

Mid-State Youth Football Advance League Rules

Category	Details
League Insurance	Each League shall be required to maintain general liability and player participation policies for their perspective travel teams and provide proof of such coverage to the Mid-State Executive Board. The Certificate of Insurance must be provided during the annual league rules meeting the second (2nd) week of August.
Sportsmanship	<p>Each member organization should devote at least five (5) minutes of every practice session to promote the merits of good scholarship, citizenship, classroom conduct, and teamwork at home and on the football field. Youths are encouraged to confide in parents and coaches if and when they have scholastic problems and are to be excused from practice, with no penalty attached, until such issues are remedied to parental satisfaction.</p> <p>Win or lose, coaches and players shall show good sportsmanship by congratulating their opponents' players and coaches after the game is finished.</p> <p style="color: red;">The Mid-State League shall establish the Spirit Award, which will be awarded to a member from each division whose team and league exemplify the traits of good sportsmanship and spirit conducive to the proper mental and moral development of the players whom it serves.</p> <p style="color: red;">Note: as of 7/28/2024 this program is still underdevelopment.</p>
Bullying	<p>Bullying referees, another coach, an assistant coach, a player, or their family inside or outside a Mid-State competition will not be tolerated. If a referee, head coach, or someone related to their team feels that another coach or their staff is harassing them, they may report it immediately to the Mid-State Executive Board.</p> <p>If the accused is found guilty of such an act, they will receive a one (1) game suspension and be placed on one (1) year probation. If the accused is found guilty a second time, they will be suspended for one (1) year from coaching in the Mid-State League, and the third time, they shall receive an automatic lifetime suspension.</p>
Player Safety	<p>At no time shall a play be called by a Coach or Player that, in the opinion of the referee, has a direct intent to harm a player or group of players. Should this occur, the player and the Head coach shall be ejected from the game and the entire facility.</p> <p>If an assistant coach is determined to be at fault, he or she, the player, and the head coach shall be immediately ejected from the game and the entire facility. This is to state that if the ejected adult has transportation responsibilities, they may wait in the vehicle to take a player home.</p> <p>The Head official is required to provide a written report of the infraction to the Mid-State Board of Directors within 48 hours.</p> <p>Each case may result in a lifetime suspension of the people involved once reviewed by the Executive Board.</p>

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Code of Conduct	<p>Spectators can only watch games in designated areas (Reference Host Map and signage). Spectators are not allowed on the playing field at any time. We encourage spectators to cheer on your player/team positively while modeling the behavior you want your player to follow.</p> <p>Parents and fans cannot coach from the sidelines or argue the interpretation of the rules or penalties with officials, coaches, or league representatives.</p> <p>The Head official or league official must provide a written report of the infraction to the Mid-State Board of Directors within 48 hours of the game's conclusion.</p>
Code of Conduct Coaches	<p>All Coaches are to teach sportsmanship and respect while modeling the behavior you want your players to follow. Coaches and or sideline staff, including chain gain crew, will not argue the interpretation of the rules or penalties with officials, coaches, or league representatives.</p>
Game Day Scheduling	<p>We reserve the right to change game times or add games to any day of the week if weather conditions dictate. Locations may also vary due to weather conditions.</p> <p>The hosting league will set the game start time and location.</p> <p>In the event of a game postponement, the two teams shall reschedule the game on a mutually agreeable date by the two Head Coaches based on field and IHSAA officials' availability. No doubleheaders are allowed.</p> <p>Any team failing to show up for a scheduled game without twenty-four (24) hours prior notice shall be subject to a forfeit and/or suspension from the Mid-State League if suitable offender. Other such disciplinary action may be deemed appropriate by the Mid-State Board of Directors.</p>

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Weather	<p>We do everything in our control to hold scheduled events (practice and/or games). Practice league directors are to adhere to the Practice Heat Guidelines (see a tab for details).</p> <p>Game day weather-related decisions will be at the discretion of the head official and host league director.</p> <p>Suppose we experience conditions that require a cancelation of an event. In that case, your league’s executive representative will make the appropriate decision and a notification will be sent via e-mail, text, or mobile App 30 – Minutes before the event.</p> <p>SOURCE FOR HEAT INDEX We use the OSHA Heat Safety Tool App to determine current temperature and humidity based on Whiteland's location.</p> <p>This app provides an hourly heat index view to plan outdoor activities and is the same tool used by our Athletic training staffs throughout the Mid-State.</p>
Post Season	<p>The playoffs will include all teams with the seeding based on the regular season. If there are an odd number of teams in each conference, then the teams in each conference with the best record get a bye in the round and host the second round.</p> <p>Second place would have the first option to host the round and so on in descending league standing.</p> <p>If there is a situation where a team or teams are ineligible to compete in the playoffs, then all eligible voting members of Mid-State Board of Directors should decide the seeding process, which would include all eligible teams in the Mid-State League.</p> <p>Once the seeding in each division is established, subsequent games will be determined in a tournament bracket format, with the highest winning seed hosting the winner for their next bracketed opponent.</p>

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Scrimmages	Each league is allowed 1 preseason scrimmage with an opponent of their choosing. No out of league games are permitted until the conclusion of Mid-State tournament.
Practice Sessions	Practice sessions with your selected Mid-State team may not commence prior to July 15th of the current season.
Team Standings	To determine team standing and break ties concerning team standings, the following procedure will be used: 1. Won lost record 2. Head-to-head competition 3. Defensive points allowed 4. Coin Flip
Officials	The host team is responsible for scheduling officials. All games will be played according to the Indiana High School Athletic Association (IHSAA) rules except for specified rules. Games will be played with a minimum of two (2) officials present, and most will be played with three officials. If only one (1) official is available for scheduled games, an appointed Board member or representative agreed upon by both coaches will act as the second official. Meeting (Zoom) with League Officials on the Second Sunday of August

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Player Equipment	<p>Each organization shall be responsible for providing players with adequate body padding. Minimum standards shall be a helmet, shoulder pads, pant pads, hip pads, thigh pads, tail pads, Knee Pads (must cover the knee), and shoes. (IHSAA rules).</p> <p>Helmet Visors—As a safety measure, IHSAA officials only allow the use of clear helmet visors. Youth players are not allowed to wear tinted visors.</p> <p>Helmets and face guards must be NOCSAE approved with all reconditioning up to date.</p> <p>All players must be equipped with a non-clear mouthpiece, which must be in the player’s mouth when the ball is in play (IHSAA rules).</p>
Player Injuries	<p>Any player injured during a play that causes an official’s timeout must sit out for at least the next play. A player continuously injured will, upon the decision of the Head Official, be required to discontinue play for the remainder of the game.</p> <p>If an injury requires medical treatment, a licensed medical doctor’s release must be submitted to the appropriate league director before the player can return to participation.</p> <p>Any player wearing a hard plaster cast or splint will not be allowed to play unless properly padded and approved by the game officials (IHSAA rules).</p>
Player Rosters	<p>All Player Shortage and substitution situations require Mid-State League Directors' approval.</p> <p>A team may request a trade of player(s) from an advanced team to a rec team and vice versa.</p> <p>Any and all substitutions must be approved by each league's director and communicated to the opposing team on the Monday before the game day of the current week.</p> <p>Players can only participate in one (1) weekly game and only be on a single roster at any given time.</p> <p>The Head Coach shall have a full roster with all pertinent information on them at all games and be able to provide this roster at any time. This roster shall include team name, player name, jersey number, and weight.</p>

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Field of Play	<p>If the President, Vice President, Director of Operations, or Director of Field Maintenance deems the playing field “unsuitable for play—hazardous to the safety of playing personnel,” games will be rescheduled.</p> <p>All games will be played on a 100-yard field.</p> <p>Only rostered players and coaches (4) may be on the sidelines and must stay between the two twenty (20) yard lines during the competition of the teams.</p>
Coin Flip	<p>The visiting team makes call before the start of each game</p> <p>Teams will only switch direction at halftime.</p>
Game Length	<p>All games will be four (4) quarters in length, with overtime if need be.</p> <p>The game director and/or official will decide whether the game ends if it exceeds 75 minutes (1hr & 15 min) to avoid conflicts with the following games.</p> <p style="color: red;">All games are subject to starting up to 10 minutes early.</p>
Game Clock	<p>8-minute quarter with game officials following the IHSAA format unless the mercy rule is in effect.</p> <p>No two-minute warning</p> <p>The clock stops after the score for an extra point attempt (an extra point attempt is an un-timed down). The clock Re-starts on the officials' signal during Kick-Off.</p> <p>Note - Officials must keep the game moving after a score (no extended timeouts).</p>

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Mercy Rule	<p>a. Running Clock in effect in the 2nd half.</p> <p>b. When a team has a 24-point lead or more, at any point in the game, they must sub out the ENTIRE Offensive backfield (all players must be new to the backfield – not putting the QB at RB, etc.). (3-main ball carriers can NOT touch the ball)</p> <p>c. If the 24-point difference is reduced to under 23 points, then the team with the lead is allowed to put its starting backfield back into play.</p> <p>d. No gimmick or trick plays are allowed to include but are not limited to (reverses, hook & ladder, etc.) when Mercy Rule is in effect.</p> <p>e. Note - the players playing in the backfield can stay in the game in other positions.</p> <p>f. *Penalty - 1st occurrence Warning and replay of Down. Additional occurrence of sportsmanship 15-yard penalty</p>
Play Clock	<p>40-second play clock kept by the official.</p> <p>The play clock starts after the official sets/spots the ball and signals the ready for play.</p> <p>(The penalized team has 30 sec to run the next play).</p>
Time Outs	<p>4 timeouts (1 minute) per game with a limit of 3 per half.</p> <p>Timeouts are taken on the field.</p> <p>All coaches can be on the field during a timeout</p> <p>Water is taken to players on the field</p> <p><i>Officials can call Heat timeouts at their discretion</i></p>
Half Time	<p>4 minute in length - teams go to sideline</p>
Overtime	<p>A game tied at the end of regulation will continue in accordance with the IHSAA overtime rules. All games will be played until there is a winner or the time limit is reached.</p> <p>A two (2) minute official's time out will be called. During this time out, team captains will meet with the officials for a coin flip to determine which team will have possession. If after the first overtime period, the score remains tied, a second overtime period will be played.</p>

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Team Structure	<p>Each league will have 3 to 5 divisions by grade; Flag (K-1), Recreational Tackle Football 1st & 2nd, 3rd & 4th and 5th & 6th,</p> <p>Each league will create an advanced football team in their 5th and 6th grade division. Players not selected for the advanced team can participate in the Mid-State recreational division.</p> <p>If a league does not have enough players for an advanced team, they (players) may participate in the recreational division for the current season.</p> <p>Each Mid-State league agrees to use an individual player evaluation process that identifies each player's athletic ability and then distributes it evenly, creating a competitive environment that encourages player development.</p>
Coaches	<p>Only Players and Coaches will be allowed on the designated side of the field during games. (4 adults total) A maximum of 4 Coaches can represent each team on the Players' side of the field.</p> <p>Coaches are NOT allowed on the field to call plays. They may only go out on the field during time-outs. They are permitted to instruct from the sideline.</p> <p>NO Coach will argue the interpretation of the rules with the Officials. Only the head coach may speak to an official when questioning a call.</p> <p>All complaints must be in writing and presented to your Board member.</p>
Player Eligibility	<p>Eligible players must be enrolled in the school district and in grade 6th, not age 13, by June of the current season.</p> <p>If the student is currently enrolled in a private or charter school in the district, he or she is eligible to participate in the Mid-State League.</p> <p>All eligibility questions concerning player personnel shall be referred to the Mid-State Operating Board for final disposition.</p>

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Player Eligibility Penalty	<p>An investigation will be started if a Head Coach or a coaching staff member knowingly allows an ineligible player to participate in the Mid-State League. If the outcome of the investigation finds the individual and/or the organization guilty, the member and/or organization may be banned for a year (1) from competition in the Mid-State League. After the (1) year period has been served, said member and/or organization (if they wish) shall have the right to resubmit their "Application for Membership".</p> <p>REMEMBER...WE ARE IN THIS FOR THE KIDS!!!!</p> <p>Any coach or player ejected from a game will be reported to the director of officials, who will then notify the Mid-State Executive Board. Twenty-four (24) hours before the game, each team playing in the following week will be informed of the ejected player or coach. The player may attend the following game but must not be in uniform. The coach is barred from the facilities and attendance at the following game.</p>
Offensive Playbook	Each league will run plays and formations per their league Bi-Laws.
Offensive Line	<p>Consists of 1 Center, 2 Guards, 2 Tackles, and 2 Ends [Tight (TE) or Split (WR)].</p> <p>All offensive tackles must be covered up. (Reference Diagram)</p>
Offensive QB Play	No aiding the ball carrier
Offensive Snap Count	No silent snap count.
Penalty	*Failure to comply with the above rules will result in a 5-yard penalty. Replay the down.
Defense Lineman	<p>All linemen in the tackle box (DT or NT) must play in a 3 - or - 4-point stance.</p> <p>When covering a TE, a team can use DT but they must be in a 3-or-4 point stance.</p> <p>A team can walk up another player (LB, DB, or Safety) who, when covering a TE, can play from a 2, 3, or 4-point stance.</p>
LB/DB	<p>Inside Linebackers must be a minimum of 4 yards from LOS.</p> <p>Defensive backs can align in press coverage (1x1) with WR.</p> <p>If WR is inside the tackle box, DB can align 2x2 from the last man on the line of scrimmage.</p>
Blitzes	No BLITZES are allowed between the Tackles (A or B gap). (The player can move in any direction after the ball is snapped).

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Goal line Short Yardage	Linebackers can move up to 2 yards from the line of scrimmage in goal-line situations 4th and short yardage is defined as (2 yards or less). The goal line is any play snapped inside the 10-yard line.
Defense Playbook	Each league will run plays and formations per their league Bi-Laws. Even or odd fronts are permitted. <i>* Failure to comply with the above rules will result in a 5-yard penalty.</i>
Players Weight	Punters, kickers, and holders may exceed the ball carrying weight but advancement of the ball by either a run or a pass by such a punter or kicker is not allowed. Any player overrunning weight cannot advance the ball on Special Teams.
Kickoff	The ball will be placed on the 40-yard line for all kickoffs. *Safety—Following a defensive safety, the offensive team kicks or punts from the 25-yard line to the scoring team.
Punt	<p><u>Punt Team</u> The Punting team must notify the referee and defensive team of their intent to punt. The punting team will have the punter hold the ball at least 7 yards from the LOS before the referee's whistle.</p> <p>The Punter has five (5) seconds to kick the ball when the referee hands the ball to the punter and blows the whistle.</p> <p>The punter must request the ball from the ref within 6 seconds of the play clock expiring. [This leaves five (5) seconds to punt the ball.] If the play clock expires, there is a 5-yard penalty for delay of the game.</p> <p>The punting team's players may NOT advance downfield <u>until the ball has been kicked.</u></p> <p><u>Defense Team</u> The defensive team may not rush the ball and must keep eight (8) players on the line of scrimmage until the ball is kicked.</p> <p>If the ball is not kicked within five (5) seconds of the referee's whistle or an offensive player crosses the line of scrimmage before the ball is kicked, the offensive team will receive a five (5) yard penalty, and the down will be replayed.</p>

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Field Goals	<p>The ball will be placed next to the holder 7 yards behind the LOS, and the referee will blow the whistle, at which point the ball will be picked up by the holder, and the defense may rush the kicker. If the ball is not kicked (e.g. fumbled, blocked. etc.). The play is dead. NO POINTS</p> <p>Roughing the Kicker - If the kicker/holder is touched through the kicking approach or motion, a 15-yard penalty will be assessed on the Kickoff.</p> <p>No fake field goal attempts are allowed.</p> <p>Successful Kick = 3 points.</p> <p>If the field goal attempt is unsuccessful, the ball will be brought out to the 20-yard line. If the line of scrimmage is outside the 20-yard line and the field goal attempt is unsuccessful, the ball will be brought back to the original line of scrimmage.</p>
Extra Point	<p>A score for an extra point conversion after a touchdown will be awarded in the following manner:</p> <p>If the ball is placed on the three (3) yard line, one (1) point will be awarded for advancing the ball over the goal line.</p> <p>If the ball is placed on the five (5) yard line, two (2) points will be awarded for advancement of the ball over the goal line.</p> <p>The ball will be placed next to the holder 7 yards behind the LOS (the 10-yard line), and the referee will blow the whistle. The holder will pick up the ball then, and the defense may rush the kicker.</p> <p>Roughing the Kicker—If the kicker/holder is touched during the kicking approach or motion, a 15-yard penalty will be assessed on the Kickoff.</p> <p>The play is dead if the ball is not kicked (e.g., fumbled, blocked, etc.). NO POINTS</p> <p>If the Kick goes through the uprights, three (3) points will be awarded to the scoring team.</p>
Extra Point Scoring	<p>(P.A.T. Run/Pass)</p> <p>1 point - LOS 3-yard line</p> <p>2 point - LOS 5-yard line</p> <p>3 point - Successful Kick</p>

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Player Weight Verification	<p>Player Weight Management Anytime throughout the season, if a coach has concerns that a player is over the running weight or the single striper weight, which could be a safety concern, they must file a complaint with their league director.</p> <p>Each league's board of directors shall review the complaint and see if it warrants concern. If there is a concern, the league can issue a re-weigh complaint to the league for which the kid in question plays. This weigh shall be done before the next game is played and witnessed by a league official from both leagues involved (in-person is recommended; however, Facetime is sufficient).</p> <p>Players are not required to be weighed in wearing your equipment.</p> <p>If a player is found to be over the weight limit during a complaint check anytime throughout the season, that player will be placed into the single or double striper category for the remainder of the year.</p> <p>Additionally, the Head Coach may be subject to a suspension and/or permanently banned from the league if deemed necessary by the league's Board of Directors.</p>
Player Weight Eligibility	<p>Any player under the pre-determined league running weight as of their league weigh-in day can advance the ball from any position on the field and has no restrictions on playing positions.</p> <p>A player within 20 pounds of the eligible league running weight will be identified as having a single black stripe on their helmet, which must be visible to game-day officials.</p> <p>They can play the Offensive or Defensive line and Tight End or Linebacker positions.</p> <p>A player 20 pounds or over the eligible league running weight will be identified as having a double black stripe on their helmet. Which must be visible to game-day officials. They are eligible to play the Offensive or Defensive line from a 3 or 4-point stance.</p>
Helmet Striping Requirements	<p>Any player exceeding the ball-carrying weight at the official weigh-in shall have their helmets marked with a four-inch-long tape stripe on the front and back of the helmet (Horizontal). The tape shall be of a distinctive contrasting color of the helmet to be readily identifiable by the game official and to distinguish them as ineligible ball carriers.</p>

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Require Marking	Eligible Positions
None	All
1 Stripe	TE/OL
	Defense - Any Position
2 Stripe	Offense - OL
	Defense - DL
Helmet Markings Penalty	Failure to properly stripe a player or a player who has no striperes on the helmet shall result in a forfeit of the game.
Grade	5th & 6th
Game Type	Tackle
League	Rec League and Advance
Players Per Team	13 & up
Ball Size	TDJ (Junior)
Weight Limit	no minimum or maximum
Maximum Running Weight	125
Single Striper Weight	126 - to - 140 lbs.
Double Striper Weight	141 lbs. and up