

S.A.F.L. RULES SHEET

| | PEE WEE | JUNIOR | SENIOR | EXCEPTIONS / NOTES |
|-------------------------------------------|------------------------------------------------------------|--------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EMT / AED | YES | YES | YES | NO EMT OR NO AED = NO GAME |
| FIELD YARDAGE | 80 | 100 | 100 | |
| GAME TIME - VARSITY | 12 MINUTES RUNNING | 8 MINUTES STOP | 10 MINUTES STOP | PEE WEE - STOP ON CHANGE OF POSSESSION; AFTER SCORE; CLOCK STOPS ON INJURY AFTER 1 MIN OF RUNNING EXCEPT IN LAST 2 MINUTES OF HALF |
| GAME TIME - JV | 12 MINUTES RUNNING | 15 MINUTES RUNNING | 15 MINUTES RUNNING | STOP ON CHANGE OF POSSESSION; AFTER SCORE; CLOCK STOPS ON INJURY AFTER 1 MIN OF RUNNING EXCEPT IN LAST 2 MINUTES OF HALF |
| TIMEOUTS - VARSITY | 2 FULL | 3 FULL | 3 FULL | |
| TIMEOUTS - JV | 1 FULL 1 (:30) | 1 FULL 1 (:30) | 1 FULL 1 (:30) | |
| KICK OFF FROM | 50 YARD LINE | 40 YARD LINE | 40 YARD LINE | PW ONLY KICK AT START OF EACH HALF IF LESS THAN 9 PLAYERS, BALL IS SPOTTED ON 35 YARD LINE; BALL SPOTTED ON 40 YARD LINE FOR PW IF NO KICK |
| OVERWEIGHTS ON KICKOFFS | NO | NO | NO | NO LESS THAN 9 ON KICKOFFS; IF TEAM DOESN'T HAVE 9, THEN START AT THE 40 FOR PW & 35 FOR OTHERS |
| PUNTS | 15 YARD WALK OFF OR FREE KICK | NCAA | NCAA | PEEWEE - NO RUSH; DEAD @ SPOT; IF MUFF, PUNTER PICKS UP BALL AND PUNTS |
| PAT / FIELD GOAL | FREE KICK | NCAA | NCAA - EXCEPTION, 1 POINT FOR A RUN, 2 POINTS FOR A PASS OR KICK | PEEWEE - MOVE SNAP UP 10 YRDS; NO RUSH or FAKES; MUFFED SNAP = DEAD SENIOR - THE DEFENSE CAN SCORE BY MANNER OF RETURNING AN ATTEMPTED CONVERSION, VIA A TURNOVER, FOR 2 POINTS ON ALL PAT ATTEMPTS. |
| SAFETY | 2 POINTS, NO KICK | NCAA | NCAA | PEEWEE - 2 PTS; BALL ON 40 YARD LINE |
| BLOCK BELOW WAIST | NO | NO | NO | INCLUDES BOTH OFFENSE & DEFENSE |
| BLITZING | NO | NCAA | NCAA | |
| HEAD UP ON SNAPPER | NO | NCAA | NCAA | |
| OVERWEIGHT PLAYERS ON DEFENSE | MAX 4 | MAX 5 | MAX 5 | MUST BE LINED UP ON SHOULDER OF OL; MUST MOVE FORWARD & MAKE FIRST CONTACT WITH OL. 5 YARD PENALTY AFTER INITIAL WARNING. |
| END OF LINE MUST BE UNDERWEIGHT | YES | YES | YES | 5 YARD PENALTY FOR ILLEGAL FORMATION IF NOT |
| SWINGING GATE ALIGNMENT / WEDGE FORMATION | NO | NO | NO | THE FOUL FOR FORMING AN ILLEGAL WEDGE WHETHER DURING A PUNT RETURN, A KICK RETURN, OR FROM THE LINE OF SCRIMMAGE, IS LOSS OF 15 YARDS ENFORCED FROM THE SPOT OF THE FOUL. |
| OVERTIME - VARSITY ONLY | YES | YES | YES | COIN TOSS CALLED BY AWAY TEAM; 1 POSSESSION EACH; BALL STARTS 15 YARD LINE; 1 (:30) TIMEOUT PER OT; 1 OT MAX (EXCEPT PLAYOFFS) |
| COACHES ON FIELD - VARSITY | 2 COACHES 1st 4 GAMES 0 COACHES LAST 4 GAMES & PLAYOFFS | 0 | 0 | 10 YARDS BEHIND FURTHEST PLAYER OR OFFICIAL |
| COACHES ON FIELD - JV | 2 | 2 | 2 | 10 YARDS BEHIND FURTHEST PLAYER OR OFFICIAL |
| ROSTER EXCHANGE | YES | YES | YES | HOME COACH MUST INTRODUCE HIM/HERSELF & BOTH COACHES EXCHANGE GAME DAY ROSTERS FROM WEBSITE |
| SCORING DIFFERENTIAL | 24 | 34 | 44 | IF DIFFERTIAL IS EXCEEDED BOTH COACHES MUST EMAIL VC COACHES |