

MAYFC Football Coaches Rules



Massabesic Area Youth Football Coaches Handout

Football Coaches Specific Section

I. Football Rules

A. General Rules

1. Equipment –

- a. The league will issue to each player the following equipment: Helmet, mouthpiece, chin strap, shoulder pads, game pants and jersey, practice pants and jersey, a complete set of pads for the pants.
- b. **ONLY LEAGUE ISSUED OR APPROVED EQUIPMENT MAY BE USED BY PLAYERS IN MAYFC LEAGUE.**
- c. Issue – The Head Coach from each team will make an appointment with the equipment manager for the equipment hand out. The equipment must be inventoried at the time of hand out and a list of that equipment given to the equipment manager before the start of the season. No player will be issued equipment if not present.
- d. Use –
 - (1) Footwear – No sharp, pointed edge or metal cleats are allowed to be worn.
 - (2) Mouthpieces – All players must wear their mouthpieces. **This is mandatory.**
 - (3) Helmets – All helmets must contain the NOSCAE seal. Chin straps must also be worn. No stickers or tape are allowed to be placed on the helmets.
 - (4) Shoulder Pads – All straps must be properly fastened and fitted.
- e. Return – The Head Coach for each team will make an appointment with the equipment manager to return equipment. The equipment will be checked against the original inventory list submitted at time of hand out. The Head Coach is responsible for collecting any unreturned league issued equipment.

2. Head Coach Responsibilities

- a. The Head Coach will ensure that each player participates in the weekly games on a specified team (i.e., offense or defense).
- b. The Head Coach may opt to penalize players for not attending practices by benching the player for half a game for each practice missed. The player's name will be passed into the Head Official of that game prior to the start of the game.
- c. Coaches will be required to ask for official time-out to discuss any official calls during a game. There will be only two (2) time-outs per team, per half. If clarification of a rule is needed, no time out will be charged against the team.
- d. One certified coach per team is allowed on the field during the game.
 - (1) SENIOR DIVISION: Games 1 through 3, coaches call plays from the huddle. Games 4 through 6, the coach may be on the field, but not in the huddle. Plays are given to one player outside of the huddle. Coach cannot say anything to players once the player returns to the huddle. If anything is said, a 10 yard penalty is assessed.

B. Field Size

1. Junior Division – 80 yard by 40 yard rectangle with two 10 yard end zones. Boundary Lines are considered out of bounds.
2. Senior Division – regulation high school size field.

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C. Pre-Game Setup and Post-Game Clean-up

1. The teams playing the first game are responsible for arriving early enough to set up the fields. This includes putting out the sideline yard markers, end zone pylons, ensuring the down markers are available and in working condition.
 - a. In addition to the above, the Junior Field needs to have protective mats placed in the team area and benches brought over to the sideline area.
2. The teams playing the second game are responsible for cleaning up the field, including ensuring all trash is placed in appropriate trash bins, markers and pylons removed and stored and the down markers returned to the shed.
 - a. Junior Division ensure benches placed back in original area and mats picked up and put back in shed.

D. For each game, there will be a sideline official to keep track of items such as clock, downs, score and the sidelines. (This can be an impartial coach.)

E. Each field has a restricted area where no video cameras or parents are allowed. Only coaches, team parents (ie, Team Mom/Dad), medical staff and League Board Members are allowed in the restricted area.

F. Junior Division Coaches must remain on their bench side of the field between the 40 and 20 yard lines. Senior Division Coaches must remain on their bench side of the field between the 50 and 30 yard lines.

G. Ball Carrier Weight Limits

1. Junior Division ball carriers, including the Offensive Ends, must be 80 pounds or less.
2. Senior Division ball carriers, including Offensive Ends, will be determined each year by the average weight of all Senior players plus 20 pounds.

H. Starting possession of the game is decided by a coin toss. The winner chooses receiving or side of field to defend.

I. Kick Offs

1. The kicking team lines up at their own 35 yard line. The receiving team lines up 10 yards away from the ball.
2. If the receiving team touches the ball before it travels 10 yards, then the ball is live for both teams.
3. If the ball travels 10 yards, it is live for both teams.
4. If the ball is not touched and goes out of bounds, a 5 yard penalty is assessed against the kicking team from the original kick off point. The ball will then be re-kicked.
5. No on-side kick offs unless the score is tied or your team is behind.
6. The kick off team cannot advance the ball if they recover the ball.

J. Punting

1. The offensive team must declare they are punting to the referee.
2. No quick kicks.
3. Both punting and receiving teams must have no less than 8 and no more than 10 players on the line of scrimmage when punting.
4. Neither team is allowed forward motion until the ball is kicked.
5. The punter is allowed 5 seconds following the snap to punt the ball.
 - a. If the kicker falls to a knee, the player is considered down, the play stopped and ball is positioned where the knee touched.
 - b. If the ball is not kicked in 5 seconds, it is a five yard penalty and the punt is attempted again.
 - c. The ball is dead if allowed to roll to a stop and touched by the punting team.

K. Dead Ball

1. A ball is considered dead and the play is over when:
 - a. The ball carrier's knee touches the ground.
 - b. Official blows the play dead.
 - c. The ball carriers forward momentum is stopped.
 - d. The ball goes out of bounds.

L. Scoring

1. Touchdown = six (6) points. A touchdown is signaled when the ball breaks the plane of the goal line.
2. Point After Touchdown (PAT)
 - a. One (1) point is scored on the PAT attempt if the ball is run across the goal line.
 - b. Two (2) points are scored on the PAT attempt is a pass play across the goal line.
 - c. The ball will be placed at the 3 yard line, in the middle of the field for PAT attempts.
3. Safety = two (2) points. A safety is signaled if the offense is caught in its own end zone and the ball does not cross the goal line into the field of play.
 - (1) In addition, the ball is turned back to the opposing team following a free kick from the 20 yard line.

M. Each game will last 40 minutes, with four (4) quarters of 10 minutes each. At the end of each half, there is a 2 minute warning time out.

1. The clock will stop for the following:
 - a. Time outs – 2 time outs per half for each team. Each time out will last one (1) minute.
 - b. The Two Minute Warning.
 - c. A scoring play
 - d. Injuries
 - e. Penalties
 - f. At the end of each play and restarted once the ball is set for play by the Official.
 - g. Following the 4th Quarter Two Minute Warning and if the score difference is 14 points or less, the clock will also stop for:
 - (1) Incomplete passes
 - (2) Out of bounds plays
 - (3) To move the chains.

N. Half Time will last 10 minutes for the Junior Division and 15 minutes for Senior Division Games.

1. The team that received in the first half will kick off to start the second half.

O. If a team is leading by 14 points or more in the second half, that team must punt the ball on any 4th Down, unless they are inside the opposing teams 20 yard line.

P. Fumbles can only be advanced by the offensive backfield. Defense cannot advance any fumbles they recover in the backfield (behind the line of scrimmage).

Q. The League Trainer is authorized to take players out of the game due to injury. The Trainer must give his permission to put a player back in the game following an injury.

R. The Board will act upon a given situation of players, coaches or officials, each being treated individually.

S. Any situation not covered in the above or below rules may be ruled on by the referee at the time of the game. The referee's decision is final.

T. Penalties

1. Minor Infractions resulting in a 5 yard penalty

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- a. Offsides
- b. Illegal motion, procedure, stance or formation
- c. Too many players on the field
- d. Kick off goes out of bounds
- e. Other minor infractions not mentioned here
2. Major Infractions resulting in a 10 yard penalty
 - a. Mouth Piece not in mouth during play
 - b. Blitzing
 - c. Illegal use of hands
 - d. Holding (Offensive or Defensive)
 - e. Spiking the ball
 - f. Unsportsmanlike Conduct
 - g. Face Mask or Head Tackle
 - h. Piling On
 - i. Unnecessary Roughness
 - j. Tripping
 - k. Senior Division Only – Coaching from the field once players huddle up.
 - l. Any other serious offense not mentioned here
3. Major Infractions resulting in a 15 yard penalty
 - a. Fighting – Player(s) will be ejected in addition to penalty
 - b. Two Personal Fouls on any one player will result in ejection from the game

II. Terms, Positions and Formations

A. Defensive Play Requirements

1. The defensive line must declare and hold its position when the offense lines up.
 - a. Unbalanced lines are not allowed.
2. The defensive line must line up as follows:
 - a. Junior Division teams – 1 yard behind the neutral zone (heels and or hands).
 - b. Senior Division teams – helmets to the neutral zone but not in the neutral zone.
3. Linebackers must line up no closer than 1 yard behind the defensive line for both Junior and Senior Division teams.
4. Safeties must line up no closer than 3 yards behind the linebackers for both Junior and Senior Division teams.
5. No stunting, forward movement or improper playing position is allowed on the line of scrimmage before the ball is snapped.
6. Blitzing is not allowed.
7. Teams must play a 5-3 or 4-4 defense (see Appendix A).
8. If there are double split ends to one side, defense can move an outside linebacker to cover that side. The linebackers must still remain 1 yard behind the defensive line.
9. Defensive Plays and formations are restricted to those included within the High School Football rules. See Appendix A for defensive alignments allowed to be used for both Junior and Senior Division Teams.

B. Offensive Play Requirements

1. Offensive Line Splits:
 - a. Junior Division – 0”-18”.
 - b. Senior Division – 0”24”.

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2. The center shall be allowed to adjust the ball until the snap count begins. However, he/she must clearly pause before the count has begun and he/she has positioned the ball.
3. The offense cannot go on a silent count without one verbal cadence.
4. After the ball is set, the offensive team has 45 seconds to put the ball in play.
5. See Appendix B for various Offensive alignments for use by both Junior and Senior Division Teams. Offensive plays and formations are restricted to those included in within the High School football rules, with the following clarifications and/or exceptions:
 - a. No unbalanced lines.
 - b. Backfield in motion – backs must be no further than the back of normal fullback position when the ball is snapped.
 - c. Interior line, including the tight end, must be down in a 3 or 4 point stance, with the plant hand finger(s) firmly placed on the ground.
 - d. A split end must be no closer than 5 yards to the offensive tackle when in a spread formation.
 - e. Backs behind the tackle must be in the Down position.
 - f. Second back in the I-formation may be up.
 - g. Ball carrier cannot be assisted in forward motion by a teammate.
 - h. No pulling guards, traps, folds or cross blocks.
 - i. No tackle eligible plays.
 - j. Shotgun formation is allowed.

Appendix A

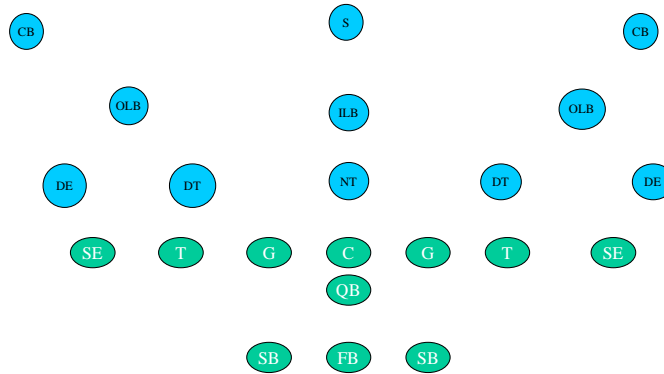
Defensive Alignments and Formations

I. Defensive Alignments as stated in the rules are either a 5-3 or 4-4.

A. 5-3 Alignment Notes:

1. All defensive ends must line up on the outside shoulder of the Split/Tight End. If no Split/Tight End is on that side, the Defensive End should line up where the Split/Tight End would normally be.
2. Nose Guard must be head up on the Center and Defensive Tackles must be head up on the Offensive Tackle.
3. Note alignment of Linebackers and Defensive Backfield in relation to the Defensive Lineman.

5-3 Defensive Alignment

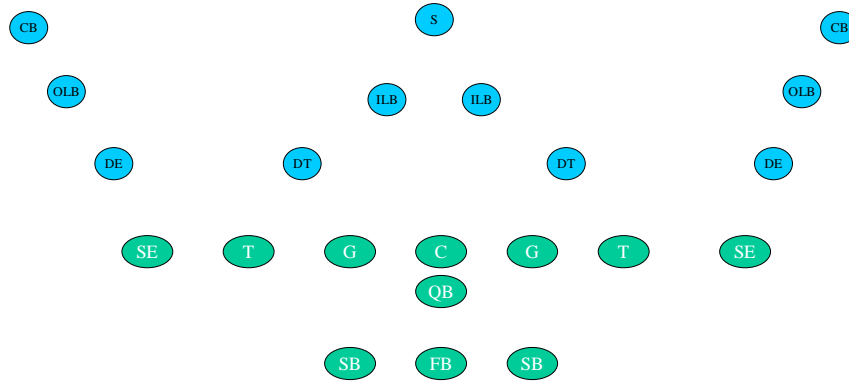


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B. 4-4 Alignment Notes:

1. Defensive Tackles must line up in gap between Offensive Guard and Tackle.
2. Both Inside Linebackers line up in gap between Offensive Guards as shown below.
3. Cornerbacks align to the outside shoulder of Outside Linebackers.

4-4 Defensive Alignment



Appendix B

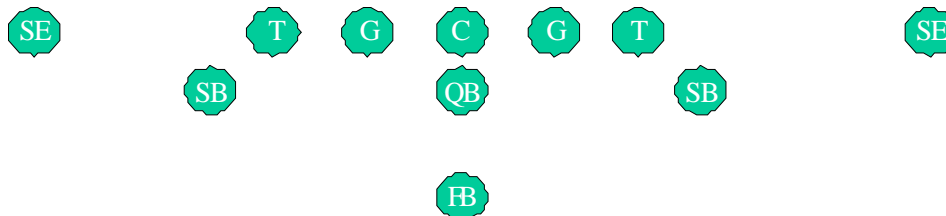
Offensive Alignments and Formations

- I. The following formations are the base Offensive Formations for use in the Triple Option Offense.
- A. *Other formations are allowed as long as they conform to standard football rules and stay within the Triple Option philosophy.*
 - B. A separate handout is made available to all coaches prior to the pre-season. This handout provides a variety of offensive plays with blocking schemes. Coaches may use or develop other plays, as long as they are run from the basic formations shown above.

Base Offensive Alignments

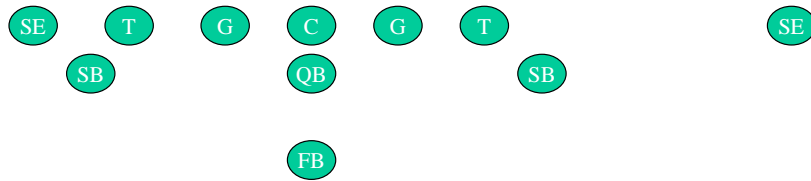
Abbreviations used for the formations:

- | | |
|---------------|---------------|
| C=Center | G=Guard |
| T=Tackle | SE=Split End |
| SB= Sbt Back | Q=Quarterback |
| FB= Full Back | |

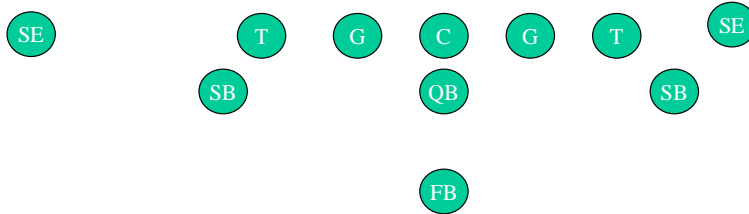


This formation is called a **SPREAD** Formation.

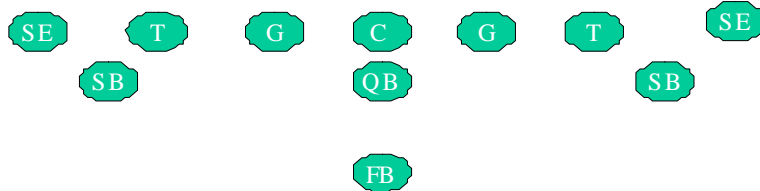
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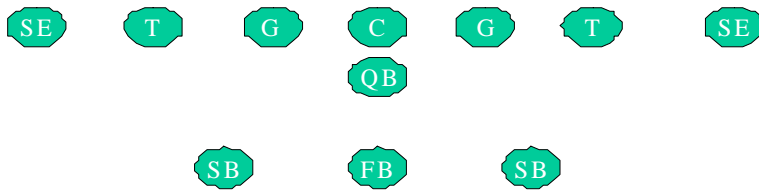
This formation is called Kings Right.



This formation is called Kings Left.



This formation is called ACES.



This formation is called FULLHOUSE.