

Kinder and 1st Grade Rookie Tackle Rules

- Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
- All game action takes place on one half of the field with all possessions starting on the 40- yard line going toward the end zone in between the numbers.
- Turnovers on interceptions or fumbles are blown dead immediately and play restarts. No returns are allowed in order to protect players from running toward the 20-yard administration zone between the two fields. There are no defensive touchdowns.
- After each play, the ball is spotted in the middle of the field. Hash marks are not used.
- Penalties on the offense called between the 40-yard line and the end zone will result in loss of down not yardage.
- There are no defensive safeties. Tackles behind the 40-yard line are respotted at the 40-yard line.
- All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
- All plays are blown dead and the ball is returned to the 40-yard line if an offensive ball-carrier or a fumbled ball crosses over midfield or at the official's discretion if coaches, administrators or players from the multiple fields and the dead zone area become close enough in proximity to be a concern for safety.
- The game is played in four Quarters, each quarter consist of 6 offensive plays and 6 defensive plays for each team.

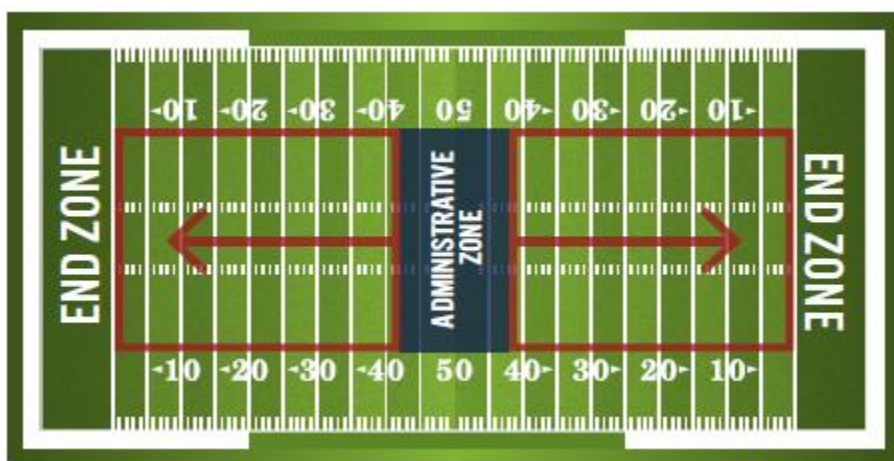
Part VII – K/1st Grade

Article 1: K/1st Grade Division Rules

S1: Team Count – 5 Man Football

Minimum Players	7
Maximum Players	10

S2: Playing Field Size – Games are scheduled on a 40 by 35 yard football field. K/1st Grade games are played on one-half of the 100-yard field. There will be many instances where there will be four (4) teams on a 100-yard field (two games scheduled simultaneously). Play begins at the 40 yard line and only moves towards the End Zone. The center 20 yard section of field (Administrative Zone) is reserved for League Officials and Coaches only, no players or parents allowed.



S3: Coaches: Two coaches from each team are permitted to be on the field with the team. Once the team breaks from huddle, one coach must stay back 10 yards from the line of scrimmage and the other coach needs to move toward the line of scrimmage to help watch for safety violations. It is permissible to help set players in correct formation. Once the ball is snapped and you are an on-field coach, **DO NOT GIVE INSTRUCTIONS.**

S4: Game Time and Time Outs –

- Games will consist of four (4) quarters. Each quarter will consist of six (6) plays on offense and six (6) plays on defense.
- Half time will be 10 minutes.
- Each team is allowed two (2) time outs per half (injuries are not considered a time out).

S5: Number of players on the field for offense or defense – Seven (7) players

S6: After each quarter, the line-up must change. No backs (QB, TB, and FB) may carry the ball more than two (2) consecutive plays or no more than three (3) carries per quarter.

S7: No tailback or halfback may play more than one quarter in any one game. Running backs may be used as quarterbacks but are limited to one quarter at each position. Example: One at running back and one at quarterback.

S8: Coaches are encouraged to play four (4) different quarterbacks if possible. At this level, the entire roster will rotate at the QB & RB positions throughout the season. Note: **DO NOT FORCE A PLAYER TO CARRY THE BALL IF THAT PLAYER DOES NOT WANT TO CARRY THE BALL.**

S9: No first downs will be measured, if offense scores, the ball will be placed at the 40-yard line and they will finish out their six (6) consecutive plays.

S10: Have a sideline coach or parent keep count of the six plays, as well as an on-field coach.

S11: No kick offs, at the start of the game, the ball will be placed on the 40 yard line.

S12: No try for point after touchdown. The ball will be moved back to the 40-yard line and they will finish out their six (6) consecutive plays.

S13: Scoring – Scores and standings will not be posted however Coaches will report the outcome of the game to the League for the sole purpose of creating balanced match ups for Bowl Games.

S14: Fumbles –

- A. Ball is blown dead on all fumbles. This is a safety issue and K/1st Grade players should not be coached to “jump into the pile” and try to recover a fumble.
- B. If the ball is fumbled behind the line of scrimmage, it will be placed back at the line of scrimmage.
- C. If the ball is fumbled beyond the line of scrimmage, it is then moved back to the 40-yard line.
- D. It is not considered a fumble on the quarterback center exchange. If excessive attempt result in failure the Head Coach will be required to make an adjustment. This does not count against the six total plays, unless it becomes excessive (to be determined by the on-field coaches for both teams).

S15: Playing Time –

- A. All players must play both offense and defense.
- B. Each team must have three (3) captains per game. Every player on the team must be given an opportunity to be a captain.
- C. No one player may play more than two quarters in any game in the same position. Moving from guard to tackle is not a position change.

Note: REMEMBER THIS LEVEL IS ABOUT TEACHING FUNDAMENTALS AND EXPOSING AS MANY KIDS TO AS MANY POSITIONS AS POSSIBLE.

S16: Offense –

- A. The offensive line will consist of a center and two guards; all three will be in a two point stance.
- B. Only 4 players are allowed to be on the line of scrimmage for any given play (Center, 2 Guards, a Tight End or a Receiver
- C. Receivers/Slots are only allowed to be 5 yards outside of the last offensive line position (the Guard or Tight End)
- D. At least 1 running back is required to line up in the backfield at all times.
- E. No QB sneaks are allowed from under center or shotgun position (defined as running through the “A” Gaps)

S17: Defense –

- A. No defensive player can be placed directly over the center.
- B. All players will be in a 2 point stance
- C. Defensive line must be one (1) yard back and heads up from the offensive line.
- D. Linebackers must be five (5) yards off the center. Linebackers may not blitz and may not penetrate the line of scrimmage until the ball is outside the Guards
- E. 1 Player is required to be at least 10 yards off the ball (safety).
- F. Defense must run 2-4-1 or 2-3-2 set. No more than (2) defensive players can rush the ball.

S18: Blowout Rule

The Blowout rule is not in effect however if game play become lopsided Coaches should make adjustments to keep even matchups for balanced game play.

Article 2: Penalties

S1: For a major offense (safety/personal injury) the player offending **must** be removed from the game and talked to on the sidelines for at least one (1) play.

S2: For a minor penalty (non-safety/personal injury) talk to the players on the field, if the violation continues to happen then substitute for the player and talk to him/her on the sidelines.

S3: Coaches from either side may observe the violation but please advise the opposing coach of his/her player's violation, do not talk to the player from the opposing team, let his/her coach handle it.