

MYSA 7-9 – 11 Man Tackle Football Rules

- 1. NFHS Rules of Football will be applied during play. With the following league specific rules:**
- 2. Time of Play:** Each game will consist of four (4), six (6) minute quarters.
 - a. The clock will stop and start as instructed by the officiating crew.
- 3. Teams:** Teams will consist of 11 players (minimum 9).
 - a. 7 offensive players must be on the line of scrimmage. (No limit to amount of defensive players on the line)
 - i. Defensive players cannot line up over the center.
- 4. Field Size:**
 - a. Length: Play the full length of the field.
 - b. Width: Width of the field will be reduced from full width, to a width the distance from the West sideline to the Eastern hashmark.
- 5. Fumbles:** Fumbles are live, and will become the possession of the team that recovers the fumble.
- 6. Interceptions:** Interceptions are allowed and can be returned.
- 7. Protective Equipment:**
 - a. All players must wear a mouthpiece. Mouthpieces cannot be clear.
 - b. All players must wear an approved helmet, with an attached chin strap that should be secured at all times during play
 - c. All players must wear the necessary pads normal to a football uniform
- 8. Point after Touchdown:** The ball will be placed on the 3 yard line
 - a. Run = 1 point
 - b. Pass = 2 points
- 9. Play Clock:** When ball is put in play offense will have 35 seconds to start play
- 10. Overtime:** In the event of a tie, each team will have a maximum of 2 possessions to score from the 10 yard line. After a touchdown the team must go for 2 points conversion from the 3 yard line.
 - a. Possession will be determined by coin flip.
- 11. Coaches:** 1 coach is allowed on the field of play on offense and defense. You must stay at least 15 yds back of the line of scrimmage and must stay out of the way of the game. Once the ball is set you are not to talk or interfere with play.
 - a. Only 2 additional coaches on the sideline.
 - i. 3 coaches total on field!
- 12. Change of Possession:**

- a. To start each half and after touchdowns, the offense will get the ball on the 30 yard line.
 - i. Coin toss will determine the first possession
- b. Punts: Teams will have the option to punt the ball on 4th down. In the event the team chooses to punt the football, the ball will be placed 35 yards from the current line of scrimmage.

13. Mercy Rule: When a team gets ahead in the score by 24+ points, the team that is behind will keep possession of the football until they reduce the score below a 20 point lead. At that time the other team will get possession again.

- a. Clock will not stop.

14. Playing Time: Players are expected to play at least half of the game

- a. Players can play either Offense or Defense the whole game
- b. Players can play an entire quarter in the first half, and an entire quarter in the second half.
 - i. The player would have to play both offense and defense during their quarter.
- c. Only exception is if a child becomes sick, hurt, or refuses to go into the game.
- d. It is the responsibility of the coaches to ensure the players receive ample playing time.