

# **2023-2024 Rules & Regulations**

## **TABLE OF CONTENTS**

1. AGES + WEIGHTS
2. AUGUST 1 CUTOFF LEAGUE AGE
3. 2U- 4U (flag)-Tiny Tots/Little Sparklers RULES
4. 5U (Tackle)-Mini Pros/Cheer Champs RULES
5. COACH/PLAYER CHECK IN
6. CERTIFYING PLAYERS
7. MAX ROSTER SIZE
8. MIN ROSTER SIZE
9. MANDATORY PLAY RULE
10. GAME BALLS
11. UNIFORMS NUMBER
12. BLOCKING AND TACKLING
13. LENGTH OF PERIODS
14. TIME CLOCK
15. TIME OUTS
16. PLAYER EJECTIONS
17. INELIGIBLE PLAYERS
18. SCORING
19. TIE BALL GAMES
20. SIDELINE PERSONNEL
21. WARM WEATHER PRECAUTION

## **2023-2024 Rules & Regulations**

Florida Mini Youth Football & Cheer League (FMYFCL) Football games are to be played under 2023 National Federation of State High School (NFHS) association's football rules except for the following FMYFCL addendums. Each Organization should have their own copy of the NFHS Florida High School rules as well as these FMYFCL Addendums on hand at all games and practices.

### **1. AGE DIVISIONS**

-2U-5U- There are no weight restrictions

A player may play in a division one level above his/her age but may NOT play in a lower division.

### **2. CUT OFF DATE**

-August 1st Cut Off-League Age. The player's age on August 1st, 2022 shall be the player's League age for the coming season.

### **3. FLAG GAMES RULES**

Coaches may remain on the field, at the option of the League. A maximum of four (4) coach's per team is permitted on the field. The coach must be 5 yds back from the closest player. Verbally talking/coaching a player is permitted.

- 50-yard field

- 5-yard End Zone

- The first offensive series will start at the 20-yard Line

- 2(20) Minute running clock halves. (Clock only stops for injury and timeouts)

- Last 2 minutes of the halves will be done using the standard clock

- 9 players per side on the field

- Mandatory minimum of 5 Offensive and 3 Defensive players on the line of scrimmage when the ball is hiked

- No lining up directly over the Center or in either "A" Gaps. The defenders must be over the Guard.

- Teams can score offensive score via a direct snap; via a hand off for an Offensive touchdown or extra point.

-All coaches can verbally command their players even cadence is started.

-Blocking is allowed (Hands need to be close to body and inside elbows)

-No stiff arming, flag guarding, jumping, hurdling or spinning to avoid having a flag pulled. (5-yard penalty, spot foul)

-The offensive ball carrier has the right of way. It is the defensive player's job to avoid contact. -No tackling, tripping, or stripping the ball by the defensive player.

- Shirts must be tucked in.
- 2 flags per belt per player and must be league approved. When pulled the flag must fall completely off.
- The flags must be a contrasting color to the team shorts. Flags must be on the sides.
- In the event a flag falls off the ball carrier, the play is dead at that point.
- 6 feet (2 Yard) neutral zone between Offensive and Defensive line.
- Two timeouts per half
- No Kickoffs – Play will begin on 15-yard line
- No Overtime Allowed
- Little Sparklers-Will show great sportsmanship and all national cheer rules

#### **4. TACKLE GAME RULES**

Coaches may remain on the field, at the option of the League. A maximum of four (2) coaches per team is permitted on the field. The coach must be 5 yds back from the closest player. Verbally talking/coaching a player is permitted.

- 100-yard field
- 10-yard End Zone
- The first offensive series will start at the 35-yard Line
- 2(20) Minute running clock halves. (Clock only stops for injury and timeouts)
- Last 2 minutes of the halves will be done using the standard clock
- 11 players per side on the field
- Mandatory minimum of 5 Offensive and 3 Defensive players on the line of scrimmage when the ball is hiked
- No lining up directly over the Center or in either “A” Gaps. The defenders must be over the Guard.
- Teams can score offensive score via a direct snap; via a hand off for an Offensive touchdown or extra point.
- Jerseys must be tucked in.
- 6 feet (2 Yard) neutral zone between Offensive and Defensive line.
- Two timeouts per half
- 1 Overtime Allowed First To Score Wins
- The 2 coaches allowed on the field must conduct actions as if coaching from the sideline. The on-field coach may NOT physically touch or move players after the offensive huddle is broken and must remain at a distance to not interfere with the play or the officials.
- 6 Defensive players are permitted on the line of scrimmage and must be in either a 3 point or 4-point stance if inside a 7 technique. Any player in a 2-point stance must be 6 feet (2 yards) off the line of scrimmage or outside the C” Gap
- NO Kickoffs. The ball will be spotted at the offense’s 35-yard line.
- Cheer Champs- Will show great sportsmanship and all national cheer rules

#### **5. COACH/PLAYER CHECK IM**

- Each team will supply FMYFCL President (or other FMYFCL Board member) with two qualified book check representatives 2 weeks before the first game. These will be the only two people that are permitted to book check at the games.
- A complete list will be emailed to all organizations the week before the first regular season game. No one else is permitted to certify team books at games, unless prior written approval is received from FYFCL President.
- These two qualified people should be trained and knowledgeable with the book check policy and procedures.
- Teams will conduct a check in before each game. Players must be checked in 10 minutes before the kickoff of their game to be eligible. -The (2) certified book check personnel for each organization and only those individuals may book check each week.
- Each opposing organization will check in players only during the half time of the preceding game.
- Coaches and Sideline staff: The team book will contain a photo of each coach, copy of current up to date AAU membership card, certificate of USA Football online course.
- Each organization will create and supply a sideline badge for each coach and sideline member that is certified to be on the sidelines. Only those with a proper badge will be allowed on the teams' sidelines.
- The ID / lanyard is required during the regular season and playoffs.
- FMYFCL Coaches Badges will be certified at the FMYFCL Book Certification prior to the season or coordinated with a FYFCL Exec Board Book certifier.
- Late Certification will be available, but all badges must be certified with FYFCL Certification team prior to any additional members being allowed on the sideline.
- The team book contains a photo of the player and certified card of the player information. -The board member must ensure the certified card is certified and stamped and the photo on the certified hard card is the player being checked in.
- Players may be checked in up to the beginning of their respective game time. After the player's respective game has begun, the player may NOT be checked in until halftime
- Player Jersey Numbers: Jersey Numbers for players will be fixed and certified during the book certification process. Jersey numbers may not change throughout the season.

## **6. CERTIFYING PLAYERS**

A player shall qualify under the following:

- A player shall meet the age requirements as specified on the applicable age group categories
- Each player's card must be certified by FYFCL prior to that player's participation in games.

-Once certified no changes are allowed to the card. All hard cards are required to be completed in full and physically certified prior to the first game of participation, including jersey #'s.

#### **7. MAXIMUM ROSTER SIZE**

We recommend that not more than 35 players shall be certified onto a team roster.

#### **8. MINIMUM ROSTER SIZE**

A minimum roster of 16 players will be on a team roster (11 for Flag teams). The team roster will be frozen after the third game.

A team with less than 11 certifiable players will not be permitted to form and play.

#### **9. MANDATORY PLAY**

There is no mandatory minimum play requirement however FMYFCL/AAU recommends that all players get 4 plays in every game.

#### **10. GAME DAY BALLS**

Game day balls will be "Pee Wee Balls"

#### **11. UNIFORM NUMBER AND EQUIPMENT**

Each player shall wear a number between 00 and 99 inclusive. No duplicate numbers shall be permitted.

#### **MUST HAVE EQUIPMENT:**

- Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. Helmets must be rectified per the equipment manufacturer's recommendations.
- Shoulder Pads
- Pants (one piece or shell)
- Hip Pads
- Tail Bone Pads
- Thigh Guards
- Knee Pads (Must cover the knee completely)
- All equipment Must be properly sized and un-altered from the manufacturers design
- Jerseys (Must be tucked in and have clear and visible numbers on front or back)
- Mouth Guard: must have a strap/lanyard that attaches it to the face-mask.
- Molded rubber cleats only (soccer or football style) no metal cleats
- Additional protective equipment is at the discretion of each league, and game officials.
- No Jewelry Allowed

-Failure to have any of the above required equipment during a game, shall subject the player to be removed until the required equipment has been repaired, replaced or added.

## **12. BLOCKING AND TACKLING**

Standard FHSA rules apply. It is the responsibility of every League coach to be fully informed of, and abide by, all such FHSA High rules, as well as the USA Football Heads Up tackling program.

Butt blocking, chop blocking, face tackling or spearing techniques shall NOT be permitted. If such techniques or any other illegal techniques are taught by League coaches, said coaches shall be dismissed

## **13. LENGTH OF PERIODS**

-FLAG AND TACKLE – 2 (20-minute halves) with running clock with a standard clock last 2 minutes of each half

-Half time for each game will be 5 Minutes

## **14. TIME CLOCK**

-The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field.

## **15. TIME OUTS**

-Flag shall be permitted two (4) time-outs per half

-Tackle shall be permitted three (3) time-outs per half.

## **16. PLAYER/COACH EJECTIONS**

-While each club may elect to enforce their own disciplinary policy on ejected players, the ejected player is still subject to FMYFCL rules. Any player ejected from a game is suspended for the next subsequent game. Any player ejected from a game for fighting must leave the stadium or facility with a parent, coach or board member.

-Any Coach ejected from a game shall leave the premises immediately. Failure of an ejected coach to leave the stadium within 5 minutes of the ejection will result in a forfeit of that team. The ejected Coach is automatically suspended for the next subsequent game (no exceptions).

## **17. INELIGIBLE PLAYERS**

-Players found to be playing that are not certified are deemed ineligible and if found playing such team will have to forfeit the game and the subsequent game as well

-Player not Checked-In before the start of their respective game.

-Players without proper uniform attire

## **18. SCORING**

- Touchdown - 6 points
- Point after TD by run or pass - 1 point
- Safety - 2 points

## **19. TIE GAMES**

- NFHS rules shall apply except for the initial spot of the ball. The ball will be spotted on the 10-yard line with no possibility of a first down.
- If after the first attempt the score is still tied, then the game is deemed tie game.

## **20. SIDELINE PERSONNEL AND BOUNDARIES**

- The sideline staff may consist of 8 adults and 2 junior coaches. Junior coaches should be of high school age, hold a current AAU Athlete membership, and be in proper coaching attire.
- The 8 members of the sideline staff shall hold a current AAU Non-Athlete Membership and have proper credentials for the sideline.
- Each Club will create a badge for each person on the respective staff that is certified to be on the sidelines. This badge / lanyard should be around their neck during the game. This staff may include any combination of coaches, trainers, team mom, etc... All must be in proper coaching attire and match the team colors. Sideline Personnel badges will be labeled and only coaches for the current age group playing will be allowed on the side line of that game.
- Penalty for un-authorized coaches on a side line is 1st offense warning, second and subsequent offense 15-yard un-sportsman like penalty.

## **21. WARM WEATER PRECAUTIONS**

- Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must take the following precautions:
    - Limit Laps. Do not assign laps for disciplinary reasons
    - Schedule practices for early evening, after sun is low in sky.
    - Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
    - Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue
- Mandatory Breaks**
- A mandatory 10-minute break after each hour of practice shall be required as a minimum. Break time is not counted against the practice hours.

## **GET YOUR COPY OF THE RULES**

You can get a copy of the NFHS rules by writing to the National Federation at PO Box 690, Indianapolis, IN, 46206. You can also visit them on the web at [www.nfhs.org](http://www.nfhs.org) or write to the NCAA at PO Box 6222, Indianapolis, IN, 46206-6222, web address: [www.ncaa.org](http://www.ncaa.org)