

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

**Carolina Midget
Football Conference**

**RULEBOOK
2018**

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

Objectives of the Carolina Midget Football Conference (CMFC): ...2

I. Conference Officers and Duties: 2

 Table 1a. 3

II. Rules Committee 4

III. Practice and Games 4

 Table 1b..... 5

IV. Grade Divisions and Eligibility..... 8

V. Team League Rosters11

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

Objectives of the Carolina Midget Football Conference (CMFC):

To inspire youth, regardless of race, sex, color, creed or national origin.

To practice the ideals of health, citizenship and character.

To keep the welfare of the player first, foremost and entirely free of adult lust for glory.

To acquaint the players with the fundamentals of game rules, running, kicking, blocking and tackling.

To teach, through the game, sportsmanship, love of the game and discipline.

To promote safe play throughout all divisions of play.

Conference Officers and Duties:

At least one (1) officer shall be elected from each sponsoring organization for the positions and responsibilities outlined below:

- A.** The League Commissioner shall preside over all meetings, call all meetings, chair the Rules Committee, vote in the event of a tie and appoint any committees necessary to incur the smooth and orderly operation of the conference. The League Commissioner shall notify the Assistant League Commissioner if he, the League Commissioner, will not be available during the twenty-four (24) hour protest period.
- B.** The Assistant League Commissioner shall preside in the absence of the League Commissioner, serve as League Commissioner should the League Commissioner be resigned or incapacitated, and serve as a member of the Rules Committee.
- C.** The Commissioner at Large shall be a member of the Rules Committee and perform other conference responsibilities as delegated by the League Commissioner.
- D.** The Treasurer shall keep the proper and adequate financial records for the conference, make necessary fee assessments, collect and/or disperse all moneys for the conference, organize the distribution of trophies to the 1st and 2nd place teams at the end of the regular season and tournament and serve as a member of the Rules Committee.
- E.** The Public Relations Officer shall be responsible for all press releases concerning the conference activities, maintain division rankings, keep the necessary media notified of such, and serve as a member of the Rules Committee.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- F. The Secretary shall keep minutes of all meetings and protest hearings, make any necessary communications by mail on behalf of the conference and serve as a member of the Rules Committee.
- G. The Voting Delegates shall be members of the Rules Committee and perform other conference responsibilities as delegated by the League Commissioner. The Sixth Voting Delegate shall be a member of the same sponsoring organization as the League Commissioner.

1. **Officer rotation shall follow Table No. 1 below to ensure equal opportunity for a succession of representatives to each sponsoring organization on the regular prescribed schedule.**
2. **Existing officers may nominate officers from each sponsoring organization with election.**
3. **With the exception of League Commissioner, un-expired terms shall be filled by candidates nominated from the same sponsoring organization to fulfill the un-expired terms. Any remaining term resulting from vacancy of the League Commissioner position will be filled by the next scheduled candidate according to Table 1a.**

Table 1a

	14-15	16-17	18-19	20-21	22-23
Commissioner	Parkwood	Monroe	Forest Hills	Porter Ridge	Marvin Ridge
Asst. Comm.	Monroe	Forest Hills	Porter Ridge	Marvin Ridge	Holy Trinity
At Large	Forest Hills	Porter Ridge	Marvin Ridge	Holy Trinity	Cuthbertson
Treasurer	Porter Ridge	Marvin Ridge	Holy Trinity	Cuthbertson	Piedmont
Public Rel.	Marvin Ridge	Holy Trinity	Cuthbertson	Piedmont	Sun Valley
Secretary	Holy Trinity	Cuthbertson	Piedmont	Sun Valley	Weddington
Voting Del.	Cuthbertson	Piedmont	Sun Valley	Weddington	Union Acad.
2nd Voting Del.	Piedmont	Sun Valley	Weddington	Union Acad.	Parkwood
3rd Voting Del.	Sun Valley	Weddington	Union Acad.	Parkwood	Monroe
4th Voting Del.	Weddington	Union Acad.	Parkwood	Monroe	Forest Hills
5th Voting Del.	PK-14/UA-15	Parkwood	Monroe	Forest Hills	Porter Ridge
6th Voting Del.	N/A/Parkwood	Monroe	Forest Hills	Porter Ridge	Marvin Ridge

- H. Only member associations supporting the 5th grade division will vote on 5th grade related issues not intervening with league policy.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- I. Any Commissioner that misses two (2) meetings in a row with no representation from their sponsoring organization will receive a letter/email from the League Commissioner. The letter will be sent to the Commissioner in violation and the head of their sponsoring organization. The letter will ask of their intent to remain in the league and warn them that continuing to have no representation at meetings will result in loss of all home games for that season and/or being removed from the schedule.

II. Rules Committee

- A. Conference officers or their designees shall be responsible for determining rules and regulations.
- B. The Rules Committee shall conduct a hearing and/or meeting to determine or decide on protest of violations of approved rules.
 1. **A protest will only be valid on direct violation of approved rules and regulations and play eligibility. No protest will be allowed concerning the judgment of an official (referee).**
 2. **League Commissioner within twenty-four (24) hours of the game's conclusion. The Rules Committee must meet within five (5) days of the submitted protest to make a decision on the violation.**
 3. **Conference rules shall be reviewed every year. Changes, additions or deletions may be incorporated into these rules annually.**

III. Practice and Games

- A. All practices and games will be conducted according to the rules and regulations of the North Carolina High School Athletic Association (NCHSAA) with the following exceptions and others as stated within these rules and regulations.
- B. Sponsoring organizations are responsible for providing supplemental accident insurance for all coaches, players, and managers before commencing any practice.
- C. League officers will decide the beginning date of practice and regular season games.
- D. Three (3) days with helmets only, followed by three (3) days full equipment with no body-to-body contact must precede contact practices.
- E. Once contact practice sessions begin, all players are to be completely dressed before going onto the field for practice or a game. The complete uniform and protective equipment, including mouthpiece, must be worn at all times in practice and games. A light practice with no body-to-body contact involved does not require protective equipment other than a helmet and mouthpiece.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- F. Prior to the official start to school, practice sessions, including voluntary practices, in excess of two and one-half (2 ½) hours on the same calendar day are prohibited by this conference. (The first official day of school will be defined as the traditional school schedule for Union County Public Schools, not other schedules such as the year round school schedule)
- G. There are to be no Sunday games, practices, scrimmages, or skull sessions.
- H. After the first official day of school, practice sessions will not exceed two (2) hours duration. (The first official day of school will be defined as the traditional school schedule for Union County Public Schools, not other schedules such as the year round school schedule)
- I. When school is suspended due to heat, practice schedules must follow the local high school's practice schedule.
- J. After the first official day of school, practices and games played in any one week shall not exceed four (4) in any combination of practices, skull sessions and games. The week is defined as beginning on Monday and ending on Sunday. Make-up games shall not count toward the four (4) activities limit. (The first official day of school will be defined as the traditional school schedule for Union County Public Schools, not other schedules such as the year round school schedule)
- K. All Conference games are to be scheduled and approved by the Rules Committee. One (1) pre-season scrimmage may be added at the option of each sponsoring organization's representative. Playoff games will be scheduled according to the Host Site Rotation Schedule found in Table 1b.

Table 1b.

Year	Host	Co-host	3rd Site	Remaining Order					
2017-18	Cuthbertson	Piedmont	Sun Valley	Marvin Ridge	Forest Hills	Porter Ridge	Parkwood	Weddington	Monroe
2018-19	Piedmont	Sun Valley	Marvin Ridge	Forest Hills	Porter Ridge	Parkwood	Weddington	Monroe	Cuthbertson
2019-20	Sun Valley	Marvin Ridge	Forest Hills	Porter Ridge	Parkwood	Weddington	Monroe	Cuthbertson	Piedmont
2020-21	Marvin Ridge	Forest Hills	Porter Ridge	Parkwood	Weddington	Monroe	Cuthbertson	Piedmont	Sun Valley

- L. All games shall be composed of four (4) ten minute quarters, except 4th/5th grade games which shall be composed of four (4) eight minute quarters.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

M. PAT's & Field Goals

Run 1 Point

Pass 1 Point

Kick 2 Points

Field Goals 3 Points

For the 4th/5th and 6th grade divisions, the coach must declare if they will go for the 1 Point Run/Pass or the 2 Point Kick. The 1 Point Run/Pass will be live. The 2 Point Kick will be a Dead Play where the Defensive Team cannot cross the Line of Scrimmage. The Kicking Team on the 2 Point Kick cannot fake, must use a Field Goal Kicking Tee (Block) and must attempt to kick the 2 Point try. The Defensive Team cannot cross the Line of Scrimmage under any circumstance (even on a bad snap). If the snap is outside the reach of the placeholder, the play is over and the kick cannot be completed.

For the 7th and 8th grade divisions, all extra points or Point After Touchdowns (PAT's) attempts are via run or pass and will be live and governed under the NCHSAA rules except for the scoring referenced above.

N. Punt Rule – 4th/5th & 6th Grade Divisions Only. The Offensive Team's Coach will declare if his team will go for it on 4th Down or if they will Punt.

If the Offensive team declares to go for the first down, this will be a Live Play.

If the Offensive team declares to Punt, this will be a Dead Play that will be Timed. The Defensive Team cannot Cross the Line of Scrimmage (even on a bad snap) and can have a maximum of 2 players deep to receive the punt. The Offensive Team cannot fake the punt. If the snap is outside the reach of the punter, the play is dead and the Minimum amount of yards is assessed for the punt. The Punter must stay in punt formation no less than 10 yards from the Center. When the Punter catches the snap, the ball must be kicked within a few steps from catching the snap as standard punts are.

The offensive team must punt the ball and the ball is Dead:

- At the Spot it comes to rest.
- At the spot the Receiving Team Catches or touches the ball.
- At the spot the Kicking Team touches the ball.

The Minimum the ball can be spotted for the Punt is 20 yards from the Line of Scrimmage of the punt. If the Dead Ball spot is fewer than 20 yards, then the ball is moved to the 20 yard spot from the Line of Scrimmage. If the Dead Ball spot is greater than 20 yards, then that is where the ball will be spotted. The ball cannot be advanced past the receiving team's own 10 yard line unless it is a legal punt and the ball comes to rest or is fielded inside the 10 yard line, then the ball will be placed at the dead ball spot. If it is not a legal punt (bad snap) then the ball cannot be advanced past the receiving team's own 10 yard line.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- O. Must play rule. All players dressed for a game must play one offensive or defensive play, exclusive of penalty. A Special Teams play will not be considered a play for the purpose of this rule. Violation of this rule will result in forfeiture of the game and suspension of the team's head coach for the following game.
- P. Up to a twenty (20) minute rest period will be given at half-time of each game. A fifteen (15) minute rest period is recommended by the Rules Committee, which includes a three (3) minute warm-up period prior to the start of the second half.
- Q. For all Grade Divisions (4th/5th, 6th, 7th, 8th), if a Team is losing **in the 2nd Half** by 28 or more points and the team that is ahead is kicking off, the team that is behind (Receiving Team) has the option to:
- Take the ball at their own 35 yard line without a kick-off, or
 - Allow the Kick-off Team to kick-off with no restrictions (Can Onside or kick deep at the kicking team's discretion).

If the score goes below a 28 Point difference, then regular kick-offs would occur (there would be no option for the team that is behind) until the 28 or more point difference comes back into play.

- R. No metal cleats are permitted. Screw-in cleats are allowed as long as they are in good condition with no metal showing. If violated, the player will be removed from the game and his team will be assessed a 15-yard penalty with loss of down. The violating player's cleats must be replaced or repaired before he can return to the game.
- S. Tie games will be decided by NCHSAA rules.
- T. The 6th/7th/8th grade divisions will use an Official Youth Football (TDY 12-14). The 4th/5th grade division will use an Official Junior Football (TDJ 9-12).
- U. Each home team, or its sponsoring organization will make provisions, to have at least one first responder on or immediately adjacent to the field, before the start of any game. On those occasions when the first responder must leave the field, play will not resume until a replacement first responder arrives and is in place.
- V. Each home team shall provide at least two (2) uniformed security personnel for each of their home games. The sponsoring organization will ensure that security personnel have been informed to move about inside and outside the stadium or one on each side of the stadium to assure the best possible security.
- W. Any player or coach disqualified or ejected from a game must leave school property immediately following disqualification or ejection. Disqualified or ejected coaching staff is not allowed to have contact/communication during the current competition with the team or other coaches during the remainder of the current competition. Ejected players and coaches must also miss the next competition and are barred from being on school property during the competition.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- X. Filming or videotaping of games, practices or scrimmages by non-participating schools is prohibited. No member teams at any level will exchange game film without the express written consent of all three teams involved. All violations must be reviewed by the Rules Committee with a mandatory four (4) game suspension of the Head Coach for violators.

IV. Grade Divisions and Eligibility

- A. There shall be four (4) grade divisions.
 1. **4th/5th grade division shall be made up of fourth (4th) and fifth (5th) graders who have not reached their twelfth (12th) birthday on or before August 31st of the year of play. The maximum weight limit for players in the backfield in this division is one hundred twenty (120) pounds.**
 2. **Sixth (6th) grade division shall be made up of sixth (6th) graders who have not reached their thirteenth (13th) birthday on or before August 31st of the year of play. The maximum weight limit for players in the backfield in this division is one hundred thirty five (135) pounds.**
 3. **Seventh (7th) grade division is made up of seventh (7th) graders who have not reached their fourteenth (14th) birthday on or before August 31st of the year they play. The maximum weight limit for players in the backfield in this division is one hundred fifty five (155) pounds.**
 4. **Eighth (8th) grade division is made up of eighth (8th) graders who have not reached their fifteenth (15th) birthday on or before August 31st of the year they play. The maximum weight limit for players in the backfield in this division is one hundred seventy (170) pounds.**
- B. Players over the age limit for their grade division must move up to the correct age group. **Once a player has reached the sixth (6th) grade, that player will be eligible to play middle school football in the CMFC for three (3) seasons.**
- C. Only players of backfield weight can run the End-Around. No player on offense over the allowed backfield weight may line up in the backfield. No player over backfield weight can receive a hand-off, lateral, or pass while in the backfield.
- D. On the kick-off receiving team, no player above backfield weight can line up beyond the front line.
- E. Punters, Kickers (except on kick-offs), and Holders must be of backfield weight.

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- F.** The deep player and/or primary punt returner on the punt return team must be of backfield weight. The only exception of this rule is if the opposing team does not line up in a formal punt formation and the ball is punted, the opposing team will not be held accountable to this rule.
- G.** Playing weights must be verified at the official league weigh-ins as designated by conference officials.
- H.** Weigh-in Rules
- 1. Players will only be allowed one official weigh-in. However, the player or his head coach is allowed to challenge. In the event of a challenge, the player cannot leave the immediate weigh-in scale area. He is allowed to step off the scale, remove shoes and/or clothing and re-weigh. The second weight will be official.**
 - 2. 4th/5th grade weigh-in scales will be set at one hundred twenty (120) pounds. Any player at or below one hundred twenty (120) pounds will be allowed to line up in the backfield. Any player over one hundred twenty (120) pounds will not be allowed to line up in the backfield. Players actual weight will be noted beside his name on the official weigh-in roster.**
 - 3. Sixth (6th) grade weigh-in scales will be set at one hundred thirty five (135) pounds. Any player at or below one hundred thirty five (135) pounds will be allowed to line up in the backfield. Any player over one hundred thirty five (135) pounds will not be allowed to line up in the backfield. Players actual weight will be noted beside his name on the official weigh-in roster.**
 - 4. Seventh (7th) grade weigh-in scales will be set at one hundred fifty five (155) pounds. Any player at or below one hundred fifty five (155) pounds will be allowed to line up in the backfield. Any player over one hundred fifty five (155) pounds will not be allowed to line up in the backfield. Players actual weight will be noted beside his name on the official weigh-in roster.**
 - 5. Eighth (8th) grade weigh-in scales will be set at one hundred seventy (170) pounds. Any player at or below one hundred seventy (170) pounds will be allowed to line up in the backfield. Any player over one hundred seventy (170) pounds will not be allowed to line up in the backfield. Players actual weight will be noted beside his name on the official weigh-in roster.**
 - 6. Players who do not attend official weigh-ins, or who are obviously over the weight limit for their grade division and do not participate in weigh-ins, will automatically receive an “☒” beside their name on the official weigh-in roster and will not be allowed to line up in the backfield. However, all other paperwork must follow previous guidelines listed in these rules.**

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

7. **Violation of maximum weight for players in the backfield will result in forfeiture of the game and suspension of the head coach for the following game.**
8. **Players will need to complete the online concussion test before their first year of participation. Players will need to provide at weigh-ins a copy of their completion of the online concussion test. Players who provide this will receive a “☑” beside their name on the official weigh-in roster. Players who do not will be ineligible to play until this is completed. After a player’s proof of completion of the online concussion test has been accepted by the Rules Committee, it shall be recorded with a permanent CMFC roster and serve as valid proof for the remainder of the player’s eligible years of participation.**
- I. It is the responsibility of each sponsoring organization to ensure that all players have written proof of a physical examination by a licensed physician prior to participation in any practice or game.
- J. All players must have a parent or guardian consent form signed and on file with his coach or sponsoring organization before participation in any practice or game.
- K. Each participant must submit to his coach or sponsoring organization, before being allowed to participate in any portion of the CMFC program at the league level player proof of age including the following:
 1. **Original Certified Birth Certificate**
 2. **Copy of Original Birth Certificate**
 3. **Mothers Hospital Copy of Birth Record**
 4. **School Record of enrollment for UCPS**
 5. **Passport – International**

This shall include all pre-season and regular season games. Each coach or sponsoring organization must present these to the Rules Committee at the weigh-in. In the event that a Certified Birth Certificate or notarized School Record cannot be obtained, other proof, as determined by the Rules Committee, shall be considered on an individual basis. This other valid proof must be submitted to the Rules Committee for consideration at least one (1) week prior to the official weigh-in to allow ample time for consideration.

1. **After a player’s proof of age has been accepted by the Rules Committee, it shall be recorded with a permanent CMFC age roster and serve as valid proof of age for the remainder of the player’s eligible years of participation. If it is later determined that the accepted proof of age is in error, the permanent CMFC age roster will be amended to reflect the player’s correct age.**

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- 2. The Rules Committee reserves the right to penalize violators of the age rules penalty ranging from, but not limited to, expulsion of the violator, to forfeiture of the team's entire season.**
- L.** "Registered" – for the purpose of clarity the term "registered" is defined as receiving a signed parental or guardian consent form to participate in the Carolina Midget Football Conference Program.
- 1. All players are required to be registered to participate in the Carolina Midget Football Conference Program and can only be registered to play on one football team during the CMFC season. This includes any private or public school and/or other league/organization.**
 - 2. A player must play for the school/program to which he attends, or would attend if a football team is offered, public or private, in or out of conference. Exceptions shall be considered by the Rules Committee on an individual basis.**
 - 3. No player may establish temporary residence for the purpose of changing teams. A player establishing temporary residence may petition the Rules Committee for permission to change teams. If it is determined the need for temporary residence is due to substantial hardship, the Rules Committee may grant the player's request to change teams.**
- M.** A player may not change teams after he is registered with a team within or outside his school attendance district. Exceptions will be considered individually by the Rules Committee.
- N.** It is recommended that all coaches participate in training sessions to become certified. It is recommended that each sponsoring organization provide financial assistance for coaches to become certified. It is recommended that each organization should arrange for an annual training session.

V. Team League Rosters

- A.** The coach or sponsoring organization's representative will submit a team roster on the Official Carolina Midget Football Conference form. Information must include date of birth, validations, age, grade, physical exam validation, jersey number, and high school district. All information is required for proper registration and must be submitted to the Rules Committee by their coach or organization's representative at the designated weigh-ins.
- B.** Coaches Conduct – Discipline is to be taught as well as football. Abusive, vulgar, profane language should never be tolerated. Coaches should be addressed as "Coach Jones" or "Mr. Jones".

CAROLINA MIDGET FOOTBALL CONFERENCE RULEBOOK

- C. Coaches should refrain from:
 - 1. **“Bawling out” or cursing players.**
 - 2. **Disputing official decisions.**
 - 3. **Riding or arguing with the opposition, fans, or officials by word or gesture.**
 - 4. **Permitting a player to re-enter a practice or game after receiving a serious injury.**
 - 5. **Offering financial or material rewards for outstanding play.**
- D. Recognition – The Conference recommends sponsoring organizations recognize all players for participation. Each individual organization should use their judgment with awarding All-Conference Awards.
- E. Any player(s) in “Out of School” suspension should not be allowed to participate in any practice or game.

These rules govern all practice and play of teams registered as members of the Carolina Midget Football Conference. Violations of any individual rule or combination of rules will be reviewed by the CMFC Board of Commissioners. Disciplinary action taken by the Board of Commissioners may include, but is not limited to, expulsion of players, coaches or participants from the game, suspension from future games, forfeiture of game and/or forfeiture of season.

These rules were reviewed, amended and accepted by the Rules Committee as defined in Section II-A above.

Revised and Approved by BOC Members

Revised June, 27th 2018