

# MARAUDER YOUTH FOOTBALL LEAGUE

## RULES AND REGULATIONS FOR

### *JR. VARSITY*

*(Updated July 26, 2010)*

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#### **PURPOSE OF PROGRAM:**

The purpose of the Marauder Youth Football League is to be an instructional introduction to the sport of football. Focusing on the teaching of the basic fundamentals of the game and stressing the values of teamwork and sportsmanship and also expanding the child's love and enthusiasm for the game and promoting future participation in the sport.

#### **PLAYER PHYSICALS:**

All players participating are required to have a copy of their IHSAA physicals completed and on file before the start of practice to participate. All physicals will be kept on file by the league and shredded at the conclusion of the season. Physicals will not be returned at the end of the season.

#### **PLAYER ELIGIBILITY:**

All players must be in 3<sup>rd</sup> and 4<sup>th</sup> grade for JV.

#### **INJURED PLAYER:**

Any player injured, to the extent that they need to be seen by a doctor, must be reported to the League Director by the Head Coach within 24 hours and will not be allowed to practice and/or play in the league games until the Head Coach and the League Director receive a doctor's release.

#### **PLAYER PLACEMENT:**

Any team that loses a player due to injury or because of a player quitting the team, will notify the Director within 24 hours.

#### **WEIGHT LIMIT:**

Weigh-ins will occur prior to the start of the season & will hold throughout the season, not to be challenged. A player's eligibility to carry the ball will be determined by weighing the entire league and declaring the top 20% as ineligible to advance the ball.

#### **COST:**

All participants in the Marauder Youth Football League must provide their own equipment and pay a sign-up fee of \$80.00 which provides a uniform game jersey, insurance, Official, etc.

#### **INSURANCE:**

The sign-up fee will cover insurance membership and provides the players and participants in all the associated activities for the season. If the participant does not have primary insurance, there will be a deductible, which will be determined by the insurance carrier. It is the responsibility of the head coach to assist the participants with any insurance claims.

#### **COACHES MEETINGS:**

There will be mandatory Coaches Meetings throughout the course of the year to help Coaches, to make recommendations, to provide feedback and to evaluate and assess Coaches during the year.

## **PRACTICE:**

1. Practice will begin on August 2, 2010.
2. Each team should devote at least 5 minutes of every practice session to promote the merits of good sportsmanship, teamwork, citizenship, and classroom conduct.
3. Players are to be excused from practice and/or games in the event of illness or injury, provided such absence is required by parents. In the event of injuries involving major joints, head, or fractures, players shall not be allowed to participate in practices and/or games until a doctor's release has been furnished by the parents/guardian of the player. All Caches and parents must recognize that safety is of prime importance in the program and all must act accordingly in **all** situations.
4. Each team is permitted 3 practices per week prior to the first game. After the first game, only 2 practices per week will be permitted.
  - a. Practices will start promptly at 6:00 p.m. and are not be exceed 2 hours in length with 2 five minute water breaks (note: unless Heat Advisory Procedures are implemented by the Board)
  - b. All players and Coaches must exit the field within 15 minutes after practice.
5. Each Head Coach will be responsible to have his team police/clean the game field and practice area after each practice and game. Failure to do so can result in penalties being assessed at the start of their next game.
6. Scrimmage games are allowed between the same league after the first 2 weeks of practice.
7. Teams may not begin practice or warm-ups until one hour prior to their game.
8. Lightening - practice will be cancelled or ceased immediately if any lightening is visible. Teams will clear the playing field for a 10 minute period of time. If at the end of this 10 minutes lightening is still present all activities will be canceled.
9. Players having unexcused absences and/or tardiness can be limited to playing time at the Head Coach's discretion. This must be communicated/documented with the League's Commissioner of Competition prior to the game.

## **EQUIPMENT:**

Team jerseys will be provided by MYFL. Players will be able to keep their jersey.

Players are responsible for providing their own equipment to participate:

- Helmet - NOCSAE approved. Must be white in color and include a chinstrap.
- Shoulder pads (all straps and pads intact)
- Pants complete with hip, tailbone, thigh, and knee pads. Game day pants must be black in color. A player may wear any color they choose for practice.
- Shoes - with composition cleats, baseball shoes with composition-vulcanized cleats or tennis shoes. **NO METAL CLEATS ALLOWED**
- Mouth piece - mandatory for all players and must be attached to the face mask of the helmet and must be worn whenever a player is on the field during practice or games.
- Jockstrap with protective cup.
- Practice jersey or t-shirt of any color.
- Optional equipment: neck roll, rib pads, elbow/forearm pads, equipment bag, receiver/lineman gloves, wrist-bands and or hand pads.
- The Coach or Board Member has the authority to not let players participate if it is determined that required equipment is faulty or does not fit properly.

## GAME PLAY/RULES:

1. There shall be a Field Supervisor (Board Member) at all games.
2. The referees have final say on all rule interpretations during the game.
3. All games will be played under IHSAA (NFHS) rules, except as stated herein.
  - a. Game Ball: Varsity - Wilson/TDJ (JR).
4. **Game time:** Games will consist of 4, 8-minute quarters. The clock will stop for out of bounds plays, incomplete passes, penalties, change of possession, etc. Halftime break will be 10 minutes in length. First and Third quarter breaks will be 2 minutes in length.
5. **Kickoff:** First possession will be determined with the coin toss by the officials and team captains prior to the game. The winner of the coin toss has their choice to receive, kick, defend a goal, or defer to the second half.
  - a. Kickoff will be from the 40-yard line.
6. **Coach interference:** The Head Coach of each team is responsible for their respective sideline. Interference with play or officiating will result in 15-yard penalty.
7. **Head Coaches shall be responsible for:**
  - a. Actions of coaching staff, players, and parents.
  - b. Two unsportsmanlike conduct penalties will result in forfeiture of the game.
8. **Sideline Location of Player/Coach:** Coaches and players are permitted to go to the 20-yard line in both leagues: where as one coach is permitted on the field with the junior varsity. Coaches must be deeper than the deepest player prior to snap on both sides of the ball. Only the Head Coach/Coach on the field may address the Official on the field while the ball is in play. All further discussions between coaches and Officials will take place during the next stoppage of play.
9. **Timeouts:** 1 minute each. Each team is allowed 3 timeouts per half.
10. **Point after touchdown options:**
  - a. 1 point from the 3-yard line
  - b. 2 points from the 5-yard line
  - c. 2 points for a PAT kick spotted at the 10-yard line. The kick must be declared.
11. **Point Rule** - If a team is behind 21 points, the team that is behind automatically gets the ball at mid-field after each score, then normal possession changes occur.
12. **Special Teams:**
  - a. Kickoff: 40-yard line
  - b. Stripers are allowed to kickoff
  - c. Punting:
    - i. Ball will be placed on the ground in front of the punter
    - ii. Ball will be in play on referee's whistle
    - iii. No rushing the punts
    - iv. Referee will verbally signal when the kick is away

- v. Teams cannot release, begin blocking or set up a return until the verbal signal is given
- vi. Punts must be declared: **THERE ARE NO FAKES.**
- vii. Once teams are set and the whistle is blown, punting team has 6 seconds to pick-up and punt ball or a 5-yard delay of game penalty will be enforced.

**13. Offense:**

- a. No unbalanced lines (ie. No more than 3 players on one side of the Center, on the line of scrimmage).
- b. Silent count is not allowed.
- c. No huddle offenses are allowed only in the last 2 minutes of the half and the last 2 minutes of the game.
- d. Teams have 30-second maximum from the spot of the ball, or a delay of game penalty will be assessed.
- e. One player at a time can be in motion. He must be set before another player can move in motion.
- f. Stripers are not allowed in the backfield.

**16. Defense:**

- a. Defenses must be 4, 5, or 6 man front. All down interior defensive lineman must be head-up on an offensive player in a 3 or 4 point stance. DE may line up on the outside shoulder in the up position. **NO GAP PLAY AT ANY TIME!**
- b. 7 man fronts are acceptable only on/inside the 10 yard line or on 4<sup>th</sup> down. During goal line defense, all down linemen must be heads up. The Center can NEVER be covered in this defense.
- c. 2<sup>nd</sup> level defensive players must be a minimum of 3 yards off the line of scrimmage, this applies to Linebackers and Cornerbacks. Safeties must be an additional 3 yards from the 2<sup>nd</sup> level defenders.
- d. Blitzing is allowed outside the tackles – blitzing in **NOT** allowed between tackle to tackle.
- e. **ALL** coaches must stop coaching on the field once the quarterback begins the cadence or risk an unsportsmanlike warning (first offense) and penalty (second offense). This will allow players to learn to read rather than be told where the play is going at all times.

**OVERTIME / TIE GAME** – Overtime will consist of 4 overtime quarters(possessions), if required. A tie game will be decided in ALL leagues by both teams getting 4 downs from the 10 yard line. If at the end of one set of possessions the score is still a tie, each team will get 4 more downs from the 10 yard line. Extra points will be played accordingly following a score. If the score is tied at the end of 2 possessions a 2 point extra point attempt is required. A turnover results in loss of offensive efforts. If either team has more points at the conclusion of the overtime quarter, that team is declared the winner. If the score remains tied following 4 overtime quarters, the game will be ruled a tie.

**THE JUNIOR VARSITY LEAGUE MARAUDER BOWL** - Will determine the league winner.

## **General Rules & Miscellaneous Items:**

(Parents please read carefully)

**PARENTAL CONDUCT** - disruptive parents are subject to immediate expulsion from the Marauder Youth Football League and may be subject to arrest.

**LOCATION OF PARENTS** - it is required that all spectators at games or practices sit in the area on the opposite side of the field from the players. A spectator is defined as anyone other than Coaches approved by the board, players, officials, sideline down markers and board members. Spectators must be a minimum of 2 yards off of the sideline and may not go beyond the 20-yard line.

**REFUND OF FEES** - Full refunds will be given up to the first day of football practice and/or when before uniforms have been ordered. After this date, refunds will be given at the discretion of the Board.

**BACKGROUND CHECKS** - all Head and Assistant Coaches or Parents having contact with children are required to file a release for a criminal background check prior to participating in the league. This will be done on an annual basis and will be required by the Marauder Youth Football League.

**SPORTSMANSHIP** - Any *loud, obnoxious or unruly behavior* by any Coach, Assistant Coach and/or parent will be cause for an unsportsmanlike penalty to be assessed and immediate removal from the game. A review of the incident by the MYFL Board must take place prior to the affected Coach and/or parent being allowed to return to any practice and/or game.

**HELMET AND JERSEYS** - Helmets and jerseys will have no additions, stickers and/or decal unless they are MYFL Board approved. MYFL will provide the black stripping tape for all new and returning players in the league.

**ABUSE OF PEOPLE INVOLVED IN THE GAME** - verbal or physical abuse of a player or Officials will not be tolerated regardless of the circumstances. Cursing in the presence of team members and/or parents IS STRICTLY FORBIDDEN.

### **CONDUCT**

Coaches for the program will be select individuals from the community who volunteer their time to teach the players the skills, disciplines and conduct that make for good sportsmanship. The COACH is vital to the success of the program. As such, the Coach must uphold the MYFL rules and regulations, along with the bylaws, or face the consequences of being suspended by the Board of Directors. There should be solidarity between Coaches as to goals, with *emphasis* on the player's welfare, interest, and attitudes, which the player will learn or reflect by observing the Coach. Decisions of the Board of Directors are final. The Board will rule on any matter not covered.