



2026 Metro East Youth Football

5th Grade League Rules

Certified as of 08/26/2026 and supersedes any rules prior to 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 community organization programs, but to create a unified and agreeable format for youth from various member communities 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 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 1st, 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 15 players and recommend no more than 31 players.

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	A game football must be either leather, leather composite or rubber. Note each team may have their own football, but any football used in the game may be used by the other team.
Football Size	5 th Grade- Junior
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 made aware of these issues and a discussion should occur with the parents/guardians for potential needs (i.e. medications etc...) Recommendation is to have a copy located with the team's First Aid Kit.

Fields

Field size	Regulation 100 yard field with 10 yard end zones. Midfield = 50 yard line.
Coach's Box	25 yd line to 25 yd line
Field Lines	10 yard lines - preferred every 5 yards if possible.
Team Location	Team benches will be on opposite sides of the field.
Inspection & Maintenance	Pre game field inspection – the Home team coach is to do a brief overview of the field and equipment. If anything is considered to unsafe, they must correct or contact the field coordinator prior to game play.

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	5th Grade- Over 125 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 contrasting colored 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 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 s stripper may be utilized to advance the ball inside the 10 yard lines. They must be declared in a skilled position prior to the game, like any other skilled 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 (nine) 9 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 or hotline (651-342-7194) 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. • Parent and spectators must be at least 7 yards beyond the sidelines and stay out of the player areas at all times. Head coach must enforce this rule. Game will be stopped until it is corrected. If not corrected in timely manner, the game will be forfeited. • 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.
	• 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.

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. Coaches may discuss and try to understand a referee's decision, as long as they do so in a respectful, calm, and civil manner. • No coach, player or fan will yell obscenities at or denigrate any player, coach, referee or fan. • 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	Coaches are only allowed on the field during timeouts.

Referees

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. Coaches must report all ejections from the game, including the other side. In the event the coach does not report the ejection the coach will be suspended for the next game.
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 about specific rules and rule modifications. Also, given the number of referees vs. the number of players and the actions on the field, it is nearly impossible to see everything that happens. • We ask 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...). • The referees are to try, when possible to communicate the warning to the Head Coach as well. • Coaches must remember that the Referees do not have any stake in the outcome of the game.

	• 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' Moved From General Rules	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 on the MEYFL Hotline. • 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

Game length	Game Clock - Consists of four 12-minute running time quarters. The clock will stop on scoring drive until the ball is set unless in the last 2 minutes. Clock will stop for injuries or timeouts (1 min) otherwise the clock will run. The last 2 minutes of each half are stop-time. If one team has a 21-point or better lead running time will continue during the final 2 minutes of the fourth quarter.
Play Clock	• Referees will maintain a 35 second play clock from the referee's 'set of the ball' to the snap of the ball. Over 35 seconds = Delay of game penalty.
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	• Three Minute Intermission • Each team is given one-30 second time out. No Timeouts carry over from regulation.

	• A coin toss will determine who goes first. All “skill position” players become eligible in the overtime. • Referee decides which 10 yard line will be used. Same 10-yard line will be used for the entire Overtime. • Ball placed at the 10-yard line – 1st and Goal. • Each team will be given a 1st and Goal from the 10, opportunity attempt. • If a team scores, the rules for points are listed below in the scoring section. Running/Passing extra point parameters will apply same as in regulation. • If a turnover occurs and the defense gains possession, offensive possession ends immediately. • A maximum of one overtime attempt will be allowed. After completion of the overtime period if the score is still tied, the game will be considered final and end in a tie. Exception – in a playoff/tournament game, where a winner must be determined to continue the event.
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) • 2 points = 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 allowed. <i>SAFETY</i> • Safety is 2 points, After a Safety is scored, the ball shall be put in play on the 20 yard line of the team that had the safety scored on them via a free kick(kick or punt).
Scoring- Place Kick Rules	<i>EXTRA POINTS</i> • 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: No Defensive rush. Once ball is snapped the 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 the ball is kicked. (Unsportsmanlike - 1/2 the distance and redo attempt) <i>FIELD GOAL ATTEMPTS</i>–Apply Place Kicking- Extra Point rules to all field goal attempts. A field goal is 3 points. Defense is not allowed to return a muffed or missed field goal attempt.

Lop Sided Score	Lopsided Score Rule: "Lopsided Score" = one team leads by 21 or more points. • Passing attempts are allowed by a team leading by 21 or more points. All passes are to be downfield. No screen passes allowed. • No sweeping the ends. • No running outside the tackles when score difference greater than 21. Ball carrier must run between the tackles. No fumble-rooski's allowed. • No 2-point conversion attempts are allowed by a team leading by 21 or more points, one point conversion or place kicking is allowed, however it is only worth one point. • See Game Length for further clarifications.
Penalties	Full penalties
Swearing	Any player who swears will be ejected from the game. (Unsportsmanlike conduct). Swear words include SH*t, F*ck, Damn, or as****ole. Crap does not count.
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.
Playing Time Rules	This is intended to be a Youth developmental league. It is to give players 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 players opportunities.

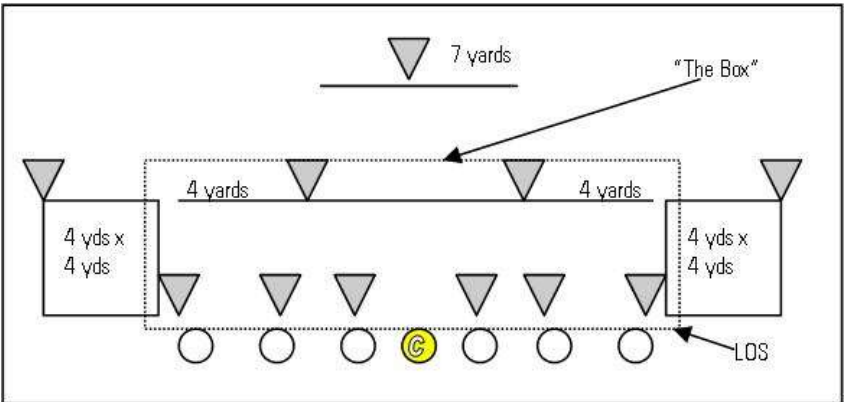
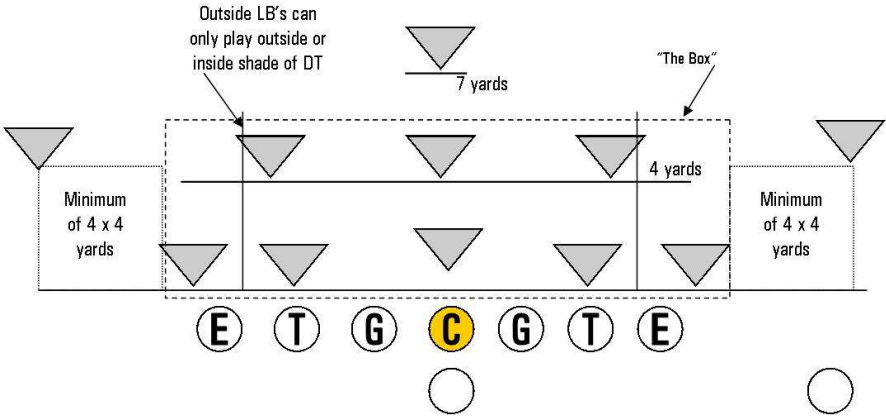
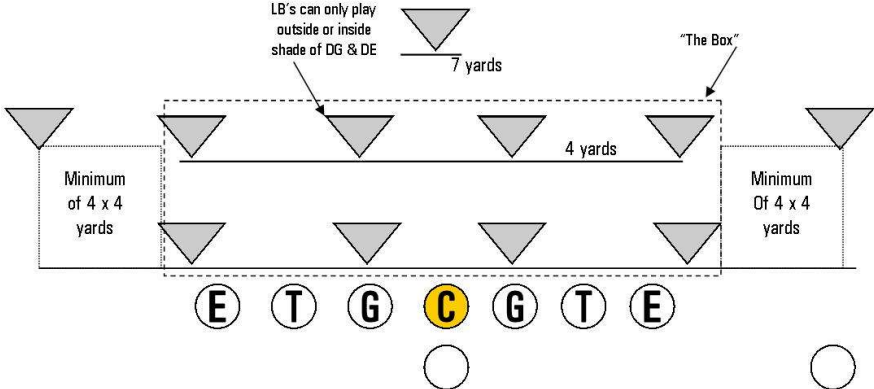
Rules- Offense

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 line of scrimmage 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).
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 player that advances the ball other than a forward pass is considered a skilled position for that half including: Runs, pitches, toss, etc. Quarterback players are a skilled position, regardless of moving the ball forward or not. If a player does not advance the ball in the half, they are eligible in the next half. Blue stipper rules still apply to this rule. - Players may ONLY be eligible to play in a skilled position for the equivalent of One Half of any regulation game. THERE IS NO WAIVING THE SKILLED POSITION RULE DUE 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 prior to the use of those two players, the exception is void. - Violation of this rule will be assessed as 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). Coaches are encouraged to remember the idea of the skill position rule is to allow multiple players to develop and handle the ball. The intent of the rule is not to rely on a few players, but to involve many players for development. Any coach that is abusing this rule to win shall be referred to the league for further evaluation of coaching status within the organization.
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 by head bobbing (5-yd penalty). All other MHSF rules apply
"Quarterback" Running	There are no limitations of where a skilled position player can run the ball on a direct snap.

Rules- Defense

General	4, 5 or 6 man Defensive fronts ONLY. - Balanced Defensive Line: 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 simulated movements to draw off sides (5 yard penalty) - No forward motion from defense prior to snap of the ball. - Defense: ANY player may advance a fumble or an interception.
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	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 at this level is in a vulnerable position. A defense targeting (ie: headhunting or helmet to helmet contact") a center by a defensive player is NOT acceptable and will be dealt with by the league severely.
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	 The diagram illustrates a 6-2 defensive alignment. A dashed rectangle labeled "The Box" is 4 yards wide and 4 yards deep. Inside the box, there are two rows of three defensive players (represented by triangles) each. A line of scrimmage (LOS) is marked with a yellow circle (the Center) and six white circles (the Guards). A 7-yard distance is marked from the top of the box to the line of scrimmage. Two 4-yard x 4-yard areas are marked on the sides of the box.
5-3 Defense	 The diagram illustrates a 5-3 defensive alignment. A dashed rectangle labeled "The Box" is 4 yards wide and 4 yards deep. Inside the box, there are two rows of three defensive players (represented by triangles) each. A line of scrimmage is marked with a yellow circle (the Center) and six white circles (the Guards). A 7-yard distance is marked from the top of the box to the line of scrimmage. Two 4-yard x 4-yard areas are marked on the sides of the box. Text labels indicate: "Outside LB's can only play outside or inside shade of DT" and "Minimum of 4 x 4 yards".
4-4 Defense	 The diagram illustrates a 4-4 defensive alignment. A dashed rectangle labeled "The Box" is 4 yards wide and 4 yards deep. Inside the box, there are two rows of three defensive players (represented by triangles) each. A line of scrimmage is marked with a yellow circle (the Center) and six white circles (the Guards). A 7-yard distance is marked from the top of the box to the line of scrimmage. Two 4-yard x 4-yard areas are marked on the sides of the box. Text labels indicate: "LB's can only play outside or inside shade of DG & DE" and "Minimum of 4 x 4 yards".

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. Center is a guarded position and the nose guard (if one) must be 1 yard off LOS.
Linebackers	• Maximum of 4 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. Exception: Inside Own 10, Linebackers may play a minimum of 2 yards off the line of scrimmage. • No "Blue Stripe players can play linebacker at anytime.
"8 Men in the Box"	• 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, Defensive backs may play a minimum of 2 yards off the line of scrimmage and still maintain a 4 yard box outside the End. Safeties must play a MINIMUM of 7 yards off of line of scrimmage. (5 yard penalty) EXCEPTION: Inside own 10, Safeties can play a minimum of 4 yards off the line of scrimmage. • No Blue Stripe players are allowed to play at a linebacker or defensive back position.

Rules- Special Teams

Kick-off Team	• 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. No forward motion from Line prior to kicker kicking the ball. • Onside Kicks are allowed, no player from the kicking team can touch the ball prior to it traveling 10 yards (5 yard penalty and re-kick). • 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.
Kickoff Return Team	• 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	• Punts are live "Freeze Punts" with no defensive rush. Once ball is snapped – all players, except punter, must freeze until the ball is kicked. • Punter must be at least 7 yards behind the line of scrimmage and receive the ball via a long snap. If the 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 line of scrimmage and between the Tackles). Blue Stripers may punt. • Punts must be clearly communicated to referee. No fakes are allowed. • Punt formation: Intent is to simulate a true, tight balanced punt formation. Maximum of one wide out on each side of the formation. Players in formation are to be in a "breakdown" 2 or a standard 3-point stance. • Punt return – minimum of 6 players on the line of scrimmage 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 line of scrimmage.

Some Helpful Minnesota High School Rules

MSHSL	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 except in the free blocking zone (rectangular area 4 yards either side of the ball and 3 yards behind the line of scrimmage) In this zone, only players who are in the zone at the snap may clip others that are also in the zone at the snap. Rule 2-Sec.17-Art.3) May also clip when tackling a runner or pretend runner; or recovering a loose ball.

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.
Roughing 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 non-player 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.)