

Greater Metropolitan Youth Sports Football League Bylaws  
RULES OF PLAY 2022

GREATER METROPOLITAN YOUTH SPORTS

**FOOTBALL**

**RULES OF PLAY**



**BEST IN YOUTH SPORTS**

**GMYS**  
**2**  **22**

**GMOUTHSPORTS.ORG**

**INSTAGRAM : GREATERMETROYOUTHSPORTS**

**FACEBOOK: GREATER METRO YOUTH SPORTS**

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**ARTICLE II: LEAGUE RULES OF PLAY**

**I. High School Rules**

If there is no rule in these bylaws that is controlling, then the most recent published football rules of the NFHS shall be considered controlling.

**II. Player Game Certification**

- A. Each organization must meet the league minimum of eligible players to play a sanction game. Eligible is defined as registered, game ready, and physically able to participate in play.
  - a. A-Division (13-14) 15 Players
  - b. B-Division (11-12) 15 Players
  - c. C-Division (9-10) 15 Players
  - d. D-Division (7-8) 13 Players
  - e. E-Division (5-6) 13 Players
  
- B. At any time during the game a team fails to meet league minimum players, the game will be stopped and deemed a forfeit.
  
- C. To be eligible to play on a team in the League, a participant must meet the following age requirements for the division in which they wish to participate:

**A player may participate in an older age division than necessary. However, once registered in that division he may not return to the lower age division during that season.**

- D. A participant who is on an active, during the months of August through November, is carried on the current roster of another team and/or organization (e.g., C.Y.O., High School Junior Varsity, Senior Varsity, or Recreational League), shall be considered ineligible for participation on a team in the League. (EXCEPTION: Middle School players are eligible)
  
- E. **New players are allowed to register up until the final roster is due. (A new player is considered an athlete who has not signed an electronic contract with a team in the current season).**
  
- F. If a participant misses three games, as indicated on his player card/registration form, the player will be considered ineligible for post-season play. The player card must be removed prior to the start of playoffs.
  
- G. Player Check-In will be conducted prior to each regular season and post-season game in order to determine whether a player meets certification requirements.

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1. All players will certify in prior to the beginning of each game. This shall be done by either the **President, Vice President, Athletic Director**, Check-in Team member and/or Registrar of each organization (no more than two representatives). Each team shall bring their official registration book and three copies of its official team roster, and present one to the representative from the opposing team.
2. Check-ins will begin at the beginning of the second quarter of the preceding game, except for the check-in for the (E) team, which shall begin at 9:00 a.m. for ALL regular-season games. The home team check-in first. However, if home team not ready, visitors may check-in in first.
3. Coaches/Spectators are not allowed at check-ins. A Greater Metropolitan Youth Sports official need not be present to oversee the scale check-ins during the regular season. However, Greater Metropolitan Youth Sports staff will oversee all check-ins during the Play-offs.
  - I. During the weigh-in Greater Metropolitan Youth Sports site monitors are the only individuals that may question opposing team players concerning information on their contract. **If there is a disagreement regarding the scale, a GREATER METROPOLITAN YOUTH SPORTS official must be contacted**

### III. Uniforms and Equipment

- A. There shall be no exploitation of a team or individual player for monetary gain through the placement of any visible advertising on any part of the uniform or equipment of a player or coach. The only exception shall be for the placement of the official team name on the uniform.
  1. Every player must wear a jersey with a legible number of contrasting colors, front and back at least 6 to 8 inches in size on front, at least 8-10 inches in size on back. The numbers shall be centered horizontally.
  2. Home games will be a dark colored jersey and away games will be a **white jersey** (ONLY).
  3. Any changes of a participant number must be reported to the opposing team prior to check -in.
  4. **In the event any jersey that needs to be replaced during the game due to blood (NFHS Rule 3-5-10C). The player must be taken to the opposing teams weigh master, registrar, and or AD to have their roster updated.**

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B. Regulation Equipment

1. The following regulation equipment shall be mandatory of all players and must be worn helmet with face guard, shoulder pads, complete hip pad or girdle, thigh pads, kneepads, cup, face covering football jersey and football pants, football cleats. **(exception girls do not to have a cup) Amended**
2. If at any time during the course of play while on the field, a player's helmet or face covering comes off (voluntarily or involuntarily) the player must be removed from the competition (examined) for a minimum of one play (down). **Amended**
3. Visors are allowed (MUST BE CLEAR). No tinted visors
4. Mouth/teeth guards are mandatory; no white or clear mouth guards can be worn. Special mouth guards can be worn for those children with braces. **(exception mouth guards covering the outer mouth can be white). Mouth/Teeth guard cannot be altered.**
5. Each player's equipment must fit him properly to give maximum possible protection. The referee shall be the judge of this matter.
6. All (D/F) and (C) players must wear rubber sole cleats. (B) and (A) players may use any regular football cleats.
7. The home team shall be responsible for providing the appropriate size game ball. The following size footballs are to be used. The penalty for providing the wrong size ball is 15 yards and removal of the ball.
  - a. A-Team Division: A High school size ball
  - b. B-Team Division: B Youth size ball
  - c. C-Team Division: C Junior size ball
  - d. D-Team Division: D Peewee size ball (K2)
  - e. E-Team Division: E Peewee size ball (K2)
  - f. Flag/ team Peewee size ball (K2)

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### VI. Special Rules of Play

#### A. Game Periods and Clock Management

1. The officials are responsible for keeping the official clock for league games. Game clock shall be managed by high school varsity standards. Game time limits shall be as follows:

- E-Team Division (E-Team): 8-minute quarters (stop time)
- D-Team Division (D-Team): 8-minute quarters (stop time)
- C-Team Division (C-Team): 10 minute quarters (stop time)
- B-Team Division (B-Team): 12 minute quarters (stop time)
- A-Team Division (A-Team): 12 minute quarters (stop time)

2. Periods may be shortened by the mutual agreement of the referee and the two head coaches, providing that it is done before the game begins, so that all of the periods are the same length.

3. Approximately 4 minutes before the end of each half, the referee shall notify both head coaches of the time remaining in the half.

#### G. Excessive Leads during Games

1. If a team is leading by 21 points, the game shall be managed by High School Sub Varsity rule.
2. If a team is leading by 35 points at any point in the game. The game clock shall run continuously.

#### H. Field Goals and Extra Points

1. Two (2) points will be scored for a successful try for point after a touchdown by a place kick, one (1) point by run or pass.
2. Four (4) points will be scored for a successful field goal attempt.

#### B. Team Sidelines

- a. Only authorized staff shall be permitted on teams sideline.
- b. All coaches and staff must remain inside the designated coaches box.
- c. One coach may enter the field for coaching instructions but must return to coaches box once whistle for play is signaled.
- d. Only Head Coach, Offensive Coordinator, or Defensive Coordinator may communicate with the referee.
- e. Violation of the sideline rules will result in a sideline flag, two sideline flags and head coach shall be ejected from the competition.

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- f. Teams are responsible for the clean up of their sideline at the conclusion of their game.

### (D-Team)

### Rules

1. One coach shall be allowed in the huddle and on the field during the play of the game.
2. Once players break the huddle, the coach on the field can not place players into position, and the coach must be ten (10) yards behind the line of scrimmage. Violation of this rule will result in the following in-game penalties:

- First violation by offense: 5-yard penalty;
- Second violation by offense: 10-yard penalty;

Third (and subsequent) violation(s) by offense: possession of the ball shall **be** turned over to the other team at the spot of the ball.

- All violations by defense: 10-yard penalty.

3. **Scores shall be kept during the game. Team records will be maintained. Playoffs and Championship games will be allowed.**
4. All D- teams will participate in the “Baby Bowl”.
5. There must be a minimum of (13) players eligible to play for a team or the game will be declared a forfeit

4. **D-TEAM 25 Yard Punt Rule. On 4<sup>th</sup> down, when the offensive team has the ball inside their own 25 yard line, the Head Coach can request the referee to invoke the D-TEAM 25 Yard Punt Rule. For Example: If the ball is on the 25 yard line, the referee will place the ball on the 50 yard line for the opposing team to begin their offensive series.**

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### (E-Team)

1. Games will be played in 8-minute quarters (stop time)
2. A player may not play on Flags & E-Team only appear on one roster.
3. No punting
4. No Kick-off
5. No Safety
5. 50- yard field

Turn-over , goes back to the 50-yard line . The score only counts if touchdown/pat

### Rules

1. Two coaches shall be allowed in the huddle and on the field during the play of the game.
2. Once players break the huddle, the coach on the field can not place players into position, and the coach must be ten (10) yards behind the line of scrimmage.  
Violation of this rule will result in the following in-game penalties:

- First violation by offense: 5-yard penalty;
- Second violation by offense: 10-yard penalty;

Third (and subsequent) violation(s) by offense: possession of the ball shall **be** turned over to the other team at the spot of the ball.

- All violations by defense: 10-yard penalty.

3. There must be a minimum of **(13)** players eligible to play for a team or the game will be declared a forfeit

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**VII. Practice Regulations**

- A. Practice shall be limited to four (4) days per week after the first game of the season.  
*Amended 2019*  
**(NO PRACTICE OR PLAYER CONTACT SUNDAY AND MONDAY) unless a game is scheduled.**
- B. After the first game of the season, teams are allowed one day of collision contact (outline as below).

LEVEL	NAME	DRILL	ALLOWED TIME
0	AIR	Players run a drill unopposed without contact.	UNLIMITED
1	BAG	Drill is run against a bag or another soft-contact surface.	UNLIMITED
2	CONTROL	Drill is run at assigned speed until the moment of contact. One player is pre-determined the “winner” by the coach. Contact remains above the waist, and players stay on their feet.	UNLIMITED
3	THUD	Drill is run at full speed through the moment of contact. No pre-determined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.	<b>Pre-season Thud is unlimited.</b> After the first regular-season game, teams may conduct no more than 60 total minutes of collision practice in any week, Tuesday through Friday.
4	COLLISION	Drill is run in game-like conditions and is the only time that players are taken to the ground.	<b>Pre-season Collision contact is limited to no more than 4 hours in a week (two days).</b> After the first regular-season game, teams may conduct no more than 30 total minutes of collision practice in any week, Tuesday through Friday.
Inter-squad scrimmages will calculate collision contact			

Organizations must submit their pre-season contact schedule before any contact begins

If a practice is interrupted by inclement weather or heat restrictions on any of the practice days, the practice should resume once conditions are deemed safe. On days when

environmental conditions are extreme, modifications should be made and communicated to the league official in written form.



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### VIII. Schedules and Standings

- A. Greater Metropolitan Youth Sports shall supply each team with a current season schedule for member teams for current year.
- B. Any cancelled game may be rescheduled by Greater Metropolitan Youth Sports, on any open date through the remainder of the season.
- C. Whenever it is necessary to break a tie in the league standings, the following order of procedures will be followed:
  - The winner of the regular season head-to-head competition will be declared the winner of the tie-breaker;
  - Division record then head-to-head competition will declare the winner.
  - If the teams remain tied, then the tie will be broken by a coin flip, performed by Greater Metropolitan Youth Sports and witnessed by the President of the AB (or his or her designee) and a representative from each team.

### IX. Inclement Weather

- A. On days when the weather is not fit for outside physical activity (extreme sun and heat, humidity, rain, lightning, hail, snow, etc.), there will be no practice, games, warm-ups, or any other activity that subjects Greater Metropolitan Youth Sports youth to adverse weather conditions.
- B. Organizations are to pay close attention to weather reports, i.e. ozone alerts, heat/humidity indexes, wind chill factors, and storm watches/warnings. Any such alerts broadcasted locally shall serve as notice to cancel practices and games. Team Presidents, Athletic Directors, and Coaches shall be personally responsible for ensuring that activities take place only under fair weather conditions. Presidents are to assure that all participants are properly hydrated at all times. Please allow participants access to water at their request.

Rule of thumb: If temperature is above 91° Fahrenheit or below 40° Fahrenheit, teams are to check advisories and consider postponement or cancellation of activities. If lightning or thunder is observed, all activities must be suspended immediately and all parties secured to a safe place. Activities are to be suspended for a thirty (30) minute period without lightning or thunder. The suspended time is not to exceed forty five (45) minutes.

- C. The decision as to whether a game will be cancelled due to inclement weather shall be strictly in the hands of the Greater Metropolitan Youth Sports official. He will consider the welfare of the players and coaches, as well as spectators.

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### II. Complaints, Sanctions, and Appeals

- A. Any AB member observing, receiving information, or having personal knowledge concerning a violation of these Bylaws shall have a duty to submit a report of it in writing to Greater Metropolitan Youth Sports.
- B. Organizations may submit protests regarding player eligibility.
  - 1. All protests must be submitted to Greater Metropolitan Youth Sports in writing within two business days after the game under protest, accompanied by a fee of \$100 for every protest lodged (i.e., \$100 per individual named in the protest). **The President must submit the protest in writing.**
  - 2. If Greater Metropolitan Youth Sports upholds the protest, the fee will be refunded. If Greater Metropolitan Youth Sports denies the protest, the fee becomes a donation to Greater Metropolitan Youth Sports. A receipt will be provided.
  - 3. A Greater Metropolitan Youth Sports game official should be informed of a team's intent to protest at the time of the infraction. At the conclusion of the game, the official shall make a notation on the winning team's scorecard sheet, indicating that a protest has been lodged. The President, Vice President, and Athletic Director must be notified of any protest.
- C. Greater Metropolitan Youth Sports shall promptly investigate and, if it determines that a violation has occurred, assess an appropriate penalty for any complaint it receives regarding a violation of these bylaws, or any violation citation completed by a Greater Metropolitan Youth Sports official. **The person(s) in violation will receive notification of violation on the following Monday with the opportunity for appeal on Tuesday 12:00 noon at Greater Metropolitan Youth Sports headquarters. Final decision will be rendered on Wednesday.**

### NFHS

### NCAA

#### Backward Pass

May be thrown by any player at any time for any purpose.	May not be thrown intentionally out of bounds to conserve time.
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#### Blocking Below the Waist

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<p>Not allowed outside the free-blocking zone. Within the zone, linemen of either team may only block opposing linemen.</p>	<p>Offensive linemen at the snap positioned outside the tackle box, must block below the waist from the front. The offense is prohibited from blocking below the waist when the block occurs more than five yards beyond the line of scrimmage. Players in motion at the snap or outside the tackle box at any time after the snap may not block below the waist toward the original position of the ball. Blocks below the waist by the defense must be directed from the front. Additional restrictions apply.</p>
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**Blocking in Back**

Within the free-blocking zone, offensive linemen who were in the zone at the snap and may block in the back opponents who were in the zone at the snap.

Blocks in the back are legal within the blocking zone.

**Chop Block**

<p>Any high-low or low-high block at knees or below of opponent in contact with teammate of the blocker</p>	<p>A high-low or low-high combination block by any two players against an opponent (not the runner) anywhere on the field, with or without a delay between contacts; the “low” component is at the opponent’s thigh or below.</p>
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**Clipping**

<p>All clipping is illegal.</p>	<p>Blocks from behind at the knee or below are illegal anywhere except against the runner. Blocks from behind above the knee are legal within the blocking zone.</p>
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**Coaching Box**

<p>Three coaches in a restricted 2-yard belt between team box and sideline only while the ball is dead.</p>	<p>Separate 2-yard belts for officials and coaches.</p>
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**Defensive Pass Interference**

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<p>If there is contact while pass is in flight, it is not a foul if contact is away from direction of the pass. Penalty is 15 yards under all-but-one principle; no automatic first down.</p> <p>Interference applies if an eligible receiver voluntarily goes OOB and returns in bounds (illegal participation). Interference restrictions apply if a forward pass is touched behind the line by A, and goes beyond line.</p>	<p>Pass must be catchable. Spot foul if less than 15 yards. Special enforcement inside 17 yard line; automatic first down. No PI if scrimmage kick is simulated. Interference does not apply against an eligible receiver who goes OOB &amp; returns in bounds (possible illegal touching). Interference restrictions do not apply if a forward pass is touched behind the line by A, and goes beyond line.</p>
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### **Eligible Receiver Contacted – Penalty Enforcement**

<p>Eligible Receiver Contacted – Penalty Enforcement No automatic first down.</p>	<p>Automatic first down if legal pass crosses line and foul occurs beyond neutral zone.</p>
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### **Pass interference**

Face guarding is pass interference in NFHS.

Face guarding is not a foul in NCAA.

### **Face Mask Fouls**

<p>Grasping face mask without pulling, turning or twisting is a foul with a 5-yard penalty.</p>	<p>Grasping face mask without pulling, turning or twisting is not foul.</p>
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### **Fighting**

<p>Disqualified from the game.</p>	<p>Disqualified. First half fight - for game. Second half fight - for second half and first half of next game. Second fight --players/ substitutes/coaches for season.</p>
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### **Fumble – Out of Bounds – Fourth Down**

<p>Spotted where it becomes dead. Clock starts on snap. No fourth down fumble rule.</p>	<p>Forward fumbles are returned to spot of fumble – clock starts on ready. Fourth down fumble rule</p>
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### **Game Clock**

<p>The game clock starts on the snap when the ball becomes dead out of bounds.</p> <p>The game clock starts on the snap after a legal kick only when a new series is awarded. The game clock always starts on the snap after a delay penalty is accepted.</p> <p>When a penalty is accepted with less than two minutes remaining in either half, the offended team has the option to start the game clock on the snap.</p>	<p>The game clock starts on the snap only during the last two minutes of each half when the ball becomes dead out of bounds except for forward fumble.</p> <p>The game clock starts on the snap after a legal kick.</p> <p>The game clock starts on the snap after a delay penalty, regardless of whether it is accepted or declined, if committed by a team in scrimmage-kick formation.</p> <p>Inside the last two minutes of a half, if the game clock is stopped to administer the penalty for a foul by the team ahead in the score, the game clock will start on the snap, at the option of the offended team.</p>
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#### Spiking the ball to stop the clock

Only a QB taking a hand to hand snap under center is allowed to clock the ball in NFHS.	Spiking the ball to stop the clock allowed from shotgun if it is immediate in NCAA
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#### Excessive Leads during Games

If a team is leading by 21 points, the game shall be managed by High School Sub Varsity rule.

If a team is leading by 35 points at any point in the game. The game clock shall run continuity.

#### Horse Collar Tackle

All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey, the name plate area on the back of the jersey or the inside collar of the side of the shoulder pads or jersey of a runner, and subsequently independently pulling the opponent down. There is no requirement for the tackle to be immediate nor are there exceptions for the tackle box or a quarterback in the pocket.	All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey, the nameplate area on the back of the jersey, or the inside collar of the side of the shoulder pads or jersey, and immediately pulling the runner down. This does not apply to a runner who is inside the tackle box or to a quarterback who is in the pocket.
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#### Intentional Grounding to Save Yardage

NFHS has no pocket definition and does not allow passers to dump the ball without a receiver in the area of the pass.

The NCAA defines a pocket as between the original starting spot of the offensive tackles, and allows QUARTERBACKS to dump the ball outside of the pocket. (Other players who attempt passes have no such liberties).

Loss of down and 5-yard penalty from spot of pass (end of run).	Loss of down at the spot of pass, no yardage assessed. Passer may avoid grounding when outside the normal position of the tackle by throwing the ball beyond neutral zone.
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#### Neutral Zone Infractions

Offensive false start and encroachment – dead-ball foul. Defensive encroachment – dead-ball foul. Defensive lineman quick/abrupt actions– unsportsmanlike conduct.	Offensive false start and encroachment – dead-ball foul. Defensive offside – dead-ball or live-ball foul. Defensive lineman quick/abrupt actions – dead-ball delay foul.
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#### Onside Kick

Kicking the ball directly into the ground so that it goes into the air in the manner of a ball kicked directly off the tee (popup kick) is illegal and is a dead-ball foul.	Players have the same kick-catch and fair catch protection whether the ball is kicked directly off the tee or is immediately driven to the ground (pop-up kick).
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### Overtime

Equal series from 10-yard line	Equal series from 25-yard line. No kick try after second series. After the fourth series, teams alternate attempting a two-point try. Referred to as "Extra Periods."
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### Participation

12 or more players on the field at the snap result in a 15-yard penalty for illegal participation	12 or more players on the field at the snap are a 5-yard penalty for illegal substitution.
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### Shift

Movement of one or more players.	Movement of two or more players.
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### Sideline Infractions

Teams whose players and coaches are in the restricted area and do not contact an official while the ball is live are penalized as follows: (1) An official sideline warning. (2) A five-yard penalty for the next infraction. (3) A 15-yard penalty for each additional infraction.	Teams whose players and coaches get outside their designated areas and do not contact an official are penalized as follows: (1) A warning for the first infraction; (2) five-yard delay-of-game penalty from the succeeding spot for the second and third infractions; (3) A team 15-yard unsportsmanlike conduct penalty from the succeeding spot with an automatic first down for Team B fouls for the fourth and any subsequent infractions
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### Substitution

Replaced player must depart within 3 seconds of arrival of substitute. Breaking the huddle with 12 or more players is not a foul unless it violates the above.	Replaced A player must depart immediately (3 seconds), but A cannot break huddle with 12 players. While in the process of substitution, Team A is prohibited from rushing quickly to the line of scrimmage and snapping.
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### Targeting

No automatic DQ. Applies to all players. It is at the discretion of the officials if the foul was flagrant. ("Severe or extreme that places the opponent at risk of serious injury and/or persistently vulgar or abusive.")	Automatic DQ, subject to review (player may remain in team box). Unless hit is with crown of helmet, applies only to defenseless players.
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### Kickoff/Touchbacks

Any kick that breaks the plane of the endzone in high school football is a dead ball and a touchback.

NFL and NCAA players have the opportunity to return a caught ball out of the endzone

### Illegal/Mandatory Equipment Penalty

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<p>For use of illegal equipment: a 15-yard penalty for USC charged to head coach. For use of legal equipment improperly worn: The player is sent to the sideline for one play. He is not allowed to return until the equipment is made legal. A timeout may not be used to keep the player in the game.</p>	<p>The player is sent to the sideline for one play. He is not allowed to return until the equipment is made legal. The team may keep the player in the game without missing a down by taking a timeout to fix the equipment.</p>
<p><b>Fouls behind the line of scrimmage</b></p>	
<p>In NFHS, fouls by the offense behind the line during pass plays are enforced from the spot of the foul.</p>	<p>Fouls that occur behind the line of scrimmage during pass plays are enforced from the previous spot in NCAA</p>