

Marysville Junior Football Association

Football RULES and REGULATIONS (2022 Season) Instructional Tackle

SECTION A - PURPOSE OF THE MARYSVILLE JUNIOR FOOTBALL PROGRAM

- To teach basic fundamentals of the game of football.
- To provide experiences for youth that help them develop positive attitudes.
- To provide an environment in which youth will be able to develop basic concepts of good sportsmanship.
- To assist young people to develop physically and skill wise, in preparation for their upcoming school football program-
- To provide a forum in which youth, through the experience of the game, can apply & demonstrate the skills they learned during practice.
- To involve adults in helping achieve the above purposes, whether as coaches, advisors, officials, fans, timekeepers, etc.

SECTION B - LEAGUE STRUCTURE AND ORGANIZATION

I. The league shall be divisional by school grade with four (4) divisions, structured as set forth below. All players shall play in their grade appropriate division unless granted an exemption by the Director of Football.

- **Flag II Division** - For 1st & 2nd graders (School year 2020-2021). No weight limitations.
- **Instructional Tackle Division** – For 3rd grade only (School year 2020-2021) - Weight limitation only for skill positions (QB, RB, REC, TE→If receiving). One hundred (100) pounds max for skilled positions. Players over this weight limit shall have an “X” placed prominently on the back of the helmet.
 - On defense, “X” players must play on the line (they can be defensive ends, although all “X” players must be in the “down” position. See Section G.II for more specific information on “X” players).
- **Division I Tackle** – For 4th and 5th graders (School year 2020-2021). Weight limitation only for skill positions (QB, RB, REC, TE→If receiving). One hundred fifteen (115) pounds max for skilled positions. Players over this weight limit shall have an “X” placed prominently on the back of the helmet.
 - On defense, “X” players must play on the line (they can be defensive ends, although all “X” players must be in the “down” position. See Section G.II for more specific information on “X” players).
- **Division II Tackle** – For 6th grader only (School year 2020-2021). There shall be no limitations on weight for any position on offense or defense. Coaches may employ any player at any position.

II. The league shall have **coordinated sign up periods** for the participants. The dates for sign ups will be properly publicized for both football players and cheerleaders. The dates for signups will be determined by pres and equipment manager.

III. Games shall be played between teams within each division. A maximum of six (6) league games shall be played, including regular season and playoff games. The regular and post-season schedules shall be determined by the Director of Football, or his designee, on a year-to-year basis. Post-season game or games against other organizations may also be determined by the Director of Football with financial approval by the MJFA Board of Directors on a year-to-year basis, in whatever manner deemed appropriate.

IV. There will be no individual team fund raisers or solicitation of funds from player’s parents, of any type. All teams and players are EQUAL.

V. Each team in the league shall have one head coach and at least one assistant coach. All coaches are permitted in the bench areas (or per the head coach’s discretion). Only the head coach is permitted to approach officials.

VI. Upon verification of satisfactory insurance coverage, MJFA may also conduct a Flag Football Program in the Spring of the calendar year. All rules, procedures, etc, shall be set by the Director of Football, or his designee, and all costs, fees, or other financial considerations shall be set by the MJFA Board of Directors.

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SECTION C - COACHES CONDUCT

- I.** Each head coach shall be required to attend all pre-season league meeting and any and all other meetings deemed necessary by the Director of Football. Failure to attend the meetings without proper request for a representative to attend on the head coach's behalf may result in that coach losing his privilege to coach for the season. All coaches must teach the high school offense and defense before teaching anything else. Not teaching this will result in removal of the coach.
- II.** No coach is allowed to pull his team off of the field and stop play for any reason whatsoever. Coaches removing their teams from the field shall have the game forfeited, shall be suspended for the remainder of the season, and any other penalty as sanctioned by the Director of Football.
- III.** All coaches and players will, in the interest of GOOD SPORTSMANSHIP, shake hands with the opposing team and coaching staff at the end of each game.
- IV.** Coaches conduct shall be governed by the following:
- 1) Coaches shall not engage in any extensive physical contact with players.
 - 2) Coaches shall not use foul or abusive language toward anyone associated with the league, on or off the field of play, at formal league functions, etc., including but not limited to situations in which players and/or parents are present.
 - 3) Coaches shall not use or be under the influence of, tobacco products, alcohol or other drugs (illicit or over the counter) during practice, games, and at league functions.
 - 4) Coaches shall not give players instructions that are contrary to the rules.
 - 5) Coaches will address officials on a properly courteous manner. (Officials will address coaches in a properly courteous manner also.)
 - 6) Coaches are responsible to make a serious effort to control any harassing or threatening behavior from his players or fans. If any player fails to comply with proper behavior, he or she may be removed from the game and the field at the discretion of the Director of Football, or his designee. If any adult fails to comply with a coach or league official's request to maintain appropriate conduct, he or she may be removed from the field at the discretion of the Director of Football, or his designee. This may include being asked to leave, escorted off the premises by a league official or by the appropriate law authority.
 - 7) Due to the nature of this league (youth football) and what we are trying to teach our youth (good sportsmanship, on and off the field), we will practice ZERO TOLERANCE. A head coach or assistant coaches ejected from a game will be suspended from coaching for the remainder of the season. A coach suspended for more than two (2) games may appeal his/her suspension to the entire MJFA Board of Directors which shall hear the appeal at the earliest convenient time a majority of Board Members can participate at the same time. Only one appeal shall be permitted. The appeal shall be administered by the League President, affording due process to all interested parties.
*It is understood by the MJFA Board of Directors that the Director of Football appointed all Head Coaches and thereby can remove any Head Coach, or his Assistant Coaches, at any time, with or without cause.
- No contact with the team will be allowed during the suspension period.
- A coach under suspension for any reason shall have no contact with his team, either at practice or at league games.
- Any individual convicted of a crime against the state or humanity shall be banned from participation in the MJFA for life, subject to the individual being permitted to appeal to the entire MJFA Board as noted above.
- Any individual accused or indicted of a crime against the state or humanity shall be suspended from the MJFA until such time as the accusations are resolved in favor of the accused.
- Any individual involved in a physical altercation shall be banned from participation in the MJFA for life, subject to the individual being permitted to appeal to the entire MJFA Board as noted above.

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8) Coaches shall not give any player instructions to fake an injury to allow a substitution or delay a game. This will be considered a flagrant violation of the coach's code of conduct.

9) Every coach is encouraged to become N.Y.S.C.A. certified.

V. All teams are to attend all league functions.

VI. No member of a coaching staff shall be permitted to videotape/electronically record any other team's practices. If you are to record another team's game you must do so from an end zone. You may not speak to any other team while doing so. If you record from anywhere else you will forfeit the next game and be suspended for 2 games.

VII. The Director of Football operations, or his designee, shall enforce this Section C, and shall make all decisions no sooner than twenty-four (24) hours after being notified of the alleged violation, and not until in his sole discretion an adequate investigation has been made into the alleged violation.

VIII. All coaches are reminded that they are representatives of MJFA at all times and should conduct themselves accordingly, abstaining from any proceeding in which the coach does not feel he can support the ultimate decision, and publicly showing full support of all League Decisions and Policies.

IX. No team shall have any practice, skills camp, and meeting about plays contact in a coaching football kind of way before the practice season starts. If a team/coach is caught doing so the whole team will be put in the draft and the coach will not be allowed to coach for the season. This also goes with extra practices, going over your time allowed for practice and having practice at some one's house.

SECTION D -PARTICIPATION AND CONDUCT

I. Residency – The league shall be made up of children from Marysville and surrounding school districts. The Director of Football can make exceptions for children living outside of these school districts.

II. All players must have on file with the MJFA President and Program Director, a signed permission slip to play and a registration payment receipt prior to any practice or game. Hardship cases may be considered and approved wherein the League will waive payment for any player or players. The decision shall rest with the Program Director and will be decided on a case-by-case basis as to qualification.

1) Birth certificate and current grade card will be required to be confirmed by an appropriate league official/representative.

III. The Program Director reserves the right to determine the division in which a child shall be placed.

IV. Any player missing (unexcused) two (2) of the three (3) scheduled practices in any week, shall, at the coach's discretion, not play the following game. However, under no circumstances shall a child be penalized for missing practice due to a school related issue or other reasons that are excused by the Head Coach.

V. A player ejected from a game, for any reason, will not be allowed to practice the following week and will be suspended for the next league game.

SECTION E – EQUIPMENT

I. All players MUST wear protective gear at all times while actually engaged in contact play, including practice sessions. This shall include **HELMET, SHOULDER PADS, HIP PADS, FOOTBALL PANTS WITH PROPER KNEE AND THIGH PADS, AND A COLORED MOUTH GUARD. ATHLETIC SUPPORTERS ARE STRONGLY RECOMMENDED.**

II. Players shall be allowed to wear molded soccer or multi-purpose style shoes that do not contain metal within the mold. Tennis style shoes are permitted, but not recommended. No steel cleats or steel/metal replaceable cleats are allowed. Replaceable cleats made of molded plastic and/or rubber are acceptable, as long as there is no metal tip. Other protection, such as rib pads and arm pads are permissible.

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III. Players shall be required to wear all MJFA supplied equipment, including but not limited to the furnished game jersey and the player furnished silver football pants, unless a deviation has been permitted by the Director of Football, or his designee. All requests for deviation must be requested in writing and approved before any coach authorizes any player and/or his entire team to obtain any non-MJFA supplied equipment.

a. All helmet and/or uniform decals/additions must be approved by the Director of Football, or his designee, prior to use.

IV. The league shall furnish an approved mouthpiece for each player. They are designed to be attached to the helmet via the facemask. All players will be required to attach their mouthpiece to their facemask as they were designed. Failure to do so will result in a five-yard dead ball penalty and the player will be declared ineligible until he is fitted with the proper equipment. Players with a special mouthpiece shall be reported to the referee prior to the start of the game.

V. From time to time games will be scheduled between teams with like colored jerseys. In these cases, cover-ups, furnished by the league, will be worn by the home team. The use of cover-ups will be decided by the referees. Please remember to return the cover-ups at the end of the game.

SECTION F - DRAFT OF PLAYERS

It shall be the policy of the league to take any and all steps necessary to ensure that parity and competitive play is achieved each year. Accordingly, the draft policy of the league shall be reviewed before every season, and changes may occur on a year-to-year basis. The particulars of each draft shall be defined each year, with parity, grade level appropriate apportionment, and continuity of teams to be highly desired aspirations. The draft policy will be determined by the Director of Football, or his designee.

SECTION G - WEIGH-INS / "X" PLAYERS

I. Official weigh-ins will be conducted on two (2) separate occasions, with all dates and times to be determined by the Director of Football, or his designee, a scale certified as to accuracy should be used for weigh-ins. The Director of Football operations, or his appointed designee, must be present for valid weigh-ins. Head coaches may be present for weigh-ins, but are not required to attend.

- The first weigh-in will be taken prior to the start of the 1st game but no more than 24 hours prior.
- Optional second weigh –in will can be taken prior to the start of the third (3rd) game→ Note: The 2nd weigh-in is optional/available for "X" players who may now be under the skill position weight maximum. The weigh-ins will be used to determine whether or not the player is an "X" player (non-skill position). The weigh-ins will be conducted by the head coaches of the teams and the Director of Football, or his designee.

II. All players exceeding the established maximum skill position weight will have a large "X" placed on the back of their helmets. An "X" player cannot play any skill positions on offense (See Section B.I.), with the exception of tight end as long as he or she does not handle the ball in any way. An "X" player may play defensive end, although the player must line up in the "down" position. However, if an "X" player weighs-in at or under the weight maximum at their 1st game, the "X" can be removed. If not, an "X" player must stay an "X" until the 4th game, wherein if they weigh-in at or under their division max, the "X" can be removed. If not, they remain an "X" player for the remainder of the season.

III. At weigh in time, the weight will be adjusted back to the previous full pound.

SECTION H – SCHEDULED GAMES AND PRACTICES

I. Each team must complete the schedule of league games.

II. Practice Schedule and Other Practice Issues:

A. Start of season

1. Practice is limited to ten (10) hours per week, with a limit of two (2) hours per practice, and no multiple practices per day. The first 6 days of practice are NO CONTACT! These six days of acclimatization are required. The acclimatization period will be as follows;

The first two days are NO EQUIPMENT; shorts, t-shirts & cleats only.

Days three & four are Helmets Only!

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Day five full equipment may be worn but CONTACT IS STILL PROHIBITED!

Day six is the first day contact is allowed.

The acclimatization period is per player not per team. Players reporting late must full-fill the six day period.

B. After school starts:

1. Practice is limited to five (5) hours per week, with a limit of two (2) hours per practice, and no multiple practices per day. The fifth (5th) hour is a no pads, no contact practice, “walk-thru” style.

C. No practices may be conducted on private property. Only League approved locations may be used.

D. No team can start practice earlier than the date provided by the league. Which includes practice, skills camp, meeting about plays and football. If violated the team will be disassembled and put into the draft.

E.

III. The length of the practice sessions shall be at the coach’s discretion as long as they do not exceed the time limits specified above. Once school starts, practice must be over by 8:30 PM.

IV. Post-season practices for game(s) against other organization(s) shall be determined by the MJFA Head Coach selected for that team

SECTION I - Instructional Game Rules

I. (A) Eleven player rules are used for 7 on 7, 8 on 8, 9 on 9 or 10 on 10 player football with the modifications listed below.

(B) Playing time of the regular season games shall be four (4) eight (8) minute quarters with a five (5) minute half-time and two (2) minutes between quarters. Time is to be kept according to NFHS rules.

(C) In the event of a tie, a maximum of two (2) untimed overtime periods will be played under NFHS RULES. Each team will be given the ball at the ten (10) yard line and given four (4) untimed downs to score. The second (2) overtime period will be conditional upon the score still being tied & enough daylight remains for both teams to have an equal chance to score. The team that goes first will be determined by a flip of the coin. The coin toss winner will be given the option to choose the first attempt or select the direction. During the regular season, if at the end of the second overtime period the score is still tied, the game will be declared a tie. During the playoffs, there are unlimited overtime periods until there is a winner.

(C) There must be a minimum of two (2) OHSAA officials present for a game to be played. If only one official shows up the game cannot be played and will be rescheduled, unless the Director of Football, or his designee, grants special permission to play the game.

II. Games for Instructional Division shall be played on a field 40 yards wide sideline to sideline and 80 yards long end zone line to end zone line with a 10 yard deep end zone. To start the game the ball will be placed on the 25 yard line.

III. At the time the referee signals the ball ready for play, the team has thirty five (35) seconds to put the ball in play by a snap of the ball. The penalty for delay in putting the ball in play is five (5) yards.

a. NOTE: During the first three games it will, at times, take longer for young players to get organized and get the ball into play. The thirty-five second rule is intended to speed up play. There is normally no intent to delay play by these young players. If, in the opinion of the game officials, delay is intended, the officials may stop the clock until the ball is snapped.

IV. All active players on a team must start either on offense or defense and will play approximately 50% of each game. Any participant who, for any reason, will not be participating in any game shall be reported to the officials prior to the kickoff. Any intentional misuse of this rule can result in the head coach being permanently removed from coaching duties.

a. Although coaches are not required to incorporate a “tracking” method, they must adhere to the 50% playing rule as much as possible. This also means that coaches must follow the “spirit” of the rule, meaning that they cannot just follow the rule when it suits their “game situation” (e.g.: your opponent is driving on you and you substitute one of your better players to try to stop the drive, which means you have subtracted or “stolen” playing time from another member of your squad) This does not apply to a single play situation like “4th down & goal”. Coaches will be permitted to make single play substitutions but not substitutions for an entire drive or series.

b. If a parent or opposing team issues a complaint to a league official (typically the respective Division Commissioner), an official will discuss the issue with the offending head coach. If the league receives a 2ND complaint for the same offense/same team, a league official will then monitor the offending team’s next game and will document playing time. If the league official finds just cause in a player(s) not receiving adequate playing time, the offending head coach will be given a written reprimand stating that any further violations may be subject to game forfeiture by the Director of Football.

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V. Instructional coaches shall be permitted to have one (1) coach [per offense & defense] on the field. If a team has more than one qualified coach, then the coach on the playing field shall be different for offense and defense. Other than to ensure compliance with all rules of play, once the offensive team breaks the huddle, the on-field offensive coach cannot communicate in any way with his players and similarly, once the defensive team breaks its huddle, the on-field defensive coach cannot communicate in any way with his players. Coaches and players must remain in the team box between the twenty-five (25) yard lines on their respective sides of the field. The officials shall attempt to give each coach a warning, however, violations are the sole discretion of the officials and subsequent violations will be penalized with a five-yard dead ball penalty.

NOTE: The “on-field coach or coaches” shall make every attempt to stay out of the way of the play. In the event that a coach is obstructing the play, he shall be treated, at the referees’ discretion, as part of the field.

VI. There is no limit to the number of “X” players a team can have on its roster but each Head Coach is responsible for making sure he/she has enough non-X players for skill positions.

VII. All penalties will be assessed according to the National Federation of High School Association Rules.

VIII. (A) Each team will be allowed three (3) time outs per half. Time outs not used in the first half cannot be carried forward to the second half. Time outs will be one minute in length. During a game, the clock will stop in accordance with the National Federation of State High School Associations Rule Book. This will include, but is not necessarily limited to the following:

- 1) Following an injury,
- 2) Following a penalty,
- 3) Following an incomplete forward pass,
- 4) Ball out of bounds,
- 5) Following a score,
- 6) An official’s time out,
- 7) At the end of each period,
- 8) A charged time out.

IX. An injured player must be removed from the playing field for at least one down. An injured player is one that the coach has tended to on the playing field or sidelines outside of the coaching box or the official has sent to the sideline. No exceptions will be allowed to this rule.

NOTE: Unlimited substitutions are allowed in this league.

X. Instructional Division teams may choose to punt. When a team attempts a punt, it shall be considered a “dead ball” except that the ball must be “downed” by either rolling dead or being “downed” by the receiving team. “Downed” shall be defined as having clear possession of the ball, not just a mere “touching.” If a punt does not carry 25 yards beyond the original line of scrimmage before it is “downed,” the ball shall still be placed 25 yards beyond the original line of scrimmage. If a punt carries 25 yards beyond the original line of scrimmage before it is “downed,” then the ball shall be placed where it was “downed,” although in Division I in no case shall the ball be placed inside of the opponent’s ten (10) yard line.

ALL PUNTS ARE “DEAD BALL” PLAYS AND NO TIME SHALL ELAPSE FROM THE TIME THE OFFENSIVE TEAM BEGINS THE PLAY FROM SCRIMMAGE, AT THE SNAP, UNTIL THE BALL IS SNAPPED FOR THE NEXT PLAY FROM SCRIMMAGE.

The punter **MUST** be at least 5 yards behind the line of scrimmage when the ball leaves his/her foot. Violation of the rule is 5 yard illegal procedure violation.

XI. There shall be no kickoffs in any division. The ball will be put into play on the thirty-five (35) yard line except after a safety, at which time; the ball will be placed at the forty (40) yard line.

Note: Time will start on the snap rather than on the ready for play signal.

XII. There shall be no kicking game in instructional.

XIII. Points after a touchdown may be scored in Instructional as follows:

- (A) A successful running play for a point after – 2 points.

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(B) A successful pass play for a point after – 2 points.

(C) A successful interception/fumble return by the defense – 2 points.

1. Instructional returns may only be made by a non “X” player.

XIV. (A) An intercepted fumble, pass, or lateral may not be advanced by an “X’d” player. It is downed at the spot. An intercepted fumble (one that has not touched the ground), pass or lateral may be advanced by an eligible (not “X’d”) player.

(B) A defensive player may advance a fumble, only if the player is an eligible ball carrier (not an “X’d” player); a fumble recovered by an “X’d” player cannot be advanced, and is blown dead at the spot of recovery.

XV. For all games, the same brand of football, as approved by the Director of Football on a year-to-year basis, shall be used in all games. Currently, the approved footballs are as follows:

(A) Instructional : Wilson K2 or equivalent

XVI. The Official Football Rules, published by the National Federation of State High School Athletic Associations and such changes authorized by them shall govern all games. If a rule is not specifically modified by the league, in writing, by the official league rules or addendum therein, the above listed rulebook shall be followed.

XVII. In Instructional Division, there shall be no blitzing allowed by any player. Blitzing is defined as a player who was more than one (1) yard off the line of scrimmage at the snap, charging in anticipation of penetrating the line of scrimmage with the snap of the ball. A defensive player who has established a position within a yard of the line of scrimmage, irrespective of whether he is in a down position or in an upright or standing position, will not be classified as a Blitzer. Violation of this rule shall be a five (5) yard dead ball penalty.

XVIII. There shall be no more than four (4) defensive linemen & no less than three (3) defensive linemen on the line, with all linemen required being in a down position either 3point or 4point except defensive ends can be in two point or three point. All other defensive players must be aligned at least five (5) yards from the line of scrimmage for the snap of the ball.

(A) No Defensive end can be more than two fee outside the last person on the line

XIX. Defensive players must be set for one second before the snap of the ball. The spirit of this rule is to allow the referees time to check for possible blitzers (as per sec. XVIII above) and obvious attempts to draw the offense offside; not to penalize the defense for arbitrary movement within the line and will be enforced as such.

XX. (A) Offensive formations will be limited to the standard five-man line. Unbalanced lines are not allowed.

(B) “Hurry-Up Offensive” is not permitted.

XXI. (A) There is no free blocking zone in this league. There is no blocking below the waist. There will be no blocking from behind or below the waist. Blockers cannot lock limbs with other blockers. There is no “low-high” blocking in the zone.

(B) No player can be lined up over top the Center.

XXIII. 1) If a team at any time after the second quarter gains an **20-point lead**, the “Blowout Rule” goes into effect if enacted by the trailing team’s Head Coach. The officials shall require the team with the **20-point lead** to substitute their entire offensive backfield→QB, RB’s/FB’s, TE’s (unless they are non-receivers) to less experienced, new players (and non-X players in Division I who have not yet played any skilled position on offense). The entire offensive backfield will be substituted at one time, as the roster permits. If the lead falls below **20** points, the starting backfield *can* return during the next offensive set.

NOTE: If the trailing team’s Head Coach chooses to enact the “Blowout Rule” then the trailing team at that time has conceded the win to the leading team, regardless of the final score at the end of the game.

NOTE: If the 20 point lead is a result of a touchdown then the backfield shall be changed after the “point after” to avoid the delay in the game caused by the confusion of changing the backfield.

2) If a team gains a 30 point lead at any time during the game, the head official will inform both head coaches that the remainder of the quarter will be played under a “running clock”. The clock will stop only for time outs and injuries. Following quarters shall be played under a running clock as required. However, the leading team may not call a timeout.

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3) If the lead exceeds 40 points the score board will be reset to read 0-1 and the game will continue under a running clock.

NOTE: Every attempt should be made by the coach of the team which is leading to play his least experienced players. Pass plays and plays utilizing the team's better players should be minimized.

*** THE INTENT IS NOT TO DEMORALIZE THE LOSING TEAM! ***

XXIV. All spectators **MUST** remain behind the designated barriers/markers separating the coaches/players from the spectators.

XXV. Misuse or abuse of MJFA equipment/property may result in loss of use at the discretion of the MJFA Board of Directors.

SECTION J - FIELD EQUIPMENT AND CLEAN UP

I. The both teams for the first game of the day must set the field up completely.

II. The visiting team for all games shall be responsible for supplying personnel for the down markers. Failing to do so will result in a forfeit.

III. The both team for the last game shall see that the yard markers, chains, scoreboard, goal post raps, and banners are properly put away immediately following their game.

IV. Both teams playing the last game on the respective fields shall be responsible for the cleanup of that field and surrounding area.

V. Because of the adverse effect on income from the Concession Stands, tailgating is banned as a practice in this League.

Firearms shall not be permitted at any function of the MJFA, be it practice, games, or other official functions. The only exception to this rule shall be dually sworn local law enforcement officials in the performance of their duties. Any person, be they officials, coaches, participates, or spectators found to be carrying, displaying or otherwise having in their possession a firearm, whether legal or otherwise shall be banned from participating in the MJFA, and where appropriate, legal action shall be brought against said person by the League.