



**PERMIAN BASIN**  
YOUTH FOOTBALL LEAGUE



## LEAGUE RULES FOR SPRING 2024 7U-13U

### GENERAL RULES

- ALL PLAYERS MUST WEAR SOFT SHELL HELMETS. MUST BE LEAGUE ISSUED OR LEAGUE APPROVED.
- Player(s) can't play on two teams in the same age group. A Player can play on two teams but must be different age groups; not the same age group.
- MUST WEAR VISIBLE MOUTHPIECE.
- GAMES ARE (2) 15 MIN HALVES. NO TIMEOUTS EXCEPT FOR INJURY TIMEOUTS TO BE INITIATED BY THE OFFICIAL.
- THE CLOCK RUNS CONTINUOUSLY.
- POSSESSION STARTS ON THE 45 YD LINE GOING IN. THIS APPLIES TO BEGINNING OF GAME & CHANGE OF POSSESSION.

- FIRST DOWNS ARE MADE BY CROSSING THE 30YD LINE AND THE 15 YD LINE. 3 DOWNS TO GET A FIRST DOWN. TEAMS WILL HAVE 4 DOWNS TO SCORE ONCE INSIDE THE 15 PER UIL.
- QUARTERBACK WILL HAVE 4.0 SECONDS TO PASS THE BALL FROM THE TIME ITS REMOVED FROM THE CRADLE (9U AND UP TIME STARTS ONCE THE QB POSSESSES THE BALL NOT AT THE SNAP). IF HE IS IN THE T1HROWING MOTION AT THE TIME OF THE BUZZER PLAY WILL CONTINUE. IF THE QB FAILS TO ATTEMPT A PASS WITHIN THE 4.0 SECONDS IT COUNTS AS A SACK.
- POSSESSION CHANGES AFTER PAT ATTEMPT, TURNOVER ON DOWNS, OR INTERCETPTION.
- PLAY CLOCK WILL BE :25 SECONDS AND WILL BEGIN ONCE REF PLACES THE BALL ON THE CRADLE.
- ONE HAND TOUCH ANYWHERE ON THE BODY (NOTHING ABOVE THE SHOULDER) TO DOWN THE BALL CARRIER.
- NO RUNNING PLAYS ALLOWED.
- NO DOUBLE PASSES OR SHOVEL PASSES. (EXCEPTION 9U AND UP CAN LATERAL THE BALL BACKWARDS AFTER A COMPLETION).
- NO COACHES ON THE FIELD WITH THE EXCEPTION OF THE 7U OFFENSIVE COACH. ALL OTHER COACHES MUST COACH FROM THE SIDELINE.
- ALL FORMATIONS MUST BE LEGAL SETS.

## OVERTIME

CONSISTS OF 3 PLAYS FROM THE 10YD LINE. EACH TEAM HAS AN OPPORTUNITY TO SCORE IN EACH OVERTIME PERIOD. OVERTIME PERIODS ARE NOT TIMED. IF A SECOND OVERTIME IS NECCESARY EACH TEAM MUST GO FOR 2 POINTS ON EXTRA POINT.

## SCORING

1. Scoring
  - o 6 points for TD
  - o 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line.
  - o 2 points if a team returns a PAT back across the 45.
  - o Official score is kept by field referee and game manager.
  
  - o Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
  
- TURNOVER ON DOWNS – NO POINTS WILL BE AWARDED FOR TURNOVERS. TRANSITIONING TO TRADITIONAL UIL RULES.

## PENALTIES

- DEFENSIVE PASS INTERFERENCE – 15 YD PENALTY FROM THE SPOT OF THE FOUL IF OUTSIDE THE 30, HALF THE DISTANCE TO THE GOAL IF INSIDE THE 30 & AUTOMATIC FIRST DOWN.
- OFFENSIVE PASS INTERFERENCE – PREVIOUS SPOT AND LOSS OF DOWN.

- DEFENSIVE HOLDING – AUTOMATIC FIRST DOWN AND 5 YDS FROM ORIGINAL LINE OF SCRIMMAGE. IN THE EVENT THAT THERE IS A DEFENSIVE HOLDING AND A SACK ON THE SAME PLAY THE DEFENSE WILL BE PENALIZED AS STATED ABOVE AND THE SACK WILL BE IGNORED.
- ILLEGAL PROCEDURE OFFENSE – LOSS OF DOWN.
- DEFENSIVE OFFSIDE – 5 YD PENALTY.
- DELAY OF GAME – LOSS OF DOWN AND THE CLOCK STOPS IN THE FINAL 1:00.
- FIGHTING/ UNSPORTSMANLIKE CONDUCT (TEAM) – 1<sup>ST</sup> OFFENSE = EJECTION FROM GAME. 2<sup>ND</sup> OFFENSE SUSPENDED NEXT GAME.
- FIGHTING/ UNSPORTSMANLIKE CONDUCT (TEAM – IF ANY PLAYER LEAVES THE SIDELINE TO PARTICIPATE IN FIGHT ON FIELD = TEAM EJECTION.
- TAUNTING WILL BE AN UNSPORTSMANLIKE PENALTY BUT WILL NOT COUNT TOWARDS EJECTION.

#### PERSONAL FOUL PENALTIES

- OFFENSE = LOSS OF DOWN AND 5YD FROM ORIGINAL LINE OF SCRIMMAGE.
- DEFENSE = 1<sup>ST</sup> DOWN AND 5YD FROM ORIGINAL LINE OF SCRIMMAGE.