

# JEFFERSON DISTRICT YOUTH FOOTBALL LEAGUE RULES

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## **General:**

All JDYFL games and activities shall be governed by the current edition of the National Alliance of Football Rules as published by the National Federation of State High School Athletic Association and accepted by the Virginia High School League, except where otherwise specifically outlined by each level's modifications below. All levels are designed for 11 V 11 play. If a team is unable to meet this format the game will be played under a mutually agreed format but will be considered a forfeit unless otherwise approved by a member of the JDYFL board.

The home team will provide chain crew and chain crew will be placed on visitor's side.  
The host **area** will provide a clock/ scoreboard operator

A modified clock will be used if there is a **28-point** differential **after the first half**. The standard clock returns if at any time the point differential becomes less than 28.

NO BLOCKING OR CRACKING BELOW THE WAIST AT THE LINE OF SCRIMMAGE AT ALL LEVELS.

## **EXPLORER:**

This is **development football** and while competitive the mission is to foster an environment of learning the game over all else. Positive redirection and encouragement and fun is expected.

**Ball Size:** Pee Wee

**Game Length:** A game will consist of four (4) sixteen (16) minute quarters and an eight (8) minute halftime. This will be a running clock with stoppage for injury only. Each quarter will consist of (8min offense/8min defense) as possession will not change otherwise during the regular season. The game shall not exceed 90 minutes and there will be no overtime during regular season play.

**Referees:** 2 (*regular season*)

### **NFHS Exceptions for Explorers:**

- 2 coaches on field (*coaches will be 5 yards beyond the deepest player on both sides at the snap of the ball and will cease instruction or cheering at the snap*)
- The score will be kept by 7 points, no extra points in regular season
- Ball starts on the opposing 35-yard line
- No one lined up over the center; no one lined up in the "A" gaps.
- No silent count
- No Blitzing

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- No player is allowed to score more than 3 times in a game if they have a lead of 28 points or more.
- No QB keepers up the "A" Gap

## **EXPLORER Playoffs:**

It is the mission to prepare Explorers for next level play. As such, coaches should be working towards removal from the field as the season progresses and they are able to do so. Coaches should also be progressing players to the understanding of traditional 4 down football. Playoffs and championships will be played under Founders rules (4down football; no coaches on field) with the following exceptions only.

- No one lined up over the center; no one lined up in the "A" gaps.
- No QB keepers up the "A" Gap

## **FOUNDER:**

**Ball Size:** Pee Wee

**Game Length:** A game will consist of four (4) eight (8) minute quarters and an eight (8) minute halftime. One (1) standard NFHS overtime series will apply however the game shall not exceed 90 minutes during the regular season.

**Referees:** 3 (*regular season*)

### **NFHS Exceptions for Founders:**

- Game starts on 35
- **NO live kickoffs**
- **NO live punts;** 35 yard walk off instead of punt (half distance from 50)
- NO rushing on Kick PAT; 5 seconds count for kick PAT; If holder drops ball on kick PAT play is dead
- PAT forward pass = 2 points
- Kick PAT = 2 points
- PAT run = 1 point

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## **GOVERNOR:**

**Ball Size:** Junior

**Game Length:** A game will consist of four (4) eight (8) minute quarters and an eight (8) minute halftime. One (1) standard NFHS overtime series will apply however the game shall not exceed 90 minutes during the regular season.

**Referees:** 4 (*regular season*)

**NFHS Exceptions for Governors:**

- Kickoff is live
- Kickoff return is live
- Punt return is live
- NO rushing on Kick PAT; 5 seconds count for kick PAT; If holder drops ball on kick PAT play is dead
- PAT kick = 2 points
- PAT forward pass = 2 points
- PAT run = 1 point

## **PRESIDENT:**

**Ball Size:** Youth

**Game Length:** A game will consist of four (4) eight (8) minute quarters and an eight (8) minute halftime. Standard NFHS overtime rules will apply however the game shall not exceed 90 minutes during the regular season.

**Referees:** 4

**NFHS Exceptions for Presidents:**

- NONE

## **PLAYOFF PICTURE:**

Playoff brackets will be determined before the first week of playoffs. The top eight (8) teams will make the playoffs and the potential of the top 2 teams getting first round byes. If your division has 8 teams or fewer, everyone makes the playoffs (*subject to change*).

JDYFL will strive for an eight (8) game regular season plus playoffs and super bowl weekends.