

MLFA PHILOSOPHY

1. **Safety, Sportsmanship, and Education** are the primary goals of the Mt. Lebanon Football Association.
2. Coaches will concentrate on providing the best of all possible tutelage in the basics of football; stressing teamwork and sportsmanship, as well as the fundamentals of the game.
3. Coaches will make every effort to stress to their players the need to follow directions and attend all practices and games.
4. Coaches and Assistant Coaches will confine any policy difference with the league or judgements by game officials to appropriate league meetings and shall not relay their feelings to players or parents.
5. Head Coaches will attempt to play each of his players the maximum amount of time possible dependent upon each player's ability, desire, and attendance, and in accordance with specific league rules.
6. Coaches are encouraged to accept assistance from qualified parents and add them to the coaching staff when feasible and in accordance with specific league rules.
7. **COACHES AND DIRECTORS WILL ADHERE TO THIS PHILOSOPHY WITHOUT EXCEPTION.**

VARIATIONS/AMENDMENTS TO NATIONAL FEDERATION OF HIGH SCHOOL RULES

1. Varsity & JV games will consist of four 10 minute quarters – regulation clock – three time outs per half.
2. JV LEAGUE -One coach from each team will be permitted on the field for the first two games only. Prior to the snap of the ball, both coaches will remove themselves from the scrimmage area (at least five yards behind the offense). All adjustments, verbal and physical, will be made before the QB “goes under center”.

VARSITY LEAGUE – no coaches will be permitted on the field of play.

3. For safety reasons and based on past cumulative knowledge of the average weight for 5th and 6th graders, the Board has established the weight limit for “skilled” players to be **100 pounds**. However, if the average weight as calculated based on official weights obtained from registration, is significantly different than the established weight of 100 pounds, the Board reserves the right to change the limit for “skilled” players.
4. Heavyweights will be identified by a “dot” on the rear of the helmet (color of dot will be determined prior to season) amended 2/11/09
5. All Heavyweight players will be restricted by the following:
 - Must be positioned on the line of scrimmage, Offensively & Defensively. **Player must be in a 3 or 4-point stance prior to and at the snap of the ball.** A Heavyweight may be positioned at “Tight End” provided he does not go down field in a pass pattern.
 - Not permitted to be positioned in the backfield, in a “return” position on punts or kick-offs (Line of scrimmage for punts and front line on kick-off return are acceptable).
 - Not permitted to drop back into pass coverage
 - Player is permitted to advance a fumble, interception or on-side kick.
6. Extra Point Scoring:
 - **1 point** – play originates from the 3 yard line
 - **2 points** – play originates from the 5 yard line

- 10. The official ball to be used will be as follows....**
3rd & 4th grade: Wilson 1515, Wilson K2 or Nike 1000K
5th & 6th grade: Wilson 1515, Wilson TDY or Nike 1000J
****There will be no exceptions or substitutes.**
- 11. Coaches and Directors will be responsible for controlling spectators on the sidelines.**
- 12. Any deliberate violation of the rules or rule amendments will result in forfeiture of the game.**
- 13. Any player deemed too talented to perform in the league may be declared ineligible by the Board.**
- 14. It is recommended that each team permit 4 coaches on the sideline.**
- 15. PLAY-OFF CRITERIA (JV & VARSITY)**
 - a) Won/Loss record
 - b) Head-to-Head Competition (won/loss only)
 - c) Total points surrendered
 - d) Coin toss
- 16. The use of any electronic devices on the sideline will be prohibited.**
- 17. A minimum of 4 defensive linemen must be positioned on the line of scrimmage – defensive linemen will (at minimum) be expected to line up “in the box”**

MT. LEBANON FOOTBALL ASSOCIATION – DRAFT PROCEDURES

1. **Draft Day** shall only consist of the selection of registered players. No league business will be conducted at this time.

2. The Board of Directors will establish Registration Dates each year. All players that did not participate in the Varsity Program the previous year must take part in the league's summer clinic. The clinic is for instruction as well as providing coaches with an opportunity to evaluate players before the draft. **No eligible player will be denied the opportunity to participate in the Mt. Lebanon Football Association.**

3. A "Late Sign-Up" date will be determined at the conclusion of the draft. Any player registering late will be placed in a Supplemental Draft. The Supplemental Draft Order will be determined as follows:
 - a.) Numbers will be placed in a hat
 - b.) Each team will select a number from the hat constituting their corresponding pick.
 - c.) A team reserves the right to pass on a pick during the draft.

4. Roster size (maximum/minimum) will be determined after registration.

DRAFT PROCEDURES

Draft date & pre-draft meeting to be set by league director.

Coaching staffs will be assigned by the Selection Committee (with board approval) – special attention to number of fathers whose sons (players) are considered "ranked in the core"

Players will be identified and ranked. This will be done by all coaches present at the pre-draft meeting or the draft at the discretion of the league director.

Players will be divided into "cores". Every effort will be made to keep the cores consistent and equal in regards to ability, age, experience and classification (heavyweight/lightweight).

Final decisions regarding rankings, cores, and any other drafting issues will be voted on by the designated head coaches with the highest ranking board member (who has no affiliation with a player or team in that particular league) being the tie breaking vote.

JV RULES

Mt. Lebanon Football Association approved rules shall be followed during JV games, and will be enforced, with the following amendments:

1. All players on a JV team will be a “starter” either on offense or defense for each game, including every series within each game (i.e., if a player starts the game on offense, he is not permitted to also play defense unless all players who did not start on offense start the defensive series). During a game, a coach has the right to change players from an offensive starter to a defensive starter, subject to the above rule. This will be classified as the “**ALL PLAY RULE.**”
2. Prior to the draft the head coaches from each team will determine and vote on the “skilled weight” for the JV League. In the event of a tie the President will cast the deciding vote.
3. Rules for Offense:
 - Offensive formation will consist of one of the following:
 - T- Formation
 - Power I
 - Split Backs
 - Wings and flankers are permitted
 - No Unbalanced Lines
 - “motion” is permitted amended 3/1/09
 - 2 Tight Ends must be aligned on the line of scrimmage at all times. Only one offensive player may be lined up as a wing or flanker.
 - No Twins/Trips/ Double Wings
4. Defensive rules require a 6 - 2 or 4 – 4 (see diagrams)

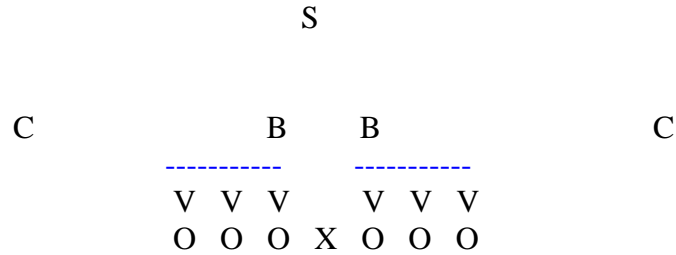
***No pre-planned or design blitzes – MOVEMENT TOWARDS THE BALL PRIOR TO THE SNAP IS PROHIBITED.**

****All defensive linemen, including defensive ends, are required to line “head-up” on the offensive linemen, with the exception of the center (i.e., no defensive lineman is permitted to line head up with the center).**

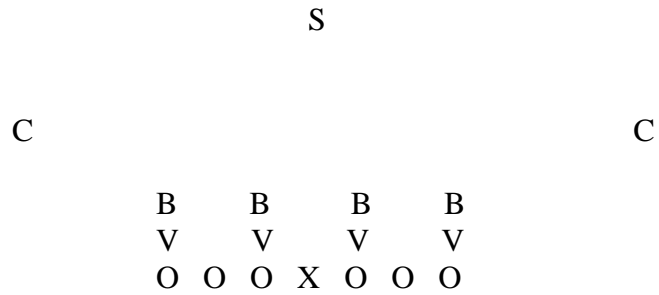
*****It is understood that all linebackers, cornerbacks and safety will not encroach the line of scrimmage**

6 – 2 DEFENSE amended 3/01/09

----- indicates limit of positioning for Rt & Lt LB in this defense



4 -4 DEFENSE



- “Silent snap count” is prohibited
- “No huddle offense is permitted

Any variations to the JV rules must be agreed upon by the JV Head Coaches & the JV Director – with final approval from the Board of Directors.