

MAC 2026 TACKLE FOOTBALL QUICK LOOK GUIDE

Official rulebook references:

Quick reference only. Use section references for full requirements, exceptions, and MAC Board authority.

REGISTRATION + FEES (1.4-1.5)

- \$30 player fee; due by posted roster deadline.
- \$100/week late fee may be assessed after deadline.
- Players, coaches, staff, volunteers, and required personnel must register through MAC-approved platform.
- Eligibility requires fees, waivers, releases, acknowledgments, codes of conduct, and participation agreements.
- Cheer may register in same platform but is governed by MAC Cheer Handbook.

TEAM COMMITMENT + FIELDS (1.6, 1.8)

- MAC tackle football games are Saturdays unless MAC Board approves otherwise.
- Registered teams commit to full MAC schedule once released; avoidable forfeits may cause fines or discipline.
- Fields must be turf, have stadium seating, be HS or MS regulation size, and include safe markings/access.
- Spectators may not sit or gather on team sideline unless approved by MAC.

ELIGIBILITY, ROSTERS + RELEASES (2.1-2.6)

- Grade-based league; play current grade or up one grade with approval.
- Age exceptions are MAC Board approval only; no automatic exception.
- Roster max: 30 players. Minimum: 11 for 1st-2nd; 15 for 3rd-6th.
- Players may be rostered to only one MAC tackle team unless approved.
- Jurisdiction/release issues use MAC Athlete Release Agreement and MAC Board review.

COACHES + SIDELINE (3.1-3.4)

- Coaches must complete registration, USA Football certification/background check unless exempt, coach contract, and account association when applicable.
- HS sanctioned coaches may use approved OSSAA/OCA/school credential but still need coach contract and count toward passes.
- Each team may receive up to 8 coaching passes for approved sideline personnel.
- All approved sideline personnel must be rostered and wear MAC credential/lanyard.
- Visiting team provides chain crew unless otherwise approved.

GAME DAY + ADMISSION (6.1-6.6)

- Gate: 13+ \$10; military/65+ \$5; 12 and under free.
- Approved MAC pass holders and rostered players in uniform enter free.
- MS/HS coaches with valid approved credential enter free; teachers may be waived by host club.
- Games: four 8-minute quarters; 25-second play clock; halftime 8 minutes, max 15 when approved.
- Rule challenge requires timeout; judgment calls are not challengeable.
- Weather complete: 4:00 or less in 3rd quarter, or mercy rule reached.

SCORING + MERCY RULE (7.2-7.3)

- TD: 6. PAT from 2.5-yard line: run 1, pass 2, kick 3. FG: 3.
- Mercy rule at 35-point lead: score freezes and running clock.
- Required player participation must still be completed before end of game.
- Leading mercy-rule team may not attempt onside kick.

PLAYER PARTICIPATION (8.1-8.3)

- Little Legends: each player plays one full uninterrupted quarter in each half.
- 3rd-4th: minimum 10 snapped-ball plays, including special teams.
- 5th-6th: minimum 5 snapped-ball plays, including special teams.
- Dead-ball fouls, timeouts, kneeling plays, and victory formation do not count.
- Exceptions must be declared before game and noted on weigh-in roster.

LITTLE LEGENDS QUICK RULES (8.1)

- 1st-2nd play 8-man on 100 x 40 field; Pee-Wee ball or larger.
- Running clock stops only for TDs, timeouts, injuries, and extra points; regular clock only final 2 minutes of game.
- No kickoffs. Ball at offensive 40 to start game, after TDs, and start of 3rd quarter.
- One coach on field; must be 5 yards behind furthest player and silent after cadence.
- Center protected; no QB sneaks under center; automatic 20-yard punts.

WEIGH-IN MUST KNOW (5.1)

- Teams report to weigh-in 45 minutes before scheduled game time.
- Home team provides digital scale; visiting team weighs first unless directed otherwise.
- Coaches bring 2 official MAC rosters in numerical order.
- Players weigh in wearing game jersey and have helmet available for stripe verification.
- Players get 2 attempts; underwear minimum.
- Missed weigh-in: if weighed before start, may play 2nd quarter. If not present 5 minutes before start, may play 3rd quarter after being weighed.

WEIGHT LIMITS (Sec. 5.2)

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

STRIPE + SPECIALIST (5.2-5.6)

- One stripe: neon green vertical stripe at rear base of helmet; may play offensive end but is not eligible receiver; may not run designed play.
- Two stripe: two neon green vertical stripes; lineman only; no kickoff/kick return teams.
- Guardian Cap/helmet cover: stripe must be on outside and clearly visible.
- Specialist may be designated at weigh-in; circle sticker on helmet; only designated specialist may kick for that team.
- Intentional weigh-in, stripe, jersey, or position violations may cause penalty, forfeiture, suspension, postseason ineligibility, or removal.

VIOLATIONS + APPEALS (9.1-9.6)

- Violations reported by club director/authorized representative using MAC Violation Form.
- Ejections reported using MAC Game-Day Ejection Form; all ejections subject to MAC Board review.
- Coach/player/spectator ejection = following-game suspension. Associated player/parent/guardian may also face penalties.
- Physical altercation, fighting, or violent conduct = season suspension unless modified by MAC Board.
- Appeal must be submitted by club director; \$100 appeal fee required; appeal does not pause penalty unless approved.
- Video must be continuous; edited/clipped/paused footage may not be accepted.