



2021

**M.C.R.D.**

## **YOUTH FOOTBALL LEAGUE-LOCAL LEAGUE RULES**

### **I. Purpose**

The Murray County Youth Football Program is organized to provide a wholesome recreational activity for the youth of Murray County. The program is designed for the following purposes:

1. To aid in the physical development through fun and exercise.
2. To teach the basic fundamental skills of the game of football.
3. To aid in the social development through good sportsmanship and moral character.
4. To teach good attitudes and discipline.

### **II. Organizational Structure**

#### **A. Governing Authority**

1. The program shall be carried out under the guidance and direction of the Murray County Recreation Department and the Recreation Commissioners.

#### **B. Governing Rules**

1. The Murray County Recreation Department Youth Football League will be governed by the current rules and regulations of the National Federation of State High School Associations, with the exception of the local league rules, which supersede any rule in the current edition of the National Federation of State High School Association.
2. The League Rules will be developed by the Recreation Commission and the Murray County Recreation Department.

### C. Coaching Requirements

1. A person of high moral character who is a respected member of the community.
2. A coach should have a basic knowledge and understanding of the fundamentals of football.
3. A coach should never use profanity, drink alcoholic beverages, smoke, or use **tobacco** during any activity with players.
4. A coach must never incite players or parents by criticizing an official.
5. A coach should not be overly concerned with winning, but more concerned that each child has fun and learns the fundamentals while participating.
6. A coach should put the program first, and not focus on situations that could cause harm to the program and participants involved.
7. A coach is expected to be present at all practice sessions, games, and meetings or have an approved coach present.
8. A coach should try to the best of their ability to keep each player (especially the less experienced players) interested and participating throughout the season.
9. Each coach must attend the NYSCA Clinic if you have an interest in coaching all-stars.
10. . Coaches need to remember that posting derogatory comments towards fans, officials, or the department will be deemed as unsportsmanlike and are grounds for removal from the program. (anyone with concerns is encouraged to contact department staff)

### III. League Rules and Regulations

A. Rules not mentioned in the League Rules are found in the National Federation of State High School Associations Football Rule Book.

B. The age division shall be as follows:

Farm Division            Ages 7-8

Mite Division            Ages 9-10

Midget Division        Ages 11-12

- C. The playing field shall be, 80 yards for all age groups. Kick-offs will be from the 35-yd line in the 9-10. There will be no kick-offs in the 7-8 division. The ball will be placed on the 20 yard line to begin play.
- D. All kick-offs out-of-bounds will be placed on the 35 yard-line or at the point of the out-of-bounds whichever is greater. If the receiving team fumbles the kick-off out-of-bounds, the ball will be placed at that point.
- E. All players must have a starting position either on offense or defense. That means all players will start and play the whole game in their respective position. Any coach that does not comply with this rule will be subject to forfeit the game. Any coach that violates this rule a second time will be dismissed from the program. Coaches can request the officials to evaluate a participant's playing time.
- F. Any player to receive a hand-off or pass from scrimmage may not weigh more than 100 pounds for 7-8 Farm, 125 pounds for mite 9-10. Any participant ineligible to carry the ball must wear a red stripe on their helmet. Coaches will be responsible for maintaining the stripes. A defensive player regardless of their weight will be allowed to return a fumble or an interception.
- G. The offensive team must verbally state their intention of punting before leaving their huddle. After a verbal declaration of punting, the clock will stop until the change of possession. 9-10 division punts will be a dead ball kick; all defensive players will take a knee during the kick except for one defensive punt receiver. The ball will be spotted where the receiver catches or controls the ball. Delay of game can still be called even through punts are a dead ball.  
There will be no punts in the 7-8 division, the ball will be marked 25 yards from the line of scrimmage or half the distance from inside the 20-yard line by the referee. The ball cannot be spotted deeper than the 10-yard line.
- H. In 7-8 & 9-10 each quarter will be a 12 minute running clock in length, with the last two minutes of the 2<sup>ND</sup> quarter and 4th quarter being run by regulation stop and start time. Half-time will consist of 6 minutes. If a team is ahead by 21 points the clock will continue to run the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter.
- I. Each team shall be awarded ( 3 ) 60 second time outs per half in mite and farm divisions.
- J. All coaches are required to stay within the boundaries of the coaching box with one exception – In 7-8 & 9-10 one coach is allowed in the huddle of the offensive and defensive team. The coaches' box extends from 20-yad line to 20-yard line in 7-8 & 9-10. Limit of 3 coaches per team.

- K. The time allowed snapping the ball after it has been declared ready for play is 45 seconds in 7-8 Farm League, and 30 seconds in Mite League.
- L. Penalties are 5 yards for minor infractions, & 10 yards for major infractions in 7-8 & 9-10.
- M. If a game ends in a tie the ten-yard line overtime procedure will be used. The ball will be on the ten-yard line and each team will receive four plays to try an score. After two possessions per team and the game is still tied it will end in a tie.
- N. Coaches cannot communicate with players after the offensive huddle is broken. Penalty after first warning is 5 yards. Second offense- Coach will be asked to leave the field.
- O. Offensive coaches may receive two alignment or assignment requests from the head official per game, but must be announced before speaking to a player after the huddle is broken.
- P. Teams listed first on the schedule will be responsible for providing a 3 person chain crew.
- Q. In the 7-8 division, a defensive player is not allowed to line up over the center. As a result of this rule, there will be no quarterback sneaks. The QB must be led by a running back if running up the middle. The QB may run outside the guards. The penalty for this infraction is the same as illegal formation. Defensive linemen must be in a 3 or 4 point stance – any player tackle to tackle is considered a lineman on the line-of –scrimmage. Line backers (tackle to tackle) must be off the line-of-scrimmage – depth must be the back of the furthest lineman position. The penalty for this infraction is the same as being off sides.
- R. Touchdowns will count as six points and extra points will be one point for running it in and two points for passing it in for the 9-10 . 7-8 division will be be 2 points for running it in or passing.
- S. All divisions will play with 11 players.

#### **IV. Short Handed Rule**

- A. A team can start and finish a game with 10 players. The opposing team must play one player short also when necessary. If a team cannot field 10 players the game will be considered a forfeit and the teams will play a scrimmage game with an equal number of players if possible.

## **VI. Park Conduct**

- A. No profanity or abusive language is allowed. Offenders are subject to ejection from the game or the program.
- B. There should be no smoking, or use of tobacco products, or alcoholic beverages permitted on any ball field.
- C. All coaches or managers will be held responsible for their teams and fans conduct.
- D. Any coach or player ejected from a game for abusive language or conduct will not participate in the **next game** that his team plays. That means you are not allowed on the premises as a spectator either.
- E. Parents and Spectators must stay in the designated spectator area and not around the sidelines. Failure to do so will result in removal of fan.
- F. Coaches and Players will be responsible for cleaning up around fields.
- G. Spectators will be removed for derogatory comments towards teams, coaches and officials.
- H. Coaches may hold players out for disciplinary reasons, but must be announced to the officials and opposing coach. (e.g. player not attending practice).

## **VII. Equipment Requirements**

- A. All players are required to wear full equipment - helmet, shoulder pads, football pants with knee, thigh, hip and tail pad.
- B. Only rubber tipped cleated shoes or tennis shoes will be allowed.
- C. The official should warn a player for the first mouthpiece violation and call it to the coach's attention. The next violation will result in a 5-yard penalty per player.
- D. A youth size official game football will be used for all divisions, in 7-8 FARM the Nike Peewee & in 9-10 a Nike Jr.

## **VIII. Activities**

- A. There will be three activities allowed per week including games and practices, plus one activity on Saturday. No workouts will be allowed on Wednesday nights or Sundays.

Practices should be limited to 1 1/2 hours and be finished by 9:00 p.m.

- B. Practice sessions shall not be scheduled on PTA or Open House night.
- C. No scrimmages will be allowed with teams outside the Murray Recreation program during the season schedule without permission by the recreation department.
- D. Violations of the practice rule will not be tolerated.