line up in the gaps, and no player will be allowed to line up directly over the center. The four down linemen are also required to engage the offensive linemen before making a move toward the ball/ball carrier. They are not permitted to shoot the gaps.

3. No blitzing is allowed (*i.e.: Linebackers CANNOT break the line of scrimmage to make a tackle*). Linebackers must be 4 yards behind the defensive lineman. Only the four down linemen are allowed to cross the line of scrimmage at the onset of the play. The linebackers and corners are not allowed to cross the line of scrimmage until either, 1- the ball has moved outside of the tackle box (meaning a sweep or run that moves the ball past the offensive tackle) or 2 - once the ball carrier has committed to the run between the tackles.

3. All teams must play a 4/4 defense, consisting of four (4) down linemen one (1) yard off the line of scrimmage, two (2) linebackers four (4) yards off the line of scrimmage, and two (2) cornerbacks three (3) yards off the line of scrimmage.

4. The cornerbacks must not cross the line of scrimmage until the ball has been advanced past the line of scrimmage, or outside of the tackle box. The defensive line must engage with the offensive line; however, they cannot cross the line of scrimmage until the Quarterback has been afforded an opportunity to hand the ball to the Running Back or run outside of the pocket. The linebackers must not cross the line of scrimmage until the ball has been advanced past the line of scrimmage, or outside of the tackle box. If the offense positions a player out as a receiver, and attempts to throw a screen pass, the cornerback is permitted to cross the line and make a play on the ball/ball carrier.

E. Goal - line Defense

1. When the ball is marked inside the 5 yard line, the defense may bring the cornerback in tight and line them up just outside the defensive tackle. The cornerbacks must be lined up 2 yards off the line of scrimmage in this formation.

****Updated – July 2017****