American Conference Varsity/ PW Game Rules

Coin Toss

- Away team calls the toss. The winner chooses possession.

Game Timing

- Four (4) quarters, 10 minutes each, stop clock.
- 3 timeouts per half (2 minutes each).
- 2-minute break between quarters; teams switch direction.
- 15-minute halftime.

Scoring

- PAT (Run/Pass): 1 point, PAT (Kick): 2 points

Field & Play Clock

- 100-yard legal width field with goalposts.
- 30 seconds to start a play after ball is set (5-yard penalty).
- If a team leads by 25+ points in the second half, clock runs until margin < 25.

Penalties

- Dangerous fouls (e.g., clipping, face mask, tripping, piling on, head slaps) are penalized.

Player Weight Regulations

- Weigh-in no later than 30 minutes before kickoff using a certified balance beam scale.
- Max 4 unlimited players allowed at a time on offense/defense, only in the tackle box (5 tech).
    - Unlimited players are not allowed on kickoffs/kick return or as eligible receivers.
- Must wear a 1-inch ear-to-ear stripe on helmet (contrasting color).

Play Rules

- The NFHS Rulebook as per NJSIAA are followed with the exceptions noted on this page.
- Kickoff dead if ball crosses 20-yard line without possession: ball placed at receiving team's 30.
- Unrestricted weight DL (tackle-to-tackle) must use 3- or 4-point stance.
- Non-unrestricted outside DL may use 2-point stance if outside the offensive tackle.

Overtime Rules

- No new coin toss: opening toss winner has OT choice.
- Teams attack same end zone (chosen by refs).
- The ball starts at 10-yard line.
- Varsity: 3 series, PW: 1 series per team. If it is still tied, the game ends.
- No timeouts in OT. All other MCYFL and NFHS rules apply.

American Conference CLINIC Game Rules

Coin Toss

- Away team calls the toss. The winner chooses possession.

Game Timing

- 15-minute quarters. Clock stops for: Timeouts, injuries, touchdowns.
- 2 times outs per half (1 minute each).
- 1-minute break between quarters.
- 10-minute halftime (switch sides).
- Max game time: 90 minutes.

Coaches on Field

- Max 2 coaches per team on field: Must be 15 yards off the ball, NO talking/yelling or formation shifts after offense is set, and 1 player allowed in motion before snap.

Gameplay Rules

- The NFHS Rulebook as per NJSIAA are followed with the exceptions noted on this page.
- 4 downs to gain 10 yards.
- No punts – move ball 20 yards to simulate. Exception: turnover on 4th down inside 20-yd line → spot at 20.
- No hurry-up offense must huddle except for the final 2 mins of each half.
- All turnovers can be advanced.

Field & Play clock

- Fields: 80 or 100 yards; 160 ft wide. Play starts at 30 or 40 yards
- Offense has 45 seconds to snap after ball is set. 1st delay: warning. Next: 5-yard penalty.
- If the team leads by 20+ points, the losing team receives all kickoffs and 2nd half start.

Penalties

- 1 offsides warning per half.
- Blitzing: 1 warning, then 10-yard penalty + replay down.
- Dangerous fouls (e.g., clipping, face mask, tripping, piling on, head slaps) are penalized.
- Lenient on minor infractions (offsides, illegal formation); Warn 1st time, penalize after. Correct offsides pre-snap when possible.

WEIGHT RULES

- Weigh-in no later than 30 minutes before kickoff using a certified balance beam scale.
- Max 4 unlimited players allowed at a time on offense/defense, only in the tackle box (5 tech).
    - Unlimited players are not allowed as eligible receivers.
- Must wear a 1-inch ear-to-ear stripe on helmet (contrasting color).

PLAY RULES

- No blitzing or kicking allowed.
- Defense:
    - 4–6 players must be on the line of scrimmage.
    - Tackle-to-tackle players in 3- or 4-point stance.
    - The ends can be in a 2-point stance (if outside tackle).
    - DL cannot shift once QB is set.
    - Center can be covered, but no players in both A-gaps.
    - Defensive ends must align on outside shoulder of last offensive player on the line of scrimmage within the tackle box
- Linebackers/DBs:
    - Must line up 3 yards behind line.
    - May rush only if: Handoff occurs, QB runs forward, QB rolls out past tackle.

American Conference rumble Game Rules

Coin Toss

- Away team calls the toss. The winner chooses possession.

Game Timing

- 15-minute quarters. Clock stops for: Timeouts, injuries, touchdowns.
- 2 times outs per half (1 minute each).
- 1-minute break between quarters.
- 10-minute halftime (switch sides).
- Max game time: 90 minutes.

Coaches on Field

- Max 2 coaches per team on field: Must be 15 yards off the ball, NO talking/yelling or formation shifts after offense is set, and 1 player allowed in motion before snap.

Gameplay Rules

- The NFHS Rulebook as per NJSIAA are followed with the exceptions noted on this page.
- 4 downs to gain 10 yards.
- No punts – move ball 20 yards to simulate. Exception: turnover on 4th down inside 20-yd line → spot at 20.
- No hurry-up offense must huddle except for the final 2 mins of each half.
- All turnovers can be advanced.

Field & Play clock

- Fields: 80 or 100 yards; 160 ft wide. Play starts at 30 or 40 yards
- Offense has 45 seconds to snap after ball is set. 1st delay: warning. Next: 5-yard penalty.
- If the team leads by 20+ points, the losing team receives all kickoffs and 2nd half start.

Penalties

- 1 offsides warning per half.
- Blitzing: 1 warning, then 10-yard penalty + replay down.
- Dangerous fouls (e.g., clipping, face mask, tripping, piling on, head slaps) are penalized.
- Lenient on minor infractions (offsides, illegal formation); Warn 1st time, penalize after. Correct offsides pre-snap when possible.

WEIGHT RULES

- Weigh-in no later than 30 minutes before kickoff using a certified balance beam scale.
- Max 4 unlimited players allowed at a time on offense/defense, only in the tackle box (5 tech).
    - Unlimited players are not allowed as eligible receivers.
- Must wear a 1-inch ear-to-ear stripe on helmet (contrasting color).

PLAY RULES

- No blitzing or kicking allowed.
- Defense:
    - 4–6 players must be on the line of scrimmage.
    - Tackle-to-tackle players in 3- or 4-point stance.
    - The ends can be in a 2-point stance (if outside tackle).
    - DL cannot shift once QB is set.
    - Center cannot be covered, and NO players in both A-gaps.
    - A defensive player cannot engage the center until after the center/QB exchange is complete.
    - QB keep over center or in the A gap is also not allowed.
    - Defensive ends must align on outside shoulder of last offensive player on the line of scrimmage within the tackle box
- Linebackers/DBs:
    - Must line up 3 yards behind line.
    - May rush only if: Handoff occurs, QB runs forward, QB rolls out past tackle.