



2012 Mile High Football League Rules and Procedures



Approved and Adopted on March 1, 2012

Mile High Football League (MHFL) is a program of the Hmong Foundation, Inc, a non-profit Colorado corporation, and conducted under the authority of its Board of Directors as a service to youth of all ages, genders and abilities.

ARTICLE 1: PURPOSE

The purpose of this program is to provide young student-athletes opportunities to play recreational youth tackle football in the spring season while focusing on the fundamentals of the game, developing good sportsmanship, teamwork, self-confidence and leadership through participation.

Major emphasis of this league is to:

1. Provide youth an OPPORTUNITY for fun and enjoyment through a football program.
 2. Teach youth football skills and techniques.
 3. Practice good sportsmanship and fair play.
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ARTICLE 2: ADMINISTRATION

1. The league is administered by the Football Director(s) under the supervision of the Board of Directors and those appointed by the Football Director(s). The Football Director(s) shall have full authority and responsibility for administration and conduct of the league matters within this Rules and Procedures.

2. The Football Director(s) shall be responsible for maintaining accurate records on all events, correspondence, letters, discipline issues, rosters, schedules, and other record keeping which is necessary to ensure consistency and history for future persons holding these positions.

ARTICLE 3: ELIGIBILITY

1. PLAYERS:

a) Boys and girls are eligible as players in the Mile High Football League Football program who meet the grade requirements and medically cleared to participate. Proof of grade and physical required.

b) Players are to register during the time period and in the manner specified by the Football Director in order to be eligible to participate in the league.

c) Registration is initiated by a player's parent/guardian completing the on-line registration furnished by Mile High Football League specifically for this purpose along with the football fee payment and submitting required documents.

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2. COACHES:

Those adults are eligible to be considered as Coaches in the Mile High Football League Football program:

- a) Have not had their coaching assignment revoked by another association or league within the two years.
 - b) Head Coaches must be at least eighteen (18) years of age.
 - c) Must have an application on file, submit to a background check, and be approved by the Director.
3. The Football Director shall be the judge of fact in all questions of eligibility.

ARTICLE 4: ORGANIZATION OF TEAMS

Divisions are formed as follows: Minors (2nd-3rd gr.), Majors (4th-5th gr.), Juniors (6th-7th gr.), Seniors (8th-9th gr. under 160 lbs), Junior Varsity (9th-11th gr. under 180 lbs) and Varsity (9th-12th gr.).

ARTICLE 5: SELECTION OF PLAYERS

1. Individual Registering Players will be assigned to teams by the league based on geography or region unless requested otherwise.
2. Independent Registering Players signed to play in the league but is already part of an existing team not formed or placed by the league.
3. Players may not play on two separate MHFL teams.
4. Players over the age of 18 or have graduated from high school are not eligible to participate in this league.

ARTICLE 6: TEAMS AND TEAM STRUCTURE

1. INDEPENDENT TEAMS:

Teams may be formed from outside of Mile High Football League. A team should carry a minimum of 15 players. The league reserves the right to assign Individual Registering Players on their team. This is a condition of being allowed in the league. All Independent Teams will assume financial responsibility for all their team and player equipment including helmets, shoulders, uniforms and practice field rentals.

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2. LEAGUE TEAMS:

Individual Registering Players are those that sign up through the Mile High Football League office and not part of any existing team. These players may request a team or coach, and if there is an opening they may be assigned to that team. The Football Director will assign Individual Registering Players at his or her discretion. The primary goal is to assign them to teams by geography or region where possible. Each player will be assigned to a team.

3. MINIMUM AND MAXIMUM OF PLAYERS

The minimum number of players per team is 15 and with a 25 players maximum. At the Football Director's discretion, players from open registration may be assigned to any team or open up a team's roster beyond the maximum to accommodate additional players.

ARTICLE 7: COACHES

1. As coaches you have a very important role in the development of young athletes; a role that goes far beyond coaching the game of football. Your leadership, philosophy and actions will leave impressions far more indelible and much farther reaching than you may have ever imagined. Developing character, sportsmanship and respect depends greatly upon your own approach and the example you set. At Mile High Football League we want to represent a winning organization not counted just by wins and losses on the field. Coaches are to lead by example; therefore, a Coaches Code of Conduct defines expectations of conduct. We expects all coaches to conform to the code while coaching in the Mile High Football League.

a) Integrity - The coach must act with integrity in performing all duties. As a coach, pursue victory with honor. Advocate the importance of honor and good character.

b) Honesty & Respect - Don't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct. Use courtesy, honesty and respect in regards to other coaches, parents, game officials, field supervisors, and other MHFL representatives.

c) Positive Coaching - Use positive coaching methods that increases the athlete's self-esteem and fosters the word TEAM. Refrain from physical or psychological intimidation, verbal or physical abuse, and conduct that is demeaning to a MHFL athlete. Direct comments and/or constructive criticism at the athlete's performance rather than the athlete.

d) Personal Conduct - Refrain from profanity, disrespectful conduct and the use of alcohol or tobacco in front of the athlete, or other situations where the coach's conduct could undermine the coach's impact as a role model. The coach must be sensitive to the fact that he is responsible for promoting a positive image for Mile High Football League.

e) Competence - Strive to improve coaching competence and acquire increasing proficiency in coaching principles. Attend coach's clinics, first aid, safety and other required classes or clinics.

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Maintain knowledge of the rules of the game and eligibility rules regarding weight, age and grade of players.

f) Respect for Officials/Judges - The coach must accept the role of the officials/judges in providing judgment. The coach must accept both the letter and spirit of the rules that govern our game.

g) Gamesmanship - Promote good sportsmanship; don't cheat. Resist temptations to gain the competitive edge through risky strategies or techniques such as requiring an athlete to lose excessive weight, alteration of equipment and other related events. Be fair in competitive situations, selecting a team, disciplinary issues, and all other matters. Coaches be aware of your egos and emotions.

h) Athlete's Interest - Put the well being of the players above all other considerations and take appropriate steps to protect them from inappropriate conduct.

2. All Head Coaches are responsible for the actions of their players, parents, and fans during both practice and games. Good sportsmanship should be encouraged and practiced by all. The Head Coach is responsible for making sure all coaches have filled out a coach's application.

3. The Football Director shall assign or approved eligible Coaches to teams using the following criteria:

a) Each team shall have a Head Coach with at least one Assistant Coach. No more than four assistants total allowed per team.

b) The approval of all Coaches (including all assistant coaches) will be at the discretion of the Football Director. Mile High Football League may revoke a coaching assignment at any time for willful violation of Mile High Football League Rules and Regulations, Coach's Code of Conduct, or any of the provisions of this document.

4. Any Coach removed or ejected from a game by the officials, or by the Director, or league representative will be suspended for a minimum of one (1) game. A second ejection results in a two (2) game suspension. A third ejection in the same season will automatically disqualifies him/her from the remainder of the season. Upon review of the occurrence the coach may have additional sanctions placed on him up to and including permanent removal as a Mile High Football League coach.

ARTICLE 8: ROSTERS

1. The Football Director shall maintain a roster for each team, naming all players, jersey numbers and weights, if applicable. All Coaches and Assistant Coaches must be named and telephone numbers listed.

2. The Head Coach of each team shall, prior to the start of the season, provide a roster listing his/her players' names and jersey numbers to the Football Director. Additionally, prior to the start of any game both head coaches shall submit their team rosters as provided by MHFL and league issued

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players and coaches' ID cards to the Field Supervisor or Head Official for inspection. At the conclusion of the game, rosters and ID cards will be returned to the coaches.

3. No player may be added to any team after the 2nd game of the season without the express consent of the Football Director, and under no circumstances will a player be added to any team for play-offs or bowl games.

4. Ineligible players used will result in the head coach being suspended or removed from his or her position at the discretion of the Football Director. Additionally, any games played by ineligible players shall result in forfeiture of games.

5. All current rosters will remain on file in the Mile High Football League office. It's the head coach's responsibility to make sure all his or her players are registered with the league and fees paid.

ARTICLE 9: TEAM MEETINGS, PRACTICES AND GAMES

1. NO TEAM MAY HAVE A MANDATORY TEAM MEETING, WORKOUT OR PRACTICE PRIOR TO THE FIRST OFFICIAL PRACTICE OF MARCH 12th, 2012.

2. The total number of practice sessions for each team shall not exceed one per day and no more than three practices per week.

3. A practice is a meeting (workout or film session) with two or more players. If a Coach holds an unauthorized practice outside of his/her allotted number of weekly practices, he/she will be subject to suspension for one week inclusive of practices and game, or more severe penalties as deemed by the Football Director.

4. During the first two practices, helmets may be used but no should pads or contact will be allowed.

5. Contact practices may begin no sooner than the third day of practice.

6. No practice may be held on Sundays before 1:00 pm. All practices must end by 8:30 pm unless under the light when it can end at 9:00 pm on any given day.

7. Practice sessions may not exceed 2 hours a day for ALL divisions.

8. Practices may be held on consecutive days.

9. Any exception to these policies must be approved in advance by the Football Director.

10. No coach shall require his/her players to be at the field before or after regular scheduled practice time.

11. Any coach not following the above rules will be subject to discipline as deemed appropriate.

ARTICLE 10: PARTICIPATION RULE

1. No player may participate in any team meetings, workouts, practices or games until he/she is officially assigned to a team and has registered with the league.
2. No coach or assistant may participate in any team meetings, workouts or games until he/she is officially assigned to the team and has completed his/her requirements of eligibility hereunder.
3. No player may play on any Mile High Football League team if they play in any other organized spring tackle football league.

ARTICLE 11: GAMES AND OFFICIALS ASSIGNED

1. No games shall be conducted prior to assignment of registrants to teams by the Football Director, nor after the regular playing schedule, as expressly authorized by the Mile High Football League.
2. A total of eight (8) games for the season including 6-7 league and 1-2 post-season games.
3. No games shall be scheduled prior to 12:00 noon on Sundays. Games are typically scheduled on Saturdays, Sundays and Wednesdays (for uneven divisions or makeups)
4. A minimum of two (2) officials assigned to Minors-Majors games. A minimum of three (3) officials assigned to games Juniors and above. Games will be played with a minimum of one official for Minors-Majors and a minimum of two for Juniors-Varsity levels.

ARTICLE 12: SCRIMMAGE

1. Although scrimmages are fun and important, please remember, the point of scrimmages is to practice, not play “extra games.”
2. All scrimmages must be approved by the Football Director. Submit your scrimmage requests with the dates, time, site and team against one week prior to the scrimmage to the Football Director in writing.
3. There shall be no scrimmages or games outside of the league without written permission from the Football Director.

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4. Each team is limited to two (2) scrimmages during the course of the season.
5. Scrimmages will be limited to a maximum of one (1) hour of contact.
6. Scrimmages can only be held between two teams.
7. No referees shall officiate the scrimmages.
8. Scores shall not be kept.

ARTICLE 13: EQUIPMENT

- 1) All players shall wear shoes of rubber soles or rubber cleats. No metal cleats allowed.
- 2) All helmets, pads and mouthpieces shall be worn during any contact period, practice or game. Any player without proper equipment will not be allowed to participate in practices or games. All helmets must carry the NOCSAE stamp of approval.
- 3) The parents will inspect the individual player's equipment to make sure it is of a safe and protective nature before the First contact practice session.
- 4) Helmets will be worn for all practices and warm-up drills.
- 5) The following equipment must be furnished by the individual players:
 - a) Cleats (non-metal) / Shoes
 - b) Practice jerseys, pants and hip, tailbone, and kneepads
 - c) Mouthpieces (must be colored)
 - d) Helmets and shoulder pads
- 6) Purchased equipment (helmet, shoulder pads and pants) must not have the stamp 'This equipment is not to be used for competitive purposes' or labeled as such.
- 7) The parents or legal guardians will check all equipment. Parents or legal guardians will be solely responsible for continuing inspections of equipment in order to keep it in a safe condition.

ARTICLE 14: CHAIN GANG AND TEAM BENCHES

1. The Home Team will be responsible for securing three capable persons to do the yard-to gain marker and down marker.
2. The Chain Gang will be one the side of the Home Team for the entire game.

3. The Chain Gang is part of the officiating crew and must work in conjunction with the game officials.
4. The Home Team will take either west or south benches; the Visiting Team's benches will be either the east or north side of the field. In sites where there are press boxes, the Home Team will occupy the side where the press box is located.

ARTICLE 15: SPECIAL PROVISIONS FOR GAMES

1. The Football Director will determine the total of scheduled league and play-off games for each division.
2. The Football Director will identify possible uniform conflicts on the schedule prior to the start of play. Coaches will be notified in advance and the Football Director will specify which team has priority for uniform choice.
3. Playing conditions shall be evaluated prior to each game by the Football Director, Field Supervisor or designee responsible for the scheduled games on each field. Games will be postponed only if weather creates a hazard to players and officials. The Football Director shall at a later time determine when the game will be made up.
4. The Football Director reserves the right to evaluate the conditions and apply one of the following remedies:
 - a) Postpone and reschedule the game.
 - b) Attempt to play the game, stopping as needed to evaluate the weather conditions. Play may be suspended for lightening or other hazardous conditions and restarted when it is determined to be safe. If a game is suspended and not resumed, and at least half the game has been played, than the score at the time of suspension may be used as the final score only if the game cannot be rescheduled.
5. All makeup games must be played within two weeks and played between Mondays through Thursdays.
6. The Football Director or Field Supervisor may stop any game or practice at his/her discretion. If a game is weathered out during the course of a game, every attempt will be made to complete the game from the point of suspension. If the game cannot be continued, then at the Football Director's discretion the game can be designated as complete or rescheduled.

ARTICLE 16: BLOW OUT (MERCY) RULE

1. All coaches must be aware that "running up the score" is not acceptable. All attempts should be made to keep the score from getting out of hand. Running up the score is defined as beating your opponent by more than 35-plus points. If you are fortunate to be 35 or more points ahead, you should have a plan in place to give some opportunities to other players on your team. No coach should ever place himself in the position that he has to tell his players not to give it 100%. Move your players around on offense and give players under the ball carrying weight an opportunity to carry the ball. Let players play on defense or offense that would normally not be afforded that chance.
2. Anytime during the second half when the winning team is up 35 or more points the game clock will continue to run and can only be stopped on team or officials' timeouts and injuries. The clock will revert back to normal if the score falls below the 35 point margin.
3. Additionally, the winning team may not pass nor run around outside the tackle positions. All running plays must be between the tackles. Any passing or running plays outside the tackle positions will be ruled dead at the LOS and loss of downs.
4. If in the opinion of the head referee, field supervisor or director that the winning team is in repeated violation or fails to comply with this rule then the game can be terminated anytime during the second half of play.
5. The winning head coach may not call timeouts when up 35 or more points in the fourth quarter.
6. Trailing team will take possession of the ball at mid-field following any scoring by the winning team including safeties with no kick-off by the winning team when the Blow Out Rule is in effect.

ARTICLE 17: WEIGHT LIMITS

1. The ball carrier weight limit is determined by division. Those players above the weight limit will be considered "single" or "double patch" players based on the following table.

Division	Grades	Backfield Weight Limit	Single Patch Weight Limit	Double Patch Weight	Play Down Weight
Minors	2nd-3rd	80 lbs	81-100 lbs	101+ lbs	65 lbs for 4th graders
Majors	4th-5th	105 lbs	106-125 lbs	126+ lbs	85 lbs for 6th graders

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Division	Grades	Backfield Weight Limit	Single Patch Weight Limit	Double Patch Weight	Play Down Weight
Juniors	6th-7th	135 lbs	136-155 lbs	156+ lbs	105 lbs for 8th graders
Seniors	8th-9th	N/A	N/A	N/A	160 lbs for 9th graders
Junior Varsity	9th-10th	N/A	N/A	N/A	180 lbs for 11th graders
Varsity	9th-12th	N/A	N/A	N/A	N/A

2. A player's certified weight will be his/her playing weight for the season (not applicable in Seniors-Varsity divisions unless for play-downs). However, the league reserves the right to re-weigh or verify a player's weight at anytime during the course of the season.

3. There will be designated dates for weigh-ins. Players should weigh in on weigh-in days after they sign up. All weigh-ins will be conducted and observed by the Football Director or his or her designees. Players will have one chance to weigh-in.

4. A patch player (players above the backfield weight limit) will be designated by a highly visible decal on the back of the helmet provided by the league. A single patch player will bear one decal and double patch players will two decals. The decal will bear the word "PATCH."

5. If a player missed weigh-ins he or she is deemed a double patch player. Such player can be weighed prior to the start of his or her first game.

6. Sweating down a player's weight is against the rule and unhealthy to the child. Coaches in violation will be suspended or removed.

7. An allowance of half a pound will be permitted if a player is on the threshold of reaching the backfield weight limit. For example, a major player is 105.5 lbs then he'll be considered having backfield player status. However, if the weight was 105.6 lbs or more he'll be considered over the limit and classified as a patch player.

ARTICLE 18: TIGHT END PARTICIPATION IF OVER THE WEIGHT LIMIT

1. A tight end is an offensive player lined up next to and no more than 2 yards outside of an offensive tackle.

2. There are no weight restrictions concerning the tight end position.

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3. A tight end may not carry the ball if he receives the ball from a hand off or lateral. Penalty: Play is ruled dead when he secures the ball.
4. A tight end may not be the ball carrier on a reverse or end around play. Penalty: Play is ruled dead when he secures the ball.
5. A tight end may not go in motion. Penalty: Illegal motion (3 or 5 yard depending on division)
6. In order to carry the ball single patch tight end must receive the ball on a forward pass that is completed at least one yard beyond the line of scrimmage. Play is ruled dead when a single patch player secures the ball less than the required one yard distance.
7. Double patch player is not allowed to catch or advance the ball on offense. If a pass is caught by a double patch player on offense the play will be ruled dead. Penalty: Play is automatically dead, loss of down and back to LOS. If intercepted on defense, the ball is dead and the double patch player cannot advance the ball through the interception is awarded.
8. A double patch player who plays the tight end position may not advance a fumble on offense. Penalty: Play is ruled dead when he secures the ball.
9. This rule doesn't apply to Seniors-Varsity divisions.

ARTICLE 19: OFFENSIVE POSITIONS

1. On offense, any single or double patch player, exceeding the ball carrying weight limits will be required to play a down lineman position or tight end, except Seniors-Varsity division. This position will be defined as follows:
 - a) Offensive center, guard, tackle or tight end.
 - b) Any patch player, single or double, playing offensive center, guard, or tackle will be considered an illegal receiver or ball carrier. Penalty: Play is dead, loss of down and ball is put at the original LOS. A patch player may not advance a fumble on offense. Play is ruled dead when he secures the ball on fumbles.
 - c) Any patch player may kickoff, kick, punt, but cannot run, hand-off, or pass the ball while in punt or formation. Play is dead and loss of down and ball back to the LOS.
 - d) Any patch player cannot be a holder for extra points or field goals. Play is dead and loss of down.
 - e) Any patch player can punt, kick extra points and field goals but cannot advance the ball (run or throw) in any other method other than a punt or kick. A patch player who is a punter or kicker cannot fake a punt or kick. Play is dead and loss of down and ball back to the LOS.

ARTICLE 20: DEFENSIVE POSITIONS

- 1) Defensive linemen on the LOS may be in a two, three or four point stance.
- 2) Defense will be allowed to blitz, stunt, cross, loop, etc. Defensive players may not line up in the A-gap during punts and PAT tries. Note, however, that the snapper must be able to defend him/herself or it will be roughing the snapper. Penalty: Unsportsmanlike Conduct or Roughing the Snapper.
- 3) If a single patch player on defense intercepts or recovers a fumble, the ball may be advanced until the player is tackled or forced out of play. If a double patch player intercepts or recovers, the ball is dead at the point of possession and the ball cannot be advanced. Fumbles recovered by single patch players may be ruled dead if deemed by the official as a planned fumble. Patch players may not receive a hand-off or pitch either on offense or defense. The ball carrying limit rule is also applied for kick-off/kick-return. Single and double patch players must be on the front line on kick-offs and kick-returns. Penalty: Ball is ruled dead when secured on hand-offs or pitches including kick-off/kick-return.

ARTICLE 21: PLAYING RULES

1. OFFICIAL RULES: National Federation High School playing rules in effective unless stated otherwise in this Rules and Regulations manual.
2. PLAYING TIME: A game shall consist of four ten (10) minute quarters. Game clock will stop according to NFHS rules. The referees will keep the official game clock if no scoreboards are available.
3. FIELD DIMENSIONS: Minors and Majors division will play on a 60-yard long and 40-yard wide with two 10-yard end zones. Juniors to Varsity division will play on a 100-yard long 53 1/3 yard wide with two 10-yard end-zones.
4. SCORING:
 - a) Touchdown = 6
 - b) PAT (Points After Touchdown), run = 1
 - c) PAT, pass (pass need not be beyond LOS) = 2
 - d) PAT, kick (Juniors-Varsity) = 2
 - e) Field Goal (Juniors-Varsity) = 3
 - f) Safeties = 2

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5. GAME BALLS: All game balls must conform to NFHS with the exception of the ball size being used in each of the respective division:

- a) Minors = Wilson K2 (6-9 yrs old)
- b) Majors = Wilson TDJ (9-12 yrs old)
- c) Juniors = Wilson TDJ or TDY (12-14 yrs old)
- d) Seniors = Wilson TDY or TDS (official size)
- e) Junior Varsity and Varsity = Wilson TDS



6. TIME TO RUN THE PLAY

- a) Majors-Majors will have no more than 30 seconds to put the ball into play.
- b) Normal time to run the play (25 seconds) will be enforced for Juniors - Varsity.

6. TIME OUTS

(a) Each team is allowed three (3) timeouts per half. Each timeout is one-minute in duration. Timeouts are not cumulative.

(b) Per NFHS rules only the head coach may request timeouts. However, per rule the head coach can now designate another coach for the purpose of requesting time-outs. The designee shall remain in place for the entire game except in case of emergency.

7. EXTRA POINTS OR FIELD GOALS: No goal posts will be used in the Minors and Majors division. Therefore, there will be no extra points and field goals being kicked in these divisions or on fields without goal posts.

8. OVERTIME: No game will end in a tie. Games tied at the end of regulation will be decided in the following manner:

- a) Coin toss winner will have the option of playing offense or defense first.
- b) Each team will be given four (4) downs to score from first and goal at the 5-yard line for Minors and Majors and 10-yard line for Juniors-Varsity. Team possession ends after score (touchdown/pat, field goal, safety) or turnover (4 downs, interception, fumble recovered by defense).
- c) Whoever has scored the most points after each team has had a possession will be declared the winner.
- d) This procedure will repeat until a winner is determined.
- e) One (1) time out is allowed per team per overtime period. Timeouts are not cumulative. Use it or lose it.

9. FORFEITS: A team which cannot fill eleven (11) players within 15 minutes of the scheduled time will be deemed a forfeit, unless officially postponed by the league or delay of start authorized by the Football Director. The score shall be 8-0 in favor of the offended team.

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10. SPECIAL PUNT RULES (Minors and Majors):

- a. Minors and Majors division will be allowed a free punt with no rush by the defense.
- b. The offensive coach must notify the official and this may be done on any down.
- c. The ball must be snapped to the punter at least five yards behind the line of scrimmage (LOS) and if it is dropped, it is okay to pick it up and punt it.
- d. A patch player may be the punter.
- e. The ball is considered to be punted when first touched by the punter's foot.
- f. If any player leaves the LOS or engages prior to the kick, the referees will instruct them to go back and wait until the ball is punted (there is no encroachment on declared punt).
- g. There must be seven defensive players on the LOS and only 2 players back greater than 5-yards from LOS to receive the punt.
- h. The punter has 5 seconds to punt the ball otherwise it will be blown dead at the LOS.
- i. If the punter takes a knee or falls down in attempting to field a punt he may get up and complete the punt as long as it completed within 5 seconds.
- j. A patch player may not advance a punt if he is on the receiving team.

11. COACHES ON THE FIELD (Minors):

- a. One coach will be permitted on the field for each team for the Minors division. No coaches on the field for any other divisions. The coach is permitted to call the play/defense and provide instructions prior to the snap.
 - b. A coach must stand a minimum of 10 yards behind the line and cannot be involved in the play at any point.
 - c. The coach on the field is not permitted to question an official, argue a call or disrupt the game in any manner. The officials have the right to remove a coach from the field at anytime if the coach repeatedly violates any of the above restrictions. A coach removed from the field may be replaced by another coach.
- 2) A Coach on the field in the Minors may not touch a player while a play is in progress. Penalty: Unsportsmanlike Conduct - 9 yards from original LOS, loss of down and removal of the coach from the field.
 - 3) The Coaches on the field may give verbal directions only in the huddle and before the snap. Penalty: Warning for first offense, a second offense is the removal of the coach from the field. Officials may use discretion.

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4) The Coaches on the field may not question the Officials. Confrontations with Officials by the Coach on the field will result in removal from the field or immediate ejection from the game.

12. SUBSTITUTIONS: Free substitutions will be at the discretion of the head coaches.

13. PLAYING TIME: Playing time will be at the discretion of the coaches. Any issues with playing time must be addressed to the Head Coach.

14. TEAM AREA: The team area will be defined as followed: Minors-Majors within the 15-yard lines and 2 or more yards from the sideline; Juniors-Varsity; within the 25-yard lines and 2 or more yards from the sideline. The Head Coach will keep all authorized personnel inside the team area. Only coaches and players will be allowed within 10-yards of the sidelines.

15. PENALTIES: All penalties in the Minors and Majors division will be reduced to 60% of their stated value (i.e., 10 yards will become 6 yards, 5 yards will be 3). All Juniors-Varsity division will be their 100% of their stated value.

16. KICKOFFS: Minors and Majors will kick-off at the 20-yard line. Juniors to Varsity will kick-off at the 40-yard line.

17. BALL OUT OF BOUND ON KICK-OFFS, SAFETIES AND TOUCHBACKS (Minors and Majors only): The ball will be placed on the 15-yard line for kick-offs out of bounds inside the 15-yard line, on the 14-yard for safeties, and the 2-yard line for extra points. Normal NFHS rules apply for all other divisions.

ARTICLE 22: POST-SEASON BOWL GAMES

1. At the conclusion of league play, all teams in all divisions will automatically qualify for post-season bowl play. Depending on the number of teams and level of play in a particular division, the league may conduct one or two separate bowl brackets. The bowls are the "Super Bowl" and "Dick's Sporting Goods Bowl." If both the Super Bowl and Dick's Sporting Goods Bowl are used in the same division, the Super Bowl will be the more competitive of the two bowls.

2. Teams will be seeded according to their win/loss record and placed into either one of the two bowl brackets. (Note that divisions with four teams will only have a Super Bowl bracket).

3. When teams are tied, the following step-by- step process will be used to break ties to determine seedings:

STEP 1. The winner of the game played by the two teams. (Head-to-Head Competition)

STEP 2. If the two teams remain tied after the Head to Head competition, or more than two teams are tied, the team with the least points scored against in all games played between the tied teams will be placed in the highest finishing order.

STEP 3. If still tied, then strength of schedules format will be used to determine the highest finishing order.

ARTICLE 23: EJECTIONS, SUSPENSIONS, AND REMOVALS

1. Any player, team personnel, coach, parent or fan ejected from a game will be automatically suspended for a minimum of one (1) game to be served the next following contest.
2. First ejection will be the removal of the offending player, coach, assistant coach or spectator for the remainder of that game plus a suspension for the next scheduled game. If the offender is an adult, he or she must immediately leave the premises and out of the visual confines of the field. If the offender is a player, he/she may remain on the team area but must be supervised.
3. Second ejection will be the removal of the offending player, coach, assistant coach or spectator for the remainder of that game and a suspension from the next two scheduled games.
4. A third ejection will result in the removal of the player, coach, team personnel, fan, or parent from games for the remainder of the season.
5. Physically abusing an referee, player, coach, team personnel, league representative, or spectator is automatic suspension for the remainder of the season including possible ban from the league for life and addition to possible prosecution to the fullest extend of the law.

ARTICLE 24: NUMBER OF COACHES, TEAM PERSONNEL ALLOWED, AND FIELD MARSHALS

1. The Head Coach and up to four (4) Assistants, one (1) athletic trainer, one (1) team manager/parent and two (2) ball boys or girls will be the only non-players authorized in the team area.
2. Each team shall provide two adult volunteers as “field marshals” whose roles are to promote good sportsmanship among its parents and spectators, maintain the peace and safety for all and work to ensure everyone is enjoying the game and enforce the rules of spectator conduct and assist in emergency situations. Field marshals shall work together with the game officials, league directors, field supervisors and other designees to provide a safe, fun and positive environment for our young athletes and their families/fans.

ARTICLE 25: COMMUNICATION & VIDEO DEVICES

No radios, phones or other communication devices will be allowed on the field or sidelines to communicate game strategies among players, coaches, spectators or others, except for emergency personnel. Video or visual devices may not be used on the sideline to review game plays. Penalty: Unsportsmanlike Conduct: 9 or 15 yards penalty depending on division. If the problem persists,

offender will be removed from the team area.

ARTICLE 26: INJURIES AND EMERGENCIES

1. Due to the type of activities that occur in youth football, injuries are a part of everyday activities. These injuries range from minor scrapes and bruises to serious injuries requiring medical attention.
2. When a player is injured, no coaches may huddle up, coaches may only attend to the injured player. It will be the head coach's responsibility to keep all non-staff from attending to the injured player while on the field.
3. Injured players taken off the field must sit out a minimum of one (1) play.
4. No players will be allowed to participate in a game if he/she has blood on their person or on his/her uniforms. All blood must be cleaned off before they can re-enter.
5. In the event of any injuries that require medical or emergency transportation to a medical facility or hospital. The injured player's head coach must do the following:
 - a. Immediately contact the injured player's Parent/Guardian. If unable to contact the Parent/Guardian, then the Emergency Contact of injured player must be notified.
 - b. Inform the Field Supervisor, or League Director of the incident.
 - c. Submit the MHFL Accident Report form within 24 hours of the injury (can be be download from the website). When in doubt complete the Report!
6. If the injured player's Parent/Guardian is absent, a coach or another parent from that injured player's team must accompany the child until relieved by the Parent/Guardian.
7. Coaches need to poll the parents about any possible medical conditions the players might have (asthma, allergies, etc). The parents should inform the coaches of any medical conditions that their child has. At no time should any coach provide any type of medication to a player. The parents of the player must assume this responsibility and provide all medications to their child.
8. Each team should be responsible to have their own simple first-aid kit at each event. This kit should have bandages, antiseptic spray, tape and a few "quick ice" bags.
9. Each team should have an action plan ready in the event a serious injury. This plan needs to be conveyed to the parents on their team. The action plan should cover the following:
 - a. What coaches will go on to the field to help players?
 - b. Who will evaluate the player's condition?
 - c. Who will get the parents of the player if needed?

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d. In the event emergency personnel are needed who will contact them?

10. When a player is injured the coaches should move to them as quickly as possible. In most cases the injury will be minor and only require a few moments for the player to recover. Players should only be moved off the field if they can move themselves or with minimal assistance.

ARTICLE 27: PROTESTS

1. Protests will only be heard regarding misapplied rules or illegal players, including players suspected of violating the weight limits. Only the head coach can fill the protest. Once the head coach has fill a protest to the head official, the officials will temporary stop the game and gather all the necessary information from the protesting head coach and must also notify the opposing head coach. The head official will note the protest on the official Game Report.

2. No protest based on an official's judgment call will be allowed.

3. The Football Director must be notified of the protest immediately after the game.

4. A \$100.00 cash/money order deposit must be presented to the Football Director within twenty-four (24) hours of the protest.

5. If the Football Director finds in favor of the protest, \$50.00 of the deposit will be refunded and whatever steps are necessary will be taken to correct the problem. If the Director does not find in favor of the protest, the \$100.00 will be put into the Mile High Football League Scholarship Fund.

ARTICLE 28: EXCEPTIONS

1. Any item not covered by the Rules and Regulations will be decided by the Football Director).

2. Any complaints about Referees or Coaches will be referred to the Field Supervisor or Football Director.

3. The Football Director reserves the right to make policy exceptions in very special cases. He/she reserves the right to make rules changes deem appropriate with advanced notices to the head coaches.

4. Coaches or parents may not videotape opponents' practices. Violation of this rule will result in a one (1) game suspension of the Head Coach. Video taping of League Games is permitted.

ARTICLE 29: PARENT COMPLAINTS

Parents should be encouraged to take care of any problems that come up with their coach. Complaints must be handled in the following order:

- a. Head Coach
- b. Football Director

ARTICLE 30: NYSCA CHILD ABUSE RULES

Mile High Football League has adopted the NYSCA's definition of Child Abuse.

1. Child abuse in sports is any action taken by an adult that results in the direct or indirect physical and/ or emotional harm of children.

2. Four Types of Abuse:

- (a) Verbal - swearing at players, name calling, hurtful comments regarding performance.
- (b) Physical - slapping, grabbing, hitting or shoving a child; excessive exercise as punishment.
- (c) Emotional - placing unrealistic expectations on a child (winning every game, never making mistakes, etc.)
- (d) Sexual - touching a child's genital areas or buttocks or breast area; sexually implicit or explicit comments.

3. All programs/activities sponsored by Mile High Football League shall operate on the following guidelines:

- a) Any allegation of item (d) above may result in the immediate suspension or termination of individual (s) involved from any activity with Mile High Football League and notification of proper legal authorities. Any change in this status can only be done by the Football Director.

2. All first violations of (a), (b) and (c) done in anger may result in an immediate one game suspension and require the individual to become certified by USA Football or NYSCA prior to returning to their program/activity. If the individuals already USA Football or NYSCA certified, they must be re-certified prior to resumption of activities.

3. Second violations of (a), (b) and (c) shall be a mandatory suspension from all Mile High Football League involvement for one year.

4. The above are mandatory items.