

# Orange County Youth Football League

## Mighty Mite Rules and Regulations

Chester – Cornwall – Goshen- Highland – Highland Falls – Kingston – Marlboro – Middletown – Minisink Valley – Monroe – Monticello – New Platz – Newburgh – City of Newburgh – Pine Bush – Port Jervis – Valley Central – Walkill – Warwick – Washingtonville

### Overview – The Mighty Mite Philosophy

The Mighty Mite program is designed to teach the fundamentals of football while emphasizing sportsmanship, team work, commitment, and self-confidence.

Coaches must teach by example. Keep in mind the sensitive age group we are dealing with. Patience and understanding should be stressed while encouraging the children to have fun.

No negative comments, actions, or talk will be tolerated by coaches, players, or parents. Towns will be responsible for maintain the integrity of their team, coaching staff, and spectators. Use of profane language will not be tolerated under any circumstance.

Let's work together to make this a positive experience for the players and everyone involved. Remember it's up to us to make this work!

### RULES

Age: 6 & 7 years old on or before 11/30 of calendar year.

Weight: There is a 120 pound weight limit.

No Play downs from Division one (1) are allowed

#### **A. Special Rules and Restrictions**

1. There must be at least one certified referee to officiate each game.
2. Two coaches from each team are allowed on the field to position players.
3. Coin toss to decide first possession (winner chooses).
4. Controlled scrimmage format.
5. Ball placed on the 50-yard line at the beginning of the game and all change of possessions.
6. Nine plays per possession, no first downs.
7. If a team scores three times in a series they must replace their starting QB, and RB's. They may play interior line only for the rest of the series.
8. Two sets of defense and two sets of offense for each team will constitute a game.
9. Game will be played till all 36 plays are completed.
10. All coaches must be 10 yards from the ball at the time of snap. No directing players in any way to the ball.

#### **B. Offense**

1. Team may run any offense with two tight ends, a quarter back, and either one wide out, two backs set or a three-back set.

# Orange County Youth Football League

## Mighty Mite Rules and Regulations

Chester – Cornwall – Goshen- Highland – Highland Falls – Kingston – Marlboro – Middletown – Minisink Valley – Monroe – Monticello – New Platz – Newburgh – City of Newburgh – Pine Bush – Port Jervis – Valley Central – Walkill – Warwick – Washingtonville

2. No Quarterback sneaks.
3. No naked bootlegs
4. No rolls-out passes.
5. Offensive back may run the ball only for two consecutive plays.
6. Only the quarterback can pass or hand off in the backfield.
7. No backfield motion.
8. On a bad snap, the play is whistled dead, ball is place on the line of scrimmage and the play counts.
9. If there is a fumbled hand off, play is whistled dead, ball is placed at the line of scrimmage and the play counts.
10. Jerseys must be tucked into pants.
11. Offensive huddles are limited to one minute and shall be timed. Refs will penalize any team who goes over.
  - a. 1<sup>st</sup> offense, teams will be warned
  - b. 2<sup>nd</sup> offense, teams will lose a down in that play sequence. Coaches must move the game along.

### C. Defense

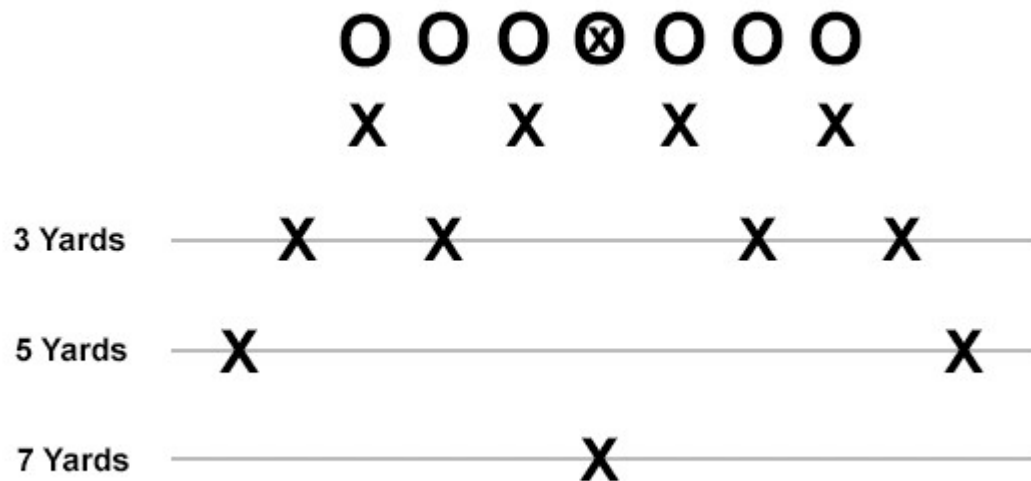
1. 4-4-3 Defense
2. Head on alignment
3. Four down lineman
4. Two guards
5. Two defensive ends
6. Four standing linebackers three yards off the line of scrimmage.
  - a. Two inside linebackers line head up on offensive guards.
  - b. Two outside linebackers line up one yard outside offensive ends.
7. Two cornerbacks and one safety.
8. No gaps, slants or loops.
9. No blitzing.
10. LB's, C's, FS are to be lined up at 3,5,7 yards off the line of scrimmage. NO MORE, NO LESS

**Standard Mighty Mite defense- All teams will follow this model so there is no confusion**

# Orange County Youth Football League

## Mighty Mite Rules and Regulations

Chester – Cornwall – Goshen- Highland – Highland Falls – Kingston – Marlboro – Middletown – Minisink Valley – Monroe – Monticello – New Platz – Newburgh – City of Newburgh – Pine Bush – Port Jervis – Valley Central – Walkill – Warwick – Washingtonville



### Mighty Mite Standard Rules for calling Penalties:

The purpose of standardizing the way penalties are called in Mighty Mites games are meant to keep the game flowing, and ensure, since Mighty Mites rules are different than the rest of the divisions, that the penalties are called the same at every town. Penalty yardage will not be marked off for any penalty flag thrown.

#### Offense:

**False Start:** Should only be called if player gains a distinct advantage.

- **Result:** Re-Spot the ball, the play does not count

**Holding/Block in the back:** These penalties should only be called if they directly affect the outcome of the play.

- **Result:** Re-Spot the ball at original line of scrimmage the play counts.

**Facemask:** Called for every offense, regardless if it effects the outcome of the play or not.

- **Result:** Re-Spot the ball at original line of scrimmage, the play counts.

#### Defense:

# Orange County Youth Football League

## Mighty Mite Rules and Regulations

Chester – Cornwall – Goshen- Highland – Highland Falls – Kingston – Marlboro – Middletown – Minisink Valley – Monroe – Monticello – New Platz – Newburgh – City of Newburgh – Pine Bush – Port Jervis – Valley Central – Walkill – Warwick – Washingtonville

**Off sides:** Should only be called if player gains a distinct advantage.

- **Result:** Dead ball penalty. Re-Spot the ball, the play does not count.

**Facemask:**

- **Result** of the play counts, and the play number is repeated.