

2010 DFL FOOTBALL RULES

1. GENERAL:

- a. DFL follows the North Dakota High School Football Rules with some exceptions:
 - 1) Playing field is 80 yards long, regulation width sideline to sideline.
 - 2) There will be two or three referees assigned to each game.
 - 3) Coaches are not to argue with the referees calls, penalty will be enforced.
 - 4) Kickoffs are from the kicking team's 40 yard line. Kickoffs will only be used to start the game and to begin the 2nd half. After a team scores the ball will be placed on the 20 yard line.
 - 5) Major penalties are 10 yards.
 - 6) The four quarters are 15 minutes in length and are on a continuous clock.
 - i. Exceptions (time stops) to the continuous clock are:
 1. Last two minutes of the 2nd and 4th quarters, the clock will follow normal high school football rules; i.e., stops on **incomplete passes and out of bounds plays.**
 2. **During timeouts (1 minute).**
 3. **During attempts for a point after touchdown** (time will be stopped after a touchdown and will not start until the ensuing kickoff).
 4. **During equipment repair.**
 5. **During injuries.** Injured player must leave the game for one play.
 - 7) There are two (2) minutes between quarters and ten (10) minutes between halves.
 - 8) Teams have **twenty-five (25) seconds** to put the ball in play after referee has signaled "ready for play." This **will be enforced** with five yard "delay of game" penalty.
 - 9) **"YELLOW" and "RED" dot** on players' helmets indicate players who are NOT eligible to advance the ball.
 - i. Players weighing between 101 and 145 pounds will be marked with a **RED dot** on their helmet. These players must play on the offensive line, and may play anywhere on defense. Tight Ends may go out for a pass attempt and advance if caught.
 - ii. Players weighing over 145 pounds will be marked with a **YELLOW dot** on their helmet. The following rules apply only to **YELLOW dot** marked players.

DFL FOOTBALL RULES (continued)

1. On offense, these players are limited to positions on the offensive line between the tight ends.
On defense, these players are limited to the three interior defensive line positions (nose guard and tackles).
 2. These players CANNOT play on any Special Teams (i.e., kickoffs, kick receiving, punting or punt receiving).
 - b. Teams will line up to shake hands with each other immediately following the game.
 - c. Post-game huddles are encouraged involving the **coaches and players only**.
 - d. One coach from the offensive and defensive team may be out on the field, ten yards behind the line of scrimmage during the game. The coach is only allowed to interact with the players in the huddle. After the ball is snapped they must remain 10 yards behind the line of scrimmage, with no further instruction during the play, either verbal or physical.
2. **OFFENSE:**
- a. No offensive backs, wide receivers or flankers may weigh over 100 pounds, the league ball-carrying weight limit.
 - b. No player over the ball-carrying weight limit may legally catch a ball while playing offense. The pass will be incomplete. Exception: Tight End catching a pass may run with the ball until tackled.
 - c. No one over the ball-carrying weight may advance the ball. Defensive players over the ball-carrying weight may intercept a pass, recover a fumble, or field a kickoff. The ball will be ruled dead at the spot of recovery.
 - d. There must be 6 offensive linemen.
 - e. One player in motion (ball-carrying weight only) is permitted and is subjected to the normal rules of football.
 - f. No more than 2 wide receivers to one side. You cannot motion to twins side.
 - g. Must have one tight-end and one player in the backfield.
3. **DEFENSE:**
- a. All defensive alignments must consist of a 5 player front, three (3) defensive linemen and two (2) defensive ends.
 - b. Except for the five defensive linemen, linebackers must position themselves and remain at least (5) yards from the line of scrimmage until the ball is put into play.
 - c. Inside the defense's own 5 yard line, all non-defensive line players must position themselves and remain at least (1) yard from the line of scrimmage until the ball is put into play.
 - d. **Defensive backfield (cornerbacks) shall not be closer than (7) yards, free safety (10) yards from the line of scrimmage.**
 - e. No BLITZING is permitted.

DFL FOOTBALL RULES (continued)

- 1) **The five defensive front players may cross the line of scrimmage before the ball carrier has reached the line of scrimmage. Defensive backfield and linebackers will line up at their position and hold their position until the ball is snapped. Once the ball is put into play the defensive backs and linebackers are free to react to the play and pursue the ball carrier at their discretion.**
- 2) This rule is one of judgment on the part of the defensive backs and linebackers.

4. **PUNTS:**

- a. On fourth down situations, offensive teams will be asked if they will punt or attempt to gain a first down.
- b. Once a team declares their intention to punt, fake punts are not permitted.
- c. Both punting and punt receiving teams must position seven (7) players on the line of scrimmage from the tight-end to tight-end in a "Down Position" until the punt is made.
- d. Punt receiving team may not attempt to block the punt.
- e. The punt will be re-attempted if the punter misses or drops the ball.
- f. If the punt hits an offensive or defensive lineman, the punt is playable.
- g. Fair catches are permitted.
- h. Players over 145 pounds do not qualify as a punter and must leave the field if his/her team intends to punt.

5. **POINT AFTER TOUCHDOWN (PAT) CONVERSIONS:**

- a. Pass – Two (2) points.
- b. Run – One (1) point.
- c. Kick – One (1) point (if goal posts are in play).

6. **The 13-19 RULE:**

- a. If at any time during the first half, a team is ahead of the other team by 13 or more points, the leading team must replace the entire starting (First Team) offensive team backfield, not necessarily the backfield that is on the field at that time. The replacement offensive backfield must continue to play until the difference is reduced to 7 points or less or until the 1st half ends.
- b. The "First Team" backfield may begin the 2nd half and play until the spread is 19 points or more. The replacement backfield plays until the spread is 13 points or less.
- c. In the event of an injury to a replacement back and attempt to replace the injured player with another Non-Starting player will be made, if possible.
- d. Any player can play defense at any time.

7. **PLAYING TIME:**

- a. All players are guaranteed a minimum of one (1) quarter of play in all games.
- b. The league would like to see all kids play as much as possible but it must be realized that some individuals will play more than others due to individual reasons. Coaches have the final say in playing time.

DFL FOOTBALL RULES (continued)

8. UNSPORTSMANLIKE PENALTIES:

- a. Players receiving unsportsmanlike penalties will be ejected from the game.
- b. A second violation will result in a one game suspension.
- c. A third violation will result in player suspension for the remainder of the season.

9. PENALTIES:

- a. When the Quarterback starts to call signals and any player does not have his/her mouthpiece in, the referee will warn player first time, next offense immediately blow the play dead penalize **5 yards**.
- b. Crack-back blocking is not permitted, off-sides or encroachment, offensive or defensive holding and delay of game. **PENALTY: 5 yards**
- c. Pass interference, late hit and face mask. **PENALTY: 10 yards**

10. COIN TOSS:

- a. Win the toss – choose to kick or receive. If you kicked the 1st half you will receive the 2nd half

11. TIMEOUTS:

- a. There shall be 2 timeouts per half per team and will be 2 minutes in length, time-outs may not carry-over to 2nd half.

12. OVERTIME:

- a. Overtime periods will start 3 minutes after the regulation game ended.
- b. Overtime periods are played at one end of the field.
- c. The 1st overtime period will be marked at the 10 yard line. Each succeeding period will be marked at the 5 yard line.
- d. An overtime period is defined as the period of time each team is given an opportunity to complete 1 offensive series of downs.
- e. One time out per period per team is permitted.
- f. If the offensive team fumbles or is intercepted during its series, and the recovery/interception is made in the end zone by the opponent, no points are awarded. This is considered a touchback and the defense has held, game over.