



# 2022 Metro East Youth Football League Rules Tacklebar

Certified as of 7/30/2022 and supersedes any rules prior to this date.

## General Rules Outline

**INTENT AND SPIRIT OF THE RULES AND STRUCTURE:** The Intent and spirit of MEYFL is to simulate and to teach the basic fundamentals needed to play the game of football. MEYFL is not intended to supersede the community organization programs, but to create a unified and agreeable format for teams from various member communities' youth to play football. We do have a number of basic rules that must be adhered to. Individual organizations may have more specific/detailed rules, however, those rules may not specifically apply to other communities.

**\*This is a DEVELOPMENTAL league**, not a "Win at all Costs" league. The intent is to provide an environment to expose all players to all aspects of the game. Throughout these rules, you may find that certain situations are not spelled out – at that point we refer to the Minnesota State High School Rules. With that said, this is not high school where an expected level of knowledge and expertise are assumed. Please attempt to simulate game situations – however keeping in mind the level of player that you are coaching and abide by the rules, goals, intent and spirit of the program. If an issue arises during a game, the referee has the final say on ANY rule interpretation. PLEASE do not argue the point. We would however ask that you refer any questions or issues to your organization's MEYFL Representative. Please remember that as coaches and adults we are to teach and facilitate, not dictate and manipulate a game that is intended to be a fun and learning experience for ALL players.

## Registration and Eligibility

	Each player must satisfy the participation guidelines of his or her association
	Each player must be a student enrolled in the applicable grade and not be under suspension from school.
Team Balance	The Program Director from each member association will strive to create balanced teams from his or her association by Draft or similar means (e.g., no All-Star or A, B or C teams).
Trades/ Exchange	The exchange of players between teams is prohibited except for very unusual circumstances and with the advance approval of the MEYFL Governing Committee.
Playing Up/Down	Players may, with the approval of the player's association and the MEYFL Board, play up or down grade levels.
Recruiting	No member Association may recruit or register a player who resides within the geographical boundaries of another member Associations Program, unless it is approved by both programs and has the approval of the MEYFL

## Team Size and Selection

Team Size	Each team shall consist of no fewer than ten (10) players and no more than sixteen (16) players. Lineup will be 9 man football, so tackles are removed from the normal line format.
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## Equipment

Player	<ul style="list-style-type: none"> <li>• Helmet: Must be approved and certified by the manufacturer in accordance to all manufacturer's safety standards.</li> <li>• Mouth Guards: Are to protect not only dental injuries, but also prevent concussions, if a player does not have an approved mouth guard they will not be eligible to play until they do.</li> <li>• All mouth guard MUST be attached to the facemask AND must be of a color other than clear or transparent/translucent unless they have a specialty fitted dental mouth guard.</li> <li>• Footwear: No removable cleats, metal or otherwise. Shoes are limited to studs, which are made with non-abrasive rubber, or rubber-like material, which does not have and will not develop a cutting edge.</li> <li>• Uniforms must be tucked in at all times.</li> </ul>
Field	The HOME team will be responsible for the down marker and chains. The Visiting coach may request to have one attendant be on 'Chain Gang". Check game schedule for Home Team.
Football Size	Pee-wee
Football	Football. Leather, rubber or composite may be used. Note each team may have their own football but any football used in the game may be used by the other team.
Emergency Preparedness	<ul style="list-style-type: none"> <li>• Coaches are to have readily available at each football event (game and practices) a current roster with all parental contact and emergency contact information.</li> <li>• Also included should be any notes of any medical conditions or special needs. All coaches should be made aware of these issues and a discussion should occur with the parents/guardians for potential needs (i.e. medications etc...) Recommendation is to have a copy located in the team's First Aid Kit.</li> </ul>

## Fields

Field size	40 yard x 80 yard fields. Midfield = 40 yard line.
Coach's Box	25 yd line to 25 yd line
Field Lines	10 yard lines - preferred every 5 yards if possible. Especially in a baseball outfield situation.
Team Location	Team benches will be on opposite sides of the field, when possible.

## Weight Limitations

## Scheduling

Season	Practices: Begin anytime after August 1st. Each organization may have their own rules/regulations on starting dates, length, quantity, etc.
Cancellations	The Program Director of the association where a game is scheduled to be played, in conjunction with the field owners will determine whether a game should be cancelled because of weather or field conditions before the start of the game. Each member association is responsible for the condition of the fields and field equipment it provides for the games. The officials have the authority to cancel a game or delay a game that is in progress. Check MEYFL.org website for information.
Inclement Weather	<ul style="list-style-type: none"> <li>• Lightning – If you see it and hear it – CLEAR IT! Lightning can strike up to 10 miles ahead or behind a storm. Games are to be postponed IMMEDIATELY and all players/spectators and officials are to seek appropriate shelter. Games are to resume no sooner than 30 minutes after the last sight and sound of a thunder and lightning storm.</li> <li>• Other weather – Games will be called at the field by the referees after a discussion with both Head Coaches. Please do not assume a game will be cancelled and not show up – it will result in a forfeit.</li> </ul>
Rescheduling	<ul style="list-style-type: none"> <li>• Games may be rescheduled only due to weather cancellations. It is considered a game if 3 quarters have been completed.</li> <li>• Due to field permit issues and rescheduling of referees, please go to the MEYFL.org website for weather cancellations reschedule game information.</li> </ul>

## Coaches and Fans

Coaches Requirements and Conduct.	<ul style="list-style-type: none"> <li>• Each association is responsible for providing coaches for each team and no more than five (5) coaches may be on the sidelines during a game.</li> <li>• <b>If Bleachers or grandstand arrangements are available at games (ie: HS stadiums). Parents MUST be seated in the stands regardless of side.</b> 3 Coach rule in effect. Delay of Game penalty may be enforced if not in compliance. Parent to not engage with Referees.</li> <li>• <b>Parents and spectators must be at least 7 yards beyond the sideline and must stay out of the player box.</b></li> <li>• Each team must have a minimum of one coach who is currently certified by a Nationally or MEYFL approved Community Board recognized and accepted youth sports coaches training program. All Coaches must be in good standing with all member organizations of MEYFL.</li> </ul>
	<ul style="list-style-type: none"> <li>• Every Team's Official Coaches (those on the team's bench area) must have a signed MEYFL – or equivalent, Coaches Code of Conduct form on file with their organization or MEYFL.</li> <li>• Disciplinary - If a Coach or a member of a Coaching team is ejected from any game, regardless of the situation, they are prohibited from being on the same side line as their team for a minimum of one game (the next game), two ejections in a season – the coach is subject to their organization's disciplinary code and may also be brought before the MEYFL Board for further disciplinary action if deemed necessary.</li> </ul>

General-Coaches, Players and Fans	<ul style="list-style-type: none"> <li>• Cheering and positive encouragement of players, coaches and fans embodies the spirit of athletics. Any conduct that is in direct conflict of good sportsmanship, by players, coaches and fans can result in ejection from the game and sporting area.</li> <li>• No coach, player or fan will disrespectfully argue a decision of a referee. Discussing and trying to understand a referee's decision is allowed as long as it is done in a respectful, calm and civil manner by coaches only. Unsportsman like penalty is enforceable if disrespect occurs.</li> <li>• No coach, player or fan will yell obscenities at or denigrate any player, coach, referee or fan.</li> <li>• Physical or verbal abuse by any coach, player or fan is cause for dismissal from current and future MEYFL games.</li> <li>• Players, Coaches nor Fans are not to chastise, give hints, help or instruct referees.</li> </ul>
Coaches on Field	One allowed on field, in huddle- all season. Coaches on field must stay 15 yards behind the line of scrimmage and remain silent once offensive line is set and until the play is completed. (5-yard penalty).

## Referees

Referee Authority	<ul style="list-style-type: none"> <li>• There will be two referees assigned to each game.</li> <li>• Referees will only be communicating with the Head Coach, Head Coach designate or coach on the field to eliminate confusion and other potential issues.</li> <li>• In a situation where any player, coach, or spectator is displaying Unsportsmanlike conduct, the referees shall have the right to request that the HEAD Coach or any coach designee remove the offender(s) from the playing and viewing area, and can suspend play until this is done. If a suitable resolution is not resolved in a reasonable amount of time (as determined by the referee), the referee has the right to call a forfeit.</li> <li>• Referees will officiate each game in accordance with League rules. If league rules do not specifically address a specific situation, Minnesota State High School Rules will apply.</li> <li>• Referees have final decision-making authority during the course of a game. (Also see Cancellations)</li> </ul>
Pre & Post Game Meeting with Coaches	Each referee is required to review the rules on MEYFL Referee Card with one coach from each team prior to beginning the game. Referees are not allowed to start the game until the meeting has occurred with coaches. Following the game: Referees and coaches are required to meet to confirm final score of the game and the referee is responsible for calling the score into the MEYFL Hotline.

Referees and Rules	<p>Please note that the referees also referee at various levels. Certain rules have been modified to accommodate the goals of our league. At times there may be confusion as to specific rules and rules modification. Also consider that due to the number of referees vs. the number of players and various actions on the field, it is nearly impossible to see everything that happens on the field.</p> <ul style="list-style-type: none"> <li>• We are also asking referees to understand the level and ability of the kids – though it is optional, we give them the authority to offer ‘warnings’ to teach and make kids aware of potential infractions (i.e.: lining up offside’s, holding etc...).</li> <li>• We ask that the referees try when possible to communicate the warning to the Head Coach as well.</li> <li>• We as coaches must remember that the Referees do not have any stake in the outcome of the game.</li> <li>• We ask that regardless of the situation that the adults involved show a mutual respect towards each other and set a positive example of sportsmanship for the players.</li> </ul>
Rules 'Review'	<p>If during a game, a coach believes that a ruling by a referee is not correct in accordance with the rules, a coach may call a timeout. At that time BOTH Head Coaches and the referees are to come together to calmly and professionally discuss &amp; review the rule. It is the responsibility of the Coach who called the timeout to have the proper documentation to address the rule. If the ruling is overturned due to the timeout and discussion, the timeout is not charged. If the ruling on the field stands, the timeout will be charged to the team who called the timeout. Referees have final decision-making authority during the course of a game. No more than 2 challenge per game allowed. If the decision is overturned, they the play count will not decrease.</p>
If Referees are a "No-Show"	<p>If Referees do not show up for your game, we ask that you notify your MEYFL Organization Coordinator soon after your game on the MEYFL Hotline.</p> <ul style="list-style-type: none"> <li>• Please do not hold up your game... especially if there is another game scheduled after your game. We want to limit the number of avoidable late starts. **Recommended Solutions**- If there is another game near by that has two referees, please contact them and notify them that you do not have a referee and ask for their assistance. Note that there is a difference between 3rd/4th grade referees and 5th/6th grade. *If an official referee is not an option, coaches should get together. We ask that they mutually agree to each select one responsible adult representative from each side to referee the contest.</li> </ul>

## Rules- General

Game length	<p>Game = 56 plays. (14 plays = 1 Qtr.)</p> <ul style="list-style-type: none"> <li>• Special Teams do not count towards play count unless "Lopsided" Score Rules are needed. Lopsided Score Rules: Once a team has a 24-point or better lead, the opposing coach may choose to have special team’s plays count towards the play count.</li> <li>• Teams only switch field position at halftime. To be considered a play in the MEYFL, the ball must be snapped and a play completed.</li> <li>• In the event of a penalty by the offense and the penalty accepted by the defense, then the play is not counted. If the penalty is declined by the defense or the penalty was against the defense it is counted as a play.</li> </ul>
Play Clock	<ul style="list-style-type: none"> <li>• Referees will maintain a 35 second clock from the referee’s ‘set of the ball’ to the snap</li> </ul>

	of the ball. Teams must break huddle and be actively moving to line of scrimmage to get play going. Over 35 seconds = Delay of game penalty. Referees will warn coaches to step up the huddle, but after 1 warning, the penalty will be 5 yards and loss of down but the play count will not change.
Time Outs	2 timeouts per half. No carryover.
Halftime	5 minutes for half-time. (shortened if agreed to by both coaches or by referee due to 1st half running long) Teams switch sides only at halftime.
Overtime	No Overtime - if a game is tied at the end of regulation, the game is recorded as a tie
Scoring	<p><b><i>TOUCHDOWN = 6 POINTS</i></b></p> <p><b><i>EXTRA POINTS</i></b></p> <ul style="list-style-type: none"> <li>• 1 point = from 3 yard line (Run or Pass)</li> <li>• No placekicking . Ball is dead once defense takes control of ball.</li> </ul> <p><b><i>SAFETY</i></b></p> <ul style="list-style-type: none"> <li>• Safety is 2 points, After a Safety is scored, the ball shall be put on the 25-yard line of the team the safety was scored against and they shall become the defense.</li> </ul>
Lop Sided Score	<p>Lopsided Score Rule: "Lopsided Score" = one team leads by 21 or more points.</p> <ul style="list-style-type: none"> <li>• No passing attempts are allowed by a team leading by 21 or more points.</li> <li>• No sweeping the ends. A sweep is defined as outside the end's ghost position by 5 yards or more.</li> <li>• See Game Length for further clarifications</li> </ul> <p>No quarterback keeps or bootlegs. QB must pass or hand off the ball.</p>
Stiff Arm	Stiff Arms to the helmet are prohibited. Stiff arm to the chest and shoulder pads is allowed. Trucking-lowering shoulder to absorb an incoming hit. Offense player cannot use lower shoulder to take out players, only to block.
Penalties	Full penalties
Facemask	Face Mask. Any and all grabbing of the helmet opening, no matter how significant, shall be always a 15-yard penalty. (A stiff arm by a running back is allowed as long as the ball carrier doesn't grab the defensive player's mask and a tackler can put their hand on the ball carrier's helmet provided they don't grab an opening.) Automatic 1st Down.
Playing Time Rules	This is intended to be a Youth developmental league. It is to give kids the opportunity to learn and play the game of football regardless of skills and ability. It is not a "Win at all costs" league, Therefore we expect kids to have equal opportunities for at least 50% of the playing time. Our goal is to develop kids and expose them to all concepts (blocking, tackling and running/ball carrying). Our league's philosophy is to give all kids opportunities.

## Rules- Offense

Line of Scrimmage	<p>ONLY a balanced Line formation. No Unbalanced lines.</p> <p>Balanced Line vs. Balanced Offensive Line clarification:</p> <ul style="list-style-type: none"> <li>• Balanced Offensive Line = E G C G E</li> <li>• Balanced "Line" – The Offensive linemen, and two other players (i.e.: 2 TE's, 1 TE/1 WR, 2 WR's) must be on the LOS for a legal formation. These players MUST be in a balanced formation (5-yd penalty).</li> </ul>
Offensive Line	<ul style="list-style-type: none"> <li>• Offensive Line = 2 tackles and a Center. Tight Ends may be split out.</li> <li>• The Offensive Line MUST be in a 3 or 4 point stance. Does not include TE or WR/SE. (5-yd penalty).</li> </ul>
Offensive Line Splits	Offensive Line (Tackle to Tackle) splits may be no wider than a foot between players.
Skilled Position	<p>"Skilled" Positions</p> <ul style="list-style-type: none"> <li>• Any one other than a Center or Guards are a skilled position.</li> <li>• Players may ONLY be eligible to play in a skilled position in the equivalent of One Half of any regulation game. One Half means either the two quarters before halftime or the two quarters after halftime ONLY. Declared players are only ball eligible when playing a skilled position.</li> <li>• Eligibility is regardless if a player does not play in the "Skilled" position in that half or plays in the Skilled Position but does not touch the ball.</li> <li>• "Skilled" Position Players must be established before the coin flip and communicated in writing to the opposing coach using the attached form or something acceptable with same information. Referees will not start the game, but will start the clock for total for 1:20 minutes for game time. Time starts at start time whether or not the coach has a card.</li> <li>• "Skilled position players – Jersey number must be declared eligible based on your grade requirement. If a player does not play when declared but does not touch the ball, it does not matter.</li> <li>• Violation of this rule will be assessed an illegal participation penalty for each occurrence, the opposing coach can ask the referee for review, prior to the next snap of the ball. (10 yard penalty/ no warning).</li> <li>• <b>THERE IS NO WAIVING THE SKILLED POSITION RULE DO TO LOW NUMBERS OF PLAYERS. ANY TEAM WITH 10 PLAYERS IS EXPECTED TO FOLLOW THE RULE WITHOUT EXCEPTION.</b> In the event of only 10 players, the ends are not considered a skilled position for that game. If a 11<sup>th</sup> player arrives prior to the use of those two players, the exception is void.</li> </ul>
Fumbles	<ul style="list-style-type: none"> <li>• No FUMBLE-ROOSKI'S (5-yd penalty)</li> <li>• Behind the Line of Scrimmage: Offense backs and ends can advance a fumble only if recovered behind their line of scrimmage.</li> <li>• Past the Line of Scrimmage: If a fumble occurs past the line of scrimmage, the offensive player who last had control may only advance offensive fumbles. If another offensive player recovers the ball ahead of where the fumble occurred, the ball placement is to be</li> </ul>

	<p>located at the spot where the initial player lost control of the ball.</p> <ul style="list-style-type: none"> <li>• Defense: ANY player may advance a fumble or an interception.</li> </ul>
Hard Counts	The quarterback shall not attempt to draw the defense offside via the use of a hard, irregular count or by bobbing (5-yd penalty). What cadence is used shall be used throughout the game and not changed.
Running	There is no running in between the Guards for the offense. All runs must be outside of where the guard position is. Any run between the guards is automatically dead ball. After one warning, a 5 yard penalty will be assessed for each occurrence.
"Quarterback" Running	From a direct snap, a player may only advance the ball past the line of scrimmage outside the guard position (The original position of the guard before the snap of the ball). Advancing a ball between the guards from a direct snap is a 5 yard penalty from the original Line of Scrimmage.

## Rules- Defense

General	<ul style="list-style-type: none"> <li>• Balanced Defense Line</li> <li>• Exception: A linebacker may only flow out of a stacked situation or outside a defensive end – laterally only with a back or receiver if there is pre-snap formation or pre-snap motion causing an offensive overload to their side (Intent is to MATCH offensive overload).</li> <li>• Required to have 6 “Men-in-the-Box”.</li> <li>• No forward motion from defense prior to snap of the ball.</li> <li>• No simulated movements to draw off sides (5 yard penalty)</li> <li>• Defense: ANY player may advance a fumble or an interception.</li> </ul>
Blitzing	No forward motion prior to the snap of the ball. Linebackers and defensive backs must line up at least 4 yards off the line of scrimmage.
Defensive Line	<ul style="list-style-type: none"> <li>• Defensive Line Alignment must be balanced.</li> <li>• No defensive player is over the center.</li> </ul> <p>Defensive player cannot shoot in the gap off center. Defensive player must engage his player prior to going towards ball carrier.</p> <p>Defensive player must engage player across first prior to shooting into gap</p> <ul style="list-style-type: none"> <li>• No forward or lateral movement by the interior line and no forward movement by any other position until the ball is snapped. (5 yard penalty).</li> <li>• Interior Linemen (any players on line between the Defensive tackles MUST line up head up (Helmet to Helmet) to their opponent. NO Gaps or Shading!</li> </ul>
Incidental Tackle	Incidental tackling is a warning the first time and then 10 yard penalty for each occurrence afterwards.



Intentional tackle	Any tackle on the sideline that is intentional to take the player out will result in ejection of defensive player. Incidental falling is permissible and is not an ejection.
Linebackers	<ul style="list-style-type: none"> <li>• Maximum of 2 linebackers (must comply with 6 man box and Defensive front rules).</li> <li>• Minimum of 4 yards off the Line of Scrimmage at all times prior to the snap. No forward motion prior to the snap of the ball. Note: Line of Scrimmage is where the plane of the ball is, not where the linemen line up.</li> </ul>
" 6 Men in the Box" Example	<ul style="list-style-type: none"> <li>• The "BOX" is defined an imaginary rectangle drawn from the line of scrimmage to the back side of the deepest "linebacker" and no wider than 1 gap outside of the defensive end.</li> <li>• There are to be 6 Men in the box at any time.</li> </ul>
Defensive Backfield	<p>Defensive backs must play a MINIMUM of 4 x 4. (4 yards off of line of scrimmage and 4 yards outside of the defensive end, in tight formation). (5 yard penalty) EXCEPTION: Inside own 10, Corners may play at LB depth (4 yards off line of scrimmage) but minimum of 4 yards outside of the Defensive End.</p> <p>Safeties must play a MINIMUM of 7 yards off of line of scrimmage. (5 yard penalty) EXCEPTION: Inside own 10, Safeties may play to a depth of 1 yard behind the deepest Linebacker.</p>

## Rules- Special Teams

Kickoffs	<b><i>Ball is placed on the 25 yard line in lieu of kicking off.</i></b>
Punts	<ul style="list-style-type: none"> <li>• Offense has 35 seconds to declare decision to referee to avoid a delay of game penalty. No Fakes. (5 yard Penalty)</li> <li>• A "PUNT" = 20 yard move of the ball and a change of possession. (Half the distance inside the receiving team's 30 yard line)</li> </ul>

## Some Helpful Minnesota High School Rules

	Minnesota State High School League ("MSHSL") rules will be followed except as noted below. The MSHSL rules apply to all players, coaches, parents and referees.
Referee Authority	Rule 1-Sec.1-Art.3: The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referees' decisions are final in all matters pertaining to the game.
Timeouts	Time out. Rule 3-Section 5-Article 11: (paraphrased) A team may take a time-out to review a decision or problem with the rules. If the conference results in the referee altering his ruling, the opposing coach will be notified, the revision made, and the time out shall be an official's time-out. If the referee's ruling prevails, the time-out remains charged to the team requesting the time-out.
Illegal Block	Illegal Blocking-Clipping. Rule 9-Sec.3-Art.5: A player shall not clip and there is no free blocking zone. All lines must match up head to head or double team block and be above the waist.
Clipping	Rule 2-Sec.3-Art 1&2) Clipping is: charging or falling into the back or across the back of the leg(s) of an opponent who is not a runner or pretending to be a runner -or- Pushing by use of hands or arms in an opponent's back. Such cases shall not be ruled clipping unless the official sees the initial contact. When in doubt, or the opponent turns his back, or the block is from the side, it is not clipping if the opponent was able to see the blocker. (15-yd penalty)
Block below waist	Illegal Blocking-Below the Waist. Rule 9-Sec.3-Art.2: A player shall not block an opponent below the waist except: a. in the free blocking zone (see Illegal Block Rule) when contact meets requirements (Rule 2-17) b. to tackle a player with, or pretending to have, the ball. (15-yd penalty)
Chop Block	Illegal Blocking-Chop Block. Rule 9-Sec.3-Art.6: Blocking by offense or defense is illegal when it is a chop block. Rule 2-Sec.3-Art.9 Chop block is a block at the knees or below the waist to an opponent who is in contact with a teammate of the blocker. ( 15 yard penalty)

Illegal Contact	<p>Illegal Personal Contact. Rule 9-Sec.4-Art.2: No player shall:</p> <p>b. Charge into or throw an opponent to the ground after he is obviously out of play, or after the ball is clearly dead either in or out of bounds. In other words, players shall not HEADHUNT 30 yards away from the play and coaches should teach their kids that such an activity is illegal and dangerous.</p> <p>c. Pile on any player who is lying on the ground.</p> <p>i. Butt block, face tackle or spear. (Butt Block is a blow driven directly into an opponent with the face mask, frontal area, or top of the helmet as the primary point of contact.)</p> <p>j. Intentionally use his helmet to butt or ram an opponent.</p> <p>Rule 9-Sec.4-Art.7: A defensive (and offensive) player shall not use his hands to strike (opponents) head. (all 15-yd penalties)</p>
Snap Rule	<p>Snap Rule 7-Sec.1: a. The snapper may be over the ball...and no part of his person, other than a hand(s) on the ball, may be beyond the foremost point of the ball.</p> <p>b. The snapper may lift the ball for lateral rotation but may not rotate end-for-end or change the location of the ball.</p> <p>c. The snapper may not remove both hands from the ball, make a false snap or fail to pause before the snap.</p> <p>d. An act clearly intended to cause the defense to encroach. (5 yards penalty)</p>
Coin Toss	Not more than four captains from each team may be present at the coin toss. The visiting captain shall call.
Walk-ons	No Walk-ons. Rule 7-Sec.2-Art.1: After the ball is ready for play, each player of the offense must have been, momentarily, within 15 yards of the ball before the snap. (5-yd penalty) Also, Rule 9-Sec.6-Art.4c: To use a replaced player or substitute in a substitution or pretend substitution to deceive opponents at or immediately before the snap or free kick. (15-yd penalty)
Runner Assistant	Assist the Runner: An offensive player shall not push, pull or lift the runner to assist his forward progress. Rule 9-Sec.1 (5-yd penalty)
Fighting	Illegal Personal Contact. Rule 9-Sec.4-Art.1: No player or non-player shall fight (striking, kicking, kneeing, and intentionally contacting an official.) (15-yd penalty & disqualification)
Neutral Zone	Rule 2-Sec.27: The Neutral Zone is as wide as the length of the ball, and is expanded following the snap up to 2 yards on the defensive side of the line of scrimmage.
Inadvertent Whistle	<p>Inadvertent Whistle: Rule 4.-Sec.2-Art.3: During a down, or during a down in which the penalty for foul is declined, if an inadvertent whistle occurs while:</p> <p>a. A legal forward pass or snap is in flight, or during a legal kick, the down shall be replayed.</p> <p>b. The ball is loose following a backward pass, fumble, illegal forward pass or illegal kick, the team last in possession may choose to put the ball in play where possession was lost or replay the down.</p> <p>c. The ball is in possession that the team may choose to accept the play at that spot or replay the down.</p>

Pass Interference	<p>Pass Interference restrictions only apply beyond the neutral zone and only if the forward pass crosses the neutral zone.</p> <p>Pass interference restrictions begin for offense at the snap and for defense at the release of the pass.</p> <p>It is forward-pass interference if any player, offense or defense that is beyond the neutral zone interferes with an eligible opponent's opportunity to move toward, catch or bat the pass.</p> <p>(15 yards from previous spot and automatic first down if by defense or 15 yards from previous spot and loss of down if by offense)</p> <p>It is not pass interference if unavoidable contact occurs when two or more eligible are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.</p> <p>It is not pass interference if contact by the offense is immediately made on the defense and the contact does not continue beyond the neutral zone.</p>
Unsportsmanlike Conduct	<p>Noncontact Unsportsmanlike Conduct. Rule 9-Sec.5: Baiting, taunting, insignias worn that engenders ill will; embarrass, ridicule or demean on the basis of race, gender, religion, or national origin; profanity, insulting, language or gestures; spiking or kicking the ball, throw it in the air; any delayed excessive or prolonged act by which a player attempts to focus attention upon himself. (15 yards &amp; disqualification if flagrant, the 2nd unsportsmanlike foul results in disqualification.)</p>
Unsportsmanlike Conduct	<p>Noncontact Unsportsmanlike Conduct by Non players. Rule 9-Sec.8-Art.1: No coach, substitute, trainer or other team attendant shall act in an unsportsmanlike manner. Example are, but not limited to:</p> <ul style="list-style-type: none"> <li>a. Using Profanity, insulting or vulgar language or gestures.</li> <li>b. Attempting to influence a decision by an official.</li> <li>c. Disrespectfully addressing an official.</li> </ul> <p>(15-yd penalty and if flagrant-disqualification and ejection. The second unsportsmanlike foul with a 15-yard penalty results in disqualification. Failure to comply, the referee may forfeit the game.)</p> <p>Between the 30-yard lines. No Coach, substitute, trainer or other team attendant shall be outside the team box. (1st offense warning-2nd 5 yards, 3rd and so on 15 yards)</p>
Electronic equipment on the field	<p>At no time shall any coach, player, or spectator have any electronic communication or recording equipment on the field. This includes video camera, radios, computers, and any other equipment that can be used for communication between player and coaches and or spectators. Personal cell phones are allowed on the sidelines, but are not to be used to facilitate communication for the purposes of coaching in the game. Anyone in violation of this rule will be removed from the game and reviewed by the MEYFL Board for further action. Parents that are videotaping the game must do so from the at least 7 yards back from the sideline and cannot review the tape with any players or coaches during the game.</p>
Parent/Spectator Conduct	<p>Parents and spectators. Rule 9-Sec.9-Art.1: A player or nonplayer or person not subjected to the rules shall not hinder play by an unfair act, which has no specific rule. (Penalty-the referee enforces any penalty he considers equitable including the award of a score. Warnings are recommended but optional.)</p>