**Central Michigan Youth Football League Rules**

Rules are for the 7th and 8th Grade Divisions only. Official M.H.S.A.A. High School Football Rules with only variations listed below.

**If you have a combined 7th/8th grade team you will be following 8th grade rules.**

**Age Restrictions:** Players must have not reached the following age by September 1st to be allowed to play in that grade division: 8th Grade: 15 by 9/1 and 7th Grade: 14 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.

8th Grade: Ball Eligible Weight 170

7th Grade: Ball Eligible weight 160

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

All punters must be a certified ball eligible, no exceptions.

Punt Receiving Team only certified ball eligible 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:** Only ball eligible players can rush the ball from scrimmage. 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. Weight of the player at scrimmage is the weight of the player for the entire year. Only thing required is player have a weight listed from scrimmage to be able to carry the ball. If there is no weight listed the player CANNOT carry the ball. 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. Coach will be suspended one game.

**MANDATORY**

**Game clocks**: Four, 10:00 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.

**Ball Size: Rawling or Wilson Youth size balls. No balls with extra grip or tackyness. Each team can use their own balls during game as long as they are alert to get balls in to the refs.**

**Other:** Use of electronic communication devices are allowed for 7/8 grade games.

**Revision History:**