

Mid-State Youth Football League Rules

Updated	8/6/2025	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			
	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			

Mid-State Youth Football League Rules

Updated	8/6/2025	League Rules @ https://www.whitelandyouthfootball.com/msleaguerule#									
General	Coaches	<p>The number of coaches allowed on the field are as follows:</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <thead> <tr style="background-color: #cccccc;"> <th style="width: 33%;">1st & 2nd Grade</th> <th style="width: 33%;">3rd & 4th</th> <th style="width: 33%;">5th & 6th</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">1</td> <td style="text-align: center;">0</td> </tr> </tbody> </table> <p>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.</p> <p style="color: red;">Intent of rule is to allow the players to play the game not have coaches stategize 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.</p>			1st & 2nd Grade	3rd & 4th	5th & 6th	2	1	0	
	1st & 2nd Grade	3rd & 4th	5th & 6th								
	2	1	0								
Team Structure	<table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <thead> <tr style="background-color: #cccccc;"> <th style="width: 40%;">Players Per Team</th> <th colspan="3" style="width: 60%;">Min - Max</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">All Leagues</td> <td style="text-align: center;">13 - 22</td> <td style="text-align: center;">13 - 22</td> <td style="text-align: center;">No Limit</td> </tr> </tbody> </table> <p>Each league will have 3 – 4 divisions by grade (6th Only), (4th & 5th), (2nd & 4th), (K – 1s Flag Only)</p> <p>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.</p> <p>[NO Stacking Teams, No ABC Teams, No Tier Teams]</p>			Players Per Team	Min - Max			All Leagues	13 - 22	13 - 22	No Limit
Players Per Team	Min - Max										
All Leagues	13 - 22	13 - 22	No Limit								
Playing Time	<p>All players are expected to participate equally throughout the entire game. The only exception would be due to injury.</p> <p>All Player Shortage situations requires League Director Approval</p> <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. 										

Mid-State Youth Football League Rules

Updated	8/6/2025	League Rules @ https://www.whitelandyouthfootball.com/msleaguerule#
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 ("Shot Gun" type formation).
	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	All linemen in the tackle box (DT or NT) must play in a 3-point or 4-point stance. When covering a TE, a team can use DT but must be in a 3-or 4-point stance. A team can walk up another player (LB, DB, or Safety) who, when covering a TE, can play from a 3-point or 4-point stance. The Center is uncovered for every play in all Rec divisions The defensive lineman cannot just shoot a gap in (3rd & 4th) or (1st & 2nd) grades; they must engage with at least half a man. <u>Grades 1st -4th</u> All linemen are HEAD-UP and in a 3-point or 4-point stance <u>Grade (5 & 6th)</u> Linemen are HEAD-UP or Shaded. There are no zero or one tech (0) (No lineman over the center) 2i (DL over the Guard is allowed), provided the lineman engages the Guard first; there is no shooting the gap. The DL has to engage.
	Defense Playbook	Each league will run plays and formations per their league Bi-Laws. Even or odd fronts are permitted.
	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.

Mid-State Youth Football League Rules

Updated	8/6/2025	League Rules @ https://www.whitelandyouthfootball.com/msleaguerule#		
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. Teams will only Switch directions at Halftime		
	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	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

Mid-State Youth Football League Rules

Updated	8/6/2025	League Rules @ https://www.whitelandyouthfootball.com/msleaguerule#			
General	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</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	

Mid-State Youth Football League Rules

Updated	8/6/2025	League Rules @ https://www.whitelandyouthfootball.com/msleaguerule#	
League Director	Name	Email	
	Jordan Sharp	coachjsharp@gmail.com	
	Kenny Thompson	Kthompson3333@gmail.com	
	Josh Sizemore	sizemorejd@yahoo.com	
	Lance Drake	lancecdrake@gmail.com	
	Tim Burnam	t.burnam@yahoo.com	
	Jeff Hedges	JHedges@CRH.org & indystar4@comcast.net	
	Jed Adams	mjflpres@gmail.com	
	David Curry	currydak@yahoo.com	
	Dan Hoover	dhoover8510@gmail.com	
	Scott Simmonds	ssimmonds@perryschools.org	
	Justin Jezierski	JJezierski@leopardo.com	
	David Mongan	DMongan@firstmerchants.com	
	Nathan Tripp	ntripp440@gmail.com	
Ziggy Meluskey	bm967@cummins.com		
Larry Thomas	lawrencethomas1978@hotmail.com		

All complaints must be in writing and presented to your Board member.