**Central Michigan Youth Football League Rules**

Rules are for the 3rd-4th Grade Division only. Official M.H.S.A.A. High School Football Rules with only variations listed below.

**Age Restrictions:** Players must have not reached the following age by September 1st to be allowed to play in this grade division: 3rd-4th Grade: 11 by 9/1

**Allowable Weights:** All players will be certified at the pre-season scrimmage weigh-in. Players are allowed to weigh in early by the league directors if they can not make the pre-season weigh-in. Players will not be allowed to be added to the list of certified players after that date.

3rd-4th Grade: Ball Eligible: 100 pounds.

**Punts/Kickoffs/Extra Points:** Only players that are certified as a ball eligible position are allowed to return kicks and punts.

Any player can punt or kick the ball.

Players will not be allowed to rush the punter or kicker in a kicking situation this includes extra points. They will only be able to “jump up” at their normal position, and must remain at their position until the ball has been kicked. All offensive players must also remain at their position until the ball has been kicked. Coaches are required to declare that they are kicking or punting, no fake punts or kicks will be allowed. The defense must line up in a normal defensive formation. Dropping players back to establish a blocking formation before the ball has been kicked will not be allowed

Punt Receiving Team only certified running backs will be allowed to line up deeper than five yards from the line of scrimmage.

On kick-offs only players that are certified as ball eligible will be allowed to line up and/or receive a kick beyond a point 35 yards or greater from the point of the kick. Only players certified as a ball eligible will be allowed to line up at a point greater than 15 yards from the point of the kick. If a player other than a certified ball eligible receives a kick beyond the 35 yard point the ball shall be ruled dead at the point of the reception.

**Eligible Ball Carriers/Formations: Any ball eligible weight can carry the ball.** Weight restrictions are waived for ball carriers in the event of a turnover, on-side kick, or a short punt, any player on the field is allowed to run with the ball in such situations.

**Weight Challenges:** There will be no weight challenges during the game. What a child weighs at scrimmage is there weight the entire season. How ever a weight must be listed in order to be a ball carrier. Penalty will result in the player being unable to carry the ball and the head coach will be ejected from the contest plus a 15-yard penalty and a loss of down. In addition, any challenges involving uncertified players carrying the ball or playing certified positions must be filed with league directors no later than the day following a contest.

**Game clocks**: Four, 8:00 minute quarters, that will be stopped by the officials when it is called for according to high school rules. Half time will be 10:00 minutes long. No overtime. Three Time Out per half per team.

**Ball Size: Junior football Rawlings or Wilson none of the extra sticky tacky style balls. Each team can use their own ball.**

**Defensive Formations/Rules:**

At any one time there shall not be more than 6 defensive players on the line of scrimmage (LOS). That includes all positions. Any player lined up on an Offensive Tackle, Offensive Guard or the Center must be down in a three or four point stance and are considers Defensive Down-Linemen. The Defensive Down-Linemen must only line up head on and can’t be line up in any gap. Defensive players lining up completely out side of the Offensive Tackle can be in a two point stance.

Any Defensive Player lining up across from the Offensive Tackle, Offensive Guard and the Center that is not considered a Defensive Down-Linemen must be in a 2 point stance and must be at least 3 yards off the LOS. Any Outside Defensive player not consider one of the six defensive players on the LOS must be 3 yard off the LOS.

Any Defensive Down-Linemen must line up directly across from the Offensive Tackles, Offensive Guards and Center. Defensive players in a 2 point stance that are considered to be part of the 6 defensive players on the LOS must line up outside of the Offensive Tackles.

There is No Blitzing inside the Offensive Tight End. If the End is Split wide then there is No Blitzing inside the Offensive Tackles. No Blitzing means NO PREDETERMINED advancing closer than 3 yard from the LOS before the ball is in play. Players are allowed to REACT to the play after the ball is in play.

Violation of the defensive formation rules will result in a 15 yard penalty and automatic first down.

**Other:** Use of electronic communication devices are banned from usage of coaching staff during games. Each team is limited to two coaches on the field during the game.

**Revision History:**