

Flag Division Rules: 2018

KFL will be using the NFL Flag Rules with the following exceptions:

FIELD:

- Field shall be divided into 5 zones of approximately 10 yards each. Starting at 40 yd. Line. Field shall be a minimum of 40 yards wide and a maximum of 53 1/3 yards long. THIS MAY CHANGE DEPENDING ON THE NUMBER OF FLAG TEAMS (i.e. play the width of the field with 3 – 25 yard wide fields).
- There will be no mid-field no run zone.

Rosters: The maximum on a team is 14 players.

EQUIPMENT: Football will be provided by KFL (K2 ball or NFL Flag football). Each team will be provided a ball to use for practice and games.

1 minute warning rule: The offensive team has to run the play right after the clock starts within 10 seconds. If a team scores prior to one-minute warning, the extra point needs to occur during the dead period. The clock would start after the extra point would occur.

No-Zone Run Rule: The offensive team can run the ball at any point on the field which overrides the current NFL Flag Rule about not being able to run the ball when the ball is inside the 5 yard line.

PLAYERS AND SUBSTITUTIONS:

A. No weight limit in flag. For players ages 5, 6, and 7 with cutoff date of December 31. (Exceptions can be made at the discretion of the KFL Board). There will be one age division: 5-7-year olds.

B. Flag football is 7 players on 7 with everyone eligible and all players must wear flag. Each player must start one side of the ball for each half. Each player must touch the football at least one time per game (give handoff, receive handoff, throw a pass, catch a pass, etc.). Each team will keep track of the opponent's team's players on who has touched the ball on offense. Coaches are required to provide opposing coaches a copy of their roster prior to each game. At halftime coaches from both teams will meet to determine who still hasn't touched the ball offensively. Examples of a qualified touch of the ball are the following: QB receives the snap, WR/RB receives a handoff, and WR/RB makes an attempt to catch a pass. The center snapping the ball does NOT count toward a qualified touch. The penalty for not complying with this rule is a one game suspension of the Head Coach. On the second violation of this rule, the Head Coach will be suspended for the rest of the season. During the playoffs, a violation of this rule will result in an automatic forfeit.

TIMOUTS: Neither team will have any designated timeouts. There will be a "1 Minute Warning" timeout at the end of each half where the clock will stop for a 30 second timeout.

MERCY RULE: Instead of 28 points as noted by NFL Flag, the Mercy Rule is 21 points. Any player that has scored cannot touch the ball again once a team is up 21 points or more.

RUSHING THE QB: There are to be no blitzes in the Flag division under any circumstances. No defensive player is permitted to cross the line of scrimmage until the ball is handed off or thrown.

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RUNNING PLAYS: The QB can pitch the ball as a lateral or backwards to a RB/WR; if the ball hits the ground the ball will be dead at the spot where it first makes contact with the ground

CENTER SNEAK: The QB can hand off to the Center; the Center must make a full exchange to the QB and the QB has to place the ball in the Centers midsection. The QB cannot make a handoff back through the Center's legs.

Coaches: Only four coaches per team. Each team is allowed two coaches on field for offense and defense. Once ball is snapped all coaches must no longer guide/direct players till play is whistled over. If coach interferes with play team may be called for unsportsmanlike conduct (15 yard penalty) and if multiple times then coach could be removed from game.

Practices: Flag teams are allowed two – 90 minute practices per week prior to and during the season. Weekday practices should end by 8 p.m.

Coaches Dress Code: Coaches are required to wear sleeved shirt with team logo; mesh shorts with team logo, khaki shorts, khaki pants, or jeans; and closed toed shoes to all games.

Players Quitting: Head coaches will have 48 hours after a child quits the team to notify league commissioner. Coach should be prepared to give explanation on why child quit, and commissioner reserves the right to follow up with the family of the child that quit.

Coach Ejections: Any ejection of a coach during a game will result in the following suspensions: ONE (1) additional game for the head coach, or TWO (2) additional games for assistant coaches. Suspensions are to be served in the game(s) immediately following the ejection

Filming from Sidelines: Coaches are permitted to film game play from the sidelines. Coaches MAY NOT use game film to argue any calls with officials during or after the game. Any use of game film to argue a call with a referee will result in immediate ejection of the coach by the referee. Coaches would then be subject to KFL policy on coaching ejections.

Player Suspensions: Players may be suspended from certain on-field activities by the head coach of their team for on-OR-off field behavioral issues. Any suspension must be coordinated with and approved by the parents/guardians of the affected player AND the Commissioner of the player's respective age division. Suspension of playing privileges may not exceed one (1) game per behavioral incident.

Rookie Tackle Rules: 2018

FIELD: The rookie tackle playing field shall be 60 yards long and 35 yards wide, with two 10-yard end zones

GAME PLAY: Games will consist of four 6 minutes quarters with a halftime. All drives will start at the 15-yard line. Opening possession will be determined by coin toss. There will be no kick off, field goals, or punts. Three officials will be on the field at all times. One coach per team is permitted to be on the field during play. All teams will run an offense and defense chosen from USA Football Rookie Tackle website

ELIGIBILITY: Rookie tackle is only open to 1st and 2nd grade elementary school students

ROSTERS: The maximum on a team is 16 players.

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PLAYERS AND SUBSTITUTIONS: Game consists of 8 players on field for each team. Each player has an offensive and defensive position. Positions may be switched at halftime and if a team has less than 16 players, coaches can choose to play players both ways both halves. There is no free substitution, and a violation will result in a 15-yard penalty

WEIGHT LIMIT: The league has no over-all weight limit in any division but adheres to the following guidelines. The weight limit to for Rookie tackle division will be 85 lbs. Players will be weighed in at the KFL combine. There will be no additional weigh-in. Any player above the weight limit will receive a “stripe” on their helmet and will be limited to playing OL/DL positions from tackle to tackle

OFFENSIVE RULES: Offense must have five players on the line of scrimmage at all times. Center and Guards are ineligible. Trips formation is illegal. Three-point stance for offensive players is illegal. QB sneak from under center is illegal.

DEFENSIVE RULES: Center of offense must be uncovered. Blitzing is illegal. Defensive tackles must be aligned heads up on the guards and can shoot the “A” or “B” gaps without first engaging the player directly across from their man first. Defenders can only match up against offensive positions on the line of scrimmage. LBs and DBs must line up 5 yards off the ball.

TIME OUTS: Two time outs per half

EXTRA POINTS: Extra point – run or pass from the 3-yard line will be worth one point, run or pass from the 7-yard line will be worth two points.

OVER TIME: Over-time is not allowed in regular season games. KHSAA rules apply to over-time rules during post-season play.

TOURNAMENT: There will be a tournament at the end of the year, and all teams will participate

OFFICIAL BALL: League approved ball size is the league-provided K2 ball

PRACTICES: Practices will be conducted in a group format through the first week of the season as all teams will practice together during this period. Teams are allowed three – 90-minute practices per week prior to the season and two 90 – minute practices per week during the season. Weekday practices should end by 8 p.m. If a team has a Tuesday and Sat/Sun game in a week, they can practice on Monday with no contact and one other day that week before their Sat/Sun game.

Mercy Rule: Mercy rule starts once a team has a 21-point advantage. Once the Mercy Rule is activated offensive backs do not have to be replaced. However, we encourage the use of true back up players at offensive skill positions and we ask that the winning team be respectful of the losing opponent and not try to run up the score. For the winning team, KFL encourages the offensive game plan to consist of basic dives and off tackle plays with no sweeps, reverses, trick plays or passes. The team that is ahead must punt on 4th down. If the punting team is inside the opponent’s 20-yard line, the ball will be placed on the opponent’s 20-yard line. Players that were playing both ways before mercy rule can no longer play both ways once mercy rule kicks in. On defense it is encouraged that the winning team replace their linebackers, defensive backs and/or best players with true backups. Should the Mercy Rule occur in the first half, the clock will run normal for the remaining part of the first half. However, during the Mercy Rule the clock will be a running clock in the second half. If the team that is up loses its 21-point lead, they can choose to go back to normal offense and defense play that was in place prior to the 21-point lead. Once the running clock starts it will continue even if the lead falls back below 21. KFL will monitor

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play during Mercy Rule and will take action against coaches if KFL feels like coaches are violating the spirit of the Mercy Rule.

Governing Rules: The league will go by KY High School Rules except where noted in the rules (Playing Rules Only).

Coaches Dress Code: Coaches are required to wear sleeved shirt with team logo; mesh shorts with team logo, khaki shorts, khaki pants, or jeans; and closed toed shoes to all games.

Players Quitting: Head coaches will have 48 hours after a child quits the team to notify league commissioner. Coach should be prepared to give explanation on why child quit, and commissioner reserves the right to follow up with the family of the child that quit.

Coach Ejections: Any ejection of a coach during a game will result in the following suspensions: ONE (1) additional game for the head coach, or TWO (2) additional games for assistant coaches. Suspensions are to be served in the game(s) immediately following the ejection.

Players Ejections: Any ejection of a player during a game will result in a minimum of at least a one-game suspension. Suspensions are to be served in the game(s) immediately following the ejection.

Ejections Appeal: A coach or player can appeal a suspension by informing the commissioner in writing asking for an appeal within 24 hours of the game in question. KFL will rule on the appeal within 24 hours of receiving the appeal.

Filming from Sidelines: Coaches are permitted to film game play from the sidelines. Coaches MAY NOT use game film to argue any calls with officials during or after the game. Any use of game film to argue a call with a referee will result in immediate ejection of the coach by the referee. Coaches would then be subject to KFL policy on coaching ejections.

Player Suspensions: Players may be suspended from certain on-field activities by the head coach of their team for on-OR-off field behavioral issues. Any suspension must be coordinated with and approved by the parents/guardians of the affected player AND the Commissioner of the player's respective age division. Suspension of playing privileges may not exceed one (1) game per behavioral incident.

3rd/4th Grade Tackle Division RULES: 2018

KFL will play under the KHSAA rules with the following exceptions:

The 3rd/4th Grade Division is for kids in the 3rd and 4th grade that will not be older than 10 by December 31.

Mercy Rule: Mercy rule starts once a team has a 21-point advantage. Once the Mercy Rule is activated offensive backs do not have to be replaced. However, we encourage the use of true back up players at offensive skill positions and we ask that the winning team be respectful of the losing opponent and not try to run up the score. For the winning team, KFL encourages the offensive game plan to consist of basic dives and off tackle plays with no sweeps, reverses, trick plays or passes. The team that is ahead must punt on 4th down. If the punting team is inside the opponent's 20-yard line, the ball will be placed on the opponent's 20-yard line.

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Players that were playing both ways before mercy rule can no longer play both ways once mercy rule kicks in. On defense it is encouraged that the winning team replace their linebackers, defensive backs and/or best players with true backups. Should the Mercy Rule occur in the first half, the clock will run normal for the remaining part of the first half. However, during the Mercy Rule the clock will be a running clock in the second half. If the team that is up loses its 21-point lead, they can choose to go back to normal offense and defense play that was in place prior to the 21-point lead. Once the running clock starts it will continue even if the lead falls back below 21. KFL will monitor play during Mercy Rule and will take action against coaches if KFL feels like coaches are violating the spirit of the Mercy Rule.

Quarters: Time of each quarter shall be 8 minutes long.

Coaches: Players bench shall absolutely be reserved for players and coaches (max. 5 coaches).

Official Ball: League approved ball is K2 ball.

Weight Limit: The league has no over-all weight limit in any division but with the following guidelines. The weight limit for 3rd/4th grade tackle division will be 105 lbs. There will be no additional weigh-in for players determined to be over the weight limit. Any player above the weight limit will receive a “stripe” on their helmet and will be limited to play OL/DL positions from tackle to tackle. Players at and below the weight limit may play any position on the field.

THERE WILL BE NO SWEATING DOWN OF PLAYERS.

Extra Points: Extra point- run or pass from the 3-yard line worth one point, run or pass from the 7-yard line worth 2 points.

Over-time: Over-time is not allowed in regular season games. KHSAA rules apply to over-time during post season play.

Time outs: Two time outs per half.

Kickoffs: There are no kickoffs in this grade division. The receiving team will get the ball on their own 40-yard line.

Punt: 4th down will be treated as a regular play with the coach electing to either go for it or punt. If the coach chooses to gain, the ball will be marked ready for play, and the clock will be managed depending on the result of the previous play. If the coach chooses to punt, the offense will be granted a “free” punt and the punts will not be live. There will be no rushing or blocking by the defensive team during a punt. The punter must punt from at least five yards behind the line of scrimmage. If the punter does not, the receiving team may elect to have the ball punted again. The receiving team must field and down the ball. The receiving team can drop a maximum of 4 players back to receive the punt. The ball cannot be advanced after a punt. If a team knocks the ball toward the line of scrimmage, the ball will be marked at the site of contact. If the ball is not downed by the receiving team, then it will be marked dead at its furthest point traveled from the kicking team. All players with the exception of the

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snapper, punter and punt receivers will take a knee. Stripers can punt the ball. Stripers cannot receive the punt.

Mandatory Play Rules: Everyone must START/PLAY one side of the ball (offense or defense) for the entire game. If you have less than 22 players coaches choose who plays both sides of the ball based on who they think deserve it. In playoffs this rule stays the same. There is no FREE substitution and if violated, a 15 yard unsportsmanlike penalty will be assessed.

If tackle teams lose kids throughout the season or don't have kids show up for games the playing rules will change. The teams that lose kids due to injury, don't show up for the game, are no longer on the team, etc. will only be allowed to play players both ways both halves based on the number of kids the opposing team has to play both ways both halves. If a team has 20 kids and the opposing team is down to 18, the team with 18 can only play two kids both ways for both halves and other kids will only be able to play both ways for one half to field the offensive or defensive team. Coaches will need to designate prior to the game and again at half time on who will play both ways both halves and if any kids will be playing both ways for one half. The only exception would be for teams that have 15 players or less. Teams with 15 or less would be allowed to play players both ways for both halves without restrictions.

Coaches on Field: No coaches are allowed on the field during the game and must be on the sideline within the coach's box, except for when the mercy rule is in effect

Offensive/Defensive Line Stance: Offensive line must be in a 2, 3- or 4-point stance and defensive line must be in a 3- or 4-point stance. This rule applies in between the tackles only, both sides of the ball. OL/DL must be in their stance and proper position (i.e. DL lined up heads up/inside the Offensive tackle, O/L covered by an end) prior to the snap of the ball. Offensive line separation maximum is 3 feet between each player (tackle to tackle) only. A 10 yard penalty will be assessed if a team violates this rule. If the offense shows an unbalanced line, the last player can not be a striper – a striper must be covered no matter what the formation. The defense can not lineup a striper against the last player on the line of scrimmage. For an unbalanced formation, the OL can have Stripers on the short side of the unbalanced line (i.e. Guard next to the Center) to three positions on the long side of the unbalanced line (i.e. Guard, Tackle, Tackle). The defense can align a striper against the third OL on the long side of the unbalanced line.

A Gap and Blitzing Rules: There will be no defensive player permitted to lineup across from center (must be at least one yard off the ball in a 3-point stance and a non-striper) as well as no blitzing in the A gaps unless the defender is at least 4 yards off the ball prior to the snap of the ball. No QB sneaks through the A gap will be allowed. Under center, the QB would need to take one step back from the center and show his back numbers to the defense before a run through the A gap would be allowed. If the ball is snapped to a QB/RB and the QB/RB is one yard or more from the ball, QB/RB can run through the A gap. No "run up" blitzes are allowed by the defense where the defender is trying to time the snap with a running start. Walk up blitzes and lining up standing defenders in the B, C and D gap are allowed. A violation of lining up across from the center, any "run up" blitz and blitzing A gaps is a 10 yard penalty. A violation of running an illegal QB sneak is a 5 yard penalty and a loss of down; a violation of A gap misalignment and illegally blitzing is a 5 yard penalty and automatic first down.

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Tournament: There will be a tournament at the end of the year and all teams will participate.

Practice: Teams are allowed four – 90-minute practices per week prior to the season and two 90 – minute practices per week during the season. Weekday practices should end by 8 p.m. If a team has a Tuesday and Sat/Sun game in a week, they can practice on Monday with no contact and one other day that week before their Sat/Sun game.

Governing Rules: The league will go by KY High School Rules except where noted in the rules (Playing Rules Only).

Coaches Dress Code: Coaches are required to wear sleeved shirt with team logo; mesh shorts with team logo, khaki shorts, khaki pants, or jeans; and closed toed shoes to all games.

Players Quitting: Head coaches will have 48 hours after a child quits the team to notify league commissioner. Coach should be prepared to give explanation on why child quit, and commissioner reserves the right to follow up with the family of the child that quit.

Coach Ejections: Any ejection of a coach during a game will result in the following suspensions: ONE (1) additional game for the head coach, or TWO (2) additional games for assistant coaches. Suspensions are to be served in the game(s) immediately following the ejection.

Players Ejections: Any ejection of a player during a game will result in a minimum of at least a one-game suspension. Suspensions are to be served in the game(s) immediately following the ejection.

Ejections Appeal: A coach or player can appeal a suspension by informing the commissioner in writing asking for an appeal within 24 hours of the game in question. KFL will rule on the appeal within 24 hours of receiving the appeal.

Filming from Sidelines: Coaches are permitted to film game play from the sidelines. Coaches MAY NOT use game film to argue any calls with officials during or after the game. Any use of game film to argue a call with a referee will result in immediate ejection of the coach by the referee. Coaches would then be subject to KFL policy on coaching ejections.

Player Suspensions: Players may be suspended from certain on-field activities by the head coach of their team for on-OR-off field behavioral issues. Any suspension must be coordinated with and approved by the parents/guardians of the affected player AND the Commissioner of the player's respective age division. Suspension of playing privileges may not exceed one (1) game per behavioral incident.

5th/6th Grade Tackle Division RULES: 2018

KFL will play under the KHSAA rules with the following exceptions:

The 5th/6th Grade Division is for kids in the 5th/6th grade that will not be older than 12 by December 31. 7th graders who will not be older than 12 by December 31 and do not play middle school football are also eligible to play.

Mercy Rule: Mercy rule starts once a team has a 21-point advantage. Once the Mercy Rule is activated

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offensive backs do not have to be replaced. However, we encourage the use of true back up players at offensive skill positions and we ask that the winning team be respectful of the losing opponent and not try to run up the score. For the winning team, KFL encourages the offensive game plan to consist of basic dives and off tackle plays with no sweeps, reverses, trick plays or passes. The team that is ahead must punt on 4th down. If the punting team is inside the opponent's 20-yard line, the ball will be placed on the opponent's 20-yard line. Players that were playing both ways before mercy rule can no longer play both ways once mercy rule kicks in. On defense it is encouraged that the winning team replace their linebackers, defensive backs and/or best players with true backups. Should the Mercy Rule occur in the first half, the clock will run normal for the remaining part of the first half. However, during the Mercy Rule the clock will be a running clock in the second half. If the team that is up loses its 21-point lead, they can choose to go back to normal offense and defense play that was in place prior to the 21-point lead. Once the running clock starts it will continue even if the lead falls back below 21. KFL will monitor play during Mercy Rule and will take action against coaches if KFL feels like coaches are violating the spirit of the Mercy Rule.

Quarters: Time of each quarter shall be 8 minutes long.

Coaches: Players bench shall absolutely be reserved for players and coaches (maximum of 5 coaches).

Official Ball: League approved ball is TDJ ball.

Weight Limit: The league has no over-all weight limit in any division but with the following guidelines. The weight limit for 5th/6th grade tackle division will be 125 lbs. There will be no additional weigh-in for players determined to be over the weight limit.

Any player above the weight limit will receive a "stripe" on their helmet and will be limited to play OL/DL positions from tackle to tackle. Players at and below the weight limit may play any position on the field. THERE WILL BE NO SWEATING DOWN OF PLAYERS.

Extra Points: Extra point- run or pass from the 3-yard line worth one point, run or pass from the 7-yard line worth 2 points. Teams can execute a kick for either a 1 point or 2 points. The kick will be a "dead" kick as the offense will be on a knee and the defense can stand at the line of scrimmage (defense can make noise and jump straight up and down). For an extra point worth 1 point, the kick will need to be kicked at the 6 yard line which will be spotted at the 3 yard line for the snap, a snap will take place to the holder, and then the kicker can attempt the kick. The kicker cannot be further than 3 yards from where the ball will be kicked. For an extra point worth 2 points, the kick will need to be kicked at the 10 yard line which will be spotted at the 7 yard line for the snap, a snap will take place to the holder, and then the kicker can attempt the kick. The kicker cannot be further than 3 yards from where the ball will be kicked prior to the kick attempt.

Over-time: Over-time is not allowed in regular season games. KHSAA rules apply to over-time during post season play.

Time outs: Two time outs per half.

Kickoffs: Kickoffs will be lined up on the kicking team's 40-yard line, unless the team has been penalized. The receiving team must always lineup at least ten yards from the spot of the kickoff. Striped players can kick the ball off but they cannot return it on the receiving team. Stripers can line up on the front line ONLY of the kickoff return team. Stripers can field the ball on kickoff return (i.e. onside kick,

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kick that hits them) but they may not be able to advance the ball; once a striker has gained possession of the ball the play will be ruled over by the referee. No strikers are allowed to line up beyond the first line of the kickoff return.

Onside kicks are permissible at any time during the game except during Mercy Rule. During the Mercy Rule, the ball will be placed on the opponents 30-yard line after the team who is winning scores.

Punt: 4th down will be treated as a regular play with the coach electing to either go for it or punt. If the coach chooses to gain, the ball will be marked ready for play, and the clock will be managed depending on the result of the previous play. If the coach chooses to punt, the offense will be granted a “free” punt and the punts will not be live. There will be no rushing or blocking by the defensive team during a punt. The punter must punt from at least five yards behind the line of scrimmage. If the punter does not, the receiving team may elect to have the ball punted again. The receiving team must field and down the ball. The receiving team can drop a maximum of 4 players back to receive the punt. The ball cannot be advanced after a punt. If a team knocks the ball toward the line of scrimmage, the ball will be marked at the site of contact. If the ball is not downed by the receiving team, then it will be marked dead at its furthest point traveled from the kicking team. All players with the exception of the snapper, punter and punt receivers will take a knee. Strikers can punt the ball. Strikers cannot receive the punt.

Mandatory Play Rules: Everyone must START/PLAY one side of the ball (offense or defense) for the entire game. If you have less than 22 players coaches choose who plays both sides of the ball based on who they think deserve it. In playoffs this rule stays the same. There is no FREE substitution and if violated, a 15 yard unsportsmanlike penalty will be assessed.

If tackle teams lose kids throughout the season or don't have kids show up for games the playing rules will change. The teams that lose kids due to injury, don't show up for the game, are no longer on the team, etc. will only be allowed to play players both ways both halves based on the number of kids the opposing team has to play both ways both halves. If a team has 20 kids and the opposing team is down to 18, the team with 18 can only play two kids both ways for both halves and other kids will only be able to play both ways for one half to field the offensive or defensive team. Coaches will need to designate prior to the game and again at half time on who will play both ways both halves and if any kids will be playing both ways for one half. The only exception would be for teams that have 15 players or less. Teams with 15 or less would be allowed to play players both ways for both halves without restrictions.

Coaches on the Field: No coaches are allowed on the field during games and must be on the sideline within the coach's box, except for when the Mercy Rule goes into effect.

Offensive/Defensive Line Stance: Offensive line must be in a 2, 3- or 4-point stance and defensive line must be in a 3- or 4-point stance. This rule applies in between the tackles only, both sides of the ball. OL/DL must be in their stance and proper position (i.e. DL lined up heads up/inside the Offensive tackle, O/L covered by an end) prior to the snap of the ball. Offensive line separation maximum is 3 feet between each player (tackle to tackle) only. A 10 yard penalty will be assessed if a team violates this rule. If the offense shows an unbalanced line, the last player cannot be a striker – a striker must be covered no matter what the formation. The defense cannot lineup a striker against the last player on the line of scrimmage. For an unbalanced formation, the OL can have Strikers on the short side of the unbalanced line (i.e. Guard next to the Center) to three positions on the long side of the unbalanced line (i.e. Guard, Tackle, Tackle). The defense can align a striker against the third OL on the long side of the unbalanced line.

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A Gap and Blitzing Rules: There will be no defensive player permitted to lineup across from center (must be at least one yard off the ball in a 3-point stance and a non-striper) as well as no blitzing in the A gaps unless the defender is at least 4 yards off the ball prior to the snap of the ball. No QB sneaks through the A gap will be allowed. Under center, the QB would need to take one step back from the center and show his back numbers to the defense before a run through the A gap would be allowed. If the ball is snapped to a QB/RB and the QB/RB is one yard or more from the ball, QB/RB can run through the A gap. No “run up” blitzes are allowed by the defense where the defender is trying to time the snap with a running start. Walk up blitzes and lining up standing defenders in the B, C and D gap are allowed. A violation of lining up across from the center, any “run up” blitz and blitzing A gaps is a 10-yard penalty. A violation of running an illegal QB sneak is a 5-yard penalty and a loss of down; a violation of A gap misalignment and illegally blitzing is a 5-yard penalty and automatic first down.

Tournament: There will be a tournament at the end of the year and all teams will participate.

Practice: Teams are allowed four – 90 minute practices per week prior to the season and three 90 – minute practices per week during the season. Weekday practices should end by 8 p.m. If a team has a Tuesday and Sat/Sun game in a week, they can practice on Monday with no contact and one other day that week before their Sat/Sun game.

Governing rules: The league will go by KY High School Rules except where noted in the rules (Playing Rules Only).

Coaches Dress Code: Coaches are required to wear sleeved shirt with team logo; mesh shorts with team logo, khaki shorts, khaki pants, or jeans; and closed toed shoes to all games.

Players Quitting: Head coaches will have 48 hours after a child quits the team to notify league commissioner. Coach should be prepared to give explanation on why child quit, and commissioner reserves the right to follow up with the family of the child that quit.

Coach Ejections: Any ejection of a coach during a game will result in the following suspensions: ONE (1) additional game for the head coach, or TWO (2) additional games for assistant coaches. Suspensions are to be served in the game(s) immediately following the ejection.

Players Ejections: Any ejection of a player during a game will result in a minimum of at least a one-game suspension. Suspensions are to be served in the game(s) immediately following the ejection.

Ejections Appeal: A coach or player can appeal a suspension by informing the commissioner in writing asking for an appeal within 24 hours of the game in question. KFL will rule on the appeal within 24 hours of receiving the appeal.

Filming from Sidelines: Coaches are permitted to film game play from the sidelines. Coaches MAY NOT use game film to argue any calls with officials during or after the game. Any use of game film to argue a call with a referee will result in immediate ejection of the coach by the referee. Coaches would then be subject to KFL policy on coaching ejections.

Heat Index: KFL will follow the KHSAA related to the heat index guidelines and rules. KFL will assign board members to monitor the heat index for practices and games.

