

MYF GUIDELINES & RULES

MIGHTY MITE (1st Grade) & PEE WEE (2nd Grade) LEAGUE

COACHES / DRAFT:

1. All Head Coaches (based on submitted applications) will be approved by the Milton Youth Football Board.
 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 before the first game.
 3. A new draft will be held each year and every effort will be made to ensure an equal amount 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. NUMBER OF PLAYERS –
 - a. **MIGHTY MITE LEAGUE** – Each team plays with 8 players. A team needs a minimum of 6 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 6 players at any time may be required to forfeit.
 - b. **PEE WEE LEAGUE** – Each team plays 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.

2. **OFFENSE –**

- a. **MIGHTY MITE LEAGUE** – The Offense must have at least 5 players on the line of scrimmage at the snap of the ball. Everyone else must be approximately one yard from the line of scrimmage.
- b. **PEE WEE LEAGUE** – The Offense must have the traditional 7 players on the line of scrimmage at the snap of the ball. Everyone else must be approximately one yard from the line of scrimmage.

3. **DEFENSE –**

- a. **MIGHTY MITE LEAGUE** – The Defense can only play a 4 man front. (2 DE's – 2 DT's) The DT's can only 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 Center sneak is not allowed. The D-Line must also be in a 3 or 4 point stance. Quarterback sneaks are allowed.
 - b. **PEE WEE LEAGUE** – The Defense can only play 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 Slot or Wide 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. Except for the Center - a player can only handle the ball during one half of the game except for special teams. If a team has the ball for a limited time in the 1st half, they can discuss with the Referee and other coach about having those players handle the ball for an additional series in the 2nd half. This rule will allow other kids to learn some of the skilled positions and help them develop as a football player.
7. **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.**

a. **MIGHTY MITE**

i. **FORMATIONS – N/A**

- ii. **HOLE NUMBERING** – Starting ON the Guard position – going left is 1, 3, 5, & 7 and right is 2, 4, 6 & 8. 7 and 8 represent a play pout side of the TE. Zero and Nine will not be used at this level.

b. **PEE WEE**

i. **FORMATIONS – N/A**

- ii. **HOLE NUMBERING** – Starting ON the Guard position – going left is 1, 3, 5, & 7 - going right is 2, 4, 6 & 8. 7 and 8 represent a play pout side of the TE. Zero and Nine will not be used at this level.

iii. **BACK IDENTIFICATION** – QB is 1 back. TB is 2 back. FB is 3 back.

8. **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 $\frac{3}{4}$ " and have no less than 7 per shoe. (No baseball spikes. Soccer shoes are not recommended)
 2. **Footballs**-We will use Pee-Wee size football
 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.
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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 or HUT - HUT if on two.
 - a. **MIGHTY MITE LEAGUE** – NO SILENT COUNTS. No more than ONE HUT allowed. Ball can only be snapped on HUT. No Audibles.
 - b. **PEE WEE LEAGUE** – NO SILENT COUNTS. No more than two HUTS allowed. Ball can only be snapped on first or second HUT. No Audibles.
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 two coaches on the field at a time unless special circumstances require a third 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 or defense. The other team will pick which way they would like to kick / goal to defend. For 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 1 yard line.
 - a. The PAT will be a play from scrimmage as there are no goal posts at these fields. Additionally – attempting to kick a PAT at this level over a regulation goal post would be above their skill level.
10. **FIELD GOALS** – There are no FG attempts.

11. **GAMES** – Games will consist of (2) twenty-five minute halves and be played on a field – 70 yards long, 25 yards wide with yard lines every 5 yards. 1st downs are approx. 7 ½ yards. End Zone depth will be 5 yards which is part of the 70 yard total. The clock will run unless time out is called, even under 2 minutes. Halftime is typically 5 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 45 seconds. This time is from the time the ball is ready for play until the snap.
14. **KICKOFFS** – There are no Kickoffs. Teams start from their 25 yard line.
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.
17. **MUFF** – A Muff is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
18. **PUNTS** –
 - a. **MIGHTY MITE LEAGUE** – No punts. Ball goes over on downs and teams start at their 25 yard line.
 - b. **PEE WEE LEAGUE** – No run backs and no punt coverage. The Center must walk the ball back to the Punter and must return to his original position before the ball is kicked. Ball is dead where caught. Returns fumbled forward become dead where the receiver makes contact. Returns fumbled backward or that go over the players head are dead where the ball is controlled.
19. **SAFETY** – Team scoring the safety gets the ball at their 25 yard line.
20. **SNAPPING THE BALL** - Centers MAY lift the ball to rotate the laces but may not rotate it end to end. The Center may have any part of his body over or past the ball EXCEPT if snapping conventionally his feet “should” remain behind the neutral zone or if side snapping one foot must remain behind the neutral zone. See TURNOVERS for mishandled snaps.
21. **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.
22. **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.”
23. **TIME OUTS** - 3 per half.
24. **TURNOVERS** -
 - a. **MIGHTY MITE LEAGUE** – A FUMBLE between the Center and QB is considered a dead ball and the Offense retains possession at the spot of the fumble however the down counts. This includes Shot Gun snaps that never reach the QB or are dropped. All other FUMBLES are live and must be recovered. Fumbles recovered by the Defense will result in their team taking over at their 25 yard line. Fumble recovered by the Offense are considered dead at the spot of recovery. An INTERCEPTION cannot be returned and results in them getting the ball on their 25 yard line.
 - b. **PEE WEE LEAGUE** – A FUMBLE between the Center and QB is considered a dead ball and the Offense retains possession at the spot of the fumble however the down counts. This includes Shot

Gun snaps. All other FUMBLES are live and must be recovered with possession at the spot of recovery. INTERCEPTIONS are live and may be returned.

25. **WEATHER**- If a game makes it to half-time and is called because of weather it is considered complete.

- a. Make-up games will likely be scheduled during the week in place of practice. Once a game is postponed the board will have the final say as to whether the game will be called.

INJURIES:

1. Players must sit out at least two plays following an injury.
2. If a player loses consciousness, he will not be allowed to participate any further in that game.
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.

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 cannot participate in 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. Anybody striking any other person, or intentionally contacting an official, will be immediately ejected and / or removed from the park and may face legal ramifications. Players and Coaches are automatically suspended for a minimum of the following game. Repeat offenders are subject to ejection for the remainder of the season, loss of coaching privileges and possible banishment from the league / park. In any of these cases the offender has the right to appeal to the board but must do so in a timely fashion prior to the next game or season to allow the board adequate time to make a decision.

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 3 Yards – LOS
- **ENCROACHMENT** is 3 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 3 Yards – LOS

- **ILLEGAL FORMATION** is 3 Yards – LOS
- **ILLEGAL MOTION** is 3 Yards – LOS
- **ILLEGAL PARTICIPATION** is 3 Yards – LOS
- **INELIGIBLE RECEIVER DOWN FIELD** is 3 Yards – LOS
- **NO MOUTH GUARD / CHIN STRAP UNSNAPPED** is 3 Yards – LOS
- **HOLDING** is 6 Yards – LOS
- **BLITZING** is 6 Yards – LOS
- **BLOCK IN THE BACK** is 6 yards –SP
- **BLOCK BELOW THE WAIST** is 9 Yards – LOS
- **CRACK BACK** is 9 Yards – LOS
- **TRIPPING** is 9 Yards – LOS
- **ILLEGAL USE OF HANDS** is 9 Yards – LOS (Hands to the Face for example)
- **PILING ON** is 9 Yards – SF
- **ROUGHING THE PASSER** is 9 Yards –LOS
- **PASS INTERFERENCE** is 9 Yards – LOS & Automatic 1st down
- **HIGH TACKLE / CLOTHESLINE** is 9 Yards – SF (See Tackling)
- **SPEARING / BUTT BLOCKING** is 9 Yards – SF
- **CLIPPING** is 9 Yards for Scrimmage plays – LOS
- **FACE MASK** is 9 Yards - LOS (O) SF (D)
- **UNSPORTSMANLIKE CONDUCT** is 9 Yards – LOS (D) or SP (O) & Subject to disqualification if deemed flagrant. (See Sportsmanship)