

## KYL Football Rules for A & AA Divisions

### Summary of Rules

Topic (Section #)	A Division	AA Division
<b>Weight Range (1)</b>	50-90 lbs. 91-100 lbs – Line(Off or Def) 101-110 lbs – Off. Line only	55-100 lbs. 101-110 lbs. – Line (Off or Def) 111-120 – Off. Line only
<b>Timing (2)</b>	2 halves (18:00 + 2:00) Clock stops on all scores, injuries, and delay of game penalties	2 halves (20:00 + 2) Clock stops on all scores, injuries, and delay of game penalties
<b>Timeouts (2)</b>	4 timeouts per game (up to 3 can be used per half)	
<b>Huddle Time (2)</b>	40 seconds	
<b>Runners (3)</b>	4 runners within 2 runs	
<b>Field Goal/PAT (3,4)</b>	No rush. Ball is dead if it hits ground, holder lifts knee off ground, or falls (contacting ground with something other than knee or foot). Hike must be caught by holder.	
<b>Punts (3,4)</b>	No rush. No one crosses line of scrimmage until ball is kicked. Hike must be a 'long hike'. If ball hits ground, 3 yard penalty.	
<b>Goal line Defense (4)</b>	Up to 4 players on line if ball is within defensive team's 5 yard line. No goal line for 11 man.	Up to 5 players on line if ball is within defensive team's 5 yard line. (8-man max is 4 on line).
<b>Coach Restrictions (6)</b>	Two coaches on the field at a time. Defensive coach <b>must</b> be behind safeties or outside corners. Withdraw when offensive team breaks huddle.	
<b>Kickoffs</b>	Kickoff from 20 yard line (15 after safety) – Touchback: 15 yard line Onside kick – 15 yards from kick (10 yards last two minutes of game) Ball must be placed normally on a tee for kickoffs Penalty on kicking team: 5 yd penalty Out of Bounds: Ball on receiver's 25 yd line, OOB or re-kick 5 yards back	
<b>Penalties</b>	All 5 yard penalties are 3 yards (except on kickoffs-see above) All 10 & 15 yard penalties are 6 yards.	
<b>Scoring</b>	Kicked PAT's: 2 points, Run PAT's: 1 point	
<b>Field Dimensions</b>	35 x 60 – 10 yd endzones	
<b>Ball</b>	Both divisions use the synthetic leather junior ball	

#### **Section 1: Weight/Player Eligibility**

Note: Weight limits are not suggestions – nor can they be adjusted for certain players. Coaches should not go up to the opposing coach before a game and ask for permission for a player who is 'close' to play. Weights and grades of all players must be turned in by the first league game.

A. Boys exceeding the maximum (offensive line) weight limit of their division may not participate in football.

*Exception: They may kick extra points and field goals.*

B. Boys can only be moved up one division because of weight. 5 lbs. may be added to the weight limits for players playing up a division.

C. Any boy within 5 pounds of the weight limit must be weighed each week (during the week, not on Saturday) to insure he is still within the weight limit. All weighing must be done by the league commissioner or other appointed person. Coaches may not weigh their own players. The maximum weight will increase by ½ lb each week starting after the first games of the season. *Note: 3 lbs. may be subtracted for clothes during weighing, 5lb for football pants/cleats.*

D. If a team has less eligible players than what is required for that league (8-man, 9-man or 11-man) at the start of the game, that team will forfeit the game.

E. In order for a team to participate in the playoffs, it must one more player than what is needed on the field eligible for a KYL award. Members that join after the season started must have attended at least half of the team's games (not including the scrimmage games), and not missed a game since the first game played. Boys who are not eligible for an award may not participate in playoffs or championship. Teams cannot bring substitutes from a younger division for playoffs or championship.

## **Section 2: Timing of Game**

- A. During running time, the clock remains running except for:
  - 1. An official's time out because of injury
  - 2. An official's time out for a measurement
  - 3. A timeout
  - 4. A delay of game penalty by the team that is ahead.
  - 5. After a score has been made (followed by a kickoff which starts the clock).
- B. Teams have four total time outs per game; only three can be used in a half.
- C. Each time out should last for 45 seconds, with huddle time started after that. (*Exception: If the time out was taken to stop the clock only and both coaches do not need to confer with their teams, play may be started earlier.*)

## **Section 3: Offense**

- A. The A division may run any offensive formation that has 5 lineman and 3 backs (9-man football must have four running backs) except for scrimmage kicks. 11-man – must have 7 on the line of scrimmage.
- B. If playing 8-man football, an unbalanced offensive line must be used.
- C. Amount of runners required:
  - You must have 4 runners within 2 runs of each other.
- D. For determining runs and runners:
  - 1. If a passer gets sacked for a loss, that run may be marked special on the records and not count as a run.
  - 2. A pass reception **will** count as a run for that player. An incomplete pass **can** count as a run for that player (coach's discretion).
  - 3. A bad exchange (fumble) between the QB and the running back that does not result in a gain of yardage may not be counted as a run.
  - 4. If a runner has control of the ball and then fumbles, it will count as a run.
  - 5. You may combine two or more runners to make up one official runner.

*Penalty for runner violation: Team forfeits*

### **E. Punts**

- 1. The offensive team is responsible to let the referee know when they are going to punt. This warning should be done as soon as possible after the last play. The referee will then inform the defensive team of the rushing restrictions and allow time for the defensive team to set-up properly. A team may punt without informing the referee, but there are no defensive rushing restrictions.
- 2. Offensive players may release from the line of scrimmage when the ball is kicked. If players leave too early, it is a penalty for ineligible downfield (3 yards).
  - If the snap hits the ground or is fumbled, the play is dead and a 3 yard penalty is applied. The snap must be a 'long' snap, not from under center.

### **F. Field Goals and Extra Points**

- 1. The offensive team is responsible to let the referee know when they are going to attempt a Field Goal or Extra point kick. This warning should be done as soon as possible after the last play. The referee will then inform the defensive team of the rushing restrictions and allow time for the defensive team to set-up properly. A team may kick without informing the referee, but there are no defensive rushing restrictions.
- 2. The kick is blown dead immediately if the holder comes off his one knee, places the second knee on the ground, or places any part of his body on the ground (besides a hand) during the kick. The holder must catch the hike. There are no fakes. (If a team does not declare that they are going to kick, they may fake due to the lack of defensive restrictions). The holder must receive the hike (not another player).
- 3. A Division: If a team is attempting a kick PAT, the ball is snapped from the goal line.

## **Section 4: Defense**

8-Man Football: All divisions must run a 3-3-2 defense. *Exceptions: Up to 5 linemen (4 in A's) may be used when the ball is within the defensive team's 5 yard line in A's or AA's.*

9-Man Football: All divisions must run a 3-4-2 defense. *Exceptions: A Division: 4 linemen if ball is with defense's 5 yard line. AA Division: Up to 5 linemen if ball is within the defensive team's 5 yard line*

11-man Football: Run a 4-4-3 (add a rusher and a safety to the 9-man scheme).

1. The noseguard must line up head on a guard. He may not hit the center before hitting the guard. *Exception (8-man only): In AA's, if the offense is running a balanced line, the noseguard may rush anywhere.*

1a. *You may not rush more than 2 rushers on a side (exception for goal line defense).*

2. Linebackers must be 3 yards off the line. Corners who are lined up inside the outermost offensive player on the line must be three yards off the line. Safeties must be 7 yards from the line of scrimmage.

3. Linebackers, Corners and Safeties may not blitz on the snap.

1. Linebackers may not blitz. It is possible for a linebacker to make a tackle behind the line of scrimmage on a sweep; however, linebackers may not make tackles on a straight drop back pass behind the line (exception: fumble behind the line).

2. Corners may cross the line of scrimmage once the ball is outside the last down offensive lineman on their side (in a normal offensive set).

3. Safeties may never make a tackle across the line of scrimmage.

Penalty for above: Illegal defense (3 yards from snap).

### **B. Scrimmage Kicks**

1. There is no rushing on scrimmage kicks. On punts, no one (offense or defense) may cross the line of scrimmage until the ball is kicked.

### **C. Kickoffs**

1. On kickoffs, the ball must travel 15 yards before it can be recovered as an onside kick by the kicking team (the receiving team may still line up 10 yards from the point of kick). EXCEPTION: Last two minutes of game, the onside distance will be 10 yards.

2. If kickoff goes out of bounds (no touching by the receiving team), the receiving team can take the ball at their 25 yard line or have a re-kick.

3. Penalties during a kickoff which result in a re-kick will be 5 yards.

## **Section 5: Miscellaneous**

### **A. Player Equipment**

1. Football pants with pads are required at all games and practices.

2. All players are required to wear/use a NOCSAE approved football helmet with chin strap, a mouthguard, and shoulder pads for all practices and games.

3. Coaches should inspect and adjust player equipment periodically during the season to insure safe use of equipment.

### **B. Coaching Restrictions**

1. Two coaches may be allowed on the field per team while a play is running. Defensive coaches must be well behind the safeties or outside the corners. Defensive coaches must retreat to those positions when the offensive team breaks huddle. Score keepers should remain on the sidelines, and assist in controlling the bench.

### **C. Scoring**

A team will be awarded 2 points for a kicked PAT, 1 point for a run PAT. The A Division hikes the ball from the goaline for a kick for PAT.

### **D. Field Personnel**

1. The home team is responsible for a chain gang.

#### E. Playoffs

1. A Championship will be played in all divisions. The playoff format is 1<sup>st</sup> vs. 4<sup>th</sup>, and 2<sup>nd</sup> vs. 3<sup>rd</sup>. If the 1<sup>st</sup> place team is undefeated, they qualify for championship and play the winner of 2<sup>nd</sup> vs. 3<sup>rd</sup>.

A team must have a minimum of 2 wins (by wins or ties) in order to qualify for playoffs.

F. Tie-breakers (If two or more teams are tied, use the following to break the tie...

1. Win-loss percentage
2. # of eligible players
3. Head to head record
4. Result of last matchup
5. Coin flip

#### F. Lettering requirements

Div.	Tac/gm	Blks*	Yds/Run	Pass Rec	Passing	PAT	Int	Yds/Punt	Ctr**
A	2	40%	3.5	1/gm	40%	50 %	½/gm	20yd/pt	<½ pen gm and < 1 fum gm
AA	2½	40%	3.5	1½/gm	45%	50 %	½/gm	25yd/pt	Same

\* A block should be given to each offensive player involved in blocking on a play that gains 3 yards or more. Use only running plays to figure 40%, although blockers may get blocks for a successful pass play.

\*\* The center may get a letter if he receives less than 1 penalty every two games. Penalties include illegal snaps and false starts on a snap. Fumbles on snap should include bad snaps or bad exchange to QB (if the center is responsible).

1. If a player plays only half of the time on defense and offense, blocks and tackles may be combined.
2. PAT - Does not include misses where there is a bad snap.
3. If a coach feels a boy who does not meet any of the qualifications should receive a letter, he may bring that boy up in division meeting for approval.