

Youth Sports Foundation 8 - MAN 1st-2nd Grade RULES 2017

Note: YSF coaches are strongly urged to utilize their respective high school formations and core plays

Category	RULE
Punts	Intent to punt must be declared to the opposing team and must be kicked five yards behind line of scrimmage.
	A team may not punt inside their opponent's 30-yard line.
	THE RETURN TEAM TAKES POSSESSION WHERE THE BALL:
	Is spotted 25-yds. downfield from the previous line of scrimmage by the official, even if the ball does not travel that far or the punting team chooses not to punt.
	Is caught or possessed by the return team player. Minimum of 25-yds.
	If the ball travels more than 25-yds. downfield before being caught or possessed by the return team, that is where the ball will be spotted.
	Any punt caught, possessed or ruled down between the 10-yard and goal line is automatically spotted on the 10-yard line.
	A punt in the end zone is spotted on the 15-yard line.
Defense	A maximum of 5 players and a minimum of 4 players can be on the defensive line scrimmage.
	A defensive player may cover any offensive player either on or off the line of scrimmage, except the center.
	Any defensive player covering an offensive guard must be in a 3 or 4 point stance.
	4 of the 5 defensive players must be heads up on an offensive player who is on or off the line of scrimmage, and the center may not be one of those players covered.
	If 5 players are used on the defensive line of scrimmage, the player who is NOT heads up on an offensive player must be lined up outside the offensive guards.
	All other players not on the defensive line of scrimmage must be 5 yards off the line of scrimmage before the snap. Once the ball is snapped, the players can run across the line of scrimmage.
	Fumbles and interceptions are live balls and can be advanced.
	No horse collar tackles. A horse collar (in YSF) is defined as placing the hand inside the side or back (not the front) of the jersey or shoulder pads, and grabbing or pulling the runner. Even if the runner is not tackled to the ground or just forced out of bounds, it is still considered a horse collar infraction.
	An opposing player may not be tackled or pulled to the ground using any part of the helmet.
	Inside the 5-yard line, a defensive player can cover the center, but must be at the goal line. Once the offense reaches the 2-yard line, the defensive player covering the center MUST be in a three or four point stance. That defensive player covering the center must still be at the goal line. Up to 4 other defensive players can be on the line of scrimmage, but still must be heads up on an offensive player who is either on or off the line of scrimmage. A 5th defensive player may also be on the line scrimmage, but must be lined up outside the offensive guards.
Offense	You must have 5 players on the line of scrimmage and no more.
	The center handles the snap of the football.
	Two (2) guards; one on each side and no more than 1-yard split from the center.
	One (1) or two (2) tight ends; the split will not be more than 1-yard from the guard.
	One (1) or two (2) split ends: the distance between the split end and the nearest guard must be a minimum of seven 7-yards.
	A team cannot use an unbalanced line set; there must be 2 players on each side of the center on the line of scrimmage.
	No straight (stiff) arm above the shoulders.
	All blocks must be above the knees.
Any player not on the line of scrimmage is a backfield player.	

Anyone who receives a direct snap from the center may not run in the "A" gap; This includes a player receiving the snap in a shotgun or pistol formation.

A tight end, who has a season weight of greater than 70 lbs. must line up within 1-yard of the guard and cannot be a split end; all tight ends may only receive forward passes beyond the line of scrimmage.
