

2024 Greater Midland Football League



Rules and Regulations

For League, Coaches, Officials, Players, Parents and Fans

Official Rules and Approved Rulings

Greater Midland Football League

RULES and CODES OF CONDUCT

ELIGIBILITY

To be eligible for the Greater Midland Football League (GMFL), a participant must have entered the 2nd grade and must not have completed the 6th grade. No player may have attained the age of 13 before September 1. Any exceptions must be made by the President and the board.

TEAM PLACEMENT

A participant will play for the team in the MISD school cluster in which they attend (including Greenwood and Private Schools). Assignment is based upon the player's current address or private school enrollment. Proof of residency or school enrollment is required. If the school cluster in which they attend does not have enough players to make a team, they will play for a team in the same Jr. High cluster or a team assigned by the League President and Board. If a team has too large of a roster, the last participants signing up will be placed on another team that needs more players with preference to their Jr. High cluster. A participant going to a private school may play for the private school team or select to play for their cluster school. All participants who have played two consecutive years for the same team/coach will be grandfathered onto the same team (unless they have been placed onto a team under the player exception rule). A player placed on a roster due to a roster cap may choose to stay on that team or select to play for their school cluster team the following year. All rosters and players on those rosters will be approved by the GMFL Board. If a team uses a player not approved by the Board, then that team will not be allowed to play in the playoffs or super bowl. The Board and President must approve any other changes.

Divisions: (divisions can be combined depending on player enrollment)

2nd-3rd grade: Freshman (2nd graders will stay in the freshman division the following year they play)

4th grade: Sophomore

5th grade: Junior Varsity

6th grade Varsity

REQUIRED DOCUMENTS

Each player **must** turn in a signed application before he can work out with any GMFL team. This will secure the League's liability waiver and will also place the child on the team's roster. A first-year player must furnish a copy of his birth certificate for league verification and league insurance purposes. *A photocopy is acceptable.* Proof of residency or private school enrollment will be required. The registration fee must be paid prior to the first practice. In certain circumstances, a hardship allowance will be made. The League President will approve these cases. A current (within one year) physical is required before the player can participate in practice. **NO EXCEPTIONS.**

No player is eligible for league practices or games until all of these requirements are met.

WEIGHT

The League will certify all players' weights at Weigh Day, and this weight will stand for the entire season. On Weigh Day, a numerical roster will be provided by the League who will then weigh the players to determine who is eligible to carry the football. All players who meet the weight limit will wear a number indicating eligibility (49 and below or 80-89, inclusive). The eligible list is provided by the league, not the coach. Any changes or oversights will have to be approved by the President or Vice President. All other players whose weight exceeds the weight limit (or who are not certified by the League) must play as a down lineman and wear a number 50 to 79 or 90-99, inclusive (wide-outs and tight ends are considered ball carriers and therefore must be under the weight limit). These rules also apply on kickoff returns and punt returns - a player over the weight limit should only be placed on the front line. The maximum a player may weigh and carry the ball on the Varsity is 160 lbs., Junior Varsity is 135 lbs., Sophomore is 115 lbs. and Freshman is 85 lbs. A player weighed in his football pants and shoes will be granted a 2-1/2# allowance (i.e. Varsity 162.5, JV 137.5, Sophomore 117.5, Freshman 87.5).

COACHING INFORMATION

The League will appoint a Head Varsity, Junior Varsity, Sophomore and Freshman coach. Each team may have four (4) assistants. The Head coach will oversee his fans, assistant coaches, cheer squads, and players for the season. Remember, if a fan is ejected from the game, then that fan and the affected player may be suspended for the next league game. Each Head coach and all assistant coaches must complete a coach's application and deliver to the President one week after practice begins. ALL coaches will be subjected to a background check. In addition, all coaches will receive Certification training. A coach who does not receive his certification may not be allowed to continue coaching. All exemptions to this rule must be approved by the President and GMFL Board.

Roster Exemptions:

- Each team will be allowed 5 out of Midland school cluster player exceptions.
- A coach may recruit a new to the league player outside of their teams designated school cluster within Midland County. If a player has previously played for a GMFL team, that player is NOT eligible to change teams under the exemption rule.
- All roster exemptions are at the discretion of the GMFL Board and will be reviewed by the President and exemption committee.

All coaches must act in accordance with the GMFL code of conduct and always present themselves in a professional manner.

An official "GMFL Sideline Pass" is required for entry to the field playing area. There will be 5 passes issued for each team (1 Head, 4 Assistants, and 1 water boy). Any additional personnel must be approved by the Board and President. Home teams are responsible for chain crews and must be adults.

Each player's parents will be asked to fill out an evaluation form on the coach and his assistants at the end of the season. These forms will be returned anonymously to the League President. Numerous parental complaints and issues may be cause for dismissal.

EQUIPMENT INFORMATION

All GMFL Participants must practice and play in the equipment listed on the GMFL required equipment list attached to the back of these rules and attached to all sign-up sheets.

Prohibited equipment is defined as the equipment prohibited by UIL Rules which are incorporated as a part of the GMFL Rules. All equipment or apparatus must be approved by a TASO certified referee.

PRACTICE INFORMATION

The first practice of the GMFL Season will be on a Saturday (or a date designated by the league for the opening of non-contact practice) and this practice will be in shorts and t-shirts only to allow players to acclimate to the weather. Players who have attended the 3-day GMFL camp the previous week or the Lee/MHS/Greenwood football camps will then be allowed to practice in full pads starting on Monday. Those players who have not attended the GMFL camp or other camp will not be allowed to practice in full pads until Wednesday of the first week of practice (i.e. Monday and Tuesday will be conditioning practices for these players) to allow them time to acclimate to the weather.

- A maximum time of 2 hours and 15 minutes per practice will be followed for all teams.
- Practices may not be held on Sunday's or Friday's. Therefore, a team is limited to four practices per week – Monday, Tuesday, Wednesday, and Thursday.

MINIMUM PLAYING TIME

Each team member attending any league game must receive a minimum of 10 plays worth of playing time for the game and must include offensive and/or defensive play (may not be special teams only – but special teams play may count towards a player's play time). This is a reward system for players who make the effort to attend all team practices and should correspond to 1 quarter of playing time. Players who miss only one practice per week shall not have their playing time reduced (unless the misses become habitual). A player who misses two practices in a week should have his playing time reduced accordingly. A player who misses three or more practices in a week shall not be required to meet the mandatory playing rule. A coach who continually violates the mandatory play rule may be subject to suspension. It is strongly recommended that coaches find a parent who can assist you in keeping track of the playing time of each player.

To enable all players to receive sufficient play time, all divisions which have an average of more than 22 kids per team will institute the "Fifth Quarter". The Fifth Quarter will take place immediately following the coin flip and the teams will consist of those players less experienced than the rest. Coaches should utilize this team to ensure players get a chance to play their more natural positions and learn the game of football. In no case should a player start in a position that he would in the regular phase of the game, nor should a player who plays the majority of the regular phase of the game play in the Fifth Quarter. The Fifth Quarter does not relieve the coach of his responsibility to ensure that the players also participate in the regular phase of the game. Participation in the Fifth Quarter will contribute towards the minimum play time, but players will also be required to play in the regular phase of the game.

- If a coach that has a smaller roster in a division that the 5th quarter is instituted, they can request to not play the 5th quarter. If the opposing coach wants to play the 5th quarter, it must be played*.
- - *If both rosters are over 15 it will be played, if less, then playing of the fifth quarter will be taken on a case-by-case basis decided with a board member before the game.

Immediately following the coin flip, the team awarded the ball shall take possession at the 40-yard line and keep the ball until they score or the drive ends. At that time, the ball will be placed back on the 40-yard line and the opposing team will play offense. No special teams will be used in the Fifth Quarter. The team that wins the Fifth Quarter will score one (1) point that will carry over to the regular phase of the game. In the playoffs and Super Bowl, the winning team will be assumed to have won the toss for the regular game and no point will be awarded.

- If a turnover occurs during the fifth quarter that is returned for a touchdown, the scoring team will return to defense.

GENERAL RULES

Code of Conduct:

The use of foul, abusive or unnecessarily loud language directed towards league officials, referees, coaches, and players will not be tolerated. Verbal or physical abuse directed towards any GMFL participant by a parent or any other interested party may result in the removal of that individual for the remainder of the game, practice or camp.

IN ADDITION, THAT INDIVIDUAL AND THE AFFECTED PLAYER MAY BE SUSPENDED FOR THE NEXT LEAGUE GAME. Also, the use of foul language or physical abuse towards any GMFL participant will be investigated and appropriate action taken, including legal prosecution and permanent suspension from any MISD and GMFL event.

All suspensions are at the discretion of the GMFL board members.

Game and Season Rules:

GMFL games will follow the standard rules of the UIL (<http://www.uil.utexas.edu>). UIL game rules follow NCAA rules with exceptions and GMFL has the following exceptions:

Games will consist of four quarters, 10 minutes each with a running clock. The clock shall be stopped during this time for injuries, timeouts, penalties, and change of possession, only. The clock shall be run normally (stoppage for out-of-bounds, first down, etc., NCAA and UIL rules) for the last two minutes of each half.

Intentional tripping of the ball-carrier to execute a tackle is illegal.

All teams will wear the prescribed uniforms of the GMFL. No other jerseys or helmet decals will be allowed. You are permitted to add stripes, award decals, or numbers to the helmets and order your own game pants.

All helmets must be white in color and NOCSAE certified. Painting helmets or any modifications will void the certification.

Length of half-time will be 7 minutes.

All divisions will play on a standard sized field.

Mouthpieces must be attached to facemask and visible to referees.

In the freshman and sophomore divisions after a safety the ball will be placed at the 50-yard line to start the next drive.

After touchdowns, a coach has the choice of going for two or kicking a one-point extra point. A coach must declare his intentions to the game official.

Repeated intentional, advantageous misalignment and/or illegal formations, as determined by the referee, will result in a 5-yard penalty for each infraction.

The filming of an opponent's game or practice is forbidden. You may film your own game, but do not film an upcoming opponent (this is a violation of UIL rules).

Cheerleader squads may not play disruptive music or instruments while the ball is in play and must stay between the respective 20-5 yard lines. Music may be played at a reasonable volume during timeouts, quarter changes, half-time, etc. (This is in accordance with UIL rules).

No artificial noise makers are not allowed at any games.

There will be NO practices on Fridays or Sundays.

No coach supervised, voluntary or involuntary, practices or camps will be allowed before the designated date on the official GMFL calendar. Non-contact practices may begin June 1st.

The league allows for games to be scheduled outside the normal parameters of the UIL. All scheduling is at the discretion of the board.

Teams will use only league provided footballs during games. Ball size for 3rd and 4th graders is Wilson K2, and ball size for 5th and 6th graders is Wilson TDJ.

Home teams will provide the ball during the game and provide the side-line chain crew.

At the Freshman/Sophomore level one coach will be allowed to be on the field on offense and defense for the entire season. The coach will be there to expedite the speed of play and is not to be in the huddle calling plays or directing blocking schemes.

****ALL BLOCKING BELOW THE WAIST IS PROHIBITED****

OVERTIME RULES

In the case of a tie at the end of regulation, an overtime playoff will be held. The overtime will be held according to UIL rules- coin flip to determine first possession and alternating choices from thereafter, alternating possessions until there is a winner, etc. EXCEPT the ball will be placed on the 20-yard line instead of the 25-yard line. Each succeeding overtime period the ball will be placed 5-yards closer to the goal line. A maximum of three overtime periods will be played – if the score remains tied at the end of three overtimes, then the game will be declared a tie.

Mercy Rule

The GMFL will follow a 42 pt mercy rule. If a differential of 42 or more points exists at any time after half, all succeeding touchdowns by the leading team will only be awarded 1 point, no extra point will be attempted, and no special teams will occur. The trailing team will receive the ball on the 40-yd line immediately following the touchdown; if they fail to score the leading team will receive the ball on the 40-yd line (as per 5th quarter rules). The clock will be run as prescribed by GMFL rules for normal game time. If at any time the differential becomes less than 42 points the mercy rules will still apply.

TIE-BREAKER RULES/PLAYOFFS

The tie-breaker rules are identical to those used for District 2-6 A and basically utilize head-to-head matchups to break two way ties and “positive points” to break three-way ties. For this reason, the proper reporting of final scores to the league is required. These rules are published and available if desired. Last tie breaker for playoffs will be total TD’s scored.

The top 4 teams per division will make the playoffs. Any tied records will be decided by the formula above. Exhibition games do not count towards a team’s record or points.

GAME TIME TEAM ROSTER LIMITATIONS DUE TO COVID OR HEALTH PROTOCOLS

At the discretion of the GMFL Board, if a team does not have enough players to field a team for a game due to Covid or health protocols, the game will be postponed and rescheduled for a later date assuming accommodations can be reached. If rescheduling cannot be accommodated, the cancelling team will forfeit the game 18-0.

PUNTING /KICK OFF RULES

Should a team choose to punt, the coach will inform the game official and the game official will inform the opposing team. The offense and defense will line up as per the attached sheet.

- The offense and defense may not move until the ball is kicked.
- The defensive front may not rush until the ball is kicked.
- The defensive front may hold up their hands, but no jumping is allowed.
- If the ball is centered over the punter's head, the punter must kick the ball from where he picks it up.
- On a punt the clock is stopped, and the punter cannot hold the ball too delay the game.

In all divisions the back lines of the receiving teams must be eligible ball carriers. The frontline of the receiving team may include both ball carrying eligible players and/or non-ball eligible carrying players. If the ball is kicked to a non-eligible ball carrying player, he may advance the ball. On-side kicks are allowed.

**At the freshman level there will be no kick-offs or punting.

- After a score, the ball will be placed at the receiving teams own 25-yard line for start of the next drive.
- No punting will be allowed. On 4th down if a team declares to punt, the ball will be advanced 30 yards if the punting team is in its own territory. If past the 50-yard line, the ball will be spotted at the opponent's 25-yard line or spot, whichever is less.

** At the sophomore level there will be no kick-offs or punting. (For 2023)

- After a score, the ball will be placed at the receiving teams own 25-yard line for start of the next drive.
- No punting will be allowed. On 4th down if a team declares to punt, the ball will be advanced 30 yards if the punting team is in its own territory. If past the 50-yard line, the ball will be spotted at the opponent's 25-yard line or spot, whichever is less.

FIELD GOAL/EXTRA POINT RULES

A team may elect to kick a field goal by informing the game official. The teams will line up as per the attached sheet. The kicking tee will be placed a minimum of 8-yards behind the line of scrimmage and the ball snapped to the holder (if the snap is poor, the holder may retrieve the ball and hold the ball on the tee). The kicker should be a normal kicking distance behind the ball (3-yards max) and proceed to kick the ball once it is placed on the tee. AFTER THE BALL is kicked it IMMEDIATELY becomes a dead ball regardless of the result. If the field goal attempt occurs from a line of scrimmage inside the 15-yard line, the ball will be spotted at the 15-yard line for the opponent's possession. If the field goal attempt occurs from a line of scrimmage outside the 15-yard line, the ball will be spotted at the original line of scrimmage.

The defensive front may hold up their hands, but no jumping is allowed.

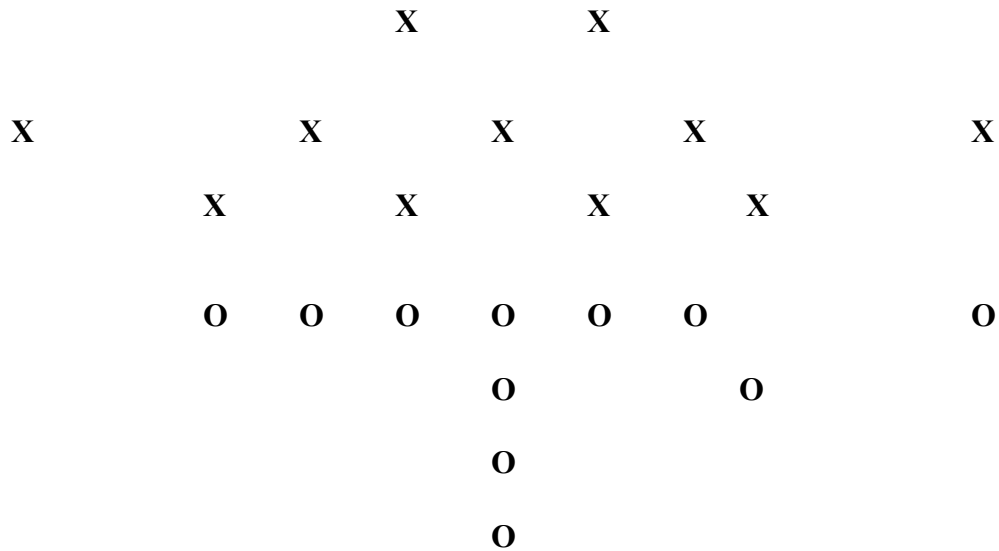
APPROVED OFFENSE/DEFENSE

All teams will run the offense/defense as outlined on the attached sheet. There are no exceptions. Repeated intentional, advantageous misalignment and/or illegal formations, as determined by the referee, will result in a 5 yard penalty for each infraction.

GREATER MIDLAND FOOTBALL LEAGUE OFFENSIVE AND DEFENSIVE ALIGNMENT

2024 all Divisions no Standard Formation Required

I-FORMATION VS. 4-3 DEFENSE



VARSIY JUNIOR VARSITY AND SOPHOMORE

OFFENSIVE AND DEFENSIVE ALIGNMENT NO

STANDARD FORMATION REQUIRED

(must be within NCAA and UIL rules)

Nose guards are prohibited.

A Middle linebacker must be at least 1 yard behind the line of scrimmage.

Offensive motion and defensive blitzing are allowed.

****ALL BLOCKING BELOW THE WAIST IS PROHIBITED****



In the freshman, and sophomore divisions the Offensive set will be the I-Formation (no exceptions)

Repeated intentional, advantageous misalignment and/or illegal formations, as determined by the referee, will result in a 5-yard penalty for each infraction

The TE, QB, FB, HB, Flanker and WR MUST BE ELIGIBLE BALL CARRIERS

****ALL BLOCKING BELOW THE WAIST IS PROHIBITED****

This set may either be with the wide receiver and flanker to the left or right side.
Line splits must be no further than arms length.
Offensive lineman may be 2- or 3-point stance.
No motion or changes to the base alignment will be allowed.
Fullbacks and Flanker may be in 2- or 3-point stance.
Flanker must be 1 yd back off the line of scrimmage and up to 1 yd over from the tackle.
Wide Receivers may not be more than 7 yards from the flanker.

TE	T	G	C	G	T	(5 to 7 yds.)	WR	---WR no more than 7yds from Flanker---
			QB		F			--Flanker must be 1yd back and 1 yd over, he is not a slot receiver---
			FB					
			TB					

Modified Alignment:

**

Punting Formation:

NO movement allowed until the ball is KICKED. NO FAKE PUNTS ALLOWED.

S S

Punt returners must be eligible ball carriers

B B B

CB E T T E CB
O O O O O O O

P O

Kick Off Formations

On Kick Off team a minimum of 4 players must be on each side of the ball

Kick return is a standard for formation but not required. (On-side kick receiving formations are allowed)

X X X X X K X X X X X

O O O O O

These players can be eligible and/or non eligible ball carriers

O O O O

These players MUST BE eligible ball carriers

O O

These players MUST BE eligible ball carriers