

# MARAUDER YOUTH FOOTBALL LEAGUE

## RULES AND REGULATIONS FOR

### *JR. VARSITY*

*(Updated August 13, 2009)*

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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 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 3<sup>rd</sup> or 4<sup>th</sup> 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.

#### **WEIGHT LIMIT:**

Weigh-ins will occur on the first day of practice.

Weights at this time will hold throughout the season and may not be challenged.

Any player weighing 85 lbs or less can carry the ball.

## **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, 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 be 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 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. Weather - 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.

### **REQUIRED 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. Whenever a player is on the field and the ball is in play, practice or games, their mouth guards must be in place.
- 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:**

1. There shall be a Field Supervisor (Board Member) at all games.
2. The Officials have final say on all rule interpretations during the game. Field supervisors may only be heard out by a Board Member and/or Official.

3. All games will be played under IHSAA (NFHS) rules, except as stated herein.
  - a. Game Ball: Wilson / K2 (pee wee size).
4. **Game time:** Games will consist of four (4), eight-minute (8 min) 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 are responsible for:**
  - a. Actions of coaching staff
  - b. Actions of all players
  - c. Actions of all parents
  - d. Two (2) unsportsmanlike conduct penalties will result in immediate 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.
  - Huddle time is 30 seconds from spotting of the ball.
  - Offense does not have to wait on defense.
9. **Timeouts:** 1 minute each. Each team is allowed three (3) timeouts per half.
10. **Point after touchdown options:**
  - a. 2 points from the 5 yard line
  - b. 1 point from the 2 yard line
  - c. 2 points from the 2 yard line, if kicked. The kick must be declared.
11. **Point Rule** - If a team is behind 21 points, the team that is behind automatically gets the ball on the 50 yard line after each score. Normal possession changes occur.

**12. Field Size:**

- a. 100 yards

**13. Penalties:**

- a. *15 yard penalty will be assessed to any coach receiving an unsportsmanlike penalty*
- b. Penalties are enforced by the ISHA rulebook.

**14. Special Teams:**

- a. Kickoff: 40 yard line
- b. X-men 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. Teams 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.

**15. Offense:**

- a. No unbalanced lines ie. No more than 3 players on each side of the Center, on the line of scrimmage.
- b. Tackle to tackle must have maximum of 2 foot splits
- c. When the quarterback begins cadence junior varsity coaches must refrain from giving any additional instruction. *Coaching from sideline is allowed.*
- d. No silent count is allowed.
- e. No huddle offenses are allowed only in the last 2 minutes of the half and the last 2 minutes of the game.
- f. Jr. Varsity teams have 30 second maximum from the spot of the ball or a delay of game penalty will be assessed.
- g. Stunt blocking is allowed ie trap and pull blocking is allowed.
- h. One player at a time can be in motion. He must be set before another player can move in motion.

**16. Defense:**

- a. A traditional 4-3 defense must be used.
- b. All down interior defensive lineman (DT) must be head-up on an offensive player, as do all DEs that in a 3 or 4-point stance. DEs not in a 3 or 4 point stance can play on the outside shoulder of the last offensive linemen on the line of scrimmage, in the tackle box.

- c. Seven (7) man fronts are acceptable only on/inside the 10 yards line or on 4<sup>th</sup> down when a team has designated to play the down. During goal line defense, all down linemen must be heads up,
- d. 2<sup>nd</sup> level defensive players must be a minimum of 3 yards off line of scrimmage. Third level defensive players must be 3 yards from 2<sup>nd</sup> level.
- e. Blitzing: Only one middle linebacker may blitz on a given play. If more than 1 blitzing linebacker occurs, the defensive team will be assessed a ten (10) yard penalty.
- f. Defensive coaches on the field will not yell out the direction of the play. They may encourage players only. This will allow players to learn to read rather than be told where the play is going at all times.
- g. Defensive coach must stop coaching on the field once quarterback starts cadence.

## **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 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 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 fumbles and interceptions.

**CONCESSION & CHAINS 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 chains during the game.

**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.

**REFUND OF FEES** - Full refunds will be given until the first day of football practice and/or 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 is providing 2 helmet decals and black stripping tape for all new and returning players in the league.

**MARAUDER BOWL** - Will determine the league winner. There will be four (4) official referees (3 field/1 clock). Two of the three shall be regular league officials from their respective division.

**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 mater 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**