

MIDLAND AREA YOUTH  
**FOOTBALL**  
LEAGUE



## Rules and Regulations

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# 2011 Rules Changes Notes

- Prep ball carrier weight limit: Ball carrier must weigh 100 pounds or less, except in fumble recovery or turnover situations.
- Prep division shoe requirements are the same as junior and senior divisions. Molded rubber cleats; no removable cleats.
- Added tackle-to-tackle weight limits to 10-year-old juniors over 150 pounds.
- Maximum league weight now 180 pounds.
- Correction/clarification – practices cannot begin before the second Tuesday before Labor Day (18 days before opening day).

## Player Eligibility and Restrictions

Age/weight guidelines:

<u>Prep Division</u>		<u>Junior Division</u>		<u>Senior Division</u>		<u>Tackle to Tackle Rule</u>
age 8	55-135 lb	age 10	65-180 lb**	age 11	116-180 lb***	*9 year olds >115 lbs
age 9	55-135 lb*	age 11	65-115 lb	age 12	91-180 lb***	**10 year olds > 150 lbs
		age 12	65-90 lb	age 13	85-180 lb***	***8 <sup>th</sup> graders > 125 lbs and seniors > 150 lbs

Player's age determined as of September 1, 2011. Playing restrictions for tackle-to-tackle pertain to the age and weight brackets shown. The MAYFL reserves the right to place players according to their ability to ensure fair and safe play.

- A. A junior or senior player must participate in a minimum of eight (8) practice sessions to be eligible to play in their first game. Prep players must participate in a minimum of six (6) practice sessions.
- B. Any player who commits two unsportsmanlike fouls in a game will be ejected from the game and not allowed to participate in the next game. This suspension will be enforced to the next season if necessary.
- C. All players must abide by the Player Code of Conduct Policy to remain eligible for participation.
- D. Tackle-to-tackle player restrictions apply to 9 year olds greater than 115 lbs, 10 year olds greater than 150 lbs, 8<sup>th</sup> graders greater than 125 lbs, or any player weighing more than 150 lbs.
- E. Tackle-to-tackle player restrictions also apply to any player placed by the league in a lower division than outlined in the league By-Laws.
- F. All boys and girls who attend or are eligible to attend Midland, Meridian, Bullock Creek, Coleman, Clare, Harrison or Freeland schools are eligible for participation in the MAYFL. Students attending neighboring school districts may be allowed to participate at the discretion of the MAYFL Board.

# Equipment

- A. All players are required to satisfy all registration requirements prior to receiving equipment.
- B. Each player will be issued the following equipment.
  - a. Prep – helmet, shoulder pads, game jersey, pants, and pant pad set.
  - b. Junior – helmet, shoulder pads, game jersey, game pants, practice pants, and pant pad set.
  - c. Senior – helmet, shoulder pads, game jersey, game and practice pants, pant pad set and belt.
- C. All equipment must be returned at the end of the season. Equipment not returned will result in a \$200 replacement fee being billed to the parents of the player. Player eligibility for the next season will be forfeited if either the equipment is not returned or the equipment replacement fee has not been paid.
- D. Mouthguards will be issued and are to be kept by the player.
- E. Molded rubber cleat style shoes are permitted. No removable or metal cleats are permitted.
- F. Coaches are required to turn in a roster indicating assigned jersey numbers.

# Documentation Requirements

- A. All coaches (head coach and assistants) will be required to sign the coaching agreement/code of conduct form and consent to a criminal background check.
- B. Each coach must submit a copy of their team rules to the league prior to the first game day.
- C. Coaches must file an injury report for any player injury occurring during practice or game play.

# Game Rules – All Divisions

Covering Junior, Senior and Prep leagues (in combination with Prep-only rules)

- A. Duration of Quarters: Juniors – 10 minutes  
Seniors – 12 minutes
- B. Game Clock: The game clock will be kept by the officials. The clock will be stopped and started as dictated by the *National Federation of High School Associations* (NFHS) rules with one exception: The game clock remains running (TIPS rule) throughout the game except during the final two minutes of each half, in which the normal NFHS clock guidelines are in effect. After a 28 point lead has been obtained, there will be an automatic running clock, stopping only for time-outs and intermissions. An official's time-out must be called for the 2-minute warning, so both coaching staffs can be notified. TIPS timing continues after the 2-minute warning in the Prep division. (*TIPS rule = Time-outs, Intermissions, Penalties and Scores.*)
- C. Intermission at half time – 10 minutes  
In the event of Overtime, 3 minutes
- D. Field Length: Juniors – 80 yards (Note: 100 yards used for games on Senior/High School fields).  
Seniors – 100 yard field
- E. Overtime Periods: A maximum of 2 overtime periods are allowed before the game is called a tie.
- F. Time Outs: Junior and senior teams are allowed three time outs per half. In the event of overtime, one time-out is granted each team for each overtime period. Unused time-outs cannot be carried over into overtime.
- G. An official's time-out must be taken during all penalty situations. Penalties shall be enforced as per the current year NFHS football rule book. (*Exceptions are 15 yard penalties which are enforced in the MAYFL at 10 yards in Junior league play, other than playing time penalties.*)
- H. A player is considered eligible to play in a game as long as that player is healthy and has fulfilled their practice requirements and meets eligibility requirements outlined in the By-Laws. Coaches must be consistent for all players with regards to practice and playing time requirements. Coaches should explain to the parents and officials any deviations from this policy.
- I. No player is allowed to participate in practices or games if he/she has a severe injury including stitches, broken bones, etc. or is wearing any type of splint or cast. *If any type of known medical condition could impact a player's eligibility or safety, written permission from a doctor must be provided for the child to play. Note: A doctor's note will not override the prohibition against playing with a cast or injuries described above.*
- J. All coaches and players on the sidelines shall remain within 30 yards of mid-field at all times. Additionally, coaches and players must not step onto the playing field at any time once play has started or if the game clock is running. A verbal warning or penalty can be issued by the game officials if either rule is not followed.
- K. In case of inclement weather (lightning, etc.) the officials or league officers will decide whether games should be continued or played. Games which have been canceled will be rescheduled.
- L. Any team not able to field 11 players at any time before or during a game will forfeit to their opponent.
- M. Chains and down markers will be handled by individuals selected by the officials prior to the game.
- N. Shoes – Molded rubber cleat style shoes are permitted. No removable or metal cleats are permitted. Turf-type shoes are also acceptable per this rule. This rule will be enforced by the officials. Any questions regarding equipment (shoes) should be directed to the officials before the game.
- O. Punts: All punts will be played with offensive players and punt receives with defensive players.
- P. Point After Touchdowns:  
Juniors – 1 point per PAT conversion (no kicking)  
Seniors – 1 point kicking and 2 points running or passing.
- Q. Field Goals:  
Seniors – 3 points per successful kick  
(Juniors – no attempts are allowed)

## R. Playing Time Rules

**For teams with 21 or fewer players** – Each player is to be designated as a full-time player on either offense or defense. No player shall be designated as a full-time player on both sides of the ball. The offense or defense shall have eleven (11) full time designated players “Full Side” with the balance of players being designated to the opposite side of the ball “Short Side” resulting in one side having a full eleven designated players and one side with less than eleven designated players. Players from the Full Side shall be rotated into the game to bring the total count of the Short Side up to eleven. When the Short Side is on the field, Full Side designated players shall be rotated in equally to the Short Side throughout the game. All Full Side designated players shall be utilized in the rotation as equally as possible. At no time should any player from the Short Side be rotated with a Full Side designated player except in the case of injury.

Example: Team #1 has nineteen (19) players. Team #1 would designate eleven (11) players to offense (Full Side) and the remaining eight (8) would be designated to defense (Short Side). When the defense is on the field, players from the offense would be rotated into the three (3) open remaining defensive positions. All designated players to offense should be rotated in on an equal basis as much as possible. None of the eight (8) designated defensive players would rotate at all. No players would shuttle in when the offense is on the field.

For teams with 22 or more players – Each player is to be designated as a dedicated player on either offense or defense. No player shall be designated as a dedicated player on both sides of the ball and no player shall play on both sides of the ball. No player shall sit out for more than two consecutive plays during a game. If a team desires to shuttle plays in during the game, at least twelve (12) players should be dedicated to that side of the ball.

Example: Team #1 has twenty-eight (28) players. Team #1 would designate fourteen (14) players to offense and fourteen (14) players to defense. When the offense (or defense) is on the field at least six (6) players (three (3) on the bench plus three (3) on the field) will be in rotation with no player sitting out for more than two consecutive plays.

**For all teams** – At half-time, a new offense/defense player designation can be made, but all playing rules remain in effect throughout the end of the game. Once any player designation has been made at half-time, they must remain dedicated through the end of the game – there is no going back to the original player designation.

**Exceptions** – A player injury occurs in the game. If a roster has extra shuttle players on that side of the ball, then the injured player should be substituted with one of the extra players. Any exceptions to this must be cleared with the head official and opposing coach. Teams with 22 or fewer players (before or after the injury) may substitute a player from the opposite side of the ball.

Any player not playing in the game should be on the sidelines and not be wearing their helmet or shoulder pads. The reason for the player not receiving playing time consistent with the rules outlined above (due to injury, missed practices, etc.) should be communicated to the head official during the game and to the player's parents after the game.

**Penalty** – A violation of these rules will result in an Unsportsmanlike penalty being called on the head coach resulting in a 15-yard infraction. Subsequent violations will result in ejection of the head coach and possible removal of head coach from the MAYFL and forfeiture of game in which the foul occurred. This ruling will be made by the MAYFL board.

**Remedies - MAYFL Board** – The intent of the playing rules is to promote equal playing time for all players and promote fair play between teams. The MAYFL Board shall have full rights to interpretation of playing rules. The MAYFL Board has full rights to evaluation and determination of rule infractions and all decisions and actions are final.

- S. Any member of a coaching staff who knowingly disobeys a MAYFL or MHSAA rule will be suspended from the league for one week (practices and the following game). A second violation will result in the removal of the coach from the MAYFL for a minimum of one year. Any ejection from a game shall be reviewed by the MAYFL Board per Section VII of the By-laws.

The official(s) responsible for any ejection (player or coach) will submit an ejection report to the MAYFL Board after the incident.

- T. Player Restrictions – Players designated as “Tackle-to-Tackle” due to weight or other issues must play within these restrictions:

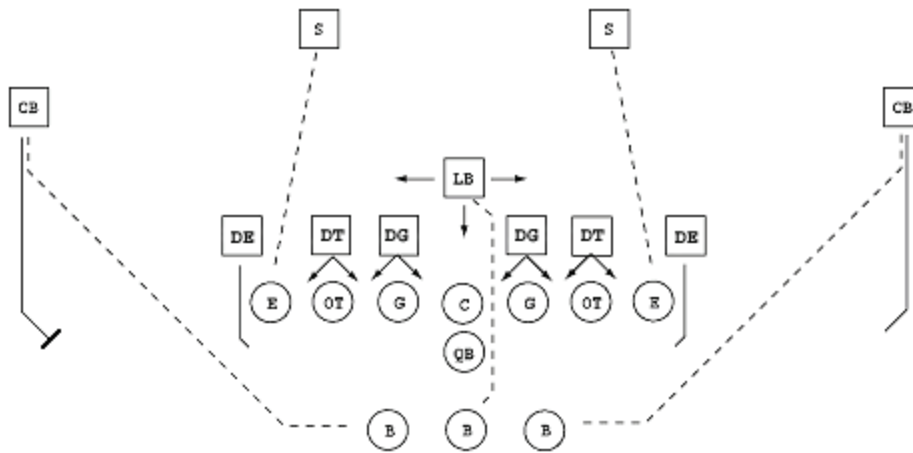
Positions include: Offense: Center, Guard and Tackle, Defense: Noseguard and Tackle. Such designated players must report before the game and have designated markings on helmet or armbands. Only scrimmage line play is allowed. (Exception: Allowed to kick PATs or Field Goals in Senior League.) Such players cannot be eligible receivers. Offensive tackles must be “covered” by an exterior player on line. Such players cannot be in any Kickoff or Receive team (free kick) plays. NOTE: Line play is OK for punts. A maximum of 3 such players can participate for either team on a scrimmage play. Defensive linemen must be within the offensive tackles –or– 2 similar positions from the center if unbalanced. Officials' judgment can be applied if use of such players appears to be questionable and can be disallowed. Penalties for infractions: Illegal Participation (major penalty), unless other infractions apply.

- U. Teams may not start pre-game warm-ups earlier than 60 minutes before their scheduled games starting time.
- V. During games, only the head and a maximum of four registered assistant coaches are permitted on the team side-line.
- W. Players and coaches must shake hands following the contest.

# Rules – Prep Division Supplement

1. The playing field is 80 yards by 40 yards, goal line to goal line. Plus 20 yards for the end zones. Total marked field is 100 x 32 yards.
2. 7 yards for first down.
3. Teams must use league-authorized offensive and defensive formations. Any legal play per the rest of the Prep guidelines and MAYFL/High School rules is permitted, with the only restriction beyond those being only 1 pass -or- 1 handoff is allowed during the down.
  - a. See related Prep play rule numbers: 4, 5, 6, 7, 8, 9, 10, 11 and 12.
  - b. See diagram at end of rules regarding required offensive & defensive formations.
4. No quarter back sneaks are permitted. Quarterbacks are allowed to exchange and run, or to recover a bad snap and run.
5. No line backer may line up within 3 yards of the center snapping the ball.
6. Roughing the snapper is a major penalty.
7. Punts: No rushing the punter. No interfering with the receiver. An automatic “fair catch” is granted to the receiving team regardless of team possession at the end of the punt. Play will end on first touching of the ball by either team.
8. Defensive blitzes are not allowed. (Defensive backfield players are expected to play their position, or read & react, not blitz directly into the offensive backfield.)
9. There will be no kick-offs. Team will take possession on the 25 yard line.
10. Following a safety, the scoring team will take possession of the ball at the 35 yard line.
11. No more than a 6 man defensive line. Defensive backfield players must play at least three yards off the line of scrimmage. (See standard formation.)
12. No ball carrier can weigh more than 100 lb, except on a fumble recovery or turnover situation.
13. All players get equal playing time in the game, in accordance with MAYFL Game Rules Section R.
14. One coach is allowed in the huddle. The coach must stay out of the area of the play and refrain from any involvement or coaching during the play. NOTE: The game officials may issue a verbal warning or unsportsmanlike penalty depending on the circumstances.
15. 45-second huddle time.
16. Once the huddle is broken, the play cannot be changed.
17. The extra point after a touchdown will be scored; 1 point for a run and 2 points for a pass.
18. Four 12 minute quarters with a running clock. Clock will stop for TIPS (time-outs, intermissions, penalties and scores).
19. The clock will stop for all penalty administration via an official’s time-out.
20. Each team is permitted two 1 minute time-outs per half.
21. Ten minutes for half time.
22. There will be a 2 minute warning issued near the end of the 2nd and 4th quarters. After the warning, the clock will be restarted and continue to run following the TIPS guidelines.
23. Major penalties will result in a 7 yard loss with no loss of down. These include: unsportsmanlike, face mask (major), clipping, holding and roughing penalties.
24. Minor penalties will result in a loss of 3 yards. These include: encroachment (off-sides), equipment (dead-ball), illegal procedure and face mask (minor).

MIDLAND AREA YOUTH FOOTBALL ASSOCIATION  
 PREP DIVISION STANDARD FORMATION



Defensive responsibility:  
 Pass play -----  
 Run play —————

**Prep Division Standard Formation:**

Clarifications on Standard Formation

1. Defensive linemen must be aligned head-up with the offense. (Rule 3)
2. Middle linebacker must remain 3 yards from the line of scrimmage. (Rule 5)
3. Defensive ends must line up within shoulder of offensive end.

# Practice Rules

## Overview

Midland Area Youth Football is an instructional league. These guidelines not only represent league policy, but are intended as reminders to keep the spirit of safe and fair play top of mind not only in games, but at practices as well. The goals of our program are to promote sportsmanship, teamwork, self-esteem and confidence while teaching the fundamentals of football.

## Practice Schedules

- A. Practices for all divisions begin on the 2<sup>nd</sup> Tuesday before Labor Day (18 days before opening day). The following structure must be followed for practices.

<u>Division</u>	<u># Practices/Week</u>	<u>Practice Duration</u>
Prep	3 max	1-1/2 hours max
Junior	4 max	2 hours max
Senior	4 max	2 hours max

- B. Team practices are limited to the above limits for any 24 hour period.
- C. Games and pre-game warm ups do not count as a practice session. Pre-game warm ups must not start more than 60 minutes before game time. Scrimmages and "conditioning" sessions are considered practices.

## League-Wide Practice Rules

(Apply to all teams in addition to team-specific rules)

- Except as noted, all game rules apply at practice.
- No practicing on the game fields. Let's keep the fields in good shape for game day.
- Ask for permission before using school grounds for practice. Clean up after practice – let's not wear out our welcome. DO NOT practice or play on the middle school or varsity fields. DO NOT practice on our game fields, even on photo day.
- "Conditioning" sessions are considered practices. "Preseason" conditioning sessions are prohibited under league rules.
- Keep players well hydrated. Plan plenty of breaks in hot weather.
- Keep player safety in mind at practices, just like at games. Use good judgment at practices – in case of a serious injury, call an ambulance. Don't take any chances. The league pays for sports medical insurance to handle these situations.
- Have a plan for bad weather situations. Do not practice during lightning or thunderstorms (follow the same rules as game day – MHSAA rules).
- Tackle-to-tackle designations apply at practice as well as games. Keep this in mind for all contact drills.
- Only one practice is allowed during any 24 hour period (no 2-a-days).
- Games and pre-game warm ups do not count as a practice session. However, pre-game warm-ups cannot start more than 60 minutes before game time.
- No physical contact is allowed in practices without the appropriate protective equipment (as described in the "Equipment" section).
- Scrimmages are considered part of allotted practice time.
- Scrimmages can only occur between teams of the same division of the MAYFL. No scrimmages or games can be played with teams outside of the MAYFL without the express written consent of the MAYFL board.
- No pre- or post-practice position qualifications/tryouts are allowed. Position qualification must take place during regular practice time.
- Warm ups are to be conducted as part of the practice.
- Coaches must ensure players are not left unattended following practices or games.
- Keep the spirit of playing time rules in mind. Try to allow players to try different positions.
- Focus on developing all players to the best of their abilities.
- Keep it fun!

*Players should be more excited about football after the season than they were when it began.*

# Codes of Conduct – Players, Coaches and Parents

## MAYFL COACHES GUIDELINES

The mission of the MAYFL is to teach kids the fundamentals of football while teaching the values of sportsmanship, teamwork, and promoting self-esteem and confidence in these young players. We ask that you do your part in ensuring the MAYFL is successful in completing this mission.

A coach's primary responsibility is to prepare their team for MAYFL competition. A MAYFL coach shall create an environment in which proper football techniques, safety and sportsmanship are taught within the rules and guidelines set forth by the MAYFL.

## BEHAVIOR EXPECTATIONS OF MAYFL COACHES

- Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards.
- Respect the integrity and personality of the individual player/child.
- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow. Please refrain from:
  - arguments in front of players and spectators.
  - gestures which indicate an official or opposing coach does not know what they are doing or talking about.
  - throwing of any object in disgust.
- Shake hands with the officials and the opposing coaches before and after the contest in full view of the public.
- Respect the integrity and judgment of game officials. The officials are volunteers and are doing their best to help promote MAYFL football. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.
- Display modesty in victory and graciousness in defeat in public. Please confine your remarks to game statistics and to the performance of your team.
- Teach sportsmanship and reward your players that are good sports.
- Be no part in the use of profanity, obscene language or improper actions.
- Abide by the player playing time rules, which have been set by the MAYFL.
- Treat all players with the same level of respect.
- All coaching staff rules (practice attendance, playing time guidelines, etc) should be consistent for all players.
- Coaches must attend mandatory coaches meetings.
- Coaches must help with distribution and collection of equipment for your team.
- Follow all MAYFL practice guidelines in terms of number and duration of practices.
  - Three days a week for Preps and 4 days for Juniors/Seniors.
  - Two-hour maximum practice session for Juniors/Seniors and 1-1/2 hours for Preps.
- Ensure players are practicing in safe equipment. It is your responsibility. If new equipment is needed, contact your league division representative or the equipment manager.
- Do not leave children unattended after practice.
- Scouting of opponent's practices or scrimmages is not allowed.
- The use of tobacco products (cigarettes or chew) is not allowed at practices or league events.
- Coaches should not use alcohol prior to or during any league practice, game, or league event.