



# Jr. Novice Modified Rules

2022

## **1. Jr. Novice Rules:**

- a. The Jr. Novice Rules are modified for the 2022 season. Refer to 2022 Rules/Regs. for the age and weight determinations.

## **2. League Participation**

- a. The objective of the MVFL Board is to have all organizations participate in the Junior Novice Division by fielding a team.
  - i. AMA Jr. Bullfrogs are grandfathered into a non-participation status for this division of play.
  - ii. Teams number of player options:
    1. All teams with 11 or more players must play 11 on 11
    2. All teams under 11 players shall play the 7 on 7 format.
      - a. Notification of 7 on 7 format to opposing team will be one week prior to allow for 7 on 7 format preparations.
    3. All teams under 7 players must forfeit.
    4. Halftime will be a 10-minute running clock.

## **3. Mandatory Play Rules:**

- a. Every eligible player suited up for a game must play a minimum of 5 plays in that game.

## **4. Game Play and Format Procedures:**

### **a. Format:**

- i. The game will be opened in accordance with MVFL Rules with a coin toss to determine possession.
- ii. Games will be played in a full field format; except in a 7 on 7 format.

### **b. Coaches on Field:**

- i. Only 2 coaches per team are allowed on the field and any one time. They must stay 10 yards from the line of scrimmage at the snap of the ball. (1 coach on offense/1 on defense)

### **c. Clock:**

- i. There will be 4 quarters with a 10-minute running clock.
- ii. Mandatory water break at 5 minutes per quarter.
- iii. The teams will have 1 time out per half.
- iv. Halftime will be a 10-minute running clock.
- v. There will be a stoppage of the clock for any injuries that take place.

### **d. Officials:**

- i. Penalties such as clips, chop blocking and head tacking will be flagged and the ball will be placed at the spot of the foul and down will continue to the next down. (no reset of down)
- ii. Blitzing is not allowed from any defensive position.

**e. Game Play:**

- i. The ball will be placed on your 35-yard line and a team will have to drive 65 yards to score a touchdown. Teams will have 4 plays to make 10 yards for a first down. If a first down is not achieved on 3 downs, on the 4<sup>th</sup> down team has the option to punt. If you elect to punt, the ball will be moved 20 yards and the opposing team will take possession.
  1. 11 on 11: 35-yard line out
  2. 7 on 7: 35-yard line in
- ii. A maximum of 5 linemen (x-man) will be allowed on the defensive line of scrimmage. Linemen (x-man) are defined as any defensive player within 1 yard of the line of scrimmage. Defensive ends and corners may be in an upright position if they are outside of the tight end or tackles outside shoulder and are not allowed to crash/pinch down the line of scrimmage towards the quarterback or running back. All defensive positions can read and react to the ball as the play takes place. No hitting the center or quarterback before the quarterback receives the ball from the center.
  1. 7 on 7
    - a. (3) down linemen, (2) receivers, (1) running back, (1) quarterback. Center will not be eligible to run or receive the ball.
    - b. On the line of scrimmage, the linemen are lined "heads up" and (1) yard off the offensive line.
    - c. Receiver must be a minimum of (5) yards off the line of scrimmage.
    - d. Each team will have (2) quarters of offense and (2) quarters of defense, alternating.

**f. Overtime:**

- i. Coin toss will be held to determine possession.
- ii. Ball will be placed on the 10-yard line and teams be given 4 downs to score a touchdown. Each team will have an opportunity to score.
- iii. No overtime for 7 on 7 format.

**g. Scoring and Score Keeping:**

- i. Utilizing the modified game format, teams will drive the football in an attempt to score touchdowns. Upon scoring the touchdown, possession will be turned over to the other team for a first down on their 35-yard line.
  1. There will be no extra point attempts.
  2. Score will be kept at 1 point for each touchdown.
  3. Scores and standings will be recorded with the League.

**h. Special Team Play:**

- i. There will be no special team play.

**i. Post Season Play:**

- i. There will be post season play as similar to other levels while continuing to abide by the Jr. Novice rules.