

MICHIGAN YOUTH FOOTBALL & CHEER CONFERENCE
(MYFCC)
2026 RULE BOOK
(As approved January 10, 2026)

Section 1. Definitions

1. League: The Michigan Youth Football & Cheer Conference (MYFCC). It may also imply communication to a member of the MYFCC Executive Board.
2. Member/Unit: A member/unit shall be a duly incorporated non-profit body holding a franchise in this league, whose by-laws dictate the formation of a Freshman, Junior Varsity and Varsity football teams, at least one Cheerleading team and an optional Junior Freshman team(s).
3. Team: One of the football or cheerleading units within a member franchise.
4. Veteran: A child who has participated in the same franchise the previous year.
5. Player: A child who is properly registered and participating in football.
6. Cheerleader: A child who is properly registered and participating in cheerleading.
7. Participant: Either a duly registered player or cheerleader.
8. Coach: An authorized instructor, who is a member of a franchise unit, has acknowledged and understands the provisions of the Code of Conduct for Coaches, has submitted a signed copy of same to the League and whose name appears on the official roster submitted to the League.
9. Board/ Executive Board: MYFCC Executive Board.
10. Unit Director: Means either the Member Organization's Unit Director; V.P. of Football or Cheer; Football or Cheer Commissioner; and/or their designee.

Section 2. Eligibility Rules

A. Ages:

1. The age of the participants, 6 through 14, shall be their age before **September 1st** of the playing year.
2. Junior Freshman: Participants are to be six (6), seven (7) or eight (8) years old.
3. Freshman: Participants are to be eight (8), nine (9) or ten (10) years old.
4. Junior Varsity: Participants are to be ten (10), eleven (11) or twelve (12) years old.
5. Varsity: Participants are to be twelve (12), thirteen (13) or fourteen (14) years old. Varsity teams may have a maximum of six (6) fourteen year (14) old, eighth graders on its roster. However, a player may not turn fifteen (15) before December 31st of the current playing year.
6. 9th Graders are specifically prohibited from participating in the MYFCC.
7. Any player starting the playing year in the eighth (8th) grade is ineligible to play at any level except Varsity.

B. Weights:

The weight referred to herein shall be the weight of the player in a shirt and shorts. After weigh-in a player will add protective equipment.

1. Junior Freshman – The junior freshman weight shall not exceed 110 pounds regardless of the age of the player.
2. Freshman – The freshman weight shall not exceed 130 pounds regardless of the age of the player with an X men exception that can weigh no more than 140 pounds as restricted below.
 - a. A Member organization may register X-Men on their Freshmen roster.
 - b. All X-Men must be identified on the Member organization's Freshmen roster at weigh in before each game.
 - c. X-Men will have a weight limit not to exceed 140 pounds.
 - d. Other than weight, X-Men will follow all weigh-in requirements as outlined in Section 2 Eligibility Rules, Article B Weights and Section 5 Playing Rules, Article B Weigh-ins.
 - e. X-Men are to be designated by a strip of tape the length of the helmet from front to back.
 - f. X-Men are restricted to playing on the offensive and/or defensive lines; tackle to tackle. ***Except, X-Men may kick field goals and/or extra points but cannot advance the ball on a fumbled snap.***
 - g. Tackle to Tackle Defined: On offense if a team lines up with more than one offensive tackle, the X-Men are only eligible to play the first tackle position next to the guard. On defense, the X-Men's inside shoulder cannot line up outside of the outside shoulder of the offensive tackle. (See illustration Attached as Appendix A).
 - h. X-Men are restricted from carrying or advancing the ball in any fashion. Should an X-Man field the ball, the play will immediately be blown dead and the ball placed at that spot where said X-Man touched the ball.
 - i. X-Men are NOT eligible to play on kick off or kick receive.
 - j. The first violation of the X-Men rules shall result in a warning. The second and every subsequent violation shall result in an unsportsmanlike 15-yard penalty against the Head Coach or acting Head Coach.

3. Junior Varsity – The junior varsity weight shall not exceed 150 pounds regardless the age of the player with an X men exception of no more than 4 players that can weigh no more than 165 pounds as restricted below.
 - a. A Member organization may register up to 4 X-Men on their JV roster.
 - b. All X-Men must be identified on the Member organization’s JV roster at weigh in before each game.
 - c. X-Men will have a weight limit not to exceed 165 pounds.
 - d. Other than weight, X-Men will follow all weigh-in requirements as outlined in Section 2 Eligibility Rules, Article B Weights and Section 5 Playing Rules, Article B Weigh-ins.
 - e. X-Men are to be designated by a strip of tape the length of the helmet from front to back.
 - f. X-Men are restricted to playing on the offensive and/or defensive lines; tackle to tackle. ***Except, X-Men may kick field goals and/or extra points but cannot advance the ball on a fumbled snap.***
 - g. Tackle to Tackle Defined: On offense if a team lines up with more than one offensive tackle, the X-Men are only eligible to play the first tackle position next to the guard. On defense, the X-Men’s inside shoulder cannot line up outside of the outside shoulder of the offensive tackle. (See illustration Attached as Appendix A).
 - h. X-Men are restricted from carrying or advancing the ball in any fashion. Should an X-Man field the ball, the play will immediately be blown dead and the ball placed at that spot where said X-Man touched the ball.
 - i. X-Men are NOT eligible to play on kick off or kick receive.
 - j. The first violation of the X-Men rules shall result in a warning. The second and every subsequent violation shall result in an unsportsmanlike 15-yard penalty against the Head Coach or acting Head Coach.
 - k. JV Roster Books must include proof of grade for all players.

4. Varsity – The varsity weight shall not exceed 190 pounds for twelve (12) year old players, thirteen (13) year old players and fourteen (14) year old players that are in the eighth grade. Varsity players are subject to additional restrictions below.
 - a. A Member organization may register X-Men on their Varsity roster.
 - b. All X-Men must be identified on the Member organization’s Varsity roster at weigh in before each game.
 - c. X-Men will have a weight limit not to exceed 260 pounds.
 - d. Other than weight, X-Men will follow all weigh-in requirements as outlined in Section 2 Eligibility Rules, Article B Weights and Section 5 Playing Rules, Article B Weigh-ins.
 - e. X-Men are to be designated by a strip of tape the length of the helmet from front to back.
 - f. X-Men are restricted to playing on the offensive and/or defensive lines; tackle to tackle. ***Except, X-Men may kick field goals and/or extra points but cannot advance the ball on a fumbled snap.***

- g. Tackle to Tackle Defined: On offense if a team lines up with more than one offensive tackle, the X-Men are only eligible to play the first tackle position next to the guard. On defense, X-Men cannot line up outside of the body of the offensive tackle. (See Illustration, attached as Appendix A).
 - h. X-Men are restricted from carrying or advancing the ball in any fashion. Should an X-Man field the ball, the play will immediately be blown dead and the ball placed at that spot where said X-Man touched the ball.
 - i. X-Men are NOT eligible to play on kick off or kick receive.
 - j. The first violation of the X-Men rules shall result in a warning. The second and every subsequent violation shall result in an unsportsmanlike 15-yard penalty against the Head Coach or acting Head Coach.
 - k. Varsity Roster Books must include proof of grade for all players.
5. During the progress of the playing season there will be no additional weight allowances.

C. Other Eligibility Rules:

- 1. Overweight rostered players may practice (make contact).
- 2. All participants shall be responsible to the Unit Director or designated representative of the Unit Director.
- 3. Players participating or who have participated during the current season in a recreational, public, private or parochial school football program are not eligible to participate in the MYFCC.

For purposes of this section, the “current season” is the first regular season game for the team that the participant is leaving.

- 4. No exceptions may be made by the MYFCC Board of Directors or any member organization to allow a participant to compete in any football game at an age level lower than the permitted ages designated by the MYFCC Rules. (Example: Any participant age 9 *before September* 1st shall not be permitted to participate in a Junior Freshman game under any circumstances.)
- 5. No team roster shall consist of greater than 70% older players at the Freshman or JV levels. Member organizations not in compliance with this provision may receive a waiver from the League with a majority vote of the members present at a regularly scheduled July or August meeting provided that a **written request** was received by the Executive Board prior to the regularly scheduled August League meeting.

D. The age and weight restrictions contained in this section shall remain in effect for the 2026 to 2028 seasons and may not be revised until after the 2028 playing year unless by unanimous consent of all member organizations.

Section 3. Registration and Physical Exam

A. Registration:

The method of registration of players shall be determined by each member organization. However, each member franchise shall abide by the policy that there are no “try outs” to fill roster spots and recognize veterans’ rights/returning player status for all participants from the previous playing season.

B. Physical Examinations:

Prior to any conditioning, every participant must have an annual certification of good health signed by a physician within the current calendar year. These shall be on file with the member organization and open for inspection at all times.

C. Registrars:

Each member shall have a registrar who is responsible only to his/her organization for its teams’ registrations and physical examination forms.

1. Each participant shall furnish proof of age which must be checked by the Unit Director or Registrar. A birth certificate or passport is the only acceptable proof of age. In exceptional circumstances alternative documentation can be approved by the Rules & Eligibility Director. (For example, cases involving adoptions or a participant in foster care).
2. A copy of each participant’s proof of age must be kept on file by the Unit Director or Registrar. Each Unit must bring these copies to every game and make them available for opposing Unit Director’s inspection.

D. Roster Rules and Requirements – Football & Cheer

1. **Rosters:** Rosters must be completed in the approved MYFCC form and format and include **ALL** required information not limited to the following: a current photograph, each participant’s name, jersey number (where applicable), playing age, playing grade, along with any addition required information from the MYFCC Roster form. All Rosters ***must also include photos and names of coaches and team unit directors (if applicable) for each Team and identify the Head Coach.***
2. **Roster Submission Deadline:**
 - a. **Football:** Complete Football Rosters must be submitted to the MYFCC Executive Board designee on or before the **Saturday** before the first scheduled week. Upon submission, the Rosters will be reviewed and if complete, accepted.
 - b. **Cheer:** Complete Cheer Super Cheer Rosters must be submitted to the MYFCC Executive Board designee on or before the **Saturday** before the first scheduled week. Upon submission, the Rosters will be reviewed and if complete, accepted.

3. **Roster Exchange** - Completed and accepted Rosters will be posted on the MYFCC Website and/or distributed to each Member Organization prior to the first scheduled games. Member Organizations are responsible for ensuring opponents have a copy of their Rosters if they are incomplete or otherwise not available through the MYFCC Website. Member Organizations shall provide game day Cheer rosters to the announcing booth before each game if they want their cheerleader's names announced.
4. **Incomplete Rosters:**
 - a. **Football:** If submitted rosters are incomplete, the rosters will be returned to the Member Organization and must be resubmitted to the MYFCC Executive Board designee on or before **6 p.m. on the Thursday** before the first scheduled game. If completed rosters are not submitted to the MYFCC Executive Board designee by 6 p.m. on the **Thursday** before the second scheduled game week, the organization with incomplete rosters will **NOT** be permitted to record a win.
 - b. **Cheer:** If submitted Super Cheer rosters are incomplete, the rosters will be returned to the Member Organization and must be resubmitted to the MYFCC Executive Board designee on or before **6 p.m. on the Thursday** before the first scheduled game. If completed rosters are not submitted to the MYFCC Executive Board designee by 6 p.m. on the **Thursday** before the second scheduled game week, the organization will be fined as set forth below.
5. **Incomplete Roster Forfeits:** Organizations will not be permitted to record a win after week one (1) until complete rosters for all football teams have been submitted and approved by the MYFCC Executive Board designee. Rosters will be considered complete if they contain all of the required information and photographs. (For standing purposes, the opponent will be considered the winner of games played without completed rosters).
6. **Incomplete Football & Super Cheer Roster Fines:** Organizations failing to submit completed Football and/or Super Cheer rosters prior to the MYFCC Executive Board designee on or before **6 p.m. on the Thursday** before the second scheduled game will be subject to a \$100.00 fine to be paid at or prior to the next scheduled MYFCC league meeting. An additional \$100.00 fine shall be assessed for each week complete rosters have not been submitted to the MYFCC Executive Board designee on or before **6 p.m. on the Thursday** before the next scheduled game.
7. **Updating Rosters:** No new players or cheerleaders may be added after the Thursday before week 3 games.
8. **Late Added Players:** Players / Cheerleaders added to rosters after the Roster Submission Deadline are **not** eligible to play unless the required information has been added to the Roster & Roster Book and the updated Roster has been submitted to the MYFCC Executive Board designee on or before **6 p.m. on the Thursday** before the next scheduled game.

9. Roster Books:

Football: Roster Books must be made available at the scale before every MYFCC scheduled game. Roster Books **MUST** include the following:

- a. A Completed Roster matching the Roster submitted to the League.
- b. Proof of Age
- c. Proof of Grade as required under these rules.
- d. Any required waivers / eligibility / medical waivers (if applicable).

Cheer: Super Cheer Roster Books must be completed and presented at the MYFCC Scheduled Super Cheer preparation meeting. Super Cheer Roster Books **MUST** include the following:

- a. A Completed Roster matching the Roster submitted to the League.
- b. Proof of Age
- c. Proof of Grade as required under these rules.
- d. A physical
- e. Any required waivers / eligibility / medical waivers (if applicable).

10. **Incomplete Football Roster Books at the Scale:** Organizations will not be permitted to record a win for any unit / team that cannot present a completed Roster Book before the kick-off that MYFCC scheduled game (after week 1). (For standing purposes, the opponent will be considered the winner of games played without completed Roster Books). In order for the forfeit to apply, photograph proof and/or an admission by the offending Member Organization must be submitted to the MYFCC league in writing by the Monday following the game.

11. **Incomplete SuperCheer Roster Books at Super Cheer:** Organizations will not be permitted to record a win for any unit / team that cannot present a completed Roster Book before Super Cheer.

12. **Exceptions to Forfeits & Fines:** Forfeits and fines identified above shall not apply if the only violation is the result of a rostered player / cheerleader moving up a level and all of the required information for that player is contained on a Completed Roster and in a Roster Book. (Note: The intent is to not punish Member Organizations if a player/cheerleader is moved up after Completed Rosters have been submitted to the MYFCC. This exception only applies if complete information for the player(s) / cheerleader(s) is available on a Roster and in the Roster Book at the Scale during weigh-in and/or at Super Cheer).

13. Additional Roster Restrictions:

- a. Players may only be moved upward within a Member organization any time before the third scheduled game for any reason. Any upward movement of a player within a Member organization shall be final (Except as permitted to fill roster spots on Varsity). Cheerleaders may transfer from one squad to another within the age guidelines during the season.

- b. No player shall be moved to a different team at the same level within a Member organization after the first scheduled game.
 - c. **Varsity Exception:** A Member organization on any given week, is permitted to move JV players up / down on a game by game basis during the regular season to fill the Varsity roster provided that that player is disclosed to the opposing Member organization at the Scale during weigh-in and all required information for the player(s) is contained on a Completed Roster and in the Roster Book. Players are only permitted to play one game per week.
 - d. It will be the Unit Directors responsibility update Rosters / Roster Books ***and notify that week's opponents including the use of alternate or special occasion jerseys and jersey numbers.*** This notification must also be made prior to the player participating in any game ***for emergency jersey changes.*** A \$100.00 fine will be imposed for non-compliance with this rule.
 - e. Once a player begins pre-season mandatory training camp with a Member organization, the player must remain with the Member organization for the duration of that season, unless that player is involuntarily released. A player desiring to make a move to another Member organization for legitimate reasons, such as a change in family circumstances, may apply to the MYFCC Board for an exemption. The exemption will only be granted on a majority vote of the League Members at the next regularly scheduled meeting.
 - f. After the commencement of pre-season mandatory training camp, the active solicitation or recruitment of a MYFCC Member organization's players by another MYFCC Member organization is strictly forbidden.
14. **Number of Teams/Units Per Organization Restricted:** Per the MYFCC Bylaws, a Member organization may field more than one team per level if approved by the Executive Board. In 2025, the Executive Board voted to grandfather current Member Organizations with more than one team at each level. Member Organizations will not be permitted to add new teams/units at different levels unless that Member Organization fields a new team at every level (Jr. Fresh, Fresh, JV & Varsity). If a grandfathered Member Organization with more than one team at any given level drops below the grandfathered number of teams, that Member Organization must either field a one team at every level (Jr. Fresh, Fresh, JV & Varsity) or two teams at every level (2 Jr. Fresh, 2 Fresh, 2 JV & 2 Varsity).

Grandfathered MYFCC Organizations and Number of Teams/Units are as follows:

- Macomb Mustangs: 6 teams (1 Jr. Fresh, 2 Fresh, 2 JV, 1 Varsity).
- New Baltimore Ravens: 6 teams (1 Jr. Fresh, 2 Fresh, 2 JV, 1 Varsity).
- Rochester: 7 teams (2 Jr. Fresh, 2 Fresh, 2 JV, 1 Varsity).

Section 4. Practice / Off-Season Rules

A. Off Season Activities – Member organizations may participate in off season activities or training as long as those activities do not involve the use of protective football equipment (excluding a helmet, mouth guard, supporter and cup) and do not involve physical contact between participants. Off season activities such as weight training, physical conditioning, speed camps, and 7 on 7 or flag football are specifically allowed by MYFCC member organizations. *This section does not preclude MYFCC teams from participating in tournaments or organized games following the MYFCC season.*

B. Opening Practice:

1. No formal organization-wide, supervised mandatory practice or conditioning shall be held before three (3) weeks prior to the first regularly scheduled game for any participant.
2. The optional week of practice for each player will be for physical conditioning purposes only. The optional week of practice shall be no more than four (4) weeks prior to the first regular season game for any participant.
3. Additionally, the first three (3) days following the optional week, for each player will be for conditioning only.
4. *All players must complete a minimum of three (3) days of conditioning practice prior to participating in a contact practice.*

C. Body Contact (players only):

No physical contact with other players shall be allowed during conditioning practice. Of the pads and equipment normally worn for contact practice, only the helmet, mouth guard, supporter and cup and cleats may be worn during conditioning practice. A player may hold a hand shield or tackling dummy for another player.

D. Prohibited Practice:

1. Prior to the first game there shall be no practice on one (1) day per week for all participants.
2. After the first game, there shall be no more than four practice days per week, except that there may be five practice days during a "bye week" when no games are scheduled.

E. Practice Duration – Night practices are allowed. However, no practice shall exceed two and one-half (2 1/2) hours in duration per day.

Section 5. Playing Rules

The football rules of the Michigan High School Athletic Association shall apply except as herein after noted. The rules of this League shall be binding on all members without exception.

A. Equipment and Facilities:

1. The game shall be played on a regulation football field 300' x 160'. In cases where there is an exception to this rule, procedures would be followed by mutual consent of the Unit Directors of both teams competing.

2. Flags or approved markers shall be required at the goal lines.
3. The home team shall have a qualified medic/trainer (M.D., R.N., E.M.T., *A.T.C.*, or *the equivalent certification*) present on the field. No games will be played without a qualified medic/trainer in attendance on the field. A fine of \$250.00 shall be charged to any home team not in compliance with this rule. The home team medic/trainer in charge of the field shall make the determination as to the ability of a player removed from the game, due to injury, to return to the game.
4. Each team shall have a first aid kit and phone at all practices and league games for emergency purposes.
5. The ball shall be a leather or composite Wilson K2 or equivalent for Junior Freshman, Wilson TDJ or equivalent for Freshman and Junior Varsity and a Wilson TDY or equivalent for Varsity.
6. All units are required before the start of each season to ensure that the player's helmets being used meet all NOCSAE requirements. Additionally, helmets may be checked for proper NOCSAE certification. Helmets without proper certification may not be used by players in any practice or game.
7. Numerals at least six (6) inches shall be required on the back of the jersey, and numerals of at least four (4) inches shall be required on the front of the jerseys. The colors of teams' uniforms (jerseys, pants, helmets) must be specified at the beginning of the season and cannot be changed during the season. The home team shall coordinate the jersey colors with the visiting team for each game.
8. Football shoes with unitized, molded rubber, or plastic composition soles with built-in or molded cleats or screw-in cleats shall be worn by all players. The shoe top may vary in height and cut, and may be made of canvas, leather, or other synthetic material. The wearing of metal-tipped cleats is expressly prohibited. Any player found wearing metal-tipped cleats, from the time of the official weigh-in through the day's game, shall be removed from the day's game and be suspended from playing in the team's next played game.
9. The wearing of a color mouth guard shall be mandatory for all players. No clear mouth guards are allowed.
10. A protective cup shall be worn by **all** players.
11. The use of headsets or other devices for communication between the sidelines and an elevated observation point for purposes of coaching during any game is allowed.
12. If practical, home teams shall provide a designated area in the home press box for use by the visiting team for the purpose of video-taping that team's games.

13. ***Alternate Jerseys:*** *If an entire team intends to wear alternate or special occasion jerseys for a game, the organization must provide the opponent with a roster by Thursday of said game week. The roster must disclose the old and new jersey numbers if any numbers changed. If the roster is not timely exchanged, the team must wear the regular game jerseys which match the roster which was exchanged or forfeit the game.*
14. **Jersey Restrictions:** Jerseys are not permitted to have acronyms / symbols / sayings that are not part of the Member Organization's Name, nickname, mascot, location (city / community) or players names. (For Example: Jerseys are not permitted to have "LOL" (laugh out loud) on the jersey. Sponsor names are permitted on jerseys with prior approval of the MYFCC Executive Board. Fines will be assessed by the MYFCC Executive Board for a violation of this rule in the amount of \$100.00 per game for each team/unit in violation of this rule.

B. Weigh-ins:

1. At each game, the home team must furnish a beam-type scale or a digital scale, in good working order, for pre-game official weigh-ins. The home team must also provide a single weight (of either 25lbs. or 50 lbs.) for purposes of verifying scale accuracy. The scale weight must be clearly identified on the weight and be readable.
2. The official weigh-in shall be done in the presence of a designated weigh-in official of each involved Member organization. Coaches are specifically prohibited from participating in the weigh-in for the team for which they coach. Weigh-ins shall occur away from spectators and parents.
3. The official weigh-in shall begin 30 minutes before the first game of the day. Thereafter, the official weigh-in shall begin at half-time of the preceding game and shall be completed no later than five (5) minutes prior to the start of the game for which the weigh-in is being conducted. A player may weigh in up to kick-off if a designated weigh-in official is available for each involved Member organization. Once the official weigh-in has occurred and players have been certified to have "made weight" for their game, then those players shall not be re-weighed.
4. **Early Weigh-in:** The early weigh-in of individual players is allowed upon receipt of *written* mutual consent of the unit directors for each involved Member organization. Only designated weigh-in officials from Member Organizations are permitted to weigh-in players.
5. Any player may be weighed or reweighed prior to the start of each game provided that a designated weigh-in official for each involved Member organization is available. If a player weighs in and does not make weight, that player is ineligible to play in that game. Players arriving after this time shall not be allowed to play during the first half of the game. Players arriving during the first half of their game shall be weighed-in and may play the second half. Players arriving after the start of the second half will not be allowed to play in that day's game.

6. A player is considered overweight when the beam of the scale rests on the upper frame of the scale or if the weight is 0.2 over on a digital scale.
7. Players, who are overweight after the official weigh-in or otherwise determined to be unfit to play in that day's game, shall remove their shoulder pads but may remain in their team's bench area.
8. Strict enforcement of the MYFCC weight limits and the weigh-in procedures shall be required of all Member organizations at all times. There shall be no "gentlemen's" agreements or "horse trading". Any Member organization that allows an over the weight limit player to participate in a MYFCC game shall forfeit said game, and the offending unit director or general manager shall be suspended from participation in MYFCC activities for one (1) game at the discretion of the MYFCC Executive Board.

C. Game Rules:

1. **Officials:** MYFCC games shall be administered by four (4) officials but not less than three (3) officials.
2. **Officials and Time:** The officials will have their own time piece on the field and is identified as "stop time". The home unit will provide a capable person to operate the scoreboard clock for all games. The officials shall insure that the time difference between the scoreboard clock and the "official time", not exceed thirty (30) seconds during the final four (4) minutes of each half.
3. **Game Length:** MYFCC games shall be played in four (4) quarters of twelve (12) minutes each. There shall be at least a ten (10) minute intermission at half-time. During homecoming games and championship games, the half-time intermission shall be up to fifteen (15) minutes. Periods may be shortened in an emergency by agreement of the unit directors or by the referee, provided it is done before the game begins and so that all periods are of equal length. Any remaining period may be shortened by mutual agreement of the unit directors and the referee during the half-time intermission.
4. **Chain Gang:** The home team shall provide three (3) adults to work the down box and chains on the visitors' side of the field being supervised by the on-field officials.

It shall be the responsibility of the Hosting Member organization to ensure that chain gang members are not using electronic devices during the games. Chain gang members caught using electronic devices may result in the referees assessing an unsportsmanlike penalty on the home team.

5. **Locker Rooms:** No team shall enter any team room, locker room or warming room without the same opportunity being granted to the opposing team.
6. **Minimum Players:** Each team shall have a minimum of eleven (11) players dressed and ready to play, with approved equipment, for each game or the game shall be forfeited by the team with less than eleven (11) players.

7. **Participation in Game:** Every player who is in uniform for a game, must participate in each game unless the other team has been notified at weigh-in that a player cannot participate because of injury, illness, weight disqualification, or disciplinary action. Opposing teams should be notified at halftime of any participant who cannot participate in the second half because of injury, illness or disciplinary action.
8. **Uniform Changes:** No uniform changes are allowed after weigh-in except for severe damage or in compliance with MHSAA rules with notice given to the opposing team prior to the player participating in the game. [re-numbered].
9. **Minimum Playing Rules:** The **minimum playing time** for each player is determined by the number of players officially weighed-in, ready to play at the start of the game, and not otherwise disqualified from that day's game as follows:
 - a. Four (4) plays per half if a team has 30 or more players.
 - b. Five (5) plays per half if a team has 20 – 29 players.
 - c. Six (6) plays per half if a team has 19 players or less.

For purposes of this rule, kick-offs, punts and extra point attempts shall be deemed to be a play, and "dead ball" penalties shall not be deemed to be a play. Minimum plays do not apply to players removed under the Top 5 Rule.

10. **Timeouts:** At the Freshman level, each team shall receive four (4) one-minute time-outs per half. At the Junior Varsity and Varsity levels, each team shall receive three (3) one-minute time-outs per half. An official time-out shall occur at the four-minute warning for the purpose of complying with the minimum number of plays rule. Following this official time-out to confirm minimum play requirements, the clock will start on the snap.
11. **Point After Touchdown:** Point(s) after touchdown attempts shall be made from the three (3) yard line. The extra point(s) after touchdown shall be scored as: one (1) point for either a pass or run, if successful and two (2) points for a kick if successful.
12. **Overtime:** If at the end of the fourth quarter the participating teams have identical scores, the referee will place the ball on the ten (10) yard line, and each team will have four (4) downs to score. If the score is identical after both teams have run their set of plays, the game shall end in a tie. Each team will receive 1 timeout for overtime play. During any playoff or championship game, the tie-breaking procedure will continue until a winner can be declared. No MYFCC playoff or championship game at the Freshman, Junior Varsity or Varsity levels shall end in a tie. During the playoffs or championship game, each team will be limited to 1 timeout, regardless of the number of overtime sessions necessary to end a tie.

13. **24 Point Rule & Top 5:**

The Unit Director shall be responsible for designating the five (5) best players for each team. The names shall be given to the opposing unit director at weigh-in.

When during the course of a regular season game, the difference in the scores of the teams becomes twenty-four (24) points or more, the five (5) designated players, set forth in the aforementioned rule, shall not play. The five (5) designated players do not have to be removed from playing until the change of possession after the difference in the scores of the teams becomes twenty-four (24) points or more. The five (5) designated players may resume playing if the difference in the teams' scores becomes less than twenty-four (24) points.

- a. The opposing team shall have the option of changing the players listed in compliance with this rule. This change may be made at any time during the game but may be made only once.
- b. For those teams unable to remove all five (5) players because of the required eleven (11) players on the field, the opposing team will specify which player(s) may return. Also, the opposing team will specify one injury player to be used for injury substitution only. This does not negate the option to make one change as specified in part (a) of this rule.

14. **Alternate to Kickoff when down 24 Points:** When during the course of a regular season game, the difference in the scores of the teams becomes twenty-four (24) points or more the team trailing shall receive the ball on their fifty (50) yard line in place of a kickoff. Kickoffs shall resume if the difference in the teams' scores becomes less than twenty-four (24) points. ***This Rule does not apply to post season play.***

15. **35 Point Rule:** The MYFCC follows the MHSAA 35-point clock rules. As of 2025 the MHSAA 35-Point Clock rule is as follows:

35-Point Running Clock Rule:

If one team is ahead by 35 points or more (35 during the second half, the clock will run continuously except:

- 1). During a timeout.
- 2). During an injury.
- 3). To administer a penalty.
- 4). After a score.

If during the second half the point differential is reduced to less than 35 points, we revert back to normal timing procedures.

50+-Point Running Clock Rule:

If one team is ahead by 50 points or more during the second half, the clock will run continuously except during an injury timeout. If the point differential is reduced under 50, timing reverts back to the timing rules when the lead is 35-49 points.

16. **Field Access Restrictions:** It is the responsibility of the Host organization to control access to the field and sidelines. Additionally, each organization is required to ensure that their sidelines during games are restricted to necessary individuals identified on Game Day Rosters. Member Organization Presidents & Football Directors/VP of Football are permitted on the Sidelines. Adults, including Board Members of Member Organizations who are not essential to game operations and/or designated on official Rosters are not permitted on the sidelines. Kids or Players from earlier games are not permitted to remain on the sidelines unless they are acting as ball boys or water boys. Only Host organizations have authority to waive any of the above Field Access Restrictions. Host organizations have full authority to remove anyone from the sidelines who is not identified on a Game Day roster and/or Member Organization Presidents & Football Directors/VP of Football. Fees will be assessed for non-compliance per the Executive Board fee schedule.
17. **Failure to Field a team for a MYFCC Scheduled Game and/or Finish Game Fines:** Member Organizations will be fined \$500 and be required to pay referee fees for any MYFCC scheduled game that is not played to its conclusion. These fines may be waived by the Executive Board if the game is cancelled at the direction of the referees or if less than 5 minutes remain and the cancellation is approved by the referees. The fines are due at or prior to the next scheduled MYFCC league meeting.
18. **Incomplete Games:** Any game that is not played to its conclusion or is cancelled before regulation time expires must be reported to the MYFCC Rules & Eligibility Director and Football Director no later than Monday following the game.

D. Member and Unit Director Responsibilities:

1. It is the duty of each member organization to see that their coaches are giving players and cheerleaders proper opportunities for participation in practices and games.
2. It is the duty of the Unit Director or representative to advise the opposing Unit Director or representative, at weigh-in, as to what players will not play according to Section 5 (C)(8), the minimum participation rule.
3. **Minimum Play Monitoring:** A specific individual or individuals within the unit should be charged with the responsibility of checking game participation and determining by four (4) minutes prior to the ending of each half which players have not received their minimum plays and to inform the team's coach or other official which players have not received minimum game participation.
4. **Minimum Play Enforcement:** At the four (4) minute timeout in both halves of the game, Unit Directors or their designee shall confirm with the referee and the opposing Unit Director or their designee that all players have obtained the minimum number of plays in that half. This is an official timeout; the clock will start on the snap. Unit Directors or their designee shall have the coaches make the required substitution at this time to ensure all players meet the minimum participation requirements. Any team found in violation of the minimum participation rule for a specific game shall forfeit that specific game. No forfeit shall be declared unless the Unit Directors or their designees actually

conferred at the four (4) minute time out in both halves and said team failed to remedy any minimum play issues.

Enforcement Note: A Member Organization seeking to enforce an alleged minimum play violation, in addition to the requirements identified above, must identify the player(s) who did not receive their minimum plays to the opposition organization. If an agreement cannot be reached on whether the player(s) did or did not receive their minimum plays after watching game film, a written report must be submitted to the MYFCC Rules & Eligibility Director and Football Director from both Member Organizations involved no later than Monday following the game and include the player(s) jersey number(s), game, Unit Director or contact for both organizations, and list the steps taken to resolve the minimum play dispute.

5. **Minimum Play Violations:** Coaches proven to be in violation of the minimum participation rule shall be removed by League Members upon proof of a second violation in one season. Any team found in violation of the minimum participation rule for a specific game shall forfeit that specific game.
6. Each member organization shall distribute copies of these rules to all coaches and those responsible for the presentation and conduct of the organization's practices and games.
7. Each member organization is to police and discipline their own personnel, players, coaches, parents, relatives and fans. If the MYFCC Board finds the member organization's penalties inappropriate, the MYFCC Board may assess additional sanctions against the party or member organization being disciplined.
8. Any participant that is ejected from a MYFCC game shall be suspended from participation in his/her team's next played game.
9. ***Each organization is required to have all coaches and team unit directors sign and produce to the league before the first scheduled game, a Code of Conduct form prepared by the Executive Board. Coaches are not permitted on the Sidelines unless the Code of Conduct form has been signed.***
13. *Each organization shall submit to a \$1,000.00 pre-payment for post season costs to the League Treasurer on or before the regularly scheduled September League Meeting.*
14. *Each organization is required to purchase League Insurance, no exceptions. Payment for league insurance must be received by the League by before the due date for each playing season. Member Organizations who do not pay the league insurance will be removed from the season schedule and not permitted to participate in any MYFCC games for that playing season.*

Section 6. Compliance

Member organizations failing to comply with these rules and philosophy may be subject to disciplinary action for each violation at the discretion of the League Members after due hearings where required by these rules and the MYFCC Bylaws. All suspected violations raised by designated officials of Member organizations must be in written form, signed by the Unit Director and submitted to the Rules and Eligibility Director and Football Director. Written notice of violations may only be submitted through Member organizations.

A. Procedure for Violation Investigation & Hearing:

1. All violations must be reported in writing to the Rules & Eligibility Director and Football Director and/or Cheer Director (where appropriate) no later than the first Monday following the game. The parties involved will be advised by telephone and e-mail, immediately, upon receipt of complaint and requested to present their case in writing to the Rules & Eligibility Director and the Rules Enforcement Committee. The Rules & Eligibility Director shall call a special meeting of the Executive Board and Rules Enforcement Committee before the next game if necessary.
2. Each team will have one (1) representative designated for the Rules Enforcement Committee. Five (5) members will be randomly selected from the pool of Rules Enforcement designates from each team. No team shall have a representative selected for that hearing if they are involved in the infraction. Once a unit's representative has been selected for a session, that unit will be removed from the pool until all designates have been selected for a hearing. Once all have been selected the unit will be placed back in the pool. All violations will be heard and adjudicated by the Rules Enforcement Committee majority vote.

B. Penalties – Player/Coaches Violations:

The penalty for violation of any specific rule shall result in the following steps of disciplinary action. Exceptional circumstances may dictate more severe penalties at the discretion of the *Executive Board* or League Members. A year is determined to be from February to January, based on the annual review of franchises.

The penalties for non-compliance of all MYFCC rules published and amended or agreed to by the Michigan Youth Football & Cheer Conference are as follows:

1. First Violation – Written letter of advisement to franchise stating the violation and/or the imposition of a \$50.00 fine *and/or the head coach is suspended for the next game.*
2. Second Violation – for the same violation, a fine of \$200.00 fine and/or the head coach is suspended for *1 to 3* games.
3. Third or Subsequent Violation – for the same violation, a fine of \$300.00, head coach is suspended for the remainder of the season, and franchise is put on probation.

C. Unit Violations:

These penalties are for administrative non-compliance issues as well as playing rules violations, and are in addition to any specific rules violations penalties noted within these rules.

D. Attendance Mandatory for League Football & Cheer Meetings: Each Member Organization is required to have at least one representative at each MYFCC League Football Meetings and League Cheer meetings. One unexcused absence will be permitted per season if notice and an explanation for the missed meeting is provided to the Executive Board within 24 hours after the meeting. Fines for failure to have a representative at a scheduled League Football or Cheer meeting will be set pursuant to the MYFCC Executive Board Fee Schedule.

Section 7. Sportsmanship

- A.** Any player, cheerleader, coach, chain-gang member or Unit Director that issues a threat against an official during or after a game, shall be suspended until a hearing is held.
- B.** Any player, cheerleader, coach, chain-gang member or Unit Director or official that uses racially derogatory remarks, abusive language, gestures or issues any personal threat to any participant on or off the playing field on game day shall be deemed in violation of League sportsmanship rules and shall be subjected to the following options:
 - 1. Ejection from the game in progress by the referee.
 - 2. Ejection from the game in progress by a Unit Director and/or Unit President of his/her particular unit.
 - 3. Termination of game in progress by joint agreement of Unit Directors and/or the referees.
 - 4. Termination of future participation during the season in progress by action of the League Members.
- C.** All coaching personnel are held responsible for upholding the principles established in the MYFCC Code of Conduct for Coaches. Unit Directors are to distribute copies of the MYFCC Code of Conduct for Coaches to all unit coaches prior to the first practice every season.
- D. Social Media.** Any player, cheerleader, coach, organization member, or Unit Director, that issues a threat or engages in racist or disparaging remarks, including taunting, abusive language, inappropriate gestures or comments in an any online forum, social media site or through electronic mail or text message directed toward any player, cheerleader, coach, organization member of a MYFCC Member Organization, shall be deemed in violation of League sportsmanship rules and may be subjected to the following options:
 - 1. Suspension for one week of practice and one game by a Unit Director and/or Unit President of his/her particular unit.
 - 2. Suspension for one week of practice and one game by the MYFCC Executive Board.

3. A second violation shall result in the player, cheerleader, coach, organization member or Unit Director being suspended for the remainder of the season by a Unit Director and/or Unit President of his/her particular unit or the MYFCC Executive Board.
4. If the violation occurs prior to the first game, the individual may be suspended from practice the week before the first game and for the first game.

Section 8. Scheduling Rules

A. Schedule Establishment:

1. **Scrimmages**: All scrimmages shall constitute a regular practice session.
2. All MYFCC games will be scheduled and approved by the League.
3. Games shall be scheduled only on Saturday during the day, Saturday night or Sunday during the day. The home team has the option of setting actual dates and time within the limits outlined below.
 - a. **Day Games** – The first game of all-day games shall not start prior to 9:00 AM and the Freshman game shall start no later than 1:00 PM. If games are scheduled out of the Jr Freshman, Freshman, Junior Varsity & Varsity order, the game scheduled in place of the traditionally scheduled Freshman game shall start no later than 1:00 PM.
 - b. **Night Games** – Night games may be scheduled only on Saturday nights provided the Freshman game starts prior to 4:00 PM. If games are scheduled out of the Jr Freshman, Freshman, Junior Varsity & Varsity order, the game scheduled in place of the traditionally scheduled Freshman game shall start no later than 4:00 PM.
 - c. **Schedule Subject to Change**: Due to field availability, games may be moved from Saturday to Sunday or Sunday to Saturday on short notice. If a game day change is required, the hosting Member Organization is responsible for contacting the MYFCC Football Director to ensure referees are available. The hosting Member Organization is also responsible for timely notifying the opponent Member Organization and making all reasonable accommodations.
4. **Game Day Playing Order**: Games will be played in this order: Junior Freshman, Freshman, Junior Varsity and Varsity. Changes to this order can be made only by prior agreement of both Unit Directors.
5. **Splitting Teams is Not Permitted**: Organizations are NOT permitted to split game day game locations. All scheduled regular season games must be played at one location on the same day.
6. **Regular Season Length**: The regular season shall consist of eight (8) games.

7. **Schedule:**

- a. There will not be multiple byes at the Freshman, JV or Varsity level in any given week. The schedule will be adjusted up until the Monday of week 1 to make these corrections.
- b. If after August 1st a team is removed from competition, by any means, and is unable to play the scheduled game, that will count as a forfeit win / loss for the team scheduled to play, so long as the league has not adjusted the schedule and added replacement opponents.

B. Post-Season Play:

1. In a given year, four (4) teams or a greater number of teams established by the Executive Board shall participate in the playoffs.
2. A post-season football tournament will be played as follows and must be completed by November 15th.
3. The following methods will be used to determine playoff seeding (listed in order of use).
 - a. Win percentage (The number of wins plus half the number of ties, divided by the total number of games).
 - b. If multiple teams have the same win percentage, then ranking will be determined by:
 - i. The winner of a game between the tied teams (head-to-head).
 - ii. If there is a two-way tie and the tied teams did not play each other, the tie will be decided by a single coin flip.
 - iii. If there is a three (3) way or greater tie in win percentage, and one team defeated the other team(s) with the same win percentage, that team will be seeded first out of the tied teams. This will repeat until all tied teams are seeded. If a tie remains, playoff seeding will be determined by drawing names of teams with the highest win percentage from a hat starting with the highest seeded team being drawn first.
4. If the Playoffs consist of more than two rounds, Round 2 will be reseeded where the lower seeded team will play the highest seeded team.
5. **Divisions:** If Divisions are established at the discretion of the MYFCC Football Director, the post-season tournament will be played as follows:

Eight Team Playoffs - 2 Divisions

- a. The top four teams in each of the two divisions will play in playoff games.
 - b. Playoff round 1 will be 1 vs 4 and 2 vs 3 seed in each division.
 - c. Playoff round 2 will pit the winners of the Playoff round 1 contests with the highest seeded remaining team in Division A playing the lowest seeded remaining team in Division B and the highest seeded remaining team in Division B playing the lowest seeded remaining team in Division A.
 - d. The winners from the two (2) games described above will play in the final tournament game (Super Bowl).
5. **Post Season Host Duties:** The host Member organization will provide an announcer, scales, chain-gang and medical personnel.
6. Post-season tournament games will include Freshman, Junior Varsity and Varsity teams.
7. **Post Season Playing Surface:** All MYFCC post-season games shall be played on field turf or some other acceptable surface to be approved by the Executive Board prior to the first playoff game.
8. *If a Member Organization does not field a Varsity football team for each scheduled regular season game, that Member Organization's JV and Freshman teams will be ineligible for participating in the postseason. Ineligibility under this rule does not affect assessments for postseason costs (i.e. ineligible teams under this rule will still count for post season calculations). Exceptions to this rule, including forfeits caused by excessive injuries to players during the regular season, may be granted by the Executive Board for exceptional circumstances.*

Section 9. Weather Rules

A. To Play or Not to Play:

1. The decision as to whether or not a game should be played in inclement weather shall be in the hands of the officials and both unit directors.
2. Once the decision is made, it shall be considered final and received in the spirit of good sportsmanship.

B. Results of Called Games in Progress:

1. A game called before halftime is considered no contest.
2. A game called after half-time will be considered completed as the score stands at the time of calling.

C. Rescheduling of Called Games:

A called game may be rescheduled upon mutual agreement of the teams on any open date during the season. A sincere effort on both teams involved must be made to reschedule this game within the limitation imposed by previous commitments as to Section 8, above.

Section 10. Game Incident Reports

Prior to the first games, each MYFCC Member shall designate to the MYFCC Rules & Eligibility Director the contact or contacts responsible for submitting Game Incident Reports. (Game Incident Report contact) Each MYFCC Member shall submit a single Game Incident Report containing the required information for all games where a rule infraction or other reportable incident occurred that week on the standard league Game Incident Report form, *exchange the Game Incident Report with their opponent and submit the Game Incident Report to the MYFCC Rules & Eligibility Director and Football Director.*

Section 11. Code Of Conduct For Coaches

The purpose of this Code of Conduct for Coaches is to insure a uniform organizational structure for the Michigan Youth Football & Cheer Conference. The guidelines set forth herein will be enforced and any deviation will result in appropriate action being taken by the Unit affected.

Coaches determined to have violated the Code of Conduct are subject to suspension as provided in these rules. Each organization is required to have all coaches and team unit directors sign and produce to the league before the first scheduled game, a Code of Conduct form prepared by the Executive Board. Coaches and/or team unit directors are not permitted on the Sidelines unless the Code of Conduct form has been signed.

Responsibility of Coaches and Directors:

- All coaches of football players, all cheerleading directors and cheerleading coaches are to adhere to all the principles set forth herein.
- All coaches acting as assistants are responsible to the head coach of the team for which they assist.
- All head coaches are responsible to the Unit Director or his/her particular Unit for his/her actions and the actions of his/her assistants.
- Head coaches are to inform the Unit Director of any serious problems relating to his/her team.

CODE OF CONDUCT:

Responsibility to the Participants

In their relationship with players or cheerleaders under their care, the coach should always be aware of the tremendous influence they wield, for good or bad. Parents entrust their dearest possession to the coach's charge, and the coach, through their own example, must always be sure that the players or cheerleaders who have been coached by them are finer and more decent people for having done so. The coach should never place the value of a win over that of instilling the highest desirable ideals and character traits in their players or cheerleaders. The safety and welfare of their players or cheerleaders should always be foremost in their mind and must never be sacrificed for any personal prestige or selfish glory. It is a violation of the Code of Conduct to engage in disparaging remarks toward any parent, coach, participant, relative or anyone affiliated with a Member Organization in any digital media forum including text messages or electronic messages for social media sites.

In teaching the game of football or cheerleading, the coach must realize that there are certain rules designed to protect the player and provide common standards for determining a winner or loser. Any attempt to beat these rules, to take unfair advantage of an opponent or teach deliberate unsportsmanlike conduct, has no place in the game of football or in cheerleading. Any coach, who is guilty of such

teachings, has no right to call themselves a coach. The coach shall set and example for winning without boasting and losing without bitterness.

A coach who conducts themselves according to these principles need not fear failure. For in the final analysis, the success of a coach is measured in terms of the respect they have earned from their players or cheerleaders and from their opponents.

The diagnosis and treatment of injuries is a medical problem and should not be considered a province of the coach. A coach's responsibility is to see that the injured players are given prompt medical attention and that the physician's or qualified medical person's orders are carried out.

Under no circumstances should a coach authorize the use of medicates, stimulants or drugs except authorized by a physician.

A player's or cheerleader's future should not be jeopardized by any circumvention of any eligibility rules.

A coach should not make demands of their players or cheerleaders that will interfere with their players or cheerleaders opportunities for achieving academic success.

Responsibility to the Unit

- The function of the coach is to educate young people through participation in the game of football and cheerleading. This primary and basic function must never be disregarded.
- A coach shall conduct themselves so as to maintain the principles, integrity and dignity of their Unit.
- A coach should discuss their problems with their Unit Director in a friendly manner and then accept and support the decisions that have been reached.
- It is highly important that a coach support the Unit in all policies, rules and regulations regarding football or cheerleading.

Rules of the Game

Each coach should be acquainted thoroughly with the rules of the game and the League. It is the coach's responsibility for having the rules taught and interpreted for their player and all assistants.

BOTH THE LETTER AND THE SPIRIT OF THE RULES MUST BE ADHERED TO BY THE COACHES

A coach must always remember that it is not the purpose of football to hurt or injure an opponent by legal or illegal methods. Good sportsmanship is developed on the practice field. When coaches permit, encourage or condone performance which is dangerous to an opponent, they are derelict in their responsibility to fair play and sportsmanship. This aspect of coaching must be attacked as vigorously as the teaching of offense and defense, and to the players it is far more important than all the technical aspects of the game combined. Any coach who fails to stress this point or who permits, encourages or defends the use of unsportsmanlike tactics shall be considered guilty of the most serious breach of football or cheerleading coaching ethics.

Game Day

On the day of the game, officials should be treated in a courteous manner. If problems arise during a game situation with an official, the coach is to ask the Unit Director to intercede and address the problem to an official.

It is vitally important a coach's actions and behavior at all times bring credit to themselves, their team and the game of football or cheerleading.

Before and after a game, rival coaches, **unit directors and representatives of the Host Member** should meet and exchange a friendly greeting.

Coaches are accountable for the conduct of their players or cheerleaders on and off the playing field. Discipline is part of football and cheerleading and should be taught by all coaching staffs.

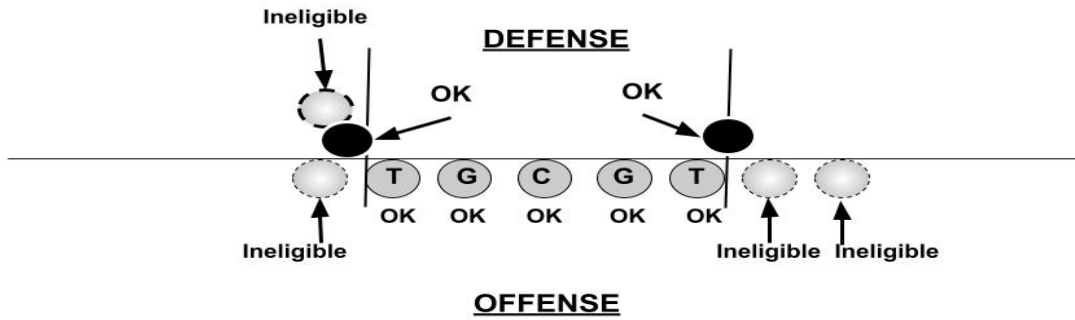
Section 12. Junior Freshman Rules

The purpose of this section is to set forth rules to be used specifically at the Junior Freshman level only.

1. During the regular season, there will be no more than six (6) hours per week for practice.
2. A junior freshman game will consist of four (4) quarters of twenty (20) minutes each, with a continuous running game clock, no time outs (except injury only and the 4-minute official's timeout to confirm minimum play requirements), and a 45 second play clock between plays once the ball is set. There will be one (1) minute(s) between quarters and eight (8) minutes for half time. The entire game will be restricted to ninety (90) minutes total.
3. No score will be kept at the Junior Freshman level.
4. Two coaches from each team shall be allowed on the field on each side of the ball for instruction purposes. At the snap of the ball all coaches must be 2 yards behind the linebackers' depth on defense and 7 yards behind the line of scrimmage on offense.
5. Officials. Effective in 2018, the MYFCC shall provide three officials to officiate the Junior Freshman games *unless otherwise determined by the MYFCC Executive Board*.
6. Penalties should be called only if the infraction directly affects the outcome of the play or play results in a score, or the infraction could result in an injury such as clipping, spearing or fighting.
7. A team shall receive 2 warnings per game before that team is penalized for infractions that occur before the play has started.
8. All penalties will be limited to loss of 5 yards from the line of scrimmage after the ball has been snapped or 5 yards prior to the ball being snapped. Delay of game penalties result in a loss of 5 yards and loss of down.
9. To begin a junior freshman game, the home team will start on offense. The visiting team will start on offense in the third quarter. There shall be no special teams played at the junior freshman level.
10. When on offense the team will start on their 40-yard line. Play will be by normal MHSAA rules they will have 4 plays to get a first down or score. If they don't get the first down the ball turns over and the opposing team will start on their 40-yard line.
11. A fumble is a live ball; if the offense recovers - they have possession at that spot. If it was a fourth down play, the offense would need to recover the ball beyond the first down mark to retain possession. If defense recovers - they take possession of the ball at their own 40-yard line.
12. An interception is a live ball. The defense may attempt to return an interception for a touchdown. If the defense does not return an interception for a touchdown, they will take possession of the ball at their own 40-yard line.

13. Blitzing from any defensive backfield position (LB, Corner, Safety, etc.) is prohibited. Only 6 players can be *on the line of scrimmage*. ***Linebackers and defensive backs must be at least 5 yards off of the line of scrimmage.*** Blitzing shall include advancing across the line of scrimmage prior to allowing the offensive player an opportunity to reach the line of scrimmage. (See Illustration, attached as Appendix B).
14. No defensive player can be positioned head-up on the offensive center. Defensive players may not be positioned in either “A” gap and shall not double team the center from the “A” gaps. No quarterback sneaks allowed. (See Illustration, attached as Appendix B).
15. There shall be no more than 6 defensive players on the line of scrimmage. Linebackers and defensive backs must be a minimum of ***five (5)*** yards back from the line of scrimmage.
16. **Minimum Play Rule:** On teams with thirty (30) players or less, all players shall receive a minimum of eight (8) plays per half. On teams with thirty-one (31) or more players, all players shall receive a minimum of six (6) plays per half.
 - a. All players must sit out a minimum of four (4) plays each half.
 - b. No player shall be allowed to run the football more than sixteen (16) times per game.
 - c. Minimal play requirements do not apply to players removed due to the top 5 Rule.
17. There will be a meeting between the Unit Directors or their designee, the Head Coaches and Game Officials from each team before each game.
18. The Unit Directors or their designees from both teams shall confer on all disputes. If a solution to the dispute cannot be agreed upon, the dispute will be settled with a flip of a coin with the visiting team calling the toss.
19. The Junior Freshman Conference will play no more than an eight (8) game schedule during the season.

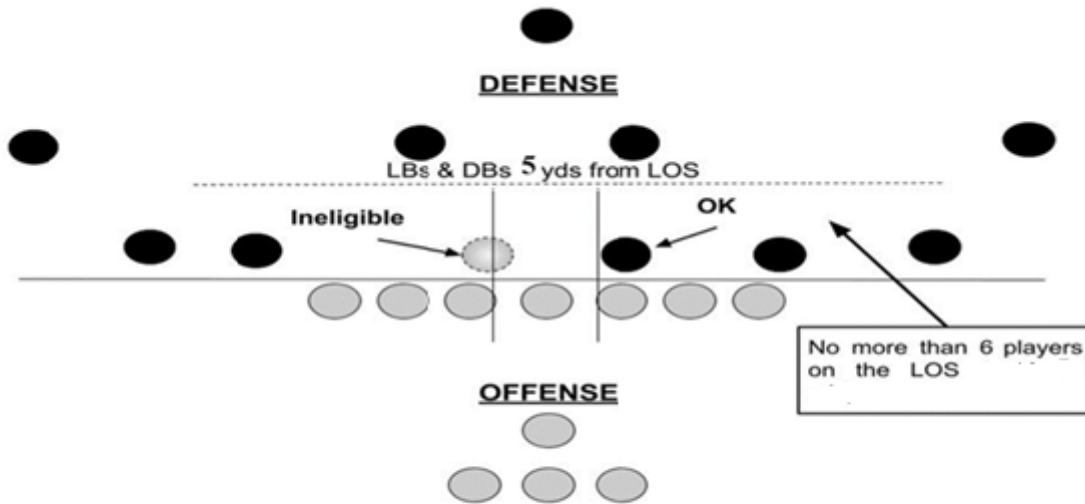
Appendix A – See Section 2(B)



X-Man

Appendix B – See Section 12 – Jr. Freshmen Rules

At the snap of the ball all coaches must be 2 yards behind the linebackers' depth on defense and 7 yards behind the line of scrimmage on offense.



Jr. Freshman Defensive Alignment

2026 MYFCC Rule Changes & Updates Summary

NOTE: Not all rule changes / updates are included below

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1. **Varsity X-Men** weight limit increased from 230lbs to 260lbs. All other X-men restrictions remain unchanged.
 2. **JV X-Men** - 12 yr old 7th graders are permitted to be X-Men (Previously, 12 yr. old 7th graders were not eligible for X-Men).
 3. **JV – Proof of Grade** – All JV Players must provide Proof of Grade. (Previously only Varsity Players were required to provide Proof of Grade).
 4. **24 Point Kick-off Rule** – Teams down 24 points or more can forgo kickoff and take the ball on the 50 yd. line (Previous rule allowed opponent to take the ball on the 35 yd. line).
 5. **Roster & Roster Book UPDATES:** All rosters (Football & Cheer) must be completed on MYFCC Form and submitted for review by the League Designee. Football Roster Books must be completed and available and the scale before each game. Cheer Roster Books must be completed and available at Roster Book review. Penalties, includes forfeits and fines will apply for an Organization’s failure to maintain completed Roster Books and/or failure to timely submit a complete Roster to the MYFCC. See Rule Language for more information.
 6. **Game Incident Reports:** Game reports are only required for incidents that Member Organizations want to report to the League (Example: ejections or suspected rule violations). Scores must still be reported to the Football Director to update the standings.
 7. **Failure to Complete MYFCC Scheduled Games:** Failure to complete a scheduled MYFCC football game (with limited exceptions) will result in League fines in addition to payment of referee fees for any game not played to its conclusion.
 8. **Field Access Restrictions:** Field access restrictions to be enforced by host organizations. Only Players / coaches listed on Rosters are permitted on the field during games. See rule language for details.

Playoff & Season Start Dates

2026 Season Start Dates – 8 week regular season

- July 27th - MYFCC Optional Practice Start Date
- Aug 3rd - MYFCC Mandatory Practice Start Date
- Aug 22nd - 23th Week 1
- Aug 29th – 30th Week 2
- Sept 7th Labor Day Weekend- No Games
- Sept 12th-13th Week 3
- Sept 19th- 20th Week 4
- Sept 26th - 27th Week 5
- Oct 3rd - 4th Week 6
- Oct 10th-11th Week 7
- Oct 17th – 18th Week 8
- Oct 24th – 25th 1st Round Playoff Games
- Oct 31st - Nov 1st Round Playoff Games
- Nov 7th Super Bowl

Super Cheer Date – TBD – Oct 24th – 25th – no Football games will be scheduled on the day of Super Cheer.