

- **Intros**

- Canton Lions
- Clinton Valley Big Reds
- Lake Area Hawks
- Macomb Mustangs
- Orchard Lake Cardinals
- Pontiac Panthers
- Plymouth Canton Steelers
- Rochester Gold
- Rochester Maroon
- Westland Comets
- Westland Meteors

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- **Format**

- Times
- Bracket
- Championship Game
- Speed of Games

- **Rules**

- Review Jr Freshman specific rules
- Jamboree Rules
- **Strict 45 sec play clock !!!**
- 5 yd penalties

- **Seeding**

- Announce seeding. Will send out this evening.

From Section 11 of the MYFCC Rules - Coaches Code of Conduct

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.

The weight referred to herein shall be the weight of the player in a game jersey. 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.

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.

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 ~~down~~ and 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.

Higher Seed will start on offense.

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.

For Half-Field games:

- i. The teams will start at the 40-yard line.
- ii. Any turnover (interceptions, fumbles etc.): the play is dead and the recovering team shall start on the 40-yard line.
- iii. Turnover on downs will start at the 40-yard line.

For Full-Field game:

- iv. Coin toss to start.
- v. The teams will start at the opposite -40-yard line.
- vi. Any turnover (interceptions, fumbles etc.): the play is live and the recovering team shall be able to advance the ball. Possession will start where the recovering ball carrier was downed.
- vii. Turnover on downs will start from the opposite -40-yard line.

13.

Blitzing from any defensive backfield position (LB, Corner, Safety, etc.) is prohibited. Only 6 players can be within 3 yards 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,

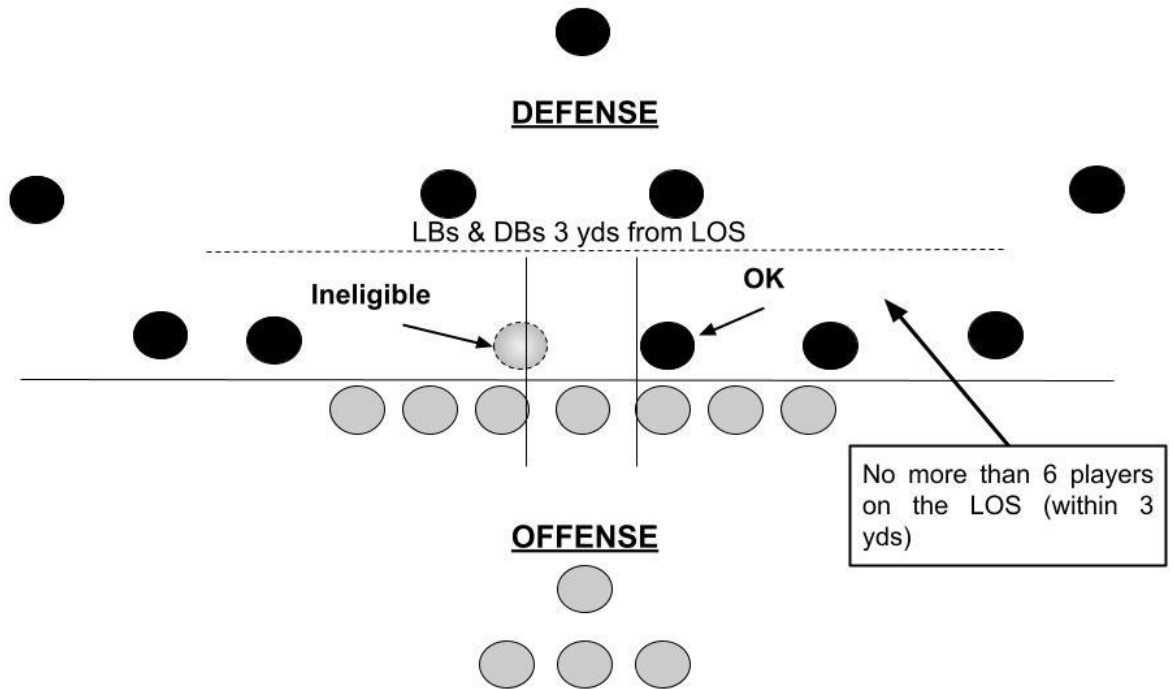
attached as Appendix B).

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 three (3) yards back from the line of scrimmage.



Jr. Freshman Defensive Alignment

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.~~

All players must play at least four (4) plays per half during all games

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.~~

The Tournament Director and the MYFCC Rules & Eligibility Director will settle all rule disputes.

19.

The Junior Freshman Conference will play no more than an eight (8) game schedule during the season.

2023 Jr. Freshman Superbowl Tournament Rules

Coin Flip to start Games

Game Rules

1. Games shall be administered by a minimum of three (3) officials each.
2. Officials will keep time and score on the field for 1st, 2nd, 3rd Round, which are all HALF FIELD games. Championship will be played separately on the full field and the time and score will be kept on scoreboard clock.
3. **Check in at 8:45 a.m. Mandatory coaches meeting at 9:00 a.m.** Each team must send a representative to go over the rules and any last-minute questions.
4. Games shall be played as follows for each round
 - **1st Round** - Start time 9:30 a.m. or 10:30 a.m.
 - ✓ Four (4) quarters of ten (10) minutes each with a 10-minute halftime.
 - **2nd Round** - Start time 10:30 a.m., 11:30 a.m. or 12:30 p.m.
 - ✓ Four (4) quarters of ten (10) minutes each with a 10-minute halftime.
 - **3rd Round** - Start time 12:35 p.m. or 1:45 p.m.
 - ✓ Four (4) quarters of ten (10) minutes each with a 10-minute halftime.
 - **Championship Game- MAIN FULL FIELD** - Start time 3:00 p.m.
 - ✓ Four (4) quarters of twelve (12) minutes each with a 10-minute halftime.
- For Half-Field games:
 - The teams will start at the 40-yard line.
 - Any turnover (interceptions, fumbles etc.): the play is dead and the recovering team shall start on the 40-yard line.
 - Turnover on downs will start at the 40-yard line.
- For Full-Field game:

- Coin toss to start.
- The teams will start at the opposite -40-yard line.
- Any turnover (interceptions, fumbles etc.): the play is live and the recovering team shall be able to advance the ball. Possession will start where the recovering ball carrier was downed.
- Turnover on downs will start from the opposite -40-yard line.

Overtime Rules

- Coin Toss to decide who will receive the ball.
- The Ball will be placed at the 10-yard line. No 1st downs in overtime.
- Each team will have one opportunity to play offense.
- If the teams are still tied, then the overtime will repeat until a winner is declared, alternating the team that starts on offense.

Weigh-ins

- Teams that will participate in the 9:30 a.m. Games will weigh in at 8:45 a.m.
- Teams that do not play until the 10:30 a.m. Games will weigh in at 9:45 a.m.
- Teams that do not play until 11:30 a.m. Games will weigh in at 10:45 a.m.
- Teams that do not play until 12:30 p.m. Games will weigh in at 11:45 a.m.
- All teams will weigh-in only one (1) time during the day.

Minimum Play Rules

- All players must play at least four (4) plays per half during all

games Clock

- ***Each team shall have 45 seconds to execute a play.*** If the play doesn't go off, the flag is thrown and it's a loss of down at the spot of the ball

Score

- Touchdown - six (6) points
- Extra Point - one (1) point Run or Pass, two (2) points kick

Awards

- Champions and runners-up will receive 1 team trophy in a ceremony at the half time of the Varsity Super Bowl

Cost TBD

Volunteers

- **We are asking all participant teams to bring volunteers to work the chain gang. We will**

rotate chain gang workers per half. The team that possesses the ball first will be the chain gang for 1st half.

-i.e. Plymouth vs. Macomb. Plymouth chain gang will work the 1st half and Macomb chain gang will work the 2nd half.