

Mid-States Football League Rules and Regulations

1st-6th Grade



*Mid-Kansas
Central Division*

REVISED APRIL 2022

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. GRADES

Pre-K to Kindergarten Must be enrolled in Pre-k or Kindergarten current Fall school year

1st Grade Must be in 1st grade current Fall school year

2nd Grade Must be in 2nd grade current Fall school year

3rd Grade Must be in 3rd grade current Fall school year

4th Grade Must be in 4th grade current Fall school year

3rd & 4th Grade Must be in either 3rd or 4th grade current Fall school year

5th Grade Must be in 5th grade current Fall school year

6th Grade Must be in 6th grade current Fall school year

A player may play up one grade, they CANNOT play any grade down. If any player plays under false grade, all games that they participated in will be forfeited. The grade in effect for each player for the current season is his or her enrolled grade at 12:01 a.m. on September 1 of each year. It is advised that all coaches have a player's school issued enrollment document, grade card or yearbook page showing either the last semester completed, or the current semester enrolled in to address any questions concerning a player's grade. ~~birth certificate on hand at every game to address any questions concerning the grade of a player. The situation will be handled immediately at the stadium. If a birth certificate or other acceptable form of Grade verification is not available, the player(s) in question 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 required 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 always mandatory 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

F. Mouthpiece

G. No form of Head gear under helmet

H. Stockings

I. Tennis Shoes

J. Cleated shoes optional in all games.

Note: Shoes must be of a soft pliable rubber or plastic.

No hard rubber, plastic or metal cleats.

Removable cleats are allowed.

K. NO Tinted Visors (Under any circumstances)

Article 8. UNIFORMS

All teams must be uniformly dressed regarding cost and quality. Advertising on any uniform 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 always tucked in. 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 is allowed the minimum number of players required to play the game 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 are to be divided by a draft. Every attempt is to 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 allowed up to 10 hours of practice each week. Practice games are included in this time. After the first league game, practices allowed up to 6 hours per week.

Article 12. PLAYING FIELD

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

1st/2nd Rookie Tackle Field (40 yds.) Field width is Sideline to the start of the 2nd Hash mark

Flag Football Pre-K thru 2nd grade (40 yds.) Field width is Sideline to the start of the 1st Hash mark

Article 13. TYPE OF BALL

The approved ball shall be a good grade leather or composite type, with host site responsible for providing a K-2 Ball for Flag and Rookie Tackle in 1st / 2nd Grade. Wilson TDJ football for 3rd, 4th, 3rd/4th grade combo and 5th grade games and a Wilson TDY football for 6th grade and 5th/6th grade combo games

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 always maintain an attitude above reproach. Profane language won't 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. (Up to a Maximum 6 USA Football certified coaches per team on field)
- NO ELECTRONIC OR COMMUNICATION DEVICES ARE ALLOWED AT ANY TIME. ONLY CERTIFIED COACHES AND PLAYERS ARE ALLOWED IN COACH/PLAYER BOX.
- Only one camera or video personnel per team allowed (must display ID Badge at all times). Can shoot from or near track and must stay out of the Coach/Player Box and off the playing field.
- The League strongly recommends each program run background checks on their coaches and volunteers for the safety of the children and their own organizations program.
- ALL coaches need to be USA Football certified and display their ID badge while on the playing field.
- NO water boys or other kids are allowed on the field or track who are not a player on the roster. They must sit in the bleachers.

Article 15. PLAYER ELIGIBILITY

- A. *Participating players must be enrolled at and come from their respective school district's enrollment unless the player in question lives within a district not affiliated with any Mid-States organization. Any player enrolled in a district, not affiliated with any Mid-States organization, is required to first obtain prior approval from the Mid-States League Board before being placed on any team. Any team and/or organization found not following the Player Eligibility Rule will lose the right to host all scheduled games and will be put on immediate probation to include the following season.*
- B. *No recruiting from other Mid States organizations or from within their school district. 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 organization's president or person authorized to sign documents on behalf of that organization.*
- C. *No roster additions will be accepted after week 1.*
- D. *No cuts or tryouts for any football team is allowed.*
- E. *Players cannot participate with more than one (1) team within the league nor any other football organization or program. The player or players if found out will be automatically removed from team roster for the remainder of the season.*
- F. *A program with 5 or more out of district players within a given grade requires league approval before those players are allowed to participate.*
- G. *For private schools, "District" shall be defined as the school's current enrollment ONLY. Rule (F) also applies to their program.*
- H. *Each organization's president is required to furnish ALL completed team rosters before September 1st to the Mid States Football Board. Thereafter, any additions or deletions must go through the organization's president first who will then submit a new roster to the Mid State League for approval and to be circulated out to all organizations.*

- I. An organization's president will be held accountable and is responsible to confirm to the Mid State League all athletes on each team's roster meets all grade and eligibility requirements. Those found to not follow the player eligibility guidelines will face their organization being put on probation.

Article 16. PLAYING RULES

All games are to 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 3rd – 6th grades

1st/2nd grade, a (15) minute running clock except for injury (4 quarters). Clock will stop after a PAT and will not be restarted till the ball is placed and set by the official at the 40-yard line.

Flag, a (10) minute quarter running clock except for injury (4 quarters). Clock will stop after a PAT and will not be restarted till the ball is placed and set by the official at the 40-yard line.

- B. On change of possession, the clock will run according to High School Rules

- C. There shall be one (1) minute between quarters and Eight (8) minutes between halves.

- D. If games are running behind schedule, do not take time away from quarters and halves can be reduced to no less than 8 minutes. 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. 1st/2nd Grade Rookie and Flag no time outs.

- F. Each player must play, at least 4 plays per half or 8 plays per game, except as described in Item O.

- G. Free substitutions at all times.

- H. 1st/ 2nd Grade Rookie and Flag there is NO Kicking or Punting. Game starts on the 40-yard line. One (1) Coach is allowed on the field but once the quarterback goes under center, **the coach can't give any instructions or give any signals** until the whistle blows the play dead. Penalty is 15 yards (unsportsmanlike Conduct). Coach must stay back past the farthest player and away from the play.

1st/2nd Grade has 45 seconds to snap the ball and run the play. If they fail to snap the ball in 45 seconds, a flag will be thrown **and a loss of down will be enforced** (after 1 warning). **Coaches are encouraged to keep all plays moving and players ready** to get the most out of the time allowed. Kids want to play not just stand around watching the clock tick down.

3rd/6th Conversion shall be one (1) point for a run or pass, and two (2) points for a kick.

1st/2nd Rookie Conversion shall be one (1) point from the 3yd line and two (2) points from the 5yd line

Flag Conversion shall be one (1) point from the 3yd line and two (2) points from the 5 yd line or pass from the 3yd line

3rd/4th No rushing is allowed on Extra Points, Field Goals and Punts (Only one snap is allowed). It is the coach's responsibility to tell the official if he is going to punt before the player's 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**

Flag Only – One first down when team crosses 20-yard line.

- J. *1st/2nd Grade* **Will use Rookie Tackle Rule Book if not addressed here**
Flag will use Modified version of the USA Football if not addressed here
- K. *Coaches and players must stay inside the Coach/Player Box (25-yard lines).*
- L. *Time outs will be asked for and granted to any player on the field.*
- M. *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.*
- N. *No protests are allowed. Officials calls made on the field are final.*
- O. *Three (3) certified officials should work each league game (3rd – 6th Grades). Two officials for 1st/2nd Rookie of which 1 needs to be certified. One official for Flag. Referee's maximum reimbursement to a league organization is \$50 per referee per game.*
- P. *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.*
- Q. *The host site shall provide a field clock at each playing field.*
- R. *Ties to be played of as follows:*
- | | |
|--|---------------------------------|
| <i>Flag</i> | <i>No Overtime Period</i> |
| <i>1st / 2nd Grade</i> | <i>No Overtime Period</i> |
| <i>3rd/4th Grade</i> | <i>One (1) Overtime Period</i> |
| <i>5th/ 6th Grade</i> | <i>Two (2) Overtime Periods</i> |
- S. *No games if heat index is over 100 Degrees at start of game.*
- T. *Any coach, player or spectator thrown out of a game or stadium by the field official and/or host site field coordinator, results in a minimum next game suspension for that individual. The coach or spectator thrown out cannot be at the next game or in the stands. A player cannot 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. Anyone ejected from the game, the site director should notify the league president on Monday with the name of individual, player number, town, and what happened. This can be emailed.*
- U. *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. Personnel will stand on home side).*
- V. *It is required when a team is 24 points ahead, that team should substitute freely to avoid "Running Up the Score." The team that is behind has the option to agree with a running clock to start the 3rd quarter, but it will automatically start and run in the 4th quarter when a team is ahead by 24 points. It is suggested you move kids that have not played much in key positions to give them more experience and playing time. Timeouts called during the running clock rule, the clock will run during the timeout for a max of 30 seconds.*
Note: If a player has scored 2 or more times once you reach the 24-point lead, he is not eligible to touch the ball. If player touches the ball, coach is subject to a next game suspension for not following rules by rotating and moving skilled players. Site coordinator will be responsible for keeping track and enforcing this rule.
- W. *Once a running clock, the clock remains a running clock.*
- X. *Awards are not supplied by the League.*

Z. The procedure to contest a player's grade shall be as follows:

- 1. Mid State League will provide to the host sites the approved final rosters as provided by the organization's president and approved by the Mid-State League.*
- 2. A concern regarding a player's eligibility needs to be taken to the Mid State League to be addressed.*

Article 17. LEAGUE OFFICIALS

- A. Establish a general board with a member from each sponsoring organization, with one (1) vote per each sponsored Organization.*
- B. Establish an Executive Board with (4) four members from participating Organizations. This board will be allowed to conduct business whenever a quorum cannot 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.

Appendix 1: Rookie Tackle & Flag Football Additional Playing Rules

Game Play

- a. There shall be only 1 Coach on the field per team and once ball is in play no more coaching.*
- b. Rookie Tackle must always have 5 players on the line of scrimmage and Flag must have 1 player on the line of scrimmage.*
- c. No unbalance line and formation, or motion pre-play.*
- d. Quarterback sneaks are not allowed in A gap in Rookie Tackle and No Quarterback sneak in A or B gap in flag.*
- e. There is No Stiff Arm or form of arm extension is allowed in Flag Football, if stiff arm occurs the ball will be called dead at the spot of the foul.*
- f. Blocking needs to be above the waist.*
- g. In Flag, blocking with hands above the waist and in the chest.*
- h. There must be 3 Flags on belt positioned 1 on each Hip and 1 on the tailbone while on offense.*
- i. Flag Football will only have 1 first down marker at the 20-yard line.*
- j. NO RUSHING THE A GAP*
- k. Rookie Tackle defensive alignment can have a max of 4 players on the line but must be heads up on Guard or tackle/wideout, linebackers must be 4 yards off the ball and 1 player must be 10 yards off the line of scrimmage. Flag – all 5 players must be 4 yards off the ball with only 1 automatic rusher at the snap of the ball.*
- l. Penalties – all 15-yard penalties will be 10 yards and all others 5 yards. Nothing can go past the 40- yard line and any penalties would result is a loss of down.*
- i. Blitzing the A gap without making contact with the guard will result in 5-yard penalty.*