

MYSA 10-12 – 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), eight (8) minute quarters.
 - a. The clock will stop and start as instructed by the officiating crew.
 - b. The clock will stop after the following and restart at the snap of the ball or as instructed by the officiating crew.
 - i. The down ends in a foul
 - ii. A charged timeout
 - iii. The period ends
 - iv. The ball is out of bounds – in the last 2 minutes of each half only
 - v. A score occurs – the clock does not run during an extra point
 - vi. An inadvertent whistle is soundedAll of the above will be superseded by implementation of the Mercy Rule.
3. **Timeouts:** Each team will receive 3 timeouts per half. Timeouts will not carry over.
 - i. Timeouts will be 1 minute from the initial indication of stoppage of play
 - ii. The clock will begin at the snap of the ball or 35 seconds following the indication of the referee that the timeout has ended.
4. **Teams:** Teams will consist of 11 players (minimum 9).
 - a. Five offensive players must be on the line of scrimmage. (No limit to amount of defensive players on the line)
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 mouth piece. Mouth pieces 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:** For the extra point the ball will be placed on the 3 yard line
 - a. Run = 1 point
 - b. Pass = 2 point
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 poss. to score from the 10 yard line.

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11. Change of Possession:

- a. To start each half and after touchdowns, the offense will get ball on the 30 yard line. Coin toss will determine 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.

12. Mercy Rule:

When a team goes ahead in the score by 24 or more points, the team that is behind will keep possession of the football until they reduce the score below 20 points. At that time the other team will get possession again. Once the mercy rule has been enforced, the clock will only stop for timeouts, and will continue running for all other actions in the field of play.

This is to stop teams from running up a score on another team.

REMEMBER THIS IS A RECREATIONAL LEAGUE.

13. Penalties that Occur at the end of a quarter or Half: NFHS Rules 3-3

A period shall be extended by an untimed down if one of the following occurred during a down in which time expires:

- a. There was a foul by either team and the penalty is accepted
 - i. If the penalty is the result of a Personal fouls or dead ball penalty, there will not be an additional untimed down.
- b. There was a double foul
- c. There was an inadvertent Whistle
- d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the fourth period and the point(s) would not affect the outcome of the game or playoff qualifying
If (a), (b), (c), or (d) occurs during an untimed down, the procedure is repeated.

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

- a. This can be accomplished in one of the following ways:
 - i. Players can play either Offense or Defense
 - ii. Players can play an entire Quarter in the first half, and an entire Quarter in the 2nd Half. This would mean the player must play on both Offense and Defense during their quarter
- b. The only exception will be if a child becomes sick, or refuses to go into the game.
- c. It is the responsibility of the coaches to ensure the players receive ample playing time.

This rule will be watched very closely by the board members of MYSA.

The following will determine playoffs:

Win/Loss Record
Head to Head
Least amount of points allowed (Defense)
Coin Toss

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