

METRO YOUTH FOOTBALL LEAGUE

Version 7.0
(2024 Season)

Metro Youth Football League Rules

1 General

1.1 Mission Statement

The mission of the Metro Youth Football League is to be an instructional league that enables young people to benefit from participation in team sports and activities in a safe and structured environment. Through this active participation, MYFL programs will teach fundamental values, skills, knowledge, and competitive balance that young people will use throughout their lives.

1.2 Organization Bylaws

The MYFL functions on an informal basis and is led by a Leadership Panel consisting of a representative from each league district. Operations of the MYFL are governed by the following simple rules with all functions of the league operating on a calendar basis from January–December.

1.3 Leadership Panel

Participating districts will nominate one (1) board member representative to serve on the leadership panel of the league. The representative will speak for their district with one vote per district on any vote called.

The leadership panel may call special meetings as needed throughout the year. In case of an emergency meeting 48 hours notice will be given to all districts. Functions of the leadership panel include but are not limited to: administrative functions, providing and maintaining the league website, league scheduling, assigner communication and regular day to day operations.

1.4 Voting

Any formal proposal to amend league policies, procedures, bylaws or playing rules or to sanction a player, coach, team, or participating community must be approved by a majority vote of the leadership panel. Votes may be in person or via other means as needed. In the

event of a tie vote the tie breaker vote will come from our assigner. All forms of vote must be responded to within 24 hours or your area vote will not be counted.

1.5 Insurance

Each district must purchase insurance for their organization. Each district must have their proof of insurance with minimum liability at the Roster Book meeting. Each district must carry: Commercial General Liability Insurance

COVERAGES		CERTIFICATE NUMBER:				REVISION NUMBER:	
THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.							
INSR LTR	TYPE OF INSURANCE	ADDL INSD	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS
A	<input checked="" type="checkbox"/> COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS-MADE <input checked="" type="checkbox"/> OCCUR <input checked="" type="checkbox"/> Participants GEN'L AGGREGATE LIMIT APPLIES PER: <input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC OTHER:			[REDACTED]	[REDACTED]	[REDACTED]	EACH OCCURRENCE \$ 1,000,000 DAMAGE TO RENTED PREMISES (Ea occurrence) \$ 100,000 MED EXP (Any one person) \$ 5,000 PERSONAL & ADV INJURY \$ 1,000,000 GENERAL AGGREGATE \$ 3,000,000 PRODUCTS - COMP/OP AGG \$ 2,000,000 PARTICIPANTS \$ 1,000,000
A	AUTOMOBILE LIABILITY <input type="checkbox"/> ANY AUTO <input type="checkbox"/> ALL OWNED AUTOS <input checked="" type="checkbox"/> HIRED AUTOS <input type="checkbox"/> SCHEDULED AUTOS <input checked="" type="checkbox"/> NON-OWNED AUTOS			[REDACTED]	[REDACTED]	[REDACTED]	COMBINED SINGLE LIMIT (Ea accident) \$ 1,000,000 BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$ \$

Another Example:

Coverage Limits and Premiums	
Line of Coverage	Premium
Commercial General Liability Coverage	\$588.00
Terrorism Risk Insurance Act Tax	\$3.00
Hired & Non-Owned Coverage	Included
\$1,000,000 Per Occurrence Limit	
\$3,000,000 Aggregate Limit	
\$1,000,000 Hired & Non-Owned Auto Limit	
\$2,000,000 Products & Completed Operations Limit	
\$1,000,000 Personal & Advertising Injury Liability Limit	
\$1,000,000 Participant Legal Liability Limit	
\$100,000 Damage to Premises Rented to You	
\$5,000 Medical Payments (Excludes Participants)	
<i>For Sexual Abuse & Molestation Coverage to apply an additional Supplement must be satisfactorily completed and its requirements complied with.</i>	
<i>Participant Liability is an important feature of this liability policy. The policy provides coverage for lawsuits brought against your organization by players or participants who may have been injured. Other insurance carriers may exclude this important coverage. Our program provides complete Participant Liability coverage, subject to the terms of the policy.</i>	
Participant Accident Coverage	\$800.00
\$100,000 Accident Medical & Dental Benefit Maximum	
\$10,000 Accidental Death & Dismemberment Principle Sum	
\$250 Accident Medical & Dental Benefit Deductible	
Full Excess Policy - 52 Week Benefit Period	

Optional Coverages	
The following coverages can be added to for additional premium. These coverages are <u>not</u> included unless shown on Page 2.	
Non-Profit Directors & Officers Liability Coverage (\$500 Premium)	
\$1,000,000	Policy Limit
\$1,000,000	Aggregate Limit
\$1,000	Deductible
<i>This plan provides protections for lawsuits against the Directors and Officers of sports leagues and associations, as well as coaches and volunteers, for actual or alleged wrongful acts and errors and omissions.</i>	
Example of Claim: <i>Lawsuits seeking damages for discrimination, wrongful suspension of players, acts beyond the authority of the league, wrongful dismissal of coaches, libel, slander, or failure to provide adequate insurance for participants.</i>	
Sports Equipment Coverage (\$100 Minimum Premium)	
\$10,000	Minimum Policy Limit
\$500	Deductible
<i>The sports equipment owned by the league is protected on a special-form basis against loss, including fire and theft. Coverage applies up to full replacement cost value of the equipment (subject to the policy limit). Non-return of sports equipment is not covered under this policy.</i>	

Bond Coverage

\$5,000 - \$100,000

Policy Limit Options

This plan provides protection for sports leagues and associations against the financial loss caused by the dishonest disappearance of money, securities, or negotiable instruments. This plan covers loss by theft by an officer or board member.

Example of Claim:

Monies or securities in the league treasury set aside to purchase uniforms are stolen or have dishonestly disappeared.

1.6 Coaching Requirements and Background Checks

Head Coaches must be at least 18 years of age.

General Background Checks will be conducted for all volunteers that have direct interaction with the players. (Coaches, Board Members, Team Moms)

The above mentioned volunteers must also have CDC Concussion Training. ~~A copy of all coaches CDC Certificate must be placed in their team's Roster Book.~~

www.cdc.gov/headsup/youthsports/training/

1.7 Entrance Fees for Games

All districts will charge a fee of \$3 per person/ \$10 per family for entrance into the games. Once fee is paid they will have the option for a hand stamp to be able to come and go from the games throughout the day. Children (5) years old and under and Adults (55) and older do not pay an entrance fee. There will be a universal area pass that will be provided to coaches and area board representatives (pass allows free admittance into home and away games) Football Players, Cheerleaders and Poms Participants are also free.

1.8 Entrance Fees for Championship Games and Cheer Competition

Hosting districts will charge a fee of \$5 per person for entrance into the games. There will be no family rate available for these events. Once fee is paid they will have the option for a hand stamp to be able to come and go from the games throughout the day. Children (5) years old and under and Adults (65) and older do not pay an entrance fee. There will be a universal area pass that will be provided to coaches and area board representatives (pass allows free admittance into home and away games) Football Players, Cheerleaders and Poms Participants are also free.

1.9 League Fees

Our league has a \$250 incidentals fee that is set by the assigner. This fee is divided out between total tackle football teams. (Example: \$250 / by 30 tackle teams in the league; each area will pay \$8.34 per tackle team. Our assigner fee is \$60 per tackle team (changed from \$50 in 2022). (Example: Swartz Creek has 4 tackle teams total= \$60x4= \$240). Website Fee is a yearly fee divided by total amount of teams (Flag and Tackle). This fee is different every year. (Example: \$420 / 64 teams= \$6.56 per team) The other small fee is for the cost of printing game passes. Home Game Locations pay 3 tackle refs per game at \$75 per ref (upped from \$65 in 2022). Championship Games will have 4 tackle refs per game at

\$75 per ref paid by the hosting location. There is also a website fee which is total cost divided by total areas (this differs every year). There is also a small fee for the league pass cards which is total print cost divided by total areas (this differs every year).

1.10 Band Requirements

Each area will have a maximum of 3 Band Representatives on the MYFL Bands.

1.11 Attendance

Each MYFL area must have a minimum of 3 Board Members (Contact Information must be updated no later than 7/29). Each area within the MYFL must have at least 1 area representative at the following meetings: Pre-Season Meeting (in person, if possible, if an emergency should arise a call in/zoom can be arranged), ~~Roster Book~~ and the Sunday Zoom meeting call throughout the season.

1.12 In Season Leadership Committee Meetings

At least (1) of the (3) MYFL Band Representatives will attend the weekly Sunday Zoom Call. These zoom meetings will take place every Sunday starting on August 25th at 7:30pm. (There will be no call on Labor Day Weekend) Attendance is required. The purpose of the meeting is to discuss rule violations, incidents or good things that happened during the previous week. Any issues with Cheer or Flag should be brought to the MYFL Main Representative and they will address the items at the meeting. This will not be to discuss officials calls/decisions. The point of this weekly call is to open up communication during the season to encourage a more positive environment moving forward throughout the season.

1.13 MYFL Division Separations

The MYFL is comprised of 3 separate divisions (Tackle, Flag and Cheer. The MYFL Leadership Panel is the primary framework, however each division handles their own details. Tackle, Flag and Cheer will each have their own meetings but will report changes to the MYFL Leadership Panel.

2.2 Confirmation of Team Participation and Field Availability

Participating districts must confirm the number of teams participating in the upcoming season and their home field availability no later than **July 29th** annually. Confirmation must be sent to the Leadership Panel by email or other written form. **When submitting your participating teams on July 29th you are committing to them being the minimum size of at least 18 players on that date.**

2.2A Confirmation of Team Participation in Flag Tournaments/Cheer Competition

Participating districts must confirm the number of teams participating in the tournament and/or competition no later than week 4 of Games. (9/28)

2.3 Length of Season and Number of Games

The length of season and number of regular season games will be determined annually by the Leadership Panel based on the number of teams at each level and possible playoff format. Each team will play at least 6 regular season games. The MYFL season will consist of **7 to 8 games** depending on standings after the 6 regular season games. 6 regular season games, top four teams of each division move to playoff week 7 game, bottom teams move to week 7 end all (fun games), outcome of winners from playoff games move to week 8 League Championship Game)

2.4 Composition of Divisions and Teams

The league will have separate divisions. Participants must play in their appropriate grade division, unless the participant elects to play up in an older division. Any participant that elects to play in an older division is required to have his or her parent sign an informal consent form ~~and said district must keep it in the participants Roster Book for the season.~~ Districts that field more than one team in a division must construct their teams based upon a draft system monitored by a Leadership Panel Representative from another district.

2.5 District Accountability (League Wide Code of Conduct)

Districts shall be held accountable for all the actions of coaches, players, cheerleaders, game day volunteers and parents on the game field and at practice. Districts will instruct coaches to use language appropriate for the age group of the players. In 2022 we implemented a

League Wide Code of Conduct. The League Wide Code of Conduct will allow other league members to weigh in on other areas issues if not being handled accordingly by issue area.

2.6 Open Registration

Districts of the MYFL must have advertised open registration dates for their respective participants. Registration must be on a first come first serve basis. Tryouts are strictly forbidden. Registration shall take place prior to June 1st of the current year.

3 Season Information

3.1 Start of the Season

The MYFL shall determine the official start date of the season but will follow the close to MHSAA Guidelines season start date.

3.2 Close of the Season

The MYFL season shall end no later than the end of November unless severe weather or other unforeseen circumstances require the season to be extended and such extension requires the approval of the MYFL Leadership Panel.

3.3 Season Schedule

The MYFL shall establish the season schedule by the MYFL's August board meeting. **Once the preliminary schedule is built the schedule maker will reach out to each area to determine each areas degree of strength within their teams. The schedule will then be potentially adjusted to pair the stronger teams against each other on a week by week basis based on where teams were already playing during the preliminary schedule.** The final schedule shall be finalized and established no later than 2 weeks prior to the first game. Once the schedule is considered final, any requests to modify the schedule must be approved by the MYFL Leadership Panel and the groups that would be affected by such change.

3.4 Rescheduling Games

In the event a regular season or playoff season game must be rescheduled due to unplayable

field conditions; the reschedule date will be for the same Saturday or the Sunday following the cancelled game. If the areas home field is not playable on the following Sunday the game must take place on a turf field. In the event of a reschedule to a turf location they must be notified immediately to make preparations for the following day. The make up game time is at the discretion of the hosting location. If hosting location does not remain with the home school; all gate fees will go to the hosting location and hosting location will pay referees. Concessions on a rescheduled game are on a case by case basis.

3.5 Size of Footballs

The Freshman and Flag Level shall use a "pee-wee" size football and the JV Level shall use a "Junior" size football. Recommended brands are Nike, Wilson and Spalding.

3.6 Full Contact Summer Camps

There will be no full contact between players at any summer camps. Blocking devices may be used for technique purposes only. Players are not allowed to wear shoulder pads at any summer camps. Districts may elect to have players wear their helmets at summer camps.

3.7 Full Contact Practices

The opening week of the season (July 29th) will be for conditioning purposes, there will be no contact with other players prior to August 5th, blocking devices may be used for technique purposes only. Players are only allowed to wear helmets for the first (2) days of the start of the season. Players are allowed to wear helmets and shoulder pads for the next (2) days but still no collision. Full pads and equipment with body contact practice will be allowed on the 5th day of conditioning week.

3.8 In Season Contact Allowance

Contact practices are in accordance with the MHSAA rules. Teams may hold 2 contact practices per week or hourly allowance per MHSAA rules.

4 Officials (Referees)

4.1 Number of Officials per Game

All games will have (3) officials.

4.2 Arrival Time of Officials

Officials shall arrive at the game field at least (15) minutes prior to the scheduled start time of the first game.

4.3 Monitoring of Officials

The MYFL will monitor the official's performance throughout the season. Issues with officials need to be brought to the attention of the Leadership Panel; who will in turn bring it to the attention of the assigner.

4.4 Official Fees

The regular season fee for the (3) officials will be determined by the Leadership Panel and the Assigner (see League Fees for seasonal decision). Officials will be paid by the hosting district at each home game event.

4.5 Official Meeting

The MYFL shall have a mandatory meeting prior to the start of the season, to review the MYFL Official Rules. The Leadership Panel will furnish a copy of the official guidelines and any changes for the current season to the assigner prior to the start of the regular season games. The assigner must ensure all officials have a copy of the rules, as well as, an understanding of them. The Leadership Panel must ensure all coaches have a copy of the rules, as well as, an understanding of them. Mandatory attendees to the meeting shall be the Leadership Panel, Assigner, Head Official and Coaches.

5 Player Eligibility and Participation

5.1 Eligibility

Each player listed on a team's roster shall meet the eligibility requirements. Each district is solely responsible for ensuring that each of the players listed on its team's rosters meet all the Roster Eligibility requirements listed herein:

5.1.1 Eligibility Grade

A player may only appear on a team's roster if the player meets the grade requirements for that team (This applies to Tackle Football and Cheer). A player's grade for determining eligibility shall be their grade for the **2024-2025** school year. Only grade exception is if you have a player that turns 8 by 12/31, they might still be in 2nd grade but would be eligible by age.

5.1.2 Eligibility Exceptions

The MYFL Leadership Panel can make eligibility exceptions for players. All players must play at their appropriate level based on their grade (This applies to Tackle Football and Cheer), but any mental, physical, or other impairment or disability can be taken into consideration with a vote by the Leadership Panel. Players (within reason) may play up in a level/division with a signed informed consent form approved by the Leadership Panel and their parents.

5.1.3 Player Registration Information

A player may only appear on a team's roster if the district has the following Registration Information for the player. The player Registration Information shall be available for review upon MYFL request. All players Registration Information shall be available at every game.

5.2 **Player Card**

Each player must complete an official **player** card that is to be signed by either their parent or legal guardian authorizing their participation. All districts must use the official MYFL **player** card that has been sanctioned by the MYFL.

5.3 Proof of Age

Each waived (under 8 or playing up a division) football player and cheer leader shall furnish proof of their age. The only acceptable form of proof is a government issued birth certificate.

5.4 Physicals

Each player must have proof of a current physical by a licensed physician (i.e. MD or DO), physician assistants (PA), or nurse practitioner (NP), authorizing the players' participation for the current season. Any player without a current physical is not allowed to practice, play a scrimmage game, or participate in any MYFL event until a current physical is obtained and proof is provided.

5.5 Photographs

Each football player must have a photograph taken during the current year, attached to the official **MYFL player card**. The photograph must show the player from the waist up, showing players face without a helmet and showing the players jersey number clearly.

5.6 Proof of Grade

Each football player shall furnish proof of their grade. To be an acceptable form of proof it must show player name, grade and school year. If previous year **(2023-2024 sy)** report card/progress note it must have a notation about it being a previous year.

5.7 Penalty for Eligibility Violation

Regardless of the intent or motivation, anytime, a player listed on a team's roster is found not to meet the Roster Eligibility Requirements, then that player shall be suspended from the MYFL games and practices for the remainder of the season.

6 Rosters and Roster Books

6.1 Roster Books

A roster book must be established per team with the football player's birth certificate(optional), proof of grade, MYFL **Player** Card, Photo of Football Player and ~~informed consent form~~. The Front Cover must include the Teams Name and JV/Freshman Division. **The Band Uploaded Team Roster(8/11) and Updated Band Uploaded Team Roster (8/26) must be in each book(if changes made)**. ~~The MYFL League Panel will sign off on the original team roster at the roster book meeting.~~

6.1.1 Order of Roster Book

- Section 1- Copies of Roster List(~~original signed and updated with approved MYFL additions~~)
- ~~Section 2- Proof of Liability Insurance~~
- Section 3- Linemen Registration Cards- ~~Copy of Physical and~~ Proof of Grade in sleeve behind each **Player** Card
- Section 4- Remainder of the team in numerical order- ~~Copy of Physical and~~ Proof of Grade in sleeve behind each **Player** Card
- ~~Section 5- CDC Proof of Concussion Training Coaches~~
- Section 6- Any player with cast must have written authorization from a licensed doctor authorizing the player to play in the game
- Optional sections- Specialty Mouth Guard Waivers

6.2 Roster Book Exchange Meeting

~~A meeting will be held tentatively August 13th, all roster books are required to be completed, if a players Registration Card is incomplete or incorrect that player shall be deemed ineligible to play in any game until those registration deficiencies are corrected. The district is responsible to provide satisfactory proof to the Leadership Panel for approval. All Leadership Panel Members must be present to review and sign off on all participating districts original rosters. No players are to be added to any team after the Roster Book Exchange Meeting without full MYFL Panel Approval and may only do so if new to the~~

district.

6.3 Roster List

Each district is to provide a Roster List for each of their teams. The roster list must contain the following information. It is the responsibility of the head coach to provide a copy to the announcer 1/2 hour prior to the start of the game.

Districts Name- Level- Team #- Head/ Assistant Coaches- Players Last/First Name- Jersey # in numerical order

6.4 Pre Season Roster

A final roster must accompany the original MYFL Signed Roster (8/11) in each roster book. A final roster will only differ from the original signed roster if you had to add a late player. Late Players may only be added with full approval of all MYFL Areas. Late Players must also be spread evenly throughout the teams. At no time after the original rosters are uploaded (8/11) are players to be switched to a different team. All areas must provide an Original Roster via BAND no later than Sunday 8/11 and a final roster via BAND no later than the Monday before the 1st Game (08/26) (If changes were made). No changes may be made after that Monday.

7 Draft Procedure

7.1 Draft Requirements

Each district is expected to build their teams as even as possible, based on a Point System Draft or a Skills Camp Point Draft put in place by the MYFL. All Drafts have to be completed by July 29th. All areas will submit their draft date and location to all other areas in MYFL at least 1 week prior and in a Public Location so that other areas may attend their draft if they wish to. Failure to publish your draft date and location will result in your drafted teams not being accepted. In the event that occurs you will be forced to redraft in front of the MYFL Leadership Representatives. If an area only has 1 team in each division that must be announced on the band so that we are aware they will not have need for a draft.

7.1.1 Point System Draft

All Linemen **MUST** be drafted 1st!

Group Code: (Age minus 5) + (Number of years playing experience in a structured youth program) + Linemen Point if Applicable

Linemen point formula(formula is figured on weight before equipment):

Freshman: $\geq 125 +3$, $\geq 115 +2$, $\geq 110 +1$

JV: $\geq 145 +3$, $\geq 135 +2$, $\geq 130 +1$

(since linemen are drafted 1st this helps to spread the sizes out for unequal team numbers)

Coaches Pick

1 Head Coach and **up to 4** Assistant Coaches will be rewarded their own child to play on their team. **If a coach does not have a child on their team, they may chose a player to hold as their child.** The players draft points will be included in the team draft score.

Draft Rounds after Coach Pick:

Each coach will draw a random number for picking order of the rounds. Rounds will alternate for example: Round 1-C1,C2,C3 Round 2 – C3,C1,C2 Round 3-C2,C3,C1. All teams must be point balanced(within 3 points) before rounds commence. Players are drafted by Group Code starting with the highest group code and working down until all players are drafted.

- A) Start with Linemen with highest Group Code and have each coach draft one player from that group only.**
- B) Repeat step "A" until all Linemen have been drafted.
- C) When number players left in group is less the number of teams remaining players in that group are moved to next lower group and repeat steps "A" and "B" until all Linemen are drafted.
- D) Remainder of players (non Linemen)- follow the same steps from "A" to "C".

** If you have siblings in the same division then when first sibling is drafted the sibling is assigned to the same team. All other teams will draft another player from the same group code as the sibling before moving to next round.

7.2 Skills Camp Draft

Group #1	Grade	Age	Years Played	Wgt	Standing Vertical Jump	Pushup	10 Yard Dash	20 Yard Dash	10 Yard Shuttle Run	Back Peddle / Turn and Run	Ball control - Run through Bags	Throwing to Coach
Acker, [REDACTED]	5th	10	1	72	4-11 / 4-4	35	2.3 / 2.1	3.63/3.22	5.68/5.35	6.41/5.75	5 / 4	2 / 3
Ball, [REDACTED]	5th	10	0		4-8 / 4-5	35	2.5 / 2.4	3.79/3.92	6.43/6.0	7.23/6.95	3 / 4	2 / 3
Barrett, [REDACTED]	5th	10	3									
Becher, [REDACTED]												

7.3 Siblings

It is in the best interest of the MYFL, participants and parents that siblings are placed on the same team, if meets grade requirements and/or JV1/FR1, JV2/FR2 etc. This will enable an easier season for participants, parents and scheduling.

8 Linemen Weight Guidelines

8.1 Linemen

Any player deemed a Linemen above the Natural Weight Limit for their division will be drafted 1st; this will ensure they are evenly distributed among district teams.

The purpose of a Linemen is to allow youths that do not meet the Natural Weight Requirement to be able to participate and learn the fundamentals of football and to keep children of the same age group playing together.

Once a player is determined a Linemen at district registration they will be labeled a Linemen placed with a stickered dot on their helmet (visible to officials).

During official game weigh in (players get 1 step on the scale-there is no re-weigh), if a linemen's weight is equal to or less than the natural weight limit for their division they will play as a regular player. If above natural weight limit they will play as linemen.

8.2 Linemen Game Play Rules

Deemed Linemen- Freshman Division **over 125.0lbs** with full equipment. JV Division **over 145.0lbs** with full equipment.

Any player deemed "a linemen" must play at these designated positions. On Offense or On Defense they must be tackle to tackle. A linemen is not allowed to advance the ball unless in the event of a fumble, interception or an onside kick.

8.2.1 Special Teams Linemen Rules

Linemen will be allowed to play on special teams at the following positions: kick off or kick return; a linemen can play on the front line and can have a maximum of (3) linemen on the field. Punts; a linemen can play as long as they are playing a position approved by the linemen rules stated above. A linemen is allowed to punt or kick. If a linemen punts he is not allowed to advance the ball. If he advances the ball it is considered dead at the original line of scrimmage of the play. A player that is a designated linemen must have a stickered dot on the back of their helmet that is clearly visible to the officials.

Penalty for a deemed linemen not playing in their designated positions or not having a stickered dot displayed on their helmet will go as follows:

A ten-yard penalty and loss of that down will be assessed from the original line of scrimmage of the beginning of the play whether the infraction is against the offense or defense. However, if the offense is the offending team they will also lose that down.

9 Official Weight and Age Requirements of the MYFL

Division	Eligibility Age Requirement	Natural Weight Limit (in full game gear)	Linemen Weight (in full game gear)
Freshman	(Must turn 8 yrs old) Grade 2-4	125 lbs	Over 125.0lbs
JV	Grade 5-6	145 lbs	Over 145.0lb

7yr old exception- must turn 8 by December 31st of the current year. Must also have an informed consent waiver and birth certificate.

10 Game Day

10.1 Pre-Game Player Check In

The purpose of the pre-game player check in process is to insure the accuracy of the team's roster books and player weights. Each team is required to check in no later than (1) hour prior to the start of their game. The home team will always check in first then the visiting following immediately after. The home team must provide a calibrated scale for weigh ins. The acting area representatives from home and away team will run all weigh ins. All players will weigh in.

- Each team is required to bring their teams official roster book
- All players must show up at check in with all equipment and uniforms
- The acting area representatives from both teams shall verify players name and jersey number match the roster book.
- The acting area representatives from both teams shall weigh (1 step on the scale, there is no re-weigh option) all players and verify that "linemen" have stickered helmets.

10.2 Late Player Pre-Game Check In Rules

Any player that does not COMPLETE or pass the pre-game check in process at least 10 minutes prior to game will be ineligible to play in the first half and must remove their shoulder pads and helmet. Any player that does not pass the pre-game check in process will have a chance to pass again at halftime, however if the player does not meet the requirements at halftime the player will remove their helmet and shoulder pads for the remainder of the game.

10.3 Required Game Day Equipment

Footwear: All purpose cleats, turf or gym shoes must be worn by all players. Removable cleats with no longer than 1/2 inch are allowed. Shoes with metal cleats or removable metal tips are prohibited. Players must wear acceptable cleats at official check in. The kicker may put on a kicking shoe while on the sideline.

Mouth Guard: Must be attached to the helmet and players must wear them at all practices and games, the mouth guard cannot be clear or white. Authorization from a dentist or doctor must be available if special dental mouth guard is required (Copy of form would be placed in the roster book)

Helmet Requirement: Helmets must have valid N.O.C.S.A.E. approved stamp on them. Cages or T-Bars are mandatory on all helmets. No single-bar masks allowed. Eye shields/visors must be clear not tinted.

Athletic Cup: Football players must wear a protective athletic cup during all games and practices involving contact between players.

Jersey Numbers: No duplicate jersey numbers are to be on the same team. Numbers do not have to match the player's position.

No Jewelry is to be worn unless it is for a medical alert reason. See MSHAA Rules regarding medical jewelry if need arises.

10.4 Electronic Devices

Electronic devices are not tolerated that allows any communication with players on the playing field during game time. If a player or coach is caught using a communication device (for game communication) during a game the Head Coach will forfeit the game and be banned from the MYFL for the remainder of the season. Coaches will have NO communication to the press box. Special situations (with league approval) that require player communication via electronic devices should be pre documented in the roster book.

10.5 First Aid Kit

Each team must have a first aid kit at all practices and games.

11 Game Rules

11.1 Game Start Times

Districts must make every effort to start games at their scheduled time. Subsequent games should start at their scheduled time and not upon the previous game ending early.

11.2 Game Length

The game length will be played in (4) quarters and each quarter will be 10 minutes in length. The clock will stop on:

incomplete pass

change of possession (until ref signals to run clock)

scoring

penalty

timeout

player that has possession of the ball runs out of bounds

injury

The clock will be a running clock once either team is winning by a margin of 30 points, if at any time the margin is under 30 points; original clock rules will come back into play.

Officials will be responsible for keeping track of playing time on the field.

11.3 Halftime Clock

The halftime clock will be set in two intervals with the first one set at 7 minutes and the second interval at 3 minutes to allow a warning to the teams to return to the sidelines.

11.4 Game Facilities

Each district must provide an adequate football facility for games:

1. Score Board with Clock
2. Public Address System
3. Adequate Spectator Seating

The MYFL shall be the final arbitrator in determining the adequacy of any facility. If the MYFL determines a facility to be substandard, the district must find an alternate location

and any additional costs for such a facility shall be the responsibility of that district.

11.5 Sideline Personnel

Teams will be allowed a maximum of (5) sideline personnel. The following personnel are not included in the (5) limit: play trackers, chain gang, water and ball boys.

11.6 Sideline and Coaches Box Area

All players, coaches, directors and other team personnel shall remain on their sideline between the 25 yard lines. Each team is allowed (5) coaches in the box at all times including during live play. The box shall be the area between the 25- yard lines and (6) feet out from the sideline.

11.6.1 Freshman Level Exemption

One (1) Offensive or Defensive Coach is allowed on the field for the Freshman games. The coach must remain 10 yards from the huddle. Coach communication will be limited to one player only. After the ball is set there is no talking, no directional coaching during play from the coach on the field. Failure to follow these rules will result in a 5yard penalty. If corrected by the official staff 3 times during a game, field coach will not be allowed on the field for the remainder of the game. In the event that this happens the field coach may remain on the sidelines and may be replaced by another coach.

11.6.2 JV Level

No coaches Offense or Defense are allowed on the field during the game.

11.7 Dead-Man Zone

The Dead-Man Zone will be enforced in the Freshman Division for all games of the regular season.

*No Defensive Player may enter the "Dead-Man Zone" from the time Offensive Center is SET until the ball is SNAPPED.

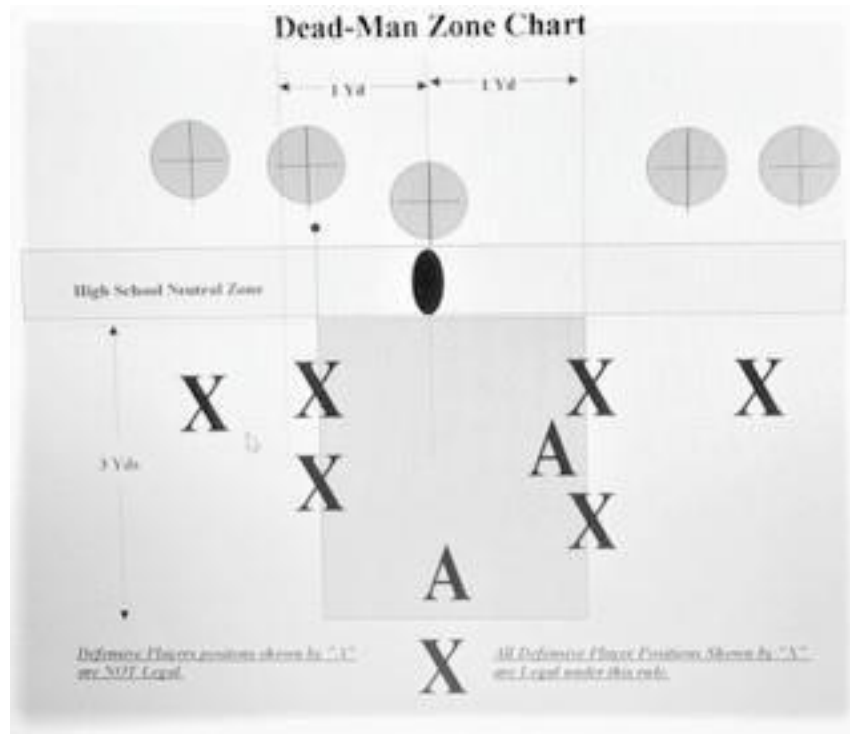
**The Dead-Man Zone" is a rectangular are (as shown) → Going three (3) yards deep into Defensive Backfield. Sides are aligned with Centerline of Offensive Guards Helmet OR one

(1) yard down Scrimmage line from point of ball, **WHICHEVER IS LESS**. {See above}

*** Centerline of player's helmet determines player's position.

++++ IN GENERAL → ALL Defensive players less than 3 yards from line of scrimmage must be lined up Heads-Up (Centerline to Centerline) on Offense Guards or to the outside relative to the Center. ONLY Exception is if Offensive Guard is more than 1 yard away from Center.

QB Sneak is allowed at shotgun style: 3 yards back and not under the center.



11.8 30 Point Rule

No team may finish a game with a point difference of more than 30 points over their opponent. The scoreboard can Never reflect a score of more than a 30 point difference. The most points you can win by is 30 points no matter what!

11.8.1 40- Yard Line instead of a Kick-Off

When there is a 30 point or more difference, the losing team will get the ball on the opponent's 40 yard line instead of receiving the kickoff. Will stay the same, running clock option.

11.8.2 Explanation of 30 Point Mandate

If a team is 30 points ahead, then all future offensive plays **MUST** be running plays between the tackles. While up by 30 points the winning team **MUST** punt or take a kneel down if they reach the 4th down. If a kneel down or a punt are not performed on the 4th down then the officials will penalize the winning team with a 15 yard penalty and loss of down. If the winning team does not perform a running play between tackles on 1-3rd down or attempts a pass, then the officials will penalize a 15 yard penalty and a loss of down.

11.9 Field Goals, Extra Point Attempts and Punts

Any team that attempts an extra point shall be awarded two (2) points for a successful KICK and one (1) point for a successful Pass or Run.

Freshman Division:

ALL FIELD GOAL, EXTRA POINT ATTEMPTS and PUNTS are dead balls where they are touched or stop moving and cannot be rushed by players. In the event an extra point attempt is unsuccessful the ball is deemed dead. In the event a field goal attempt is blocked that is not a P.A.T. it is considered a dead ball and neither team may recover or advance the ball.

JV Division:

ALL FIELD GOAL, EXTRA POINT ATTEMPTS and PUNTS are live balls and can be rushed by players. In the event an extra point attempt is unsuccessful the ball is deemed dead. In the event a field goal attempt is blocked that is not a P.A.T. it is considered a live ball and either team may recover or advance the ball.

11.10 Over Time and Tie Game Rules

!!!NO GAME CAN END IN A TIE!!!

Overtime:

- Each team gets 4 downs from the 10 yard line to score. If one team fails to score either a TD or a FG and the other does, Game over.

- If both teams are still tied after 1st OT; additional OTs will continue to happen with both teams getting an opportunity to score. Overtime rounds are play to win so they may not result in a tie.
- Each team after scoring a touchdown has the opportunity to go for 1 point either by pass or run.
- Each team has the opportunity to go for 2 points after scoring by kicking an extra point .
- If a team kicks a field goal in overtime without scoring a TD they are issued 2 points.

11.11 Unfinished Games

In the event a game is stopped due to weather, the MYFL Leadership Panel shall determine if the game should be rescheduled or if the score at the time the game was stopped shall stand as the final score for the game. See section on rescheduling of games. (If 3 full quarters have been played prior to weather delay the score will stand as the final score) (See Inclement Weather Addendum)

11.12 Game Final Outcome

At the conclusion of a completed game the score shall be final and cannot be appealed or overturned, except for forfeiture of a game as outlined in the MYFL rules for specific rules violation.

11.13 Ejection of Team Staff

If any district team personnel, such as, coaches, board area representatives, chain-gang personal, etc. are removed, ejected or asked to leave the game field by the officials/referees, the person will miss the remainder of that game and the full extent of the following game.

11.14 Ejection of a Player

If any player is removed, ejected or asked to leave the game field by the officials/referees, the player will only miss 2 halves total, including the half currently being played. Example: Ejected in the 2nd quarter of a game they will not be allowed to return to play until the following game, if ejected in the 3rd quarter they will not be allowed to return to play until the 3rd quarter of the following game. Each area has the right to add additional consequences if deemed necessary.

12 Playoff/League Championship Information

12.1 Division & Playoff/League Championship Information

The MYFL Leadership Panel will determine the division that each team will be in based on the amount of districts that register to be a participant in the MYFL. Multiple divisions could occur.

12.2 Playoff/League Championship Game Times

Playoff/League Championship games must be scheduled on the weekend. Saturday playoff/League Championship games are preferred. There can be no weekday (i.e. Monday-Friday) Playoff/League Championship games unless approved by the MYFL Leadership Panel. **The Flag Tournaments will be held on a Sunday as to not conflict with playoff games.**

12.3 Division Champion

The first team at each level (i.e. Freshman and JV) within each division at the end of the regular season will be designated division champion.

12.4 Tie-Breaking Rule

The Tie-Breaking rule for determining the final division standings and playoff seeding position will be the following:

- **Head to Head Record (if 2 teams tied)**
- **Strength of Schedule**
- **Strength of Victory**
- **Points Against**

12.5 Playoff Format

- The highest seeded team at any playoff game is considered the "Home Team".
- There will be three (3) Officials for each playoff game.
- Playoff games shall be subject to all MYFL rules contained herein.

12.6 League Championship Specific Rules

- The highest seeded team is considered the Home Team

- The MYFL will not subsidize any expenses related to a District hosting the League Championship
- Spectators must be separated from each other by district
- Hosting District will provide the MYFL with a detailed agenda for the event and a description of how the event will be run
- There will be four (4) Officials for each League Championship Game
- Hosting District may have uniformed officers at the game
- League Championship games shall be subject to all MYFL rules contained herein

The League Championship hosting District will be determined by a blind draw. Once a District is drawn they may not host another League Championship until all other Districts have hosted an event.

12.7 Playoff Location and Dates

Playoff locations will be determined by highest seed and field availability. Remainder of playoff games will be placed/scheduled with best efforts to keep it to as minimal locations as possible.

We have not had a playoff meeting or playoff report for the last 2 years. I have removed this section from the rules. Since the upgrade to the League Website we can see standings and placement throughout the season **and due to the SOS being posted on the BAND weekly** and due to the fast turnaround of needing game schedule and information sent to the assigner there really is no need or time for a meeting.

<https://www.metroyouthfootballleague.com/teams/?u=METROYOUTHFOOTBALL&s=football>

12.8 Resolution of Ties

The MYFL Leadership Panel shall resolve all ties for Division Champions and playoff seeds in accordance with the rules contained herein.

12.8.1 Division Champions and Playoff Seeds Final

Upon the MYFL Leadership Panel, acceptance of the Playoff Report and Resolution of Ties, the identification of the Division Champions and playoff seeds shall be final. Once the playoff seeds are final, no re-seeding of playoff teams may occur.

12.9 Effect Eligibility Violation on Playoffs

If after the playoff seeds are final, a claim is made that a player listed on a playoff team's

roster does not meet the Roster Eligibility Requirements, the following shall apply.

12.9.1 Claims of Eligibility Issues during Playoffs

Any claims that a player does not meet the Roster Eligibility Requirements must identify the specific player or players and the specific violations claimed in order to be considered by the MYFL Leadership Panel. The claim must be submitted in writing to the MYFL Leadership Panel and signed by the claimant.

12.9.2 Investigation

Upon receipt of a claim meeting the minimum requirement, The Leadership Panel shall investigate the matter, call a meeting and report to MYFL Leadership Panel to address the situation.

12.9.3 MYFL Leadership Panel Action

At the meeting with the MYFL Leadership Panel the team subject to the claim shall be provided an opportunity to be heard on the matter and provide any explanations or evidence it deems appropriate. If upon vote of a majority of the Leadership Panel in attendance, the Leadership Panel determines that a player listed on a team's roster does not meet the Roster Eligibility Requirement, the Leadership Panel will decide a course of action.

12.9.4 Timing Issues

During the playoffs, the MYFL shall endeavor to resolve all issues related to a teams use of a player meeting the Roster Eligibility Requirements as quickly as possible. However, such a determination shall not be made without providing all affected parties the opportunity to be heard on the matter. If the matter cannot be resolved at least 24 hours prior to the start of a scheduled playoff game involving the subject team, the following procedure shall be followed:

1. Play the game the scheduled playoff game shall be played
2. Subject team loses if the subject team loses the game, the claim is dismissed and the result of the game is final
3. Subject team wins if the subject team wins the playoff game; the result of the game is held in abeyance until the MYFL resolves the matter. The losing team will be awarded a win and allowed to continue in the playoffs only if the MYFL resolves the matter against the winning subject team.

13 Modification of MYFL Rules

These rules shall remain in effect for the season indicated. Once the rules are approved by the districts at the MYFL rules meeting they may only be amended, altered, changed or repealed for emergency purposes at a properly noticed MYFL meeting. Any proposed emergency rule amendment, alteration, change or repeal requires (2/3rd) majority vote of the MYFL Leadership Panel in attendance to approve.

Inclement Weather Rules

On threatening days, game management should consult with contest officials about steps to be followed if conditions worsen. When suspending an outdoor contest, officials and game management shall follow these policies.

When lightning is observed or thunder is heard, the contest must be suspended. The occurrence of lightning or thunder is not subject to interpretation or discussion — lightning is lightning; thunder is thunder.

When a contest is suspended, the home school administration shall attempt to arrange for the security of all participants. Contestants and support personnel shall be moved to appropriate indoor facilities.

When lightning is observed or thunder is heard and the contest is suspended, contestants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes.

Spectators shall be advised of the action being taken to seek shelter. (Some hosts may be able to offer shelter to spectators but are not required to do so.)

A decision to resume the contest within the time frame must be made by the officials who shall consult the home team administration and visiting school administration present at the contest. The home school is responsible for facilities and will be given priority consideration in the final decision if there is not consensus among the three parties. The final decision shall consider liability and conditions of facilities as well as future schedules, need to play the contest and finally the quality of all other options.

A postponed contest shall be rescheduled to the following Sunday. See Rescheduled Date Rules above.

Cheerleading & Poms Regulations

Sideline Cheerleading squads and coaches must abide by the same season rules and ending dates as Football. They may not start practicing prior to first day of conditioning for Football players. Coaches are bound by the same out of season contract restrictions as Football Coaches.

Team Exceptions

If registration for Freshman Division or JV Division is over 20 participants, the option is available to split into 2 teams without a matching tackle football team. However rosters must be submitted for both teams at the beginning of the season by the August due date. Also teams must stay within their rosters at competition. They must also all still perform at all tackle football games.

BAND

Each area will have a maximum of 3 Band Representatives on the MYFL Bands. There will no longer be coaches on the Band.

Rosters

Original Rosters must be submitted on the BAND no later than August 11th.

Competition Rosters must be submitted on the BAND no later than October 1st.

Attire

Cheerleaders are to abide by these rules: No Metal (Bobby Pins, jewelry, Hair Snaps are not allowed- If your ear piercing is new you may cover it with a band aid) No hard plastic in hair (ex:beads) unless wrapped in medical tape and secured down. Hair must be pulled back and cannot be in athletes face. Bows can not have any loose glitter. Uniforms must be modest and try to refrain from front and shoulder cut outs.

Sideline Stunting

Sideline season can do stunts above the limitations of competition at coaches discretion.

Competition Specifics

- Areas will give their guaranteed participation commitment no later than October 1st.
- Cheerleader Exceptions-If a team/area has a cheerleader that qualifies for an exception (with physical or mental handicap) they must provide their name, team number and division level placement at the beginning of the season to the hosting area. They must provide a **player** card with attached photo at competition to be able to participate but be exempt from judging. Exemptions must be submitted 30 days prior to competition and require a medical note for both long term diagnosis and injury with parental sign off. The exempt player must have an asterisk next to their name on the roster submitted on October 1st.
- The Cheer Competition will have a set of standards that must be abided by by hosting school
- Competition Rosters must be submitted on the BAND no later than October 1st.
- Competition Paperwork Turn In will be due no later than 7

days before the competition (2 Fridays before the competition date)

- Hosting School for Competition will go over comp scoresheets and how to fill them out at the comp meeting and create a couple samples and post them to the Band.
- Samples will be created for judges of what should be judged and what should not be. These will be created a few weeks in advance (deductions need to be on scoresheets), have comment only judge, have these laminated and accessible to judges on day of comp
- Use the MHSAA penalty rules and circle what we want to use
- Definitive Penalties- These will be printed and posted- Will circle ones to adjust for youth competition
- There will be a required competition meeting for those that opt in to compete. The following items will be discussed: Rule Change Review, Scoresheet Understanding and Drawing Round Order
- Hosting School must come up with 10 count and share it to BAND no later than July 29th!

Competition Requirements

Refer to MHSAA glossary of terms for stunting.

No maximum number of athletes on the mat.

Flag-only 1 Round

- Competition will be split to divisions 5/6 and 7/8 (based on average age of team on 11/1)
- Must have 1 Mandated Jump to be performed in unison
- Knee Stands, Gut Stands and Thigh Stands are acceptable with backspots (anything below belly button)
- Connections that are non weight bearing

Freshman-only 2 Rounds

Round 2

- Starts with 10 count in 2 or 3 staggered lines depending on number of girls
- 1 Jump (with multiplier)
- 1 Flexibility (with multiplier)
- Must be performed in Unison
- 3 formation changes (4 total formations)
- 1:30 maximum time limit

Round 3

- Thigh, Gut, Elevator Allowed
- Cradle from thigh or gut BUT NOT from elevator
- V-Sits Allowed
- NO shoulder sits
- Waist Level Stunting
 - 2 Footed waist level stunts DO NOT require a backspot
 - 1 Footed waist level and ANY transitions DO require a backspot
- Allowed to straight cradle from gut stand, NOT elevator

JV-only 2 Rounds

- Moving to MHSAA (MS)

Round 2

- Starts with 10 count in 2 or 3 staggered lines depending on number of girls
- 2 Jump (with multiplier)
- 1 Flexibility (with multiplier)
- Must be performed in Unison
- 3 formation changes (4 total formations)
- 1:30 maximum time limit

Round 3

- ALL MS stunts without OLE and twist cradles
- All elevator (Prep Level) stunts allowed (one legged stunts must be done at shoulder level)-don't need a front spot
- Extensions may be done WITH a front spot
- Shoulder Sits Allowed
- Shoulder Level Stunting
 - Backspots required for ALL stunts
 - Arm Connections and/or Foot Connections are allowed if non weight bearing
 - Barrel rolls allowed from starting in cradle position and ending in cradle position
 - Allowed to straight cradle

Prohibited Items:

Prohibited Stunts

- Inversions
- No Weight Bearing Extensions
- Shoulder Sits (Flag and Freshman)
- No Dead Bug

Prohibited Entrances

- No Twisting

Prohibited Transitions

- No double pony transition
- No change bases

Prohibited Dismounts

- No twist cradles
- No Pop Downs
- No rotation (head over knees)

*Teams are allowed to "Spirit" onto the mat but both feet must stay on the mat (no cartwheels, jumps ect)

*Judging Time starts once the 1st word is said (ex: "ready" set, "ready" ready set)

*Judging Time ends when the last cheerleaders foot is off the mat

(Flag Cheer will not have a penalty for over/extended time)

*Participants must compete in both rounds of competition. (Example you can not pick certain groups to perform in certain rounds) (Sickness/ Injury is not what we are referring to here)

*Failure to follow the rules will result in round disqualification. (Ex: Prohibited Stunts)

The judges will be one person chosen from 4 non hosting areas (chosen at random), picked by the VP of Cheer. If a judge drops prior to day of competition, the area that judge is from MUST find a replacement. The hosting area will provide one judge and one back up judge. The judging panel will be made up of at least 5 members. 1 MYFL Representative will sit with the judge panel to help enforce rules/guidelines that were not followed. Must have knowledge of cheerleading expectations examples: Coach, Varsity Cheerleader etc..... Judge must be 18 years of age or older. Area judge contact information must be submitted to the hosting area no later than October 1st. Highest and lowest score will be disregarded prior to total points.

Scoring: No Overall Score winner in any round of competition. Each Round will receive a 1st, 2nd and 3rd place. There will be 6 winning titles Freshman, 6 winning titles for JV and 6 winning titles for Flag (3 for 5/6 and 3 for winners 7/8)(1 round) – 2 rounds, 3 winners each round for Freshman and JV.

A \$5.00 charge upon entry to the competition, Cheerleaders, Football Players in uniform, Pass Holders and Coaches are Free. Proceeds will go to the Hosting School to offset the cost of awards.

Flag Rules

Flag Divisions and Ages:

Pee Wee- Age 5/6 Flag

Juniors-Age 7/8 Flag

(participants will play in the division based on their age on November 1st. If a player turns 9 after 11/1 they will be allowed in the remainder of season games and tournaments)

Grade Rules above do not apply to Flag. Flag is by Age only. (A player that is 7 but turns 8 by 12/31 may choose to play Tackle or Flag)

The Flag Division shall use a "pee-wee" size football or the blue football provided by USA NFL Flag which is also Pee-Wee Size.

All Areas are required to use the universal USA NFL Flag Brand Flags. If you do not order from USA NFL Flag for your jerseys you may have an area that does use USA NFL Flag order your flags for your area.

Section V. Field-Game Day Playing Field Size is divided at the 50 yard line and then the playing area set as wide as the center of the goal posts. See the field set up diagram below.

MYFL FLAG FIELD LAYOUT



Section VI.-Rosters

Teams must consist of at least 5 players. No team size maximum.

Section VIII.-Scoring

PAT (point after touchdown) **2 points** (5-yard line) or **1 point** (10-yard line)

a) Note: 2 point PAT is pass only; 1 point PAT can be run or pass.

b) A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 10-yard line) or a 2-point conversion (from the 5-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

Section IX.-Coaches

Coaches are allowed on the field to direct players according to need and division. Coaches DO NOT need to move to the sideline before the snap of the ball but must not cause any interference, obstruction or hindrance on the play.

Flag Section Above was in the rules prior to NFL Transfer files but it is also in the below rules- We just like the field set up better on the original; its easier to read/understand

MYFL FLAG RULES:

I.	Rules.....	2
II.	Terminology.....	2
III.	Equipment	5
IV.	Field	6
V.	Rosters.....	6
VI.	Timing and Overtime.....	7
VII.	Scoring	8
VIII.	Coaches	8
IX.	Live Ball/Dead Ball	9
X.	Running.....	10
XI.	Passing	11
XII.	Receiving.....	11
XIII.	Rushing the Passer	12
XIV.	Flag Pulling.....	13
XV.	Formations.....	14
XVI.	Unsportsmanlike Conduct.....	14
XVII.	Penalties.....	10
	i. General	
	ii. Defensive Spot Fouls	
	iii. Offensive Spot Fouls	
	iv. Defensive Penalties	
	v. Offensive Penalties	

I. Rules

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.

II. Terminology

1. Boundary Lines - The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
2. Line of Scrimmage - (LOS) an imaginary line running through the point of the football and across the width of the field.
3. Line-to-Gain - The line the offense must pass to get a first down or score.
4. Rush Line - An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
5. Passer - The offensive player that throws the ball and may or may not be the quarterback.
6. Rusher - The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass
7. Charging - An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
8. Flag Guarding - An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
9. Shovel Pass - **A legal forward pitch.**

10. Lateral - A backward or sideway toss of the ball by the ball-carrier.
11. Unsportsmanlike Conduct - rude, confrontational or offensive behavior or language.

III. Equipment

1. The league provides each player with an official flag belt and team jersey. Teams will use footballs provided by their team.
2. Players must wear shoes. Cleats may not be allowed at certain locations. This will be specified in the tournament details you receive prior to the tournament. However, cleats with exposed metal are never allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
4. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
5. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
 - a. Flag belts cannot be the same color as shorts or pants.

IV. Field Dimensions (Diagram End of Document)

1. The field dimensions are ~26.5 yards (Center of end zone to sideline) by 60 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards (Does not apply to 5/6 age group).
2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone, **except for 5/6 age group**), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff **or lateral**.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD) (exclude 5/6 age group).

V. Rosters

1. Home teams wear dark color jerseys. Visiting teams wear light color jerseys.
2. Teams must consist of at least five
3. Teams must start games with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.

VI. Timing and Overtime

1. Games are played on a 40 minute continuous clock with two 20 minute halves unless one team gains a 28-point advantage, which will then end the game. Clock stops only for timeouts or injuries.
2. **Halftime is five minutes (may be altered by hosting site to fit time constraints).**
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has one 30-second timeout per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. **Overtime format** is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for 2 points or the defense's 10-yard line for 1 point. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - i. Example: Team A starts on offense and chooses to go for one point from the 10-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 10-yard line to tie and force a second round of overtime or to go for two points from the 5-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. Both teams must "go for two" from the 5-yard line starting with the third round of overtime.
 - d. The final points earned by the winning team in the final overtime will be added onto the winning team's total score. The losing team will not receive any additional points.
 - i. Example: End of regulation time, score is 14-14. Team A scores one point and Team B score two points. Team B wins with a final score of 16-14. Points are only added to total score from final round of overtime.

- e. All regulation period rules and penalties are in effect.
- f. There are no timeouts.

VII. Scoring

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (10-yard line) or 2 points (5-yard line)
 - a. Note: 2 point PAT is pass only; 1 point PAT can be run or pass.
 - b. A team that scores a touchdown must declare whether it wishes to attempt a 2-point conversion (from the 5-yard line) or a 1-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
4. Safety: 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. **Defense retains the ball at their own 5 yard line.**
5. After one team is winning by **28** points or more, the game is over. Once a **28** point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game.

VIII. Coaches

1. Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and code of conduct.
2. One coach is allowed on the field to direct players according to need and division.

IX. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.

5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball-carrier’s flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball-carrier’s knee or arm hits the ground.
 - f. The ball-carrier’s flag falls out.
 - g. The receiver catches the ball while in possession of one or no flag(s).
 - h. The 7 second pass clock expires.
 - i. Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball-carrier’s feet were at the time of the fumble.

8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
9. A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged, and the proper ruling will be enforced. Officials should all agree upon any controversial call, in order to give each team the full benefit of each call.

X. Running

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball- carrier has the ball. Forward progress will be measured by the player’s front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. **“Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**
4. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not

allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD). ****Does not apply to 5/6 ages****

5. Any player can throw the ball from behind the line of scrimmage.
6. Once the ball has left the QB's hands in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - a. Players spinning out of control will be called for flag guarding.
9. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

XI. Passing

1. All passes and laterals behind the line of scrimmage are permitted. Passes and laterals beyond the line of scrimmage are prohibited.
 - a. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
2. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off or lateraled, the 7-second rule is no longer in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

XII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or lateraled behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable but not on conversions after touchdowns.

XIII. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
2. Once the ball **leaves the quarterback's hands**, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field **AFTER the ball has left the quarterback's hands**.
 - iii. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the has **left the quarterback's hands** before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff, **lateral** or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, **lateraled**, or handed off – illegal rush (5 yards from the line of scrimmage and first down).
 - c. Special circumstances:
 - i. Teams are not required to rush the quarterback with the seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
4. Players rushing the quarterback may attempt to block a pass; however, **NO** contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.**
6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The

ball is placed where the quarterback's feet are when flag is pulled.

- a. A safety is awarded if the sack takes place in the offensive team's end zone.

XIV. **Flag Pulling**

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

XV. **Formations**

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.
2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
3. **The center must snap the ball with a rapid and continuous motion to a player in the backfield (behind the line of scrimmage), and the ball must completely leave his/her hands.**

XVI. **Unsportsmanlike Conduct**

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers **MUST** make an effort to avoid defenders with an established position.

5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down

XVII. Penalties

1. General

- a. The referee will call all penalties.
Referees determine incidental contact that may result from normal run of play.
- b. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- c. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- d. Games may not end on a defensive penalty unless the offense declines it.
- e. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- f. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

2. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

3. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

4. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down

Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

5. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down