

## **Mighty Mites House Rules**

### **Football**

- K2

### **Field and Spotting the Ball**

- In weeks 1 and 2, the field is 20 yards wide
  - The hash marks are 5 yards from each sideline, and should be used to spot the ball when the previous play ended with the ball between the hash marks and the sideline
- In weeks 3, 4 and 5, the field is 25 yards wide
  - The hash marks are 10 yards from each sideline, and should be used to spot the ball when the previous play ended with the ball between the hash marks and the sideline
- Every new possession (with the exception of a turnover) starts with the offensive team starting 5 yards from their own goal line (yellow soccer crease line)
  - A play will never start deeper than the offensive team's 5 yard line. If there is a tackle for a loss inside of the 5 yard line, the ball is spotted at the 5 yard line.
  - After a turnover (fumble or interception), the new offensive team starts at the point where they returned the turnover

### **Game Format**

#### **Downs and Possessions**

- On a new possession, teams have 3 downs to get the ball to mid field.
  - If the team gets the ball to mid field in three downs or less, they get three new downs to score.
  - If the team does not get the ball to mid field in three downs, or score in three downs in their opponent's half of the field, the opposing team begins a new possession at their 5 yard line
- One coach per team may be on the field to help call plays and align their players properly

#### **Common Playbook**

- All teams must follow the Mighty Mites playbook and insertion schedule
- It is the coaches' jobs to make sure that they are following the offensive and defensive playbooks, not yours or the game officials
  - If there is a dispute, your role is to mediate the discussion between the coaches so that they figure it out
- A quarterback running away from pressure or improvising when a play breaks down (fumbled snap, RB going the wrong way etc.) is not a quarterback sneak
  - A quarterback sneak is when the QB takes the ball and runs with it without making any attempt to hand the ball off or pass it

#### **Center-Quarterback Exchange**

- For weeks 1 and 2, the QB starts by holding the ball under the Center's butt

- The center must start with one hand on the turf, and the play starts when the center lifts their hand off of the turf
- The quarterback may not pull away from the center before the center's hand comes off the turf (illegal procedure)
- **For weeks 3, 4, and 5, the teams must use a conventional snap.**

#### Special Teams

- There are no coverts after touchdowns
- There are no special teams plays

#### Ball Carriers/Receivers

- Multiple offensive players should be given the opportunity to touch the ball each game, so if a coach is only giving the ball to their best player, remind them to give other players the chance to touch the ball

#### Defense

- Defensive line players must always line up head-up on the tight ends
- Linebackers must always line up at approximately 5 yards, and may not blitz
  - Linebackers can attack the offense by reading motion of the offensive players

#### Scoring

- Score is not kept

#### Fair Play

- All players are designated as either offense or defense for each game
  - In the team's second game of the day, all players should switch between offense and defense
  - Within a game, if the opposing coaches decide together that they need to change a player from offense to defense or vice versa in the interest of competitive and fair match-ups, they should consult with you, and you can give them permission if it is in the spirit of Mighty Mites
- No player should sit more than one series of offense/defense in a row
  - The goal of Mighty Mites is fun skill development for all players, so players should receive fairly equal playing time

#### Penalties

Coaches should assist the official in calling penalties during the game by calling penalties on their own players, and communicating to the opposing coach about penalties on their players

#### Offside/Illegal Procedure

- On the team's first penalty in a possession, the referee should stop the play and give the team a warning
- On the team's second penalty in a possession, the referee should administer a 5 yard penalty, and repeat the down
  - If the second penalty by the offensive team takes place inside their own 10 yard line, they do not lose yardage but lose a down

## Holding

- The ball should be brought back to the spot of the hold for the next play (as if the tackle took place at the spot of the hold)

## Unnecessary Roughness

- The offending team will be penalized 10 yards
  - If the offending team was on defense, the offense gets an automatic first down after the 10 yards are administered
  - If the offending team was on offense, the offense is moved back 10 yards and also loses a down

## Objectionable Conduct

- The offending team will be penalized 10 yards
  - If the offending team was on defense, the offense gets the down over after the 10 yards are administered (unless the yard move them across mid-field for a first down)
  - If the offending team was on offense, the offense is moved back 10 yards and also loses a down

## Atom House Rules

### Football

- TDJ

### Field

- The sidelines should be designated with orange markers on the inside edge of the field numbers every 5 yards (the field is approximately 40 yards wide)
- Hashmarks are 4 yards inside of the field hashmarks

### Practice Rules

- Atom teams are allowed to practice a max of 3 times per week during the season.
- They are allowed 1 extra practice during Training Camp week (1<sup>st</sup> week)
- No practice the day after games

### Game Format

#### Possessions

- No Kick offs are allowed. To start the game, the Home Team has the following options:
  - a) Start on offense
  - b) Start on defense
  - c) Choice of ends
  - d) Defer choice to second half. The ball will be scrimmaged at the applicable 45 yard line.
- Teams must move the ball 10 yards in three downs or less to get a first down
  - If a team does not want to gamble on 3<sup>rd</sup> down, they can opt to “punt”, and the ball is moved 20 yards downfield and given to the opposing team to start their next possession. If the line of scrimmage is within 30 yards of the opposition’s goal line when the punt occurs, the ball will be moved no closer than ½ the distance to the goal line. No scoring can result from a punt. **This decision must be made before 20 seconds have elapsed on the play clock, or it will result in a turnover on downs.**

#### Restricted Players

- Designated players that are over the Atom weight limit are restricted to playing center or guard on the offensive line or **tackle on the defensive line. (defensive tackles must line up head up on the guards; this means that their helmet is directly across from the guard’s helmet)**
- Restricted players may not carry the ball on designed offensive plays (guard around hand-off, guard on the end of an offset line as an eligible receiver, etc.).

#### Play Clock

- **At the beginning of the season, the play clock will be 40 seconds. The play clock will be reset immediately after the conclusion of the previous play, and will run.**
- **Beginning in September, the play clock will be reduced to 30 seconds.**

#### Scoring

- When a player scores a touchdown, the team gets 6 points
  - If the same player scores another touchdown, the team gets 5 points
  - For every subsequent touchdown scored by an individual player, the team gets 1 less point
- **If a team has a lead by more than 20 points, and a player purposely goes down or out of bounds inside the 10 yard line, a 15 yard bench penalty will be applied from Point Ball Dead.**
- After a touchdown, the scoring team has the following options for their convert (run or pass play; there is no kicking in Atom):
  - 1 point convert attempt from the 2 ½ yard line
  - 2 point convert attempt from the 5 yard line

#### Tie Game

- There is no overtime in the regular season
- For playoffs, teams play shoot-out style overtime (Canadian Amateur Rulebook) but start at the opposition 15 yard line
  - Subsequent overtime possessions will start 5 yards closer
    - 2<sup>nd</sup> possession from the 10
    - 3<sup>rd</sup> and following possessions from the 5

#### Fair Play

- As outlined in RMF Fair Play rules

## **Pee Wee House Rules**

### **Football**

- TDS

### **Field**

- Full field

### **Practice Rules**

- PeeWee teams are allowed to practice a max of 4 times per week during the season.
- They are allowed 1 extra practice during Training Camp (1<sup>st</sup> week)
- No Practice the day after games.

### **Game Format**

#### Special Teams

- All special teams
  - Punt coverage, field goal and convert teams must consist of offensive players
    - Teams may substitute in defensive players to play long/short snapper, punter or kicker
      - If a team has substituted a defensive player on to the punt coverage/field goal/convert team, the team may not run a fake
      - If there is a bad/mishandled snap, and the punting/kicking team is stopped prior to getting to the first down/end zone, the opposing team will take over at the PBD (point the ball was blown dead)
      - If there is a bad/mishandled snap, and the punting/kicking team reaches the first down/end zone, the ball is returned to the previous LoS (line of scrimmage) and the opposing team takes over.
        - If the play was a convert attempt, the convert would be considered unsuccessful, and the ensuing kick off would take place
  - Punt return, field goal return and convert block teams must consist of defensive players
  - On a no yards situation on a punt play, the Canadian Rulebook for Amateur Football rule will be applied (5-yard penalty if the ball has bounced prior to being touched; 15-yard penalty if the punt was touched before bouncing), with the exception that the 15-yard penalty will be changed to a 10-yard penalty.

#### Restricted Players

- Designated players that are over the Pee Wee weight limit are restricted to playing center, guard or tackle on the offensive line or tackle on the defensive line. (defensive tackles must line up head up on the guards; this means that their helmet is directly across from the guard's helmet)
- Restricted players may not carry the ball on designed offensive plays (guard around hand-off, tackle on the end of an offset line as an eligible receiver, etc.).

## Scoring

### Convert

- All converts will be spotted on the 5 yard line (unless a penalty affects the spot)
  - Getting the ball across the goal line on a running or passing play is awarded **1 point**
  - Kicking (place kick or drop kick) the ball through the uprights is awarded **2 points**

### Field Goal

- If the ball is place kicked or drop kicked through the uprights from inside the 30 yard line, the team is awarded 3 points
- If the ball is place kicked or drop kicked through the uprights from on or beyond the 30 yard line, the team is awarded **4 points**

### Tie Game

- There is no overtime in the regular season
- For playoffs, teams play shoot-out style overtime (Canadian Amateur Rulebook) starting at the opposition 20 yard line
  - Subsequent overtime possessions will start 5 yards closer
    - 2<sup>nd</sup> possession from the 15
    - 3<sup>rd</sup> possession from the 10
    - 4<sup>th</sup> and following possessions from the 5

## Fair Play

- As outlined in RMF Fair Play rules

## **Bantam House Rules**

### **Ball**

- F2000

### **Field**

- Full field

### **Practice Rules**

- Bantam teams are allowed to practice a max of 4 times per week during the season.
- They are allowed 1 extra practice during Training Camp week (1<sup>st</sup> week)
- No practice the day after games

### **Game Format**

#### Special Teams

- All special teams
  - Punt coverage, field goal and convert teams must consist of offensive players
    - Teams may substitute in defensive players to play long/short snapper, punter or kicker
      - If a team has substituted a defensive player on to the punt coverage/field goal/convert team, the team may not run a fake
      - If there is a bad/mishandled snap, and the punting/kicking team is stopped prior to getting to the first down/end zone, the opposing team will take over at the PBD (point the ball was blown dead)
      - If there is a bad/mishandled snap, and the punting/kicking team reaches the first down/end zone, the ball is returned to the previous LoS (line of scrimmage) and the opposing team takes over.
        - If the play was a convert attempt, the convert would be considered unsuccessful, and the ensuing kick off would take place

- Punt return, field goal return and convert block teams must consist of defensive players
- On a no yards situation on a punt play, the Canadian Rulebook for Amateur Football rule will be applied (5-yard penalty if the ball has bounced prior to being touched; 15-yard penalty if the punt was touched before bouncing), with the exception that the 15-yard penalty will be changed to a 10-yard penalty.

## Scoring

### Convert

- All converts will be spotted on the 5 yard line (unless a penalty affects the spot)
  - Getting the ball across the goal line on a running or passing play is awarded **1 point**
  - Kicking (place kick or drop kick) the ball through the uprights is awarded **2 points**

### Field Goal

- If the ball is place kicked or drop kicked through the uprights from inside the 30 yard line, the team is awarded 3 points
- If the ball is place kicked or drop kicked through the uprights from on or beyond the 30 yard line, the team is awarded **4 points**

### Tie Game

- There is no overtime in the regular season
- For playoffs, teams play shoot-out style overtime (Canadian Amateur Rulebook) starting at the opposition 20 yard line
  - Subsequent overtime possessions will start 5 yards closer
    - 2<sup>nd</sup> possession from the 15
    - 3<sup>rd</sup> possession from the 10
    - 4<sup>th</sup> and following possessions from the 5

### Fair Play

- As outlined in RMF Fair Play rules

**Updated Sept 12, 2025**