

Mountain Football League Rules Recreation Division



Rule I – League Fees and Regulations

1. Membership is \$10.00 per player and \$10.00 per cheerleader.
2. All fees and rosters must be submitted before Opening Day of the season.
3. All staff, football, and cheerleading coaches must have league ID card to be on the field or around the field.
 - A. Absolutely no spectators are to be present on the sidelines/track.
 - i. All spectators must remain in the stands.

Rule II – Age Requirements

1. 5 & 6 year olds
 - A. A player who has reached his 7th birthday prior to May 1st must be promoted to the next age level.
 - B. A player must be 5 years old before May 1st of current year to participate.
2. 7 year olds
 - A. A player who has reached his 8th birthday prior to May 1st must be promoted to the next age level.
3. 8 year olds
 - A. A player who has reached his 9th birthday prior to May 1st must be promoted to the next age level.
4. 9 year olds
 - A. A player who has reached his 10th birthday prior to May 1st must be promoted to the next age level.
5. 10 year olds
 - A. A player who has reached his 11th birthday prior to May 1st must be promoted to the next age level.
6. 11 year olds
 - A. A player who has reached his 12th birthday prior to May 1st must be promoted to the next age level.

Rule III - Draft Regulations

1. All player pools from a member park where 2+ teams may exist must be evaluated and drafted so as to produce relative parity within a park. MFL draft policy is:

- A. To be eligible for MFL sanctioned play all teams must adhere to the following evaluation draft procedure. All Players will be divided into:
 - i. Group 1 – all talent deficient
 - ii. Group 2 – all below average talent
 - iii. Group 3 – all average talent
 - iv. Group 4 – all above average talent
 - v. Group 5 – all elite talent
- B. Using an alternating draft system, each team will receive a relatively equal number of players from each group listed above, in the following order:
 - i. Group 5
 - ii. Group 4
 - iii. Group 3
 - iv. Group 2
 - v. Group 1
- C. Teams are allowed to designate one child in lieu of head coach and one child in lieu of first assistant coach.
- D. The team with the lower average talent rating between the pre-designated will pick first.
- E. All picks will alternate in a T1, T2, T1, T2, T1 type fashion.
- E. All member parks must draw one of the three MFL Executive Committee members out of a hat so that the ECM can serve as on-site verification that the above rule is followed.
 - i. ECMs must verify at least two and no more than three evaluation/draft processes in a seasonal year.
 - ii. When evaluation/draft has been verified by ECM, said ECM must leave the draft with a printed copy of all drafted rosters, sign said rosters and fax/email them to both the President and Vice-President of Administration for dual filing.

Rule IV - Practice Regulations

- 1. It is recommended that all guidelines be followed by administrators and coaches in such a way that the safety and best interests of our athletes be made our number one priority.
- 2. Pre-Season practice is the time prior the week of Opening Day.
 - A. Week 1 – Conditioning Practice
 - i. Players may practice four days lasting no longer than 105 minutes.
 - a. Players may only wear shorts, t-shirt, cleats. No equipment allowed.
 - B. Week 2 – Helmets Only Practice
 - i. Players may practice three days with helmets only lasting no longer than 105 minutes.
 - a. The Saturday of Week 2 players may begin full padded practice.
 - C. Week 3-4 – Full Padded Practice
 - i. Players may practice four full padded practices lasting no longer than 105 minutes. Preferably three weeknights and Saturday.
 - D. Week 5 – Season Opener Practice
 - i. Players may practice two full padded practices lasting no longer than 105 minutes

- ii. Players may practice one full padded, NO CONTACT practice lasting no longer than 60 minutes.
3. All players must participate in the acclimation process for safety reason.
 - A. Minimum of three (3) days of shorts, t-shirt, cleats. No equipment allowed.
 - B. Minimum of three (3) days of shorts, t-shirt, cleats, and helmet.
 - C. Exception – A player is only exempt from the acclimation process if they are transferring between MFL teams and have already participated in the acclimation process.
 4. Season practice is the time period after Opening Day for the Season.
 - A. Regular Season Practice
 - i. Players may practice two full padded practices per week, lasting no longer than 105 minutes
 - ii. Players may practice one full padded, NO CONTACT practice lasting no longer than 60 minutes.
 - iii. Exception: If a team has a bye week, then they may practice 3 times in full pads for 105 minutes for that week.
 5. If a team is in violation of the practice rules, the head coach will be suspended for 2 games.
 6. It is the responsibility of all administrators and coaches to provide ample supplies of water and appropriate care to our players.
 7. During all practices, pre-season and season, the following Wet Bulb Guidelines must be followed:
 - A.

| <u>WBGT READING</u> | <u>ACTIVITY GUIDELINES & REST BREAK GUIDELINES</u> |
|---------------------|--|
| UNDER 82.0 | Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout. |
| 82.0 – 86.9 | Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of 4 minutes duration each. |
| 87.0 – 89.9 | Maximum practice time is 105 minutes. <u>For Football</u> : players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : provide at least four separate rest breaks each hour of a minimum of 4 minutes each. |
| 90.0 – 92.0 | Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice. |
| OVER 92 | NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached. |

- B. All appropriate guidelines should be followed based on the reading at the time.

Rule V - Playoffs

1. Teams eligible for playoffs will be the top eight (8) teams in each age based on the regular season record.
 - A. Quarterfinal
 - B. Semifinal
 - C. Super Bowl
2. Teams in each age will be seeded seeds #1 - #8 by the following criteria:
 - A. The seeding will be determined according to regular season record.
 - i. Note: Pre-Season game statistics are not counted in determining seeding; only regular season game statistics are considered.
 - B. If there is a two way tie for a playoff position, the tie will be broken by the opponent's record head-to-head and then points allowed.
 - C. In a 3-way tie where all teams went 1-1 against each other, the tie-breaker will be points allowed during all regular season games. The team with the lowest number of points allowed will be the top seed of these 3.
 - i. After the three (3) way tie break, it will go revert back to head to head to determine the next two (2) seeds.
3. Should a Playoff or Championship Game result in a tie, the Kansas Plan will be used.
 - A. This will be the case until a clear winner is determined. See Rule VIII.1.
4. First and Second place trophies will be awarded for football players and cheerleaders.
5. Playoff hosts are established through a rotation each year. The rotation is established by drawing each Agency/Association out of a hat one (1) time to establish the order. Any new Agency/Association in the league will be added to the bottom of the list. The first Agency/Association will have their choice of the Super Bowl, #1 Seed vs. #4 Seed (top of the bracket), #2 Seed vs. #3 Seed (bottom of the bracket), or pass. The second Agency/Association will have their choice of the remaining hosting opportunities. This will continue until all hosting opportunities have been assigned. The following season, the rotation will continue with the next Agency/Association in line that has not hosted or passed the Super Bowl, #1 Seed vs. #4 Seed (top of the bracket), #2 Seed vs. #3 Seed (bottom of the bracket) from the previous season. Quarterfinal hosts will be determined by continuation of the rotation after the hosts for the Super Bowl, #1 Seed vs. #4 Seed (top of the bracket), and #2 Seed vs. #3 Seed (bottom of the bracket) have been selected.
 - A. Any Agency/Association that passes is still considered to have had the opportunity and is not eligible until their next turn in the rotation.
 - B. Any Agency/Association that has previously hosted a Super Bowl may not host again unless no one else wants to host it within the first cohort (group of three) for that season.
 - i. i.e. – Agency/Association A and C have not hosted and Agency/Association B has. B may only host if A and C are not interested in hosting.

- C. Quarterfinal hosts do not negate the starting rotation position. Beginning rotation position begins with the next in line who has not hosted or passed the Super Bowl, #1 Seed vs. #4 Seed (top of the bracket), or #2 Seed vs. #3 Seed (bottom of the bracket) from the previous season.
 - D. Playoff Rotation
 - i. Union County
 - ii. Fannin County
 - iii. Gilmer County
 - iv. West Hall
 - v. Dawson County
 - vi. Pickens County
 - vii. Chestatee
 - viii. East Hall
 - ix. White County
 - x. Lumpkin County
6. After the Quarter-Final round, the highest remaining seed may have their choice of which Semi-Final host to play at - #1 Seed vs. #4 Seed (top of the bracket) or #2 Seed vs. #3 Seed (bottom of the bracket).
- A. This must be determined by the Agency Representative within 24 hours of the conclusion the Quarter-Final game.

Rule VI – Player Eligibility

1. All registered players on a team from a member park must meet one of the following criteria:
 - A. Attend school for that Park’s or Association’s school system
 - B. Be districted to attend school in that Park’s or Association’s school system.
 - C. Exception 1: If an agency does not offer 6U tackle, a 6U athlete can go to the closest park that does offer it based on drive time from their primary residency to that park’s game field. (Please Note: This applies across all age groups: 6U - 11U)
 - D. Exception 2: Cheerleaders and cheer squads not participating in the MFL Cheer Competition are not required to submit eligibility paperwork.
2. No player may play on any other team than their originally declared team from the date of roster check-in forward unless otherwise approved by the MFL Executive Board.
3. Roster check in will consist of producing a valid, completed team roster and corresponding Birth Certificates.
 - A. In the event a player or cheerleader is challenged, the Agency/Association has 24 hours to produce the proper documentation.
 - i. Proper documentation includes but is not limited to:
 1. Complete team roster with full names, dates of birth and jersey numbers.
 2. Copy of birth certificate, hospital record or school record signed by principal.
 3. Copy of school documentation verifying school attendance or copy of utility bill verifying school district.
 4. In lieu of a birth certificate and school/residence verification, a school document (ie. Infinite Campus, Power School) may be used as it contains all of the above information.

4. All rosters must be submitted to the league as determined by *Article IX* of the By-Laws.
5. No player may be added to a team roster after week 1 of the regular season.
 - A. The end of week 1 will be defined as midnight of Opening Day.
 - B. Exception: A player maybe added in the event one of the following conditions are met:
 - i. A player must have a bona fide move to the school service area.
 1. In order for a player to have a bona fide move, the player must have moved with the person(s) he/she lived with previously and must have moved from another service area to your school's service area.
 - a. Exception of Person(s)
 - i. Divorce, Death, Separation, Court Ordered
 - ii. Any circumstance unforeseen by the league to be pivotal in the development of the player.
 1. The Board Member may fill out a hardship application.
 - a. The Hardship Committee will be composed of four Board members (chosen by the Executive Committee) randomly chosen as to not include the petitioner or an Executive Committee Member.
 - b. The Hardship Committee will then hear the case and render its findings.
 - i. Ties will be broken by the Executive Committee.
 - iii. No other By-Laws, Rules and/or Policies may be violated.
 - iv. Please Note: An existing player may not be added to a roster more than once in a season after week 1 of the regular season.
 1. Meaning: A player, who has been added to any team roster post week 1 of the regular season, may not change rosters for any reason, regardless of the timing of their initial roster listing.

Rule VII – Age Specific Rules

1. All ages will play 8 minute quarters.
2. Unlimited weight for all positions.
3. 6U will be allowed to have 2 (two) coaches per team on the field.
 - A. One coach is allowed to call plays and one coach is allowed to line the players up.
 - B. In all cases sideline to press box communication involving radios, headsets and cell phones is permitted.
4. 7U and 8U will be allowed to have 1 (one) coach per team on the field during the entire season.
 - A. Once the huddle breaks the coaches on the field must remain 10 yards behind the deepest player.
 - B. No touching or adjusting of players at that point; verbal adjustments are allowed.
 - C. Penalty: Unsportsmanlike conduct on the head coach.

5. Blitzing is allowed in all age divisions except in 6U. Also a defensive player cannot lineup on the center in 6U.
6. The Points After Touchdown (PAT) are as follows:
 - A. 10U and Under
 - i. 1 point- running/passing from the 3 yard line
 - ii. 2 points- running/passing from the 5 yard line
 - iii. 2 points- kicking
 - B. 11U
 - i. 1 point- running/passing from 3 yard line.
 - ii. 2 points- kicking
7. PUNTING:
 - A. 9U, 10U, 11U will punt in the customary fashion in accordance to normal football rules.
 - B. 6U, 7U, 8U will declare a punt.
 - i. The ball will be moved 25 yards down field.
 - a. In 8U and Under only if the offensive team wishes to punt inside the 35-yard line the ball will be moved half the distance of the goal.
 - ii. The clock will stop after the punt has been declared and while it is being marked off by the officials.
 - a. The clock will restart on the snap.
8. All leagues except 6U will kick-off. Kick-offs will be from the 40-yard line. 7U and 8U will only kick off at the beginning of each half. Each team will kick off only once. The ball will be placed on the 30-yard line after scores. 6U will place the ball on the 30-yard line at all times.
9. Footballs:
 - A. Game balls may be leather or composite
 - i. 9 year olds and Under – Wilson K2 or Peewee Size
 - ii. 10 year olds - Wilson TDJ or Junior Size
 - iii. 11 year olds - Wilson TDJ or Junior Size

Rule VIII – Specific MFL Modified Rules

1. Teams may start with 10 players.
 - A. Nine (9) players constitute a forfeit.
2. Kansas plan will be used for all regular season games ending in a tie.
 - A. Ball goes to 10-yard line
 - B. Each team gets one time out per period.
 - i. No time out can be carried over from 4th quarter.
 - C. During the regular season, if a game remains tied after two overtime series for each team under the Kansas Plan, the game will be considered a tie.
 - D. During a playoff game, Kansas Plan will continue until a clear winner.
 - E. Turnovers are blown dead.

3. Minimum playing time is established by each independent Agency/Association and is responsible for its enforcement.
4. No child is eligible to play both for the Recreation Youth Football League and School Football Team. You must play either one or the other. NO EXCEPTIONS.
 - A. Penalty will be forfeiture of all games that player or players participated in and player or players will be suspended from playing in the rest of the current season and playoffs.
5. Game time is start time.
 - A. No game will be started more than five minutes early.
 - B. Exception – Games may be moved in the event of a forfeit with notice prior to Tuesday of game week.
 - i. The two (2) Agency/Association Representatives and the Host must all agree to move the games and are responsible for ensuring the change is conveyed to all parties.
6. If there are 2 teams with similar color jerseys, the home team must wear pennies provided by site/host that day.
7. All half times will be 10 minutes long.
 - A. This will allow 5 minutes per cheerleading squad to perform.
 - B. Halftimes may be cut to no less than 5 minutes provided that it does not interfere with the performances of one or both cheerleading squads.
8. Teams must divide at 36 players.
 - A. No roster can have 36 players; the max number per team is 35.
9. Maximum number of coaches allowed on the sideline is 6. Two water boys/girls are permitted.
 - A. Teams in violation of this rule will be asked to reduce the number of people on the sidelines immediately and the head coach will be charged with unsportsmanlike conduct.
 - B. The second time this happens the head coach will be ejected from the current game.
 - C. Also note that any person declared as a water boy/girl must be under the age of 18 years old.
10. Anytime in the 2nd half a team is up by 30 or more points the clock will run.
 - A. Once a team is winning by 30 points or more in the 2nd half the team cannot pass the ball or run a reverse.
 - B. The team that is ahead by 30 or more points in the 4th quarter will lose all timeouts for the remainder of the game.
 - C. Teams ahead by 30 or more points, in the second half, will no longer kickoff.
 - i. The ball will be placed at the 45 yard line and the offensive team will take over on downs from there.
 - D. PENALTY: Unsportsmanlike conduct on the head coach.

- E. Please Note: Once the Mercy Rule is enacted, it does not revert back to a regulation game.
11. Protest: No protest.
 12. Regular admission will be \$3.00 for adults, \$1.00 for twelve (12) & under, and six (6) & under free.
 - A. In the playoffs, the admission will be \$4.00 for adults, \$2.00 for twelve (12) & under, and six (6) & under are free.
 13. Mouthpieces may be any color and must be attached to the facemask.
 14. Any coach, player, or spectator ejected from a game or facility for any reason will serve a minimum of a one game suspension in addition to the suspension from the current game.
 - A. The coach will not be allowed in or around the facility while serving their suspension. After the first ejection/suspension the coach will be placed on a one year probation period.
 - B. If a second ejection occurs during the probationary period the coach is suspended for 1 full regular season and playoffs, if applicable.
 - C. Any and all appeals will be brought before the MFL Executive Board.
 15. Every agency must have a visible lightning detector at the field site.
 - A. The MFL will follow the GHSA lightning rule.
 16. League affiliated personnel (i.e. coaches, parents, players, staff) may film any MFL sanctioned game for scouting purposes.
 17. Any game forfeited during the season will be recorded as a score of 0-50 for the losing team.
 18. Chain crews must be provided by the host site.

Rule IX – Season Schedule

| | |
|------------------|---|
| July 11, 2018 | MFL Team Accounting and No Host Meeting |
| July 16, 2018 | First day of practice – No Equipment |
| July 28, 2018 | First Day of Practice in Pads |
| August 8, 2018 | Roster Check-In |
| August 25, 2018 | Opening Day |
| October 20, 2018 | Quarterfinal Round of Playoffs |
| October 27, 2018 | Semifinal Round of Playoffs |
| November 3, 2018 | MFL Super Bowl II |