WINONA FAMILY YMCA

MORRIE MILLER
ATHLETIC FOUNDATION

YOUTH TACKLE FOOTBALL
2023 RULE BOOK

YMCA Mission Statement

To put Christian values into practice through programs that build healthy spirit, mind, and body for all.

YMCA Philosophy

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. YMCA sports programs provide the opportunity for individuals to grow personally, improve relationships, appreciate diversity, develop leadership skills and have fun. As these virtues grow, they will influence behavior in everyday life and allow every child to be a winner.

YMCA & Morrie Miller Athletic Foundation

The Morrie Miller Youth Tackle Football program was established in 1998, under the direction of Pat Bowlin of Cotter Schools. Beginning in 2008, under the direction of Stephen Kosidowski, the league grew to over 200 participants including as many as five Winona teams. Over the years, surrounding communities of Lewiston-Altura, Spring Grove, Houston, CFC, G-E-T, and Rushford have all participated in the league. In 2016, the league administration was transferred to the Winona Family YMCA under the guidance, and with the support, of the Morrie Miller Athletic Foundation.

The Core Ideals of the program remain unchanged: Basic fundamental instruction by position, individualized progression of skills, sportsmanship, team-building and success measured by growth, rather than wins and losses.

The primary emphasis of the program is to provide a safe, positive, introductory opportunity for young players to learn the game and encourage them to continue to enjoy the participation in the sport beyond the Morrie Miller League. This inclusive program provides all children in grades 4-6 equal opportunity to participate, regardless of ability to pay. Financial scholarship is available through the YMCA through the support of the Morrie Miller Athletic Foundation. Parents are encouraged to contact the League Director for more information on becoming a volunteer and helping us continue the fantastic legacy of this league.

YMCA Coaches' Code of Conduct

The YMCA believes that sports should offer developmentally appropriate competition in a healthy, fun learning environment. This League was founded with the spirit of sportsmanship in order to introduce young players to the fundamentals of the game, develop individual skills, and benefit from the experience of practicing and competing as a team. There is no room for a "winning at all costs" attitude.

1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.

2. I will place the emotional and physical well being of my players ahead of the desire to win.

3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.

4. I will do my best to teach the four core values of the YMCA (Caring, Honesty, Respect and Responsibility) to my players, with my words and my actions.

5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.

6. I will abide by all the rules and regulations of the YMCA.

7. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.

8. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.

At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- Restriction of water
- Restriction of use of bathroom
- Physical exercise
- Harsh, demeaning or negative yelling, or physical force

Player Registration

1. Individual players participating on Winona or Lewiston teams must register in person or on-line with the Winona Family YMCA. Players and a parent must be present for weigh in and equipment fitting at the YMCA on one of the two orientation nights.

2. Teams from neighboring communities may register directly with their hometown organizations. Coaches of league teams must submit a roster, payment and all required YMCA forms, completed in full, prior to participation in league games. The YMCA is also offering services to register and accept payment via their online registration system for all teams. Coaches and communities are still expected to coordinate their rosters.

3. LATE REGISTRATION is not guaranteed. If the player is placed on a team, the registration fee plus a nonrefundable late fee of $10.00 must be paid in order for the child to play. The late fee covers individual equipment fitting and weigh in at the convenience of qualified personnel.

4. Coaches may not recruit or promise players a specific team assignment. Team assignment information will be provided by the end of August, after evaluation of total registrants and league scheduling needs. All Winona teams will practice at the same time and location, and may spend a portion of the practice time combined at the discretion of the coaches.

5. Teams are open to children enrolled in 4th-6th grade only. Organizations with more than one team, should attempt to evenly distribute their size, age and talent. JV games will be provided to offer smaller and less experienced players the opportunity to develop at the appropriate competition level.

Coach Registration

1. Winona Family YMCA Coach Requirements – for Winona & Lewiston Coaches.
   MUST BE COMPLETED BEFORE COACHING A PRACTICE OR GAME:
   (a) Complete a Winona Family YMCA Volunteer Application
   (b) Sign consent for criminal background check
   (c) Complete required online Heads Up Concussion Awareness Training
   (d) Complete required online Child Abuse Prevention Training
   (e) Attend coaches' orientation

2. No person shall “fill-in”, “assist” or otherwise participate in the instruction of participants unless they have completed the above requirements.

3. The Winona Family YMCA reserves the right to not allow any person from serving as a coach, assistant coach or team representative. All YMCA Staff and Volunteers are expected to display the core values of Caring, Honesty, Respect and Responsibility at all times.

4. A maximum of 4 coaches may be on the sideline during games. Only one coach may be on the field per team. The coach on the field must be at least 10 yards behind the line of scrimmage at the time of the snap. Only the head coach should address the referees.

League Rules

1. Required Equipment (players may not practice or play in a game without the required equipment):
   (a) A properly fitted helmet with face mask. The helmet shell should be less than 10 years old.
   (b) A protective mouthpiece. The mouthpiece must be properly pre-fitted to the player's mouth according to the manufacturer's instructions prior to any use in practice or games.
   (c) Properly fitted shoulder pads.
   (d) Football pants with hip, thigh and knee pads.
   (e) Jerseys may not be altered in any way. A player wearing an altered jersey is subject to ejection from the game.
   (f) Shoes with molded rubber cleats or flat-bottomed rubber soles.

   - ❖ Splints/Casts: Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.
   - ❖ Facemask shields are only allowed if they are clear (no tint).

NOTE - No Borrowing or Swapping Equipment: If a player does not have all required equipment at a practice or game, that player is not allowed to "borrow" equipment from another player. Example of infraction: Player A shows up at a practice or a game with broken shoulder pads. Coach removes shoulder pads from Player B and places the shoulder pads on Player A. Player A participates in the practice or the game with Player B's shoulder pads.

2. Zero Tolerance Policy

Coaches, parents and spectators are to abide by the Zero Tolerance Policy.

(a) The following actions will not be tolerated before, during, or after practices or games:
   1) Verbal/physical abuse of referees, players, coaches, or spectators;
   2) Charging onto the field;
   3) Arguing with referees, coaches, or spectators;
   4) Profanity or derogatory names or comments; and
   5) Any comments (other than encouraging or complementary) or taunting directed at opposing players, coaches or fans.

(b) Steps the referee or may take:
   1) Give the coach, player or spectator a warning.

2) Immediate ejection of the coach, player or spectator. The referee is not required to give the offender a warning before ejection. If ejected, the offender must immediately leave the grounds of the school or park.
3) Penalize the team (i.e., loss of yards, downs, time-outs).
4) If the offending behavior causes the referee to feel any person is threatened, the referee may "abandon the game". If abandonment of the game occurs, the offender's team will suffer a loss by forfeit of the game.

3. Practices

(a) Practices may begin the week of Monday, August 21, 2023.

(b) Maximum practices per week (a week is defined as Sunday to Saturday):
   a. Leading up to the first game: Maximum of 4 per week (Monday-Thursday)
   b. Remainder of season: 2 practices per week, scheduled based on coach's and community's decisioning.

(c) The practice progression for helmets, pads, and full contact drills are as follows (this is for each individual player and it is the coaches' responsibility to keep track):
   a. Days 1-2: Helmets Only
   b. Days 3-4: Helmets and Shoulder Pads
   c. Days 5-6: Full Pads, Maximum of 30 min of full contact drills.
   d. Coaches may choose to introduce their teams to full pads at a slower pace than outlined, but cannot expedite the outlined pace to full pads.

(d) Practices are limited to a maximum of two hours (120 minutes).

(e) There shall be no team assembly to conduct football or training activity other than games or practices. Team meetings to discuss football (e.g., discuss game strategy or watch game films) count against the weekly practice limit.

(f) Coaches may not offer "optional" practices that exceed the practice limit rule.

(g) If a team has a bye, the team may conduct one additional practice (not to exceed 2 hours in length) during the week of the bye.

(h) Practice will not be permitted on game days. However, a pre-game warm-up period not to exceed 30 minutes is allowed.

4. League Championship

(a) All scores shall be reported to the League Director, directly from the head referee. The League Director will verify with other referees and coaches during the verification process as well. After verification, all scores are posted on the league website.

(b) Teams shall be seeded based on the following criteria:
   a. Best overall W/L record
   b. Head to head matchup
   c. Fewest points allowed

(c) All teams will compete in the championship day games as follows:
   a. Seed 5 vs. Seed 6
   b. Seed 3 vs. Seed 4
   c. Seed 1 vs. Seed 2, etc.

(d) The winner of the Seed 1 vs. Seed 2 game will be awarded the Championship for the season.

(e) The league administration reserves the right to adapt league scheduling based upon the circumstances that arise. All changes of scheduling will be clearly communicated and ideally will not be altered once the season begins. Any circumstance will be evaluated on a case by case basis.

5. JV & Varsity Players
   a. Starters from Varsity are not permitted to play on JV.

Game Rules

(Unless otherwise stated herein, MSHSL football rules apply.)

1. Game Ball
   (a) Junior sized football will be provided by the Home Team for each league game
   (b) Ball will be spotted at the center of field for each play

2. Field Size
   (a) All fields will be 80 yards long and shall use the 50 yd line for mid-field
   (b) Endzones shall begin at the 10 yd line and end at the front of the endzone
   (c) Maxwell & Paul Giel fields shall play from sideline to hash mark
   (d) Winona Senior High Practice fields shall be painted 5 yds wider than sideline to hash mark

3. Game Clock
   (a) Game length:
   - 4 quarters at 12 minutes each, running clock
   - Half-time is 5 minutes
   - Time between quarters is one minute

- Even if there is an active scoreboard in use, the official clock is maintained through the head referee's watch/clock. The head referee should ensure that the score clock is in line with the official clock when in use.

(b) The clock will stop for the following reasons:
1) Clock will stop in the last two minutes of the 2nd and 4th quarters on:
   - Dead ball plays such as an incomplete pass or out of bounds.
   - The clock will remain running when a player is tackled in bounds and a timeout is not used (or available) inside two minutes to the half or end of the game.
2) Clock will stop at the 2 minute mark, regardless of if the last play was a running play
3) A requested team time out (2 per half each lasting 1 minute)
4) Official time out for injury or for any other reason.

(c) Delay of game – Once the official marks the ball for play; a team will have 30 seconds to snap the ball to start the next play. If the offense does not start the play within 30 seconds, the referees may assess a penalty of 5 yards.

Weight Limit

(a) Players weighing **120 lbs.** or more may only play offensive and defensive line positions in varsity games. These players shall have 2 stripes on their helmet.

(b) Players weighing **100 lbs.** or more may only play offensive and defensive line positions in JV games. These players shall have 1 stripe on their helmets.

(c) Weight limits are enforced for player safety. Borderline weights should err on the side of safety. Remember, some players may gain weight throughout the season.

(d) **Under no circumstances should a child attempt to cut weight for the official weigh in.** Coaches that become aware of such practices should consult with the player and their family and determine an appropriate course of action for that season. Please refer to the YMCA core values of caring, honesty, respect and responsibility. It is important that we put the safety of all above the desires of the individual.

(e) Official Weigh-in: Each player's weight must be verified by the Winona Family YMCA and/or the participating team organization. **No Weigh, No Play**
- Weight measurements taken at an official weigh-in time are final and no additional weigh-ins will be required or granted.
- Winona and Lewiston teams will take official weigh-ins during equipment distribution
- Participating league teams must list official weigh-in on the player roster

(f) Decals will be issued to the coaches for placement on the helmets of the players exceeding the weight limit

(g) Players exceeding the weight limit are not permitted to carry the ball, except in the instance of an interception or fumble. In the event of a legal fumble behind the line of scrimmage, offensive players exceeding the weight limit may advance the ball as a live play.

4. Down Marker and Chains Crew

(a) The Home Team will be required to furnish *three* adults from their community to operate the chains, down and distance markers.

(b) If a team does not provide the required volunteer(s) for down marker or chain crew responsibilities within 10 minutes after scheduled game start time, that team will lose the game by forfeit.

5. Scoring

(a) No kickoffs. Offensive team gets the ball on their 25-yard line to begin the game.

(b) 6 points will be awarded for a touchdown. 2 points will be awarded for a safety.

(c) Extra Points: 2 points will be awarded for a successful pass conversion, 1 point for a successful run conversion.

(d) Overtime: In the case of a tie score at the end of the 4th quarter, a coin flip shall determine possession. Each team shall get the ball on the 10-yard line. If the game is still tied after one series of down for each team, an additional series of downs will be awarded.

6. Penalties

(a) 5 yard penalty for non-flagrant fouls (purely a learning experience penalty)
(b) 10 yard penalty for flagrant or personal fouls (excessive penalty beyond taught fundamentals)
(c) 15 yard penalty for unsportsmanlike conduct (grossly inappropriate action/behavior)

7. Offensive Rules

(a) Two permissible formations are: “Pro Right/Left” and “Jet Right/Left” (refer to appendix)
- Allowable sets include split backs, I backs or shotgun.
- No double TE formations are permitted.

(b) A minimum of seven players must be on the line of scrimmage

(c) 1 trick play per half is allowed in Varsity games, no trick plays in JV games.
- Any play in which a non-QB throws the ball is a trick play.
- Any play which includes a handoff to a TE or WR is a trick play.
- Any play which includes multiple handoffs is a trick play.

(d) No motion is allowed

(e) All offensive lineman and tight ends are expected to be in a 3-point stance at the snap.

(f) Offensive lineman are not permitted to pull or tug as part of an intended blocking scheme.

(g) On 4th down the offensive team will announce its intentions, whether they are punting or not.

- Punting situations are uncontested, with two players from each team on the field for the play.
  The punt team will have a long snapper and punter, the receiving team will have a left and right returner.
- Punter will take the snap from the long-snapper and will back up into a punting formation.
- The punter will punt the ball downfield in effort to change the field position.
- The receiving team will have an opportunity to catch the punt, but not advance.
- The receiving team's offense will then take over at the point of contact with the ball.

Examples of this play:
- The play is over and possession changes at the exact point where the receiving team catches the punt mid-air.

- If the ball hits the ground before being caught, two things must be evaluated:
  1. If the ball bounces back toward the original line of scrimmage, the play is dead and the receiving team will take the ball at the place it first touched the ground.
  2. If the ball continues to roll forward toward the receiving team, the receiving team must touch the ball before the play will end. The receiving team will get the ball where they eventually touch (down) the ball.

8. <u>Defensive Rules</u>

(a) All teams must play a 4-4 defense
- Inside LB must be head up over the offensive guard

- No DL shall align in front of the center

(b) Inside LB, outside LB & CB must be at least 5 yards back from the line of scrimmage

(c) Free safety must be at least 8 yards back from the line of scrimmage

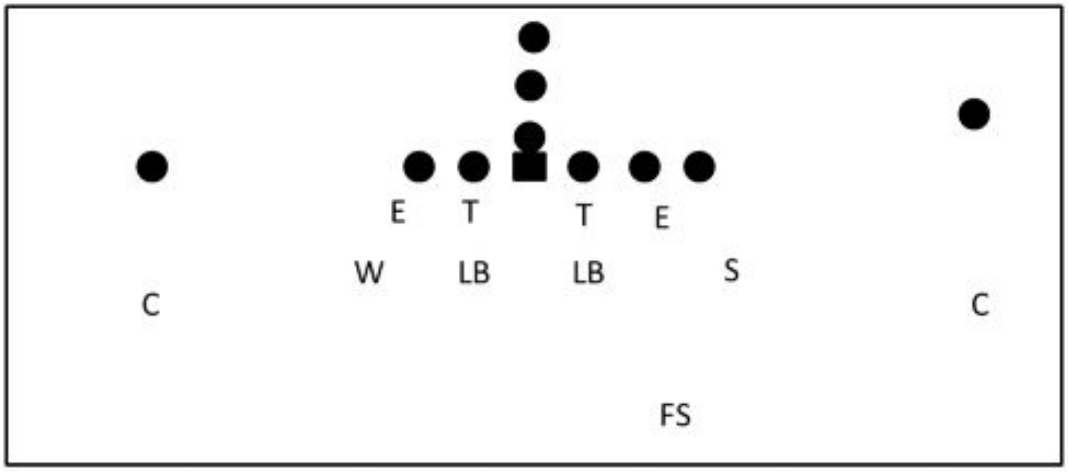
(d) No slanting, stunting or blitzing is allowed
- DL must always line head up
- If the defensive player does not contact an offensive player and goes around them, an illegal procedure penalty will be called against them
- If the QB leaves the tackle-to-tackle corridor, then he is “live”, all defensive players may pursue the QB at this time
- Defensive players on the end of the defensive alignments that have outside contain responsibilities, must still contact the offensive player first
- Defensive tackles are expected to be in a three point stance at the time of the snap. Defensive ends can begin in a two point stance if they wish.

(e) “No Contact” rule on the wide receivers. TE contact is allowed within the first 5 yards if the ball is not airborne.

(f) Short Yardage Situations are considered to be 2 yards or less
- Defense may compress
- ILBs must be stacked behind the Tackles
- All other players may compress to within 1 yard of the line of scrimmage
- QB sneak is only allowed in short yard situations
- A QB is not permitted to sneak in the “A” gaps on short yardage situations

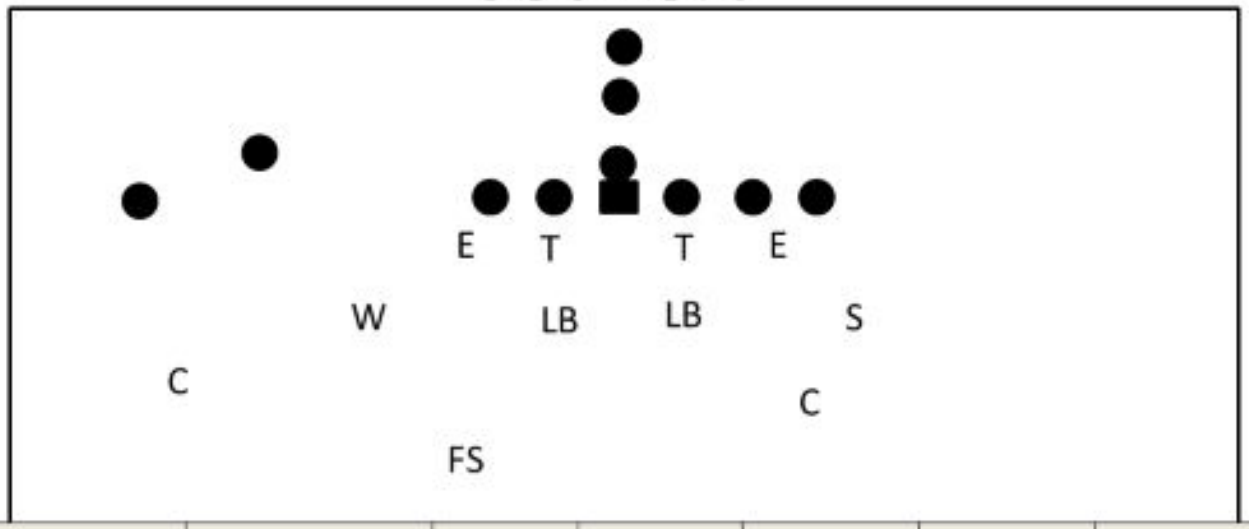
Appendix

Pro Left



Player	Alignment	Key	Run to	Run Away	Option	Pass
END	6-Tech (Head on outside should of Tackle)	Tackle to Ball	C-Gap	Squeeze/Trap/ QB/Trail	QB	Pass Rush
TACKLE	2-Tech (Head up on the Guard)	Guard to Ball	A/B-Gap	Squeeze/Trap/ QB/Trail	Dive	Pass Rush
LB	5 yards stack on T	G to near back	A/B-Gap	Mirror Step/Fill Green	Dive	Depends on Stunt/Coverage
STUD	5 x 2 off TE	T/TE to far back	D-Gap	Shuffle/COBRA	Pitch	Depends on Stunt/Coverage
WILL	5 x 4 off T	T to far back	C-Gap	Shuffle/COBRA	Pitch	Depends on Stunt/Coverage
CORNER	8 Yards off Man inside leverage	Read 2 to 1 receivers	Force/Outside Shoulder Free	COBRA/Pursuit Angle	Pitch	Depends on Stunt/Coverage
FREE SAFETY	10 yards Deep Splitting #1 WR	TE to #2 WR to back field	Alley Pursuit		Pitch	Depends on Stunt/Coverage

Jet Left



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TACKLE	2-Tech (Head up on the Guard)	Guard to Ball	A/B-Gap	Squeeze/Trap/ QB/Trail	Dive	Pass Rush
LB	5 yards stack on T	G to near back	A/B-Gap	Mirror Step/Fill Green	Dive	Depends on Stunt/Coverage
STUD	5 x 2 off TE	T/TE to far back	D-Gap	Shuffle/COBRA	Pitch	Depends on Stunt/Coverage
WILL	Apex 5 yards off LOS	T to far back	C-Gap	Shuffle/COBRA	Pitch	Depends on Stunt/Coverage
CORNER	8 Yards off Man inside leverage	Read 2 to 1 receivers	Force/Outside Shoulder Free	COBRA/Pursuit Angle	Pitch	Depends on Stunt/Coverage
FREE SAFETY	10 yards Deep Splitting #1 TE/WR	TE to #2 WR to back field	Alley Pursuit		Pitch	Depends on Stunt/Coverage