

Mid Mo Youth Football General Information and Rules (4/4/26)

Will follow NFHS Football Rules unless otherwise stated below

I. Time:

A. 4 (four) 15 minute quarters with 10 minute half time. 2 hour max. Clock will stop only for the following:

1. Change of possession. Restart on Referees whistle
2. Time Outs (3 per half @ 60 seconds each),
3. After TD. Restart after PA and ball is reset on Referees whistle
4. Injury on the field. Players must leave the field of play.
5. Last Two Minutes of each half - regular clock procedure

B. 60 second play clock for 3rd/4th and 45 second play clock for 5th/6th

C. Overtime Procedure: 1st OT: Ball will be placed on the 10 yard line. Each team will have a chance to score. 2nd OT: Ball will be placed on the 5 yard line. Each team will have a chance to score. At the end of OT, if still tied, each team will be awarded 1 point to their year end totals. The team that started the second half on offense will get the ball first with the defensive team choosing which end they want to defend.

D. In the event that any team has a 28 point advantage the clock will run non-stop for the remainder of the game. No timeouts taken by winning team.

E. Home Team will provide timekeepers and scorekeepers

II. Weight:

A. Maximum weight players may not be lined up **off the line of scrimmage or in the backfield** and/or all players that may recover a fumble or intercept a pass.

B. 3rd/4th - 105 - no variance.

C. 5th/6th - 130 - no variance

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D. Weigh in will be held before or after your jamboree/scrimmage games. Football pants must be worn for weigh in, but no helmet, cleats or shoulder pads. Those exceeding weight will kneel the ball upon recovering a live ball.

E. All of those players exceeding the appropriate weight will wear a sticker on the front and back of their helmet. If you start the season with a sticker you will end the season with a sticker.

F. All rosters are to be emailed to the President prior to the Jamboree. Weights will be added at the Jamboree. Town contacts will receive a complete list of rosters before first games. Roster verification will take place at first game by opposing coaches and this will finalize all rosters. No additions after rosters are finalized.

III. Coaches

A. All coaches will be Heads Up or NYSCA Certified and must have visible proof of certification to be on sidelines.

B. For 5th/6th, no coaches are allowed on the playing field, excluding the jamboree.

C. For 3rd/4th, Offensive coaches are allowed on the field at all games but must remain 10 yards back after the huddle breaks.

D. For 3rd/4th, Defensive coaches must be outside the hash marks or off the field.

IV. Age & Grade Restrictions:

A. Players must be entering 3rd grade and may not be past the 6th grade for the fall school year in which they are playing.

B. 3rd/4th Graders may not be 11 years of age before August 1st.

C. 5th/6th graders may not be 13 years of age before August 1st.

D. Each player may not play more than 2 years in the 3rd/4th grade and not more than two years in the 5th/6th grade.

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V. Fair Play

A. Un-sportsman like acts will not be tolerated.

Coaches/players/spectators will be warned once, with ejection from game upon continued issues. Coaches are responsible for their players, fans and assistant coaches.

B. Only players, coaches & managers allowed on the field during play.

C. If a town/school has 2 teams in an age group, they must be equally combined by grade.

D. Free Substitution

E. Home team will provide a minimum of 2 officials and one athletic trainer per game. Home team must provide concessions, and send message to visiting team if concessions are limited or not available.

F. All players must have a numbered uniform.

G. No All-Star Teams

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VI. Season Play

A. 5-6 game regular season with bracket style playoff for the top 4 teams and an additional playoff game based on point system for other teams (13 point scoring system)

- 1. Max points per game is 13 (example: Score is 25 to 0. Winning team gets 13 points losing team gets -13 points. Score is 14-7 - winning team gets 7 points, losing team gets -7.**
- 2. Forfeited games are 13 points**
- 3. Tied games, if after overtime are still tied, each team gets 1 point.**

B. Championship/Tie Breaker

- 1. Overall Record - best % of wins**
- 2. Head to Head Record**
- 3. Record Against Common Opponents**
- 4. Scoring System Against Common Opponents**
- 5. Scoring System Against All Opponents (Average based on # of games, IF # of games are not equal).**
- 6. Coin Toss - 3 coins, odd man out. The remaining two teams will play a game to determine a place in the playoffs.**
- 7. If a team is directly behind a team they beat, they have the option to jump that team. You can only jump 1 spot (not more than 1 team or more than 1 spot). If there are more than 1 team jumping, the top seed as the option to jump first.**

C. A date for first practice and official game weeks will be established by the Board of Director on a yearly basis.

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VII. Game Play

A. Defense

1. Defensive ends are allowed to rush, but must be outside shoulder of the last downed lineman. There will be 1 warning per team for the defensive end lining up incorrectly. After that warning it will be a 5 yard penalty for each infraction. Last Downed Lineman is the last offensive lineman or tight end, NOT wing back, slot, or receiver.

2. Defensive line

a) *Line must be in a 3 or 4 point stance. Defensive Ends can be in a 2 point stance.*

b) *5th/6th can be heads up with center*

c) *3rd/4th must be heads ups and not over center*

d) *Max 6 Player Line*

e) *May play goal line defense (8 players on the line) once the ball is inside the 20 yard line. Must be outside of the defensive ends (not extra linebackers).*

3. Linebackers and Defensive Backs must be 3 yards off the line of scrimmage and can't be in motion before the ball is snapped.

B. Offense –

1. 3rd/4th Grade if QB is under center and the fumble is snapped, the ball is whistled dead and there will be a loss of downs. If occurring on 4th down the ball will be turned over to the opposing team at the line of scrimmage. If in shotgun formation, the ball will be a live ball that can be recovered by the defense. 5th/6th Grade ball is live on a fumble.

2. Players with stickers can't advance the ball.

3. Tight Ends can have stickers, but if they release beyond the line of scrimmage, it will be an illegal man downfield penalty.

C. Special Teams

1. No Kick Offs – ball placed on 30 yard line for all ages

2. Punt (5th/6th only) or mark off 25 yards.

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- a) No rushing the punter.*
- b) Ball can be returned.*
- c) Fair catches allowed.*
- d) Punt defense can't leave until ball is kicked.*
- e) No fake punts.*
- f) Touchbacks placed on 20*

D. PAT

- 1. Holder must be on a knee**
- 2. Kick - 2 points. 3 second limit for holder to gain possession, no rushing no fakes**
- 3. Run - 1 point**
- 4. Pass - 2 points**

E. No Dive Blocks OR Chop Blocks.

F. No interlocking of legs on the line.

**G. Centers and Guards must be in a 3-point or 4-point stance.
Tackles and Tight Ends can be in a 2-point stance.**

H. 3rd/4th Grade will use PeeWee ball and 5th/6th will use Junior.

I. Home teams are required to have an Athletic Trainer or EMT on the sidelines at all games, at the expense of the home team.