



North Metro Football League (NMFL) 2006 Rules

Rule 1.0 - Team Composition

- 1.1 Maximum number of players allowed on a NMFL team.
 - Competitive League (D1) 20 Players
 - Instructional League (D2) 18 players
- 1.2 Request for teams of larger size requires approval of the NMFL Board.
- 1.3 The staff of each NMFL team shall be limited to:
 - 1 head coach
 - 4 assistant coaches
 - 1 trainer
 - 1 statistician
 - 2 team managers. Team managers must be under 18 years of age.
- 1.4 Competitive Balance (Instructional League (D2)).
 - When an association places more than one team in any age classification; there must be an equal balance of players representing each age group eligible to participate in that class.
 - A form of draft must be used to divide player talent evenly among the association's teams.
 - Maximum number of player freezes shall not exceed two (2) on any team.

Rule 2.0 - Official Team Roster

- 2.1 Each team shall submit a typed roster (attached) and supporting documentation prior to the official NMFL certification.
- 2.2 The roster shall be completed by a team official and contain the following information:
 - Team information including
 - a) Division
 - b) Age Group
 - c) Restricted Weight Limit (For age Group)
 - d) Name of Association
 - e) Team Name
 - f) Team Home Jersey Color



- g) Head Coach's Name and Telephone Number
- h) Staff Names and Phone Numbers

- Player Information Including:
 - a) Game Jersey Number (Jersey Order Number 1-XX)
 - b) Full Name (Last, First, MI)
 - c) Age (as of April 30, 2006)
 - d) Date of Birth

2.3 The roster shall list all player names in jersey number order.

- A NMFL representative will certify weights during the official NMFL certification.
- Restricted players will be identified during the NMFL certification. The NMFL certifying Representative will place an "R" in the designated column on the roster form signifying a restriction.

2.4 Jersey numbers shall not change.

- It is recognized that consideration must be given to the fact that unusual situations may occur, such as loss of or damage to a jersey during the course of a season. If this occurs, the original jersey shall be replaced with a similar jersey in color, material, and if possible, number. If the number cannot be duplicated, then the roster shall be revised with the replacement jersey number and initialed by a NMFL League Executive Board Member. If this situation occurs prior to a game, the player will be allowed to play with an alternate jersey number for that game only upon verification by the opposing head coach and park director that the player is listed on the roster.

2.5 The Head coach and an Official Association Board Member must sign the team official roster certifying on behalf of their association that:

- The players listed on the roster eligible for the team to which they have been assigned.
- A form of draft has evenly selected instructional (D2) teams.

2.6 Additional Players may be added to a roster until the 3rd regular season game has been played.

- Maximum number of players on a team cannot be exceeded.
- A member of the NMFL League Executive Board must complete addition.



- 2.7 After the 3rd game of the regular season players can be added to the roster only if the active number of eligible players drops below 15.
- A member of the NMFL League Executive Board must complete addition.

Rule 3.0 - Player Ages and Weights

- 3.1 The age of a player shall be determined as of May 1st of the current year.
- 3.2 The following age and weight schematic will govern the team make:

Age Class	Maximum Weight	Restricted Weight Limit (Maximum) Skill Position Weight
7	85 lbs	N/A
8	95 lbs	N/A
9	Unlimited	105 lbs
10	Unlimited	115 lbs
11	Unlimited	125 lbs
12	Unlimited	140lbs
13	Unlimited	None

Restrictions:

- 3.2.1 All players regardless of weight will be subject to the NMFL certification process including certification weigh-in. Restricted players shall be identified on the official NMFL Roster by the certifying NMFL Representative.
- 3.2.2 During games the restricted players shall be identified by an “R” at the top of their helmet
- 3.2.3 Players exceeding the restricted weights are restricted to playing on the Offensive and Defensive Line within five (5) yards of the center (Tackle to Tackle).
- 3.2.4 Restricted players cannot run the ball, play as a receiver or advance the ball on special teams.
- 3.2.5 Restricted defensive players can advance a fumble or interception.
- 3.2.6 Restricted offensive players cannot advance the ball. The ball will be considered dead at the point of contact.
- 3.2.7 Restricted players can punt and kick extra points, but cannot advance the ball as a runner or when serving as the kicker act as a lead blocker on special teams. The ball will be considered dead if in possession of a restricted player.



- 3.2.8 Violation of positioning of a restricted player will be an illegal position foul. Penalty 5 yards
- 3.3 There shall be No "older/lighter.
- 3.5 After certification, progressive weight gain is allowed so a participant's natural growth may take place without preventing continued participation.
- No additional weigh-ins will be required.
 - A change in a players weight anytime during the current season will have no impact on their certified weight.

Rule 4.0 - Certification Documents and Process for Certification of roster, age and weight:

- 4.1 All players **must** be certified, by NMFL, before he or she is eligible to play in a regular season game.
- 4.2 The NMFL Executive Board shall have overall responsibility for certifying each player and team for play during the current season.
- 4.3 Each team shall submit one (1) complete certification package containing a complete typed roster, player affidavit, birth certificate and current photograph of each player, from waist up, wearing his/her official roster jersey.
- Digital photos allowed on photo paper.
 - Photo must clearly show players face and jersey number.
 - Package shall be assembled by player and in roster order.
 - Package will be presented at the Official Certification
 - Documents will be placed in book after NMFL certification.
- 4.4 The player affidavit shall have attached a copy of an official hospital, state or county birth certificate showing registration of birth from a state or county bureau of vital statistics (preferred proof).
- If birth certificate is not available, NMFL will accept an official school registration issued, signed and notarized by a private or public school.
 - Documentation shall be made available to other NMFL member associations upon request by an association only.



- Each of the player forms will include a signature by a parent or guardian on the player affidavit form attesting to the accuracy of the date of birth and proof of age.
- 4.5 Player weight and certification papers (certification package) will be verified by an NMFL Executive Board member at an official certification and weigh-in no later than the Friday prior to the first regular season game. The NMFL league representatives shall determine the exact date, time and location (s).
- 4.6 The Official NMFL Certification will consist of one (1) NMFL Executive Board Member and one (1) NMFL Association Board Member.
- 4.7 All players on a roster **MUST** be in attendance at the official NMFL weigh-in unless injury or illness prevents the player's attendance. Such absence must be supported by a doctor's certification of illness or injury.
- 4.8 The head coach and one (1) assistant coach will be allowed to observe the certification and weigh-in. Parents and other individuals are not to be permitted in the immediate area of the check-in.
- 4.9 Each player's birth certificate will be examined, his or her age will be determined, and weight verified. The player identification forms will be checked to insure information is correct and that each player can be identified with the photograph provided.
- 4.10 A player listed on the official roster that is in a plaster cast as a result of an injury shall be allowed a late weigh-in if the player cannot meet the official weight. The player must meet the official weigh-in restricted weight upon removal of the cast.
- 4.11 If a player does not meet the weight limit restriction, the player will have thirty minutes from the time his team has completed weigh-in to be weighed again. If the player still does not meet the restricted weight limit, the player will be identified on that team's roster as a restricted player
- 4.12 The NMFL Officials conducting the certification will attest with their signatures to the accuracy of the information contained in the certification package during the certification process. NMFL Officials will signify that each player was in attendance and meet certification requirements by initialing the team roster.
- Players not in attendance at the Official Certification **will** not be allowed to play in any regular season game until they are officially certified by the NMFL.



- 4.13 After the NMFL Certification a copy of the signed certification package shall be made and provided to the NMFL Director of Football Operations
- 4.14 The original certified package containing a set of each team's identification records will be placed in a book and retained by the head coach for inspection at all pre-game check ins.

Rule 5.0 - Pre Game Check-In

- 5.1 There shall be No Pre-game weigh-in.
- 5.2 All players must be on the certified roster.
- 5.3 All pre-game check-ins shall be conducted not earlier than one (1) hour and not less than 30 minutes prior to the scheduled game time.
- 5.4 The head coach of each team or a designated representative will be responsible for the pre-game check-in.
- 5.5 The visiting team head coach or a designated representative shall report to the home team head coach at the game site not less than one (1) hour prior to the scheduled game time.
- 5.6 Failure of either teams' head coach or designated representative to appear at least one (1) hour prior to game time will exclude the opposing team from the pre-game check-in requirements.
- 5.7 Pre-game check-in must be conducted using the original Roster Book. The book will be made available to the opposing head coach. Each player shall be checked against the certified affidavit and photo contained in the official roster book. Any and all disputes will be presented to a NMFL Official or the home team assigned Park Director for resolution.
 - Players who have not been certified **will not be allowed** to participate any game. The Official Roster must contain the initials of an NMFL Executive Board Member signifying that they are certified. (Reference rule 4.12).
- 5.8 The pre-game check-in shall not be open to the public. Parents and other individuals are not to be permitted in the immediate area of the check-in. Only NMFL officials, park director, head coach (or their representative) shall be allowed to be in the check-in area.
- 5.9 For any team that has NMFL authorization to have more than 18 players (D2) or 20 Players (D1) eligible to participate, the head coach must present to the



opposing coach a list of those players, with jersey numbers. These players will be considered as "substitutes". Substitute players are subject to a minimum participation of (8) plays from scrimmage per game.
(Reference: Participation Rule 15).

Rule 6.0 – Practice

- 6.1 The purpose of this rule is to provide standard, fair and equal practice time for all NMFL teams and to keep practice activity at a reasonable level during school days so as not to create a hardship for players with regard to school studies and participation in school activities.
- 6.2 Practice is defined as any gathering of players, prospective players, NMFL team or individual players on a NMFL team, to discuss the subject of football, to view film of football, to exercise or to study football.
- 6.3 NMFL Associations are prohibited from engaging in any organized physical conditioning or other practice-type activities involving players, or prospective players, prior to the date set by NMFL officials. The only activity in which a player or prospective player may take part prior to the set date shall be registration and any one-time equipment issue.
- 6.4 NMFL officials will set the beginning date of practice annually.
- 6.5 Practice will be limited to 10 hours per week until the date Fulton County begins school. All associations outside of Fulton County will be required to follow the same date.
- 6.6 With the start of school, all teams ages 9 and above may not hold more than 3 practices during any calendar week with a maximum of 6 hours of practice per week.
- 6.7 With the start of school, all teams at ages 7 and 8 may not hold more than 2 practices during any calendar week with a maximum of 4 hours of practice per week.
- 6.8 Upon conclusion of the regularly scheduled playing season, any team scheduled to play in a NMFL play-off game may hold 4 practices during the week with a maximum of 8 hours of practice per week.
- 6.9 No practice will continue past 9:00 PM.
- 6.6 Time spent traveling to the location of scheduled NMFL games will not count as practice time or activity. All organized activities of a team conducted from the



- time of the pre-game weigh-in until the start of the game is considered to be pre-game warm-up activities and is not counted as a practice activity.
- 6.7 In addition to all other authorized practices, weigh-in and warm-up activities, teams may, on the day of a scheduled game, hold one pre-game preparation session, not to exceed 1 hour.
- 6.8 The provisions of this rule are not intended to prohibit a NMFL team or its individual members from viewing or listening to games on TV or radio, provided such is not intended to be used as a practice or training activity. NMFL teams and their individual members who participate in non-practice social, civic, and church activities, picnics, banquets, Pep rallies, league carnivals, and work details, etc., are not in violation of NMFL rules pertaining to practices. This is provided such activity is not also used for NMFL football instruction and practice.
- 6.9 During the regular scheduled playing season no team shall play more than 1 game in any calendar week with the exception of NMFL scheduled mid-week games.
- 6.10 Controlled scrimmages will be permitted but each such scrimmage shall be considered a practice.

Rule 7.0 - Home Team Responsibilities

- 7.1 The home or host team shall have the following responsibilities:
- Preparing and marking of the playing field.
 - Providing all field markers and other necessary officiating equipment;
 - Chain crew consisting of individuals 18 years of age or older.
 - Adequate safety equipment
 - Emergency procedures posted including the telephone numbers.
- 7.2 All associations must provide free admission to all NMFL regular season games.
- 7.3 All associations must provide adequate seating for home and visiting spectators.
- 7.4 All associations must provide a Field Marshall with the primary responsibility to assist game officials as required and to ensure their safety before, during and immediately following games.

Rule 8.0 – Officials

- 8.1 All Travel (D1) NMFL regular games shall be played using 5 officials.
- One (1) game clock operator provided by the host association.
 - Four (4) officials on the field provided by NMFL Officiating.



- 8.2 All Instructional (D2) NMFL regular games shall be played using 4 officials.
- One (1) game clock operator provided by the host association.
 - Three (3) officials on the field provided by NMFL Officiating.
- 8.3 Each association shall log and report late arriving and/or absent game officials within 48 hours after completion of the game to NMFL treasurer.
- 8.4 A minimum of 15 minutes shall elapse between the end of any one game and the beginning (kick-off) of the next following game.
- When the regular scheduled starting time allows 15 minutes or more between games, the game shall proceed as scheduled; however a 15-minute period between games must be allowed regardless of the scheduled starting times of any games.

Rule 9.0 - Uniforms and Equipment

- 9.1 Each player must have a complete uniform and be legally equipped. Detachable cleats are permitted only when the shoe contains the receiver ("female") and the cleat contains the insert ("male") and no metal is exposed. All molded type cleats are considered legal.

Rule 10 - Team Captains

- 10.1 A team may have a maximum of 4 team captains, as identified by the head coach to game officials, who may attend the opening game ceremonies and instructions at mid-field.

Rule 11 – Headsets

- 11.1 Headsets are permissible during any game.
- 11.2 No team will be prohibited from using headsets because the other participant does not have access to the same.
- 11.3 Any and all coaches, including coaches allowed on the field in games shall be allowed to use headsets.
- 11.4 Cell Phones may not be used as a substitute for headsets.

Rule 12 - Sideline Restrictions

12.1 During any conference game no one is to be allowed on the sidelines, outside the coaching box, except the following:

- Cheerleaders, when adequate space cannot be provided outside the restraining lines;
- The official chain crew;
- Newspaper, magazine and/or television or photographic staff, which have been authorized to take pictures or film the game;
- A maximum of one team statistician;
- A ball boy when specifically requested by the officiating crew;
- The team fathers, team photographers, team spotters, and the team's weigh-in representative, unless they are also listed as a coach on the teams' official team roster.

12.2 Coaches from other NMFL teams, mascots, guests, spectators and other similar type personnel shall not be permitted on the sidelines inside or outside of the coaching box during NMFL games.

12.3 Unless otherwise provided in these rules, during any conference game no one is to be allowed on the sidelines, inside the coaching box except the following:

- The members of the participating team and the team's coaching staff who are listed as players and coaches on the official team rosters;
- The team trainer and statistician as listed on the team's official team roster;
- Two (2) managers under the age of 18. These managers do not have to be listed on the team's official team roster.
- NMFL league officials may be on the sidelines at any NMFL conference game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or conference.

Rule 13 - Complaints / Misconduct / Protests / Violations of the Rules

- 13.1 NMFL will enforce all violations of rules, complaints and protests.
- 13.2 All complaints, protests or allegations of a rules violation shall be made to the governing board of the association making the complaints.
- 13.3 Each association shall be responsible for ensuring all coaches, parent, and officials conduct themselves in an appropriate manner. Each association shall fully investigate any allegation lodged against it by another association and advise the association lodging the complaint of its findings and any disciplinary actions it has imposed.
- 13.4 Unless self-imposed by an association there shall be no over-turning, re-playing or otherwise setting aside the results of any game as the result of a protest or violation of any rule.
- 13.5 The Head Coach will be held responsible for the conduct of his team, parents of team players and assistant coaches. The head coach will be subject to dismissal or ejection, including game suspension, for any parent or assistant coach misconduct or rule violation.

Rule 14 – PLAYING RULES (Governing Rules and Exceptions)

- 14.1 The National High School Football Rules with the following exceptions will govern all NMFL conference games:
- 14.2 Quarters shall be 10 minutes in duration for all conference games.
- 14.3 The ball shall be of good grade leather or rubber with the following specifications:
 - 8 and under Age Class - Pee-Wee size ball or K2 (according to Wilson)
 - For all other Age Classes - junior size ball (according to Wilson).
 - Ball cannot be in like color of uniform. (Example Black Uniform/Black Ball)
- 14.4 Extra points shall score 2 points for kicking and 1 point for passing and running the ball. The ball will be put in play from the 3-yard line.
- 14.5 Goal posts shall be no less than 19 feet, 2 inches in width.
- 14.6 Two-color jersey numbers are permissible. Length of game jerseys must cover all protective gear.

- 14.7 The National High School Federation Rule with regard to numbering interior lineman, eligible receivers, backs, etc. will not apply.
- 14.8 When a team must kick from its own end zone; the team's captain may request the game officials to move the football in order to avoid the possibility of kicking into the goal posts.
- 14.9 During the regular season games, all ties shall be broken using National Federation tie breaking rules; provided, however, if the score remains tied after each team has had two possessions, the game will end in a tie and the score of each team from the last tie breaking possession shall be listed as the final score.
- 14.10 Mercy Rule" When one team is 28 points or more ahead, the following rules shall apply and rules below cannot be waived by either the winning or losing coaches even if there is an agreement between them to do so:
- 14.10.1 There shall be no further kickoffs by either team.
- 14.10.2 The team behind shall be awarded the ball at midfield after any score.
- 14.10.3 The team that is ahead must substitute reserve players for their starters in the offensive backfield.
- 14.10.4 There will be no forward passes by the leading team.
- 14.10.5 After halftime the team behind will be awarded the ball at midfield regardless of which team should receive the second half kick-off.
- 14.10.6 At the time this mercy rule takes effect the game officials will confer with the head coach of the losing team and provide two clock options:
- Option 1 - A "running clock". The clock will stop only for an official's timeout.
 - Option 2 - A normal clock will be in effect with the score removed from the scoreboard until such time as the difference becomes less than 28 points.
- 14.10.7 The losing coach at any time after choosing either clock Option 1 or 2, may request that the officials begin a running clock. The coach may only switch one time to a normal clock and the game will be played under a running clock unless the point differential becomes less than 28 points.

- 14.10.8 If the point differential becomes less than 28 points, regular game rules will resume including the keeping of the clock and displaying the score on the scoreboard.

Rule 15 - Player Participation

- 15.1 For all NMFL games, regular season and play-off all teams shall adhere to a "clear the bench" rule whereas at the change of possession, all players on the bench must be inserted into the game immediately to begin the next possession.
- 15.2 A kick-off and kick-return shall not be considered "plays" for the purpose of this "clear the bench" or "minimum participation" rule and the bench must be cleared based on the players who were on the bench on the last regular series.
- 15.3 For any team that has NMFL authorization to have more than 18 players (D2) or 20 players (D1) eligible to participate, the head coach must present to the opposing coach a list of those players, with jersey numbers, that are to be considered as "substitutes". For all NMFL games, both regular season and play-off games, those teams shall adhere to a "minimum participation" rule whereas each eligible player that is identified as a 'substitute' during the pre-game check-in must participate in a minimum of eight plays from the line of scrimmage.
- 15.4 If a player is not to play or is going to play on a limited basis due to any disciplinary action taken by the coaching staff, the opposing team's head coach must be notified of all such players subject to the disciplinary action prior to the start of the game.

Rule 16 - Coach's Participation – 7 and 8 year Age Classes

- 16.1 One coach from each team may participate on the game field during the game.
- 16.2 Coaches allowed to participate on the field of play may not have any form of communication with any player of either team after the offensive team's center touches the ball. Each coach must remain silent and may not give any verbal or visual signals until after the play has ended.
- 16.3 Each of the participating coaches must be at least 15 yards from the line of scrimmage when the play starts and not interfere with the play in any way.
- 16.4 Penalty for Violation of the rules 16.1 through 16.3 will be administered as follows:
- 16.4.1 After the first occurrence the coach shall receive a "team" warning.

- 16.4.2 After the second occurrence the team will be assessed a 15-yard un-sportsmanlike conduct penalty
- 16.4.3 After the third occurrence the team will be assessed a 15-yard un-sportsmanlike conduct penalty and the coach causing the violation shall be restricted to that teams sideline.
- 16.4.4 A replacement coach shall be permitted, but will do so knowing that they are subject to rule 16.4.4.

Rule 17 - Free Punts and Automatic Spot – 7 and 8 year Age Classes

- 17.1 A team may request a "free punt". When a free punt is requested the defensive team may not rush the punter.
- This rule does not mean that a defensive lineman or any other defensive player cannot block to set up a return.
- 17.2 The team requesting the free punt must punt the ball.
- 17.3 A free punt may be requested at any location on the field.
- 17.4 If the game officials determine that an infraction of this rule has occurred an encroachment violation will be assessed.
- 17.5 The offensive team may request an "automatic spot" in punting situations that occur inside the requesting team's fifty, (50) yard-line.
- 17.6 When a team requests an automatic spot the game officials will provide a 20-yard spot from the line of scrimmage. The game clock will run during this process.

Rule 18 - Free PAT and field goals – 7 and 8 year Age Classes

- 18.1 A team may request a "free kick" PAT or field goal. If a team requests a "free kick" the defense cannot interfere in any way with any offensive player during the play. This includes rushing the kicker and any attempts to otherwise distract the offense. The defense must take a knee throughout the free kick.
- 18.2 The center must snap the ball between his legs and may not run back or hand the ball to the holder.
- 18.3 There shall be no time limitation on the attempt to kick the ball other than the game official's discretion that the team is making an effort to kick the ball.



- 18.4 If the game officials determine that the defense has committed an infraction of the free kick rule, an encroachment violation shall be assessed.
- 18.5 If the offensive team attempts to advance the ball, a dead ball shall be called and the play ended.

Rule 19 - Defensive Line Play – 7 and 8 year old Age Classes

- 19.1 On defense a team may not place a defensive player directly over or in either gap of the offensive center position.
- 19.2 The closest a defensive lineman may line up is directly over the guard positions.
- 19.3 The middle linebacker must line up at least three yards off the line of scrimmage.
- 19.4 Blitzing between the center and guard gap is permissible as long as there is no contact with the center.
- 19.5 If the game officials determine that a violation of this rule has occurred an "illegal defense" shall be called and a 5-yard penalty assessed.
- 19.6 A personal foul shall be called for subsequent violations of this rule and a 15-yard penalty assessed.