

2006 Season

WMCAA Rocket Football Rules

Authority: The WMCAA Board of Directors has the authority to make exceptions, modification and additions to any rules regulations or decisions.

1 The Season

- 1.1 The season will start no earlier that two (2) weeks before Labor Day and will not exceed ten (10) weeks in length.
- 1.2 During the first week of practice, no pads will be worn; helmets with mouth pieces should be worn as soon as the player has them.
- 1.3 The second week of practice, helmets and mouth pieces are required. Pads may be worn at the last practice but no hitting is allowed.
- 1.4 The third week of practice, full pads are required. Partial contact is permitted on the first practice and full contact starting on the second day of practice – players must ALWAYS wear mouthpieces during contact.
- 1.5 No team will practice more than three (3) times a week at any time. Wednesday evening practices during “typical” church hours are prohibited.
- 1.6 During pre-season (before the first game) practices will not exceed three (3) hours. Coaches are to provide sufficient water breaks for heat conditions.
- 1.7 Once the games start, practices will be limited to two (2) hours a night.
- 1.8 In accordance with trying to accommodate ride shares and families with kids on multiple teams, practices for all WMCAA teams should be held at Douglas Walker Park and be held at approximately the same time.
(Exceptions can be made if absolutely necessary)

2 Teams and Player Eligibility

2.1 56er Team Eligibility

- The 56er team will consist of players that meet any of the following requirements:
- 4th graders that are approved by the football coordinator (based on safety)

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- 5th or 6th graders AND are less than 12 years old by September 1st.
- 7th graders that are less than 100 lbs.
- Special needs children that are the appropriate size and strength compared to the other children.

NOTE: There are no official weight restrictions for eligibility to play on the 56er team. However, each team may play up to two (2) games with teams from other leagues. Players weighing over 150 pounds may be ineligible for non-league games.

2.2 78er Team Eligibility

The 78er team will consist of players that meet any of the following requirements:

- 6th graders that are approved by the football coordinator to be moved up
- 7th or 8th graders AND are less than 14 years old by September 1st.

2.3 Multiple Team Eligibility

- A player that is playing in a different league is not eligible to play for WMCAA Rocket football.
- A player may only play on one team simultaneously. A player may change teams during the season if approved by the Football Coordinator and the coaches of the respective teams.

3 Player Discipline and Eligibility

3.1 Discipline & Punishments

- Parents are discouraged from imposing discipline or punishments that affect the players commitment to the team. One of the principles that are being taught is to be dependable to your commitments and team members.
- Parents always have the final decision if a player will be allowed to play. A coach will never willingly go against a parent's instruction NOT to permit a player to play for any reason (injury, punishment, discipline, etc.)
- Discipline is the coach's responsibility. A coach is given the authority to discipline during practice as they deem necessary for the good of the player and the team. A coach's "punishment should fit the crime". Pushups, running, and other physical activities are normal punishments. A coach is to NEVER use physical contact as a punishment either by the coach or any other player.
- Parents are encouraged to watch practices but are requested to NEVER confront a coach in the presence of any players (unless of course there is a legitimate concern for a child's safety or welfare).
- Removal of a player from a team for Disciplinary reasons:
If a player is removed from a team for disciplinary reasons, it is the player's responsibility to request a review in writing with the WMCAA Board of Directors. This request will contain the player's statement of what, how, why and a date for a meeting. The coach will also receive the same information from the player and review at the meeting with the board but will not have a vote. The coach is also

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required to state in writing his version of why the player was removed from the team. This will be signed off by a minimum of two other witnesses.

3.2 Game Time Player Eligibility

- A player will be fully eligible if they have attended all practices during the previous week and have exemplified an acceptable attitude and work ethic. A fully eligible player is expected to receive at least 10 minutes of play time unless other prior arrangements have been made.
- A player missing one (1) practice during the week prior to the game is subject to 1/2 game penalty maximum. Specific penalty is coach's discretion. No penalty is required for unavoidable occurrences.
- If the coach will impose any penalty for missed practice or any other reason, it is the coach's responsibility to notify the parent of the player of the penalty and its cause.
- .If a player is injured but mobile they are expected to continue to come to practices and games. Parents: this rule has a special meaning. If a player is too injured to play, they are not off the team. Their attendance at practice is not only good for them, but also for the other players as the foundation of team unity. Our hope is that this ideal will follow them throughout the rest of their growth as individuals and as a part of any "team" they join.
- A player must have all the required padding and equipment to be eligible to play in a game. The required equipment is:
 - Helmet with non-clear mouthpiece (mouthpiece must be colored)
 - Facemask (tinted facemasks are not permitted)
 - Shoulder Pads with a jersey covering all portions of the pads
 - Hip and tailbone pads (these snap into the pants)
 - Thigh and knee pads (these slide into pockets sewed into the pants)
 - Tennis shoes or soft plastic cleats (no high school cleats or steel cleats)
- Optional equipment that can be worn as needed include:
 - Gloves, hand and arm pads
 - Rib protectors and/or "flack jacket"
 - Additional knee or ankle protection
 - Athletic cup

4 Game Rules

4.1 Time Rules

- Each game will have eight (8) minute quarters. If the officials and both coaches agree prior to the game, quarters can be ten (10) minutes to maximize player time.
- The game clock will be stopped for the following reasons (clock will always be restarted on snap of the next play unless otherwise specified)
 - Official Timeout (timeout called by an official)
 - Timeout called by either team

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- A touchdown is scored (clock does not run during PATs)
- An incomplete pass
- The play goes out of bounds (official should signal time to stop)
- To move the yard markers (clock stops upon officials being “set”)
- Change of possession
- If the official signals for time to stop
- The officials can require a running clock at any point for the purposes of meeting a pre-defined schedule, because of darkness, or any other official reason. The official must notify the coaches of both teams prior to beginning a running clock. In the event of a running clock, the clock will stop only by official signal.
- Each team is given four timeouts per game.
- During timeouts, players must stay on the field and substitutes must stay on the sidelines. Up to two (2) coaches may go on the field during timeout.
- A timeout will consist of 120 seconds and be regulated by the official.

4.2 Size and Weight Rules

- Any 56er team player weighing over 140 pounds at the time of registration will be limited to line positions only including (Offense: center, guard, tackle; Defense: noseguard, tackle, end). The player will not be permitted to be an eligible receiver on offense.
- Any 78er team player weighing over 160 pounds at the time of registration will be limited to line positions only including (Offense: center, guard, tackle; Defense: noseguard, tackle, end). The player will not be permitted to be an eligible receiver on offense.
[note: This rule may be waived or adjusted to conform to rules of the league the 78er team is playing with. We must conform to the rules of the league we join].
- During the game a coach may be asked by the Football Coordinator or lead official to move a player from a position if he is overwhelming his opponent due to the weight factor.

4.3 Game time Rules

Note: All these rules are subject to change depending on the league rules of our opponent.

- Possession and direction will be determined by a traditional “coin toss” at center field 5 minutes before kickoff time.
- Kickoff will be from the 45 yard line unless penalties are being imposed.
- The teams will change field directions at halftime only (not at the quarters).
- If goalposts are available, two (2) points will be awarded for a successful Point After Touchdown kick and one point for a successful run/pass Point After Touchdown attempt.
- Either coach may request a meeting with the officials on the field with BOTH coaches present to discuss rules or interruption. Judgment calls may not be discussed.

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- 56er Punting
 - A maximum of two opposing players may rush a punt. The players must rush from outside the offensive tackle.
 - NO player may line up over the Center to create a diversion or cause the center to muff the snap.
 - Anyone can rush the punter if the snap is muffed, goes over the punter's head or hits the ground in front of the punter.
 - Fake Punts ARE PERMITTED – Once any indication of a fake punt is given, any member of the defense may rush.
- 78er Punting
 - The punt may be rushed.
 - NO player may line up over the Center to create a diversion or cause the center to muff the snap.

4.4 Overtime:

- One OT period will consist of each team getting one offensive series starting first-and-ten at the 10 yard line.
- A maximum of two (2) overtime periods are permitted, if the game is still tied, the result will remain a tie.
- Each team will receive one timeout for each overtime period
- A coin flip will take place to determine possession for each OT period (winner chooses offense or defense first)
- The officials will determine at which end of the field ALL OT periods will be played.
- A "normal" Point After Touchdown will follow any touchdowns
- A lost fumble or interception will end a team's offensive series
- A fumble or interception returned by the defense to the opponent's goal line will be scored as a defensive safety.
- All other "normal" rules apply including those penalties resulting in an automatic first down.

4.5 Mercy Rules

- At any time during the game a point differential of 20 points or more will result in a running clock
- If a team is behind by 20 points or more, a single coach will be permitted on the field with his team during play. The coach can join the huddle but must be well out of the immediate ball location during the play. The coach is responsible to avoid ANY contact with players intentional or unintentional.

All other Rules will come from Current Michigan High School Athletic Association rulebook.