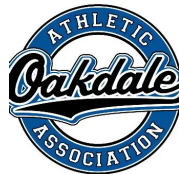


# 3-8 RULES



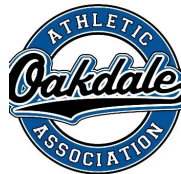
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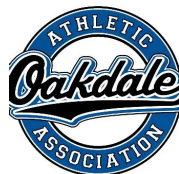
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# GAME PLAY RULES:

## I. GAME

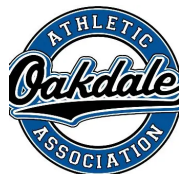
- A. The official ball size for 3rd -6th is Junior. The official ball size for 7th -8th is Youth
- B. SNAPPING THE BALL - Ball must be snapped through the legs.
- C. To start each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- D. The winner of the coin toss has the choice of offense or defense. There is no option to defer. The team that plays defense first, will start the second half on offense.
- E. The offensive team takes possession of the ball at the 40-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown.
  - 1. If the offensive team fails to cross midfield, on 3 downs, and elect to “punt” on 4th down, possession of the ball changes and the opposition starts its drive at the 40-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start its possession from the 40-yard line.
  - 2. Any time prior to making the ball, “Ready for Play” the referee **MUST** the offensive team head coach to declare “Punt or Play”. The coach must answer within 10 seconds to risk a delay of game penalty. This is at the referee’s discretion.
  - 3. Teams may use a timeout only to change the declaration of “Play” at any time prior to the expiration of the play clock.
  - 4. If the declaration is “Punt” the ball changes possession and will be placed at the 40-yard line, 1st down, with **NO** option to change the declaration.
  - 5. If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts at the 40 yard line.



- F. Teams change sides after the first half. Possession changed to the team that started the game on defense.
- G. The no run zone will be 5 yards prior to the first down and 5 yards prior to the touchdown.

## II. TERMONOLOGY

- A. **Boundary Lines** - The outer perimeter lines around the field. They include the sidelines and the back of the end zone lines.
- B. **Line of Scrimmage (LOS)** - An imaginary line running through the point of the football and across the width of the field.
- C. **Line-to-gain** - The line the offense must pass to get a first down or score.
- D. **Rush Line** - An imaginary line running across the width of the field seven (7) yards (into the defensive side of the field) from the line of scrimmage.
- E. **Offense** - The team with possession of the ball.
- F. **Defense** - The team opposing the offense to prevent it from advancing the ball.
- G. **Passer** - The offensive player that throws the ball and may or may not be the quarterback.
- H. **Rusher** - The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flag or by blocking the pass.
- I. **Live Ball** - Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- J. **Dead Ball** - Refers to the period of time immediately before or after the play.
- K. **Whistle** - Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime, or the end of the game.
- L. **Inadvertent Whistle** - Official's whistle that is performed in error.
- M. **Charging** - An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with the shoulder, forearm, or chest.



- N. **Flag Guarding** - An illegal act by the ball-carrier to prevent the defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with hand, arm or ball.
- O. **Shovel Pass** - A legal forward pass across the LOS underhand, backhand, or by pushing the ball forward.
- P. **Lateral** - A backward or sideways toss of the ball by the ball-carrier.
- Q. **Unsportsmanlike Conduct** - A rude, confrontational or offensive behavior or language.
- R. **No Run Zone** - The area 5 yards prior to the first down and 5 yards prior to the Touchdown.

### III. EQUIPMENT

- A. All players must wear official Mounds View Youth Football Association (MVYFA) Flag belts. All players **MUST** wear mouth guards at all times while on the field. Game balls are age specific.
- B. Players must wear cleats. Cleats with exposed metals are not allowed and must be removed.
- C. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- D. Players must remove all jewelry and hard billed hats. If jewelry is not removable, it must be taped and covered. Winter beanies are allowed.
- E. Players may wear soft shell helmets, halos and sunglasses but they must be secured at **ALL** times while on the field. Prescription glasses are permitted without a strap.
- F. Players' jerseys **MUST** be tucked into shorts or pants if they hang below the belt line.
- G. Players must wear MVYFA issued shorts. However, if the weather requires different pants, we recommend pants with no pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
- H. Participants must bring their own MVYFA Flag Belts and mouth guards to the field. Extra belts and mouth guards may be available for purchase.
- I. MVYFA footballs will be provided.



- J. Electronic communication between any player with their coach or spectator for their Team is prohibited. If a team or individual is found to be using electronic communication with a player, or coach, at any time, that Team will be disqualified immediately from play. This does not limit possible additional discipline at the sole discretion of the MVYFA Board.

## IV. FIELD

- A. We are playing on a one way field. There are 4 games taking place on a regulation Football Field
- B. Starting possession will begin at the 40-yard line
- C. There are no safeties. Ball will be spotted at the 40 with a change of possession.
- D. The ball will never start further back than the 40-yard line.
- E. Interceptions can be returned for TD if returned past the 40 yard line..
- F. Home and away teams should be on opposite sidelines.
- G. All rules supersede rulebook
- H. A declaration to 'PUNT' is final

## V. TIMING AND OVERTIME

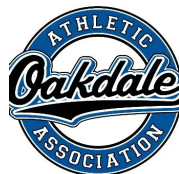
- A. Games are played on a 48-minute continuous clock with two 24-minute halves. Unless one team gains a 35-point advantage which will end the game unless teams agree to continue with changing the score. The clock stops for halftime, injuries, and the Officials discretion.
- B. Halftime is 2 minutes.
- C. Each time the ball is spotted, a team has 40 seconds to snap the ball.
- D. Each team has one 60-second timeout per half. They do not carry over.
- E. Officials can stop the clock at their discretion.
- F. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- G. If the score is tied at the end of regulation play, an overtime period will be used to determine a winner.
- H. OVERTIME FORMAT IS AS FOLLOWS:



1. The home team calls the toss to determine the team that chooses to be on offense or defense first.
2. If a second round of overtime is needed, the team that was on offense second will be on offense first. This process continues with the teams alternating who goes on offense to start the overtime period.
3. Each team will take turns getting one (1) play from the defense 5-yard line. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a play from the 5-yard line.
4. In the regular season, there will be three (3) overtime periods. If the game is still tied, it will end in a tie.
5. Final Score will be recorded to include all points scored for each team.
6. All regulation period rules and penalties are in effect.
7. There are no timeouts.
8. Interceptions returned are returnable in OT. Interceptions returned for a touchdown in OT, the game is over.

## VI. SCORING

- A. **Touchdowns:** 6 points
- B. **PAT(Point after touchdown):** 1 point (5 yard line) or 2 points (10 yard line).
- C. **Interception returned for a touchdown:** is worth 6 points. If returned for a touchdown on a PAT it is worth 2 points.
- D. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5 yard line) or a 2-point conversion (from the 10 yard lin). Any change, once the decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- E. After one team is winning by 35 points or more, the game is over. TEAMS may elect to continue but no additional points scored will be added.



F. Forfeits are scored 35-0 for the winning team.

G. Coaches, officials and scorekeepers must verify the score sheet. If a coach does not verify the score sheet before leaving the field, the scorekeeper will note that on the score sheet and the score will be **FINAL**.

## VII. COACHES

A. Coaches are expected to adhere to the Mounds View Youth Football Association philosophies, coaching guidelines and code of conduct.

B. Coaches can coach from the sideline and the field. If on the field, they must be out of the play.

1. All team photographers, managers, position coaches, team moms, fans, ect are required and must remain a minimum of 7 yards off the field in the designated league viewing area.
2. Coaches, it is your responsibility to keep your fans and any other team associated members in the designated area.

## VIII. LIVE BALL/DEAD BALL

A. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

B. The official will indicate the neutral zone and the line of scrimmage.

1. It is an automatic dead ball foul if any player on the defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.

C. A player who gains possession of the ball in the air is considered in bounds as long as the first foot or a body part other than the hand contacts the ground in the field of play with possession.

D. Substitutions may be made on any dead ball.

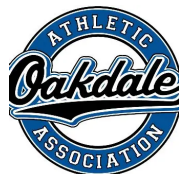
E. The defense may not mimic the offensive team signal by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. Other unfair acts would be; not running five (5) eligible players to the field of play after halftime, a team or officials time out prior to "Ready to Play" signal by the referee. This will result in an unsportsmanlike conduct penalty.



- F. Any official can whistle the play dead.
- G. The play is ruled “dead” when:
  - 1. The ball hits the ground.
    - a) If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
  - 2. The ball-carrier’s flag is pulled.
  - 3. The ball-carrier steps out of bounds.
  - 4. A touchdown or PAT is scored.
  - 5. The ball-carriers knee or arm hits the ground.
  - 6. The ball-carrier’s flag falls out.
  - 7. The receiver catches the ball while in possession of one or no flags.
  - 8. The 5 second pass clock expires.
  - 9. Inadvertent whistle.
  - 10. The ball-carrier leaves their feet diving or to hurdle a player.
- H. If inadvertent or erroneous whistle occurs the offense has two options:
  - 1. Take the ball where the whistle blew and the down is consumed
  - 2. Replay the down from the original line of scrimmage
    - a) If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

## IX. RUNNING

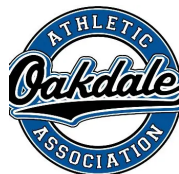
- A. The ball is spotted where the ball is when the flag is pulled.
- B. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap from under center directly or shotgun formation.
- C. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the succeeding play.
- D. A “center sneak” play is **NOT** allowed. The QB may **NOT** handoff, pitch or lateral the ball first to the center.
- E. Any player who receives a handoff, backwards pass, pitch or lateral can throw the ball from behind the line of scrimmage.



- F. Once the ball has been handed off , in front, behind or to the side of the quarterback, or a backwards pass, pitch or lateral has occurred, the five second pass clock is eliminated and all defensive players are eligible to cross the Line of Scrimmage.
- G. Definition of a “Legal Handoff” - Total loss of possession directly from one (1) offensive player to another.
- H. Runners are not permitted to jump, leap or hurdle, in the officials judgement, while advancing the ball. The play is to be blown dead and ball spotted where it was when they left the ground.
- I. Ballcarriers may leave their feet and the play will continue for spinning, jump cuts, QB’s passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the player. However, if leaving the ground, contact is made unnecessary roughness or an illegal contact penalty may be called by the official.
- J. No blocking or “screening” is allowed at any time.
- K. Offensive players in close proximity to the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- L. Flag Obstruction - All jerseys **MUST** be tucked in before the play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- M. Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.
- N. The No Run Zone is defined by 5 yards prior to the first down and 5 yards prior to the end zone. Teams may not run the ball in the No Run Zone.

## X. PASSING

- A. Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play. The ball must be out of hand prior to breaching the line of scrimmage.
  - 1. Passes may be thrown forward or backwards behind the line of scrimmage
  - 2. There is no intentional grounding.



3. All passes, except backwards passes, that do not cross the line of scrimmage, whether received or not, are illegal forward passes. Unless touched by a defender. Pass must go beyond the LOS.
  4. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the LOS.
- B. Shovel passes are allowed but must be forward from behind the LOS and received beyond the LOS.
- C. The quarterback has a five (5) - second “pass clock”. If a pass is not thrown within five seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched or laterally behind the line of scrimmage, the five second rule is no longer in effect.
1. If the QB is standing in the end zone at the of the five second clock, the ball is returned to the line of scrimmage.
  2. If the QB throws the ball and then catches it, the play is dead and treated like an incomplete pass.

## XI. RECEIVING

- A. All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or laterally behind the line of scrimmage).
- B. Only one player is allowed in motion at one time. The player **MUST** be off the line of scrimmage one (1) yard. All motion must be lateral to the line of scrimmage and no motion is permitted towards the line of scrimmage at the snap.
- C. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.
- D. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- E. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six (6) points, two (2) if returned during a conversion.

## XII. RUSHING THE PASSER



- A. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. 1 player can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage
- B. Unlimited rush permitted every 4 downs.
- C. Once the ball is handed off, pitched or lateraled backwards behind the line of scrimmage, all defenders may cross the line of scrimmage to defend and pull the flag.
- D. A Penalty may be called if:
  - 1. Rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass - Illegal Rush + 5 yards from the line of scrimmage
  - 2. Any defensive player crosses the line of scrimmage before the ball is snapped - Encroachment + 5 yards from the line of scrimmage.

### XIII. FLAG PULLING

- A. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- B. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- C. It is illegal to attempt to strip the ball from the ball-carrier's possession at any time.
- D. If a player's flag inadvertently falls off during a play while the player has possession of the ball, the play is dead at that spot on the field.
- E. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- F. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm or shoulder or intentionally covering the flags with the football jersey.

### XIV. FORMATIONS



- a. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
  - 1. Teams may shift formations prior to the snap as long as they are set for at least one (1) second before the ball is snapped.
  - 2. One player at a time may go in motion at least 1 yard behind the line of scrimmage.
- b. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- c. The center must snap between his/her legs. The ball must completely leave his/her hands.

## XV. UNSPORTSMANLIKE CONDUCT

- A. If the field monitor or game officials' witness any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the game officials' discretion. No appeals will be considered. INTENTIONAL PHYSICAL PLAY WILL NOT BE PERMITTED!
- B. Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials will penalize for unsportsmanlike conduct and determine if an ejection is warranted.
- C. Players or Coaches may not physically or verbally abuse any opponent, coach or game official.
- D. Ball-carriers MUST make an effort to avoid defenders with an established position.
- E. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. Offensive players may NOT initiate contact at the line of scrimmage with defenders.
- F. Fans must also adhere to good sportsmanship as well:
  - a. Fans should cheer on their players only, not harass officials or opposing teams.



- b. Comments must be clean and profanity free
- c. Compliment ALL players, not just one player or team.
- G. Fans are required to keep fields safe and kid friendly and adhere to league requirements on seating.
- H. Unsportsmanlike Conduct Penalties:
  - a. Defensive Penalty : +10 yards from the dead ball spot and automatic First Down
  - b. Offensive Penalty : - 10 yards from the dead ball spot and loss of down.
  - c. Two (2) unsportsmanlike penalties on any player or coach in a game result in disqualification and may lead to additional discipline.

## XVI. Penalties

- A. The game officials will administer all penalties
- B. The officials will determine incidental contact that may result from a normal run of play.
- C. All penalties will be assessed from the line of scrimmage, except as noted ( Spot foul)
- D. Only the team captain or head coach may ask the referee questions about rule clarification or interpretations.
- E. Game or halves may not end on a defensive penalty unless the offense declines the penalty.
- F. Penalties are assessed live ball then dead ball. Live ball Penalties must be assessed before play is considered complete.
- G. Penalties will be assessed half the distance to the goal yardage when penalty yardage is more than half the distance to the goal.
- H. Spot fouls administered in the end zone : Defensive - ball on the one-yard line, first down.

### **DEFENSIVE SPOT FOULS:**

Defensive Pass Interference - SPOT Automatic First Down

Illegal Flag Pull - SPOT Automatic First Down

Holding / Illegal Contact - SPOT + 5 Yards and Automatic First Down

Stripping - SPOT + 5 yards and Automatic First Down



### **OFFENSIVE SPOT FOULS:**

Screening or Blocking - SPOT - 5 Yards and Loss of Down  
Charging - SPOT - 5 Yards and Loss of Down  
Flag Guarding - SPOT - 5 yards and Loss of Down  
Holding / Illegal Contact - SPOT - 5 Yards and Loss of Down

### **DEFENSIVE PENALTIES:**

Defensive Unnecessary Roughness : +10 Yards and Automatic First Down  
Defensive Unsportsmanlike Conduct : +10 Yards and Automatic First Down  
Offsides / Illegal Substitution : + 5 yards from the line of scrimmage  
Illegal Rush : + 5 yards from the line of scrimmage  
Roughing the Passer : + 5 Yards from the line of scrimmage and Automatic First Down  
Taunting : +10 yards from the line of scrimmage and Automatic First down

### **OFFENSIVE PENALTIES:**

Offensive Unnecessary Roughness : -10 yards and loss of down  
Offensive Unsportsmanlike Conduct : -10 yards and loss of down  
Offside / False Start / Illegal Substitution : -5 yards and loss of down  
Illegal Forward Pass : -5 yards from line of scrimmage and loss of down  
Offensive Pass Interference : -5 yards from line of scrimmage and loss of down  
Illegal Motion : -5 yards from line of scrimmage  
Delay of Game : -5 yards from line of scrimmage  
Impeding the Rusher : -5 yards from line of scrimmage  
Illegal Procedure: -5 yards from line of scrimmage  
Taunting : -10 yards from line of scrimmage and loss of down.

