



**MID-FLORIDA YOUTH FOOTBALL
CONFERENCE**

Official Rules

FOOTBALL & CHEERLEADING RULES

Revised August 2025

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This document outlines rules to be followed for the Mid-Florida Conference. The Mid-Florida Youth Football Conference follows the National High School rules in all cases except where noted in the following local rules. Please read these rules carefully and contact the appointed District Vice President if you have questions. Any necessary issues will be brought to the attention of the presiding Executive Football Vice President, Conference President and current Executive Board. All Mid-Florida Coaches Must Have a Valid Certification Through MFFCC or another organization equivalent or better and recognized by the National Youth Sports Association, approved by MFFCC and The State of Florida. Background checks are also required.

1. REGISTRATION PROCEDURE

All football players/cheerleaders cannot begin practicing with his/her assigned team until he/she has officially registered or signed up. To register the athlete must have all league forms completed and signed by his/her parent or legal guardian, including a parental consent form and shall be enrolled and attending school (public, private or home school). The local association can supply a parental consent form. During the season (from Jamboree to Super Bowl) any players/cheerleaders who wish to transfer from one Mid-Florida Youth Football Conference organization to another due to hardship must have a player's release form signed by commissioners from the transferring team and the receiving team. The Mid-Florida Youth Conference Executive Board will address any conflicts between teams concerning transfers. No player will be allowed to transfer after the 5th game. If a team or club folds after the season has begun the Executive Board may choose a place for the kids to play out the remainder of the season. Any fees should be collected at the time of transfer in addition to the following items:

Form #1 – Medical Release Form – A local association supplied form that must be signed by the legal guardian or parent and notarized by a notary.

Form #2 – Proof of Age - A certified ORIGINAL copy of the birth certificate for each athlete will be presented to the club at registration. A certified copy of the birth certificate bearing the seal of the issuing office of the state of birth is the most reliable form for proof of age. Passports and certified wallet size certificates issued by a State or Commonwealth are acceptable. Hospital certificates will not be acceptable for proof of age and the athlete will be unable to participate until a certified copy is obtained and presented. Foreign birth certificates need to be accompanied by a second form of proof of age. **Proof of age must be verified for player certification. District VPs must certify and approve all eligible players in League Magic.**

Form #3 – Medical examination – A physical form examined by licensed physician or nurse practitioner may be used, provided it indicates the player has no observable conditions that would keep him/her from playing football/cheerleading. Many insurance carriers will only allow 1 physical per year, therefore if a child has a physical in the book that has not expired, the child will be allowed to play until the expiration date. Should a player's medical examination expire during the season, that child becomes ineligible to participate until updated documentation is provided. **Proof of current and valid medical examination must be verified for player certification and League Magic book closure. District VPs must review, accept and approve all eligible documents.**

These three forms along with the release of the player within the League's portal which allows each athlete to participate in a Mid-Florida Youth Football Conference game. **Any player and/or team found in violation of these requirements will be subject to disciplinary measures outlined within the general rules.**

The Official Game/Check in must say CERTIFIED for the child to be eligible for play.

The Commissioner cannot change a player jersey number without 24-hour approval. If a jersey number is changed, a Board Member of the local association must report to the Conference Executive Board by the following Monday and the player must wear that jersey number for the remainder of the season. (Exception: As long as the face of the player in the New Jersey is the same as the one in the old jersey the player was originally certified to wear, the jersey can be changed. The pictures must be clear so that the face of the child is clearly visible. Both pictures must always be in League Magic.)

2. League Magic- Team Electronic Verification

Coaches are required to submit their teams' League Magic for check-in time for their game, at which time the opposing coach will be given the chance to review them. It is the rule that coaches/ teams always have access as a player will be ineligible to participate in the game if they are not CERTIFIED at check-in. NO EXCEPTIONS.

League Magic – Shall include the following

1. Player Completed profile
 2. Media Form
 - 3. Senior football players must Provide an A-Screen, 4th Quarter report card by book closing, or legal document stating what grade the current student is in with the school's name and school year. IF HE/SHE IS A REPAT 9TH GRADER THE DOCUMENT MUST BE CURRENT SCHOOL YEAR.**
 4. Birth Certificate (copy accepted but it shall be the club's responsibility to verify the original),
 5. NO HOSPITAL CERTIFICATES WILL BE ACCEPTED.
 6. Copy of physical form date June 1st of current year
 7. Notarized medical release form
 8. *A copy of Proof of Insurance for league Insurance must be submitted by July 1st and will be verified by Football Vice President of the Mid-Florida Conference by the day of Jamboree. Then insurance will be verified periodically thereafter. Any organization found guilty of violation will forfeit all games from time of loss of insurance to reinstatement.*
 9. Any change of leadership or representation (President, Commissioner, or Cheer Coordinator) of any organization must be reported to the Conference Executive Board as soon as this type of organizational officer change is made.
- * No league can change its uniform color or name without the approval of the **Executive Board**.

NOTE: Failure to have a CERTIFIED League Magic Account shall result in a player being unable to participate in any conference games.

3. Player Verification

A completed **CERTIFIED** roster and coaches' **CERTIFIED** roster names **MUST** be turned in by registrar by deadline giving by conference President prior to 3rd game. Rosters will be frozen on the day of 2nd game unless arrangements are made to meet with the Executive Board. Additional football players cannot be added after the roster is frozen **and CERTIFIED**. Any team with 14 or less players have the opportunity until Thursday prior to the 2nd game to add up to 22 players. Their League Magic will then be frozen. If a team's roster drops below 14 players prior to the sixth game of the season they will be allowed to increase their roster back to 22 players. However, if they drop below 18 after the sixth game of the season, they will still be allowed to increase to 22 players, but all games from that point will be forfeited. A copy of each team roster from each organization participating in the present year football season for the Mid- Florida Conference shall be turned to the Executive Board immediately after certification of each team or prior to the start of the regular season games. The rosters will be kept for participant clarification in the event of a protest initiated by a member of the Conference or Executive Board. All rosters are digital and will be kept in League Magic except for the certified copies giving to the conference's President.

4. OFFICIAL TIME

The field clock is official unless otherwise designated by Game Official's.

5. TEAM BOX PERSONNEL

Certified team personnel (MUST BE WEARING A COACHES SHIRT, **CLOSED SHOES/ATHLETIC SHOES AT ALL TIMES UNLESS MEDICALLY NECESSARY** AND HAVE A COACHES BADGE WITH SEAL), the President, Vice President, League Commissioner, and Cheer Coordinator will be allowed in the team box during a game. *Two water boys ONLY will be allowed on the sidelines. The only team members allowed on the sideline area must be involved with the current game.*

6. GAME BALL

The home team is responsible for supplying the game ball. The visiting team will be allowed to use their own ball but must designate one of their own personnel to get this ball in and out of the game quickly; and at the appropriate time. Only approved **LEATHER / COMPOSITE** balls may be used. NOTE: The following are sizes of the game balls for each weight division (the sizes listed are for Wilson's ball) however; any equivalent size ball is approved. (a) Ball size **K-2** to be used for the **Flag, 6U Tackle and Mitey Mite** Divisions. (b) Ball size **TDJ** is to be used for the **Pee-Wee and Junior** Divisions. (c) Ball size **TDY** or regulation high school ball is to be used for the **Senior** Division.

REFEREES WILL CHECK BALLS PRIOR TO GAME! The Mid-Florida Conference is not responsible for supplying balls or equipment for any game not hosted by the Mid-Florida Conference.

7. TOBACCO

Use of any tobacco product is not permitted anywhere on the playing field or in the game stadium. Tobacco products are not allowed on school property; therefore, any league using school property should follow the rules of the local Board of Education.

8. ALCOHOL

Alcohol is not permitted in the stadium or adjacent areas. Any individual that is intoxicated based upon visual judgment and smell, will be removed from the field. Any coach, assistant coach, staff member, or official identified and determined to be under the influence of alcohol, drugs, or any type of control substance (unless prescribed for that person by a doctor) will be automatically suspended and or expelled from participating or working in any Mid-Florida Conference function for the remaining current season and for remission upon the next season you must appear in front of MFFCC Executive Board.

9. COACHES ON FIELD

No coaches on the Rookie level will be allowed on the field after the 5th game of the season.
No coaches will be allowed on the field for the division of Mighty Mite and up.

10. TIME-OUTS

We will follow high school rules in permitting not more than three (3) time-outs per team per half. A coach must take a charged team time-out in order to have a discussion with a Game Official. Injury time-outs will be recorded as official time-outs and will not be charged against a team. During the flag game if a time out is granted the clock must stop.

11. LENGTH OF QUARTERS

Mighty Mite through Senior will use a 10 Minute regulation clock. **6U** will use 4:10-minute Quarters with

the **last 2 minutes of the 2nd and 4th quarters** to run as a **regulation clock**. **Flag Division** will use a 10 Minute running clock with the **last 2 minutes of the 2nd and 4th quarters** to run as a **regulation clock**.

12. HALF-TIME

There will be a ten (10) minute half time for all games played. No change of any type shall be permissible **unless the officials determine it necessary to complete the game safety reasons**.

Example: pending darkness.

13. WARM-UPS

Teams must warm-up in an area **neutral** of the field and be ready to take the field and begin play as soon as the previous game has ended.

14. CHAINS

The **home team shall** operate the chains on the **visitor side** of the field *except in a case where it is not physically possible*. *The home team may be charged with delay of game penalties for not having a chain crew in place.*

15. EXTRA POINTS

We will **award two (2) points** for a successful kick for conversion following a touchdown and one (1) point for a successful run or pass from scrimmage for the **Peewee, Junior, and Senior** divisions. **Mitey Mites** will be awarded (2) points for a successful kick or pass and (1) point for a successful run. **Flag and 6U tackle** will be awarded (2) points for a successful pass and (1) point for a run. ****If the playing field does not have field goals the Flag/Mitey Mites rule will take its place.**

16. TIE GAMES

* Only the **Kansas City tie breaker rule shall be enforced by the referee group to settle tie games**. There will be no **agreements amongst the teams involved or the referees that will alter** the way the overtime period is to be played as governed according the MFFCC written rule. To start overtime, the ball shall be placed first and goal on the defensive team's 10-yard line. Each team shall be permitted (1) additional time-out during overtime period. The team that wins the toss gets to decide who gets the ball first. Each team gets the ball and is allotted a series of **4 Down's; at the same end of the field to conserve time and ensure equal conditions. That series shall be terminated by ANY SCORE by the offensive team or if defensive team gets possession of ball**. If the team on offense scores a touchdown, it is entitled to the opportunity for extra point attempt, unless the points would not affect the outcome of the game. **Pee Wees, Juniors, and Seniors** divisions, a field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended. So if the game is still tied at end of overtime period, double overtime will be played.

17. COACH/PLAYER EJECTION

*The first time any or all coaches/players are ejected from a game, the said coaches/players will **automatically** be suspended from participation in the next scheduled Mid-Florida Conference game. A second ejection, *during the current season (of a coach)*; will result in **expulsion** from the Mid-Florida Youth Football Conference, from the date of ejection, for one season. All ejections must be reported to the Mid-Florida Conference Executive Board, by the site director (or designee) in writing over the internet or with a phone call to your area Vice President within 24 hours. That league shall be charged a \$100.00 fine for each coach ejection that must be paid in full to the conference before that coach is allowed to participate with/in any conference function, **pending board review, each instance case by case with President.**

18. FORFEITS

Game time is forfeit time; any exceptions will be made by the site Commissioners. Any forfeited game will result in an automatic \$100.00 fine for failing to field a football team plus another \$100.00 fine if the cheer team is not present at the game payable to the opposing team via the Mid-Florida Conference prior to the next scheduled game. No Gentleman's agreements shall be allowed. Opposing teams need to be notified by Wednesday the week of scheduled game.

1. Both teams *MUST BE PRESENT 1 hour BEFORE SCHEDULED TIME OF GAME. Failure to have the team present one hour before game time will result in a financial penalty "delay fee" to your home organization (emergency situations will be considered by the Conference Executive Board for allowance.*

- **Player verification will be done at the beginning of the 4th quarter prior to the start of your scheduled game.**
 - **If a child misses check in and arrives after opening kickoff, he/she may check in BUT WILL NOT BECOME ELIGIBLE TO PLAY UNTIL THE 2nd QUARTER**
 - **If a child misses check in and arrives in the 2nd Quarter, he/she may check in BUT WILL NOT BECOME ELIGIBLE TO PLAY UNTIL THE 3RD QUARTER.**
- **ANY CHILD WHO ARRIVES AT THE GAME AFTER HALF TIME IS INELIGIBLE TO PLAY THAT GAME AND WILL BE MARKED ABSENT.**

19. DEFINITION OF PRACTICE

To prevent possible bending of the rules and as protection of children, practice is defined as a gathering of players, without a minimum number, requiring the presence of at least one coach, where one or more activities take place.

1. Weekly film review
2. Chalk talk, strategy session
3. Play run through without pads
4. Controlled scrimmage.

The so-called "party" at the coach's home where films are shown, or football is worked on or discussed can be deemed a practice. Use of the football field or a football is not required to satisfy the definition of practice. Each local association should set up a policy with regards of these types of gatherings.

END OF GAME – *If a game is ended for any reason after the halfway point of the fourth quarter, the game will be considered final.*

RUNNING CLOCK – A running clock WILL be used at the beginning of the fourth quarter after a 24-point spread is obtained, however, if the Head Coach of the losing team requests that the clock be ran continuously before the fourth quarter of a regular season game due to a point spread of 24 points or more and does not feel that the team can close the point spread, **THE OFFICIATING TEAM MUST COMPLY**. In the event that the spread is decreased below 24 points, the clock will return to a regular clock. **DURING PLAY-OFF and CHAMPIONSHIP GAMES THE CLOCK WILL NOT BE RAN CONTINUOUSLY BEFORE THE START OF THE FOURTH QUARTER OF THE GAME.**

20. GENERAL REGULATIONS FOR ALL ASSOCIATIONS

1. Each player / cheerleader must **sign** in a minimum of sixty percent (60%) regular season games in order to be eligible for the play-offs, Super Bowl or Cheer-off competition. Exception to this rule will be any players added by the Mid-Florida Conference President to teams that fall below the “Sixth Game Rule”.
2. All football players and cheerleading squads will be required to participate at all Mid-Florida Youth Football Conference games for which they are present and dressed. ***Coaches will play everyone who shows for a game for at least* one set of four downs.*** This rule should be closely monitored by the league members in an effort to increase the minimum playing time for the child. This will help develop the skills of the child while at the same time create a positive attitude as a team member. Minimum play rule shall be enforced by your local club.
3. **All teams must be present at the game site 1 hour prior to the scheduled start of any Mid-Florida Youth Football Conference league game. The Site Commissioners will consider any exceptions.**
4. Upon arrival at the game site, **ALL Head Coaches MUST check-in with the Site Director(or designee) prior to the scheduled MFFCC game.**
5. In order to prevent any misunderstanding during the course of the game, Site Directors (or designee) and Game Officials should meet prior to kick-off to discuss rules and regulations.
6. All Game Officials **are required** to inform the Head coach of the jersey number of the player(s) involved in major (15 yard) penalties. Coaches may call over and ask which jersey number is involved if the Game Official does not report the jersey number. A coach must call a time-out if he/she wishes to discuss anything with the Game Officials other than the jersey number of the player that caused the infraction. **Judgment calls can’t be challenged.**
7. All Game Officials are members of the Mid-Florida Youth Football Conference and have been certified by the Florida High School Activities Association or certified by USA Football Officiating Course. *Game officials will read and understand the Mid-Florida Conference rules.* **GAME OFFICIALS SHOULD HAVE THEIR CERTIFICATION CARD ON THEM AT ALL TIMES.**
8. Coaches must report all accidents promptly to the local association’s insurance representative and complete an accident report immediately while the facts are fresh. League President’s must also be notified within 48 hours verbally and in writing.
9. **REPORT ALL PROBLEMS TO THE DISTRICT VICE PRESIDENT WHO IS ASSIGNED TO YOUR LEAGUE.** All correspondence, whether verbal or written, must be transmitted through the District Vice President. Do not contact another local association or another Mid-Florida District Vice President. In the event your assigned District Vice President cannot be reached, your commissioner may contact the Executive Vice President or the President of the Federation to try and obtain an answer

for the situation in reference to the telephone call that was made. If you are not satisfied with the decision rendered then the Commissioner must submit a written protest letter along with a fifty dollar check to be reviewed by the Executive Board. The Vice Presidents must report to the Conference President to meet and discuss any item that will alter or change the rules of the federation in any way prior to allowing the league to disperse unnecessary funds that is mandatory to go along with a protest submission.

10. **All teams must shake hands in a sportsman like manner Head coaches must** after the game is completed or the head coach will be suspended for one (1) game. Note: Any improper conduct by any coach at a game site shall be grounds for *ejection by the site* **PRESIDENT** with possible suspension by the *Mid-Florida Conference*.

***Coaches Background Checks MANDATORY:**

943.0438 Athletic coaches for independent sanctioning authorities.

(1) As used in this section, the term:

(a) "Athletic coach" means a person who:

1. Is authorized by an independent sanctioning authority to work as a coach, assistant coach, or referee for 20 or more hours within a calendar year, whether for compensation or as a volunteer, for a youth athletic team based in this state; and
2. Has direct contact with one or more minors on the youth athletic team.

(b) "Independent sanctioning authority" means a private, nongovernmental entity that organizes, operates, or coordinates a youth athletic team in this state if the team includes one or more minors and is not affiliated with a private school as defined in s. 1002.01.

(2) An independent sanctioning authority shall:

(a)1. Conduct a level 1 background screening pursuant to s. 435.03 of each current and prospective athletic coach. The authority may not delegate this responsibility to an individual team and may not authorize any person to act as an athletic coach unless a level 1 background screening is conducted and does not result in disqualification under paragraph (b). Level 1 background screenings shall be conducted annually for each athletic coach. For purposes of this section, a background screening shall include a search of the athletic coach's name or other identifying information against state and federal registries of sexual predators and sexual offenders, which are available to the public on Internet sites provided by:

- a. The Department of Law Enforcement under s. 943.043; and
- b. The Attorney General of the United States under 42 U.S.C. s. 16920.

2. For purposes of this section, a background screening conducted by a commercial consumer reporting agency in compliance with the federal Fair Credit Reporting Act using the identifying information referenced in subparagraph 1. that includes a level 1 background screening and a search of that information against the sexual predator and sexual offender Internet sites listed in sub-subparagraphs 1.a. and b. shall be deemed to satisfy the requirements of this paragraph.

(b) Disqualify any person from acting as an athletic coach as provided in s. 435.03 or if he or she is identified on a registry described in paragraph (a). The authority may allow a person disqualified under this paragraph to act as an athletic coach if it determines that the person meets the requirements for an exemption from disqualification under s. 435.07.

(c) Provide, within 7 business days following the background screening under paragraph (a), written notice to a person disqualified under this section advising the person of the results and of his or her disqualification.

(d) Maintain for at least 5 years documentation of:

1. The results for each person screened under paragraph (a); and
2. The written notice of disqualification provided to each person under paragraph (c).

(e) Adopt guidelines to educate athletic coaches, officials, administrators, and youth athletes and their parents or guardians of the nature and risk of concussion and head injury.

(f) Adopt bylaws or policies that require the parent or guardian of a youth who is participating in athletic competition or who is a candidate for an athletic team to sign and return an informed

consent that explains the nature and risk of concussion and head injury, including the risk of continuing to play after concussion or head injury, each year before participating in athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the youth's candidacy for an athletic team.

(g) Adopt bylaws or policies that require each youth athlete who is suspected of sustaining a concussion or head injury in a practice or competition to be immediately removed from the activity. A youth athlete who has been removed from an activity may not return to practice or competition until the youth submits to the athletic coach a written medical clearance to return stating that the youth athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion or other head injury. Medical clearance must be authorized by the appropriate health care practitioner trained in the diagnosis, evaluation, and management of concussions as defined by the Sports Medicine Advisory Committee of the Florida High School Athletic Association.

(3) In a civil action for the death of, or injury or damage to, a third person caused by the intentional tort of an athletic coach that relates to alleged sexual misconduct by the athletic coach, there is a rebuttable presumption that the independent sanctioning authority was not negligent in authorizing the athletic coach if the authority complied with the background screening and disqualification requirements of subsection (2) prior to such authorization.

(4) The Legislature encourages independent sanctioning authorities for youth athletic teams to participate in the Volunteer and Employee Criminal History System, as authorized by the National Child Protection Act of 1993 and s. 943.0542.

History. —s. 1, ch. 2010-94; s. 1, ch. 2012-167; s. 13, ch. 2013-116; s. 1, ch. 2014-9.

11. Due to scheduling, deadline for new teams or leagues will be *May 1 of current football season. NO EXCEPTIONS: Mid-Florida Federation will consider interviewing an established organization that can meet the minimum requirement of teams (5), can prove financial stability, can participate under the rules and by-laws of the Conference without reservation, and agree to a two or three year contract that depends on whether the league is newly formed or an already well established league, may be allowed to join the Conference after the deadline of the May 1st date with the approved vote of the current federation organization members of the past year and the Executive Board.

21. CHECK IN PROCEDURES AND RULES

1. The Site Director or a designee listed below handles these procedures and rules for check-in have been approved by the Mid-Florida Youth Football Conference. Check-in Officials must become familiar with this information and see that all procedures and rules are enforced. There will be NO EXCEPTIONS made. The decisions of the Check-in Officials are final.
2. **Designated Check-In Officials** are the Site Commissioners/Presidents/ Vice President /Cheer Coordinator of each league. Respective member of board, aged 18 and older.
Team Moms/Dads and other staff members are not permitted to complete book check.
3. The designated person should have full access to League Magic to check in players from the opposing team.
4. The opposing representative examines the photo and calls the players forward to be checked in. Players should be in alphabetic order by last name.
5. *The Check-in Official makes a final decision on the player's eligibility and completes the online check

in. There will be no Gentlemen's Agreement made that will allow any player the opportunity to participate when that player does not meet the requirement of his or her qualification requirement. (note: correct age and proof of identification is a must)

7. Effective 2018, Mid Florida will require that all players/cheerleaders be certified no later than the Thursday prior to the first official season game (or a date specified by the Executive Board). If a player is deemed ineligible, he/she will be removed from the field of play. Should a make-up day be required (i.e. in the event of an excused emergency, **emergency decisions made by the Executive Board to help preserve the stability of the conference leagues, etc**), **the Executive Board will notify member teams of such a change**. The emergency will be reviewed, and the final decision will be made by the Conference Executive Board. (Coaches will be responsible for players' knowledge of time and place.)
8. All teams will line up in League Magic alphabetic order so that each opposing designated book specialist may look at the player's for each team. NOTE: Eligibility of any challenged players shall be made at the time of inspection of the book. The athlete in question, both coaches and Site Commissioners must be present for this challenge. Ruling by the Site Commissioners will be final for that game unless protested by the head coach to the Mid-Florida Youth Football Conference. All players must have played in a minimum of six (6) conference games to be eligible players for the post-season games. Any injured players must **check-in** the games.
9. All Mid-Florida Youth Football Conference players may compete with only one team on any given day in any Mid-Florida Youth Football Conference event. **If a player/cheerleader is listed on a High School Roster during the season that player/cheerleader is no longer eligible to participate in the Mid- Florida Youth Football Conference FOREVER. Please note that playing middle school is allowed.**
10. **Shoes with all Metal cleats** are **not** legal for use in any Mid-Florida Youth Football Conference practice or game. Further, **No shoes with exposed metal are allowed. However**, shoes with cleats with metal caps **WILL** be allowed. The Head Coach will be suspended for one (1) game if this type of cleat is worn during a game.
11. Cheerleaders, just like players, are only allowed to move up one age group to remain a legal participant. **If a cheerleader has moved up for a season, then the following season they cannot go down, even if their age permits such.**
12. **NOTE: League Age is the age you are on July 31. Breakdown of age cutoff with explanation: he/she CAN NOT TURN 16 IN THE FISCAL YEAR 2025:**

Rookie - If a 5yr old birthdate is July 31st with them turning 6, he/she would be a 6u or Flag player

6u - If a 6yr old birthdate is July 31st with them turning 7, he/she would be a Mitey Mite player.

Flag - If a 6yr old birthdate is July 31st with them turning 7, he/she would be a Mitey Mite player.

Mitey Mites - If an 8yr old birthdate is July 31st with them turning 9, he/she would be a Pee Wee player.

Pee Wee - If a 10yr old birthdate is July 31st with them turning 11, he/she would be a Juniors player.

Juniors - If a 12yr old birthdate is July 31st with them turning 13, he/she would be a Seniors player.

Seniors* - If a 14yr old birthdate is July 31st, or thereafter, with them turning 15, he/she is eligible for the current season. **ABSOLUTLY NO 10TH GRADERS**

DIVISION	GRADE RESTRICTIONS	AGE	JAMBOREE WEIGHT
Seniors*	10 th grade and above is ineligible	*15 & under on July 31	Unlimited
Juniors	None	12 & under on July 31	Unlimited
Pee Wee	None	10 & under on July 31	Unlimited
Mitey Mites	None	8 & under on July 31	Unlimited
Flag	None	4,5,6 on July 31	Unlimited

PLEASE NOTE: No Senior Division Player that has played on the high school team will not be allowed to play in the MFFCC during the same season. Once a player has played on a High School tackle football team, he/she will no longer be eligible to return to play with any MFFCC Football team ever. Retained 9th Grade ARE ELIGILBE BUT MUST NOT HAVE PLAYED OR PRACTIED WITH THE HIGHSCHOOL HIS TRUE FRESHMAN YEAR.

22. PROTEST PROCEDURES

Only protests regarding rule interpretations and play eligibility will be accepted. The judgment of the Game Officials cannot be protested.

23. RULE INTERPRETATIONS

1. Immediately upon deciding that a protest situation exists, the Head Coach must notify the game officials or the Site Director, as appropriate, in addition to the opposing Head Coach. At this point, the activity will continue under protest.
2. The protesting coach must write a letter explaining the details of the protest. The Mid-Florida Conference Vice President or President must receive this letter within 48 hours after completion of the activity.
3. A \$50.00 fee must accompany all protests.
4. The protest will be reviewed by the Mid-Florida Conference Executive Board for recommendation of a

penalty, if any. The Mid-Florida Youth Football Conference President will organize and convene a Protest Committee for recommendation of a penalty, if any.

5. A **maximum** of two (2) people from each side of the issue in question may attend any protest meeting. Persons failing to attend a protest meeting will forfeit all future rights of appeal.
6. The \$50.00 fee will be returned to the protesting party if the protest is upheld, and the appropriate action will be taken.
7. The protesting party will forfeit the \$50.00 fee if the protest is overruled. The fee will then be deposited in the treasury of the Mid-Florida Youth Football Conference.

24. PLAYER ELIGIBILITY

1. Protests regarding a player or cheerleader's eligibility must be made as soon as a coach or association becomes aware of the illegal player or cheerleader.
2. **A coach cannot be on the sideline coaching if he or she DOES NOT have on their MFFCC issued badge and on that roster.**

Follow steps 2 through 7 in "Rule Interpretations" above. The 48-hour rule is waived for protests regarding player eligibility. It is advisable that the Site Commissioner notifies the Head Coach of the opposing team before notifying the Conference Vice President. Note: (Protest must be made as soon as possible regarding an ineligible player).

25. FLAG RULES

Normal play shall require (9) players on the field and a team may play with (7) but if a team falls below (7) players during the game, that game is forfeited immediately. NO GENTLEMENS AGREEMENTS ARE ALLOWED:

The staff of each Mid-Florida Flag team shall consist of the following:

- One (1) Head Coach
- No more than five (5) Assistant Coaches
- No more than two (2) Team Moms
- No more than two (2) water boys who shall not be wearing team jerseys. Use common sense.

Player Verification – Flag Football will require the same paperwork in the I.D. Manual that the tackle football team does. **No more than 30 players are allowed on the Flag Division Team. No more than the maximum number of players shall be allowed to practice at any time. No participant shall be retained for a trial period. This will delay the participant from the opportunity to sign with another league that has opening on its roster.**

Equipment

1. Each player shall be dressed in a team uniform consisting of shirt and shorts (shirt must be long enough to be tucked in at all times); numbers are to be put on the back of the shirts.
2. *The player shall wear socks and football cleats (rubber cleats only) or tennis shoes.

3. The flag belt is of one-piece construction with two flag. One of the two flags must fall off completely when pulled. The belt must be clipped at the waistline and should be of contrasting color to the team shorts. It is illegal to tie the flags to the belt or otherwise tamper with the belt. All players must wear a belt at all times. **Flags must be at least (12) inches long and can't be cut. Flags also can't be made out of the soft lightweight ribbon material. FLAGS NEED TO BE NYLON and worn on either side of the player (not front and back). Only Velcro FLAGS Are Allowed, but no STAPLED FLAGS SHALL BE ALLOWED.** Referees will check flags prior to the game. Any league identified using illegal flags as required by the conference, will be required to attend Conference Executive Board Meeting for a Board decision on game forfeitures, possible suspensions of the league, and suspension or removal of the team coaches from the Mid-Florida Conference. No Altered flags. After a Touch down the ref MUST pull his/her flag to make sure that the flag has not been tampered with to gain an advantage. If your flags are found to be illegal, the game is automatically played under protest and the head coach of the flag team using the illegal flags will meet with the Executive Board. **NO SUCTION CUP FLAGS ARE ALLOWED IN MFCC**
4. During cold weather it is permissible for the player to wear long sleeves or sweat pants under the regulation uniform.
5. Mouthpiece is required.
6. Jewelry, ball caps of any kind, padded uniforms, towels, or anything that covers the flag belt is illegal. Partial flags are illegal, and no player shall be allowed to wear a partial flag. **Protective cloth helmets allowed. Players cannot use helmets as weapon and may NOT DUCK his/her head into another child.**

Playing Field

1. The field shall be from the twenty (10) yard line to the twenty (10) yard line. Side boundaries shall be the regulation football field lines.
2. The goal line shall be designated by ten (10) orange cones on each end. Cones will be placed at five (4) yards apart. The host team shall be responsible for placing these on the twenty (20) yard lines.
3. Cones are not to be any larger than 12 inches high. These are to be provided by the hosting team. The hosting team is responsible for having the field ready by fifteen (15) minutes prior to game time.

Playing Rules

1. A coin is to be tossed, and the winner may choose to receive, choose ends to defend, or defer the choice to the second half.
2. To start the game and after toss, the ball shall be placed on the (35) yard line of the offensive team. There shall be no kick offs.
3. The game shall consist of four (10) minute quarters running clock and a **standard clock** for the last two (2) minutes for **the 2nd and 4th quarter.**
4. Each team has (3) time outs per half. (No carry over). **When time out is called, clock stops.**

5. Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (1) point for running, two (2) points for passing. The ball is to be spotted on the twenty-three (23) yard line.
6. All Chartered League Members are responsible to ensure that all coaches are familiar with and understand these and all other applicable rules of the conference.
7. Two coaches from each team shall be allowed on the playing field at all times. They will be a minimum of five (5) yards behind the closest player and cannot move inside a five (5) yard box. The coaches must make EVERY attempt to remain five (5) yards from the closest player from either team. Coaches may not escort players down the field while ball is in play. Coaches, who are on the field, CANNOT shout football instructions to the players after the ball is in play.
8. There must be a minimum of three (3) players on the line, both offensively and defensively, when the ball is hiked. Defensive players must line up six (6) feet from the line of scrimmage, regardless of the placement of the ball, even when it is in the end zone. Example: If ball is on the one-yard line, defensive players must still be six (6) feet behind the line of scrimmage.
9. The ball is down when the ball carrier's flag has been pulled, falls off, or he/she has one knee on the ground.
10. A fumble of any kind constitutes a dead ball. The point of fumble will be marked. **Pass interceptions are allowed. An intercepted ball can be advanced by the intercepting team. At no time is an interception to be ruled as a fumble or a fumble to be rule an interception.** No stripping of the ball.
11. If a punt is elected, the team will be granted **35 yards** with the exception that no punt shall exceed the 30-yard line of the opposing team. **The official game clock should be running while the referee is walking of the punt.**
12. The offensive line can block the defense by pushing with open palms, blocking with a "Chicken Wing Style" i.e....with hands in towards chest and elbows out and high, forming a wide block." There is no blocking with the shoulders or head like in tackle football. At no time shall any child grab or punch another around the neck, head or any sensitive areas. **NO WRESTLING MOVES.**
13. Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.

PENALTIES (Flag)

FIVE (5) YARD PENALTIES

1. Excess time-out illegally used or requested
2. Illegal delay of game
3. Putting the ball into play before declared "ready for play"
4. Infraction of scrimmage formation
5. False start or stimulating start of play
6. Too many players on the field

7. Illegal kick
8. Helping the runner
9. Holding defensively or offensively
10. Jumping or hurdling to avoid have a flag pulled
11. Illegal blocking down field (**No Pushing or Blocking in the Back**).
12. Offensive pass interference

TEN (10) YARD PENALTIES

1. Stiff arming
2. Sticking, kicking, kneeing, elbowing, etc.
3. Tripping
4. Clipping
5. Un-sportsman like conduct*
6. Tackling
7. Illegal flags
8. Flag Guarding

*After the second offense of un-sportsman like conduct or tackling ball carriers the player will be ejected for the remainder of the game.

**Scoring an additional touchdown beyond the allotment will result in the ball being returned to the original line of scrimmage and a loss of the down.

26. 6U TACKLE RULES

1. Playing field is 100.
2. No kickoffs, ball will be placed at the 25-yard line
3. Punts will have a 25 yard walk off outside the 45-yard line
(If you punt inside the 40 the ball will be placed on the 20-yard line)
4. Fumbles can be advanced.
5. Interceptions can be advanced.
6. Two Coaches on the field
7. No lining up over the center, the A or B gaps heads up over guard and tackle
8. Only 6 players in the box (No Blitzing)
9. 10-minute Quarters
10. Clock stops in the last 2 minutes of half and for timeouts
- 11A. only one overtime per game.
Game can end in a tie (Regular Season)
- 11B. Playoff or Championship games cannot end In a TIE they must be finished.
12. Touch back in the end zone the ball will be placed at the 35-yard line
13. Coaches must be 10 yards away from the last player on the field when the ball is hiked

27. MITEY MITE (8U) RULES

Normal play shall require eleven (11) players on the field. If less than nine (9) players show that team must forfeit the game.

The staff of each Mid-Florida Mitey Mite team shall consist of the following:

- One (1) Head Coach

- No more than five (5) Assistant Coaches
- No more than one (2) Team Parents
- No more than two (2) water boys who shall not be wearing the current team jerseys.

I.D. Manual – Mitey Mite Football will require the same paperwork in the I.D. Manual that the other tackle football teams do.

Equipment

1. The Mitey Mite team will have identical equipment and playing field to the regular tackle teams.
2. The players should wear socks and football cleats or tennis shoes.
3. During cold weather, it is permissible for the player to wear long sleeves or sweatpants under the regulation uniform.
4. Mouthpieces required.

Playing Rules

1. A coin is to be tossed and the winner may elect to kick, receive, choose ends or defer choice to the second half.
2. To start the game and after toss, the ball shall be kicked off from the forty-five (45) yard line of the offensive team. The defensive team will line up on the opposite forty-five (45) yard line.
3. The game shall consist of four (4), ten (10) minute quarters of standard clock.
4. Each team has two (3) time outs per half.
5. Scoring will be six (6) points for a touchdown, two (2) points for a safety. Extra points will be scored as one (1) point for running, two (2) points for passing or kicking. The ball is to be spotted on the three (3) yard line.
6. All local organizations are charged with the responsibility to ensure that all coaches are familiar with and understand these and all other applicable rules.
7. No coaches allowed on the field after Jamboree
8. During a kick-off, the receiving team must have POSSESSION of the ball before a dead ball can occur, **fumbles are allowed during kick-offs; however, on-side kicks are NOT allowed.**
9. If a punt is elected, the team will be granted 25 yards with the exception that no punt shall exceed the ten (10) yard line of the opposing team.
10. Interceptions **are** allowed and the intercepting team **can** advance the ball after the interception has been made.
11. **No rush on field goal attempts (players can jump at line of scrimmage)..... ball must be long snapped to place holder.. 10 seconds allotted time to kick following the snap.**

PENALTIES (Mitey Mites)

The Mitey Mite team will follow Standard N.F.H.S. Tackle Penalties for infractions. The only exception to this rule will be “Illegal Participation of a Coach” See Playing Rule #7. This infraction carries a 15-yard penalty.

Second infraction will result in coaches’ ejection from the game.

28. PEE WEE (10U) RULES

Normal play shall require eleven (11) players on the field. If less than nine (9) players show; that team must forfeit the game.

The playing rules for the PeeWee, Junior and Senior Divisions are exactly the same as the N.F.H.S. rules except that we use a smaller ball, we play 10 minute quarters, and we award 2 points for an extra point kick and only 1 point for an extra point run or pass.

The playing rules for the Pee Wee Division are exactly the same as the rules for the Junior and Senior Divisions.

29. JUNIOR (12U) & SENIOR (14U) RULES

Normal play shall require eleven (11) players on the field. If less than nine (9) players show; that team must forfeit the game.

The playing rules for the Junior and Senior Divisions are exactly the same as the N.F.H.S. rules except that we use a smaller ball, we play 10 minute quarters, and we award 2 points for an extra point kick and only 1 point for an extra point run or pass.

NO CHOP BLOCKING-- "No Blocking Below the Waist during Any MFFCC Play”

[Florida High School Athletic Association](#)

30. SUSPENSION/TERMINATION FROM MFFCC

- (A) Any coach, player, cheerleader, worker, or officer that takes any part in the illegal participation of an ineligible participant (Player/Cheerleader} for the purpose of strengthening or improving the quality of any league division or to gain an advantage over the opposing team will automatically be suspended from participating in any or all Mid- Florida Conference activities. The severity of the rule violation will be decided by the Executive Board of the Mid- Florida Federation, and the terms of suspension or termination will become effective immediately. Any player, cheerleader, coach, or worker of any League of the Mid-Florida Federation that initiates any physical confrontation or life threatening situation between any leagues or participants of the Mid-Florida Federation function will be suspended from all other federation functions for the remainder of the season year or indefinitely pending the severity of the rule violation, which will be

decided by the Executive Board of the MFFCC Federation. No participant (player / cheerleader) shall be allowed to engaged in any physical confrontation with any coach, officer, game official, or staff member of the Mid- Florida Federation, neither shall verbal abuse (profanity / physical threats) of the mentioned parties be tolerated from any child participating in a Mid-Florida function. Again, the severity of the act of the person or persons involved in this type of activity will be decided by the Executive Board of the Federation and the rule violation penalty will immediately become effective. The Executive Board reserves the right to make fair and reasonable decisions when making a judgment pertaining to suspensions or termination that apply to the future participation of anyone at any level of the Mid- Florida Federation.

(B). At the end of a game with only a few seconds left to play, and the losing team does not stand a chance of winning the game and is on the defensive side of the ball, the coach of the losing team should not allow his players to rush the players on the offensive side of the ball that are kneeling to end the contest. This is ethical by way of not allowing angry or disappoint on the losing team the opportunity to inflict unnecessary injury to anyone on the winning team.

Anyone HEAD COACH that allows this to happen will be automatically suspended for one game if this type of incident is reported and found to be true by the Executive Board. This rule violation can be applied for the first scheduled game for the next season if it happens during the last game of the current season.

(C). Angry fans, parents, friends, coaches, cheerleaders, team mothers, etc. shall not be allowed to harass or confront the members of the officiating group to express their personal opinion of opposing a field judgment made during the game. The OFFICIALS are employed by the Mid-Florida Federation and have agreed by contract to maintain a professional work manner in order to apply the rules of the game as stated by the Mid-Florida Federation. Any fan or member of the federation that violates the security of the officials or is identified to be out of control when addressing the officials should be given the opportunity to *refrain or ask to leave the function. The home team should assist in helping to remove this person or group of people. Crowd control is the responsibility of the home team and your team could be penalized if the fans are allowed the opportunity to dictate the mode of the contest in progress by way of uncontrollable outburst, use of profanity, unwarranted harassment, or continuous non-ethical behavior that affects or infringes on the freedom of enjoyment and the safety of others attending the game. USE THE EMERGENCY # 911 if an uncontrollable and life threatening condition develops as a direct result of this type of fan behavior.

MID-FLORIDA ALL COACHES MEETING REQUIREMENTS

ALL LEAGUES MUST BE REPRESENTED AT THE ALL COACHES MEETING TO START THE NEW SEASONS. ALL COACHES ARE REQUIRED TO ATTEND. AT THIS MEETING THERE SHALL BE A ACKNOWLEDGEMENT DISCUSSION OF THE RULES, SCHEDULED EVENTS, ETHICS AND LEAGUE EXPECTATIONS AS SET FORTH BY THE MID-FLORIDA FEDERATION. THE PRESIDENT AND/OR COMMISSIONER OF EACH INDIVIDUAL LEAGUE SHALL INFORM ITS OWN LEAGUE MEMBERS (coaches, coordinators, workers, etc.) NOT TO PARTITION TO IMPLEMENT CHANGE OR REVERSAL OF ANY TOPIC THAT HAS ALREADY BEEN DECIDED BY THE FEDERATION EXECUTIVE BOARD AND THE ATTENDING LEAGUE REPRESENTATIVE DURING PRESEASON FEDERATION MEETINGS PRIOR TO THE ALL COACHES MEETING.

AT THE ALL COACHES MEETING, EVERY LEAGUE MUST SUBMIT DOCUMENTATION VERIFYING EACH TEAM COUNT (both football/cheerleading). ANY LEAGUE THAT DOES NOT HAVE THE MINIMUM NUMBER OF TEAMS (5) TO PARTICIPATE AT THE PRE-SEASON JAMBOREE AND ALL REGULAR SEASON GAMES AS SUBMITTED TO THE FEDERATION PRIOR TO THE JAMBOREE WILL BE PENALIZED WITH A FINE IN THE AMOUNT OF \$100.00 PER TEAM PER GAME.

THE PRESIDENT OF THE FEDERATION SHALL ADDRESS THE LEAGUES OF THE FEDERATION TO KICK OFF THE NEW SEASON. DOCUMENTS OF THE FEDERATION RULES, BY-LAWS, SEASON GAME SCHEDULES, and REFEREE CONTRACTS SHALL BE AVAILABLE FOR THE LEAGUE AT THIS TIME.

LEAGUE CONTRACT COMMITMENT

* All newly formed organizations to the Mid-Florida Youth Football / Cheerleading Federation that has been officially voted in and noted, must sign a contract agreement that commits that organization to remain in the Mid- Florida Federation for a minimum of 3 years of service prior to engaging in or with any Mid-Florida function. At the end of the 3-year term, that organization may depart from the federation if it chooses to do so by submitting a letter of resignation to the executive board in no more than 30 days, including weekends (Saturday/Sunday) after the end of the completion of the championship games of that season without penalty. Failure to submit a notification of the departure prior to exceeding the set number 30 days will result in the loss of all forfeit fees, or any other monies that that the organization was due to receive prior to the time of the resignation of that organization.

* All pre-established functioning organizations that are voted into the federation must sign a minimum two-year contract agreement that commits that organization to remain in the federation until the two-year period is completed. At the end of the two-year period that organization has the right to resign as a member of the federation and must submit a letter of resignation to the Executive Board 30 days prior to the resignation. Failure to meet any of the contractual requirements will result in the loss of any forfeit fees, or any other monies that the organization was due to receive prior to the time of the resignation of that organization.

ANY ORGANIZATION THAT BREAKS THE CONTRACTUAL AGREEMENT OF PARTICIPATION WILL NOT BE ALLOWED TO BE A FEDERATION ORGANIZATION MEMBER FOR A PERIOD OF 3 YEARS. ANY ORGANIZATION THAT CHANGES THE NAME AFTER BREAKING THE CONTRACTUAL AGREEMENT AND RE-APPLY FOR MEMBERSHIP AS A NEW ORGANIZATION WILL NOT BE ALLOWED TO JOIN THE FEDERATION FOR 3 YEARS FROM THE YEAR THE AGREEMENT IS BROKEN. ANY PERSON OR PERSON THAT'S TAKE PART IN ANY TYPE OF ACTIONS WITH THE INTENT OF DEMORALIZING, HUMILIATING, THREATNING, OR DISBANDING OF ANY MIDFLORIDA LEAGUE SHALL NOT BE ALLOWED TO PARTICIPATE IN ANY MIDFLORIDA FEDERATION FUNCTION INDEFINITELY. ANY ORGANIZATION THAT TAKES PART IN ANY TYPE OF PROMOTION OR UNAUTHORIZED ACTIVITIES, THAT CAN DAMAGED THE CREDIBILITY OF ANOTHER LEAGUE MEMBER AND DEEMED UNSATISFACTORY IN REFERENCE TO THE LEAGUE MEMBERSHIP CODE OF ETHICS, AS DETERMINED BY THE MIDFLORIDA EXECUTIVE BOARD, SHALL NOT BE ALLOWED TO CONTINUE IT'S MEMBERSHIP IN THE MID-FLORIDA FEDERATION FOR AN INDEFINITE PERIOD OF TIME

(ORGANIZATION PARTICIPATION AGREEMENT FOR NEW MEMBERS)

MID-FLORIDA FOOTBALL/CHEERLEADING FEDERATION

League Name:	
President Name:	
Commissioner Name:	
Years in Existence:	
Number of Teams:	
Do you have Cheerleaders?	Y / N
League Telephone Number:	
Mailing Address:	
Email Address:	

ALL MFFCC ORGANIZATIONS WILL CHARGE AN ADMISSIONS FEE PER PERSON THAT WILL BE SET BY THE CONFERENCE, THIS ADMISSIONS FEE APPLIES TO NON-PLAYERS/CHEERLEADERS STARTING AT THE AGE OF 4 YEARS OLD AND UP.

By completing and signing this document I/We acknowledge that all information stated is true and that the agrees to remain as an active member of the Mid- Florida Football/Cheerleading.

The _____ also Acknowledges that by breaking this contract agreement any and all fees or monies due to our league form the Mid-Florida Federation will be forfeited and a penalty for the term of 3 years shall must pass before our league will be eligible to apply for membership again.

Organization President Signature _____ Date _____

Organization Commissioner Signature _____ Date _____

MFFCC President Signature _____ Date _____