

MIDDLE SCHOOL FOOTBALL ALLIANCE ** BY LAWS 2016

1. WIAA rules apply (including new WIAA practice rules) unless identified below.
2. The season shall begin no earlier than **Monday, August 8, 2016**.
3. There shall be at the most (1) interscholastic game per week. The WIAA maximum of seven (7) games is allowed. At least 3 WIAA certified officials of age 18 are required for a game to be played.
4. A team may practice each day of week until the first game (**Monday, August 29, 2016**). After the first game, practices may not exceed three (3) times a week plus a game, for the remainder of the season.
5. Each quarter shall be nine (9) minutes unless facilities dictate otherwise. The clock will run with normal WIAA rules. Officials will enforce 25-second play clock as normal. Coaches and officials can mutually meet to shorten the quarters if needed.
6. All games that end in a tie shall remain tied. (No Overtime)
7. **Special Teams (Kick-off/Punts)**

Kickoffs: Kickoffs will be normal per WIAA rules. Exception: There will be no onside kicks or squibs – if the kicking team recovers an onside or squib it will be the receiving team’s ball. If the receiving team establishes possession then fumbles on the return then there will be a change of possession. If no possession has been clearly established then it will be the receiving team’s ball.

Punts: Punt Returns are live. NO FAKES – punting team must declare immediately. NO RUSH from defense, including if there is a poor snap or fumble. The punter must punt between the tackles immediately after receiving the snap. There will be no punt blocks. The coverage team and receiving team release with the contact of the ball by the punter. Punts kicked into the line of scrimmage are dead and result in possession to the receiving team. Fair catches are allowed. If no possession has been clearly established then it will be the receiving team’s ball. No muffs.

Punt and Kick Returners have the same weight restrictions as offense. Players over the offensive weight limits cannot drop back on punts or be deep on kickoffs. The center is only protected on punts and kicks. Possessions can begin anywhere on the field – no 20-yard line rule.
8. Field goals and extra points may be attempted and are untimed downs. All extra points rushed or passed are counted as one (1) point and are attempted from the three (3) yard line. Any conversion kicked is counted as two (2) points and the kick should be snapped from the three (3) yard line and is not live. All extra points and field goals must be long snapped. An errant long snap (a snap that the holder cannot field without moving to a new position on the field) is a dead ball and the kick will be ruled no good. Holder must start with knee on ground. No rush from defense on any kicks. No return of missed field goals. Offense must declare if they are kicking immediately.
9. Program Directors’ discretion about moving seventh graders up to eighth grade teams. Eighth graders less than 100 pounds may be moved down to the seventh grade team at Program Directors’ discretion (no difference makers). Each program must weigh-in their kids once only – Program Directors are responsible for their program weigh-in.
10. Offensively, any eighth grader who weighs over **150** pounds cannot play in the backfield or at end (including tight end) - he must play in a DOWN LINE position. Any seventh grader that weighs over **140** pounds must play in a DOWN LINE position. A DOWN LINE position means in a three point or four point stance (no backs or ends- including tight ends). Down linemen cannot advance the ball.

11. Defensively, any eighth grader who weighs over **175** pounds must play in a DEFENSIVE LINE position. Any seventh grader who weighs over **165** pounds must play in a DEFENSIVE LINE position. A DEFENSIVE LINE position means on the line of scrimmage, no wider than the outside shoulder of the tight end or tight end box. Interior linemen, who are on or inside the offensive tackles, must be in a 3 or 4 point stance while edge players, those who are lined up with the TE or TE box, can be in a 2 point stance.
 12. Defensively, there will be **no blitzing**. All linebackers must align at the minimum of four (4) yards deep (at depth of umpire) with no movement toward the LOS until the snap of the ball. This means not sending any linebackers, or edge players (OLB/C). Defensive linemen must be on the line of scrimmage. Maximum of 6 on the line of scrimmage including goal line situations. Cornerbacks can play press coverage but cannot blitz. Officials should penalize 5 yards and replay the down. If blitz occurs on the last play of the game penalize 5 yards and replay the down.
 13. No coaches on the field at either grade level.
 14. It is important to keep the scores down (attempt to keep it within 21 points). The purpose of the league is to allow players to play, learn the fundamentals of the game and enjoy the sport of football. *This may mean changing the regular position of players, schemes, etc. If a team is ahead by 21 or more points in the second half they can only run the ball. **Defense must still cover receivers.*** * If coaches and officials need to talk at halftime they should adhere to the above thoughts. Officials should coordinate this discussion.
 15. If a school is not able to divide their seventh/eighth grade teams into two separate but equal teams, then every attempt should be made to two platoon. This means start 11 people on offense and a different 11 on defense. Our goal is to give EVERYONE a chance to play the game. Players should not play in more than 1 game per night, unless it is absolutely necessary to play the 2nd game. Coaches must communicate any potential player movement or doubling up to their opponent via Sunday emails.
 16. Our goal is to develop equally balanced teams. Some movement between teams may be necessary due to injuries, discipline problems, scholastic ineligibility, skill balancing, etc.
 17. Emails between upcoming opponents must be exchanged at least one week in advance of the game. Program Directors must be cc'd on all emails. The home team should send an email providing their base defensive and offensive schemes and jersey colors along with confirming the game time and location. The visiting team should reply to that email providing their base schemes and jersey colors along with confirming the game time and location. This email exchange must be completed SUNDAY before 9:00 PM at least one week in advance. (See email sheet for who to specifically email from each program.). If email contact is not made as required the visiting team should contact the home team Program Director.
 18. All coaches must be certified (program discretion on what certification to use).
 19. Home team must furnish ice and have an emergency plan including a cell phone at the games.
 20. After the season, directors and varsity head coaches will attend a working meeting to evaluate the concluded season and possible adjustments for the following season. The Alliance League is currently capped at **18** programs.
- ◆ Special Emphasis – Make sure officials are aware of our rules before the games (bring copies of the rules and roster weights). Coaches must meet with officials during pre-game to communicate the alliance rules and communicate cooperatively if there is a problem with interpretation. Ensure the special teams, field goal/extra point holder, score and blitz rules including umpire depth for linebackers are discussed.