

Central Maine Football League 2010 Final Rules and League Format

Eligibility by Grade

Flag Team – 1st and 2nd Graders
Pee Wee Team – All 3rd and 4th Graders
Youth Team – All 5th and 6th Graders

All Teams – Minimum players – 11
(Excluding 2nd graders for Pee Wee Teams)

For 2010, \$150 entry fee required for each team to cover cost of QuickScores, Jamboree and championship game officials, and trophies.

Team rosters must be provided by first game. Failure to provide roster will result in forfeit of all wins until one is submitted.

Footballs

The home team will be responsible for providing the game ball but this does not preclude the visiting team from using their own ball during their possessions.

Pee Wee Teams will use the “TDJ” or “K2” ball and the Youth Teams will use the “TDY” or “TDJ” ball.

Practice

Practices should not begin before the start of football practices as designated by the Maine Principles Association for high schools. This year the date is August 16, 2010. Jamboree event will kickoff the season on Saturday, September 11 and first games will be played on Saturday, September 18.

Coaches

Pee Wee Teams – Each Team may place not more than two coaches on the field at one time. The coach may assist his players until the quarterback begins his cadence. Once the QB begins cadence, the coach must remain quiet and still. At no time will the coach be allowed to talk or move (unless movement is to prevent interfering with the play). The first assisting violation will result in a warning from the official and every assisting violation after that will result in a 15 yard penalty. The league encourages restraint on coach assisting during plays and reinforces the importance that opposing Coaches that are on the field do not display poor sportsmanship to the players. Coaches will **NOT** argue with each other or officials and show disrespect to their team. All coaches should be

certified by the National Youths Sports Coaches Association before being allowed to coach.

Youth Teams – Coaches will not be allowed on the field, except during time-outs.

- All Teams
- A maximum of 5 coaches per team will be allowed on the sidelines during the games.
 - At no time will electronic (2-way radios) devices be allowed to be used between any coaches.
 - Coaches are responsible to assign jersey numbers to players that best fit the position. They will be playing.

CMFL strongly encourages that Players, Coaches, and Parents all sign the NYSCA Code of ethics or similar as an agreement of behavior, character, and good sportsmanship from those involved with the League.

Officials

At least two board officials will be assigned to each Youth division game by the head of officials (Ed Baehr). Pee Wee division games are only required to have one board official. The host program will be responsible for paying any/all officials. If an official is absent due to unplanned or unforeseen circumstances, the head coaches will determine if there is a suitable replacement. In the event a suitable replacement cannot be agreed upon, the game will be rescheduled during the next week (prior to the next game).

Length of Game

All games will consist of four, 8-minute quarters with overtime (OT same as High School rules with 4 plays for each team from the 10 yard line until the tie is broken).

The League also encourages additional playing during a 5th quarter for the “B” team players that will consist of 10 offensive plays in succession for both teams. This will have no bearing on the outcome of the normal game. This should be the norm and not the exception. Coaches need to find ways to play 5th quarter even if partial squads are used to increase player participation.

Substitution

All teams- All players who are not injured or withheld for disciplinary reasons must enter the game for at least one play.

Ball Carrier Weight Limit

Each division will have a weight limit for ball carriers in the backfield and line including quarterback, running backs, receivers and ends. The Youth division will have a 130 pound limit and the Pee Wee division will have a 110 pound limit for ball carriers.

Defensive Alignments

For the Pee Wee division, only 5 defensive linemen are allowed in the line of scrimmage area which extends 3 yds in each direction between the ends. This restriction is not in effect when the offensive team is within the defensive team's red zone (20 yards from endzone).

Time Outs

During very hot weather conditions (and both coaches agree), an uncharged time-out will be allowed half-way through each quarter for a water break.

All Teams- Three time outs will be allowed during each half. Any team with a 17 point lead, will not be allowed any time outs unless one of the two apply: (1) Injury timeouts and (2) a substitution time out can be called to align and position new players.

Play Clock

Pee Wee Team- 40 seconds from the spot of the ball

Youth Team- 30 seconds from the spot of the ball

Point After Touchdown (PAT)

All Teams- Have the option to kick or try to score by any other means.

Coaches will make the official and opposing coach aware of their decisions prior to the snap of the ball whether they elect to kick the PAT. If a team wishes to kick, the defense must wait 5 seconds after the ball is snapped before they can make any attempt to cross the line of scrimmage (as counted down by the official). After the 5 seconds has expired, the defensive team will be allowed to try and prevent the point by any means allowed by the rules of football. Once the ball is kicked, the defensive delay ends.

A team that elects to kick, must kick, and a PAT by any other means will not be allowed (no advancing of the ball by running or throwing).

Youth Teams- Each team must attempt a kicking PAT after the first touchdown. When up by 17 points, the team on the favorable side, must kick a point after attempt.

Field Goals

All Teams- Same as extra point rule.

Punting

Offensive team must announce to the official and the opposing coach that they have decided to punt. The ball must be snapped at least 5 yards to the punter. The defense and offense must wait the full 5 seconds before they are allowed to rush or release from the line of scrimmage. Once the ball is punted, the defensive and offensive delay ends. The punting team may run the ball if the snap is not clean, however they may not advance the ball beyond the line of scrimmage. If the ball is advanced beyond the line of scrimmage, the ball will be returned to line of scrimmage and the receiving team will take possession from there.

“17” Point Rule

All Teams- If your team has just scored, and still trails by 17 points or more, that team will be entitled to receive the kick-off. They can also decline to receive. If you trail by 17 points or more at the half, you will be entitled to receive the 2nd half kick-off but they can also decline.

“30” Point Rule

If a team leads by 30 or more points, they must replace the entire starting backfield with 4 different players, if they have not done so already.

Un-sportsmanlike Conduct

Any time a player or coach is given a penalty for un-sportsmanlike conduct, that player or coach will be ejected for the remainder of the game.

Any un-sportsmanlike penalty for a physical act will result in a mandatory 1 game suspension.

The official has the right to call an un-sportsmanlike conduct on fans.

First offense- Warning from the official or a 15 yard penalty

Second offense- 15 yard penalty of forfeiture of the game

Third offense- forfeiture of the game

Any coaches whose actions are detrimental to the league are subject to disciplinary action by the board (up to, and including permanent dismissal from the CMFL).

CMFL Tournament

With a six team format, the CMFL’s tournament will include a play-in game which will be held on Wednesday, October 20 under the lights at Maranacook and Winthrop. The play-in games will be between the teams finishing third through sixth. In this format, the No. 3 team will play No. 6 in Game 1 and No. 4 will play No. 5 in Game 2. The winners will advance to the playoff game and the seedings will be determined based on the order

each team finished the season. For example, if the No. 6 team beats the No. 3 team and the No. 4 team beats the No. 5 team, then the No. 4 team is the three seed and the No. 6 team is the fourth seed. In the playoff games, the No. 1 team will play the fourth seed and the No. 2 team will play the three seed. The championship games will be played under the lights on Saturday, October 30 at Winthrop. The play-in, playoff and the championship games will be full games with 4 – eight minute quarters. All tie games will be completed per the same rules as high school.

Area Representation

Maranacook
 Oak Hill
 Winthrop
 Lisbon
 Poland
 Monmouth

No area may actively recruit players from other areas.
 If a player wishes to participate in a program that is different from the one he/she is living in, that player must get permission from each area involved.

2010 Area Youth Football Coordinators – it is encouraged that League and team coordinators are not coaches.

Rick Conant	Winthrop 377-2010	rick@rlc-eng.com
Deb Strout	Oak Hill - 375-9936	stroutcpa@hotmail.com
Crystal Buteau	754-3472	football1@sabattusrec.com
Linda Smith	Maranacook – 623-3532	Laweddy@msn.com
Mark Stevens	Lisbon - 353-2289	mstevens@lisbonme.org
Clint Knowlton	Poland	polandknights@yahoo.com
Shawn Wright	Monmouth	swright96e@hotmail.com

CMFL Youth (5&6th) Football Rules

No coaches on field during game
Two board officials or as agreed by coaches.
4 – 8 minute quarters, 30 second play clock
5th quarter if coaches agree (no impact on game)
All players must play.
Ball carrier weight limit of 130 lbs.
Hot weather, uncharged time-out allowed in each period for hydration of players.
No timeouts allowed if team ahead by 17 points unless for substitution or injury.
30 second play clock.
PAT – must be kicked (no fakes allowed) on first TD. 5 sec no rush rule by official. If up by 17, must kick PAT.
Punt must be declared with no fake. Def. and off. 5 sec delay on all kicks
After score or start of second half, if one team is behind by 17 or more points then they receive the kickoff.
UNSPORTSMANLIKE CONDUCT – immediate ejection of player or coach for remainder of game. On fans, officials have right to following
#1 – Warning or 15 yd pen
#2 – 15 yd pen or forfeit
#3 – Forfeit game

CMFL Pee Wee (3rd & 4th) Football Rules

Two coaches on field during game.
No assisting after QB starts cadence. (15 yd penalty for assisting)
One board official or as agreed by coaches.
4 – 8 minute quarters, 40 second play clock
5th quarter if coaches agree (no impact on game)
All players must play.
Ball carrier weight limit of 110 lbs.
Hot weather, uncharged time-out allowed in each period for hydration of players.
No timeouts allowed if team ahead by 17 points unless for substitution or injury.
40 second play clock
Punt must be declared with no fake. Def. and off. 5 sec delay on all kicks
After score or start of second half, if one team is behind by 17 or more points then they receive the kickoff.
UNSPORTSMANLIKE CONDUCT – immediate ejection of player or coach for remainder of game. On fans, officials have right to following
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