



MUDSOCK YOUTH FOOTBALL LEAGUE

5th and 6th Tackle Code of Conduct & Eligibility

Revised July 2023



Proud partner of:



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A. Codes of Conduct

Participants, including coaches, players, parents, guardians, and spectators of the Mudsock Youth Football League (MYFL), are expected to read and follow all rules and regulations for the MYFL. Failure to abide by any of these rules and regulations will subject the offending team, coach, player, parent, guardian, or spectator to disciplinary action by the MYFL Board (Board) including, but not limited to, suspension, game forfeitures, or expulsion from the league.

I. Participant Code of Conduct

The Mudsock Youth Football League seeks to instill positive character-building traits in our communities' youth through the demonstration of good sportsmanship, respect for others, responsibility, fairness, caring and good citizenship. We ask that parents and their guests attending MYFL sponsored events help us by reflecting these character traits at games.

When attending MYFL sponsored events, I therefore agree:

- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting or using profane language or gestures, etc.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will teach my child to play by the spirit of the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, sex, or ability.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches or referees at the game field, and will take time to speak with coaches at an agreed upon time and place.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Verbal warning by official, head coach, and/or member of league organization
 - Written warning
 - Spectator game suspension with written documentation of incident
 - Spectator season suspension

II. Coaches Code of Conduct

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will not cheat or engage in any form of unethical behavior that violates league rules.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will respect the facilities used, and return each to the condition I found it after each event.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

B. Eligibility & League Rules

I. Background Check Required

All adult volunteers having contact with children are required to file a release for a criminal background check prior to participating in the league. Background checks are through Mudsock Youth Athletics.

II. Player eligibility:

1. To be eligible to play in the FHYFL, all children must meet the following requirements:
 - a. Meet the residency and registration requirements of the Mudsock Youth Athletics organization.
 - b. Attend fifth or sixth grades; and
 - c. Be less than thirteen (13) years of age prior to August 1st of the current season.

III. Grade Level Eligibility:

1. Players shall be placed at grade level
2. Any Player entering the 5th or 6th grade and not thirteen (13) years of age prior to August 1st of the current season will play in the 5th and 6th grade tackle league.
3. Any youth 13 years of age prior to August 1st of the current season is ineligible for the league.
4. There are two (2) years of eligibility for the 5th - 6th grade tackle league. Any situation where a player is eligible for a 3rd year of 5th – 6th grade tackle will be evaluated on a case-by-case basis. Any youth player having a 3rd year of eligibility for the 5th – 6th grade tackle league due to false information provided about age in a previous season will be automatically ineligible for a 3rd tackle season.
5. Cut-off date for registration is the end of the 1st week of **minicamp** or when the league is full, whichever is first. All players after this point are “waitlisted.”

IV. Weight Restrictions:

1. All players in 5th or 6th grade will be preliminarily weighed in when picking up equipment. Players within 5 lbs of the weight restrictions will be re-weighed on picture day. The results of the picture day weigh in are final.
2. 5th and 6th Grade:
 - a. Minimum: The minimum playing weight is 60 lbs.
 - b. Ball Carrying: Offensive backs, ends, and receivers must be less than 115 lbs.
 - c. Offensive/Defensive Line Only: Any player over 170 lbs. is restricted on offense to playing line only from tackle to tackle and defensive line only.
3. All players exceeding the Ball Carrying weight shall have their helmets marked with a line on both front and rear with a 1" x 4" piece of tape.

4. All players 115 – 125 lbs. shall have their helmets marked with orange lines on both the front and rear with a 1" x 4" piece of tape.
5. All players exceeding the Line Only weight, shall have their helmets marked with two lines on both the front and rear with a 1" x 4" piece of tape.
6. The tape shall be of distinctive contrasting color so as to be readily identifiable by a game official.
7. Linebackers and defensive backs may exceed the ball carrying weight limit. However, in the event such players exceeding the ball carrying weight limit gain possession of the ball, the ball is immediately dead.

Eligibility and weight limit table:

Grade	Age by August 1 (must be under)	Minimum Weight	Ball Carrying Weight (must be under)	Tight End (Eligible to catch and advance the ball on offense)	Offensive Line/ Defensive Line Only Weight (weight is over)
5th / 6th	13	60	115	115 - 125	170

V. Refunds:

1. Tackle and flag league registration fees will be refunded until the day prior to the first day of minicamp, less a Mudsock Youth Athletics processing fee.

VI. Injured player:

1. Parents and Guardians who are aware of a player who is injured to the extent they need to be seen by a health care provider should report that injury to the Head Coach of that player's team.
2. Any Head Coach who learns of an injury that requires medical attention by a health care provider shall report the injury to the league Commissioner by the head coach within 24 hours of learning of said injury. The Head Coach must file an injury report with the Mudsock Youth Athletics office within seventy-two (72) hours of learning of any injury. See the youth league website for a copy of the injury report.
3. Any player injured which requires medical attention by a healthcare provider, will not be allowed to practice and/or play in league games until the Head Coach and the league Commissioner receive a doctor's release.

VII. Team Placement, Draft, Waiting List:

1. All players must attend their grade's evaluation process in order to be placed in the

draft. Any player not attending the evaluations will not be placed on a team.

2. Any team that loses a player because of injury or because of quitting the team will notify the league Commissioner and the Mudsock Youth Athletics office within twenty-four hours.
 - a. Players will only be replaced from the official waiting list.
 - b. No Player will be replaced after the first game without approval of the Board.
 - c. Mudsock Youth Athletics will maintain all waiting lists.
3. Only players on the waiting lists will be used to replace injured players or players that quit teams.
4. The Board in conjunction with the Mudsock Youth Athletics office will work to replace players from the waiting list as needed based upon the player replacement rule.

VIII. Equipment:

1. The league will supply the following equipment, subject to the required refundable deposit:
 - a. Shoulder Pads;
 - b. Helmet;
 - c. Jersey;
 - d. Socks;
 - e. Mouthpiece

Any player using his own shoulder pads and/or helmet must have them reviewed and approved by a member of the Board at equipment hand out.

2. Additional required equipment, to be provided by the player:
 - a. White Football Pants, including appropriate pads.
 - b. Practice Jersey
3. Additional optional equipment, to be provided by the player:
 - a. Cleats with plastic spikes
 - b. Football rib/back pads
 - c. Neckroll
 - d. Receiver's Gloves
 - e. Protective cup
4. Prohibited equipment
 - a. Cleats with metal spikes;
 - b. Tinted or colored visors.
 - c. Any other equipment not approved by the board
5. 5th and 6th grade uses a Junior size football.

IX. Practice Rules and Practice Plan:

1. All practices have a two-hour time limit. No exceptions.
2. You may not scrimmage more than once per week and for no more than 45 minutes.
3. Practices are only allowed at league approved sites. A list will be provided to coaches prior to the season.
4. Prior to the first game:
 - a. Each team is permitted a total of three (3) practices per week.
 - b. "Week" is defined as Sunday through Saturday.
5. After the first game:
 - a. Only two (2) practices per Week will be permitted. No exceptions.
 - b. Sunday practices will not be allowed after the first game.
 - c. No more than three (3) football events are allowed per week (2 games, 1 practice, 1 game 2 practices).
6. Teams shall not warm-up or practice until one hour prior to their game.
7. Each Head Coach will be required to download the Coaches Practice plan and Guide from the Mudsock Youth Football Website. Without exception, the first hour of every practice must follow the Practice Plan and the drills included in the practice plan. The Practice Plan and drills will ensure each youth player is learning the fundamentals of a proper stance, blocking and tackling.

X. Playoff Seeding, Tiebreakers:

1. Number of wins
 - a. In the case where a team has played more games than other teams, a game will be randomly selected by the commissioner to count as an exhibition.
2. In case of a tie, flip a coin