



# Mid-State Youth Football & Cheerleading Conference

<http://www.mid-stateyouthfootball.org>

## YOUTH FOOTBALL GAME PLAYING RULES

### 1. **WIAA Rules**

All games are to be played under the rules for varsity football as set forth by the Wisconsin Interscholastic Athletic Association (WIAA) with the following additions and/or exceptions.

### 2. **Ages and Weights**

- A. The player's age on September 1 of the current year shall be the player's age for the coming season. Weights will be taken with Mid-State required equipment and apparel minus helmet. Every community is required to have a digital scale for weigh-ins.

Once a player is named on a roster for a team and turned into the conference, they may not be moved to another team in the same division, Junior Pee Wee to Junior Pee Wee or Pee Wee to Pee Wee, they may only move up as weight dictates. This rule is without exception.

<u>Division Name</u>	<u>Ages</u>	<u>Weight</u>	
Junior Pee Wee	7-8-9 (7 year olds must be in 3 <sup>rd</sup> grade)	>110.0 lbs.	Restricted (based on game day weight)
	9	>170.0 lbs.	must move up to Pee Wee
	10	>90.0 lbs.	must move up to Pee Wee *
		80-90 lbs.	Is a restricted player
Pee Wee	9-10-11-12 (6 <sup>th</sup> Grade)	>140.0 lb	Restricted (based on game day weight)

\* Any 10 year old Junior Pee Wee player that exceeds 90.0 pounds on game day must move up to the Pee Wee division for the remainder of the season. Weight restricted player may not move back down to the Junior Pee Wee team any subsequent week, nor can they decide to "NOT PLAY" that week to try again in the future. They must be moved up or the player forfeits playing the rest of the season. The player's name, jersey number and teams affected must be reported to the conference secretary on the day of game. Both communities involved need to report the player as well as what team the player will be assigned to. Player will be allowed to play on the Pee Wee team they are assigned to the same day of the infraction so the player does not miss out on a week of football. However, this decision will be at the receiving Pee Wee coach's discretion. No more than four (4) 10-year-olds on a Junior Pee Wee team.

Exceptions must be brought before the board by community's President or Vice President and child's parent(s) by the June board meeting.

- B. All participants shall be weighed with full football gear (less helmet) and submitted with roster when due. These weigh-ins shall be performed no earlier than August 1 (or first day of practice), and no later than one (1) week prior to first official game.
- C. For the first game of the day, weigh-in is to take place starting 15 minutes before the set starting time. Weigh-in time will be clearly visible to everyone on the hosting community's score board. For each game to follow, the players will weigh in at the start of the fourth quarter during the game preceding theirs. Every player must step on the scale in numerical order. A representative from the opposing team needs to be present when weighing in or it will be null and void. Once both teams have finished weighing in, scales will be deemed closed. If a player is late and misses the first weigh in, he will be weighed in at halftime for eligibility in the second half; however, he only gets his seven (7) guaranteed plays of the second half. Home field scale is the official scale for game day.

**NOTE: SPORTSMANSHIP:** It is highly encouraged by all to be sportsmen about the late to weigh rule. If you can, please weigh in all kids before the game. Also, intentionally waiting till the clock is at less than 15 minutes or well into the fourth quarter to bring your team over to start weigh-ins will not be tolerated. It will be turned over to the disciplinary committee for review.

- D. Each head coach will have a roster sent to him via email, from the league, on the Friday before each week's games. There will be a time and date stamped on the file. This is the official roster for the game. There will be no adding a player on game day. If a player is not on the roster, as far as the league is concerned, he is ineligible. After all kids have weighed in, the opposing team rep must mark each child that was not there to weigh in at the first weigh in time. Both reps will then sign both rosters. Make a copy for your records. By signing these rosters it means everyone has approved the play of the children listed in the roster as being eligible for the game. **IF A CHILD PLAYS AND IS NOT WEIGHED IN THE OFFENDING TEAM WILL FORFIET THE GAME.** Video proof will have to follow this complaint.

NOTE: Regarding the rule of 9-year-olds over 170 pounds and 10-year-olds over 90 pounds who must be moved up: That will be the only change to a roster that may occur on a game day.

### **3. Restricted Players**

a. Definition:

- i. A restricted player in the Junior Pee Wee level is a player who weighs more than 110 pounds (10-year-old over 80 pounds) with Mid-State approved equipment and apparel minus helmet.
- ii. A restricted player in the PeeWee level is a player who weighs more than 140 pounds with Mid-State approved equipment and apparel minus helmet.
- iii. Weight limit rule: the 9-year-old weight limit is 170 pounds with Mid-State approved equipment and apparel minus helmet.

If they are 9 years old and over this restriction they must play Pee Wee. If they begin the season as a Pee Wee they cannot change to Junior Pee Wee once they meet the restriction. However, if they exceed this limit at pre-game weigh-in and are on the roster of a Junior Pee Wee team, they can be moved up to a Pee Wee team at any time during the season. That move needs to be reported to the Conference secretary immediately and is permanent. This is not a mandatory move. The child in question may take his pads off and not play that day if so desired. The moving of the child to Pee Wee level will be at the sole discretion of the coaches and parents.

- b. Restricted players will be limited to playing on the offensive line and defensive line only. They may not play in the backfield on either offense or defense, with the exception of being the place kicker and punter.
- i. Restricted players on offense may only play center or offensive tackle, limiting the offensive team to playing only three (3) restricted players on any given play.
  - ii. Restricted players on defense may only play defensive tackle, limiting the defensive team to playing only two (2) restricted players on any given play.
  - iii. Restricted players may not advance a ball on a recovered fumble or interception. If a restricted player gets the ball, it shall be a dead ball turned over at that spot.
- c. Restricted players may not play on either the kickoff team or the kickoff receiving team.
- d. Restricted players are allowed to be the punter or place kicker (for an extra point or field goal).
- e. Restricted players will wear an identifying patch on the front of the helmet at all times.
- f. Any request for restricted player exceptions, so a community can field a team, must be brought before the Conference board for approval.

#### **4. Ineligible Players**

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions.

There are four (4) unequivocal definitions of an ineligible player, from which there are no appeals:

- a. Overweight or overage.
- b. Residing outside of legal boundaries without mutual agreement of appropriate leagues and/or associations.
- c. Falsification of data concerning any of the above.
- d. Participation in school tackle football in the same season. A participant may practice with a school team up until the first game, but not participate and/or be rostered with that school team once the first practice with school team or Mid-State team, but not both simultaneously. If they are trying out for their school team they may not practice with the Mid-State team until they are removed from the school team and show proof of removal.

#### **5. Roster Size**

Maximum roster size: No more than 35 players shall be certified onto a team roster. A team with less than 13 certifiable players will not be permitted to form a team.

A minimum of 11 players must be dressed, eligible, and start each game. Each community shall have the option to determine whether or not a team which fails to dress the minimum number of players shall forfeit the game or whether the game shall be rescheduled. Any team which forfeits two successive games by reason of an insufficient number of players shall be investigated by the league for a determination as to whether to forfeit the balance of the season.

#### **6. Mandatory Play Rule**

- a. All players are required to participate in a minimum of fourteen (14) plays in each game. Kickoffs, non-kicking extra point attempts, punts, and free kicks shall count toward their play total.
- b. Each player must play seven (7) plays in each half. If a player does not get his plays in the first half, he must start the second half and stay in the game until the remainder of his fourteen (14) plays is completed.
- c. If a player is being disciplined, he must remove his shoulder pads so he is not counted for that half – and this is the only reason to override 6(b).
- d. If a team wishes to spot an opponent (count an opponent's plays), spotters must stay out of the coach's box while on the opposing side of the field.
- e. Opposing team may supply a witness to oversee accuracy of spotter sheet.
- f. If a team does not supply a witness for spotting or does not spot the opposition, they forfeit the right to challenge the participation of the opposing team's players or the accuracy of the spotter sheet.
- g. All spotting is voluntary. No team is required to spot another team nor is required to provide a witness.
- h. All violations of minimum play participation will be investigated by the league officers and resolution will be determined at league meetings.

#### **7. Player Designations**

Each player shall wear a number between 1 and 99 inclusive. Numbers "0" and "00" are illegal and shall not be worn. Player's number does not follow position. Players are eligible by position not by number. Ineligible player downfield penalty will be enforced.

During a game in which a public address system is used, the number of any player committing a foul shall not be publicly announced.

## **8. Required Equipment**

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- a. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved “Warning Label” in a visible position on the outside of the helmet. This “Warning Label” is the same label that is furnished by all helmet manufacturers and quality reconditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.)
- b. Shoulder pads
- c. Pants: One-piece or shell
- d. Hip pads
- e. Tail pads
- f. Thigh guards
- g. Knee pads
- h. Jerseys
- i. Mouth guard (Keeper strap required – cannot be clear or same color as face guard)
- j. Athletic supporter or compression shorts (male players only)
- k. Cleats: Follow WIAA guidelines for footwear. In all divisions of play: sneakers, molded rubber cleats (soccer style), or detachable rubber or plastic (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed ½-inch in length. Protective metal “tabs” or “buttons” on the bottom of detachable rubber or plastic cleats are permitted and will not be deemed as “metal” cleats.
- l. Eyeglasses: Follow WIAA guidelines for eyewear. When worn, shall be of athletically-approved construction with non-shattering glass (safety glass) or contact lenses. Tinted eyeglasses are approved. Tinted face shields are not allowed, but can be brought to the board for special provisions with approved medical excuse from doctor. Child’s helmet then must have a “detachable” or “disengaging” type facemask. Proper doctor and league approval documentation shall be made available during game, along with proper facemask removal tool.
- m. Any additional equipment worn by players shall be approved by the League.
- n. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player’s uniform.
- o. The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.

## **9. Game Ball**

The ball shall be of a good grade of leather, rubber or composite material. Minimum length of ball will be approximately 9.5 inches for Junior Pee Wee and approximately 10.5 inches for Pee Wee. Length is measured from tip to tip in a straight horizontal line, not along the curvature of the ball.

The ball shall be inflated to a “suitable” level and under no circumstances shall a ball be exchanged for an extra point attempt of any type after a touchdown, field goal attempt or kickoff.

Each team will bring its game balls to the pregame weigh-in. A representative from each team will inspect the other team’s game balls and, if suitable, sign the opponent’s roster indicating approval.

## **10. Length of Games**

Each game shall consist of four (4) eight (8)-minute quarters with standard time keeping under high school rules set forth by the WIAA.

### ***REGULAR SEASON TIE GAMES:***

In the event of a tie game, each team will get one possession, four (4) plays from the 10-yard-line to score. If turned over possession is over. After that, if it is still tied, game ends in a tie. First possession will be determined by coin toss, the away team gets to call the coin. Winner has choice to start on offense or defense. Loser choose field end. Each team receives one (1) timeout.

***PLAYOFFS AND CHAMPIONSHIP TIE GAMES:*** For third and subsequent overtime period the teams must run or pass for PATs.

## **11. Intermission Length**

Between first and second, third and fourth quarters.....one (1) minute

Between second and third quarters..... eight (8) minutes

## **12. Timeouts**

Standard rules for time-outs shall apply with the exception of punting. See rule #23 for this exception.

## **13. Players**

- A. A free substitution rule is always in effect
- B. Without prejudice to any position on the playing field, offense or defense, initial contact below the waist is an automatic 15-yard penalty. Examples that warrant penalty are but not limited to: cut blocking and submarining by the defensive line. Exception to the rule: contact with a player carrying the football may be tackled in any legal manner.
- C. It is unlawful to change any equipment or add any equipment after the weigh-ins have finished. If an equipment failure occurs notify the opposing team. If an opposing team witnesses an equipment change, they are to ask for a reweigh. If a team asks for a reweigh it must be given. If the player is overweight on the re-weigh, the player and coach will be removed from said game. The president of Mid-State is to be informed immediately. If a re-weigh is asked for and the player is under, it needs to be reported to the secretary when reporting scores as to who asked for the re-weigh of which player.

- D. A child is to play for the team where he/she goes to school. If a child is homeschooled, they play for the team where they live. If there is no program in said communities, the child is free to play wherever they want. If a player lives in one school district and “open enrolls” to a different school district, the participant must play where he/she attends school, not where he/she resides. Unique exceptions can be made if both communities approve the transfer of a player. Further exceptions must be brought to the board of directors for consideration.
- E. There will be no academic requirements set forth by Mid-State Youth Football and Cheerleading organization. However,

If a child lives in a Mid-State community but cannot play in their program due to requirements set forth by said community for academics or anything else, that child may not go play in another community. Mid-State supports communities’ individual right to set requirements as they see fit. They may do so without fear of losing them to another Mid-State community. Also, a child that moves from one Mid-State community to another community needs to make contact with the secretary to inform them that this has happened whether it is during a season or not.

#### **14. Radios and Communication Devices**

No radios or other communicative devices shall be allowed during game situations to relay information to the coaching staff on the sidelines.

#### **15. Scouting**

Scouting football teams is permitted in the form of video tape, film and written reports. Scouting is only permitted during a game situation. Scouting any type of practice is strictly prohibited.

#### **16. Chain Gangs**

Chain gangs are to be located on the visitor’s side of the field. The chain gang participants shall follow these simple rules.

1. No coaching from the position.
2. No cheering from the position.
3. No passing along plays from the position.

It is a privilege to be close to the action. It is your duty to listen to the referees and do as told.

If the coaching staff witnesses this activity or is uncomfortable with the way a chain gang member is acting around there side lines, they are to summon the opposing coach. The opposing coach is to remove the person from the position. This is not a “watch and see what happens” scenario, the home field coach is to take the word of the opposing coach and remove the person. The people filling these positions need to be respectful. After two occasions that the home team was asked to restrict their chain gang and they did not and a problem continues, the visiting team has the right to move the chain gang to home side.

#### **17. Practice**

Follow the WIAA rules for practice and contact. There may be no more than **10 hours** per week of practice **before Labor Day** and no more than **6 hours** per week **after Labor Day**. See appendix A for summary of practice and contact guidelines.

It is strictly **PHOHIBITED** to have **competition/full contact** as defined in Appendix A, in any practice session or game with players from another division (Example: Junior Pee Wee vs. Pee Wee).

## ***SCRIMMAGES:***

Definition of scrimmage: any time the game of football is being played with equipment or contact of any sort is being made, which can take place after the first week of practice.

In a scrimmage, there is prior agreement between coaching staffs:

- a. Coaches will be permitted on the field.
- b. Officials can be present during scrimmages.
- c. Game score is not kept; scoring is not the primary goal.
- d. No official game clock will be used.
- e. No team may scrimmage, play, practice or in any way do any form of contact with any team that is not a sanctioned team with the Mid-State Youth organization.

## ***COMMON REQUIREMENTS - ALL SCHEDULING:***

The following requirements apply to all scheduling beginning with practice and ending with post-season bowl games:

- a. Practice cannot begin prior to August 1 with actual start date to be determined by the league on an annual basis. The second Saturday thereafter is an “open scrimmage” weekend. The third Saturday will be the start of competition.
- b. No team, on its own, may arrange a game. All games, regardless of type, must be arranged through or with the sanction of the league of which the team is a member.
- c. Prior account will be taken of all local and state laws pertaining to the scheduling of athletic contests.
- d. A period of a least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for preseason exhibitions, regularly scheduled league games, post-season and bowl games. League shall be permitted to waive the four (4) full days (96 consecutive hours) requirement to permit the conclusion of the regularly scheduled season, or to reschedule a previous game was cancelled due to weather or other unforeseen circumstances.
- e. Games will start at scheduled start time, unless a new time is agreed to by both teams.

## ***18. Failure to Appear***

Any team failing to appear for a scheduled game at the time set forth by the master schedule shall be subject to forfeit, suspension, fine, or expulsion. The Board of Directors shall take extenuating circumstances precluding the appearance of a team for a scheduled league game under advisement upon receiving a written explanation within 72 hours of the date the infraction occurred.

## ***19. Postponement of Game***

If by referee decision, after consultation with officials of the home community, weather or ground conditions prohibit a game from being played safely, the home team must immediately contact the conference president to reschedule the game. The president reserves the right to cancel the game in the event it does not have any effect on the standings in the conference. The rescheduled game must take place the following day or as soon as possible to best comply with Rule 17d-Common Requirements - All Scheduling.

## ***20. Scoring***

Scoring values shall be as follows:

- Touchdown = 6 points
- Point After Touchdown (kicking) = 2 points
- Point After Touchdown (other) = 1 point
- Safety = 2 points
- Field Goal = 3 points

## **21. Lopsided**

When any team (Team-A) is ahead of its opponent (Team-B) by 24 or more points, the following guidelines shall be observed:

### ***Game Clock***

- a. If the game is in the first half and Team-A is ahead of Team-B by 24 or more points the game the clock will continue to run as in a normal game.
- b. If the game is in the second half and Team-A is ahead of Team-B by 24 or more points, the game clock shall become a running clock in accordance with WIAA rules, whereby the clock shall not be stopped except for timeouts called by either team, injuries, or scoring by either team.
- c. If Team-B reduces the point differential to 23 points, normal timekeeping will be reinstated.

## **22. Punting**

- a. The offensive team must declare its intention to punt the ball to the referee (within 25 seconds after ready for play whistle), and the referee shall stop the clock in order to allow the teams to align properly for the play. Then the ball must be kicked within 25 seconds after declaration.
- b. Time will remain out until the punter kicks the ball. The play shall be a dead ball play with no movement in any direction by either team until the punter has kicked the ball. The ball must cross the line of scrimmage with the kick to become a live ball. If the ball fails to cross the line of scrimmage it will be dead where it touches the ground.
- c. The defensive team must line up in accordance with all defensive rules as set forth in Rules 25, 27 and 28.
- d. In the event the ball is snapped over the punter's head or the punter mishandles the ball, the punter shall be allowed to retrieve the ball and kick it from the spot where he retrieves the ball.
- e. If the punter goes down on one knee to pick up a fumbled snap the play is not dead and the punter is allowed to punt the ball.
- f. No movement or noise can be made in an attempt to disrupt the kick
- g. The center must snap the ball between the legs
- h. The ball is dead when contacted by player from either team. No advancement or turnovers can take place.

## **23. Kickoff**

- a. Mid-State games do not use standard kickoff. At beginning of halves and after scores, teams will start at their own 40-yard line. There will still be a coin flip to start the game with normal coin flip rules. After a safety, defensive team will assume possession at its own 40-yard line.
- b. For Pee Wee games only: In the fourth quarter, a team in a tied game or trailing by less than 24 points (no running clock scenario) may attempt to retain the ball after scoring a touchdown or field goal. The ball will be placed at the scoring team's 38-yard-line, and they will have one play to gain 12 yards. If successful, that team retains the ball; if not, the defense assumes possession at the opponent's 38-yard-line. Standard penalty yardages and down considerations will apply.

## **24. Extra Points and Field Goals**

The same rules for punting on each level shall apply for attempting to kick extra points and field goals with the following exceptions:

- a. The ball must be caught cleanly by the holder, meaning not allowed to touch the ground, and placed cleanly on the kicking tee or ground, meaning not allowed to be fumbled and set again. If the holder mishandles the snap of the ball and it touches the ground or fumbles the placing of the ball requiring a second attempt at placing the ball or the holder lifts his/her knee off the ground to catch the ball, the play shall be deemed over by the referee.

- b. The ball must be placed on the kicking tee or the ground a minimum of five (5) yards from the line of scrimmage.
- c. The defensive team shall not be allowed to move or make noise in an attempt to distract either the holder or the kicker during the play.
- d. The center must hike the ball between his/her legs.

## **25. Defensive Formations**

Teams must play a five-man line.

- a. Nose tackle must line up directly on the center.
- b. Defensive tackles must line up directly on the offensive tackles.
- c. Defensive ends must line up at any point beyond the outside shoulder of the tight ends or the spot where the tight end would be.
- d. The nose tackle and defensive tackles must start each play in either a 3-point or 4-point stance. No standing up or 2-point stances at the start of each play will be allowed with the exception of field goal and extra point attempt.
- e. If a defensive lineman lines up in violation of rules 25a, 25b, 25c or 25d, the defensive team shall be penalized for an illegal formation. The penalty shall be five (5) yards.

## **26. Offensive Formations**

- a. Offensive line must have two (2) players on each side of the center at the time of the snap.
- b. Center, guards, and tackles must line up no farther apart than fingertips-to-fingertips with arms extended.
- c. The center may turn the ball parallel to the line of scrimmage, but the helmet cannot be in advance of the ball.
- d. This is the approved offensive line formation. Restricted players may only play in the center or tackle position and only one may line-up on either side of the center.



- e. Offensive linemen (guards, tackles, and tight ends) may line up in a two-point stance.

## **27. Positioning of Linebackers**

- a. Linebackers must line up a minimum of 3 yards off the line of scrimmage except when the offensive team has the ball inside the defensive team's 10-yard line at which time linebackers may line up 1 yard off the line of scrimmage.
- b. No more than three linebackers may line up in the area known as the box, i.e., the area between the outside shoulder of each offensive tackle.
- c. If a linebacker lines up in violation of rules 27a or 27b, the defensive team shall be penalized for an illegal formation. The penalty shall be five (5) yards.

## **28. Positioning Other Defensive Players**

- a. Cornerbacks and safeties must line up behind the linebackers or outside the area known as the box.
- b. Cornerbacks and safeties must line up a minimum of 3 yards off the line of scrimmage except when the offensive team has the ball inside the defensive team's 10-yard line at which time cornerbacks and safeties may line up 1 yard off the line of scrimmage.
- c. If a cornerback and a safety lines up in violation of rules 28a or 28b, the defensive team shall be penalized for an illegal formation. The penalty shall be five (5) yards.

## **29. Movement of Defensive Team**

- a. Defensive players in the tackle box (tackle to tackle box) may not be moving forward prior to the snap of the ball and after the quarterback calls the offensive team into a set position.
- b. If a defensive player (as defined in 29a) moves forward prior to the snap of the ball and after the quarterback calls the offensive team into a set position, the defense shall be penalized for illegal motion. The penalty will be five (5) yards.

## **30. Season Length**

- a. If there is an even amount of teams in the Pee Wee or Junior Pee Wee divisions, we will run a six-game/six-week schedule in that division. There will be no games scheduled for Labor Day weekend. The seventh week will be a playoff date. First and fourth place will play at the first place team's field. The second and third place will play at the second place team's field. In the eighth week winning teams from the previous week playing for first and second place, with the losers playing for third and fourth. The playing field will be determined by the conference.
- b. If there is an odd amount of teams in either division of the conference, there will be a six-game/-seven-week schedule. There will be no games on Labor Day weekend. Every team will get a bye week. The eighth week will have the first and second place teams playing for the championship and the third and fourth place teams playing for third place honors. The playing field will be determined by the conference. With an odd amount of teams, there will be no playoffs before the championship games.
- c. This will make the season from the start of practice to the end of the championships an 11-week season.

## **31. Coaches on the Field**

- a. One (1) Junior Pee Wee coach may be on the field for the entire season. They will still adhere to all game clock rules and will not get any special exceptions.
- b. Officials have the discretion to remove the on-field coach for any type of misconduct. If the on-field coach is removed, this action holds true for the entire coaching staff for the remainder of the game. If there are repeated offenses, they will be dealt with by the disciplinary committee. Please report all violations of this rule to the league President or Secretary by the end of that game day.
- c. The intent of this rule is to help kids be able to call plays and get lined up properly. There is to be no coaching once the ball is snapped. The coach shall remain silent until the play is over.

## **32. Determining Championship Positions** *(criteria used where appropriate for play-off selection)*

- a. Season record
- b. Head-to-Head *(only used when determination is between 2 teams)*
- c. Common Opponents
- d. Strength of Schedule
- e. Coin Toss

## **33. Officiating**

- a. Games are required to have a minimum of three (3) officials.
- b. Two (2) officials must be WIAA certified.
- c. No more than one (1) official may currently attend high school or be of high school age.

### **34. *Disciplinary Considerations***

- a. All infractions brought forward have a fee of \$30.00. The fee will be refunded if the infraction is found to be legitimate. All infractions will be voiced by the league community representatives; if not, they will be discarded.
- b. #13B Players- First contact below the waist, other than tackling, is strictly prohibited and the discipline committee will pursue repeat offenders with the hope of forfeiture and/or probation. Discipline committee understands there could be accidental first contact below the waist. The committee will use its full discretion to determine if this contact is being coached, in which case the disciplinary action will occur.
- c. A player called for two (2) personal foul and/or unsportsmanlike conduct penalties in one (1) game will be disqualified from that game. After the first such foul is called, the offending player and his/her head coach will be issued a clear verbal warning by the head official. Qualifying penalties include fighting, taunting, intentionally contacting a game official, grasping and twisting, turning or pulling the face mask, helmet opening, chin strap or tooth and mouth protector, horse-collar tackles, late/out of bounds hit, illegal helmet contact, targeting an opponent, roughing the passer, and any other foul deemed to be a personal foul or unsportsmanlike conduct by game officials. If such a disqualification occurs, host community will notify conference president, chair of disciplinary committee, and community representative. Second such offense will be investigated by conference discipline committee, which will consider further actions.

### **35. *Coaches Mandatory Meeting***

- a. There shall be a league wide rules meeting on the third Wednesday of July, in Wautoma. All head coaches that are listed as the head coach of a MSYFC sanctioned team must attend. The purpose of this meeting is to explain the intent of every rule in the MSYFC rule book. There will not be discussion about changing any rules, just clarification of all rules in the book. Furthermore the coaches must stay for its entirety and sign a waiver at the end that says they understand the intent of every rule. Every head coach is required to attend this meeting. If they have to work or have other more important obligations, and this does not include coaching baseball or anything else, a representative for the team may take his place. If a rep will be needed for a team, it needs to be brought to the full board at June's meeting. The rep will be the person who is going to sign the waiver and be responsible to know the rules for the team. Non-compliance from a team will be turned over to the disciplinary committee.

### **36. *Coaches for Mid-State Youth Football***

Coaches for Mid-State Youth football teams must be a legal adult. (Minimum 18 years old, and high school graduate). Teams may have high school, or middle school assistants, but a legal adult must be present and in charge for all practices and games administered.

### **37. *Availability of Medical Personnel***

Hosting team shall make every effort possible to have medical personnel available on site. EMT or First responders are acceptable.

### **38. *Availability of Game Day Paperwork***

Proper paperwork shall be available on game days to include: registration forms, physical form, and waiver forms for all players

## Appendix A

SUMMARY of practice and contact guidelines per WIAA 2014-15:

**MUST follow “Acclimatization Guidelines for Football”** (Length of practices & Hydration)

### **Equipment/Attire for Practice:**

Days 1 & 2 – Helmets and mouth guards only

Days 3 thru 5 – Helmets, mouth guards and shoulder pads only

Days 6 & after – Full equipment

### **Player on Player Contact**

#### **Drill Contact**

Air – Players should run unopposed without bags or any opposition

Bags – Activity is executed against a bag, shield or pad for a soft-contact surface, with or without resistance of a teammate or coach standing behind the bag.

Wrap or Control – Drills run at full speed until contact, which is above the waist with the players remaining on their feet = Pre-determined winner.

#### **Competition/Full Contact**

Thud – Same as “wrap” but tempo is competitive (3/4 speed) with NO pre-determined winner and the players are NOT tackling to the ground.

Full Contact – Defined as drills or live game simulations where live action occurs at full/game speed and execute complete tackles to the ground.

### **LIMITATIONS of player on player contact are the following:**

Week 1 – ONLY Drill Contact (Air, Bags & Wrap) is allowed and it’s unlimited.

Competition/Full Contact is NOT allowed.

Week 2 - Drill Contact (Air, Bags & Wrap) is unlimited. Competition/Full

Contact is limited to 75 minutes per week (excluding a scrimmage)

Week 3 & beyond - Drill Contact (Air, Bags & Wrap) is unlimited. Competition/Full

Contact is limited to 60 minutes per week (excluding games)

*Updated August 07, 2023*