

MISSISSIPPI VALLEY YOUTH FOOTBALL LEAGUE

RULES AND REGULATIONS

These Rules and Regulations have been adopted by the Board of Directors of the Mississippi Valley Youth Football League (“Association”). These Rules and Regulations shall be applicable to all Organizations of the Association and shall remain in full force in effect until duly and properly amended, modified, or rescinded.

General League Rules

- A. All teams will follow the IHSA rules unless otherwise noted.
- B. The Declaration of Teams will be no later than 3 weeks before the first game.
- C. An organization that declares a team and then can't field that team, after scheduling, will be penalized by forfeiting the chance to host any playoff games for that season and paying a \$75 fine for every remaining game week left in the season.
- D. The scheduling committee will distribute the home schedules to all clubs a day after weigh in.
- E. Scheduling will be done at a scheduling meeting held no later than two weeks prior to the start of the season.
- F. The season will consist of an eight (8) week schedule. The season will typically begin the weekend before Labor Day.
- G. Top 8 teams in each division will participate in a 3-week playoff, seeding 1-8 bracket style.
- H. Each team will control their fans and keep them at least 5 yards behind the players' bench and boundary line. This shall be accomplished by the use of a restraining line. The home team shall be responsible for providing said restraining line. The restraining line is defined as a visible barrier, portable or permanent, at least 2 feet off the ground, running the length of the field, end zone, on both sides of the field. Only the following personnel will be allowed in the above-mentioned boundaries: players, coaches, game officials, Home Field Mississippi Valley Youth Football League Representatives, Athletic Directors, Chain Gang, Stats Person, Emergency personnel, and professional photographers/press at the discretion of the home field organization with proper identification.
- I. All team personnel, maximum of 8 coaches, including statisticians (age 18+), shall stay in a designated box as defined by I.H.S.A rules during the game time. Coaches and statisticians shall wear some kind of visible organizational identification at all games including their League ID Card.

1. All coaches must wear their league-issued lanyard visibly around their neck at all times while on the field. Any coach found without a visible lanyard will be given one verbal warning to put on their lanyard. If unable or unwilling to, they will be required to leave the field of play for the remainder of the game.

J. A copy of the Mississippi Valley Youth Football League Association By Laws and Rules and Regulations will be available at all games, at all playing fields, and possessed by all Head Coaches. A copy will also be provided to Officials.

K. All playing fields are subject to inspection and approval by an Officer of the Association at any time. If the venue needs to be changed it must be inspected by a Officer of the Association.

L. Scores will be kept in all divisions.

M. All games shall consist of 4, 10-minute quarters except Tykes.

N. There shall be a 10-minute half time between the second and third quarters.

O. All players will play a minimum of 8 plays per game excluding 12U and 14U.

1. The forms to create Play Monitoring Sheets will be electronically provided and distributed by the Association to all Organizations. The forms will have players names typed and printed prior to game play by each team.
2. Teams must provide at least one badged play monitor prior to the start of the game who are +18 years old from the coaching staff. One play monitor will track the opposing team's players.
3. A Mississippi Valley Representative, or Association approved alternate, will ensure both sets of play monitors are working together in a fair manner and determine where the Play Monitors will monitor prior to the start of the game. If the Director determines monitors aren't working together, he may call a forfeit on either or both teams. If at the end of the game, all players do not have their 8 play minimum he may call a forfeit on either or both teams. After the conclusion of the game the Director will sign and have both sets of monitors sign the Play Monitoring Sheets which will be collected by the Director and delivered to the Vice President of the Association at the next Board Meeting.
4. During the regular season coaches can agree to NOT monitor the opposing teams' minimum plays. If this is done it must be agreed to prior to the start of the game and thus can no longer be grounds for a forfeit and documented on Game Card.
5. Each home field Mississippi Valley Representative must designate an area for Play Monitors.
6. Mississippi Valley Representatives are responsible for notifying head coaches of current 8 play status at both half time and beginning of 4th QTR.

7. Any time an issue arises during a game, the Head Coach can request a MV League Rep to address the issue on the field and stop play. The stop of play will last until the issue is resolved to the League Reps' satisfaction.

P. All League games will be played on Saturday and Sundays except for make-up games. This excludes ages 12U and 14U.

Q. Scheduled home games shall be at least 2 hours between the start of games. In the event of a serious injury, teams will be allowed to continue up to 15 minutes of the next game's starting time's grace period.

R. Points after touchdown shall be 2 points for a kick and 1 point for a run or pass, excluding 12U and 14U.

S. Regular season games shall consist of 4 quarters. In the event of a tie at the end of regulation, unlimited overtime is accepted as long as it does not interfere with another scheduled game. Post season play-off games will include unlimited overtimes, if necessary. In the event a regular season game can't be played or finished due to inclement weather due to lightning, hail or tornado sirens, then that game can be made up before season end. Games must be played at a mutual place and time. The original missed game striper/playdown weights for rescheduled games will still apply. A playoff game can be rescheduled due to inclement weather. Playoff games must be made up and finished by the end of the following Wednesday of that playoff week. Games must be played at a mutual place and time. If a playoff game can not be made up then the higher seed will advance.

T. Two game jerseys are required. A colored one for home games and a white one for away games. The use of a gray colored away jersey shall also be permitted. The front and back of the jersey shall be reserved for the numbers, team name, team or other logo (such as a flag) and players name only. Numbers shall be a minimum of 6 inches on the front and 8 inches on the back.

U. A team should wear no duplicate numbers.

V. The home team shall furnish all the following:

1. Game Ball Specification – 9U and below divisions must use a ball of equal size to a Wilson K-2 ball. 10U & 11U must use a size equivalent to a Jr. Size Football. 12-14U must use a Youth Size Football.

2. Weigh in Scale - Scales must be a balance type or digital, no spring type. Scales must be certified every 2 years.

3. Yard Markers - All yard markers must meet I.H.S.A safety requirements.

4. Official Time - A working time clock must be displayed at the field. When an official time is being kept on the field, any coach may request and must be given the time remaining in a quarter. The time clock and scoreboard may be operated by an enrolled high school freshman or older. In the event operators do not fulfill their duties the home team Mississippi Valley Representative must be notified, and the home team needs to provide a more capable operator.

5. Officials - Each home team will provide at least 2 officials for Tykes, 3 officials for ages 7-9U, and 4 officials for ages 10-14U during the regular season games. 1 additional Official is required for all play-off games. All officials must be licensed and in uniform, and all officials must be at least 18 years of age. Prior to game time, all licensed officials are required to show their license and identification if requested. If 2 licensed officials are not present at the start of the game the result is a forfeit for the home team. A game may start with 2 licensed officials if mutually agreed upon by the opposing coaches. If the 3rd official is not present by the start of the third quarter, the game is over, and the result is a forfeit by the home team. No coaches, parents, or siblings may officiate a game in which their team and/or family member participates. This rule is to avoid a possible conflict of interest.

6. Chain Gang – The chain gang will be provided by the home team. The chain gang is to remain silent and attentive during game play. The use of electronics is prohibited. The chain gang may be operated by an enrolled high school freshman or older. In the event operators do not fulfill their duties, a Mississippi Valley Representative needs to be engaged and the home team will provide a more capable operator.

W. Awards will be presented at the League's discretion. Trophies and plaques will be approximately equal monetary value.

X. Game cards of all football games must be completed correctly and must be received by the official recorder, bearing postmark no later than the Tuesday following the Saturday or Sunday games played. If a spectator, player or coach was ejected from a game by an official, game officials must record the ejection on the back of the game card. Mississippi Valley Youth Football League President must be notified of the ejection on the game day. Coach cards are optional.

1. If a spectator is ejected by an official, the head coach for the offending team is also ejected for the remainder of the game.
2. If a coach is ejected from a game for reasons other than a spectator ejection, that coach is also suspended from coaching the following week's game.
3. If a player is ejected from a game, the athlete will be suspended for one full half following the suspension. i.e a player suspended in the 1st half of the game will serve the suspension in the 2nd half of the game. A player suspended the 2nd half of the game will serve the suspension in the 1st half of the next game.

Y. Any changes to rules of play or by-laws that are to be voted on should be discussed at one meeting and voted on at the next Association meeting. This gives organizations time to take the issue back to their organization and discuss the issue to decide how to vote.

Z. When scheduling regular season games, byes should be distributed evenly between organizations in each division.

AA. If a team is up by 40 points before halftime, that team will forfeit the game and not be eligible for playoffs. If a team is up by 40 points, in the 2nd half, score keeping will stop and the opposing coach has the option to end the game with no penalty. In addition to the 40-point rule, at any time during the game there is a 24-point spread, there is a continuous clock. If the point spread returns below 24 points, the clock will also return to normal operation. This excludes ages 12-14U.

AB. Each team will monitor their participant's and fan's use of social media and other forms of broadcasting. Social media and other forms of broadcasting must not be used to insult, belittle, accuse, or criticize other Organizations, officers, coaches, officials, or volunteers. At the discretion of the Association, individuals performing such actions may be subject to disciplinary action up to expulsion from the Association.

AC. Each Organization will report to the Association any disciplinary actions against any coach, parent, spectator, or other individual, that rises to or above the level of suspension from attending games. This is to make hosting teams aware of poor sportsmanship or potential behavioral history, so they can be prepared for appropriate response if said individual violates suspension at another Organization's field.

AD. While performing duties on behalf of the Association or their member organization at games the Mississippi Valley Director or Association approved alternates will wear their League ID so that it is visible.

AE. Any athlete, coach, parent, spectator, or other individual that commits physical violence, verbal assaults or threats, vulgar or racist language, or acts in an un-sportsmanship like manner before, during or after a game towards any athlete, coach, parent, spectator, official, Organization's Member, MVYFL Representative, or other individual, at any Member Organization's field, or adjoining property including, but not limited to, spectator areas, parking lots, public parks, etc may be subject to league wide disciplinary action. Incidents that occur are to be reported immediately to the MVYFL Executive Subcommittee, who will gather the details of the incident and will decide if and what level of disciplinary action is warranted. Disciplinary action may include, but is not limited to, single game, multiple game, season or permanent suspension. The Executive Committee will communicate their decision no later than the Friday prior to next week's games.

AF. Illegal Helmet Contact and Grabbing

1. A player must not grasp, pull, twist, turn, push, or hold any part of an opponent's helmet (including the helmet shell, ear hole, back of helmet, or helmet openings) in any direction while making a tackle or blocking.

2. Incidental contact with the helmet during a conventional tackle is allowed, as long as it is not forcible, intentional, or used for control of the opponent.

3. Penalty: 15-yard personal foul; if the act is flagrant or repeated, the player may be disqualified.

4. Explanation for Officials: This rule is designed to prevent dangerous helmet contact and helmet grabbing that can lead to neck and head injuries. This is the first year for this so there will be some deliberation on this.

Team Eligibility

A. Each team shall register a maximum of 35 players and a maximum of 8 coaches, including a statistician. No player can be added to the roster after Weigh-in, unless approved by the MVYFL President or Vice President. The Club must be notified of the decision.

B. All team rosters will be turned in at the September league meeting and a copy will be provided to each organization's league representative. A player cannot be listed on a team roster if he has not been weighed with a stamped League ID card. A coach must have in his possession on game day a League ID card for any player listed on his team roster regardless of if the player is participating or not. Failure to provide a complete set of League ID cards could result in a forfeit if a protest is made by an opponent.

C. Game rosters must be typed and consist of Players First and Last Names, Jersey Numbers, and be in Jersey Number order on Team Letterhead.

D. There will be official pre-season weigh-ins hosted by select Organizations, determined by the Association, at specified times and locations. This weigh-in is intended to verify the Team Rosters for each team and to create League ID cards for each individual player. Documents used to verify date of birth, by the Mississippi Valley Directors, may include a birth certificate, passport, State ID Card, or previous year's League ID card. All League ID cards must be typed and printed on card stock including pictures of each player prior to attending an official pre-season weigh-in. Two Mississippi Valley Directors, including Association approved representatives, will participate in the weigh-ins verifying weights and dates of birth for each player. A Mississippi Valley Director or Representative cannot verify a team that they represent. Each League ID card will require a stamp from both official organization Representatives. All League ID cards must be individually laminated at the weigh-in. Coaches and statisticians are required to have a League ID card created which may occur during an official pre-season weigh-in. Each Organization is required to have a Coach Roster verified by either the President or Vice-President of the Association. Coach League ID cards must be typed and printed on card stock including pictures of each Coach. The forms to create the Coach Roster and League ID cards will be provided and distributed by the Association to all Organizations.

E. The home team is responsible for furnishing a certified scale for weigh-in. A Mississippi Valley Representative and the opposing team coach is to witness the weigh-in. Two Game rosters, including players' names and jersey numbers, in jersey numerical order, must be

available at the weigh-in. Rosters must be typed. The team coach must have the Leagues ID cards visible at all games. All cards must be completed for the player to be eligible for that game. The mandatory weigh-in will commence 60 minutes before the scheduled game time and the identification cards will be provided to the opposing coach at that time. In addition, the identification cards must be provided to the opposing coach to review at any time during the game in case of a protest.

F. An additional weigh in will be provided at half time of each game for any late arrivals or overweight players. Example: If scheduled game time is 1:00 pm., any player arriving or is overweight after 12:45 pm. must weigh in at halftime and is ineligible for the first half.

G. If a card(s) is lost, the organization must notify the President of the League, prepare a new card, and have it authenticated by the President of the League or the next ranking officer available, using the official League stamp.

H. All organizations must carry insurance on all teams. Certification of insurance must be submitted to the league before practices begin.

I. Minimum age for participation shall be 5 years of age. The player's age shall be considered as of July 1st of the current year. At each Organization's discretion and on an individual basis, Athletes born on July 1st through September 1st, the player may play up or remain with current age. No Mississippi Valley Youth Football League player will be eligible in a like sport defined by IHSA rules.

J. No change of team classification will be permitted after the child has participated in any League game.

Rules of Play Stripers = Unlimited Weight Players

A. A weight allowance (growth factor) will be provided. An allowance of one pound every 2 weeks starting with the second week of the regular season game.

Ages and Weights

<u>Division</u>	<u>Ages as of July 1</u>	<u>Max Weight</u>	<u>Position Restrictions</u>
s			
Tykes	5	Unlimited	Over 65lbs = Striper
7U	7	Unlimited	Over 80lbs = Striper
8U	8	Unlimited	Over 90lbs = Striper
9U	9	Unlimited	Over 100lbs = Striper
10U	10	Unlimited	Over 120lbs = Striper
11U	11	Unlimited	Over 130lbs = Striper
12U	12	Unlimited	No Restrictions
13/14U	13/14	Unlimited	No Restrictions

B. Regarding kickoffs, and kickoff returns, stripers will be on the front line at the onset of the play.

C. Stripers can advance the ball on Special Teams' plays only when the ball is kicked directly to them. They can not retreat back to get the ball and then advance. The ball would become dead at the spot if this scenario occurred. If the Striper is a Kicker on Special Teams, he can only kick the ball, even if muffed, the ball can not be advanced by passing, handing off, or running.

D. There will be no more than 5 stripers, with the allowance of a punter or kicker, on the field at any time. A 5-yard penalty will be assessed for each violation.

E. Defensive stripers will be no wider than outside shoulder of offensive tackle and on the line of scrimmage pre-snap. A 5-yard penalty will be assessed for each violation.

F. Each striper shall have an adhesive "stripe" of contrasting color, and at least one inch in width on their helmet from ear hole to ear hole.

G. All stripers will be "covered" by a non-striper on the offensive line of scrimmage. A striper cannot be the outermost player on the line of scrimmage. A 5-yard penalty will be assessed for each violation.

H. A striper is allowed to be the punter allowing 6 stripers to be on the field if this is the case, regardless of the events that occur the striped punter cannot advance the football.

Tykes Division

A. Two coaches will be allowed on the field. Coaches will not give verbal instructions or aid the players in any way once the QB starts his cadence. First offense will result in a warning. Second offense will result in the coach being removed from the field of play for the remainder of the game.

B. When a team requests to punt, the ball will automatically advance 20 yards from the line of scrimmage. Exception, when the line of scrimmage is inside the defending team's 40-yard line, the ball will be automatically advanced half the distance to the goal and when inside the 20-yard line no punt advance allowed. No Fake punts aloud. A simulated punt must be declared before the offense lines up on the ball. Once the offense lines up on the ball, the play is considered "live" and a simulated punt cannot be declared unless there is a clock stoppage, i.e. time out or penalty. Once a simulated punt is declared, the game clock will stop. The game clock will restart according to the change of possession rules.

C. There will be a maximum of 6 players on the defensive line. The defensive line will be from sideline to sideline. A 5-yard penalty will be assessed for each violation after initial warning.

D. There will be no defenders over the center and/or will hit the center at the snap of the ball. A 5-yard penalty will be assessed for each violation.

E. No blitzing. All defensive players who are not playing on the defensive line will be at least 4 yards off the line of scrimmage. The distance is reduced to 3 yards if the opponent is on the 1-yard line about to score.

F. There will be no kickoffs. To start quarters and after field goals or point after touchdowns the ball will be placed on the 40-yard line of the receiving team.

G. Tykes games will consist of four 20 min quarters, a continuous running clock, two time outs per half, a 10 minute half time, and a 45 second play clock.

H. Two referees may be used instead of three in the Tykes Division only.

I. If a safety occurs the team that was on defense and got the safety will be awarded 2 points and the ball on their opponents 40-yard line.

7U – 8U Divisions

A. When a team requests to punt, the ball will be automatically advanced 20 yards from the line of scrimmage. Exception, when the line of scrimmage is inside the defending team's 40-yard line, the ball will be automatically advanced half the distance to the goal and when inside the 20-yard line no punt advance allowed. No fake punts aloud. Punts, PATs, and Field Goals are also unrushed. A simulated punt must be declared before the offense lines up on the ball. Once the offence lines up on the ball, the play is considered “live” and a simulated punt cannot be declared unless there is a clock stoppage, i.e. time out or penalty. Once a simulated punt is declared, the game clock will stop. The game clock will restart according to the change of possession rules.

B. There will be a maximum of 6 players on the defensive line. The defensive line will be from sideline-to-sideline. A 5-yard penalty will be assessed for each violation after initial warning.

C. All defensive players, who are not on the defensive line, will be at least 3 yards off the line of scrimmage. A 5-yard penalty will be assessed for violation. Once the ball is placed inside the ten-yard line, going in the defensive player and not on the line of scrimmage may move to 2 yards of the line of scrimmage. You may leave them at 3 yards or further back but no closer than 2 yards. Must be instructed from the sideline and a 5-yard penalty can still be assessed if players are closer than 2 yards or half distance to the goal within the 5-yard line. Extra points that are non-kicking will have the same guidelines

D. There will be no defenders over the center and/or will hit the center at the snap of the ball. A 5-yard penalty will be assessed for each violation.

E. When kicking the extra point, the ball shall be placed on the extra point hash mark and the defense cannot rush after the ball has been snapped. If the kick is good the score is worth 2 points.

9U Division

A. When a team requests to punt, the ball will be automatically advanced 20 yards from the line of scrimmage. Exception, when the line of scrimmage is inside the defending team's 40-yard line, the ball will be automatically advanced half the distance to the goal and when inside the 2- yard line no punt advance allowed. No fake punts aloud. Punts, PATs, and Field Goals are also unrushed. A simulated punt must be declared before the offense lines up on the ball. Once the offense lines up on the ball, the play is considered "live" and a simulated punt cannot be declared unless there is a clock stoppage, i.e. time out or penalty. Once a simulated punt is declared, the game clock will stop. The game clock will restart according to the change of possession rules.

10U – 14U Divisions

All IHSA rules will apply. If not previously addressed in these by-laws (example: striper rule)

Game Protest

Any violation of these Rules and Regulations may constitute a game being played under protest:

The game officials, a member of the Board of Directors, and the opposing head coach must be notified as soon as possible after the alleged infraction has occurred. The protesting coach must write a summary of the alleged infraction on the back of the game card. In case of a protest, the game will be played in its entirety unless there is an immediate safety concern for the players. The protest can be initiated at any time but will require a \$100 deposit by the coach/team that initiates the protest. At first convenience after the end of the game, the Board of Directors will appoint a committee to determine the validity, and subsequent outcome of the protest by a silent vote. If the protest is upheld the deposit will be returned to the protesting team. If denied that deposit money will be placed into the general league treasury.

Effective date: _____, 2025.

President

Vice President

Secretary

Treasure

Alton Primary

Belleville Primary

Collinsville Primary

Edwardsville Primary

Granite City Primary

Highland Primary

Jerseyville Primary

Mascoutah Primary

O'Fallon Primary

Troy Primary