



2022 Rules & Regulations FOOTBALL

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I. ELIGIBILITY OF ATHLETES

- a. **Right to Play:** No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.
- b. **Permission to Play:** Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.
- c. **Academic Standards:** It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.
- d. **High School Students:** No high school student can participate in MVFL.
- e. **Non-Public School Students:** Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate age, weight, and experience requirements.
- f. **Geographical Areas:** In determining participation, all athletes must live within the school district boundary which defines that team's population of athletes. The MVFL Board can grant exceptions.
- g. **Proof of Residency:** Proof of residency may be required to show residence on any questioned athlete.
- h. **Proof of Grade Level:** Proof of incoming grade level will need to be given to program, copy of last(end of year) report card or letter from school district of ingoing school grade level.
- i. **MVFL District Transfers:**
 - i. Must live or attend school within the organization boundaries. Proof of residency is determined by "bill with address" or "school registrar paperwork" and must be attached to application.
 - ii. If a team drops below **(17)** athletes, organizations wishing to secure athletes from another MVFL organization's district or out of boundary, must complete an MVFL Transfer Application Form to be approved at the June Meeting. Transfers must be complete prior to practice.

1. Both teams involved must agree to the transfer. Additionally, a majority vote of the MVFL Board must authorize the action. Organizations not complying with this regulation will be considered as using ineligible athletes and will forfeit all games in which the ineligible athletes participated. Once an athlete receives a district transfer, they may continue to play for that organization annually until they no longer meet the age requirement or separate membership from the organization for one full season. If one full season of separation occurs, the athlete must again get approval from the other organizations and the MVFL Board. The MVFL Board must review all new and existing District Transfers each year regardless of the circumstance.
- j. **Physical Exam:** All athletes must pass a physical examination in that calendar year to be eligible for participation.
- k. **Eligibility to Participate in Game:** Athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in a game or jamboree/scrimmage.
- l. **Level of Play:** As a general rule, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their own age division. At the discretion of their local board, athletes may move up a division. Under no circumstances, may an athlete move down a division.

II. AGE REQUIREMENTS

- a. **Age Requirements:** Any individual who will be (7) on November 1st and does not turn (15) by November 1st will be eligible to participate. No 9th graders are allowed. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record.
- b. **Division Grade & Ages:**
- i. Jr. Novice Division 1st & 2nd Grades, consist of ages of 6 and 7 years old
 1. 6 years old if they turn 6 by August 1st
 2. Cannot be 8 years old during the season.
 - ii. Novice Division 3rd & 4th Grades, consist of ages of 8- and 9-years-old
 1. Exception will need to be granted, if 7 years old can play down must not turn 8 during season.
 2. Cannot be 10 years old during the season.
 - iii. Jr. Varsity Division 5th & 6th Grades, consist of ages of 10- and 11-years-old
 1. Exception will need to be granted, if 9 years old can play down, must not turn 10 during season.
 2. Cannot be 12 years old during the season.
 - iv. Varsity Division 7th & 8th Grades, consist of ages of 12- and 14-years-old

1. Exception will need to be granted, if 11 years old can play down must not turn 12 during season.
 2. Cannot be 15 years old to play in League during season.
- v. Athletes are eligible to move up. Refer to Eligibility of Athletes.
- c. **Proof of Age:** A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All MVFL teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

III. WEIGHT RULES

a. **Maximum Weights for Divisions:**

- | | |
|---------------------------|-----------|
| i. Jr. Novice Division | unlimited |
| ii. Novice Division | unlimited |
| iii. Jr. Varsity Division | unlimited |
| iv. Varsity Division | unlimited |

b. **Maximum Skilled Athlete Weights for Divisions:**

- | | |
|---------------------------|------------|
| i. Jr. Novice Division | 90.0 lbs. |
| ii. Novice Division | 115.0 lbs. |
| iii. Jr. Varsity Division | 140.0 lbs. |
| iv. Varsity Division | 175.0 lbs. |

c. **X-Man Designations for Divisions:**

- | | |
|---------------------------|-----------------------------|
| i. Jr. Novice Division | Weight exceeding 90.1 lbs. |
| ii. Novice Division | Weight exceeding 115.1 lbs. |
| iii. Jr. Varsity Division | Weight exceeding 140.1 lbs. |
| iv. Varsity Division | Weight exceeding 175.1 lbs. |

- v. **X-Man:** Any athlete who exceeds the above weights will be a designated an X-man. An x-man is defined as a non-skilled athlete. They are allowed to play line on both offense and defense and must be lined up between or straight up on the tackles. An X-man must start plays in a 3- or 4-point stance. An X-man is required to wear an agreed upon mark on the back of the helmet to be determined by MVFL. All teams must use the same mark. An X-man may not handle the football on offense or defense. If an X-man gains possession of the football for any reason, the play is dead. A tackle is defined as a player on the line of scrimmage that is covered by an eligible receiver.

- vi. **Special Teams:** An X-man is not eligible to participate in kick-off or kick-return. A team must field a kickoff and kick return team if (11) skilled athletes are present. If a

team cannot field a kickoff team without using an X-man, the ball will be automatically placed on the opposing team's 40-yard line and the opposing team will start possession there. If a team cannot field a kick return team without using an X-man, the ball will be placed on the returning team's 20-yard line and possession will start there. An X-man will be eligible to play on the punt and punt return, field goal and PAT teams. An X-man will be eligible to kick on PAT and Field Goals. If an X-man player touches the ball other than kicking it, it is a dead ball at that spot. They may not participate in any fake PAT or Field Goal attempts.

- d. **Over-Weight Athletes:** During the regular season, teams may carry over-weight athletes on their squad. An over-weight athlete is defined as (10) lbs. over the maximum division weight. These athletes are ineligible for participation of full contact drills during practices, pre-season, regular season, and post-season games until they meet the appropriate weight.
- e. **Game Day Weigh-in Times:** All athletes will weigh-in no earlier than one hour prior to game time. If late, athletes can be weighed-in up to (10) minutes from the start of the scheduled start time of their game.
 - i. Jr. Novice Division One hour prior to game time
 - ii. Novice Division Half time of Jr. Novice game
 - iii. Jr. Varsity Division Half time of Novice game
 - iv. Varsity Division Half time of Jr. Varsity game
- f. **Game Day Weigh-in Rules:**
 - i. All athletes must be weighed in and meet the required weight before being allowed to participate in the game.
 - ii. Any athlete weighing in at more than (3) lbs. of the maximum weight is not eligible for additional weigh-ins that day.
 - iii. All teams are required to give athletes the chance to weigh (3) times.
 - iv. All athletes are not allowed to leave the weigh-in area once weigh-ins has started or until they are deemed eligible or ineligible to play.
 - v. No "deals" between teams on weight issue will be permitted. If it is determined that a "deal" has be struck, one or both teams will be called before the MVFL Board for disciplinary actions.
 - vi. All athletes, at all division levels, must weigh-in wearing game jerseys. Top weights will be allowed to weigh in wearing gym shorts and no jersey but must present jersey to weighing official.
 - vii. Each athlete must have an official certified weight recorded on a weight card prior to participating in any MVFL sanctioned event.
 - viii. There will be no "mid-season" weight adjustment.
 - ix. If an athlete is going to play a different position that requires changing of their jersey, or a jersey is changed for any reason, the team must notify the game official and opposing team of the reason for change.

- x. Skilled Athlete or X-man will be determined at this time. ***The coach's agreement to the code of ethics applies to enforce this rule.**

- g. **Weigh-In Procedure:**
 - i. Weigh-ins will be conducted in the presence of a weigh master or a representative for each team.
 - ii. Weigh-in officials will check all forms and documents pertaining to each athlete to ensure compliance with all MVFL Board Regulations.
 - iii. Additional rosters are required to check off players as they weigh in as a verification of player and player card.

 - iv. Weight book must be in numerical order by team with a picture.
 - v. Jersey number is required to be written on the card. If numbers change or an athlete has multiple numbers, those numbers must also be noted on the card.
 - vi. Complete information is recorded on weight card.
 - vii. X-men must bring helmet and jersey and may weigh in first.
 - viii. Visiting team will weigh-in first unless they concede. Teams will have their representatives available immediately for weigh-ins (1) hour before game time or as soon as the 2nd quarter ends in the previous game.

- h. **Athlete Card (player card):** MVFL athlete weight cards must be carried and presented at every game.

- i. **Certification of Athlete Books:** All books will be certified prior to jamboree and an actual weight must be recorded at Jamboree. If for any reason an athlete or athletes will not be present at the jamboree, the athletes' weight card can be certified at the first game that athlete attends by the opposing team. Teams will bring athlete books with all documentation paper clipped to the outside of the plastic sheeting. Teams must supply a pre-season roster at the time of the book signing.

- j. **Certification Requirements:** In order to certify an athlete, each team must have a copy of the athlete's weight card, a valid physical, a certified copy of the athlete's birth certificate and the AB2007 acknowledgement form signed by both the parent/guardian and athlete. A photo and game jersey number are required on the athlete's weight card. The team books must also have a completed copy of their organization roster.
 - i. **Athlete Card:** All athlete's information must be included on the MVFL Athlete Card on white cardstock paper. Any athletes that have an approved Level-up Certification, an approved Exception Request, or an approved Transfer form, must be on blue card stock paper. All Mascots must be on pink card stock paper.
 - ii. **Photo:** A photo of the athlete and jersey number must be on Athlete Card.
 - iii. **Valid Physical:** All physicals must on the MVFL Physical Form or a physician's form, both must be stamped and signed by the physician in the calendar year to be eligible to participate. Any restrictions must be noted on form.

- iv. **Proof of Age:** A certificate of live birth issued by the county or state. If the certificate is unobtainable, the MVFL Board will have final approval for athlete's participation by a majority vote.
- v. **AB2007 Acknowledgement:** The AB2007 Acknowledgement form must be signed by both the parent/guardian and the athlete. Must be kept with Athlete Card.

k. Certification Procedure:

- i. **Book Signing:** MVFL Board Members will sign off on all athlete books in lieu of coach's book signing meeting.
 - ii. Each MVFL Board Member or head coach must sign off athlete card prior to any MVFL functions.
 - iii. Each team is required to have a representative of your team present at weigh-ins for each team.
 - iv. Two representatives from opposing teams will review all the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they each will sign the individual athlete card. If there is missing or non-compliant paperwork, the team has until the next game to correct it and get it signed off by the opposing team.
 - v. Any discrepancies found later must be corrected immediately or athlete may be deemed ineligible.
- I. **Scales:** A certified counterweight type or digital scale must be used for weigh-ins at all pre-season, regular season, and post season games. Scales must be certified yearly displaying current certification sticker. Organizations without a proper scale will not be allowed to play their athletes whose weight is questionable, +/- (3) lbs., on the non-certified scale. However, the visiting team's questionable athletes will all be declared eligible and legal athletes.

IV. ROSTERS

a. Roster Submissions and Terms:

i. Pre-Season Rosters:

- 1. Must be presented at the book signing to MVFL Executive Secretary.
- 2. Each team is required to bring **(14)** copies of each team roster separated by level of play.

ii. Regular Season Rosters:

- 1. Must be submitted to the MVFL Executive Secretary by Game Day Week 4
- 2. Rosters may be faxed or emailed.
- 3. Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.

iii. Post Season Rosters:

- 1. Must be submitted to the MVFL Secretary by the Play-off Seeding Meeting.
- 2. Rosters may be faxed or emailed.

iv. Special Roster Changes:

1. Athletes may be added to a team, subject to the MVFL Board approval, during the last (2) weeks of the season if that team's size falls to (20) or fewer athletes.
- b. **Roster Requirements:** Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include name, age, weight, birth date and address of athlete.
 - c. **Roster Size:** Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).
 - i. Jr. Novice Division Maximum number of athletes is 40
 - ii. Novice Division Maximum number of athletes is 40
 - iii. Jr. Varsity Division Maximum number of athletes is 40
 - iv. Varsity Division Maximum number of athletes is 40
 - d. **New Athlete:**
 - i. **New Athlete:** A new athlete is one that has not participated in any organized youth tackle football program at this age, weight, or grade level.
 - ii. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.
 - iii. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Game Day Week 4.
 - iv. **Eligibility Date:** Once the MVFL Board has received the eligibility information, the new athlete may start practicing meeting eligibility.
 - e. **Elevating Athletes:** Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level.
 - f. **Post Season Games:** Post season games must be played with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the post season roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered as regular season games. The post season roster must include football athletes at each level.

V. EQUIPMENT AND UNIFORMS

- a. **Team Uniform:** Teams wishing to enter MVFL or teams planning to change team colors, must get the approval of the MVFL Board.
 - i. **Game Uniform:** Athletes must have numbers on their jerseys at all sanctioned MVFL games and scrimmages.

- b. **Protective Equipment:** All athletes must wear full football protective equipment at all games and contact practice sessions. Each team will furnish protective equipment for its athletes. It will be each team's responsibility to repair and certify helmets annually or bi-annually if not used in the previous year. All teams must send helmet certifications to MVFL Executive Secretary prior to the start of practice.
- c. **Equipment:** Teams should purchase, and have available, only top-grade protective equipment for its athletes. In addition, all equipment should be checked and repaired regularly.
 - i. **Equipment Check:** Equipment is monitored by the coach and/or equipment manager to ensure proper fit and good condition. This should be checked regularly.
 - ii. **Practice and Game Equipment:** It is recommended that coaches see that each athlete bring the following items to practices and games: t-shirt, sweatshirt, socks, athletic supporter, tennis shoes or cleats, mouthpiece, towel and necessary football equipment.
 - iii. **Acceptable Shoes:** The following shoes are sanctioned for wear in games or practices: Little League rubber/plastic solid soled cleats, approved youth football cleats or soccer shoes. Screw-in cleats are allowed if they utilize non-metal cleats.
 - iv. **Mouth Pieces:** Mouth pieces will always be worn during games and contact practice sessions and must cover the entire upper jaw. Any color other than white or clear.
 - v. **Footballs:** Designated football for all scrimmages and games approved by MVFL. Chart size is as follows:
 - 1. Youth (Size 8) for Varsity and/or Jr. Varsity
 - 2. Junior (Size 7) for Jr. Varsity and/or Novice
 - 3. Pee Wee (Size 6) for Novice and/or Jr. Novice
- d. **Headsets:** MVFL rules state that if you want to use a headset you may bring your own. It is not a requirement that both teams use them. Athletes are not allowed to talk on the headsets. No headsets allowed on the playing field for Novice games but are allowed on the sideline.

VI. PRACTICE PROCEDURES

- a. **Practice Schedule:** All teams must file their practice schedule, location, times, and dates with the MVFL Executive Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice.
- b. **Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.

- c. **To Start Practice:** To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.
- d. **Pre-Season Practices:**
 - i. **Practices:**
 - 1. **1st week:** (5) practices per week. Conditioning – No pads/helmets allowed
 - 2. **2nd week:** (5) practices per week. Pads
 - 3. **3rd week:** (5) practices per week. Jamboree is considered a practice
 - 4. **4th week:** (4) practices per week. Before 1st Game
 - 5. **5th week and after:** (3) practices per week
 - ii. **Camps/Clinics:** Teams may have the option of (1) clinic prior to regular practices. A clinic consists of (1) day (6) hour team operated instructional and/or play running clinic with no pads. Clinic must be held in the month of July. High School or “open to all” clinics are not considered team operated clinics. No pads or contact will be allowed during these camps/clinics. Footballs are allowed.
 - iii. **Physical Conditioning:** All athletes must complete (10) hours of physical conditioning and (6) hours in full gear to be eligible to participate in jamboree/scrimmage or game.
- e. **Practice Time Limits:** Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.
- f. **Dual Practices:** Teams are allowed (2) dual practices during the year as long as they stay within the normal practice schedule. Teams can have dual practices with teams outside of MVFL as long as weight is comparable.

VII. GAME PROCEDURES

- a. **MVFL Rules:** National Federation of State High School Associations (NFHS), the national leadership in high school sports, with the exception of the MVFL Rules and Regulations discussed below, will govern all MVFL games.
- b. **Ice Chests/Outside Food or Drink:**
 - i. All teams must post these signs at their admission gates:
 - 1. No ice chests will be allowed into any game except TEAM ice chests.
 - a. **Ice Chest Badges:** (4) badges, (1) per level & (1) per team, will be issued specifically for personnel to bring in TEAM ice chests ONLY. Ice chests will hold team drinks and snacks.
 - 2. No outside food or drinks.
- c. **Game Facilities:** All MVFL teams must furnish the necessary facilities and spectator seating for all MVFL games. The facilities shall include a lined playing field; certified scales;

an EMT, an ambulance service or a doctor, all competent personnel must be 16 years old or older to man the chains; timing; etc.; a first aid kit on the field and any other equipment necessary to coordinate a scheduled game. Each team is responsible for bringing their-own game balls.

- i. Host teams shall supply visiting team with (20) lbs. of ice per level.
- ii. Gates shall open 1-1/2 hours prior to game time.

d. Football Field: All MVFL games will be played on a regulation football field.

e. Game Officials: All MVFL games will be officiated by MVFL approved officials, preferably those who are members of the MVFL Official's Association or officials who have been approved by the MVFL Board. Four officials will be assigned to all MVFL games, but games may be played with only two officials present. No official can officiate a family member's game. No official or coach can be a member of any organization's board and officiate in that year.

f. Game Officials Pay: MVFL officials are paid by half-time of the Jr. Varsity game at a rate of \$250.00 per day flat fee by the hosting team.

i. Organizations that cannot field all (4) teams will be responsible for the payment of the forfeited game. The host team will pay officials in full and invoice the organization the amount owed for the forfeited games. The breakdown for reimbursement is as follows:

1. 3 games forfeited - \$750.00
2. 2 games forfeited - \$500.00
3. 1 game forfeited - \$250.00

a. The MVFL Board reserves the right to review this section any time necessary.

- ii. Scrimmages/Jamboree, \$100 per official
- iii. Play-off's 1st Round, 5-man mechanics, \$250 per official, no supervisor
- iv. Play-off's 2nd Round, 5-man mechanics, \$225 per official, \$125 supervisor
- v. Superbowl, 5-man mechanics, \$225 per official, \$125 supervisor
- vi. All-Stars (3) games, \$240 per official, no supervisor
- vii. Head Officials, \$150 per team for scheduling
- viii. Travel pay is \$20 per day per (1) official
- ix. El Dorado travel pay is \$25 per day per official. To be paid by MVFL in 2022.

g. Head MVFL Game Official: The MVFL Board shall employ a MVFL head official to recruit, train, assign, and evaluate MVFL game officials. He or she shall be paid by the MVFL at a rate agreeable to member teams and hold a seat on the MVFL Board.

- h. **Medical Presence at Games:** It is mandatory that the home team at all MVFL games provide adequate medical protection for both teams. NO GAME shall commence without a first aid certified individual (i.e., an EMT, ambulance service, or a doctor) present at the field and identified to each head coach by the game official. The medical personnel will be introduced by the game official to both teams at to the beginning of each game. Medical personal “MUST” be available during each game in designated area on the sidelines. It would be wise to have phone available for emergencies.
- i. **Field Conditions/Postponement of Game:** The game officials and a MVFL Board Member (when present), shall be the sole judges of whether the field conditions will permit the start of a game. Once a game has begun, the game officials and a MVFL Board Member will determine whether field conditions will permit the continuance of play. Postponed games will be rescheduled by the MVFL Board if facilities are available, and it is reasonable to do so.
- j. **Mercy Rule:** Mercy Rule is in effect per the National Federation of High School Rules. (NFHS) or if both coaches agree.
- k. **Novice, Jr. Varsity and Varsity Games:** Novice, Jr. Varsity and Varsity games will be comprised of four 10-minute quarters and a 12-minute half with a 3-minute warm up. Each team will be allowed (3) time-outs per half.
- l. **Scrimmage/Jamboree Format:** Each team will get (15) minutes on offense and (15) minutes on defense with a running clock. The ball will be placed on the 35-yard line. The offense will drive 35 yards for a touchdown. The offense will have (4) plays to make (10) yards for a first down. They will continue their offensive drive until they score a touchdown, turn the ball over via interception or fumble recovered by the defense, or fail to go (10) yards in (4) plays. If a team does not make a first down or turns the ball over the ball will return to the 35-yard line and the process will start over again until the 15-minute time limit expires. No score will be kept.
- m. **Game Time:** Game times will be listed on the MVFL schedule at suggested times below. They shall be determined prior to each season.

DAY		NIGHT	
9:30 am	Jr. Novice	12:30 pm	Jr. Novice
11:00 am	Novice	2:00 pm	Novice
1:00 pm	Jr. Varsity	4:00 pm	Jr. Varsity
3:00 pm	Varsity	6:00 pm	Varsity

- n. **Scoring:**
 - i. **Jr. Novice Division**
 1. Touchdown 6 points
 2. Safety 2 points

ii. Novice & Jr. Varsity Divisions

1. Touchdown	6 points	Extra Point – Run or Pass	1 point
2. Safety	2 points	Extra Point – Kick	2 points
3. Field goal	3 points		

iii. Varsity Division

1. Touchdown	6 points	Extra Point – Run or Pass	1 point
2. Safety	2 points	Extra Point – Kick	2 points
3. Field goal	3 points		

- o. Forfeiture Due to Number of Athletes:** A game will be declared a forfeit if a team is unable to field (11) athletes (15) minutes after the scheduled game time. The decision regarding the number of athletes present and the time will be left up to the game officials and/or the MVFL Board Member, should he or she be present. In the event of a forfeit, the forfeiting team will be responsible for all the official's fees for that game. If a team knows it is going to be short of athletes, it is the responsibility of the head coach of that team to notify the MVFL President by Wednesday of that game week.
- p. Official's Termination of Game:** Game officials may terminate a game at any time in order to protect the well-being of either team's athletes, coaches, or spectators. In this situation, the MVFL Board will determine the outcome of the game.
- q. 25-Yard Line:** While coaching, coaches must stay within the 25-yard lines of the playing field while the game is in progress.
- r. Athlete/Coach Lack of Cooperation:** Any athlete or coach who refuses to cooperate with game officials during the game may be removed from the field, may be disciplined by the MVFL Board, and may not participate the next week. There may be fines for coaches who are reprimanded by the officials, subject to Board review.
- s. Mandatory Play Rules:** Every eligible athlete suited up for a game must play in that game according to these guidelines:
- i. Jr. Novice minimum of 10 plays
 - ii. Novice Division minimum of 8 plays
 - iii. Jr. Varsity minimum of 6 plays
 - iv. Varsity minimum of 4 plays
 - v. No requirement to play everyone during playoffs
 - vi. Each organization should decide the eligibility of each athlete within their organization. MVFL will stand behind each organizations' rule. The athlete will be subject to the minimum play rule. MVFL has the authority to enforce local rules. If practices are missed, minimum play rule goes down by one. If no practices are attended, athlete will not be allowed to suit up. Each team will regulate themselves on this rule during games but may be subject to League actions if found to be in violation. The coach's agreement to the code of ethics applies to enforce this rule. The coach will deal with team members reluctant to play at the coach's discretion.

Athletes not participating for medical or disciplinary reasons will not suit up for the game. Athletes declared ineligible for weight, must wear their jersey with no pads. Once a team reaches (25) active athletes on a roster, the Mandatory Play Rule is reduced by half except for Jr. Novice.

t. Free Blocking Zone: The free blocking zone is in effect per the NFHS Rules except in the Jr. Novice Division.

u. Special Rules:

i. Novice:

1. No coaches are allowed on the field.
2. There will be rushing of the punter, but the receiving team must use a normal punt receiving formation.

ii. Jr. Novice:

1. League Participation:

- a. The objective of the MVFL Board is to have all organizations participate in the Jr. Novice Division by fielding a team.
 - i. AMA Jr. Bullfrogs are grandfathered into a non-participation status for this division of play.
 - ii. Team number of player options:
 1. All teams with 11 or more athletes must play 11 on 11.
 2. All teams with 11 athletes shall play the 7 on 7 format.
 3. All teams under 7 athletes must forfeit.
2. **Mandatory Play Rules:** Every eligible athlete suited up for a game must play a minimum of (5) plays in that game.

3. Game Procedures:

a. Format:

- i. The game will be opened in accordance with MVFL Rules by a coin toss to determine possession.
- ii. Games will be played in a full field format except in a 7 on 7 format.

b. Coaches on Field:

- i. Only (2) coaches per team are allowed on the field at any one time. They must stay (10) yards from the line of scrimmage at the snap of the ball. (1) coach offense/(1) coach defense.

c. Clock:

- i. There will be (4) quarters with a (10) minute running clock.
- ii. Mandatory water break at (5) minutes per quarter.
- iii. The teams will have (1) time out per half.
- iv. Halftime will be a (10) minute running clock.

- v. There will be a stoppage of the clock for any injuries that take place.

d. Officials:

- i. Penalties such as clips, chop blocking and head tackling will be flagged, and the ball will be placed at the spot of the foul and down will continue to the next down. (No reset of down)
- ii. Blitzing is not allowed from any defensive position.

4. Game Play:

- a. The ball will be placed on your 35-yard line and a team will have to drive (35) yards to score a touchdown. Teams will have (4) plays to make (10) yards for a first down. If a first down is not achieved on (3) downs, on the 4th down the team has the option to punt. If you elect to punt, the ball will be moved (20) yards and the opposing team will take possession.
 - i. 11 on 11 – 35-yard line out
 - ii. 7 on 7 – 35-yard line in
- b. A maximum of (5) linemen (x-man) will be allowed on the defensive line of scrimmage. Linemen (x-man) are defined as any defensive player within (1) yard of the line of scrimmage. Defensive ends and corners may be in an upright position if they are outside of the tight end or tackles outside shoulder and are not allowed to crash/pinch down the line of scrimmage towards the quarterback or running back. All defensive positions can read and react to the ball as the play takes place. No hitting the center or quarterback before the quarterback receives the ball from the center.
 - i. 7 on 7 – No lineman (x-man) is applicable. Center will not be eligible to run or receive the ball. No guards or tackles will participate in 7 on 7 format.

5. Overtime:

- a. Coin toss will be held to determine possession.
- b. Ball will be placed on the 10-yard line and teams will be given (4) downs to score a touchdown. Each team will have an opportunity to score.

6. Scoring and Score Keeping: Utilizing the modified game format, teams will drive the football in an attempt to score touchdowns. Upon scoring the touchdown, possession will be turned over to the other team for a first down on their 35-yard line.

- a. Scores and standings will be recorded with the League.
- b. Touchdowns are scored as 6 points.
- c. Safety is scored as 2 points.

d. There will be no extra point attempt.

7. **Special Team Play:** There will be no special team play.

8. **Post Season Play:** There will be post season play as similar to other levels while continuing to abide by the Jr. Novice rules.

VIII. GAME SCHEDULES, RESULTS, STANDINGS AND DIVISION TIE

a. **Game Schedule:** Schedules will be drawn up and issued through the MVFL Board.

b. **Game Days:** Games will be played on Saturdays and Sunday games are considered as a last resort. One game will be played in a week.

c. **Results:** Results of the games will be recorded at the end of the 4th quarter or enactment of the mercy rule. No game shall end in a tie. It is the responsibility of the home team representative to notify the MVFL Board of game results.

d. **MVFL Standings:** The MVFL Board standings will be the official league standings. Game results will be the responsibility of the home team and MUST be texted through the GroupMe "Scores" app. by no later than Monday night following those weekend games.

e. **Tie Breaker Rules:** NFHS will be in effect for all tie breakers.

f. **Seeding for Play-Off's Only**

i. Overall Record (conference or regular season)

ii. Head-to-Head (wins/losses)

iii. Common Opponent (non-conference or pre-season)

iv. Points Allowed (not points scored)

IX. EJECTION

a. **Athlete Ejection:** Any athlete shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next game. **NOTE** Any athlete who plays in the next game following his/her ejection will be treated as an ineligible athlete for that game.

b. **Coach Ejection:** Any coach shall be disqualified from participating in the remainder of the game and will be ineligible for the next game.

c. **Violations:** If a coach is ejected or a rule is violated a fine will be imposed to the organization as in the 3-strike rule. 1st offence \$100, 2nd offence \$150, 3rd offence is expulsion of the coach.

- d. **Appellate Procedures:** Any athlete or coach may appeal his/her one game suspension to his/her local board who shall establish appellate procedures to determine the eligibility of each athlete that is ejected from a game. Any head or assistant coach ejected from a contest will be disqualified from participating in the remainder of that game and will be prohibited from coaching or attending the next game for that organization. **NOTE** Any coach who coaches his/her team or attends the next game following his/her ejection will be referred to the MVFL Board for disciplinary action. See By-Laws "Incidents".

X. ALL-STARS

- a. **All-Star Committee:** A sub-committee of a minimum of (3) organizations each will be formed to organize the general operations and oversee rules and guidelines prior to June 1st. Committee changes will be subject to MVFL Board approval.