

Metro Youth Football League: Rules **2021**



**Metro Youth Football League**

[www.MYFLOmaha.org](http://www.MYFLOmaha.org)

**Est: 2012**

TABLE OF CONTENTS

Metro Youth Football League: Rules 2020

MYFL 100: DUTIES AND CONDUCT.....PAGE 3

MYFL 101: ZERO TOLERANCE POLICY.....PAGE 3

MYFL 102: FIELD MANAGEMENT REQUIREMENTS.....PAGE 3

MYFL 103: COACHING REQUIREMENTS & CONDUCT.....PAGE 4

MYFL 104: PLAYER CONDUCT .....PAGE 6

MYFL 105: PARENTAL & SPECTATOR CONDUCT.....PAGE 7

MYFL 106: LEAGUE PUNITIVE ASSESSMENTS AND LEAGUE FINES.....PAGE 7

MYFL 200: PLAYER ELIGIBILITY.....PAGE 7

MYFL 201: ASSUMED NAMES.....PAGE 7

MYFL 202: MULTIPLE LEAGUE PLAY.....PAGE 7

MYFL 203: MULTIPLE TEAM PLAY.....PAGE 7

MYFL 204: HIGH SCHOOL PLAYERS.....PAGE 8

MYFL 205: AGE, GRADE, WEIGHT.....PAGE 8

MYFL 301: STRIPER RULES.....PAGE 9

MYFL 400: TEAM ROSTER.....PAGE 10

MYFL 500: GAME RULES.....PAGE 10

MYFL 501: DIVISION MATRIX.....PAGE 12

MYFL 600: SCHEDULING & REPORTING.....PAGE 13

MYFL 700: PLAYING FIELDS.....PAGE 13

MYFL 800: EQUIPMENT.....PAGE 14

MYFL 900: COMMONLY MISTAKEN RULES .....PAGE 14

## Metro Youth Football League: Rules 2020

### **MYFL 100: DUTIES AND CONDUCT**

With our stated mission comes a great deal of responsibility on the part of everyone associated with the League. In 2014, the League implemented a 'Zero Tolerance Policy' as described below. All organizations are responsible to assure players, coaches, and parents within their own organization acknowledge and abide by this policy. The MYFL regards any poor sportsmanship as unacceptable and completely intolerable.

### **MYFL 101: ZERO TOLERANCE POLICY**

The MYFL functions under the premise that the most important facet of any youth sports program, especially football, is the positive role it can play in the development of each individual participant. It has always been the MYFL's purpose and intent to entrust our youth with coaches that are positive role models, display good moral character and have demonstrated the skills and abilities necessary to effectively and positively impact our youth participants. This also applies to **Parents, Spectators, Game Officials, League Officials, League Volunteers and Organization Representatives**. All are expected to follow this premise at any and all activities relating to the MYFL and/or the Organizations that represent the MYFL.

The below listed provisions, although documented as player specific, can and will be applied uniformly to encompass Coaches, Parents, Spectators, Game Officials, League Officials, League Volunteers and Organization Representatives alike, relative to violation of league sportsmanship policies and subsequent punitive assessments.

### **MYFL 102: FIELD MANAGEMENT REQUIREMENTS**

These guidelines spell out the minimum requirements of each organization hosting MYFL sanctioned games during regular and post season. Failure to meet the expectations of the Field Supervisor will be addressed by the admin panel. We want to ensure that any organization that has an issue with field supervisors be afforded the opportunity to correct the situation, but repeated failures to meet the expectations will be met with a reduction in home games. Decisions by the admin panel on assessing these penalties, when required, are final and non-negotiable. We also recognize difficulties in scheduling and moving games on short notice isn't an optimal situation. Loss of home games penalties will be assessed during playoff weeks in subsequent seasons where appropriate.

1. Be present at the site for the duration of all game(s)
2. Introduce themselves, and any potential delegates to the Referee(s) Example: If you are coaching in Game 3, but you are serving as field supervisor for Game 1 and 2; take time to introduce your field supervisor for game 3 ahead of time.
3. Be readily available to the referee(s) – Notify the Referees how/Where to find you should they require assistance. Typically, positioned near field level or lower stadium.
4. Check in with the referees at half time and between each game as needed.
5. Notify the Referee if they cannot be present, and must appoint a designated representative of the hosting organization to fulfill the field supervisor duties
6. Not assume any coaching responsibilities during field supervision, including any his or her appointee. If you

are going to coach a game, another person must be designated as field supervisor while you are fulfilling your responsibilities as a coach or other duty, ie warming up or playing.

7. Remain unbiased when addressing any administrative duties at the request of the Referee. 8. Never attempt to undermine the officiating crew, including fouls called or penalties prescribed by the crew. Any issues with how something is being officiated are best addressed after games with the admin panel.

**1<sup>st</sup> Offense** – Documented warning that field supervisor expectations have not been met, including a description of the failure, and what is required to resolve it. We will also then remind the organization that repeated issues will result in loss of home games. The admin panel may elect to send a representative designated by the admin panel to the next home games for that organization to validate a correction has taken place.

**2<sup>nd</sup> Offense** – Loss of home games during final two weeks (playoff weeks) of the season, plus the loss of 2 home weekends the following season. \*\* As scheduling is not complete for the final two weeks until just prior, we have

## Metro Youth Football League: Rules 2020

the capability to move those games during the current season. Most organizations have an opportunity to have one of the two weeks as home games, so would in essence be forfeiting one week in the current season. In the event that the offense takes place during week 8 or 9, the penalty will be loss of 3 home weekends in the following season.

**3<sup>rd</sup> Offense** – Loss of all home weekends for an offending organization for the following season. \*\*The organization would be eligible to host limited home games after having zero for a whole season, only after working with the admin panel and providing their plan to meet expectations. The admin panel reserves the right to resume home games for that organization in a limited, probationary fashion to ensure that field management responsibilities are being taken seriously and that corrective action has demonstrated as much.

Example: If an organization is met with a 3<sup>rd</sup> offense during the 2017 season, they will host 0 home games during the 2018 season as described. However, they would again be eligible to host for the 2019 season only after working with the admin panel to present their plan to meet expectations. In scheduling for the 2019 season, the admin panel may schedule a limited number of home games for that organization in a sort of probationary action to return to normal status.

Any recurrence of failure to meet expectations for field supervisors during the probationary period when an organization is returning to hosting will be treated as a third offense, and hosting privileges will be forfeit for the following season

### MYFL 103: COACHING CONDUCT & REQUIREMENTS

All Head Coaches, Assistant Coaches, Member Organization Representatives and League Officials shall adhere to the following rules and requirements:

#### Requirements:

1. It is mandatory that all teams are represented at the 2 hour “Coaches Clinic” sponsored by the League each year prior to the commencement of the season, Location and time TBD each year.
  - a. If a team is not represented at the clinic by a staff member, the head coach will be suspended for game 1.
2. It is required that all Head and Assistant Coaches are certified through the USA Football Heads-Up Program; and is the responsibility of each Organization to abide by their guidelines and recommendations. 3. It is mandatory that all Head and Assistant Coaches wear attire befitting a youth football coach and wear colors properly identifying them as a specific Organization team coach.
4. It is expected that all Head Coaches and Assistant Coaches be familiar with the Rules and Bylaws of the MYFL, and the Official Football Rules of the NFHS. Books can be purchased from the NSAA. 5. All Head Coaches shall have complete responsibility for the conduct and activities of their team and shall be held accountable by each Member Organization. This responsibility includes, but is not limited to adherence to

guidelines, coaching ethics, spectator control, and all other game control requirements.

6. Coaches and players must stay between the 25-yard lines when on the sideline.

7. Any Coach, player(s), or parents knowingly and intentionally violating the league weigh-in verification process in any way will be subject to a league suspension for the remainder of the playing season and will be reviewed by the league board for a permanent ban from the league.

8. A \$100 fine will be imposed on any Member Organization that has a team not show to a scheduled game. This fine will be carried over to the next season if the fine has not been paid in that season. If it is carried over that Organization will not be allowed to play any of the scheduled games until the fine has been paid in full.

9. A listing of all Head Coaches, including their contact information, will be made available to the League by all Member Organizations prior to beginning of the season.

#### Conduct

1. Criticism: is an objective exercise that can motivate one child while making another child feel demeaned. All Coaches need to look at motivational exercises in the context of the individual and make judgments carefully. It is always best to start a coach-player relationship by building mutual trust, respect and affection first.

2. On Field Behavior: It is never acceptable behavior to damage, demean, harass, create the risk of injury or harm, or undermine anyone associated with the activities of the League. Coaches will not criticize the officials, the opposing team, the coaches, or fans by word of mouth or gesture.

## Metro Youth Football League: Rules 2020

3. Officials: Regardless of the situation, Coaches will accept the decisions of Game Officials. Games are not the place to air grievances. Official grievances will be handled at the Organization level, and if necessary the League level.

4. Inappropriate Language: Coaches will not use profane language in any way connected to their duties as coach.

5. Drugs & Alcohol: Coaches will not be on the practice or game field under the influence of drugs or alcohol.

6. Tobacco: Coaches will not use tobacco products of any kind on the practice or game field. 7. Character Building: At every opportunity, Coaches will stress the ideals of good character, fair play, fellowship, citizenship and sportsmanship.

8. Setting an Example: Coaches will constantly be cognizant that their ethics and conduct are a personal example to their players.

9. Video Scouting: As stated in the NSAA rules, no video equipment may be used to record an opponent without the written approval of the opponent, ie scrimmages, practices, or games. In person scouting and note taking is allowed (no video equipment). Trading of game footage is also allowed to prepare for future opponents (ie Hudl, DVD's, etc). Coaches are expected to trade with their next upcoming opponent.

Acts of Disbarment: The following offenses committed by Coaches shall bring about immediate disbarment from League activities and League Fines paid by the Organization represented to the League. 1. Assault: For striking another coach, official, spectator or other participant in League activities. 2. Weight Loss: For using extreme weight loss tactics to assist a player in moving below an official weight grouping.

3. Fraud: For willfully attempting to make eligible a player he knows to be ineligible.

4. Injuries: For sending an injured player back into a game or practice when the Coach understands there is a possibility of compounding the injury.

5. Multiple Ejections: When a Head or Assistant Coach is ejected from an official game more than once in any given season.

6. Fines can be given at the MYFL Boards discretion.

#### Additional Provisions outside and/or during the Season

1. Recruiting: Any Coach found to be recruiting any player(s) who previously participated with another Organization within the MYFL, and did not go through the proper process to withdraw from their current Organization, may be subject to fine and/or suspension. Organizations need to work together in good faith and mission of the MYFL.

2. Practice: Any set of Coaches conducting practice with their players/participants prior to the league start date of August 1st, may be subject to a fine and/or suspension.

3. Referee's: Any Coach or Player that approaches a Game Official in an unsportsmanlike manner on or off the playing field may receive a fine and/or suspension.

4. Excessive Scoring: Any game ending with a point differential more than 40 points shall invoke a 1 game head

coach suspension. This may be appealed to the Administration Board. The Administrative Panel will gather information from all parties to investigate situation.

Additional League Recommendations:

a. Evaluate all Head and Assistant Coaches on an annual basis by every Member Organization. b. Conduct year end surveys, or other method to evaluate your organization and improve the next season.

All Organizations have the right to apply their own internal handling of punitive assessments and/or fines. The Organization responsible to make good on any fines payable to the League, must do so no later than 24 hours prior to the first scheduled game the following week.

**1. Coach Warning:**

Game Officials may warn a Head or Assistant coach verbally and/or by throwing a flag. The flag may or may not include a 15 yard penalty.

**2. Coach Ejection:**

Game Officials can eject a coach permanently from a game, without prior warning. Permanent Ejection will remove the coach(es) from participating for the remaining game duration **AND** the teams next scheduled game. This includes postseason play. If the infraction occurs in a postseason game, suspension from the first game of the following season, if the participant is still an active coach. The next scheduled game suspension may be appealed by the organization in writing following the game. The case will be reviewed by the admin panel and Head Referee

## Metro Youth Football League: Rules 2020

with a decision being made by Tuesday of the following week. Please be advised, these suspensions are rarely overturned. We advise organizations to take the opportunity as a teaching moment for the entire team, instead of excessively disputing the situation or call.

This removal includes physically vacating the premises/venue where the game/contest is being held for the remainder of the game day, and will be completed voluntarily by the offending coach. If the offending coach refuses to leave the venue or is contentious during their escort out of the stadium to any other coaches, players, spectators, or fields managers, this will result in permanent league expulsion and forfeiture by that coach's team during the game in progress.

**3. Permanent Coach Expulsion:**

Any participant that has been ejected from multiple league games, or has committed an egregious act will be sanctioned with an immediate, non-appealable Permanent Coach Expulsion. This action may be imposed regardless of whether the ejections occurred in the same season or over the course of several seasons. Expulsions may be for the remainder of the current season or for life. Ejections shall be used as a teaching moment by all individuals involved.

Game Officials will provide a written report of the players name & number, and/or Coaches (name) involved in the ruling with full details, which is to be submitted to the Head of Referees. The Head of Referees will distribute the reports to the MYFL Board within 48 hours from the start of the scheduled game where the infraction occurred.

### **MYFL 104: PLAYER CONDUCT**

Each Member Organization and their coaches will communicate to all their players that they are also held responsible in understanding a level of conduct that is expected from each. In brief, it is never acceptable behavior to damage, demean, harass, and create the risk of injury or harm, or undermining anyone associated with the activities of their Organization or League. Further, any player who accepts or uses any drugs, including performance enhancing drugs, or alcoholic beverage of any kind may face immediate termination from any further League activities. Any and all players are subject to the 'Zero-Tolerance Policy' provisions.

**1. Temporary Player Ejection:**

Game Officials may eject a player for any conduct they deem unbecoming of, or unsafe for a league participant. A 'Temporary Ejection' is defined as a one (1) play suspension, with explanation given by the referee to the players



Head Coach, and the opposing Head Coach. A second offence to the same player during the same game, will immediately become a 'Permanent Player Ejection' and the definition applies automatically.

### **2. Permanent Player Ejection:**

Game Officials can eject a player permanently from a game, without prior Temporary Ejection or warning. Permanent Ejection will remove the player(s) from participating for the remaining game duration **AND** the teams next scheduled game. This includes postseason play. If the infraction occurs in a postseason game, suspension from the first game of the following season, if the participant is still an active league player. The next scheduled game suspension may be appealed by the head coach in writing to their organization representative following the game. The case will be reviewed by the admin panel and Head Referee with a decision being made by Tuesday of the following week. Please be advised, these suspensions are rarely overturned. We advise coaches to take the opportunity as a teaching moment for the entire team, instead of excessively disputing the situation or call.

Game Officials have full responsibility to define the ejection (Temporary or Permanent) during any preseason, regular season, or post-season contest, and **MUST** communicate the ruling to both Head Coaches before play continues. Coaches may **NOT** dispute the ruling during the contest. If a Coach disputes, questions and/or argues the call/ruling/decision; Game Officials will automatically flag the Coach and the Coach is subject to an immediate, automatic, non-appealable ejection from the game. Ejections shall be used as a teaching moment by all individuals involved. Game Officials will provide a written report of the players name & number, and/or Coaches (name) involved in the ruling with full details, which is to be submitted to the Head of Referees. The Head of Referees will distribute the reports to the admin panel within 48 hours from the start of the scheduled game where the infraction occurred.

6 | Page

## Metro Youth Football League: Rules 2020

### **3. Permanent Player Expulsion:**

Any participant that has been ejected from multiple games **MAY** be sanctioned with a 'Permanent Expulsion' from the League. This action may be imposed regardless of whether the ejections occurred in the same season or over the course of several seasons.

### **MYFL 105: PARENTAL & SPECTATOR CONDUCT**

Each Member Organization is responsible in communicating a level of conduct that is necessary from any and all Parents with children participating in League activities, and all spectators. In brief, it is never acceptable behavior to damage, demean, harass, and create the risk of injury or harm, or undermining anyone associated with the activities of the League. Failure to meet the requirements of conduct held by the League may result in parents or their children being barred from any further League activities. Game officials will be allowed to give warning to apply any segment of the 'Zero-Tolerance Policy' for any and all inappropriate levels of conduct by parents and/or spectators to that teams coach. Any further infractions that follow a first warning, the Game Official can apply any provision of the 'Zero-Tolerance Policy', that will include but are not limited to: coach ejections, player ejections, un-sportsmanlike conduct penalty, and forfeiture of game. League fines will be assessed to the Organization represented by this team, coach, parents and/or spectators.

All Parents and Spectators shall adhere to the following rules and requirements:

1. Any parent or spectator that approaches a Game Official, a League Official, a League Volunteer and/or an Organization Representative ANYWHERE before, during or after a game in an unsportsmanlike manner, the offending Organization may receive fine and/or league expulsion. Any Player related and/or connected with that Parent or Spectator will be subject to League Expulsion as well.
2. **Noise makers per NSAA are not allowed, administered by Refs. (Unsportsmanlike penalty can be assessed)**

### **MYFL 106: LEAGUE PUNITIVE ASSESSMENTS AND LEAGUE FINES**

At any time the league board may administer league fines or sanctions as deemed necessary due to actions of any **Parents, Spectators, Game Officials, League Officials, League Volunteers and Organization Representatives that violate the Zero Tolerance Policy**

**1<sup>st</sup> DEGREE -- \$100**

**2<sup>nd</sup> DEGREE -- \$250**

**3<sup>rd</sup> DEGREE -- \$500**

### **MYFL 200: PLAYER ELIGIBILITY**

Any player who does not comply with any part of the comprehensive Certification Process will not be eligible to participate in any MYFL League games.

### **MYFL 201: ASSUMED NAMES**

Players may not compete on any Organization Team under an assumed name. The discovery of such an act may be grounds for lifetime disbarment from all League activities.

### **MYFL 202: MULTIPLE LEAGUE PLAY**

The League allows players to play on a club team and play for their Middle School / Junior High Teams. Each Member Organization has complete control over this issue for their players, and is not expected to report to the league any players participating in both.

### **MYFL 203: MULTIPLE TEAM PLAY**

Players may not be listed on two separate Rosters and or age divisions. Any player caught playing on two separate MYFL teams will result in: Player suspension; Team forfeiture of games in which violating player participated; Suspension of team coach(es) on which player is listed on team roster(s); Suspension of team coach(es) on which the player is illegally playing for; Member Organization will be subject to a League hearing of incident.

### **MYFL 204: HIGH SCHOOL PLAYERS**

Players who have entered high school are **strictly prohibited** from participating in the MYFL regardless of age. No player may turn 15 years of age during the current playing season without board approval. Players who have advanced grades academically and meet typical age requirements, may petition to the MYFL Board for an exception.

## Metro Youth Football League: Rules 2020

### **MYFL 205: AGE, GRADE, WEIGHT**

The League to the best of its ability will assure that divisions are clearly and consistently defined by age, grade, and weight. Establishing Age:

Birth dates will be verified by Birth Certificates, Baptismal Record, Military ID, Boys Town ID or legible photocopy of these documents, and must be presented to the League at the weigh-in certification.

Establishing Grade:

Players grade will be determined by the previous school grade attended plus 1. All 8<sup>th</sup> Grade players shall provide an official school document of the grade entering for current school year, or an official document showing the successful completion of a grade from the previous school year.

Establishing Weights:

Player weights will be established at a Certification Weigh-In prior to the first game. Time and place of the weigh in shall be determined and communicated by the League.

1. Players will be placed in 1 of 2 classifications accordingly. Once a player is assigned to a classification, he will play in that grouping for the duration of the season. (Exception: G. Player weight challenge)
2. Any player missing all weigh-in dates, for any reason, may weigh-in at a designated location and time determined by the league. However, that player is not eligible to play in the teams next scheduled game.
3. Players may only weigh in one (1) time, **AFTER** all required documents have been provided and approved.
4. A player will not be weighed without presenting the league consent form, proof of age and proof of grade (if applicable), and be listed on the official team.
5. Players may not change weight (striper) positions once position has been noted on weigh-in roster. Any player identified as a striped player (striper) with a stripe on their helmet, remains a striped player for the entire season. Stripes cannot be removed.

First game eligibility can be appealed by all Member Organizations. Written appeal must be presented 48 hours in advance of first weigh-in. Appeal must be signed by member Organization documented representative, Team Coach, Player, and Player Parent. Written appeal must state players current weight and valid reason for not being available for first weigh-in. League Directors have authority to deny or approve appeal.



Weight Challenge: Organizations may challenge the weight of an opposing player during the season. It is at the discretion of the Administration Panel whether the player is re-weighed or not depending on the validity of the challenge. If determined by the admin panel that a player has gained an excessive amount of weight (greater than 1lb per week) above the specified ball carrier weight the Admin Panel may modify the player's classification to a striper effective immediately for the remainder of the season. This action is for the safety of all players and to discourage "cutting weight" excessively to avoid a striper classification. Challenge requests must be submitted no later than week 6 games. Challenges during playoff weeks is not allowed.

Divisions and Weight Limits:

The League to the best of its ability will insure strict enforcement of each Division Weight Limit Definitions.

- **8<sup>th</sup> Grade:** None.
- **7<sup>th</sup> Grade:** None.
- **6<sup>th</sup> Grade:** Any player at or above **141** pounds will be classified a STRIPER.
- **5<sup>th</sup> Grade:** Any player at or above **131** pounds will be classified a STRIPER.
- **4<sup>th</sup> Grade:** Any player at or above **106** pounds will be classified a STRIPER.
- **3<sup>rd</sup> Grade:** Any player at or above **96** pounds will be classified a STRIPER.

*\*Weights Updated for 2021 per meeting from Feb 2021. 3rd & 4th went up by 5, 5th and 6th up by 10*

### MYFL 301: STRIPER RULES

All Striped players at or above the set weight limits must have their helmet marked with **at least** a one inch wide taped circle (halo). TAPE MUST BE THE OPPOSITE COLOR OF HELMET AND IS MOST EASILY DISTINGUISHABLE. **DO NOT BREAK THE TAPE HALO FOR LOGO'S.**

Stripers: Offense:

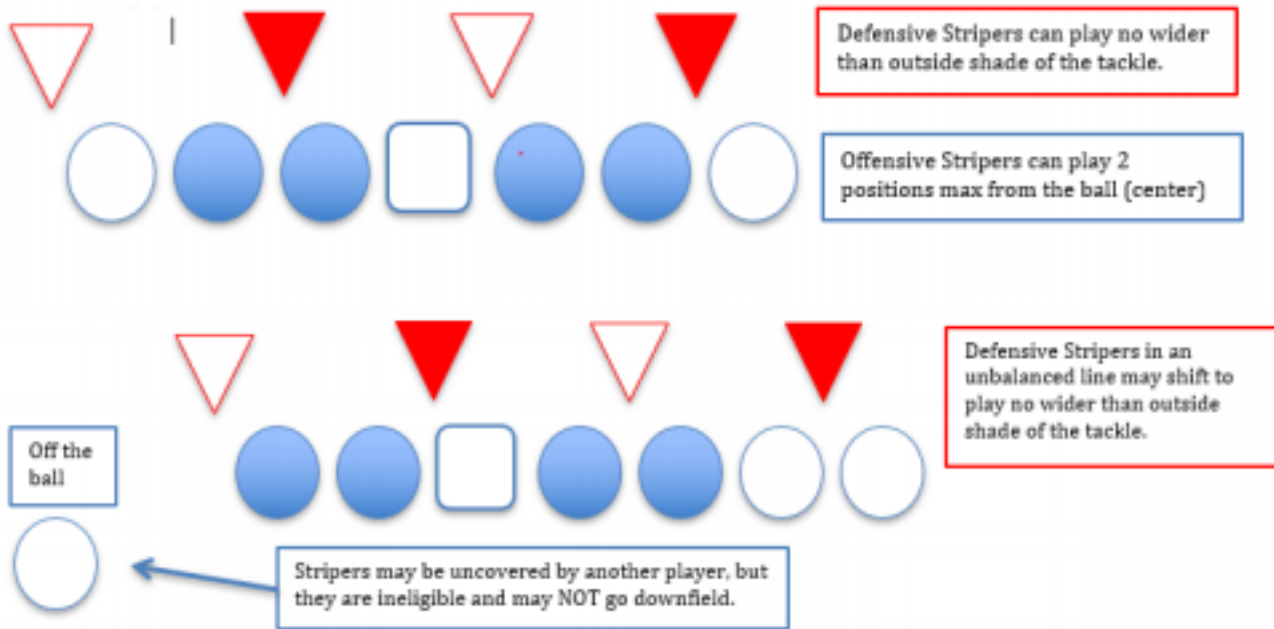
- a. Stripers on offense can consist of no more than five (5) players at any one time.
- b. Stripers must be on the line of scrimmage and **do not** need to be covered by a non-striped player.
- c. Stripers may be in a 2, 3, or 4 point stance.
- d. Unbalanced lines may consist of no more than 2 striped players to the left or right of the center/ball.
- e. Stripers may not play more than 2 positions away from the ball, typically a tackle position.

Stripers: Defense:

- a. Stripers on defense can consist of no more than five (5) players at any one time.
- b. Striper must be on the line of scrimmage.
- c. Striper must be in a 3 or 4 point stance.
- d. Striper cannot play wider than outside shade of the offensive tackle.
- e. Vs an unbalance line, a DE striper may shift 1 gap to the unbalanced side.
- f. Striper must be a forward player, ie: cannot drop back into coverage or linebacker position after the snap.

Stripers: Special teams:

- a. Stripers may NOT participate on either Kickoff or Kickoff-return teams.
- b. If a team does not have enough non-striped players to fill those Special team units the coach must inform the referee. The opposing coach then can do the same and match the number of striped players, if they choose.
- c. Striped players may participate on the punt team similar to offense rules, and not as the punter.
- d. Stripers may participate on the field goal and point after touchdown (PAT) team, including as the kicker.
- e. The ball in play becomes automatically a "DEAD BALL" whenever a striped player gains possession and control of the ball, except in the end zone, where it would become a touchdown, safety, or touchback.
- f. Any striped player not playing in the appropriate position, or any striped player who's helmet is not appropriately taped while on the playing field. The result will be an "ILLEGAL PARTICIPATION" penalty. Which will carry the same penalty and application as an "UN-SPORTSMANLIKE CONDUCT" penalty.



MYFL

**MYFL 303 – Additional Requirements**

1. Geographical Boundaries – School district boundaries are assigned to any affiliated Member Organization, and the League strongly encourages all Organizations to work together for the good of youth football and all communities in which we live.
  - a. Team Colors – If any teams have the same color that are playing each other, each team will wear a penny jersey for one half. Coaches are encouraged to communicate with one another prior to game to make arrangements.
2. The league will strictly enforce that all Member Organizations will avoid any duplication of jersey numbers on the same team.
3. Season Definitions
  - a. Off Season – Time After the final game of the season (usually on or before the first Sunday in November) Until the beginning of the pre-season (August 1<sup>st</sup>) Rough dates would be from November 8<sup>th</sup> through July 31<sup>st</sup>.
  - b. Pre Season – August 1<sup>st</sup> is when practice is allowed to begin. Pre-Season will include the time from first practice through the Jamboree, which is designated as the official beginning to the season.
  - c. Season - defined as the time from the Jamboree through the final week of the regularly scheduled season. This includes the “playoff” portion of League play, usually weeks 8 and 9.
  - d. Post Season – The time period after the MYFL season is complete and post season tournaments (non-MYFL affiliated) may occur. Usually the time period from November 1<sup>st</sup> through December 31<sup>st</sup>.
4. Pre/Post-Season – Member Organizations may participate in pre/post-season games and tournaments at the discretion of the individual Organization. The League simply asks that each organization remembers where they came from and to carry the 'MYFL Flag' with pride an honor. Each Member Organization represents all Organizations of our League.

**400: TEAM ROSTER**

An "Official Team Roster" will be provided electronically within **ZORTS SPORTS** online software by each team. All rosters must be properly completed with pertinent information including, jersey numbers, players first and last names, players age, academic grade entering, current school, anticipated high school, and address.

Guidelines:

1. 3<sup>rd</sup> Grade – 6<sup>th</sup> Grade may carry a minimum of 16 players. 7<sup>th</sup> and 8<sup>th</sup> grade teams have a minimum of 18 players.
2. All teams all divisions may carry a maximum of 36 players.

3. No player may be added to the roster after the League weigh-in without League Approval. Players added to roster after the league weigh-in date will not be allowed to play in the teams next scheduled game. Approval of any added players is based upon, but not limited to, a weigh-in and presentation of satisfactory documents in accordance with League Bylaws.
4. If any team sustains a large enough loss of players due to injuries and/or defections, and the team's roster drops below 18. A team may add players up to the original number of players at the start of the season. A 24- 48 hour advance notice will need to be given to the Administration Panel to schedule the weigh-in and registration of added players. Those players unable to complete the season must have their names and

## Metro Youth Football League: Rules 2020

numbers provided, with reasons why. Added players must be weighed in with all official documents provided no later than 6pm the Friday before the next game.

5. Team Rosters will be shared via ZORTS SPORTS website to all Member Organizations prior to first game.

### Required Documents:

1. Players and Coaches must be listed on online roster with all info. And photo provided.
2. **COACH CONSENT** Form, per coach.
3. **ATHLETE CONSENT** Form filled out and signed by a parent or guardian.
4. **PROOF OF AGE:** Proof of player's age must be presented at the time of weigh-in. A photocopy of an original or certified copy of a State or County issued Birth Certificate. If this cannot be provided, then at least one of the following must be furnished: a Passport or Immigration Document; U.S. Military Birth Registration or I.D. Card; Federal Government Birth Certificate; or County Birth Registration; Baptismal Record or Boys Town ID.
5. **PROOF OF GRADE (8<sup>th</sup> Graders only):** Current Class Schedule or previous year report card is required.

### **MYFL 500: GAME RULES**

The MYFL will follow NFHS (National Federation of State High School Associations) Football rules, except for the following:

#### Blanket Facility Rules:

1. NO SUNFLOWER SEEDS, use common sense and a cup! or be kicked out and/or have your team forfeit.
2. Host org will provide and manage down markers. If a neutral game occurs, the team on the sideline with the down markers will manage. There is no home team on a neutral field.

#### Game Quarter Duration:

1. **3<sup>rd</sup>- 8<sup>th</sup> Grade** will play **10-minute quarters** with an **8-minute half-time period**.

#### Sideline / Field Security Rules:

1. Teams are limited to a maximum of 8 coaches on the sidelines per team. When and where available badges will be provided to the MYFL organizations to identify all personnel allowed on the field / sidelines.
2. Media / Medical badge can be provided upon request for qualified personnel. One per team. No one should be provided these credentials unless they actually are medically trained or are providing a media service for your organization. (In other words, these credentials are not just to get another coach or a parent on the sidelines)
3. All parents, family members, spectators, and anyone else not identified as coaching staff must remain in the stands. This includes younger siblings, and we ask that children not be allowed to toss footballs on track areas or near the field. Organizations are responsible for assisting the field supervisors if anyone is not cooperating and getting into the stands. Field supervisors can approach game officials and suspend the game pending the offending party not returning to the stands or leaving the premises (if necessary). If the person still will not cooperate, the game may be suspended and forfeit accordingly.
4. We will allow for a younger sibling or similar to be a "water person" on your sideline, so long as they are actively assisting with water duties, and not engaged in any horseplay around or on the sidelines. Please limit this to one individual. Parents are not water persons.

#### Clock Management Guidelines

1. Outside of 2 minutes left in 2<sup>nd</sup> quarter, and 4<sup>th</sup> quarter "Ready for Play" shall be used by all referees to manage game durations.

2. During Ready for Play the clock will START after:
  - a) Out of Bounds with Reasonable time to return to huddle
  - b) Incomplete pass with reasonable time to return to huddle
  - c) Change of Possession with reasonable time to substitute.
  - d) Penalties when Ready for Play.
3. Inside of 2 minutes left in 2<sup>nd</sup> quarter, and 4<sup>th</sup> quarter the Play Clock will STOP after:
  - a) Out of Bounds
  - b) Incomplete pass
  - c) Change of Possession
  - d) Penalties

**The clock will always stop after a Time Out and start on the next snap.**

#### Game Start:

1. Each team must have 11 players to start the game.
2. Game Start Times: Scheduled game time is the start time of all games. If a team fails to show up on time it will be considered a forfeit. NO EXCEPTIONS. \$100 fine for forfeit.

#### Game Balls:

1. 3<sup>rd</sup> & 4<sup>th</sup> Grade Divisions = Wilson K2 / Nike Pee Wee / TAG Pee Wee.
2. 5<sup>th</sup> & 6<sup>th</sup> Grade Divisions = Wilson TDJ / Nike Junior / TAG Junior.
3. 7<sup>th</sup> & 8<sup>th</sup> Grade Divisions = Wilson TDY / Nike Youth / TAG Youth
  - a. Leather balls are preferred for games, composite balls are allowed.

#### Scoring:

1. Extra Points (PAT): Kick = 1 point, Run or Pass = 2 points.
2. Overtime applies in regular season and playoffs. Overtime allows each team to have possession of the ball, first and goal at the 10 yard line. Any **regular season game a max of two overtimes allowed**. If game still tied after two overtimes, game is officially a tie. In playoffs, unlimited overtimes till we have a winner, teams must go for 2 on the 3+ overtime.

#### Mercy Rule:

1. When a game score differential is 25+ points, kickoff/kick return for both teams is removed.
2. In lieu of kickoffs/kick returns, the trailing team will receive the ball on the **SHORT 40**, and the winning team will receive the ball as a normal touchback, on the **LONG 20** after any scores that do not reduce the differential below 25 points.
3. In the event that the scoring margin is back under 25, kickoffs will resume. (ie: losing team catching up)
3. With mercy rule in effect, No trick plays, by either team (All Divisions).

## Metro Youth Football League: Rules 2020

4. No blitzing by either team (All Divisions).
5. All Member Organizations are expected to inform all their coaches that any sign of poor sportsmanship during a Mercy Rule game can and will hold severe punishments, including monetary fines to the Member Organization. Film will be gathered and reviewed by the League.
6. A Running clock will be administered during any point in the 2<sup>nd</sup> half where the game score point differential is 25+. Once a running clock is administered it will only stop after PAT attempts and begin again once ready for play of the next series begins. Running clock will remain running until the end of the 4th quarter and/or end of game.
  - a. Once the clock is a "Running Clock" it runs for the entirety of the second half. It does not go back to "normal clock rules" if the score is brought back to within 25 points. It only stops AFTER a PAT for the ball to be placed in the "Ready for play" at which point the clock resumes, or for an injury as deemed appropriate by the white hat.

#### Season Timeline:

Off Season – January 1<sup>st</sup> to July 31<sup>st</sup>.

- During this time frame no organized team practice is allowed. Players may participate in camps, skills & drills, or sports performance, etc. Organizations may host conditioning camps or position specific camps involving multiple teams and/or ages. No coaches should be working out with their

specific team in an effort to gain an advantage prior to August 1<sup>st</sup>.

Pre-Season – August 1<sup>st</sup> to Week 1

- During this time teams are allowed to practice, and scrimmage as they see fit. There is no regulation to limit how many practices or how many hours per week administered by the MYFL, although USA Football does have contact limits that each team shall adhere to. Teams may also participate in Pre-Season tournaments, but shall always represent the MYFL in great fashion in regards to ethics and sportsmanship.

Regular Season – Week 1 games to Week 9 games

- Similar to pre-season play, but teams may not participate in outside league play without approval.

Post Season – Week 9 to December 31<sup>st</sup>.

- Teams may participate in post season tournaments.

#### 4<sup>th</sup> Grade Division

1. No blitzing allowed. Defined as pre-determined forward movement at the snap. Must take read step. 2. 5-man defensive front max. All Defensive Linemen, regardless of front, must be in 3 or 4 point stance (no stand up D-Ends).

3. All other defensive players must be a minimum of 3 yards off LOS. \*Enforced by game referee.

**Non-linemen players may line up no closer than the goal line if the ball is within the 3 yard line or less.** 4. Head to head contact on center not allowed (shaded/gap only)

5. Defense may NOT line up in both “A” gaps. One “A” gap must remain open.

6. Free Punt NOTE: if a team chooses to physically punt the football, the play will be live for both teams. 7.

Free Place Kick or Field Goal. NO RUSH, NO FAKE KICKS ALLOWED.

#### 3<sup>rd</sup> Grade Division

1. No blitzing allowed. Defined as pre-determined forward movement at the snap.

2. 5-man defensive front max. All Defensive Linemen, regardless of front, must be in 3 or 4 point stance (No stand up D-Ends).

3. All other defensive players must be a minimum of 3 yards off LOS. \*Enforced by game referee.

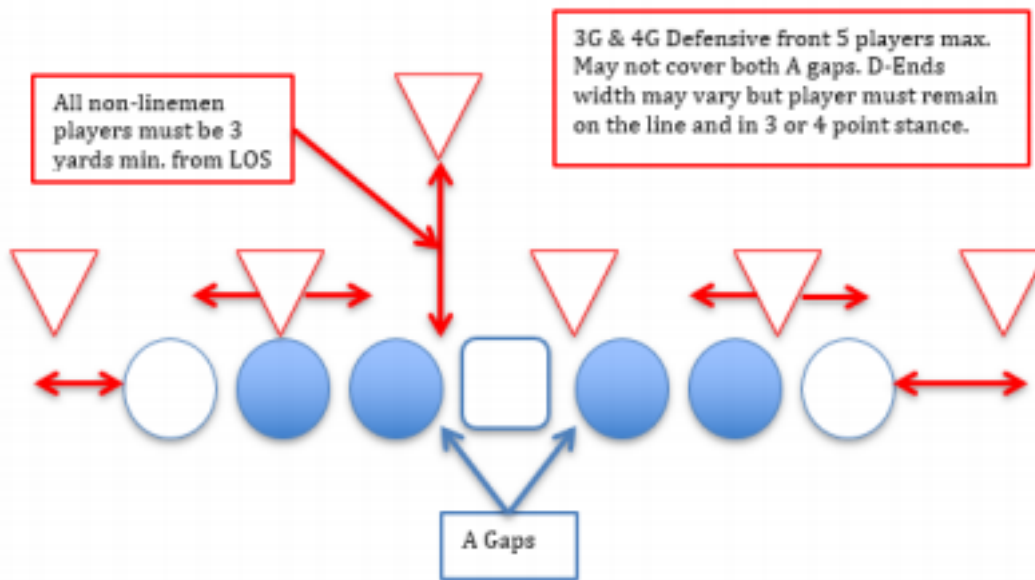
**Non-linemen players may line up no closer than the goal line if the ball is within the 3 yard line or less.** 4. Head to head contact on center not allowed (shaded / gap only)

5. Defense may NOT line up in both “A” gaps. One “A” gap must remain open.

6. Free Punt NOTE: if a team chooses to physically punt the football, the play will be live for both teams. 7.

Free Place Kick or Field Goal. NO RUSH, NO FAKE KICKS ALLOWED.

8. Each Team is allowed **ONE** coach on the field during the game. While the game is in progress the one coach on the field must be 15 yards off the line of scrimmage and toward your sideline (outside of the hash marks). The one coach may be in the huddle during the play calling. Once the team breaks the huddle, the one coach must retreat to their area. The play clock is the same as the rest of the League. If the play comes the direction of any of the two coaches on the field, they must make every effort to stay out of the way of the players. Coaches are not allowed to talk to the opposing team. You will be given only one warning of these rules. The Official has the right to send violating coaches to the sideline for the rest of the game.



**MYFL 501: DIVISION**

**MATRIX**

Striper Weight

Min. Play Game Ball

Kick

Kick

Place

Blitzing

Coach on

Grade N/A ORG (A) TDY / 8th

YOUTH YES N/A NONE YES

NO

Grade N/A ORG (A) TDY / 7th

YOUTH YES N/A NONE YES NO

Grade 131+ ORG (A) TDJ / 6th

JUNIOR YES N/A NONE YES NO

Grade 121+ ORG (A) TDJ / 5th

JUNIOR YES (C) FREE (D) NO

RUSH YES NO

Grade 101+ ORG (A) K2 / 4th

PEEWEE (B) NO (C) FREE (D) NO

RUSH (E) NO NO

Grade 91+ ORG (A) K2 /



PEEWEE (B) NO (C) FREE (D) NO

RUSH (E) NO (F) YES

(A) Wilson - TDY, TDJ & K2; Nike & TAG - YOUTH, JUNIOR & PEE WEE, or approved equal. (B) No Kickoff: In lieu of a kickoff, in all cases the ball will be placed on the long 35 yard line. (C) Referee to advance ball down field 20 yards with offense free punt request. If a team chooses to physically punt the ball, the down shall be **live** for both teams.

(D) On all FG or kicked PAT attempts (3<sup>rd</sup>-5<sup>th</sup> Grade Divisions): No rush allowed. If the snap, or placement is mishandled (touches ground, or takes longer than 5 seconds) the ball is dead and attempt no good. Any field goal attempt during a free kick is a dead ball play ie: not returnable.

(E) All non-linemen players shall be 3 yards minimum from the LOS and may not be on a pre-determined blitz, unless the ball is within the 3 yard line, then no closer than the goal line.

(F) Each Team is allowed **ONE** coach on the field during the game. While the game is in progress the one coach on the field must be 15 yards off the line of scrimmage and toward your sideline (outside of the hash marks). The one coach may be in the huddle during the play calling. Once the team breaks the huddle, the one coach must retreat

## Metro Youth Football League: Rules 2020

to their area. If the play comes the direction of any of the two coaches on the field, they must make every effort to stay out of the way of the players. Coaches are not allowed to talk to the opposing team. You will be given only one warning of these rules. The Official has the right to send violating coaches to the sideline for the rest of the game.

### MYFL 600: SCHEDULING & REPORTING

1. Schedule creation meetings will be determined by the administration panel. Final schedules will be sent via email to all Organizations prior to the start of the season. Playoff system will be determined at time of schedule. A separate document will be drawn up to help guide in working all playoff scenarios for all divisions and the amount of teams involved.
2. League Tie breaker and division standings: Should there be a tie between multiple teams within a division the following criteria will be used to break the tie.
  - a. Head to Head record. (If they have played)
  - b. Head to Head total points differential. (If 3+ way tie)
    - Point Differential shall be a max of 25 +/- per game.
  - c. Overall total point differential. (If they have not played)
  - d. If tie breaker rules a, b, c & d are exactly equal, we will have a playoff game (only used to determine the right to play for a championship).
  - e. Coin toss.
3. Score reporting:
  - a. All scores are to be reported to the league website by each organization. Each Organization can have their coaches submit scores through league website.
  - b. Each Member Organization is responsible for reporting all their teams scores to the league.
  - c. All scores are to be reported no later than noon on Monday of each week.
  - d. The League Scores and Standings Report can be viewed on league website by noon, Tuesday. e. When there are score reporting discrepancies, winning teams score will be used, unless otherwise proven.

### MYFL 700: PLAYING FIELDS

Games are to be played on the fields indicated on the schedule. In the event of a change, the League will notify all Organizations ASAP on game day. Home Field representatives have the right to make final decisions on the playability of their fields.

1. Requirements:
  - a. Restroom facilities. HC Accessible Portable Toilet at a minimum.
  - b. Electronic Scoreboard and operator, including working clock

- c. First Down Chains, down marker, yard markers, and end zone pylons.
- d. Typically NFHS Football field striping, Chalk/Paint lines every 5 yards.
- e. Host Field Supervisor for the duration of all games.

2. Suggestions:

- a. Concessions
- b. Announcer.

**MYFL 800: EQUIPMENT**

Helmets must be equipped with face guards. Shoes must be leather or canvas tops. Rubber cleats are permissible, not to exceed 1/2 inch in length. Mouth pieces are mandatory both during a game and at any full contact scrimmage. Nebraska High School football equipment rules apply.

1. Mouth pieces must be colored.
2. 100% clear face shield only. No colored or shaded face shields.
3. Four Point Chin Straps.

**MYFL 900: COMMONLY MISTAKEN RULES**

This section will spell out some of the most commonly mistaken rules at the youth level for clarity with coaches, players, and parents.

1. Off-sides: No player may enter the neutral zone and “get back” before the ball is snapped. Once the infraction occurs it is a dead ball off-sides, 5 yard penalty.
2. Intentional Grounding: There is no “out of the pocket” in high school rules, if a player at any time throws a pass that is not in the vicinity of an offensive target, the call is Intentional Grounding, 5 yards from spot of foul, and loss of down.

13 | Page

## Metro Youth Football League: Rules 2020

3. Pass Interference: There is no “uncatchable pass” in high school rules, if the receiver is hit prior to the ball reaching the receiver, it is pass interference, 15 yard penalty.
4. Horse collar: Tackle by grasping either collar of the jersey or neck of shoulder pads, and pulling the runner backwards. Having a hand in the collar area, and the runner’s direction remains unchange, that is not a horse collar.
5. Calls made by the referee during game play will never be disputed after the game.
6. All PAT Kick attempts are DEAD BALL and cannot be advanced by either team.
7. A FIELD GOAL attempt goes by same rules as a punt.
  - b Blocked behind the LOS, either team can advance the ball.
  - c Crosses the LOS and doesn’t go into the end zone, defense can advance the ball. If no one touches ball will become dead at rest. If touched by kicking team ball is dead where touched. If touched by defense it can then be recovered by kicking team.
  - d Crosses goal line, Touchback.

