

NORTH MACON FOOTBALL LEAGUE RULES

(revised November 14, 2012)

MISSION STATEMENT

The mission of the North Macon Football League is to teach kids the game of football in a positive environment that stresses fun, safety, player involvement and respect for your opponent. Good sportsmanship is key to our success and it is imperative that all administrators and coaches lead by example.

GENERAL RULES

The NMFL will consist of two divisions:

The Junior Division will be 3rd and 4th grade players.

The Senior Division will be 5th and 6th grade players.

All participants must have a copy of their birth certificates on file with the school they are registered.

For the Junior League a player must be 10 or younger by September 1 of the current season. For the Senior League a player must be 12 or younger by September 1 of the current season.

(* Recommended-players who have been held back a year in school should play with the grade level that they would normally play with had they not been held back.)

1. Playing Field will be approximately 80 yards long and 40 yards wide.
2. Each team will field 11 players for offense and defense.
3. Each team shall have no more than **25 players**.
4. Each team will have 2 timeouts per half.
5. Kick-offs will only occur at the beginning of each half and will be kicked from the 30 yd line. The ball will be placed at the 20yd line after each touchdown for the remainder of each half.
6. Penalty will be 5 yards for off sides/motion.
7. Penalty will be 10 yards for holding/personal foul/facemask.
8. Penalty will be 10 yards for illegal defensive formation after 1 warning.
9. Extra Point(s) from 2yd line = 1 point from 5yd line = 2 points
10. Football cannot be advanced by any player over 108 lbs in Junior Division. Junior players > 108 lbs are restricted to the tackle box. Players whose weight is >178 lbs will be restricted to the offensive line only and not allowed to tackle. Weight is **without pads**. Host school will have scales on hand prior to every game. **Player will only be weighed at the beginning of season and the day before playoffs begin by a school official. Weights must be submitted to the commissioner of the league.**
11. Football cannot be advanced by any player over 128 lbs in Senior Division. Senior players > 128 lbs are restricted to the tackle box. Players whose weight is >198 lbs will be restricted to the offensive line only and not allowed to tackle. Weight is **without pads**. Host schools will have scales on hand prior to every game. **Player will only be weighed at the beginning of season and the day before playoffs begin by a school official. Weights must be submitted to the commissioner of the league.**
12. A total of 4 coaches will be allowed on the field and sidelines in both the Junior Division and Senior Division.
13. No more than 2 coaches will be allowed on the field in the Junior Division and must be at least 5 yards behind their deepest player when the ball is snapped. (10 yd Penalty after 1 warning)
14. 1 coach will be allowed on the field in the Senior Division but must be at least 5 yards behind their deepest player when the ball is snapped. (10yd Penalty after 1 warning) It is recommended that as the season progresses that no coaches are on the field. This will prepare players for the transition to C team football.
15. No coach **on the field** from either team will be allowed to speak or make any sound once the Quarterback has initiated cadence. "Down" (10yd Penalty after 1 warning)
16. Game Ball Size: Minimum size for Junior Division is Pee Wee
Minimum size for Senior Division is Junior
17. Coin Toss winner will select offense or defense. Coin Toss loser will select direction of play. 2nd half : Team that started on offense will be on defense and change direction of field. Teams will not defer.
18. No Overtimes during regular season. Games will end in a tie.

19. Teams may elect to punt on 4th down.
 - A. A team that is backed within its own 10 yd line may elect to place the ball 25 yards downfield from the spot of the ball or actually punt the ball.
 - B. A team that chooses to punt the ball will have a designated punter punt the ball with both lines in a kneeling position for the duration of the play. The receiving team may send no more than 3 players back to field the punt. Ball will be placed at the spot where the ball is controlled or touched in the event that the ball is knocked forward of the receiving player.
20. Accurate rosters detailing all players' names, numbers, weight, age and grade will be turned into the league prior to the start of the season. All rosters must be verified and signed by the coordinator for the school. All coaches must be listed.
21. Referee's rulings and interpretations on the field are final and cannot be appealed.
22. Participation rule: Each player must play 6 plays in every game, excluding kickoffs and punts.
23. There will be no penalty for breaking the huddle with too many players. A penalty will be enforced if you snap the ball with too many players.

OFFENSIVE RULES

1. Offense has 4 downs to gain 10 yards for a first down.
2. Offense must snap the ball within 30 seconds when play is resumed.
3. Offensive players cannot block below the waist.
4. Offense must have seven players on the line with 3 players on each side of the center.
5. Line splits cannot exceed 1 yd.
6. Ends may be split out but defensive end does not have to split out.
7. Offense may use motion and shifts.
8. Junior League – no pulling lineman: centers, tackles, guards, and tight ends.
9. Senior League – pulling lineman is allowed.

DEFENSIVE RULES

1. Every team will play a strict 50 defense.
2. Tackles must be head up on offensive tackle.
3. Nose guard must be head up on center and at least 1 full yard off the ball. Distance between the helmets of the center and the nose guard must be 1 full yard.
4. Linebackers must be head up on offensive guards and 5 yards off the ball.
5. Defensive end must be head up or head up on the outside shoulder of the tight end. If tight end splits out defensive end is not required to go with him.
6. Defensive linemen must be in a 3 or 4 point stance but ends may stand up.
7. Cornerbacks must be 5 yds outside the D end and 5 yds off the ball.
8. Junior Division will play 2 safeties at least 10 yards off the ball.
9. Senior division has the option to play 2 safeties 10 yards off the ball or 1 safety 10 yds off the ball and one free safety/rover anywhere but he must be at least 5 yds off the ball.
10. Goal Line Defense: There are no restrictions on the defense, other than the "no standing" rule for linemen, if the ball is on or inside the 5 yard line.
11. Defensive teams cannot score points on an opponent's extra point try by returning fumbles or interceptions.

OVERTIME RULES

1. Overtime will begin with the coin toss to decide defense and offense.
2. The ball will be placed at the 10 yard line at the beginning of every possession.
3. In the first two overtime periods, a team can decide between a one-point or two-point conversion.
4. Beginning with the third overtime period the team must go for the two point conversion after touchdown.

CLOCK MANAGEMENT

All games will consist of four 10-minute quarters and a 6 minute halftime. The Senior League will have four 12-minute quarters and a 6 minute halftime.

Clock will run continuously with the following exceptions:

1. Last two minutes of each half will be a normal clock.
2. Stop after Extra Point
3. Timeout
4. Injury
5. Officials signal to stop the clock

During the Final 2 Minutes of Each Half:

Play will continue as a regulation game.

Incomplete passes and players out of bounds will not stop the clock unless they occur in the final two minutes of a half.

PERSONAL CONDUCT

Any player who is ejected from a game will not play for the remainder of that game.

Any coach who is ejected from a game must leave the facility for the remainder of the game and will not be allowed to coach the following game.

The NMFL Coordinator for each school will be responsible for insuring that all players, coaches and fans maintain high standards of personal conduct during games at his facility.

Please have chain crew and clock keeper at facilities prior to the start of game. Chain crew should be opposite side of the field of players and coaches.

Teams who do not adhere to participation rule and maximum team numbers will be penalized by forfeiting game played.