

Middle School Team Rules

Team Setup

One roster for both teams

Middle School team is made up of the Varsity and Junior Varsity

40 – 50 total kids ideal for two teams

Minimum roster size twenty-five (25) for both games. Number is flexible with prior discussion.

Middle school grades only (6 - 8)

14 and under, Can not turn 15 on or before 12-31

Assemble team roster oldest to youngest and book with current NHYFSC requirements.

Picture

Releases

Birth Certificates

Medical forms

Report Card

Coaches

One head coach for the Middle School Team

Several assistant coaches (no limit), only 3 can be in the box at one time

CHRI checks for all field personnel

All coaches present for both games.

Coaches can be broken down into Offense / Defense / Special teams etc.

One Offense coach for Varsity, another for JV. Same for Defense

Remote communications between coaches allowed during games. Once teams advance to regional and national championships they will not be allowed to use these.

Practices

Pre Season

Practice starts when the NHYFSC starts or when the high school practice season starts

Six (6) hours conditioning time needed before contact drills start

Regular Season –

8 hours per week which includes walk through practice

Two hours per practice session – Film sessions or any additional team gatherings count as practice time.

Play Time

No mandatory play rule (however any organization may choose to implement their own)

Lopsided Rule - follow current federation HS rule 35 point differential after half time.

Varsity game coached or played to win the game

Junior Varsity game used to get all players play time

If the middle school team has the numbers, varsity players who start the varsity game cannot participate in the Jr Varsity game. If the team has low numbers, the starters in the varsity game can participate in the Jr Varsity game, but cannot play the position in the Jr Varsity game the player played in the varsity game. Coaches are responsible to monitor

Games

Federation Rules Based

Two games per week

1 Junior Varsity

1 Varsity

Two hours for each game

Games start when the rest of the NHYFSC starts

Follow current NHYFSC game schedule

Games are back to back. The NHYFSC will write the schedule.

Saturday evening games if teams want and fields are available. Must inform NHYFSC prior to scheduling of ability and desire to host evening games.

JV first, Varsity second

Sunday Games

Varsity first, JV follows

4 - ten minute quarters per game

OT – Ball placed on the 10 yard line – 4 downs to score. Each team gets a chance

4 refs per game at current prevailing rates.

Cost of refs to be split by the 2 teams participating in the game.

Points After TD = 1 pts for kick and 2 pt for run in

Scouting and Game Communications

Electronic communications between the sidelines and press box allowed. Teams advancing to regional and national will not be allowed to use these devices.

Filming Games or Sharing of game films is allowed

Divisions - Playoffs – Championship

Teams can be setup into two divisions (if we have the numbers)

Top four teams from each division make the playoffs. (semi – finals, finals format)

One seed plays four seed

Two seed plays three seed

Higher seeded team hosts the game. To be determined

If two divisions, one champion from each division