MAC LEAGUE RULEBOOK

TACKLE FOOTBALL

CAO: 23 August 2026

Midwest Athletic Conference, also referred to as MAC, is a private youth sports league established in 2025 to govern, coordinate, and enforce rules for tackle football competition among participating member clubs, teams, athletes, coaches, and spectators.

This rulebook serves as the official governing document for MAC tackle football. All member clubs, independent teams, coaches, athletes, parents, guardians, spectators, and volunteers are subject to the rules, procedures, and expectations outlined in this document.

The MAC Board has final authority over all league matters, including rule interpretation, eligibility, discipline, scheduling, postseason participation, disputes, and any situation not specifically addressed in this rulebook. The MAC Board may review, clarify, modify, or enforce rules as needed in the best interest of the league, its athletes, teams, member clubs, and overall league integrity.

By participating in MAC, each club, team, coach, athlete, parent, guardian, spectator, and volunteer acknowledges that MAC is a private organization. MAC reserves the right to deny, suspend, remove, or restrict participation for any individual, team, or club whose actions violate this rulebook, disrupt league operations, compromise safety, or negatively impact the integrity of the league.

Mission Statement

The mission of Midwest Athletic Conference is to unite athletes, families, teams, and communities through organized youth football. United by the game, MAC creates opportunities for young athletes to compete, develop, and grow through the sport and the communities that shape them.

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Section 1: League Membership & Team Participation

1.1 Member Clubs

Midwest Athletic Conference is made up of approved member clubs and approved independent teams. Participation in MAC is not automatic and must be approved by the MAC Board.

Each member club is responsible for the conduct, registration, eligibility, communication, and compliance of its teams, coaches, players, parents, spectators, and volunteers.

Current MAC member clubs and approved teams shall be maintained by the MAC Board and updated as needed before each season.

1.2 Membership Requirements

Any club seeking admission into MAC must submit all required league documents, including a MAC League Membership Form and current club bylaws.

Once admitted, each club must submit an updated MAC League Membership Form and current club bylaws each year before participating in the upcoming season.

Admission into MAC may be approved, denied, suspended, or revoked at the discretion of the MAC Board.

1.3 Independent Teams

An independent team is any team not directly associated with an approved MAC member club.

Independent teams may be considered for participation on a case-by-case basis. Independent teams must be approved by the MAC Board before registering, scheduling, or participating in MAC league play.

Independent teams may be required to meet additional requirements related to registration, field access, insurance, roster eligibility, payment, scheduling, and league compliance.

1.4 League Fees

MAC does not charge a club membership fee unless otherwise approved by the MAC Board.

Each player participating in MAC must pay the established league player fee of $30.00, unless otherwise approved or modified by the MAC Board.

All required player fees must be paid in full by the posted roster submission deadline unless an exception is approved by the MAC Board.

A late fee of $100.00 per week may be assessed to any club or team that is not current on required league fees after the applicable deadline.

The MAC Board reserves the right to adjust league fees, payment deadlines, late fees, and related requirements as needed. Any approved changes shall be communicated through official league channels.

1.5 Registration Requirements

A. **Registration Platform:** All players, coaches, staff members, volunteers, and required team personnel must be registered through the MAC-approved registration platform.
B. **Eligibility to Participate:** A participant is not considered eligible for MAC tackle football participation until all required registration information has been submitted, all required league fees have been paid, and all required waivers, releases, acknowledgments, codes of conduct, and participation agreements have been completed.
C. **Waivers & Acknowledgments:** By registering for or participating in MAC, each club, team, player, parent, guardian, coach, staff member, volunteer, and spectator agrees to follow all MAC rules, waivers, codes of conduct, policies, and procedures.
    a. Each member club is responsible for ensuring that all required MAC waivers and participation documents are completed and maintained for its players, coaches, staff members, volunteers, and related participants.
D. **Cheer Registration:** Cheer participants may be registered through the same MAC-approved registration platform; however, cheer participation, rules, and requirements are governed by the MAC Cheer Handbook unless otherwise stated by MAC.

E. **Accuracy of Information:** Clubs and teams are responsible for ensuring that all registration information is accurate and complete.
    a. False, incomplete, or misleading registration information may result in disciplinary action, including player removal, coach suspension, team forfeiture, or removal from the league.

1.6 Saturday League Commitment

A. **Saturday Schedule:** MAC tackle football games are scheduled for Saturdays unless otherwise approved by the MAC Board.
B. **Team Commitment:** By registering a team, each club or independent team commits to participating in the full MAC league schedule once released.
    a. Teams should not register unless they are prepared to make MAC league games a priority throughout the season.
C. **Schedule Release:** The MAC schedule will be released as early as possible, with the goal of providing teams approximately two weeks of notice before the first regular-season game.
D. **Forfeits:** Once a team is registered and scheduled, that team is expected to attend and compete in each assigned game.
    a. Forfeits negatively impact opposing teams, players, families, officials, host sites, and the overall league schedule.
    b. Repeated, avoidable, or unjustified forfeits may result in disciplinary action, including fines, postseason ineligibility, removal from the current season, or denial of future participation in MAC.
E. **Schedule Conflicts:** Any scheduling conflict, forfeiture concern, or request for schedule consideration must be communicated to MAC as soon as possible.
    a. Final decisions regarding schedules, forfeits, and related penalties shall be made by the MAC Board.

1.7 Participation in Other Leagues

A MAC tackle football player may not participate on another tackle football team, club, conference, or league during the same MAC tackle football season unless approved by the MAC Board.

A player found to be participating with another tackle football team, club, conference, or league without MAC Board approval may be deemed ineligible for MAC participation.

Any violation of this rule may result in player ineligibility, team forfeiture, coach discipline, postseason ineligibility, or additional penalties as determined by the MAC Board.

Final decisions regarding player eligibility, outside league participation, and related penalties shall be made by the MAC Board.

1.8 Field Requirements

A. **Field Access:** Each member club must provide access to an approved football field for MAC league play unless otherwise approved by the MAC Board.
B. **Minimum Field Standards:** Unless otherwise approved by the MAC Board, all MAC fields must meet the following minimum requirements:
    a. The field must be a turf field.
    b. The field must include stadium seating for spectators.
    c. The field must be either high-school regulation size or middle-school regulation size.
    d. The field must include appropriate field markings, game-day access, and a safe environment for players, coaches, officials, cheer participants, volunteers, and spectators.
C. **Spectator Restrictions:** Spectators are not permitted to sit or gather on the team sideline unless specifically approved by MAC.
D. **Field Approval & Exceptions:** If a club or independent team does not have access to an approved home field, field requirements, host site responsibilities, and scheduling arrangements will be reviewed and determined by the MAC Board.
    a. The MAC Board reserves the right to approve, deny, or modify field use based on safety, field condition, seating, availability, scheduling needs, or the best interest of the league.

Section 2: Player Eligibility, Team Formation & Rosters

2.1 Player Eligibility

All players participating in MAC tackle football must meet all league eligibility requirements before being permitted to practice, play, or participate in any MAC-sanctioned game or event.

Player eligibility includes, but is not limited to, grade level, age requirements, registration status, roster placement, league fee payment, required waivers, jurisdiction requirements, and any other documentation required by MAC.

Each member club is responsible for verifying the eligibility of its players before submitting rosters to MAC.

A player who does not meet MAC eligibility requirements, or whose eligibility cannot be verified upon request, may be declared ineligible for participation.

Use of an ineligible player may result in disciplinary action, including player removal, coach suspension, team forfeiture, postseason ineligibility, or additional penalties as determined by the MAC Board.

2.2 Grade Divisions

MAC tackle football is primarily a grade-based league. Players must play in their current grade division or may play up one grade division with approval.

An age exception may be considered for an established team entering MAC when most of the team is one grade below the player, and the player is young enough to meet the age requirement for that lower division. The age exception is not automatic and must be approved by the MAC Board before the player participates in any MAC-sanctioned game.

Grade divisions and age exception requirements are as follows:

A. **6th Grade Division:** Player must be enrolled in 6th grade.

B. **5th Grade Division:** Player must be enrolled in 5th grade or may not turn 12 years old before September 1 of the applicable season year.

C. **4th Grade Division:** Player must be enrolled in 4th grade or may not turn 11 years old before September 1 of the applicable season year.

D. **3rd Grade Division:** Player must be enrolled in 3rd grade or may not turn 10 years old before September 1 of the applicable season year.

E. **2nd Grade Division:** Player must be enrolled in 2nd grade or may not turn 9 years old before September 1 of the applicable season year.

F. **1st Grade Division:** Player must be enrolled in 1st grade or may not turn 8 years old before September 1 of the applicable season year.

A player's grade level and age must be verified upon request through documentation approved by MAC.

Any question regarding grade placement, age eligibility, age exception status, or division assignment shall be reviewed and decided by the MAC Board.

2.3 Team Formation

Team formation, including drafts, player placement, and team assignments, shall be managed by each individual member club unless otherwise directed by the MAC Board.

Each member club is responsible for ensuring that its team formation process complies with all MAC eligibility, jurisdiction, roster, registration, and player participation requirements.

A player may only be rostered to one MAC tackle football team during the season unless otherwise approved by the MAC Board.

The MAC Board reserves the right to review team formation concerns if a team, roster, or player placement issue affects eligibility, competitive balance, safety, or overall league integrity.

2.4 Jurisdictions

A. **Jurisdiction Definition:** Jurisdictions are defined by each member club's school district and related feeder schools.
    a. Players are expected to participate with their home club based on school district, feeder school, or approved jurisdiction unless a release or exception is approved in accordance with MAC rules.
B. **Claiming Jurisdictions:** Jurisdictions are to be claimed by each member club per school district.
    a. Each year, jurisdictions must be submitted using the MAC League Club Jurisdiction Form by the posted league deadline.
    b. Shared jurisdictions may be recognized when an area does not have a MAC-affiliated club and is claimed by one or more surrounding MAC member clubs.
C. **Player Releases:** Any player requesting to be released from their home club to join another MAC-affiliated club must submit the required MAC Athlete Release Agreement to their home club for review and approval.
    a. All required release documentation must be signed and approved by both the releasing club director and the accepting club director.
    b. The completed MAC Athlete Release Agreement must be submitted to MAC by the releasing club director by the posted league deadline.
    c. A player is not eligible to participate with the accepting club until the release has been fully approved and submitted in accordance with MAC requirements.
D. **Disputes:** Jurisdiction questions, disputes, or clarification issues should first be addressed at the home club level.
    a. If a jurisdiction matter cannot be resolved at the club level, the matter shall be submitted to the MAC Board for review.
    b. Final decisions regarding jurisdictions, shared jurisdictions, player releases, player placement, and related disputes shall be made by the MAC Board.

2.5 Roster Requirements

All team rosters must be finalized and submitted to MAC by the posted roster submission deadline.

Each player listed on a MAC roster must be fully registered through the MAC-approved registration platform and must have all required league fees paid before the roster is considered complete.

A player may only be listed on one MAC tackle football roster during the season unless otherwise approved by the MAC Board.

The maximum roster size for any MAC tackle football team is thirty (30) players unless otherwise approved by the MAC Board.

Minimum roster requirements are as follows:

A. 1st–2nd Grade Divisions: minimum of eleven (11) players.
B. 3rd–6th Grade Divisions: minimum of fifteen (15) players.

A team that does not meet the minimum roster requirement may not be eligible for league play unless approved by the MAC Board.

Roster changes after the posted roster submission deadline must be approved by the MAC Board.

Any false, incomplete, or misleading roster information may result in player ineligibility, coach discipline, team forfeiture, postseason ineligibility, removal from the league, or additional penalties as determined by the MAC Board.

2.6 Eligibility Documentation & Disputes

A. **Club Responsibility:** Each member club is responsible for collecting and maintaining required player eligibility documentation for all players listed on its MAC roster.
    a. Required eligibility documentation may include, but is not limited to, birth certificate, school or grade enrollment verification, medical restrictions, medical releases, waiver documentation, and any additional information required by MAC.

B. **Documentation Requests:** Each team must be able to provide required eligibility documentation immediately upon request by MAC, a MAC Board member, a league representative, or an approved game-day official.

   a. Documentation may be provided in digital or paper format.

   b. If required eligibility documentation cannot be provided immediately upon request, the player may be deemed ineligible and may not participate until eligibility has been verified.

C. **Roster Challenges and Eligibility Questions:** Roster challenges, eligibility questions, or player disputes may include, but are not limited to, questions regarding grade placement, age eligibility, jurisdiction, player release status, roster placement, registration status, or required documentation.

   a. Any roster challenge, eligibility question, or player dispute must be submitted to MAC by a club director or authorized club representative.

D. **MAC Review:** MAC may request supporting documentation from any club, team, coach, parent, guardian, or player involved in the dispute.

   a. If a player's eligibility cannot be verified, the player may be deemed ineligible and may not participate until the matter has been reviewed and resolved by MAC.

E. **Penalties:** Failure to provide required eligibility documentation, submission of false, incomplete, or misleading documentation, or knowingly rostering or playing an ineligible player may result in player ineligibility, coach discipline, team forfeiture, postseason ineligibility, removal from the league, or additional penalties as determined by the MAC Board.

F. **Final Authority:** Final decisions regarding eligibility documentation, roster challenges, eligibility disputes, documentation disputes, and related penalties shall be made by the MAC Board.

Section 3: Coaches & Sideline Personnel

3.1 Coach Requirements

All MAC tackle football coaches must complete all applicable coach requirements by the posted league deadline before being approved to coach.

A. **Registration:** Coaches must register through the MAC-approved registration platform and be listed on the official team roster.

B. **Certification:** Coaches must complete all required USA Football certification requirements unless otherwise exempt under this section or otherwise directed by MAC.

C. **Background Check:** Coaches must complete and pass all required USA Football background check requirements, or any other background check process approved by MAC, unless otherwise exempt under this section.

D. **Coach Contract:** All coaches must complete and submit the required MAC Coach Contract through the MAC-approved submission method. No coach is exempt from the Coach Contract requirement.

E. **Account Association:** Each coach's USA Football account must be associated with the coach's member club organization and the MAC League organization, when applicable.

F. **High School Sanctioned Coaches:** A current high school sanctioned coach may be exempt from MAC certification and/or background check requirements if approved by MAC. High school sanctioned coaches must provide a current OCA, OSSAA, or school-issued coaching credential approved by MAC, complete the MAC Coach Contract, be listed on the official team roster, and count toward the team's allotted coaching passes.

G. **Student Coaches:** A student coach is a high school-aged individual approved by MAC to assist with a team in a limited coaching capacity. Student coaches are not required to complete a background check or USA Football certification unless otherwise directed by MAC. Student coaches must complete the MAC Coach Contract, be listed on the official team roster, and count toward the team's allotted coaching passes.

A coach who has not completed all applicable coach requirements may not coach, instruct players, receive a MAC coaching pass, or be present on the team sideline during a MAC-sanctioned game unless approved by the MAC Board.

False, incomplete, or misleading information submitted during the coach approval process may result in denial, suspension, removal, loss of coaching privileges, or additional penalties as determined by the MAC Board.

3.2 Coaching Passes & Sideline Access

Each team may receive up to eight (8) coaching passes for approved sideline personnel.

Coaching passes may be issued to approved coaches, team managers, team moms, play counters, water personnel, student coaches, or other MAC-approved sideline personnel.

Any person coaching or instructing players must be an approved MAC coach and must meet all applicable coach requirements listed in this rulebook.

Team managers, team moms, and other non-coaching sideline personnel are not required to complete USA Football certification unless otherwise directed by MAC. However, any non-coaching sideline personnel requesting a coaching pass must complete and pass a MAC-approved background check.

All approved coaches and sideline personnel must be listed on the official team roster and will count toward the team's allotted eight (8) coaching passes.

All coaches and approved sideline personnel must wear their current MAC coaching pass or MAC-approved credential on a lanyard around their neck during weigh-in and while on the sideline.

Any coach or sideline personnel not wearing the required MAC coaching pass or MAC-approved credential may be removed from the sideline.

3.3 Head Coach Responsibility

The head coach is responsible for the conduct and compliance of all players, coaches, sideline personnel, and team representatives associated with their team.

The head coach is responsible for ensuring that all sideline personnel are approved, rostered, properly credentialed, and following MAC rules.

The head coach is responsible for maintaining required player documentation and making it available upon request in accordance with MAC eligibility rules.

Any violation committed by a player, coach, sideline personnel member, or team representative may result in disciplinary action against the individual, the head coach, the team, or the member club as determined by the MAC Board.

3.4 Chain Crew & Game-Day Sideline Personnel

The visiting team is responsible for providing the chain crew for each game unless otherwise approved by the field director, home team, or MAC.

Chain crew members do not count toward the team's allotted eight (8) coaching passes unless they are also serving as approved sideline personnel.

Chain crew members are not permitted to coach, instruct players, or interfere with game officials, players, coaches, or game operations.

Chain crew members must remain in the designated chain crew area and follow all instructions given by game officials, field directors, or MAC representatives.

Any chain crew member who violates MAC rules or disrupts game operations may be removed and replaced.

Section 4: Equipment & Uniforms

4.1 Footballs

MAC tackle football teams must use an approved composite or leather football.

Approved football sizes are as follows:

A. **Little Legends — 1st–2nd Grade Divisions:** Regulation Pee-Wee size or larger.

B. **3rd–4th Grade Divisions:** Regulation Pee-Wee size or larger.

C. **5th–6th Grade Divisions:** Regulation Junior size or larger.

4.2 Uniforms & Jerseys

Jersey numbers are not regulated by position. Any jersey number may be worn for any position.

Each player's jersey number must match the official team roster submitted to MAC.

No two players from the same team may be on the field at the same time wearing the same jersey number unless approved by the game officials due to a damaged jersey or other game-day issue.

The visiting team must wear a light-colored jersey.

The home team must wear a dark-colored jersey.

Players may not change jersey numbers after weigh-in unless approved by the field director or game officials.

4.3 Player Equipment

A. **Required Equipment:** All players must wear required football equipment during MAC tackle football games.

   a. Required equipment includes, but is not limited to, helmet, shoulder pads, game jersey, football pants with knee pads, mouthpiece, and football cleats.

   b. All football cleats must be rubber. Metal cleats are not allowed.

   c. All mouthpieces must be colored and must be worn during live play.

   d. Knee pads must be worn inside the football pants and must cover the player's knees.

B. **Prohibited or Restricted Equipment:** All visors must be clear. Tinted, colored, mirrored, or shaded visors are not allowed unless approved by MAC for a documented medical reason.

   a. Backplates may be worn but may not be exposed outside of the player's jersey.

   b. Any equipment that is unsafe, improperly worn, altered, or not compliant with MAC rules may be prohibited.

C. **Equipment Correction:** Each team is responsible for ensuring its players are properly equipped before each MAC tackle football game.

   a. Game officials, field directors, or MAC representatives may inspect player equipment at any time before or during a game.

   b. A player with missing, unsafe, altered, prohibited, or non-compliant equipment may not participate until the issue is corrected.

   c. Repeated or intentional equipment violations may result in player removal, coach discipline, team penalties, or additional penalties as determined by the MAC Board.

Section 5: Weight Limits & Weigh-In Procedures

5.1 Weigh-In Procedures

A. **Game-Day Scale:** The home team is responsible for providing one digital game-day scale for weigh-in. The scale must show a zero balance before weigh-in begins.

   a. If the scale is broken, unavailable, or determined unusable, the home team has thirty (30) minutes to provide an approved replacement scale.

B. **Weigh-In Time:** Each team must report to the designated weigh-in area forty-five (45) minutes before the scheduled game time.

   a. A team that is not present at the designated weigh-in area forty-five (45) minutes before the scheduled game time will be subject to penalty, including suspension of the head coach for that game, unless otherwise approved by MAC.

   b. A suspended coach may sit in the spectator area but may not coach, communicate with the team or coaches, use radios, or assist with game operations in any way during the game.

C. **Weigh-In Order:** The visiting team will weigh in first unless otherwise directed by MAC, the field director, or game officials.

D. **Weigh-In Rosters:** Coaches must bring two (2) copies of the official MAC roster to weigh-in. One copy shall be provided to the opposing coach and one copy shall be provided to the field director or MAC representative.

   a. Rosters must be submitted in numerical order by player jersey number.

   b. Players not participating due to injury, discipline, or other approved reason must be listed as not playing and shall not weigh in.

   c. Failure to provide the required official MAC rosters at weigh-in will result in the head coach being prohibited from coaching that game unless otherwise approved by MAC.

E. **Weigh-In Uniform & Helmet Requirements:** Players must weigh in wearing their game jersey and must have their game helmet available to verify any required helmet stripe.

   a. Players may not change jersey numbers after weigh-in unless approved by the field director or game officials.

F. **Weigh-In Attempts:** Each player will receive two (2) attempts to make weight. Players must wear underwear at a minimum during weigh-in.

   a. If a player does not make weight on the first attempt, the player has five (5) minutes from the time the last player on that team completes weigh-in to make a second attempt.

   b. f the player does not make weight on the second attempt, the player will be classified according to the player's recorded weight and must follow all applicable stripe and position restrictions.

G. **Late or Missed Weigh-In:** Players who are not present before their team completes weigh-in must still be weighed before participating.

   a. A player has five (5) minutes from the time the last player on that team completes weigh-in to report to weigh-in.

   b. If the player reports within the five-minute window and completes weigh-in, the player may participate at the start of the game, subject to the player's weight classification.

   c. If the player does not report within the five-minute window, the player may not participate until the second half and must be weighed before participating.

   d. A player who is not weighed before participating is ineligible and may not enter the game.

5.2 Weight Limits & Stripe Classifications

MAC weight limits are established for player safety and must be followed.

Players will be classified at weigh-in according to the following weight limits:

Grade Division	Max Ball Carrier	One Stripe	Two Stripe
1st Grade	70.00 lbs	70.01–90 lbs	Over 90 lbs
2nd Grade	80.00 lbs	80.01–100 lbs	Over 100 lbs
3rd Grade	90.00 lbs	90.01–110 lbs	Over 110 lbs
4th Grade	100.00 lbs	100.01–125 lbs	Over 125 lbs
5th Grade	120.00 lbs	120.01–145 lbs	Over 145 lbs
6th Grade	140.00 lbs	140.01–165 lbs	Over 165 lbs

A. **One-Stripe Player:** A one-stripe player must be identified by one neon green stripe placed vertically at the center rear base of the helmet.

B. **Two-Stripe Player:** A two-stripe player must be identified by two neon green stripes placed vertically at the center rear base of the helmet.

C. **Helmet Covers:** If a player wears a Guardian Cap or other approved helmet cover, the required stripe must be placed on the outside of the helmet cover and must remain clearly visible.

Players above the max ball carrier weight for their grade division must be properly identified by stripe classification and must follow all position and participation restrictions listed in this rulebook.

5.3 One-Stripe Player Restrictions

A. **Offense:** A one-stripe player may play offensive end but is not an eligible receiver and may not advance the ball on a designed play.

   a. A one-stripe player may advance the ball only after recovering a defensively caused fumble.

   b. A one-stripe player may not line up in the backfield except as a declared place kicker for an extra point or field goal attempt.

   c. If the declared kick results in a fake or fumble, the ball shall be declared dead.

   d. If the kick is blocked and remains behind the line of scrimmage, a one-stripe player may advance the ball.

   e. A one-stripe player may punt but may not advance the ball on a fake punt.

B. **Defense:** A one-stripe player may play any defensive position.

   a. A one-stripe player may not return a kickoff or punt.

   b. A one-stripe player may return an interception or fumble.

5.4 Two-Stripe Player Restrictions

A. **General Restrictions:** A two-stripe player may only play as a lineman.

   a. A two-stripe player may not participate on kickoff or kick return teams.

B. **Offense:** A two-stripe player must play on the interior offensive line and may not line up in a position that makes the player eligible to receive a pass.

   a. On an unbalanced line, an uncovered tackle becomes an end and is not a legal position for a two-stripe player.

b. A two-stripe player may line up in the backfield only as a declared place kicker for an extra point or field goal attempt.

c. If the declared kick results in a fake or fumble, the ball shall be declared dead.

d. If the kick is blocked and remains behind the line of scrimmage, a two-stripe player may not advance the ball.

e. A two-stripe player may not advance the ball on a designed play but may advance the ball after recovering a defensively caused fumble.

C. **Defense:** A two-stripe player may only play on the defensive line and must have at least one hand on the ground.

a. A two-stripe player may return an interception or fumble.

5.5 Specialist Player

A team may designate one specialist player at weigh-in.

The specialist player must be identified on the official roster provided at weigh-in and must be marked with a circle sticker on the helmet.

If a specialist player is designated, that player is the only player permitted to punt, place kick, or otherwise kick the ball for that team.

There are no minimum or maximum play requirements for the specialist player unless otherwise directed by MAC.

5.6 Illegal Participation & Weight Rule Violations

Weight limits, weigh-in procedures, stripe classifications, and position restrictions are established for player safety and competitive integrity. These rules must be followed.

Any illegal participation by a player in violation of MAC weight limit, stripe classification, or position restriction rules may result in a fifteen-yard penalty.

Any player, coach, or team found to have knowingly violated weigh-in procedures, weight limits, stripe requirements, jersey number requirements, or position restrictions may be required to forfeit the game and may be suspended for the next game.

Tampering with a scale, falsifying weight information, changing jersey numbers without approval, hiding or removing required stripe identification, or otherwise attempting to avoid MAC weight rules may result in immediate removal from the game or facility, forfeiture, suspension, postseason ineligibility, removal from MAC, or additional penalties as determined by the MAC Board.

If MAC determines that a player was used unlawfully to alter the outcome of a game, additional penalties may be enforced against the player, coach, team, or member club.

No weight limit, stripe classification, weigh-in, or position restriction exception shall be allowed unless approved by the MAC Board.

Section 6: Game Day Procedures

The rules in this section apply to all MAC tackle football games unless a grade-specific rule provides a different requirement.

6.1 Gate Admission

Gate admission shall be charged for all MAC tackle football games unless otherwise directed by MAC.

Admission rates are as follows:

A. Spectators age thirteen (13) and older: $10.00

B. Military with valid ID and senior citizens age sixty-five (65) and older: $5.00

C. Spectators age twelve (12) and younger: Free

D. Middle school and high school coaches with a valid OSSAA, OCA, or school-issued coaching credential approved by MAC: Free

E. Teachers with a valid school badge: Admission may be waived at the discretion of the host club.

F. Approved MAC pass holders and rostered players in uniform: Free

All spectators, coaches, staff, team personnel, and visitors must pay admission or present an approved MAC pass or credential before entering unless specifically exempt under this section.

Anyone attempting to enter without payment, use a fake or copied pass, transfer a pass, or misuse a MAC-approved credential may be removed from the facility, have the pass revoked, be suspended, and/or be fined up to $200.00.

6.2 Game Officials

Each regular season MAC tackle football game should have three (3) certified officials.

Each playoff game should have four (4) certified officials.

The home team is responsible for paying game officials unless otherwise directed by MAC.

Officials must be eligible to officiate Oklahoma high school football games unless otherwise approved by MAC.

A MAC coach, officer, or director may not officiate a MAC-sanctioned game unless approved by MAC and both teams agree.

A game may proceed with two (2) officials present. If fewer than two (2) officials are available, the field director or game-day representative must notify MAC for direction.

6.3 Game Length, Play Clock & Halftime

A. **Game Length:** MAC tackle football games shall consist of four (4) eight-minute quarters.

B. **Play Clock:** Teams have twenty-five (25) seconds to snap the ball after the ready-for-play is marked by the referee.

C. **Halftime:** Halftime shall be eight (8) minutes.

   a. When necessary and approved by MAC, the field director, or game officials, halftime may be extended but shall not exceed fifteen (15) total minutes.

   b. Both teams' cheer squads shall have the opportunity to perform at halftime when applicable.

6.4 Press Box & Clock Operation

All press box personnel, announcers, scoreboard operators, clock operators, and related game-day personnel must conduct themselves professionally during MAC games.

Inappropriate remarks, unsportsmanlike comments, or conduct that disrupts the game environment are not allowed.

The clock operator is responsible for maintaining accurate game time according to MAC rules and official direction.

If a MAC Board member, field director, game official, or MAC representative determines that press box personnel or clock personnel are acting inappropriately or failing to perform their duties properly, that individual may be removed from duty for the remainder of the game.

Additional action may be taken by the MAC Board if needed.

6.5 In-Game Rule Challenge

A head coach may request an in-game rule challenge if the coach believes a MAC rule or rule application has been applied incorrectly.

To initiate an in-game rule challenge, the head coach must request a timeout. The official shall stop the clock and discuss the rule question with the head coach.

The MAC rulebook may be reviewed if needed.

If the head coach is correct, the rule application may be corrected and the timeout shall not be charged.

If the head coach is incorrect, the team shall be charged a timeout. If the team is out of timeouts, a five-yard delay of game penalty shall be enforced from the succeeding spot.

An in-game rule challenge is limited to rule interpretation or rule application. Judgment calls by game officials are not subject to challenge.

6.6 Weather Delays & Rescheduling

Safety is the priority in all weather-related decisions. MAC, the host club, field director, game officials, and on-site league representatives may stop, delay, or suspend play when conditions are unsafe.

Outdoor activities shall stop when lightning is within ten (10) miles of the field or when weather, field conditions, heat, or other safety concerns make continued participation unsafe.

The MAC President must be notified before any weather-related cancellation announcement is made, when possible.

A game delayed, suspended, or ended due to weather shall be considered complete once four (4) minutes or less remain in the third quarter, or once the mercy rule has been reached.

If a game is suspended before that point and the mercy rule has not been reached, MAC may reschedule the game.

Final scores for games ended early due to weather shall stand if the game is considered complete under this section.

Games delayed, suspended, or postponed during the final week of the regular season may not be rescheduled unless approved by MAC.

Section 7: General Football Rules

The rules in this section apply to all MAC tackle football games unless a grade-specific rule provides a different requirement.

7.1 Governing Rules

Oklahoma high school football rules shall be used for MAC tackle football unless modified by this rulebook.

If there is a conflict between Oklahoma high school football rules and MAC rules, the MAC rulebook shall control.

7.2 Scoring

Points shall be awarded as follows:

A. Touchdown: six (6) points

B. Point after touchdown from the 2.5-yard line:

   a. Run: one (1) point

   b. Pass: two (2) points

   c. Kick: three (3) points

C. Field goal: three (3) points

7.3 Mercy Rule

The MAC mercy rule takes effect when a team reaches a thirty-five (35) point lead.

Once the mercy rule is in effect:

A. The score shall freeze.

B. The game clock shall run continuously.

C. No additional points shall be added to the scoreboard by either team.

D. The game shall continue until completed.

A team does not have to complete all required player participation plays before the mercy rule takes effect, but all required player participation plays must be completed before the end of the game.

A team that has reached the mercy rule point spread may not attempt an onside kick. If the leading team attempts an onside kick after the mercy rule is in effect, the head coach may receive an unsportsmanlike conduct penalty, and the receiving team shall be awarded the ball at the kicking team's twenty-five (25) yard line with a new series of downs.

Section 8: Grade-Specific Rules

8.1 Little Legends — 1st & 2nd Grade

A. **Game Format:** Little Legends shall play 8-man football using a regulation Pee-Wee size football or larger.

B. **Field Size:** Little Legends shall play on a field measuring 100 yards in length and 40 yards in width.

   a. Cones shall be placed every ten (10) yards on the visitor's hash to designate the sideline.

C. **Game Clock:** Little Legends games shall consist of four (4) eight-minute quarters.

   a. Little Legends shall use a continuous running clock, stopping only for touchdowns, timeouts, injuries, and extra points.

   b. A two-minute warning shall be given near the end of the fourth quarter. Regular clock rules shall apply during the final two (2) minutes of the game.

D. **Play Clock:** Teams have thirty-five (35) seconds between plays. Time starts when the official places the ball.

E. **Timeouts:** Each team is allowed two (2) timeouts per half.

F. **Kickoffs:** There are no kickoffs in Little Legends. The ball shall be placed at the offensive 40-yard line to start the game, after every touchdown, and at the start of the third quarter.

G. **Coaches on the Field:** Each team is allowed one (1) coach on the field at a time.

   a. The on-field coach must remain five (5) yards behind the furthest player from the line of scrimmage.

   b. Once the quarterback begins cadence, on-field coaches must remain silent.

H. **Player Participation:** Each player shall play one full, uninterrupted quarter in each half of the game.

   a. Player substitutions are not allowed during a quarter. The same eight (8) players who start the quarter must finish the quarter.

   b. The only exception is for injury. If a player is injured, the player must return within a reasonable number of plays or within two (2) minutes. If the injured player cannot return, the player must remove their helmet and pads and may not return to the game.

I. **Center Protection:** The center is protected.

   a. Defensive players may shoot the A gaps.

   b. Defensive tackles must line up head-up on the guards.

J. **Quarterback Sneaks:** Quarterback sneaks from under center are not allowed.

K. **Punts:** Punts shall be automatic twenty (20) yard punts from the spot of the ball.

   a. Coaches must declare the punt on fourth down.

L. **Overtime:** Each team shall receive one (1) play from the defensive 5-yard line.

   a. Overtime shall continue until a winner is determined.

   b. The first overtime possession shall be determined by coin toss.

M. **Defensive Formation Rules:** Defensive players may not move until the ball is snapped.

   a. Pre-snap blitzing is not allowed by any defensive player.

   b. Defensive formations are limited to the approved Little Legends defensive formations listed in this rulebook.

N. **Offensive Formation Rules:** Offensive formations are limited to the approved Little Legends offensive formations listed in this rulebook.

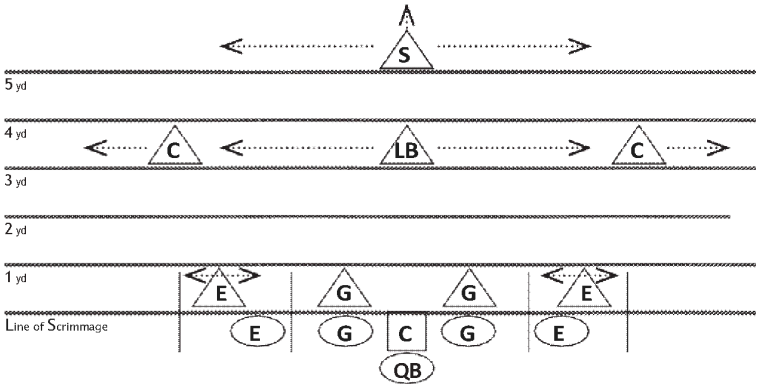
   a. Receivers may not go in motion.

O. **Approved Formations:** Little Legends teams may only use MAC-approved Little Legends formations, including the approved defensive and offensive formations shown in this rulebook.

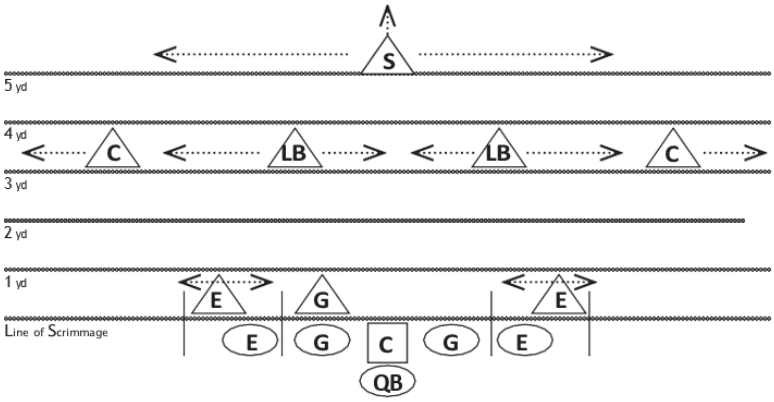
Approved Little Legends Formations:

Defense I Formations

A. Defense with 1 Linebacker



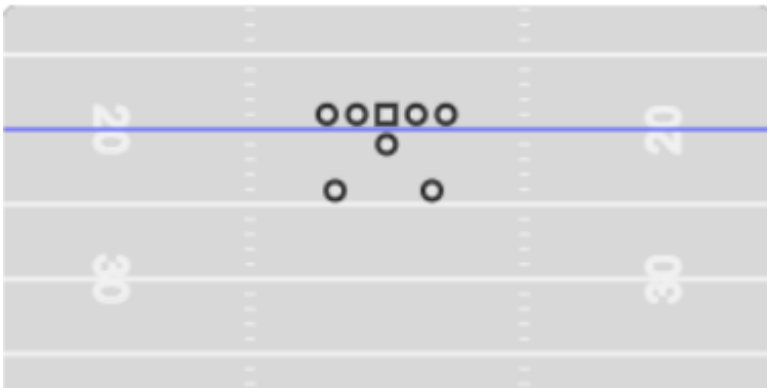
B. Defense with 2 Linebackers, 1 Nose



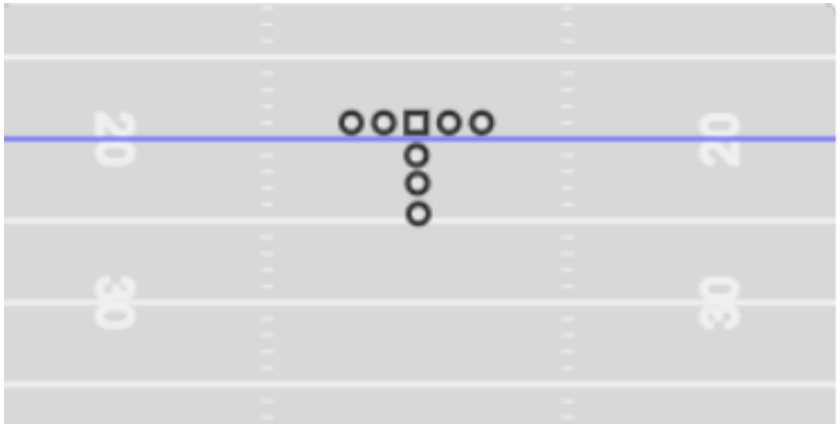
Defense will match wide receivers but must have three (3) down linemen and one (1) linebacker.

Offense I Formations

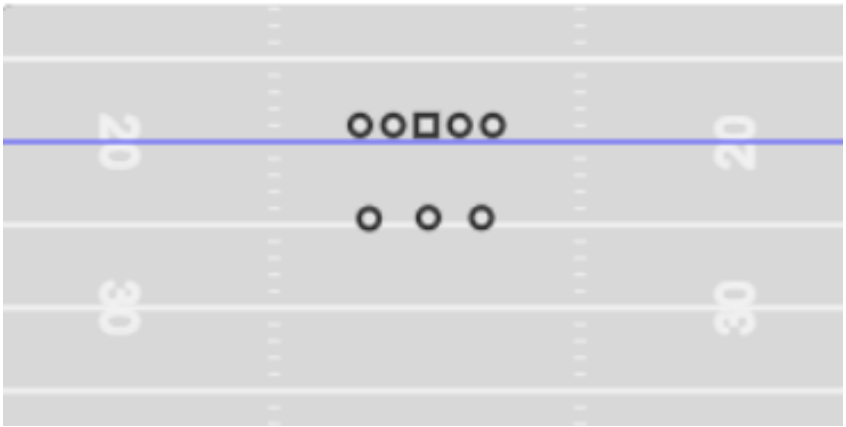
C. Offense Split Back



D. Shotgun with I Formations

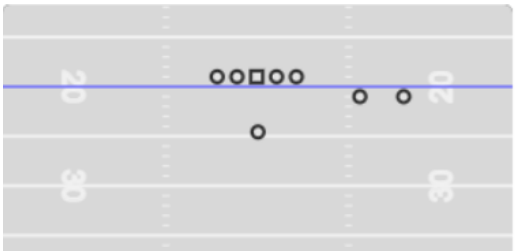


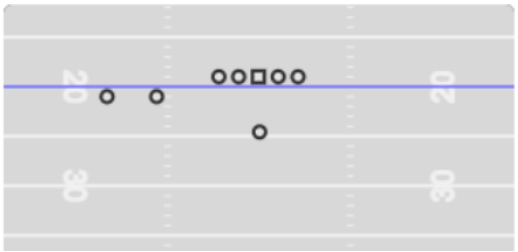
E. Offense Shotgun SplitBacks



F. Offense Shotgun with Twins

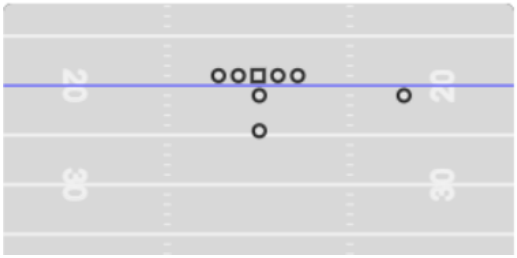
a. Receivers may not go in motion.

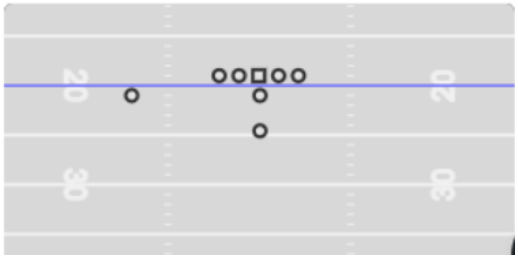




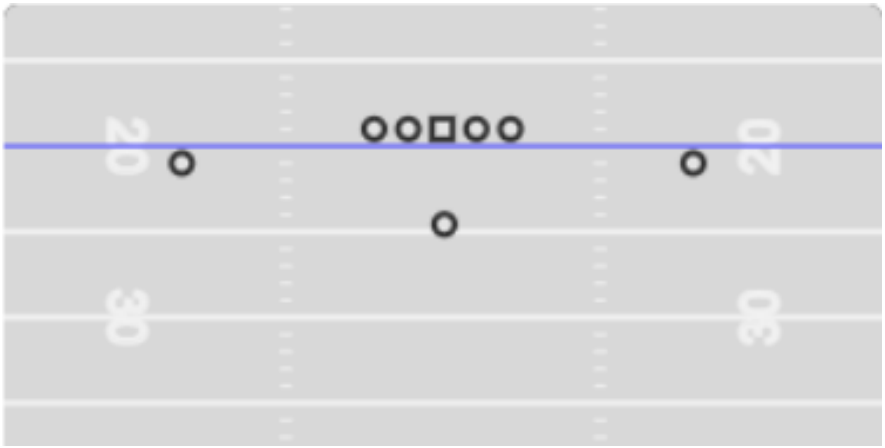
G. Offense Shotgun Single Wide Receiver

a. Receivers may not go in motion.





H. Shotgun with 1 receiver on each side



8.2 3rd & 4th Grade Rules

A. **Game Format:** 3rd and 4th grade divisions shall play 11-man football using a regulation Pee-Wee size football or larger.

B. **Coaches on the Field:** For 3rd grade only, each team may have one (1) coach on the field during the first two (2) regular-season games.

a. The on-field coach may be present for both offense and defense.

b. The on-field coach must remain behind the deepest player on their team and may not interfere with live play.

c. Once the quarterback begins cadence, on-field coaches must remain silent.

d. Beginning with the third regular-season game, coaches are not permitted on the field unless otherwise approved by MAC.

C. **Player Participation:** All players must receive a minimum of ten (10) snapped-ball plays during each game, including special teams plays.

a. Dead ball fouls, timeouts, and kneeling plays, including victory formation, do not count toward required participation.

b. Participation exceptions must be declared before the game and noted on the roster provided at weigh-in. Exceptions may include injury, disciplinary action, medical restriction, or player refusal to participate.

c. If a player participates in one counted play during a game, the player must receive the full number of required plays unless removed due to injury, medical restriction, discipline, or another reason approved by MAC.

d. If a player refuses to participate, the head coach must notify the head official and opposing coach. The player must remove their helmet and shoulder pads and may not return to the game unless approved by the head official or MAC representative.

D. **Center Protection:** The center is protected when the quarterback is in shotgun formation.

a. When the quarterback is in shotgun formation, the defense must penetrate the A gap on either side of the center and may not bull rush the center directly until the quarterback touches the ball.

b. When the quarterback is under center, the center is not protected.

E. **Punts:** Teams may choose an automatic twenty (20) yard punt or a live punt.

a. The head coach must declare the punt and state whether the punt will be automatic or live.

b. If a live punt is declared, the opposing team may rush the punter.

F. **Overtime:** Oklahoma high school overtime rules shall apply.

8.3 5th & 6th Grade Rules

A. **Game Format:** 5th and 6th grade divisions shall play 11-man football using a regulation Junior size football or larger.

B. **Player Participation:** All players must receive a minimum of five (5) snapped-ball plays during each game, including special teams plays.

a. Dead ball fouls, timeouts, and kneeling plays, including victory formation, do not count toward required participation.

b. Participation exceptions must be declared before the game and noted on the roster provided at weigh-in. Exceptions may include injury, disciplinary action, medical restriction, or player refusal to participate.

c. If a player participates in one counted play during a game, the player must receive the full number of required plays unless removed due to injury, medical restriction, discipline, or another reason approved by MAC.

d. If a player refuses to participate, the head coach must notify the head official and opposing coach. The player must remove their helmet and shoulder pads and may not return to the game unless approved by the head official or MAC representative.

C. **Punts:** All punts are live.

D. **Overtime:** Oklahoma high school overtime rules shall apply.

a. Starting with the third overtime, each team must attempt either a two-point conversion by forward pass or a three-point conversion by kick.

b. A run attempt is not allowed for the required two-point conversion beginning with the third overtime.

Section 9: Violations, Ejections, Protests, Appeals & Penalties

9.1 Violations

A violation is any failure to follow MAC rules, guidelines, procedures, codes of conduct, registration requirements, roster requirements, eligibility rules, game-day procedures, or any other requirement established by MAC.

Any violation must be reported to MAC by the club or organization director or an authorized club or organization representative using the MAC Violation Form or another MAC-approved reporting method.

The MAC Board may review any reported violation and may request statements, documentation, video, witness information, or other relevant information before issuing a decision.

Nothing in this section requires a formal protest for the MAC Board to independently review or take action regarding a reported violation. A club or organization requesting formal Board review of an alleged violation must follow the protest procedures established in Section 9.4.

9.2 Ejections

Any player, coach, parent, guardian, spectator, volunteer, club official, or team representative ejected from a MAC game or event must be reported to MAC using the MAC Game-Day Ejection Form or another MAC-approved reporting method.

When possible, the ejection report should be completed by the game-day white hat official, field director, or MAC representative.

All ejections are subject to MAC Board review. Additional penalties may apply.

9.3 Automatic Ejection Penalties

A. **Coach Ejection:** Any coach ejected from a game shall be suspended for the following game.
    a. The player associated with that coach may also be subject to suspension or additional penalties.

B. **Player Ejection:** Any player ejected from a game shall be suspended for the following game.
    a. The parent or guardian associated with that player may also be subject to suspension or additional penalties.

C. **Spectator Ejection:** Any spectator ejected from a game shall be suspended from attending the following game.
    a. The player associated with that spectator may also be subject to suspension or additional penalties.

D. **Physical Altercations:** Any physical altercation, fighting, or violent conduct shall result in suspension for the remainder of the season unless otherwise modified by the MAC Board.

E. **MAC Board Review:** All ejections and related penalties are subject to MAC Board review. The MAC Board may increase, reduce, or modify penalties based on the severity of the incident, prior conduct, safety concerns, or overall league impact.

9.4 Protests

A protest is a formal request for the MAC Board to review an alleged violation of MAC rules, including but not limited to player eligibility, roster requirements, play-count requirements, or other game-day or league requirements.

A protest must be submitted by the club or organization director or an authorized club or organization representative. Coaches, parents, spectators, or other individuals may provide information to their club or organization director or authorized representative but may not independently file a protest with MAC.

To initiate a protest, the club or organization director or authorized club or organization representative must:

1. Complete and submit the MAC Formal Protest Form available on the MAC website.

2. Email any supporting evidence, including video or documentation, to info@macleagueok.com. Video submitted as evidence must be unedited and continuous and must comply with the requirements of Section 9.6.
3. After MAC has received the completed Violation Form and supporting video or documentation, when applicable, MAC will issue an invoice for the $100.00 nonrefundable protest fee.
4. A protest is not considered complete and will not be reviewed by the MAC Board until the $100.00 protest fee has been paid in full.
5. Upon receipt of the completed submission and payment of the protest fee, the MAC Board shall review the alleged violation and any supporting evidence. The Board may request additional statements, documentation, video, witness information, or other relevant information as necessary.
6. Following its review, the MAC Board shall determine whether a violation occurred and, when applicable, assess any penalty or disciplinary action authorized by MAC rules.
7. Payment of the protest fee does not guarantee that a protest will be upheld or that a penalty, game result, eligibility determination, or other league decision will be changed.

The MAC Formal Protest Form for any protest arising from a game must be submitted within forty-eight (48) hours following the conclusion of the game, unless otherwise approved by MAC. Supporting evidence should be submitted at the time of filing or as otherwise directed by MAC. The time required for MAC to issue the protest-fee invoice does not affect whether the protest was timely filed.

The $100.00 protest fee is nonrefundable regardless of the outcome of the protest.

9.5 Appeals

An appeal is a formal request for the MAC Board to reconsider a decision previously issued by MAC regarding a violation, suspension, forfeiture, penalty, eligibility determination, or other disciplinary matter.

An appeal must be submitted by the club or organization director or an authorized club or organization representative.

To initiate an appeal, the club or organization director or authorized club or organization representative must:

1. Complete and submit the MAC Appeals Form available on the MAC website within forty-eight (48) hours of the MAC decision being issued.
2. Email any supporting evidence, including video or documentation, to info@macleagueok.com. Video submitted as evidence must be unedited and continuous and must comply with the requirements of Section 9.6.
3. After MAC has received the completed MAC Appeals Form and supporting evidence, when applicable, MAC will issue an invoice for the $100.00 nonrefundable appeal fee.
4. An appeal is not considered complete and will not be reviewed by the MAC Board until the $100.00 appeal fee has been paid in full.
5. Upon receipt of the completed appeal and payment of the appeal fee, the MAC Board shall review the appeal, the original decision, and any supporting evidence. The Board may request additional statements, documentation, video, witness information, or other relevant information as necessary.
6. Following its review, the MAC Board may uphold, reduce, increase, modify, or overturn the original decision as permitted by MAC rules.
7. Submission of an appeal does not automatically delay, pause, or remove any suspension, penalty, forfeiture, eligibility determination, or other disciplinary action while the appeal is pending unless otherwise approved by MAC.
8. Payment of the appeal fee does not guarantee that the appeal will be granted or that the original decision will be changed.

The $100.00 appeal fee is nonrefundable regardless of the outcome of the appeal.

The decision issued by the MAC Board following an appeal is final and is not subject to further appeal.

9.6 Video Review

Video may be submitted as supporting evidence with a violation report, protest, ejection report, or appeal.

Video submitted in connection with a protest or appeal must be submitted by email to info@macleagueok.com in accordance with Sections 9.4 and 9.5.

Any video submitted for review must show continuous, unedited footage of the play, incident, or sequence in question.

Video that has been edited, clipped, paused, or started and stopped in a manner that removes relevant context may not be accepted for review.

MAC may request additional or alternate video when necessary. Submission of video does not guarantee that a call, result, penalty, suspension, eligibility determination, or disciplinary decision will be changed.

9.7 Final Disciplinary Authority

The MAC Board has final authority over all violations, ejections, protests, appeals, suspensions, forfeitures, penalties, and disciplinary decisions.

MAC may issue penalties to an individual, player, coach, team, spectator, volunteer, club official, member club, or any combination thereof.

All disciplinary decisions shall be made in the best interest of player safety, league integrity, sportsmanship, and MAC operations.

Section 10: Postseason

10.1 Playoff Scheduling

MAC playoffs shall be scheduled by MAC following the conclusion of the regular season.

Playoff dates, times, locations, brackets, and game assignments shall be communicated through official league channels.

10.2 Playoff Brackets

MAC playoffs may include Gold and Silver brackets for each grade division, as determined by MAC.

Bracket placement, seeding, and postseason eligibility shall be determined by MAC.

10.3 Playoff Locations

Playoff games may be hosted at the higher seeded team's stadium unless otherwise directed by MAC.

MAC reserves the right to assign or modify playoff locations based on field availability, safety, scheduling needs, weather, or overall league operations.

10.4 Postseason Eligibility

Teams must be in good standing with MAC to participate in postseason play.

A team may be deemed ineligible for postseason play due to unpaid league fees, roster violations, eligibility violations, forfeits, disciplinary issues, or other violations as determined by the MAC Board.

Section 11: League Operations

11.1 MAC President

The MAC President shall serve as the legal owner and primary league representative for Midwest Athletic Conference.

11.2 MAC Board

A. **Board Oversight:** The MAC Board shall oversee league operations, rule enforcement, appeals, procedures, scheduling, discipline, and other league matters.
B. **Club Representation:** Each member club may appoint a league director or approved representative to represent the club in MAC matters.

11.3 League Meetings

A. **Purpose of Meetings:** MAC may hold league meetings throughout the year to review league operations, season planning, rule updates, scheduling, postseason matters, and other league business.
B. **Attendance:** Club directors or approved club representatives are expected to attend required league meetings.
C. **Meeting Notice:** Meeting dates, times, locations, and attendance requirements shall be communicated through official league channels.

11.4 League Communication

A. **Official Communication Channels:** Official MAC communication may be provided through the MAC website, MAC app, email, league meetings, or other MAC-approved communication channels.
B. **Responsibility to Review:** Clubs, teams, coaches, and directors are responsible for reviewing and following all official MAC communication.
C. **Failure to Review:** Failure to review league communication does not excuse a club, team, coach, player, parent, or spectator from following MAC rules, deadlines, procedures, or requirements.

Section 12: Leaving or Removal from MAC

12.1 Voluntary Withdrawal

A. **Written Notice:** Any member club choosing to voluntarily leave MAC must notify MAC in writing before the posted league deadline for the upcoming season.
B. **Outstanding Obligations:** A club that withdraws from MAC remains responsible for any unpaid league fees, unresolved disciplinary matters, or other outstanding league obligations unless otherwise approved by MAC.

12.2 Removal from MAC

A. **Grounds for Removal:** The MAC Board reserves the right to suspend, restrict, or remove any member club, team, coach, player, parent, spectator, volunteer, or representative that violates MAC rules, disrupts league operations, compromises safety, or negatively impacts the integrity of the league.
B. **Rejoin Restriction:** A member club removed from MAC may not rejoin for one full season unless otherwise approved by the MAC Board.

12.3 Reinstatement

A. **Reinstatement Request:** Any club seeking reinstatement after removal must submit a request to MAC for review.
B. **Reinstatement Decision:** Reinstatement is not automatic and may be approved, denied, or approved with conditions as determined by the MAC Board.

Section 13: League Authority & Rule Interpretation

13.1 Final Authority

The MAC Board has final authority over all league matters, including but not limited to rule interpretation, player eligibility, team formation, jurisdictions, rosters, registration, scheduling, game-day procedures, coach conduct, spectator conduct, violations, ejections, appeals, penalties, postseason participation, and member club status.

13.2 Matters Not Specifically Addressed

Any situation, dispute, violation, procedure, or interpretation not specifically addressed in this rulebook shall be reviewed and decided by the MAC Board.

13.3 Rule Interpretation

The MAC Board reserves the right to interpret, clarify, modify, and enforce MAC rules as needed in the best interest of the league, its participants, teams, member clubs, and overall league integrity.

13.4 Participation

Participation in MAC is a privilege. MAC may deny, suspend, restrict, or remove participation for any player, coach, parent, spectator, volunteer, team, or member club whose actions violate MAC rules, disrupt league operations, compromise safety, or negatively impact the integrity of the league.

Section 14: Legal / Arbitration

14.1 Arbitration

A. **Covered Disputes:** Any dispute between Midwest Athletic Conference, also referred to as MAC, and any member club, team, coach, player, parent, guardian, spectator, volunteer, representative, or individual participant shall be resolved through arbitration in accordance with the rules of the American Arbitration Association, unless otherwise required by law.

B. **Binding Decision:** Arbitration decisions are binding and may be enforced in any court of proper jurisdiction.

14.2 Costs and Attorney's Fees

If MAC prevails in any arbitration, litigation, or legal proceeding arising from a dispute, MAC shall be entitled to recover all costs, expenses, and attorney's fees associated with the matter to the fullest extent permitted by law.

14.3 Legal Effect

Nothing in this rulebook limits MAC's ability to enforce its rules, remove or restrict participation, issue discipline, or take action necessary to protect the league, its participants, member clubs, events, and operations.