

**MID MARYLAND YOUTH FOOTBALL & CHEER
(MMYFC)**

**2009
STANDARD OPERATING
PROCEDURES**



***** STANDARD OPERATING PROCEDURES*****

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Article I. REGISTRATION AND CERTIFICATION

- A. The Executive Board shall determine team certification dates for football each year. Cheerleading squad certification is only needed if teams are participating in league-sponsored cheerleading competitions. Dates of cheerleading certification will be determined by Cheerleading Board/Area Directors.
- B. Each Football Player must be certified by MMYFC each year to be eligible to participate in official league play. Certification will take place prior to the start of the regular season.
- C. Certification will consist of verification of age by date of birth and certification of weight for the division of play the player will be participating during the season.
- D. Age verification will be accomplished by presenting to MMYFC officials at the certification a current Maryland MVA picture I.D.
- E. Official Roster Forms must accompany each team at Certification. All roster and mandatory play sheets must be submitted electronically one week prior to the certification date and must include jersey numbers. Rosters and mandatory play sheets must be on the official MMYFC Roster Form.
- F. The following will constitute an official roster: All players on the roster must meet the age and weight standard for the specific team, all information must be completed on the form, all forms must be typed and emailed to MMYFC, and finally it must be approved by the MMYFC official on sight.
- G. A partial official roster and mandatory play sheet, which will include player name and birth date will be distributed to all head coaches within the age group.
- H. All rosters are due at the designated certification dates; players may be added to rosters through the 2nd certification date as determined by the MMYFC board.

Article II. ELIGIBILITY

- A. All programs affiliated with MMYFCL may have cheerleaders (pom or dance squads) participate with their football programs at both home and away games. Outside organizations may not cheer for any MMYFCL team if their program is not part of the league.
- B. Parental consent for each player must be kept on file by each program.
- C. Each player must meet Certification requirements for the team on which they play. Cheerleaders must meet age and squad requirements as outlined in the Cheerleading ByLaws to participate in league-sponsored cheerleading competitions.
- D. No player shall be a member of more than one team. They must not play high school football. This applies during the MMYFC season.
- D. No player may participate in the MMYFC while living in or being housed in a juvenile detention facility.

ARTICLE III. RECRUITMENT

- A. Active recruitment of players, cheerleaders or coaches from another MMYFCL program's current or previous year's roster is prohibited and will be deemed a rules violation which will be subject to a Rules Committee review which could result in suspension, game forfeiture, playoff ineligibility, and expulsion for all involved parties.

- B. Recruitment violations are described as;
1. Telephone calls, personal home visits or meetings with the individual player, coach, or family member to discuss the benefits of joining your program.
 2. Emails or letters to the individual player, coach, or family member to discuss the benefits of joining your program.
 3. Giving unsolicited cards or contact information to individual players, coaches, or family member to discuss the benefits of joining your program.
 4. Extending targeted invitation via email, mail or personal handout to a player, coach, or family member for a program's sponsored event at which the benefits of joining your program will be discussed or promoted.
 5. Public announcements via newspaper advertisement, signs, or posted fliers will not be deemed as recruiting, however the sending of these items to a targeted individual player, coach, or family member will be deemed as recruiting.
 6. When a former coach leaves a program, the coach may send an email to their former players informing them that they will not return to the program. The coach can not mention the new organization they are coaching for with his former players.

Article IV. EQUIPMENT

A. All players must be equipped as follows:

1. Helmet with face guard – NOCSAE approved for age and weight
2. Durable Shoulder pads
3. Athletic supporter and protective cup
4. Football pants with thigh, knee, hip, and butt pads.
5. Mouthpiece must be colored and attached to the face guard.
6. Game jersey with contrasting color numbers on front and back.
7. Socks and Sneakers or Football cleats (Cleats must be rubber molded; can be detachable) no longer than ½ inch.
8. Jersey will be tucked in during game. If “shimmel” jerseys are worn: the entire team must be wearing them.
9. The MMYFC has jurisdiction over game uniforms. MMYFC must approve all color changes and will settle any dispute over non-contrasting uniforms.

B. All players must be properly equipped at the pre-game weigh-in, including socks.

Article V. PRACTICE, PRESEASON GAMES, TEAM SIZE

A. Practices are defined as a gathering of players, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:

1. Chalk talk/skull session
2. Viewing of fundamentals, practice or game films
3. Individual/Group conditioning

4. Individual/group skills sessions
 5. Dummies or other inanimate contact
 6. Play run through without pads
 7. Play run through with equipment, but without contact
- B. A program may attend a camp with prior board approval.
 - C. Programs may participate in offseason events (Ex. indoor football leagues) given the event's registration is open to the public and the board is notified about the program's participation in the event.
 - D. Preseason and Post season games are permissible
 - E. Twenty eight (28) players is the maximum number permitted on each team.
 - F. Sixteen (16) players is the minimum number permitted to have a valid certifiable team.
 - G. Practice hours are unlimited during preseason. Practice is limited to Six (6) hours a week in season. Practice shall not begin before the week of August 1 of each year.
 - H. The board will determine preseason and season dates each year.
 - I. If a team has a bye, they can have six hours of practice Monday through Friday and 2 hours during the weekend.
 - J. No MMYFC program may run or contract to run, any camps, conditioning programs, clinics or leagues prior to the beginning of the official season unless approved by the board.
 - K. Cheerleading programs must follow the guides regarding squad size, practices, pre-season activities as outlined in the Cheerleading ByLaws.

Article VI. OFFICIALS

- A. Officials must be dressed in high school federation or NCAA uniforms.
- B. The scheduled home team pays officials during the season, neutral site game expenses will be split evenly
- C. Official's payment for post season will be determined each year by MMFCL.
- D. Home team shall provide a chain crew of adults to work with the officials on the home side of the field. Visiting team has option of providing one of the three chain gang members. Chain Gang Volunteers are not permitted to heckle, coach, cheer or use electronic devices to signal information regarding the opposing team or it could result in team penalty.
- E. Officials game coverage shall be as follows:
 1. FLAG – Officials provided at the Home Team's discretion.
 2. 5/6 Tackle – Officials are Optional
 3. 6-8 and 7-9 (2) Officials
 4. 8-10, 9-11, 10-12, and 11-13 – (3) officials

Article VII. HOME TEAM RESPONSIBILITY

- A. Home team shall provide a regulation size football field and provide sideline markers and goal post pads. The Flag field shall be coned off to 80 yards by 40 yards.
- B. The Home team must provide a space for cheerleaders of both the home and away teams on the sideline and in front of or in close proximity of spectators for all games. (see Figure 1.1) Should a field not permit spectators on both sides of the field,

cheerleaders are to be provided space to cheer on the same side as their fans. This space should measure no less than four (4) yards deep and seven (7) yards long and be separate from the football coaches and player area on the sideline. If a field has less than 10 yards from sideline to spectators (e.g. turf fields or high schools) cheerleaders are to be provided a reasonable space in front of spectators. This space will be marked with tape so that football coaches and players refrain from entering the area. It is recommended that cheerleading areas be approximately one (1) yard off the sideline to provide a small safety buffer between football players and cheerleaders.

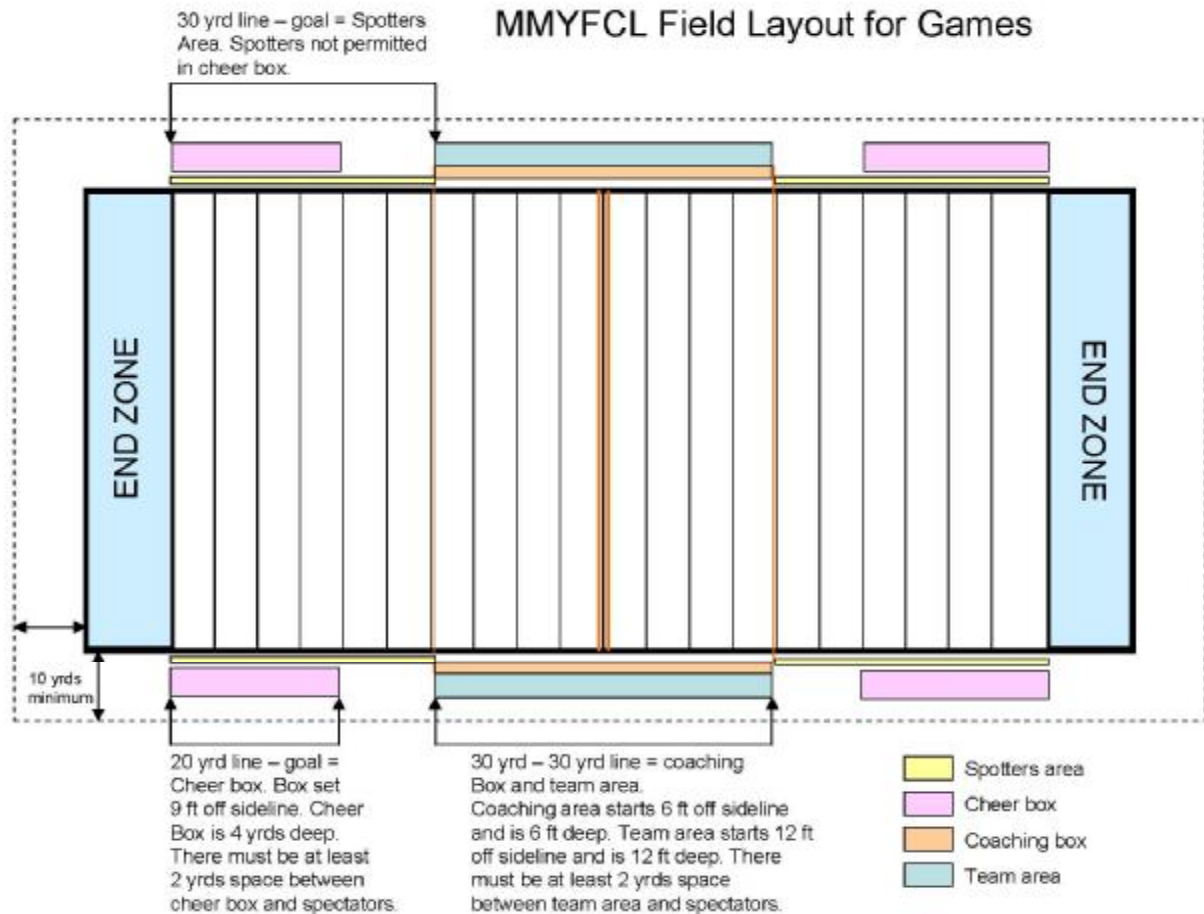


Figure 1.1 – MMYFCL Field Set Up

MMYFCL Guideline for Game Day Field Personnel

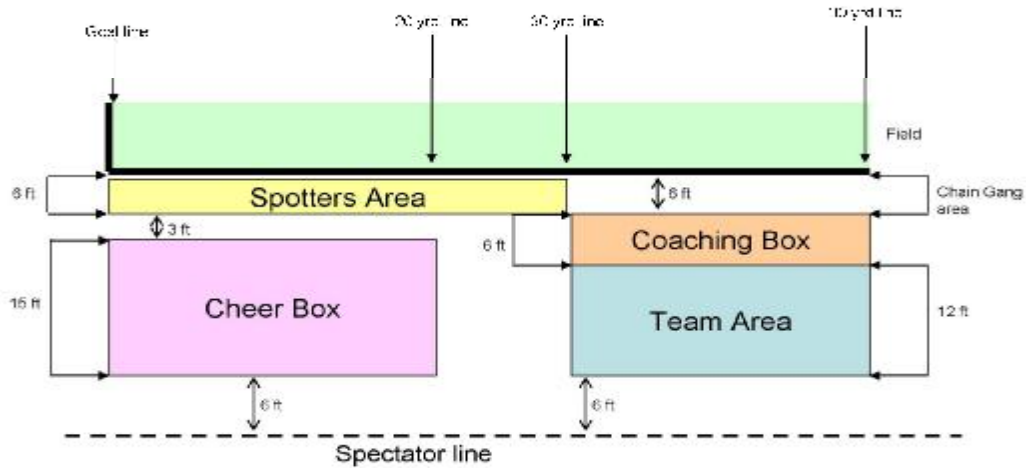


Figure 1.2 MMYFCL Field Set-Up

- C. The field must be roped off for crowd control from back of end zone to back of end zone on each side of the field. The rope shall be at least ten (10) yards back from the sidelines and at least two (2) yards back from cheerleading spaces. A field does not have to be roped off if the field cannot be accessed by fans, such as a high school field. Any field not properly roped off, by game time, as indicated above will result in a forfeit for the home team. The only people allowed behind each end zone will be two camerapersons per team. The board may approve exception to the crowd control rule based on the layout of fields. Camerapersons are not allowed in coaching area of the opposite team and must yield to individuals on sidelines (referees, coaches, players, chain crew, spotters, cheerleaders.)
- D. The home team must have the proper chains and down markers. The chains will be on the home team side.
- E. The home team must provide a digital scale at each league game for weigh-in.
- F. The home team must greet each visiting football and cheerleading team and show them their sideline/cheer space, area to warm-up, restroom facilities, and location of concessions.
- G. The home team must review jersey colors via MMYFCL Web site and contact the visiting team no later than Wednesday to verify directions and jersey color. Home team has choice of colors if a conflict of colors exists.
- H. The home team must call the visiting team and the officials if the game will not be played because of weather or field conditions, as soon as possible but at least two hours prior to game time.

- I. The home team must provide a site director, who will be responsible for keeping all games on schedule, and reporting all incidents to the rules committee. Site director must be identified by article of clothing that league will provide. All coaches must cooperate with this person to ensure smooth game day operation.
- J. Each team will provide an official game ball for their team to use. The Official MMYFC Footballs are as follows: **Any ball stamped with NFHS logo is allowed**

Division	Official Football
Flag / Pit Bull	Wilson Mini
6-8	K2 Nike 1000K Baden 500JR
7-9	Wilson K2 Nike 1000K Baden 500JR
8-10	Wilson K2 Nike 1000K Baden 500JR
9-11	Wilson TDJ Nike1000J 5000J
10-12	Wilson TDY Nike1000Y 500Y 1001 1005 1205 3000 Lemux
11-13	Wilson TDY Nike1000Y 500Y 1001 1005 1205 3000 Lemux

- K. Make up games (rain-outs) / rescheduling will be handled by the MMYFCL BOD
- L. At halftime, cheerleaders have priority use of the field for halftime shows. Football players, coaches, spectators or others should not be using the field during halftime shows. Cheerleading halftime shows will take place at or around the 50 yard line of both the home and visiting teams, or be centralized to spectator viewing areas. If announcements or music is played at games, this should not occur during cheerleading halftime shows, unless it is part of the halftime performance. Halftime shows for each program are to be limited to three (3) minutes each for a total time of six (6) minutes combined for the entire halftime period. Programs with more than one squad performing at a halftime of one game must split their time to not be longer than three (3) minutes total.

Article VIII. PLAYING RULES AND GAME RESULTS

- A. MMYFC will follow the national high school federation rules except were noted.
 - 1. Point after touchdown will be (1) point for run or pass; (2) points for kicking
 - 2. Games will be four (4) ten minute quarters with clock controlled by referee.
 - 3. Max – 2 Overtimes permitted, 7-9 through 11-13 in regular season
- B. Game result must be e-mailed or called in to each commissioner and program representative by Sunday morning.
- C. A team must remove their starting offensive backfield, which includes the quarterback and all starting running backs or wing-backs, once the score difference is 27 points or higher. These players will be ineligible to advance the ball except on interception or fumble recover. They may only return to those positions if the score falls below a 27-

- point difference. Failure to comply will result in the following penalty, 15 yard penalty and loss of down.
- D. Common sportsmanship must prevail on offense when a team is ahead of another team by 27 points. Coaches must keep the ball on the ground and run in-between the tackles.
- E. Once the score difference is 27 points the clock will continue to run. There will be no kickoffs for the trailing team – they will take possession of the ball at the 50 yard line.
- F. Suspended games - player eligibility: If a game is suspended in the first half, all players who are eligible may participate in the resumption of the game. If game is suspended in the second half, only players who weighed-in and were eligible in the original contest may participate.
- G. For the safety of both players and cheerleaders, no stunting should occur on the sidelines. Stunting may occur at halftime shows, provided ground and weather conditions permit.

Section 8.01 Mid Maryland Flag Football Rules

General

- 5-6 Year old Children (7 year olds with special approval of the board)
- Safety Glasses must have a strap secured
- Mouthpieces are mandatory
- K-2 Football
- All players are to split time evenly.
- 7 Players on Field at a time - If a team only has 6 then you can either lend them a player or play 6 on 6.
- Minimum Plays – All players should play an EQUAL amount of time.
- 2 Coaches are allowed on field for each team
- Teams must have 14 inch flags with two flags hanging from side of body and third flag used must be hung from behind of body.
- Jerseys Must be tucked inside of pants and flag belt before the start of a play.
- GAME TIME - Two running 20 minute halves - each team is allowed 3 timeouts a half. The last drive of a Half will end when either the offense scores a touchdown or the offense turns the ball over on downs.
- The running clock shall stop after the extra point attempt following a score and will start again when the ball is ready for play on the 30 yard line.
- PENALTIES - THE 80 YARD Field will be assessed the standard fifteen (15) AND FIVE (5) YARD PENALTIES.
- Home teams must provide a stopwatch to the volunteer referee.
- Home teams must provide a copy of these rules to volunteer officials.
- All coaches must have a copy of these rules in their possession during each game.

Playing Field

- 80 X 40 Yd Field. First Possession of each half starts at 30 yard line
- Cones should be set G-20-40-20-G
- Down marker must be used to mark the line of scrimmage.
- A Box marker may also be used to identify the first down

Defense

- Defensive Lineman must line up at least one yard off the line of scrimmage
- Defensive Lineman can rush
- No more than 3 lineman are allowed (only 3 lineman can rush)
- No Defensive Lineman may line up over the offensive center or in the gap between the center and the guard. Head up on the guards is Ok and they may rush through the gap between the center and guard so long as they start head up on the guard.
- Defensive Tackles can not be lined up any farther outside of the offensive tackle than head up. This means they can't line up outside of the tackle and "blitz" into the backfield.
- All remaining defensive players must be at least 4 yards off the line of scrimmage and may not cross the line of scrimmage. (They can not rush)
- De Flagging: THERE SHALL BE NO TACKLING OF THE BALL CARRIER, PASSER OR KICKER (15-YARD PENALTY.) The player is down when the flag is removed from waist. The Defensive player shall hold the flag above head. An accidental touching of the body by defensive player shall not be considered a violation however touching the head of face shall be a VIOLATION. A defensive player must go for the passers flag and not the arm.
- Interceptions are a live ball and may be returned

Offense

- Every player must carry the ball at least once in the game before any other child can carry the ball a second time.
- 4 Downs are allowed to make it to the next zone which is 20 yards and identified by cones,
- 5 On line of Scrimmage (Mandatory)
- **All linemen must be in a two point stance or standing at the start of a play. No 3 or 4 point stances allowed**
- BLOCKING - A Blocker must be on his feet at all times while blocking. The center while crouching after the snap must stand straight up then block. A Blocker CANNOT use his HANDS.
- **BALL CARRIER - CANNOT use hands or arms to protect flag. CANNOT lower head to drive or run into defensive player. CANNOT hurdle to prevent a defensive player from removing flag. If a player who carries or catches a ball has an untucked shirt before the start of a play, the play will be dead (no gain or loss of yards on the play) and the ball will be placed at the original line of scrimmage. If a ball carrier's shirt becomes untucked during the play as a result of defensive contact, the play may**

continue until the flag is pulled. If the shirt becomes untucked without being caused by defensive contact, the ball is dead at that spot.

- PASSING - All Backfield men are eligible passers. All passing attempted will be behind the line of scrimmage.
- RECEIVING - ALL Players are eligible to receive a forward pass. A receiver may catch a ball even if he steps out of bounds or out of the end zone as long as he comes down with one foot in bounds. If an offensive and defensive catch a pass simultaneously the ball is declared dead and awarded to passing team.
- DEAD BALL - If the center's snap hits the ground before reaching a backfield man. When the ball hits the ground as a result of a fumble or muffed ball. **THERE ARE NO FUMBLE RECOVERIES IN Flag Football!**
- 2 in the backfield (one or two can be split out)
- Offense has 45 seconds to put ball in play
- Punting intentions must be announced to referee
- Punting - move ball 30 yards ahead
- There are no Extra Point Attempts. After touchdowns, ball starts at 30 yard line.

Section 8.02 Pit Bull Rules

1. Basic Game Rules

The Mid Maryland Youth Football and Cheer shall use the NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES except as modified below. However, no yardage penalties are given during a game and therefore referees are not used. It is the responsibility of the On-Field Game Moderator, as discussed below, and the coaches to maintain control of the game.

2. Age and Weight Eligibility

All players must be a minimum of 5 years of age and must have turned 5 by August 1st prior to the beginning of the season. No player shall be older than 6 years of age prior to the August 1st of that season. Players turning 7 after August 1st of the season are permitted. MVA Picture ID's are required for proof of age. All head coaches shall possess a MVA picture ID card for all players on their team. All players shall be weighed in the presence of the home and visiting head coaches just prior to beginning the game. All players that weigh over 83 pounds (with equipment) shall play only on the line between the tackles (offense – center, guard or tackle; defense – guard or tackle) and shall be designated with red tape on their helmets.

3. Game Clock

A. Games will consist of four 16 minute quarters. A quarter is designated as 8 consecutive minutes of offense and 8 consecutive minutes of defense per team. (i.e. the visiting team begins on offense for 8 consecutive minutes and may run as many plays and score as many touchdowns within these 8 minutes; the visiting team then switches to defense for 8 consecutive minutes, thus completing one quarter). Upon scoring, the offensive team will

regain possession at the 40-yard line to continue play until their 8 minutes of offense has expired.

B. Clock runs continuously and is stopped only for injuries, equipment adjustments, attitude adjustments, weather delays or other unexpected events or emergencies.

C. The clock is stopped at approximately the 4-minute mark of every 8-minute possession for approximately 1 minute to allow teams to make substitutions.

D. Half time intermission is 10 minutes. Cheerleaders may perform a halftime show at PitBull and Flag football games.

E. Games shall not exceed 1.5 hours.

4. On-Field Game Moderator

The home team shall provide a person (preferably a coach or another representative from the Football Program –from another age group team) to control and moderate the game. The On-field Game Moderator will be in charge of blowing the whistle to end play, running the clock on the field (where one is not available on the scoreboard), placing the ball and maintaining control and the pace of the game. This moderator should also let coaches know when their players are **continually** not abiding by the rules of football such that these actions can be corrected (i.e. face masking, holding, offsides, etc.).

It is recommended that each program appoint an On-field game moderator for the season for each Pit Bull team to assure consistency and familiarity with the rules.

5. Scoring

The purpose of this program is instructional only. Therefore, **no scores or standings will be kept.**

6. Player Playing Time

Since the program is instructional, players are to play a minimum of 2 quarters of offense AND 2 quarters of defense per game. When team rosters exceed 22 players, no player shall play more than 2 quarters offense and defense except where there is no other alternative (i.e. injury, attitude problems etc.).

7. Field Length/Play

A. To be consistent, all games should be played on **half of a regulation football field with the first play of each drive starting on the opponent's 40 yard line. However, a well-marked (with field paint or cones) reduced-width field is acceptable if a regulation field is not available.**

B. The offensive teams of both the home and visiting teams shall drive toward the same end zone (i.e. defensive teams of the home and visiting teams should defend against the same end zone.).

C. Visiting team begins the **first and third quarters** on offense, **and the home team begins the second and fourth quarters on offense.**

8. Fumbles/Interceptions

A fumble may be advanced by the offensive team ONLY, provided the offensive player is not down (i.e. knee to the ground or by contact) when he regains possession of the football. If the defense recovers a fumble or intercepts a pass, the play will be whistled dead, the offense will retain possession and the ball will be spotted at the line of scrimmage where the play began. The defense may not advance a fumble or an interception under any condition.

9. Loss of Yardage

The ball is to be placed where the ball is blown down with the exception that there will be no loss of yardage on plays. If the runner is tackled behind the line of scrimmage, the ball is returned to the original line of scrimmage.

10. 10 Yard Rule

Once the QB is under center, all coaches must remain 10 yards away from all players. In addition, if a player (especially one carrying the ball) is moving towards a coach during the play, the coach must move out of the way of the player to maintain a 10-yard distance. Once the ball has been snapped, coaches on the field shall remain silent until the play is whistled dead.

11. Coaches on Field

No more than 4 coaches per team are allowed on the field during play.

12. Defense & Offense Play at the Line of Scrimmage/Blitzing etc.

No defensive player can play over center or in the guard-center gaps. Defensive guards may not shoot the A gap. Defensive guards must line up on the B gaps and tackles must play head up on the offensive tackles respectively and must be in the down position (three or four point stance). Defensive ends shall line up no wider than the outside shoulder of the Tight ends, or, if faced with an offensive formation of less than 7 down linemen, across from the position the Tight End would occupy in a standard two-tight end formation. Six (6) defensive linemen (no more and no less) must be on the line of scrimmage within One (1) yard of the ball; all other players must be at least five (5) yards off the line of scrimmage and must not move forward until the ball is snapped (i.e. no blitzing). **When** faced with an unbalanced offensive formation, the defensive line may shift over to counter it as long as each defensive lineman is head up an offensive lineman and as long as no defensive lineman is over center or in the guard-center gaps. The outermost defensive

linemen will be considered defensive ends and may be in an upright stance. The interior defensive linemen must be in the down position (three or four point stance). These rules apply everywhere on the field including at the goal line.

Offensive guards and tackles shall have no more than 18-inch splits. The offense is prohibited from middle Quarterback sneaks as plays.

Note: The Pit Bull program is instructional. The goal is to get the ball snapped and the play executed both defensively and offensively. Defensive coaches shall ensure that their defensive guards are not converging over the center immediately after the snap of the football. This typically results in the ball not being snapped (or snapped incorrectly) and therefore the play not being executed (neither offensively nor defensively). The defensive coach should also encourage the defensive lineman to go on the snap of the ball or movement of the offense, not the cadence. Since there are no penalties at this level, everyone knows the ball is being snapped on the first signal.

13. Discipline (Conduct) and Sportsmanship

The head coach is responsible for the conduct of his players and spectators. Unsportsmanlike conduct will not be tolerated and the offender is subjected to suspension and/or termination from the Mid Maryland Youth Football and Cheer League.

14. Equipment

Reference Mid Maryland Youth Football and Cheer SOP for Equipment Requirements. **Wilson Mini** football size shall be used in games.

15. Schedule

Games are **primarily scheduled on** Friday evenings **based on field availability and the presence of lights**. Changes in schedule do not have to be done through the Instructional Program Director as long as the head coaches from both the visiting and home teams agree on the changes and the changes do not conflict with any other games or teams. The Instructional Program Director will settle any disputes.

Section 8.03 6-8 Rules

- A. The purpose of this classification is for instruction only, with scorekeeping posted and a playoff system.
- B. Field goals and extra point kicks will be a free kick like the punt. Neither the offense nor defense shall move across the line of scrimmage at the snap of the ball. The kicking team shall be allowed to take a direct snap and must place the ball on the block directly behind the center, and at least 5 yards behind the line of scrimmage. A successful extra point kick is worth 2 points and field goals are worth 3 points.
- C. 6-8 shall follow the same rules to which division they are playing.

- D. All Punts are dead ball plays until the ball is kicked. The offensive team must announce its intention to punt. The offense must then punt the ball and the defense may not interfere with such attempts. No player may cross the line of scrimmage until the ball is kicked. Penalty for violation of this rule is 5 yards. The punting team must assume a normal punt formation and remain in the same until the ball is kicked. The Alternative is that the punting team marks off 20 yards rather than punt.
- E. The defense must have five (5) players line up at least five (5) yards off the line of scrimmage, and no player other than the allotted six (6) on the line of scrimmage may move forward toward the line of scrimmage until the ball is snapped. ONCE the ball is snapped all players can advance. So for clarification, if you have a 6-3 or 6-2 defense then, all players other than the 6 on the line MUST be at least five (5) yards back off the line. Once the ball is snapped they can advance (or blitz if you want to call it that!) they cannot come up and into the line before the snap. If you are playing a 4-4 then two (2) of your linebackers must be five (5) yards off the ball. Penalty for this violation is five (5) yards, this is a live ball foul and the offense has the choice of the play or the penalty.
- F. On Defense - NO ONE can be HEADUP on the CENTER and defensive tackles must be head up or outside shoulder (B & C Gaps) on the offensive line. **No defensive players can line up in the center guard gaps (A gaps).**
- G. The defense may employ a goal line defense within the five (5) yard line, allowing the defensive lineman to be in the offensive gaps between the center and guards. But still, no one is allowed over the center. Linebackers and other defensive players can be 3 yards from the L.O.S.
- H. The center may position and grip the ball as necessary to snap the ball. This would include placing the ball parallel to the line of scrimmage, allowing his hand, head and shoulders to be in the neutral zone.
- I. Two (2) coaches from each team will be permitted on the field during the game. Once the offense is set the coaches on the field cannot speak, and must remain ten (10) yards behind the team's most distant player from the line of scrimmage. Failure to comply will result in a ten (10) yard penalty.
- K. Offensive Guards can have no more than 18 inch splits.

Section 8.04 7-9 Rules

- A. All Punts are dead ball plays until the ball is kicked. The offensive team must announce its intention to punt. The offense must then punt the ball and the defense may not interfere with such attempts. No player may cross the line of scrimmage until the ball is kicked. Penalty for violation of this rule is five (5) yards. The punting team must assume a normal punt formation and remain in the same formation until the ball is kicked.
- B. Field goals and extra point kicks will be a free kick like the punt. Neither the offense nor defense shall move across the line of scrimmage at the snap of the ball. The kicking team shall be allowed to take a direct snap and must place the ball on the block directly behind the center, and at least five (5) yards behind the line of scrimmage. A successful extra point kick is worth 2 points and field goals are worth 3 points.

- C. The defense may have NO MORE than six players within three (3) yards of the line of scrimmage at the start of any play, and no player other than the allotted six may move forward toward the line of scrimmage until the ball is snapped. ONCE the ball is snapped all players can advance. So for clarification, if you have a 6-3 or 6-2 defense then, the linebackers MUST be at least three (3) yards back off the line. Once the ball is snapped they can advance (or blitz if you want to call it that!) however they cannot come up and into the line before the snap. If you are playing a 4-4 then 2 of your linebackers must be three (3) yards off the ball. Penalty for this violation is five (5) yards, this is a live ball foul and the offense has the choice of the play or the penalty.
- D. One coach is allowed on the field for National and American levels, and two coaches are allowed on the field for the first half of the regular season at the Federal level - however these coaches cannot speak **once the offense breaks the huddle**, and must remain 10 yards behind the team's most distant player from the line of scrimmage. Failure to comply will result in a ten (10) yard penalty.
- E. The center may position and grip the ball as necessary to snap the ball. This would include placing the ball parallel to the line of scrimmage, allowing his hand, head and shoulders to be in the neutral zone.

Section 8.05 – United Division Rules

- Play Time:
 - 13U follows the National and American must play rules.
 - 12U and below follows the Federal must play rules.
- Play Format:
 - 8U follows 6-8 play format rules.
 - 10U follows 7-9 play format rules.
- Weigh In:
 - Weigh in occurs every week to ensure kids maintain the weight to play in a skilled position.
 - Red Stripe players would have the opportunity to make the required weight to be in a skilled position or remain a Red Striper.
 - Both teams will bring spotter sheets to weigh-ins so that red-stripe players can be recorded.
- Play Spotting:
 - Play spotters will verify that “Red-Stripe” players maintain their identifying yellow bands throughout the game.
- Red Stripe:
 - Red Stripe concept allows heavy players to play football with the children their own age, but in a restricted role.
 - Red-Stripe players must wear a yellow band (using adhesive tape) around the thigh of both legs.
 - A player above the “Red-Stripe weight” must play the interior line on offense – tackle, guard, or center. On defense, this player must play tackle, guard, or nose.
 - “Red-Stripe” players must play as linemen. While on defense “Red-Stripe” players must remain in the free blocking zone while it exists, or must penetrate the offensive line before leaving the free blocking zone. They may

not drop back into a line-backer role or defensive back role on defense. While on offense, "Red-Stripe" players may pull, cross-block or perform any other task that an offensive lineman typically performs.

- The "Red-Stripe" player may NOT advance the ball at ANY time (e.g. a fumble, interception, kickoff or punt return – the play will be blown "dead" when the "Red-Stripe" player is in possession of the ball – the ball will be spotted at that point). A "Red-Stripe" player may intercept passes and recover fumbles.
- A "Red-Stripe" player may be a place kicker, punter or kick-off kicker.
- "Red-Stripe" players must play on the front line on kick-off returns.
- 4 levels of play:
 - | <u>AGE</u> | <u>RED-STRIPE WEIGHT</u> |
|------------|--------------------------|
| 8U | 85lbs |
| 10U | 115lbs |
| 12U | 135lbs |
| 13U | 155lbs |
 - The "Red-Stripe" weight will increase every two weeks commensurate with the policy for weight limits in other divisions.
- Rules
 - All rules outside of the above will follow the MMYFCL and HS Federation.
- MMYFCL:
 - Current programs will not be allowed to decrease the numbers of teams participating in the National, American or Centennial in order to field a Red Stripe team.
 - Current I-70 programs that are presently members in the MMYFCL already have a current vote in the league.
 - Programs that are part of the I70 but do not have teams in the MMFL will have a program vote in the league.
 - If those programs decide in the future to expand into the N, A or F levels, then they would have to meet the guidelines for the level requested.
 - National & American must fill all ages.
 - Federal can place teams at any level.

Section 8.06

Article IX. GAME WEIGH-IN PROCEDURES

- A. All teams must be weighed-in at least 30-minutes prior to the start of each scheduled league game. Late players are permitted to be weighed in before the start of the game, or at the half if they arrive after the start of the game,
- B. The head coach or designated coach, a team administrator of each team, and the players shall be the only ones permitted in the weigh-in area. NO FANS, PARENTS, OR OTHER COACHES ARE PERMITTED IN THE WEIGH-IN AREA.
- C. Weigh-in must be done on a digital scale.
- D. The Official Maryland MVA ID Card, laminated team Roster and spotter's sheet must be presented. A player without a Maryland MVA I.D. card will not be eligible to play. In the event that the Official Roster or ID cards are not present at the time of weigh-in, they must be produced by half-time of the game. If not the second half will not be

- played and the team without a roster and IDs will forfeit the contest. In addition, the Head Coach of the that team will be suspended for one game
- E. The opposing coach shall review each card as the player steps on the scale and states his name.
 - F. Weigh-in shall be conducted without helmets. All cups and other pads will be checked at the scale. If a player is not properly equipped, he shall not weigh-in and will be deemed ineligible for the game.
 - G. Each player must play in the same equipment he has on during the weigh-in. *Between weigh-in and game time, players will remain dressed in weigh-in uniform.* Players may be permitted to remove cold weather gear prior to stepping on the scale but must play without it. Gloves will be allowed.
 - H. All weigh-ins will be conducted in full uniform, no strip weigh-ins prior to the game on the field. Pre-weigh-ins are allowed, however, official game weigh-in will occur only once and is final.
 - I. Digital Scale round down for all numbers. Ex. 115.9 = 115lbs Players must be a full pound over to miss weight.
 - J. Game Weight is determined by the MMYFC weight chart for each division of play, plus any in season weight that MMYFC has agreed upon prior to the season. Starting with the second weekend of games, a one-pound additional allowance will be given every other week.
 - K. Equipment allowances without helmets:

Division	Weight Allowance
Flag / Pit Bull	n/a
6-8	8 lbs
7-9	8 lbs
8-10	8 lbs
9-11	8 lbs
10-12	10 lbs
11-13	10 lbs

- L. When a player is deemed ineligible for a game because he does not make weight at the pre-game weigh-in, he must remove his shoulder pads at the scale and wear his jersey without pads, if he plans to remain on the team sideline. He will be eligible to participate in the pre-game weigh-in procedure for the next game. He may not attempt to weigh-in again at half time of a game in which he did not make the pre-game weight.
- M. A Player must meet weigh-in criteria once in the first four (4) league scheduled games to be deemed eligible for the remainder of the season.
- N. Site Directors / Coaches from both teams are responsible to report players who do not make weight to age group commissioners

Section 9.01 Age and Weight Guidelines

MMYFC has designated divisions of play based on age and weight for football and age for cheerleading. The age determination date for the season is August 1 of each year. In football, Older-But-Lighter (OBL) is permissible as shown below. Fourteen (14) year old older but lighter players may have birth dates between August 2 and December 31. In cheerleading the age group breakdowns are specified in the cheerleading ByLaws.

Section 9.02 Football Age & Weight Guidelines

Division	Age	Max Weight	OBL
Flag/Pitbull	5-6 yrs old	n/a	75 lbs or under if running the ball (red stripe)
6-8	6-8 yrs old	75 lbs	N/A
7-9	7-9 yrs old	95 lbs	10 yrs old / max 75 lbs
8-10	8-10 yrs old	105 lbs	11 yrs old / max 85 lbs
9-11	9-11 yrs old	120 lbs	12 yrs old / max 100 lbs
10-12	10-12 yrs old	135 lbs	13 yrs old / max 115 lbs
11-13	11-13 yrs old	155 lbs	14 yrs old / max 135 lbs
			11-13 Division Red Stripe Rule See below

11-13 Division Red Stripe Rule: Six (6) players per team may weigh between 156 lbs – 170 lbs. These players must be marked with a red stripe and must play between the tackles.

Division	Max Weight	Equipment Allowance	Weight with Equipment
6-8	75lbs	8 lbs	83
7-9	95lbs	8 lbs	103
8-10	105lbs	8 lbs	113
9-11	120lbs	8 lbs	128
10-12	135lbs	10 lbs	145
11-13	155lbs	10 lbs	165

Article X. MANDATORY PLAY RULE & SPOTTER PROCEDURES

A. Each player must participate in the game and abide by MMYCF mandatory play rule.

Conference	Number of Players	Minimum Required Plays Per Game for Each Player
National	19 or less	8 plays
National	20 or more	6 plays
American	19 or less	8 plays
American	20 or more	6 plays
Centennial	19 or less	8 plays
Centennial	20 or more	6 plays
Federal	11-20	13 plays
Federal	21-25	11 plays
Federal	26 or more	9 plays

ALL DEAD BALL PLAYS ARE NOT INCLUDED AS A PLAY ON THE MANDATORY PLAY COUNT.

- B. Each player must have all of his or her mandatory plays by the conclusion of the third quarter.
- C. If any player does not have their mandatory plays completed by the conclusion of the third quarter, the spotter must report to the official and the game MUST be stopped. The spotter will report to the official and the opposing team the jersey numbers of the players needing plays to complete the mandatory plays.
- D. All players shall start the fourth quarter and remain in the game until the mandatory plays are completed, it does not matter if the players are offensive or defensive players, they must be inserted into the game immediately to complete all mandatory plays.
- E. The team will be given a non-charged time out to make position changes so that the players can be inserted into the game immediately at the start of the fourth quarter.
- F. All players who missed the pre-game weigh-in and who weighed-in at half time are only required to meet half of the mandatory plays required, however they must meet the play requirement by the end of the third quarter. The spotter must be notified of their active presence on the sideline starting the second half.
- G. Mandatory play sheets must be placed in game jersey numerical order.
- H. Head coach must supply opposing coaching staff with a properly completed league form for any player not participating due to disciplinary reasons.

SPOTTER PROCEDURES

- I. Each team must provide a spotter to be positioned on the opposing team's side from the 30-yard line to the goal. Spotters are not permitted in the coaches box/team area (30 yard line to 30 yard line). Spotters (and Chain Gang Volunteers) are not permitted to heckle, coach, cheer or use electronic devices to signal information regarding the opposing team or it could result in team penalty. Spotters will not interfere with Referees, Coaches, Cheerleaders or Chain Gang volunteers. If a volunteer spotter can not be found, an assistant coach must spot for that game.
- J. The spotter shall mark the plays of the opposing team's players on the official MMYFCL Mandatory Play Sheet. Once the plays have been accomplished the coach of the opposing team shall be notified. The spotter will also notify the official if a player is completing their mandatory plays in the fourth quarter.
- K. The Spotter shall use the official MMYFC Mandatory Play Sheet provided by the opposing head coach at weigh in. It should reflect the names of all eligible players for the game on that day in jersey numerical order.
- L. Players who have failed to make weight or are unable to play that day should be lined out on the Mandatory Play Sheet.
- M. The Spotter must be aware of the number of plays required for each player. This is based on the number of eligible players that day who weigh-in. See chart above.
- N. Spotters will check mark the boxes each time a player is in the game for a play.
- O. ALL plays are counted, including kick-offs, punts, extra points. A dead ball penalty is not a play, thus it is not counted.
- P. All players on the Mandatory Play Sheet, who are eligible for the game, must have all plays satisfied by the end of the 3rd Quarter.

- Q. If all players have not satisfied their plays by the end of the 3rd Quarter, the Spotter must ask the official to stop the game and inform him and the opposing coach what players need to be entered into the game to satisfy their play requirement.
- R. The players must be inserted in the game immediately whether the team is on defense or offense. The player must remain in the game until all of the required plays are satisfied.

NOTE: Upon completion of the all plays, spotters will print and sign their name and return the sheet to a team coach or team administrator.

Article XI SCOUTING

You may film any games. You may not film any other team's practices or scrimmages. No representative of a MMYFC program may attend another MMYFC program's practice unless on official MMYFC business or with the prior approval of both program directors.

Article XII TIE BREAKER PROCEDURES

Section 12.01 Tie breaker procedures for a Balanced League

- A. Record/Winning percentage
- B. Head to Head
- C. Coin Toss / Card Draw

Section 12.02 Tie breaker procedures for a unbalanced schedule

- A. Record/Winning percentage
- B. Head to Head
- C. Total winning percentage of all your opponents
- D. Coin Toss / Card Draw

Article XIII COACHES CODE OF CONDUCT

- A. Uphold all rules and regulations of Mid Maryland Youth Football and Cheer.
- B. Assure that each coach and organizational official has access to and has read all league regulations.
- C. Assure that each player knows and obeys the Players Code of Conduct.
- D. Any coach or team official that knowingly allows an ineligible player to participate in a game will be subject to disciplinary action by the Executive Board.
- E. It is deemed proper ethics that anyone that knows in advance or has strong suspicions of an ineligible player should contact the Executive Board; Vice President or any member of the Executive Board as soon as possible.
- F. Accept decisions of the game officials on the field as being fair and called to the best ability of said officials.
- G. Together with game officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan that becomes a nuisance and is out of control is the responsibility of the coach and should be removed from the area.
- H. Do not leave the coach's area to shout instructions from sidelines.
- I. Do not criticize players in front of spectators, with gestures and loud noises, but reserve criticism until a more private situation arises.

- J. Do not criticize cheerleaders, an opposing team, its players, coaches or fans, by word-of-mouth or by gestures.
- K. Refrain from using abusive and profane language to anyone connected with the game, as a spectator, player, opposing coach or game official.
- L. Do not deliberately incite unsportsmanlike conduct. An instruction to players to “get” another player or attempt to impose bodily harm to opposing players is considered incitement.
- M. Abstain from drinking of alcoholic beverages and smoking on both game and practice fields.
- N. Avoid running up scores. When a team leads its’ opponent by a total of 27 points, they must remove their starting backfield, including the quarterback and all running backs and wingbacks and make every possible attempt to hold the score down. This applies to Flag division through 11-13 divisions.
- O. Assure that no player practice or play in a game without proper equipment.
- P. Remove from a game or practice, any player when slightly in doubt about his health, whether or not a result of injury, until competent medical advice is available.
- Q. Assure that a player’s scholastic achievement does not suffer because of participation in MMYFC.
- R. Any coach who actively solicits a player from another organization by either making telephone calls or visits will be penalized.
- S. Only one “Speaking” Coach is allowed in the huddle on the field during a game time out. A second coach may provide water to the players.

Article XIV PLAYER’S CODE OF CONDUCT

- A. No fighting or hitting, kicking, striking or otherwise abusing opponents, teammates or cheerleaders at any time before, during or after a game, scrimmage or practice game.
- B. No verbal or physical intimidation by making gestures such as, victory laps, “number one” chants or other “bring down” or demeaning actions will be allowed.
- C. No disrespectful behavior or derogatory comments aimed at cheerleaders nor purposeful physical actions into the cheerleading area are permitted. (i.e. running into cheerleading areas when play is not in proximity.)
- D. Report to your coach any knowledge of an ineligible player or “ringer” on your team or another team.
- E. No dirty or illegal playing techniques will be allowed.
- F. No talking back to officials, teammates, opposing players or coaches.
- G. No profanity or childish displays of temper will be allowed at game or practice fields.
- H. Disciplinary problems at school or unsatisfactory classroom performance will not be tolerated.

NOTE: IF YOU VIOLATE THESE RULES, YOU WILL BE SUSPENDED FOR A FULL GAME FOR THE FIRST VIOLATION AND SUBJECT TO SUSPENSION FOR THE SEASON FOR THE SECOND VIOLATION. ANY DECISION BY THE BOARD WILL BE FINAL. HEAD COACHES WILL IMMEDIATELY REPORT PLAYER EJECTIONS TO THE APPROPRIATE AGE GROUP COORDINATOR.

ARTICLE XV. PARENTS CODE OF CONDUCT

- A. I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics.
- B. I will encourage good sportsmanship by demonstrating positive support for all players, cheerleaders, coaches, and officials at every game, practice, or other youth sports events.
- C. I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- D. I will insist that my child play in a safe and healthy environment.
- E. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- F. I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- G. I will remember that the game is for children and not for adults.
- H. I will do my very best to make youth sports fun for my child.
- I. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- J. I will always address any issues with my child's coach in private.
- K. I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.