

2009 Metro East Youth Football League Rules

certified as of 7/27/09. Supercedes any rules prior to this date.

3rd Grade

4th Grade

5th Grade

6th Grade

General Rules Outline	<p>INTENT AND SPIRIT OF THE RULES AND STRUCTURE: The Intent and spirit of MEYFL is to simulate and to teach the basic fundamentals needed to play the game of football. MEYFL is not intended to supercede the community organization programs, but to create a unified and agreeable format for teams from various member communities' youth to play football. We do have a number of basic rules that must be adhered to. Individual organizations may have more specific/detailed rules, however, those rules may not specifically apply to other communities..</p> <p>*This is a DEVELOPMENTAL league, not a "Win at all Costs" league. The intent is to provide an environment to expose all players to all aspects of the game. Throughout these rules, you may find that certain situations are not spelled out – at that point we refer to the Minnesota State High School Rules. With that said, this is not high school where an expected level of knowledge and expertise are assumed. Please attempt to simulate game situations – however keeping in mind the level of player that you are coaching and abide by the rules, goals, intent and spirit of the program. If an issue arises during a game, the referee has the final say on ANY rule interpretation. PLEASE do not argue the point. We would however ask that you refer any questions or issues to your organization's MEYFL Representative. Please remember that as adults and coaches we are to teach and facilitate, not dictate and manipulate a game that is intended to be a fun and learning experience for ALL kids</p>
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Registration and Eligibility		The player must satisfy the participation guidelines of his or her association
		The player must be a student enrolled in the applicable grade and not be under suspension from school.
	Team Balance	The Program Director from each member association will strive to create balanced teams from his or her association by Draft or similar means (e.g., no All-Star or A, B or C teams).
	Trades/Exchange	The exchange of players between teams is prohibited except for very unusual circumstances and with the advance approval of the MEYFL Governing Committee.
	Playing Up/Down	Players may, with the approval of the player's association and the MEYFL Board, play up or down grade levels. Any approved player playing down a grade must be labeled as a "Blue Stripe" player regardless of weight.
	Recruiting	No member Association may recruit or register a player who resides within the geographical boundaries of another member Associations Program, unless it is approved by both programs and has the approval of the MEYFL

Weight Limitations		Weight rules are in place for no other reason than safety issues. Players will be weighed by their respective associations and the player's official weight will be identified on the official team roster. Coaches can not weigh in their own players. The weigh in must be done by a person on the local football association board or their representative. All players will be weighed in at time of registration, or at a designated time after registration, and their weight recorded on their official registration form.			
	Official Weight	<p>* Official Weight is the weight of a player in T-shirt, Shorts and without shoes.</p> <p>* If a player is above the Grade Weight Restriction they are consider a "Blue Striper" and subject to Blue Stripe rules.</p> <p>* A player may be made into a blue striper at any time during the season. Players cannot lose weight to loser "Blue Striper" Status - Once a "Blue Striper" always a blue striper. Head Coaches are fully responsible for playing players in certain positions and adhering to the Weight restriction rules. If a player is found to be over the weight limit the player will immediately become a blue stripe and penalties may include but are not limited to game forfeiture</p>			
	Blue Stripe Weight	Over 95 Lbs	Over 105 lbs	Over 120 lbs	Over 130
	Weight Variance	There is no weight variance allowance and weight may be taken at any time during the season. Once a 'Blue Striper always a Blue Striper.			
	Blue Stripe Requirements/Restrictions	<ul style="list-style-type: none"> • Restricted players must wear blue tape on their helmets. The tape is to be at least ¾" thick and applied from just above the facemask across the top of the helmet (from front to back) to the back edge of the helmet. If the helmet is blue, the stripe must be white. • OFFENSE – "blue stripers" can only play offense on the line of scrimmage in a 3 or 4-point stance with at least one non-restricted player outside them on the line of scrimmage at the snap of the ball, i.e. Center, Guard, or Tackle. • DEFENSE – please see grade specific rules for details. • SPECIAL TEAMS – "blue stripers" may play Punter or Kicker. • EXTRA POINTS: They may be utilized in a ball carrying position, including carrying the ball ONLY in an extra point attempt. <p>** There may be other rules and restrictions through out these Rules. Please review all rules.</p>			

Team Size - Selection	Registration & Roster Dates	Player registrations may be accepted by the member associations until August 31, 2008. Official team rosters must be submitted to the MEYFL Commissioner no later than September 1 st , identifying the names, dates of birth, weights, jersey numbers, school attended and grade of each player. No player may be added to the official roster after September 1 st without the advance approval of the MEYFL Board
	Team Size	Each team shall consist of no fewer than fifteen (15) players and no more than thirty one (31) players.

	Coaches Requirements and Conduct.	<ul style="list-style-type: none"> * Each association is responsible for providing coaches for each team and no more than five (5) coaches may be on the sidelines during a game. * If Bleachers or grandstand arrangements are available at games (ie: HS stadiums). Parents MUST be seated in the stands regardless of side. 5 Coach rule in effect. Delay of Game Penalty may be enforced if not in compliance. * Each team must have a minimum of one coach who is currently certified by a Nationally or MEYFL approved Community Board recognized and accepted youth sports coaches training program. All Coaches must be in good standing with all member organizations of MEYFL.
	General	<ul style="list-style-type: none"> * Every Team's Official Coaches (those on the team's bench area must have a signed MEFYL – or equivalent, Coaches Code of Conduct form on file with their organization or MEFYL. * Disciplinary - If a Coach or a member of a Coaching team is ejected from any game, regardless of the situation, they are prohibited from being on the same side line as their team for a minimum of one game (the next game), two ejections in a season – the coach is subject to their organization's disciplinary code and may also be brought before the MEYFL Board for further disciplinary action if deemed necessary.

Referees	Referee Authority	<ul style="list-style-type: none"> • There will be two referees assigned to each 3rd-6th Grade game. • Referees will only be communicating with the Head Coach, Head Coach designate or coach on the field to eliminate confusion and other potential issues. • In a situation where any player, coach, or spectator is displaying Unsportsmanlike conduct, the referees shall have the right to request that the HEAD Coach or any coach designee remove the offender(s) from the playing and viewing area, and can suspend play until this is done. If a suitable resolution is not resolved in a reasonable amount of time (as determined by the referee), the referee has the right to call a forfeit. • Will officiate each game in accordance with League rules. If league rules do not specifically address a specific situation, Minnesota State High School Rules will apply. • Referees have final decision-making authority during the course of a game. (Also see Cancellations)
	Referees and Rules	<p>Please note that the referees also referee at various levels. Certain rules have been modified to accommodate the goals of our program. At times there may be confusion as to specific rules and rules modification. Also consider that due to the number of referees vs. the number of players and various actions on the field, it is nearly impossible to see everything that happens on the field.</p> <ul style="list-style-type: none"> * We are also asking referees to understand the level and ability of the kids – though it is optional, we give them the authority to offer 'warnings' to teach and make kids aware of potential infractions (i.e.: lining up offsides, holding etc...) . * We ask that the referees try when possible to communicate the warning to the Head Coach as well. * We as adults must remember that the Referees do not have any stake in the outcome of the game. * We ask that regardless of the situation that the adults involved show a mutual respect towards each other and set a positive example of sportsmanship for the kids.
	If Referees are a "No-Show"	<p>If Referees do not show up for your game, we ask that you notify your MEFYL Organization Coordinator soon after your game *** Please do not hold up your game... especially if there is another game scheduled after your game. We want to limit the number of avoidable late starts. ** Recommended Solutions - * If there is another game near by that has two referees, please contact them and notify them that you do not have a referee and ask for their assistance. Note that there is a difference between 3rd/4th grade referees and 5th/6th grade. * If an official referee is not an option, coaches should get together. we ask that they mutually agree to each select one responsible adult representative from each side to referee the contest.</p>

Equipment	Player	<ul style="list-style-type: none"> * Helmet – must be approved and certified by the manufacturer in accordance to all manufacturers safety standards. * Mouthguards – are to protect not only dental injuries, but also prevent concussions, IF a player does not have an approved mouthguard they will not be eligible to play until they do. • All mouthguard MUST be a attach to the facemask AND must be of a color other than clear or transparent/translucent.. * Footwear - No removable cleats, metal or otherwise. Shoes are limited to studs, which are made with non-abrasive rubber, or rubber-like material, which does not have and will not develop a cutting edge. 			
	Field	The HOME team will be responsible for the Down Marker and Chains. IF the Visiting Coach wishes to have one attendant be on "Chain Gang" that is acceptable.			
	Football Size	Pee-wee, Junior or Youth Size	Junior or Youth Size only	Junior or Youth Size only	Youth Size only

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Eq	Football	Football. Leather, rubber or composite may be used. Note each team may have their own football but any football used in the game may be used by the other team.
	Emergency Preparedness	<ul style="list-style-type: none"> Coaches are to have readily available at each football event (game and practices) a current roster with all parental contact and emergency contact information . Also included should be any notes of any medical conditions or special needs. All coaches should be made aware of these issues and a discussion should occur with the parents/guardians for potential needs (ie: medications etc...) Recommendation is to have a copy located in the team's First Aid Kit.

Fields	Field size	40 yard x 80 yard fields. Midfield = 40 yardline.	Regulation 100-yard fields - Midfield = 50 yardline.	
	Coach's Box	25 yd line to 25 yd line		
	Field Lines	10 yard lines - preferred every 5 yards if possible. Especially in a baseball outfield situation.	Minimum of 10 yard lines	
	team location	Team benches will be on opposite sides of the field.		
	Inspection/maintenance	Pre game field Inspection – the Home team coach is to do a brief overview of the field and equipment. If anything is viewed and considered to be unsafe, they must contact the Field Coordinator.		

Scheduling	Season	Practices: Begin anytime after August 1st. Each organization may have their own rules/regulations on starting dates, length, quantity, etc. First Games: Begin after September 1. Number of Games: Maximum of Eight (8) regular season league games. Season Length including playoffs – The MEYFL season will not extend beyond October 31 for any reason	
	Cancellations	The Program Director of the association where a game is scheduled to be played, in conjunction with the field owners will determine whether a game should be cancelled because of weather or field conditions before the start of the game. Each member association is responsible for the condition of the fields and field equipment it provides for the games. The officials have the authority to cancel a game or delay a game that is in progress.	
	Inclement Weather	<ul style="list-style-type: none"> Lightning – If you See it and Hear It – CLEAR IT! Lightning can strike up to 10 miles ahead or behind a storm. Games are to be postponed IMMEDIATELY and all players/spectators and officials are to seek appropriate shelter. Games are to resume no sooner than 30 minutes after the last sight and sound of a thunder and lightning storm. Other weather – Games will be called at the field by the referees after a discussion with both Head Coaches. Please do not assume a game will be cancelled and not show up – it will result in a forfeit. 	
	Rescheduling	Games may be rescheduled only due to weather cancellations. A game is considered as complete if 3 quarters have been completed. Rescheduling days will be Wednesday nights or Saturdays. * Due to field permit issues and rescheduling of referees, please contact your MEYFL Organization Director to reschedule games.	
	Playoffs	No Playoffs. Special Arrangements may be made to have teams pair up for one game in a location such as a Varsity Field or Bielenberg Dome at the end of the season.	MEYFL will create a multi tiered playoff system for only the 5th and 6th grade teams. The scenario is based on the number of teams. Ideally a 3-4 tiered round-robin type of system (i.e.: Gold, Silver, Bronze tier) that matches teams of similar strength, and regular season records.

	Penalties	Full penalties	
	Facemask	Face Mask. Any and all grabbing of the helmet opening, no matter how significant, shall be always a 15-yard penalty. (A stiff arm by a running back is allowed as long as the ball carrier doesn't grab the defensive player's mask and a tackler can put their hand on the ball carrier's helmet provided they don't grab an opening.) Automatic 1st Down.	
	Rules 'review'	If during a game, a coach believes that a ruling by a referee is not correct in accordance with the rules, a coach may call a timeout. At that time the BOTH Head Coaches and the referees are to come together to calmly and professionally discuss & review the rule. It is the responsibility of the Coach who called the timeout to have the proper documentation to address the rule. If the ruling is overturned due to the timeout and discussion, the timeout is not charged. If the ruling on the field stands, the timeout will be charged to the team who called the timeout. Referees have final decision-making authority during the course of a game.	
	1st down Measurements	A coach has the right to request a 'first-down' measurement at any time. If a referee believes that the right is being 'abused' he may not allow requests.	

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Game Rules - General

Game length	Game = 56 plays. (14 plays = 1 Qtr.) * Special Teams do not count towards play count unless "Lopsided" Score Rules are needed. Lopsided Score Rules: Once a team has a 24-point or better lead, the opposing coach may choose to have special teams plays count towards the play count. * Teams only switch field position at halftime. To be considered a play in the MEYFL, the ball must be snapped and a play completed. In the event of a penalty by the offense and the penalty accepted by the defense, then the play is not counted. If the penalty is declined by the defense or the penalty was against the defense it is counted as a play.	Game Clock - consist of four 15-minute running time quarters. 8 minutes for half-time (shortened if agreed to by both coaches). ONLY The last 2 minutes of the fourth quarter stop-time. If one team has a 24-point or better lead running time will continue during the final 2 minutes of the fourth quarter. "Stop Time" is for normal game circumstances that would stop the clock (ie: Out of bounds, incomplete pass) etc...
Play Clock	Note: Regardless of Game time measurement method, Referees will maintain a 35 second clock from the referee's 'set of the ball' to the snap of the ball. Over 35 seconds = Delay of game penalty.	
Coaches on Field	One allowed on field, in huddle- all season. Coach on field must stay 15 yards behind the LOS and remain silent once offensive line is set until ball is snapped. (5-yard penalty)	Coaches are only allowed on the field during Timeouts
Time Outs	3 timeouts per half. No carryover.	3 timeouts per half in regulation. No carryover.
Halftime	8 minutes for half-time. (shortened if agreed to by both coaches or by referee due to 1st half running long)	
Overtime	No Overtime - if a game is tied at the end of regulation, the game is recorded as a tie	<ul style="list-style-type: none"> • Three Minute Intermission • Each team is given one-30 second time out. No Timeouts carry over from regulation. • A coin toss will determine who goes first. All players become eligible in the overtime • Referee decides which 10 yard line will be used. Same 10-yard line will be used for the entire Overtime. • Ball placed at the 10-yard line – 1st and Goal. • Each team will be given a 1st and Goal from the 10, opportunity attempt. • If a team scores, the rules for points are listed below in the scoring section. Running/Passing extra point parameters will apply, same as in regulation. • If a turnover occurs and the defense gains possession the offense's possession ends immediately. • A maximum of one overtime attempt will be allowed. After completion of the overtime period if the score is still tied, the game will be considered final and end in a tie. Exception – in a playoff/tournament game, where a winner must be determined to continue the event.
	<p style="text-align: center;">TOUCHDOWN = 6 POINTS EXTRA POINTS</p> <ul style="list-style-type: none"> * 1 point = from 3 yard line (Run or Pass) * 2 points = from 6 yard line. (Run or Pass) * No placekicking 	<p style="text-align: center;">TOUCHDOWN = 6 POINTS EXTRA POINTS</p> <ul style="list-style-type: none"> * 1 point = from 3 yard line (Run or Pass) * 2 points = from 6 yard line. (Run or Pass) * 2 point = Extra point via place kicking * There are no restrictions on "blue strippers" on extra point attempts, anyone can play anywhere on offense and defense and all players can run/pass/catch the ball regardless of weight * If a team is up by 24 or more points, only 1-point conversions allowed. <p style="text-align: center;">SAFETY</p> <ul style="list-style-type: none"> * Safety is 2 points • The team whose goal line was involved shall put the ball in play on the 20-yard line by a free kick after a safety.

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Scoring	<p>* There are no restrictions on "blue strippers" on extra point attempts, anyone can play anywhere on offense and defense and all players can run/pass/catch the ball regardless of weight</p> <p>* If a team is up by 24 or more points, only 1-point conversions allowed.</p> <p style="text-align: center;">SAFETY</p> <p style="text-align: center;">* Safety is 2 points</p> <p>• After a Safety is scored, the ball shall be put on the 35-yard line of the team the safety was scored against and they shall become the defense.</p>	<p>PLACE KICKING - Extra Points.</p> <p>* Any player may place kick, including Blue Strippers.</p> <p>* Ball is Placed at the 3 yard line and holder may not set up closer than 3 yards from the Line of Scrimmage.</p> <p>* Place Holder - must field a long snap from the center. One Knee must remain in contact with the ground at all times. If the knee comes up, the attempt is failed</p> <p>* Kicking Blocks or the ground are the only platform that the ball may be kicked from. NO Kicking Tees.</p> <p>* This is a Freeze Kick. with no Defensive Rush. Once Ball is Snapped Offense and Defense must Freeze until the ball is kicked. (Exception of Center-Holder-Kicker).</p> <p>* Defense may not try to distract Offensive team by yelling, jumping or waving arms until AFTER Ball is kicked. (Unsportsmanlike - 1/2 the distance and redo attempt)</p> <p>FIELD GOAL ATTEMPTS -- All field goal attempts are Frozen plays. The ball must be fielded by the holder without raising a knee or the play is dead. Field goal is 3 points.</p>
Lop Sided Score	<p style="text-align: center;">Lopsided Score Rule: "Lopsided Score" = one team leads by 24 or more points.</p> <ul style="list-style-type: none"> • No passing attempts are allowed by a team leading by 24 or more points. • No 2-point conversion attempts are allowed by team leading by 24 or more points. • See Game Length for further clarifications 	
Playing time rules	<p>This is intended to be a Youth Developmental League. It is to give kids the opportunity to learn and play the game of football regardless of skills and ability. It is not a "Win at all costs" league., Therefore we expect kids to have equal opportunities for atleast 50% of the playing time. Our goal is to develop kids and expose them to all concepts (blocking, tackling and running/ball carrying). Our league's philosophy is to give all kids opportunities.</p>	
Skilled Position	<p>"Skilled" Positions</p> <p>* Quarterbacks, Running Backs. Ends are not a skilled position. Ends may only handle the ball if it is a forward pass that is completed past the line of scrimmage. A reverse will need to be done with a skilled player.</p> <p>* Players may ONLY be eligible to play in a skilled position in the equivalent of One Half of any regulation game.</p> <p style="padding-left: 20px;">*** 3rd-4th Grade: 'One Half means either the two quarters before halftime or the two quarters after halftime ONLY.</p> <p style="padding-left: 20px;">*** 5th-6th Grade: One Half EQUIVALENT means the total of two quarters. These quarters do not have to be consecutive. *</p> <p>Eligibility is regardless if a player does not play in the Skilled Position in that half or plays in the Skilled Position but does not touch the ball.</p> <p>* Skilled Position Players must be established before kickoff and communicated in writing to the opposing coach using the attached form or something exceptable with same information. FORMS WILL BE MADE AVAILABLE ON THE MEYFL WEB SITE FOR DOWNLOAD</p> <p>** Players – name and jersey number must be declared eligible based on your grade requirement. If a player does not play when declared but does not touch the ball, it does not matter.</p> <p>** Violation of this rule will be assessed an illegal participation penalty for each occurrence (10 yd penalty/occurrence).</p>	

Teams	<p><u>Kickoff Team</u></p> <p>* Kicks off from 40-yard line. Balanced kickoff team – 5 players on each side of kicker through kickoff. Ball must be kicked by the "middle" player (5 players on each side). ANY player (blue stripe or not) may kickoff.</p> <p>o No Onside Kicks. Referees will have final decision on whether a kick was considered "on-sides"</p> <p>*** Intent: Promote the learning of kickoffs and kickoff returns</p> <p>o Out of bounds kicks = Accept ball where kick went out of bounds OR a re-kick by the kicking team from the original kicking Line of Scrimmage less 5 yd penalty. Receiving team's Choice.</p> <p><u>Kickoff Return Team</u></p> <p>o No closer than 10 yards from spot of the kick when ball kicked. Must have balanced, 5 or 6-man front line.</p> <p>o 'Blue Strippers' may only play front line positions. Front line positions are not restricted to Blue Stripe players.</p>	<p><u>Kickoff Team</u></p> <p>* Kicks off from 40-yard line. Balanced kickoff team – 5 players on each side of kicker through kickoff. Ball must be kicked by the "middle" player (5 players on each side). ANY player (blue stripe or not) may kickoff.</p> <p>o Out of bounds kicks = Accept ball where kick went out of bounds OR a re-kick by the kicking team from the original kicking Line of Scrimmage less 5 yd penalty. Receiving team's Choice.</p> <p><u>Kickoff Return Team</u></p> <p>* No closer than 10 yards from spot of the kick when ball kicked. Must have balanced, 5 or 6-man front line.</p> <p>* 'Blue Strippers' may only play front line positions. Front line positions are not restricted to Blue Stripe players.</p>
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Special 7	<p>o Offense has 35 seconds to declare decision to referee to avoid a delay of game penalty. No Fakes. (5 yard Penalty)</p> <p>o A "PUNT" = 15 yard move of the ball and a change of possession. (Half the distance inside the receiving team's 30 yard line)</p>	<p>o Punts are live "Freeze Punts" with no defensive rush. Once ball is snapped – all players must freeze until the ball is kicked.</p> <p>o Punter must be at least 7 yards behind the LOS and receive the ball via a long snap. If snap is muffed, punter kicks from the point where the ball is recovered (as long as punt is no closer than 7 yards from the LOS and between the Tackles). Blue Strippers may punt.</p> <p>o Punts must be clearly communicated to referee. No Fakes allowed.</p> <p>o Punt formation – Intent is to simulate a true, tight balanced punt formation. Max of two wide outs – one on each side of formation. Players in formation are to be in a "breakdown" 2 or a standard 3-point stance.</p> <p>o Punt return – min of 6 men on the LOS across from the tight punt formation - Players in formation are to be in a "breakdown" 2 or a standard 3-point stance. Max of two players deep. All others are to be on or within 2 yards of the LOS.</p>
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Offense	Line of Scrimmage	<p>ONLY Balanced formation Line of Scrimmage. No Unbalanced lines.</p> <p>Balanced Line vs. Balanced Offensive Line clarification:</p> <ul style="list-style-type: none"> Balanced Offensive Line = T G C G T Balanced "Line" – The 5 Offensive linemen, and two other players (i.e.: 2 TE's, 1 TE/1 WR, 2 WR's) must be on the LOS for a legal formation. These 7 players MUST be in a balanced formation (3 players on either side of the center at the start and snap of the play) (5-yd penalty). 			
	Examples "C" = Center/ snapper	<i>Legal</i>	1 2 3 C 1 2 3	1 2 3 C 1 2 3	1 2 3 C 1 2 3
		<i>Illegal</i>	1 2 3 4 C 1 2	1 2 3 4 C 1 2	
	Fumbles	<ul style="list-style-type: none"> No FUMBLE-ROOSKI'S (5-yd penalty) <u>Behind the LOS:</u> Offense backs and ends can advance a fumble only if recovered behind their line of scrimmage. <u>Past the LOS:</u> If a fumble occurs past the LOS, the offensive player who last had control may only advance offensive Fumbles. If another offensive player recovers the ball ahead of where the fumble occurred, the ball placement is to be located at the spot where the initial player lost control of the ball. <u>Defense:</u> ANY player may advance a fumble or an interception. 			
	Hard Counts	The quarterback shall not attempt to draw the defense offside via the use of a hard, irregular count or by bobbing (5-yd penalty)			
	Offensive Line	<ul style="list-style-type: none"> * Offensive Line = 2 tackles, 2 Guards and a Center. TE's may be split out. * The Offensive Line MUST be in a 3 or 4 point stance. Does not include TE or WR/FL. (5-yd penalty). * End man on the Offensive Line of Scrimmage cannot be a blue striper. (5-yd penalty). 			
	O Line Splits	Offensive Line (Tackle to Tackle) splits may be no wider than finger tip to finger tip away from the next player.			
	"Quarterback" Running	From a direct snap, a player may only advance the ball past the line of scrimmage outside the tackle position. (The original position of the tackles before the snap of the ball) Advancing a ball between the tackles from a direct snap is a 5 yard penalty from the original LOS. (Tackle Landmark = The original position of the tackles before the snap of the ball)	No Limitations.		

Defense	General	<ul style="list-style-type: none"> Balanced Defensive Line 6-2 Defensive ONLY. <ul style="list-style-type: none"> Exception: a LB may only flow out of a stacked situation or outside a DE – laterally only with a back or receiver if there is presnap formation or presnap motion causing an offensive overload to their side. (Intent is to MATCH offensive overload) Maximum 8 “Men-in-the-Box” No Stunting or Blitzing Allowed. No simulated movements to draw off sides (4 yard penalty) Defense: ANY player may advance a fumble or an interception 	<ul style="list-style-type: none"> Balanced Defensive Line 4, 5 or 6 man Defensive fronts ONLY. Maximum 8 “Men-in-the-Box” No simulated movements to draw off sides (5 yard penalty) Defense: ANY player may advance a fumble or an interception. * If there is a man over the Center (Nose Guard). He must be head up. He may not swat at the ball at anytime. (5 yd penalty). Note: A center at this level is in a vulnerable position. A defense targeting (ie: headhunting”) a center by a defensive player is NOT acceptable and will be dealt with by the league severely.
		<p>This is a legal 6-2. Note: Interior D Line must be aligned head up on Offensive Guards and Tackles. DE's may be on or outside shade of TE position. LB's are not to be outside of the DE's, unless there is an overload situation</p>	
	Defensive Line	<ul style="list-style-type: none"> Defensive Line Alignment must be balanced Blue Stripe Players may play any position on the LOS as rules allow. No forward or lateral movement by the interior line and no forward movement by any other position at the snap of the ball. (5 yard penalty). Interior Linemen (any players on line between DE's) MUST line up head up (Nose on Nose) to their opponent. DE's may play on or an outside shade of a tight TE position or where the TE would be if in a TE position if no TE exists. He may play no wider than an outside shade of a tight TE position. "Tight" means that TE is within finger tip to finger tip to the O Tackle. 	
	Example		
	Linebackers	<ul style="list-style-type: none"> Max of 4 LB's (must comply with 8 man box and D front rules). Min of 2 yards off the LOS at all times at or before the snap. Note: LOS is where the plane of the ball is, not where the linemen line up. No Restricted (Blue Stripe) players. 	
" 8 Men in the Box" Example	<ul style="list-style-type: none"> The “BOX” is defined an imaginary rectangle drawn from the line of scrimmage to the back side of the deepest “linebacker” and no wider than 1 gap outside of the defensive end. There are to be no MORE than 8 Men in the box at any time. 		

Defensive Backfield	<p>Cornerback position. Must play MINIMUM of 5 x 5. 5 yards off of LOS and 5 yards outside of the widest DL player. (5 yard penalty) EXCEPTION: Inside own 10, Corners may play at LB depth (2 yds off LOS) but minimum of 5 yards outside of the Defensive End.</p> <p>Safety position. must play MINIMUM of 7 yards off of LOS. (5 yard penalty) EXCEPTION: Inside own 10, Safeties may play to a depth of 1 yard behind the deepest Linebacker.</p> <ul style="list-style-type: none"> • Minimum of 1 players – regardless of position must be a minimum of 7 yards or more off the LOS at the snap of the ball. (5-yd penalty) . Except as noted above - inside the 10-yard line. • No Restricted (Blue Stripe) players.
Blitzing	<p style="text-align: center;">Blitzing is NOT allowed</p> <ul style="list-style-type: none"> • BLITZING is allowed –however no LB forward movement at or before the snap of the ball. Lateral or backwards movement before snap ONLY. (5 yard penalty)

	Minnesota State High School League (“MSHSL”) rules will be followed except as noted below. The MSHSL rules apply to players, coaches, parents and referees.
Referee Authority	Rule 1-Sec.1-Art.3: The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referees’ decisions are final in all matters pertaining to the game.
Timeouts	Time out. Rule 3-Section 5-Article 11: (paraphrased) A team may take a time-out to review a decision or problem with the rules. If the conference results in the referee altering his ruling, the opposing coach will be notified, the revision made, and the time out shall be an official’s time-out. If the referee’s ruling prevails, the time-out remains charged to the team requesting the time-out.
Illegal Block	<p>Illegal Blocking-Clipping. Rule 9-Sec.3-Art.5: A player shall not clip and there is no free blocking zone. All lines must match up head to head or double team block and be above the waist.</p> <p>Illegal Blocking-Clipping. Rule 9-Sec.3-Art.5: A player shall not clip except in the free blocking zone (rectangular area 4 yards either side of the ball and 3 yards behind the line of scrimmage) In this zone, only players who are in the zone at the snap may clip others that are also in the zone at the snap. Rule 2-Sec.17-Art.3) May also clip when tackling a runner or pretend runner; or recovering a loose ball.</p>
Clipping	Rule 2-Sec.3-Art 1&2) Clipping is: charging or falling into the back or across the back of the leg(s) of an opponent who is not a runner or pretending to be a runner -or- Pushing by use of hands or arms in an opponent’s back. Such cases shall not be ruled clipping unless the official sees the initial contact. When in doubt, or the opponent turns his back, or the block is from the side, it is not clipping if the opponent was able to see the blocker. (15-yd penalty)
Block below waist	Illegal Blocking-Below the Waist. Rule 9-Sec.3-Art.2: A player shall not block an opponent below the waist except: a. in the free blocking zone (see Illegal Block Rule) when contact meets requirements (Rule 2-17) b. to tackle a player with, or pretending to have, the ball. (15-yd penalty)
Chop Block	Illegal Blocking-Chop Block. Rule 9-Sec.3-Art.6: Blocking by offense or defense is illegal when it is a chop block. Rule 2-Sec.3-Art.9 Chop block is a block at the knees or below the waist to an opponent who is in contact with a teammate of the blocker. (15 yard penalty)
Illegal Contact	<p>Illegal Personal Contact. Rule 9-Sec.4-Art.2: No player shall:</p> <ul style="list-style-type: none"> b. Charge into or throw an opponent to the ground after he is obviously out of play, or after the ball is clearly dead either in or out of bounds. In other words, players shall not HEADHUNT 30 yards away from the play and coaches should teach their kids that such an activity is illegal and dangerous. c. Pile on any player who is lying on the ground. i. Butt block, face tackle or spear. (Butt Block is a blow driven directly into an opponent with the face mask, frontal area, or top of the helmet as the primary point of contact.) j. Intentionally use his helmet to butt or ram an opponent. <p>Rule 9-Sec.4-Art.7: A defensive (and offensive) player shall not use his hands to strike (an opponents) head. (all 15-yd penalties)</p>
Snap rule	Snap Rule 7-Sec.1: a. The snapper may be over the ball...and no part of his person, other than a hand(s) on the ball, may be beyond the foremost point of the ball. b. The snapper may lift the ball for lateral rotation but may not rotate end-for-end or change the location of the ball. c. The snapper may not remove both hands from the ball, make a false snap or fail to pause before the snap. d. An act clearly intended to cause the defense to encroach. (5 yards penalty)
Coin Toss	Not more than four captains from each team may be present at the coin toss. The visiting captain shall call.
Walk-ons	No Walk-Ons. Rule 7-Sec.2-Art.1: After the ball is ready for play, each player of the offense must have been, momentarily, within 15 yards of the ball before the snap. (5-yd penalty) Also, Rule 9-Sec.6-Art.4c: To use a replaced player or substitute in a substitution or pretend substitution to deceive opponents at or immediately before the snap or free kick. (15-yd penalty)

helpful High School Rules:

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Runner Assistant	Assist the Runner: An offensive player shall not push, pull or lift the runner to assist his forward progress. Rule 9-Sec.1 (5-yd penalty)
Fighting	Illegal Personal Contact. Rule 9-Sec.4-Art.1: No player or non-player shall fight (striking, kicking, kneeing, and intentionally contacting an official.) (15-yd penalty & disqualification)
Neutral Zone	Rule 2-Sec.27: The Neutral Zone is as wide as the length of the ball, and is expanded following the snap up to 2 yards on the defensive side of the line of scrimmage.
Inadvertent Whistle	Inadvertent Whistle: Rule 4.-Sec.2-Art.3: During a down, or during a down in which the penalty for foul is declined, if an inadvertent whistle occurs while: a. A legal forward pass or snap is in flight, or during a legal kick, the down shall be replayed. b. The ball is loose following a backward pass, fumble, illegal forward pass or illegal kick, the team last in possession may choose to put the ball in play where possession was lost or replay the down. c. The ball is in possession that the team may choose to accept the play at that spot or replay the down.
Pass Interference	Pass Interference restrictions only apply beyond the neutral zone and only if the forward pass crosses the neutral zone. Pass interference restrictions begin for offense at the snap and for defense at the release of the pass. It is forward-pass interference if any player, offense or defense who is beyond the neutral zone interferes with an eligible opponent's opportunity to move toward, catch or bat the pass. (15 yards from previous spot and automatic first down if by defense or 15 yards from previous spot and loss of down if by offense) It is not pass interference if unavoidable contact occurs when two or more eligible are making a simultaneous, bona fide attempt to move toward, catch or bat the pass. It is not pass interference if contact by the offense is immediately made on the defense and the contact does not continue beyond the neutral zone.
Roughing the Passer	Roughing the Passer. Rule 9-Sec.3 Art.3: Defensive players must make a definite effort to avoid charging into a passer, after it is clear the ball has been thrown. (15 yards and automatic first down from previous spot or from completion.)
Unsportsmanlike Conduct	Noncontact Unsportsmanlike Conduct. Rule 9-Sec.5: Baiting, taunting, insignias worn that engenders ill will; embarrass, ridicule or demean on the basis of race, gender, religion, or national origin; profanity, insulting, language or gestures; spiking or kicking the ball, throw it in the air; any delayed excessive or prolonged act by which a player attempts to focus attention upon himself. (15 yards & disqualification if flagrant, the 2nd unsportsmanlike foul results in disqualification.)
Unsportsmanlike Conduct	Noncontact Unsportsmanlike Conduct by Non players. Rule 9-Sec.8-Art.1: No coach, substitute, trainer or other team attendant shall act in an unsportsmanlike manner. Example are, but not limited to: a. Using Profanity, insulting or vulgar language or gestures. b. Attempting to influence a decision by an official. c. Disrespectfully addressing an official. (15-yd penalty and if flagrant-disqualification and ejection. The second unsportsmanlike foul with a 15-yard penalty results in disqualification. Failure to comply, the referee may forfeit the game.) Between the 30-yard lines. No Coach, substitute, trainer or other team attendant shall be outside the team box. (1st offense warning-2nd 5 yards, 3rd and so on 15 yards)
Parent/Spectator Conduct	Parents and spectators. Rule 9-Sec.9-Art.1: A player or nonplayer or person not subjected to the rules shall not hinder play by an unfair act, which has no specific rule. (Penalty-the referee enforces any penalty he considers equitable including the award of a score. Warnings are recommended but optional.)