



FOOTBALL RULES

I. RULES & REGULATIONS

- a. Rules not specifically mentioned are found in the National Federation of State High School Associations Football Rule Book.
- b. **AGE DIVISIONS**
 - i. **FLEA DIVISION** for players ages 7 & 8
 - ii. **MITE DIVISION** for players ages 9 & 10
 - iii. **MIDGET DIVISION** for players ages 11 & 12
- c. **AGE CONTROL DATE:** is prior to September 1st. A player's age on August 31st determines their playing age!
- d. **TEAM ROSTERS:** A maximum of 30 players per team. Once a roster is submitted for district play, it cannot have additional players added.

II. SPECIAL PROVISIONS

- a. **PLAYING FIELD:** The playing field shall be 100 yards in length for the MIDGET DIVISION (11 & 12) and shall be 80 yards for both the FLEA and MITE (7 & 8 / 9 & 10) DIVISIONS.
- b. **KICKOFFS:** There will be no kickoffs in the FLEA DIVISION, the ball will be placed on the 20 yard line to begin play. In the MITE DIVISION, the kickoff will occur from the 35 yard line. In the MIDGET DIVISION, kickoffs will occur from the 40 yard line.
 - i. All kickoffs that go out-of-bounds will be placed on the 25 yard line in the MITE DIVISION and the 35 yard line in the MIDGET DIVISION OR the point where the ball went out of bounds, whichever is the greater advantage for the receiving team.
 - ii. If the receiving team fumbles the kickoff out – of – bounds, the ball will be placed at that point.
- c. **WEIGHT RESTRICTIONS:** Any player to receive a hand off or catch a pass from scrimmage must weigh not more than:
 - i. FLEA (7 & 8) DIVISION: 100 lbs.
 - ii. MITE (9 & 10) DIVISION: 125 lbs.
 - iii. MIDGET (11 & 12) DIVISION: 150 lbs.
 - iv. Any player that weighs over the maximum weight allowed for a ball carrier must wear a stripe on their helmet to designate them as a down lineman. The coach is responsible for maintaining the stripe.
- d. **PUNTS:**
 - i. No Fake Punts Allowed!!!
 - ii. There will be no punts in the FLEA (7 & 8) DIVISION. The ball will be marked 25 yards from the line of scrimmage or half the distance from inside of the 20 yard line, but the ball can never be spotted deeper than the 10 yard line because of a declared punt in this division.
 - iii. Punts in the MITE (9 & 10) DIVISION will be dead ball punts. All defensive players except the player(s) designated to receive the punt will take a knee. There can be no return of the punt. The ball will be spotted where the receiver catches or controls the football.
 - iv. Punts in the MIDGET (11 & 12) DIVISION will become live once the punter has either touched the football with his hands or the ball is snapped behind the punter. Once the punter has touched the football or the snapped ball has traveled behind the punter, the white cap referee will raise his/her arms to signify that the ball is in play and a rush may occur, which also makes the punt returnable.
 - v. All punts in the MITE (9 & 10) and MIDGET (11 & 12) DIVISIONS must be long snapped.

- vi. Delay of game may be called during a punt, even though the punt formation may be considered "dead".

e. LENGTH OF GAMES & MERCY RULES, OVERTIME

- i. Each quarter will be an 8 minute regulation clock in length.
- ii. Halftime will be a 10 minute period
- iii. Each team shall be granted 3 time outs per half
- iv. A 30 second play clock will be in effect in all age divisions
- v. The mercy rule shall be: if a team gains a 21 point or more lead during the second half of play, the clock will run continuously until the losing team cuts the deficit to below 21 points. If a team cuts the deficit to below 21 points, the clock will return to a regulation clock.
- vi. **OVERTIME PROCEDURE:** If a game ends in a tie, the 10 yard line overtime procedure will be used. The ball will be placed on the 10 yard line and each team given a series to attempt to score. This repeated until a winner is determined.

f. COACHES SPECIFICATIONS:

- i. All coaches are required to stay within the boundaries of the coaching box with noted exceptions in FLEA Division. One coach is allowed inside the huddle of the offensive and defensive team. Once the huddle is broken, coaches are required to be at least 10 yards behind the line of scrimmage in the FLEA Division only! There is a limit of five coaches per staff. All coaches must wear matching shirts and their names be on the roster.
- ii. Coaches in the FLEA Division, while on the field, cannot talk or communicate to players after the offensive huddle is broken. The penalty for any communication after the huddle is broken is a 5 yard penalty.

g. MISC.

- i. In the FLEA DIVISION only, no defensive player may line up over the center. As a result of this rule, there will be no quarterback sneaks directly behind the center or between the center and either guard. The quarterback must be led by a running back if running up the middle. The quarterback may run outside the guards. The penalty for this infraction is the same as an illegal formation.
- ii. Defensive lineman must be in a 3 or 4 point stance. Any player (tackle to tackle) is considered a lineman on the line of scrimmage. Inside Linebackers must be at least 3 yards off of the line of scrimmage upon the snap. The penalty shall be the same as defensive off sides.
- iii. Touchdowns will count as six points and extra points will count as one point if running the football and two points if throwing the football.
- iv. Kicking Extra Points shall count as two points and field goals shall count as three points. Both are dead ball, no rush kicks. The defense may raise their hands in an attempt to block the kick. The ball must be snapped and a holder must hold the football until it is kicked. If a holder must come out of their position to retrieve the snap, it is considered – No Good. A snap that rolls to the holder and can be fielded, placed and kicked without the holder coming out of their position may be attempted.

h. EQUIPMENT REQUIREMENTS:

- i. All players are required to wear full equipment including: Helmet, shoulder pads, football pants containing knee, thigh, hip and butt pads, a mouthpiece attached to the face mask and visible to officials must be worn – no non attached mouthpieces are acceptable.
- ii. Only rubber tipped cleated shoes or turf shoes will be allowed.
- iii. A youth size football will be used for FLEA Division, comparable to the K2 football. A football comparable to a TDJ shall be used for both MITE and MIDGET teams and each team should use their own football while on offense.