

***METRO YOUTH FOOTBALL ASSOCIATION***  
***RULES AND REGULATIONS***  
***EFFECTIVE: 1/31/2022***

***SECTION I***

IOWA HIGH SCHOOL RULES WILL BE USED WITH THE FOLLOWING EXCEPTIONS:

- 1) EQUIPMENT:
  - A) **ONLY** one-piece **RUBBER MOLDED SOLE CLEAT** or tennis/gym shoes will be allowed.
  - B) The mouthpiece must be visible and not clear.
  - C) Only Pro-Tuff decals may be used for MYFA helmets. With the use of Guardian Caps for the 3rd, 4th, and 5th/6th grade divisions, no decals are to be added to the helmets.
  
- 2) GAME BALL:

Game ball will be a Junior (RDJ or TDJ) size for the 4th-6th grade divisions. 1st-3rd grade divisions will play with a PeeWee Size ball (RDP or TDP). Game balls will be an Youth size (RDY or TDY) for 7th and 8th grade divisions. Game balls will be furnished by the league.
  
- 3) PLAYING TIME:
  - A) GAME: will consist of four (4) quarters of 8 minutes each. 10 minutes for half time, plus 3 minutes for warm-up. If the clock is not working, the officiating crew will keep the time on the field. Coaches will be notified at 2 minutes remaining in each quarter. Also with 5 minutes remaining in the half.

5th/6th Grade division- a MANDATORY fifth quarter will be played for all games in this division. All safety rules still apply. The fifth quarter will allow 5 minutes of continuous offense per team. The intent of the 5th quarter is to allow 5th graders a chance to gain experience at positions they may not have been able to play due to a 6th grader taking that spot. Both 5th and 6th grade players are allowed to play in the 5th quarter, but players may not play the same position as they played in the 4th quarter with open substitution.
  - B) MANDATORY PLAYING TIME:

In the 1st, 2nd, and 3rd quarters, play will stop at four (4) minutes for a complete change of teams. The coach **WILL** be responsible for letting the opposing coach and officials know if a team is using an illegal player(s) during these periods. Coaches must call a time-out under high school rules to point out illegal player(s). **NO TIME OUT** is charged if a penalty is assessed. See Rule I-18
  - C) EXCEPTIONS TO MANDATORY PLAYING TIME:

If a player has not practiced at least once in the week preceding a game, they shall not play that week. If the player has attended at least one, but not all practices in the prior week, it is the coach's option as to how much s/he can play.

**Intent: All efforts must be made to have every player participate for a minimum of twelve minutes in each game. For a team with more than 25, a player may NOT play on both squads. For teams with 22 players on the game day roster, play runners are the only exception, see rule I-13-C, D.**

4) KICK-OFFS:

**THERE ARE NO KICK-OFFS.** Play starts at the offense's 40 yard line in lieu of kick-offs, i.e. receivers put the ball in play on their own 40 yard line unless moved by a penalty situation.

5) SAFETY:

After a safety, play begins on the forty-yard line nearest to the end zone where the safety was scored. (20 yards from where it would have been placed following a touchdown)

6) SPECIAL EMPHASIS:

A) **NO PILING OR SPEARING** on offense or defense. This applies to the **RUNNER** as well as any other player. **MAJOR PENALTY - 15 yards.** Spearing can result in game ejection of an offending player under High School Rules. **MINOR PENALTY - 5 yards** for non-spearing unintentional helmet contact.

**Intent: The gray area between Spearing (intentional use of the helmet to punish) and incidental contact (where the helmet is doing its intended job of protecting the head) is addressed. The "protection" must not be allowed to generate a sense of complacency in the players (i.e. its okay to stick my head in there, my helmet will protect me.) A player using his/her helmet as a second point of contact to tackle the runner, or control another player is a hazard to both himself and the other players. Likewise, the runner who puts his/her head down to get that extra yard creates a potential hazard. Coaching emphasis is to have runners keep their heads up and tacklers to use their hands, arms, shoulders, and chest.**

7) BLITZES: 4th-6th

**DEFENSE PLAYERS** cannot charge with the anticipated snap of the ball. Definite bodily movement forward is not allowed **PRIOR** to the snap. Deep backs may adjust their position forward if they do not enter the free blocking zone prior to the snap. All restrictions are removed after the snap. **MAJOR PENALTY - 15 yards.** Penalties will be called by officials.

8) BALANCED LINE:

Offensive team must use a balanced line at all times. (Balanced line is defined as an equal number of LINEMEN, including ends, ON EACH SIDE OF THE CENTER.)

**PENALTY** - 5 yards. Penalty will be called by officials.

- 9) DEFENSIVE PLAYERS: 4th-6th
- a) Defensive players who start a play with a helmet aligned between the outside shoulder of the offensive tackles, and less than 3 yards from the line of scrimmage must be in a down position with a hand on the ground. **PENALTY** - 5 yards Penalties will be called by officials.
  - b) Linebackers/Cornerbacks- all players not aligned between the outside shoulder of the offensive tackles must line up 3 yards off the line of scrimmage
- 10) SCORING DISPARITY:
- A) When a team is leading by 24 or more points in the 2nd Half of play, that team must **KICK** the ball on fourth down. **MAJOR PENALTY** - 15 yards **and** loss of down. Penalties will be called by officials.
  - B) When a team is leading by 24 or more points in the 2nd half of play, neither team may take a charged time-out during the last two minutes of either half. **MAJOR PENALTY** - 15 yards. Penalties will be called by officials.
  - C) NO PASSING when up 24 points In the 2nd Half.
- 11) PARENTS RULE:
- PARENTS ARE NOT ALLOWED TO CRITICIZE** the officials, the opposing team, their team, or their child in any way during the game or practices. Encouragement will give your child more benefit than criticism. Parents who are ejected will face a penalty - 1<sup>st</sup> offense is a one game suspension for their child, 2<sup>nd</sup> offense will result in dismissal from the program. **THIS RULE APPLIES TO ANY PARENT REGARDLESS OF THEIR POSITION IN THE STANDS, WITH THE TEAM AS A COACH/ASSISTANT OR AS A MEMBER OF THE CHAIN GANG.** This rule is enforced by the Board of Directors. Parent complaints should immediately be directed to a member of the MYFA Board.
- 12) SCRIMMAGES:
- Scrimmages are not allowed prior to the 3rd week of practice. At that time each team **MAY PARTICIPATE** in one, scrimmage with another team in their division. The scrimmage counts as one practice and cannot exceed the two hour limit.
- 13) FIRST, SECOND, AND THIRD QUARTER SUBSTITUTION:
- A) INJURED PLAYER SUBSTITUTION:  
If a player is injured during the game, s/he must be replaced by the corresponding player from the other team as shown on the Official Game Roster submitted at the start of each game. If the injured player is the only play runner for that team, the

play runner for the other team will become the play runner for both teams. Other unusual circumstances **MUST** have the approval of the opposing head coach. **MAJOR PENALTY** for using an illegal player-15 yards and proper replacement. Penalty handled per Sec I-13-F.

**Intent: The intent of this rule is to address injuries that occur during game situations. If a player is unable to return to the following game it is the coach's responsibility to fill the vacant position. Every team (even those with less than 22 players) MUST begin every game with two squads that are comprised of two completely separate backfields.**

i) **Definition of Separate backfields**

**Any player playing an offensive position off of the line of scrimmage on Squad A for their team shall not play an offensive position off of the line of scrimmage on Squad B. If team has fewer than 22 players and a player is a play runner for both squads, that player shall only play an offensive position off the line of scrimmage for one squad. (Example: A player plays QB either full-time or as a play runner on Squad A. That player may only play center, guard, tackle or end on Squad B.) ONLY exception to this rule is in the case of an in-game injury at which time proper injury substitutions shall occur per the rules. Unless the injured player substitution rule comes into effect, only players listed in the "Backfield" on the roster can line up off the line of scrimmage in the first 3 quarters of play.**

- B) **PLAY RUNNER SPECIFICATIONS DURING THE 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> QUARTERS:** Play runners **MUST** alternate no less than every play (**both offense and defense**). If a team has 24 players, each squad **MUST** have no less than 12 players. One of the 12 will be designated as a play runner and must alternate on each play at a minimum. If a team has 25 players, one squad will have 2 play runners and the other will have one play runner. Each player will be assigned to only one of the two squads. Play runners will alternate on each play at a minimum (both offense and defense). Penalty for use of an illegal player - 15 yards. Penalty handled per Sec I-13-F.
- C) **TEAMS WITH 22 PLAYERS:** Teams with 22 players will have eleven players on each squad. If a play runner is used, the same 2 players will alternate on each play on both offense and defense for both teams in the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> quarters. Penalty for use of an illegal player - 15 yards. Penalty handled per Sec I-13-F.
- D) **TEAMS WITH LESS THAN 22 PLAYERS:** Teams having less than 22 players must have two (2) separate backfields. If a play runner is used, the same 2 players will alternate on each play on both offense and defense for both teams in the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> quarters. There will be no exceptions

unless it is due to an injury in the game or by mutual pre-game agreement of the opposing head coach. **MAJOR PENALTY** for use of illegal player - 15 yards. Penalty handled per Sec I-13-F.

- E) **TEAMS WITH MORE THAN 25 PLAYERS**  
Teams with more than 25 players must keep the number of play runners on each squad as balanced as possible.
  - F) In the first 3 quarters of the game, defensive teams will be afforded time to accommodate the Play Runner specifications noted above prior to the snap of the ball.
  - G) **RULE ENFORCEMENT:**  
The key to this section is to let the kids play and **NOT STAND AT MID-FIELD DISCUSSING VIOLATIONS**. If a coach feels there is a violation, s/he should immediately take a time-out. S/he will tell the opposing coach and the referee the nature of the allegation while players remain on the field. The offending coach will have two (2) choices.
    - 1. Remove the player, accept a major penalty, and the time-out is not charged to the offended coach.
    - 2. Accept the situation as-is while retaining the right to appeal the situation to the MYFA Board. If the coaches agree that a violation has occurred, the offending team will be charged a penalty, correct the violation, and the time-out is not charged to the offended coach. If the coaches can not agree on the violation or agree there was no violation, the offended coach will be charged the time-out and retains the right to appeal the situation to the MYFA Board. There will be **NO DISCUSSION** of the situation on the field and the whole procedure should not take longer than the 1-minute time-out.
- 14) **EXTRA POINTS/FIELD GOALS:**  
Teams may elect to attempt a PAT or Field Goal starting from a kicking tee with the official signaling the start of play **or** from a center snap. Running the ball must begin with a center snap.
- A) When the ball is snapped:
    - 1. The ball will be live on the snap of the ball and the defense may rush and attempt to block the kick.
    - 2. The offense may kick, run, pass or run a fake kick play.
  - B) When a PAT/FG is attempted from a kicking tee:
    - 1. The offense must attempt to kick the ball after the official has signaled the start of play.
    - 2. The defense may rush after the official has signaled the start of play.
    - 3. No fake kicks will be allowed.
  - C) PAT Scoring: Kicking the ball over the crossbar - 2 points

- D) PAT Scoring: Run or pass the ball over the goal line - 1 point
  - E) All kicks must be done by a player on the squad that is in the game at the time of the score. Exception to this rule would be during the fourth quarter when any player may attempt the kick.
- 15) PUNTS:  
On 4<sup>th</sup> down the team with the ball may declare to the officials and the opposing team that they will attempt a punt. The player to punt shall notify the officials of their intent so that the officials may notify the defense. If they choose to declare punt they must punt and no fake shall be allowed. The play will start with the ball in the punter's hands 10 yards behind the line of scrimmage. The referee will start the play by calling "Ready Set Go." The kicking team shall not go downfield until the ball is kicked. The defense must line up with at least 5 defensive players on the line of scrimmage and rushing the punter will not be allowed until the play is started by the official. (Penalty: Declaring punt and attempting a fake will result in Unsportsmanlike 15 Yard Penalty called by officials.)
- 16) SAFETY:  
After a safety, play begins on the forty-yard line nearest to the endzone where the safety was scored. (20 yards from where it would have been placed following a touchdown)
- 17) TIES:  
The 10-yard line overtime procedure as established in the National Federation Rules and the State of Iowa adaptations will be followed.
- A) A maximum of 2 OT periods will be played.
  - B) During the first OT period the Home team shall start on Defense. If a second OT period is needed the Home team will start on Offense.
- 18) HEALTH:  
Any parent or guardian who allows his/her child to play in this program is certifying that the player is physically and mentally able to play. It is the **RECOMMENDATION** of the Board of Directors of MYFA that all players receive a **PHYSICAL EXAMINATION BEFORE THE FIRST PRACTICE**, and that the physician knows it is for football. This, however, is not a requirement.
- 19) INJURIES:  
**TRAINERS WILL KEEP RECORDS** of all injuries (players name, number, team, and injury) if removed from a game due to injury. The trainer must then check the player before they are allowed to play again, either in that game or the following game. Coaches are to have any injuries that occur in practice checked by the trainers before allowing the player to play in the next game. **TRAINERS WILL TURN OVER THEIR LIST** of player injuries to the MYFA Board, and the Head Coach of the injured player, indicating the player(s) that must be checked the following week before being allowed to play. Federation rules require a player that is unconscious or apparently unconscious in a game to receive written permission from a physician before being allowed to participate further in football. See also Rule II-2-F

- 20) OFFICIALS:  
Must be qualified IHSSA Member Official in football and **MUST CERTIFY HAVING READ** the Metro Youth Football Association rules as they affect Federation rules prior to officiating their first game.
- A) No official shall participate in a game in which they have a close family member participating as a coach or player. (Close family members shall include: father, son, spouse, sibling, brother/sister-in-law or niece/nephew.)
- 21) MYFA Board Member:  
The appointed Board Member that is present is the Official representative of the MYFA Board. There will not be a Board member for every game nor is it expected that said Board member will handle every issue immediately. If the present Board Member observes a violation of MYFA rules s/he will notify the offending coach of the violation. If the offending coach chooses to ignore the Board Member's warning, the Board Member will inform the offended coach. It is up to the offended coach to call the time out to have a penalty assessed for the infraction. There is no need for further discussions at this time as both coaches are already aware of the situation. The Board Member simply informs the referee of the infraction and the penalty is assessed. If a rule violation has occurred, the Board Member will consult with the officials and determine the nature of the penalty. There will be **NO DISCUSSION** of the situation on the field and the whole procedure should not take longer than the 1-minute time-out. The Board Member has final authority (**on MYFA Rules**) on the field - coaches who disagree with the Board Member's decision may file a written appeal to the Board before leaving the complex that day.
- A) Board Members are appointed by the President of Metro Youth Football.
- B) Board Members **MUST CERTIFY HAVING READ** the Metro Youth Football Association rules before the first scheduled game.
- C) Board Members are responsible for interpreting and enforcing Metro Youth Football rules - they have **NO AUTHORITY** in the officiating of the game.
- D) The Board Member may request assistance from other Board Members; especially in situations involving alcohol and/or physical confrontation.
- E) If a coach feels that there is a rule violation, s/he should immediately take a charged time-out. Coaches cannot instruct Board Members to take an Official time-out.
- F) Only coaches, players, trainers, the present Board Member, and league officials for that game are allowed on the sidelines. All others must remain behind the painted lines.
- G) The game roster is to be turned into the opposing coach at the coin toss. If the roster is not handed in, the coach will be given two minutes to complete his/her game roster. If it is not completed within the two minutes, there will be an automatic unsportsmanlike **PENALTY** - 15 yards. The head coach (not an assistant coach) will then complete the roster. Note: The game will not be held up or delayed by this; an assistant will have to direct the team while the roster is being completed.

- 22) GAME DAY COMMISSIONER:
- A) The president of Metro Youth Football shall appoint the Game Day Commissioner to be the present Board Member representing the entire MYFA Board.
  - B) The Game Day Commissioner is responsible for the orderly operation of game day activities. The Game Day Commissioner has the authority to make game day decisions and will take any unresolved issue to the MYFA Board.

## ***SECTION II - ELIGIBILITY***

- 1) There shall be three divisions consisting of at least four teams per division. There shall be a maximum of 30 and minimum of 18 players per team; ***Requests for EXCEPTIONS to this rule shall be brought before the MYFA Board.*** Each team shall have one Head Coach and a minimum of two assistants.
- A. If a school does not have enough players registered to field a team, every effort will be given to provide those registered players with the option to play on a team recommended by the MYFA board. If they chose not to play on the next closest team, they will be put on the waiting list for their team and may or may not get the chance to be added as other players drop from the program.
- 2) TO BE ELIGIBLE A PLAYER MUST:
- A. At least be going into the fourth grade, and **NOT BEYOND 6th GRADE.**
  - B. May only participate on one MYFA team and MYFA sanctioned tournament - team during the football season, which starts with the first practice and ends with the last game.
  - C. Have paid the full registration fee.
  - D. Have their parent or legal guardian fully complete the official registration process and complete all authorizations to participate in the program.
  - E. Be officially weighed before physically participating in any practices.
  - F. Not be allowed to play after sustaining any apparently serious injury unless a physician determines that it is not harmful for the player to participate in games or practices. Physician must issue a **WRITTEN RELEASE** to the Head Coach. The Head Coach is to give the signed release to the Board Member at the concession stand/Info Hub. Any player wearing a hard cast or rigid brace may not participate in games or practice.
  - G. **Have practiced with full equipment for six (6) practice sessions before competing in a game. Late registrations must have at least three days of conditioning before the use of equipment (excluding helmet). This does not count toward the 6 practices for competing in a game. To allow a player to compete in at least four (4) games,** no new registrations will be taken after the completion of the 3<sup>rd</sup> week of practice.



- H. Players who have made no contact with the coach by the sixth practice may be dropped by the registrar. **It is the responsibility of the head coach to notify the registrar regarding inactive players.**
- I. Any athlete ejected from a game will also serve a one game suspension during the next scheduled game.

### 3. ELIGIBILITY FOR POST SEASON TOURNAMENTS

- A. Teams must be in good standing with the league
- B. Must have an MYFA board member as a sponsor and have a plan for equipment return

### ***SECTION III - COACHES CONDUCT***

- 1) The Metro Youth Football Association will approve the appointment of all head coaches.
- 2) Playing time for all players is MORE important than winning or losing a game.  
**REMEMBER: THIS PROGRAM IS FOR THE PLAYERS**, not the coaches or parents.
- 3) The players in our program are at a very impressionable age; therefore these rules of conduct for the Coaches will help to set a favorable example for these players. All Head Coaches are **Responsible** for their Assistant Coaches following these rules.
- 4) Head Coaches will be required to sign the MYFA Coaches Conduct Statement and agree to the disciplinary action guidelines outlined in this document that pertain to the behavior and actions of the teams coaching staff, players, chain gang, relatives, and fans.
- 5) No betting between Coaches.-- **Major Violation**
- 6) No alcoholic beverages are allowed within 2 blocks of practices or games. This rule includes parents. Coaches are to make sure parents understand this rule. Coaches violating this rule are dismissed from the program immediately. **NO EXCEPTIONS.** Parents violating this rule will be warned once and then their child may be removed from the program by action of the Board of Directors.
- 7) Coaches will refrain from the use of any tobacco products in the presence of players.  
**Minor Violation**
- 8) No swearing or losing your temper in front of the players.- **Minor Violation**
- 9) No striking of the players for any reason. These are young children, not young adults, treat them accordingly. **Automatic Dismissal**
- 10) **Game films or videotapes, etc. can be used for coaching or scouting purposes.**  
Clarification: Coaches may view videotapes, make cut-ups, break down the tape for coaching purposes and show video to their team.
  - A. Video can be filmed of your own team/players only during practice, games or scrimmages in accordance with practice time rules (Sec IV-1).
  - B. Video can be filmed of opposing teams only in accordance with scouting rules (Sec III-9).
  - C. Video can only be shown to players during team practice times. No coach shall assign a player to view video outside of practice time.

- D. No video will be taken from the score towers. Video recording will only be allowed from the spectator area.
- E. Drone Video cameras will not be permitted on Metro facilities or practice sites.
- 11) Scouting of other teams is permitted when:
- A. The other team is playing a league-scheduled game.
  - B. Your team is scrimmaging the other team.
- Intent: Limit when it is permissible to study other teams. Incidental observations by one team of the other do not constitute scouting.**
- 12) No criticizing officials, Board Members or Scorekeepers at any time, on or off the field. This can only hurt the program. If you disagree with a call, or you believe an official misapplied a rule, you can call a time-out and discuss it with the official. This does not apply to judgment calls. If an official agrees that a rule was wrongly applied, the time-out is **NOT CHARGED** and the correction is made. If the official thinks the rule was correctly applied, the time-out is **CHARGED** to your team and the play stands. The referee's decision is final.
- 13) One Coach is allowed on the field for an injury at the Official's request. In a game, first-aid will be administered by the attending medical official only. Medical Official (trainer) must authorize return of the injured player in the game.
- 14) Head Coach is responsible for the conduct of their Assistants and the parents of players on their team.
- 15) Show **SPORTSMANSHIP** at all times.
- 16) **MANDATORY** - Parents Meeting with Coaches and a member of the Board, or designated representative, during the first or second week of practice. It is **strongly recommended** that the Parents Meeting take place during the first week of practice. Coaches **MUST** have a Parents Meeting by the end of the 2<sup>nd</sup> week of practice.
- 17) **Coaches will inform the Registrar within 24 hours when a player drops from the program or if a player has not contacted the coach by the sixth practice.**
- 18) **USA Football Certification: All tackle coaches (Head and Assistants) will be required to become Level I Certified through USA Footballs Heads Up program.**
- 19) **BACKGROUND CHECKS:** All coaches (both flag and tackle), Board members will submit to a background check.
- A) Coaches and members will sign a form authorizing the performance of the background check. In addition, coaches and members are required to sign a form stating that they have never been convicted of a crime of any kind against a minor. Head flag and tackle coaches are responsible for securing signatures on the background check paperwork of their assistant coaches and have them turned in no later than picture night. **Failure to sign the required forms, secure signatures from assistant coaches and/or turn them in constitutes grounds for dismissal.**
  - B) The results of the background checks are confidential and will only be viewed by the Board. Excepting conviction of crimes against a minor, the Board will use its discretion in determining what behavior is and is not acceptable for persons who wish to coach or be a member of Metro Youth Football. **Any and all convictions against a minor are automatic grounds for dismissal.**

- 20) ASSISTANT COACHES: All assistant coaches will be chosen at the discretion of the head coach for each team. A team may have as many assistant coaches as the Head Coach desires.
- A) All assistant coaches are held to the same code of conduct as the head coach and shall pass the required league approved background check.
  - B) During games only 1 head coach and a maximum of 4 assistant coaches will be allowed on the field side of the ropes. All others must remain behind the ropes in the bleacher area.
  - C) Assistant coaches shall be 18 years of age or a High School graduate. This does not remove the ability to have high school players assist teams during practices.
  - D) The Metro Youth Football board has the authority to remove/deny the appointment of an assistant coach from any team.
- 21) INFRACTIONS OF THE ABOVE RULES ARE SUBJECT TO A VARIETY OF DISCIPLINARY ACTIONS BY THE BOARD, UP TO AND INCLUDING DISMISSAL FROM THE LEAGUE.
- 22) Any suspended coach may not participate in game day activities. In this situation, the offending coach will be permitted to attend the game and required to observe as a spectator outside the 20s and the designated bench area. Additionally, they will not be permitted to be a member of the chain gang.

23) Disciplinary Actions

***SECTION IV – PRACTICES, GAMES & TOURNAMENTS***

- 1) PRACTICES:
- A) All 5th/6th teams will be limited to 5 practices a week for the first 3 weeks. After the first scheduled game, the teams are limited a maximum of 3 practices per week. 4th grade will practice a maximum of 4 days a week. Only one practice session per day is allowed, and, each practice session is limited to a maximum of 2 hours. One practice scrimmage is required during the 3rd week of practice, against a team in the same division. A scrimmage shall be counted as a practice for that week and is limited to the 2-hour maximum, as are regular practices.
  - B) Dates of first practice, and first practice with full equipment will be assigned by the Board of Directors at a regularly scheduled meeting of the Board.
  - C) Practice scrimmages after the first game are permitted, not to exceed 1 scrimmage per week, against a team in the same division. Length of scrimmage is not to exceed 2-hour maximum, and is counted as 1 practice for that week.
  - D) **PRACTICE TIME:** Refer to II-2-G for player practice requirements.
  - E) **Equipment to be used in the first 3 practices will be football, mouthpiece and helmet only. Practices 4 and 5 players will have full gear (helmets, mouthpieces, shoulder pads and pants) and may have contact with Air or**

**Bags only. Starting with practice 6, teams may begin having full contact practices.**

NOTE: Person(s) designated by the Board will have the authority to immediately suspend a practice or dismiss a Coaching Staff found guilty of violating this rule.

- F) Contact Drill Guidelines: “Full Contact” Drills will be limited to no more than 30 minutes per day and no more than 120 minutes per week. The first three contact levels of USA Football of “Air”, “Bags”, and “Control” are not subject to these time limits. However the drill contact levels for “Thud”, which involves initiation of contact at full speed with no predetermined winner and no take-down to the ground, and “Live Action” will be subject to these time limits.
  - G) Registration cards (completely filled out, see II-2-D) must be **IN THE POSSESSION** of the MYFA Registrar before the player will be allowed to practice. The Registrar will furnish up-to-date rosters to coaches before the first game.
- 2) EXCEPTIONS TO PRACTICE RESTRICTIONS:
- A) Players participating on an MYFA sanctioned tournament team may practice with the tournament team in addition to their “assigned” team.
  - B) The total practice time for a tournament player may not exceed five, two hour practices periods per week
- 3) GAMES:
- A) There will be 6 scheduled league games; extra games are subject to Board approval.
  - B) MYFA sanctioned tournament teams are allowed to participate in additional games.
  - C) Games may begin no earlier than thirty minutes prior to the scheduled start time.

**COMMENT:**

While all rules are aimed at providing each player with an equal opportunity, it is recognized that each player is an individual. Special concerns about a player’s ability to “protect himself” in practice and in game situations should be discussed with the player’s parents as well as the League Designate. Considerations could range from suggested withdrawal from the program to limiting exposure in practice and game situations.

## ***SECTION V – DIVISIONS, PLAYER WEIGHTS & RESTRICTIONS***

- 1) Players will be assigned to a division and team in a timely fashion.
  - 2) The goal of MYFA is to maximize the number of participants in the League. Weight restrictions may be adjusted slightly and teams may be added to allow maximum player participation. The decision to adjust weight limits will be made by the Registrar, based upon the weights and number of players that register in a given year.
  - 3) Players will be assigned to divisions and teams based upon the following:
    - A. Divisions: MYFA will have the following divisions:
      1. 3rd grade-all school will participate in one division regardless of school size
      2. 4th grade- all schools will participate in one division regardless of school size
      3. Combined 5th/6th grade Division- all schools will participate in one division regardless of school size.
    - B. The applicable grade is the grade the player will be entering for the upcoming school year. (the grade in which the player is in at the time of the games in September)
    - C. Providing false proof of grade or information will result in sanctions by the league that may include removal of the player from the league without refund.
  - B. Team (In the following priority)
    1. What High School they would attend based on their current attendance.
    2. What School they will be attending in the upcoming year
    3. If a school and grade has more than 36 players registered, a second team will be created. Those players would all be divided evenly between the two teams. The registrar will start by assigning teams according to the athlete's elementary school. This will be followed by assigning the remaining players by weight. The heaviest player would be assigned to Team A. The second heaviest player would be assigned to Team B. The third heaviest player would be assigned to team A. This process will continue until the lightest player is assigned to a team. Effort will also be taken to ensure the teams have a similar number of players on each team.
    4. 5th/6th grade division teams will have a minimum of 5 participants of their roster to be comprised of 5th graders. Any district that does not meet this requirement will need to get approval from the MYFA board prior to the beginning of the season.
    5. NOTE: For districts with two or more teams in a division, all efforts will be made to create equal teams based on size and ability based on previous year's results and with input from coaches and district representatives. **However all decisions on roster creation are at the discretion of the Registrar.**
- 4) The **minimum** registration weight shall be **60 pounds**.
  - 5) Players will be weighed **ONCE** at an Official Weigh-In.
  - 6) The League strictly prohibits weight loss by players to stay below the ball carrier weight. Any Coach found guilty of this will be banned from the League.
  - 7) All fractions of a pound are dropped back to the preceding whole pound. i.e.  $79\frac{1}{2} = 79$ .
  - 8) WEIGHT RESTRICTIONS:

- A) After registration and weigh-in is complete for all players, the heaviest 20% of players in each division will not be allowed to carry the football at any time. **This does not apply to interceptions or recovery of fumbles.**
  - 1. The 5th/6th grade division will use the weight 120.0 as a ball carrier's maximum weight.
- B) Coaches shall designate restricted players on the Official Game Roster. - **PENALTY** - 5 yards. Penalty handled per Sec I-13-F.
- C) They (players identified in 8-A) **MUST** play on the line-of scrimmage as a center, guard or tackle **ON OFFENSE**. **ON DEFENSE** they will be an interior (down) lineman, or linebackers not more than 5 yards off the line of scrimmage; or wider than the outside shoulder of the offensive tackle. **PENALTY** - 5 yards. Penalty will be called by officials.
- D) For a player, as stated above, to kick the ball the team must be lined up in a scrimmage kick formation. Once the kicker controls the ball, s/he must kick it or down it. If the player attempts to forward the ball, the play will be called dead at the spot that the player began to advance.
  
- E) All players as stated in 8-A must be clearly marked on game day rosters with an asterisks to denote their weight restrictions. Those players shall also have a color stripe along the center of their helmet for clear identification to officials and coaches during games and practices. **PENALTY** - 15 yards. Penalty handled per Sec I-13-F.

#### ***SECTION VI - MISCELLANEOUS***

- 1) Because the league has been unable to establish a workable and acceptable procedure to meet the intent of each player participating for a minimum of 12 minutes per game, the emphasis is being shifted to the education of violators. In most cases, an illegal substitution is the result of an accident and a Coach should immediately make the correction and accept a penalty. Where a correction is not made, the written reports of Coaches (see I-13-F-2) will be reviewed by the Board during the following week. Failure to submit a written report by either Coach will be construed as an admission of guilt by that Coach. The Coaches involved may be present at the Board meeting. The Board in reaching a decision will not consider information presented by the Coaches beyond what was contained in the initial reports. The ruling of the Board is final and will be imposed prior to or during the next game of the team found to be in the wrong.

## ***SECTION VII - PLAYING EQUIPMENT***

- 1) **Players must use only League approved equipment.**
- 2) Players in grades 3-6 will be required to wear a Guardian Cap on their helmet prior to the first day of contact.
- 3) Players, Coaches, parents/guardians and others are prohibited from altering any player equipment. The prohibition excludes a Coach approved alteration of player's pants for proper and safe fit.
- 4) **Coaches are REQUIRED to check ALL player equipment weekly and make appropriate adjustments. While all protective equipment is important to the safety of the player, coaches will place an emphasis on checking and replacing mouthpieces. It is suggested equipment checks be made daily.**