Central Michigan Youth Football League Rules

Games will start at scheduled start times. If the site is running ahead of time, officials can not force teams to start early.

Rules are for the 6th and 5th Grade Divisions only. Official M.H.S.A.A. High School Football Rules with only variations listed below.

If you have a combined 5th/6th grade team, you will be following 6th grade rules.

Age Restrictions: Players must not have reached the following age by September 1st to be allowed to play in that grade division: 6th Grade: 13 by 9/1 and 5th Grade: 12 by 9/1

Allowable Weights: All players will be certified at the pre-season scrimmage weigh-in. Players are allowed to weigh in early by the league directors if they can not make the pre-season weigh-in. Players will not be allowed to be added to the list of certified players after that date.
6th Grade: Ball Eligible 130
5th Grade: Ball Eligible 115

Scoring: Touchdowns 6pts, PAT (Kicking 2pts), what used to be a 2pt conversion will now be 1pt per league vote, Field Goals 3pts.

Punts/Kickoffs/Extra Points: Only players who are certified as ball-eligible position are allowed to return kicks and punts.

Any player can punt or kick the ball.

Players will not be allowed to rush the punter or kicker in a kicking situation, which includes extra points. They will only be able to “jump up” at their normal position, and must remain at their position until the ball has been kicked. All offensive players must also remain at their position until the ball has been kicked. Coaches are required to declare that they are kicking or punting; no fake punts or kicks will be allowed. The defense must line up in a normal defensive formation. Dropping players back to establish a blocking formation before the ball has been kicked will not be allowed. You are allowed to drop your safety back.

Punt Receiving Team only certified running ball eligible players will be allowed to line up deeper than five yards from the line of scrimmage.

On kick-offs, only players who are certified as ball-eligible are allowed to line up 35 yards or greater from the point of the kick. Only players certified as ball-eligible will be allowed to line up at a point greater than 15 yards from the point of the kick. If a player other than a certified ball eligible receives a kick beyond the 35-yard point, the ball shall be ruled dead at the point of the reception.

Eligible Ball Carriers/Formations: Only ball-eligible players can rush the ball from scrimmage. Weight restrictions are waived for ball carriers in the event of a turnover, onside kick, or a short punt; any player on the field is allowed to run with the ball in such situations.

Weight Challenges: A weight must be listed on the roster for a child to be ball eligible by scrimmage time. If a weight is not listed, then the child is not ball eligible and the penalty shall be enforced.. What a child weighs at scrimmage is their weight for the entire season. Penalty will result in the player

being unable to carry the ball, and the head coach will be ejected from the contest, plus a 15-yard penalty and a loss of down.

Game clocks: Four, 10:00-minute quarters, which will be stopped by the officials when it is called for according to high school rules. Half time will be 10:00 minutes long. No overtime.

6th Grade Division Ball Size: Rawling or Wilson youth size balls. No extra grip or tacky balls will be used. Teams are allowed to use their own ball as long as they are switched in a timely fashion.

5th Grade Division Ball Size: Rawling or Wilson Junior balls will be used. No extra grip or tacky balls. Each team is allowed to use their own ball as long as they are switched in a timely fashion.

Defensive Formations/Rules:
At any one time, there shall not be more than 6 defensive players on the line of scrimmage (LOS). That includes all positions. Any player lined up on or in any gap of an Offensive Tackle, Offensive Guard, or the Center must be down in a three or four-point stance and is considered a Defensive Down-Lineman. Defensive players lining up completely outside of the Offensive Tackle can be in a two-point stance.

Any Defensive Player lining up across from the Offensive Tackle, Offensive Guard, and the Center that is not considered a Defensive Down-Lineman must be in a 2-point stance and must be at least 3 yards off the LOS. Any Outside Defensive player not considered one of the six defensive players on the LOS must be 3 yards off the LOS.

Any Defensive Down-Linemen can line up in the gaps or directly across from the Offensive Line players. Defensive players in a 2-point stance who are considered to be part of the 6 defensive players on the LOS must line up outside of the Offensive Tackles.

There is No Blitzing inside the Offensive Tight End. If the End is Split wide, then there is No Blitzing inside the Offensive Tackles. No Blitzing means NO PREDETERMINED advancing closer than 3 yards from the LOS before the ball is in play. Players are allowed to REACT to the play after the ball is in play.

Violation of the defensive formation rules will result in a 15-yard penalty and an automatic first down.

Other: Use of electronic devices is permitted for all grades.

Revision History: