



**McKinney Sports
Connection**

**2009
FOOTBALL
POLICIES, PROCEDURES & RULES
Manual**

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I. THE MSC PHILOSOPHY

A. Mission Statement

To provide the youth of McKinney and the surrounding areas the opportunity to play football in an environment where team work is essential for success. With positive coaching, as well as, coaches who represent themselves as role models to the community both on and off the field.

B. Sportsmanship

1. Coaches

All MSC coaches are required to demonstrate positive sportsmanship on and off the field in respect to their players, parents, opposing team players, parents, coaches, and the game officials. Coaches who are unable to demonstrate the proper sportsmanship will be subject to disciplinary action from further coaching in the MSC.

Any coach who is ejected from a game for unsportsmanlike conduct will be required to leave the field of play and will be unable to coach in the next scheduled game. This includes postseason play. The continued demonstration of improper sportsmanship may result in permanent suspension from MSC.

2. Participants

Sportsmanship is a priority in the development of MSC athletes. All participants must demonstrate positive sportsmanship at all times. Those who cannot will be dismissed from the game. The continued demonstration of improper sportsmanship may constitute suspension from any number of games.

3. Spectators

All spectators will be expected to demonstrate positive sportsmanship on and off the field. Spectators who cannot will be required to leave the game site and will not be allowed to attend the next game. The continued demonstration of improper sportsmanship may constitute suspension from any number of games.

II. THE MSC PROGRAM

A. MSC Advisory Board

The MSC Advisory Board is the governing body for the MSC football program. The Council will consist of representatives from each division of play, the Administrated Director as well as the League Director. The Administrated Director and the League Director, jointly, have the authority to make decisions independent of the MSC Advisory Board for the good of the league. The MSC Advisory Board reserves the right to modify, change, or create any rule that is in the best interest of the MSC Football programs and/or its participants.

B. League Structure

MSC will be divided into multiple divisions as follows In addition; each division may further be divided into individual conferences. Our intent, in regard to these individuals' conferences, is that all teams, whether highly competitive or somewhat more recreational, whenever possible, are able to compete with teams of like ability. Each individual shall go by grade first then age.

Grade as of New School Year	Prior to August 1 have not reached the age of
2 nd	9
3 rd	10
4 th	11
5 th	12
6 th	13

C. Player Eligibility

All children from the ages of 7 through 12 years of age (a player cannot turn 13 before August 1 2009. A player may request to participate in a higher grade/age group but may not play in a lower grade/age group. In order for a child to be considered registered, his/hers completed registration form and birth certificate must be on file, and all contracts signed and all fees paid within the time period and manner specified by the MSC.

D. Coaches Eligibility

Adult volunteers will be selected and allowed to coach under the authority and approval of the MSC Advisory Council. As a result, they can also be removed, at any time, by the MSC Advisory Council. In addition Background checks will be conducted on all head coaches and assistant coaches. A head and assistant coach is required to be present at all games, practices, and mandatory meetings. All Head coaches and 1 Assistant are required to receive NYSCA certification for a fee of 25.00 www.nays.org this is Mandatory! (Coaches must have it on them)

E. How an Individual Joins a MSC league team.

1. Returning Players Guarantee

Any player wishing to return to his team from the previous season will be guaranteed a spot on that team. All coaches must make a committed effort to contact the parents of their players from the previous season. They must report the results to their Division Director by no later than July 1. The football board will verify the choice of the parents by contacting them.

2. Blind Draft Players

A player who played MCS football during the previous season has the option to move to another MSC team via Blind Draft. Blind Draft players will be placed based on the needs of the league (build an expansion team or right size existing teams) at the discretion of the football board.

3. Recruited Players

Players who did not play MSC Football the previous season may be asked to join a MSC Football team. Coaches may actively approach the parents of these players in an

effort to encourage their participation in MSC. A player who played MSC football during the previous season may not be recruited. The only exception is a player who played up a grade level in the 2008 season and now chooses to play in his current grade.

4. Open Registration Players

Open Registration Players are new players that sign up through the MSC office and are new players to the league who have not been recruited by any existing teams. These players may be required to fill expansion teams or be placed on existing teams via the blind draft. The Football board will assign open registration players at their discretion.

5. Player Draft Exemption

A player has no choice on which team he is drafted by but he may identify one team for which he does not want to play for.

Note: It is against MSC rules for teams to hold tryouts, hand out flyers or bring out one or more players with the purpose of evaluating them in order to decide which players they want to recruit, add to their roster, or draft.

F. TEAM FORMATION

1. Returning Teams and New Teams

All returning teams and newly formed teams must have a minimum number of 12 returning players. (Exception for 2nd and 3rd to the Boards Discretion)

2. New Teams From Outside MSC

Teams may be formed from outside of MSC. These teams may participate with the approval of the MSC Football Board. MSC reserves the right to deny access to outside teams for any reason the board deems necessary to protect the integrity of the league.

G. Uniforms

All uniforms must be purchased in accordance with the MSC uniform policy. This allows for a consistency, fairly costed uniform program.

H. Equipment

All players must acquire their own equipment. The MSC can exclude a player from play due

to unsafe or improper equipment. Proper equipment includes:

1. Football helmet: Including face mask, chin strap, and mouth piece. The helmet should be one of quality and fit properly to ensure the players safety. No football helmet shall be painted.
2. Football shoulders pads: Must fit properly and protect the entire shoulder girdle
3. Football pants: Complete with hip, tail, thigh, and knee pads.
4. Athletic shoes: Those designed for grass play are recommended (NO METAL CLEATS ARE ALLOWED).
5. Mouthpiece: Must properly fit the upper teeth, attached to helmet with no red or clear mouthpieces allowed.
6. No tinted face shields are allowed.

I. Practices

1. No formed teams can hold practice before August 14, 2009
2. Helmet only practices for the first 3 practices. Minimum 4.5 hours
3. Only registered players can participate in a practice
4. Players who will be in the league draft cannot participate in or with another team's practice
5. Practices are limited to 4 times per week before the first scheduled game.
6. Once scheduled game play begins, practices will be limited to a total of 4 hours per week with no more than 2 hours per individual practice.
7. All players must attend scheduled team practices. Coaches may limit playing time of players who do not attend practices. Coaches inform game officials and opposing coaches of such action prior to game time. In addition, this should be discussed with the player's parents prior to the game.
8. If problems are found or reported, penalties can include forfeiture of game(s) and/or sanctions as deemed appropriate by the MSC Advisory Council.
9. The MSC will provide a location for practice but not schedule a specific time or day.
10. No teams are allowed to practice at the Wilson Creek Soccer Complex.

J. MSC Phone Numbers

MSC Office number (972) 832-9256

In addition, the MSC communicates through e-mail. This helps keep everyone informed and updated about the program. MSC staff can also be reached via the web site at www.mckinneysportsconnection.org

INCLEMENT WEATHER (972) 547- 7485

Coaches should call and check this number on game days which have a chance of cancellation due to dangerous weather or unplayable field conditions

Inclement weather decisions are usually made after 4:00 pm on weekdays and 7:00 am on Weekends.

Heat Index We will follow the same procedure used by the MISD Middle School policy Heat index will be determined at 5pm on the practice day using www.weather.com Any coach found violating this policy will face suspension for one or more games.

K. Field Rules and Boundaries

1. Home Team

The team listed first on the regular schedule will be considered the Home Team. And will occupy the sideline closest to the stands.

2. The Visiting team will be responsible for providing 3 ADULTS to handle the yardage and down markers for the entire game.

3. Each Team will be responsible for cleaning up their sideline areas at games and practice locations.

4. Spectators

- All spectators shall remain outside the fenced areas and not on the track during games.
- A spectator wishing to video or take pictures from inside the fenced area must receive prior approval from the MSC Director. 1 approval per team. (Coach Identifies)

5. There will be no electronic sideline communication devices allowed.

6. There will be no video shooting or electronic recording of any kind of the other teams games or practices. You can only film your game.

7. Football officials may stop the game for any reason deemed necessary for the safety of the players.

8. Only 5 coaches are allowed on the field on game day (must be easily identified). 2 water boys will be allowed providing they are under the age of 18. A violation of this rule will result in a 15yd penalty.

L. Field Headquarters

If a Field Headquarters is available at the game site, then it is mandatory for each Head Coach to sign in at least fifteen minutes before the scheduled start time of each game. Here they will receive any instructions that will apply to that game or the league. If the Head Coach does not sign in, his team automatically loses the coin toss.

M. Post Season Play

Post Season Play is regarded a privilege, NOT a right. Teams have to qualify for postseason play based on record, sportsmanship, fair play, and other standards. Teams can be excluded from post-season for, but not limited to unsportsmanlike conduct illegal players; illegal practices, not adhering to the rules of MSC.

N. Liability

MSC is not liable for any injuries to players, cheerleaders, spectators, or coaches who occur during practices or games.

III MSC GAME MECANICS

The following regulations apply to the MSC football game mechanics

A. Rule Book

The official MSC rules are taken from the NCAA Rules and Regulations Handbook including modifications as described in the MSC manual.

1. No chop blocks
2. No crack back blocks below the waist
3. No cut blocking is allowed

3rd grade teams are allowed 1 coach on offense and 1 coach on defense to remain on the field during game play. Once huddle is broken, no more coaching. Must remain 10 yards behind deepest player.

4th grade teams are allowed 1 coach on offense and 1 coach on defense to remain on the field during game play. For the first 3 games only.

B. Quarter Lengths

Official game time shall be kept by the game official unless a scoreboard is available that can be seen by both teams.

Division 3, 4, 5, & 6: The game will consist of two halves containing two 8-minute quarters. The game will be timed as in regulation football with the clock stopping according to official rules.

C. Required Number of Players to Start Game

Div 3-6 11 players

D. MSC Ball Carrier Weight Restrictions

There are not weight restrictions for playing in the MSC Football League. But there are weight restrictions for playing in a position that can carry /catch the ball. That means the following weight limits (determined out of uniform) are in place for all positions on the offense except centers, guards, and tackles unless they're in an eligible position to catch a pass or run with the ball.

Div 2	70 lbs
Div 3	85 lbs
Div 4	100 lbs
Div 5	115 lbs
Div 6	130 lbs

Weight restrictions are also in effect for the receiving team on a kickoff and/punt. No player over the weight restriction can be placed in the backfield in a punt receiving position or off the front line to receive kickoff. There are no defensive weight restrictions.

Weight of players

There will be one weigh-in at the beginning of the season. Only eligible ball carriers have ball carrying stickers on the back of their helmet

E. Minimum Playing Rule

All Tackle Leagues: Except for injuries, all players must play throughout the entire game either on offense or defense or a combination of both as described in the following regulations.

a. At any time during a game, each player must be playing on either offense or defense. (This means if a player is not playing on an offensive series, then he must take the field and play when defense goes out, and vice versa for players not playing on defense when the offense take the field. It is the intent that he play either series, unless hurt, instruction needs to be given, etc. He is not to be played for two or three plays and then removed and someone else put in his spot. No player should be sitting out of the game for two

consecutive series). If one team does not believe that the opposing coach is playing his players according to this rule at that time he must make the head official aware of the violation the head official will write down the quarter and time of the infraction and warn the opposing coach. If the violation continues the accusing team must inform an MSC official and have video proof with the players in question jersey number to the Community Center no later than 12 noon the following Monday of the violation. The MSC board will review the video in a timely manner to determine if in their opinion the rule was violated. If found to be true the offending team will forfeit that game. If the accusation is determined to be false the accusing team will forfeit that game and the next scheduled game.

b. Kickoff and receiving teams do not count as a down in fulfilling minimum playing time. If a players playing time is being limited for any reason, it is the HEAD COACHES responsibility to notify the head official and opposing coach and make sure it is written down on the official game card before the game takes place In addition, the players parents should also be notified. Reasons for limiting a players playing time discussed above include:

1. Missing Practices: If a player misses more than 50% of those weeks practices.
2. Not Prepared: Once in a while a player will be assigned to a new team and he only has one or two practices before the game. In this case, his playing time can be reduced in order that he becomes more prepared to play football.
3. Disciplinary Reasons: Sometime the only way to make a point with a disciplinary problem is to reduce his playing time. The parents should be informed before this happens.
4. Illness! Injury: Sometime a player will show up for a game when he is not feeling well or play in a game and get hurt. In those cases, a player may want to sit out for a while until he feels better.

F. Ball Size

Divisions 2 and 4 will use a Pee wee size ball. (The Wilson K-2 is an example).

Divisions 5 & 6 use a JUNIOR size ball. (The Wilson TDJ is an example)

G. Excessive Scoring Margin

A thirty (30) or more point spread constitutes an excessive scoring margin. It is the responsibility of the head coach of the team enjoying this margin to keep his team from reaching a 30-point differential. But in doing so, the coach and or players must be discreet in the methods used to keep a large point spread from occurring.

Any intentionally run up score will result in automatic game forfeit.

Therefore, if the final score of a game has a 30 point or more differential, the head coach of the winning team must submit a written report as to why (including how he scored, what actions were taken to keep the score reasonable, etc.) addressed to the MSC Director and dropped off at the community center before Noon the following Monday. If that explanation is not at the office by noon, the team automatically forfeits the game.

If, after reading the report and researching the incident, the MSC Director determines that not enough effort was made to keep the score within reason, he can issue a warning or recommend additional action to the MSC Advisory Council. Subsequent action could include forfeiture of the game, forfeiture of the next game, elimination from playoffs, or other restrictions as seen fit by the Council.

H. Unsportsmanlike Conduct

Unsportsmanlike Conduct penalties are 15 yards. Repeated offenses will cause ejection from the game or game forfeiture.

I. Mouth Guards

All players will have their mouthpieces in place when the quarterback starts his cadence or one second prior to the snap on a silent count .Officials will stop play to avoid injuries. A five yard delay of game penalty will be marked off.

J. Overtime

All Divisions will use this format when the score is tied at the end of regulation.

1. Coaches from each team meet at the center of the field for the coin toss. Team winning the toss has the option of being the first on offense or defense.

2. Teams proceed to the ten-yard line where the offensive team takes the ball and has first and goal from the ten. The game then proceeds in the normal fashion, with the exception of a few special overtime rules explained below.

3. If the offense scores a touchdown, then they line up and try for the extra point. If they don't score, the ball goes over to the team on defense. The teams switch, and the initial defensive team goes on offense and they get the ball at the ten-yard line with a first and goal.

4. After both teams have had the ball, a determination of winner is made based on who scored and who didn't, who scored a touch down and extra point and who didn't, or who scored the most points. If neither team scored, or if they both scored the same amount of points, the teams line back up (no coin toss issued) and go at it again. (At the referee's discretion, and in order to make it easier to score, the ball can be placed at the 5-yard line for subsequent overtime opportunities).

5. One additional time-out is given to each team for the entire overtime period, no matter how long it takes.

6. The defenses can return a fumble or interception for a touchdown.

K. Player Ejection from a Game

Any conduct deemed unbecoming of or unsafe for a MSC athlete will result in a fifteen yard penalty on the first offence.

Permanent Ejection: If a player is permanently ejected from a game, he will not be allowed to play the next scheduled game. This includes post-season play. Plus continued demonstration of conduct unbecoming of or unsafe for a MSC athlete may constitute suspension from additional games.

L. Time Outs

1. Each team will be allowed three (3) one-minute time outs per half
2. Coaches may request an official time out for a conference with game officials; however, the request must first be granted and is up to the discretion of the game officials.
3. Official time outs will be called for injuries or any reason deemed necessary by the officials.

M. Extra Point Scoring

	Run	Pass	Kick	Field Goal
Division 3, 4, 5 & 6	1 pt	1 pt	2pts	3pts

N. Set Position Clarification

Offensive: Offensive lineman, between and including the two tackles must be set for one full second prior to the snap of the ball. Once the center touches the ball and a lineman places his hand on the ground, he may not pick his hand up for adjustment.

Defense: Defensive lineman must be in a 3 or 4 point stance at the snap of the ball if they are lined straight up with or inside the two offensive tackles. Linebackers and defensive backs must line up (1) yard behind the defensive down lineman and not, under any circumstances, have a running start towards the line of scrimmage. Stand-Up positioning is allowed outside the offensive tackles. If linebackers or defensive backs blitzes inside the offensive guard positions, this is a “life ball” foul and is called and marked as off sides. A Blitz is defined as running before or at the snap of the ball. Offense can accept or decline the five yard penalty based on the result of the play. The intent of this rule is to protect the center by keeping defensive linemen or backs from jumping over the center and attempting to grab the QB at the snap.

O. Field Goal, Extra Point& Punt

Grades 2 through 5

1. Teams can declare whether they will attempt to kick a field goal or extra point after a touchdown.

The defense can not rush the kicker, but the ball must be snapped from the center and kicked within a four second count by the referee. If the kick is not made by the four second count then the kick is declared “no good”. If you line up for an extra kick for a field goal, you cannot “fake” the field goal or PAT by picking up the ball and running

or passing it to the end zone. If the “faked” attempt is made it will result with a loss of play and no points will be scored.

This is a dead ball play. There is no blocked kick return, but the defense can stay on there side of the line of scrimmage and jump up and down to try and block the kick.

A kicked extra point count 2pts a field goal counts 3pt.

Div 2 shall declare on fourth down whether they will punt or not. If punt is declared inside their own 50yd line they have the option of punting or moving the ball 20yds from the line of scrimmage.

When within the opposing teams 50yd line, if the punt is declared the offense must punt the ball. **No fake punts are allowed.**

2. Div 3-5 shall declare on fourth down whether they will punt or not. If punt is declared the offense must punt the ball no fake punts are allowed. There shall be no players down field.

The defense can not rush the offense or return the punt; they have the option of placing two players back to field the punt. The ball is spotted where it is caught or stops rolling backwards. If the ball touches the player and rolls forward it will be spotted at the point of contact.

1. Div 6 The punt is a live ball play.
2. Div 6 The extra pt. kick or field goal is a live ball.
3. **In both instances the nose guard cannot hit the center this will be considered a personal foul and marked accordingly.**