

K-1 SPORTS ACADEMY



TACKLE FOOTBALL RULES

Unless otherwise amended below, the current year's NFHS (National Federation of State High School Association) Laws of the Game shall apply. NFHS Laws of the Game and other resources are available at www.nfhs.com.

1. Thirty minutes prior to the start of the game all visiting and home team players, as well as, one Team representative must be present for the start of the check-in process. The team representative is responsible for reporting to the site director with all members of his or her team to be checked in. Players should be lined up in alphabetical order by their last name.
2. **FOR PEEWEE ONLY:** Each team may have one coach on the field during play. Before the snap, both offensive and defensive coaches must be a minimum of twenty yards off the line of scrimmage. The defensive coach on the field must step out of the back of the end-zone prior to a play in the red-zone (inside the 20 yard line). The coaches' may not interfere with the play of the game or they will receive a fifteen-yard penalty. Once the quarterback begins his cadence; both coaches must be silent until the ball is snapped.
3. In the presence of each team's captains, K-1 SPORTS ACADEMY staff will conduct the coin toss fifteen minutes prior to kickoff. The team listed first on the schedule is considered the visiting team and will call heads or tails. The home team will occupy the north or east sideline, or whichever side has a press-box. All parents must be at least five yards off of the sideline during the game in facilities without stands. The winner of the coin toss will choose whether to kick, receive, or defer to the second half. The teams will switch direction at halftime and the team that kicked off to start the game will then receive the kickoff to begin the second half. The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker for the entire game.
4. Only individuals with a current K-1 SPORTS ACADEMY coach card are allowed within five yards of the sideline. Teams are allowed a maximum of four coach ID cards. The visiting team will be allowed to have three parent volunteers on the sideline to run the first down chains and down indicator. All other individuals must stay behind the designated area. Individuals found in violation of this rule will be subjected to a one game suspension and possibly longer depending on the severity of the problem. If a child is injured on the field, please allow the EMT to assess the injury, only the parent or guardian of the child will be allowed onto the field in these circumstances. Ladders are prohibited at game site to protect the children, fans, and staff.

5. The playing field will be fifty yards wide and one hundred yards long.

6. The game will consist of four ten minute quarters, with a three to five-minute halftime or a drop-dead time limit of sixty minutes. Each team is allowed two, thirty second timeout per half. One timeout can carry over to the second half. No overtime in the case of a tie.

7. A K-1 SPORTS ACADEMY approved uniform, helmet, pads and mouthpiece (not clear or white) are required to be worn in order to participate. Children may not tie any portion of their jersey for safety reasons. Children may not wear any face shield that has a tint, all face shields must be clear. No jewelry, open toed shoes, or metal cleats may be worn.

8. The size of the football:

FOR PEEWEE AND MIDGET DIVISIONS: The game ball must be a Pee Wee Size Football. K-1 SPORTS ACADEMY will provide the game ball.

FOR THE MINOR DIVISION: The game ball must be a Junior Size Football.

K-1 SPORTS ACADEMY will provide the game ball.

The game ball must be a traditional brown or tan color. The officials are not required to rotate balls from each team while they are on offense.

9. The methods of scoring and their value: Touchdown 6 points

Extra Point 1 point (from the 5 yd line)

Extra Point 2 points (from the 10 yd line)

Safety 2 points

10. The game will be played 8 on 8 or 11 on 11. Each team will therefore have a maximum of 25 players allowed on their roster. No team may carry over the maximum allotment of children so that every child gets equal playing time. Every child must play at least half of every game.

11. The head coach has the authority to limit playing time of any player on their team who continually misses practices without a valid excuse, or as a disciplinary action on a player who caused problems during a prior practice or a particular game.

12. Two un-sportsmanlike conduct violations by any player, coach or spectator will result in an immediate dismissal of the violator, and a fifteen-yard penalty. The referee and the K-1 SPORTS ACADEMY site director have the authority to dismiss a violator after one unsportsmanlike conduct violation based on severity. The game will resume once the violator has left the premises. Anyone dismissed faces an automatic one game suspension for the next applicable game. Further penalties could result in greater suspensions, season bans, and even lifetime bans.

13. Substitution may occur between downs and any number of players may be substituted. Players must enter and exit the field promptly.

14. **FOR PEE WEE ONLY:** There are no fumbles in the PeeWee Division. The ball is dead on contact with the field. Interceptions are live and can be advanced. If the ball is stripped or recovered on a lateral, it is considered a fumble and is dead at the spot and the offense will retain possession. On-side kicks are not allowed. Should the kicking team recover the ball prior to the receiving team touching the ball, the receiving team will be awarded the ball at the spot in which it was first touched by the kicking team. If the ball is muffed by the receiving team, the ball will be considered dead at the spot of the muff.

FOR THE MIDGET, MINOR, MAJOR AND SENIOR DIVISION ONLY: Fumbles, Interceptions, and On-side kicks are legal and live.

15. The offense must have five players lined up on the line of scrimmage for every play (8 vs. 8). Three offensive linemen are ineligible receivers and must be in a three-point stance.

FOR PEEWEE DIVISION ONLY: The defense must have a minimum of two and a maximum of four players in-between the tackles on the line of scrimmage for every play. These players must be in a three-point stance.

16. The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

17. If anything other than a hand or foot of the ball carrier touches the ground the player is down, whether touched by a player or not.

18. Blocking below the waist is prohibited at all times on all areas of the field. This is to protect all players on the field at all times.

19. Placekicking takes place from the forty-yard line.

20. If a kickoff goes out of bounds:

1st kick out of bounds: Re-kick 5 yards back from original kick-off spot, take ball at spot of where ball went out of bounds, or take ball 20 yards from the spot of the kick-off. 2nd

21. After a safety, the ball is placed at midfield.

kick out of bounds: take ball at spot of where ball went out of bounds, or take ball 20 yards from the spot of the kick-off.

22. If a team gets a lead larger than thirty-five points, the losing team will start with the ball at midfield (no kickoff).

23. If a major injury occurs during the game, the EMT and K-1 SPORTS ACADEMY staff will make a discretionary call as to whether the game is to be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final.

24. All coaches meetings are mandatory. One representative must be present for the coaches meeting or the entire team will be suspended for one game.

25. Starting the week of the first game and throughout the season, players will only be eligible for that week's game if they are registered and certified by Thursday at 5 PM. Players registering on Fridays, during the season, will not be eligible to play until the following week's game.

Registration ends after the Thursday leading up to the 4th regular season game.

Summary of Penalties

Loss of five yards:

- Delay of game
- Encroachment
- False Start
- Illegal formation
- Illegal forward pass
- Illegal forward lateral
- Ineligible receiver down field
- Incidental face mask
- Intentional grounding
- Illegal substitution
- Illegal shift or motion

Loss of ten yards:

- Holding
- Illegal use of hands (hands to the face, block in the back)

Loss of fifteen yards:

- Un-sportsmanlike conduct (by a player, coach, or spectator)
- Intentional or accidental coach interference while on field
- Block below the waist
- Clipping, tripping, chop block
- Grasping an opponent's face mask
- Roughing the passer
- Slapping a blocker's head
- Illegal participation
- Sideline interference
- Illegal hit or block after a fair catch signal

Disqualification:

- Fighting whether it is a player or spectator
- Striking, kicking, or kneeing any player or spectator
- Intentional contact with a game official
- Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
- Any other act that is unruly, rough, and/or flagrant
- A spectator violating the parent line or cautioned parent area.

Rule Clarification

Punting:

- Punting is allowed on fourth down only.
- Teams must declare to the official their intent to punt the football.
- No fake punts, or quick kicks.
- The punter may take the snap from the center but must punt the ball from a minimum of five yards behind the line of scrimmage.
- A punting play may continue that begins with a fumbled snap.
- If the football is punted into any player at the line of scrimmage it is ruled dead at the point of contact.
- In the Pee Wee Division the ball is dead on any muffed reception or fumble during the return.
- The offense may not run downfield until the ball is punted.
- **Defenders are not allowed to rush the punter.**

Equipment Requirements

Each player shall properly wear the mandatory equipment in order to participate in any tackle football game or contact practice.

1. Multi bar facemask that meets the NOCSAE standard.
2. Helmet with properly fastening chinstrap that meets the NOCSEA standard.
3. A mouthpiece that is not clear or white.
4. Shoulder pads that meet the NOCSAE standard.
5. Hip pads and a tailbone pad.
6. Thigh guards with any hard surface that has a minimum compression resistance of four to eight pounds.
7. Knee pads at least ½ inch thick must be worn over the knee and under the pants.

No player shall participate while wearing illegal equipment. This applies to any piece of equipment that in the opinion of the referee or the league coordinator is dangerous and inappropriate.