



# MYFL 2025 MANUAL



# HISTORY/INTRODUCTION

SEE VIDEO:

<https://youtu.be/PSXyb8HCXow?si=e9H9T0MpIMHiGSGh>



**MIDWEST YOUTH  
FOOTBALL LEAGUE**



# 2025 PROPOSED RULE CHANGES: (TURNED DOWN)

- NO PULLING O-LINE = TURNED DOWN
- WEIGH-INS ONLY ONCE A SEASON = TURNED DOWN
- CHANGE GAME TIMES = TURNED DOWN
- MOVE 2-POINT CONVERSION TO THE 5-YARD LINE = TURNED DOWN
- CHANGE PLAYOFFS = TURNED DOWN
- SCHEDULE A GAME OVER LABOR DAY = TURNED DOWN
- RULE 22 = TURNED DOWN



# 2025 PROPOSED RULE CHANGES: (APPROVED)

- **HAVE DIFFERENT DEFENSIVE FRONTS = APPROVED**
- **3/4 GRADE TEAMS HAVING A DEFENSIVE COACH ON THE FIELD = APPROVED**
- **BLITZING PENALTY BECOMES 15 YARDS = APPROVED**
- **NO OFFENSIVE STIFF ARMS TO THE FACEMASK = APPROVED**
- **COMBINING 5/6<sup>TH</sup> GRADE BY PERCENT OF PLAYERS = APPROVED**
- **POOR BEHAVIOR BY COACH = APPROVED**
- **PLAYOFFS SUSPENDED FOR POOR BEHAVIOR BY A TEAM = APPROVED**
- **5/6 GIRLS' DIVISION = APPROVED**
- **3/4 GRADE PLAYING SCRIMMAGE STYLE GAMES = TIE** (\*FOR THE FIRST GAME OF THE YEAR, THE 3/4 GRADE GAME WILL BE PLAYED AS A GAME, BUT IN A SCRIMMAGE STYLE. COACHES WILL BE ON THE FIELD, WITH NO REFS, WE WILL GET FEEDBACK AFTER THESE GAMES.)



# RULE CHANGE CLARIFICATIONS

**FC1: HIGH SCHOOL RULES: WE WILL USE THE NFHS RULES, EXCEPT FOR THE SPECIFIC MYFL LEAGUE RULES. [HTTPS://WWW.NFHS.ORG/ACTIVITIES-SPORTS/FOOTBALL/](https://www.nfhs.org/activities-sports/football/)**

**FC2: DEAD BALL FOULS: THERE ARE TWO STANDARD DEAD BALL FOULS. THE 5-YARD VARIETY, (FALSE START, ENCROACHMENT). THEN THE SAFETY & UNSPORTSMANLIKE VARIETY WHICH IS A 15-YARD PENALTY.**

**FC3: LIVE BALL FOCUS: THESE FOULS ARE DURING A PLAY IN MOTION. (HOLDING, BLOCKING IN THE BACK, CLIPPING, ETC.). IF THE FOUL IS BY THE OFFENSE, THE PENALTY IS FROM THE SPOT OF THE FOUL.**



# POLICIES/PROCEDURES PART 1

**PP1: PLAYER FEE/SCHOLARSHIP:** THE FEE IS \$..., THE LEAGUE HAS NO SCHOLARSHIP PROGRAM.

**PP2: COOKIE DOUGH/FOOD INCENTIVES:** EARN MONEY BACK/KEEP PRICE DOWN/LIFE LESSON.

**PP3: EQUIPMENT:** NO MYFL EQUIPMENT CAN BE WORN OUTSIDE OF PRACTICE & GAMES, WITHOUT LEAGUES PERMISSION.

**PP3.1:** ONLY MYFL ISSUED EQUIPMENT WILL BE WORN, UNLESS THE PLAYER HAS A DR'S NOTE REQUIRING SPECIFIC NEEDS.

**PP3.2:** THE DIRECTORS WILL RETURN ALL ISSUED EQUIPMENT ACCORDING TO THE RETURN POLICY. IF ANY EQUIPMENT THAT IS NOT RETURNED MAY BE DEDUCTED FROM THE DIRECTORS PAY.

**PP3.3:** THE LEAGUE WILL HELP COLLECT DELINQUENT EQUIPMENT RETURNS, UPON DIRECTORS' REQUEST.

**J13:** OCTOBER 23, 2005, COLLIN HELMERS PLAYED IN THE MYFL CHAMPIONSHIP. AFTER WINNING HIS GAME, HE WENT TO HELP HIS FATHER TAKE OUT LAKE DOCKS. SOMEHOW, HE ENDED UP DROWNING AND WAS FOUND MONTHS LATER. HIS NUMBER WAS 13, NUMBER 13 IS RETIRED AND NEVER TO BE WORN AGAIN.

# POLICIES/PROCEDURES PART 1



**PP4: PLAYERS AGE:** NO PLAYER CAN BE OR TURN 14 YEARS OF AGE WITHIN THE SEASON. DIRECTOR, COACH, AND PLAYER COULD BE SUSPENDED.

**PP5: DRAFT:** IF A COMMUNITY NEEDS TO SPLIT UP A GRADE INTO TWO TEAMS. THE HEAD COACH AND THEIR CHILD WILL BE ON ONE TEAM, COACHES CANNOT PAIR UP. EACH COACH WILL SELECT A PLAYER, UNTIL ALL THE PLAYERS ARE SELECTED. ONCE THE TWO TEAMS ARE SELECTED THERE WILL BE A COIN TOSS AND THE COACH WHO WINS THE TOSS, SELECTS THE TEAM THEY WANT TO COACH, THEIR OWN CHILD WILL FOLLOW THEM.

**PP6: PLAYER DOES NOT FINISH THE SEASON:** IF A PLAYER GETS INJURED, QUILTS, OR FOR ANY REASON DOES NOT PLAY, THEY WILL GET A REFUND UP TO THE FIRST GAME OF THE SEASON.

**PP7: LOCATION:** WHERE DO THE PLAYERS PLAY?

**PP7.1:** YOUR SCHOOL COMMUNITY.

**PP7.2:** IF YOUR COMMUNITY DOES NOT HAVE AN MYFL TEAM, THE CHOICE IS UP TO THE PARENTS.

**PP7.3:** CHRISTIAN SCHOOL PLAYERS, CONTACT MYFL FOR CLARIFICATION.

**PP8: SUSPENSION:** ONLY THE LEAGUE CAN SUSPEND MYFL PARTICIPANTS(PLAYERS, COACHES, DIRECTORS).



# POLICIES/PROCEDURES PART 2

**PP9: CONCESSIONS:** ALL CONCESSIONS ARE FUNDS CONTROLLED BY EACH INDIVIDUAL COMMUNITY.

**PP10: PLAYOFFS:** PLAYOFFS ARE ONLY FOR 5/6<sup>TH</sup> GRADE TEAMS. THERE WILL BE BRACKETS, BRACKETS WILL BE DETERMINED BY RECORDS. TIE-BREAKERS, HEAD-TO-HEAD, DEFENSIVE POINTS ALLOWED, STRENGTH OF OPPONENT'S SCHEDULE, AND COIN TOSS. LOCATION OF TEAMS MAY DETERMINE & MOVE THE SEEDING POSITIONS WITHIN THE BRACKETS.

**PP11: OFFICIALS/REFPING:** EACH GAME NEEDS TO HAVE 3 REFS. ALL COACHES MUST REF, UNLESS PROFESSIONAL REFS ARE HIRED. PLAYOFFS EACH COMMUNITY WILL SUPPLY 2 REFS FOR THE PLAYOFF GAME. CHAMPIONSHIP DAY, THE LEAGUE WILL SUPPLY REFS. REF CODE OF CONDUCT, COACH UP THE PLAYERS, BE UNBIASED, BE DECISIVE, CALL PENALTIES THAT AFFECT THE PLAY AND COACH UP THE PLAYERS ON A PENALTY THAT IS AWAY FROM THE PLAY. ALL SPORTSMANSHIP & SAFE STYLE PENALTIES NEED TO BE CALLED THROUGHOUT THE GAME.

**PP12: ELECTRONIC DEVICES:** NO TWO-WAY VOICE COMMUNICATION DEVICES ARE ALLOWED DURING A GAME. NO TAPING OF GAMES FOR SCOUTING, INCLUDING SHARING. IF YOU USE A PA SYSTEM TO ANNOUNCE PLAYERS, BOTH TEAMS NEED TO BE ANNOUNCED.

**PP13: MYFL CAMPS:** NO COMMUNITY MAY HAVE A MYFL CAMP AFTER AUGUST 1<sup>ST</sup>.

# POLICIES/PROCEDURES PART 2



**PP14: WEATHER RELATED ISSUES:** LIGHTNING DETECTORS ARE IN EACH DIRECTOR'S BAG. IF LIGHTNING IS DETECTED, THERE MUST BE A 30-MINUTE BREAK. IF THE GAME IS CALLED IN THE SECOND HALF, THE WINNING TEAM WILL BE CONSIDERED THE WINNER. IF THE GAME IS POSTPONED, IT NEEDS TO BE MADE UP BEFORE THE NEXT SCHEDULED GAME.

**PP15: PLAYERS CODE OF CONDUCT AND EXPECTATIONS:** PARTICIPANTS IN THE MYFL IS A PRIVILEGE. THE MYFL PROVIDES THE BENEFITS OF PROMOTING THE FUNDAMENTALS OF FOOTBALL. STUDENTS WHO PARTICIPATE IN THE MYFL SERVE AS AN AMBASSADOR FOR THEIR COMMUNITY AND THE MYFL THROUGHOUT THE ENTIRE YEAR. EACH PLAYER HAS THE RESPONSIBILITY TO HAVE GOOD BEHAVIOR IN SCHOOL AND IN THE COMMUNITY. IF A PLAYER FINDS THEMSELVES IN A CIRCUMSTANCE THAT IS NOT WITHIN GOOD CONDUCT EXPECTATIONS OF THE MYFL, THEY MAY RECEIVE CONSEQUENCES FROM THE MYFL(DISQUALIFICATION FROM THE MYFL).

**PP16: ADULT CONCUSSION(HEADS-UP) AND BACKGROUND CHECK:** PRIOR TO THE SEASON ALL ADULTS THAT WILL BE IN CONTACT WITH THE PLAYERS, WILL NEED TO HAVE A BACKGROUND CHECK ON THEM. THE COMMUNITY DIRECTOR WILL CONDUCT THE BACKGROUND CHECK & SUBMIT IT TO THE LEAGUE PRIOR TO THE FIRST PRACTICE. THE CONCUSSION EDUCATION NEEDS TO BE COMPLETED BY ALL ADULTS THAT WILL BE IN CONTACT WITH THE PLAYERS AT LEAST EVERY 2 YEARS.

# POLICIES/PROCEDURES PART 2



**PP17: HOME TEAM DIRECTOR:** ASSIGN A CHAIN GANG, A CLOCK PERSON AND REFS FOR EACH TEAM/GAME. WELCOME THE OTHER COMMUNITY & LET THEM KNOW THAT YOU ARE AVAILABLE IF THERE ARE CONCERNS. WEIGH-IN THE PLAYERS ON A HARD SURFACE. BE THERE TO MAKE IT A GOOD EXPERIENCE FOR EVERYONE.

**PP18: COMBINING 5/6<sup>TH</sup> GRADE BY PERCENTAGE OF PLAYERS:** 5<sup>TH</sup> / 6<sup>TH</sup> GRADE COMBINED TEAM, MUST HAVE AT LEAST 40% OF THEM TO BE 5<sup>TH</sup> GRADERS IN ORDER TO PLAY IN THE 6<sup>TH</sup> GRADE LEVEL. THE ONLY EXCEPTION IS MAKING EVEN TEAMS FOR THE LEAGUE.

**PP19: PLAYOFFS SUSPENDED FOR POOR BEHAVIOR BY A TEAM:** IF A TEAM IS CAUGHT CHEATING, BREAKING RULES OR HAS NUMEROUS COMPLAINTS TO THE LEAGUE ABOUT THEIR BEHAVIOR. THAT TEAM MAY BE SUSPENDED FROM THE OPLAYOFFS. THEY WOULD STILL PLAY ALL 6 GAMES, BUT NOT IN THE PLAYOFFS. THE PLAYOFFS IS A REWARD FOR TEAMS WHO DO THINGS THE RIGHT WAY.

# PRACTICE PLAN



## P1: PRACTICE PLAN:

**P1.1: WEEK 1:** 6 HOURS OF PRACTICE THIS WEEK. HELMETS ONLY. NO CONTACT THIS WEEK.

**P1.2: WEEK 2:** 4.5 HOURS OF PRACTICE THIS WEEK WITH FULL PADS. 30 MINUTES THIS WEEK OF FULL CONTACT TO THE GROUND.

**P1.3: REST OF THE SEASON:** TWO DAYS OF PRACTICE FOR 1 HOUR AND 45 MINUTES. ONE OF THE PRACTICES CAN BE FULL PADS AND THE OTHER MUST BE IN ONLY HELMETS. EACH TEAM IS ALLOWED 30 MINUTES OF CONTACT TO THE GROUND EACH WEEK DURING THE PADDED PRACTICE.

**\*\*MANDATORY: HEADS-UP TACKLING IS A DRILL THAT NEEDS TO BE COMPLETED AT THE BEGINNING OF EVERY PRACTICE ALL SEASON.**

# PRACTICE PLAN



**P2: MISSING PRACTICE BY A PLAYER:** THERE ARE DIFFERENT WAYS TO APPROACH THIS. THE CONSEQUENCES NEED TO BE FAIR AND CONSISTENT.

**P3: IDEAS FOR GETTING THE PLAYERS ATTENTION AND KEEPING IT. LISTENING SKILL IS A HARD SKILL TO LEARN.**

**\*\*WHEN YOU WANT THEIR ATTENTION, SAY “TEAM 1,2,3 – CLAP”. HAVE THE WHOLE TEAM SAY THIS AND CLAP. LET THEM KNOW WHEN YOU DO THIS, THAT THEY NEED TO LISTEN BECAUSE THERE WILL BE INSTRUCTIONS GIVEN.**

**\*\*WHEN YOU ARE READY TO TAKE A WATER BREAK, TELL THE TEAM TO BREAK IT DOWN, GET WATER, COME BACK AND TAKE A KNEE ON YOUR RIGHT KNEE, WHEN THEY ARE ALL BACK, HAVE THE PLAYERS WHO DID NOT FOLLOW INSTRUCTIONS, DO ONE PUSH-UP. THIS WILL HELP TRAIN THEM TO FOLLOW INSTRUCTIONS AND LISTEN.**

**\*\*COACH WHAT YOU ALLOW\*\***



# SEASON CLARIFICATIONS PART 1

**GS4 : TIME CLOCK:** 15 MINUTE RUNNING CLOCK PER QUARTER, EXCEPT THE LAST TWO MINUTES OF THE FOURTH QUARTER. THE CLOCK WILL STOP DURING A TIME OUT OR AN INJURY IN ALL FOUR QUARTERS. WHEN DOES THE CLOCK STOP WHEN THERE IS A SCORE. **TOUCHDOWN - PAT/TWO POINT CONVERSION - CLOCK STOPS - CLOCK STARTS BACK UP DURING THE FIRST PLAY OF THE NEXT OFFENSIVE SERIES. \*\*THE CLOCK WILL CONTINUE AFTER A TOUCHDOWN, UNTIL THE TWO POINT CONVERSION IS COMPLETED THE CLOCK WILL RESTART ON THE NEXT OFFENSIVE PLAY.**

**GS1: KICKOFFS:** THERE ARE NO KICKOFFS. REGULATION FIELD- BALL WILL BE PLACED ON THE 35 YARD LINE. 8/9 MAN FOOTBALL FIELD- BALL WILL BE PLACED ON THE 25 YARD LINE.

**GS2: EXTRA POINT/FIELD GOAL:** THESE ARE DEAD BALL ATTEMPTS WITH NO CONTACT BETWEEN OFFENSIVE AND DEFENSIVE PLAYERS. THE DEFENSIVE PLAYERS CAN RAISE THEIR HANDS AND WAVE THEM BUT CANNOT CROSS THE LINE OF SCRIMMAGE. NOT ALL COMMUNITIES HAVE GOAL POSTS, SO THEN ALL POINT AFTER TOUCHDOWN WILL NEED TO BE TWO POINT.



# SEASON CLARIFICATIONS PART 2

**GS3: PUNTS:** A TEAM HAS 2 CHOICES, DEAD BALL PUNT OR AUTO PUNT.

**DEAD BALL PUNT:** NO CONTACT BETWEEN THE OFFENSE AND DEFENSIVE PLAYERS. THE PUNTER MUST BE AT LEAST 5 YARDS BEHIND THE CENTER. THE RECEIVING TEAM CAN ONLY HAVE TWO RETURNERS BACK. THE BALL IS PLACED WHERE THE BALL IS CAUGHT BY THE PLAYER. WHERE THE BALL ROLLS ITS DEAD. IF THE BALL IS BATTED FORWARD, THEN THE BALL WILL BE MARKED AT THE LOCATION IT WAS BATTED FORWARD.

**AUTO-PUNT:** THE BALL MUST BE MARKED ON THE OFFENSIVE SIDE OF THE 50-YARD LINE. AUTO-PUNT ON A REGULAR FIELD IS 30 YARDS, AUTO-PUNT ON AN 8/9-MAN FOOTBALL FIELD IS 25 YARDS.

	( YARD LINES )									
YOU CAN AUTO -PUNT	10	20	30	40	50	40	30	20	10	YOU CANNOT AUTO-PUNT
	BALL>>>>>>YES					BALL>>>>>NO				
	OFFENSIVE TERRITORY					DEFENSIVE TERRITORY				



# SEASON CLARIFICATIONS PART 2

**GS5: MERCY RULE:** WHEN A TEAM IS UP BY 35 POINTS OR MORE IN THE SECOND HALF, THE CLOCK WILL CONTINUE AS A RUNNING CLOCK. THE ONLY TIME IT WILL STOP IS FOR AN INJURY.

**GS6: TIMEOUTS:** THREE TIMEOUTS PER HALF. EACH TIME OUT WILL BE FOR ONE MINUTE.

**GS7: OVERTIME:** COIN TOSS, TEAM (A) WILL HAVE 4 DOWNS FROM THE 10-YARD LINE. THEN TEAM (B) WILL HAVE THE SAME OPPORTUNITY AFTER. IF THE SCORE IS TIED AFTER ROUND ONE, THEN TEAM (B) WILL START ON OFFENSE FIRST, THEN TEAM (A) WILL GET A TRY AFTER. IF IT CONTINUES TO ROUND 3 AND SO ON, THE TEAMS WILL ROTATE BACK AND FORTH OF WHO IS ON OFFENSE FIRST TO START THE ROUND. TWO-POINT CONVERSION AND PAT TRIES COUNT IN OT. THERE IS NO SUDDEN DEATH, EACH TEAM WILL HAVE AN EQUAL OPPORTUNITY UNTIL DECLARED WINNER. TURNOVERS(FUMBLES/INTERCEPTIONS) COUNT NO ADVANCEMENT. PENALTIES WILL BE ENFORCED AS WELL. EACH TEAM WILL HAVE ONE TIMEOUT FOR THE ENTIRE OT SESSION.

**CS8: CAST/BREAKS:** FOR A PLAYER TO PLAY WITH A CAST, THE LEAGUE WILL NEED A DOCTORS NOTE RECORDED, GIVING THE PLAYER PERMISSION. THE CAST WILL NEED TO HAVE A FOAM WRAP COMPLETELY COVERING THE CAST. THE REF WILL NEED TO APPROVE THE CAST WRAP PRIOR TO THE GAME.



# SEASON CLARIFICATIONS PART 2

**GS9: INJURIES/CONCUSSIONS:** ALL INJURIES MUST BE REPORTED TO THE LEAGUE, IF THE INJURY REQUIRES A DOCTORS NOTE PREVENTING THE PLAYER FROM PLAYING. THE LEAGUE WILL ALSO NEED ANOTHER DOCTORS NOTE ALLOWING THE PLAYER TO PARTICIPATE. ANY PLAYER CONCUSSIONS MUST FOLLOW THE HEADS-UP CRITERIA AND GUIDELINES IN ORDER TO RETURN TO PLAY. A DOCTOR'S NOTE MUST BE REPORTED TO THE LEAGUE, PRIOR TO RETURNING TO PLAY.

**GS10: MOUTH GUARDS:** MUST BE COLORED FOR SAFETY, NO CLEAR MOUTHGUARDS.

**GS10: VISORS:** VISORS ARE ALLOWED ONLY IF THEY ARE CLEAR.

**GS11: SEATING:** WITH BLEACHERS, EACH TEAM SHOULD BE ON THEIR OWN SIDELINE. WITH NO BLEACHERS, BOTH TEAMS SHOULD BE ON THE SAME SIDELINE, WHILE THE FANS ARE ON THE OTHER SIDELINE.

**GS12: ENVIRONMENTAL COMFORTS:** A TEAM CAN HAVE HEATERS, TENTS, RAIN GEAR, ONLY IF IT IS PROVED FOR BOTH TEAMS.

**GS13: PLAYERS ASSIGNING UP OR DOWN A GRADE:** ONLY THE LEAGUE MAKE THESE DECISIONS. THIS IS DONE TO MAKE EQUAL TEAMS OR TO MAKE A COMPLETE TEAM. IT WILL BE DONE BY BIRTHDATES. PLAYERS THAT NEED TO HELP A TEAM THAT FALLS BELOW ELEVEN PLAYERS, THEY CAN RECEIVE HELP FROM ANOTHER PLAYER IN THE SAME GRADE OR LOWER GRADE. THIS WILL BE DETERMINED BY THE OLDEST PLAYER, BY BIRTH DATE/YEAR.

# RULES & REGULATIONS



**1R: CUT/CHOP BLOCKING:** THERE IS NO BLOCKING BELOW THE WAIST BY ANY PLAYER, ANYWHERE ON THE FIELD. **PENALTY: 15-YARD PENALTY & LOSS OF DOWN**

**2R: UNFAIR/SPORTSMANSHIP RULE:** WHEN A TEAM IS UP BY 30 POINTS OR MORE AT ANY POINT OF THE GAME, THAT TEAM IS NOT ALLOWED TO PASS, RUN REVERSES, COUNTERS OR SWEEPS. BASICALLY, JUST RUN THE BALL STRAIGHT FORWARD. **PENALTY: 15-YARD PENALTY & LOSS OF DOWN**

**3R: DEFENSELESS PLAYER RULE:** IN THE EVENT THAT A PLAYER MAKES CONTACT WITH ANOTHER PLAYER WHO IS NOT IN POSITION TO PROTECT THEMSELVES AND/OR DOES NOT SEE THE CONTACT COMING. THIS CAN BE AT THE POINT OF ACTION OR AWAY FROM THE PLAY. THIS INCLUDES, HELMET TO HELMET, LAUNCHING YOURSELF AT A PLAYER, AND LEAVING YOUR FEET WHEN MAKING CONTACT. **PENALTY: 15-YARD PENALTY FROM THE SPOT OF THE FOUL, EJECTION WILL HAPPEN WITH A SECOND OFFENSE IN THE SAME GAME.**

**4R: NO OFFENSIVE STIFF ARMS TO THE FACEMASK:** AN OFFENSE PLAYER MAY NOT USE A STIFF ARM AT THE HEAD(INCLUDING FACEMASK). THEY ARE ALLOWED TO USE ON THE TORSO OF THE BODY. **PENALTY: 10-YARD PENALTY FROM THE POINT OF FOUL**



# GAMETIME VIOLATIONS PART 1

**V1: WEIGHT LIMIT:** EACH PARTICIPATING PLAYER WILL BE WEIGHED PRIOR TO THEIR GAME BY THE HOME DIRECTOR. HEAD COACHES ARE PERMITTED TO BE THEIR TO WATCH THE WEIGH-IN. THE HOME DIRECTOR WILL RECORD THE PLAYERS WHO ARE OVERWEIGHT IN ORDER TO CARRY THE BALL AND GIVE IT TO THE HEAD REFEREE. **NO OVERWEIGHT** PLAYER IS ALLOWED TO RUN THE BALL OR BE IN A SKILLED POSITION IN ANY FORMATION. THESE POSITION INCLUDES THE FOLLOWING, QUARTERBACK, RUNNING BACKS (RB, HB, FB), WIDE RECEIVERS, SLOT RECEIVERS AND TIGHT-ENDS. EVERY PLAYER MUST HAVE ALL EQUIPMENT ON DURING THE WEIGH-IN. INCLUDING, HELMET, SHOULDER PADS, PANTS, JERSEY, SHOES AND ANY OTHER CLOTHING THAT WILL BE WORN DURING THE GAME. **\*\*IN THE EVENT THAT A PLAYER IS SLIGHTLY OVER, THEY WILL BE ALLOWED ONE ADDITIONAL WEIGH-IN, IF THEY TAKE OFF CLOTHING THAT CANNOT BE WORN DURING THE GAME.**

**3RD/4TH GRADE IS 110 POUNDS. 5TH/6TH GRADE IS 135 POUNDS.**

**PENALTY: AN OVER THE LIMIT PLAYER LINES-UP IN A SKILL POSITION (QB,RB,WR,TE) PRIOR TO OR DURING A PLAY = 15 YARD PENALTY.**

**PENALTY: AN OVER THE LIMIT PLAYER DURING THE WEIGH-IN, CHEATS. (WEAR UNOFFICIAL MYFL EQUIPMENT TO WEIGH LESS = GAME SUSPENSION**

**PENALTY: AN OVER THE LIMIT PLAYER PARTICIPATES GAME = FORFEIT BY PLAYERS TEAM.**



# GAMETIME VIOLATIONS PART 1

**V2: NUMBER OF COACHES ON THE SIDELINE DURING THE GAME:** NO MORE THAN FIVE COACHES ALLOWED ON THE SIDELINE DURING THE GAME. **PENALTY: DEAD BALL FOUL - 5 YARD PENALTY, A COACH MUST LEAVE THE SIDELINE IN ORDER TO GET BACK TO FIVE**

**V3: COACHES POOR BEHAVIOR:** COACHES ARE ALLOWED TO ASK FOR CLARIFICATION ON A PENALTY. THEY ARE NOT ALLOWED TO QUESTION A FOUL, COMPLAIN ABOUT A FOUL OR COMPLAIN ABOUT NON-CALLS OR HAVE POOR BEHAVIOR. POOR BEHAVIOR BY A COACH CONSIST OF: COMPLAINING TO THE REFS, YELLING AT OPPOSING TEAM, BULLYING/DEMEANING THEIR OWN PLAYERS, ALTERCATIONS THAT STOP THE PLAY OF THE GAME AND ANY OTHER VIOLATIONS THAT DOES NOT REPRESENT THE MYFL IN A POSITIVE MANNER.

**PENALTY: ANY ALTERCATION BY A TEAM THATS STOPS THE GAME, MUST INCLUDE A 15 YARD PENALTY TO THAT TEAM.**

**PENALTY: POOR BEHAVIOR BY A COACH CAN RESULT IN AN AUTOMATIC GAME DISQUALIFICATION. NEEDS TO BE APPROVED BY A LEAGUE DIRECTOR.**

**V4: FANS POOR BEHAVIOR:** FANS ARE THEIR TO SUPPORT ALL PLAYERS IN A POSITIVE ROLE. ALTERCATIONS THAT STOP THE PLAY OF THE GAME AND ANY OTHER VIOLATIONS THAT DOES NOT REPRESENT THE MYFL IN A POSITIVE MANNER.

**PENALTY: ANY ALTERCATION BY A TEAM THATS STOPS THE GAME, MUST INCLUDE A 15 YARD PENALTY TO THAT TEAM.**

**PENALTY: POOR BEHAVIOR BY A FAN CAN RESULT IN AN AUTOMATIC GAME EJECTION. \*\*THE POLICE MAY BE CALLED IN OREDER TO REMOVE FAN.**



# GAMETIME VIOLATIONS PART 2

**V5: NO HUDDLE:** IS ONLY ALLOWED IN THE LAST TWO MINUTES OF THE FOURTH QUARTER, BY THE LOSING TEAM.

**PENALTY: DEAD BALL FOUL - 5 YARD PENALTY**

**V6: RULE 22:** IF A TEAM HAS 22 OR LESS PLAYERS ON THEIR TEAM, EVERY PLAYER MUST START AND PLAY EACH PLAYER AS EQUAL AS POSSIBLE. IF A TEAM HAS OVER 22 PLAYERS THEY MUST TRY AND PLAY ALL PLAYERS EQUALLY. EXCEPTION: THE TEAM MAY DESIGNATE TWO PLAYERS(FREE PLAYERS) THAT CAN HAVE NO LIMITS ON PLAYING TIME.THE TEAM MUST GIVE THE NUMBERS OF THESE TWO PLAYERS PRIOR TO THE GAME TO THE REF AND THE OPPOSING COACH. IF THE TEAM DOES NOT DESIGNATE ANY PLAYERS BY THE FIRST PLAY OF THE GAME,THEN THERE WILL BE NO PLAYERS CONSIDERED ELIGABLE, PLAYER/S WILL NOT BE ALLOWED TO BE ADDED AFTER THE GAME BEGINS. THIS WILL ALSO INCLUDE, IF A DESIGNATED PLAYER BECOMES INJURED.

**PENALTY: FIRST OFFENSE, THE HEAD COACH WILL BE SUSPENDED FOR THE REST OF THE GAME AND THE FOLLOWING GAME.**

**PENALTY: SECOND OFFENSE, THE HEAD COACH WILL BE SUSPENDED FOR THE REST OF THE SEASON.**

**V7: 3RD/4TH GRADE COACHES ON THE FIELD:** ONE DEFENSIVE COACH MAY BE ON THE FIELD DURING THE GAME. ONCE THE OFFENSE BREAKS THE HUDDLE, THE DEFENSIVE COACH MUST BACK UP 10 YARDS BEHIND THE SECONDARY AND IS NOT ALLOWED TO TALK(COACH) UNTIL THE PLAY IS COMPLETED.



# OFFENSIVE FORMATIONS

- QB CAN BE UNDER CENTER OR IN SHOT GUN IN EACH FORMATION
- QB IN SHOTGUN IS CONSIDERED WHEN THE QB IS AT LEAST 3 YARDS BEHIND THE CENTER
- NO PLAYER OVER THE WEIGHT LIMIT IS ALLOWED TO BE IN A SKILL POSITION (QB, RB, HB, WR, TE)

# OFFENSIVE FORMATIONS



<LINE OF SCHRIMMAGE>								
	LTE	LT	LG	C	RG	RT	RTE	
	HB			QB			HB	
				RB				
				FULL HOUSE				

<LINE OF SCHRIMMAGE>								
WR		LT	LG	C	RG	RT		WR
		HB		QB		HB		
				RB				
				FLEX BONE				

<LINE OF SCHRIMMAGE>								
	LTE	LT	LG	C	RG	RT	RTE	
				QB				
				RB				
			HB		HB			
				WISH BONE				





# OFFENSIVE FORMATIONS



<LINE OF SCHRIMMAGE>									
		LTE	LT	LG	C QB	RG	RT	RTE	
				HB	RB	HB			
T-FORMATION									

<LINE OF SCHRIMMAGE>									
WR			LT	LG	C QB	RG	RT	RTE	
		HB			HB				
					RB				
WING T									

<LINE OF SCHRIMMAGE>									
WR			LT	LG	C	RG	RT		WR
	RB	SB							SB
					QB				
EMPTY									





# PLAYING VIOLATIONS(OFFENSE & DEFENSE ALIGNMENT)

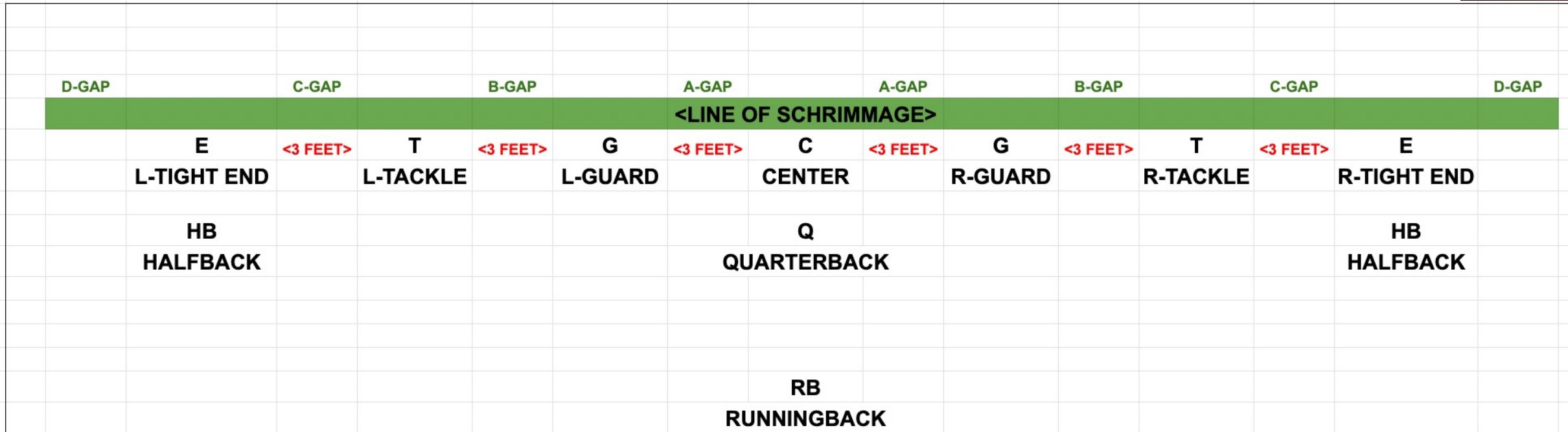
	7	6	6i	5	4	4i	3	2	2i	1	0	1	2i	2	3	4i	4	5	6i	6	7							
<LINE OF SCHRIMMAGE>																												
D-GAP	E			C-GAP	T			B-GAP	G			A-GAP	C			A-GAP	G			B-GAP	T			C-GAP	E			D-GAP
D-GAP	L-TIGHT END			C-GAP	L-TACKLE			B-GAP	L-GUARD			A-GAP	CENTER			A-GAP	R-GUARD			B-GAP	R-TACKLE			C-GAP	R-TIGHT END			D-GAP

HEAD UP:	0	2	4	6
INSIDE SHADE:	2i	4i	6i	
OUTSIDE SHADE:	1	3	5	7

**1D NOSE GUARD**  
 NO PLAYER MAY LINE UP AS A **0,1,2i TECHNIQUE**  
**PENALTY: DEAD BALL FOUL - 10 YARD PENALTY**  
 CLARIFICATION: A PLAYER WHO IS ( HEAD UP / 2 TECHNIQUE )  
 MAY GO THROUGH THE A-GAP, UPON THE SNAP OF THE BALL.

**2D DEFENSIVE LINE ALIGNMENT**  
 THERE CANNOT BE MORE THAN SIX DEFENSIVE LINEMAN.  
*3,4,5,6 MAN DEFENSIVE FRONT IS NOW APPROVED*  
*AS LONG THEY ARE NOT IN THE A-GAP, THEY CAN LINE UP*  
*ANYWHERE ON THE LINE. THE DEFENSIVE LINE DOES NOT NEED*  
*TO BE BALANCE. THERE CANNOT BE ANY SHIFTING ONCE THE HUDDLE IS BROKE.*  
 THE PLAYERS MAY LINE UP AS A **2 TECHNIQUE**  
 TO A **7 TECHNIQUE**  
**PENALTY: DEAD BALL FOUL - 5 YARD PENALTY**

# PLAYING VIOLATIONS(LINE SPLITS)



10	<p><b>OFFENSIVE LINE SPLITS</b></p> <p><b>MAXIMUM OFFENSIVE LINE SPLITS IS THREE FEET/ONE YARD.</b></p> <p><b>OFFENSIVE LINE CONSIST OF CENTER, GUARDS, TACKLES AND TIGHT ENDS</b></p> <p><b>PENALTY: DEAD BALL FOUL</b></p> <p><b>5 YARD PENALTY</b></p>
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# DEFENSIVE FRONTS



\*HERE ARE SOME DEFENSIVE OF FRONTS  
THERE ARE MORE AVAILABLE  
\*MINIMUM IS 3 MAN, MAX IS 6 MAN

				<b>3MAN</b>					
				2		2		5	
				<LINE OF SCHRIMMAGE>					
WR		LT	LG	C	RG		RT	WR	
				<b>4MAN</b>					
			5	2		2		5	
			<LINE OF SCHRIMMAGE>						
WR		LT	LG	C	RG		RT	WR	
				<b>5MAN</b>					
			5	2		2		5 7	
			<LINE OF SCHRIMMAGE>						
WR		LT	LG	C	RG		RT	RTE	
				<b>6MAN</b>					
			7	4	2		2	4 7	
			<LINE OF SCHRIMMAGE>						
		LTE	LT	LG	C	RG	RT	RTE	
				<b>6MAN</b>					
			4	2		2		4 6 7	
			<LINE OF SCHRIMMAGE>						
WR		LT	LG	C	RG		RT	RTE	

**Defensive Fronts Part 1**  
[https://www.youtube.com/watch?v=WQMiwPOZEo&list=PLI\\_EJZ7OsjbLGq390k9IWHGcamwlfzui &index=14](https://www.youtube.com/watch?v=WQMiwPOZEo&list=PLI_EJZ7OsjbLGq390k9IWHGcamwlfzui&index=14)

**Defensive Fronts Part 2**  
[https://www.youtube.com/watch?v=LZcP7Fbir8w&list=PLI\\_EJZ7OsjbLGq390k9IWHGcamwlfzui &index=15](https://www.youtube.com/watch?v=LZcP7Fbir8w&list=PLI_EJZ7OsjbLGq390k9IWHGcamwlfzui&index=15)

# SECONDARY ALIGNMENT



<< <<SECONDARY PLAYERS MUST BE TWO YARDS BEHIND DEFENSIVE LINE PLAYERS>> >>														
7 6 6i		5 4 4i		3 2 2i		1 0 1		2i 2 3		4i 4 5		6i 6 7		
<LINE OF SCHRIMMAGE>														
D-GAP	E	C-GAP	T	B-GAP	G	A-GAP	C	A-GAP	G	B-GAP	T	C-GAP	E	D-GAP
D-GAP	L-TIGHT END	C-GAP	L-TACKLE	B-GAP	L-GUARD	A-GAP	CENTER	A-GAP	R-GUARD	B-GAP	R-TACKLE	C-GAP	R-TIGHT END	D-GAP
EXAMPLE														
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">C</div>                 CORNER             </div> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">WL</div>                 WEAK LINEBACKER             </div> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">ML</div>                 MIDDLE LINEBACKER             </div> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">SL</div>                 STRONG LINEBACKER             </div> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">C</div>                 CORNER             </div> </div>														
<< <<SECONDARY PLAYERS MUST BE TWO YARDS BEHIND DEFENSIVE LINE PLAYERS>> >>														
6				2				2				6		
<LINE OF SCHRIMMAGE>														
D-GAP	E	C-GAP	T	B-GAP	G	A-GAP	C	A-GAP	G	B-GAP	T	C-GAP	E	D-GAP
D-GAP	L-TIGHT END	C-GAP	L-TACKLE	B-GAP	L-GUARD	A-GAP	CENTER	A-GAP	R-GUARD	B-GAP	R-TACKLE	C-GAP	R-TIGHT END	D-GAP
HB HALFBACK		Q QUARTERBACK						HB HALFBACK						
RB RUNNINGBACK														
			3D	DEFENSIVE SECONDARY ALIGNMENT LB, C, S ALL MUST LINE UP TWO YARDS BEHIND THE DEFENSIVE LINEMAN.										
				PENALTY: DEAD BALL FOUL 5 YARD PENALTY										

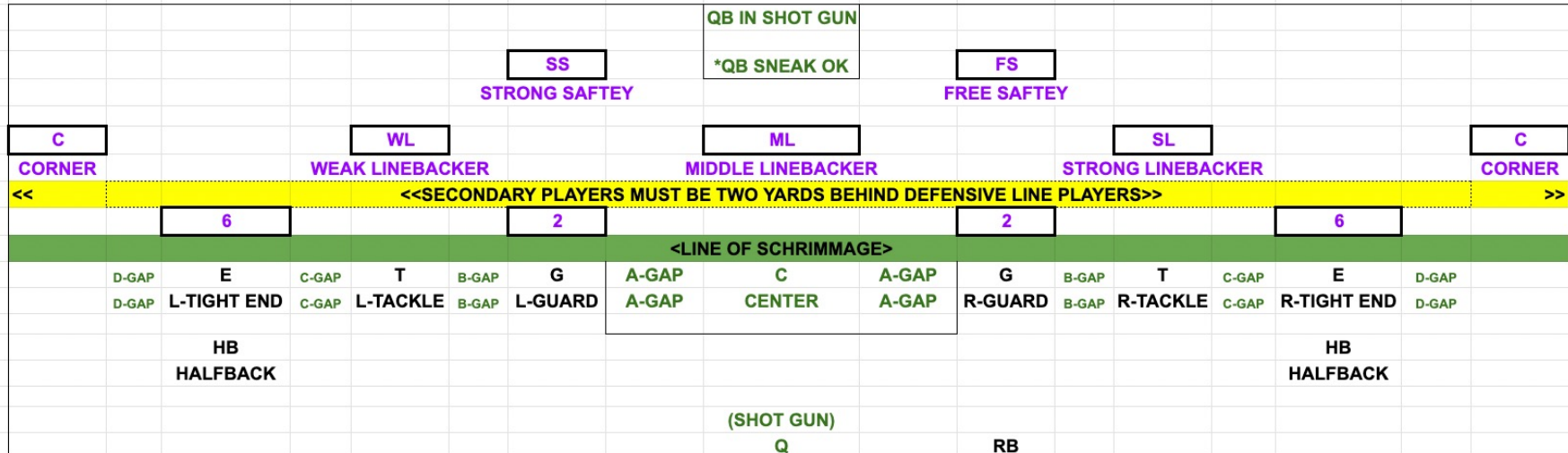
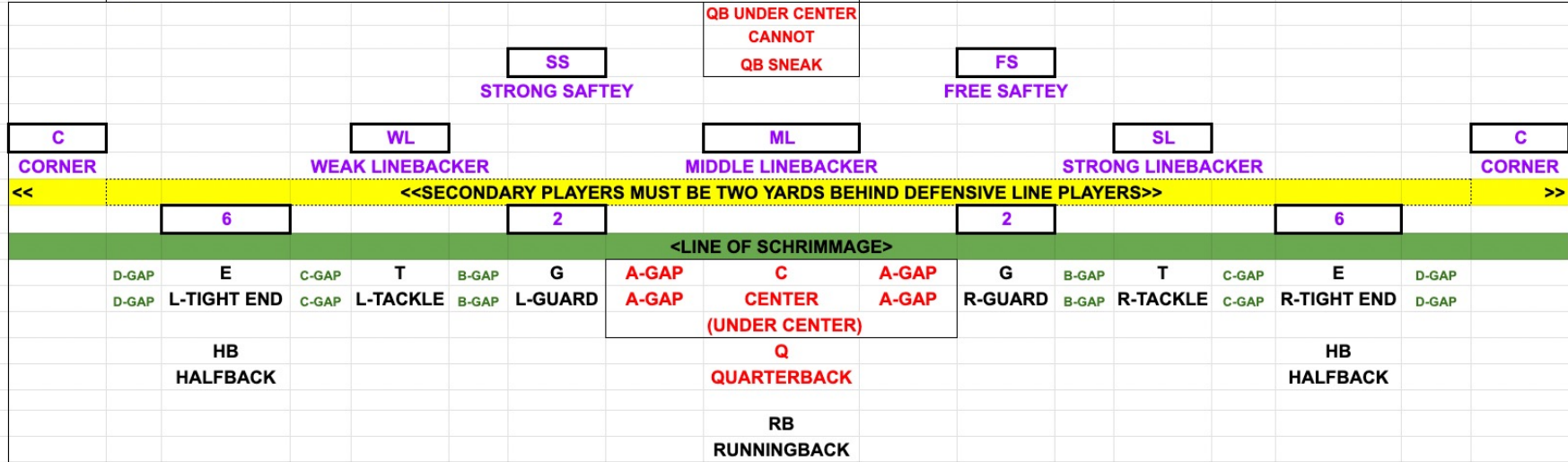


# QB SNEAK



30 QB SNEAK DEFINE: THE QB RECEIVES THE BALL FROM THE CENTER AND RUNS THE BALL BETWEEN THE A-GAPS.  
 QB CANNOT SNEAK IF THEY ARE UNDER THE CENTER > THE QB TAKES A SNAP FROM THE CENTER AS A HAND OFF.  
 QB CAN SNEAK IF THEY ARE IN THE SHOT GUN POSITION > THE QB RECEIVES THE BALL FROM THE CENTER AS A PASS BETWEEN THE CENTER'S LEGS  
 QB CLARIFICATION: IF THE QB IS UNDER THE CENTER OR IN THE SHOT GUN POSITION, THEY MAY RUN THE BALL BETWEEN THE B-GAPS AND THE SIDELINE (D-GAP)  
**PENALTY: 10 YARD PENALTY AND LOSS OF DOWN**

\* QB IN SHOTGUN IS CONSIDERED WHEN THE QB IS AT LEAST 3 YARDS BEHIND THE CENTER





# UNBALANCED FORMATIONS

<LINE OF SCHRIMMAGE>															
WR				B-GAP	G	A-GAP	C	A-GAP	G	B-GAP	T	C-GAP	T	D-GAP	WR
RECEIVER					L-GUARD		CENTER		R-GUARD		R-TACKLE		L-TACKLE		RECEIVER
							Q								
					HB		QUARTERBACK		HB						
					HALFBACK				HALFBACK						
							RB								
							RUNNINGBACK								

<LINE OF SCHRIMMAGE>														
WR		C-GAP	T	B-GAP	G	A-GAP	C	A-GAP	G	B-GAP	T	C-GAP	E	D-GAP
RECEIVER			L-TACKLE		L-GUARD		CENTER		R-GUARD		R-TACKLE		R-TIGHT END	
							Q							
			HB				QUARTERBACK				HB			
			HALFBACK								HALFBACK			
							RB							
							RUNNINGBACK							

20	<p>OFFENSIVE UNBALANCE LINE  OFFENSIVE LINE MUST ALWAYS HAVE A  L-TACKLE, L-GUARD, CENTER, R-GUARD  AND R-TACKLE</p> <p><b>PENALTY: DEAD BALL FOUL  5 YARD PENALTY</b></p>
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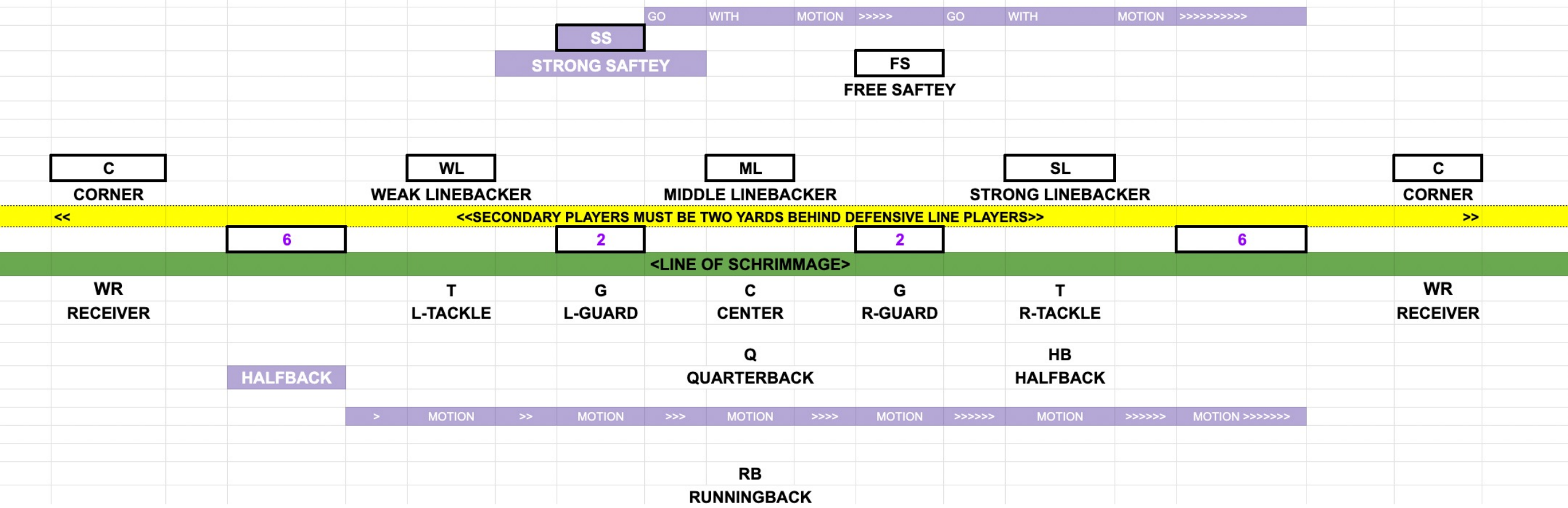
# SHIFTS/MOTIONING



## MOTION

50 THE OFFENSIVE TEAM MAY HAVE MOTION AND THE DEFENSIVE TEAM MAY MOVE A PLAYER WITH THE MOTION

### EXAMPLE



# SHIFTS/MOTIONING

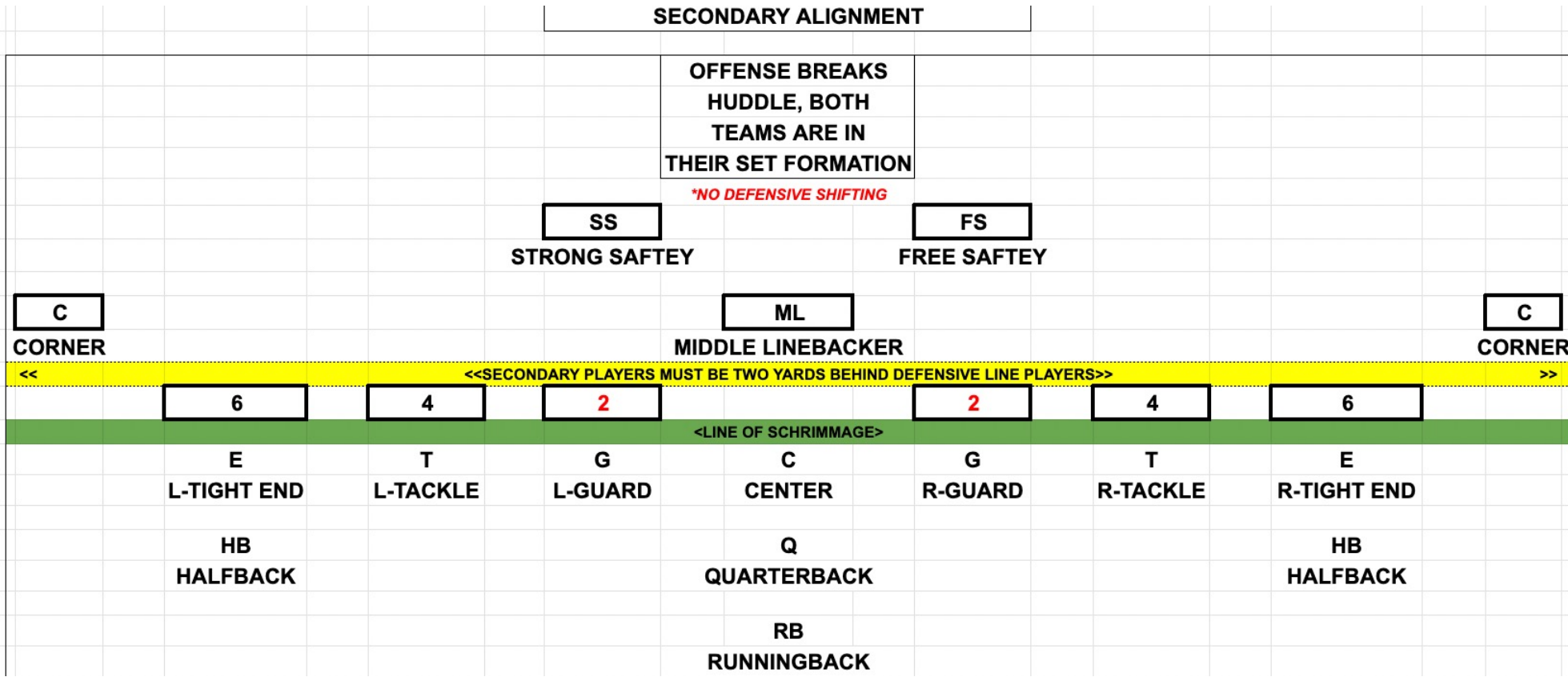


				OFFENSIVE SHIFT				
40	ONCE THE OFFENSE BREAKS THE HUDDLE AND SETS A FORMATION, THEY ARE NOT ALLOWED TO SHIFT INTO ANOTHER FORMATION. PENALTY: DEAD BALL FOUL , 5 YARD PENALTY							
				A TEAM BREAKS THE HUDDLE IN THIS FORMATION				
	<LINE OF SCHRIMMAGE>							
	E L-TIGHT END	T L-TACKLE	G L-GUARD	C CENTER	G R-GUARD	T R-TACKLE	E R-TIGHT END	
	HB HALFBACK			Q QUARTERBACK			HB HALFBACK	
				RB RUNNINGBACK				
				THEN ATTEMPTS TO SHIFT INTO A NEW FORMATION PRIOR TO THE SNAP				
				PENALTY				
	<LINE OF SCHRIMMAGE>							
	E L-TIGHT END	T L-TACKLE	G L-GUARD	C CENTER	G R-GUARD	T R-TACKLE	E R-TIGHT END	
				Q QUARTERBACK			HB HALFBACK	
			HB HALFBACK		RB RUNNINGBACK			

# SHIFTS/MOTIONING



5D ONCE THE OFFENSE BREAKS THE HUDDLE AND SETS THEIR FORMATION, THE DEFENSE IS NOT ALLOWED TO SHIFT INTO A FORMATION FROM THEIR ORIGINAL FORMATION.  
**PENALTY: DEAD BALL FOUL, 5 YARD PENALTY**





# CONCLUSION/WRAP-UP

## SEE VIDEO:

[https://www.youtube.com/watch?v=zVyPgBF11eQ&list=PLI\\_EJZ7OsjbLGq390k9IWHGcamwIFzui &index=20](https://www.youtube.com/watch?v=zVyPgBF11eQ&list=PLI_EJZ7OsjbLGq390k9IWHGcamwIFzui&index=20)



**MIDWEST YOUTH  
FOOTBALL LEAGUE**