

Mid-State Youth Football League Rules

Updated	7/8/2025	League Rules @ https://www.whitelandyouthfootball.com/msleaguerule#		
General	Coin Flip	Visiting team makes call, prior to the start of each game Teams will only switch direction at halftime.		
	Game Length	All games will be 4 quarters in length with NO overtime Game not to exceed 70 minutes (1hr & 10 min). All Games subject to start up to 10 minutes early.		
	Clock	10 minute running clock. Officials follow IHSSA clock rules the final 2 minutes of each half unless the mercy rule is in effect. No two minute warning Clock stops after score for extra point attempt (extra point attempt is a un-timed down). Clock Re-starts on officials whistle once ball is placed on Receiving teams 35 yard line. Note - Officials to keep game moving after a score (no extended timeouts).		
	Time Outs	4 timeouts (1 minute) per game with a limit of 3 per half. Time outs are taken on the field. All coaches can be on the field during timeout Water taken to players on field Officials can call Heat timeouts at their discretion		
	Half Time	4 minute in length - teams go to sideline		
	Play Clock	All Grades - 40 second play clock keep by the official. Clock stops after each play clock violation, re-starts on official's whistle. (Penalized team has 30 sec to run next play).		
	Mercy Rule	When a team has an 18 point lead or more, at any point in the game they are required to sub out the ENTIRE Offensive backfield (all players must be new to the backfield – not putting the QB at RB, etc.). (3 main ball carriers can NOT touch the ball) If the 18 point difference is reduced to under 18pts, then the team with the lead is allowed to put its starting backfield back into play. Note - the players that were in the backfield are allowed to stay in the game in other positions. No gimmick or trick plays allowed to include but not limited to (reverses, hook & ladder, etc.) when Mercy Rule is in effect. *Penalty - 1st occurrence Warning and replay of Down. Additional occurrence sportsmanship 15 yard penalty		
General	Coaches	The number of coaches allowed on the field are as follows:		
		2nd-3rd	4th - 5th	6th
		2	1	0
		No coaching or instruction by on field coach after the break of the huddle or during a play (i.e. Yelling "Snap Ball, Pass" or "Reverse"). On field coach position - 10 yards behind RB or o Safeties Only Players and Coaches will be allowed on the designated side of the field during games. (4 adults total) A maximum of 4 Coaches can represent each team on the Players' side of the field. NO Coach will not argue the interpretation of the rules with the Officials. Only head coach may speak to official. All complaints must be in writing and presented to your Board member. Intent of rule is to allow the players to play the game not have coaches strategize from an advantage point. *Penalty - 1st occurrence Warning, 2nd occurrence 5 yard pentatly & replay of Down. 3rd occurrence sportsmanship 15 yard penalty, 4th occurrence restrict coach from field for failure to comply with any of the above rules.		

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Offense	Offensive Playbook	Each league will run plays and formations per their league Bi-Laws.
	Line	Consists of 1 Center, 2 Guards, 2 Tackles, and 2 Ends (Tight or Split). (See Diagram)
	QB Play	There will be No "A" Gap QB sneaks form under Center. It is legal for the QB to run in A gap from under center after faking handoff or if the QB receives the ball a minimum of 4 yards from center
	Snap Count	No silent snap count.
		* Failure to comply with any of the above rules will result in a 5 yard penalty. Replay the down.
Defense	Lineman	<ul style="list-style-type: none"> Center is uncovered for every play in all divisions The defensive lineman cannot just shoot a gap in any grade or division The defensive lineman engages the offensive lineman using his hands, at a minimum to one shoulder, and works toward the ball carrier. When covering a TE a team can elect to use DT or walk up another player (LB, DB, Safety). Anyone covering a TE must play from a 3 or 4-point stance. Grades 1-4 All linemen are HEAD-UP and in a 3 or 4 point stance Grade (5 & 6th) - Linemen are HEAD-UP or Shaded. No zero or 1 tech's. 2I is allowed provided lineman engages Guard first.
	Defense Playbook	4-4 Head - Up in 2nd - 4th. Shades allowed in 5th and 6th grades (No 0-1-0 Technique Allowed) 5-3 All lineman must align Head-Up 6-2 All 6 linemen are HEAD-UP (See Diagram)
	LB/DB	Linebackers must be a minimum of 4 yards from LOS 1st - 4th Defensive Backs align a minimum of 4 yards from LOS 5th & 6th Defensive backs can align in press coverage (1x1) with WR. If WR is inside the box DB can allign 2x2 from the last man on the line of scrimmage.
	Blitzes	No BLITZES are allowed in any Division. (Player can move in any direction after the ball is snapped).
	Goal line Short Yardage	Linebackers can move up to 2 yards from line of scrimmage in goal line situations or 4th and short yardage (2 yards or less). Goal line is inside the 10 yard line.
		* Failure to comply with any of the above rules will result in a 5 yard penalty.

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Special Teams		1/2	3/4	5/6	
	Kickoff	NO Kick Off, The ball will be placed on the 35 yard line of the receiving team.			
	On Side Kick	<ul style="list-style-type: none">•4th Quarter ONLY! Scoring team declares “Onside Kick”.•Kicking team receives the ball on the Kicking teams 35 yard line with a 4th and 15 yard scenario.•If successful they continue to drive the ball. (must advance ball to-or-beyond Mid-field).•If unsuccessful the defending team takes over on downs from the spot of the ball.			
	Punt	<ul style="list-style-type: none">• Punting team must tell the officials of their intent to punt.• Ball will be placed +30 yards.• Receiving team takes over on procession.• 20 yard Line - If Ball goes into end zone• 10 Yard line – If Ball is spotted inside 10 yard line (example punt from 35 ball +30 is 5 yard line. Official would spot the ball on 10 yard line).			
	Field Goals	No Kick	Successful Kick = 3 points. Snap from line of Scrimmage kicked 5 yards behind LOS. The defense cannot rush the kick. If the holder misses the ball, he can retrieve the ball and hold it for the kick.		
	Extra Point	(P.A.T. Run/Pass) - No Kick 1 point - LOS 3 yard line 2 point - LOS 5 yard line			
General	Team Structure	Players Per Team	Min - Max		
		All Leagues	13 - 22	13 - 22	No Limit
		Each league will have 3 – 4 divisions by grade (6th Only), (4th & 5th), (2nd & 4th), (K – 1s Flag Only) Each Mid-State league agrees to use an individual player evaluation process that identifies each players athletic ability then distribute it evenly creating a competitive environment that encourages player development.			
	Playing Time	All players are expected to participate equally throughout the entire game. The only exception would be due to injury. All Player Shortage situations requires League Director Approval <ul style="list-style-type: none">• Team must have less than 13 players to request a player from another team• May not exceed 13 players if using players from another team• Sub player wears his original teams jersey (No-Switching of jerseys). The intent of subbing from another team is not to allow top-rated players to play on other teams.• Each league to administer the enforcement of this rule.• All substitutions must be approved by each leagues director and communicated to opposing team 2 hours prior to game time.			
	Ball Size	Grade	K-2	3-4	5-6
		K2 (Pee Wee) TDJ (Junior)	K2	K2	TDJ
Game Day Scheduling	Game start time and location will be set by hosting league. Meeting (Zoom) with League Officials the Second Sunday of August				

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General	Player Weight	Helmet Markings (Visible to game day officials)	Eligible Positions	Weight (League Bi-Laws by Division)		
		None	All	League Max - Equal to or Less than		
		1 Stripe Black/Horizontal	TE/OL DL/LB	league Max - up to 20 plus lbs. TE - must be in a 3 or 4 point stance and not detached from line of scrimmage. Not allowed to advance the ball after a catch, fumble recovery or interception.		
		2 Stripe Black/Horizontal	OL DL	league Max - exceeds 20lbs Players must play from 3 or 4 point stance can't advance the ball		
	Player Weight	<p>Any player under the pre-determined league running weight as of their league weigh in day, is eligible to advance the ball from any position on the field and have no restrictions on playing positions.</p> <p>A player within 20 pounds of the eligible league running weight will be identified as having a single black stripe on their helmet. Which must be visible to game day officials.</p> <p>They are eligible to play the Offensive or Defensive line as well as Tight End or Linebacker. If a single stripe player catches the ball during a play the ball is dead at that spot. And/or recovers fumble/interception.</p> <p>A player 20 pounds or over the eligible league running weight will be identified as having a double black stripe on their helmet. Which must be visible to game day officials. They are eligible to play the Offensive or Defensive line from a 3 or 4 point stance</p> <p>Player Weight Verification Each league shall provide a full and complete roster for each team to the other leagues prior to the first week of games and each coach shall have a full roster with all pertinent information on them at all games and be able to provide this roster at any time. This roster shall include team name, player name, jersey number, and weight</p>				
	Player Weight	<p>Each league can set their own date and time for weigh-in for team placement. Each league must do an additional weigh-in for any player that was within 5 lbs. of the running weight or within 5 lbs. of the single striper weight. This will apply to kids that are 5 lbs. above or below the weight limit for running and/or being a single striper. This weigh-in will take place on the Monday of the first week of inter-league games.</p> <p>Player Weight Management Anytime throughout the season that a coach or a parent has concerns that a player is over the running weight or over the single striper weight and could be a safety concern, they must file a complaint with their league official.</p> <p>Each leagues board of directors shall analyze this complaint and see if it warrants concern. If there is a rule concern, that league can issue a re-weigh complaint to the league in which the kid in question plays for. This weigh shall be done before the next played game and shall be witnessed by a league official from both leagues involved (In-person is recommended however, Facetime is sufficient).</p> <p>If a player is found to be over the weight limit during a complaint check anytime throughout the</p>				
	Player Weight	League	1st/2nd	3rd/4th	5th/6th	
		Greenwood	70	95	120	
		Franklin	70	95	120	
		Whiteland	70	95	120	
		Mooresville	70	95	120	
		Martinsville	70	95	120	
		Perry	70	95	120	
	Name	Email				
	Scott Martin	scott.martin@patcraft.com				

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League Directo	Josh Sizemore	sizemorejd@yahoo.com	All complaints must be in writing and presented to your Board member.
	John Martin	smokeneck1@gmail.com	
	Scott Dobkins	mjflpres@gmail.com	
	Scott Simmonds	ssimmonds@perryschools.org	
	Ziggy Meluskey	bm967@cummins.com	