

# Moore Youth Football Association



**Spring 2024 Rule Book**

## **Section 1**

### **Player Eligibility**

- The cut off date for 5U is July 1, groups 6U-14U have a cut off date of May 1. The age they are the day before the cut off date, is the age group they will play in for that season. \*\*MYFA is slowly transitioning to a 7/1 cut off as most national tournaments use this cut off, however we recognize that established teams may have players who would be forced to leave their team if we forced the transition on all age groups. Therefore this year we will have a 7/1 cut off for 5U, 2025 will have a 7/1 cut off for 5&6U, and so on. \*\*
- We will have age groups as follows: 5U, 6U, 7U, 8U, 9U, 10U, 11U, 12U, 13U, and 14U. We reserve the right to combine appropriate age groups to ensure the league offers competitive divisions.
- Grade exemptions: If a player has a date of birth prior to their respective cut off date, but is in the appropriate grade for that age group, they may play in that age group provided; the parents provide proof that that player is in the grade they claim and that the player does not turn two years older at any point in the season.

### **Rosters**

- Each team may carry a maximum of 14 players on their roster. If MYFA has players without teams who need to be assigned, they reserve the right to assign players to teams even if this would pass the previous stated maximum. This is the only exception.
- Team rosters are frozen at kick off of the first game of the season. All members of a team's roster must play 70% of the seasons games to be eligible to play in the playoffs.
- There are no weight restrictions in MYFA.
- A player playing up more than one year must provide written consent from a parent or guardian.
- No player may be carried on more than two rosters, one being the age group which the player is registered in and the second being one age group up, however schedules will not be changed to accommodate this roster choice.
- Only a head coach is able to raise a roster challenge, the challenge must be brought to the board no sooner than 24hrs after the last game of the night, the team raising the complaint must pay a fee of \$100. Once the challenge has been raised, the board will meet with both parties for an investigation. If the challenge stands, the \$100 is given back to the challenging team, if the challenge fails the \$100 is forfeit to the association.
- Any team found guilty by MYFA of violating any rules regarding rosters and player eligibility will be subject to consequences at the discretion of the board, including but not limited to, fines, suspensions, forfeits, and penalties.
- Head coaches are responsible for insuring all required documentation is uploaded on players Team Snap profiles. These documents include: Parent code of ethics, Player code of ethics, Sports Physical, and Birth certificate.
- All coaching personnel will be given a badge upon registration via TeamSnap and successful back ground check. These badges must be worn at all times while inside MYFA facilities. Only coaches with the appropriate age color and badge may be in the player box or on the field, all other personnel must be behind the player box.
- The schedule will indicate whether you are on the HOME or AWAY side of the field, HOME is the side with the scoreboard. There will be two coaches allowed on the field for 5U and 6U only, one coach is allowed for all other age groups, as long as they are wearing their badge. On either side of the ball, coaches must be 5 yds behind their player furthest from the LOS, must move out of the way of the ongoing play, and may not interfere with the outcome of the play. Interference will result in a penalty.

### **Equipment**

- Coaches are responsible for providing a game ball and it must be fully inflated, it must be brown/tan and made of composite or leather, no rubber balls allowed.
- Football size is determined by age group as follows:

- 5U-9U            K2 or Peewee size
- 10U-11U        J series or Junior size
- 12U-13U        Y series or Youth size
- 14U              Official size
- The only approved cleat styles are molded or screw in cleats. Metal tips and baseball spikes are prohibited.
- Teams are required to wear matching team uniforms.
- Players are required to wear mouthpieces.
- Players are required not to wear any jewelry including but not limited to, watches, rings, necklaces, earrings, and bracelets.
- Soft shell helmets are optional and may be worn at the discretion of the players parent or guardian.
- MYFA will supply ages 8U-14U with a QB Tee.

### **Pre-game Check-in**

- Coaches should arrive 15min prior to their scheduled game time.
- Ten minutes prior to kick off, coaches will meet the head ref at the 50yd line to exchange payment. Each team must bring \$15 cash for each scheduled game. Failure to provide \$15 cash to the head referee, PRIOR to kick off, will result in a forfeit.
- If a team is late, the referees will start the clock at the scheduled game time, once 5 minutes of play clock has run off, the game will be ruled a forfeit. The victory will be scored as 6-0.
- The forfeiting team in any scenario will pay the referees for both teams, totaling \$30, for each game they forfeit. Fees will be due before their next scheduled game.
- If the late team arrives with play time on the clock, and both coaches agree, they may scrimmage, however the late team will first have to pay the officials.

### **Flag Game Play** **5U-7U**

- MYFA will supply flags for each team, each flag belt will consist of 3 flags fixed to the belt by velcro. Each player must wear their jersey tucked into their shorts and their flag belt on top of the jersey, with one flag located on each hip and one in the middle of their back, failure to wear flags as stated may result in a penalty.
- Flag will be played by two teams of 7 players on each side of the ball. The pull of a flag of the ball carrier, is what will end a play.

### **Game Timing**

- Games will have a running clock of 25 minutes. The only reason the clock will stop, is for a serious player injury.
- There are no time-outs
- Teams have 25 seconds from the time the referee spots the ball, to snap the ball, before receiving a delay of game penalty.
- A coin toss will decide first possession of the game, and the clock will start at the referees whistle.

### **Offense**

- Offense must consist of no more than 7 players and no less than 5, 3 of which must be on the line of scrimmage(LOS), in a three point stance. The down linemen must consist of two guards and a center.
- A 2yd neutral zone will be established by a marker(beanbag) placed by the referee, between the LOS and D-line.
- The center must snap the ball to the QB, and the ball must travel between their legs. The center is the only player not eligible to receive a pass. The center may not snap the ball on

one knee in the style of a 7v7 snap. In the case of a bad snap, the ball is considered live and the QB has 5 seconds to pick it up and continue the play.

- Only one player may be in motion at the snap of the ball and must be running parallel to the LOS. More than one player may shift, however, all additional players must be set before the player goes in motion.
- Passing and hand offs follow traditional rules, with multiple passes and handoffs allowed behind the LOS.
- Blocking can only be initiated by the three down linemen(center and 2 guards), and it must adhere to the following format: blockers must cross their arms over their chest in an "X" shape, with their elbows and hands against their bodies. Any attempt to push or extend their arms into the face or bodies of their opponents, may result in an unnecessary roughness or unsportsmanlike conduct penalty.
- Once receiving the ball, the carrier must try to avoid contact with the defense. The ball carrier may not make any attempt at flag guarding. Flag guarding can be defined as a stiff arm, lowering the shoulder, elbow, or head, or by blocking access to the runners flags with the hand, arm, or ball.
- If the ball carrier leaves their feet in an attempt to dive or hurdle a player, the ball will be ruled down where their feet left the ground. The exception to this rule is if the player leaves the ground in a spin, jump cut, QB passing progression, or there is a clear indication that they have done so to avoid a collision with another player, if these criteria are met the play will continue without stoppage.
- If the ball is fumbled either in the handoff, after a pass, or at any point in the run it cannot be recovered. The ball will be ruled down where it made contact with the ground.
- All players will be limited to screen blocking. Screen blocking is legally obstructing an opponent without contacting them with any part of the screen blocker's body.
- A player who screens shall not
  - When behind a stationary opponent, take position closer than a normal step away from them.
  - When assuming a position at the side or in front of a stationary opponent, make contact with them.
  - Take a position so close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened determines where the screener may take their position. This position will vary and may be 1 normal step or stride from the opponent.
  - After assuming their legal screening position, move maintain it, unless moving in the same direction and path of the opponent. If the screener violates any of these provisions and contact results, they have committed a personal foul.

## Defense

- All defensive players must at all times avoid contact with the ball carrier in any form other than attempting to pull the flag. Tackling and shoving, to the ground or out of bounds will result in a penalty.
- In the event of an interception the point of the change of possession is where the ball will be ruled down.
- A sack occurs when a defensive player pulls a flag off the QB behind the LOS.
- Players rushing the passer must be 5yds off the LOS prior to the snap.

## 7v7 8U-14U

- MYFA will provide a QB tee with timers set to 5 seconds and a buzzer to indicate the time has run out.
- 7v7 will be played with no more than 6 players on offense, the 7th player is the QB Tee, and no more than 7 players on defense, and a minimum of 5 players on either side of the ball. Touching the ball carrier with one or two hands, is what will end the play.

## Game Timing

- Games will have a running clock of 25 minutes. The only reason the clock will stop, is for a serious player injury.
- There are no time-outs
- Teams have 25 seconds from the time the referee spots the ball, to snap the ball, before receiving a delay of game penalty.
- A coin toss will decide first possession of the game, and the clock will start at the referees whistle, time for both the North and south side of the field will be kept on the same scoreboard.

## Offense

- The referee will place the QB Tee on the line of scrimmage and the ball in the cradle of the QB Tee. In the event of a Tee malfunction, a coach or center is able to step in, however, like the Tee, they must remain stationary and have no bearing on the play after the snap.
- If the ball falls off the Tee, it is considered a snap and is live, the QB has 5 seconds to throw the ball.
- There must be 3 players on the LOS, with at least one on either side of the QB Tee, at the time of the snap.
- Only one player may be in motion at the snap of the ball and must be running parallel to the LOS. More than one player may shift, however, all additional players must be set before the player goes in motion.
- Only one pass is allowed per play, no double passes, any shovel pass must clearly be a pass and beyond the LOS. Hand offs are not allowed.
- Once receiving the ball, the ball carrier must try to avoid the defense, lowering the shoulder or stiff arming the defense is not allowed, as contact with the defense will result in the ball carrier being ruled "down".
- Blocking and screening is not allowed,
- The QB has 5 seconds to throw the ball, if the ball is still in the QB hands, this is considered a sack, and the ball will be placed at the original LOS.

## Defense

- Rushing is not allowed. No defensive player may cross the LOS until the ball leaves the QB hands.
- A legal tackle is touching the player with 1 or 2 hands, below the shoulders, without impeding their forward motion. Incidental contact does not constitute a penalty on offense or defense. Tackling the ball carrier is illegal, this includes shoving or pushing the ball carrier to the ground or out of bounds, and will result in a penalty.
- Jamming is allowed for 5yds, after 5yds they must release. Any overly aggressive jamming or throwing of the WR to the ground will result in a penalty.
- An interception is automatically awarded 2 points. The ball is then spotted back at the 40yd line.

## **Other Rules**

### These apply to flag & 7v7

- The ball will be spotted according to the position of the ball when the player was touched, flag was pulled, or feet left the ground.
- If the ball carrier falls to the ground they are down, they may not get up and continue to advance the ball.
- Ball advancement is as follows:
  - Possession will begin at the 40yd line
  - Offense has 3 plays to make a 1st down at or beyond the 25yd line. If they cross the 25yd line, they will have 3 plays to reach the 10yd line for another 1st down.
  - If at any time the offense fails to get a 1st down, it is a turn over and the ball is placed back at the 40yd line for the next possession.

- Inside the 10yd line is 4th down territory, with 4 plays to score, if the offense fails to score it is a turn over and the ball is placed back at the 40yd line for the next possession.
- There is no kicking or punting.
- If the score is tied at the end of regulation in the regular season, it is ruled a tie, there is no overtime in regular season.
- In playoffs if the score is tied at the end of regulation, the format will follow OSSAA rules, with each team getting a possession at 1st & goal from the 10yd line, this will repeat until there is a winner. Teams must go for 2 points after the second round of overtime.
- If the offense scores at the end of regulation, they are required to receive one untimed down for the extra point attempt.
- All rules not specified in this book, will follow OSSAA guidelines.

### Scoring

- Touchdown = 6 points
- Extra point from the 3yd line = 1 point
- Extra point from the 5yd line = 2 points
- Interception (7v7 ONLY) = 2 points

### **Penalties**

- Referees are human, and while they attempt to see all things on the field, there may be things they miss.
- Referees will not be moved to different fields, your ref for your game is the ref you are assigned.
- Incidental contact penalties are considered a judgment call, and are up to the discretion of the referee.
- Players and spectators cannot question the referees calls, and their team may be subject to a sideline warning and subsequent penalties if they continue to harass the referees.
- Only a registered coach of a team in the current game may ask for clarification of the call, rule it applies to and the interpretation made by the referee, and must do so in a respectful manner. Time will not stop for this clarification.
- All penalties will be assessed from the LOS, unless specified.
- Games cannot end on a defensive penalty, unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, the penalty will be assessed as half the distance to the goal.
- If the offense receives a penalty while on the 40yd line, it will result in a loss of a down instead of lost yardage.
- If yards awarded in a penalty would result in a 1st down, it shall be awarded.

\*penalties marked with an asterisk will count as a point, two points in one game toward any player will result in ejection of that player from the remainder of the game.

\*\* two or more sideline penalties against the same team, will result in player, parent, coach ejection and/or game forfeiture and subsequent consequences as deemed necessary by MYFA.

## Flag Specific

Offense	Assessed	Result
Flase Start	LOS	LOD
Illegal Shift	LOS	LOD
Illegal Formation	LOS	LOD
Delay of Game	LOS	LOD
Pass Interference	LOS	LOD & Return to previous spot
Illegal Blocking	LOS	LOD & Return to previous spot
Flag Guarding/ Charging/Stiff Arm	5yds SOF	No Repeat down
Taunting/ Unsportsmanlike Conduct*	LOS	LOD & Return to previous spot
Sideline warning**	LOS	LOD

Defense	Assessed	Result
Pass Interference	5yds SOF	Auto 1st
Holding	5yds SOF	Repeat down
Offsides	5yds SOF	Repeat down
Illegal Contact	5yds SOF	Auto 1st
Illegal Participation	LOS	Auto 1st
Taunting/ Unsportsmanlike Conduct*	LOS	Auto 1st
Sideline warning**	5yds SOF	Repeat down

## 7v7 Specific

Offense	Assessed	Result
Flase Start	LOS	LOD
Illegal Shift	LOS	LOD
Illegal Formation	LOS	LOD
Delay of Game	LOS	LOD
Pass Interference	LOS	LOD & Return to previous spot
Blocking	LOS	LOD & Return to previous spot
Taunting/ Unsportsmanlike Conduct*	LOS	LOD & Return to previous spot
Sideline warning**	LOS	LOD

Defense	Assessed	Result
Pass Interference	5yds	Auto 1st
Holding	5yds	Repeat down
Offsides	5yds	Repeat down
Illegal Contact	5yds	Auto 1st
Illegal Participation	LOS	Auto 1st
Taunting/ Unsportsmanlike Conduct*	LOS	Auto 1st
Sideline warning**	5yds SOF	Repeat down

## Conduct

- The head coach is responsible for their coaching staff, players, and parents. In the event of physical assault, obscenities, taunting, or threatening an opponent, spectator, parent, or official, will result in suspension of the head coach and the party at fault. All suspensions will follow OSSAA rules, and will be help for the game being played at the time of suspension and the following game.
- An appeal may be filed for an appeal fee of \$100, you must provide proof to support your appeal. If overturned the appeal fee will be returned and the suspension nullified. All decisions are final one it has been reviewed by the board. Before returning to MYFA facilities, all suspended parties must attend the P.A.Y.S. class at the Moore community center.

## Park Rules

- Drinking of alcoholic beverages, use of marijuana or any controlled substance, is not allowed before, during, or after games within the facility or in the parking lot of the facility. Anyone found believed to be under the influence and/or in violation of this rule will be removed from the facility and potentially not welcome to return.
- Buck Thomas is a tobacco free facility, this includes; smoke, smokeless, e-cig, chew, and any other forms not listed.
- Per the City of Moore, pets are not welcome inside MYFA facilities, unless they are a registered service animal. This does not include emotional support and/or therapy dogs. Per the ADA and Oklahoma law, you are subject to be asked if your animal is a service animal, and what services they provide for you. If at anytime the service animal is deemed out of control, you will be asked to remove the animal from the facilities. Further information may be found [HERE](#).
- Buck Thomas is a weapon free facility, no weapons will be allowed in the park, this includes weapons carried by permit holders, concealed or otherwise.