

**MID MARYLAND YOUTH FOOTBALL &
CHEERLEADING LEAGUE
(MMYFCL)**

**2012
STANDARD OPERATING
PROCEDURES**



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

Table of Contents

Article I.	REGISTRATION AND CERTIFICATION	3
Article II.	ELIGIBILITY	3
Article III.	RECRUITMENT	3
Article IV.	EQUIPMENT	4
Article V.	PRACTICE, PRESEASON GAMES, TEAM SIZE	5
Article VI.	OFFICIALS	5
Article VII.	HOME TEAM RESPONSIBILITY	6
Article VIII.	PLAYING RULES AND GAME RESULTS	9
Section 8.01	Flag Football Rules	10
Section 8.02	Pitbull Rules	12
Section 8.03	6-8 Rules	16
Section 8.04	7-9 Rules	17
Section 8.05	Unlimited Rules / I-70 Rules	17
Article IX.	GAME WEIGH-IN PROCEDURES	19
Section 9.01	Age and Weight Guidelines	20
Section 9.02	Football Age & Weight Guidelines	20
Article X.	MANDATORY PLAY RULE & SPOTTER PROCEDURES	22
Article XI.	SCOUTING	24
Article XII.	TIE BREAKER PROCEDURES	24
Article XIII.	COACHES CODE OF CONDUCT	24
Article XIV.	PLAYERS CODE OF CONDUCT	25
Article XV.	PARENTS CODE OF CONDUCT	26

Article I. REGISTRATION AND CERTIFICATION

- A. The Executive Board shall determine team certification dates for football each year. Dates of cheerleading certification will be determined by Cheerleading Vice President/Area Directors.
- B. Each Football Player must be certified by MMYFCL 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 MMYFCL officials at the certification a current Maryland MVA picture ID or an official MMYFCL League-issued ID card.
- 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 MMYFCL 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 MMYFCL, and finally it must be approved by the MMYFCL 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 MMYFCL board.

Article II. ELIGIBILITY

- A. All MMYFCL programs may have eligible cheerleading teams (and pom or dance squads) participate with their football programs at both home and away games. Eligible cheerleading teams are defined as any teams participating in the official MMYFCL Cheer Competition **OR** any team that does not participate in any outside cheer competitions between 1 Aug and the last MMYFCL Superbowl of the season and participates solely in sideline cheering.
- 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. Refer to the MMYFCL Cheerleading SOP for further eligibility requirements.
- D. No player shall be a member of more than one team in the MMYFCL. They must not play high school football or participate in high school cheerleading. This applies during the MMYFCL season (1 Aug thru the last MMYFCL Superbowl game).
- E. No player may participate in the MMYFCL 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.
- C. If a head coach and/or assistant coach changes programs within the MMYFCL and plans to be listed on the certified roster in any capacity for the new program in the next MMYFCL season, the only player(s) who played in the former program during the preceding season that may play for the new team he is now a part of, without restriction, is (are) the son(s) of the transferring coach(es). A maximum of two coaches from any team in the former organization may coach together on the same team in the new organization. Any other player or coach wishing to leave the former program and play for the coach's new team must request and obtain written permission from the former program and make a request of waiver from the MMYFCL Board. This restriction will expire after one full season at the new program.

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 MMYFCL has jurisdiction over game uniforms. MMYFCL 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 and all pads. Any player stepping to the scales without a cup will be allowed to retrieve it prior to weighing in. Helmets are not required at weigh-in. Any player stepping to the scale without

- any other item of required equipment as listed above will be deemed ineligible for the game. No uniform item may be changed or added after weigh-in. Violators will be subject to penalties up to and including, but not limited to, suspensions, forfeiture of games and expulsion from the league.
- C. Play card wrist bands (wrist coaches) worn on the forearm and extending no farther than the elbow are allowed to be worn by any player.

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. The MMYFCL recognizes three divisions in the calendar year:
1. **Preseason:** The preseason period begins on or about 1 August (See Paragraph H.) and continues until the Sunday before the first day of school in the first MMYFCL county to return to school.
 2. **Season:** The season is the period between the first Monday in the first week of school in the first MMYFCL county to return to school and continues until the end of the last MMYFCL Superbowl game.
 3. **Offseason:** The offseason period begins at the end of the last MMYFCL Superbowl game and continues until the official preseason start date (on or about 1 Aug).
- C. There are no restrictions on practice or team activities during the offseason period.
- D. Preseason and Postseason 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. The first date of preseason practice will be determined by the MMYFCL Board during the offseason.
- H. The board will determine game dates for each division based on the number of teams in the division and the calendar.
- I. During a bye week each team may practice the normal six hours during the week and an additional two hours on Saturday or Sunday.
- J. Cheerleading programs must follow the guidelines regarding squad size, practices and preseason activities as outlined in the Cheerleading SOP.

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 MMYFCL.
- D. Home team shall provide a chain crew of adults 18 or older 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. Additionally, Chain Gang members shall not relay information across the field regarding the opposing team during the game or at halftime. Violators are subject to an Unsportsmanlike Conduct penalty of 15 yards at the referee's discretion and to disciplinary action from the Rules Committee.
- E. Officials game coverage shall be as follows:
 - 1. FLAG – Officials provided at the Home Team's discretion.
 - 2. 5/6 Tackle – Use game moderator as described in Section 8.02.
 - 3. 6-8, 7-9, 8-10, 9-11, 10-12, and 11-13 – Three (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. 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.
- B. 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.)
- C. Fans are not allowed inside of the ropes at any time during the game day unless expressly invited onto the field by a referee in the case of an injury. Cheerleaders and other authorized on-field personnel may form postgame "tunnels" inside of the ropes. Parents are allowed Fans are not allowed inside of the ropes at any time during the game day unless expressly invited onto the field by a referee in the case of an injury. Cheerleaders and other authorized on-field personnel may form postgame "tunnels" inside of the ropes. Parents are allowed to do so outside of the ropes but not inside.

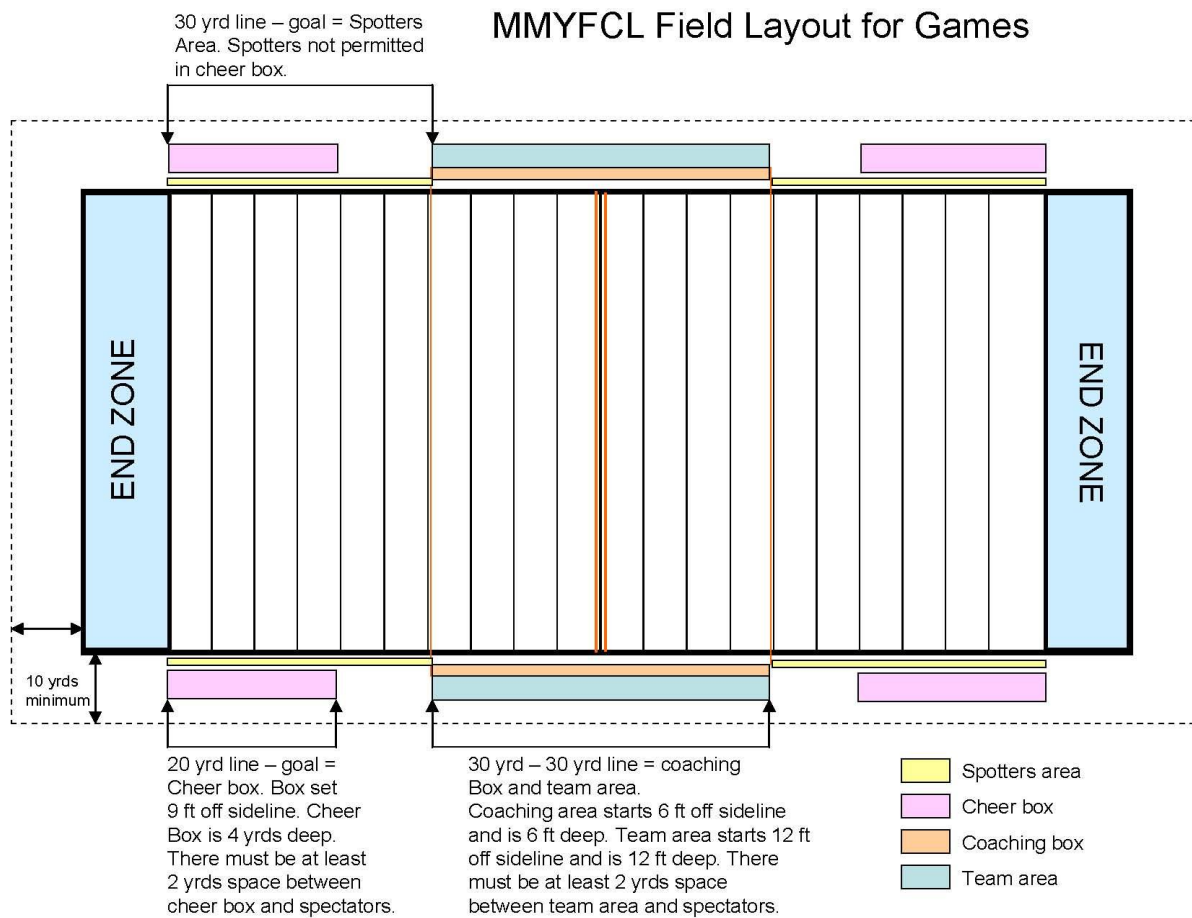


Figure 1.1 – MMYFCL Field Set Up

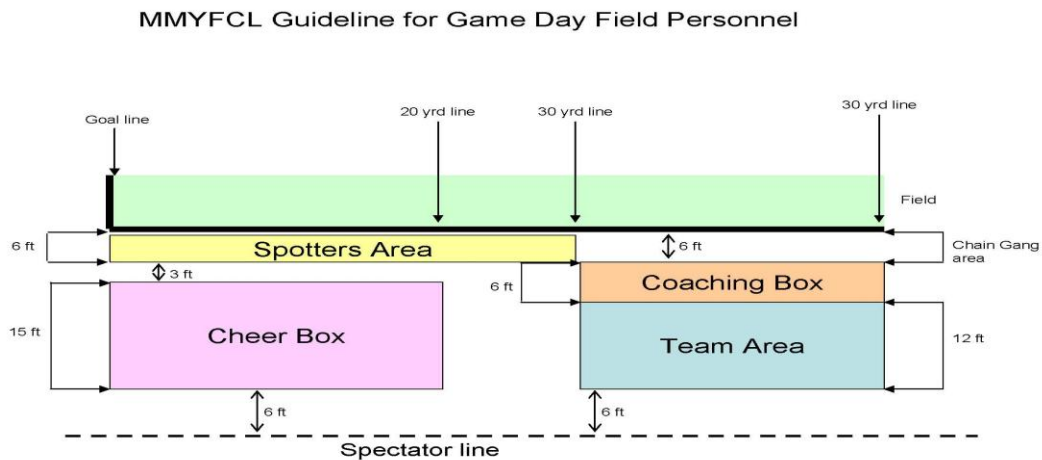


Figure 1.2 MMYFCL Field Set Up Detail

- 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, weigh-in area, 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 prior to the game 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. Every effort must be made to give notice at least two hours prior to game time. Circumstances surrounding game cancellations are subject to review by the Rules Committee.
- 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. The Site director must be identified by an article of clothing that league will provide (neon yellow vest). All coaches must cooperate with this person to ensure smooth game day operation. The penalty for a home team not providing a Site Director: \$100/game for the first offense, \$250/game for every offense thereafter. The program is also subject to loss of home games and ineligibility for the playoffs for violation of this rule.
- J. Each team will provide an official game ball for their team to use. The Official MMYFCL 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.
- M. Music may only be played during a game at a team timeout, at the end of a quarter or at halftime, or after a touchdown. Announcers are allowed, but the announcer shall not

disparage the opponents in any way over the microphone or broadcast anything electronically from when the offense huddles up until the whistle ends the play (i.e., no play-by-play).

Article VIII. PLAYING RULES AND GAME RESULTS

- A. MMYFCL will follow the National High School Federation Rule Book except where 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. Maximum of 2 Overtimes if necessary at all divisions 6-8 through 11-13 in the regular season. Overtimes will be played out until there is a winner in the playoffs.
 - 4. Game results must be e-mailed or called in to each Age Group Commissioner (ACG) by Sunday at 12:00 noon EDT. Also, any ejections that occur in the game, players that missed weight, or any other incidents must be reported to the ACG at this time **by both coaches**. Failure to report will result in disciplinary action against the coach, team and/or program.
- B. If a team cannot provide enough players to start (9) or continue (8) a game (amended from the National High School Federation Rule Book), the opposing team will be awarded a forfeit win. The score will be reported as it stands at the time of the forfeit if the opposing team is winning or 2-0 if there is no score at the time of forfeit or if the opposing team is losing. Any team that forfeits due to lack of players is responsible for referee fees for that game regardless of which team is the home team, or for the entire referee fee for a neutral site game. Forfeits for lack of players are strongly discouraged and the forfeiting team is subject to further penalties at the discretion of the Executive Board and the Rules Committee.
- C. Any player who is ejected from a game must leave the field (outside of the ropes) immediately and will face a suspension of a minimum of one game. Any coach who is ejected from a game must leave the premises immediately and will face a suspension of a minimum of one game. All coaches serving a suspension will not be allowed to attend his team's game while on suspension and must not be on the property where the game is being played during the game. Players serving a suspension may attend the game but may not be on the field (inside of the ropes). Failure to comply will result in additional suspensions or expulsion.
- D. Teams must be prepared to take the field and begin play 15 minutes prior to the official start time noted on the MMYFCL Schedule at the discretion of the site director.
- E. Teams taking the field during pregame from the end zone shall not pass the 35 yard line. A violation will result in a suspension for the offending head coach of no less than one week.
- F. 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. This rule applies for all offensive scrimmage plays. A team may place players from the starting backfield in the backfield for a punt or scrimmage kick. However, the team leading the game is required to declare its intention to punt or kick and then must punt or kick the ball. The ball may not be advanced past the line of scrimmage by the punting or kicking team. All players are eligible for defense and for kick returns. If the "starting" backfield is called into question by the opposing team, the definition of "starting" backfield will be based on a film review of previous and subsequent games, not on who was in the backfield on the first offensive play of this game. Violators of the spirit of any of the 27-point rules will be subject to disciplinary action by the Rules Committee.
- G. These "starting" players will be ineligible to advance the ball except on interception or fumble recovery. They may only return to offensive backfield 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.
- H. Common sportsmanship must prevail on offense when a team is ahead of another team by 27 points. Quarterbacks/running backs may run with the ball following the snap or may hand off to another player who may run with the ball. The runner is allowed to use the entire line of scrimmage and is not restricted to running between the tackles. No passes, pitches, multiple handoffs, fake punts or trick plays are allowed. Failure to comply will result in the following penalty: 15 yard penalty and loss of down.
 - I. 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.
 - J. **Suspended games - Player Eligibility:** Once a team has weighed in, the roster for that game is official, even if the game is suspended/postponed prior to kickoff. Both coaches are responsible for saving the original spotter roster for proof of player eligibility. Both coaches shall also note any players deemed ineligible for the opposing team on the back of their spotter roster and both coaches shall sign off on the back of both spotter rosters. If a game is suspended in the first half, all players who were eligible to play in the original game may participate in the resumption of the game without a reweigh. Any players who were not present for the original weigh-in may not play in the first half and may weigh in at halftime. Any player deemed ineligible at the original weigh-in for any reason (not making weight, not properly equipped, injured, suspended, etc.) is not eligible for the continuation of the game. If the game is suspended in the second half, only players who weighed in and were eligible at the original weigh-in may participate.
 - K. 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

A. General

1. Eligibility: 5-6 Year old Children (7 year olds with special approval of the board)
2. Safety Glasses must have a secured strap
3. Mouthpieces are mandatory
4. Wilson Mini Football or equivalent is used.
5. All players are to split time evenly.
6. 7 Players on Field at a time - If a team only has 6 players the opposing team has the option to either lend the team a player or play 6 on 6.
7. Minimum Plays – All players should play an EQUAL amount of time.
8. 2 Coaches are allowed on field for each team
9. All players must have 14 inch flags with two flags hanging from side of the body and a third flag hanging from behind the body.
10. Jerseys must be tucked inside of pants and flag belt before the start of a play.
11. 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.
12. There are no kickoffs. The ball will be placed on the offense's 30 yard line to begin play after a score or at the beginning of each half.
13. The running clock shall stop following a score and will start again when the ball is ready for play on the 30 yard line.

14. Scoreboards are not to show the score during Flag games. These games are instructional only and the score is not kept.
15. Penalty yardage will be assessed in accordance with NHSF rules and the SOP. Penalty distances will not be prorated relative to the shortened (80 yard) field.
16. Home teams must provide a stopwatch to the volunteer referee.
17. Home teams must provide a copy of these rules to volunteer officials.
18. All coaches must have a copy of these rules in their possession during each game.

B. Playing Field

1. 80 X 40 Yd Field. First Possession of each half starts at 30 yard line
2. Cones should be set G-20-40-20-G
3. Down marker must be used to mark the line of scrimmage.
4. A Box marker may also be used to identify the first down

C. Defense

1. Defensive Lineman must line up at least one yard off the line of scrimmage
2. Defensive Lineman can rush
3. No more than 3 lineman are allowed (only 3 lineman can rush)
4. No Defensive Lineman may line up over the offensive center or in the gap between the center and the guard. Lining up head-up on the guards is acceptable. Linemen may rush through the gap between the center and guard so long as they start head up on the guard.
5. Defensive Tackles cannot 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.
6. 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)
7. 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 his head. An accidental touching of the body by defensive player shall not be considered a violation; however, touching the head or face shall be a VIOLATION. A defensive player must go for the passer's flag and not the arm.
8. Interceptions are a live ball and may be returned

D. Offense

1. Every player must carry the ball at least once in the game before any other child can carry the ball a second time.
2. 4 Downs are allowed to make it to the next zone which is 20 yards and identified by cones,
3. 5 players must be set on line of scrimmage at the snap of the ball. Two of those players must be within two yards of the center. The other two may be split out anywhere along the line of scrimmage.

4. **All linemen (except the center) must be in a two point stance (standing) at the start of a play. No 3- or 4-point stances allowed**
5. **BLOCKING** - A Blocker must be on his feet at all times while blocking. The center, after snapping the ball in a normal crouch, must stand straight up before blocking. A Blocker **CANNOT** use his **HANDS**.
6. **The BALL CARRIER CANNOT use hands or arms to protect flag, CANNOT lower his head to drive off or run into defensive player, and 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 and no loss of down 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 (down and distance are applied as if the flag were pulled) .**
7. **PASSING** – the two remaining backfield men are eligible passers. All pass attempts will be made from behind the line of scrimmage.
8. **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 offensive and defensive players catch a pass simultaneously, the ball is declared dead and awarded to the offensive team.
9. A dead ball occurs if the center's snap hits the ground before reaching a backfield man or when the ball hits the ground as a result of a fumble or muffed ball. **THERE ARE NO FUMBLE RECOVERIES in Flag Football!** Down and distance of the play are applied at the spot of the fumble.
10. Offense has 45 seconds from the end of the previous play to put ball in play. Failure to do so results in delay of game penalty of five yards.
11. Punting intentions must be announced to referee. The ball is then advanced thirty yards and turned over to the other team without a snap.

Section 8.02 Pit Bull Rules

A. 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 assessed during a game and therefore referees will not be used. It is the responsibility of the On-Field Game Moderator, as discussed below, and the coaches to maintain control of the game.

B. Age and Weight Eligibility

PitBull teams are required to certify rosters. 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 August 1st of that season. Players turning 7 after August 1st of the season are permitted. An MVA or MMYFCL-issued Picture ID is required for proof of age. All head coaches shall possess a MVA or MMYFCL-issued picture ID card for all players on his 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 75.9 lbs (with all equipment except helmet) cannot run the ball or advance the ball on a fumble and shall be designated with red tape on their helmet.

C. **Game Clock**

1. Games will have a drop-dead time limit of 90 minutes after scheduled start time regardless of game situation at that point. 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.
2. Clock runs continuously and is stopped only for injuries, equipment adjustments, attitude adjustments, weather delays or other unexpected events or emergencies.
3. The clock is also stopped at approximately the 4-minute mark of every 8-minute possession for approximately 1 minute to allow teams to make substitutions.
4. Half time intermission is 10 minutes. Cheerleaders may perform a halftime show at PitBull and Flag football games.

D. **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.

E. **Scoring**

The purpose of this program is instructional only. Therefore, **no scores or standings will be kept**. Scoreboards are not to show the score during Pit Bull games.

F. **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.). It is the Head Coach's responsibility to ensure that this rule is followed. Spotting is not required. However, complaints from parents and other coaches in regard to playing time may result in the imposition of spotting, probation, suspension, etc. at the discretion of the MMYFCL Rules Committee.

G. Field Length/Play

1. 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.
2. 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.).
3. Visiting team begins the **first and third quarters** on offense, and the home team begins the **second and fourth quarters** on offense.

H. Fumbles/Interceptions

If the offense fumbles the ball or the defense intercepts a pass, the play will be whistled dead and the offense will retain possession. In the case of a fumble behind the line of scrimmage or an interception anywhere in the field of play, the ball will be spotted at the line of scrimmage where the play began. If the fumble occurs past the line of scrimmage, the ball will be spotted at the spot of the fumble. Neither team may advance a fumble or an interception under any condition.

I. 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.

J. 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.

K. Coaches on Field

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

L. 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 (outside shoulder of guards) and tackles must play head up on the offensive tackles respectively to the extent possible depending on offensive alignment 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 between one and two yards from 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 to be head up on 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.

M. 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.

N. Equipment

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

O. 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 primarily for instruction, with posted scores and a playoff system.
- B. 6-8 shall follow the same rules to which division they are playing.
- C. All Punts are dead ball plays until the ball is kicked. The offensive team must announce its intention to punt. Once a punt is declared, the clock will stop and will restart as soon as the ball is punted. 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 with no more than 18-inch splits tackle-to-tackle and remain in the same formation until the ball is kicked. The punter must remain within the tackles and behind the line of scrimmage until the ball is punted. The receiving team must line up with a minimum of 6 players within two yards of the line of scrimmage anywhere along the LOS and may not move until the ball is punted. **Alternate Punting Rule:** The punting team may choose to mark off a declared punt of 20 yards rather than actually punting the football.
- D. 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.
- E. The defense must have five (5) players line up at least five (5) yards off the line of scrimmage, leaving a maximum of six (6) players lined up within 5 yards of the line of scrimmage. Once the offense has come to the line, any defensive player lined up within five yards of the line of scrimmage may not move forward until the ball is snapped. Once the ball is snapped all players can advance. No defensive player can advance inside of five yards from the line of scrimmage before the snap regardless of how many defensive players are there when the offense comes to the line. 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 defensive players can line up in the center-guard gaps (A gaps) or directly over center within 5 yards of the line of scrimmage, nor may they shift through the A gaps prior to the snap.** Defensive tackles may be head up on the guards and tackles or on outside shoulder (B & C Gaps) of the guards and tackles.
- G. The defense may employ a goal line defense when the offense has five (5) or less yards to go for a TD, allowing the defensive lineman to be in the offensive gaps between the center and guards. However, no one is allowed directly over the center within three yards of the line of scrimmage. 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** or **the ball is on the kicking tee on a kickoff** the coaches on the field cannot speak or coach in any way and must remain ten (10) yards behind the team's most distant player from the line of scrimmage for the duration of the play. Failure to comply

will result in a ten (10) yard penalty and possible disciplinary action by the Rules Committee.

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. Once a punt is declared, the clock will stop and will restart as soon as the ball is punted. 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 with no more than 18-inch splits tackle-to-tackle and remain in the same formation until the ball is kicked. The punter must remain within the tackles and behind the line of scrimmage until the ball is punted. The receiving team must line up with a minimum of 6 players within two yards of the line of scrimmage anywhere along the LOS and may not move until the ball is punted.
- 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 prefer); however they cannot advance inside of three yards from the line of scrimmage 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, American and Centennial levels, and two coaches are allowed on the field for the first half of the regular season at the Liberty and Federal levels. Once the **offense breaks the huddle** or **the ball is on the kicking tee on a kickoff** the coaches on the field cannot speak or coach in any way and must remain ten (10) yards behind the team's most distant player from the line of scrimmage for the duration of the play. Failure to comply will result in a ten (10) yard penalty and possible disciplinary action by the Rules Committee.
- 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

- A. Play Time: 13U follows the National and American must play rules.
- B. Weigh In:
 - 1. Weigh in occurs every week to ensure kids maintain the weight to play in a skilled position.

2. Red Stripe players would have the opportunity to make the required weight to be in a skilled position or remain a Red Striper.
3. Both teams will bring spotter sheets to weigh-ins so that red-stripe players can be recorded.

C. Play Spotting: Play spotters will verify that “Red-Stripe” players maintain their identifying yellow bands throughout the game.

D. United Division Red Stripe Rule:

1. Red Stripe concept allows heavy players to play football with the children their own age, but in a restricted role.
2. Red-Stripe players must wear a yellow band (using adhesive tape) around the thigh of both legs.
3. 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.
4. “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.
5. 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.
6. A “Red-Stripe” player may be a place kicker, punter or kick-off kicker.
7. “Red-Stripe” players must play on the front line on kick-off returns.
8.

<u>AGE</u>	<u>RED-STRIPE WEIGHT</u>
13U	155lbs
9. The “Red-Stripe” weight will increase every two weeks commensurate with the policy for weight limits in other divisions.

E. Rules: All rules outside of the above will follow the MMYFCL and HS Federation.

F. MMYFCL:

1. 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.
2. Current I-70 programs that are presently members in the MMYFCL already have a current vote in the league.
3. Programs that are part of the I70 but do not have teams in the MMYFCL will have a program vote in the league.
4. 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.

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 or MMYFCL League-issued ID, laminated team Roster and spotter's sheet must be presented. A player without a Maryland MVA ID or MMYFCL League-issued ID 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 may be played upon mutual consent of both teams, but the team without a roster and/or IDs will forfeit the contest regardless of outcome. In addition, the Head Coach of the offending team will be suspended for one game.
- E. The official game roster shall reflect the jersey number(s) that each player is expected to wear during the game. If for any reason at weigh-in or after a player must wear another jersey with a different number, the spotter sheet must be updated at the time to reflect the current jersey number. If this will be a permanent change, the Head Coach should obtain an updated official roster from the MMYFCL reflecting this change. At no time shall jersey number differences effect a player's eligibility. If the player matches the ID card and the name on the official roster, he is eligible regardless of jersey number.
- F. The opposing coach shall review each card as the player steps on the scale and states his name.
- G. Weigh-in shall be conducted without helmets. All cups, socks and pads will be checked at the scale. Any player stepping to the scales without a cup will be allowed to retrieve it prior to weighing in. Any player stepping to the scale without any other item of required equipment as listed in Article IV will be deemed ineligible for the game. If any player violates this rule, the head coach is subject to a minimum one game suspension.
- H. No uniform item may be changed or added after weigh-in. Violators will be subject to penalties up to and including, but not limited to, suspensions, forfeiture of games and expulsion from the league.
- I. 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 and forearm pads in accordance with NFHS rules and wrist coaches as defined in Article IV will be allowed to be added after weigh-in.
- J. All weigh-ins will be conducted in full uniform, no strip weigh-ins prior to the game on the field. Pre-weigh-in's are allowed; however, official game weigh-in will occur only once and is final.
- K. Digital Scale approved by the league will be used. All digital readings will be rounded down. Ex. 115.9 digital reading = 115 lbs. Players must be a full pound over to miss weight. (On a scale reading oz., 115 lbs. 15 oz = 115 lbs., where 1 lb = 16 oz)
- L. Game Weight is determined by the MMYFCL weight chart for each division of play, plus any in season weight that MMYFCL 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.
- M. 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

- N. When a player is deemed ineligible for a game because he does not make weight at the pre-game weigh-in or because of improper and/or missing equipment, he must remove his shoulder pads at the scale and wear his jersey inside-out without pads if he plans to remain on the team sideline. He may not attempt to weigh-in again at half time of a game in which he did not make the pre-game weight. He will be eligible to participate in the pre-game weigh-in procedure for the next game.
- O. 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.
- P. 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

MMYFCL 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, a maximum of six (6) Older-But-Lighter (OBL) players per team is permissible as shown below. Fourteen (14) year old OBL players may have birth dates between August 2 and August 1 of the following year. 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	85 lbs	N/A
7-9	7-9 yrs old	100 lbs	10 yrs old / max 75 lbs
8-10	8-10 yrs old	110 lbs	11 yrs old / max 85 lbs
9-11	9-11 yrs old	125 lbs	12 yrs old / max 100 lbs
10-12	10-12 yrs old	140 lbs	13 yrs old / max 115 lbs
11-13	11-13 yrs old	160 lbs	14 yrs old / max 135 lbs
			11-13 Division Red Stripe Rule See below

MMYFCL RED STRIPE RULE (11-13 Division Red Stripe Rule): The Red Stripe concept allows heavier players to play football with the children their own age, but in a

restricted role. These players may weigh 25 lbs more than the maximum 11-13 standard (non-OBL) maximum weight. Red stripe players will be designated as such during weigh-ins before each game. These players must be marked with a red stripe (or contrasting color to helmet) of tape on the front and back of their helmets, or with tape around their legs crossing their thigh pads. They must play between the tackles. There is no set limit to how many players may weigh between 161 and 185 pounds (top weight is 195.9 with pads) as long as there are four players below the red stripe weight on the roster to fill out the team on the field to begin a game, and three players thereafter (to avoid a forfeit, see Article VIII. B.), and as long as the maximum roster size is not exceeded.

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 linebacker role or a 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. Red stripe players must play from a two-, three- or four-point stance in the tackle, guard or center positions on offense and from a three- or four-point stance either head-up on or inside of the offensive tackles on defense as defined as follows:

On offense, a red stripe player may play the Center position (the Center being defined as the player snapping the ball), the Offensive Guard position (defined as 1 player to the right or left of the Center on the line of scrimmage), or the Offensive Tackle position (defined as 1 player to the right or left of the Guard on the line of scrimmage); under no circumstance shall the red stripe player ever be an eligible receiver, even if he would be considered “eligible” under normal football rules. Because he is ineligible, that player will be considered an ineligible lineman under normal football rules for all intent and purposes and be subject to any resulting penalty (e.g. ineligible receiver down field).

On defense, a red stripe player must lineup head-up on OR between the Offensive tackles (the Offensive Tackle as defined in the preceding paragraph) no more than 1 yard off of the Line of Scrimmage. However, if the offense elects to place no player or only one player to the right or left of the ball (i.e. the Center position as defined above), the defensive red strippers may choose to line up anywhere along the line of scrimmage that they wish with no restrictions whatsoever.

Red Stripe players shall never play on kickoff or kick return teams unless their absence would place less than nine players on the field at the beginning of a game, or eight players on the field thereafter (to avoid a forfeit). If a team recognizes that a Red Stripe player is participating on a kickoff or kick return team when another eligible non-Red Stripe is available, play shall be stopped and the Red Stripe player will be replaced by an eligible non-Red Stripe player prior to the kick. In the event that they must participate on

kickoff or kick return teams, they will be positioned on the interior front line of each team; they will not be permitted to kick or to advance the ball.

Specifically, and as a Special Teams “exception”, the red stripe player may serve as the Punter (when the offensive team is in a traditional punt formation – i.e. the red stripe player is set 7-15 yards behind the Center to receive the snap) or Place Kicker (in the case of a PAT or Field Goal attempt); however, in either case, if the football (after leaving the center’s hands) hits the ground at any point in time prior to the punt/kick, the play will be immediately blown dead and the ball is downed at the spot where it hit the ground. After the ball is kicked, the red stripe player may operate as any other red stripe player in accordance with these rules.

Any violation of the above rules as they pertain to red stripe players will result in the following:

1. The assessment of a 15-yard Unsportsmanlike Conduct penalty against the offending team after completion of the play. Penalty will be assessed from the previous spot and will result in a loss of down if the penalty is committed by the offensive team. The only exception would be if the opposing team elects to take the result of the play over the enforcement of the penalty.
2. The offending team’s Head Coach will be reported to the MMYFCL rules committee and will be subject to discipline up to and including a 1 game suspension. Any subsequent violation within the same season may lead to the Head Coach’s expulsion from the MMYFCL.

Article X. MANDATORY PLAY RULE & SPOTTER PROCEDURES

A. Each player must participate in the game and abide by MMYCFL 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
Liberty	19 or less	8 plays
Liberty	20 or more	6 plays
Federal	11-20	13 plays
Federal	21-25	11 plays
Federal	26 or more	9 plays

ANY DEAD BALL PLAY IS NOT INCLUDED AS A PLAY ON THE MANDATORY PLAY COUNT.

B. Each player should have all of his or her mandatory plays by the conclusion of the third quarter. If any player does not have their mandatory plays completed by the conclusion of the third quarter he shall start the fourth quarter and remain in the game until the mandatory

plays are completed regardless of whether the players are offensive or defensive players. They must be inserted into the game immediately to complete all mandatory play requirements. (See SPOTTER PROCEDURES, Section G.)

- C. 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.
- D. 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 and, like other players, should meet the play requirement by the end of the third quarter. The spotter must be notified of their active presence on the sideline prior to the start of the second half.
- E. Mandatory play sheets must be placed in game jersey numerical order.
- F. Head coach must supply opposing coaching staff with a properly completed league form for any player not participating due to disciplinary reasons.

G. SPOTTER PROCEDURES:

1. 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. Teams are permitted, but are not required, to provide an assistant spotter for the opposing team's spotter to spot the assistant's team.
2. 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.
3. The Spotter shall use the official MMYFCL 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.
4. Players who have failed to make weight or are unable to play that day should be lined out on the Mandatory Play Sheet.
5. 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.
6. Spotters will check mark the boxes each time a player is in the game for a play.
7. ALL plays are counted, including kick-offs, punts, extra points. A dead ball penalty is not a play, thus it is not counted.
8. All players on the Mandatory Play Sheet who appear at the scale fully equipped to participate and weigh-in for the game should have all plays satisfied by the end of the 3rd Quarter. If a player appears at the scale fully equipped to participate and weigh-in, it will be deemed that the coaching staff intends for that player to participate in the game. If at

such time after weigh-in and prior to the completion of the game a player can not satisfy the minimum play rule due to injury or illness, a coach from that player's team must notify the spotter immediately. Furthermore, the player will immediately remove his shoulder pads. The spotter will then strike the player out and note the reason given for the player not satisfying the minimum play requirement. If all players have not satisfied their plays by the end of the 3rd Quarter, the Spotter **must stop the game before the beginning of the 4th quarter** and inform referee and the opposing coach what player(s) need to be entered into the game to satisfy their play requirement. The player(s) must be inserted in the game immediately whether the team is on offense, defense or special teams. The player(s) must remain in the game until all of the required plays are satisfied. The spotter shall indicate those plays played during the fourth quarter with a "4" on the spotter sheet.

9. Any violation of the minimum play rule may result in suspension and/or forfeit at the Rules Committee's discretion depending upon the circumstances of the violation.

NOTE: Upon completion of the all plays, the spotter will print and sign his name and return the sheet to a team coach or team administrator. If the fulfillment of minimum plays is in question, the spotter is to note on the form in writing any discrepancies, thoroughly and specifically.

Article XI SCOUTING

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

Article XII TIE BREAKER PROCEDURES

- A. Tie breaker procedures for a balanced schedule
 1. Record/Winning percentage
 2. Head to Head
 3. Coin Toss / Card Draw

- B. Tie breaker procedures for an unbalanced schedule
 1. Record/Winning percentage
 2. Head to Head
 3. Total winning percentage of all your opponents
 4. 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 MMYFCL.
- 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 PLAYERS 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 (ARTICLES XIII & XIV) : VIOLATION OF THESE RULES WILL RESULT IN A MINIMUM OF A FULL GAME SUSPENSION FOR THE FIRST VIOLATION AND ARE SUBJECT TO SUSPENSION FOR UP TO THE REMAINDER OF THE SEASON FOR THE SECOND VIOLATION. ANY DECISION BY THE BOARD IS AT ITS DISCRETION AND WILL BE FINAL. HEAD COACHES WILL IMMEDIATELY REPORT PLAYER OR COACH EJECTIONS TO THE APPROPRIATE AGE GROUP COORDINATOR BY 12:00 NOON THE DAY AFTER THE CONCLUSION OF THE GAME.

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.

NOTE (ARTICLE XV): VIOLATION OF THESE RULES WILL RESULT IN A REVIEW BY THE RULES COMMITTEE AND THE BOD AND VIOLATORS ARE SUBJECT TO PENALTIES UP TO AND INCLUDING SUSPENSION FOR THE SEASON.