

2019 Mile High Football League Rules and Procedures

*Revised, Approved and Adopted for Play by the Mile High Football League Committee
Mile High Football League (MHFL) is a program of N2 Sports, Inc..*



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ARTICLE 1: PURPOSE

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

Major emphasis of this league is to:

1. Provide youth an OPPORTUNITY for fun and enjoyment through a football program.
2. Teach youth football skills and techniques.
3. Practice good sportsmanship and fair play.

ARTICLE 2: ADMINISTRATION

1. The league is administered by N2 Sports, Inc., and when possible advised by a Football Committee and directed by the Football Director(s) and those appointed by the Football Director(s). The Football Director(s) shall have full authority and responsibility for administration and conduct of the league matters within these Rules and Procedures.

2. The Football Director(s) and/or his designee(s) 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.

ARTICLE 3: ELIGIBILITY

1. PLAYERS:

- a) Boys and girls are eligible as players in the Mile High Football League Football program who meet the grade and weight requirements and are medically cleared to participate. Proof of grade and physical are required.
- b) Players are to register during the time period and in the manner specified by the Football Director in order to be eligible to participate in the league.
- c) Registration is initiated by a player's parent/guardian completing the on-line registration furnished by Mile High Football League specifically for this purpose along with the football fee payment and submitting required documents.

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

- a) Have not had their coaching assignment revoked by MHFL, another association or league within two years. At the discretion of the league a coach who has served at least a 12-month ban may apply for reinstatement; however, his/her status will be those on "probation." Those under probation may be relieved of duty at any time with or without cause.
- b) Head Coaches must be at least twenty-one (21) years of age. Assistant coaches must be 18 or older.
- c) Must register as a volunteer coach, submit to a criminal background check, obtained his football coaching certification and concussion recognition education and be approved by the Football Director(s) to coach in Mile High Football League.
- d) Student Assistants are persons under 18 years of age who may assist the coaches but may only do so under the their supervision.

3. The Football Director(s) shall be the judge of fact in all questions of eligibility.

ARTICLE 4: ORGANIZATION OF TEAMS

Divisions are formed by grades as follow: 2nd/3rd, 4th, 5th, 6th, 7th, and 8th. Teams may be independently formed or formed through the league with teams organized by regions or areas. In the event of an insufficient number of teams in a division, the league reserves the right to combined divisions.

ARTICLE 5: SELECTION OF PLAYERS

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

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

3. Players may not play on two separate MHFL teams. Any violation of this rule will result in a forfeit in each game played and a one-game suspension of the head coach for each violation. The director may also impose additional sanctions as necessary.

ARTICLE 6: TEAMS AND TEAM STRUCTURE

1. INDEPENDENT TEAMS: Teams may be formed from outside of Mile High Football League. A team should carry a minimum of 15 players. The league reserves the right to assign Individual Registering Players on any Independent Team if their roster has less than 25 players. This is a condition of being allowed in the league. All Independent Teams will assume financial responsibility for all their team and player equipment including helmets, shoulder pads, uniforms and practice field rentals.

2. LEAGUE 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 or her discretion. The primary goal is to assign them to teams by geography or region where possible. Each player will be assigned to a team.

3. MINIMUM AND MAXIMUM OF PLAYERS: The minimum number of players per team is 15 and with a 30 player maximum. Any less or more must be approved by the league directors.

4. REGISTRATION DEPOSITS:

a) A team registration deposit of \$300 team is required to secure a spot in the league.

b) The deposit (less any forfeit or ejection penalty fines) is refundable at end of the season. Any coach or adult team staff, parent or adult spectator ejected from a game will be fined \$100 and such fine will be deducted from the team registration deposit.

c) Additionally, any “no-show” or forfeit will also fine \$100 each and deducted from the deposit.

d) A team will also forfeit their deposit if it fails to show-up for its bowl game.

ARTICLE 7: COACHES & EXPECTATIONS

1. As coaches you have a very important role in the development of young athletes; a role that goes far beyond coaching the game of football. Your leadership, philosophy and actions will leave impressions far more indelible and much farther reaching than you may have ever imagined. Developing character, sportsmanship and respect depends greatly upon your own approach and the example you set. At Mile High Football we want to represent a winning organization not counted just by wins and losses on the field. Coaches are to lead by example; therefore, a Coaches Code of Conduct defines expectations of conduct. We expect all coaches

to conform to the National Federation of State High School Association code while coaching in the Mile High Football League:

- a) Integrity – The coach must act with integrity in performing all duties. As a coach, pursue victory with honor. Advocate the importance of honor and good character.
- b) Honesty & Respect – Don't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct. Use courtesy, honesty and respect in regards to other coaches, parents, game officials, field supervisors, and other MHFL representatives.
- c) Positive Coaching – Use positive coaching methods that increases the athlete's self-esteem and fosters the word TEAM. Refrain from physical or psychological intimidation, verbal or physical abuse, and conduct that is demeaning to a MHFL athlete. Direct comments and/or constructive criticism at the athlete's performance rather than the athlete.
- d) Personal Conduct – Refrain from profanity, disrespectful conduct and the use of alcohol or tobacco in front of the athlete, or other situations where the coach's conduct could undermine the coach's impact as a role model. The coach must be sensitive to the fact that he is responsible for promoting a positive image for Mile High Football League.
- e) Competence – Strive to improve coaching competence and acquire increasing proficiency in coaching principles. Attend coach's clinics, first aid, safety and other required classes or clinics. Maintain knowledge of the rules of the game and eligibility rules regarding weight, age and grade of players.
- f) Respect for Officials/Judges – The coach must accept the role of the officials/judges in providing judgment. The coach must accept both the letter and spirit of the rules that govern our game.
- g) Gamesmanship – Promote good sportsmanship; don't cheat. Resist temptations to gain the competitive edge through risky strategies or techniques such as requiring an athlete to lose excessive weight, alteration of equipment and other related events. Be fair in competitive situations, selecting a team, disciplinary issues, and all other matters. Coaches be aware of your egos and emotions.
- h) Athlete's Interest – Put the well-being of the players above all other considerations and take appropriate steps to protect them from inappropriate conduct.

2. 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 online application and have completed all coaching certification and concussion training..

3. The Football Director shall assign or approve 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 six (6) assistants total allowed per team.
- b) The approval of all Coaches (including all assistant coaches) will be at the discretion of the Football Directors. Mile High Football League may revoke a coaching assignment at any time for willful violation of Mile High Football League Rules and Procedures, Coach's Code of Conduct, or any of the provisions of this document.

4. Any coach, adult team staff, parent or adult spectator removed or ejected from a game by an official, director, or supervisor will be suspended for a minimum of one (1) game. **A second ejection in the same season will automatically disqualifies him/ her from the remainder of the season and for a period of 12 months.** All suspensions will be served for the following scheduled game for that team, and include any game in between for any other team affiliated with that one. 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. Note: Notification by the Football Director is not required for the one game suspension to be in effect.

5. Each team will be graded by game officials and/or league representative(s) on their level of sportsmanship for each game played. At the conclusion of the season, any team whose final Sportsmanship Rating below a

“C” will result in the all of the team’s coaches being ineligible for the following season. **Additionally, any team less than a regular season grade of “C-” or less shall not be eligible for bowl game/post-season play.**

ARTICLE 8: ROSTERS

1. The Football Director shall maintain a roster for each team, naming all players, jersey numbers and weights, if applicable. All Coaches and Assistant Coaches must be named and telephone numbers listed.
2. The Head 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 as well as their names and contact information of all assistant coaches.
3. Additionally, prior to the start of any game and during the game, both Head Coaches must have their official team rosters and all supporting documents (proof of grades and physicals) available for inspection by the opposing Head Coach, League Director or Field Monitor or League Supervisor upon request.
4. A Head Coach may protest the game if he finds discrepancies in the opposing team’s roster and supporting documents. The protest may be filed before or during the game. Such protest must be brought to the attention of the Head Referee (white hat). Once a roster protest has been declared, the Head Referee will inform the opposing Head Coach of the protest. The opposing Head Coach must remove the player(s) in question if such player(s) is found to in violation. The game may continue and any sanctions or forfeiture will be at the discretion of the league. Note that after the game, a roster protest will not be considered.
5. No player may be added to any team after the 2nd game of the season without the written consent of the Football Director.
6. Ineligible players (non-rostered players, non-registered players, including players on suspensions) used shall result in the Head Coach being suspended for one (1) game for his offense and any subsequent violations thereafter shall result in the removal from his position as Head Coach. Additionally, any games played by ineligible players shall result in forfeiture of games. This is a liability and safety issue we cannot tolerate.
7. All current rosters will remain on file in the Mile High Football League office. It’s the head coach’s responsibility to make sure all his players are registered with the league, fees paid and the required documents are secured. The Head Coach must maintain an accurate and updated Team Roster Folder and make it available for inspection during his game.

ARTICLE 9: TEAM MEETINGS, PRACTICES AND GAMES

1. NO TEAM MAY HAVE A MANDATORY TEAM MEETING, WORKOUT, TRAINING OR PRACTICE PRIOR TO THE FIRST OFFICIAL PRACTICE OF MARCH 11th, 2019.
 - a) The only exception would be a mandatory pre-season parent-coach orientation or player meet and greet meeting or social. This should be a one-time occurrence.
2. The total number of practice sessions for each team shall not exceed one per day and no more than three (3) practices per week.
3. A practice is a meeting (workout, study or film session) with two or more players. If a Coach holds an unauthorized practice outside of his/her allotted number of weekly practices, he/she will be subject to

suspension for one week inclusive of practices and game, or more severe penalties as deemed by the Football Director.

4. During the first two practices, helmets may be used but no shoulder pads or contact will be allowed.
5. Contact practices may begin no sooner than the third day of practice.
6. 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.
7. Practice sessions may not exceed two (2) hours a day for ALL divisions.
8. Practices may be held on consecutive days.
9. Any exception to these policies must be approved in advance by the Football Director(s) in writing.
10. No coach shall require his/her players to be at the field before or after regular scheduled practice time.
11. Any coach not following the above rules will be subject to discipline as deemed appropriate.

ARTICLE 10: NO PARTICIPATION RULE

1. No player may participate in any team meetings, workouts, practices or games until he/she is officially assigned to a team and has registered with the league.
2. No coach or assistant may participate in any team meetings, workouts or games until he/she is officially approved onto such team and has completed his/her requirements of eligibility hereunder.

ARTICLE 11: GAMES AND OFFICIALS

1. 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.
2. A total of eight (8) games for the season including 6-7 league and 1-2 post-season play-in/ bowl games.
3. No games shall be scheduled prior to noon on Sundays. Games are typically scheduled on Saturdays, Sundays and Wednesdays (for uneven divisions or makeups).
4. A minimum of two (2) officials assigned to 2nd/3rd-5th grade games. A minimum of three (3) officials assigned to games 6th grade and above. A game may be played with less than the minimum number of assigned officials.

ARTICLE 12: SCRIMMAGES

1. Although scrimmages are fun and important, please remember, the point of scrimmages is to practice, not play “extra games.”
2. All scrimmages must be approved by the Football Director. Submit your scrimmage requests with the dates, time, site and team(s) against one week prior to the scrimmage to the Football Director in writing via email for league records.

3. There shall be no scrimmages or games outside of the league.
4. Each team is limited to two (2) scrimmages during the course of the season.
5. Scrimmages will be limited to a maximum of one (1) hour of contact.
6. Scrimmages can be held between two or more teams. However, the duration of each team's scrimmage time must never exceed the one hour of contact.
7. Scrimmages must only be against teams of the same division for safety purposes. Scrimmages cannot be against other non-MHFL teams.
8. No referees shall officiate the scrimmages.

ARTICLE 13: EQUIPMENT

1. All players shall wear shoes of rubber soles or rubber cleats. No metal cleats allowed.
2. 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 per NFHS Rules.
3. 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.
4. Helmets will be worn for all practices and warm-up drills.
5. The following equipment must be furnished by the individual players:
 - a) Cleats (non-metal)/shoes
 - b) Practice jerseys, pants and hip, tailbone, and kneepads
 - c) Mouthpieces
 - d) Helmets and shoulder pads
6. 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.
7. 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.

ARTICLE 14: CHAIN GANG AND TEAM BENCHES

1. The Home Team will be responsible for securing three capable persons to do the yard-to gain marker and down marker 30 minutes prior to kick-off and ready to be briefed by game officials.
2. The Chain Gang will be on the side of the Home Team for the entire game.
3. The Chain Gang is part of the officiating crew and must work in conjunction with the game officials. Coaching or criticizing game officials by the Chain Gang is strictly prohibited. The Referee has the authority to have any member of the Chain Gang replaced at any time for violations of this rule.

4. 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. In sites where there are press boxes, the Home Team will occupy the side where the press box is located and the Visiting Team will provide the Chain Gang.

ARTICLE 15: SPECIAL PROVISIONS FOR GAMES

1. The Football Director will determine the total of scheduled league and play-in/bowl games for each division.
2. In the event of possible uniform color conflicts, the Home Team will have the priority choice of uniforms.
3. Playing conditions shall be evaluated prior to each game by the referees or Football Director 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.
4. The Football Director reserves the right to evaluate the conditions and apply one of the following remedies:
 - a) Postpone and reschedule the game.
 - b) Attempt to play the game, stopping as needed to evaluate the weather conditions. Play will be suspended for lightening or other hazardous conditions and restarted when it is determined to be safe.
 - c) If a game is suspended and not resumed, and at least half the game has been played (two quarters played), then the score at the time of suspension will be used as the final score. There is no makeup after half-time (2 quarters played).
5. All makeup games must be played within three (3) weeks or whenever it's possible.
6. The Football Director or Referee may stop any game or practice at his/her discretion. If a game is weathered out, every attempt will be made to complete the game from the point of suspension if two quarters have not been completed.
7. Teams in the 2nd-8th grade teams will play 11-man football. Eight-man football is an option when a team is unable to fill a full squad of 11 or more players.

ARTICLE 16: MERCY RULE

1. 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 33-plus points. If you are fortunate to be 33 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%. Move your players around on offense and give other non-starters an opportunity to carry the ball. Let players play on defense or offense that would normally not be afforded that chance.
2. When the winning team is ahead by 33 or more points the trailing team will select three (3) player from the winning team to sit out the remainder game until there is a differential of 32 or less points but it shall never leave the winning team with less than 11 players on the field (8 players for 2nd/3rd grade).
3. Anytime in the course of a game when the winning team is up 40 or more points the game clock will continue to run and can only be stopped on team or officials' timeouts, end of quarters, and injuries. The clock will NOT revert back to normal stop clock even if the differential in scores fall below 40 points.
4. The winning team will not be allowed to pass anytime when the Mercy Rule is in effect until the differential is 32 or less. Any forward pass will be immediately ruled dead at the LOS and loss of down.

5. If in the opinion of the Head Referee or Director that the winning team is in repeated violation or fails to comply with this rule then the game can be terminated anytime during the second half of play. Gross violations may even result in a forfeit.

6. The winning head coach may not call timeouts when up 33 or more points in the fourth quarter.

7. When behind by 33 or more points the trailing team will take possession of the ball at mid-field following any scoring by the winning team including safeties with no kick-off by the winning team when the Mercy Rule is in effect.

ARTICLE 17: WEIGHT LIMITS

1. The ball carrier weight limit is determined by division. Those players above the weight limit will be considered “single” or “double patch” players based on the following table.

Division	Backfield Weight	Single Patch	Double Patch	Play Down
2 nd /3 rd Grade	85 lbs	86-100 lbs	101+ lbs	70 lbs for 4th graders
4th Grade	100 lbs	101-120 lbs	121+ lbs	85 lbs for 5th graders
5th Grade	110 lbs	111-130 lbs	131+ lbs	95 lbs for 6th graders
6th Grade	125 lbs	126-145 lbs	146+ lbs	110 lbs for 7th graders
7th Grade	N/A	N/A	N/A	125 lbs for 8th graders
8th Grade	N/A	N/A	N/A	165 lbs for 9th graders

2. A player’s certified weight will be his/her playing weight for the season (not applicable in the 7th-8th grade division unless for play-downs). However, the league reserves the right to re-weigh or verify a player’s weight at any time during the course of the season with or without notice. Also, when divisions are combined the league may reclassify the weight limits, single or double patch system as appropriate.

3. There will be designated dates for weigh-ins and check-ins. Players should weigh in on weigh-in days after they sign up. All weigh-ins will be conducted and observed by the Football Director or his or her designees. Players will have one chance to weigh-in.

4. A patch player (a player above the backfield weight limit) will be designated by a highly visible decal on the back of the helmet provided by the league. A single patch player will bear one decal and will be in the center of the back of the helmet. All double patch players will have two decals and will be located at each side of the back of the helmet. The decal will bear the word “PATCH.”

5. If a player missed weigh-ins he or she is deemed a double patch player. Such player can be weighed prior to the start of his or her first game at the discretion of the Football Director.

6. Sweating down a player’s weight is against the rule and unhealthy to the child. Coaches in violation will be suspended or removed.

7. An allowance of half a pound will be permitted if a player is on the threshold of reaching the backfield weight limit. For example, a 4th grade player is 100.5 lbs then he’ll be considered having backfield player status. However, if the weight was 105.6 lbs or more he’ll be considered over the limit and classified as a single patch player.

8. Any special play-down requests or considerations will be at the discretion of the Football Directors. “Play down players” may only play down a single grade division.

ARTICLE 18: 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. The tight end position may be played by single patched players or non-patched players.
3. A patched 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 and the down is lost.
4. A patched 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 and the down is lost.
5. A patched tight end may not go in motion. Penalty: Illegal motion (3 or 5 yard depending on division).
6. In order to carry the ball single patch tight end must receive the ball on a forward pass that is completed at least one yard beyond the line of scrimmage. Play is ruled dead when a single patch player secures the ball less than the required one-yard distance.
7. Double patch player is not allowed to catch or advance the ball on offense. If a pass is caught by a double patch player on offense the play will be ruled dead. Penalty: Play is automatically dead, loss of down and back to LOS. If intercepted on defense, the ball is dead and the double patch player cannot advance the ball although the interception is awarded and the defense will keep the ball.
8. A double patch can't be a tight end but may play the guard, tackle and center positions only.
9. This rule doesn't apply to the 7th-8th grade division.

ARTICLE 19: OFFENSIVE POSITIONS FOR PATCHED PLAYERS

1. On offense, any single or double patch player, is required to play as down lineman. Single patch players may play positions including tight ends, tackle, guard and center. This rule does not apply to the 8th grade division. It is recommended that these players be numbered 50-79 and all other players, including the tight end be numbered 0-49 and 80-99.
2. A double patch player may not advance a fumble on offense. Play is ruled dead when he secures the ball on fumbles.
3. Any patch player may kickoff, kick, punt, but cannot run, hand-off, or pass the ball while in punt or formation. Play is dead and loss of down and ball back to the LOS.
4. Any patch player cannot be a holder for extra points or field goals. Play is dead and loss of down.
5. 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 nor may he execute a rugby-style kick (running as he kicks it). Play is dead and ball will be placed back at the LOS with a loss of down.

6. All offensive double patch players must may only play the following positions; tackles, guards and centers. Except when in punting or kicking situations.

ARTICLE 20: DEFENSIVE AND KICKING POSITIONS FOR PATCHED PLAYERS

1. Defensive linemen on the LOS may be in any stance.

2. If a single patch player on defense intercepts or recovers a fumble, the ball may be advanced until the player is tackled or forced out of play. If a double patch player intercepts or recovers, the ball is dead at the point of possession and the ball cannot be advanced. Fumbles recovered by single patch players may be ruled dead if deemed by the official as a planned fumble.

3. The ball carrying limit rule is also applied for kick-off/kick-return. Single and double patch players must be on the front line on kick-offs and kick-returns. Penalty: Ball is ruled dead when secured on hand-offs or pitches including kick-off/kick-return.

4. ALL single and double patch players must be on the line of scrimmage during scrimmage play or kick and on the front line during kick-offs and kick-returns. A defender is considered on his line of scrimmage (LOS) when he is within 1 yard of the neutral zone. All patch players on defense must play on the LOS. At no time should any patch player, single or double, be in the backfield on defense or behind the frontline during kick-offs or kick-returns.

ARTICLE 21: PLAYING RULES

1. OFFICIAL RULES: The most recently published National Federation High School playing rules in effect unless stated otherwise in this Rules and Procedures manual. Additionally, the league will also utilize any NFHS football rules changes to be effective in the upcoming fall seasons.

2. PLAYING TIME: A game shall consist of four ten (10) minute “stop clock” quarters. Game clock will stop according to NFHS rules. The officials will keep the official game clock if no scoreboards are available.

3. FIELD DIMENSIONS: 2nd/3rd-5th grade division will play on a 60-yard long and 40-yard wide with two 10-yard end zones. 6th to 8th grade division will play on a 100-yard long 53 1/3 yard wide with two 10-yard end-zones.

4. SCORING:

- a) Touchdown = 6
- b) PAT (Points After Touchdown), run or backwards pass = 1
- c) PAT, forward pass (pass needs to be beyond LOS) = 2
- d) Safeties=2
- e) PAT, kick = 2

5. GAME BALLS: All game balls must conform to NFHS with the exception of the ball size being used in each of the respective division:

- a) 2nd-3rd Grade = Wilson K2 or Nike Pee-Wee (6–9 yrs old)

- b) 4th-5th Grade = Wilson TDJ or Nike Junior (9–12 yrs old)
- c) 6th-7th Grade = Wilson TDJ or TDY or Nike Youth (12–14 yrs old)
- d) 8th Grade = Wilson TDY or TDS or Nike Youth or Nike Official (official size)

*Note: The football doesn't need to be a Wilson or Nike brand as long as the ball being used is an equivalent in sizes. Balls must meet NFHS rules.

6. TIME TO RUN THE PLAY: The play clock will continue to start at 25 seconds (a) prior to a try following a score, (b) to start a period or overtime series, (c) following administration of an inadvertent whistle, (d) following a charged time-out, (e) following an official's time-out, with a few exceptions, and (f) following the stoppage of the play clock by the referee for any other reason. In all other cases, 40 seconds will be placed on the play clock and start when the ball is declared dead by a game official.

7. TIME OUTS:

- 1. Each team is allowed three (3) timeouts per half. Each time-out is one-minute in duration. Timeouts are not cumulative.
- 2. Per NFHS rules only the head coach may request timeouts. However, per rule the head coach can now designate another coach for the purpose of requesting time-outs. The designee shall remain in place for the entire game except in case of emergency.

8. EXTRA POINTS OR FIELD GOALS: No goal posts will be used in the 2nd/3rd-5th grade division. Therefore, there will be no extra points and field goals being kicked in these divisions or on fields without goal posts.

9. OVERTIME:

- a) Any game tied after regulation in the 2nd/3rd-5th grade division will end in a tied. There is no over-time period for the elementary divisions.
- b) No game will end in a tie in the middle school, 6th-8th grade divisions. Games tied at the end of regulation will be decided in the following manner:
 - i. Coin toss winner will have the option of playing offense or defense first. Each team will be given four (4) downs to score from first and goal at the 10-yard line for 4th-8th grade. Team possession ends after score (touchdown/pat, field goal, safety) or turnover (4 downs, interception, fumble recovered by defense).
 - ii. Whoever has scored the most points after each team has had a possession will be declared the winner.
 - iii. This procedure will repeat until a winner is determined. (Except the coin toss – the choices will alternate with each overtime period).
 - iv. One (1) time out is allowed per team per overtime period. Timeouts are not cumulative. Use it or lose it.

10. FORFEITS:

- a) We must do everything we can to avoid forfeits whenever possible. A team which cannot fill eleven (11) players to play a 11-man game should still be able to play 8-man football. The goal is to play the game not take a forfeit. Note: If playing 8-man, the NFHS 11-man football rules are in effect. Exceptions, LOS requires a minimum of 5 players instead of the seven.
- b) The score shall be 2-0 in favor of the offended team if a game cannot be played. However, for seeding purposes any forfeit will be count as 35-0 against the offending team. If the offended team is already ahead in score then that score shall stand as final.
- c) Any team with two (2) or more forfeits shall be excluded from participating in the BCS.
- d) There is a \$100 fine for each forfeit and such fine will be deducted from the team deposit.

11. SPECIAL PUNT RULES (2nd/3rd-5th Grade):

- a) 2nd/3rd, 4th and 5th Grade division will be allowed a free punt with no rush by the defense.
- b) The offensive coach must notify the official and this may be done on any down.
- c) The ball must be snapped to the punter and if it is dropped, it is okay to pick it up and punt it.

- d) A patch player may be the punter.
- e) The ball is considered to be punted when first touched by the punter's foot.
- f) If any player leaves the LOS or engages prior to the kick, the referees will instruct them to go back and wait until the ball is punted (there is no encroachment on declared punt).
- g) There must be seven defensive players on the LOS and only two players back greater than 5-yards from LOS to receive the punt. If playing 8-man football, five defensive players must be on the LOS.
- h) The punter has five seconds to punt the ball otherwise it will be blown dead at the LOS.
- i) 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.
- j) A patch player may not advance a punt if he is on the receiving team.

12. COACHES ON THE FIELD (2nd/3rd Grade Only):

- a) One coach will be permitted on the field for each team for the 2nd/3rd grade 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.
- b) A coach needs to be 12-15 yards back (or further back than the referee on offense or umpire 16 on defense if there is one).
- c) The coach on the field is not permitted to question an official, argue a call or disrupt the game in any manner.
- d) The officials have the right to remove a coach from the field at any time if the coach repeatedly violates any of the above restrictions. A coach removed from the field may be replaced by another coach.
- d) A Coach on the field in the 2nd/3rd Gr. Division 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.
- e) 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. Officials may use discretion.
- f) 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.

13. SUBSTITUTIONS: Substitutions will be at the discretion of the head coaches.

14. PLAYING TIME/MANADORTY PLAYS: Playing time is at the discretion of the coaches. However, players signed up to play, not sit on the bench to spectate. It's the coach's responsibility to ensure all his players in good standing receive a mandatory play requirement of a minimum of eight (8) scrimmage plays per game.

- a) The league nor the opposing team will not monitor player's playing time. All players in good standing shall play a minimum of 8 scrimmage plays (live plays). A parent/guardian may ask that his/her child be "audited" so said player shall receive their minimum 8 plays. When this is the case, coaches must monitor their own said players' required minimum plays on the Player Audit Sheet and must be turned in this form to the field monitor for parental and league review.
- b) Coaches who fail to play their audited players will:
 - 1) be warned in writing for the first offense;
 - 2) the second offense will result in the Head Coach serving a one game suspension; and
 - 3) forfeit of game won when this is the third offense. Kick-offs (6th-8th grade division) and PATs don't count as scrimmage plays.
- c) The only exception is when an injury prevents the audited player from continuing play.**
- d) Any eligible player who has not completed his/her audited minimum number of plays by the end of the third (3rd) quarter, must be put in at the beginning of the fourth quarter and remain in the game until such is achieved.
- e) Playing play time is, however, dependent upon attendance at practices. Players missing more than two practices, excused or unexcused, per week are not eligible for mandatory play requirements within that game.

- f) The league allows coaches to play participants less than the required plays for missed practices, disciplinary reasons or in verifiable cases of players violating team rules.
- g) The coach is required to inform the player and his parents of this decision and give the reasons why at least before the start of the game though it's recommended to do so a day in advance.
- h) Any unresolved issues with playing time by parents must be addressed to the Head Coach directly before contacting the league office.

15. TEAM AREA: The team area will be defined as followed: 2nd/3rd-5th graders within the 15-yard lines and 2 or more yards from the sideline; 6th-8th graders; within the 25-yard lines and 2 or more yards from the sideline. The Head Coach will keep all authorized personnel inside the team area. Only coaches, team staff and players will be allowed within 10-yards of the sidelines. Team staff shall have their sideline passes to be in that area.

16. PENALTIES: All penalties in the 2nd/3rd-5th grade division will be reduced to 60% of their stated value (i.e., 10 yards will become 6 yards, 5 yards will be 3). All 6th-8th grade division will be their 100% of their stated value.

17. KICKOFFS: 2nd/3rd-5th grade division will NOT kick-offs instead the receiving team will start their possession on its own 20-yard line. 6th-8th grade will kick-off at the 40-yard line under NFHS rules.

18. BALL OUT OF BOUNDS ON KICK-OFFS, SAFETIES AND TOUCHBACKS:

- a) Normal NFHS rules apply for all 6th-8th grade divisions.
- b) Safeties in the 2nd/3rd-5th grade division will result in the new offense starting at their own 20 yard line.

19. PATs: Points after touchdown (PATs) will be spotted at the 2-yard line for all 2nd-5th grade and 6th-8th grade division will start at 3-yard line.

ARTICLE 22: POST-SEASON BOWL GAMES

1. At the conclusion of league play, all teams in good standing (no less than an overall C grade) in all divisions will automatically qualify for the postseason bowl play-in or Bowl Championship Series (BCS). The Bowl Championship Series will consist of various bowl games. All teams in good standing (C- or better) qualify for a bowl game. Bowl games may be named after the respective bowl sponsors if applicable. For example, the Panda Express Bowl so named after a local Panda Express restaurant sponsor.

2. Teams will be seeded according to their win/loss record and placed into the bowl brackets. For example, the #1 seed plays against the #2 seed and so forth. Winner of each bowl will receive either a team trophy or individual player medals.

3. When teams are tied, the following step-by-step process will be used to break ties to determine seeding:
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 least points scored against in all games played between/among the tied teams will be placed in the highest finishing order.
STEP 3. If still tied, then strength of schedules format will be used to determine the highest finishing order.

ARTICLE 23: EJECTIONS, SUSPENSIONS, AND REMOVALS

1. Any player, team personnel, coach, parent or fan ejected from a game will be automatically suspended for a

minimum of one (1) game to be served the next following contest. Notification from the league is not required for this suspension to be in effect.

2. First ejection 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. Failure to do so WILL result if a forfeit. If the offender is a player, he/she may remain on the team area but must be supervised.
3. A second ejection will result in the removal of the coach, team personnel, fan, or parent from games for the remainder of the season and ineligible to participate in any MHFL activities for the next 12 months.
4. A third ejection of a player in the same season shall make him/her ineligible to participate for a period of 12 months including the same season he/she is participating in.
5. Physically abusing (striking, hitting, kicking, spitting, etc.) a referee, player, coach, team personnel, league representative, or spectator is automatic suspension for the remainder of the season including possible ban from the league for 12 months or life in addition to possible prosecution to the fullest extent of the law.

ARTICLE 24: NUMBER OF COACHES & TEAM PERSONNEL

1. The Head Coach and up to six (6) assistant coaches, one (1) athletic trainer, one (1) team manager/parent and one (1) ball boy/girl will be the only non-players authorized in the team area. A team may have one (1) photographer and one (1) videographer on their sidelines. They may not be on the field or back of the end zones.
2. Coaches and team personnel will be issued Field Passes. Those without their passes may be asked to leave the team bench area.

ARTICLE 25: COMMUNICATION & VIDEO DEVICES

1. 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.
2. Video or visual devices may be used on the sideline to review game plays but must be in accordance with NFHS rules. Communication devices such as cell phones other means of electronic communications, however, will not be allowed.

Penalty: Unsportsmanlike Conduct: 9 or 15 yard penalty depending on division. If the problem persists, offender will be removed from the team area.

ARTICLE 26: INJURIES AND EMERGENCIES

1. Due to the type of activities that occur in youth football, injuries are a part of everyday activities. These injuries range from scrapes and bruises to serious injuries requiring medical attention.
2. 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.
3. Injured players taken off the field must sit out a minimum of one (1) play or if a timeout is used to keep

such player in the game.

4. 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.

5. 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:

a) 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.

b) Inform the Field Monitor or League Supervisor, or League Director of the incident.

c) Submit the MHFL Incident Report form by the Head Coach within one (1) business day of the injury (complete the injury online if applicable). When in doubt complete the Report!

d) Any major injuries or all emergency transportation must be included on the Incident Report Form and submitted next business day. The form may be faxed or emailed.

e) The league will keep a log of all reported injuries and incidents. Again, it's the responsibility of the head coach to submit all injuries, emergencies, ejections and any major incident that may require investigation or review from the league.

6. If the injured player's Parent/Guardian is absent, a coach or another parent from that injured player's team must accompany the child until relieved by the Parent/Guardian.

7. 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.

8. Each team should be responsible to have their own simple first-aid kit at each event. This kit should have bandages, antiseptic spray, tape and a few "quick ice" bags.

9. Each team should 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:

a) What coaches will go on to the field to help players?

b) Who will evaluate the player's condition?

c) Who will get the parents of the player if needed

d) In the event emergency personnel are needed who will contact them?

10. When a player is injured the coaches should move to them as quickly as possible. In most cases the injury will be 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.

ARTICLE 27: PROTESTS

1. Protests will only be heard regarding misapplied rules or illegal players, including players suspected of violating the weight limits. Only the head coach can fill the protest. Once the head coach has filed a protest to the head official, the officials will temporary stop the game and gather all the necessary information from the protesting head coach and must also notify the opposing head coach. The head official will note the protest on his/her game report.

2. No protest based on an official's judgment call will be allowed.

3. The Football Director must be notified of the protest immediately after the game.

4. A \$100.00 cash/money order deposit must be presented to the Football Director within twenty-four (24) hours.

5. If the Football Director 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 Director does not find in favor of the protest, the \$100.00 will be put into the Mile High Football League Scholarship Fund.

ARTICLE 28: EXCEPTIONS

1. Any item not covered by the Rules and Regulations will be decided by the Football Director(s).

2. Any complaints about Referees or Coaches may be referred to the Field Monitor or League Supervisor, Football Director or league office. We recommend all complaints be done in writing detailing specifics of the grievance.

3. The Football Director reserves the right to make policy exceptions in very special cases. He/she reserves the right to make rules changes, additions or deletions if deemed appropriate with advanced notices to the head coaches.

4. No coach, parent or any representative may not videotape or scout an opponent's practice(s). Violation of this rule will result in a one (1) game suspension of the Head Coach. Video recording or scouting of league games is permitted. Video recording, scouting, or photo taking from the end zones is never permitted.

ARTICLE 29: FORMAL GRIEVANCE PROCESS

Complaints must be done in the following order:

All parties should wait 24 hours after a problem has occurred to allowed for a cooling period. (Except in cases of harassment and/or substance abuse).

1. After waiting the said time, determine if issue can be resolved by consulting the coach
2. If you are still not satisfied, you must put your complaint in writing and submit it to your grade level Football Coordinator or Football Director who will make a decision.
3. If you are still not satisfied, the Football Director will then bring it to the Mile High Football League Committee's attention.
4. The Committee will investigate and discuss the complaint.
5. The Committee will then issue the proper disciplinary action(s).
6. Decisions made by the Committee will be final.

ARTICLE 30: NYSCA CHILD ABUSE RULES

Mile High Football League has adopted the National Youth Sports Coaches Association 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. Types of Abuse:

- a) Verbal - swearing at players, name calling, hurtful comments regarding performance.
- b) Physical - slapping, grabbing, hitting or shoving a child; excessive exercise as punishment.
- c) Emotional - placing unrealistic expectations on a child (winning every game, never making mistakes, etc.)
- d) Sexual - touching a child's genital areas or buttocks or breast area; sexually implicit or explicit comment.

3. All programs/activities sponsored by N2 Sports, Inc. and Mile High Football League shall operate on the following guidelines:
 - a) Any allegation of item (b) and (d) above involving physical or sexual abuse may result in the immediate suspension or termination of individual(s) involved from any activity with N2 Sports, Inc. or Mile High Football League and notification of proper legal authorities.
 - b) Any change in this status can only be done by the Football Director(s) in writing.
4. All first violations of (a), (b) and (c) done in anger may 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.
5. Second violations of (a), (b) and (c) shall be a mandatory suspension from all Mile High Football League involvement for one year.

ARTICLE 3 I: ANTI-BULLYING/HARASSMENT POLICY

1. Mile High Football League is committed to providing a caring, friendly and safe environment for all of our members so they can participate in football in a relaxed and secure atmosphere. Bullying of any kind is unacceptable within Mile High Football League. If bullying does occur, all members or parents should be able to tell and know that incidents will be dealt with promptly and effectively. We are a Telling Program. This means that anyone who knows that bullying is happening is expected to tell a member of the coaching or league administrative staff immediately.

2. Bullying or harassment, like other forms of aggressive and violent behaviors, interferes with a participant's ability to learn and limits involvement. All directors, administrators, staff, parents, coaches, volunteers, and participants are expected to refuse to tolerate bullying and harassment and to demonstrate behavior that is respectful and civil. It is especially important for adults to model these behaviors (even when disciplining) in order to provide positive examples for participant behavior.

3. What is Bullying?

- Bullying is the use of aggression with the intent of hurting another person.
- Bullying results in pain and stress to the victim.
- Bullying can be:
 - Emotional – being unfriendly, excluding (emotionally and physically), sending hurtful text messages
 - Physical – pushing, kicking, hitting, punching or any use of violence
 - Racist - racial taunts, graffiti, gestures
 - Sexual – unwanted physical contact or sexually abusive comments
 - Homophobic – because of, or focusing on the issue of sexuality
 - Verbal – name calling, sarcasm, spreading rumors, teasing

Bullying is not and should never be considered...

- Just teasing or joking around
- Right of passage
- Needed for initiation to group or team
- Boys being boys or girls being girls
- Natural competition
- A way to toughen up kids
- Survival of the fittest
- The same as conflict, which is a difference of opinion that can lead to positive change and understanding



- Something that can be dealt with using conflict resolution or peer mediation
- Something that kids should deal with on their own

4. Why is it important to Respond to Bullying?

Bullying hurts and no one deserves to be a victim of bullying. Everyone has the right to be treated with respect. Individuals who are bullying need to learn different ways of behaving. We all have a responsibility to respond promptly and effectively to issues of bullying.

5. Objectives of this Policy:

All MHFL players, coaches, officials and parents should have any understanding of what bullying is. All league members, officials and coaching staff should know what the program's policy is on bullying and follow it when reported. All players and parents should know what the program's policy is on bullying, and what they should do if bullying arises. As an organization we take bullying seriously. Players and Parents should be assured that they will be supported when bullying is reported. Bullying within the Mile High Football League will not be tolerated by players or parents.

6. Signs and Indicators of Bullying:

A child may indicate by signs that he or she is being bullied. Parents, Coaches and Administrative staff should be aware of these possible signs and investigate if a child:

- Says he or she is being bullied
- Doesn't want to go to team events
- Becomes withdrawn, anxious, or lacking in confidence
- Feels ill before practice or games
- Comes home with torn clothes or damaged equipment
- Asks for money often
- Has unexplained cuts and bruises
- Won't say what's wrong or gives improbable excuses for any of the above

In more extreme cases a child:

- Starts stammering
- Cries themselves to sleep at night or has nightmares
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Stops eating
- Attempts or threatens suicide or runs away

These signs and behaviors may indicate other problems, but bullying should be considered a possibility and it should be investigated.

7. Procedures:

- a) Report bullying incidents to a coach or an administrative staff member or Football Director.
- b) In cases of serious bullying, the incidents may be reported to local law enforcement authorities.
- c) Parents should be informed and will be asked to attend a meeting to discuss the issue.
- d) The bullying behavior or threats of bullying must be investigated and stopped immediately.
- e) An attempt will be made to help the bully (bullies) change their behavior.
- f) If mediation fails and the bullying continues, Mile High Football will initiate disciplinary action as it deems appropriate.