

MOUNTAIN BROOK ATHLETICS REC FOOTBALL

LEAGUE RULES AND GUIDELINES

(Updated August 18, 2026)

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Mountain Brook Athletics Football
Revised August 18, 2026

The MBA football program is for boys in the 3rd through 6th grades who are eligible to attend the Mountain Brook school system.

The MBA football program follows the rules of the Alabama High School Athletic Association (AHSAA), with the following amendments:

1. LEAGUE OVERVIEW

1.1. FOOTBALL LEAGUE COMMISSIONERS

- 1.1.1. The Board of Directors of Mountain Brook Athletics (MBA) will appoint an Overall Football Commissioner who is responsible for monitoring play in each grade. The Overall Football Commissioner will appoint Grade Football Commissioners for each grade that will oversee play in their respective grades.
- 1.1.2. The Grade Football Committee will be made up of the Grade Commissioner and Team Commissioners appointed by the Grade Commissioner and approved by the Overall Commissioner. There will be one Team Commissioner per team.
- 1.1.3. The commissioner in charge of each game is referred to as the "Game Day Commissioner".
- 1.1.4. The Grade Football Commissioners, with consent of the Overall Football Commissioner, may adapt or excuse certain procedural rules during games and game day activities as needed to ensure player safety and practicality.

1.2. TEAM SELECTION

- 1.2.1. Players are assigned to teams by the Grade Football Committee with a goal to create teams that are balanced in athletic ability with each team having an equal level of talent.
- 1.2.2. At a preseason evaluation, the Grade Football Committee shall evaluate the players who are grouped in an organized and systematic fashion. Coaches can be used to supplement the evaluation with drills and organization as needed.
- 1.2.3. The Grade Football Committee shall place players on teams based on ability using the assignment steps below. Factors such as carpool, parent's friends, neighborhoods, or player friends have no impact on the team assignment.
- 1.2.4. Assignment of players to teams will use the following steps (example using 6 teams):
 - 1.2.4.1. Step 1: Identify the top twelve skill position (under weight limit) players and rank 1-12.
 - 1.2.4.2. Step 2: Identify the top twelve linemen and rank them -12.
 - 1.2.4.3. Step 3: Player's index cards will be placed in rows. Skill players 1-6 placed left to right. Skill players 7-12 placed right to left. Linemen 1-6 placed right to left and linemen 7-12 placed from left to right. Example is as follows:

TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6
<i>Skill 1</i>	<i>Skill 2</i>	<i>Skill 3</i>	<i>Skill 4</i>	<i>Skill 5</i>	<i>Skill 6</i>
<i>Skill 12</i>	<i>Skill 11</i>	<i>Skill 10</i>	<i>Skill 9</i>	<i>Skill 8</i>	<i>Skill 7</i>
<i>Line 6</i>	<i>Line 5</i>	<i>Line 4</i>	<i>Line 3</i>	<i>Line 2</i>	<i>Line 1</i>
<i>Line 7</i>	<i>Line 8</i>	<i>Line 9</i>	<i>Line 10</i>	<i>Line 11</i>	<i>Line 12</i>

The Grade Football Committee must agree unanimously that the proposed teams are equal. The committee may want to consider separating players that have been together in previous years.

1.2.4.4. Step 4: The Grade Football Committee will take the remaining players and split them into groups equal to the number of teams of equal numbers in a fashion that each team is considered equal among ability and position. Consideration can be given to dividing these groups among players that attend each of the elementary schools.

1.2.4.5. Step 5: Once the committee agrees that the remaining groups of players are equal, the number 1 through (# of teams) will be placed in random draw. The first group of players will be assigned the corresponding number team created in Step 3. For example, the number 5 is drawn for the first group of players. These players are assigned to team 5 created in Step 3.

1.2.4.6. Step 6: Coaches are also assigned in random draw. The coach's names are placed in random draw. Each coach is assigned to a team randomly, even if the coach has a son or relative on another team. If a coach has such circumstance:

1.2.4.6.1. If the coach's son or relative is a player ranked on the placed rows for the skill or line (top 12 in this example), the coaches are swapped. If the coach son or relative is ranked in the second group of players, the player is swapped for a player of similar skill and ability as determined by the committee. This is the only swapping of players or coaches that is allowed.

1.2.4.7. Step 7: The Grade Commissioner will submit the proposed teams to the Overall Football Commissioner for final approval. If the overall commissioner does not approve, the teams are disbanded, and the draft is repeated. No subjective swapping of players is allowed.

1.3. NUMBER OF PARTICIPANTS

1.3.1. 3rd and 4th grade teams will play with 9 players on the field. 5th and 6th grade teams will play with 11 players on the field.

1.3.2. If not enough players sign up to field 9 or 11 man teams respectively, the Overall Football Commissioner may elect to field less than 9 or 11 players per team respectively.

1.4. PLAYING FIELD

- 1.4.1. For 3rd grade, the playing field is 60 yards long and 35 yards wide with 10-yard end zones; For 4th grade in 2024, the playing field is 60 yards long and 40 yards wide with 10-yard end zones. For 5th and 6th grades, the playing field is 80 yards long and 40 yards wide with 10-yard end zones.
- 1.4.2. Intentionally Omitted.
- 1.4.3. First downs are measured at 8 yards.
- 1.4.4. Penalties that are normally 5 yards will be 4 yards, normally 10 yards will be 8 yards, and normally 15 yards will be 12 yards, except Unsportsmanlike Conduct is 15 yards and Illegal Participation (coaches) is 10 yards. Holding behind the line of scrimmage will be marked as an 8-yard penalty from the original line of scrimmage.

1.5. TIME CLOCK

- 1.5.1. Each game will consist of 4 quarters of 8 minutes for 3rd and 4th grade, and 10 minutes for 5th and 6th grade. The clock operator will follow the referee's signal based upon their adherence to AHSAA clock rules with the following exceptions:

Clock will run on an incomplete pass except during the final 2 minutes of each half.
Clock will stop on punts and no 10 second run off will occur.

- 1.5.2. Each team is permitted two 90-second time outs per half. Time outs do not carry over from 1st to 2nd half. The game officials or Game Day Commissioner may stop the game at any time for water and heat breaks.

1.6. PRACTICES -GENERAL

- 1.6.1. An event is defined as a gathering of 4 or more of the team's players and a team's coach or assistant coach. This includes practices, meetings, film sessions, etc. where player development is the purpose of the event.
- 1.6.2. Practices may only be held at the following league approved facilities: Cherokee Bend Elementary, Crestline Elementary, Mountain Brook Elementary, JCC, Mountain Brook Junior High, and Mountain Brook High School Athletic Complex.
- 1.6.3. Coaches and players are not permitted to use ANY facility for a practice event other than those listed above. This includes when practices are canceled by the league for reasons such as bad weather.
- 1.6.4. Three events per week are to be held until the first game is played subject to input by the overall and grade commissioner. Overall commissioner may amend these limitations at their discretion.
- 1.6.5. Upon the beginning of league play, each team is limited to three events per week. A week is considered to begin on Monday and end on Sunday.
- 1.6.6. Practices may last up to 1 hour 45 minutes in length including warm-ups, stretching, exercises, and sprints.
- 1.6.7. PRACTICES ARE VERY IMPORTANT TO TEAM DEVELOPMENT. Coaches are required to conduct the maximum number of practices allowed in a week. If a coach holds less than

the maximum number of practices allowed in a week; it must be reported to the Grade Commissioner.

- 1.6.8. Players are expected to attend practice. If a player misses numerous practices, the coach may petition the Grade Commissioner to limit the player's participation in games.
- 1.6.9. During the regular season no team may, under any circumstances, have more than 3 events per week unless approved by the Grade Football Commissioner and the Overall Football Commissioner. The offending team will forfeit their next game.
- 1.6.10. Practice on any MBA field when the fields are closed, and the red flag is displayed will result in automatic forfeiture of your next game.
- 1.6.11. The Overall Football Commissioner may allow extra practices for the 2 teams participating in the Super Bowl game after the semi-finals have been played.

1.6.12. Full Contact Drills

- 1.6.12.1. Full contact drills include both "thud" and "live action."
- 1.6.12.2. Levels of contact consist of:
 - 1.6.12.2.1. 'Air' or non-contact drills.
 - 1.6.12.2.2. 'Bags' contact with a blocking dummy.
 - 1.6.12.2.3. 'Control' contact with another player not a full speed.
 - 1.6.12.2.4. 'Thud' contact with another player at full speed without taking to the ground.
 - 1.6.12.2.5. 'Live Action' drills that are full speed until play is complete.
In the interests of player safety, coaches are reminded to limit the separation distance between players to 8 yards or less during Thud and Live Action drills. Coaches are also reminded to match the relative size of players competing against one another in Thud and Live Action drills.
- 1.6.12.3. Full contact drills are limited to 30 minutes per day and 120 minutes per week during preseason and 90 minutes per week during regular season.
- 1.6.12.4. Full contact includes scrimmage time.

1.7. GAME PROCEDURES

- 1.7.1. The teams will be on opposite sides of the field. The coaches will attempt to get each team's fans on their side of the field.
- 1.7.2. The home team will be on the sideline closest to the streets, visiting teams on the interior sidelines.
- 1.7.3. The home team is responsible for providing an adult, three-person chain crew, and game ball.
- 1.7.4. Each coach will appoint 2 game day captains. The captains will represent the team at the pre-game coin toss.
- 1.7.5. Kickoffs are dead ball changes of possession at the offensive teams own 20-yard line for third and fourth grade and 30-yard line for fifth and sixth grade.
- 1.7.6. The head coach is responsible for the conduct of the team's sideline including assistant coaches, players, parents and fans. The game officials shall call a 15-yard Unsportsmanlike Conduct penalty on any person on your sideline who displays inappropriate conduct. Any

coach who is unable to address and resolve the conduct problem of a fan or parent quickly must consult the Game Day Commissioner. Any conduct by a coach, parent, or fan that results in an Unsportsmanlike Conduct penalty shall be referred by the Game Day Commissioner to the Overall Football Commissioner, or his designees such as a Rules Committee if he selects one, for review and appropriate action.

1.8. TIE GAMES AND OVERTIME

- 1.8.1. All regular season games with a tied score at the end of regulation time will be considered a tie.
- 1.8.2. All playoff games are subject to overtime periods.
- 1.8.3. Each overtime period will be played on the same half of the field with each team having a possession beginning at the 8-yard line. The winner is determined by the team scoring the most points in the overtime period. If the game is still tied at the end of an overtime period, another overtime period is played until a winner is declared.
- 1.8.4. A coin toss will be held at the start of the first overtime period. The winner will choose to play offense or defense first. If subsequent overtime periods are required, another coin toss will not be held, the team that started the previous period on offense will start on defense to begin the new period, and the teams will alternate to begin each new period.
- 1.8.5. Goal line defense may be used if the entire ball is spotted inside the 8-yard line
- 1.8.6. If a team has met minimum participation rules during regulation play, the coach is free to play any player at any time with substitution being freely allowed but not required

1.9. RESCHEDULING AND SUSPENSION OF PLAY

- 1.9.1. MBA will attempt, whenever possible, to reschedule games that are rained out, canceled, or postponed.
- 1.9.2. Once started, the Game Day Commissioner and game officials will make the decision to suspend play. If play is stopped, after a maximum 30-minute delay, the game will be suspended and completed from the point of suspension. If the Overall Commissioner, Grade Commissioner and both coaches agree, the game can be declared complete.

1.10. POST SEASON PLAYOFF GAMES PROCEDURES

- 1.10.1. Should teams in a grade or a division finish the regular season tied, the following steps shall determine playoff seeds until all brackets are filled:
 - 1.10.1.1. Head-to-head records providing all tied teams played each other
 - 1.10.1.2. Record of tied teams versus common opponent beginning with the highest ranked team in the league. Should the teams play the common opponent a different number of times, and one team has a split record against that common opponent, you move to the next opponent in the standings.
 - 1.10.1.3. Coin Flip
- 1.10.2. All teams tied before this point should be recognized as having tied for purposes of trophies and correspondence.
- 1.10.3. Coin flip is solely used to seed teams for the tournament.

- 1.10.4. Under absolutely no circumstance will points scored or margin of victory ever be used to determine a result.
- 1.10.5. If there is a question between coaches & commissioners, the subject should be referred to the Overall Commissioner, whose decision is final.

1.11. **MINIMUM PLAYER REQUIREMENTS**

9-Man Teams (3rd and 4th Grade)

- 1.11.1. To play, a team must have at least 8 players present by 10 minutes past the scheduled kickoff time. A team that has less than 8 players present by 10 minutes past the scheduled kickoff time will forfeit the game.
- 1.11.2. If one team has 8 players, both teams will play with 8 players. If an additional player arrives late that increases the team's roster from 8 to 9 players, then both teams will play with 9 players.
- 1.11.3. A team may finish a game with 8 players, and the opposing team must field a matching number of players. A team that finishes a game with less than 8 players will forfeit the game.
- 1.11.4. In the interests of participation and competition, the Grade Commissioner, with the approval of the Overall Football Commissioner, may adjust or modify this rule during the season to provide equitable opportunities to any team whose roster is reduced by injury, illness, lack of commitment, or other unforeseen player circumstance.

11-Man Teams (5th and 6th Grades)

- 1.11.5. To play, a team must have at least 10 players present by 10 minutes past the scheduled kickoff time. A team that has less than 10 players present by 10 minutes past the scheduled kickoff time will forfeit the game.
- 1.11.6. If one team has 10 players, both teams will play with 10 players. If an additional player arrives late that increases the team's roster from 10 to 11 players, then both teams will play with 11 players.
- 1.11.7. A team may finish a game with 10 players, and the opposing team must field a matching number of players. A team that finishes a game with less than 10 players will forfeit the game.
- 1.11.8. In the interests of participation and competition, the Grade Commissioner, with the approval of the Overall Football Commissioner, may adjust or modify this rule during the season to provide equitable opportunities to any team whose roster is reduced by injury, illness, lack of commitment, or other unforeseen player circumstance.

2. PLAYER SPECIFIC RULES

2.1. Player Participation

- 2.1.1. Each player is subject to minimum participation rules. A player will satisfy minimum participation rules by playing the following:
 - 2.1.1.1. EVERY offensive snap for ALL FOUR quarters
 - 2.1.1.2. EVERY defensive snap for ALL FOUR quarters
 - 2.1.1.3. EVERY snap for TWO ENTIRE non-consecutive quarters; either the 1st and 3rd quarters or the 2nd and 4th quarters.
- 2.1.2. The Grade Commissioner must approve exceptions to the above rule.

- 2.1.3. If a player is designated to play offense or defense, and one team controls the ball the entire quarter and the player doesn't make it into the game, minimum participation for that player is met.
- 2.1.4. Free substitution is allowed in the event of injury.
- 2.1.5. It is each coach's responsibility to monitor minimum participation and have a substitution plan for games. Disregard of minimum participation rules, as determined by the Game Day Commissioner, will result in a forfeit of that game.
- 2.1.6. It is each coach's responsibility to have a plan that provides for multiple players to touch the ball during practices and scrimmages. Issues arising from too many touches during football events will be addressed directly with the coaches and resolved to the satisfaction of the Grade Commissioner and Overall Commissioner.

2.2. Player Conduct

- 2.2.1. Players ejected for Unsportsmanlike Conduct by the game official is not allowed to return to play for the remainder of the current game and the first half of the next game.
- 2.2.2. Any player whose jersey has been altered in any manner, other than tears or damage during game play, cannot participate in games until the jersey is restored to its original form. Alteration includes but is not limited to taping, tying, and tailored alteration, whether visible or hidden.
- 2.2.3. Helmet Painting. Any player whose helmet has been painted, either partially or fully, shall not be permitted to participate in games unless the helmet displays that it was painted by the manufacturer or by a reconditioner approved by the manufacturer using approved paint.
- 2.2.4. Equipment – Players must wear a mouthpiece, helmet with guardian cover, shoulder pads, football pants with hip pads, tailbone pad, thigh pads and knee pads. Removal of any of the above pads will disqualify the player from participation. Helmet visors are not allowed unless they are clear.

2.3. Player Weight Restrictions

- 2.3.1. Each player's weight must be checked at registration by The Overall Football Commissioner, a Grade Commissioner, or a designee of The Overall Football Commissioner. The registration weight is valid until the mid-season weigh-in.
- 2.3.2. Registration Weigh-ins are mandatory. Player's requiring Mid-Season Re-Weigh-Ins are at the discretion of The Overall Football Commissioner. All Mid-Season Re-Weigh-Ins must be checked by the Overall Football Commissioner or their designee.

2.3.3. Weight Limits are as follows:

Grade	Registration Weight Eligible To Be Un-Restricted Prior To Mid-Season Weigh-In:	Mid-Season Weight Eligible To Be Un-Restricted For Remainder of Season:
3rd	77.0 and less	79.0 and less
4th	87.0 and less	89.0 and less
5th	97.0 and less	99.0 and less
6th	107.0 and less	109.0 and less

- 2.3.4. The respective Grade Commissioner will schedule the mid-season re-weigh-ins with two (2) opportunities for each player to appear and have his weight checked. The Grade Commissioner shall communicate this scheduling information to the appropriate head football coaches. Any player who misses a mandatory weigh-in shall be deemed over the weight limit until the next scheduled weigh-in. All players that are above the applicable weight limit will be designated as interior linemen only.
- 2.3.5. All players over the weight limit at registration are considered over the weight limit until the mid-season weigh-in. All players over the weight limit at mid-season are considered over the weight limit for the remainder of the season including playoff games.
- 2.3.6. Players that are over the weight limit must wear jersey numbers 50-79. Players wearing 50's, 60's, or 70's numbers must play interior line positions (center, guard, or tackle on offense and guard or tackle on defense).
- 2.3.7. Players wearing 50's, 60's, or 70's numbers may play only play center, guard, or tackle on offense. Players wearing 50's, 60's, or 70's numbers may only play guard or tackle on defense.
- 2.3.8. If a team's only option is to play five 50's, 60's, or 70's players on defense or forfeit, the opposing coach is allowed to choose which of the 50's, 60's, or 70's players is allowed to play the non-interior end position(s).
- 2.3.9. A player wearing a 50's, 60's, or 70's number may NEVER advance the ball. The play is blown dead at the spot where the player wearing the 50's, 60's, or 70's number CONTROLLED, not simply touched, the ball.
- 2.3.10. The 50's, 60's, or 70's numbers are a signal to the game officials that the player is subject to the special rules of being over the weight limit. It is the coach's responsibility to ensure that players are wearing correct numbers. If a player is wearing a 50's, 60's, or 70's number in a game, he is considered to be over the weight limit by the game officials, REGARDLESS.

3. **COACHING AND TEAM FORMATION SPECIFIC RULES**

3.1. COACHING

Football coaches have the opportunity to teach our players sportsmanship, positive skills, and values. For this reason, coaches shall refrain from promoting unfair acts.

- 3.1.1. THIRD AND FOURTH GRADES ALLOW ONE COACH ONE THE FIELD OF PLAY TO ASSIST WITH PLAY CALLING AND ALIGNMENT. ONCE THE LINEMEN ARE ALIGNED, THE COACH IS NOT ALLOWED TO INSTRUCT OR ALTER THE PLAY CALL.
- 3.1.2. FIFTH AND SIXTH GRADE COACHES ARE NOT TO BE ON THE FIELD AT ANY TIME DURING PLAY. Coaches may be on the field only during time outs, player injury, during the break between quarters, and at halftime.
- 3.1.3. In the event the game officials have issued one sideline warning, violation of this rule will result in a 10-yard penalty for Illegal Participation.
- 3.1.4. Coaches are allowed to walk the sideline freely but are not allowed to give instructions from behind the end zones or from inside the 10 yard line. Violation of this rule will result in a 10-yard penalty for Illegal Participation.
- 3.1.5. Coaches are not to argue with the game officials over judgment calls or rules interpretations. All rules questions should be directed to the Game Day Commissioner.
- 3.1.6. Any coach penalized 15 yards for Unsportsmanlike Conduct for foul language, arguing with game officials, being on the field disrupting play, striking a player, etc. is automatically suspended for the rest of the current game and the complete following game.
- 3.1.7. Any coach incurring two suspensions in the same year is subject to being banned from coaching in Mountain Brook Athletics.

3.2. TEAM FORMATION RULES – REGULAR DEFENSE

- 3.2.1. Regular defense will be used in all non-goal line situations.
- 3.2.2. Each team will use a 6-2-2-1 defense for 11-man football and a 4-2-2-1 defense for 9-man football. 8-man football will use a 4-2-2 defense. All rules on alignment are applicable for each defense.
- 3.2.3. The game officials are looking for, when viewed from the sideline, 4 distinct rows of players:
 - 3.2.3.1. LINEMEN ON THE LINE OF SCRIMMAGE – 2 defensive guards lined head up the offensive guards in a 3 or 4 point stance; 2 defensive tackles lined head up the offensive tackles in a 3 or 4 point stance; and 2 defensive ends that may line head up or outside the offensive ends in a 2, 3, or 4 point stance. The defensive ends may line up as far outside the offensive ends as the coach desires. The defensive ends do not have to split with the offensive ends.
 - 3.2.3.2. 2 LINEBACKERS at least 1 yard behind the linemen's feet.
 - 3.2.3.3. 2 CORNERBACKS at least 1 yard behind the linebacker's feet.
 - 3.2.3.4. 1 SAFETY at least 1 yard behind the cornerback's feet.

- 3.2.4. Linebackers are allowed to line up parallel to the line of scrimmage, 1 yard behind the linemen's feet until the ball is snapped. Inverted defensive sets are not allowed.
- 3.2.5. Cornerbacks are allowed to line up anywhere at least 1 yard behind the linebacker's feet until the ball is snapped. Cornerbacks are not allowed to blitz.
- 3.2.6. The safety may line up anywhere at least 1 yard behind the cornerback's feet until the ball is snapped. There is no safety in 8-man defense.
- 3.2.7. "Prevent" defenses used at the end of the game must still be in the 6-2-2-1 alignment.
- 3.2.8. In normal defense, linebackers may not cross the line of scrimmage (blitz) before the ball is even to or outside the offensive tackle. If the game officials determine the offense is using excessive splits (more than 2 yards), the game officials will warn the offense that splits are excessive. If the offense does not narrow their splits, the game officials will allow linebackers to blitz on plays where splits are excessive. See Rule 3.4.7. In 8-man and 9-man games, linebackers may not cross the line of scrimmage between the tight ends. In situations with no tight end, linebackers may not cross the line of scrimmage between the areas outside the guard where a normally positioned tight end would be.
- 3.2.9. In normal defense, defensive guards and tackles must remain head up the offensive guards and tackles until the ball is snapped.
- 3.2.10. A defensive lineman is NEVER allowed to line head up the center. A player is NEVER allowed to INITIATE contact with the center at the line of scrimmage.
- 3.2.11. Each coach will make sure that all linebackers will have a colored sticker on the front of their helmets. This will signal to the game officials that the player is ineligible to make tackles in the backfield. If a player wearing a sticker makes a tackle behind the line of scrimmage and inside the offensive tackle, it will result in a 4 yard Illegal Defense penalty.

3.3. TEAM FORMATION RULES – GOAL LINE DEFENSE

3.3.1. Goal line defense may be used ONLY on:

- 3.3.1.1. 3rd down with ANY PART of the ball spotted within two yards of the line to gain
- 3.3.1.2. 4th down with ANY PART of the ball spotted within two yards of the line to gain
- 3.3.1.3. Any time the ENTIRE ball is spotted within the defense's 10-yard line.

- 3.3.2. On Goal-Line Defense only, defensive linemen are allowed to line up in the center/guard gaps, the guard/tackle gaps, and the tackle/end gaps. A player is never allowed to line up head to head with the center. A defensive lineman is not allowed to initiate contact with the center.
- 3.3.3. Linebackers, cornerbacks, and the safety are allowed to line up anywhere at least one yard behind the linemen's feet. Linebackers, cornerbacks, and the safety are allowed to blitz (cross the line of scrimmage before the ball is outside the offensive tackle).
- 3.3.4. A linebacker, cornerback or safety may never initiate contact with center. If a linebacker, cornerback, or safety blitzes into the center/guard gap, he may not initiate contact with the center.

3.4. TEAM FORMATION RULES – OFFENSE

- 3.4.1. The offense must have 5 and 7 players, grade respective, on the line of scrimmage – a center with 1 guard, 1 tackle, and 1 end (fifth and sixth grade) on each side of the center

on the line of scrimmage. Offensive guards, centers and tackles must be in a 3pt or 4pt stance.

- 3.4.2. When 8-man offense is used, 5 players are required on the line of scrimmage.
- 3.4.3. The ends may be tight or split but must be on the line of scrimmage.
- 3.4.4. Center, guards and tackles must not have intentional excessive splits (traditional alignment).
- 3.4.5. No unbalanced lines on the line of scrimmage are allowed.
- 3.4.6. Backs may line up anywhere as long as they are off the line of scrimmage.
- 3.4.7. If the game officials determine that the offense is using excessive splits (more than 2 yards), the game officials will warn the offense that splits are excessive. If the offense does not narrow their splits, the game officials will allow linebackers to blitz on plays where splits are excessive. See Rule 3.2.8.
- 3.4.8. The offense will have 30 seconds to put the ball in play after the ball has been placed down and declared ready for play by the game officials. Violation of this rule will be a 4-yard Delay of Game penalty.

3.5. TEAM FORMATION RULES – SPECIAL TEAMS

3.5.1. Punt

- 3.5.1.1. Punts will not be kicked.
- 3.5.1.2. The offensive team has the normal 30 seconds between plays to declare they are punting.
- 3.5.1.3. The game officials will step off 30 yards to represent the punt. If a 30-yard step off takes the ball inside a team's own 20 yard line, the ball will be marked at the 20 yard line.
- 3.5.1.4. The clock is stopped during the step off and restarted as soon as the ball is whistled ready for play.

3.5.2. Extra Point Attempts

- 3.5.2.1. A successful conversion from the 3-yard line (run or pass) will be worth 1 point. A successful conversion from the 5-yard line (run or pass) will be worth 2 points. The coach is responsible for having the official spot the ball at the 5-yard line if going for 2 points.