



2026 Metro East Youth Football League Rules- 4th Grade

Certified as of 08/26/2026 and supersedes any rules before this date.

General Rules Outline

INTENT AND SPIRIT OF THE RULES AND STRUCTURE: The Intent and spirit of MEYFL is to simulate and to teach the basic fundamentals needed to play the game of football. MEYFL is not intended to supersede the community organization programs, but to create a unified and agreeable format for teams from various member communities' youth to play football. We do have a number of basic rules that must be adhered to. Individual organizations may have more specific/detailed rules, however, those rules may not specifically apply to other communities.

***This is a DEVELOPMENTAL league**, not a "Win at all Costs" league. The intent is to provide an environment to expose all players to all aspects of the game. Throughout these rules, you may find that certain situations are not spelled out – at that point we refer to the Minnesota State High School Rules. With that said, this is not high school where an expected level of knowledge and expertise are assumed. Please attempt to simulate game situations – however keeping in mind the level of player that you are coaching and abide by the rules, goals, intent and spirit of the program. If an issue arises during a game, the referee has the final say on ANY rule interpretation. PLEASE do not argue the point. We would however ask that you refer any questions or issues to your organization's MEYFL Representative. Please remember that as coaches and adults we are to teach and facilitate, not dictate and manipulate a game that is intended to be a fun and learning experience for ALL players.

Registration and Eligibility

	Each player must satisfy the participation guidelines of his or her association
	Each player must be a student enrolled in the applicable grade and not be under suspension from school.
Team Balance	The Program Director from each member association will strive to create balanced teams from his or her association by Draft or similar means (e.g., no All-Star or A, B or C teams).
Trades/ Exchange	The exchange of players between teams is prohibited except for very unusual circumstances and with the advance approval of the MEYFL Governing Committee.
Playing Up/Down	Players may, with the approval of the player's association and the MEYFL Board, play up or down grade levels. Any approved player playing down a grade must be labeled as a "Blue Stripe" player regardless of weight.
Recruiting	No member Association may recruit or register a player who resides within the geographical boundaries of another member Associations Program, unless it is approved by both programs and has the approval of the MEYFL

Team Size and Selection

Registration & Roster Dates	Official team rosters must be submitted to the MEYFL Commissioner no later than September 1 st . identifying the names, dates of birth, weights, jersey numbers, school attended and grade of each player. No player may be added to the official roster of any team after September 1st without the approval of the MEYFL Board
Team Size	Each team shall consist of no fewer than thirteen (13) players and no more than thirty one (31) players unless the president authorizes larger.

Equipment

Player	• Helmet: Must be approved and certified by the manufacturer in accordance to all manufacturers safety standards. • Mouth Guards: Are to protect not only dental injuries, but also prevent concussions, if a player does not have an approved mouth guard they will not be eligible to play until they do. • All mouth guard MUST be attached to the facemask AND must be of a color other than clear or transparent/translucent unless they have a specialty fitted dental mouth guard. • Footwear: No removable cleats, metal or otherwise. Shoes are limited to studs, which are made with non-abrasive rubber, or rubber-like material, which does not have and will not develop a cutting edge.	
Field	The HOME team will be responsible for the down marker and chains. The Visiting coach may request to have one attendant be on 'Chain Gang". Check game schedule for Home Team.	
Football Size	3 rd grade Pe-Wee	4th Grade- Pee-wee
Football	Football. Leather, rubber or composite may be used. Note each team may have their own football but any football used in the game may be used by the other team.	
Emergency Preparedness	• Coaches are to have readily available at each football event (game and practices) a current roster with all parental contact and emergency contact information. • Also included should be any notes of any medical conditions or special needs. All coaches should be aware of these issues, and they should discuss potential needs with the parents/guardians (e.g., medications, etc.). The recommendation is to keep a copy in the team's First Aid Kit.	

Fields

Field size	40 yard x 80 yard fields. Midfield = 40 yard line.
Coach's Box	25 yd line to 25 yd line
Field Lines	10 yard lines - preferred every 5 yards if possible. Especially in a baseball outfield situation.
Team Location	Team benches will be on opposite sides of the field.

Weight Limitations

Weigh In Rules	Weight rules are in place for no other reason than safety issues. Players will be weighed by their respective associations and the player's official weight will be identified on the official team roster. Coaches can not weigh in their own players. The weigh in must be done by a person on the local football association board or their representative. All players will be weighed in at time of registration, or at a designated time after registration, and their weight recorded on their official registration form.
Official Weight	• Official Weight is the weight of a player in T-shirt, Shorts and without shoes. • If a player is above the Grade Weight Restriction they are consider a "Blue Striper" and subject to Blue Stripe rules. • Players cannot lose weight to lower "Blue Stripe" status - once a "Blue Striper" always a blue striper. Head Coaches are fully responsible for playing players in certain positions and adhering to the weight restriction rules. Any teams found not adhering to a strict weight, will be reviewed by the MEYFL BOD.
Blue Stripe Weight	4th Grade- Over 110 lbs
Weight Variance	There is no weight variance allowance. Official weight is the weight for the season.
Blue Stripe Requirements/ Restrictions	•Restricted players must wear a contrasting color tape on their helmets. The tape is to be at least $\frac{3}{4}$" thick and applied from just above the facemask across the top of the helmet (from front to back) to the back edge of the helmet. Stripe color must contrast with helmet and be visible from a distance of 50 yards. - OFFENSE –"Blue Strippers" can only play offense on the line of scrimmage (Center, Guard, Tackle, or Tight End) in a 3 or 4 point stance, unless on the end. All Blue Strippers must play in a tight formation, they can't split out. Blue Stripe players from the Tight End position can receive a forward pass beyond the line of scrimmage, but are down at the point of the reception. Blue Striper Tight ends may not advance the ball or run a reverse. • DEFENSE – please see grade specific rules for details. • SPECIAL TEAMS – "Blue Strippers" may play Punter and Kicker. • EXTRA POINTS: They may be utilized in a ball carrying position, including carrying the ball ONLY in an extra point attempt. •Blue strippers may be used in a skilled position to advance the ball within the 10 yard lines. The player must be declared in the half that they will play that position. • There may be other rules and restrictions through out these Rules. Please review all rules.

Scheduling

Season	Practices: Begin anytime after August 1st. Each organization may have their own rules/regulations on starting dates, length, quantity, etc. Number of Games: Maximum of Eight (8) regular season league games.
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Cancellations	The Program Director of the association where a game is scheduled to be played, in conjunction with the field owners will determine whether a game should be cancelled because of weather or field conditions before the start of the game. Each member association is responsible for the condition of the fields and field equipment it provides for the games. The officials have the authority to cancel a game or delay a game that is in progress. Check MEYFL.org website for information.
Inclement Weather	• Lightning – If you see it and hear it – CLEAR IT! Lightning can strike up to 10 miles ahead or behind a storm. Games are to be postponed IMMEDIATELY and all players/spectators and officials are to seek appropriate shelter. Games are to resume no sooner than 30 minutes after the last sight and sound of a thunder and lightning storm. • Other weather – Games will be called at the field by the referees after a discussion with both Head Coaches. Please do not assume a game will be cancelled and not show up – it will result in a forfeit.
Rescheduling	• Games may be rescheduled only due to weather cancellations. It is considered a game if 3 quarters have been completed. • Due to field permit issues and rescheduling of referees, please go to the MEYFL.org website for weather cancellations reschedule game information.
Playoffs	No Playoffs.

Coaches and Fans

Coaches Requirements and Conduct.	• Each association is responsible for providing coaches for each team and no more than five (5) coaches may be on the sidelines during a game. • If Bleachers or grandstand arrangements are available at games (ie: HS stadiums). Parents MUST be seated in the stands regardless of side. 5 Coach rule in effect. Delay of Game penalty may be enforced if not in compliance. • Fans must be at least 7 yards beyond the sidelines and outside of the coaches players box. Coaches are responsible to enforce this rule. • Each team must have a minimum of one coach who is currently certified by a Nationally or MEYFL approved Community Board-recognized and accepted youth sports coaches training program. All Coaches must be in good standing with all member organizations of MEYFL. <u>Referees will stop the game if fans are not where they are to be and will not start the game until corrected. If it is not corrected within 5 minutes, the offending team will forfeit the game.</u> • Every Team's Official Coaches (those on the team's bench area) must have a signed MEYFL – or equivalent, Coaches Code of Conduct form on file with their organization or MEYFL. • Disciplinary - If a Coach or a member of a Coaching team is ejected from any game, regardless of the situation, they are prohibited from being on the same side line as their team for a minimum of one game (the next game), two ejections in a season – the coach is subject to their organization's disciplinary code and may also be brought before the MEYFL Board for further disciplinary action if deemed necessary.
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General-Coaches, Players and Fans	• Cheering and positive encouragement of players, coaches and fans embodies the spirit of athletics. Any conduct that is in direct conflict of good sportsmanship, by players, coaches and fans can result in ejection from the game and sporting area. • No coach, player or fan will disrespectfully argue a decision of a referee. Discussing and trying to understand a referee's decision is allowed as long as it is done in a respectful, calm and civil manner by coaches only. • No coach, player or fan will yell obscenities at or denigrate any player, coach, referee or fan. • <u>Head coach is responsible for fan conduct. Referee will stop the game for unruly fans and if not addressed in a timely manner, the game will be forfeited by the opposing team and action will be taken by MEYFL against the head coach. We want a safe environment for all players and fans.</u> • Physical or verbal abuse by any coach, player or fan is cause for dismissal from current and future MEYFL games. • Players, Coaches nor Fans are not to chastise, give hints, help or instruct referees.
Coaches on Field	One allowed on field, in huddle- all season. Coaches on field must stay 15 yards behind the line of scrimmage and remain silent once offensive line is set and until the play is completed. (5-yard penalty).

Referees

Referee Authority	• There will be two referees assigned to each 3rd-6th grade game. • Referees will only be communicating with the Head Coach, Head Coach designate or coach on the field to eliminate confusion and other potential issues. • In a situation where any player, coach, or spectator is displaying Unsportsmanlike conduct, the referees shall have the right to request that the HEAD Coach or any coach designee remove the offender(s) from the playing and viewing area, and can suspend play until this is done. If a suitable resolution is not resolved in a reasonable amount of time (as determined by the referee), the referee has the right to call a forfeit. • Referees will officiate each game in accordance with League rules. If league rules do not specifically address a specific situation, Minnesota State High School Rules will apply. • Referees have final decision-making authority during the course of a game. (Also see Cancellations)
Pre & Post Game Meeting with Coaches	Each referee is required to review the rules on MEYFL Referee Card with one coach from each team prior to beginning the game. Referees are not allowed to start the game until the meeting has taken place. Following the game: Referees and coaches are required to meet to confirm final score of the game and the referee is responsible for calling the score into the MEYFL Hotline.

Referees and Rules	Please note that the referees also referee at various levels. Certain rules have been modified to accommodate the goals of our league. At times there may be confusion as to specific rules and rules modification. Also consider that due to the number of referees vs. the number of players and various actions on the field, it is nearly impossible to see everything that happens on the field. • We are also asking referees to understand the level and ability of the kids – though it is optional, we give them the authority to offer ‘warnings’ to teach and make kids aware of potential infractions (i.e.: lining up offside’s, holding etc...). • We ask that the referees try when possible to communicate the warning to the Head Coach as well. • We as coaches must remember that the Referees do not have any stake in the outcome of the game. • We ask that regardless of the situation that the adults involved show a mutual respect towards each other and set a positive example of sportsmanship for the players.
Rules 'Review'	If during a game, a coach believes that a ruling by a referee is not correct in accordance with the rules, a coach may call a timeout. At that time BOTH Head Coaches and the referees are to come together to calmly and professionally discuss & review the rule. It is the responsibility of the Coach who called the timeout to have the proper documentation to address the rule. If the ruling is overturned due to the timeout and discussion, the timeout is not charged. If the ruling on the field stands, the timeout will be charged to the team who called the timeout. Referees have final decision-making authority during the course of a game.
If Referees are a "No-Show"	If Referees do not show up for your game, we ask that you notify your MEYFL Organization Coordinator soon after your game when reporting scores. • Please do not hold up your game... especially if there is another game scheduled after your game. We want to limit the number of avoidable late starts. **Recommended Solutions**- If there is another game near by that has two referees, please contact them and notify them that you do not have a referee and ask for their assistance. Note that there is a difference between 3rd/4th grade referees and 5th/6th grade. *If an official referee is not an option, coaches should get together. We ask that they mutually agree to each select one responsible adult representative from each side to referee the contest.

Rules- General

Ejection	All player and coach ejections need to be reported to the MEYFL within 12 hours of the event, preferable at the end of the game. The reported information will include, name, team, jersey number, and reason for ejection. Any person ejected will not be allowed to play or coach at the next scheduled game. If the ejection occurs at the end of the season and no more games are scheduled, the player will be ineligible for the first scheduled game of the next season. If a person is ejected a second time in a season, they will no longer be eligible to play for the remainder of the season.
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	Coaches must report all ejections when reporting scores, for both sides and all players. If a coach does not report an ejection, they will be suspended for the next game.
Game length	Game = 56 plays. (14 plays = 1 Qtr.) • Special Teams do not count towards play count unless "Lopsided" Score Rules are needed. Lopsided Score Rules: Once a team has a 24-point or better lead, the opposing coach may choose to have special team's plays count towards the play count. • Teams only switch field position at halftime. To be considered a play in the MEYFL, the ball must be snapped and a play completed. • In the event of a penalty by the offense and the penalty accepted by the defense, then the play is not counted. If the penalty is declined by the defense or the penalty was against the defense it is counted as a play.
Play Clock	• Referees will maintain a 35 second clock from the referee's 'set of the ball' to the snap of the ball. Teams must break huddle and be actively moving to line of scrimmage to get play going. Over 35 seconds = Delay of game penalty. Referees will warn coaches to step up the huddle, but after 1 warning, the penalty will be 5 yards and loss of down but the play count will not change.
Time Outs	3 timeouts per half. No carryover.
Halftime	8 minutes for half-time. (shortened if agreed to by both coaches or by referee due to 1st half running long)
Overtime	No Overtime - if a game is tied at the end of regulation, the game is recorded as a tie
1st down Measurements	A coach has the right to request a 'first-down' measurement at any time. If a referee believes that the right is being 'abused' he may not allow requests.
Scoring	<i>TOUCHDOWN = 6 POINTS</i> <i>EXTRA POINTS</i> • 1 point = from 3 yard line (Run or Pass) • 2 points = from 6 yard line. (Run or Pass) • No placekicking • There are no restrictions on "blue strippers" on extra point attempts, anyone can play anywhere on offense and defense and all players can run/pass/catch the ball regardless of weight • If a team is up by 24 or more points, only 1-point conversions allowed. <i>SAFETY</i> • Safety is 2 points, After a Safety is scored, the ball shall be put on the 35-yard line of the team the safety was scored against and they shall become the defense.
Lop Sided Score	Lopsided Score Rule: "Lopsided Score" = one team leads by 21 or more points. • Only passing attempts are allowed by a team leading by 21 or more points. No screen passes allowed. Play must be downfield. • No 2-point conversion attempts are allowed by team leading by 21 or more points. • No running plays allowed when score is great than 21 points. • See Game Length for further clarifications
Penalties	Full penalties

Facemask	Face Mask. Any and all grabbing of the helmet opening, no matter how significant, shall be always a 15-yard penalty. (A stiff arm by a running back is allowed as long as the ball carrier doesn't grab the defensive player's mask and a tackler can put their hand on the ball carrier's helmet provided they don't grab an opening.) Automatic 1st Down.
Swearing	Any player who swears will be ejected from the game. (Unsportsmanlike conduct). Swear words include SH*t, F*k, Damn, or as****ole. Crap does not count.
Playing Time Rules	This is intended to be a Youth developmental league. It is to give kids the opportunity to learn and play the game of football regardless of skills and ability. It is not a "Win at all costs" league, Therefore we expect kids to have equal opportunities for at least 50% of the playing time. Our goal is to develop kids and expose them to all concepts (blocking, tackling and running/ball carrying). Our league's philosophy is to give all kids opportunities.

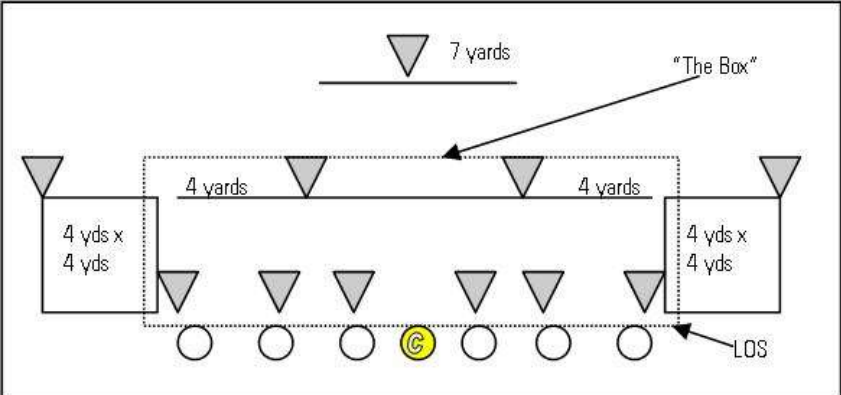
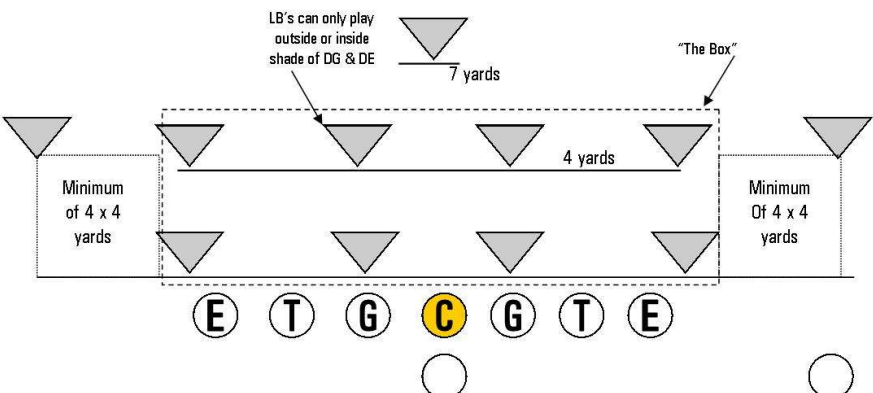
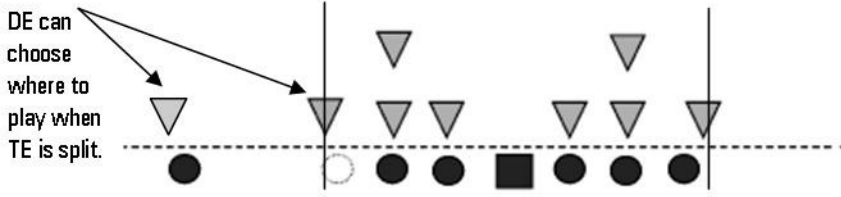
Rules- Offense

Line of Scrimmage	ONLY a balanced Line formation. No Unbalanced lines. (see examples below) Balanced Line vs. Balanced Offensive Line clarification: - Balanced Offensive Line = T G C G T - Balanced "Line" – The 5 Offensive linemen, and two other players (i.e.: 2 TE's, 1 TE/1 WR, 2 WR's) must be on the LOS for a legal formation. These 7 players MUST be in a balanced formation (3 players on either side of the center at the start and snap of the play) (5-yd penalty).
Offensive Line	- Offensive Line = 2 tackles, 2 Guards and a Center. Tight Ends may be split out. - The Offensive Line MUST be in a 3 or 4 point stance. Does not include TE or WR/SE. (5-yd penalty). - End man on the Offensive Line of Scrimmage cannot be a blue striper. (5-yd penalty).
Offensive Line Splits	Offensive Line (Tackle to Tackle) splits may be no wider than finger tip to finger tip away from the next player.
Skilled Position	"Skilled" Positions - Any position that is not a Center, Guard, or Tackle is a skilled position. Blue stripped ends may only handle the ball if it is a forward pass that is completed past the line of scrimmage. A reverse cannot be done with a blue striper playing end. Blue stripper can be used in skilled position if declared and inside the 10 yard line. - Players may ONLY be eligible to play in a skilled position (including blue stripers playing end) in the equivalent of One Half of any regulation game. One Half means either the two quarters before halftime or the two quarters after halftime ONLY. - Eligibility is regardless if a player does not play in the "Skilled" position in that half or plays in the Skilled Position but does not touch the ball. "Skilled" Position Players must be established before the coin flip and communicated in writing to the opposing coach using the attached form or something acceptable with same information. FORMS WILL BE MADE AVAILABLE ON THE MEYFL WEB SITE FOR DOWNLOAD "Skilled position players – Jersey number must be declared eligible based on your

	grade requirement. If a player does not play when declared but does not touch the ball, it does not matter. • Violation of this rule will be assessed an illegal participation penalty for each occurrence, the opposing coach can ask the referee for review, prior to the next snap of the ball. (10 yard penalty/ no warning). • THERE IS NO WAIVING THE SKILLED POSITION RULE DO TO LOW NUMBERS OF PLAYERS. ANY TEAM WITH 12+ PLAYERS IS EXPECTED TO FOLLOW THE RULE WITHOUT EXCEPTION. In the event of only 11 players, two players may split the time and play three quarters. If a 12th player arrives before those two players use their exception, the exception is void.
Fumbles	• No FUMBLE-ROOSKI'S (5-yd penalty) • Behind the Line of Scrimmage: Offense backs and ends can advance a fumble only if recovered behind their line of scrimmage. • Past the Line of Scrimmage: If a fumble occurs past the line of scrimmage, the offensive player who last had control may only advance offensive fumbles. If another offensive player recovers the ball ahead of where the fumble occurred, the ball placement is to be located at the spot where the initial player lost control of the ball. • Defense: ANY player may advance a fumble or an interception.
Hard Counts	The quarterback shall not attempt to draw the defense offside via the use of head bobbing (5-yd penalty). All other MHSFL rules apply.
"Quarterback" Running	A quarterback cannot advance the ball between the tackles when receiving the ball from a direct snap under center. Note: the quarterback or any skilled position player can advance the ball between the tackles when receiving the ball from a shotgun snap (the snap must be a minimum of 1 yard from the center).

Rules- Defense

General	• 6-2 or 4-4 Defense ONLY. • Balanced Defense Line • Exception: A linebacker may only flow out of a stacked situation or outside a defensive end – laterally only with a back or receiver if there is pre-snap formation or pre-snap motion causing an offensive overload to their side (Intent is to MATCH offensive overload). • Maximum 8 "Men-in-the-Box". • No forward motion from defense prior to snap of the ball. • No simulated movements to draw off sides (5 yard penalty) • Defense: ANY player may advance a fumble or an interception.
Blitzing	No forward motion prior to the snap of the ball. Linebackers and defensive backs must line up at least 4 yards off the line of scrimmage.

6-2 Defense	
4-4 Defense	
Defensive Line	• Defensive Line Alignment must be balanced. • Blue Stripe Players may play any position on the Line of Scrimmage. • No forward or lateral movement by the interior line and no forward movement by any other position until the ball is snapped. (5 yard penalty). • Interior Linemen (any players on line between the Defensive Ends) MUST line up head up (Helmet to Helmet) to their opponent. NO Gaps or Shading! • Defensive Ends may choose where to play when a TE is split. The DE can play on or an outside shade of a Tight End position at anytime or can play inside the TE when the TE is split out.
6-2 Defense With DE alignments	 This is a legal 6-2. LB must be inside DE at all times when the ball is snapped. Unless Offense has an overloaded back field.
Linebackers	• Maximum of 2 linebackers (must comply with 8 man box and Defensive front rules). • Minimum of 4 yards off the Line of Scrimmage at all times prior to the snap. No forward motion prior to the snap of the ball. Note: Line of Scrimmage is where the plane of the ball is, not where the linemen line up. • No "Blue Stripe" players can play linebacker at anytime.

" 8 Men in the Box" Example	• The "BOX" is defined an imaginary rectangle drawn from the line of scrimmage to the back side of the deepest "linebacker" and no wider than 1 gap outside of the defensive end. • There are to be no MORE than 8 Men in the box at any time.
Defensive Backfield	Defensive backs must play a MINIMUM of 4 x 4. (4 yards off of line of scrimmage and 4 yards outside of the defensive end, in tight formation). (5 yard penalty) EXCEPTION: Inside own 10, Corners may play at LB depth (4 yards off line of scrimmage) but minimum of 4 yards outside of the Defensive End. Safeties must play a MINIMUM of 7 yards off of line of scrimmage. (5 yard penalty) EXCEPTION: Inside own 10, Safeties may play to a depth of 1 yard behind the deepest Linebacker. • No Blue Stripe players are allowed to play at a linebacker or defensive back position.

Rules- Special Teams

Kickoffs	<i>Kickoff Team</i> • Kicks off from 40-yard line. Balanced kickoff team – 5 players on each side of kicker through kickoff. Ball must be kicked by the "middle" player (5 players on each side). ANY player (blue stripe or not) may kickoff. Line cannot be in motion prior to kickoff by kicker. • No Onside Kicks. Referees will have the final decision on whether a kick was considered "on-side" ** Intent: Promote the learning of kickoffs and kickoff returns • Out of bounds kicks = Accept ball where kick went out of bounds OR a re-kick by the kicking team from the original kicking line of scrimmage less 5 yd penalty. Receiving team's Choice. <i>Kickoff Return Team</i> • Must have a balanced, 5 or 6-man front line and must be at least 10 yards from spot of the kick. • "Blue Stripers" may only play front line positions on the kick return team. If ball is kicked to a Blue Striper, they can return the ball. • Any non-Blue Stripe player can return kicks.
Punts	• Offense has 35 seconds to declare decision to referee to avoid a delay of game penalty. No Fakes. (5 yard Penalty) • A "PUNT" = 20 yard move of the ball and a change of possession. (Half the distance inside the receiving team's 30 yard line)

Some Helpful Minnesota High School Rules

	Minnesota State High School League ("MSHSL") rules will be followed except as noted below. The MSHSL rules apply to all players, coaches, parents and referees.
Referee Authority	Rule 1-Sec.1-Art.3: The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referees' decisions are final in all matters pertaining to the game.

Timeouts	Time out. Rule 3-Section 5-Article 11: (paraphrased) A team may take a time-out to review a decision or problem with the rules. If the conference results in the referee altering his ruling, the opposing coach will be notified, the revision made, and the time out shall be an official's time-out. If the referee's ruling prevails, the time-out remains charged to the team requesting the time-out.
Illegal Block	Illegal Blocking-Clipping. Rule 9-Sec.3-Art.5: A player shall not clip and there is no free blocking zone. All lines must match up head to head or double team block and be above the waist.
Clipping	Rule 2-Sec.3-Art 1&2) Clipping is: charging or falling into the back or across the back of the leg(s) of an opponent who is not a runner or pretending to be a runner -or- Pushing by use of hands or arms in an opponent's back. Such cases shall not be ruled clipping unless the official sees the initial contact. When in doubt, or the opponent turns his back, or the block is from the side, it is not clipping if the opponent was able to see the blocker. (15-yd penalty)
Block below waist	Illegal Blocking-Below the Waist. Rule 9-Sec.3-Art.2: A player shall not block an opponent below the waist except: a. in the free blocking zone (see Illegal Block Rule) when contact meets requirements (Rule 2-17) b. to tackle a player with, or pretending to have, the ball. (15-yd penalty)
Chop Block	Illegal Blocking-Chop Block. Rule 9-Sec.3-Art.6: Blocking by offense or defense is illegal when it is a chop block. Rule 2-Sec.3-Art.9 Chop block is a block at the knees or below the waist to an opponent who is in contact with a teammate of the blocker. (15 yard penalty)
Illegal Contact	Illegal Personal Contact. Rule 9-Sec.4-Art.2: No player shall: b. Charge into or throw an opponent to the ground after he is obviously out of play, or after the ball is clearly dead either in or out of bounds. In other words, players shall not HEADHUNT 30 yards away from the play and coaches should teach their kids that such an activity is illegal and dangerous. c. Pile on any player who is lying on the ground. i. Butt block, face tackle or spear. (Butt Block is a blow driven directly into an opponent with the face mask, frontal area, or top of the helmet as the primary point of contact.) j. Intentionally use his helmet to butt or ram an opponent. Rule 9-Sec.4-Art.7: A defensive (and offensive) player shall not use his hands to strike (opponents) head. (all 15-yd penalties)
Snap Rule	Snap Rule 7-Sec.1: a. The snapper may be over the ball...and no part of his person, other than a hand(s) on the ball, may be beyond the foremost point of the ball. b. The snapper may lift the ball for lateral rotation but may not rotate end-for-end or change the location of the ball. c. The snapper may not remove both hands from the ball, make a false snap or fail to pause before the snap. d. An act clearly intended to cause the defense to encroach. (5 yards penalty)

Coin Toss	Not more than four captains from each team may be present at the coin toss. The visiting captain shall call.
Walk-ons	No Walk-ons. Rule 7-Sec.2-Art.1: After the ball is ready for play, each player of the offense must have been, momentarily, within 15 yards of the ball before the snap. (5-yd penalty) Also, Rule 9-Sec.6-Art.4c: To use a replaced player or substitute in a substitution or pretend substitution to deceive opponents at or immediately before the snap or free kick. (15-yd penalty)
Runner Assistant	Assist the Runner: An offensive player shall not push, pull or lift the runner to assist his forward progress. Rule 9-Sec.1 (5-yd penalty)
Fighting	Illegal Personal Contact. Rule 9-Sec.4-Art.1: No player or non-player shall fight (striking, kicking, kneeing, and intentionally contacting an official.) (15-yd penalty & disqualification)
Neutral Zone	Rule 2-Sec.27: The Neutral Zone is as wide as the length of the ball, and is expanded following the snap up to 2 yards on the defensive side of the line of scrimmage.
Inadvertent Whistle	Inadvertent Whistle: Rule 4.-Sec.2-Art.3: During a down, or during a down in which the penalty for foul is declined, if an inadvertent whistle occurs while: a. A legal forward pass or snap is in flight, or during a legal kick, the down shall be replayed. b. The ball is loose following a backward pass, fumble, illegal forward pass or illegal kick, the team last in possession may choose to put the ball in play where possession was lost or replay the down. c. The ball is in possession that the team may choose to accept the play at that spot or replay the down.
Pass Interference	Pass Interference restrictions only apply beyond the neutral zone and only if the forward pass crosses the neutral zone. Pass interference restrictions begin for offense at the snap and for defense at the release of the pass. It is forward-pass interference if any player, offense or defense that is beyond the neutral zone interferes with an eligible opponent's opportunity to move toward, catch or bat the pass. (15 yards from previous spot and automatic first down if by defense or 15 yards from previous spot and loss of down if by offense) It is not pass interference if unavoidable contact occurs when two or more eligible are making a simultaneous, bona fide attempt to move toward, catch or bat the pass. It is not pass interference if contact by the offense is immediately made on the defense and the contact does not continue beyond the neutral zone.
Rouging the Passer	Roughing the Passer. Rule 9-Sec.3 Art.3: Defensive players must make a definite effort to avoid charging into a passer, after it is clear the ball has been thrown. (15 yards and automatic first down from previous spot or from completion.)
Unsportsmanlike Conduct	Noncontact Unsportsmanlike Conduct. Rule 9-Sec.5: Baiting, taunting, insignias worn that engenders ill will; embarrass, ridicule or demean on the basis of race, gender, religion, or national origin; profanity, insulting, language or gestures; spiking or kicking the ball, throw it in the air; any delayed excessive or prolonged act by which a player attempts to focus attention upon himself. (15 yards & disqualification if flagrant, the 2nd unsportsmanlike foul results in disqualification.)

Unsportsmanlike Conduct	Noncontact Unsportsmanlike Conduct by Non players. Rule 9-Sec.8-Art.1: No coach, substitute, trainer or other team attendant shall act in an unsportsmanlike manner. Example are, but not limited to: a. Using Profanity, insulting or vulgar language or gestures. b. Attempting to influence a decision by an official. c. Disrespectfully addressing an official. (15-yd penalty and if flagrant-disqualification and ejection. The second unsportsmanlike foul with a 15-yard penalty results in disqualification. Failure to comply, the referee may forfeit the game.) Between the 30-yard lines. No Coach, substitute, trainer or other team attendant shall be outside the team box. (1st offense warning-2nd 5 yards, 3rd and so on 15 yards)
Electronic equipment on the field	At no time shall any coach, player, or spectator have any electronic communication or recording equipment on the field. This includes video camera, radios, computers, and any other equipment that can be used for communication between player and coaches and or spectators. Personal cell phones are allowed on the sidelines, but are not to be used to facilitate communication for the purposes of coaching in the game. Anyone in violation of this rule will be removed from the game and reviewed by the MEYFL Board for further action. Parents that are videotaping the game must do so from the at least 7 yards back from the sideline and cannot review the tape with any players or coaches during the game.
Parent/Spectator Conduct	Parents and spectators. Rule 9-Sec.9-Art.1: A player or nonplayer or person not subjected to the rules shall not hinder play by an unfair act, which has no specific rule. (Penalty-the referee enforces any penalty he considers equitable including the award of a score. Warnings are recommended but optional.)