



FOOTBALL RULES

2023

Player Eligibility

1.1 – AGE

Players must be 4 years old and not more than 12 years of age as of July 31st.

“C” Division (Drill) – At least at least (11) but no more than (14) as of July 31st.

“C” Division (Football) – (11) years old on or before August 1st (12) years old must have turned (12) on or before July 31. If they are (13) on or before July 31st they are ineligible to play.

“D” Division (Football/Drill) – (9) years old on or before August 1st. (10) years old must have turned to on or before July 31st. If they turn (10) on of before July 31st they must move up to the “C” Division.

“E” Division (Football/Drill) – (7) years old on or before July 31st. (8) years old must have turned to on or before July 31st. If they turn (9) on or before July 31st they must move up to the “D” Division.

“Flag” Division (Football/Drill) – (4) years old on or before July 31st. (6) years old must have turned to on or before July 31st. If they turn (7) on or before July 31st they must move up to the “E” Division.

No participants can be enrolled in a high school grades (9 thru 12) With the exception to Drill per 2020 rule only for 2020 to allow 14 year old drill members on the "C" Level

A current Texas issued ID card is deemed acceptable as proof in lieu of a birth certificate.

ANY COACH THAT PLAYS A KID WITHOUT THE PROPER DOCUMENTAION WILL FACE DISIPLANRY ACTION AS FOLLOWS.

1ST half of the season the team forfeits 2 winning games.

2nd half of the season the team forfeits 50% of winning games.

Head coach will be suspended for a minimum of 2 game.

Sorts Thread, Team/Staff Rosters and Player Eligibility Policies and Procedures

MD1 Football and Drill uses a 3rd party vendor Sorts Thread to verify documents to determine a child's age and their eligibility to play on certain age divisions. MD1 Football and Drill Team reserves the right to review documents that the child's guardian submits to Sorts Thread to make a determinization on child's eligibility for age division.

- **Sports Thread**
 - All Parents are required to create a profile on Sorts Thread, upload a copy of the child's birth certificate, school document, current picture, sign waivers or anything else NSID requires.
 - Cost is \$15.00 paid directly to Sorts Thread and is the financial responsibility of the Parent
 - Organizations and or Coaching Staff are required to create a roster in Sorts Thread
- **Team/Staff Rosters**
 - Organizations and or Coaching Staff are required to submit a Staff Roster to MD1.
 - It is the responsibility of Organization or Coaching Staff to ensure that all players added to their roster have been verified in Sorts Thread.
 - If roster is not verified, the team will be prohibited from playing
- **Player Eligibility**
 - If Sorts Thread is unable to verify player, player's age or player's documents, this player will be ineligible to be on roster or play in MD1 games.
- **Failure to comply with the policies and procedures**
 - can result in but are not limited to; game penalties, team penalties, Organization penalties, Team or Organization suspensions/fines. Should the need arise for any of these courses of action, it will be reviewed and resolved by the MD1 Founding Members/Executive Board.

Game Rules

Defensive line (no further back than 1 yard from the line of scrimmage) – guards (nose guard) or tackles or ends. Defensive line cannot back up on the snap of the ball.

1.3 – On field penalty

Unsportsmanlike conduct (15-yard penalty)

2nd occurrence of unsportsmanlike conduct penalty and ejection of the player. The League Executive Board may take additional disciplinary action.

A forfeit will be called when a player is designated as ineligible enters the field during the course of any game.

1.5 – Team Registration

(2) completed copies of the Sports Thread roster and Staff roster.

1.6 – Insurance Requirements

All players will be covered by insurance.

Each team must submit a copy of their rosters to the League for submission to the League supplied insurance company. League Insurance information will be supplied to the Organizations prior to the beginning of the season.

1.6 – Schedules

Practice Schedules: Team workout schedules will be up to each team according to their policy. It is recommended, however, that practice sessions be held with consideration for meal, school homework, special events and family life.

NO SUNDAY PRACTICE OR GAME, UNLESS APPROVED BY THE LEAGUE.

Football teams can begin practices for the fall season 6/1/2023.

Drill teams can begin practices for the fall season 7/1/2023.

1.7 – Penalty

Any team found guilty of wearing pads or tackling before these dates will at minimum forfeit their first (2) games. Head Coach or Director will be subject to disciplinary action up to a (2) game suspension.

Regular season schedule will be prepared by the league Executive Board using procedures which will ensure fair advantage to all teams. Schedules will be drawn randomly by number with home team designated.

Coaches/Presidents will be present for a drawing of organization numbers for schedules for the upcoming season.

All (4) teams from each Organization will play in consecutive order at the same field during the regular season.

The proposed schedule must be completed by August 15th and a copy furnished to the City Parks Department.

Make up Games/Cancelled game - The President and Director can together cancel a game. The League Executive Board will reschedule the games to be played and notify each participating organization of the date and time of the makeup game.

Outside Games – Any Organization with no teams in the play-offs may participate in an outside bowl game except on Drill Competition Day and with the League obligations met. Organization with team(s) in the play-offs may participate in outside bowl games as long as the times do not conflict with the said play-offs or Drill competition Day.

Practice Fields – Permissions is granted by the City or school to practice sessions on a school parks. Official permission should be secured from the League Executive Board by each team to practice on the preferred location. No team is allowed to have regular practice sessions on City football fields such as, Evans, Paschall and Valley Creek. Such fields may be used only by special permissions of the League Executive Board.

Game Sites –

All games for all teams will be played on a regulation -sized field as described under NCAA rules

Regular Season games will be played at designated football fields.

The League Executive Board will determine all play-off and championship game sites.

Home Fields are as follows:

Paschall 1 and 2 – Inside sidelines will be the visitor’s sidelines. The outside of both fields will be home sidelines.

Evans – North side, closest to the concessions will be home sidelines.

Valley Creek 1 and 2 – Side closest to the concessions stand will be home sideline.

Equipment

Uniforms – It is the responsibility of the Head Coaches to ensure the following equipment requirements are met for each player.

For practice and games helmets – NOC-SAF approved face shields – cleat only/no tint, shoulder pads, pants- with hip pads, thigh guards, kneepads. Shoes – Lace-up tennis shoes or cleats not over ½ inch long. Mouth proctors – All tackle players must play with a mouthpiece attached to their helmet. No strapless or cutting the strap or the mouthpiece.

Ball must have League stamp. Each team will be issued (2) regulation game balls. Each team must play with the league issued regulation balls. Each team must play with the correct division size ball.

REVISION- game balls will be checked out to officials due to ball shortage. A regulation non composite ball will be labeled per age group and can be checked out at concession stand.

“C” Division will use Wilson TDY or its equivalent. “D” will use Wilson TDJ or its equivalent. “E” will use Wilson K2 or its equivalent. “F” will use Wilson K2 or its equivalent.

Games Rules –All Punts are “Live” from ages 8U-12U. Field Goals are 2pts on extra points attempts. Throwing a pass forward is also 2 pts. Running on an extra point attempt, or anything other than a forward pass, or field goal, will be marked 1pt. All games will be 10min quarters with 3-time outs per half. (adding 1 min for COVVID-19) Running clock can only be used in second half of game play with a 21 point lead. At that point the officials will let both coaches know that the running clock is in effect. All parents are required to be behind the second white line during gameplay. Coaches will only be allowed to coach on the field during the flag level games. Coaches from 8U-12U must stay in the coach’s box marked on the fields.

Game certification time – is the beginning of the 4th quarter.

Penalty – Any team failing to certify during the 4th quarter will forfeit the game. If a player isn’t present to certify during the 4th quarter, the player will not be eligible to play until the 2nd half.

AYF Eligibility- All rosters are required to be submitted on the [www. MYAYF.com](http://www.MYAYF.com) Website by September 15, 2020, in order to become eligible for regionals and nationals. \$30 per team for 8u-12u, \$25 for flag. This is due at the time of registration.

Chaining and down marker assignments – The League will supply the down marker and chains. The chains will be kept on the visiting team’s side. The visiting team will furnish (3) adults to run the chains. The beginning Organization is responsible for setting up the field and the ending Organization is responsible for putting away yard marks and down markers once game is over.

Penalty – \$50 Organizational fine for any team who does not set up or put away.

- **Flag Division-**

All game flags must be “Sewn Velcro” and be purchased from a league approved vendor.

Nose guard cannot line up over center.

Punts are 25-yard walk offs if team elects to punt. If a team elects to punt the walk off can't put the receiving team inside the 25- or lower-yard marks.

All ball runners must wear at minimum two flags: 1 on the right side, and one on the left side.

All teams must purchase two colors of flags opposite of the color of your uniforms. No two flag teams should have the same color flags. The visiting team is responsible for changing their flags.

No Spinning, stiff arms, or any form of action that would obstruct the flag from being pulled is considered "flag-guarding" and is NOT permitted.

Soft shell helmets are recommended but not required.

Initial possession of each half will start on 50-yard line.

Deliberate tackling will result in a penalty. Multiple penalties can result in possible ejection of player if referees issue warning.

Any player firing off from the line can engage in blocking, but are not allowed to "Wrap up, "Chop Block" "High-Low" or any other form of advantage blocking. Closed fists, and any jersey grabbing is considered holding.

Flag jerseys will be required to be tucked in if obstructing the flag from being pulled. MD1 League Official can determine if a team will be required to tuck the jersey in.

FLAG FOOTBALL

GENERAL:

In adopting official football rules for use in Flag Football, the object has been to keep as close to the original rules as possible and, at the same time, eliminate the dangerous hazards to body contact. Flag Football games will be conducted under NCAA rules with the noted exceptions below.

TEAM AND PLAYER ELIGIBILITY:

- All Players and teams must be qualified under the general rules and regulations of MD1.
- Coaches and Directors may choose to designate (1) four-year-old as their out-of-district who turns four January 1st. They may do so without obligation to accept all kids wanting to play in their district who turn four after January 1st.

PLAYER EQUIPMENT:

- **FLAG SPECIFICATIONS:**
 - The purpose of this specification sheet is to maintain the consistent reproduction of all regulation game flags. Cloth/nylon (no plastic) tip type standard flags with Velcro zip fasteners 15" in length.
 - Length: 15 inches
 - Velcro: 2-inch X 2-inch – No industrial strength Velcro
 - Single stitch
 - Rip stock material
 - Color assigned by Executive Board

- Flags must be purchased from the MD1 approved seamstress:
 - Werry Theory (817) 444-5424
 - Please contact the MD1 Football Director to submit names and phone numbers of seamstresses that would like to submit samples for approval and to be added to this approved seamstress list.
- Each team is required to submit what color pants and stripes they will wear for the upcoming season to the MD1 Football Director
- Helmets, Shoulder Pads and Thigh Pads are prohibited. No use of any unyielding hard substance on the hand, wrist, forearm or elbow.
- No sticky substance may be applied to the hands or gloves. Any player found to be using any such substance shall be ejected from the game and the Head Coach shall be brought before the MDI Executive Board.
- All flag football regulation game jerseys must be sized appropriately for the player. NO OVER SIZED TACKLE JERSEYS ALLOWED.
- All game shorts must be the dominant color of the game pants.

GAME REGULATIONS

- **FLAGS:**
 - Each team shall furnish their game flags
 - Two teams can not have the same color flags on the field at the same time. The home team decides what color they wear. If they are the same, the visitor will change flag color.
 - Flags must be worn on the left and right, parallel to legs
 - Two (2) league-approved flags (see Flag Specifications) must be worn by center, runners and eligible receivers.
 - All Flags must be flat before each game. No rolling or wadding of flags is permitted.
- All regular season and playoff games shall be played on the same size field.
- The game shall start and play beginning on the 50-yard line. The winner of the coin toss shall have a choice of offense or defense or defer to the second half. The loser gets the choice of goals. The situation is reversed at the beginning of the third quarter.
- Flag teams are allowed a maximum of 35 seconds for huddles.
- Only Coaches on the field will be able to call time outs.
- All offensive linemen must be in the set position (hands on knees or in a three-point stance) All defensive linemen must line-up one yard off the ball.
- Any ball carrier knocking off his flag will be down at that spot. If a ball carrier that takes a hand-off is not wearing flags, he shall be down when he takes the hand-off.
- A fumble or muff shall be dead at the spot where the fumble occurred with the loss of the down.

- After a safety is scored, the ball will be returned to the 40-yard line.

PENTALTIES:

- **COACHES:**

- Offensive and defensive coaches on the field cannot give instructions to the players after the ball is in play. This means when the quarterback is under the center, Offensive Coach must be at least ten (ten) yards behind their deepest player. Defensive Coach must be five (5) yards behind their deepest player with a minimum of 10 yards behind the line of scrimmage. Penalty will be (10) yards.

- **OFFENSE:**

- Offensive lineman (tackle to tackle) may block down field without extending his arms at the line of scrimmage. The penalty will be ten (10) yards if a player (tackle to tackle) extends his arms.
- **FLAG GUARDING:** The ball carrier shall not protect their flag by blocking it with their hands or arms, by stiff-arming or by having a jersey hanging down to prevent defending players from gabbing the flag. Any ball carriers belt hanging out by more than 3 inches will be considered flag guarding. The penalty is ten (10) yard from the point of foul.
- **RUNNING THROUGH LINE:** Offensive player's feet cannot be off the ground at the same time as they are going through the line. The penalty is ten (10) yards from the point of the foul.
- **JUMPING/SPINNING:** No player with the ball can jump or spin. The penalty is ten (10) yards from the point of the foul.
- **SCREENING:** Screening shall be considered the act of moving laterally or diagonally with an incoming man. Illegal screening shall be called when an offensive player moves forward into a defensive player in an aggressive manner. This will also include all lead blockers. Offensive players cannot use their elbows and cannot fully extend arms while blocking. The penalty is ten (10) yards from the point of the foul.

- **DEFENSIVE:**

- **DEFENSIVE LINE:** A defensive player may advance between two (2) offensive lineman (tackle to tackle).
- **PASS INTERFERENCE:** If an offensive pass receivers' flag is removed by a defensive player prior to touching the ball, pass interference will be called on the defensive team. The penalty is ten (10) yards form the point of foul. If a receiver catches the ball but has either knocked off their own flag prior to the catch or began the play without both flags on, there will be a loss of down and the ball returned to the original line of scrimmage.
- **TACKLING:** Intentional tackling of the ball carrier will result in a fifteen (15) yard penalty from the end of the play along with a warning that the second offense will result in expulsion from the game.

Executive Board Structure

Each year the “Executive Board” will be made up of each organization participating in MD1. Roles will be voted upon at a full body meeting made up of Head Coaches and Directors ONLY. Each organization is required to determine their own organization president unless removed by the “Executive Board”. If Presidents do not fulfill their responsibility as a member of the “Executive Board”, they can be voted and removed with a majority vote from the board. ALL decisions, actions, responsibility is determined by the “Executive Board”. Each “Executive Board” member will carry a role and title and have a responsibility in the daily operations of the league. Each organization is required to determine their own president but must submit any changes and provide elected president to MD1 by March 15th of each calendar year. Elected roles will be determined each calendar year before June 1st. If additional members are added to MD1 the “Executive Board” will create roles and titles to fulfill the obligations of our structure.

Conduct and Behavior-

All volunteers who have interactions with the children associated with MD1 Football and Drill are required to submit and pass a criminal background check to MD1. MD1 Football and Drill Team reserves the right to prohibit a volunteer from participating in MD1 League activities based off criminal background information. MD1 Football and Drill Team also reserves the right to remove Volunteers who engage in conduct considered to be detrimental to the League.

- **Background check policies and procedures**
 - Volunteers must submit a background check through Protect Youth Sports. A link can be found on the MD1 Website.
 - Cost is \$13 and is the responsibility of the volunteer to pay.
 - Volunteers under the age of 18 are not required to complete a background check.
 - If an individual does not pass the background check, they are not permitted to get a league badge, be on a Staff Roster or on the sidelines.
 - If an individual does not submit a background check, they will not be able to get a badge, be on a Staff Roster or be on the sidelines.
- **Badge policies and procedures**
 - MD1 will set up dates for volunteers to get their badge.
 - All volunteers must have an MD1 badge to be on the sideline at the games.
 - Badges must be visible while on the field or sidelines.
 - The cost is \$7 and is the responsibility of the volunteer to pay.
 - All volunteers under the age of 18 are required to have a badge.
 - All volunteers must be added to the Coaching Staff Roster in National Sports ID.
 - All staff under the age of 18 are required to be on the Staff Roster.
 - If someone is on the sidelines without having an MD1 badge, they will be removed.
 - If the badge is lost the volunteer must contact the MD1 Board to get a replacement. Cost is \$10 and must be submitted to MD1 by the Wednesday prior to game day.
- **Failure to comply with the policies and procedures.**
 - can result in but are not limited to; game penalties, team penalties, Organization penalties, Team or Organization suspensions/fines. Should the need arise for any of these courses of action, it will be reviewed and resolved by the MD1 Founding Members/Executive Board.

If a COACH is ejected in a game by game officials, it's an automatic 2 game suspension unless overturned by "Executive Board".

Drugs and Alcohol are not allowed on city property or MISD property. Any criminal behavior will not be tolerated and can be

All Head Coaches are required and responsible for the collection of each organization's player fees. Failure to do so can result in disqualification from MD1.

Organizational Requirements-

In order to participate in MD1 each participant is required to pay \$65 per participant for league fee's This is paid directly to the league from each participating organization in full no later then September 27th 2020. Failure to do so will result in disqualification. 1st payment is due at certification.

Must maintain an organizational checking account and provide bank statements at end of season/year.

Not engage in any financial wrong-doing, stealing, fraud, or gaining financial gain from participating in youth sports.

Have two or more Football or Drill teams in order to be considered an organization. No individual teams can be admitted to MD1 without a majority vote from "Executive Board".

Maintain a positive and safe environment for participating youth.

Participate in league meetings events or be subject to fine. Fines can accrue if trash isn't maintained on game days, damage to facilities, fields, equipment, etc; but not limited to disciplinary actions.

President of organization must participate in board structure and responsibility to MD1 ; become ineligible. MD1 can take disciplinary action not excluding removal if failure to meet structure of league requirements.

Keep practice fields clean and free of trash and debris. Game fields and maintaining your area during game-play falls on the organization, failure to do so can result in fines issues by the "executive Board".

Provide the required documentation for certification on all participants.

If an organization takes a BID to AYF Regionals or Nationals they have to fulfill the Obligation. If a Team wins a BID and doesn't go, there will be \$2,500.00 and the Head Coach of the Team will be suspended from Coaching in MD1 for the next Season and the Organization will be ineligible to accept a BID for the next Season.

If a Coach or Director misappropriates Organizational fund by using applications such but limited to as cash app venom, or Zelle they will be subjected to League disciplinary action that will be determined by the Committee.

If a Coach or Director clones groups or any other messaging apps after leaving or departing an organization they will be subjected to League disciplinary action that will be determined by the Committee.

