

**MID FOOTBALL YOUTH
CONFERENCE**

2025 Official Rules

FOOTBALL & CHEERLEADING RULES

Jan 2025

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This document outlines rules to be followed for the Mid-Florida Youth Conference season. The Mid-Florida Youth Conference follows the National High School rules in all cases except where noted in the following local rules. Please read these rules carefully and contact the appointed District Vice President if you have questions. Any necessary issues will be brought to the attention of the presiding Executive Vice President, Conference President and current Executive Board. All Mid-Florida Coaches Must Have a Valid Certification Through MFYC or another organization equivalent or better and recognized by the National

Youth Sports Association, approved by MFYC and The State of Florida. Background checks are also required.

1. REGISTRATION PROCEDURE

All football players/cheerleaders cannot begin practicing with his/her assigned team until he/she has officially registered or signed up. To register the athlete must have all league forms completed, signed and uploaded into League Magic by his/her parent or legal guardian, including a parental consent form and shall be enrolled and attending school (public, private or home school). The local association can supply a parental consent form. During the season (from Jamboree to Super Bowl) any players/cheerleaders who wish to transfer from one Mid-Florida Youth Conference organization to another due to hardship must have a player's release form signed by President from the Transferring team and the receiving team. The Mid-Florida Youth Conference Executive Board will address any conflicts between teams concerning transfers. No player can be allowed to transfer after the 5th game. If a team or club folds after the season has begun the Executive Board may choose a place for the kids to play out the remainder of the season. Any fees should be collected at the time of the transfer in addition to the following items.

Form #1 – Medical Release Form – A local association supplied form that must be signed by the legal guardian or parent and notarized by a notary.

Form #2 – Proof of Age - A certified ORIGINAL copy of the birth certificate for each athlete will be presented to the club at registration. A certified copy of the birth certificate bearing the seal of the issuing office of the state of birth is the most reliable form for proof of age. Passports and certified wallet size certificates issued by a State or Commonwealth are acceptable. Hospital certificates will not be acceptable for proof of age and the athlete will be unable to participate until a certified copy is obtained and presented. Foreign birth certificates need to be accompanied by a second form of proof of age. Proof of age must be verified in order for books/rosters to be sealed. District VPs must signify on the copy that is has been reviewed and accepted.

Form #3 – Medical Examination – A physical form examined by licensed physician or nurse practitioner **MUST** be used, provided it indicates the player has no observable conditions that would keep him/her from playing football/cheerleading. Many insurance carriers will only allow 1 physical per year, therefore if a child has a physical in League Magic that has not expired, the child will be allowed to play until the expiration date. Should a player's medical examination expire during the season, that child becomes ineligible to participate until updated documentation is provided. Proof of current and valid medical examination must be verified in order for books/rosters to be sealed. District VPs must signify on the copy that it has been reviewed and accepted.

These three forms are needed for each player/cheerleader(Current Picture, Birth Certificate & Current Physical) to participate in any Mid Florida Youth Conference game. The most current and Board approved Player ID Card must be used. Copies of this form are available on the MFYC website. The player's card must also have a stamp from the conference indicating that all paperwork is in order and that the player is certified for play. The stamp the conference will place on the current player picture with his game jersey number will indicate the players' division. Each association is responsible for obtaining a current **CLEAR** picture of each player/cheerleader and attaching the picture of their face to the identification card. The picture must be no older than six (6) months and must be on the identification card at the time of the Jamboree. No Hats! Any player and/or team found in violation of these requirements will be subject to disciplinary measures outlined within the general rules.

The Official Game/Check-in Roster must have the MFYC seal, MFYC stamp, signed by your District VP and must be typed up in order for the child to be eligible for play.

The Commissioner cannot change a player jersey number without 24-hour approval. If a jersey number is changed, a Board Member of the local association must report to the Conference Executive Board by the following Monday and the player must wear that jersey number for the remainder of the season. (Exception: As long as the face of the player in the **new** jersey is the same as the one in the old jersey the player was originally certified to wear, the jersey can be changed. The pictures must be clear so that the face of the child is clearly visible. Both pictures must be in League Magic at all times

2. ROSTER

Coaches are required to submit their teams roster at the scheduled check-in time for their game, at which time the opposing coach will be given the chance to review them. It is the rule that coaches **MUST** keep these rosters with them at all times; as a player will be ineligible to participate in the game if they do not have a roster at check-in. **NO EXCEPTIONS**

Team Rosters – Shall include the following

1. *Team rosters - **A League Magic certified copy of all rosters by their District VP from each league must be submitted to the Conference Executive Board every Thursday upon any changes, until final rosters are frozen on the Sunday after the 4th game.** At that time final rosters must be submitted to Executive Board. All rosters **must** also include the names of the coaches for each team, AND the jersey numbers of each athlete. This will be the **ONLY ACCEPTED ROSTER FOR THE GAME.**
2. Senior football players **must** provide a hard copy or screenshot of online school portal of their 4th quarter report card that shows picture and grade level somewhere on the information by book sealing or legal document stating what grade the current student is in with the school name and school year. **IF** the player is a repeat 9th grader the document **MUST** be current school year.
3. Birth Certificate (**LEGIBLE** copy accepted but it shall be the club's responsibility to verify the original).
4. **NO HOSPITAL CERTIFICATES WILL BE ACCEPTED.**
5. Copy of physical form signed off by NP, ARNP or DOCTOR
6. League Magic signed Medical Release form
7. League Magic signed Liability Waiver form
8. *A copy of Proof of Insurance for league Insurance must be submitted by the last Monday in July and will be verified by Vice President of the Mid-Florida Conference by the day of Jamboree. Then insurance will be verified periodically thereafter. Any organization found guilty of violation will forfeit all games from time of loss of insurance to reinstatement.*
9. Any change of leadership or representation (President, Football Commissioner or Cheer Coordinator) of any organization must be reported to the Conference Executive Board as soon as the organizational change is made.
10. NO league can change uniform colors or name without the approval of the Conference Executive Board.
*NOTE: Failure to have a completed roster shall result in a player being unable to participate in any conference games.

3. ROSTER DEADLINES and PLAYER COUNT DROPS

A League Magic official roster with Coaches names **MUST** be turned in prior to competing in *each game* or **the team will not be allowed to compete.** Rosters will be frozen on the Sunday after game 4 of the season unless arrangements are made to meet with the Executive Board. **If a team's roster drops below 14 players prior to the FOURTH game of the season they will be allowed to increase their roster back to 22 players after week four, a team will be allowed to increase their roster back to 22 players. However, if they add players after week Four the season, they will still be allowed to increase to 22 players, but all games from that point will be forfeited.** A copy of each team roster from each organization participating in the present year football season for the Mid- Florida Youth Conference shall be turned in to the Executive Board immediately after certification of each team or prior to the start of the regular season games. The rosters will be kept for participant clarification in the event of a protest initiated by a member of the Conference or Executive Board. The rosters will also be kept for comparison to playoff rosters to ensure no changes have been made without approval of Executive Board.

4. OFFICIAL TIME

The field clock is official unless otherwise designated by Game Official's.

5. TEAM BOX PERSONNEL

Certified team personnel (MUST BE WEARING A COACHES SHIRT, CLOSED SHOES/ATHLETIC SHOES AT ALL TIMES UNLESS MEDICALLY NECESSARY AND HAVE A COACHES BADGE WITH SEAL), the President, Vice President, League Commissioner, and Cheer Coordinator will be allowed in the team box during a game. ***Two water boys ONLY will be allowed on the sidelines. The only team members allowed on the sideline area must be involved with the current game.***

6. GAME BALL

The home team is responsible for supplying the game ball. The visiting team will be allowed to use their own ball but must designate one of their own personnel to get this ball in and out of the game quickly; and at the appropriate time. Only approved **LEATHER / COMPOSITE** balls may be used. NOTE: The following are sizes of the game balls for each weight division (the sizes listed are for Wilson's ball) however; any equivalent size ball is approved. *(a) Ball size **K-2** to be used for the **Flag and Mitey Mites** Divisions. (b) Ball size **TDJ** is to be used for the **Pee-Wee and Junior** Divisions. (c) Ball size **TDY** or regulation high school ball is to be used for the **Senior** Division.*

REFEREES WILL CHECK BALLS PRIOR TO GAME! The Mid-Florida Youth Conference is not responsible for supplying balls or equipment for any game not hosted by the Mid-Florida Conference.

7. TEAM COOLERS

Each team is allowed 2 team coolers (not including sideline water coolers). Coolers are to only consist of halftime and after game drinks and snacks.

8. WEAPONS

Weapons of any kind are **STRICTLY PROHIBITED** at any MFYC event, regardless of a concealed-carry permit.

9. TOBACCO

Use of any tobacco product is not permitted anywhere on the playing field or in the game stadium. Tobacco products are not allowed on school property; therefore, any league using school property should follow the rules of the local Board of Education.

10. ALCOHOL

Alcohol is not permitted in the stadium or adjacent areas. Any individual that is intoxicated based upon visual judgment and smell, will be removed from the field. Any coach, assistant coach, staff member, or official identified and determined to be under the influence of alcohol, drugs, or any type of control substance (unless prescribed for that person by a doctor) will be automatically suspended and or expelled from participating or working in any Mid-Florida Youth Conference function for the remaining current season and for remission upon the next season you must appear in front of MFYC Executive Board.

10. TIME-OUTS

We will follow high school rules in permitting not more than three (3) time-outs per team per half. A coach must take a charged team time-out in order to have a discussion with a Game Official. Injury time-outs will be recorded as official time-outs and will not be charged against a team. During the flag game if a time out is granted the clock must stop.

11. LENGTH OF QUARTERS

Pee Wee through Senior will use a 10 Minute regulation clock. Mitey Mite division will use an 8 Minute regulation clock. Flag will use a 10 Minute running clock with the last 2 minutes of the 2nd and 4th quarters to run as regulation clock.

12. HALF-TIME

There will be a ten 10 Minute half time for all games played. No change of any type shall be permissible unless the officials determine it necessary to complete the game safety reasons. Example: pending darkness. Any special events during halftime (ex: Homecoming) still need to be within the 10 Minute time limit of half time to keep games on schedule for the day.

13. WARM-UPS

Teams must warm-up in an area **neutral** of the field and be ready to take the field and begin play as soon as the previous game has ended.

14. CHAINS

The **home team shall** operate the chains on the **visitor side** of the field *except in a case where it is not physically possible. The home team may be charged with delay of game penalties for not having a chain crew in place.*

15. EXTRA POINTS

We will **award two (2) points** for a successful kick for conversion following a touchdown and one **(1) point** for a successful run or pass from scrimmage for the **Peewee, Junior, and Senior** divisions. **Flags and Mitey Mites** will be awarded **(2) points** for a pass and **(1) point** for a successful run. ****If the playing field does not have field goals the Flag/Mitey Mites rule will take its place.**

16. TIE GAMES

* Only the **Kansas City tie breaker rule shall be enforced by the referee group to settle tie games.** There will be no **agreements amongst the teams involved or the referees that will alter** the way the overtime period is to be played as governed according the MFYC written rule. To start overtime, the ball shall be placed first and goal on the defensive team's 10 Yard line. Each team shall be permitted (1) additional time-out during overtime period. The team that wins the toss gets to decide who gets the ball first. Each team gets the ball and is allotted a series of **4 Down's; at the same end of the field to conserve time and ensure equal conditions. That series shall be terminated by ANY SCORE by the offensive team or if defensive team gets possession of ball.** If the team on offense scores a touchdown, it is entitled to the opportunity for extra point attempt; unless the points would not affect the outcome of the game. **Pee Wees, Juniors, and Seniors** divisions, a field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended. So if the game is still tied at end of overtime period, we will go to the penetration rule.

Penetration Rule: The ball will be placed at the 20-yard line and a team will have four (4) downs to score, if the team with the ball scores on any down then the opposing team must match that (I.E. if a team scores on the 2nd down then the opposing team must score on its second down or before. If the 2nd team does not score on or before its 2nd down the game will be awarded to the opposing team). If neither team scores, then there will then be a second penetration overtime and if the game is tied after that then the team with the most positive yards wins the game or if each teams has the same amount of positive yards after the second (2) penetration the game will be considered a TIE GAME.

17. COACH/PLAYER EJECTION

*The first time any or all coaches/players are ejected from a game, the said coaches/players will **automatically** be suspended from participation in the next scheduled Mid-Florida Youth Conference game. A second ejection, *during the current season (of a coach)*; will result in **expulsion** from the Mid-Florida Youth Conference, from the date of ejection, for one season. All ejections must be reported to the Mid-Florida Youth Conference Executive Board, by the site director (or designee) in writing over the internet or with a phone call to your area Vice President within 24 hours. **That league shall be charged a \$150.00 fine for each coach ejection that must be paid in full to the conference before that coach is allowed to participate with/in any conference function, pending board review, each instance case by case with President.**

18. FORFEITS

Fifteen minutes from kickoff is forfeit time; any exceptions will be made by the site Commissioners. Any forfeited game will result in an automatic \$100.00 fine for failing to field a football team plus another \$100.00 fine if the cheer team is not present at the game payable to the opposing team via the Mid-Florida Youth Conference prior to the next scheduled game. No Gentleman's agreements shall be allowed. Opposing teams need to be notified by 48 hours (Thursday).

1. **Both teams *MUST BE PRESENT 1 hour BEFORE SCHEDULED TIME OF GAME. Failure to have the team present one hour before game time will result in a financial penalty to your home organization (emergency situations will be considered by the Conference Executive Board for allowance.***

- Book check will be done at the beginning of the 4th quarter prior to the start of your scheduled game.
- If a child misses check in and arrives after opening kickoff, he/she may check in at the end of the 1st Quarter and become eligible to play at the start of the 2nd Quarter
- If a child misses check in and arrives in the 2nd Quarter, he/she may check in at halftime and will become eligible to play at the start of the 3rd Quarter.

ANY CHILD WHO ARRIVES AT THE GAME AFTER HALF TIME IS INELIGIBLE TO PLAY THAT GAME AND WILL BE MARKED ABSENT.

19. PRACTICE

First official start of practice for MFYC will be the 3rd Monday of June (conditioning may begin prior to that day). All teams must adhere to an acclimation period of the current football season. No team may schedule more than eight (8) hours of practice per week. A week is defined as seven (7) consecutive calendar days. No more than 2 ½ hours of practice may be scheduled on any one-day.

20. DEFINITION OF PRACTICE

To prevent possible bending of the rules and as protection of children, practice is defined as a gathering of players, without a minimum number, requiring the presence of at least one coach, where one or more activities take place.

1. Weekly film review
2. Chalk talk, strategy session
3. Play run through without pads
4. Controlled scrimmage.

The so-called “party” at the coach’s home where films are shown or football is worked on or discussed can be deemed a practice. Use of the football field or a football is not required to satisfy the definition of practice. Each local association should set up a policy with regards of these types of gatherings.

END OF GAME – *If a game is ended for any reason after the halfway point of the fourth quarter, the game will be considered final.*

RUNNING CLOCK – A running clock WILL be used at the beginning of the fourth quarter after a 24-point spread is obtained, however, if the Head Coach of the losing team requests that the clock be ran continuously before the fourth quarter of a regular season game due to a point spread of 24 points or more and does not feel that the team can close the point spread, THE OFFICIATING TEAM MUST COMPLY. In the event that the spread is decreased below 24 points, the clock will return to a regular clock. DURING PLAY-OFF and CHAMPIONSHIP GAMES THE CLOCK WILL NOT BE RAN CONTINUOUSLY BEFORE THE START OF THE FOURTH QUARTER OF THE GAME.

21. GENERAL REGULATIONS FOR ALL ASSOCIATIONS

1. Each player / cheerleader must **sign** in a **MINIMUM** of six (6) regular season games in order to be eligible for the play-offs, Super Bowl or Cheer-off competition. Exception to this rule will be brought before Mid Florida Youth Conference Board
 2. All football players and cheerleading squads will be required to participate at all Mid-Florida Youth Conference games for which they are present and dressed. ***Coaches will play everyone who shows for a game for at least* one set of four downs.*** *This rule should be closely monitored by the league members in an effort to increase the minimum playing time for the child. This will help develop the skills of the child while at the same time create a positive attitude as a team member. Minimum play rule shall be enforced by your local club.*
 3. Upon arrival at the game site, ***ALL Head Coaches MUST check-in with the Site Director (or designee) prior to the scheduled MFYC game.***
 4. In order to prevent any misunderstanding during the course of the game, Site Directors (or designee) and Game Officials should meet prior to kick-off to discuss rules and regulations.
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5. All Game Officials **are required** to inform the Head coach of the jersey number of the player(s) involved in major (15 yard) penalties. Coaches may call over and ask which jersey number is involved if the Game Official does not report the jersey number. Head coaches **ONLY** must call a time-out if he/she wishes to discuss anything with the Game Officials other than the jersey number of the player that caused the infraction. **Judgment calls can't be challenged.**

6. All Game Officials are members of the Mid-Florida Youth Conference and have been certified by the Florida High School Activities Association or certified by USA Football Officiating Course. *Game officials will read and understand the Mid-Florida Conference rules. **GAME OFFICIALS SHOULD HAVE THEIR CERTIFICATION CARD ON THEM AT ALL TIMES.***

7. Coaches must report all accidents promptly to the local association's insurance representative and complete an accident report immediately while the facts are fresh. League President's must also be notified within 48 hours verbally and in writing.

8. **REPORT ALL PROBLEMS TO THE DISTRICT VICE PRESIDENT WHO IS ASSIGNED TO YOUR LEAGUE.**
All correspondence, whether verbal or written, must be transmitted through the District Vice President. Do not contact another local association or another Mid-Florida Youth Conference District Vice President. In the event your assigned District Vice President cannot be reached, your commissioner may contact the Executive Vice President or the President of the Federation to try and obtain an answer for the situation in reference to the telephone call that was made. If you are not satisfied with the decision rendered then the Commissioner must submit a written protest letter along with a fifty dollar check to be reviewed by the Executive Board. The Vice Presidents must report to the Conference President to meet and discuss any item that will alter or change the rules of the federation in any way prior to allowing the league to disperse unnecessary funds that is mandatory to go along with a protest submission.

9. **All teams should shake hands in a sportsman like manner Head coaches must** after the game is completed or the head coach will be suspended for one (1) game. Note: Any improper conduct by any coach at a game site shall be grounds for *ejection by the site **PRESIDENT** with possible suspension by the Mid-Florida Youth Conference.*

10. **A fee of \$200.00** must be sent to the Mid-Florida Youth Conference prior to the first regular season game for a Forfeit Fund. Your Association fee will be refunded at the conclusion of the season unless you forfeit a game at which time your fee must be immediately replenished.

***Coaches Background Checks MANDATORY:**

943.0438 Athletic coaches for independent sanctioning authorities.

As used in this section, the term:

"Athletic coach" means a person who:

Is authorized by an independent sanctioning authority to work as a coach, assistant coach, or referee for 20 or more hours within a calendar year, whether for compensation or as a volunteer, for a youth athletic team based in this state; and

Has direct contact with one or more minors on the youth athletic team.

"Independent sanctioning authority" means a private, nongovernmental entity that organizes, operates, or coordinates a youth athletic team in this state if the team includes one or more minors and is not affiliated with a private school as defined in s. 1002.01.

An independent sanctioning authority shall:

1. Conduct a level 1 background screening pursuant to s. 435.03 of each current and prospective athletic coach. The authority may not delegate this responsibility to an individual team and may not authorize any person to act as an athletic coach unless a level 1 background screening is conducted and does not result in disqualification under paragraph (b). Level 1 background screenings shall be conducted annually for each athletic coach. For purposes of this section, a background screening shall include a search of the athletic coach's name or other

identifying information against state and federal registries of sexual predators and sexual offenders, which are available to the public on Internet sites provided by:

The Department of Law Enforcement under s. 943.043; and

The Attorney General of the United States under 42 U.S.C. s. 16920.

2. For purposes of this section, a background screening conducted by a commercial consumer reporting agency in compliance with the federal Fair Credit Reporting Act using the identifying information referenced in subparagraph 1. that includes a level 1 background screening and a search of that information against the sexual predator and sexual offender Internet sites listed in sub-subparagraphs 1.a. and b. shall be deemed to satisfy the requirements of this paragraph.

Disqualify any person from acting as an athletic coach as provided in s. 435.03 or if he or she is identified on a registry described in paragraph (a). The authority may allow a person disqualified under this paragraph to act as an athletic coach if it determines that the person meets the requirements for an exemption from disqualification under s. 435.07.

Provide, within 7 business days following the background screening under paragraph (a), written notice to a person disqualified under this section advising the person of the results and of his or her disqualification.

Maintain for at least 5 years documentation of:

The results for each person screened under paragraph (a); and

The written notice of disqualification provided to each person under paragraph (c).

Adopt guidelines to educate athletic coaches, officials, administrators, and youth athletes and their parents or guardians of the nature and risk of concussion and head injury.

Adopt bylaws or policies that require the parent or guardian of a youth who is participating in athletic competition or who is a candidate for an athletic team to sign and return an informed consent that explains the nature and risk of concussion and head injury, including the risk of continuing to play after concussion or head injury, each year before participating in athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the youth's candidacy for an athletic team.

Adopt bylaws or policies that require each youth athlete who is suspected of sustaining a concussion or head injury in a practice or competition to be immediately removed from the activity. A youth athlete who has been removed from an activity may not return to practice or competition until the youth submits to the athletic coach a written medical clearance to return stating that the youth athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury.

Medical clearance must be authorized by the appropriate health care practitioner trained in the diagnosis, evaluation, and management of concussions as defined by the Sports Medicine Advisory Committee of the Florida High School Athletic Association.

In a civil action for the death of, or injury or damage to, a third person caused by the intentional tort of an athletic coach that relates to alleged sexual misconduct by the athletic coach, there is a rebuttable presumption that the independent sanctioning authority was not negligent in authorizing the athletic coach if the authority complied with the background screening and disqualification requirements of subsection (2) prior to such authorization.

The Legislature encourages independent sanctioning authorities for youth athletic teams to participate in the Volunteer and Employee Criminal History System, as authorized by the National Child Protection Act of 1993 and s. 943.0542.

History. —s. 1, ch. 2010-94; s. 1, ch. 2012-167; s. 13, ch. 2013-116; s. 1, ch. 2014-9.

11. Due to scheduling, deadline for new teams or leagues (**STARTING IN 2025**) will be the last Monday of May. **NO EXCEPTIONS:** Mid-Florida Youth Conference will consider interviewing an established organization that can meet the minimum requirement of teams (5), can prove financial stability, can participate under the rules and by-laws of the Conference without reservation, and agree to a two or three year contract that depends on whether the league is newly formed or an already well established league, may be allowed to join the Conference after the deadline of the March 31st date with the approved vote of the current federation organization members of the past year and the Executive Board.

22. CHECK IN PROCEDURES AND RULES

1. The Site Director or a designee listed below handles these procedures and rules for check-in have been approved by the Mid-Florida Youth Conference. Check-in Officials must become familiar with this information and see that all procedures and rules are enforced. There will be NO EXCEPTIONS made. The decisions of the Check-in Officials are final.
2. Designated Check-In Officials are the Site Commissioners/Presidents/ Vice President /Cheer Coordinator of each league. Coaches and Team Support are NOT permitted to complete check-ins.
3. The head coach hands the roster to the opposing representative.
4. The opposing representative examines the roster and calls the players forward to be checked. Players MUST be in book order.
5. The Check-in Official makes a final decision on the player's eligibility and completes the roster in League Magic, in the appropriate box at the bottom of the sheet. There will be no Gentlemen's Agreement made that will allow any player the opportunity to participate when that player does not meet the requirement of his or her qualification requirement. (note: correct age and proof of identification a must)
6. MFYC will require that all players/cheerleaders be certified no later than the Thursday prior to the first official season game (or date specified by the Executive Board). If a player is deemed ineligible, he/she will be removed from the field of play. Should a make-up day be required (i.e., in the event of an excused emergency, emergency decisions made by the Executive Board will notify member teams of such a change.) The emergency situation will be reviewed and final decision to be made by Executive Board.
7. All teams will line up in roster number order so that each opposing Commissioner may look at League Magic and players of each team. NOTE: Eligibility of any challenged players shall be made at the time of inspection of the book. The athlete in question, both coaches and Site Commissioners must be present for this challenge. Ruling by the Site Commissioners will be final for that game unless protested by the head coach to the Mid-Florida Youth Conference. All players must have played in a minimum of six (6) conference games to be eligible players for the post-season games. Any injured players must **check-in** the games.
8. After check-in ALL players must walk immediately to their end of the field. No players are to go out of opposing teams sight before the game or during the game or at halftime.
9. All Mid-Florida Youth Conference players may compete with only one team on any given day in any Mid-Florida Youth Conference event. **If a player/cheerleader is listed on a High School Roster during the fall season that player/cheerleader is no longer eligible to participate in the Mid- Florida Youth Conference FOREVER. Please note that playing middle school is allowed.**

- 23. PLEASE NOTE: No Senior Division player that plays or has played High School Football is not Eligible to participate in MFYC. A student athlete that tries out for a high school football but Does not make the team is eligible to participate in MFYC. Student athletes that are Underclassmen(8th Grade or Below) and plays High School football cases will be referred To the Executive Board for revies and a determination will be made.**

24.

1. Shoes with all metal cleats are **ILLEGAL** for a user in any MFYC practice or game. Further, no shoes with exposed metal are allowed. However, shoes with cleats with metal caps will be allowed. Head coach and player will be ejected from the game if a player is found to have illegal metal cleats. Head coach will also receive a one game suspension.
2. All pants **MUST** be outfitted with pads in their pants for safety reasons and a penalty will be called on the head coach if not outfitted properly.
3. Cheerleaders, just like players, are only allowed to move up one age group to remain a legal participant. If a cheerleader has moved up for a season, then the following season they cannot go down, even if their age permits such.
4. Numbers of players allowed per division. For all tackle teams the maximum number of players is 35 per team except for the seniors who are allowed 40. For the Flag Division the maximum number of players is 30. There shall not be more than the maximum number of participants allowed to take part in practice sessions unless approved by the Executive Board. No children shall be held for any periods of time on a trial basis. This type of action will delay the child from signing up with another available league with open positions on its roster.

5. NOTE: League Age is the age you are on July 1, of current year. Breakdown of age cutoff with explanation: Senior Division ONLY is JANUARY 1, of current year, he/she CAN NOT TURN 16 IN THE CURRENT CALENDAR YEAR.

6. Flag - If a 6yr old birthdate is July 1st with them turning 7, he/she would be a Mitey Mite player.

Mitey Mites - If an 8yr old birthdate is July 1st with them turning 9, he/she would be a Pee Wee player.

Pee Wee - If a 10yr old birthdate is July 1st with them turning 11, he/she would be a Juniors player.

Juniors - If a 12yr old birthdate is July 1st with them turning 13, he/she would be a Seniors player.

Seniors* - If a 14-year-old birthdate is Jan 1, of current year, or thereafter, with them turning 15, he/she are eligible for the current season. **ABSOLUTELY NO 10th Graders.**

DIVISION	GRADE RESTRICTIONS	AGE
Seniors*	10 grade and above is ineligible	*15 & under on Jan 1
Juniors	None	12 & under on July 1
Pee Wee	None	10 & under on July 1
Mitey Mites	None	8 & under on July 1
Flag	None	4,5,6 on July 1

25. PROTEST PROCEDURES

Only protests regarding rule interpretations and play eligibility will be accepted. **The judgment of the Game Officials cannot be protested.**

Protesting Actions of Officials: The decisions of officials shall be final and not subject to review by any player, Coach or Administrator but can be protested.

Burden of Proof: The burden of proof showing error in the determination of suspension or in showing why an Appeal should be granted is solely on the organization making the protest or appeal. Such proof shall include At a minimum, a brief statement of the facts involved, the specific Bylaw(s) or policy/policies involved and Argument in support of the requested. This statement shall be supported by any relevant documentary evidence Available.

Complete and Accurate Submissions: The organization making the appeal must ensure that the information Submitted to support such an appeal is complete and accurate, additional information may be submitted and Heard at the time of appeal.

Eligibility of Appeal Process: An organization filing the appeal is permitted to present information or evidence That was not available at the time of the initial determination of suspension.

Appeal Committee:

- A) May consider the added information or evidence during the appeal and render a decision
- B) May suspend the determination of the Disciplinary or Executive Board and remand the appeal to the Executive Director for a new determination
- C) The decision on the appeal must be made in writing, setting forth the findings of fact and the specific violation(s) upon which the decision was based upon

26. RULE INTERPRETATIONS

1. Immediately upon deciding that a protest situation exists, the Head Coach must notify the game officials or the Site Director, as appropriate, in addition to the opposing Head Coach. At this point, the activity will continue under protest.
2. The protesting coach must write a letter explaining the details of the protest. The Mid-Florida Youth

Conference Vice President or President must receive this letter within 48 hours after completion of the activity.

3. A \$150.00 fee must accompany all protests.
4. The protest request will be reviewed by the Mid-Florida Youth Conference Executive Board for recommendation of a penalty, if any. The Mid-Florida Youth Conference President will forward the protest request to the Protest Committee for recommendation of a penalty or outcome, if any.
5. A **maximum** of two (2) people from each side of the issue in question may attend any protest meeting. Persons failing to attend a protest meeting will forfeit all future rights of appeal.
6. The \$150.00 fee will be returned to the protesting party if the protest is upheld, and the appropriate action will be taken.
7. The protesting party will forfeit the \$150.00 fee if the protest is overruled. The fee will then be deposited in the treasury of the Mid-Florida Youth Conference.

27. PLAYER ELIGIBILITY

1. Protests regarding a player or cheerleader eligibility must be made as soon as a coach or association becomes aware of the illegal player or cheerleader.
2. A coach cannot be on the sideline coaching if he or she DOES NOT have on their MFYC issued badge and on that roster.

Follow steps 2 through 7 in “Rule Interpretations” above. The 48-hour rule is waived for protests regarding player eligibility. It is advisable that the Site Commissioner notifies the Head Coach of the opposing team before notifying the Conference Vice President. Note: (Protest must be made as soon as possible regarding an ineligible player).

28. FLAG RULES

Normal play shall require (9) players on the field and a team may play with (7) but if a team falls below (7) players during the game, that game is forfeited immediately. NO GENTLEMANS AGREEMENTS ARE ALLOWED.

The staff of each Mid-Florida Youth Conference Flag team shall

consist of the following: One (1) Head Coach

No more than five (5) Assistant Coaches

No more than two (2) Team Support

No more than two (2) water helpers who shall not be wearing team jerseys.

Roster – Flag Football will require the same paperwork in the I.D. Manual that the tackle football team does. No more than 30 players are allowed on the Flag Division Team. No more than the maximum number of players shall be allowed to practice at any time. No participant shall be retained for a trial period. This will delay the participant from the opportunity to sign with another league that has opening on its roster.

Equipment

1. Each player shall be dressed in a team uniform consisting of shirt and shorts (shirt must be long enough to be tucked in at all times); numbers are to be put on the back of the shirts.
2. *The player shall wear socks and football cleats (rubber cleats only) or tennis shoes.
3. The flag belt is of one-piece construction with two flags. Flags should NOT blend with uniforms or shorts. Need to be of an offsetting color. One of the two flags must fall off completely when pulled. The belt must be clipped at the waistline and should be of contrasting color to the team shorts. It is illegal to tie the flags to the belt or otherwise tamper with the belt. All players must wear a belt at all times. Flags must be at least **1 ¾ in Width and 12 inches long** and can't be cut. Flags also can't be made of the soft lightweight ribbon material. **FLAGS NEED TO BE NYLON** and worn on either side of the player (not front and back). Only Velcro FLAGS Are Allowed, but no STAPLED FLAGS SHALL BE ALLOWED. Referees will check flags prior to the game. Any league identified using illegal flags as required by the conference, will be required to attend Conference Executive Board Meeting for a Board decision on game forfeitures, possible suspensions of the league, and suspension or removal of the team coaches from the Mid-Florida Youth Conference. No Altered flags. After a Touchdown the ref MUST pull his/her flag to make sure that the flag has not been tampered with to gain an advantage. If your flags are found to be illegal, the game is automatically played under protest and the head coach of the flag team using the illegal flags will meet with the Executive Board. NO SUCTION CUP FLAGS ARE ALLOWED IN MFYC
4. Mouthpieces are required.
5. Jewelry, ball caps of any kind, padded uniforms, towels or anything that covers the flag belt is illegal. Partial flags are illegal and no player shall be allowed to wear a partial flag. **Protective cloth helmets are allowed. Players cannot use helmets as weapon and may NOT DUCK his/her head into another child.**

Playing Field

1. The field shall be from the twenty (**10**) yard line to the twenty (**10**) yard line. Side boundaries shall be the regulation football field lines.
2. The goal line shall be designated by ten (**10**) orange cones on each end. Cones will be placed at five (4) yards apart. The host team shall be responsible for placing these on the twenty (**10**) yardlines
3. Cones are not to be any larger than **12** inches high. These are to be provided by the hosting team. The hosting team is responsible for having the field ready fifteen (**15**) minutes prior to game time.

Playing Rules

1. A coin is to be tossed and the winner may choose to receive, choose ends to defend, or defer choice to the second half.
2. To start the game and after toss, the ball shall be placed on the (35) yard line of the offensive team. There shall be no kick offs.
3. The game shall consist of four (10) minute quarters running clock and a **standard clock** for the last two (2) minutes for **the 2nd and 4th quarter**.
4. Each team has (**3**) time outs per half. (No carry over). **When a time out is called, clock stops.**
5. Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (**1**) point for running, two (2) points for passing. The ball is to be spotted on the twenty-three (23) yard line.
6. All Chartered League Members are responsible to ensure that all coaches are familiar with and understand these and all other applicable rules of the conference.
7. Two offensive touchdowns per player per game maximum. No showboating. If the same player scores a second touchdown, then an additional touchdown shall be allowed but only if all players have scored twice. **Each player can score unlimited extra points.**
8. Two coaches from each team shall be allowed on the playing field at all times. They will be a minimum of five (5) yards behind the closest player and cannot move inside a five (5) yard box. The coaches must make EVERY attempt to remain five (5) yards from the closest player from either team. Coaches may not escort players down the field while ball is in play. Coaches, who are on the field, CANNOT shout football instructions to the players after the ball is in play.
9. There must be a minimum of three (3) players on the line, both offensively and defensively, when the ball is hiked. Defensive players must line up six (6) feet from the line of scrimmage, regardless of the placement of the ball, even when it is in the end zone. Example: If ball is on the one-yard line, defensive players must still be six (6) feet behind the line of scrimmage.
10. The ball is down when the ball carrier's flag has been pulled, falls off, or he/she has one knee on the ground.
11. A fumble of any kind constitutes a dead ball. The point of fumble will be marked. **Pass interceptions are allowed. An intercepted ball can be advanced by the intercepting team. At no time is an interception**

to be ruled as a fumble or a fumble to be rule an interception. No stripping of the ball.

12. If a punt is elected, the team will be granted **35 yards** with the exception that no punt shall exceed the 30-yard line of the opposing team. **The official game clock should be running while the referee is walking of the punt.**
13. The offensive line can block the defense by pushing with open palms, blocking with a “Chicken Wing Style” i.e....with hands in towards chest and elbows out and high, forming a wide block.” There is no blocking with the shoulders or head like in tackle football. At no time shall any child grab or punch another around the neck, head or any sensitive areas. **NO WRESTLING MOVES.**
14. Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.

PENALTIES (Flag)

FIVE (5) YARD PENALTIES

1. Excess time-out illegally used or requested
2. Illegal delay of game
3. Putting the ball into play before declared “ready for play”
4. Infraction of scrimmage formation
5. False start or stimulating start of play
6. Too many players on the field
7. Illegal kick
8. Helping the runner
9. Holding defensively or offensively
10. Jumping or hurdling to avoid have a flag pulled
11. Illegal blocking down field (**No Pushing or Blocking in the Back**).
12. Offensive pass interference

TEN (10) YARD PENALTIES

1. Stiff arming
2. Sticking, kicking, kneeing, elbowing, etc.
3. Tripping
4. Clipping
5. Un-sportsman like conduct*
6. Tackling
7. Illegal flags
8. Flag Guarding

*After the second offense of un-sportsman like conduct or tackling ball carriers the player will be ejected for the remainder of the game.

**Scoring an additional touchdown beyond the allotment will result in the ball being returned to the original line of scrimmage and a loss of the down.

29. MITEY MITE RULES

Normal play shall require eleven (11) players on the field. If less than nine (9) players show; that team must forfeit the game.

The staff of each Mid-Florida Youth Conference Mitey Mite team shall consist of the following:

One (1) Head Coach

No more than five (5) Assistant Coaches

No more than one (2) Team Support

No more than two (2) water helpers who shall not be wearing the current team jerseys.

I.D. Manual – Mitey Mite Football will require the same paperwork in the I.D. Manual that the other tackle football teams do.

Equipment

1. The Mitey Mite team will have identical equipment and playing field to the regular tackle teams.
2. The player shall wear socks and football cleats or tennis shoes.
3. During cold weather, it is permissible for the player to wear long sleeves or sweat pants under the regulation uniform.
4. Mouthpieces required.

Playing Rules

1. A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half.
2. To start the game and after toss, the ball shall be kicked off from the forty-five (45) yard line of the offensive team. The defensive team will line up on the opposite forty-five (45) yard line.
3. The game shall consist of four (4), eight (8) minute quarters of standard clock.
4. Each team has two (3) time outs per half.
5. Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (1) point for running, two (2) points for passing. The ball is to be spotted on the three (3) yard line.
6. All local organizations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules.
7. One coach from each team **shall be allowed on the playing field at all times**. The coach will be a minimum of five (5) yards behind the closest player and cannot move inside a five (5) yard box. The coaches must make EVERY attempt to remain five (5) yards from the closest player from either team.

Coaches may not escort players down the field while ball is in play. Coaches who are on the field cannot shout football instructions to the players after the offense is set and the ref says coaches out.

8. No player can line up inside either A Gap of guards (A gap) except a middle linebacker who **MUST** but at least six (6) feet from the ball. Defensive linemen may line up head up with the guards but not inside the guards.
9. There will be a maximum of six (6) men on the defensive line. **The linebackers or corner backs must be a minimum of six (6) feet off the line of scrimmage and are not allowed to blitz or stunt. Cornerbacks on an Island may press but if in the box they must be 6 feet back equal to linebackers.**
10. Turnovers will be allowed on kick-offs. Example: If the receiving team gains possession of the ball, advances with the ball and then fumbles the ball, the opposing team will be able to recover the ball and gain possession.
11. During a kick-off, the receiving team must have POSSESSION of the ball before a dead ball can occur, fumbles are allowed during kick-offs; however, on-side kicks are NOT allowed.
12. If a punt is elected, the team will be granted 35 yards with the exception that no punt shall exceed the ten (10) yard line of the opposing team.
13. Interceptions **are** allowed and the intercepting team **can** advance the ball after the interception has been made.

NO Mitey Mites coaches will be allowed on the field with their team after the fifth (5) game of the season.

PENALTIES (Mitey Mites)

The Mitey Mites team will follow Standard N.F.H.S. Tackle Penalties for infractions. The only exception to this rule will be “Illegal Participation of a Coach” See Playing Rule #7. This infraction carries a 15-yard penalty. Second infraction will result in coaches’ ejection from the game.

30. PEE WEE RULES

Normal play shall require eleven (11) players on the field. If less than nine (9) players show; that team must forfeit the game.

The playing rules for the Pee Wee Division are the exactly the same as the rules for the Junior and Senior Divisions with only one exception which is listed below:

- (1). The offensive team will be allowed ten (10) seconds to kick or recover an errant snap and kick before the Referee blows the play dead. No second attempt will be afforded. The defensive players **can stand or jump and wave hands/arms** to try and distract the kicking team. The defensive team will be allowed 10 (ten) seconds to try to recover the ball.
- (2). To help develop kids in proper technique on punts and field goal attempts, ball must be long snapped to punter and holder for kicking of field goal/extra point kick attempts.

31. JUNIOR & SENIOR RULES

Normal play shall require eleven (11) players on the field. If less than nine (9) players show; that team must forfeit the game.

The playing rules for the Junior and Senior Divisions are exactly the same as the N.F.H.S. rules except that we use a smaller ball, we play 10 minute quarters, and we award 2 points for an extra point kick and only 1 point for an extra point run or pass.

No Chop Blocking! “No Blocking below the waist during any MFYC play”

32. SUSPENSION/TERMINATION FROM MFYC

(A) Any coach, player, cheerleader, worker, or officer that takes any part in the illegal participation of an ineligible participant (Player/Cheerleader) for the purpose of strengthening or improving the quality of any league division or to gain an advantage over the opposing team will automatically be suspended from participating in any or all Mid- Florida Youth Conference activities. The severity of the rule violation will be decided by the Executive Board of the Mid- Florida Youth Conference, and the terms of suspension or termination will become effective immediately. Any player, cheerleader, coach, or worker of any League of the Mid-Florida Youth Conference that initiates any physical confrontation or life-threatening situation between any leagues or participants of the Mid-Florida Youth Conference function will be suspended from all other federation functions for the remainder of the season year or indefinitely pending the severity of the rule violation, which will be decided by the Executive Board of the MFYC. No participant (player / cheerleader) shall be allowed to engage in any physical confrontation with any coach, officer, game official, or staff member of the Mid- Florida Youth Conference, neither shall verbal abuse (profanity / physical threats) of the mentioned parties be tolerated from any child participating in a MFYC function. Again, the severity of the act of the person or persons involved in this type of activity will be decided by the Executive Board of the MFYC and the rule violation penalty will immediately become effective.

(B). At the end of a game with only a few seconds left to play, and the losing team does not stand a chance of winning the game and is on the defensive side of the ball, the coach of the losing team should not allow his players to rush the players on the offensive side of the ball that are kneeling to end the contest. This is ethical by way of not allowing angry or disappoint on the losing team the opportunity to inflict unnecessary injury to anyone on the winning team.

Any HEAD COACH that allows this to happen will be automatically suspended for one game if this type of incident is reported and found to be true by the Executive Board. This rule violation can be applied for the first scheduled game for the next season if it happens during the last game of the current season.

(C). Angry fans, parents, friends, coaches, cheerleaders, team mothers, etc. shall not be allowed to harass or confront the members of the officiating group to express their personal opinion of opposing a field judgment made during the game. The OFFICIALS are employed by the Mid-Florida Federation and have agreed by contract to maintain a professional work manner in order to apply the rules of the game as stated by the Mid-Florida Federation. Any fan or member of the federation that violates the security of the officials or is identified to be out of control when addressing the officials should be given the opportunity to *refrain or ask to leave the function. The home team should assist in helping to remove this person or group of people. Crowd control is the responsibility of the home team and your team could be penalized if the fans are allowed the opportunity to dictate the mode of the contest in progress by way of uncontrollable outburst, use of profanity, unwarranted

harassment, or continuous non-ethical behavior that affects or infringes on the freedom of enjoyment and the safety of others attending the game. USE THE EMERGENCY # 911 if an uncontrollable and life-threatening condition develops as a direct result of this type of fan behavior.

MID FLORIDA ALL COACHES MEETING REQUIREMENTS:

All leagues must be represented at the All Coaches meeting to start the new season. All coaches are required to attend and at this meeting there shall be an acknowledgement of discussion of the Rules, Schedule of Events, Ethics and Conference expectations set forth by Mid Florida Youth Conference. The President and/or Commissioner of each individual organization shall inform its own league(Coaches, Coordinators & Volunteers) not to partition to implement change or reversal of any topic that has already been decided by the Conference Executive Board.

At the All Coaches meeting, every organization must submit documentation verifying each organization count for football/cheerleaders. Any organization that does not have the minimum number of Four teams to participate at the Pre-Season Jamboree and all regular season games as submitted to the Conference prior to Jamboree will be penalized with a fine in the amount of \$150 per team per game.

The President of the Conference shall address the organizations of the conference to kick of the new season, documents of the Conference Rules, By-Laws, Season Game Schedules and reference contracts shall be available for organizations contract commitment.

