



MMYFA Playing Rules Cheat Sheet **(All Age Groups)**

- Teams must be prepared to take the field and begin play 15 minutes prior to the official start time.
- Games will be four (4) eight-minute quarters for 6U & 7U.
- Games will be four (4) ten-minute quarters for 8U-13U
- Point after touchdown will be (1) point for run, (2) points for pass or kicking.
- Running Clock 30-point score difference in the 2nd half, no kickoffs, the trailing team take possession at the 50-yard line.
- 50-point difference the game will be ended by the officials.
- Maximum of 4 Overtimes at all divisions 6U -14U in the regular season. Overtimes will be played until there is a winner in playoffs. Protective cup must be always worn during play.

6U & 7U Rules Exceptions

- Gameplay the ball will start at the 35-yard line.
- Two (2) coaches are permitted on the field 10 yards behind the deepest player.
- Once the offense is set the coaches on the field cannot speak or coach in any way. Failure to comply will result in a ten (10) yard penalty.
- Deferring to the 2nd half is not available option.
- No defender can line up in the A-Gap or directly over top of the center.
- Defenders must line up over top of OG & make contact before penetrating the A-Gap.
- All linebackers must be three yards off the ball at the snap of the ball.
- The QB cannot keep the ball and run a QB Dive, or QB Sneak through the A-Gap if lined up under center. (If the QB is lined up in shotgun formation **HE CAN** run the ball through the A-Gap)
- There are no Special Teams at 6U & 7U.
- PAT- kick is 2 points, run & pass is 1 point, FG 3 points. No rushing on PAT kicks or FG attempts.
- Punt-25-yard walk off, (cannot be walked off beyond the opposing team's 25-yard line.)
- There must be at least a total of four (4) linemen down in three-point stance on defense.

8U & 9U Rule Exceptions

- **No coaches allowed on the field**
- PAT- kick is 2 points, run & pass 1 point, FG 3 points.
- Defender **CAN** line up in the A-Gap or directly over top of the center.
- Point After Touchdowns – (PAT) will be by either run, pass, or kick play; any PAT pass or run is one (1) point, kick is two (2) points. A field goal is three (3) points.
- All PAT kicks, field goal attempts or punts are LIVE.

10U, 11U, 12U, & 13U Rule Exceptions

- Point After Touchdowns – (PAT) will be by either run, pass, or kick play; any PAT pass or run is one (1) point, kick is two (2) points. A field goal is three (3) points.
- These divisions rules of play will adhere to N.F.H.S. Rules except for
 - A. Ten (10) minute quarters for 8U-13U.
 - B. PAT kicks, field goal attempts and punts are live.