

**PURPOSE OF THE 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, enthusiasm, 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 Kindergarten – Flag, 1<sup>st</sup> and 2<sup>nd</sup> Grade - Pee Wee League, 3<sup>rd</sup> and 4<sup>th</sup> Grade – JV, and 5<sup>th</sup> and 6<sup>th</sup> Grade – Varsity (Competitive Division). Exception - Parent/Guardian can request 1<sup>st</sup> Grader participation in the Flag League, after requesting and receiving League approval.

**INJURED PLAYER:**

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

**PLAYER PLACEMENT:**

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

**COST:**

All participants in the Marauder Youth Football League must provide their own equipment and pay sign-up fee of \$85.00 which provides a uniform game jersey, insurance, game officials, etc.

**INSURANCE:**

The sign-up fee covers 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 provide feedback, and to evaluate and assess coaches during the year.

**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 30% in each division as being ineligible to advance the ball. Player weights to be finalized and communicated to all coaches.

**SUSPECTED OR CONFIRMED CONCUSSION:**

Every MYFL Board of Director Member, Head Coach, Assistant Coach, Parent, Player will be given proper education on how to suspect and recognize the signs and symptoms of a possible concussion injury and what to do after. This information may be passed to each person in a form of informational flyer. The flyer and any related videos will also be accessible on the MYFL website. Each person stated above will be required to sign an acknowledgment form stating they have received this information from the league. Failure to acknowledge receipt of this information will result in player suspension until the form is signed. The MYFL will compile a list of all qualified persons who may be present during football activities. This list will include the names, cellular numbers, and state certification numbers of any Doctor, Nurse, Trainer, Paramedic, EMT and/or other persons certified by the State of Indiana to provide Advanced Medical Care.

In the event a player is suspected of suffering a concussion injury, **the player will stop all football activity immediately.**

**If the player is conscious and mobile:**

1. The player will be moved to the sideline and seated.
2. The player's helmet and shoulder pads will be removed.
3. The player will be evaluated by the Head Coach and/or any qualified person present at that time. This will include any Doctor, Nurse, Trainer, Paramedic, EMT and/or persons certified by the State of Indiana to provide Advanced Medical Care.
4. The player will be required to take a 15 minute break from any activity before returning to football activities.
5. At the conclusion of the 15 minute break the player will again be evaluated prior to returning to football activities.
6. If the player is found to be pain free and aware of place, date, and time, they will be allowed to resume activities.
7. If the player is found to have any complaint of pain, illness, dizziness, confusion, or headache it is recommended that 9-1-1 be called and the player be transported by ambulance for evaluation. If the player's parents are present and insist they will take the player in their vehicle to be evaluated; allow the player to go with their parents. **NOTE:** If this occurs, a Return from Injury Form must be completed and signed by a doctor for the player to return to football activities.
8. The head coach will be required to complete a league injury report and submit the completed report to the Competition Director within 48 hours.

**If the player is unconscious (for any period of time) or immobile:**

1. The player is to remain in the position found.
2. All players and non –essential staff are to be moved away from the area.
3. 9-1-1 is to be called immediately.
4. The players should not be allowed to stand, sit, or move.
5. The player's helmet is to be left in place unless removed by qualified personnel. The player's facemask may be cut and removed from the helmet.
6. The player's head should be held in place and not permitted to move around.
7. The player's should be persuaded to remain calm and maintain a calm breathing pattern.
8. The Head Coach, Parent, or Medical Personnel are required to remain with the player until medical care is transferred to EMS personnel.
9. The head coach will be required to complete a league injury report and submit the completed report to the Competition Director within 48 hours.
10. **The player will not be allowed to participate in any football activities until a properly completed and signed MYFL Return from Injury Form is on file with the league.** This form can be printed from the MYFL website.

**PRACTICE:**

1. Team practice will begin on August 8, 2011.
2. Each team should devote at least five (5) minutes of every practice session to promote the merits of good sportsmanship, teamwork, citizenship, and/or classroom conduct.
3. Players are to be excused from practice and/or games in the event of illness or injury. 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 coaches 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. Practices are not to exceed 1 1/2 hours in length, with 2 five minute water breaks. Note: Unless a Heat Day is implemented by the Board. Heat Day procedures will be followed for this day.
5. Each head coach will be responsible to clean the game field and practice area after each game or practice.
6. Scrimmage games are allowed after the first 2 weeks of practice.
7. Teams may not begin practice or warm-ups until one hour prior to their game.
8. Lightning - Practice will be ceased immediately if any lightning is visible. All players and coaches will be removed from the practice field for a 15 minute observation period. If lightning is still present at the end of the 15 minute period, practice 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/documentated to the Competition Commissioner prior to the game.

**EQUIPMENT:**

Team jerseys will be provided by MYFL.

**Flag -**

-Flag belts with flags will be provided by MYFL. Flag belt and flags are to be returned at the conclusion of the season.

-Mouth guards and mandatory for all players when on the field and the ball is in play, during practice or during games, mouth guards must be in place, there are no exceptions.

-Shoes - with composition cleats or tennis shoes. No metal cleats are allowed. Jockstrap with protective cup. Any rib pads, elbow/forearm pads, equipment bag, receiver/lineman's gloves, wrist bands and/or hand pads.

**Pee Wee, JV, and Varsity-**

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 - cleats or tennis shoes. No metal cleats are 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, or hand pads are permitted, facemask visor (clear only).
- 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.

**GENERAL RULES & MISCELLANEOUS ITEMS:** Parents please read carefully.

**PARENTS 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 at least 2-yards off of the sideline and may not go beyond the 20-yard line. Spectators are not allowed on the field of play.

**REFUND OF FEES** - Full refunds will be given until the first day of football practice and/or prior to uniforms being 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.

**SPORTSMANSHIP** - Any loud 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 coach or parent being allowed to return to any practice or game.

**ABUSE OF PEOPLE INVOLVED IN THE GAME** - Verbal or physical abuse of a player or officials will not be tolerated. Zero tolerance for foul language in the presence of team members and/or parents.

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. Decisions of the MYFL Board are final.

## **GAME PLAY-**

### **Game Time:**

**Flag** - Two 20-minute halves with a 10-minute halftime. Running clock, only to stop for timeouts and at official's discretion.

**Pee Wee** - Games will consist of 4, 10-minute quarters. Running clock, only to stop on PAT attempts, and possession changes, then be started on the spot. Halftime break will be 10 minutes in length. First and Third quarter breaks will be 2 minutes in length.

**JV** - Games will consist of 4, 7-minute quarters. IHSAA rules for clock management. *(Changed 9-9-2011)*

**Varsity** – Same as JV *(Changed 9-9-2011)*

### **Time-Outs:**

**Flag** – 2 each half, one 60-second and one 30-second time out per half

**Pee Wee, JV, and Varsity** - Each team is allowed 3 timeouts per half, 1 minute each.

### **Game Ball:**

**Flag / Pee Wee / JV** - Wilson / K2 (pee wee size). **Varsity** - Wilson/TDJ (JR).

### **Field Size:**

**Flag** – 50 yards, ¼ width field. **Pee Wee** – 50 yard field. **JV and Varsity** – 100 yard field.

### **Kickoff:**

**Flag** Ball at 5 yd line, **Pee Wee** ball at 15 yd line, **JV and Varsity** – Kickoff at the 40.

### **Punting:**

**Flag** – No Punting. **Pee Wee and JV**

-No snap, ball will be in play on referee's whistle. No rushing the punt. Referee will verbally signal when the kick is away. Teams cannot release until the verbal signal is given. Punts must be declared, there are no fake punts.

**Varsity** -

-The ball can be placed or snapped. If placed, same as JV rules. If snapped, revert to IHSAA rules.

### **PAT Scoring:**

**Flag** - 2 points from the 5 yard line – run or pass.

1 point from the 10 yard line – run or pass.

**Pee Wee** -

1 point from the 5-yard line

2 points from the 10-yard line

2 points for a kick, spotted at the 10-yard line. The kick must be declared.

**JV and Varsity** -

1 point from the 3-yard line

2 points from the 5-yard line

2 points for a kick, spotted at the 10-yard line. The kick must be declared.

### **Penalties:**

**Flag and Pee Wee** – 5 yard penalties are 5 yards, 10 yards are 5 yards, and 15 yards are 10 yards.

Flag penalties on the Defense represent an automatic first down.

**JV and Varsity** – All penalties are enforced per IHSAA rules.

**Pee Wee and JV: Coaching** - Coaches on the field must stop coaching once the QB begins the cadence.

**ALL: 21 Point Mercy 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.

**ALL: Overtime\Tie Game** - 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 following a score. If the score is tied at the end of 2 possessions each, the game will end in a tie. A turnover results in loss of offensive efforts.

### **Offense:**

#### **Flag, Pee Wee, and JV -**

- No unbalanced lines (ie. No more than 3 players on one side of the Center, on the LOS).
- Silent count is not allowed.
- No huddle offenses are allowed only in the last 2 minutes of each half.
- Stripers are not allowed in the backfield.

#### **Varsity –**

- Any offense can be used.

### **Defense:**

#### **Flag – 6 on Defense**

#### **Pee Wee -**

- 4-3 Defenses. DTs must be head-up, DEs can be head-up or on the outside shoulder of the widest OL on the LOS.
- 2<sup>nd</sup> level defensive players must be a minimum of 3 yards off of the LOS, this applies to all LBs and CBs. CBs must also be 3 yards from the tackle box. Safeties must be an additional 3 yards off 2<sup>nd</sup> level defenders.
- Blitzing is NOT allowed in Pee Wee.

#### **JV -**

- Defenses must use either a 4-3 or a 5-2. 7 man fronts are allowed inside the 10 or on 4<sup>th</sup> down, all linemen must be heads up.
- Blitzing is allowed outside the tackle box only.

#### **Varsity –**

- Any defense can be used. Stripers can advance an interception, but not a fumble.

### **Additional Flag Rules:**

- Teams must field 6 players at all times.
- Official MYFL jerseys must be worn and **tucked in** during game play. No clothing shall cover, hide, drape over, or interfere with a player's flags. The official will give 1 warning to a team, reoccurrence will result in penalty.
- The offense must have at least 3 players on the LOS on every play.
- The flag football division of MYFL is considered a NO CONTACT sport. Therefore no aggressive contact between teams or players, i.e. NO BLOCKING or tackling. Blocking is defined as any premeditated attempt to prohibit a defender from pulling a flag. Referees determine incidental contact that may result from normal play.
- If the offensive team fails to cross midfield (achieve a 1<sup>st</sup> Down), possession of the ball changes and the opposition will start their drive from their own 5-yard line.
- The quarterback may **not** advance the ball past the LOS. There are no quarterback sneaks.
- No-Running Zones are located 5 yards from each end zone and 5 yards on either side of midfield. These are designed to avoid short-yardage, power-running plays.
- Spinning is allowed, however the ball carrier may not leave their feet to avoid a defensive player. Jump stops, prior to an athletic movement, are permitted. Jumping or diving is NOT allowed.
- The ball will be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- The QB has a 7 second "pass clock." If a pass is not thrown within the 7 seconds, the play is blown dead. Once the ball is handed off, the seven-second rule is no longer in effect.
- There are **NO** fumbles. Once the ball touches the playing field it will be considered a dead ball and spotted, this includes a fouled snap exchange. The defense can advance an interception, fumbles are declared a dead ball.
- Dead Balls: Play is ruled "dead" when: The ball carrier's flag is pulled. The ball touches the playing field. The ball carrier's knee hits the ground. The ball carrier's flag comes off.
- Any defensive player rushing the quarterback must start their rush a minimum of seven (7) yards from the LOS and begin to rush once the ball is **snapped**. Any number of players are permitted to rush. Once the ball is handed off, or appears to be, play action, the seven yard rule is no longer in effect and all defensive players may cross the LOS.

### **Flag Penalties:**

#### **Defense:**

Illegal flag pull (before a receiver has the ball) 10 yards and automatic first down

Illegal rushing 10 yards and automatic first down

#### **Offense:**

Illegal contact (holding, blocking, etc.) 10 yards and loss of down

Flag guarding First – Warning, Second - 10 yards from the LOS

<b>Rule/Division</b>	<b>Flag</b>	<b>Pee Wee</b>	<b>JV</b>	<b>Varsity</b>
Game Time	Running Clock, Two 20-minute ½'s, 10-minute halftime.	Running Clock, 4, 10-minute Qs, stops on PATs & possession changes, 10-min halftime, 2-min Q breaks.	4, <b>7</b> -minute quarters. 10-min halftime. IHSAA rules for clock management. <i>(Changed 9-9-2011)</i>	4, <b>7</b> -minute quarters. 10-min halftime. IHSAA rules for clock management. <i>(Changed 9-9-2011)</i>
Time-Outs	Each team is allowed 2 timeouts per half, 1 minute each.	Each team is allowed 3 timeouts per half, 1 minute each.	Each team is allowed 3 timeouts per half, 1 minute each.	Each team is allowed 3 timeouts per half, 1 min each.
Game Ball	Wilson / K2	Wilson / K2	Wilson / K2	Wilson/TDJ (JR)
Field Size	50-Yards, ¼ width	50-Yards	100 Yards	100 Yards
Kick-Off	Possession at 5	Possession at 15	Kickoff at 40	Kickoff at 40
Punting	No snap, No rush. Ref signals kick is away, teams then release. Must be declared, no fakes.	No snap, No rush. Ref signals kick is away, teams then release. Must be declared, no fakes.	No snap, No rush. Ref signals kick is away, teams then release. Must be declared, no fakes.	The ball can be placed or snapped. If placed, same as JV rules, if snapped, IHSAA rules.
PAT	2 pts from 5 yard line, 1 pt from the 10	1 pt from 5 yard line, 2 pts from the 10, 2 pts Kicked PAT from the 10 yard line	1 pt from 3 yard line, 2 pts from the 5, 2 pts Kicked PAT from the 10 yard line	1 pt from 3 yd line, 2 pts from the 5, 2 pts Kicked PAT from the 10 yard line
Penalties	5 yards = 5 yards, 10 yards = 5 yards, 15 yards = 10 yards. Defense penalty = automatic first down, Blocking - 10 yards, Flag guarding – 1 <sup>st</sup> Warning, 2 <sup>nd</sup> 10 yds, Illegal rushing – 10 yds, Illegal Flag Pull–10 yds	5 yards are 5 yards, 10 yards are 5 yards, 15 yards are 10 yards.	IHSAA	IHSAA
21-Pt Mercy Rule	YES	YES	YES	YES
OT	IHSAA – 4 downs from the 10, up to 4 scores, must go for 2 after 3 <sup>rd</sup> score.	IHSAA	IHSAA	IHSAA
Offense	No blocking/contact, No silent count, No huddle offenses during last 2-minutes of each half, OL on LOS, Must cross 50 for 1 <sup>st</sup> down, QB can't run, no jumping or diving, spinning is allowed, 7 second pass clock, fumble is dead ball.	No unbalanced lines (ie. No more than 3 players on one side of Center, on the LOS, No silent count, No huddle offenses during last 2-minutes of each half, Stripers are not allowed in the backfield.	No unbalanced lines (ie. No more than 3 players on one side of Center, on the LOS, No silent count, No huddle offenses during last 2-minutes of each half, Stripers are not allowed in the backfield.	IHSAA
Defense	Rush zone - 7 yds from the LOS, rush once the ball is <b>snapped</b> , hand off, or play action,	4:3	4:3 or 5:2, 7-man front only on 4 <sup>th</sup> down or inside 10	Any
Blitzing	NO	NO	Not inside Tackles	YES