

MARAUDER YOUTH FOOTBALL LEAGUE

RULES AND REGULATIONS FOR

FLAG

(Updated August 13, 2009)

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 and teaching the participants the values of teamwork and sportsmanship. All this while expanding the child's love and enthusiasm for the game as well as promoting future participation in the sport.

PLAYER PHYSICALS:

All players participating are required to have physicals completed and on file before the start of practice. All physicals will be kept on file by the league and shredded at the conclusion of the season.

PLAYER ELIGIBILITY:

All players must be in 1 or 2 grade. No exceptions.

INJURED PLAYER:

1. 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 said notification.
2. Any player injured, to this extent, 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 because of injury or because of quitting the team, will notify the Director within twenty-four (24) hours.

COST:

All participants in the Marauder Youth Football League must provide his/her own equipment; sign up cost (currently \$80.00) is to provide a uniform game jersey, insurance, and professional referee.

INSURANCE:

Players upon paying the set sign-up fee will be automatically covered. Membership covers 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 our insurance carrier. It is the responsibility of the head coach to assist the participants with any insurance claims.

ALL PLAYERS MUST HAVE A PHYSICAL ON FILE PRIOR TO THE START OF THE FIRST PRACTICE - THE PLAYER WILL NOT BE ALLOWED TO PRACTICE WITHOUT ONE

PRACTICE:

1. Practice will begin on August 17, 2009.
2. Each team should devote at least five (5) minutes of every practice session to promote the merits of good sportsmanship and teamwork as well as citizenship and classroom conduct.
3. Players are to be excused from practice and/or games in the event of obvious illness or injury, provided such absence is required by parents. In the event of obvious 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 members, parents, coaches and staff must recognize that safety is of prime importance in the program and all must act accordingly in all situations.
4. Each team is permitted three (3) practices per week prior to the first game. They are to be held Monday, Tuesday and Thursday, unless changed by the Board of Directors. After the first game, only two (2) practices per week will be permitted. Those days are Tuesday and Thursday, only.
 - a. There will be no practices on any other day not approved by the Board, there will be no exceptions. A violation of this rule could result in disciplinary action.
 - b. Practices will start promptly at 6:00 p.m. and are not to exceed 2 hours in length with two (2) five minute water breaks (note: unless Heat Advisory Procedures are implemented by the Board)
 - c. All players and coaches must exit the field within fifteen (15) minutes after the conclusion of practice.
5. Each head coach will be responsible to have his team police 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 teams in the same league after the first two 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 in the area.
9. Players having unexcused absences and/or tardiness can be limited to playing time at the head coach's discretion. This must be 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.

Flag belts with flags will be provided by MYFL. To be returned at the conclusion of the season.

Players are responsible for providing the following equipment:

- Mouth guards - **Mandatory** for all players whenever a player is on the field and the ball is in play, practice or games, their mouth guards must be in place. No exceptions!!!

The following equipment is acceptable, however optional and will not be provided by MYFL.

- Shoes - with composition cleats, baseball shoes with composition-vulcanized cleats or tennis shoes. **NO METAL CLEATS ALLOWED**
- Jockstrap with protective cup
- Any rib pads, elbow/forearm pads, equipment bag, receiver/lineman's gloves, wrist bands and or hand pads approved for use during football activities.

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:

1. Game Time / Overtime:

- a. Games are played to 60 minutes running time. Two (2) 25 minute halves with a 10 minute halftime.
- b. The clock will only stop for timeouts and at the discretion of the Official.
- c. Each team will have one (1) 60 second and one (1) 30 second time out per half.
- d. Each time the ball is spotted for play, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. On the third delay of game, a loss of down will be added loss of yardage.
- e. The play will begin with the snap of the ball. The offense can snap the ball when all of its players are ready and set. The offense does **NOT** have to wait for the defense to be ready.
- f. If the score is tied at the end of 60 minutes of game play, teams move directly into overtime.

- g. Overtime will be played according to MYFL League Rules.
2. **Game ball:** Wilson / K2 (pee wee size).
 3. A total of 3 “coaches” will be permitted on the sideline during game play. This includes the Head Coach. Only the 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.
 4. Teams must field six (6) players at all times.
 5. 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 one (1) warning to a player with hidden flags. Reoccurrence will result in a flag-guarding penalty.
 6. Protective mouth guards must be in place during game play. No exceptions!!!
 7. At least one player must be placed in the wide-out receiver position on every play.
 8. 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 pursuing a player or pulling a flag.
 9. **Head Coaches shall be responsible for:**
 - a. Actions of coaching staff
 - b. Actions of all players
 - c. Actions of all parents
 - d. Two unsportsmanlike conduct penalties will result in immediate forfeiture of the game.
 10. A coin toss, with coaches and team captains present, will determine who has first possession.
 11. There is no kick off. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
 12. If the offensive team fails to cross midfield (1st Down), possession of the ball changes and the opposition will start their drive from their 5 yard line.
 13. All possession changes, except interceptions, start on the offense’s 5-yard line.
 14. Teams change sides after the first 25 minutes (1st half). Possession changes to the loser of the coin toss unless deferred.

15. Scoring:

- a. Touchdown = 6 points
- b. Extra point = 1 point (played from the 5 yard line) or
2 points (played from the 12 yard line)
- c. Safety = 2 points

16. Point Rule - If a team is behind 21 points, the team that is behind automatically gets the ball at mid-field after each score. Normal possession changes occur.

17. Running:

- a. The quarterback may not advance the ball past the line of scrimmage. No quarterback sneaks.
- b. No laterals or pitch backs of any kind.
- c. **No-running Zones** – are located 5 yards from each end zone and 5 yards on either side of midfield. A team is only restricted from running on their side of midfield, once crossing midfield a team may again implement the run to advance toward the end-zone. These are designed to avoid short-yardage, power-running situations.
- d. Players who receive a handoff are eligible to throw a pass, as long as they have not advanced past the line of scrimmage.
- e. 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.**
- f. Diving is NOT allowed at any time.
- g. The ball will be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

18. Motion - One player may be in motion prior to the snap, moving laterally to the line of scrimmage. Forward motion will result in a penalty.

19. Receiving:

- a. All players are eligible to receive passes, including the quarterback after the ball has been handed off or pitched forward behind the line of scrimmage.
- b. The receiver must have at least one (1) foot inbounds when making a reception.
- c. A receiver may leave his feet to make a catch. This is not considered leaving his feet to avoid a defender.
- d. Once a receiver's feet return to contact with the playing field they are considered a ball carrier, therefore jumping and/or diving to avoid a defender is not allowed. Spinning is permitted.

20. Passing:

- a. All passes must be forward.
- b. No "pitch backs" are allowed.
- c. Passes **may be** received behind the line of scrimmage.
- d. No forward pass may be made once the quarterback or ball carrier crosses the line of scrimmage.
- e. Shovel passes or forward pitches are permitted.

- f. **Seven second “pass clock”** - The quarterback has a seven second “pass clock.” If a pass is not thrown within the seven seconds, play is dead and loss of down occurs. Once the ball is handed off, the seven-second rule is no longer in effect.

21. Turnovers:

- a. There are **NO** fumbles. Once the ball touches the playing field it will be considered a dead ball with a loss of down and spotted at the place of contact. This includes a fouled snap exchange.
- b. Interceptions can be returned with a resulting change in possession. The ball will be placed at the spot of the dead ball, resulting from a pulled flag (tackle).

22. Dead Balls:

- a. The ball must be snapped between the legs to start play, not off to one side.
- b. Shotgun is permitted.
- c. Play is ruled “dead” when:
 - 1. The ball carrier’s flag is pulled.
 - 2. The ball carrier steps out of bounds.
 - 3. The ball touches the playing field.
 - 4. The ball carrier’s knee hits the ground.
 - 5. The ball carrier’s flag falls off.
 - 6. A touchdown or safety is scored.

23. Rushing the Quarterback (Blitzing):

- a. Rushing is permitted.
- b. Any defensive player rushing the quarterback must start their rush a minimum of seven (7) yards from the line of scrimmage when the ball is snapped.
- c. Any number of players are permitted to rush the quarterback.
- d. Once the ball is handed off, or appears to be handed off (play action), the seven yard rule is no longer in effect. All defensive players may cross the line of scrimmage.

24. Sportsmanship/Roughing:

- a. If the field monitor or Official witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- b. Trash talking is illegal. Officials have the right to determine offensive language. If trash talking occurs, the game official will give one (1) warning. If it continues, the player/players will be ejected from the game.
- c. **Trash talk** - Talk that may be offensive to officials, opposing players, team, or spectators.

25. Penalties:

- a. All penalties will be called by the referee.
- b. **Defense:**
 - Offside 5 yards and automatic first down
 - Interference 10 yards and automatic first down
 - Illegal contact (holding, blocking, etc.) 10 yards and automatic first down
 - Illegal flag pull (before a receiver has the ball) 10 yards and automatic first down
 - Illegal rushing 10 yards and automatic first down
- c. **Offense:**
 - Illegal motion 5 yards
 - False start 5 yards
 - Illegal pass (backward pass, lateral, etc.) 5 yards
 - Offensive pass interference 10 yards
 - Flag guarding 10 yards from the line of scrimmage
 - Delay of game First - Warning
Second - 10 yards
Third - 10 yards & Loss of down
- d. Referees determine incidental contact that may result from normal play.
- e. Only the coach on the field may ask the referee questions about rule clarification and interpretations. Players may not question judgment call.
- f. Games can not end on a defensive penalty, unless the offense declines the penalty. The offensive will be awarded one (1) non-timed play.

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.

TIE GAME - A tie game will be decided in overtime with 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 ten (10) yard line. Extra points will be played following a score. If the score is tied at the end of two (2) possessions each, the game will end in a tie. A turnover results in loss of offensive efforts. The defending team can advance interceptions.

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, personnel approved by the board, players, officials, sideline down markers and board members.. Spectators must be a minimum of 2 yards off of the sideline. .

REFUND OF FEES - Full refunds will be given until 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.

CONCESSION & MARKER RESPONSIBILITIES - The Visiting head coach is responsible to provide one parent for each half for concession stand coverage during their game. Each head coach is required to provide a master list of parents, with contact phone numbers, that will be providing concession stand duty prior to that week's game. This list shall be given to the appropriate league commission and/or board member.

The Home team Head Coach is responsible for providing coverage for the marker during the game.

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.

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 imitate by observing his/her coach. Therefore, the rules and guidelines must be observed. Decisions of the Board of Directors are final. The Board will rule on any matter not covered.

**Parents and fans are the sole responsibility of the Head Coach of each team.
Referees can assess penalties to a team based on the actions of their parents and/or fans.**