

2025 MIGHTY MO YOUTH FOOTBALL REGULATIONS AND RULES

COACHES

COACHING STAFF

- May consist of no more than one Head Coach and four Assistant Coaches.
- Only the five-person Coaching Staff and players on the Active Roster may be in the field area.
- At least one Coach on each staff must be Youth CPR certified.
- A Coach should be of unquestionable character. He/She should have the interest of the players of both teams at heart at all times.
- A Coach should put good sportsmanship above all else, as set forth in the 'Coaches Code of Ethics'.
- A Coach will refrain from the use of profanity and any physical contact.
- A Coach that violates the rules set forth in the current edition of the MMYF rules shall be dealt with according to procedures set forth by the MMYF Board.
- Any Coach ejected from a game will be ineligible to coach the next game. Upon a second ejection, the Board has the authority to permanently suspend the coach.
- All Football & Cheer Coaches must fill out a 'Mandatory Background Check' form and sign a 'Coaches Code of Ethics' or they will be declared ineligible.
- A pre-season MANDATORY Coaches clinic must be attended by all Head Coaches of each team in order for his team to be qualified for any playoff games. It will be held at the jamboree.
- All coaches must be AYF certified.

HEAD COACHES

- A Head Coach must be at least 21 years of age.
- A Head Coach has signed a League coaching agreement and is responsible for his teams conduct at all MMYF functions.
- A Head Coach is to submit the names of his coaching staff and Business Manager for approval by the Board of Directors.
- A Head Coach is responsible for informing his team, coaches, and parents of the unsportsmanlike conduct rule, which reads, "Anyone can be penalized for unsportsmanlike conduct by the Referee." First offense is a 10-yard penalty. Second offense by the same individual is automatic ejection from the football facility. If said individual does not leave immediately upon notice, his team will forfeit the game.
- Any Head Coach ejected from a game will be (at a minimum) ineligible for the next game and may face stricter penalties as deemed appropriate by the MMYF Board of Directors.

ASSISTANT COACHES

- The Assistant coach will carry out such duties as agreed upon between them and the Head Coach and must be 18 years of age or a senior in high school.
- An Assistant Coach will be in charge at practices when the Head Coach is unable to attend.
- The Assistant Coach and the Head Coach will work together harmoniously even when they might be in disagreement over philosophy or fundamentals.
- Any Assistant Coach ejected from a game will be (at a minimum) ineligible for the next game and may face stricter penalties as deemed appropriate by the MMYF Board of Directors.

PLAYERS & CHEERLEADERS

RESIDENTCY ELIGABILITY

- Players shall play for the town they attend school in with the exception for special circumstances for out of district players as stated in the MMYF Bylaws. If the town they live in does not have a MMYF program or any other recognized youth football league that the player qualifies to play for, the player's guardian may choose between the two geographically closest towns offering a MMYF program. MMYF players can only play for another team in the MMYF that already has an established team of 11 or more players. No teams will be able to combine.

PLAYERS

- Players shall be divided into one of two Grade/Age classifications
- The Bantam Division shall be for Players in the 3rd or 4th grade when school begins in the fall and is not yet 11 years old on September 1st. If a Player cannot qualify under the age limit they must play up in the next level. If need be 2nd Graders may participate in this age group. Each town will decide for themselves if they use 2nd Graders in this group.
- The Titan Division shall be for Players in the 5th and 6th grade when school begins in the fall and is not yet 13 years old on September 1st. If a Player cannot qualify under the age limit they will be ineligible.
- Players ejected from a game will sit out (at a minimum) the next game. A second ejection by a player shall result in a one-year suspension.

CHEERLEADERS

- Cheerleaders shall be of the same age classification as the players they cheer for unless deemed otherwise by town board.
- Girls in 7th grade may cheer in Titan Division if they have no 7th grade program in school.
- An out of district cheerleader can be placed on an out of district squad only if that squad cannot be filled with cheerleaders in their own district.
- Cheerleaders will help the players in trash pickup on their side of the field after their game.
- Cheerleaders will comply with all rules and regulations as stated in the **MMYF** Official Rule Book.

SIGN-UPS

- Shall be handled by each Town as seen fit. Signups may not end before July 15th but may run until the Jamboree. Sign up in the Town you go to school.

ROSTERS

- A player cannot begin practice with a team until he is signed up on the team roster with all monies and paperwork turned in.... **NO EXCEPTIONS.**
- A roster of the team shall consist of not more than 30 players, not less than **11** players, one Head Coach, and not more than four Assistant Coaches.
- All out of district players shall be “high-lighted” on the roster.
- All rosters should be in alphabetical order.
- An official roster must be typed and completed with all required information and turned into the Secretary, no later than the first league game.

REGISTRATION

- A registered player/cheerleader must be on a Roster of a Team that has paid the current League fee, which is to be set annually by the MMYF Board of Directors.
- A registered player/cheerleader must have parental permission. A written statement is needed stating that the child has his parent(s) permission to participate.
- All registered players/cheerleaders must have a medical certification of a physical examination signed by the examining physician that the player/cheerleader is physically fit and there are no observable conditions, which would indicate, he/she should not play football or cheer.
- A registered player must provide proof of age with a copy of a state issued birth certificate that must be turned into the League at the official weigh-in.

PARENTS

It is the parent that might be the most important element of our whole program. Parents of all players are urged to exhibit good sportsmanship and demonstrate positive support for players of both teams. Parents are encouraged to attend all games and to learn the rules of MMYF which are instructional youth football rules not college or NFL rules. Parents should encourage their favorite player not only with words of encouragement, but by helping to get players to and from practice and games on time. Parents should not heckle game officials or be abusive with their language. A penalty can be assessed against parents. All parents when signing up their children sign a ‘Parents Code of Ethics’ which is strictly enforced. Any parent ejected from a game will be suspended from the following game and can be banned from attending future MMYF events if need be.

REQUIRED EQUIPMENT

PLAYERS IN ALL DIVISIONS, BEGINING WITH PHYSICAL CONTACT IN PRACTICE SESSIONS, SHALL WEAR THE FOLLOWING EQUIPMENT.

- HELMETS - Only helmets bearing the N.O.C.S.A.E. seal of certification may be worn.

- SHOULDER PADS – Only approved shoulder pads can be worn.
- PANTS – with hip pads, thigh pads, tail pads, and kneepads must be worn.
- **MOUTHGUARD (Any color, keeper strap required)**
- ATHLECTIC SUPPORTER/ COMPRESSION SHORTS
- SHOES with all-purpose sports cleats are required. No metal cleats are allowed.

PRACTICE

- **Week 1:** 10 hours conditioning- helmets only
2 hours per day max
- **Week 2:** 8 hours' total practice
2 hours per day max
- **Week 3 and on:** 6 hours' total
2 hours per day max

TENATIVE SEASON SCHEDULE

- **JAMBOREE:** Last Saturday of August - Weigh-ins open at 730AM - Play begins at 9AM
- **REGULAR SEASON:** Opening Weekend is the first weekend in September.

ELIGIBILITY

- Players that play football in any other League during this 12-week season will be declared ineligible.
- Any player that falsifies records or information will be ineligible.
- Before any player may return from an injury where a doctor required the player to miss practice or a game the player must provide a “written release” from the same doctor, clinic, or doctor’s office.
- Any team using an ineligible player will be subject to forfeiting all games the player participated in.

PLAYING RULES

A. LEAGUE RULES APPLICABLE TO BOTH DIVISIONS

- **COACHES CONDUCT:** All coaches must sign and abide by the MMYF Coaches Code of Ethics.
- **COACHES ATTIRE:** All coaches from each team shall at least have shirts of the same style and color
- **COACHES AND PLAY COUNTERS:** Shall at all times wear in plain view an official sideline pass in order to be allowed to be in the playing field area.
- **MANDATORY PLAY:** All Players will be required to play a minimum of six (6) plays per half unless noted as

Absent, Concussed, Discipline (pre-approved), Ejection, Injured, refused to play, or Sick. Any play from scrimmage counts as a play including plays ending in penalty and special team plays except extra-point kicks and field goals, which only the snapper, holder, and kicker are counted. Any coach and/or team not complying with this rule will be subject to disciplinary action by the MMYF Board, including possible suspension of the Coach. **Mandatory play will not be conducted during the playoffs. This is only during regular season games.**

- **EQUIPMENT:** Players may wear only a clear face shield unless a Doctor prescribes a colored shield. No jewelry or skullcaps may be worn. Team emblems are allowed on helmets but no “award stickers” allowed. No hard casts are allowed and the Head Official must approve all casts and splints.
- **TIME LIMITS:** All games will be played with four 12-minute quarters. A running clock will be used except the final 2 minutes of each half. Clock stoppage in those 2 minutes will be according to MSHSAA rules. Halftime will be 8 minutes, with 3 minutes between quarters. The running clock will be as follows: **TIPS** Timeouts, Injury’s, Penalty and Score.
- **TIMING RULE AFTER SCORE:** The game clock shall stop after any score. Any subsequent try, if required by rule shall be an untimed down. At the conclusion of the scoring play, or after the necessary try, there shall be a 1-minute official time out. The referee, or other designated official, shall blow his whistle at the 45 second mark to indicate that there is 15 seconds remaining. Each team shall be ready to play at the conclusion of the minute time out. At the conclusion of the 1-minute time out, the ball shall be given to the team who shall kick or punt as indicated by rule, if the kicking team is not ready the ball shall be placed on the ground at the designated kicking spot. The referee shall then start the play clock. If the kicking team does not kick the ball before the play clock expires the kicking team shall be assessed a delay of game penalty. The kicking team shall not be allowed to kick the ball if during the play clock period the kick return team is not ready. If the play clock expires and the ball has not been kicked because the kick return team was not ready a delay of game penalty shall be assessed against the kick return team. If a delay of game penalty is assessed the Referee will determine who was primarily responsible for the delay and assess the penalty accordingly.
- **SPIKING THE BALL:** Will be allowed to stop the clock.
- **ILLEGAL BALL CARRIER:** Using a ball carrier that does not qualify by weight for his age division or is wearing an improperly marked helmet shall be penalized 15 yards and LOSS of DOWN and the Coach warned for the 1st offense. After a 2nd occurrence the Coach will be ejected from the game, resulting in being suspended for the following game.

- **OFFENSIVE PLAYER POSITION AT SNAP:** Any player may be in an eligible offensive position at the snap regardless of weight restriction. Any player who is in an eligible position, at the snap, and who has exceeded the weight limit for a player to pass or carry the ball shall not pass or catch the ball. Violation of this rule is a 15-yard penalty and loss of down from the previous spot for unsportsmanlike conduct and shall be assessed against the Head Coach.
- **EXTRA POINTS & FIELD GOALS:** All players regardless of weight are eligible to kick extra points: The extra point tee is the only tee that can be used. NO KICKOFF TEE's!
 - 2 points for extra kick, 1 point for run or pass. Field goals are 3 points.
 - Defense and offense except for snapper, holder and kicker are removed from the field. A 5 count from snap to get kick off will be assessed. Ball is to be set 5 yards or deeper from line of scrimmage.
- **KICKOFF RETURN:** Any player on the kickoff return team's front line that is the first player to touch the ball may return it but if any over the limit player on the kickoff return team on any other line gains possession of the ball, the ball it is dead immediately.
- **TURNOVERS:** Defensive players over the ball carrier weight limit which initially gains control of an interception or a fumble may return the ball but no trick plays set to get the ball to an over the limit player will be allowed.
- **MERCY RULE:** Once either team achieves a 28-point lead the clock will become a continuous running clock that may only be stopped by a timeout taken by the trailing team or an injury timeout. The score will be frozen at that time and the game finished in a regular matter.
- **PLAYOFFS:** The top eight teams from each grade division will qualify for the playoffs if there are more than twelve teams. If the number of teams is 12 or under than the top 6 seeds will make the playoffs. Teams will be seeded by their winning percentage. Tiebreakers for seeds will be **1. Head to head records** (each team involved in the tie must have played every team involved in the tie to use this criteria). **2. Record against common opponents** (a team must have played every team involved in the tie to be a common opponent). **3. Strength of schedule at end of regular season.** This number will be figured by adding all opponents of a team's wins' minus all of that team's opponent's losses for a +/- strength of schedule number with the highest (+) # having the tougher schedule. **4. Team with the highest point differential** (+/-28 points per regulation game). This number will be derived by the winning team getting a (+) point for each point they win by up to 28 points and the losing team will receive a (-) point for each point they lose by up to 28 points. The +/- Point Differential will be adjusted after each week's scores. **5. Coin toss.**
- **PROTESTS:** No protests will be allowed. All original rulings will be FINAL.
- **All playing fields will be determined by class of football of hosting school.**

B. LEAGUE RULES APPLICABLE TO THE BANTAM DIVISION ONLY

- **PLAYING FIELD:** All playing fields will be full width by 100 yards long, except if high school has moved to an 8 man scenario.
- **BALL CARRIER WEIGHT LIMIT:** Any player deemed legal to carry the ball must weigh no more than 100 lbs., with a 1-pound allowance for shorts and T-shirt. This initial weigh-in will be at the Jamboree. All players that qualify for the playoffs will be expected to make weight prior to the playoff games with a one (1) pound per week increase from the previous weigh-in.
- **OFFICIAL FOOTBALL:** The official football for the **Bantam** Division is a **WILSON K2**
- **PUNTS:** No movement is allowed by either team except for the snapper and punter. Both sides of the ball are allowed to move once the ball is punted. No fakes allowed
- **KICKOFFS:** Will be from the 40-yard line. Unless otherwise mandated by a penalty.
- **TIME BETWEEN PLAYS:** 40 seconds for the first 2 games; from the 3rd game on 30 seconds between plays.
- **BALANCE OF ALIGNMENT:** There shall be no more than 5 players on either side of the center on or off the ball before the center snaps the ball. Maximum of 3 people on the line of scrimmage each side of center. No unbalanced lines allowed.
- **FREE KICKS:** All free kicks after a Safety may be of any style and will be made from the 20-yard line.
- **MANDATORY DEFENSE:** All teams must play a 4-3 Defense at all times. There shall be 4 Defensive
Linemen, 2 on each side of the ball, no Lineman may line up over the center (**No lineman may lineup any more inside than HEAD UP ON THE GUARD**).
Linebackers and Corners must be at least 5 yards off of line of scrimmage or no closer than the first down marker or goal line. Safeties must be 2 yards deeper than Linebackers and Cornerbacks or 7 yards off the ball. A 10-yard penalty will be assessed for an Illegal Defense.
- **Quarterback sneaks out of shotgun formations only: Quarterback has to be set 2 yards deep at snap.**
- **COACHES:** One Offensive and one Defensive Coach will be allowed to be on the field during play. The Coach may assist in alignment but should stay back and not coach during the play. A warning for the 1st violation with a 5-yard penalty for each violation after that. If need be the Head Official may remove the Coach from the field.
- **TIES:** No ties will be allowed. Games will be played until a winner is declared. Teams will re-flip to decide
which team will start on Offense and which end of the field shall be used? Each team will have one possession of four plays starting from the 10-yard line. If there is no winner each team will receive one possession from the 5-yard line. If the game remains tied

another over time is played in the same format until a winner is known. Turnovers may not be advanced but will result in a change of possession.

C. LEAGUE RULES APPLICABLE TO THE TITAN DIVISION ONLY

* **No 3rd graders are allowed to play Titan Football.**

- **BALL CARRIER WEIGHT LIMIT:** Any player deemed legal to carry the ball must weigh no more than 125 lbs., with a 1-pound allowance for shorts and T-shirt. This initial weigh-in will be at the Jamboree. All players that qualify for the playoffs will be expected to make weight prior to the playoff games with a one (1) pound per week increase from previous weigh-in.
- **OFFICIAL FOOTBALL:** The official football for the TITAN Division is a **WILSON TDJ** **PLAYING FIELD & PENALTIES:** All playing fields and penalties will be according to MSHSAA rule. **KICKOFFS:** Will be from the 40-yard line. Unless otherwise mandated by a penalty. **FREE KICKS:** All free kicks after a Safety may be of any style and will be made from the 20-yard line.
- **TIES:** No ties will be allowed. Games will be played until a winner is declared. Teams will re-flip to decide which team will start on Offense and which end of the field shall be used? Each team will have one possession of four plays starting from the 10-yard line. If the game remains tied another over time is played in the same format until a winner is known. Turnovers may not be advanced but will result in a change of possession.