

## **Mountain Football League Rules Recreation Division**

### **Updated 7/17/23**

**Rule I – League Fees and Regulations** 1. Membership is \$10.00 per player ( Football and Girls Flag) 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 a 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 Grade Based Grade Based Eligibility Requirements**

- 6th Grade- Player may not turn 13 years old prior to May 1st of The Current Calendar Year -
- 5th Grade- Player may not turn 12 years old prior to May 1st of The Current Calendar Year
- 4th Grade- Player may not turn 11 years old prior to May 1st of The Current Calendar Year -
- 3rd Grade- Player may not turn 10 years old prior to May 1st of The Current Calendar Year
- 2nd Grade- Player may not turn 9 years old prior to May 1st of The Current Calendar Year
- K/1st Grade- Players may not turn 8 years old prior to May 1st of The Current Calendar Year A Child must play at their Grade Level.
- Agencies will be allowed to combine Grade Level Teams if needed to form a team. Each agency will handle this at its own discretion.

### **Rule III - 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. Practice for Pre-Season and Opening Day- Pre-Season practice is the time prior to 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-shirts, 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. **Coaches and Administrators must keep up with attended practices per players during acclimation.** All players must participate in the acclimation process for safety reasons. 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 week of 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: . All appropriate guidelines should be followed based on the reading at the time.

<b>WBGT READING</b>	<b>GUIDELINES &amp; REST BREAK GUIDELINES</b>
<b>Under 82.0</b>	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
<b>82.0- 86.9</b>	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.
<b>87.0-89.9</b>	Maximum practice time is 105 minutes. For Football: 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. Provide at least four separate rest breaks each hour of a minimum of 4 minutes each.
<b>90.0- 92.0</b>	Maximum length of practice is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 minutes of rest breaks distributed throughout the hour of practice.
<b>OVER 92.0</b>	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

**Rule IV - 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. **Draft policy will occur in Grades 2-6**

MFL draft policy is always chosen by **The MFL Executive Board**.

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- MFL Executive Board will oversee the evaluation and draft and sign off after the draft is complete.

## **Rule V - Playoffs**

1. Teams eligible for playoffs will be the top four (4) teams in each age based on the regular season record. A. Semifinal B. Super Bowl

2. Teams in each grade will be seeded seeds #1 - #4 by the following criteria: A. The seeding will be determined according to the 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. 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 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. Playoffs will go by the rotation. The Team at the top has the choice of SUPER BOWL. The 2 teams below will have a choice of Semi Finals. If a team decides not to host, they will go to the bottom of the list.

### **Playoff Rotation for 2023 Season**

- i. Lumpkin County
- ii. Union County
- iii. Fannin County
- iv. Pickens County
- v. White County
- vi. Chestatee
- vii. Dawson County
- Viii Gilmer County

6. The highest 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).

### **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 zoned to attend school in that Park's or Association's school system.

C. Exception 1: If an MFL agency does not offer a grade level group, an athlete can go to the closest park that does offer it based on drive time from their primary residence to that park's game field. (Please Note: This applies across all grade level groups K1-6th Grade. )

D. Exception 2: Cheerleaders and cheer squads not participating in the MFL Cheer Competition are not required to submit eligibility paperwork.

E. Agency's discretion if they accept a player from another county who's age group failed to make it. 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 with proof of School Grade Level. 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, PowerSchool) 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 may be 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. 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 5 Board members (chosen by the Executive Committee) randomly chosen as to not include the petitioner or an Executive Committee Member. b. The Hardship Committee (5 Members) will then hear the case and render its findings. 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 – Grade Specific Rules**

1. All ages will play 8-minute quarters.

2. Unlimited weight for all positions.

3. K/1st 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.

4. 2nd and 3rd 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 1st Grade. Also a defensive player cannot lineup on the center in k/1st .

6. Coaches that are on the field/huddle 1st Grade -3rd Grade are not allowed to have any communication devices on them. Coaches Can have a headset on the sidelines. GHSA headset/communications rules followed.

7. The Points After Touchdown (PAT) And Field Goals are as follows:

**Extra Point (s) Try and Special Teams-**

When kicking extra points or field goals, a team must declare. All defenders will be on the field but no rush will take place

**Points of Emphasis:** A. snap hits the ground- blown dead B. Holder knee comes off the ground-blown dead C. Play clock rules will be enforced. D. Rule will apply for all age groups.

A. 5th Grade 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. 6th Grade i. 1 point- running/passing from the 5 yard line. ii. 2 points- kicking .

9. PUNTING: 1st, 2nd and 3rd will declare a punt. The ball will be moved 25 yards down field 4th and 5th Grade can declare a punt, Defense cannot rush. 6th Grade will punt in the customary fashion in accordance to normal football rules. .

3rd Grade 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.

**Note: Extra points kicking shall be snapped from the 3 yard line & and hold and kick from 10. ( Unless penalty moved the extra point try forward or backward. )**

All leagues except K/1st will kick-off. Kick-offs will be from the 40-yard line. 2nd and 3rd grade 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. 1st Grade will place the ball on the 30-yard line at all times.

**Footballs:**

A. Game balls may be leather or composite

i. 4th Grade and Under – Wilson K2 or Pee wee Size

ii. 5th Grade - Wilson TDJ or Junior Size

iii. 6th Grade - 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 timeout can be carried over from the 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 the 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. Three water boys/girls are permitted 1 Person only may be a non-coaching adult. Must have a badge 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. Protest: No protest.

11. All Gates fees are \$5 Adult and \$2 Students

12. Mouthpieces may be any color and must be attached to the facemask.

13. All face Shields must be clear. Follow GHSA Rule

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. 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. - ANY TEAM THAT FORFEITS FOR BENEFIT OF TEAM/AND ISSUES WITH PLAYING ANOTHER TEAM THAT ARE NOT DEATH/ILLNESS RELATED WILL NOT MAKE THE PLAYOFFS AND AGENCY THAT FORFEITS IS SUBJECT TO HOSTING DUTIES VACATED. EXECUTIVE COMMITTEE MAKES FINAL DECISION.

18. Chain crews must be provided by the host site.

19. Hydration devices are not permitted on the field for players and coaches during play.

Hydration devices are only allowed on the field during timeouts or injury.

20. Sideline communication (Headsets, etc.) must follow GHSA rule.

21. All Sideline Coaches on gameday must be 18 years of age prior to Opening Day. 2 Coaches must pass USA Football certification before opening day or they will not be allowed to coach. (Only exception is GHSA Certified.)

22. A representative from each park/agency must be present at all playoff games.

### **Mercy Rule-**

Anytime in the 2nd half a team is up by 25 or more points the clock will run. A. Once a team is winning by 25 points or more in the 2nd half the team cannot pass the ball or run a reverse. B. The team that is ahead by 25 or more points in the 4th quarter will lose all timeouts for the remainder of the game. C. Teams ahead by 25 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 to a regulation game.

### **Game Day Operations MFL Agency Requirements**

- All MFL Agencies are required to staff host sites.
- Confirm officials weekly with Head Official
- Have security or Park Staff nearby to escort officials on and off the field if needed.
- Provide a chain crew
- Ensure a working scoreboard
- Access to restrooms home and visitor side.
- Leading up to gameday, Communicate parking, concession stand, gate entrances, seating and player benches and warm up areas to opposing teams
- Ensure access to water for all teams

- Secure sidelines
- Provide an announcer, spotter and sound system. All stadiums must have sound systems for cheerleading performances.
- Ensure sportsmanship and safety in stands by reading the MFL Sportsmanship Statement before every game.