

MYF GUIDELINES & RULES

JUNIOR (5th & 6th Grade) Updated 8/4/2018

COACHES / DRAFT:

1. All Head Coaches (based on submitted applications) will be approved by the Milton Youth Football Board/**President**.
 - a. **Need to Fill Out Coaches Application**
 - b. **Need to Complete Heads Up Concussion Training.**
 2. All teams should have at least one Assistant Coach to help with practices and games. The assistant(s) can only be chosen by the Head Coach after rosters are assigned. Typically, they are chosen from parents of the players on their roster. No more than 3 assistants on a team unless approved by the MYF Board. Example - a team with a hearing-impaired player may have a 4th assistant as a translator.
 - a. **All Assistant Coaches names should be turned into their team representative/Milton Youth Board before the first game.**
 3. A new draft will be held each year and every effort will be made to ensure an equal number of players by grade and / or weight are distributed evenly across teams.
 - a. The draft is generated by a computer program and is not done manually which ensures no "stacking" of teams takes place. There is no consideration given for experience or ability.
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PRACTICES:

1. The maximum number of pre-season practices is 16 with no more than four per week. One practice is considered 60 - 90 minutes long. If a player is injured or cannot participate for some reason, that cannot be counted as a practice. Watching does not constitute participation.
 - a. Absolutely NO early team practices, workouts or any other type of organized team event until the Tuesday following equipment handout!
 2. **EACH player must complete 3 practices before wearing full pads but can wear their helmet, mouth guard and cleats.** There shall be no person to person contact drills during these first 5 practices. They must have a total of 10 practices minimum to play in their first game.
 3. A team may only practice 2 times a week during the season and / or playoffs if applicable. A third practice is allowed during a bye week. Pre-game warm-ups are limited to 45 minutes.
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TEAM REQUIREMENTS & RESTRICTIONS:

1. The Junior's play with 11 players. A team needs a minimum of 8 players to start and finish a game. In the event one team is short, the other team is required to field the same number of players to ensure a fair game. A team with less than 8 players at any time may be required to forfeit. In the event a team fields less than 11 players they must still have 7 players on the line of scrimmage.
2. **JUNIOR LEAGUE** - The maximum weight of any one in the offensive backfield/ball carrier is **LEAGUE AVERAGE PLUS 10 pounds.** The weight will be given to coaches after equipment hand out.

3. The Defense must play either a 4 or 5-man front. (2 DE's – 2 DT's and optional NG) The DT's and / or NG must line up head up, to outside the OG. No player may line up opposite the Center or in the Center / Guard gap. **Because of this the Quarterback and Center sneak is NOT allowed.** The D-Line must also be in a 3 or 4-point stance.
4. **The remaining Defensive players can line up in any position but must be at least 5 yards from the LOS.** The only exception to the 3-yard rule is for Corner Backs or Safeties covering Wide or Slot Receivers.
5. The Defense may play an extra man on the line during "Goal Line" and "4th and Short" situations. (Goal Line being defined as the 10-yard line and in and 4th and Short being 1 yard or less) The same alignment rule still applies. (Head up to outside the OG)
6. **COACHING GUIDE** – The coaching guide has changed due to the new coaching staff at the High School so only a few of the basics will be listed for this year.
 - i. **FORMATIONS** – N/A
 - ii. **HOLE NUMBERING** – Starting ON the Guard position – going left is 1, 3, 5, 7, 9 - going right is 2, 4, 6, 8, 0. Seven and Eight represent a play outside of the TE. Zero and Nine represent play outside a slot receiver.
 - iii. **BACK & RECEIVER IDENTIFICATION** – QB is 1 back. TB is 2 back. FB is 3 back. TE is Y Receiver. Wide Receiver on TE side is Z Receiver and Receiver on the other side (single Receiver side) is X.
7. **Every player must start on either Offense or Defense and play a minimum of 50% of each half. The only exception will be for disciplinary or health reasons.**

EQUIPMENT:

1. **CLEATS** – may be worn but must be rubber. They cannot be longer than ¾" and have no less than 7 per shoe. (No baseball spikes. Soccer shoes are not recommended)
2. **Football**- Size of football will be TDJ (Junior Size)
3. **CUPS & SUPPORTERS** – must be worn during ALL contact practices, scrimmages and games.
4. **MOUTH GUARDS** – must be worn for ALL contact practices, scrimmages and games.
5. **HELMETS** – No stickers may be worn on helmets. Shields may be worn but must be clear.
6. **ADDITIONAL EQUIPMENT** – Gloves, forearm pads, elbow pads and neck rolls are allowed. No bandanas or anything similar under helmets at any time. This is for the safety of the players as the exposed material could be used to pull down a player causing injury.
7. **JEWELRY** – cannot be worn at any time.

LEAGUE RULES & DEFINITIONS:

1. **BLITZING** – NO BLITZING! Defensive Linemen are the only ones who can cross the line of scrimmage at the snap. All other Defensive players must wait until the ball is handed off or the QB is outside the Tackles.
2. **BLOCKING** – There is no blocking below the waist. No Crack Back blocks are allowed.

3. **CADENCE** – Traditional cadence is READY – SET – HUT (HUT). **NO SILENT COUNTS.** No more than two HUTS allowed. Ball can be snapped any time during the cadence. Audibles are allowed but must be called before the cadence.
4. **CADENCE INTERFERENCE** – No player or person other than the Offensive team (usually the QB) shall use disconcerting acts or words prior to the snap in an attempt to interfere with the Offenses signals or movements.
5. **CHAINS & DOWN MARKER** – **HOME TEAM** must provide the chain and down marker. (These will be located on either the visitor's side or opposite the players)
6. **COACHES** – Only one coach on the field at a time unless special circumstances require a second coach to be present as outlined under **COACHES / DRAFT - #2.**
7. **COIN TOSS** – **NO DEFERRING!** Visiting team calls the toss and winner must select offense, defense or field direction. Before the start of the 2nd half, field direction and possession must change.
8. **DOWN BY CONTACT** – A player is down anytime his knee / shin touches the ground. A player is not considered down if only his hand touches the ground.
9. **EXTRA POINT (Point after Try or PAT)** – From the 2 ½ yard line.
 - a. **JUNIOR LEAGUE** – **ALL PAT WILL BE KICKS** The Center may long snap or walk the ball back to the Holder but must be back at his position before the ball can be kicked. The Kicker may use an Extra Point Tee. (Flat Black Rubber) Drop Kicks are legal. The Defensive team can stand at the LOS with their hands up.
10. **FIELD GOALS** – From the 2 ½ yard line.
 - a. **JUNIOR LEAGUE** – There is no rushing the kicker. The Center may long snap or walk the ball back to the Holder but must be back at his position before the ball can be kicked. The Kicker may use an Extra Point Tee. (Flat Black Rubber) Drop Kicks are legal. The Defensive team can stand at the LOS with their hands up
11. **GAMES** – Games will consist of (2) twenty-five-minute halves played on a regulation size field. The clock will run unless time out is called, even under 2 minutes. Halftime is typically 5-10 minutes.
12. **HELPING THE RUNNER** – An offensive player shall not push, pull or lift the ball carrier to assist his forward progress.
13. **HUDDLE** – Huddles should be no more than 35 seconds. This time is from the time the ball is ready for play until the snap.
14. **Special Teams**

Kickoffs: No kickoff returns. Kickoffs are from the 40-yard line. No possession after a kickoff can start inside the opponents' territory. Receiving team will start no deeper than their own 20 or farther than the 50-yard line. If a ball is caught in the air ten (10) yards will be awarded to the receiving team up to the 50-yard line. If a kickoff goes out of bounds, the receiving team has the choice of receiving at that spot or at the 35-yard line. Balls downed between the 20 and 40-yard lines will be played from that spot. No possession will begin inside the 20-yard line on kickoffs. A change of possession resulting from a turnover, punt or change of downs can start inside the 20.

Punts: No punt returns. Offensive team will announce to the official their intent to punt immediately. The official announces to the defense that a punt is to be kicked. If the punt is caught five (5) yards will be awarded to the punt receiving team. A ball downed is played from that spot. The ball should be long snapped from the center to the punter with no penalty if the

ball hits the ground. The punter must kick the ball immediately upon receipt of the ball. Possessions can begin anywhere on the field – no 20 or 50-yard line rules.

15. **MOTION** – The man in motion must be in a set position for at least one second before he moves and must move parallel or backwards from the LOS.
 16. **MOUTH GUARDS & CHIN STRAPS** – All mouth guards and chin straps must be in place before the QB starts his cadence. Failure to comply will be considered a Delay of Game infraction.
 - a. **JUNIOR LEAGUE** – The only exception to the mouth guard rule is for the QB. He can call the audible or cadence and then put in his mouth guard prior to the snap.
 17. **MUFF** - A Muff is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
 18. **SAFETY** -
 - a. Either kick off or punt from the 30-yard line to team that scored the safety.
 19. **SNAPPING THE BALL** - Centers MAY lift the ball to rotate the laces but may not rotate it end to end. The Centers body may be over the ball but his feet must remain behind the neutral zone and no part of his body, other than his hands on the ball may be beyond the ball.
 20. **SPEARING / BUTT BLOCKING** - Not only is it illegal to intentionally use the crown of the helmet to drive into another player to punish him but is extremely dangerous for the player spearing. Repeated infractions are subject to ejection. Butt Blocking is similar to Spearing except that instead of using the crown of the helmet the player intentionally uses the frontal area or face mask as the primary point of contact.
 21. **TACKLING** - No player may tackle another player by the face mask or any part of the helmet or around the neck or by the back of the jersey neck or shoulder pads. (Horse Collar) Additionally no player may take any part of his body to intentionally hit another player high enough to cause that player to be “clotheslined.”
 22. **TIME OUTS** - 3 per half.
 23. **TURNOVERS** -
 - a. **JUNIOR LEAGUE** - Fumbles and Interceptions from scrimmage plays are live and may be advanced.
 24. **WEATHER**- If a game makes it to half-time and is called because of weather it is considered complete.
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INJURIES:

1. Players must sit out at least two plays following an injury.
 2. If a player loses consciousness/or appears to have sustain a concussion, he or she will not be allowed to participate any further in that game or future games until they get medical release.
 3. If a player requires a doctor’s visit he must get a note from the doctor before returning to the team.
 4. If a player appears to have sustained a head, neck or back injury, DO NOT attempt to take off their helmet...and DO NOT attempt to move the player until the situation can be assessed.
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SPORTSMANSHIP:

1. Sportsmanship is one of the primary reasons for this program. If a player is penalized for unsportsmanlike conduct, or unnecessary roughness twice in 1 game, that player is subject to immediate ejection for the remainder of the game AND from the following game. Additionally, Parents and Spectators are subject to removal from the park and / or having an unsportsmanlike penalty assessed against their team for inappropriate behavior.
 - Examples would be the use of profanity, taunting, trash talking, harassment or arguing with the Referees, Players or other Parents / Spectators. Additionally, excessive celebration by a player(s) (such as spiking the ball) will be considered unsportsmanlike.
2. Any Player, Coach, Parent or Spectator striking any person, or intentionally contacting an official, will be immediately ejected and / or removed from the park. If, after returning from an ejection or removal, the unsportsmanlike or inappropriate behavior continues, the offender is subject to banishment from the league / park. The offender will have the right to appeal to the board for re-instatement the following year.

PENALTIES:

Penalties are enforced from either the LINE OF SCRIMMAGE (LOS) or the SPOT of the FOUL (SF). The most common penalties are listed below. All other penalties shall be enforced per the National Federation of State High Schools Association.

- **DELAY of GAME** is 5 Yards – LOS
- **ENCROACHMENT** is 5 Yards – LOS (Encroachment is defined as the defensive player breaking the plane of the Neutral Zone once the ball is ready for play and the Center has placed his hands on the ball. Once that plane is broken the defensive player does NOT have the opportunity to get back and re-set.
- **HELPING THE RUNNER** is 5 Yards – LOS
- **ILLEGAL FORMATION** is 5 Yards – LOS
- **ILLEGAL MOTION** is 5 Yards – LOS
- **ILLEGAL PARTICIPATION** is 5 Yards – LOS
- **INELIGIBLE RECEIVER DOWN FIELD** is 5 Yards – LOS
- **NO MOUTH GUARD / CHIN STRAP UNSNAPPED** is 5 Yards – LOS
- **HOLDING** is 10 Yards – LOS
- **BLITZING** is 10 Yards – LOS
- **BLOCK IN THE BACK** is 10 yards – SP
- **BLOCK BELOW THE WAIST** is 15 Yards – LOS or SP on KO and Punt Returns
- **CRACK BACK** is 15 Yards – LOS
- **TRIPPING** is 15 Yards – LOS
- **ILLEGAL USE OF HANDS** is 15 Yards – LOS (Hands to the Face for example)
- **PILING ON** is 15 Yards – SF
- **ROUGHING THE PASSER** is 15 Yards – LOS

- **PASS INTERFERENCE** is 15 Yards – LOS & Automatic 1st down
- **HIGH TACKLE / CLOTHESLINE** is 15 Yards – SF (See Tackling)
- **SPEARING / BUTT BLOCKING** is 15 Yards – SF
- **CLIPPING** is 15 Yards for Scrimmage plays – LOS
- **FACE MASK** is 15 Yards - LOS (O) SF – (D)
- **UNSPORTSMANLIKE CONDUCT** is 15 Yards – LOS (D) or SP (O) & Subject to disqualification if deemed flagrant. (See Sportsmanship)
- **KICK-OFF OUT OF BOUNDS** is awarded to the receiving team at their 40-yard line or at the spot the ball crossed the sideline if field position is improved.