

## Shaping Kids' Lives Through Sports

Rules/Regulations	K-1 League	2-3 League	4-5 League	6,7, 8, HS League
<b>Number of Players</b>	A team's roster should carry no more than 10 players. During a game, the maximum number of players on the field for one team is 7. If a team only has 6 players, then the game will play 6 versus 6.			
<b>Quarterback</b>	<b>Coach</b>		<b>Player</b>	
<b>Length of Game</b>	The program is one hour and 15 minutes. Game/scrimmage time will increase as we get further into the season.		There will be two 20-minute running halves (clock will not stop). The last two minutes of the 2nd half will follow NFL rules; the clock will stop when player with ball goes out of bounds). Each team gets 1 timeout per half (the clock will stop). Game shall go no longer than 90 minutes and may result in a tied game if OT goes to 90-minute mark.	
<b>Scoring</b>	Touchdowns are worth 6 points.		Touchdowns are worth 6 points. A team can opt for a 1-point conversion (6 yard line) or a 2-point conversion (8 yard line). Safeties are worth 2 points.	
<b>Running</b>	No Run Zones will be added to each end zone.		Teams can no longer run the ball on the goal line. No Run Zones are located 5 yards on each end of the end zone. Teams must pass the ball when inside the 5 yard line (will be marked in white pylon). Teams also are prohibited running inside the tackle boxes (2 yards on each side of spotted ball) however a forced cutback is allowed to go back inside.	
<b>Line of Scrimmage</b>	The game begins at your own 20- yard line. No punting is allowed, on change of possession the ball goes back to the 20.		The game begins at your own 20-yard line. The team gets four down to earn a first down, or the team can punt. Three players must be on the line of scrimmage at all times (this must be consistent for both teams). All receivers are eligible, including the center. Defense has a 3 yard buffer to the line of scrimmage, blitzing is allowed at anytime, and any number of players.	
<b>Punting</b>	No punting. 'Receiving' team will begin on own 20-yard line.		A team can elect to punt at any time. A punt results in the opposing team starting at their own 20-yard line.	
<b>Overtime (OT)</b>	No overtime.		In case of a tie, both teams start at the opponents' 20-yard line and have 4 downs to score a touchdown; this format will repeat itself until we have a winner. If offense scores, defense will have 1 chance to redeem/tie score. One timeout will be given to each team during OT. Beginning with the 2nd OT each team MUST go for a 2 point conversion.	
<b>Interceptions and Fumble Recoveries</b>	Interceptions can be returned until ruled down; no fumbles – if the ball is possessed by an offensive player and is dropped, the ball is ruled dead at the spot. If the ball is fumbled forward, it will be possessed where the player's feet were.			
<b>Personal Fouls</b>	Punching, striking, tripping, clipping, pushing, and/or tackling an opponent are not allowed (and could result in ejection, as determined by the official). There will be a loss of down if the penalty is on the offense. There will be a repeated down at the offense's option if the penalty is on the defense.			
<b>Blocking</b>	Blocking is not allowed under any circumstances.		Blocking is not allowed under any circumstances. Picks are allowed, but no use of hands. Defense has a 3-yard buffer to the line of scrimmage.	

<b>Inclement Weather Policy</b>	After thunder and/or lightening, game must be stopped for 30 minutes. If field is playable, game may resume after this time period.			
<b>Officials Authority</b>	An official assumes authority 15 minutes prior to the scheduled game; his/her decision is final. The official has the right to eject players or have them sit out part or all of the game. Fans, coaches, spectators are part of a team and any fouls they commit will go against their team.			
<b>Field</b>	The fields will vary in length, with ~36 yards in length and ~21 yards wide.	The fields will vary in length, with ~68 yards in length and ~36 yards wide. The team will have four downs to get a first down (20/40/20).		
<b>Fallen Flag</b>	If the flag falls off the ball-carrier without being manipulated by the opposing team, the play will continue until the runner is touched with one hand.			
<b>Ball Size</b>	<b>Pee Wee</b>	<b>Junior</b>	<b>Youth</b>	<b>HS</b>
<b>Additional Regulations</b>	There will be NO: stiff arming, un-tucked jerseys, guarding the flag belt, holding the runner to grab the flag (obstructing), pass interference, off-sides, or holding (hair, clothing). One foot is to be in-bounds to count as completion. Mouth guards are not required but strongly recommended.			
<b>Defensive Penalties</b>				
<b>Offside</b>	+3 yards from line of scrimmage and replay the down			
<b>Unnecessary Roughness</b>	+7 yards & Automatic First Down			
<b>Pass Interference</b>	+7 yards from the line of scrimmage and Automatic First Down			
<b>Holding the runner</b>	+3 yards from the end of the play			
<b>Offensive Penalties</b>				
<b>Offside / False Start</b>	-3 yards from line of scrimmage			
<b>Illegal Forward Pass</b>	-3 yards from the spot of the foul & Down Counts			
<b>Offensive Pass Interference</b>	-3 yards from line of scrimmage & Down Counts			
<b>Illegal Motion</b>	-3 yards from line of scrimmage			
<b>Illegal Blocking</b>	- SPOT FOUL, -3 yards			
<b>Flag Guarding</b>	- SPOT FOUL, -3 yards & Down Counts			
<b>Unnecessary Roughness</b>	- SPOT FOUL, -7 yards & Down Counts			
<b>Jumping</b>	No Jumping with the ball. Play is blown dead. Ball placed at spot of jump.			
<b>Code of Conduct</b>	Please go to <a href="http://www.koasports.org">www.koasports.org</a> for Code of Conduct expectations for Coaches, Parents, and Spectators.			