

K-1 SPORTS ACADEMY



TACKLE FOOTBALL RULES

Procedures/Personnel/Registration Guidelines

Rule 1 – Registration

1.1 In order to register a player to participate in the eleven man league, the player must be present with his or her proof of age and current report card. The only proofs of age that are acceptable are an ORIGINAL birth certificate, passport, military ID, K-1Sports Academy ID card or court issued adoption papers. Registrations will not be accepted if one of the items listed is not present at the time of sign-up.

1.2 Players will be assigned to a division based on their current grade (2013/2014 school year) and age as of August 1st, 2013.

1.3 Players are allowed to play up one calendar age (i.e., an eight year old can play as a nine year old).

1.4 All players must have a valid K-1 Sports Academy ID card to participate. K-1 Sports Academy ID cards are good for one calendar school year (August 1st to August 1st). Photo ID cards are \$10 and can be purchased at the time of registration.

1.5 During the week of the first game and throughout the regular season, players must register by 5 PM the Thursday prior to the game to be eligible in that week's game

1.6 Late registrations are accepted up until fourth game. A player must have played in four regular season games to be eligible for the playoffs.

Rule 2 – Rosters

2.1. Team rosters must be comprised of 11 – 25 players.

2.2. Players not listed on the roster or not registered with K-1 Sports Academy cannot participate in any team practices.

Rule 3 – Practices

3.1. K-1 Sports Academy does not reserve fields for tackle football teams. Each team is responsible for obtaining a practice facility.

3.2. Please make sure to review the city policies (supplied at initial coaches meeting) in regards to practice facilities. Any teams that violate city or school policies may be removed from the league.

3.3. Upon request, K-1 Sports Academy will provide coaches, school districts, and parks and recreation departments a copy of the league's liability insurance to obtain practice facilities. K-1 Sports Academy will need an individual's name, fax number, and name of facility/city to cover as additionally insured.

3.4. There are no stipulations in regards to when teams may begin practice and the amount of days and times teams wish to practice.

3.5. A parent or guardian of each player on the team is strongly encouraged to be at each practice.

3.6. Teams must protect all children against heat related issues. All teams must provide enough water for all players and encourage each child to bring their own water bottle.

Rule 4 – Game Day

4.1. All parents and team volunteers are expected to participate on game day.

4.2. K-1 Sports Academy will set up all fields prior to the start of the first scheduled game and will clean up the facility at the end of the last scheduled game.

4.3. Coaches are expected to encourage their players and parents to pick up any debris left on the sideline after the game to assist K-1 Sports Academy staff with cleanup.

4.4. Visiting teams must provide a volunteer to run the first down indicator and two individuals to run first down chains selected prior to the game.

Rule 5 – Pre Game Checks

5.1. All players must have a K-1 Sports Academy player card to be eligible to participate in any game. The player card will have the player's photo, certified birth date, grade, league age, and name. Player cards cannot be duplicated and must be provided by K-1 Sports Academy. K-1 player cards are good for one calendar school year (Aug 1st – Aug 1st). A player is ineligible if he or she provides a player card that is expired.

5.2. Teams must be present at least a half hour prior to their scheduled game to check in and complete the pre-game certification. The K-1 Sports Academy site director at the field will conduct player ID checks. Teams will lineup in alphabetical order with their player cards. Player ID cards will be matched up with names on the official roster. Players cannot check in after kick-off. If a player shows up after kick-off, they're ineligible for that game.

Rule 6 – Fair Play Philosophy

6.1. K-1 Sports Academy strongly encourages coaches to focus on teaching players the fundamentals of football. Our goal is to make sure every player is getting a fair amount of playing time during every game. Although there is no mandatory play rule, we expect the coaches to make sure they're acting fairly and let every child have a chance to enter the game.

Rule 7 – Forfeitures, Cancellations, Overtime

7.1. Any forfeited game will result in a 42 – 0 score.

7.2. Forfeiture can occur if a team does not have the proper amount of players to constitute an official game. An official game is considered 8 vs 8 or 11 vs 11.

7.3. K-1 Sports Academy has the authority to reschedule games as necessary. Individuals from teams cannot reschedule games without league approval.

7.4. Mercy Rule: Once a team has the lead by 42 points, the game is over. The teams cannot scrimmage or occupy the field after a game has reached the Mercy Rule.

7.5. **In case of a tie (Playoffs and Championship games only)** each team will get one possession from the ten yard line to score. First possession will be determined by coin toss (visitor calls), chooses offense or defense. There are no fumbles or interceptions. If the defense gains possession, the offensive set of downs will not continue (per NFHS overtime rules). Teams may elect to go for 1 or 2 on the point after attempt (PAT) in the 1st two overtimes. This will repeat if no winner is decided after 1st possession (the score remaining tied). Above NFHS rules, after the 2nd overtime period, teams must go for 2 on the PAT. Overtime will continue until there is a winner.

Rule 8 – Team Formation

8.1. Teams must be comprised of 11 – 25 players, a head coach, and a team coordinator.

8.2. Since K-1 Sports Academy offers programs across the state, players are not restricted by boundaries.

8.3. Any player taking the place of a player that is no longer playing, for any reason, must pay the individual player fee.

8.4. The head coach must be at least 18 years old and must obtain a K-1 Sports Academy coach card by completing the K-1 Sports Academy application process.

8.5. Any assistant coaches and team coordinators must be at least 18 years old and must obtain a K-1 Sports Academy ID card by completing the K-1 Sports Academy application process.

8.6. All coaches will be subjected to a background examination conducted by K-1 Sports Academy.

8.7. Each team will be allowed four individuals on the sideline. These individuals must have a current K-1 Sports Academy ID card. Individuals without proper K-1 Sports Academy identification will not be allowed on the sidelines or in the coaching area.

Rule 9 – EMT

9.1. K-1 Sports Academy will supply one EMT at each game site.

9.2. The EMT has full authority over the site in regards to medical decisions.

9.3. Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events.

9.4. If an EMT is not present at the site, a K-1 Sports Academy staff or contractor will inform your team prior to the game. The elected volunteer medical personnel from the visiting team will serve as the interim medical personnel for the game. If the visiting team's volunteer is not present, then the home team will fulfill the position. If neither team's volunteer is present, then the game will be cancelled and rescheduled.

9.5. All teams must have a first aid kit at all practices, games, and team functions.

9.6. 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.

Rule 10 – Playoffs

10.1. Playoffs will be determined by seeding.

10.2. The teams that finish the regular season in the top four will be in the Division 1 Championship Bowl. The playoffs are single elimination.

10.3. All teams qualify for the playoffs will all play one or two Bowl games based upon seeding. Each team is guaranteed at least one Bowl game.

10.4. Regular season Tie-Breakers for seeding purposes (If W/L records are identical):

A. Head to Head

B. Least Amount of Points Allowed

C. Coin Toss

Unless otherwise noted in the K-1 Sports Academy Rules, all games will follow rules established by the National Collegiate Athletic Association Rules (NCAA).

Rule 10 – Game, Field, Players, and Equipment

Section 1: The Field and Markings

1.1 The game field will be played on a field 120 yards long (100 yards of playing field with two ten yard end-zones) and 50 yards wide. Midfield will be set at 50 yards.

1.2 Each field will be marked with yard markers on the south or west sideline.

1.3 A soft, flexible pylon will mark all four inside corners of both end zones.

Section 2: Game Equipment

2.1 Football Size Requirements:

PEE WEE DIVISION: Pee Wee Size Football.

MIDGETS & MINORS DIVISION: Junior Size Football

MAJOR & SENIOR DIVISION: Official Size Football.

2.2 K-1 Sports Academy will supply the game football.

2.3 A kicking tee must be provided by each team to utilize during kickoffs.

2.4 The league will provide a down indicator and two first down markers attached to a ten yard chain. The visiting team is responsible in providing volunteers to run the down indicator and first down chains during the game.

2.5 The game officials will operate the game clock on the field unless otherwise noted.

Section 3: Player Equipment

3.1 Each participating player must wear the following pieces of equipment, which cannot be altered.

A. A NOCSAE standard helmet and facemask. The helmet must be properly secured with a four snap chin strap.

B. A seven piece pant pad set consisting of hip pads, thigh pads, knee pads, and a tailbone protector.

C. Football pants that cover all pant pads.

D. Enclosed shoes comprised of rubber cleats or regular tennis shoes.

E. Shoulder pads that are fully covered by the player's jersey.

F. A mouthpiece that is not clear or white.

G. Any player that wears a visor or glasses must make sure the equipment is clear and does not tint at any point.

H. No jewelry.

3.2 The head coach is responsible for checking with a game official that all players are properly equipped.

3.3 If a player is missing equipment or participating with illegal equipment, the player must make the proper correction before participating any further in the game.

3.4 An unsportsmanlike conduct penalty of 15 yards will be enforced for player's wearing improper equipment during a play.

Section 4: Coaches Field Rules

4.1 Electronic communication devices are prohibited in regards to players and coaches. Coaches may use communication devices with one another, as long as these instruments do not effect play or involve communication with players.

4.2 **FOR THE PEE WEE DIVISION 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.

Section 5: Blocking

5.1 Blocking, please refer to NCAA rules.

Rule 11 – Length of Game, Substitutions, and Miscellaneous Rules

Section 1: Length of Quarters

1.1 The game shall consist of four ten minute quarters.

1.2 The game clock will start at the time of the initial kickoff during the first quarter.

1.3 The game clock will continuously run until the final 2 minutes of each half. NCAA rules regarding the stopping of the clock will apply during the final 2 minutes of each half.

1.4 There will be a one minute intermission between the first and second quarter, as well as, the third and fourth quarter.

Section 2: Halftime

2.1 There will be a 5 - 10 minute halftime between the second and third quarters. K-1 Sports Academy Staff & Referees may shorten the length of halftime based on the day's game schedule.

Section 3: Starting a Half

3.1 Each half of the game will be started by a kickoff. The Game Officials, in the presence of both teams' field captains, will toss a coin to determine possession at the start of the game. The visiting team will call "heads" or "tails." The winning team must select to either kick, receive, or defer.

3.2 No team may have more than four captains and only one player shall be designated as the team spokesperson.

3.3 Teams will change directions at the end of each quarter. The team that kicked off during the first quarter will receive at the start of the second half.

Section 4: Substitutions

4.1 Players can be substituted only on a dead ball.

4.2 Substituted players must leave the field at the sideline in which his or her team occupies.

Section 5: Kickoffs and Punts

5.1 Kickoffs to start the first or third quarter and after a touchdown will take place from the forty yard line.

5.2 Free kicks after a safety will take place from the twenty yard line.

5.3 Rushing the punter is legal Major and Senior divisions. Teams in the Pee Wee, Midget and Minor division cannot rush the punter and everyone must be set until the ball is kicked.

5.4 No onside kicks are allowed in Pee Wee and Midget divisions. Onside kicks are allowed in Minor, Major and Senior divisions.

Section 6: Timeouts

6.1 Each team will receive two 30 second timeouts per half. The clock stops for 30 seconds during timeouts. Teams may carry over one timeout to second half.

Section 7: Coin-toss/Pre-Game

7.1 In the presence of each team's captains and one coach from each team, coin tosses will be conducted on the field with the referees.

7.2 The team listed first on the schedule is considered the visiting team and will call heads or tails.

7.3 The winner of the coin toss will then choose whether to receive or defer and the losing team will choose which side of the field they would like to defend. After halftime the teams will switch roles.

7.4 The home team will occupy the north or east sideline, or the sideline with a press-box, whichever applies.

7.5 The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker for the entirety of the game.

Section 8: Extra Points/Field Goals

8.1 There will be no kicking of field goals or extra points.

8.2 Each team will have the opportunity to receive an extra point after a touchdown.

8.3 A team will receive one extra point from scoring from the five yard line.

8.4 A team will receive two extra points from scoring from the ten yard line.

Section 9: Play Clock

9.1 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.

Section 10: Interceptions and Fumbles

10.1 Interceptions are live in all divisions. Fumbles are dead in Pee Wee division only.

10.2 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.

Section 11: Line-up Formations

11.1 The offense must have at least seven players lined up on the line of scrimmage for every play. Five offensive linemen are ineligible receivers. The defense does not have a minimum number of players required to be on the line of scrimmage.

11.2 There are no line-up restrictions on kick-offs.

Section 12: Disciplinary Issues

12.1 Any issues with a coach, parent, staff, contractor, or league policy must be made to the League coordinator in writing.

12.2 All participants, parents, guardians, and coaches are required to abide by the league's code of ethics contained in this packet. Any violation of the codes of conduct may result in suspension or removal from the league.

12.3 The league coordinators will review all written issues and determine resolution.

12.4 The league will have final judgment in all rulings. K-1 has the authority to suspend or permanently remove any individual to uphold the mission and focus of K-1.

Automatic Disqualifications:

- 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.

DISCIPLINARY PROCEDURES AND PENALTIES

1. Players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty-five yard lines. These individuals must have proper identification to be on the playing side of the parent line. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.

2. Profanity and arguing with any game official, K-1 staff, or opposing parent/coach is not allowed, ZERO TOLERANCE. This will be strictly enforced. Failure to comply will be handled as follows:

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league director's discretion. Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game/next game. If the problem persists then the child of the parent/guardian may be suspended for one game. Players will be ejected from the game and suspended for the following week's game/next game. If the problem persists then the child may be suspended for the season and banned from future participation in the league.

3. In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.

4. K-1 considers the code of conduct sheets that are included in his or her coach's packet the first warning to all individuals participating in the league/tournament. These codes of conduct must be shared and signed by everyone on the team. They must be turned in to a K-1 representative before the first game.

5. Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or K-1 staff will be suspended indefinitely from the league/tournament.

6. Any player, coach, or parent that is ejected from a game is automatically suspended for the next game played by their team. This suspension is mandatory and cannot be reduced or removed, though it can be lengthened at league discretion.