

2026 MEYFL Referee Card- 5th Grade

Minnesota High School Rules apply with the following exceptions:

- 1) Game– Consists of four 12-minute running time quarters. 8 minutes for half-time (shortened if agreed to by both coaches). **ONLY** The last 2 minutes of the 2nd & 4th quarter are stop-time. If one team has a 21-point or greater lead, running time will continue during the final 2 minutes of the fourth quarter. "Stop Time" is for normal game circumstances that would stop the clock (ie: Out of bounds, incomplete pass) etc. Referees will maintain a 35 second clock from the referee's 'set of the ball' to the snap of the ball. **Over 35 seconds= delay of game penalty. Time-outs stop the clock anytime they are called.**
- 2) Scoring: **Touchdown**= 6 Points, **Extra Points** :1 point = from 3 yard line (Run or Pass), * 2 points = from 6 yard line. (Run or Pass) 2 point = Extra point via place kicking. 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 are allowed.
- 3) All players must have rubber **non-removable** cleats as well as an attached mouth guard (unless a special dental mouth guard is used)
- 4) **Playing field dimensions must be a regulation 100 yard field.**
- 5) Kickoffs will be from the kicking teams 40 yard line and must have 5 players on each side of the kicker. On side kicks are allowed. **No forward motion by line prior to the ball being kicked. No running starts!**
- 6) **Blue Stripe Players** (5th-Over 125lbs must wear contrasting color tape on their helmets. Blue Stripe players may kick as well as advance the ball on a turnover and run the ball on extra points. Can be used to advance the ball inside the 10 yard lines, if declared as skilled player. **Offensive Positions:** Center, Guard, Tackle, or End (RB/ QB on XP only). **Defensive Positions:** Nose Guard, Guard, Tackle, Defensive End.

- 7) Fumbles on kicks, runs, catches if recovered by the defensive team can be advanced by any player.
- 8) Quarterback shall not attempt to draw defense offside by head bobbing (5 yd penalty).
- 9) If there is a man over the Center (Nose Guard). He must be head up. He may not swat at the ball at anytime. (5 yd penalty). A center is in a vulnerable position. A defense targeting (ie: headhunting") a center by a defensive player is NOT acceptable and will be dealt with by the league severely.
- 10) Balanced Defensive Line- **4, 5 or 6 man Defensive fronts ONLY.** Max. 8 "Men-in-the-Box" No simulated movements to draw off sides (5 yd penalty)
- 11) BLITZING is allowed –LB must be 4 yards off the LOS and can't be moving forward at or before the snap of the ball. Lateral or backwards movement before snap ONLY. (5 yard penalty) All cornerbacks must be at least 4 yds from the LOS and 4 yds outside the Defensive end (when in tight formation) at time of the snap. Safeties must be 7 yards. DE can play outside shoulder of TE regardless of where the TE lines up.
- 12) The team whose goal line was involved shall put the ball in play on the 20-yard line by a free kick after a safety.

Referees Area of Emphasis

- 1) Be sure ball is being snapped on the correct count.
- 2) Be sure that offensive ends and running backs are not holding defensive players. Penalties for holding, face-masking, clipping and blocking in the back, no matter where they occur on the field. **Watch behind the play.**
- 3) Failure to wear mouth guard at the time of the snap is a 5 yard penalty. Whistle blown and play stopped at the snap of the ball).
- 4) If nose guard is covered, the defender is min of 1 yard off the LOS.
- 5) If player is ejected, it must be reported to MEYFL. Jersey number, penalty, and previous warnings to be reported at that time.
- 6) Swearing is an automatic ejection.
- 7) Player must be aligned head to head.

Fold In Half- certified as of 8/26/26 supersedes any versions prior to that date.

All coaches are required to submit a list of players that will play the skilled positions, prior to the start of the game.

"Skilled" Positions

- * Any position other than Center, Guards, or Tackles are skilled. 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.
- * Players may ONLY be eligible to play in a skilled position in the equivalent of One Half of any regulation game.

The coaches are responsible for tracking the numbers of the players. The coach from the opposing team is allowed to tell the referee of an infraction, the referee is responsible for confirming the infraction by referring to this card.

How to access an infraction:

The play doesn't count and a 10 yard penalty is accessed from the original line of scrimmage. Repeat the down.

Skilled Players– First Half

Team: _____

Team: _____

Skilled Players– Second Half

Team: _____

Team: _____

PLACE KICKING - Extra Points- * Any player may place kick, including Blue Strippers.

* Ball is Placed at the 3 yard line and holder may not set up closer than 3 yards from the Line of Scrimmage.

* Place Holder - must field a long snap from the center. One knee must remain in contact with the ground at all times. If the knee comes up, the attempt is failed.

* Kicking Blocks or the ground are the only platform that the ball may be kicked from. NO Kicking Tees.

* **This is a Freeze Kick. with no Defensive Rush.** Once ball is Snapped Offense and Defense must Freeze until the ball is kicked. (Exception of Center-Holder-Kicker).

* Defense may not try to distract Offensive team by yelling, jumping or waving arms until AFTER Ball is kicked. (Unsportsmanlike - 1/2 the distance and redo attempt)

*Field goal is 3 points.

PUNTS are live "Freeze Punts" with no defensive rush.

Once ball is snapped – all players must freeze until the ball is kicked.

*Punter must be at least 7 yards behind the LOS and receive the ball via a long snap. **If snap is muffed, punter kicks from the point where the ball is recovered (as long as punt is no closer than 7 yards from the LOS and between the Tackles).** Blue Strippers may punt.

*Punts must be clearly communicated to referee. **No Fakes allowed.**

*Punt formation – Intent is to simulate a true, tight balanced punt formation. Max of two wide outs – one on each side of formation. Players in formation are to be in a "breakdown" 2 or a standard 3-point stance.

* Punt return – min of 6 men on the LOS across from the tight punt formation - Players in formation are to be in a "breakdown" 2 or a standard 3-point stance. Max of two players deep. All others are to be on or within 2 yards of the LOS.

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