Middle Tennessee Youth Football Conference

Official 2026 Season Rules and Regulations

(Revised 02/15/2026)

2026 MTYFC Executive Board Members

President – Phillip Key (Monterey)

West Commissioner – Brett Wyatt (Stone)

East Commissioner – Travis Qualls (Fentress)

Executive Administrative Assistant – Marlene M Greene

Under Assistant

Legal Representation – Kelly Tollett (Independent)

Official Background Check Service Provider of the MTYFC

***Link to background check service: http://go.toutapp.com/fcabe8c39d979a1d62 ***

MYTFC Official Email address: middletn.youthfootball@gmail.com

The MYTFC will hold an official board meeting to start the new season for each year no later than the end of that calendar year's month of February.

1. The MTYFC will be governed by an Executive Board consisting of a President and two Assistant Commissioners (East and West), an Executive Administrative Assistant, and an Under-Assistant. Voting Board Members will consist of two representatives from each member team. Any motions presented during MYTFC meeting must be seconded by another voting member. If seconded, the MTYFC president will conduct a recorded roll call vote.

2. The MTYFC Head Commissioner shall be elected at the first meeting of the season, on the odd numbered years by a majority vote from all voting members and existing Assistant Commissioners to serve a two-year term.

3. The two MTYFC Assistant Commissioners, one from the West and one from the East, shall be elected at the first meeting of the season, on the even numbered years by a majority vote from all voting members and existing Head Commissioner to serve a two-year term. The West and East Commissioners will come from different programs.

4. The two MTYFC Administrative Assistants shall be non-voting members of the board and will be appointed by the Executive Board at the first meeting of the season, to serve a two-year term.

5. If a new program would like to join the MTYFC it will be done at the review and consideration of the entire voting congress of the MTYFC. New programs will only be added at a rate to maintain an even number of programs per game season to prevent disruption with the game rotation. Any league added to the MTYFC will be automatically on a two-year probation term. In addition, new teams will not be allowed any conference votes during official MTYFC meeting for minimum term of one year. If one of the two teams backs out of the MTYFC, then both teams will be removed from the MTYFC.

6. Any county program that has more than one team but shares the same board and finances will only have two votes and will only be charged one fee at Jamboree. A county with two or more programs that have separate boards and finances will be considered two separate entities and will have two votes each and each will be charged a fee for Jamboree.

   All MTYFC teams will register two voting members from their own organization. There will be no absentee voting. It is mandatory for a representative from each program to be present at the rules meeting.

7. There shall be three divisions: Peewee, Junior, and Senior.

8. The Peewee Divisions (6 & 7 years of age) shall consist of any candidate who has attained the age of six (6) years as of April 1st of the playing year and seven (7) years provided those players do not participate in the Junior Division game.

9. The Junior Division shall consist of any candidate who will not attain the age of ten (10) years as of April 1st of the playing year. A player may be allowed to play up with consent but will not be allowed to play down.

*****Note: All Divisions can play up, but they cannot play down with the permission of both competing team's head coaches *****

10. The Senior Division shall consist of any candidate who has not turned 13 as of December 31st in the calendar year. If a player is 12 years of age, they cannot play in a Jr. High Football program and the MTYFC. All players requiring a 12-year-old player consent form will have a 20-pound penalty added to their weight (Form is provided on the MTYFC website).

11. Any player that plays in an Elementary or Middle School Football program is not eligible to play in Middle Tennessee Youth Football.

12. The Peewee Division will have a weight limit of **96 pounds** or less to participate in a "skilled" position (including quarterback, running backs, tight ends, and receivers on offense and linebackers, ends, cornerbacks and safeties on defense).

13. The Junior Division will have a weight limit of **116 pounds** or less to participate in a "skilled" position (including quarterback, running backs, tight ends, and receivers on offense and linebackers, ends, cornerbacks and safeties on defense).

14. The Senior Division will have a weight limit of **136 pounds** or less to participate in a "skilled" position (including quarterback, running backs, tight ends, and receivers on offense and linebackers, ends, cornerbacks and safeties on defense).

15. Any player that is determined to be over the weight limit will be designated a "striper" for the entire season and will only be allowed to participate in a "lineman" position for both offense and defense. All stripers will be identified on the field with a 1-inch to 2-inch contrasting color stipe on their helmet. It will be placed on the helmet after the player has been officially weighed in. If a player wears a guardian cap, the stripe will be

placed on the face mask. If a player is designated a striper at weigh ins, it is the responsibility of the player's coach or program representative to have striping material available in accordance with the MTYFC regulations.

16. The start of conditioning will be at the discretion of each team. Teams will not be in full pads until July 1st.

17. Each participating team will provide official MTYFC player and coach documentation divided by division at Jamboree during the time of player weigh in and processing.

All Coaches and Participating program staff that will have field access must have the following required documentation:

- Copy of an **Official and Current NAYS (National Alliance for Youth Sports) or NFHS (National Federation of State High School Associations) Certification** for the sport of Football or an Official and Current NAYS League Administrator Certification.
- Copy of Official **Certificate of completion for NAYS or NFHS Football Concussion Training**. Concussion training certifications other than NAYS or NFHS will only be accepted by the approval of the MTYFC executive board and must be submitted for review no later than 10 business days before Jamboree.
- Copy of **Official Certificate of Completion for NAYS or NFHS Football related Sudden Cardiac Arrest** training.

The MTYFC official paperwork must be organized per the following specification:

- All paperwork will be presented to MTYFC in a **hard cover 1 to 1 ½ inch three ring binder** labeled with **Participating Program Name, Year, and Division**.
- All paperwork will be in **individual clear protective sleeves** attached in the above-mentioned three ring binder.
- Each binder with paperwork will start with **an official MTYFC roster** for that division **followed by all coaches required paperwork divided with tabbed dividers identified by coaches last name and first initial**. **Next all players** will have paperwork divided using **binder dividers with tabs**. The **tabs will be marked with the player's number** clearly legible. All dividers must be in **numerical order and the numerical order must match the official roster**.

- Divided player paperwork will be in the following order:
    - **MTYFC Official Registration Form** (form to include a place for parents/guardians to sign for permission for videography and

photography of players, a place to sign for understanding of TSSAA Cardiac Arrest information and TSSAA Concussion understanding)

- **Copy of Official Birth Certificate** (or previously approved document)
- **A Mother's copy of the birth certificate may be used if it is *signed and notarized***
- **12-year-old consent form**, if applicable
- **Physical signed by physician and mark with released to play**

Please see the MTYFC Executive Assistant during a MTYFC scheduled meeting prior to Jamboree for an example.

18. All required MTYFC player paperwork, releases, and coaches background check service will be available on the MTYFC website. A school employee may provide a background check provided by the Board of Education accompanied with a letter for its authenticity signed by the Director of Schools. MTYFC will accept background checks provided by TBI, military, police or fire fighters. All other background checks must be provided by NSCI (National Center for Safety Initiatives). **ALL BACKGROUND CHECKS MUST BE COMPLETED PRIOR TO THE FIRST PRACTICE.**

19. Any participating program division not providing **ALL** correct paperwork as described in section 15, during the program's division weigh in and processing will be fined a penalty of $200.00 per occurrence to be paid before the start of that division's first regular season game. If a participating program fails to pay accumulated penalties per division by the start of the first regular season game, the MTYFC will rule the participating program's division's first game a forfeiture as a penalty for not paying the fine. In addition, if a player is designated a striper and a coach or program representative is not able to mark the players helmet to MTYFC regulations at the time of weigh in for that player, the program's division will be penalized $200.00 dollars per occurrence and that player will sit out for the first regular season game. The funds collected by MTYFC will be distributed evenly to all participating programs except for the program being fined.

20. If a birth certificate or a mother's certified copy of the birth certificate is unavailable for the registering player, secondary documentation confirming name and date of birth must be provided to the MTYFC Executive Board East and West Commissioners for approval no later than one week prior to the official Jamboree. If an issue arises with a player's birth certificate or the mother's certified copy of the birth certificate from a participating program, the MTYFC President can stand in for the commissioner. Approval of secondary documents will be given within two business days of submission.

21. Any participating program player who does not provide an official birth certificate, a mother's certified copy of the birth certificate, or previously approved documentation by the end of the official MTYFC secondary weigh in and processing will NOT be allowed to participate in MTYFC that season.

22. Any participating program's voting representatives may request on behalf of any League President/Division Head Coach to see another participating program's player paperwork. Requestor must make an official written request with date, reason for request and signature to the MTYFC Executive Board. The MTYFC will review request and if approved, will provide requestor access to the requested paperwork within ten business days.

23. All participating program's players will be weighed wearing nothing less than a t-shirt (no shorter than the breastbone) including boxer briefs and socks and shoes are optional. All female players will be weighed in first or last and must be accompanied by two females or a female parent.

24. There will be one weigh in on the Friday before the Jamboree. During weigh in, only one participating program will be weighed and processed at a time. Each division of a participating program will be weighed in and processed before we begin processing the next program. Players will need to be lined up in the order they appear on the participating team's division roster. During weigh in and processing, only MTYFC voting board members, two division coaches, and division players will be allowed in the official MTYFC processing area. **ONLY THE PRESIDENT OF THE ORGANIZATION CAN BE AT THE TABLE WHILE THEIR PLAYERS ARE BEING WEIGHTED.** Each player must be wearing their game jersey. They may take the jersey off before they step on the scales. ONLY the participating programs MTYFC voting member and MTYFC Executive Board/Officials will handle and process registration paperwork. Each player must exit the MTYFC processing area upon completion of their weigh in and processing.

25. A participating program's division may submit a player's required MTYFC official paperwork if the player is unable to attend the weigh in and processing at the weigh in. The penalty will be that the player must forfeit participation in the first regular season game and must be weighed in at the MTYFC scheduled secondary weigh in and processing that will be held on the Sunday following the first regular season game. If a player still is unable to attend and be weighed in, then that player will not be allowed to play in the MTYFC season and will be removed from the participating program's roster.

26. Any player that is weighed and processed at the MTYFC secondary meeting will have a five-pound penalty assessed before being weighed. The weight limits to be used at this weigh in will be:

    a. Under 91 lbs. for Peewee Division
    b. Under 111 lbs. for Junior Division
    c. Under 131 lbs. for Senior Division

For a player to be weighted, any member of the program and paperwork must be present, or the child will not be weighted and will not be able to play in the regular season.

27. At all weigh ins only Executive board members will adjust the scales and make the determination whether a player is over or under the weight limit.

28. The playing time for the Jamboree will be two 15-minute quarters with a running clock except during time-outs.

29. Each team will be allowed two-time outs during their two quarters.

30. The Jamboree will be played according to **ALL** MTYFC regular season rules (except for the clock and time-outs). There will be two officials at the Jamboree.

31. The chain gang will not be allowed on their cell phones while running the chains. If there is a problem with the chain gang, the league President will be notified immediately.

32. **ALL DIVISIONS:** Linebackers must line up no less than 3 yards from the line of scrimmage when the ball is outside the "RED ZONE". The immediate and any subsequent violation of this rule will result in a 15-yard penalty and automatic first down.

33. **ALL DIVISIONS:** The rules that the MTYFC Peewee, Junior, and Senior Division teams shall abide by the National High School Federation rules that are used by the TSSAA referees that will be officiating all MTYFC games. The only exceptions will be:

a. The game length will be four (4) eight-minute quarters for regulation play.

b. Half-time will be 10 minutes.

c. Any striper or non-stripper playing in the line position must be lined down in a 3- or 4-point stance, and inside the tackle box at all times. Penalty of 15 yards and first down. Any non-striper may line up in the outside shade.

d. Any stripers on the kick-off return team must be on the front line. Stripers cannot advance kick-offs. Possession will begin at the point where the receiver controls the ball.

e. On fourth down the offense will have two options:

1. Attempt a normal run or pass play to pick up the needed yardage for a first down and the clock will continue to run according to game rules.

2. Signal to the referee within the 25- second play clock that the offense would like to punt the ball to the opposing team.

f. On punt plays the clock will stop once a team has announced the intention to punt the ball. The clock will resume on the snap of the first play.

g. During punts, the offense will assume a kneeling position. The defense can stand and raise their arms in the air as a punt blocker.

h. The punter will be handed the ball by the referee at least 5 yards behind the line of scrimmage and be asked to punt the ball within the 25-second play clock time frame.

1. Peewee: 30-yard walk off punts that go past the 20-yard line will be brought back to the 20-yard line.

2. Juniors and Seniors: Punts will be played from the location the ball is when the referee blows the whistle. Any ball punted into the end Zone will be brought back to the 20-yard line.

i. The defense may place no more than two (2) players back to receive the punt, and possession will be determined at the point the defense first controls the ball with no forward progression.

j. Extra points will be awarded by three means:

1. Any play following a touchdown in which a player the ball across the goal line will be award 1 point.

2. Any play following a touchdown in which the play originated by a forward pass (including shuttle pass) and crosses the goal line will be awarded 2 points.

3. FOR SENIORS ONLY: The place holder will be handed the ball by the referee at least 10-yards behind the line of scrimmage and be asked to punt the ball within the 25-second play clock time frame to attempt the extra one point by kicking.

k. Any player may wear any number they choose and play any position on the field on both offense and defense.

l. Only two coaches and one player shall be allowed to follow the team from goal line to goal line. All other team personnel shall remain above the 25-yard line.

34. Each team will be responsible to fulfill MTYFC game obligations before scheduling games with teams outside the conference.

35. If a host team is unable to provide or play a regular scheduled game on a suitable field due to field conditions or denial from a field owner, they must notify the visiting team and Commissioners as soon as possible. Home team must coordinate with the visiting team for when and where this game is to be made up. All games that cannot be played on a regularly scheduled Saturday will be made up on the proceeding Sunday. If a visiting team cannot play on the Sunday proceeding it will be a forfeit to the visiting team unless an agreement can be made between the team. In the event a game is canceled, the home team is responsible to provide tickets or bracelets for the makeup game. No refunds will be given. If a ticket or bracelet cannot be presented at the makeup game, the individual will pay the admissions cost again.

36. In the event a game time change needs to be made the Commissioners must be notified. It is the responsibility of the Commissioners to reschedule the Officials. Failure to follow the procedure will result in a $200.00 fine. All fines, except for rule #58, will be divided equally between all the programs.

37. ALL MTYFC games will ONLY be cancelled or suspended by the discretion of the head referee.

38. Peewee Division will have TSSAA Referees officiating each game and the length of the game will be four eight-minute quarters of regulation play (same as Junior and Senior).

The rules shall be the same as the Senior and Junior Divisions except the following stipulations:

a. Peewee teams will not have kick-off nor punts during their games.

b. Peewee teams will begin game play and plays following extra point attempts on their own 40-yard line.

c. Peewee teams will have the option on 4th down to either attempt to gain the needed yardage for first down OR signal to the referee that they want to punt, and the clock will stop, and the referee will place the ball 30 yards down field (not to go inside the 20-yard line) where the defense will take possession.

d. Two Peewee coaches may be on the field during play on both the offensive and defensive side of the ball. Coaches cannot be used as decoys. Coaches must stay 10-yards back of the line of scrimmage. Referees do not have to issue any warning and will use their judgment to call violation. Violation of this rule will be treated as an offside penalty.

39. A required meeting between the white hat, head coaches, or league president will be held 15 minutes prior to the peewee game. It is the home team's responsibility to give the MTYFC handout to the white hat. The handout includes the following:

1. Linebackers must line up no less than 3 yards from the line of scrimmage when the ball is outside the "Red Zone". The immediate and any subsequent violation of this rule will result in a 15-yard penalty and automatic first down.

2. Any striper or non-stripper playing in the line position must be lined down in a 3- or 4-point stance, and inside the tackle box at all times. Penalty of 15 yards and first down. Any non-striper may line up in the outside shade.

3. Peewee: 30-yard walk off punts that go past the 20-yard line will be brought back to the 20-yard line.

4. Juniors and Seniors: Punts will be played from the location the ball is spotted down. Any ball punted into the end Zone will be brought back to the 20-yard line.

5. Only two coaches and one player shall be allowed to follow the team from goal line to goal line. All other team personnel shall remain above the 25-yard line.

6. Once players break huddle, Peewee coaches must stay 10-yards back of the line of scrimmage. Penalty 5 yards.

7. There will be a zero-profanity policy. In the event of profanity, a team will be charged with a 15-yard penalty.

40. Any bleeding, open wound, or anything else considered a biological hazard that could be possibly transferred via contact must be stopped or controlled immediately. If unsure, please consult with the referee who is officiating the game or an MTYFC official.

41. Youth eligibility: Any youth that intends to play within the MTYFC, will play for the team in the county in which they attend school. If the county has more than one MYTFC youth sports program within the county, the player may play for either program. The only exception would be for the Monterey Program. Overton County agrees that kids from the Hanging Limb Community would be able to play with the Monterey Program. Also, a player may be allowed to play in another county if there is no MTYFC program in their county. Exceptions must be approved by Executive board and adjoining participating programs. Homeschooled players will fall under the exceptions.

42. After official weigh ins and processing of the game season, a player may only play for the participating program that submits that players official MTYFC paperwork.

43. The gate fee to be charged by all MTYFC member teams for all MTYFC games will be $7.00. Children under six (6) years will be admitted free.

44. NO COOLERS BROUGHT TO MTYFC GAMES BY FANS WILL BE ALLOWED INTO THE STADIUM AREAS. ***Official MTYFC football and cheerleading coaches can carry a cooler for players and cheerleaders thru a pass gate if necessary. ***

45. All MTYFC member teams will be given a MTYFC badge that will allow their members to enter all games free of charge. Each team will have a list of their members that will receive the badge at the weigh in. The badges will be given at the weigh in to the appropriate members. The badges will have on them the MTYFC logo and current YEAR.

46. Professional media sources with creditable credentials present on their person will be allowed on the sidelines.

47. If a player is in question concerning a pre-existing medical condition, it is mandatory that this player obtain a signed physicians release and will only be allowed to participate at the coaches' discretion (liability issue).

48. Any player that can play only with signed physicians release will be playing with the understanding that the team coaches, conference officials, or any conference member may not be held liable for any pre-existing medical condition which causes harm to the player in question due to their participation.

49. All MTYFC coaches, including all assistants, must be certified by the National Youth Sports Coaching Association or the National Federation of State High School Associations.

50. If at the end of the season two teams are tied, the higher seed will be determined by head-to-head results.

51. If at the end of the season three or more teams are tied, the higher seed will be determined by the following:

1. Division record
2. Head-to-Head results
3. Overall record.

52. Any conference member, parent, coach, or spectator behaving in an inappropriate manner will be ejected until an emergency board meeting can be held.

53. Any player ejected from a game by the referee will also not be allowed to participate in the next scheduled game (including any practices before that game).

54. Any MTYFC coach ejected from a game will not be allowed to participate in two (2) weeks of all MTYFC activities including practice. A meeting will be offered to the coach in question and is required to be held within seven (7) days preceding the incident. This meeting will consist of the Head Commissioner, Assistant Commissioners of both East and West divisions, the coach in question, and the president or head coach of that league will be required to attend. An email or text will be sent out to notify the remaining teams of the ejection.

55. Parents and players are requested to conduct themselves in an orderly fashion. There will be no profanity or negative comments by coaches, players, cheerleaders, and or parents at any practice or game. Keep all comments to yourselves. If this occurs the coaches, parent and

players will be dismissed from practices and games indefinitely. Parents or children causing a scene to the league will be dismissed from the league indefinitely.

56. All players in the MTYFC will be required to obtain a yearly Sports physical before being allowed to participate.

57. If a team must forfeit a game due to a loss of players (unable to field a team of (11) eleven) during the season, if agreed upon by the opposing coach a player may be moved up a division in order to complete an eleven-player team.

58. If a team does not travel to an opposing team's site for a regular scheduled game, the visiting team will forfeit the game and must send the host team a check in the amount of $800.00 (per divisional team that did not play) to cover the amount lost in gate admission.

59. Both the Peewee and Junior teams will use the Peewee size football for practice and games with Senior team using the Junior size.

60. NO PETS are allowed at games unless it is a service animal that has paperwork.

61. The team hosting the Superbowl, will be responsible for providing and paying for the awards given out after the games. AAA Trophies will be the supplier for the awards. Gold Rings will be provided for the Champion. Coaches will receive rings. Resin Football trophy with brown base with a silver plate for the Runner Up and gold plate for the Champion.

The rings will have the Tennessee state flag emblem and the letters MTYFC in the center. The silver plates will have the wording Middle Tennessee Superbowl Runner Up, Year, Division. The Gold plates will have the wording Middle Tennessee Superbowl Champion, Year, Division.

Player/Cheer Registration Binders will be given back to the team during the championship game.

For the Jamboree, playoff and championship games the field must be lined, an announcer and the chain gang provided. If a facility cannot be used, the President of the team hosting the event must find another facility to use. If the team hosting cannot provide the for mentioned, the President will have to step down from his/her position, and the Vice-President will assume the President's position. The hosting team will also be charged $2400.

62. If any spectator, parent, guardian, faculty, staff, MTYFC coach, or officials have questions, comments, or complaints that they would like to bring to the attention of the MTYFC they must be submitted in writing via email or written letter. Email correspondence can be sent via the MTYFC website under the Contact Information section https://www.leaguelineup.com/contact_adminlist.asp?url=mtyfc for written letter correspondence please deliver in a sealed envelope your letter to your league president.

63. The MTYFC will not allow ANY persons convicted of a felony to participate in coaching, team/league administration, or MTYFC official business.

64. Due to the modified half-time rule observed by the MTYFC, there will be no special events planned during half-time. Special events include homecoming celebrations, awards disbursement, or any other activity that could prolong half-time and delay game time. All special event activities should be conducted prior to the start of the Peewee or upon the conclusion of the Senior game.