

LCYF RULES OF PLAY

SENIOR DIVISION 2015

- There will be (4) 10 minute quarters
- Clock will run like High School
- Clock at all games must be run by an adult (must be at least 18 years of age)
- There is a 100 lb. weight limit for all ball carriers. Anyone over that limit is black striped. This same weight limit applies to all defensive backs and linebackers.
- There will be one (1) weigh-in per player prior to the first game. Players may not re-weigh at any other point during the season. The player will play the entire season under the current rules at the weight they weighed in at before the first game of the season.
- All teams on 4th down must declare whether they will punt the ball or go for it.
- There will be no rushing punts, field goals, and extra point kicks.
- Teams must declare which point after touchdown (PAT) they will be attempting. PAT's are as follows: 2 points for successful kicks and 1 point for running or passing . These PATs will be placed at the 3 yard line.
- On Offense, all high school rule formations are allowed.
- No crack-backs or chop-blocks allowed.
- Defense can line up in a 3, 4, 5, or 6 man front.
- Linebackers and defensive backs must start at 5 yards from line of scrimmage (except for goal line situations), but can come forward at the snap of the ball.
- Interior defensive lineman must line up head up with an offensive lineman.
- Defensive ends are allowed to line up outside of the tight ends (2 yard maximum).
- Coaches are not allowed on the field during play.