

Bulldogs Indoor Youth Football League

2023—2024 season

The mission of this league is to create a fun, team first opportunity for athletes to continue playing football after their regular season is done. Teams are to take a learning first approach when working with kids and in games. The Bulldogs Indoor Youth Football League (BIYF) is designed to help coaches and players continue their development.

THE FIELD -

The Hampshire Dome in Milford NH

Full Field measures 103 yards by 60 yards. It is Divided into three Fields

Secondary field TBD

PARTICIPANTS

* No participant is allowed to be rostered on more than one team.
* Roster change can only occur with league official approval.
* Any team caught using a non rostered player will be fined $40.00 for each offense and will have all games that player had played forfeited.
* In the event that a team does not have enough players to legally play the game (11 players are required) they will have to forfeit the game, at the discretion of the board.
* No chewing gum, tobacco, food, sports drinks or candy on field at any time. Water only !
* A player with a bleeding injury must be substituted immediately

EQUIPMENT Full contact football gear, as required by the High School Federation. The official football used is a K-2 for 10u; TDJ is used for 12u and TDY is used for 14u. All players must wear an athletic supporter with cup, and a mouthpiece to be eligible to play. Foot gear: Sneakers, turf shoes, and rubber cleats are acceptable, but you should check out the corresponding facility, at which you’ll be playing, before making a determination. Face shields may be worn but only clear zero tint visors, unless prescribed by a doctor. Eye black and face paint is allowed as long as it’s not deemed inappropriate or offensive.

AGE RESTRICTIONS

Minimum league age requirement must me 9 years old by Aug. 1st of the year of play.

 -10u teams – no player may turn 11 years old prior to Aug 1st ,2023.

-12u teams – no player may turn 13 years old prior to Aug. 1st ,2023.

-14u teams – no player may turn 15 years old prior to March 10th , 2024.

Any player that wants to play up must be reviewed and approved by the board. No team shall have more than 3 players per division playing up on their rostered team. .This also applies to the min age requirement of 10U.

 All teams must submit rosters prior to Jan. 1st and maintain 2 binders- 1 binder to be turned in at the beginning of the season to the League the other must be present during all games and can be called upon to verify players eligibility. Under the rules, players can play up, although Bulldog Indoor Football League discourages this as children should be with other children their own ages. Playing up will be at the discretion of the head coach and the board.

WEIGHT RESTRICTIONS UNRESTRICTED WEIGHTS IN ALL DIVISIONS

PLAYERS AND FORMATIONS Please note that the purpose and intention of the league rules are to allow for fair play and increase the athlete’s understanding of the game. All High School rules are in effect according to the National Federation rulebook with the following exceptions: The BIFL applies to indoor football as detailed in the following sections. Bulldogs Indoor Youth Football ( BIYF) reserves the right to modify, add or remove rules as they deem fit for the improvement or safety of the League.

Starting of the Game

* Teams must have a minimum of 8 players available to start a game. All 8 players must be able to actively participate for the duration of the game.
* Normal coin toss will be in effect with the receiving team obtaining the ball on their own 8 ( approximate ) yard line. Ball is always spotted in the middle of the field regardless of where the tackle occurs after each play.

Coaching

* A maximum of Three (3) coaches are permitted on the sidelines as well as 1 additional rostered adult whose responsibility is sideline supervisor, this person is responsible to assure the safety of the sideline. An additional photographer per team will be allowed on the sideline as well.
* Coaches must be identified on the team roster and no substitutes are allowed.
* No coaches are permitted on the field unless a timeout is called. Coaches must remain inside of the 8 yard lines of the field.
* One (1) coach is permitted on the field for 10U teams.

Offense

* The offensive team shall consist of eight (8) players on the field. 4 on the line of scrimmage and 4 behind the line of scrimmage.
* Three down line offensive players must be on the line of scrimmage within the “box” (free blocking zone and no more than 3 ft split) . These players are ineligible and must contain a center and a down lineman on each side of the center.
* In addition to the 3 linemen above, there must be a 4th eligible receiver on the line. This player can be split or tight.
* All basic football rules apply to eligible receivers and covered ends.
* Only one player in motion pre-snap
* There is no forward offensive motion prior to snap.
* All leagues use High School Federation Rules and accordingly the backfields are not subject to restriction concerning formation or motion other than the limitations imposed by H.S. Federation rules.
* All backs are eligible receivers.

DEFENSE

* The defensive team shall consist of eight (8) players on the field.
* At the snap, only 4 defenders can rush. All rushing defenders must rush within the box. When rushing the outside a rushing defender must make contact with the outer most player lined up on the line of scrimmage within the box. (see attachment for clarification)
* The box is defined as 3 ft from the outside foot of each guard.
* DE’s inside shoulder must not be lined up beyond the outside shoulder of the outer most player lined up on the line of scrimmage within the box.
* Once the ball is handed off or leaves the box all eligible defensive players are allowed to rush
* The Defense may line up over the center.

35 POINT RULE

* At the start of the second half, or any time during the second half, if one team is ahead by **more than** 35 points, the win will be assigned to the team ahead and the scoreboard will be cleared. The game will be played to completion as a scrimmage.
* Turn overs , conversions and normal game play rules still apply , but no scores will be added after the 35 point rule has been put into effect.

TIME LIMITS

* Two (2) twenty-minute halves of running time, with a three (3) minute break between halves. The final minute of each half is normal football rules where the clock will stop for out of bounds; incompletions etc. Games may be shortened as necessary by the representative of the board to adhere to the time restrictions of the field rental.
* Each team has two (2) time outs per half. Timeouts are 30 seconds each.
* Time-outs are essentially clock stoppages. After 30 seconds a whistle will blow and the clock will automatically start unless inside 1 minute.
* Any referee discussion or player injury that exceeds 30 seconds of play time will result in the clock being stopped until the refs signal for the clock to start.
* The clock will only stop for defensive penalties **within the final 1 minute** of the half or game or if a player becomes injured at any point during the game.

GENERAL LEAGUE RULES

* At the conclusion of all games, teams will shake hands and they must exit the field immediately to accommodate the facility’s scheduling. Coaches may address their teams in another section of the facility.
* Teams must be present no more than fifteen (15) minutes prior to the game.
* If a team elects to punt, the ball will be advanced 15 yards from the spot
* Horse collar, facemask and pass interference are 10 yard penalties. Personal fouls and unsportsmanlike are 10 yards and automatic first down. All other penalties are 5 yards.
* Any player with 2 unsportsmanlike penalties will result in expulsion from that game.
* All spectators must stay off the field.
* Home team must supply 3 volunteers for sideline duties (Down & Chains) These volunteers may not coach or use phones or devices on the sideline.
* Home team spectators shall be seated to the right of the game field and away teams spectators shall be seated to the left of the game field.
* Only clear face shields are allowed unless required for medical purposes with a doctors note.
* “ War Paint “ Is allowed as long as not deemed offensive. Any colors are allowed.

FORFEITS

* A game will be declared a forfeit by the league, if a team does not have at least 8 players, ready to play at the field location, at the scheduled time, at the discretion of the league.
* In the case of a low player forfeit, the Board will allow the coaches to determine if they would like to play a game in scrimmage format. Player numbers will be decreased to match the team with the lower number of players.
* Rescheduling any game must be agreed upon by the opposing team and is subject to league approval. Otherwise the win will be given to the team opposing the forfeited team.

MOVING OF BALL AND SCORING

* Four (4) downs are allowed to advance the ball ten (10) yards for first down, or to score.
* Six (6) points are awarded for a touchdown. Two (2) points are awarded for a safety.
* After a TD, the scoring team must elect to go for 1 (ball placed on the 3) or 2 (ball placed on the 5). In the event of an interception, during the conversion, if the interception results in a TD by the defense , the ( 1 or 2 ) points will be given to the defense respectively.
* There are currently no provisions for field goals in any of the indoor facilities.
* Passing rules follow High School Federation Rules, in which receivers must have one foot in bounds.

PENALTIES

There will be three(3) referees assigned per game. The referee’s judgment is final. Penalty Structure

* Any player, coach or prospector can be removed from the game by a referee or League Official.
* Any ejection of a player, or coach, will result in review by the league with a mandatory, minimum one (1) game suspension, and can include forfeits and expulsion from the League, without refund.
* All disciplinary actions are at the discretion of BIYF, without exception.
* All appeals and protests must be made in writing, no sooner than 24 hours and no later than 48 hours, from the incident in question. Appeals should be submitted to BulldogsIndoor@gmail.com. Appeals submitted to any individual board member will not be applicable for consideration.

Bulldogs Indoor Youth Football League, via E-mail to BulldogsIndoor@gmail.com

Championship game

 This is a single game elimination. The higher seed is the home team. In all divisions, the placement/seeding will be determined by overall record. If the records are the same, the second criteria will be the head to head record. If there is still a tie after the head-to-head games, the third criteria will be the team with the least points scored against it.