

## **SECTION 1: PARTICIPATING PLAYERS**

1. The following participation guidelines are set below:

- a. **Sixth grade league**: a player must be in the sixth grade.
- b. **Fifth grade league**: a player must be in the fifth grade and/or cannot be 12 years old prior to September 1.
- c. **Fourth grade league**: a player must be in the fourth grade and/or cannot be 11 years old prior to September 1.
- d. **Third grade league**: a player must be in the third grade and/or cannot be 10 years old prior to September 1st.
- e. **Second grade league**: a player must be in the second grade and/or cannot be 9 years old prior to September 1.
- f. **First grade league**: a player must be in the first grade and/or cannot be 8 years old prior to September 1.
- g. **Exceptions**: Players may play up one grade level with association approval but cannot play down a grade level.

## **SECTION 2: COACHES**

1. The head coach is responsible for their sideline. If a coach is not wearing the certification, the coach in question will be removed from the side- line and prohibited from coaching.

2. The number of non-player personnel on each football team's, side- line shall not exceed a total of eight (8). This eight includes coaches, manager, play counters, & water aids. Any coaching of players must be by a certified coach. The Head coach will be held accountable for their sideline personnel and all violations of this rule.

3. Head coaches must keep a binder with their players' medical release information, which should be available to the club director or its representative upon request.

4. All Coaches while at weigh-in & on the sideline must wear a copy of their current years football certification on a lanyard around their neck.

## **SECTION 3: MAC EQUIPMENT**

1. **Size of footballs (composite, leather)**:

- a. Little Legends, 3<sup>rd</sup>, 4<sup>th</sup> grades: Regulation **Pee-wee** size or larger
- b. 5<sup>th</sup> and 6<sup>th</sup> grades: Regulation **Junior size** or larger

2. **Uniforms**: Jersey numbers not regulated by position. Any jersey numbers can be worn in any position. No two players from the same team with the same number will be allowed on the field at the same time. Exceptions will be made if a jersey is damaged during the game.

- a. Visiting team must wear a light colored jersey; home team must be dark colored jersey.
- b. Football cleats must be rubber
- c. All mouthpieces must be colored.
- d. All visors worn must be clear.
- e. Backplates cannot show.
- f. Knee pads in pants must cover knees

3. **Player Participation Guidelines**: MAC mandates all athletes have a minimum number of plays in every game.

- a. Exceptions: Must be declared on the roster prior to weigh-in. Examples include but are not limited to:
  - Disciplinary actions
  - Injuries
  - If a player refuses to participate, inform the head official and opposing coach. The coach must then remove the player's helmet and shoulder pads

- b. If a player plays one play during a game, he/she must play the full number of plays required by grade.
- c. The required plays for each age group is defined below:

#### **3rd, 4th Grades:**

All participants shall be required to play ten (10) snapped ball plays in each game, including specialty team plays.

#### **5th, 6th, Grades:**

All participants shall be required to play five (5) plays in each game, including specialty team plays.

Dead Ball Fouls, Time-Outs, and Kneeling plays (e.g., "Victory Formation") do not count as participation plays.

### **SECTION 4: OFFICIALS**

1. **Number of Certified Officials**: Each regular season game will require three certified high school officials, while playoff games will need four. The home team is responsible for paying all officials. Officials must be eligible to referee Oklahoma High School games; no coach or team official can referee unless both teams agree. Games can proceed with two officials present. If less than two officials are available, notify the directors. MAC Coaches, Officers, and Directors cannot referee MAC sanctioned games.

2. **In-Game Rule Challenge**: If the coach is wrong about a rule or its application, the team will get a 5-yard penalty for delay of game and lose a time-out.

- a. **Challenge Instructions**: The head coach requests a timeout, which the official grants. They discuss the matter while the clock is stopped and review the MAC rulebook if needed. If the coach is correct, the call is corrected, and no timeout is charged. If the coach is incorrect, a penalty is assessed to the team.
- b. **Out of timeouts**: If a coach needs to discuss a rule but is out of time-outs, they can request a time-out for this purpose. The official will grant it. If the coach is correct about the rule, the call can be corrected without penalty. If the coach is incorrect, a 5-yard delay-of-game penalty will be enforced from the succeeding spot, but only if the team is out of time-outs.

### **SECTION 5: MAC GAMEDAY PROCEDURES**

1. **Length of Games**: Eight (8) minute quarters

- a. Teams have up to 25 seconds to snap the ball from the ready-for-play as marked by the referee.
- b. **Half Time Procedure**: (Half time is 8 minutes; 15 minutes maximum if necessary and approved) Both teams' cheer squads will have the opportunity to perform at halftime.

2. **Mercy Rule**: At which time a team reaches the 35-point spread, the score will freeze but the game will continue as normal with running clock. No further points will be allowed on the scoreboard by either team.

- a. **Onside Kick During Mercy Rule**: If the Kicking team achieves a Mercy Rule and attempts an onside kick against the Receiving team, the Kicking team coach will receive an unsportsmanlike penalty. The ball will be awarded to the Receiving team on the Kicking team's 25-yard line with a new series of downs.
- b. **Play Count**: A team does not have to get all participating plays in before Mercy Rule but must get them before end of game.

3. **Press Box Procedure**: Inappropriate remarks or conduct are not allowed at a MAC game. If a League Director attends a game and identifies a violation of this rule or observes that the clock person is not maintaining accurate timekeeping, he/she may remove that individual from their duties for the remainder of the game. The Directors will then convene to decide if further action is required.

#### 4. **Gate Admission**

- a. **Admission:** Everyone (including coaches and sponsors) is required to pay admission or show a current official MAC game pass.
  - Exceptions are made for those players, cheerleaders, pom squad, drill team and game officials in uniform.
- c. **Gate Passes:** The conference will issue each coach a Certification Badge upon completing coaches training and background check. These badges will serve as the gate pass for the coaches.
  - Passes: OSSAA Coaching certification card will serve as a gate pass.
  - Anyone caught trying to use a fake or copied MAC pass, enter without a pass or payment, or transfer their pass to another will be ejected and may have their pass revoked, face suspension, and/or be fined up to \$200.00

5. **Chain Crews:** The visiting team is responsible for providing a chain crew for each game unless an exception is granted by the Field Director or the Home Team.

6. **Video Cameras:** Filming of games by parents or coaches is permitted at any MAC sanctioned event.

8. **Weather:** These weather policies serve as guidelines for extreme cases. Clubs, teams, and coaches should prioritize the immediate safety of everyone involved. Clubs may implement additional weather policies based on local best practices.

- a. **Stoppage of play due to weather**

- All outdoor activities will cease when:
  - Conditions reach a point where the local on-site director deems continued participation unsafe.
  - The heat determined by the hosting site poses a danger to player safety. The MAC President must be notified before any cancellation announcement.
  - Lightning is within 10 miles of any outdoor contest, practice or gathering.

- b. **Reschedule And Points policies**

- Games delayed or postponed due to weather are considered complete if they reach halfway into the 3rd quarter or the mercy rule has been reached. If canceled before this point, the league will reschedule them to start from the Weigh-In.
- Final scores for games ended early due to weather will be kept as is.
- No attempts will be made to reschedule games delayed, called, or postponed during the last day or week of the regular season.

## **SECTION 6: WEIGH IN PROCEDURES**

1. **Weight Limits/Scales:** Weight limits are imposed by the MAC for reasons of safety. Should anyone be caught tampering with scales prior to weigh-in and then found to be guilty of such tampering, that person shall be removed from the field immediately and shall be banned from all MAC activities for the remaining season. Further actions may be imposed by the MAC Commission.

- a. Home Team furnishes the scale
- b. Scale must show a zero balance before weigh in
- c. If scale is broken or unavailable, home team has 30 minutes to provide one.

2. **When to Weigh In:** Each team will report to the scale area 45 minutes prior to scheduled game time.

- a. **Penalty:** a team not present at the weigh in area 45 minutes prior to the scheduled start of the game will be penalized by the suspension of the head coach for entire ball game. The coach can sit in the stand but will not be allowed to coach. The coach will not be allowed to use radios or make contact with the team or coaches by any means.

3. **Order of Weigh In:** Visiting Team Weighs in first

4. **Team Rosters:** Coaches will bring 2 copies of the official Sports Engine roster to the weigh-in. One copy will be handed to the opposing coach. One copy will be handed to the Field Director.

- a. Rosters must be typed in numerical order according to player numbers smallest to greatest.
- b. If a player is not playing due to injury/disciplinary action, he will not weigh in, and his name will be listed under "players not playing"
- c. Failure to provide rosters will result in the head coach being unable to coach for the game.

5. **Uniform:** Players must weigh in with their game jersey.

- a. No players shall change their jersey number after weigh-in. Violations will result in suspension of player and/or coach.

6. **Helmet:** Players must have their game helmet in hand to display stripe when on the scale.

7. **Two Chances:** Each player will get 2 chances to make weight. Player must have underwear on at a minimum.

8. **Missing Weigh In:** Players who are not present for the weigh-in by the time both teams have completed their weighing in will need to be weighed before the start of the game. These players will only be allowed to participate starting from the second quarter

- a. Players not in attendance five minutes prior to the scheduled start of the game will not be allowed to play until the start of the third quarter and must be weighed in during halftime or before

**\* Players and coaches caught violating weigh in procedures will be forced to forfeit the game and be suspended for the next game.**

## **SECTION 7: WEIGHT LIMITS**

<b>Grade</b>	<b>Max Ball Carrier</b>	<b>One Striper</b>	<b>Two Striper</b>
1 <sup>st</sup>	70.00	70.01 – 90	Over 90
2 <sup>nd</sup>	80.00	80.01 – 100	Over 100
3 <sup>rd</sup>	90.00	90.01 – 110	Over 110
4 <sup>th</sup>	100.00	100.01 – 125	Over 125
5 <sup>th</sup>	120.00	120.01 – 145	Over 145
6 <sup>th</sup>	140.00	140.01 – 165	Over 165

**\*One Striper:** A neon green stripe placed vertically at the center rear base of the helmet.

**\*\*Two Striper:** 2 neon green stripes placed vertically at the center rear base of the helmet next to each other.

**\*\*\*Any instance of illegal participation by a player will incur a fifteen-yard penalty. Furthermore, the League Directors will enforce additional penalties on the coach and/or team if it is determined that players were utilized unlawfully to alter the game's outcome. Weight limits established by MAC are strictly for safety reasons and must be adhered to without exception. No exceptions will be allowed or tolerated.**

### **1. One Stripe Player**

#### **a. Offense**

- May play end but is not an eligible receiver and cannot advance the ball in a designed play but may advance the ball after the recovery of a DEFENSIVELY CAUSED fumble.

- Not allowed to line up in the backfield except to place kick, for extra points and/or field goals. Must be a declared kick, a fumble or fake will be declared a dead ball. If the kick is blocked and remains behind the line of scrimmage, a one (1) striped player may advance the ball.
- May place kick and punt, but cannot advance the ball on a fake punt or field goal.

**b. Defense**

- May play any position.
- Not eligible to return a kick off or punt.
- Allowed to return an interception or fumble.

**2. Two Stripe Player:**

**\*Can only be a lineman in a down position**

**\*\*Cannot participate in the kick-off or kick-return**

**a. Offense**

- Must play on the interior offensive line and may never be in a position to be eligible for a pass. Note: on an unbalanced line, the tackle becomes an end if uncovered making him illegal.
- Will be allowed in the backfield to kick extra points or field goals only. Kick must be declared. A fumble or fake will be declared a dead ball. If the kick is blocked and remains behind the line of scrimmage, a Two Striped player may not advance the ball.
- Two Striped players can not advance the ball in a designed play but may advance after recovery of a DEFENSIVELY CAUSED fumble.

**b. Defense**

- May play on the defensive line but must have at least one hand on the ground.
- Will be allowed to return an interception or fumble.
- Cannot participate on the kick-off or kick-return team.

**3. Specialist Player (not required):**

- This player will be designated with a circle sticker
- This player must be designated on the roster at weigh in
- This is the only player that is allowed to kick the ball
- There are no maximum or minimum plays for this player

## **SECTION 8: FOOTBALL RULES**

1. **General Rules**: Oklahoma High School football rules will be utilized in conference play with the exceptions noted below.

2. **Mercy Rule**: At the time a team reaches a 35 point spread, the score will freeze and MAC mercy rule procedures apply:

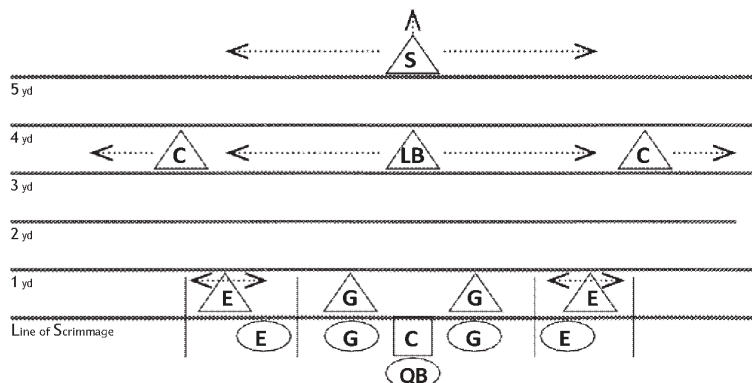
- Scoreboard Freezes
- Running Clock
- No onside kicks: receiving team gets the ball at the kicking teams 25 if this rule is violated.

3. **Scores**: Points will be awarded as follows:

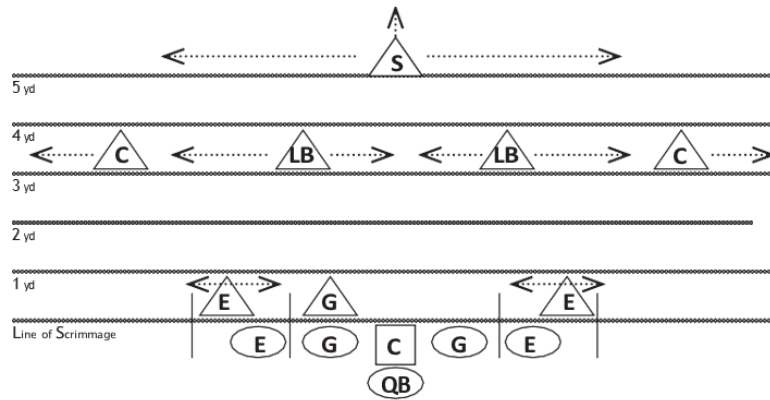
- Touchdown: 6 points
- PAT from the 2.5 yard line:
  - Run: 1 Point
  - Pass: 2 Points
  - Kick: 3 Points
- Field Goal: 3 Points

### LITTLE LEGENDS (1<sup>st</sup> and 2<sup>nd</sup> GRADE)

1. Will be an 8-Man Football format utilizing a Pee wee sized football.
2. The field width will 100 yds in length x 40 yds in width
  - a. Cones will placed every 10 yards on the visitors hash to designate the sideline
3. 8 minute quarters will be utilized for all Little Legends League play.
  - a. This is a continuous running clock, stopping only for Touchdowns, Time Outs, Injury, and Extra Points.
  - b. A team is allowed 35 seconds between each play. Time starts at the placement of the ball by the official.
  - c. Two (2) minute warning will be given at the end of the each half and regular regulation play will be in effect during this time (no running clock).
  - d. Each team is allowed two (2) time outs per half.
4. No kickoffs: Ball will be placed at the Offensive 40 yard line to start the game, after every touchdown, and the start of the 3rd Quarter.
5. Coaches on the field: Each team is allowed 1 coach on the field at a time.
  - a. Coach placement will be 5 yards behind the furthest player from the line of scrimmage.
  - b. Once QB starts cadence, on field Coaches must remain silent.
6. Each Player will play a full, uninterrupted quarter in each half of the football game.
  - a. No Player substitutions allowed during a quarter. The same 8 kids that start the quarter will finish the quarter without being subbed out. Exceptions are injuries but player must return to play within a sufficient number of plays. If the player is injured and cannot return, he must remove his pads.
7. Center is protected: **Players can shoot A gaps**
8. Defensive Tackles must line up head-up on the Guards
9. Punts will be an automatic 20 yard punt from the spot of the ball. Coaches must declare that they want to punt on 4th down.
10. Overtime: Each team will get one (1) play from the Defensive 5 yard line. Overtime continues until a winner is determined.
  - a. 1st possession is determined by coin toss.
11. Formations will be limited to those listed below:
  - a. Defense with 1 Linebacker

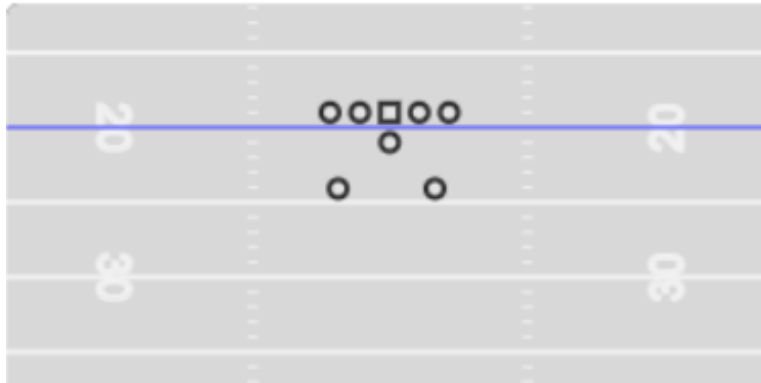


b. Defense with 2 Linebackers, 1 Nose



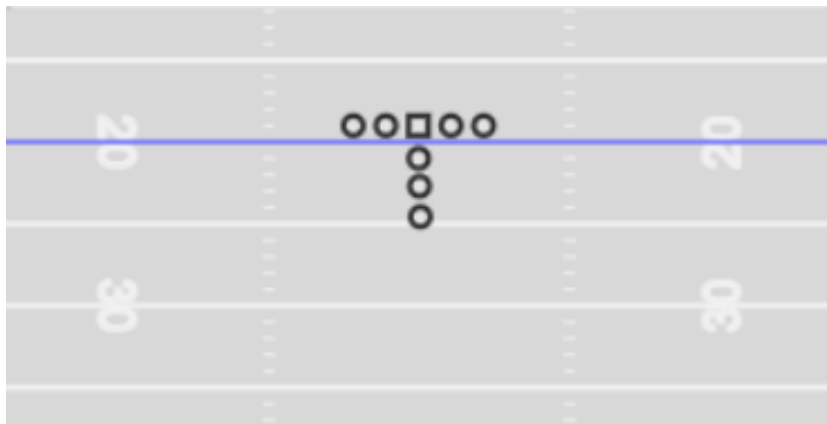
- Defense will match wide receivers but must have 3 down lineman and 1 linebacker.

c. Offense Split Back

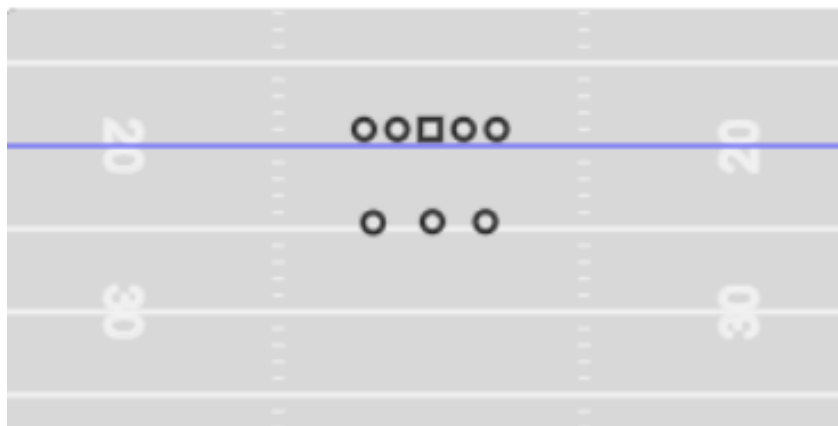


d. Offense I Formation

e. Shotgun with I Formations



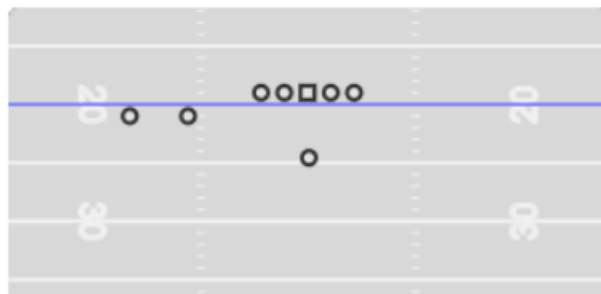
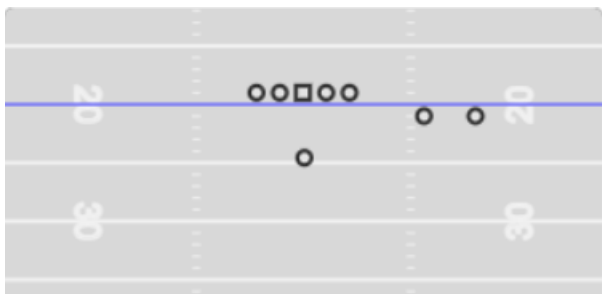
f. Offense Shotgun SplitBacks



Offensive Formations will be limited to the following.

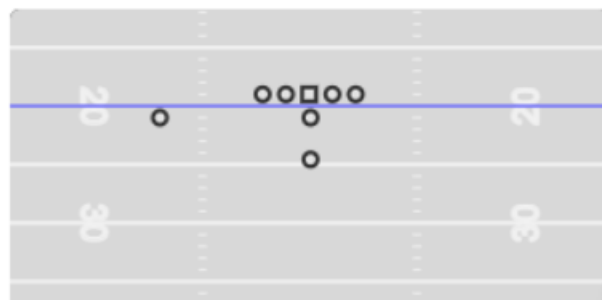
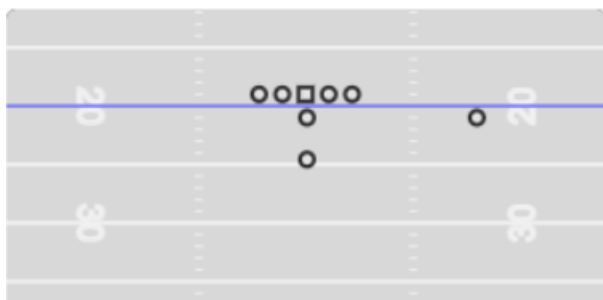
Offense Shotgun with Twins

- g. Receivers can NOT go in motion



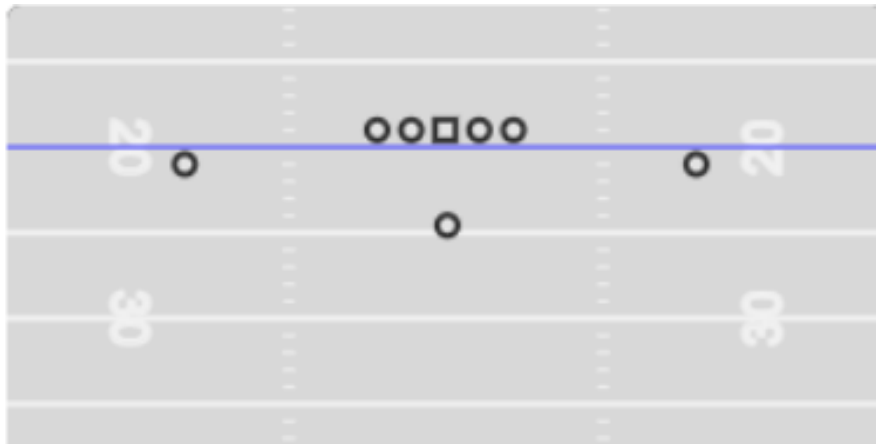
Offense Shotgun Single Wide Receiver

1. Receivers can NOT go in motion





Shotgun with 1 receiver on each side



### **3rd and 4th Grade Football Rules**

1. Will be an 11-Man Football format utilizing a Pee wee sized football
2. All players must have a minimum of 10 plays during each football game
3. Center is protected: the defense is allowed to line up "head up" on the center.
  - a. QB Shotgun: must penetrate A gap on either side of the center and cannot bull rush the center directly until the QB touches the ball.
  - b. QB Under Center: Center is NOT protected.
4. Punts will be an automatic 20-yard punt or a live punt. Coaches must declare their choice to punt and whether it will be live or automatic.
  - a. If coaches choose to live punt, the opposing team can rush the punter
5. Overtime: Oklahoma High School Overtime Rules apply

### **5th and 6th Grade Football Rules**

1. Will be an 11-Man Football format utilizing a Junior sized football
2. All players must have a minimum of 5 plays during each football game
3. All punts are live
4. Overtime: Oklahoma High School Overtime Rules apply
5. Starting with the 3<sup>rd</sup> overtime each team must go for 2 on the PAT.

## **SECTION 9: FOOTBALL RULES**

1. **General Rules:** Oklahoma High School football rules will be utilized in conference play with the exceptions noted below.

**END OF RULEBOOK.**