

Central U.P. Youth Football League, Inc.
2022 Rule Difference Cheat Sheet

Central U.P. Youth Football Games follow National Federation of State High School Athletic Association (NFHS) football rules except as listed below:

The Clock

- Games will consist of four (4) quarters. Each quarter will be 10 minutes, with a 10 minute Halftime.
- When a team leads by Twenty Five (25) or more points, during the **second half** of the game, the game clock shall run continuously until the end of the game or until the score difference drops below Twenty Five (25) Points.

Score Difference

- When the score difference reaches Thirty Five (35) or more points after the completion of the 3rd quarter the game shall end.

Ball Handling

- When a team leads by 18 or more points any offensive player that scored 2 touchdowns may not intentionally handle the ball on Offense, except at the center position.
- If an Offensive Player, that has scored 2 touchdowns, intentionally handles the ball on offense while the score difference is 18 or more points, the penalty will be a 15 yard, Unsportsmanship Conduct Foul.
- The Foul will be assessed from the original line of scrimmage and the down will be replayed.
- EXCEPTIONS: If the Player with 2 touchdowns recovers a fumble while on their feet or intercepts a pass while on defense, he or she is allowed to advance the ball.

Striper Player Rules

- Striper players will have a black or other dark colored piece of tape placed on each side of their helmet for designation.
- A Striper player may not advance the ball on any offensive series. For example he or she may not run, throw, or catch the ball.
- A Striper Player may not advance the football during kickoffs, punt returns, or handle the ball during the return. If the ball is kicked to them they may fall on it.
- A Striper Player may not advance the ball on a turnover. If a Striper Player intercepts a pass or recovers a fumble, the Defensive Team will obtain possession of the ball at the spot of the recovery.
- A Striper Player will not be penalized for an instinctive reaction to recovering the football. The play will be blown dead and the ball spotted at the point of recovery.
- If a team violates these Striper Player rules, the referee will call the play dead and a 15 yard penalty will be enforced.
- All stripers must be on the line of scrimmage at the snap of the ball. This includes offensive and defensive positions. No Striper may line up in the backfield except to kick extra points and field goals. Stripers are still restricted from advancing the ball, fakes are not allowed and the play is called dead if there is a bad snap with the striper in the back field.

Formations

Defensive Formations:

- A legal defensive formation can have a maximum of 6 players on the line between the tight ends at the snap.

Scrimmage Kicks/Punts:

Youth Senior Division:

- Current National Federation of State High School Association (NFHS) rules are in effect.
- No Stripers may punt or line up in the back field.

Youth Junior Division: The punt is a Dead Ball Kick.

- There is no weight restriction for the punter, since this is a Dead Ball Kick.

- The punt is considered a dead ball play and a team must notify the White Hat Official of their intention to punt. Youth Junior teams cannot fake a punt.
- The referee will notify the opposing team and coach of their intention to punt on the next play. The official shall then give the defensive team time to get into formation prior to putting the ball in play.
- The ball will be long snapped from the center.
- The offensive or defensive players are not allowed to cross the line of scrimmage during the punt.
- The Defensive team can only four players back to receive the punt. The other 7 players must be within 3 yards of the line scrimmage.
- Undeclared punts made by the offensive team will be returned to the original line of scrimmage and will be penalized 5 yards.
- The ball will be declared dead at the point at which the receiving team has gained control of the ball. There are no returns of Punts.
- If the receiver muffs the ball forward or the receiving team blocks the punt forward, the ball is declared dead at the point where it was first touched.

PAT's PROCEDURES: (Point-After-Touchdown)

Youth Senior Division: Current NFHS rules are in effect with the following exceptions:

- Conversions may be made by passing or running plays from scrimmage and will count 1 point.
- Kicking of extra points will count 2 points.
- Stripers are permitted to be kickers but are still restricted from advancing the ball. Fakes are not allowed and the play is called dead if there is a bad snap with the striker in the back field.

Youth Junior Division: Kicking PAT's are Dead Ball Kicks and are mandatory. PAT's will count as 1 points and must follow these restrictions:

- No weight restriction for the kicker and holder since this is a Dead Ball Kick.
- Youth Junior teams cannot fake a PAT Kick.
- The official shall then give the defensive team time to get into formation prior to kicking the ball.
- The ball will be long snapped from the center.
- The ball must be kicked within 5 seconds from the time of the snap.
- The offensive or defensive players are not allowed to cross the line of scrimmage during the kick attempt.
- The Defensive Team players may stand with their hands in the air or jump in an attempt to block the kick, but at no time shall they cross the line of scrimmage.
- If the holder has to leave his or her normal position due to a fumbled snap or to chase a snap, the attempt is over and no points are awarded. Rising to catch a high snap is considered a normal position.

Field Goal Procedures

Youth Senior Division: Current NFHS rules are in effect and will count for 3 points. Stripers are permitted to be kickers but are still restricted from advancing the ball. Fakes are not allowed and the play is called dead if there is a bad snap with the striker in the back field.

Youth Junior Division: Field goals will count for 3 points. Current NFHS rules are in effect with the following exceptions:

- No weight restriction for the kicker and holder since this is a dead ball kick.
- The field goal kick attempt is considered a dead ball play and a team must notify the White Hat Official of their field goal attempt. Youth Junior teams cannot fake a field goal kick.
- The official shall then give the defensive team time to get into formation prior to kicking the ball.
- The ball will be long snapped from the center.
- The ball must be kicked within 5 seconds from the time of the snap.

- The offensive or defensive players are not allowed to cross the line of scrimmage during the kick attempt.
- The Defensive Team players may stand with their hands in the air or jump in an attempt to block the kick, but at no time shall they cross the line of scrimmage.
- If the holder has to leave his or her normal position due to a fumbled snap or to chase a snap, the attempt is over and no points are awarded. Rising to catch a high snap is considered a normal position.
- If the field goal attempt ball breaks the plane of the goal line but does not pass through the goal post uprights the ball will change possession and be placed on the 20 yard line. If the field goal attempt ball does not cross the plane of the goal line the ball will be spotted at the Dead Ball Spot.