

Mid-States Football League Rules and Regulations

Mid-Kansas Central Division



Revised August 2006

Article 1. GENERAL PURPOSE

*To teach boys and girls with such fundamentals of football as blocking, tackling, running, kicking, passing and staying in shape physically, mentally and morally. To inspire boys and girls in such good habits as fellowship, one for another, respect for teachers and coaches plus the ability to take bumps and knocks without complaint. To promote safety-first play by encouraging only programs with strict control over age, equipment and proper training in fair play and sportsmanship. The object of this program is to inspire youth to practice ideals of sportsmanship, scholarship and physical fitness as selected in the life of the late Glen S. (Pop) Warner; **to bring area youth closer together through the means of a common interest in sportsmanship, fellowship and athletic competition; to keep the welfare of the youth first, foremost and entirely free of adult lust power and glory.***

Article 2. LIABILITY

The program directors, officers, sponsors, coaches ,managers, referees or any other supervisory personnel are not responsible for injury to persons or damage to property. This is entirely the responsibility of all persons taking part in this program - all of whom participate at their own risk.

Article 3. AGES

<i>3rd Grade</i>	<i>can not turn 10 before September 1</i>
<i>4th Grade</i>	<i>can not turn 11 before September 1</i>
<i>3rd & 4th Grade</i>	<i>can not turn 11 before September 1</i>
<i>5th Grade</i>	<i>can not turn 12 before September 1</i>
<i>6th Grade</i>	<i>can not turn 13 before September 1</i>

If any player plays under false age, all games that they participated in will be forfeited. The age in effect for each player for the current season will be is his or her age at 12:01 a.m. on September 1 of each year. All coaches must have a birth certificate on hand at every game so if there is a question concerning the age of player, the situation will be handled immediately. If a birth certificate or other acceptable form of age verification is not available, the players will not participate any further in the game or any future games until the league has received acceptable documentation.

Article 4. WEIGHT

There will be no weight limitations in any of the age groups in the Mid-States Football League

Article 5. HEIGHT

There are no height limits or requirements.

Article 6. PHYSICAL

- A. The sound physical condition of each player shall be attested to by the constant vigil of the parents.*
- B. It is encouraged that all participants take physicals (at their own expense) from a licensed physician prior to participating in any practices or games*

Article 7. EQUIPMENT

The following player equipment requirements are mandatory at all times where body contact is made either in practice or league games.

- A. Approved Helmet and Face Guard*
- B. Hip and Tail Pads*
- C. Shoulder Pads*
- D. Thigh and Knee Pads*
- E. Tight Jersey*
- G. Stockings*
- H. Tennis Shoes*
- I. Cleated shoes optional in all games.*
(Note: Shoes must be of a soft pliable rubber or plastic.
No hard rubber, plastic or metal cleats.

Article 8. UNIFORMS

All teams must be uniformly dressed with regards to cost and quality. Advertising on all jerseys is to be approved by the League Board or Directors. Colors must be league approved. Uniforms must be washed before each game. All jerseys must be numbered on the front and back and tucked in at all times. Home teams will be responsible for changing colors if uniform colors of visiting team are the same. (If no second jersey is available, a different color pullover or mesh top will be accepted)

Article 9. SQUAD COMPOSITION

- A. A squad shall be allowed a minimum of 17 players (recommended only) and a maximum of 33 players. If an organization has two teams within an age group, the maximum number of players per team shall be 30. Exceptions to the maximum player rule will be handled on a case-by-case basis by the league officials.
- B. If an organization has two or more teams in an age group, the teams will be divided by a draft. Every attempt shall be made to divide talent equally.

Article 10. INSURANCE

Each person participates in this program at his or her own risk. Each family must see that some type of medical insurance covers their child.

Article 11. PRACTICE

After August 1, and before the first league game, each team is allowed 10 hours of practice each week. Practice games are included in this time. After the first league game, practices will be allowed up to 6 hours per week.

Article 12. PLAYING FIELD

Regulation High School football field will be official in all groups.

Article 13. TYPE OF BALL

The approved ball shall be a good grade leather, with the host site being responsible for providing a Wilson TDJ football for 3rd, 4th and 5th grade games and a Wilson TDY football for 6th grade games. NO other balls will be acceptable, unless prior permission was received from the league.

Article 14. COACHES

It is the responsibility of the coaches to teach and instruct the players in good football tactics, good sportsmanship and team spirit and unity. A coach must maintain an attitude above reproach at all times. Profane language will not be tolerated at any time. Only good, clean football shall be taught. Any coach known to teach underhanded or dirty play shall be relieved of his duties. (5 coaches per team on field)

Article 15. PLAYER ELIGIBILITY

- A. No recruiting from other organizations. Once a player plays for a Mid-States Football League team, that player belongs to that organization until a written release is obtained from the branch manager or president. If a written release can not be obtained, an appeal may be made to the league for a player's release..*
- B. Participating players must come from their respective school districts unless the player in question lives within a district not affiliated with any Mid-States organization. Individual exceptions may be granted by league approval only..*
- C. Each club will furnish a complete team roster before the first game to the Mid States Football Board. Any additions or deletions would have to go through the branch manager or president and a new roster would be circulated when changes are made. No roster additions after Oct. 1 except by league board approval.*
- D. No cuts or tryouts for football teams will be allowed. .*
- E.. Players can not participate with more than one (1) team within the league.*
- F. A program with 5 or more out of district players within a given age group requires league approval before those players are allowed to participate.*
- G. For private schools, their districts shall be defined as the schools current enrollment.*

Article 16. PLAYING RULES

All games will be played under the National Scholastic Federation Rules set up for high schools, with the following exceptions:

- A. Length of Period shall be eight (8) minutes for all age groups.*
- B. On change of possession, the clock will be ran according to High School Rules*
- C. There shall be one (1) minute between quarters and ten (10) minutes between halves.*
- D. If games are running behind schedule, do not take time away from quarters or halves. May want to take out introduction of players at next game. Have teams ready at game time.*
- E. Injuries will be official time outs. Three (3) regular time outs per half per team.*
- F. Each player must play, at least 4 plays per half, except as described in Item N.*
- G. Free substitutions at all times.*
- H. Conversion shall be one (1) point for a run or pass, and two (2) points for a kick. **No rushing is allowed on Extra Points, Field Goals and Punts for 3rd and 4th Grades.** It is the coach's responsibility to tell the official if he is going to punt before the players line-up. If coach does not inform referee that they are punting, it will be assumed that they are going for it on fourth down. **Defense must have at least 7 players that are 5 yards or less from line before the snap of the ball.***
- I. Coaches and players must stay inside the 25-yard lines.*
- J. Time outs will be asked for and granted to any player on the field.*

K. The playing field will be roped or fenced off to keep people back at least 10 yards from players and field. If use of fence or rope, parents need to stay behind it.

L. No protests are allowed. Officials calls made on the field are final.

M. Three (3) certified officials should work each league game.

N. When a player is not going to play 4 plays per half due to sickness or disciplinary action, you are to notify the opposing coach verbally.

O. The host site shall provide a field clock at each playing field.

P. Ties to be played of as follows: - Ball will be placed on the opponent's 10-yard line for all age groups.

3rd/4th Grade One (1) Overtime Period

5th/6th Grade Two (2) Overtime Periods

Q. No games if temperature is over 100 Degrees at start of game.

R. Any coach, player or spectator thrown out of a game by the field official results in a next game suspension. The coach or spectator thrown out can not be at the next game or in the stands. The player can not sit with the team on the field, but can sit in the stands. If an ejection does occur, the president of the league will be notified and will inform officers of the participating community. If a coach, player or spectator is ejected for a second time during the season, they will be suspended for the remainder of the season.

S. It shall be the host sites responsibility to provide personnel for down marker and yard markers for all games. (Personnel need to stay neutral while working on field).

T. It is required that if a team is 20 points ahead, that team should substitute freely to avoid "Running Up The Score" Complaints should be made to the league. The home site representative would be questioned to validate the complaint and if necessary a warning will be issued to the offending team's coach. Any second violation will result in a one (1) game suspension. If you are ahead by 20 points move kids that have not played much in key positions to give them more experience and playing time. DO NOT KEEP YOUR KEY PLAYERS IN KEY POSITIONS.

U. Revised ruled at the first of the year meeting will be in effect during the upcoming season.

V. Awards are not supplied by the League.

W. The procedure to contest a player's age shall be as follows:

1. Notify the referee of the number of the player in question.

2. The referee will notify a representative of the site that a player's eligibility is being contested. Once the site representative is notified, the game will continue and the player in question will remain in the game.

3. The site representative will notify the opposing coach and seek verification of player's age.

4. If proper verification can not be obtained, the site representative shall notify the referee and the player shall be removed from the game. If the player is determined to be legal, the site representative shall notify the opposing coach that the age has been verified.

Article 17. LEAGUE OFFICIALS

- A. Establish a general board with a member from each sponsoring organization, with one (1) vote per each sponsored team.
- B. Establish an Executive Board with members from each participating community. This board will be allowed to conduct business whenever a quorum can not be reached at our regular called meeting.
- C. The Executive Board would appoint one (1) additional member to act as a publicity man. (Non-Voting Member)
- D. The Executive Board would review all decisions of the general board that was contested.

Remember it is a privilege to be in this league not a right. Teams that want to test the rules may be testing the privilege of all the teams from their community to be in the league next season.