

MMYFCL Rules Cheat Sheet ("White Rules" Summary)

GENERAL RULES

- NHSF Rule Book applies except as noted in MMYFCL SOP.
- Four ten (10) minute quarters with clock controlled by referee
- Max of 2 overtime periods in regular season, 7U thru 13U Levels.
 - **Overtime Period:** A series started as 1st and goal from the 10 YD Line for each team
- Teams must start game with a min. of 9 players and continue with 8 players.
- Teams must be ready to start game 15 minutes before scheduled time at referee's discretion.
- Team leading by 27 points: No passes, pitches, multiple handoffs or trick plays. Penalty: 15 Yd Unsportsmanlike against HC and loss of down.
 - Running clock, trailing team takes possession on 50 with no kickoff.
- Wrist coaches may also be worn on belt
Coaches must stay off the field during games including in between plays

MINIMUM PLAY RULES

4th quarter **or** be inserted at that time until all minimum plays are fulfilled regardless of game situation (offense, defense, etc). Red stripe restrictions still apply. Red stripe players requiring plays shall play in every play in which they are eligible until min play requirements are met. Head Coaches are responsible for getting players who have not received their minimum plays into the game for the first play of the 4th quarter.

RED STRIPE RULES

Red stripe players are designated by red (or contrasting) colored tape on

- helmet or around the thigh.
 - Must play on LOS tackle-tackle and remain on LOS or in backfield unless following or leading play
 - May never advance the ball at any time (fumble, INT, punt, etc)
 - May not play on kickoff/return unless if their absence would create a forfeit situation (9 players to start the game, 8 to continue)
 - May be the punter or place kicker, but any bad snap/fumble prior to the kick will be blown dead at the spot of fumble
 - Penalty for any violation: 15 yards and loss of down.

Red stripe restrictions still apply when fulfilling min play requirements.

- Red stripe players requiring plays shall play in every play in which they are eligible until min play requirements are met.

Note to Referees

This reference sheet is a summary of the MMYFCL "white rules" and other notes. Each coach should have a copy of the latest version of the SOP with them. Please refer to the SOP for a more detailed explanation of situations not covered by this document.

9U SPECIFIC RULES

- Punts are dead balls until they are kicked and must be announced (no rush)
 - No one downfield until ball is kicked (5 YD penalty)
- Field goals and extra points are dead balls (no rush)
- Clock will stop from snap to kick on all dead ball kicks and punts
- Center may position and grip the ball in any way necessary to snap it.
- **DEFENSE:** 5 players must remain at least 3 YDs behind LOS until snap
 - No player within 3 YDs may move towards the LOS before the snap
- 1 coach on field for each team (2 on field for first five games @ Federal
No on-field coach may talk after **offense breaks the huddle** (10 YD penalty)
 - On-field coach(es) must remain 15 YDs behind nearest player at all times
 - during a play

8U SPECIFIC RULES

- Punts are dead balls until they are kicked and must be announced (no rush)
 - No one downfield until ball is kicked (5 YD penalty)
 - Offense may declare 20 YD punt instead of kicking, cant exceed own 20 yd line
- Field goals and extra points are dead balls (no rush)
- Clock will stop from snap to kick on all dead ball kicks and punts
- Center may position and grip the ball in any way necessary to snap it.
- No QB runs between guards except within 5 YDs of TD
- **DEFENSE:** 5 players must remain at least 5 YDs behind LOS until snap
 - No player within 5 YDS may move towards the LOS before the snap
 - No one may line up in A gaps or over center in normal situation
 - Inside 5 YD Line, defensive team may use "goal line" defense with players in A gaps (center-guard gaps, but still not over center) and other 5 players 3 YDs off LOS.
- 2 coaches on field for each team
 - No on-field coach may talk after **offense is set** (10 YD penalty)
 - On-field coaches must remain 15 YD from nearest player at all times during a play

7U SPECIFIC RULES

- No Kickoffs, offense starts on own 35 each half and after scores
- Offense may declare 25 YD punt instead of kicking cant exceed own 20 yd line
- Field goals and extra points are dead balls (no rush)
- Center may position and grip the ball in any way necessary to snap it.
- No QB runs between guards except within 5 YDs of TD
- **DEFENSE:** Same as 8U rules