

Aside from specific Visalia Youth Football League (VYFL) Bantam Division variations and modification, all games are played under the California Interscholastic Federation (CIF) rules for varsity football, under the National Federation of State High School Athletic Associations.

A. Coaches on the Field:

1. Two coaches from each team can be on the field at any given time throughout the entire season.
2. There can be different coaches for offense and defense, but only two coaches from each team can be on the field at a time.
3. Prior to the snap of the ball, the offensive coaches must be at least 10 yards behind the line of scrimmage and the defensive coaches must be at least 5 yards behind the defense or off of the field.

B. Minimum Roster Size at Game Time:

1. A minimum of 11 players must be dressed and ready to play at the start of each game.
2. If a team fails to have the minimum number required by the start of the game, that team will forfeit the game to its opponent.

C. Game Clock:

1. Each Bantam Division game shall consist of four 10-minute quarters with running time.
2. The game clock will stop during the last 2 minutes of each half in accordance with CIF rules.
3. Additionally, the game clock will be suspended for injuries and during time-outs.
4. There will be a 10-minute half time.
5. A game clock will be provided by the league and shall be kept by an individual appointed by the head coach of the Home team.

D. Play Clock:

1. The time between plays shall not exceed 40 seconds from whistle to snap.
2. The play clock shall be kept by the official on the field and excessive delays will be penalized.
3. The official on the field will issue a warning at 40 seconds.
4. A penalty will be assessed for delay of game at 60 seconds.
5. The penalty will be a loss of 5 yards or, if the ball is spotted on the 40-yard line, the penalty will be a loss of down.

E. Time-Outs: Each team shall have a maximum of two 60-second time-outs per half.

F. Field Length: Games will be played on a 50-yard field.

G. Opening Possession and Change of Possession: Always starts on the 40-yard line.

H. Coin Toss: Games will begin with a coin toss called by the Visiting team.

I. Special Teams:

There will be no special teams (i.e., kick-offs, punts, field goals) throughout the season with the exception of the Point After Touchdown (PAT). PATs for the Bantam Division shall consist of either:

1. A contested run or pass play from the 2 ½-yard line.
2. An uncontested kick from the 2 ½-yard line. Defense must leave the field.

J. Scoring Values:

1. Touchdown.....6 points
2. Point After Touchdown (run or pass).....1 point
3. Point After Touchdown (kick).....2 points

K. Tie Games:

1. Regular season games ending in a tie score will not be played off.
2. Play-off and championship games ending in a tie will be decided by California High School Tie Breaker rules. Each team gets four plays from the 10-yard line.

L. Spearing and Butt Blocking:

1. Spearing and Butt Blocking will not be tolerated in the Visalia Youth Football League (VYFL).
2. Butt Blocking is defined as a blow with the facemask, frontal area, or top of the helmet as the primary point of contact, driven directly into an opponent. The technique is considered dangerous for both the blocker and the opponent.
3. Butt Blocking carries an automatic 15-yard penalty.
4. Spearing is defined as deliberately and maliciously driving the helmet into a player who is down or who is held so he is going down or who is held so his forward progress is stopped or who is obviously out of the play.
5. Spearing also carries an automatic 15-yard penalty.
6. Any VYFL Bantam Division coach or assistant coach found to be teaching such techniques shall be subject to dismissal from the league by the VYFL Board.

M. “No Blitzing” Rule:

Blitzing the linebackers is not permitted at any time in the Bantam Division. The following must be adhered to at all times.

1. A maximum of four defensive down linemen are allowed-2 guards and 2 tackles.
2. No Nose Guard.
3. All defensive down linemen must line-up head to head with the offensive guards and tackles.
4. No pinching the “A” gap.
5. Shooting of the “A” gap after the snap is allowed.
6. Only the 4 down lineman can rush the quarterback
7. Outside Linebackers can across the line of scrimmage only after the ball has passed the outside offensive tackles. They cannot rush the quarterback behind the line at any time.
8. Defensive ends cannot be down linemen. They must follow the same rules as linebackers.
9. Inside linebackers must stay at least 1-yard from the line of scrimmage at all times.
10. Outside linebackers and corners can not enter the tackle box until after the ball is outside of the box. The tackle box is from the outside shoulder to the outside shoulder of the entire offensive line.

N. Penalty for Violating the “No Blitzing” Rule:

1. The official on the field shall make the determination if the defense has committed a violation of the “No Blitzing” rule.
2. If such a violation has occurred, the offense has the option of choosing either a 5-yard penalty from the line of scrimmage or the outcome of the play.

O. Offensive Formations:

1. The 5 offensive linemen (center, guards, and tackles) must line-up with a maximum gap of 2-feet between players (heel-to-heel).

P. Defensive Formations:

1. The only allowable defensive formations are 4-3 and 4-4.
2. The number of defensive backs can not exceed the number of offensive backs on the line of scrimmage.
3. For pass defense, you may use any corner, linebacker, or safety to cover any receiver.
4. Defenders must line-up “Head Up” with receivers at the line of scrimmage.

Q. Pass Coverage:

1. On a pass play, there can be no attempt made to interfere with the ball or the receiver until the receiver makes an attempt at catching the ball if the ball is within 5-yards of the receiver.
2. Tipped balls can be intercepted.
3. Balls not thrown within 5-yards of a receiver can be intercepted.

R. Interceptions: Play stops at the point of the interception, possession changes, and the ball is placed on the 40-yard line.

S. Fumbles:

1. If the offense recovers the ball, the play is stopped and the ball is spotted at the point of recovery with a loss of down.
2. If the defense recovers the ball, the play is stopped, possession changes, and the ball is placed on the 40-yard line.

T. Minimum Play Rules:

1. Minimum play rules must be followed by all Visalia Youth Football League Bantam Division coaches throughout the entire season, including play-off and championship games.
2. All players must play in the game if they are physically fit and fully equipped.
3. The minimum play rules are as follows:
 - Each team must present the opposing team with a completed line-up card at weigh-ins.
 - Each team must also present a completed line-up card to the person that is overseeing the weigh-in process.
 - Line-up cards shall specify the numbers of the players that will be playing in the game and shall further specify the numbers of the players for each half and if they are to be on the field during offense, defense, or as a substitute.

T. Minimum Play Rules, *continued*:

- Players that have been specified as an offensive player in the first half may not be specified as an offensive player in the second half. Likewise, any player specified as a defensive player in the first half may not be specified as a defensive player in the second half. Except in the following situations:
 - Teams may specify a single player to play quarterback in both the first half and the second half. They may also specify a single player to play center in both the first half and the second half. If a single player is playing quarterback or center in both halves, that player may not play on the defensive side of the ball.
 - Teams with less than 22 players must specify the players that will enter the game on both offense and defense during the same half. Their numbers must appear in both the offense and defense sections of the line-up card for that half.
- Only those players listed on the line-up card may enter the game during their designated offensive or defensive set. Any player not specified on the line-up card that enters the game has committed a minimum play rule violation.
- Teams that have more than 22 players in attendance at a game are required to list substitutes. No player shall be listed as a substitute for both the first and second halves.
- Substitutes may only enter the game at the end of the quarter except in the event of an injury.
- Any injured player that has recovered should be reinstated into the game as soon as physically possible.
- PAT attempts are exempt from the minimum play rule. Any player may enter the game for PAT attempts.

4. Coaches may use their discretion in administering minimum play rules if non-participation by a player in practices during the week prior to a game deems a player “unsafe” to play (missing 2 of 3 practices during that week, for example). Players deemed ineligible under the “Player Safety Rule” who are at the game must be listed on the line-up card as ineligible at weigh-ins.

U. Penalty for Violating the Minimum Play Rules:

1. Minimum play rules shall be monitored by the head coaches during the game.
2. A head coach may appoint someone to monitor the minimum play rules, but only the head coach may approach the official with a complaint.
3. At the time any minimum play rule is violated, it will result in the stopping of game play and immediate corrective action to place the proper players into the game.
4. In addition, the opposing team (the team that is not in violation) has the option of choosing either a 15-yard penalty from the line of scrimmage or the outcome of the play (if applicable).