

***Kansas City Youth Football
Alliance***

2018 Tackle Football Rule Book

LEAGUE RULES

1.0 Mission

Kansas City Youth Football League (KCYFL) will provide games for area youth football teams. The league will deal with issues such as team formation rules, division formation rules, schedules, games, and locations. The league also works within the league to make sure to provide for the officiating, scoreboard operators, concession operators, and gate personnel. The board will be comprised of the member's football associations and each member association should have two delegates each with voting rights. The group will elect one Chairman of the League to preside over meetings and a secretary to take and document notes. The purpose of the league is to provide a safe and fun environment for youth football teams. It is essential any person affiliating with KCFYL understand that the development and education of youth in the sport of football is the primary function. The kids come first.

2.0 Team Formation & Divisions

2.1 Team Formations

- A. Each team will be part of an approved Organization (Association, Group, City, and Club. (For example: LSFA, Grandview Parks and Recreation, Pop Warner). Each Organization is responsible for player issues, non-game team issues, registration, and the formation of teams according to the league requirements for the divisions.
- B. KCYFL provides the team formation guidelines and each "Organization" executes them. The Organizations are responsible for all player specific requirements, registration, weigh-in, equipment, proper team formation, etc... The Organization is also responsible for providing information when scheduling games
- C. League protected geographical areas - Geographic locations are determined by the Association area, elementary school boundaries, middle school, and high school.
- D. The League will agree to protect member association geographical areas and work within the group to ensure teams do not "jump" or move for the sole benefit of the individual team. Any existing team in a given league wishing to leave current league to join another league in the Alliance must first contact their original league president to request the move. If the move is approved the League President that had the team requesting the move shall contact the new leagues president for discussion of the pending move. .
- E. All Organizations will outline their specific geographical areas and the teams participating within. For the year 2016 the areas will be defined as:
 - 1) Lee's Summit Football Association – Lee's Summit
 - 2) Blue Springs Sports Association – Blue Springs, Independence,
 - 3) Kansas City Pop Warner – Kansas City Metropolitan, Lee's Summit Team(s), Blue Springs Team(s),
 - 4) Grandview Parks and recreation – Grandview
 - 5) Cass County Football Association – Cass County – Raymore, Peculiar,
 - 6) Excelsior Springs – Excelsior Springs school district boundary
 - 7) Grain Valley – Grain Valley School District Boundary/Oak Grove
 - 8) Other Associations and groups can be considered to join the League and will be only admitted through a vote of the existing groups.
- F. Each team must have its roster from an officially established geographic area, (School residents).

- G. Final rosters are due by first game date of the playing year to KCYFL. Rosters should be locked in at a certain date....added kids should be done transparently.
- H. A player exiting from one league within the alliance and entering a new league must have a written approval from the league they are exiting prior to entering new league.
- I. Maximum Player Age: * August 1st----Missouri Board of Education rule for age and requirement.

Grade	Maximum Age (as of Sept 1 st of current year)
2 nd	8 years old
3 rd	9 years old
4 th	10 years old
5 th	11 years old
6 th	12 years old
7 th	13 years old

2.2 Divisions

- A. Divisions will be organized first by grade and then if necessary or deemed by the group, as tiered experienced teams within the grade.
 - a. Win-Loss record?
 - b. Team’s previous record from outside the Alliance
 - c. New member to Alliance shall provide information to
- B. Divisions options shall be:
 - AFL – designed for advanced teams with the majority of players having experience in tackle football with player skills to compete at the highest level of youth football.
 - NFL– designed for less experienced teams or teams with player skills not prepared to participate in Division 1.
 - o Majority of team experience in tackle football.
 - o Break NFL into B & C. Still would only have one playoff bracket.

3.0 Head Coaches

3.1 Head Coach Selection

- A. All Head Coaches must be approved by the each Organization
- B. KCYFL requires that all members of coaching staff must successfully pass background check (paid by each Organization) and complete coaching certification (USA Football Heads Up or similar) to be tracked by each organization.

3.2 Head Coach Conduct

Head Coaches shall conduct themselves in such a manner as to set a good example of citizenship and sportsmanship to all players. Swearing, creating disruptions and or generally displaying bad sportsmanship WILL NOT be tolerated. All Head Coaches and their entire coaching staff shall read, understand and agree to the “COACHES CODE OF ETHICS PLEDGE” and the “Sportsmanship Section 12” included in within these rules. Violators will be subject to the following as determined by the KCYFL Board of Directors:

Suspended coaches shall have the ability to make an appeal of their suspension to their Organization and KCYFL Board of Directors.

3.2 Coaching Staff

- A. Each team may have up to SEVEN total coaches on the sideline during the game shown on the team's roster.
- B. All members of coaching staff must successfully pass background check (paid by each Organization) and complete coaching certification (USA Football Heads Up or similar) to be tracked by each organization.
- C. Each organization is responsible for providing a badge or similar confirming they have met the organizations requirement for background check and training. Coaches MUST display the badge in order to be on the sidelines during the games. Coaches who do not have their badge may NOT be on the sideline during the game. Coach's card must have respective coaches photo on the ID card worn at games.

4.0 Practices:

4.1 Heat

Each organization within KCYFL MUST set their own standards for practicing in extreme heat to be shared with each team in their organization. It is strongly recommended if the ambient temperature equals or exceeds 95 degrees, and/or the heat index equals or exceeds 105 degrees, all practice is suspended until the temperature drops below these levels.

Player safety shall be the responsibility of each coach.

4.2 SEVERE WEATHER:

Severe weather can affect practice. Practice is cancelled if lightning is detected in the area you are in. If there are severe storms, heavy rain, etc. we urge you to use extreme caution and always place the safe interest of the kids at the highest level of concern.

Player safety shall be the responsibility of each coach.

4.3 FULL CONTACT LIMITATIONS:

Coaches are strongly recommended to limit "full contact" at practices to help prevent injury to the players.

4.4 Practice Limitations

- A. League requires three conditioning practices, of at least one hour in length, with NO PADS OR helmets, no more than two practices in the same 24 hour period, for EVERY player on the roster prior to participating in any contact practices.
- B. Practice prior to the school year classes beginning can take place no more than four (4) times in a seven-day period, for a total of eight (8) hours.
- C. Practice after the school year classes have begun is regulated to no more than three (3) times in a seven-day period (not including sanctioned games, but including scrimmages and non-sanctioned games) for no more than six hours total.

5.0 Game Equipment

5.1 League Provided Equipment

All Player equipment will be furnished by each Organization/Team

5.2 Game Balls

- A. Prior to start of game - each coach needs to provide one game ball at each game and have an alternate available if needed. You may play with leather or composite footballs
- B. Teams shall have the option of playing with a LARGER ball should they wish (a 6th grade team may use a YOUTH sized ball).

6.0 Game Rules - Unless otherwise noted below, game rules shall follow NHFS rules.

6.1 Player Age and Ball Carrier Weight Limitations

Grade	Maximum Ball Carrier Weight *
2 nd	87 lbs
3 rd	107 lbs
4 th	117 lbs
5 th	128 lbs
6 th	143 lbs
7 th	159 lbs

* Includes 7lb allowance for player equipment 2nd-4th grades/8lb for 5th and 6th grades/9lb for 7th grade. Excluding helmet. ***This weight is to .0 mark on the scale at the weighing location. No exceptions will be made.**

Weigh In Procedures

- Each Game site is responsible for providing scale for player weigh-ins prior to all games.
- Approximately 45 minutes **prior to the start of each game**,.
- Coaches must provide player cards to the opposing coach showing team's roster prior to weigh in. Failure to provide players cards to the opposing coach prior to the game will result in forfeiture of the game. (Must provide to weigh master or board member. Not to head coaches)
- Each player card must have the player's picture, first/last name, age, grade, DOB. This will be kept on file with the appropriate Organization.
- Once a player steps on the scale, that is the weight for the game, there is no re-weighing.
- If any Player is not available – they will not be allowed to participate until the official weight is checked by opposing coach.
- Any player who exceeds the ball carrier weight for his grade shall have CLEAR AND OBVIOUS markings on the helmet indicating such.
- Board member/Weight master shall be provided by each hosting league to complete all weigh-ins at hosting leagues field(s).

6.2 Players Exceeding Ball Carrier Weights – Applies to ALL grades:

- A. Players who exceed the ball carrier weight are not allowed to carrier the ball on offense.
- B. Offensive players exceeding the ball carrier weight for their respective grade are limited to playing ONLY on the line of scrimmage and may NOT line up as an eligible receiver by formation.
- C. Any defensive or offensive player exceeding the weight limit who gains possession during a play may NOT advance the ball. Play will be stopped and the down ended where the player gained possession. This includes any kicking play (punt / kickoff) where the receiving team gains possession by a player exceeding the weight limit, the play shall be stopped and the player exceeding the weight limit in possession of the ball may NOT advance the ball.
- D. Punters may be players exceeding the ball carrier weight, but may not run or pass the ball in a fake kick (where allowed by grade).
- E. Kickers for Field Goals / PAT may be players exceeding the ball carrier weight, but may not run or pass the ball in a fake kick (where allowed by grade).
- F. Defensive players exceeding ball carrier weight may play any position on defense.
- G. If a defensive player exceeding the ball carrier weight who gains possession during a play he/she MAY NOT advance the ball and play shall not continue (including the kicking team on Kickoff or Punt providing NFHS rules for gaining possession as the kicking team have been met for the respective play).
- H. All overweight ball carrying players must wear the league approved one red circle. (Red circle, worn **on lower left back side of helmet**. 1.5" diameter . Each league shall provide these for their own teams. **Contrast color can be used as needed.**

6.3 Game Rules Applying to 2nd Grade Games

See 8 man [rule book](#).

6.4 Game Rules Applying to 3rd Grade Games

Add kickoff 25 yard line.

Game Length	Four, Ten Minute Quarters
Coaches on Field	ONE Coach– see below for on-field coaches restrictions/penalties
Game Ball Size	Pee-Wee
Punting	NO punt. Ball will be placed 30 yards down field from previous line of scrimmage.
Kick-Off	There shall be no kickoffs at this age division. Ball will be placed at receiving teams own 25 yard line in place of an actual kickoff.
PAT	If Declared Kick – 2 Points Awarded – Defense may not cross the line of scrimmage until kicked (No fakes allowed) Successful RUN = 1 Point Successful FORWARD PASS = 2 Points
Defensive Restriction	No defensive player may line up directly over the center-No Blitzing

On-Field Coaches:

1. Are to assist in calling plays in the huddle and lining up the players to keep the pace of the game up.
2. Must be at least 10 yards deeper than their deepest player on the field when the ball is snapped.
3. MUST avoid impacting the play in any way (making contact or as an obstacle) - this is the officials' judgment.

4. MUST remain SILENT when the offense is aligned and ready to snap the ball thru the end of the play. This is the officials' judgment.
5. who violate any of items 2 or 3 or 4 outlined above will receive ONE warning per TEAM per GAME and ANY subsequent infractions shall be considered a personal foul live ball penalty– 15 yards from the basic spot

The officials have the discretion to remove coach from the field to the sideline to be replaced by another coach at any time for any reason. Once a coach is removed from on the field that coach may not return to be an on-field coach for the remainder of the game.

6.5 Game Rules Applying to 4th Grade Games

Game Length	Four, Ten Minute Quarters
Coaches on Field	NONE
Game Ball Size	4 th = Pee Wee
Punting	Once team has declared punt – neither team may cross the line of scrimmage until the ball is kicked. The kicking team shall be given reasonable time to kick the ball without intentionally running out the clock. - No fakes allowed)
PAT	Successful Kick = 2 points Successful Pass = 1 Points Successful RUN = 1 Point
Kickoff	Live
Defensive	No Blitzing

6.6 Game Rules Applying to 5th/ 6th/ 7th Grade Games

Game Length	Four, Ten Minute Quarters
Coaches on Field	NONE
Game Ball Size	/5 th / 6 th = Junior 7 th = Youth (7 th grade teams may elect to use Junior size ball)
Punting	Live
PAT	Successful Kick = 2 points Successful Pass = 1 Points Successful RUN = 1 Point

6.7 OVERTIME – Applies to ALL grades:

- A. All regular season games where the score is tied at the end of regulation will be allowed to play a tiebreaker extension.
- B. Winner of a coin toss shall choose offense / defense first OR choose the end of the field to play. Loser of the flip shall have the remaining choice.

- C. The ball is placed at the defense's 20-yard line and the offensive team has possession until they score by touchdown or field goal, turn the ball over on downs, or turn over possession of the ball by fumble or interception. They are eligible to get a first down in the process.
- D. If they have a turnover, their possession is ended, the teams switch offense and defense and the play resumes.
- E. Each team is given one offensive possession.
- F. If still tied at the end of 1st Overtime, a Second overtime shall be played – there will be NO coin flip for the 2nd overtime, the loser of the first Overtime coin flip shall have the first choice of offense/defense or end of the field.
- G. 2nd Overtime shall be played the same as the first overtime - first and 10 at the defense's 20 yard line.
- H. If at the end of the 2nd OT, the game is still tied, the game shall end in a TIE, Unless a Playoff Game.
- I. In the play-offs, OT shall continue until there is a winner. 3rd OT and beyond shall begin at the Defense's 10 Yard line.

6.8 Mandatory Play Rule – Applies to ALL grades:

The KCYFL is very strict on the playing of every player on every team. In the course of a regular season game, every player on the team should and will be allowed ample playing time as defined below:

- A. 2nd Grade and 3rd Grade:
Each player in uniform must play a total of fifteen plays per game.
- B. 4th Grade, 5th Grade, 6th Grade and 7th Grade:
Each player in uniform must play a total of ten plays per game consisting of at least ten plays from scrimmage on offense or defense or a combination of both, and no more than five plays counted on special teams play

6.9 Number Rules/Eligible Receivers – Applies to ALL grades:

- A. Any player may wear any number 1-99 and line up in any position on the field – no numbering limitations.
- B. Eligible receivers shall be determined by offensive formations.

6.10 Mercy Rule – Applies to ALL grades:

If the point spread is 28 points or greater, it is mandatory running clock. Once the game goes to a running clock, it does not go back to regular time.

It is expected the winning coach of a game in a running clock situation shall demonstrate good sportsmanship by not executing trick plays/deep pass plays/onside kicks/fake kicks / etc.

15 yard penalty/Coaches reprimand by the KCYFL.....

6.11 Ejections– Applies to ALL grades

- A. Player ejection. If a player is ejected from a game, the player must serve a 1 week game suspension in the following Alliance scheduled game. They will be allowed to practice

and participate in team functions, but not in the next scheduled game. The player will be allowed on the sideline during that game, May wear street apparel with team jersey.

- B. Coach ejection. If a coach is ejected from a game, the coach must serve a 1 week game suspension. They will be allowed to participate in practices and teams functions, but not in the next scheduled game. The coach will not be allowed at the game field or facilities during game time of suspension.

6.12 Penalties– Applies to ALL grades

Unless otherwise mentioned within the game play rules above, all penalties shall follow the current NFHS rules.

Other Game Rules

All other rules will default to the National Federation of State High School Associations (NFHS) and Missouri State High School Activities Association (MSHAA) rules.

7.0 Game Schedules

7.1 Regular Season

10 Weeks or 6 games

If at any time a coach fails to bring his team to play in the officially scheduled game that head coach shall be suspended from participating in the next Alliance scheduled game.

7.2 Playoff –

For the last three weeks of the season a tournament format will be scheduled.

8.0 Game Officials & Chain Crew

- A. Organizations host games at their facilities are responsible for providing game officials.
- B. No less than THREE officials are required for each game - recommended FOUR officials, specifically for grades 4th and above.
- C. For each game the HOME team MUST provide three Adult/HS Age volunteers to operate the chains (line to gain and down marker). The chain crew shall be on the same sideline as the HOME team. Players and coaches are NOT allowed to serve as a member of the Chain Crew.

9.0 Spectators

9.1 Parents Code of Ethics

Any parents/spectators not adhering to the “PARENTS’ CODE OF ETHICS” included within these rules may cause their team to receive unsportsmanlike conduct penalty(ies) and are subject to removal from the game site and possible suspension from attending future games to be determined by the Executive Board. All spectators shall remain behind the team’s respective bench and no closer than ten (10) yards from the sidelines.

9.2 The following items will not be allowed at the game site or surrounding areas:

- A. Pets other than service animals
- B. Alcohol
- C. Tobacco products
- D. Musical Instruments (other than those used by the League for game announcing)
- E. Pyrotechnics of any type
- F. Vapor/Electronic Cigarettes

10.0 General Rules

Any situation which requires the Board of Directors or Executive Board to act that involves a board member as coach or parent, that board member involved shall be excused from participating in the discussion and ruling. In the event the Executive Board wishes to replace an excused board member for a specific discussion and ruling, they may do so following this same guideline.

11.0 Sportsmanship

Good Sportsmanship behavior is strived for at all events. Good sportsmanship behavior is a responsibility of players, coaches, parents/spectators, and officials. Promotion of good sportsmanship behavior at all events should include a demonstration of respect for opponents and officials

As a result, participants, coaches, parents/spectators and officials need to learn that winning be handled with grace and humility; losing should be handled with dignity and respect for your opponent. Each participant in youth sports needs to learn that good sports are winners regardless of the final score.

All members (coaches, players, parents/spectators and officials) of the Kansas City Youth Football League shall promote positive sporting behavior at all times. KCYFL urges your cooperation in making this season a memorable experience for all and we encourage everyone be a good sport for your team and your community.

PARENTS' CODE OF ETHICS

I Hereby Pledge To Provide Positive Support, Care And Encouragement for My Child Participating In Youth Sports By Following This Code Of Ethics.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember the game is for the children and not for the adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach agrees to the youth sports Coaches' Code of Ethics.

Message to Parents/Spectators:

Sportsmanship, like many of life's lessons, starts at home. Please remind your participant that sports is not about winning or losing. Youth is a time for learning, and as much as we all want our children to enjoy winning, much can also be learned through a loss. If you consider the practice and playing fields to be an extension of the classroom, praise your athletes in their attempt to improve themselves as athletes as you would praise a student working in the classroom.

We ask you to support your coach in their effort to reinforce positive sportsmanship behaviors at practices and during games. We ask you learn the rules of the game, so that you may understand and appreciate why certain situations take place. Please show respect for the opposing players, coaches and spectators. Please show respect for the integrity and judgment of game officials. Recognize and show appreciation for an outstanding play by either team.

COACHES' CODE OF ETHICS PLEDGE

I HEREBY PLEDGE TO FOLLOW THE COACHES' CODE OF ETHICS.

- I will place the emotional and physical well-being of my players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth coach, and that the game is for children and not adults.

Message to Coaches:

Coaching children is an honor and a privilege that carries with it a moral responsibility to contribute to the healthy character development of young players. A coach must nurture good sportsmanship in each participant.

As a coach, you must abide by and teach the rules of the game in letter and in spirit. You must respect the integrity and judgment of game officials. Treating the officials with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.

Remember, your actions set the tone for your fellow coaches, your players and their parents/spectators both at practices and during the games. We encourage you to display modesty in victory and graciousness in defeat.