

M.I.F.A. Rules

Friday Night Lights

Players and Formations

- 6 players on the field
- Team must have 6 players to begin the game
- All offensive players are eligible receivers
- Three players must be on the LOS in a set position on the snap of the ball
- One receiver may be in motion before the snap (only one)
- One foot must be inbounds, and the ball be in control for a catch to be made
- The ball must break the goal line or a receiver must have full possession in the end zone for a score to be valid
- All team members must have same colour jerseys
- Defence must line up 1 yrd of f the LOS

Scoring

- Six points for a touchdown
- Two points for a convert from the 10 yard line
- One point for a convert scored from the 5 yard line
- Two points for a defensive tackle in the opposing teams end- zone or the ball carrier stepping out of bounds in their own end- zone.

Injury Rule

- At the referee's discretion, the game will be ended prematurely for a serious field injury. The game result will be the score at the time of the injury. In this case the safety of the injured player is our league's only concern.
- Faking injuries or delaying the game through injuries will result in delay of games penalties and unsportsmanlike conduct penalties on the offending team, which include ejection and suspensions. This ruling is at the discretion of the referee.

Timing

- Field clock is the running time of day.
- Game clock is the running time of the game
- The game consists of two twenty- five minute halves
- Half- time will be provided if the field clock allows. It is the referee's discretion to have a half- time. The max half- time is 5 minutes to allow the 2nd half to be 25 mins.
- The offensive play clock is 25 seconds in length.
- The game clock does not stop during regular play. Serious injuries, serious penalties or the referees discretion can stop the clock at any time.
- With 3 minutes left, the time- keeper or ref will blow whistle and announce six plays left in the game. During this time, delay of game penalties will result in the loss of down.

- Time-outs called any time other than the last 3 minutes of the half are 30 seconds in length but do not stop the clock. Time-outs called during the last six plays of the game will stop the play clock. The play clock will resume after 30 seconds have passed.
- Each team receives one time-out per half to be used at their discretion
- Length of game time possible to change during playoffs or championship game. This will be addressed at a later date.

Offensive Play

- the ball will start on the 5 yard line at the beginning of each half, after a safety, and after a convert.
- four downs are allowed to advance the ball 15 yards. If the offensive team forwards the ball 15 yards, they earn a first down.
- the first person to have possession of the snapped ball is NOT allowed to cross the LOS. This can be the QB, RB, WR or linemen. Fumbled snaps must be handed-off from an offensive player having possession. Simply touching the ball does not constitute possession.
- the passer cannot catch his own pass, if not touched by a defender and advance the ball. - It is ruled an incomplete pass. If tipped by a defender, the ball is live and can be advanced.
- a team can choose to punt on fourth down. The punt is not an actual kick. The ball is moved 25 yards from the LOS. If the LOS is closer than 30 yards, the ball is put on the defender's 5 yard line
- the offensive team can have 1 player in motion. This can be laterally or forward. However it cannot be one of the three players that are 'on the LOS'.

Blocking/Hitting

- there is no blocking below the waste at anytime. No cutting on the LOS or in the backfield.
- receivers can be jammed/bumped within 2 yards of the LOS
- downfield blocking must be done in- front of or from the side of the player being blocked
- defenders cannot hit receivers if a throw is uncatchable.
- all players should take caution near the side- lines. Excessive hitting/pushing on the side- line or out of bounds will be penalized. Referees can call forward progress, the play over, near the sidelines to prevent injuries.
- blocking downfield, beyond 5 yards of the line of scrimmage, is NOT allowed until the ball crosses the LOS.

Overtime

- No overtime play in regular season
- During the playoffs coin toss will determine possession. Overtime will consist of 2 converts from either the 5 yard- line for 1pt or 10 yards for 2pts. The first team to lose a set of convert contests loses.
- If teams are tied at the end of the convert contest, each team receives 1 convert opportunity in a sudden death format until a winner is decided.

Kicking

- No kicking
- Kicking the ball will result in penalty for unsportsmanlike.

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Penalties

- Offside offense/defense: 5 yards back/forward repeat down
- illegal advancement of the ball: loss of 5 yards & loss of down .
- blocking below the waste: 15 yards in favour of the blockee,
- disrespect to an official: 15 yards. Second violation by the same player is 15 yards and ejection
- Threatening of an Official: 15 yards, ejection, 1 game suspension
- holding by the offence/defence: 10 yards either way repeat down
- pass interference: first down at spot of infraction for 'interfered'
- A delay of game will result in a loss of down and 5 yards against the delaying team. Three consecutive delay of game penalties will result in the ball being turned- over at current LOS.
- Disputing call and not allowing the next play to be run within 25 seconds of the play- ending whistle will result in a delay of game penalty. Two consecutive penalties by the same player will result in an ejection. Teams are granted 1 referee's conferences a half between only the captain(s) and the ref. During the referee conference, the play clock stops and game clock stop. The conference is not to take longer than 25 seconds. After 25 seconds, the referee is to whistle the play in.
- Face mask: 5 yards, unintentional, 15 yards intentional, ejection and or suspension if intent to injure at referees discretion.
- Unnecessary roughness: on defence 15 yards from LOS and repeat down on offence loss of 15 yards and loss of down. A second infraction by the same player, within the same game will result in an ejection and a one game suspension.
- Blocking in the back will result in a loss of 15 yards against 'blocker'.
- A late hit by the defence will result in ball being moved forward 10 yards and a first down.
- A late hit by the offence will result in the ball being moved back 10 yards and repeat down
- Illegal motion: the offence has two or more players in motion at the same time. This will result in a loss of 5 yard and repeat down.