# Rules and Regulations
# Season XXII - 2026

**PUBLICATION DATE: JUNE 10, 2026**

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Louisiana YOUTH FOOTBALL

# Code Of Conduct

Louisiana Youth Football promotes good sportsmanship by student-athletes, coaches, and spectators. Fans will conduct themselves with good sportsmanship to reflect the high standards of honor and dignity that characterize Louisiana Youth Football. Anyone associated with an athletic program or event should reflect respect, fairness, civility, responsibility, and courtesy to others. Profanity, vulgar cheers, intimidating actions, intoxication, belligerent or abusive behavior will not be tolerated. Fans attending Louisiana Youth Football events are expected to stay off the playing field, including after the game, and will not throw objects onto the field.

Positive support of the players, coaches, officials is strongly encouraged. Louisiana Youth Football expects positive behavior exhibited towards each other at every event. Please treat others with courtesy and respect. It is your responsibility to cheer your team on. You do this by performing cheers that UPLIFT your team & fans, NOT BELITTLE the other team & fans.

Any violation of this Code Of Conduct subjects you to removal from the venue, by Law Enforcement Agents.

Thank you for your cooperation.

**CONTENTS**


1. Age Divisions ..... 1
2. Weight ..... 1
   2.1. Weight Restrictions for Skilled Positions ..... 1
   2.2. No Weight Limit for Offense or Defensive Lineman (X-Man Rule) ..... 1
3. Skilled Positions ..... 1
   3.1. Offense: ..... 1
   3.2. Defense: ..... 1
4. Division 'D League' ..... 2
   4.1. General Rules – D League ..... 2
      4.1.1. Positions - Eight (8) On-Field ..... 2
         4.1.1.1. Offense: ..... 2
         4.1.1.2. Defense: ..... 2
5. Playing Division Levels ..... 3
6. Coaches ..... 4
   6.1. Certification ..... 4
   6.2. Background Checks ..... 4
   6.3. Coaches' Meetings ..... 4
   6.4. First Aid Certification ..... 4
7. Practice Schedules ..... 4
   7.1. Pre-Season ..... 4
   7.2. Season ..... 4
8. Team Registration Process ..... 4
   8.1. Annual Online Registration & Selection Process ..... 4
   8.2. Head Coaches ..... 4
   8.3. New Teams ..... 5
   8.4. Football Fees ..... 5
      8.4.1. Per Player Fee System ..... 5
   8.5. Rosters (Min & Max) ..... 5
      8.5.1. REQUIRED DOCUMENTATION ..... 5
   8.6. Multi-Play Rule ..... 5
   8.7. Recruiting ..... 6
   8.8. Pre-Season ..... 6
   8.9. Team Booklets ..... 6
   8.10. During Season (Roster Changes) ..... 6
      8.10.1. Hardship ..... 6
   8.11. Game Day ..... 6
      8.11.1. Pre-Game & Halftime ..... 6
9. Season ..... 7
   9.1. Regular Season ..... 7
      9.1.1. FORFEITS ..... 8
      9.1.2. INELIGIBLE PARTICIPATION ..... 8
   9.2. Homecoming Weekend ..... 8
10. Game Times ..... 9
   10.1. Game Clocks ..... 9
   10.2. Time Between Plays ..... 9
   10.3. Time Outs ..... 9
11. Official Game Balls ..... 9
12. Scoring ..... 9
13. Punting ..... 10
14. Kickoff ..... 10
15. Blocking Rules (Interior Lineman Only) ..... 10
16. Center Protection ..... 10
17. Post Season *(Documented 2024)* ..... 11
   17.1. SEC - Championship Series ..... 11
      17.1.1. Championship Series: SEC ..... 11
      17.1.2. Championship Series Game Times ..... 11
   17.2. SWAC – Bowl Series ..... 11
      17.2.1. Bowl Series: SWAC ..... 11
      17.2.2. Bowl Series Games ..... 12
      17.2.3. Bowl Series Game Times ..... 12
18. Officials ..... 12
19. Protests & Appeals ..... 13
20. Uniforms ..... 13
21. Equipment Standards ..... 13
22. Bench Area ..... 14
23. Awards ..... 14
   23.1. Final Standings ..... 14
   23.2. Individual Academic Awards ..... 14
   23.3. The Director's Award For Academic Excellence ..... 14
   23.4. Team Academic Awards ..... 14
   23.5. Sportsmanship Awards ..... 14
24. Spectators and Fans ..... 14
25. Championship Game Day Admission ..... 15
26. Mandatory League Fundraisers ..... 15
27. Mandatory Study Hall ..... 15
28. Senior Class Showcase ..... 15
29. League Information ..... 16

EXCEPTIONS ..... 17
APPENDIX A – Age Group Eligibility Chart ..... 18
APPENDIX B – New Kickoff Diagram ..... 19
APPENDIX C – New D-League Field Diagram ..... 20

# LOUISIANA YOUTH FOOTBALL

## Rules & Regulations

The USA Football Rulebook and the National Federation of State High School Athletic Association football playing rules are the basic Louisiana Youth Football rules. Louisiana Youth Football modifies these rules to adjust to the ages, weights, and psychology of the student athletes participating in its' program. All rules and regulations will be enforced and governed by the Louisiana Youth Football & the Louisiana Youth Coaches Alliance.

These rules are designed to provide a framework for the proper administration of the Louisiana Youth Football program. Louisiana Youth Football reserves the right to apply these rules or to alter these rules in a particular situation as it determines to be in the best interest of the program as a whole and, most importantly, the student-athletes.

Modifications are as follows:

### 1. Age Divisions

| | |
|---|---|
| 'D League: 6-7 Freshmen' | (Ages 6-7) |
| 'A: 8-9 Sophomores' | (Ages 8-9) |
| 'AA: 10-11 Juniors' | (Ages 10-11) |
| 'AAA: 12-13 Seniors' | (Ages 12-13) |

### 2. Weight

#### 2.1. Weight Restrictions for Skilled Positions

| | | |
|---|---|---|
| 'D League' | (Ages 6-7) | UNLIMITED |
| 'A' | (Ages 8-9) | UNLIMITED |
| 'AA' | (Ages 10-11) | UNLIMITED |
| 'AAA' | (Ages 12-13) | UNLIMITED |

#### 2.2. No Weight Limit for Offense or Defensive Lineman (Former X-Man Rule)

All Players over the Max Offensive Skilled Position Weight will be marked as an X-man. X-Men will have a sticker denoting their distinction and this sticker must be shown at all times.

*Former X-Man Rules:*

An X-Man can only play the offensive positions of center, guard, or tackle. He can also act as kicker or punter as long as he abides by the punting and kicking rules outlined herein. He may not be in a position that would otherwise make him an eligible receiver. An X-Man can line up in the tight end position but is not an eligible receiver.

An X-Man can only play the defensive positions of guard, tackle, or ends and cannot advance the ball either by running or passing it. In the event that an X-man takes possession of the football (e.g. recovered fumble, intercepted pass, received kick, etc.) the ball is declared dead at the point.

### 3. Skilled Positions

#### 3.1. Offense:

- Quarterback
- Running Backs
- Wide Receivers
- Tight Ends

#### 3.2. Defense:

- Linebackers
- Defensive Backs

## 4. Division 'D League' (Amended 2026)

This Division is the developmental division for players' ages: 6 – 7 only. This Division is a readapted youth tackle football instructional and developmental playing method for the young player between the ages: 6 & 7. In order to receive a full experience and understanding of the game, every participant receives a wide range of training in a number of positions. **AMENDED 2026**: This Division will have an official game site clock/scoreboard. This Division will follow the same playing rules as the other LYF Divisions except for the modifications specified here. This Division will have an end of the year Bowl Game.

### 4.1. General Rules – D League

- For this age group, a regulation football field will be modified to accommodate the development level of the student-athletes. The boundaries will be marked off using orange cones and goal line markers.
- Games will be one (1) hour in length.
- The field dimensions will be modified. **(See Appendix C)**
- Five (5) yard penalties will be two (2) yards. Fifteen (15) yard penalties will be six (6) yards. Unnecessary roughness, unsportsmanlike conduct will be ten (10) yards. ALL penalties will be explained to both teams' players, for educational purposes.
- A team must have at least four (4) players on the line of scrimmage (including the center.)
- Two (2) coaches are allowed on the field during games for instructional purposes only.
- There will be no kickoffs. Offensive possessions will start at the 25-yard line after each half or after the changing of possessions of a score. A coin toss will decide the initial possession.

Game times are as follows:
*'D-League'  twenty (20) Minutes per Half (2 Halves per Game)*

- During the first (1st) half & second (2nd), the clock stops on the last two (2) minutes of each half (2-minute warning), first downs, incomplete passes, out of bounds, timeouts, and penalties. The clock will not start again until the ball is snapped.
- Coaches will be allowed two (2) timeouts per half.

#### 4.1.1. Positions - Eight (8) On-Field

##### 4.1.1.1. Offense:

- Quarterback
- Running Backs (2)
- Wide Receivers (2)
- Center (X-Man)
- Guards/Tackles (2)(X-Men)

##### 4.1.1.2. Defense:

- Tackles (2)(X-Men)
- Linebackers (3)
- Defensive Backs (3)

All rules included in this manual pertain to these divisions except where noted or explained as in this section.

## 5. Playing Level Division (if applicable)

Louisiana Youth Football is sub-divided into two (2) levels of play, SEC – Championship Series and SWAC – Bowl Series. This division has not been created to label teams as stronger or weaker. This division promotes a competitive and balanced playing environment. This division is used to create parity within the league only. This division allows larger & smaller organizations to be more equally matched during regular season play, but still allowing the excitement of the game for all participants. Both divisions will follow the same rules & regulations. The two divisions will differ only in two (2) areas: "Rosters (Min & Max)" and "Post Season". Availability of the two divisions is contingent on the number of official accepted teams in the age group. *See each section for detailed information.*

'*D League*', the developmental divisions for players' ages: 6-7, will not be included in this playing level division.

*Structure:*
SEC – Championship Series
A: 8-9 (Sophomores)
AA: 10-11 (Juniors)
AAA: 12-13 (Seniors)

SWAC – Bowl Series
A: 8-9 (Sophomores)
AA: 10-11 (Juniors)
AAA: 12-13 (Seniors)

At the start of each season, every team (New & Returning) that registers will automatically be categorized as a SEC or SWAC team. This process will be done through a review of each individual team. This review is done on a team basis and not an organization basis. Teams from the same organization may be in different playing level divisions. Any team that is reforming from the previous season must start the current season in the same Division that they finished the previous season. This means that if at least eleven (11) players are from the previous season's roster, then they are the same team from a classification standpoint.

The below criteria is only a guideline. The ultimate Division classification is the overall strength & roster size of the team.

*Sample Classification Criteria:*
SEC – Championship Series
- Participated in Championship Series the previous season
- Established organization
- Won the Bowl Series the previous season
- Large roster

SWAC – Bowl Series
- Forfeited game during previous season
- Second team in same age group from same organization
- New team to the league
- Claimed a hardship during the previous season
- Small roster

A team may only petition to be reclassified UP to the SEC level before Fan Day. A team cannot be reclassified down to the SWAC level. Once the season begins, all classifications are frozen for the season.

## 6. Coaches

### 6.1. Certification *(No Longer Mandatory as of 2020)*

All coaches are required to register and complete the league's online Coaches' Certification course through USA Football and receive a satisfactory grade every year. Coaches must repeat the Coaches' Certification course if an unsatisfactory grade is made.

### 6.2. Background Checks

All coaches are required to complete an online background check and criminal history reports to the greatest extent allowed by law through the National Child Safety Initiatives.

### 6.3. Coaches' Meetings

All coaches are required to attend the coaches' meetings prior to the beginning of & during the season. The objectives of the coaches' meeting are:

- Participate in general discussions outlining season calendar, rule changes & interpretation, location & times for games/practices, coaches' requirements, etc.
- Fill out coaches' contract and correct coaches' roster
- Meet other coaches

### 6.4. First Aid Certification

At least one (1) coach or administrator from every organization/team will be required to attend a First Aid Certification course and receive a satisfactory grade. Teams must maintain at least one (1) First Aid Certified staff member every year. The league will be offering certification classes before each season. If already certified, staff member must provide proof of certification before team clearance will be made.

Failure to provide proof of certified staff member will result in disqualification for the team to participate in Louisiana Youth Football activities until proper proof is provided.

## 7. Practice Schedules

### 7.1. Pre-Season

NO minicamp practices maybe held. The league does not sanction any minicamp practices. Insurance does not cover any teams (players) during any non-sanctioned events. Non-contact / no equipment full team practices may be held starting July 16th. The first (1st) official day for full team contact practices is July 30th, if the following condition is met. Teams must complete a two (2) week conditioning period before equipment or contact is allowed. No exceptions!!!

### 7.2. Season

Practices are held at the discretion of the coach during the season. No practice should last longer than two (2) hours. No practices shall be held during school hours.

## 8. Team Registration Process

### 8.1. Annual Online Registration & Selection Process

All teams are required to register online at LouisianaYouthFootball.com. Every team's age group must be registered separately. Upon completion of online registration, all teams will be reviewed by the LYF Advisory Committee for entry in the upcoming season.

### 8.2. Head Coaches

No Coach can be the Head Coach of more than one team. No Exceptions.

## 8.3. New Teams

All new teams entering the league will be on a two-year probationary period and are considered Probationary Members. Violations of Louisiana Youth Football rules during this probationary timeframe could result in dismissal from league. All new teams will be required to register & maintain a minimum roster of twenty (20) players, excluding D League teams. See **Rosters (Min & Max)** section for detailed roster requirements.

## 8.4. Football Fees

All Football fees cover the cost of medical insurance for each eligible player on the team's roster and the cost of Game Day Officials.

### 8.4.1. Per Player Fee System

Individual player fees will be forty dollars ($40).

## 8.5. Rosters (Min & Max)

For SEC Only: The minimum number of players needed to register a team will be twenty-two (22). The minimum number of players needed to participate will be fifteen (15). The maximum number of players allowed on a roster will be thirty-five (35).

For SWAC Only, when applicable: The minimum number of players needed to register a team will be twenty (20). The minimum number of players needed to participate will be thirteen (13). The maximum number of players allowed on a roster will be thirty (30).

For Division 'D League' Only: The minimum number of players needed to register a team will be twelve (12). The minimum number of players needed to participate will be eight (8). The maximum number of players allowed on a roster will be twenty-four (24).

### 8.5.1. REQUIRED DOCUMENTATION

The original and a photocopy of the players' Government-Issued ID and completed Release (Contract) must be submitted upon registration of the team. If a player is listed on the team's roster and original and a photocopy of the players' Government-Issued ID and completed Release (Contract) are not submitted, the player will be considered ineligible and not allowed to participate in any league activities. Upon submission of these documents on or before the league-established deadline, the player will be considered eligible and allowed to participate in any league activities.

## 8.6. Multi-Play Rule

**No** Player is allowed to participate with more than one (1) team within Louisiana Youth Football or outside of Louisiana Youth Football. Violation of this rule will result in immediate forfeiture of all games played. Violators will be subject to review for disciplinary actions, not excluding being banned from further participation in all Louisiana Youth Football activities.

Outside of Louisiana Youth Football - including and not limited to:

- Public & Private School teams/leagues
  - *Waived for Division AAA: 12-13 (Seniors) Only*
- Pop Warner teams/leagues
- American Youth Football (AYF) teams/leagues
- AAU teams/leagues
- Police Athletic (PAL) teams/leagues
- Religious Youth Organization teams/leagues
- Independent teams/leagues
- Parks & Recreation teams/leagues

Note: This is not the same as Inter-League play between two teams from different leagues.

## 8.7. Recruiting

Recruiting players from one team to another is strictly prohibited and offending individual(s) will be subject to review for disciplinary actions, not excluding being banned from further participation in all Louisiana Youth Football activities.

**No** individual(s) may engage in any conduct that is designed to run-off or discourage any player from participating in the league. Violators will be subject to review for disciplinary actions, not excluding being banned from further participation in all Louisiana Youth Football activities.

## 8.8. Pre-Season

Prior to the first game of the season, every team will be required to participate in a pre-season registration process. After all completed registration packets have been submitted. During this time, each team will present their roster forms and each player will be weighed and will have league pictures taken. Each team member (coaches and players) must physically appear. The information gathered about the players during this process will be used throughout the season. There will be no weigh-ins during the season, unless a player is changing his X-Man status or being added to a roster. That type of request must be made prior to the game day check-in time. The coaches will also be required to take a photo during this registration process. The coaches' photos will be used to create their league credentials (badges). These credentials (badges) MUST be worn at all times during league events. Coaches' access to certain areas will be limited during the season if credentials (badges) are not presented. There will be a five-dollar ($5) fee to replace lost, damaged, or stolen credentials (badges). Temporary credentials (badges) will be available on game day for a five-dollar ($5) rental fee until replacement credentials (badges) is acquired. These temporary credentials (badges) will only be available for previously registered coaches and must be turned in at the end of the renters' game. Limited two (2) temporary credentials (badges) per team.

## 8.9. Team Booklets

A league booklet will be created from all information gathered during the pre-season registration. This booklet will contain every registered team's team picture, team name, team contact information, and roster information. This booklet will be sent to all registered Louisiana Youth Coaches Alliance coaches. There will be a five dollar ($5) fee to replace lost, damaged, or stolen booklets.

## 8.10. During Season (Roster Changes)

Any roster changes (addition or deletion) must be made at least five (5) days before game day of eligibility. Absolutely, no roster addition or deletion changes will be made on game day. No longer will X-Man status changes will be allowed on game day. This request for X-Man status change must be made during game day check-in time to the Eligibility Official (Site Managers) and opposing coaching staff. A notice of any roster changes during the season will be sent to all coaches.

### 8.10.1. Hardship

If a team's roster falls below eighteen (18) players during a season after the official deadline to add a player, the team will be allowed to declare Hardship and add to their roster in order to return to eighteen (18) or above players. Hardship can be declared by a team only once in a season. The team must follow the normal procedure/rules for registering a player stated in these Rules & Regulations. Hardships may be declared only ONCE in a season and only during the regular season. A hardship team must be prepared to add ALL of their new players at time of declaration.

NOTE: Due to the flexibility of the SWAC roster regulations, no SWAC team will be allowed to declare Hardship.

## 8.11. Game Day

The minimum number of players needed to participate will be fifteen (15) for the SEC – Championship Series, thirteen (13) for the SWAC – Bowl Series, and twelve (12) for D League. This minimum means that these players must be fully equipped and prepared to participate. Injured players & disciplinary action players do not count in meeting this minimum requirement. NO EXCEPTIONS!!!

Each head coach will be required to check in, with the Eligibility Officials (Site Managers), at the start of the first (1st) quarter of the game before their scheduled game time. Each head coach & team will be required to check in, with the Eligibility Officials (Site Managers), at the end of the first (1st) quarter of the game before their scheduled game time. If the scheduled game is the first game of the day, each head coach & team will be required to check in, with the Eligibility Officials (Site Managers), at least 30 minutes before their scheduled game time. During check-in, each player's eligibility will be verified using the league booklet. At least two coaches from each team must be present at this time. Once the eligibility process is completed for each participating team, every eligible player will receive a wristband. The Eligibility Officials (Site Managers) will verify players' eligibility & X-Man status, and participating teams' coaches will be responsible for placing wristbands & X decals on the opposing teams' eligible players.

Each team will have their own distinct color and the colors will change for each team each game day. These wrist bands will signify to all officials that this player is eligible to participate in that day's game. These wristbands must be always worn for the player to participate in that day's scheduled game. Regardless of the reason, if a player does not have a wristband, wristband is not the color of his team or is a classified X-Man and does not have an X decal on their helmet, the player automatically becomes ineligible. X decals will be placed on the helmets once during initial check-in. No new X decals will be given to players after initial check-in. X decals must be worn, by eligible X-Men, at all times in order for the player to participate in that day's scheduled game. There will be a two-dollar ($2) fee to replace lost, damaged, or stolen X decals. Each team should have their team captains ready for the coin toss during the halftime of the game before their scheduled game time. If scheduled game is the first game of the day, each team should have their team captains ready for coin toss during check-in.

**ALL** Coaches will be required to check in with the Eligibility Officials (Site Managers) before their scheduled game time. The Eligibility Officials (Site Managers) will verify Coach's eligibility & will place a wrist band on each coach. The wristbands will be coordinated with the player eligibility wristbands.

**ALL** Head Coaches will be required to have a photocopy of their team's roster and each member of their team's Birth Certificate present during games.

**ANY** coach or player ejected from a game will be suspended for a minimum of the next game. The ejected individual must leave the field or risk forfeiture of the game.

### 8.11.1. Pre-Game & Halftime

- Prior to Game kickoff, the Head Game Referee and both head coaches must meet to review game operation procedures. No exceptions.

- During halftime, ALL teams must stay inside the stadium and on the field. Game officials will monitor all halftime team breaks. Teams may occupy their respective end zones but are not allowed to leave the sight of the Game Officials. Any unsportsmanlike conduct that may occur during halftime by a team will be penalized as if it occurred during game periods.

# 9. Season

## 9.1. Regular Season

The regular season shall consist of a minimum of eight (8) games and a maximum of twelve (12) games.

### 9.1.1. FORFEITS

Failure to play a scheduled game will result in forfeiture. In addition, failure to play a scheduled game will result in a league fine of one hundred dollars ($100). Team will be invoiced for forfeit fees. Payment of invoice must be completed before the team's next scheduled game. The offending team will be placed on probation for the remainder of the season. If the above rulings are not met by the next scheduled game, it will be considered the team's second (2nd) offense and all rulings that apply to a second (2nd) offense will be enforced. There are NO appeals on forfeiture rulings.

| | |
|---|---|
| First (1st) Offense: | Above Rulings |
| Second (2nd) Offense: | Above Rulings + Forfeiture of Remaining Season + One (1) Year Team Ban |

A team playing an ineligible player shall result in forfeiture of that game, suspension of the head coach, and may include the banning of the head coach & team from further participation in all Louisiana Youth Football activities for a time no less than two (2) years.

NOTE: No team on probation shall be eligible for participation in the Championship Series or Bowl Series.

### 9.1.2. INELIGIBLE PARTICIPATION

Any team found playing **ineligible football student-athlete** will be ruled in violation of our rules. The punishment will be swift and severe.

**Violators will be subject to the following:**

- **Student-Athlete removed immediately from all Louisiana Youth Football activities**
- **Team forfeits all games and remaining season**
- **Team fined $500**
- **Head Coach fined $250**
- **Head Coach suspended from all Louisiana Youth Sports Network activities for one (1) year**

**Possible additional disciplinary actions:**

- **Team banned from Louisiana Youth Sports Network activities for life**
- **Coach banned from Louisiana Youth Sports Network activities for life**
- **Organization banned from Louisiana Youth Sports Network activities for life**

## 9.2. Homecoming Weekend

Homecoming Weekend was created to further the mission of Louisiana Youth Football and promote "One Community In Unity". The events (games, halftime shows, decorations, tailgating, parade, fellowship) surrounding this weekend are designed to bring together current & former LYF student athletes, parents, friends, & sports fans. Through these events, we are providing a **safe-fun** environment where EVERYONE is playing & cheering for the same team, our Student Athletes. Homecoming Weekend is a Family Affair, the biggest Family Reunion and Tailgate of the Year.

## 10. Game Times

### 10.1. Game Clocks (Amended 2026)

Game times are as follows:

| | |
|---|---|
| *'D-League'* | *twenty (20) Minutes per Half (2 Halves per Game)* |
| *'A'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |
| *'AA'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |
| *'AAA'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |

During the first (1st) quarter, second (2nd), third (3rd), & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning), first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped.

Games will not end in a tie during regulation time. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. Regular Season Only: After 1st extra period, the games will be decided by sudden death. A flip of a coin will decide who gets the ball in this sudden-death period. The first team to score will win the contest in this 2nd extra period. If the offensive team does not score in this 2nd extra period, the game will then be considered a tie. **If a team gains a 24-point lead, the clock will revert to first (1st) quarter operations procedures.*

### 10.2. Time Between Plays

Once the ball is marked ready for play, the offensive team has a maximum of twenty-five (25) seconds to snap the ball.

NOTE: Failure to snap the ball within the allotted time will result in a delay of game penalty and will be penalized accordingly. Two (2) consecutive delay of game penalties will be penalized as a normal delay of game penalty with the addition of the loss of a down.

### 10.3. Time Outs

Each team will have 3 time outs per half; in the case of overtime, each team will be awarded 1 additional timeout. Timeouts will not carry over if not used.

## 11. Official Game Balls

| | | |
|---|---|---|
| 'D League' | (Ages 6-7) | Wilson K2 or equivalent size |
| 'A' | (Ages 8-9) | Wilson K2 or equivalent size |
| 'AA' | (Ages 10-11) | Wilson K2 or equivalent size |
| 'AAA' | (Ages 12-13) | Wilson TDJ or equivalent size |

Only leather grain balls shall be used. No rubber or synthetic balls shall be used.

## 12. Scoring

A Touchdown is worth 6 points, extra point (run or pass = 1 point) and, kick = **2 points**
All age groups are eligible to kick field goals and extra points after touchdowns. All field goals and extra points are uncontested. All defensive players will be eligible to hold hands up and jump vertically unassisted. If the snap is fumbled and causes the holder or kicker to move from their original spot, the ball will be declared dead. The ball will then be placed at the spot where the holder was originally located, and possession will then be given to the opposing team.

For ALL Divisions: All field goals are worth **4 points**. Any field goals beyond 40 yards will be equal to **5 points**.

For Division 'AAA' Only: ALL field goals and extra points are contested. The center protection rule is in effect during these scoring attempts.

## 13. Punting

A team cannot rush the punter. If they do, they will be given a five (5) yard penalty with a replay of the down. The punting team must stay in position until the ball is punted. All defensive players will be eligible to hold hands up and jump vertically unassisted. If the snap is fumbled and causes the punter to move from their original spot, the ball will be declared dead. The ball will then be placed at the spot where the punter was originally located and possession will then be given to the opposing team.

For Division 'D League' Only: Not Applicable.

For Division 'A' Only: Offensive teams, in possession of the football, will be allowed to declare a punt, instead of physically punting. Upon this declaration, the official will mark off twenty-five (25) yards. If the ball is located on the defensive team's forty-five (45) yard line or less, the football will be placed on the defensive team's twenty (20) yard line. After the yards have been marked off, the possession of the football will then be given to the defensive team. During this mark off timeframe, the clock will run in a normal play capacity.

For Division 'AA' Only: An actual punt would follow the same protection rules as a field goal attempt for this age group. The center protection rule is in effect during these punting attempts. Ball becomes live once touched by receiving team. Kicking/Defensive team may then pursue the ball.

For Division 'AAA' Only: ALL punts are contested. The center protection rule is in effect during these punting attempts.

NOTE: All declared punts will include an automatic twenty-five (25) seconds runoff of the game clock.

## 14. Kickoff

See APPENDIX B - Modifications to traditional kickoff rules.

## 15. Blocking Rules (Interior Lineman Only)

Crack back blocking is allowed, but the blocker must block above the waist and blockers head must be in front of the defender. There will be no blocking ("chop blocking") below the waist at any time. See USA Football Rule Book: Rule 7 - Contact for specific detail on this subject and rule.

## 16. Center Protection

All age levels will have the **center protected** on declared shotgun, punts, field goals, and extra points. Rushing will NOT be allowed in gaps on either side of center or in front of center at all times, except in the 'AAA' Division. Rushing the center and all gaps will be allowed in the 'AAA' Division, except during *shotgun*, field goal/extra point attempts, and punts. VIOLATIONS **will be given a fifteen (15) yard penalty with an automatic first down. With extra points only receiving half the distance to the goal.**

**EXCEPTION:**

*If gaps are created by the offensive team that are more than a foot length apart (or traditional gap spacing) in order to create an unfair advantage, the defensive team will be allowed to line up in these untraditional gaps.*

The quarterback-center exchange may be direct, pistol or shotgun. Quarterback sneaks are prohibited in all situations because the defense is not allowed to have players aligned over the center or in the center-guard A gap. The player who receives the snap may not directly run with the ball through 0, 1, or 2 offensive holes.

# 17. Post Season

## 17.1. SEC - Championship Series

### 17.1.1. Championship Series: SEC

A playoff system and a championship game, for each division, will be incorporated into the regular season schedule and will be considered as post season. The top four (4) teams of each division will advance to the playoff system (see ***** below). First (1st) place will play fourth (4th) place and second (2nd) place will play third (3rd) place. The two (2) teams in the championship games will be decided based on the results of the playoff games. The champion of each division will be decided based on the winner of their championship game. The loser of the championship game will be in second (2nd) place. This is a sample format and may vary depending on levels of competition.

***** - At the end of the regular season, the teams that qualify for the playoffs in each division (based on won-loss records) will advance to the playoffs. In the event of identical standings/records, the selection of qualifying teams will be based upon:

* - Similar to the College Football Playoffs, the National Prep Power Rankings was adopted as the standard for seeding the Championship Series brackets. The highest level is sought in the seeding of the brackets. Then the following Tie Breaker Criteria:

i. Head-to-Head competition
ii. Average points allowed per game not to include forfeits
iii. Coin flip

### 17.1.2. Championship Series Game Times

*Scheduled times are as follows:*

*First (1st) Round - one (1) hour and thirty (30) minutes*
*Second (2nd) Round - one (1) hour and forty five (45) minutes*
*Championship Games - two (2) hours*

*Game times are as follows:*

| | |
|---|---|
| *'A'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |
| *'AA'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |
| *'AAA'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |

During the first (1st), second (2nd), third (3rd), & fourth (4th) quarters, the clock stops on first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped. During the second (2nd) & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning).

Games will not end in a tie. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. After 1st extra period, the games will be decided by sudden death. First team to score will win the contest in this 2nd extra period. The defensive team will get an opportunity on offense in the 2nd extra period if the first offensive team does not score. If no scores by the end of the 2nd extra period, the games will then be decided by an additional sudden death period. These sudden death extra period competitions will continue until a winner is decided.

## 17.2. SWAC – Bowl Series (if applicable)

### 17.2.1. Bowl Series: SWAC

A bowl championship game, for each age division, will be incorporated into the regular season schedule and will be considered as post season. The top two (2) teams of each division will advance to the bowl championship (see ***** below). The champion of each division will be decided based on the winner of their bowl championship bowl game.

***** - At the end of the regular season, the teams that qualify for the bowl in each division will be based on won-loss records. In the event of identical standings/records, the selection of qualifying teams will be based upon:

i. Head to Head competition
ii. Average points allowed per game not to include forfeits
iii. Coin flip

### 17.2.2. Bowl Series Games

| | |
|---|---|
| D-League: 6-7 | **That's My Baby Bowl** |
| A: 8-9 | **Cypress Bowl** |
| AA: 10-11 | **Pelican Bowl** |
| AAA: 12-13 | **Magnolia Bowl** |

### 17.2.3. Bowl Series Game Times

*Scheduled times are as follows:*

*Bowl Championship Games - two (2) hours*

*Game times are as follows:*

| | |
|---|---|
| *'A'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |
| *'AA'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |
| *'AAA'* | *seven (7) Minutes per Quarter (4 Quarters per Game)* |

During the first (1st), second (2nd), third (3rd), & fourth (4th) quarters, the clock stops on first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped. During the second (2nd) & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning).

Games will not end in a tie. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. After 1st extra period, the games will be decided by sudden death. First team to score will win the contest in this 2nd extra period. The defensive team will get an opportunity on offense in the 2nd extra period if the first offensive team does not score.

If no scores by the end of the 2nd extra period, the games will then be decided by an additional sudden death period. These sudden death extra period competitions will continue until a winner is decided.

## 18. Officials

Each site will have the following officials present for all games:

- Four (4) Field Officials (A minimum of one (1) LHSAA registered official – Head Official)
- One (1) Clock Official
- One (1) Eligibility Official (Site Manager)
- One (1) Statistician
- One (1) Spotter

A game will not be sanctioned as a Louisiana Youth Football game or start unless the minimum of three (3) Field Officials (one (1) must be LHSAA registered – Head Official) and one (1) Clock Official or one (1) Eligibility Official (Site Manager) is present. Any game not meeting the minimum Officiating requirement will be rescheduled later.

All officials will be registered and governed by the Louisiana Youth Football and Louisiana Youth Sports Officials organizations.

Chain Crews are considered official members of the Field Officiating crew. Chain crews will be provided for each game. The Chain Crew shall consist of three (3) Adults only. Members of the Chain Crew are not allowed to cheer or coach while performing this duty.

A game will not be sanctioned as a Louisiana Youth Football game or start unless the minimum of one (1) Field Officials and one (1) Clock Official, or one (1) Eligibility Official (Site Manager) is present. Any game not meeting the minimum Officiating requirement will be rescheduled later.

## 19. Protests & Appeals

Tact, Firmness, & Diplomacy should be your bywords when you have any problems or disputes.

All protests must be made *Before Game Starts, At the End of Each Quarter, During Halftime, or After Game Ends*. Protests can be made on eligibility only; no protests can be made on calls and no protest on weight/X-Man status can be made during or after the game. X-Man status protest must be made before the game during check in. These protests must be made to the game officials on duty. The officials on duty will then investigate the protest before the start of the next quarter or game. If the protest can be validated before the start of the next quarter or game, the appropriate actions will be taken and enforced from that point forward. If the protest cannot be validated before the start of the next quarter or game, no actions will be taken until further investigations are possible. Once the required investigations have occurred, the appropriate actions will be taken and enforced from that point forward. No actions will be retro. All protests will be forwarded to the Louisiana Youth Sports Network Sports & Rules Committee for official reviewing and documenting. All on field rulings are FINAL, unless overturned by the Louisiana Youth Sports Network Sports & Rules Committee.

This can only be done by an appeal to the Louisiana Youth Sports Network Sports & Rules Committee originated by the protesting team. There will be a fifty dollar ($50) filing fee, referred to as an *Appeal Fee*.

Disputes should not be arbitrated in the presence of our players & parents. Coaches that fail to abide by this process may be suspended without further notice.

Reports of violations must be submitted with audio, photo, or video evidence. LYF will not accept hearsay complaints regarding any matter. Concrete evidence must be provided on all complaints against a team, coach, or official. It has been proven in the past that there is no proving hearsay evidence. AUDIO, PHOTO, or VIDEO evidence is required.

## 20. Uniforms

All Players must be uniformed the same with non-duplicate numbers, preferably Offensive & Defensive Lineman be numbered 50 and above.

## 21. Equipment Standards

- Players:
  - Helmet
    - Face Mask
    - Mouth Guards
    - Chin Strap
  - Shoulder Pads
  - Pants Pads
  - Cleats

## 22. Bench Area

The Bench Area is reserved for participating players and team coaches (not to exceed seven (7) football coaches per team). Credentials (badges) will be distributed at the team registration time, prior to beginning of season. Only four (4) coaches in the coaching box (25 yard line to 25 yard line).

For Division 'D League': During the entire season, two (2) coaches per team will be allowed on the field ten (10) yards behind their respective teams to help teams call plays. On Offense: the Head Coach & the Offensive Coordinator. On Defense: the Head Coach & the Defensive Coordinator. Only one (1) coach will be allowed in the huddle during any series of plays.

For Division 'A': During the first three games of the season, two (2) coaches per team will be allowed on the field ten (10) yards behind their respective teams to help teams call plays. On Offense: the Head Coach & the Offensive Coordinator. On Defense: the Head Coach & the Defensive Coordinator. Only one (1) coach will be allowed in the huddle during any series of plays.

All sideline personnel (coaches, water boy, and team dad/mom) must have badges to enter sideline area. Security will be manned at each entrance to the field to verify credentials.

## 23. Awards

***(ALL AWARDS ARE EVENT PARTICIPATION AWARDS ONLY. MUST BE PRESENT TO RECEIVE.)***

### 23.1. Final Standings

First (1st) and Second (2nd) Place team trophies will be awarded at an end of the season ceremony following the championship games. First (1st) and Second (2nd) Place individual trophies will be awarded at the same ceremony.

### 23.2. Individual Academic Awards

Any student athlete who maintains a 3.0 or better GPA during the season will be named to the Louisiana Academy All State Academic Team for each division. These student athletes will be nominated by their coach for consideration. An official report card or progress report must accompany the nomination. These All State Academic Teams will be recognized during halftime of the Championship Games.

### 23.3. Team Academic Awards

*The Scholastic Dream Team Award*, a team academic award, will be given to the team with the highest overall GPA. ALL student athletes' official report card or progress report must be submitted to LYF administration by designated deadline. If an official report card or progress report for a student athlete who is officially on a teams' roster is not submitted, that student athlete's GPA will be considered "0.00" in the calculation of the team's overall GPA. *The Scholastic Dream Team Award* Teams will be recognized during halftime of the Championship Games.

### 23.4. Sportsmanship Awards

*The Hats Off Sportsmanship Award* will be a sportsmanship award given by the officials and league administrators to teams who have displayed the most sportsmanship throughout the season. This sportsmanship award will include the sportsmanship of the fans, coaches, & ultimately the players. *The Hats Off Sportsmanship Award* Teams will be recognized during halftime of the Championship Games.

## 24. Spectators and Fans

All fans and spectators are there to enjoy the games and govern themselves accordingly. Unruly behavior will be dealt with swiftly and immediately. If any individual continually refuses to abide by these rules, the individual will be removed from the premises by game officials or law enforcement agents. The goal of the games is to promote a safe and wholesome environment for the kids. Each head coach or team representative is ultimately responsible for his fans' conduct and behavior. Unless a player is hurt, parents and other supporters should remain in the stands. Only the head coach may question an official.

Each head coach should briefly describe rules of play that are unique to Louisiana Youth Football and their teams with their spectators & fans.

## 25. Championship & Bowl Game Day Admission

All spectators and fans will be charged a three-dollar ($3) admission fee for the Championship games. These fees will be used to offset league expenses and activities.

## 26. Mandatory League Fundraisers

All teams will be required to participate in a mandatory league fundraiser in support of the league expenses. These fees will be used to offset league expenses and activities.

## 27. Mandatory Study Hall

All teams will be required to participate in a mandatory study hall for their student athletes. One (1) practice day of the week should be set as the team's study hall day. The teams' chosen day will be communicated to the league and the league will make every effort to assist in this mandate. On this team designated day, the team should require ALL student athletes to attend the team organized tutoring session.

## 28. Senior Class Showcase

The Heart Of A Lion Classic is Louisiana Youth Football's version of a college Senior Bowl. The game matches the East versus West. The teams representing each conference consist of players from the AAA: 12-13 Division, who have played their last year with our league (i.e. made/making 13 in this calendar year). This is our opportunity to showcase the talent that our league is sending to the high school ranks.

Players & Coaches:
Each team in the AAA: 12-13 Division is required to nominate a maximum of six (6) graduating players from their team to participate in this classic event. Each team in the AAA: 12-13 Division is also required to nominate a maximum of one (1) coach from their team to participate in this classic event. The head coach of the team that wins the regular season conference title is designated the head coach, unless designated by the Louisiana Youth Football Director. Players & Coaches names are submitted via email to Louisiana Youth Football no later than November 27th.

The teams will wear jerseys, pants, & socks provided by Louisiana Youth Football. The teams will wear their own team's helmets to represent where they came from.

Senior Social:
The Senior Social will be a social event designed to allow the Graduating Student-Athletes, Coaches, and Parents to socialize & network in a different environment.

Graduation Dinner:
The Graduation Dinner will be a formal dinner designed to mentor the Graduating Student-Athletes in a different environment. The Dinner will be used to educate them on additional Life Skills & Challenges through guest speakers and hands on applications. All participants will be required to wear Sport Coat, button-down shirt, tie, dress slacks and shoes. No tennis shoes or school uniforms allowed.

Coaches' Breakfast:
For Coaches only.

We Worship:
We Worship will be a spiritual event designed for the Graduating Student-Athletes, Coaches, and Parents to fellowship as one body. All participants will be required to wear Sport Coat, button-down shirt, tie, dress slacks and shoes. No tennis shoes or school uniforms allowed.

Admission (This is a CHARITY Event):
There will be an admission fee to enter the game. Fee will be: one ($1) dollar or one (1) can good. ALL proceeds will go towards making a better holiday season for the needy in our community. Recipient agency is the Greater Baton Rouge Food Bank.

## 29. League Information

All league information will be disseminated through the league's website:
www.LouisianaYouthFootball.com,
via emails from:
Info@LouisianaYouthFootball.com,

and Social Media:
Facebook.com/LouisianaYouthSportsNetwork
Twitter.com/LAYouthSports
Instagram.com/LAYouthSportsNetwork
YouTube.com/LouisianaYouthSportsNetwork

League Telephone Number: 225-308-1147
League Telephone Number: 888-774-3668
League Facsimile Number: 225-302-8607

***All teams will be required to have access to the website and a valid (active) email account.***

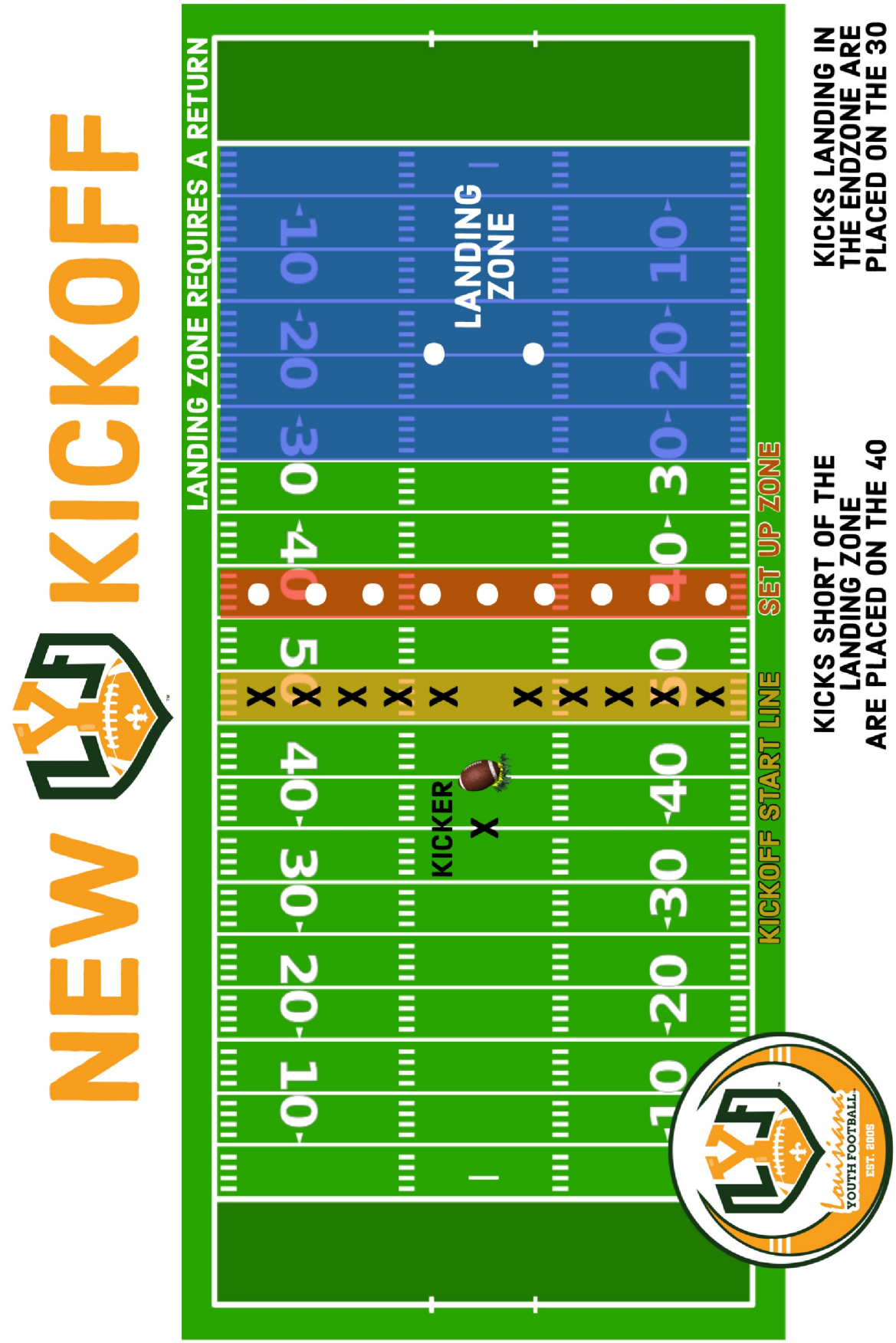
## EXCEPTIONS

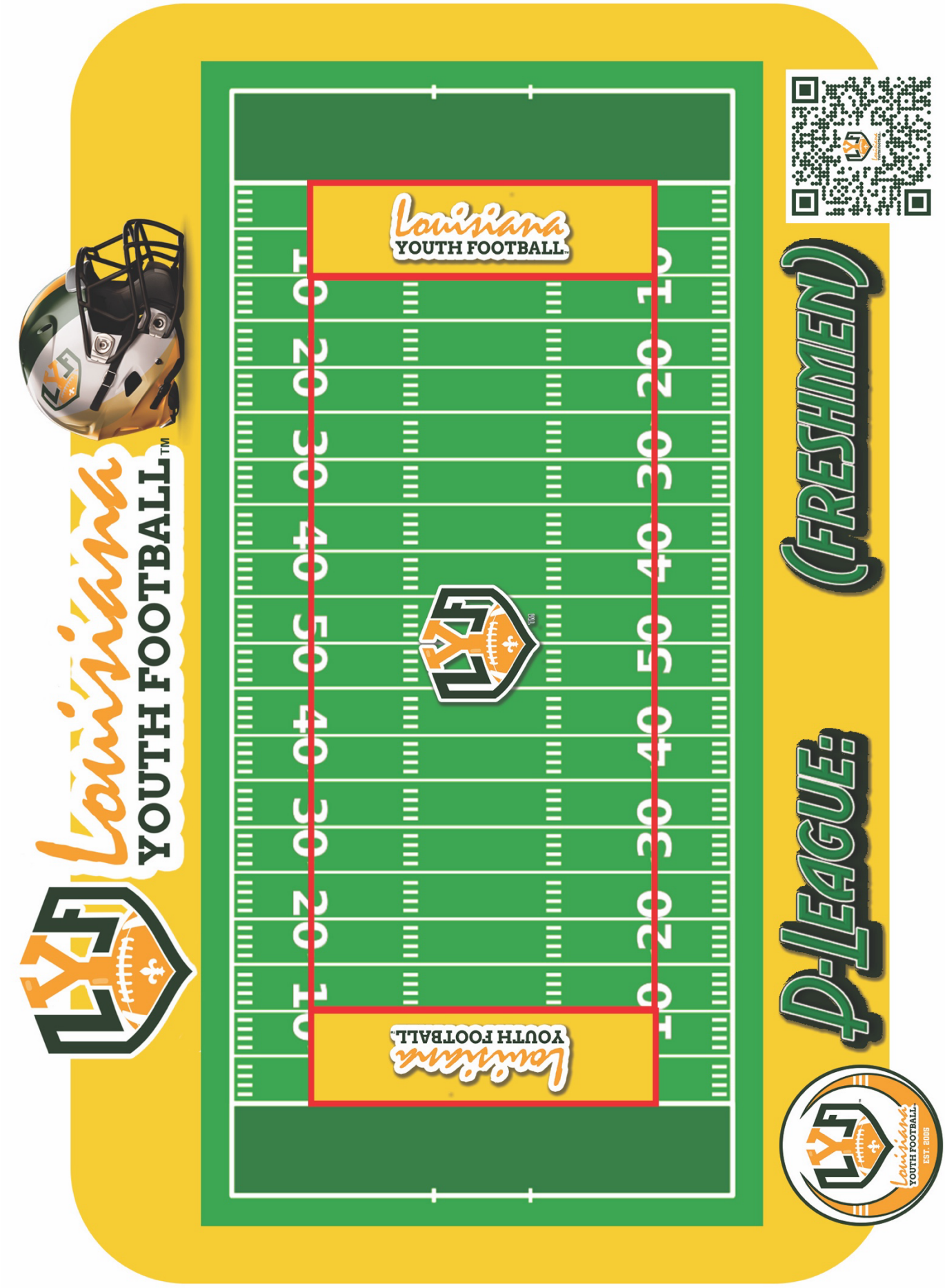
These rules, hopefully, are designed for the general attitudes that prevail with Louisiana Youth Football. However, exceptions do arise that must be addressed. If, during the course of the season, the need arises for rule modifications that are beneficial to the league in general and/or the safety of its participants, Louisiana Youth Football shall document the proposed changes in writing and submit them to the head coaches and officials.

# LOUISIANA YOUTH FOOTBALL

## 2026 Age Group Eligibility Chart

| Division | Birthday Range | | |
|---|---|---|---|
| AAA: 12-13 | January 1, 2013 | to | December 31, 2013 |
| (Seniors) | January 1, 2014 | to | December 31, 2014 |
| AA: 10-11 | January 1, 2015 | to | December 31, 2015 |
| (Juniors) | January 1, 2016 | to | December 31, 2016 |
| A: 8-9 | January 1, 2017 | to | December 31, 2017 |
| (Sophomores) | January 1, 2018 | to | December 31, 2018 |
| D-League: 6-7 | January 1, 2019 | to | December 31, 2019 |
| (Freshmen) | January 1, 2020 | to | December 31, 2020 |


NEW KICKOFF
LANDING ZONE REQUIRES A RETURN
LANDING ZONE
KICKER
KICKOFF START LINE
SET UP ZONE
KICKS LANDING IN THE ENDZONE ARE PLACED ON THE 30
KICKS SHORT OF THE LANDING ZONE ARE PLACED ON THE 40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# LOUISIANA YOUTH FOOTBALL

## Rules & Regulations

## ADDENDUM – Season XXII – 2026

### Division 'D League: 6-7 Freshmen' Playing Rules

This document is an **Addendum** to the Louisiana Youth Football Rules & Regulations, Season XXII – 2026 (Publication Date: June 10, 2026). It was **adopted by Louisiana Youth Football this season (2026)** and is hereby made a part of the rulebook. It changes the format in which Division 'D League: 6-7 Freshmen' plays.

The playing rules set out below govern Division 'D League'. These new rules SUPERSEDE any older, conflicting 'D League' rules found in the current rulebook, including Section 4 (Division 'D League'), Section 4.1 (General Rules – D League), and the 'D-League' provisions of Section 10 (Game Times) and Section 13 (Punting). Where this Addendum is silent, the playing rules of Division 'A: 8-9 Sophomores' apply.

All rules and regulations will be enforced and governed by Louisiana Youth Football & the Louisiana Youth Coaches Alliance.

Modifications are as follows:

## 4. Division 'D League' (Amended 2026 – Addendum)

This Division is the developmental division for players' ages: 6 – 7 only. This Division is a readapted youth tackle football instructional and developmental playing method for the young player between the ages: 6 & 7. In order to receive a full experience and understanding of the game, every participant receives a wide range of training in a number of positions. This Division will follow the same playing rules as Division 'A' except for the modifications specified here. This Division will have an end of the year Bowl Game.

### 4.1. Format of Play – Eight (8) on Eight (8)

Division 'D League' is eight (8) on eight (8) man football. The eight (8) on eight (8) format is the governing format for this Division.

#### 4.1.1. Optional Eleven (11) on Eleven (11)

- Two (2) teams may elect to play eleven (11) on eleven (11) man football. This option is allowed but is NOT mandatory.
- This decision can only be made at game time, during the coin toss.
- BOTH teams must agree. If both teams do not agree to eleven (11) on eleven (11) man football, the Division's eight (8) on eight (8) format is the governing format.
- There is no penalty to a team that does not want to play eleven (11) on eleven (11) man football.
- The playing format chosen at the start of a game is locked in for the ENTIRE game and may not be changed once the game begins.

### 4.2. Positions – Eight (8) On-Field

#### 4.2.1. Offense:

- Quarterback
- Running Backs (2)

- Wide Receivers (2)
- Center (X-Man)
- Guards/Tackles (2)(X-Men)

#### 4.2.2. Defense:

- Tackles (2)(X-Men)
- Linebackers (3)
- Defensive Backs (3)

### 4.3. Field Dimensions (See Appendix C)

For this age group, a regulation football field will be modified to accommodate the development level of the student-athletes. The boundaries will be marked off using orange cones and goal line markers.

- **Length:** The playing field is eighty (80) yards from goal line to goal line.
- **Sidelines:** The sidelines are located at the numbers of a regulation field.
- **End Zones:** On each end, the end zone runs from the ten (10) yard line to the goal line of a regulation field.
- **Yard Lines:** Unless otherwise stated, all yard lines referenced in this Addendum are the yard lines as marked on the regulation field.

### 4.4. Game Clock (Amended 2026)

Game times are as follows:

*'D-League'* *twenty (20) Minutes per Half (2 Halves per Game)*

- Each half is played with running time.
- There will be a hydration break at the ten (10) minute mark and at the two (2) minutes remaining mark of each half.
- The clock will ONLY stop for time outs and hydration breaks. The clock will not stop for first downs, incomplete passes, out of bounds, penalties, or scores.
- The two (2) minute warning procedures of Section 10.1 do not apply to this Division.

#### 4.4.1. No Overtime

- There is NO overtime in Division 'D League'. Games may end in a tie.
- The overtime (extra period) procedures of Section 10.1 do not apply to this Division.

### 4.5. Time Outs

Each team will have two (2) time outs per half. Time outs will not carry over if not used.

### 4.6. Coin Toss, No Kickoffs & Start of Possessions

- There will be NO kickoffs in this Division. Section 14 and Appendix B do not apply.
- A flip of a coin will decide which team gets the ball first.
- To start the game, the ball will be placed at the receiving team's thirty-five (35) yard line for the coin toss winner.
- The team that loses the opening coin toss will get the ball to start the second (2nd) half, at its own thirty-five (35) yard line.
- After each score, the ball will be placed at the receiving team's thirty-five (35) yard line.
- The thirty-five (35) yard line is measured from the **traditional (regulation) goal line**, as marked on the regulation field.

## 4.7. Downs

Each team will have the normal four (4) downs to gain ten (10) yards for a first down.

## 4.8. Punting – Declared Punt (Amended 2026)

Like Divisions 'A' and 'AA', offensive teams in possession of the football may declare a punt on fourth (4th) down, instead of physically punting.

- Upon this declaration, the official will mark off twenty-five (25) yards.
- No punt will be marked off beyond the defensive team's twenty (20) yard line. If the twenty-five (25) yard mark off would carry the ball beyond the twenty (20) yard line, the football will be placed on the defensive team's twenty (20) yard line.
- After the yards have been marked off, possession of the football will then be given to the defensive team.
- The game clock continues to run during the mark off (see Section 4.4).

## 4.9. Penalties (Amended 2026)

- ALL penalties will be five (5) yards.
- EXCEPT personal fouls and unsportsmanlike conduct penalties, which will be ten (10) yards.
- Center protection violations (Section 16) will be five (5) yards. The fifteen (15) yard penalty and automatic first down of Section 16 do not apply to this Division.
- ALL penalties will be explained to both teams' players, for educational purposes.

## 4.10. Coaches on the Field

- Each team will be allowed two (2) coaches on the field.
- Each on-field coach must remain ten (10) yards behind their team's furthest player at all times.
- All other provisions of Section 22 (Bench Area) for Division 'D League' remain in effect.

## 4.11. Playing Rules

All other playing rules will be the same as Division 'A: 8-9 Sophomores', including, but not limited to, Section 12 (Scoring), Section 15 (Blocking Rules), and Section 16 (Center Protection).

## 4.12. Scoring & Statistics

- The score for each game will be kept.
- NO statistics will be kept for this age group.

## 4.13. Rulebook Sections Affected

For Division 'D League' only, the following sections of the Season XXII – 2026 Rules & Regulations are affected by this Addendum:

| Section | Subject | Effect on Division 'D League' |
|---|---|---|
| 4 / 4.1 | Division 'D League' – General Rules | Replaced in full by this Addendum. |
| 10.1 | Game Clocks & Overtime | Replaced by Section 4.4 of this Addendum (running time; no 2-minute warning; no overtime – games may end in a tie). |
| 10.3 | Time Outs | Two (2) time outs per half (Section 4.5). |
| 13 | Punting ("D League: Not Applicable") | Replaced by Section 4.8 of this Addendum (declared punt). |

## ADDENDUM

| Section | Subject | Effect on Division 'D League' |
|---|---|---|
| 14 / App. B | Kickoff | Does not apply. There are no kickoffs in this Division. |
| 16 | Center Protection | Applies as written for Division 'A', EXCEPT violations are five (5) yards with no automatic first down (Section 4.9). |
| 22 | Bench Area | Two (2) on-field coaches, governed by Section 4.10 of this Addendum. |
| App. C | D-League Field Diagram | Governs field dimensions (Section 4.3). |

All rules included in this manual pertain to this Division except where noted or explained as in this Addendum.

## ADOPTION

This Addendum was adopted by Louisiana Youth Football for Season XXII – 2026 and shall be attached to, and read as part of, the Louisiana Youth Football Rules & Regulations for Season XXII – 2026. These rules supersede any older, conflicting 'D League' rules found in the current rulebook. In the event of a conflict between this Addendum and the rulebook, this Addendum governs for Division 'D League: 6-7 Freshmen'.

_____ _____

Louisiana Youth Football Director Date