

West Central Iowa Youth Football League

Padded Rules 2016

(Note: The game will play by NFHS rules beside the rule changes noted below.)

Games

1. Game Ball – Junior size (Wilson TDJ, Nike 1000Y)
2. Game Length – 8 minute quarters 10 minute halftime Clock stops for change of possession, penalties, touchdowns, P.A.T.'s, injuries, out of bounds, and incomplete passes.
3. Time Outs – 2 for the 1st half and 3 for the second half.(no carry over) Each team receives 1 timeout per overtime.
4. Overtime – Each team has an offensive series of 4 downs form the 10 yard line. Max 4 overtime.
5. Play Clock – Offense must run a play within 30 seconds of the ball being marked.
6. Officials – Head official needs to be a high school or Jr. High referee or coach.
Officials need to wear official shirts and have yellow flags.
Officials need to meet with coaches and captions to discuss rules before every game.
7. Coaches Box/Players Box – The coaches box will be extend by 10 yards. 15 yard line to 15 yard line.

Kicking

1. No Kick offs. The ball will be placed at the 30 yard line. After a safety the ball will be placed on the 50 yard line.
2. Must declare going for or punting. **No more than two players may go back to receive the punt. All other plays need to be within 7 yards of the line of scrimmage.** There will be no rushing the punter or returning the punt. Ball is dead once it is touched. If the ball is not punted it will be advanced minimum 25 yards or minimum punt distance of 25 yards. Any punt between the 10 yard line and goal line, will automatically be spotted on the 10 yard line. (Example 1: Ball is punted and goes 15 yards past the line of scrimmage the ball is placed 25 yards past the line of scrimmage. Example 2: Ball is punted and defense catches the ball 30 yards past the line of scrimmage the ball is dead on the catch and place at spot of the catch.)
3. When a touchdown is scored you can attempt to run or pass for a P.A.T or kick for the P.A.T. Kicked P.A.T will be worth 2 points; running or passing P.A.T will be worth 1 point. You may not rush the kicker, shout or jump to attempt to block the kick. The defense is allowed to have both hands raised during the kick. The ball will be kicked 5 yards behind the line of scrimmage. Field goals can be kicked for 3 points and all rules are the same as a P.A.T. Ball can get to the kicking tee anyway possible.
4. Clock stops for all kicks.
No fake kicks or punts.

Offense

1. Can line up in any formation. But must have 7 players on the line of scrimmage.
2. **All ball carriers must weigh less than 130 lbs, this includes TE and WR if catching a pass.**
3. All blocks must be above the knees

Defense

1. Can line up in any formation.