

C. M. Y. F. L.

Requirements:

Facility

Regulation field 3rd – 8th grades

Rest rooms

Concessions

Water supply for teams

EMT or Trainer available ON SITE

National Anthem played at the beginning of the 1st game.

Admission fee (optional) \$5.00 Adults \$1.00 Students & Seniors

Pay and feed officials (home Teams only)

Games

8 min. quarters for 3rd & 4th grades, 5th and 6th

10 Min Quarter 7th and 8th Grade

3rd-4th Grade three time out per team per half

10 min. half time

There will be no overtime for games that are tied.

All players must have a mouth guard that is attached to their face mask.

No metal baseball cleats, metal tipped football cleats are allowed.

Players are to be fully equipped

League

Season start is the same date that is set by the MHSAA for football.

All rosters must be turned in at the league scrimmage by email.

All additions to the roster will be made through the league president.

No weigh ins after Scrimmage date. No exceptions!!!

No busing of players to and from games.

Game results are to be reported by the league representative of the home team.

Referee pay \$60.00 Per ref per game

Revision History:

*When weighing in weights are to be recorded by whole numbers only. If a child weighs 155.1 he is 155. No rounding up decimals are not to be looked at.

*If there is no weight on scrimmage day that child can not touch ball at all. No more pregame challenges. If a ball carrier is carrying the ball that has no recorded weight the team is penalized 15 yards coach suspended 1 game and child no longer allowed to touch the ball.

*Weight restrictions are being adjusted in 7th and 8th grade. RB and TE weights are being adjusted to add ten pounds. So 8th grade back weight is now 165 end weight 175. 7th grade back weight 150 and end weight 160.

*League Footballs are shown below:

- Rawling Edge Youth for 8th, 7th, and 6th Grades
- Rawling Edge Juniors for 5th and 3rd-4th Grades

If I missed anything from my notes please email me jeremylee_99@yahoo.com

Central Michigan Youth Football League Rules

Rules are for the 7th and 8th Grade Divisions only. Official M.H.S.A.A. High School Football Rules with only variations listed below.

If you have a combined 7th/8th grade team you will be following 8th grade rules.

Age Restrictions: Players must have not reached the following age by September 1st to be allowed to play in that grade division: 8th Grade: 15 by 9/1 and 7th Grade: 14 by 9/1

Allowable Weights: All players will be certified at the pre-season scrimmage weigh-in. Players are allowed to weigh in early by the league directors if they can not make the pre-season weigh-in. Players will not be allowed to be added to the list of certified players after that date.

8th Grade: Ball Eligible Weight 170

7th Grade: Ball Eligible weight 160

Punts/Kickoffs/Extra Points: Only players that are certified as a ball eligible position are allowed to return kicks and punts.

All punters must be a certified ball eligible, no exceptions.

Punt Receiving Team only certified ball eligible will be allowed to line up deeper than five yards from the line of scrimmage.

On kick-offs only players that are certified as ball eligible will be allowed to line up and/or receive a kick beyond a point 35 yards or greater from the point of the kick. Only players certified as a ball eligible will be allowed to line up at a point greater than 15 yards from the point of the kick. If a player other than a certified ball eligible receives a kick beyond the 35 yard point the ball shall be ruled dead at the point of the reception.

Eligible Ball Carriers/Formations: Only ball eligible players can rush the ball from scrimmage. Weight restrictions are waived for ball carriers in the event of a turnover,

on-side kick, or a short punt, any player on the field is allowed to run with the ball in such situations.

Weight Challenges. There will be no weight challenges. Weight of the player at scrimmage is the weight of the player for the entire year. Only thing required is player have a weight listed from scrimmage to be able to carry the ball. If there is no weight listed the player CANNOT carry the ball. Penalty will result in the player being unable to carry the ball and the head coach will be ejected from the contest plus a 15-yard penalty and a loss of down. Coach will be suspended one game.

MANDATORY

Game clocks: Four, 10:00 minute quarters, that will be stopped by the officials when it is called for according to high school rules. Half time will be 10:00 minutes long. No overtime.

Ball Size: Rawling or Wilson Youth size balls. No balls with extra grip or tackyness. Each team can use their own balls during game as long as they are alert to get balls in to the refs.

Other: Use of electronic communication devices are allowed for 7/8 grade games.

Revision History:

Central Michigan Youth Football League Rules

Rules are for the 6th and 5th Grade Divisions only. Official M.H.S.A.A. High School Football Rules with only variations listed below.

If you have a combined 5th/6th grade team you will be following 6th grade rules.

Age Restrictions: Players must have not reached the following age by September 1st to be allowed to play in that grade division: 6th Grade: 13 by 9/1 and 5th Grade: 12 by 9/1

Allowable Weights: All players will be certified at the pre-season scrimmage weigh-in. Players are allowed to weigh in early by the league directors if they can not make the pre-season weigh-in. Players will not be allowed to be added to the list of certified players after that date.

6th Grade: Ball Eligible 130

5th Grade: Ball Eligible 115

Punts/Kickoffs/Extra Points: Only players that are certified as a ball eligible position are allowed to return kicks and punts.

Any player can punt or kick the ball.

Players will not be allowed to rush the punter or kicker in a kicking situation this includes extra points. They will only be able to "jump up" at their normal position, and must remain at their position until the ball has been kicked. All offensive players must also remain at their position until the ball has been kicked. Coaches are required to declare that they are kicking or punting, no fake punts or kicks will be allowed. The defense must line up in a normal defensive formation. Dropping players back to establish a blocking formation before the ball has been kicked will not be allowed. You are allowed to drop your safety back.

Punt Receiving Team only certified running ball eligible players will be allowed to line up deeper than five yards from the line of scrimmage.

On kick-offs only players that are certified as ball eligible are allowed to line up 35 yards or greater from the point of the kick. Only players certified as a ball eligible will be allowed to line up at a point greater than 15 yards from the point of the kick. If a player other than a certified ball eligible receives a kick beyond the 35 yard point the ball shall be ruled dead at the point of the reception.

Eligible Ball Carriers/Formations: Only ball eligible players can rush the ball from scrimmage. Weight restrictions are waived for ball carriers in the event of a turnover, on-side kick, or a short punt, any player on the field is allowed to run with the ball in such situations.

Weight Challenges: There will be no weight challenges during any game. What the child weighs at the scrimmage is their weight the entire year. Only thing is the child must have a weight listed from the scrimmage to be a ball carrier. No weight listed means no carrying the ball. Penalty will result in the player being unable to carry the ball and the head coach will be ejected from the contest plus a 15 yard penalty and a loss of down. In addition, any challenges involving uncertified players carrying the ball or playing certified positions must be filed with league directors no later than the day following a contest.

Game clocks: Four, 8:00 minute quarters, that will be stopped by the officials when it is called for according to high school rules. Half time will be 10:00 minutes long. No overtime.

6th Grade Division Ball Size: Rawling or Wilson youth size balls. No extra grip or tacky balls will be used. Teams are allowed to use their own ball as long as they are switched in in a timely fashion.

5th Grade Division Ball Size: Rawling or Wilson Junior balls will be used. No extra grip or tacky balls. Each team is allowed to use their own ball as long as they are switched in in a timely fashion.

Defensive Formations/Rules:

At any one time there shall not be more than 6 defensive players on the line of scrimmage (LOS). That includes all positions. Any player lined up on or in any gap of an Offensive Tackle, Offensive Guard or the Center must be down in a three or four point stance and are considered Defensive Down-Linemen. Defensive players lining up completely out side of the Offensive Tackle can be in a two point stance.

Any Defensive Player lining up across from the Offensive Tackle, Offensive Guard and the Center that is not considered a Defensive Down-Linemen must be in a 2 point stance and must be at least 3 yards off the LOS. Any Outside Defensive player not consider one of the six defensive players on the LOS must be 3 yard off the LOS.

Any Defensive Down-Linemen can line up in the gaps or directly across from the Offensive Line players. Defensive players in a 2 point stance that are considered to be part of the 6 defensive players on the LOS must line up outside of the Offensive Tackles.

There is No Blitzing inside the Offensive Tight End. If the End is Split wide then there is No Blitzing inside the Offensive Tackles. No Blitzing means NO PREDETERMINED advancing closer than 3 yard from the LOS before the ball is in play. Players are allowed to REACT to the play after the ball is in play.

Violation of the defensive formation rules will result in a 15 yard penalty and automatic first down.

Other: Use of electronic communication devices are banned from usage of coaching staff during games.

Revision History:

Central Michigan Youth Football League Rules

Rules are for the 3rd-4th Grade Division only. Official M.H.S.A.A. High School Football Rules with only variations listed below.

Age Restrictions: Players must have not reached the following age by September 1st to be allowed to play in this grade division: 3rd-4th Grade: 11 by 9/1

Allowable Weights: All players will be certified at the pre-season scrimmage weigh-in. Players are allowed to weigh in early by the league directors if they can not make the pre-season weigh-in. Players will not be allowed to be added to the list of certified players after that date.

3rd-4th Grade: Ball Eligible: 100 pounds.

Punts/Kickoffs/Extra Points: Only players that are certified as a ball eligible position are allowed to return kicks and punts.

Any player can punt or kick the ball.

Players will not be allowed to rush the punter or kicker in a kicking situation this includes extra points. They will only be able to "jump up" at their normal position, and must remain at their position until the ball has been kicked. All offensive players must also remain at their position until the ball has been kicked. Coaches are required to declare that they are kicking or punting, no fake punts or kicks will be allowed. The defense must line up in a normal defensive formation. Dropping players back to establish a blocking formation before the ball has been kicked will not be allowed

Punt Receiving Team only certified running backs will be allowed to line up deeper than five yards from the line of scrimmage.

On kick-offs only players that are certified as ball eligible will be allowed to line up and/or receive a kick beyond a point 35 yards or greater from the point of the kick. Only players certified as a ball eligible will be allowed to line up at a point greater than 15 yards from the point of the kick. If a player other than a certified ball eligible receives a kick beyond the 35 yard point the ball shall be ruled dead at the point of the reception.

Eligible Ball Carriers/Formations: Any ball eligible weight can carry the ball. Weight restrictions are waived for ball carriers in the event of a turnover, on-side kick, or a short punt, any player on the field is allowed to run with the ball in such situations.

Weight Challenges: There will be no weight challenges during the game. What a child weighs at scrimmage is their weight the entire season. However a weight must be listed in order to be a ball carrier. Penalty will result in the player being unable to carry the ball and the head coach will be ejected from the contest plus a 15-yard penalty and a loss of down. In addition, any challenges involving uncertified players carrying the ball or playing certified positions must be filed with league directors no later than the day following a contest.

Game clocks: Four, 8:00 minute quarters, that will be stopped by the officials when it is called for according to high school rules. Half time will be 10:00 minutes long. No overtime. Three Time Out per half per team.

Ball Size: Junior football Rawlings or Wilson none of the extra sticky tacky style balls. Each team can use their own ball.

Defensive Formations/Rules:

At any one time there shall not be more than 6 defensive players on the line of scrimmage (LOS). That includes all positions. Any player lined up on an Offensive Tackle, Offensive Guard or the Center must be down in a three or four point stance and are considered Defensive Down-Linemen. The Defensive Down-Linemen must only line up head on and can't be line up in any gap. Defensive players lining up completely out side of the Offensive Tackle can be in a two point stance.

Any Defensive Player lining up across from the Offensive Tackle, Offensive Guard and the Center that is not considered a Defensive Down-Linemen must be in a 2 point stance and must be at least 3 yards off the LOS. Any Outside Defensive player not consider one of the six defensive players on the LOS must be 3 yard off the LOS.

Any Defensive Down-Linemen must line up directly across from the Offensive Tackles, Offensive Guards and Center. Defensive players in a 2 point stance that are considered to be part of the 6 defensive players on the LOS must line up outside of the Offensive Tackles.

There is No Blitzing inside the Offensive Tight End. If the End is Split wide then there is No Blitzing inside the Offensive Tackles. No Blitzing means NO PREDETERMINED advancing closer than 3 yard from the LOS before the ball is in play. Players are allowed to REACT to the play after the ball is in play.

Violation of the defensive formation rules will result in a 15 yard penalty and automatic first down.

Other: Use of electronic communication devices are banned from usage of coaching staff during games. Each team is limited to two coaches on the field during the game.

Revision History: