



**Cornwall – Goshen- Highland – Kingston – Marlboro – Middletown – Minisink Valley –
Monroe – Monticello – Newburgh – City of Newburgh – Pine Bush – Port Jervis –
Valley Central – Wallkill – Warwick – Washingtonville**

Mighty Mites Rules

MM Philosophy

The Mighty Mite program is designed to teach the fundamentals of football while emphasizing sportsmanship, teamwork, commitment, and self-confidence. Coaches must lead by example. Patience and positive encouragement are required. Profanity and negative behavior from players, coaches, or spectators will not be tolerated.

MM Age & Weight

Age: 6 & 7 years old on or before 11/1

Weight Limit: 120 lbs (123.9 max with digital scale)

No play downs from Division 1 allowed

MM Pre-Game Weigh In

Occurs at halftime of prior game or 30 min before 1st game

Rosters must be exchanged; no roster = forfeit (scrimmage still played)

Players allowed 3 lbs for gear

One weigh-in attempt (players can remove gear for re-weigh on site)

Late arrivals pre-coin toss may weigh in and play 1st half

Late after coin toss = may weigh in at half and play 2nd half

MM Playing Time

30+ players: 6 plays

25–29: 8 plays

19–24: 10 plays

18 or fewer: 12 plays

Non-compliance = 1 game coach suspension and possible forfeiture

Players refusing to play must remove helmet

MM Special Rules

Controlled scrimmage format

48 total plays (12 per side, 2x each)

Ball starts on 50-yard line; no first downs

3 scores per series = sub QB & RBs (interior line only after)

Refs must be certified

2 coaches allowed on field per team

MM Offense

Formations must have 2 TEs, 1 QB, and standard backfield

No QB sneaks, rollouts, or naked bootlegs

No backfield motion

Only QB can handoff or pass

Fumbled snap or handoff = dead play, counts as one of 12

Offensive huddles limited to 1 minute

No blocking at/below knees

MM Defense

Standard 4-4-3 alignment only

All players must line up head-on (no slants/gaps/loops)

No blitzing

LBs, corners, FS at 3, 5, 7 yards — no more, no less

MM Penalties

Offense:

False start: if advantage gained — replay down

Holding/block in back (if it affects play): spot reset, play counts

Facemask or below-knee block: spot reset, play counts

Defense:

Offsides (if advantage gained): dead play, replay down

Facemask: play counts, replay that numbered play