

Per the By-Laws of Maine Youth Football League: Item E: Rules and Regulations

Rules and Regulations will be Maine High School Rules, with the exception of the MYFO rules.

Item F: Preseason Practices

Sub Item 1: Practice Start No practice may commence prior to August 1 of the current season. However, all members must commence by the third Monday in August.

Sub Item 2: No Double Sessions There will be no double session practices.

Item G: Regular Season Practices

After Labor Day, practice is restricted to three (3) days. The Sunday prior to the first full week of school shall begin the shorter practice schedule. No Team shall Practice more than three (3) nights per week for a maximum of two (2) hours per day excluding warm-up and break time.

Item H: Coaches

1. All Teams are required to have a minimum of one certified NYSCA (National Youth Coaches Association) Coach at all games.
2. Each participating town must present to MYFO, a copy of the NYSCA certificate to the President of MYFO, no later than September 1.

Item I: Conferences and Divisions

1. MYFO will be comprised to one Division.
2. Conferences and Divisions will be established based on geographic proximity of the member communities.
3. Conferences and Divisions may be adjusted from year-to-year with the geographic location and the number of Teams participating considered.
4. Conferences will hold Divisional Harvest Bowls with the Divisional Champions playing for the Conference Championship.
5. Conference Champions will play in the State Championship Game.

6. In reference to items 1-5, the Executive Board has the authority to modify the format of any post season play based on the number of Teams participating in post-season play.

Item J: Game

1. Both the Varsity and JV games will have 8-minute quarters, with stop time.
2. In JV games, Squads will not change ends of the field at the end a quarter, but will change ends of the field at the beginning of the second half.
3. During the Varsity game, one Coach will be allowed on the field. They cannot be more than five yards from their sidelines.
4. For JV games, up to two Coaches will be allowed on the field and must be positioned behind the offensive and defensive line, in such a manner, not to interfere with the field of play.
5. Overtime will be played by Varsity Squads only. Overtime period will consist of each Squad having four plays from the ten-yard line. Whoever scores the most points wins. There will be a limit of 2 over times.
6. During the regular season, a player who plays two or more quarters (playing in one play constitutes playing in that quarter) at a skill position in the Varsity game, may not play at a skill position in the JV game. A "skill position" is defined as a running back, tight end, wide receiver and quarterback. This rule does not apply to Harvest Bowl or Championship games.
7. Prior to each game, the head coach of the host team will conduct an on-field meeting with the opposing head coach and the game officials to review those rules particular to the MYFL. Coaches and game officials shall be in possession of a copy of the MYFL Rules Card and will be responsible for having a working knowledge of the rules therein. Copies of the MYFL Rules Card will be distributed at the August MYFL meeting.

Item K: Weight Rule

Sub Item 1: Varsity No Player weighing more than 135 lbs. may be in the offensive backfield or at an end position to run with the ball or receive a pass. No Player weighing more than 135 lbs. may return a kickoff or punt. If a Player weighing more than 135 lb. controls the kickoff or punt a dead ball will result at that spot. Players eligible to run the ball or receive a pass will be issued a lime green helmet sticker. Any defensive Player, regardless of weight, may advance a turnover.

Sub Item 2: JV No Player weighing more than 115 lbs. may be in the offensive backfield or at an end position to run with the ball or receive a pass. Players eligible to run the ball or receive a pass will be issued an orange helmet sticker. Any defensive Player, regardless of weight, may advance a turnover.

Sub Item 3: Weigh-in Procedure Prior to the start of the season, Teams will be required to weigh their players in the presence of a MYFO approved game official. The player's name, jersey number and weight will be submitted to the "League Office" and distributed to all Teams. This will be required for all Varsity, JV and Pee Wee players. Players will be weighed in full uniform without helmet.

Item L: Game Rules for Varsity and JV

Sub Item 1: Ejection's Coaches ejected from a game will be suspended for the next game. Coaches ejected twice will be suspended for the remainder of the season. Players ejected from a game will not be allowed to play for the remainder of the day. The MYFO President must be notified of any ejection.

Sub Item 2: Varsity Kicking Game There will be a kicking game at the Varsity level for kickoffs with punting being optional. If you are to punt, you must declare it. If a punt is declared there will be no rushing the punter. Also, on declared punts all offensive linemen must be covered by a defensive lineman. A Coach has a choice to have a player kick or have the referee march the ball off 25 yards from the line of scrimmage. You cannot declare an automatic punt if the ball is inside the other Squad's 40-yard line. If a punt is declared, there will no runoff of the game clock from the time the punt is declared. The clock is stopped at the time the punt is declared.

Sub Item 3: Extra Points and Field Goals The defense will be allowed to rush an extra point try. There will be no center snap of the ball. The holder will hold the ball in the air. Then the holder will use the cadence of "Down-Set-Hut" The defense can rush the kicker. If a Squad wants to attempt to kick the extra point, the PAT would be worth 1 point.

Sub Item 4: JV Kicking Game There will be no kicking game at the JV level. The Squad that wins the coin toss will start at their own 40-yard line. If a punt is declared, the ball will be moved 25 yards. You cannot declare a punt if the ball is inside the other Squad's 40-yard line. If a punt is declared, there will no runoff of the game clock from the time the punt is declared. The clock is stopped at the time the punt is declared.

Sub Item 5: Line Splits Offensive lineman must be lined up not more than fingertips to fingertips from tackle to tackle.

Sub Item 6: Defensive Rules Defensive Alignment: Players from tackle to tackle are to be lined up head to head. Linebackers inside the tackles are 5 yards back from the line of scrimmage at the snap of the ball. All other defensive positioning is at the discretion of the defensive Squad. A Squad violating these rules will be penalized 5 yards. Exception: All Linebackers can line up within two yards of the line of scrimmage when the offensive Squad is on or within your five-yard line.

Sub Item 7: Coaches / Players Box Coaches / Players box is from the 25 yard line to 25 yard line.

Sub Item 8: Coaches on Field During the Varsity game, one Coach for each team is allowed on the field. He may not be more than five yards from the sideline.

Sub Item 9: JV Play Clock There will be a 40 second play clock in the JV games.

Sub Item 10: Declaring Punts On 4th down, the Squad in possession of the ball can use up the 25 second play clock before having to “declare punt” if they so choose.