2026 game day cheat sheet

8/9u

Coaches may be on the field for Jamboree and first 3 games (***8U only***)

There shall be: 1. No blitzing. a. Only defensive linemen may move forward immediately at the snap.

b. Linebackers and Defensive Backs may move toward runner after a read step.

c. 10-yard penalty after one warning.

2. **Kicking:** All coaches must be off the field of play during all free kicks.
   Kick Off: There will be no kick offs, and the ball will be placed on the 35-yard line.
   8u (ONLY) 9U WII NOT HAVE COACHES ON THE FIELD
3. **Punts:** All punts must be declared, and all coaches **must** leave the field. If Team A does not punt after it has been declared, no play is declared, and Team B receives the ball at the previous spot. While Coaches are on the field coaches can "walk off" instead of punts. The Ball will be "walked off" 35yrd from the line of scrimmage. If a punt occurs to wear the ball will be inside the 20 the ball will be placed at the 20yrd line. **On week 4 all punts must be punted from the punters foot and coaches can no longer walk off punts**

4. No more than six (6) defensive players can be on the line of scrimmage or rush the ball, linebackers must be 3 yds. off the line of scrimmage, corners must be 5 yds. off line of scrimmage and safety must be 7 yds. off line of scrimmage.

5. Offensive and Defensive players on the line of scrimmage can be in a 3 point stance and shall not be head-up over center. Defensive players are allowed to line up in the A-gap but may not initiate contact. Penalty for violation of the above: First violation: Warning: Additional violations: 10 yards unsportsmanlike conduct.

10u-14u

There is no restriction to play at these levels. All play must follow National Pop Warner and California High School rules

MPR

10U-14U	8U
16-25 players - 10 plays	16-25 players - 12 plays
26-30 players - 8 plays	26-30 players - 10 plays
31-35 players - 6 plays	31-35 players - 8 plays

A. All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not

limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, take a knee, spiking the ball regardless of whether the ball is moved or not while substitutes are playing other positions, shall NOT be considered as active plays.

B. A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed.

C. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.

D. Failure to adhere to MPR requirements will result in forfeiture of game in addition to enforcement policies outlined in Part IV, S1.

E. In addition, a player denied his/her required number of plays will start the next game and receive double the number of Mandatory plays in that game. Failure to comply with this provision will be deemed a second violation. Each League shall establish its own system for enforcing the MPR, and must provide a simple handout or digital file describing its MPR so that this information is made available to each coach throughout the entire League, before the beginning of the season. The Nationally preferred system is that used in the National games.

Lopsided score

S1: LOPSIDED/INTENTIONALLY RUN UP SCORES If at any point in a game there is a 30-point score differential, the following shall occur:

A. Game Clock: The game clock shall run continuously and only stop at the discretion of the referee. It will never revert to a stop clock, regardless of the point differential.

B. Play Clock: Officials shall enforce reasonable snap timing to assist with MPR compliance for both teams.

C. Restrictions: All restrictions noted below end if the score differential falls below 30 and are re-instated if it later reaches 30 points.

D. Winning Team:

1. Shall make every effort to replace starters with reserve players.

2. No passes (forward or backward) or running outside the tackles. i. PENALTY: 5-yards from the previous spot and loss of down

3. No onside kicks.

4. May not advance a fumble or interception. The ball is dead at the change of possession spot but possession is maintained by the winning team at that spot.

Both Teams:

1. Must fulfill Minimum Play Requirements
2. No blitzing is allowed. Only defensive linemen may move forward immediately at the snap. Linebackers and Defensive Backs may move toward runner after a read step.
15-yard penalty after one warning.

3. Shall use 4-3-4 defensive alignment = 4 defensive linemen on the line of scrimmage, 3 linebackers 5 yards from the line of scrimmage, and 4 defensive backs 10 yards from the line of scrimmage.
15-yard penalty enforced from the previous spot after one warning.

4. Punts, field goals, and extra-point kicks are allowed.

EJECTIONS

Individuals ejected from a game will be subject to the following penalties:

Coaches or Participants: **All reports must come from the referee assigner, head coach and President of the ejected player.**

A. The Head Coach is required to submit a written explanation of the ejection to the Rules Director within forty-eight hours (48) of the ejection. If this is not completed within this time, the Head Coach will be suspended for one (1) week including the next game.

B. BAYFC Association Presidents are required to report all ejections to the Rules Director via email at BAYFCRules@gmail.com within forty-eight hours (48) of the ejection. If not reported, the Association will be fined $100.00.

C. The Rules Director will review ejections and if found to be fragrant, the suspension may be extended.

New High School Rules

1. Wrist coaches are allowed on wrist belts.
2. Mouth must be attached (no pacifier mouth pieces or mouth pieces with adornments)
3. No player can head slap the helmet. Contact to the head from the offensive or defensive linemen. 15yrd penalty
4. No Aiding the Runner