



MILE HIGH FOOTBALL LEAGUE 2010 SPRING FOOTBALL POLICIES & PROCEDURES

INDEX

- 1.0 AUTHORITY**
- 2.0 MISSION STATEMENT**
- 3.0 ADMINISTRATION**
- 4.0 ELIGIBILITY**
- 5.0 REGISTRATION**
- 6.0 SELECTION OF PLAYERS**
- 7.0 TEAMS AND TEAM STRUCTURE**
- 8.0 COACHES**
- 9.0 ROSTERS**
- 10.0 TEAM MEETINGS, PRACTICES AND GAMES**
- 11.0 EQUIPMENT**
- 12.0 PARENTS' MEETING**
- 13.0 SPECIAL PROVISIONS FOR GAMES**
- 14.0 PLAY-OFFS AND LEAGUE CHAMPIONSHIP**
- 15.0 PLAYING RULES**
- 16.0 INJURIES**
- 17.0 PROTESTS**
- 18.0 EXCEPTIONS**
- 19.0 PARENT AND COACH COMPLAINTS**

1.0 AUTHORITY

The Mile High Football League is a program of The Hmong Foundation, Inc, a non-profit Colorado corporation, and conducted under the authority of its board of directors.

2.0 MISSION STATEMENT

The purpose of this program is to provide young student-athletes opportunities to play tackle football in the spring season while focusing on the fundamentals of the game, developing good sportsmanship, Teamwork, self-confidence and leadership through participation.

3.0 ADMINISTRATION

The Football Board consists of the Football Director and those appointed by the Football Director. The Football Board will consist of at least one (1) Football Director, one (1) Foundation Board Member, one (1) Parent, one (1) Coach, one (1) Referee, and one (1) At-Large. No more than two members from the same class. The Football Director will be the tiebreaker on decisions not reached by a majority.

3.1 FOOTBALL DIRECTOR

Acts as the presiding officer of the Mile High Football League, which shall have authority and responsibility for the administration and conduct of the Mile High Football League program within these Policies and Procedures. The Football Director may appoint other Football Assistants or Coordinators, as he/she deems necessary to provide for proper management of the Football Program.

3.2 FOOTBALL COORDINATOR

A Football Coordinator may be designated by the Director, and shall have full authority and responsibility for administration and conduct of the league matters within these Policies and Procedures.

The Football Coordinator is responsible for ensuring that the following are placed on file with the league office.

- a) Playing schedules for each division.
- b) List of players for each team in their division.
- c) List of coaches for each team in league.
- d) Weekly standings by won-loss record for each division.

The Football Coordinator is responsible that all rules below are followed in their respective divisions and may from time to time assume the same duties in other divisions within Mile High Football League.

3.3 OTHER ADMINISTRATIVE ITEMS

The Football Director shall be responsible for maintaining accurate records on all events, correspondence, letters, discipline issues, rosters, schedules, and other record keeping which is necessary to ensure consistency and history for future persons holding these positions.

4.0 ELIGIBILITY

4.1 PLAYERS

- a) Boys and girls are eligible as players in the Mile High Football League Football program who meet the grade requirements.
- b) Players placed on waiting lists after teams are formed will be assigned to teams by the Football Director.

4.2 COACHES

Those adults are eligible to be considered as Coaches in the Mile High Football League Football program:

- a) Have successfully completed coaching certification from USA Football, National Youth Sports Coaches Association, American Sports Education Program, Colorado High School Activities Association, or from other nationally recognized organizations. Certification within the last two (2) years is acceptable and copies of certifications must be attached to your Coaching Application. Coaches who don't have certifications may attend one of our coaches' clinics in order to fulfill this requirement. A deadline will be established by the league in which to complete this requirement. No coaches may take the playing field until this Mile High Football League Policies and requirement is met.
- b) Have not had their coaching assignment revoked by another association or league within the two years.
- c) Head Coaches must be at least eighteen (18) years of age.
- d) Must have an application on file, submit to a background check, and be approved by the Director.

4.3 QUESTIONS OF ELIGIBILITY

The Football Director or the Board shall be the judge of fact in all questions of eligibility.

5.0 REGISTRATION

Players are to register during the time period and in the manner specified by the Football Director or Board. Registration is initiated by a player's parent/guardian completing the registration form by mail or on-line furnished by Mile High Football League specifically for this purpose along with the football fee payment and submitting required documents.

5.1 ORGANIZATION OF TEAMS

Divisions are formed as follows:

Division I: Competitive League; 4th, 5th, 6th, 7th, 8th.

Division II: Recreational League; 3rd, 4th, 5th, 6th, 7th, 8th, JV and Varsity.

Backfield, Maximum Weight Limit and Ball Size:

| Division | Backfield Weight Limit | Maximum Weight Limit | Ball Size |
|----------|------------------------|----------------------------------|---------------------------------|
| 3rd Gr. | 80 lbs | None | Wilson K2 or Equivalent |
| 4th Gr. | 95 lbs* | None | Wilson TDJ or Equivalent |
| 5th Gr. | 105 lbs* | None | Wilson TDJ or Equivalent |
| 6th Gr. | 115 lbs* | None | Wilson TDJ or TDY or Equivalent |
| 7th Gr. | 130 lbs* | None | Wilson TDJ or TDY or Equivalent |
| 8th Gr. | None | None | Wilson TDS or Equivalent |
| JV | None** | 160 for 10 th graders | Wilson TDS or Equivalent |
| Varsity | None** | None | Wilson TDS or Equivalent |

*Revised 1/24/10

In the event, the JV and Varsity division is combined as a single High School division there will be no a backfield weight restriction. **Added 3/2/10

6.0 SELECTION OF PLAYERS

6.1 Individual Registering Players

Individual Registering Players will be assigned to teams by the league based on geography or region unless requested otherwise.

6.2 Independent Registering Players

Independent Registering Players signed to play in the league but is already part of an existing team not formed or placed by the league.

6.3 Players on Two Teams

Players may not play on two separate MHFL teams.

6.4 MHFL reserves the right to assign “older but lighter” players down a division or grade but this will be done by a case-by-case basis review. Added 1/24/10

7.0 Teams and Team Structure

7.1 Independent Teams

Teams may be formed from outside of Mile High Football League. A team must carry a minimum of 18 players. The league reserves the right to assign Individual Registering Players on their team. This is a condition of being allowed in the league.

7.2 League-Formed Teams

Individual Registering Players are those that sign up through the Mile High Football League office and not part of any existing team. These players may request a team or coach, and if there is an opening they may be assigned to that team. The Football Director will assign Individual registering Players at his discretion. The primary goal is to assign them to teams by geography or region where possible. Each player will be assigned to a team.

7.3 Minimum and Maximum Number of Players

The minimum number of players per team is 18 and with a 30 players maximum, except the 3rd gr. division, 12 minimum and 16 maximum if playing eight-on-eight. At the Football Director’s discretion, players from open registration may be assigned to any team.

8.0 COACHES

8.1 Responsibilities

All Head Coaches are responsible for the actions of their players, parents, and fans during both practice and games. Good sportsmanship should be encouraged and practiced by all. The Head Coach is responsible for making sure all coaches have filled out a coach’s application.

The Football Director shall assign eligible Coaches to teams using the following criteria:

- a) Each team shall have a Head Coach with at least one Assistant Coach. No more than four assistants total allowed per team.
- b) The selection of all Coaches (including all assistant coaches) will be at the discretion of the Football Director. The Mile High Football League Board may revoke a coaching assignment at any time for willful violation of Mile High Football League Policies and Procedures; Coach’s Code of Conduct, or any of the provisions of this document.
- c) Any Coach removed or ejected from a game by the officials, or by a MHFL board member will automatically meet with the Football Board and will be suspended for a minimum of one (1) game. Upon review of the occurrence the coach may have additional sanctions placed on him up to and including permanent removal as a Mile High Football League coach.

8.2 Mandatory Coaches Meeting or Training

All coaches are required to attend mandatory meeting or training as required by the league. Failure to attend required meeting or training may result in loss of coaching privileges.

9.0 ROSTERS

- a) The Football Director shall at all times maintain a roster for each team, naming all players, jersey

numbers and weights. All Coaches and Assistant Coaches must have addresses and telephone numbers listed.

b) The Coach of each team shall, prior to the start of the season, provide a roster listing his/her players' names and jersey numbers to the Football Director.

c) No player may be added to any team after the 1st game of the season without the express consent of the Football Director, and under no circumstances will a player be added to any team for play-offs. Ineligible players used will result in the head coach being suspended or removed from his or her position at the discretion of the Football Board. Additionally, any games played by ineligible players shall result in forfeiture of games.

d) All current rosters will remain on file in the Mile High Football League office.

10.0 TEAM MEETINGS, PRACTICES AND GAMES

NO TEAM MAY HAVE A MANDATORY TEAM MEETING, WORKOUT OR PRACTICE PRIOR TO THE FIRST OFFICIAL PRACTICE OF MARCH 15th, 2010.

10.1 PRACTICES

The total number of practice sessions for each team shall not exceed one per day and shall be further limited to:

a) A practice is a meeting (workout or film session) with two or more players. If a Coach holds an unauthorized practice, he/she will be subject to suspension for one week inclusive of practices and game, or more severe penalties as deemed by the Football Board.

b) During the first two practices, helmets may be used but no should pads or contact will be allowed.

c) Contact practices may begin no sooner than the third day of practice.

d) Each team is allowed four practices during the first week. Every week thereafter teams are limited to three practices per week with a maximum of four contact periods per week.

e) No practice may be held on Sundays before 1:00 pm. All practices must end by 8:30 pm unless under the light when it can end at 9:00 pm on any given day.

f) Practice sessions may not exceed 2 hours a day for grades 3rd - Varsity.

g) Practices may be held on consecutive days.

h) Any exception to these policies must be approved in advance by the Football Board.

i) No Coach shall require his/her players to be at the field before or after league scheduled practice time.

j) All practices shall be held at fields designated or approved by the Football Director.

k) Any Coach not following the above rules will be subject to discipline determined by the Football Board.

l) Coaches shall not conduct drills designed to punish or "run-off" players. Examples of drills that are not allowed are machine gun drill, "Bull-in-the-Ring" and any other drills that are not of a constructive teaching nature. Coaches found in violation of the intent of this rule shall be disciplined as determined by the Football Board.

10.2 PARTICIPANTS

a) No player may participate in any team meetings, workouts or games until he/she is officially assigned to a team.

b) No Coach or Assistant may participate in any team meetings, workouts or games until he/she is officially assigned to the team and has completed his/her requirements of eligibility hereunder.

c) No player may play on any Mile High Football League team if they play in any other organized spring tackle football league.

10.3 START OF GAMES

No games shall be conducted prior to assignment of registrants to teams by the Football Director, nor

after the regular playing schedule, as expressly authorized by the Mile High Football League Board.

10.4 SCRIMMAGE

Although scrimmages are fun and important, please remember, the point of scrimmages is to practice, not play “extra games.”

- a) There shall be no scrimmages or games outside of the league without written permission from the Football Director and approved Football Board.
- b) Each team is limited to two (2) scrimmages during the course of the season.
- c) Scrimmages will be limited to a maximum of one (1) hour.
- d) Scrimmages can only be held between two teams.
- e) No referees shall officiate the scrimmages.
- f) Scores shall not be kept.

11.0 EQUIPMENT

11.1 Footballs used in each division:

| Division | Ball Size |
|-----------------|---------------------------------|
| 3rd Gr. | Wilson K2 or Equivalent |
| 4th Gr. | Wilson TDJ or Equivalent |
| 5th Gr. | Wilson TDJ or Equivalent |
| 6th Gr. | Wilson TDJ or TDY or Equivalent |
| 7th Gr. | Wilson TDJ or TDY or Equivalent |
| 8th Gr. | Wilson TDS or Equivalent |
| JV | Wilson TDS or Equivalent |
| Varsity | Wilson TDS or Equivalent |

11.2 Player Equipment Requirements

- a) All players shall wear shoes of rubber soles or rubber cleats. No metal cleats allowed.
- b) All helmets, pads and mouthpieces shall be worn during any contact period, practice or game. Any player without proper equipment will not be allowed to participate in practices or games. All helmets must carry the NOCSAE stamp of approval.
- c) The parents will inspect the individual player’s equipment to make sure it is of a safe and protective nature before the first contact practice session.
- d) Helmets will be worn for all practices and warm-up drills.
- e) The following equipment must be furnished by the individual players:
 - Cleats (non-metal) / Shoes
 - Practice jerseys, pants and hip, tailbone, and kneepads
 - Mouthpieces
 - Helmets and shoulder pads
- f) Purchased equipment (helmet, shoulder pads and pants) must not have the stamp “This equipment is not to be used for competitive purposes’ or labeled as such. The parents or legal guardians will check all equipment. Parents or legal guardians will be solely responsible for continuing inspections of equipment in order to keep it in a safe condition.

11.3 Chain Gang & Team Benches

The Home Team will be responsible for securing three capable persons to do the yard-to gain marker and down marker. The Chain Gang will be one the side of the Home Team for the entire game. Note: The Home Team will take either west or south benches; the Visiting Team’s benches will be either the east or north side of the field.

12.0 PARENTS' MEETING

It shall be suggested that all Coaches have a meeting to explain to the parents the Rules, Policies and Procedures under which individuals will be playing. At this meeting, the coaches should provide the parents with a complete package of team rosters, practice and game schedules, play time requirements as mandated by Mile High Football League, team rules, and a listing of Coaches phone numbers, and other methods by which Coaches can be contacted.

13.0 SPECIAL PROVISIONS FOR GAMES

- a) The Football Board will determine the total of scheduled league and play-off games for each division.
- b) The Football Director will identify possible uniform conflicts on the schedule prior to the start of play. Coaches will be notified in advance and the Football Coordinator or Director will specify which team has priority for uniform choice.
- c) Playing conditions shall be evaluated prior to each game by the Football Coordinator or Director (or his designee) responsible for the scheduled games on each field. Games will be postponed only if weather creates a hazard to players and officials. The Football Director shall at a later time determine when the game will be made up. If the Football Coordinator, Coach, believes that the playing of a full game will jeopardize the safety of the players, coaches, officials, and spectators, they will consult with the Football Director and/or available Football Board members.

The Football Director and/or the Football Board reserve the right to evaluate the conditions and apply one of the following remedies:

1. Postpone and reschedule the game.
2. Attempt to play the game, stopping as needed to evaluate the weather conditions. Play may be suspended for lightening or other hazardous conditions and restarted when it is determined to be safe. If a game is suspended and not resumed, and at least half the game has been played, than the score at the time of suspension may be used as the final score only if the game cannot be rescheduled.
3. All makeup games must be played within two weeks and played between Mondays through Thursdays.
4. The Football Director or the designated representative may stop any game or practice at his/her discretion. If a game is weathered out during the course of a game, every attempt will be made to complete the game from the point of suspension. If the game cannot be continued, then at the Football Director's discretion the game can be designated as complete or rescheduled.

13.1 RUNNING UP THE SCORE

All coaches must be aware that "running up the score" is not acceptable. All attempts should be made to keep the score from getting out of hand. Running up the score is defined as beating your opponent by more than 35-plus points. **All starting offensive backfield players must be replaced with other non- starting players when up 35 or more points.** If you are fortunate to be 35 or more points ahead, you should have a plan in place to give some opportunities to other players on your team. No coach should ever place himself in the position that he has to tell his players not to give it 100%. To ask your players to go out and not give it their best is demeaning to your opponent and not fair to your kids. Move your players around on offense and give players under the ball carrying weight an opportunity to carry the ball. Let players play on defense that would normally not be afforded that chance. If in the second half you find your team ahead by 35+ points, it is okay to put your best five or six kids on the sideline. This is the only time that you are allowed to violate the minimum playing time rule, if playing recreational division. If you are 35+ points ahead, you are not allowed to call a time out in the 4th quarter.

Do not wait until you find yourself in this position to try to figure something out. Plan it in advance. Most important, inform your players and parents of what you plan to do if you find yourself in this position. Again, all starting backfield players must be removed and replaced with other players. Starting backfield players may resume their positions when the score is less than 35 points. Penalty: Unsportsmanlike Conduct – 9, 12 or 15 yards. Repeated offenses may result in the termination of the game.

14.0 PLAY-OFFS AND LEAGUE CHAMPIONSHIP

Division championships will be decided in the following manner:

- a) Teams will be seeded for the play-offs according to their win/loss record. The Football Board reserves the right to award a “Consolation Bracket” or in designated leagues to ensure a competitive play-off and allow more teams the opportunity to advance in a play-off system. The use of Bowl Games may be an alternative format and the format of all brackets is at the discretion of the Football Board.
- b) There will be no play-offs for play-off positions. When teams are tied, the following step-by-step process will be used to break ties:

STEP 1. The winner of the game played by the two teams. (Head-to-Head Competition)

STEP 2. If the two teams remain tied after the Head to Head competition, or more than two teams are tied, the team with the best point differential in games played between the tied teams will be placed in the highest finishing order. (A point differential of a maximum 8 points per game will be used in this tiebreaker process).

STEP 3. Coin flip.

- c) This procedure will be used regardless of the number of teams involved. If more than two teams have the same record, the procedure will start over as soon as one team is separated from the others based on this step-by-step process.
- d) Single elimination play-offs will be conducted between teams.
- e) Tie games during playoffs will be determined in the same manner as regular season games.

15.0 PLAYING RULES

National Federation High School playing rules in effective unless stated otherwise.

15.1 PLAYING TIME, FIELD DIMENSIONS, MINIMUM PLAY TIME and EXCEPTIONS

- a) A game shall consist of four ten (10) minute intervals. Game clock will stop according to NFHS rules. The referees will keep the official game clock if no scoreboards are available.
- b) 3rd-5th Gr. division will play on a 60-yard long and 40-yard wide with two 10-yard end zones. 6th-7th Gr. will play on a 80-yard long and 53 1/3 yard wide with two 10-yard end zones. JV and Varsity division will play on a 100-yard long 53 1/3 yard wide with two 10-yard end-zones.

| Division | Length | Width | End-Zones |
|----------|-----------|--------------|-----------|
| 3rd Gr. | 60 yards | 40 yards | 10 yards |
| 4th Gr. | 60 yards | 40 yards | 10 yards |
| 5th Gr. | 60 yards | 40 yards | 10 yards |
| 6th Gr. | 80 yards | 53 1/3 yards | 10 yards |
| 7th Gr. | 80 yards | 53 1/3 yards | 10 yards |
| 8th Gr. | 100 yards | 53 1/3 yards | 10 yards |
| JV | 100 yards | 53 1/3 yards | 10 yards |
| Varsity | 100 yards | 53 1/3 yards | 10 yards |

c) Each player on all teams shall start and finish two quarters and play either on offense or defense. (See Minimum Play Time Requirements Below). It shall be the responsibility of each parent/guardian monitor that this requirement is being met. Exception: Competitive divisions shall not have Minimum Play Time Requirement.

d) If at any time during the game a Football Board member directs a coach to play a player, the coach must do so.

e) **Minimum Play Time-** All players must start and finish at least two quarters either on offense or defense. The exceptions are: 1) when a player is injured or sick and is unable to start or complete a quarter; 2) when a player requests to the game official to be substituted out due to fatigue (see 15.1.2); 3) when a player missed more than half of a week's practices; and, 4) when a team is winning more than 30 points some of the better players may sit out. Exception: Competitive divisions shall not have Minimum Play Time Requirement.

If minimum playing time isn't met, the Coach will be subject to suspension for one (1) full week (includes one (1) game and two (2) practices), forfeiting game played, or other disciplinary action as deemed appropriate by the Football Board. However, players may have their minimum playtime revoked for un- excused absences from practice or for personal misconduct. If a player will not be allowed minimum playtime:

1. The Head Coach shall notify the Parents of the athlete being disciplined at least one day before the starting game time.
2. The Football Director shall also be notified by the Head Coach via email of the action at least twelve (12) hours prior to the starting game time.
3. If disciplinary action is required during the game or an injury occurs that prohibits a player from playing mandatory playing time, the Coach must explain the reasons to the parents if possible, to the opposing Head Coach or Director.
4. If mandatory playing time isn't met, the Coach will be subject to suspension for one (1) full week includes one (1) game and two (2) practices); or other disciplinary actions as may be deemed appropriate by the Football Board, up to and inclusion of; the game played may be forfeited at the discretion of the Football Board.

f) The Head Coach and up to four (4) Assistants and one team manager/parent will be the only non-players authorized in the team area. The team area will be defined as followed: 3rd-5th Gr.; within the 15-yard lines and 5-yards from the sideline; 6th-7th Gr.; within the 20-yard lines and 5-yards from the sideline; 8th-Varsity; .; within the 25-yard lines and 5-yards from the sideline. The Head Coach will keep all authorized personnel inside the team area. Only coaches and players will be allowed within 5-yards of the sidelines. The Head Coach is responsible for keeping the five-yard side zone cleared. The officials may call a 5-yard penalty for sideline interference after one warning to the Head Coach for any violation listed above.

g) Extra points (PAT) in all divisions will be two (2) points for plays passed over and for plays kicked over, and one (1) point for plays run over.

h) Punts

3rd-5th Gr. division will be allowed a free punt with no rush by the defense. The offensive coach must notify the official and this may be done on any down. The ball must be snapped to the punter at least five yards behind the line of scrimmage and if it is dropped, it is ok to pick it up and punt it. A patch player may be the punter. The ball is considered to be punted when first touched by the punter's foot. No offensive player can leave the LOS until the ball is kicked. If any player leaves the LOS prior to the kick, the referees will instruct them to go back and wait until the ball is punted (there is no offside on declared punt). The defense lineman cannot leave the LOS until the ball is kicked. There must be

seven defensive players on the LOS and only 2 players back greater than 5-yards from LOS to receive the punt. The punter has 5 seconds to punt the ball otherwise it will be blown dead at the LOS. If the punter takes a knee or falls down in attempting to field a punt he may get up and complete the punt as long as it completed within 5 seconds. A patch player may not advance a punt if he is on the receiving team.

i) Extra Points or Field Goals

No goal posts will be used in the 3rd-7th gr. division. Therefore, there will be no extra points and field goals being kicked in these divisions or on fields without goal posts.

j) Overtime

No game will end in a tie. Games tied at the end of regulation will be decided in the following manner:

1. Coin toss winner will have the option of playing offense or defense first.
2. Each team will be given four (4) downs to score from first and goal at the 5-yard line for 3rd-5th gr. and 10-yard line for 6th-Varsity. Team possession ends after score (touchdown/pat, field goal, safety) or turnover (4 downs, interception, fumble recovered by defense).
3. Whoever has scored the most points after each team has had a possession will be declared the winner.
4. This procedure will repeat until a winner is determined.
5. One (1) time out is allowed per team per overtime period. Timeouts are not cumulative. Use it or lose it.

k) Forfeits

A team which cannot fill eleven (11) players within 15 minutes of the scheduled time will be deemed a forfeit, unless officially postponed by the league or delay of start authorized by the Football Director. The score shall be 8-0 in favor of the offended team.

l) Scoring

Points will be given as followed:

- Touchdown; 6
- PAT, run; 1
- PAT, pass (need not be beyond LOS); 2
- PAT, kick (8th-Varsity), 2
- Field Goal (8th-Varsity); 3
- Safeties; 2

15.1.2 PLAYER-CALLERS, SELF-SUBSTITUTIONS, AND SUBSTITUTIONS

1. The offensive team may designate one play-caller and he/she may substitute on and off the field with another play-caller off the field to relay plays to the offense but the two play-callers must be the same players throughout that quarter unless replaced due to illness or injury. These two-player callers must occupy the same position through the quarter. This must be done in such a way that it's clear to the opposing team that they are play-callers and not substitutes. Coaches may use new play-callers every quarter but again they must be easily identifiable and players will have considered meeting the minimum playing quarter. Exception: This rule doesn't apply to competitive division.

2. Any player may self-substitute him or herself out of the game up to two times per game due to fatigue (Only one request per quarter from the same player). However, only the player on the field may make a request to the game official his or her desire to leave the game due to fatigue. The official must approve the request before a substitution is allowed. He/she may return anytime before the end of such quarter and if unable to do then it is deemed that his/her quarter has been completed. Exception: This rule doesn't apply to competitive division.

3. No coaches may order, suggest or demand that his players self-substitute themselves out during any quarter just for the sake of substituting new or fresh players before meeting the minimum playing time requirement. Self-substitution will be at the discretion of the players not the coaches.
4. There is no free-substitutions in the Recreational Division. You start and finish with the same players regardless of the quarter unless in over-time play. It is the head coach's responsibility to ensure that his players have completed their minimum playing time. Free-substitutions will only be allowed in over-time periods. Exceptions: when a player is unable to complete the quarter due to illness, injury or fatigue (at the player's discretion). Competitive Division may substitute at will.
5. The head coach must announce, prior to the start of a game, to the opposing head coach any of his players that will be not meeting the minimum playing time due to excessive absences from practices, academic or behavioral issues.
6. A game may be protested if any of the above requirements are not met and if found true by the Football Board a forfeit will be declared against the offending team.
7. Coaches who willfully violate these provisions will be suspended including possible removal from the league.

15.2 BACKFIELD AND ENDS WEIGHT LIMITS

The ball carrier weight limit is determined by grades. Those players above the weight limit will be considered patch players.

| Division | Backfield Weight Limit | Maximum Weight Limit |
|-----------------|-------------------------------|-----------------------------|
| 3rd Gr. | 80 lbs | None |
| 4th Gr. | 95 lbs* | None |
| 5th Gr. | 105 lbs* | None |
| 6th Gr. | 115 lbs* | None |
| 7th Gr. | 130 lbs* | None |
| 8th Gr. | None | None |
| JV | None** | 160 lbs for 10th Gr.** |
| Varsity | None** | None |

*Revised as of 1/24/10

In the event, the JV and Varsity division is combined as a JV division the backfield weight limit shall be 180 lbs but no maximum weight limit. **Added 2/25/10

1. A player's weight on weigh-in day will be his/her playing weight for the season.
2. There will be designated dates for weigh-ins. Players should weigh in on weigh-in days after they sign up. All weigh-ins will be conducted and observed by members of the Football Board or its designees. Players will have one chance to weigh-in.
3. A patch player will be designated by a highly visible decal on the back of the helmet provided by the league.

15.2.1 TIGHT END PARTICIPATION IF OVER THE WEIGHT LIMIT

1. A tight end is an offensive player lined up next to and no more than 2 yards outside of an offensive tackle.
2. There are no weight restrictions concerning the tight end position.
3. A tight end may not carry the ball if he receives the ball from a hand off or lateral. Penalty: Play is ruled dead when he secures the ball.
4. A tight end may not be the ball carrier on a reverse or end around play. Penalty: Play is ruled dead when he secures the ball.

5. A tight end may not go in motion. Penalty: Illegal motion (3, 4, or 5 yard depending on division)
6. In order to carry the ball the tight end must receive the ball on a forward pass that is completed at least one yard beyond the line of scrimmage. Penalty: Play is ruled dead when he secures the ball.
7. A patch player who plays the tight end position may not advance a fumble on offense. Penalty: Play is ruled dead when he secures the ball.
8. This rule doesn't apply to 8th-Varsity divisions unless two or more divisions are combined where there is clearly a disadvantage for the younger division. **Added 2/25/10**

15.2.2 Offensive Positions

On offense, any player exceeding the ball carrying weight limits will be required to play a down lineman position or tight end. This position will be defined as follows:

- a) Offensive center, guard, tackle or tight end, under the conditions in 15.2.1 above.
- b) Any patch player playing offensive center, guard, or tackle will be considered an illegal receiver or ball carrier. Penalty: Play is dead, lost of down and ball is put at the original LOS. A patch player may not advance a fumble on offense. Penalty: Play is ruled dead when he secures the ball on fumbles.
- c) Any patch player may kickoff, kick, punt, but cannot run, hand-off, or pass the ball while in punt or formation. Penalty: Play is dead and lost of down and ball back to the LOS.
- d) Any patch player cannot be a holder for extra points or field goals. Penalty: Play is dead and lost of down.
- e) Any patch player can punt, kick extra points and field goals but cannot advance the ball (run or throw) in any other method other than a punt or kick. A patch player who is a punter or kicker cannot fake a punt or kick. Penalty: Play is dead and lost of down and ball back to the LOS.

15.2.3 Defensive Position

- a) All defensive patch players must be on the LOS in a three or four point stance, except defensive ends. Penalty: Unsportsmanlike conduct – 9, 12 or 15 yard penalty depending on division.
- b) Defense will be allowed to blitz, stunt, cross, loop, etc. as well as be able to play in the gaps.
- c) If a patch player on defense intercepts or recovers a fumble, the ball may be advanced until the player is tackled or forced out of play. Fumbles recovered by patch players may be ruled dead if deemed by the official as a planned fumble. Patch players may not receive a hand-off or pitch either on offense or defense. The ball carrying limit rule is applied for kick-off/kick-return. Penalty: Ball is ruled dead when secured on hand-offs or pitches including kick-off/kick-return.

15.3 Special Rules

Two special addendums for the 3rd-5th Gr. divisions:

- a) One coach will be permitted on the field for each team for the 3rd gr. division. No coaches on the field for any other divisions. The coach is permitted to call the play/defense and provide instructions prior to the snap. A coach must stand a minimum of 10 yards behind the line and cannot be involved in the play at any point. The coach on the field is not permitted to question an official, argue a call or disrupt the game in any manner. The officials have the right to remove a coach from the field with/without ejection or penalty at anytime if the coach violates any of the above.
 1. A Coach on the field in the 3rd Gr. may not touch a player while a play is in progress. Penalty: Unsportsmanlike Conduct - 9 yards from original LOS, loss of down and removal of the coach from the field.
 2. The Coaches on the field may give verbal directions only in the huddle and before the snap. Penalty: Warning for first offense, a second offense is the removal of the coach from the field.
 3. The Coaches on the field may not question the Officials. Confrontations with Officials by the Coach on the field will result in removal from the field or immediate ejection from the game.
- b) On any down a team can declare a punt. If they elect to punt than the offensive coach must notify the official. The ball must be snapped to the punter at least five yards behind the line of scrimmage

and if it is dropped, it is ok to pick it up and punt it. A patch player may be the punter. The ball is considered punted, when first touched by the punter's foot and it may not be advanced. There will be no fakes from a free punt and any attempt to fake will result in a 9-yard unsportsmanlike penalty and loss of down. The defense may put only 2 players back to cover the punt (the officials may not allowed a punt to be kicked if there are more then two players covering the punt). There are no offsides or motion penalties during a free punt. If the punter takes a knee or falls down in attempting to field a punt he may get up and complete the punt.

4. In the event a division has to play 8-on-8 the same field dimension of 40 yard by 60 yard will be in used for 3rd-5th grade division. The offensive team must have a minimum of 5 players on the LOS and only a maximum of three receivers are legible to receive the ball beyond the LOS. **Added 2/25/10**

15.3.1 Time to run the play

a) 3rd – 5th will have no more than 30 seconds to put the ball into play.

Penalty: Delay of Game - 3 yards.

b) Normal time to run the play (25 seconds) will be enforced for 6th - Varsity.

Penalty: Delay of Game – 4 or 5 yards depending on division.

15.4 Offensive and Defensive Stances and Positions

a) All offensive linemen must be in a three- or four-point stance except for the JV and Varsity divisions. All defensive linemen must be in a three- or four-point stance. Defensive ends may be in a 2-point stance.

b) Defense may line up in the gaps as well as up over the snapper.

c) No more than eight (8) defensive linemen may be on the LOS.

Penalty: Unsportsmanlike conduct – 9, 12 or 15 yard penalty depending on division.

d) Defensive stunts, crosses, loops or blitzes are allowed in all divisions.

15.5 Timeouts

Each team is allowed three (3) timeouts per half. Timeouts are not cumulative.

15.6 Penalties

15.6.1 All penalties in the 3rd – 5th Gr. division will be reduced to 60% of their stated value (i.e., 10 yards will become 6 yards, 5 yards will be 3).

15.6.2 All penalties in the 6th – 7th Gr. division will be 80% of their stated value.

15.6.3 All penalties in the 8th - Varsity division will be 100% of their stated value.

15.7 Kickoffs

3rd – 5th Gr. will kick-off at the 20-yard line. 6th -7th Gr. will kick-off at the 30-yard line. 8th Gr. – Varsity will kick-off at the 40-yard line.

15.8 Ball Out of Bound on Kick-offs, Safeties and Touchbacks

The ball will be on the 20-yard line for kickoffs, on the 12-yard for safeties and touchbacks and the 2-yard line for extra points for 3rd – 5th. Normal NFHS rules apply for 6th - Varsity divisions.

15.9 Blow Out Rule

A game shall be terminated if a team is 42 or more points ahead after the third quarter. The game may not be continued even if the coaches agree to play the fourth quarter.

15.9.1 A team trailing by 30 or more points anytime during the game will take possession at midfield anytime after the leading team has scored. There will be no kickoffs by the leading team after the score. The trailing team has four downs to gain 10-yards or punt.

15.10 Ejections, Suspensions - Added 1/24/10

Any players, team personnel, coaches, parents or fans ejected from a game will be automatically suspended for a minimum of one (1) game.

(a) First offense will be the removal of the offending player, coach, assistant coach or spectator for the remainder of that game plus a suspension for the next scheduled game. If the offender is an adult, he or she must immediately leave the premises and out of the visual confines of the field. If the offender is a player, he/she may remain on the team area but must be supervised.

(b) Second offense will be the removal of the offending player, coach, assistant coach or spectator for the remainder of that game and a suspension from the next two games. If a coach is involved, he/she will come before the Football Board.

(c) A third offense will result in the removal of the player, coach, team personnel, fan, or parent from the remainder of the season or league. If a coach is involved, he/she will come before the Football Board.

(d) Physically abusing an umpire/referee, player, coach, team personnel, league representative, or spectator is automatic suspension for the remainder of the season including possible ban from the league and addition to possible prosecution to the fullest extent of the law.

15.11 Communication, Video Devices - Added 1/24/10

No radios, phones or other communication devices will be allowed on the field or sidelines to communicate game strategies among players, coaches, spectators or others, except for emergency personnel. Video or visual devices may not be used on the sideline to review game plays. Penalty: Unsportsmanlike Conduct: 9, 12 or 15 yards penalty depending on division. If the problem persists, offender will be removed from the team area.

16.0 Injuries

Due to the type of activities that occur in youth football, injuries are a part of everyday activities. These injuries range from minor scrapes and bruises to serious injuries requiring medical attention.

a) When a player is injured, no coaches may huddle up, coaches may only attend to the injured player. It will be the head coach's responsibility to keep all non-staff from attending to the injured player while on the field.

b) Injured players taken off the field must sit out a minimum of one (1) play.

c) No players will be allowed to participate in a game if he/she has blood on their person or on his/her uniforms. All blood must be cleaned off before they can re-enter.

d) In the event of any injuries that require medical or emergency transportation to a medical facility or hospital. The injured player's head coach must do the following:

1. Immediately contact the injured player's Parent/Guardian. If unable to contact the Parent/Guardian, then the Emergency Contact of injured player must be notified.
2. Inform the Field Supervisor, Board Member, or League Director of the incident.
3. Submit an injury report within 24 hours of the injury.
4. If the injured player's Parent/Guardian is absent, a coach from that injured player's team must accompany the child until relieved by the Parent/Guardian.

16.1 Known Medical Problems

Coaches need to poll the parents about any possible medical conditions the players might have (asthma, allergies, etc). The parents should inform the coaches of any medical conditions that their child has. At no time should any coach provide any type of medication to a player. The parents of the player must assume this responsibility and provide all medications to their child.

16.2 First Aid Kit

Each team should have a simple first-aid kit at each event. This kit should have bandages, antiseptic spray, tape and a few “quick ice” bags.

16.3 Emergency Plan

Each team is required to have an action plan ready in the event a serious injury. This plan needs to be conveyed to the parents on their team. The action plan should cover the following:

- What coaches will go on to the field to help players?
- Who will evaluate the player’s condition?
- Who will get the parents of the player if needed?
- In the event emergency personnel are needed who will contact them?

When a player is injured the coaches should move to them as quickly as possible. In most cases the injury will be minor and only require a few moments for the player to recover. Players should only be moved off the field if they can move themselves or with minimal assistance.

17.0 PROTESTS

- a) Protests will only be heard regarding misapplied rules or illegal players, but must be done prior to the conclusion of said game.
- b) No protest based on an official’s judgment call will be allowed.
- c) The Football Director or another Football Board member must be notified of the protest immediately after the game.
- d) A \$100.00 cash/money order deposit must be presented to the Football Director within twenty-four (24) hours of the protest.
- e) The Football Board will meet as soon as is reasonably possible to discuss the protest.
- f) If the Football Board finds in favor of the protest, \$50.00 of the deposit will be refunded and whatever steps are necessary will be taken to correct the problem. If the Board does not find in favor of the protest, the \$100.00 will be put into the Mile High Football League Scholarship Fund.

18.0 EXCEPTIONS

- a) Any item not covered by the Policies and Procedures will be decided by the Football Board.
- b) Any complaints about Referees or Coaches will be referred to the Field Supervisor, Football Coordinator, Director or Board Member.
- c) The Football Board reserves the right to make policy exceptions in very special cases.
- d) Coaches or parents may not videotape opponents’ practices. Violation of this rule will result in a one (1) game suspension of the Head Coach. Video taping of League Games is permitted.

19.0 Parent and Coach Complaints

Parents should be encouraged to take care of any problems that come up with their coach. In the event that a resolution cannot be found, complaints will be handled in the following order:

1. Head Coach
2. Football Director
3. Football Board

NYSCA Child Abuse Rules

Mile High Football League has adopted the NYSCA's definition of Child Abuse.

1. Child abuse in sports is any action taken by an adult that results in the direct or indirect physical and/or emotional harm of children.
2. Four Types of Abuse:
 - **Verbal** - swearing at players, name calling, hurtful comments regarding performance.
 - **Physical** - slapping, grabbing, hitting or shoving a child; excessive exercise as punishment.
 - **Emotional** - placing unrealistic expectations on a child (winning every game, never making mistakes, etc.)
 - **Sexual** - touching a child's genital areas or buttocks or breast area; sexually implicit or explicit comments.

All programs/activities sponsored by Mile High Football League shall operate on the following guidelines:

1. Any allegation of item (d) will result in the immediate suspension of individual(s) involved from any activity with Mile High Football League and notification of proper legal authorities. Any change in this status can only be done by the Football Board by unanimous vote.
2. All first violations of (a), (b) and (c) done in anger shall result in an immediate one game suspension and require the individual to become certified by USA Football or NYSCA prior to returning to their program/activity. If the individuals already USA Football or NYSCA certified, they must be re-certified prior to resumption of activities.
3. Second violations of (a), (b) and (c) shall be a mandatory suspension from all Mile High Football League involvement for one year. The Mile High Football Board by unanimous vote must approve reinstatement to Mile High Football League activities.
4. The above are mandatory items. The individual program/activities, within their own Policies and Procedures, may add additional items as they feel necessary.