

MLFA PHILOSOPHY

1. **Safety, Sportsmanship and Education** are the primary goals of the Mt. Lebanon Football Association (the “MLFA”).
2. Coaches will concentrate on providing the best of all possible tutelage in the basics of football and shall stress 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 THE NATIONAL FEDERATION OF HIGH SCHOOL RULES

1. Varsity & JV games shall consist of four (4) ten (10) minute quarters – regulation clock – three (3) time outs per half for each team.
2. JV LEAGUE - One (1) coach from each team shall be permitted on the field for the first two (2) games of the season only. Prior to the snap of the ball, both coaches will remove themselves from the scrimmage area (at least five (5) yards behind the offense). All adjustments, verbal and physical, shall be made before the QB “goes under center”.

VARISITY LEAGUE – No coaches shall 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 of the MLFA has established the weight limit for “skilled” players to be **one hundred (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 of the MLFA 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 the start of the season).
5. All heavyweight players shall be restricted by the following:
 - Must be positioned on the line of scrimmage, both offensively & defensively. **The player must be in a 3 or 4-point stance prior to and at the snap of the ball.**
 - Not permitted to be positioned in the backfield, or in a “return” position on punts or kick-offs (The line of scrimmage for punt formations and the front line on kick-off returns are acceptable).
 - Not permitted to drop 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 three (3) yard line; and
 - **2 points** – play originates from the five (5) yard line.
7. Heavyweight “tight end rule”:
 - a. A heavyweight may play tight end and may also be an eligible receiver; and

- will wear minimum of shorts – no player will weigh-in with helmets or shoulder pads.
10. The official ball to be used will be as follows:
 - 3rd & 4th grade: Wilson 1515, Wilson K2 or Nike 1000K; and
 - 5th & 6th grade: Wilson 1515, Wilson TDY or Nike 1000J.
 - There shall be no exceptions or substitutions.
 11. Coaches and Directors shall be responsible for controlling spectators on the sidelines.
 12. Any deliberate violation of the rules or rule amendments will result in a forfeiture of the game.
 13. Any player deemed too talented to perform in the league may be declared ineligible by the Board of the MLFA.
 14. It is recommended that each team permit four (4) coaches on the sideline.
 15. PLAYOFF CRITERIA FOR JV & VARSITY:
 - a) Won/Loss record; *then*
 - b) Head-to-Head Competition (won/loss only); *then*
 - c) Total points surrendered; *then, if necessary,*
 - d) Coin toss.
 16. The use of any electronic devices on the sideline will be prohibited.
 17. A minimum of four (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 shall establish registration dates each year. All players that did not participate in the Varsity Program of the MLFA the previous year must participate in the MLFA's summer clinic. The clinic is for instruction as well as providing coaches 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; and
 - c.) A team may reserve the right to pass on a pick during the draft.
4. Roster size (maximum/minimum) will be determined after registration.
5. **DRAFT PROCEDURES**
 - The draft date and the pre-draft meeting shall be established by the League Director.
 - Coaching staffs shall be assigned by the *Selection Committee* of the MLFA (with board approval) – special attention shall be given to the number of fathers whose sons (players) are considered to be "ranked in the core".

- Players shall be identified and ranked. This shall be done by all coaches present at the pre-draft meeting or the draft at the discretion of the League Director.
- Players shall be divided into “cores”. Every effort shall 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 shall 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) serving as the tie breaking vote.

JV RULES

The approved rules of the Mt. Lebanon Football Association shall be followed during all JV games, and shall be enforced, with the following amendments and/or exceptions:

1. All players on a JV team shall 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 this rule. The foregoing shall be classified as the “**ALL PLAY RULE.**”
2. Prior to the draft, the head coaches from each team shall determine and vote on the “skilled weight” for the JV League. In the event of a tie, the *President* of the MLFA shall cast the deciding vote.
3. Rules for Offense:
 - Offensive formations shall consist of one (1) of the following:
 - T- Formation
 - Power I
 - Split Backs
 - Wings and flankers are permitted
 - No unbalanced lines.
 - Motion is permitted.

- Two (2) Tight Ends must be aligned on the line of scrimmage at all times. Only one (1) offensive player may be lined-up as a wing or flanker.
- No Twins/Trips/ Double Wing formations.
- Quarterback “sneak” is permitted.
- “Silent snap count” is prohibited.
- “No huddle” offense is permitted.

4. Rules for Defense:

- Defensive rules require that the defense align in either a 6 - 2 or 4 - 4.
- No pre-planned or designed 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 safeties will not encroach the line of scrimmage.

6 - 2 DEFENSE:

The LB may move anywhere prior to the snap of the ball; *provided, however*, at the snap of the ball, LB must: (a) be two (2) yards behind the DL; (b) never be lined-up outside the DE (i.e., LB cannot shade to the inside or outside shoulder of the down lineman); and (c) must be “stacked” behind a DL at the snap of the ball.

4 - 4 DEFENSE:

The LB must: (a) be at least two (2) yards behind the DL; and (b) must be “stacked” behind the DL. Accordingly, the LB must be

directly behind the DL and cannot shade to the inside or outside shoulder of the down lineman.

5. 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 of the MLFA.