

Katy Youth Football Football Rules 2011

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Katy Youth Football – Football Rules

Katy Youth Football will follow the current version of the National Collegiate Athletic Association (NCAA) Football Rules as adopted and amended by the University Interscholastic League (UIL) for High School Football in the State of Texas, with the following additions, exceptions, and clarifications.

I. Practice

1. The Board mandates that no contact practice be held until a player or cheerleader has had a physical examination. Each head coach is responsible for ensuring players submit KYF Medical Release forms signed by their medical provider before being allowed to participate in any contact practice.
2. Practices for players and cheerleaders will begin upon announcement by the Board as per the League calendar. Organized team practices cannot be held from the first date of registration until the pre season coach's meeting. Coaches that engage in organized practices during this time will not coach that year.
3. Each player and cheerleader will be limited to a maximum of eight (8) hours of team gatherings per calendar week prior to the week of the first game or the first week of KISD school, whichever comes first. Beginning the Monday prior to the first game or the Monday of the first week of KISD School, teams are limited to Six (6) hours of team gatherings per calendar week which will remain in effect for the remainder of the season. Games equal two hours. Any exception must be approved by the Board in advance. Three (3) or more players with one or more coaches present constitutes a gathering.
4. No contact practice session, or combination of practice sessions in one day, shall exceed a three (3) hour time limit during the 8 hour weeks and may not be held on the same day as a scheduled game. No contact practice session, or combination of practice sessions in one day, shall exceed a two (2) hour time limit during the 6 hour weeks and may not be held on the same day as a scheduled game.
5. Players and cheerleaders will not be called upon to be present more than one (1) hour prior to game time.
6. Sunday practice or play is forbidden without the explicit, advance permission of the Board.

II. Games

7. All games will be played by University Interscholastic League (UIL) rules, except as noted herein.
 - All divisions except Jr. Flag will play 10-minute quarters with a minimum of 10 minutes for half time.
 - Junior flag will play 10-play quarters. A team will have possession of the ball for continuous 10 plays which will designate one (1) quarter.
8. All games will be played according to the schedule prepared by the Board. The Board in advance draws up team schedules, according to the number of teams in each division.
9. An arbitrary division-number (e.g. AFC 1-8 & NFC 1-8 for a 16 team division) is used to represent each team in the schedule. At the first coaches meeting, head coaches are called upon, in team alphabetical order, to pick a division-number. The number picked represents the corresponding TEAM division-number in the division-numerical schedule. Team division-numbers cannot be traded, either during or after this process. The only changes that will be allowed after the drawing will be possible realignment of the first week's games to ensure that expansion and last place teams from the season before do not play a dominant team in the first week's game.
10. Any team failing to field the required number of players (10) within ten minutes of scheduled game time will forfeit said game and the game will be recorded as a game of record.
11. Each player will play a minimum of twelve (12) plays per game, and six (plays) per half as outlined in Rule 20 in the Duties of Coaches and Teams section of the administrative rules.
12. The tackle division will use a running clock when the point spread is equal or more than 18 points at the end of the third quarter. The running clock may be utilized before the third quarter

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when the point spread is equal or more than 18 points if agreed by both head coaches. When the point spread is equal or more than 18 points, the league **STRONGLY** recommends liberal substitution of players by the leading team to promote fair play. When the point spread is equal or more than 18 points, deliberate onside kicks by the team leading are **NOT** allowed. When the point spread is less than 18 points, the clock will stop for out of bounds, change of possession, incomplete passes, touchdowns, or penalties.

13. All scheduled and rescheduled games must be played. The Board will reschedule rainouts if feasible.
14. All teams are required to play each game until conclusion unless authorized by the President or Division Director after consultation with the referees.
15. Referees, coaches, or the Board may call a game upon mutual agreement due to weather or other circumstances. If games already in progress are called due to weather, those games will be rescheduled by the Board and played to their conclusion later in the season, if the game has impact on team standings for playoff participation at the season's end. If this situation exists, the game will be restarted at the point from which it was halted previously, with scores and field position re established according to the monitor sheets for each team, as marked by the referees.
16. Teams will not play two (2) League games within one week unless agreed upon by the coaches involved and the board.
17. All games, scrimmages or practice games with a team outside the program must be submitted in writing to and approved by the Board prior to the contest.
18. At least one official will be used in all league games. The Board will provide officials.
19. Coaches are allowed to have water on the field for players, as long as it does not slow down or interfere with normal play. Water from the sidelines cannot be brought out between plays unless a time-out has been called or the referees have stopped play specifically for that reason.
20. For football players: game jersey, game pants, and mouthpieces will be furnished by the League. For the cheerleaders: shells/skirts, socks, flags and pom poms will be furnished by the league. With the exception of socks, all players must wear the furnished uniform for each game. Failure to wear the League furnished uniform will result in player disqualification for that game. No outside alterations are to be made on any League provided uniform item.
21. In the interest of safety, no ladders will be allowed on KISD property, or any other KYF premises, during games.
22. All games will be played on fields of the following lengths:

DIVISION	FIELD LENGTH
Junior Flag	50 yards in Length and 30 yards in width
Mitey Mites	70 yards
Pee-Wee	80 yards
Rookie	80 yards
Junior Varsity	80 yards
Varsity	80 yards
Senior Varsity	100 yards

23. All kickoffs shall occur at the following positions on the field of play:

DIVISION	KICKOFF POSITION
Junior Flag	Ball is put in play 10 yards from the offensive team goal line at the beginning of each half and after each score
Mitey Mites	25 yards from the kicking team's goal line or 10 yards from midfield
Pee-Wee	30 yards from the kicking team's goal line or 10 yards from midfield
Rookie	30 yards from the kicking team's goal line or 10 yards from midfield
Junior Varsity	30 yards from the kicking team's goal line or 10 yards from midfield
Varsity	30 yards from the kicking team's goal line or 10 yards from midfield
Senior Varsity	40 yards from the kicking team's goal line or 10 yards from midfield

24. Extra points are awarded as follows:

Runs	1 point
Forward Pass	2 points
Kick (Senior Varsity)	2 points

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The defense can score on an extra point.

25. Defense

1. No more than five Defensive Linemen are allowed when the offense has one TE (one open end and one closed end). When the offense has two TE's (two closed ends), six Defensive Linemen are permitted. Six Defensive Linemen are also permitted on fourth down situations and when the offense has the ball in +10 yard-line situations.
2. Any Defensive Lineman who lines up from outside shoulder on the OT to outside shoulder on the opposite OT must have at least one hand on the ground prior to, and at the time of the snap. Any Defensive Lineman who aligns wider than this may use a 2-, 3- or 4-point stance.
3. No Defensive player may line up on the line of scrimmage wider than three yards outside of the last down offensive lineman to their side.
4. Defensive Ends lined up on outside shoulder of last offensive lineman must play run contain defense and rush straight up field to a point parallel to the ball carrier. They are not allowed to take a direct route to the quarterback.
Defensive Ends playing head-up or gap alignment on last offensive lineman may take direct route to quarterback.
5. Head-up, gap- and shade- alignments are all legal alignments.
6. Head-up, over the center is not allowed in Mitey Mites division
7. Linebackers and Defensive Backs must align at least three yards deep, prior to, and at the time of the snap. If they align any closer to the line of scrimmage than three yards, they will be considered Defensive Linemen and subject to the above-mentioned rules regarding same.
8. No blitzing is allowed.

26. Offense

- Katy Youth Football will observe the guidelines established by the NCAA and UIL regarding offensive holding. In summary, offensive holding is allowed as long as the offensive player: (A) keeps his hands within the “cylinder” of his body, and (B) does not reach out to grab, or extend his arms to grab, a defensive player. An offensive player may not wrap his arms around a defensive player while in the act of blocking. Under no circumstance will an offensive player be permitted to grab or hold any part of a defensive player’s helmet, facemask, chin strap or mouth piece.

27. Punting – Mitey Mites, Pee-Wee, Rookie and Junior Varsity

- When a team declares a punt, the team must punt. Fake punts are **NOT** allowed.
- Rushing by the defense is not allowed on a punt (a free kick).
- If the snap from center to the punt is dropped or mishandled and touches the ground, the punter is able to pick up the ball and continue with his kick. The free kick rule is still in effect.

28. Punting – Varsity and Senior Varsity

- When a team declares a punt, no one on defense is allowed to line up over the center or deliver a blow of any kind to the center prior to or immediately after snapping the ball. The center cannot be hit until **AFTER** the ball is kicked away. If a punt is not declared, the center may be covered.
- Fake punts **ARE** allowed. If during a fake punt the punter returns under the center, the center can be covered.
- Rushing the punter is allowed.
- No more than six (6) players are allowed on the line of scrimmage in a rushing position.
- Only down-lineman (no more than six) in a three (3) or four (4) point stance can rush a punt or field goal attempt. Linebackers or secondary backs are not allowed to rush.

29. Regular season games that end in a tie will remain a tie game.

30. Ball size is according to division:

- 1) Junior Flag, Mitey Mites and Rookie: K2 will be the game ball
- 2) JV and Varsity: TDJ will be the game ball
- 3) SV: TDY will be the game ball

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III. Mitey Mite Football Rules

1. Teams
 - There must be a minimum of 13 players to start the game so that there will be enough players for substitution, especially in extreme weather conditions. If the minimum cannot be met then forfeiture will be declared. Any exceptions must be approved by an executive board member.
 - Each team will consist of 11 players on the field and 3 substitutes.
 - A team will have 45 seconds to put the ball in play after the ready signal is given.
2. Playing Fields
 - The games will be played on a 70 – yard field with 10 yd end zones at either ends.
 - A down marker will be used to indicate the number of the down.
 - A chain team will operate on the home team sideline. 2 volunteers from the home team and one from the visiting team will be utilized to work the chains.
3. Referees
 - There must be at least 1 referee on each field. Any exceptions to this rule must be approved by an executive board member
4. The Rules of the Game
 - Players and Coaches:
 1. Players must play a minimum of 12 plays per game, 6 plays per half, as outlined in Item 20 under Duties of Coaches and Teams in the administrative rule book.
 2. 2 coaches from each team are allowed on the field of play during the game. Coaches on the field are not allowed to talk, use hand signals or touch a player after a huddle break.
 - Game Times
 1. There will be 4 – 10 minute quarters, with a 10 minute half time break between 2nd and 3rd quarters.
 2. There will be a mandatory 1 minute water break at the 5 minute mark of each quarter.
 3. Each team will have 3 timeouts per half.
 - Play Time
 1. The offensive team has 45 seconds to put the ball in play or else a delay of game penalty will be assessed.
 - Defensive Line Play
 1. Any Defensive Lineman who lines up from head-up on the OT (no TE his side) to head-up on the TE must have at least one hand on the ground prior to, and at the time of the snap.
 2. Any Defensive Lineman who aligns wider than the TE may use a 2-, 3- or 4-point stance.
 3. No Defensive player may line up on the LOS wider than three yards outside of the last down offensive lineman to their side.
 4. Head-up, gap and shade alignments are all legal alignments.
 5. The center will be uncovered at all times. Both “A” gaps may be filled, but no head-up on the center EVER.
 6. No more than five Defensive Linemen are allowed when the offense has one TE (one open end and one closed end). When the offense has two TEs (two closed ends), six Defensive Linemen are permitted. Six Defensive Linemen are also permitted in fourth down situations and when the offense has the ball at or inside the defenses 10 yard-line.
 - Linebacker Play
 1. Linebackers must align at least three yards deep, prior to, and at the time of the snap. If they align any closer than 3 yards to the LOS, they will be considered Defensive Linemen and subject to the above-mentioned rules regarding same.
 2. No blitzing is allowed.
 - Defensive Back Play
 1. Cornerbacks must line up 3 yards off the line of scrimmage.
 2. No blitzing from this position is allowed.
 - Misc. Rules
 1. Coaches are encouraged to substitute liberally when there is more than an 18 point lead
 2. Once an injured player receives assistance, the player must sit out for at least one play.

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- Penalties
All penalties will be enforced according to UIL rules. Unless otherwise stated below:
 1. Holding (5 yds. from the spot of the foul).
 2. Leaving feet to block (5 yds from the previous spot).
 3. Cross body or roll blocking (5 yds from the previous spot).
 4. Clipping or blocking in the back (5 yds from the previous spot).

IV. Junior Flag Football Rules (8on8)

1. Teams
 - There must be a minimum of 10 players to start the game so that there will be enough players for substitution, especially in extreme weather conditions. If the minimum cannot be met then forfeiture will be declared. Any exceptions must be approved by an executive board member.
 - Teams will be allowed to field no less than 8 players with 2 substitutes, unless approved by the Board prior to the game.
 - A team will have 45 seconds to put the ball in play after the ready signal is given.
2. Playing Fields
 - The games will be played on a 50 – yard field with 10 yd end zones at either ends.
3. Referees
 - There must be at least 1 referee on each field. Any exceptions to this rule must be approved by an executive board member.
4. Equipment
 - Game Ball
 - The K2 will be the Game Ball.
 - Flags
 1. Each player will wear a belt with the number of flags designated by KYF (2)
 2. The flags will be attached to the belt and extend from each side of the players body.
 3. Flags should be 14” in length and 2” in width.
 4. The belt must fastened tight so to avoid the rotating of the belt when an attempt to capture the flag is being made.
 5. Jersey must be tucked in at all times so as not to cover flags during an attempt to capture.
 6. If a player’s flag is inadvertently lost then he is ineligible to handle the ball.
 7. The entire team will have their flags checked by the referee before the start of the game and before the start of the 2nd half.
 - Uniforms
 1. All team members must wear KYF sanctioned jerseys.
 2. All jerseys will be numbered on front and back.
 3. Jerseys will be tucked in at all times.
 4. All players must wear shoes. Molded rubber-cleated shoes and detachable or screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.
5. The Rules of the Game
 - Players and Coaches:
 1. Players must play a minimum of 12 plays per game, six plays per half, as outlined in Rule 20 under Duties of Coaches and Teams in the administrative rule book.
 2. All players must have the opportunity to carry the ball at least once per game. Player exemptions will be allowed and must be notated on game monitor sheet. Acceptable exemptions will include parent or player request not to run the ball. Coaches must promote ball carrying responsibilities for all players.
 3. 2 coaches from each team are allowed on the field during game play.
 - Game Times
 1. There will be 4, 10 play quarters, with a 10 minute half time break between 2nd and 3rd quarters.
 2. Each team will have 3 timeouts per half.

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- Kick Offs: (none)
 1. A coin flip will determine which team starts with ball possession.
 2. The ball will be placed at the offensive team's 10 yard line with an exception in the case of penalties.
- Punting: There is no punting in Jr. Flag
- Downs:
 1. Each team will have the ball for a 10 play period in which to score a touchdown. . If offensive team scores they will be permitted to keep the ball and attempt to score again. Ball switches teams when the 10 play period is completed. If Defensive team scores (by way of safety, or interception), the offensive team retains the ball until the 10 play period is completed.
 2. If the team with possession does not score during their 10 play quarter then the ball shifts possession to the opposing team.
 3. The ball is then placed at the opposing team's 10 yard line and they begin their 10 play quarter.
- Play Time
 1. The offensive team has 45 seconds to put the ball in play or else a delay of game penalty will be assessed.
- Tackling and De-flagging
 1. There shall be no tackling of the ball carrier, passer or kicker (see penalties section).
 2. The player carrying the ball or having possession of the ball is down when the flag is removed from his waist. The defensive player shall hold the flag above his head and stand still or drop the flag where de-flagged.
 3. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a penalty; however touching the head or face shall be considered a penalty.
 4. All slides are expressly prohibited.
- Blocking
 1. A blocker must stay on his feet at all times.
 2. Cross blocking and roll blocking are not permitted.
 3. Butting, elbowing or knee blocking is not permitted.
 4. Blocking a player from behind is not permitted.
- Defensive Line Play
 1. All Defensive linemen must have at least one hand on the ground prior to, and at the time of the snap.
 2. No Defensive player may line up on the LOS wider than three yards outside of the last down offensive lineman to their side.
 3. Head-up, gap and shade alignments are all legal alignments.
 4. There will be a minimum of 2 and a maximum of 4 Defensive Linemen on every play.
- Linebacker Play
 1. Linebackers must align at least three yards deep, prior to, and at the time of the snap. If they align any closer to the line of scrimmage than three yards, they will be considered Defensive Linemen and subject to the above-mentioned rules regarding same.
 2. No blitzing is allowed.
- Defensive Back Play
 1. Cornerbacks must line up at least 3 yards off the line of scrimmage.
 2. No blitzing from this position is allowed.
- Ball Carrier
 1. The ball carrier cannot use his hands or arms to protect his flags (flag guarding).
 2. The ball carrier cannot lower his head to drive or run into a defensive player
 3. Stiff arming is not permitted.
 4. If the ball carrier losses his/her flag during a play, the play is over and the ball will be placed at that spot for the next play to begin, barring any penalty.
- Passing
 1. All passes will be attempted from behind the LOS
 2. A lateral pass is not a forward pass.

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- Fumbles
Fumbles are a dead ball and cannot be advanced, or recovered by the defense. The ball is dead at the spot of the fumble. The QB may pick up a muffed snap and continue the play.
- Scoring
Scores will not be maintained.
- Misc. Rules
 1. Coaches are encouraged to substitute liberally.
 2. Once an injured player receives assistance, the player must sit out for at least one play.
- Penalties
All penalties will be enforced according to UIL rules. Unless otherwise stated below:
 1. Tackling – (5 yards from the spot of the tackle. Tackle in the backfield will be assessed from the previous spot and re-do the down).
 2. Ball carrier using hands to prevent de-flagging – (play blown dead at the spot of the foul– no penalty).
 3. Holding, pushing, or hitting the ball carrier while trying to de-flag (5 yards from the spot of the foul).
 4. Leaving feet to block (5 yards from the previous spot).
 5. Cross body or roll blocking (5 yards from the previous spot).
 6. Clipping or blocking in the back (5 yards from the previous spot).
 7. Stiff arming (5 yards from the spot of the foul).
 8. Lowering head (5 yards from the spot of the foul).

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8 on 8 Offense Examples

8 On 8

3 Down Linemen offensively on Every Play. (Ineligible receivers)

X and Z are eligible receivers

5 Skilled Position Players (Highlighted in RED)

1 is QB

5 Offensive Players MUST be on the LINE of Scrimmage.

2 and 3 are Running Backs

Split Backs



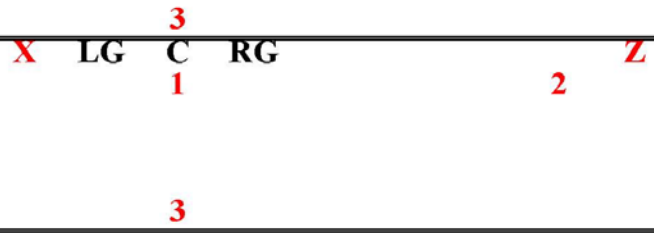
I Formation



Single Back



Twins Right



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8 on 8 Defense Examples

8 On 8

2 Down Defensive Linemen Minimum on Every Play In the OL box. 4 Down Defensive Linemen Maximum on Every Play

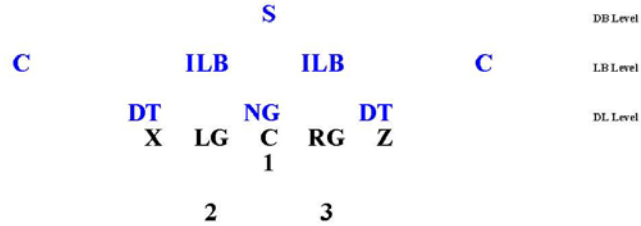
Defense called by level. Line/Linebackers/ Defensive Backs.

(If corners play at linebacker depth, they are included in the linebacker level call)

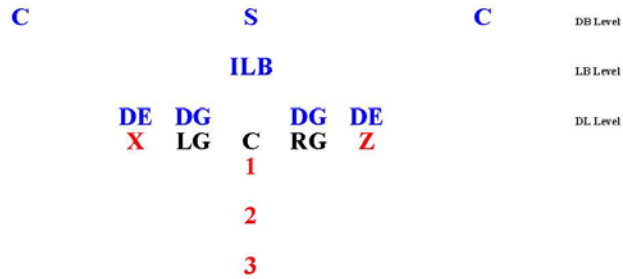
Linebacker depth is 3 Yards off the Line of Scrimmage.

DB depth anywhere from 3+ Yards or deeper.

3.4.1



4.1.3

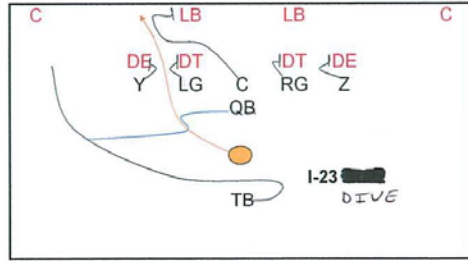
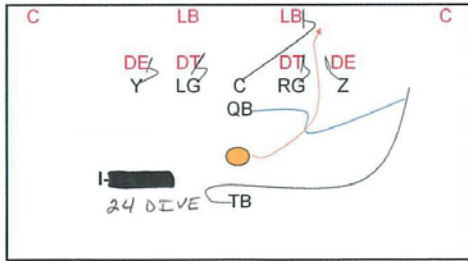
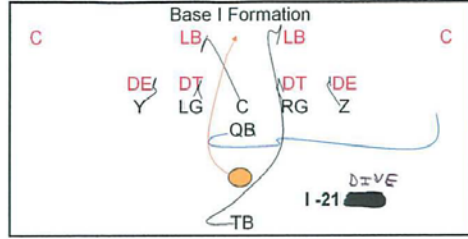
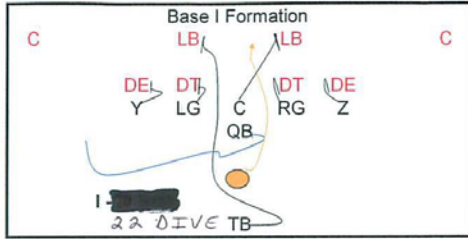


3.3.2 Man

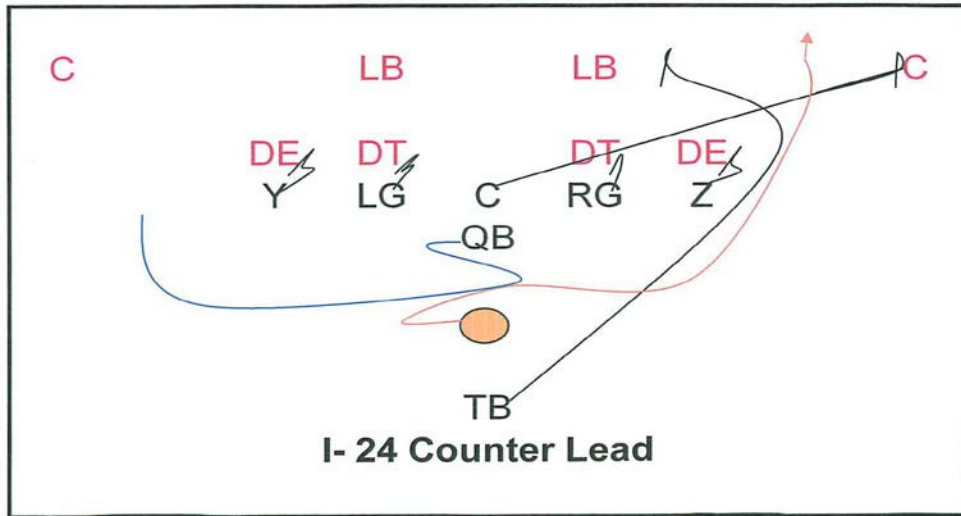


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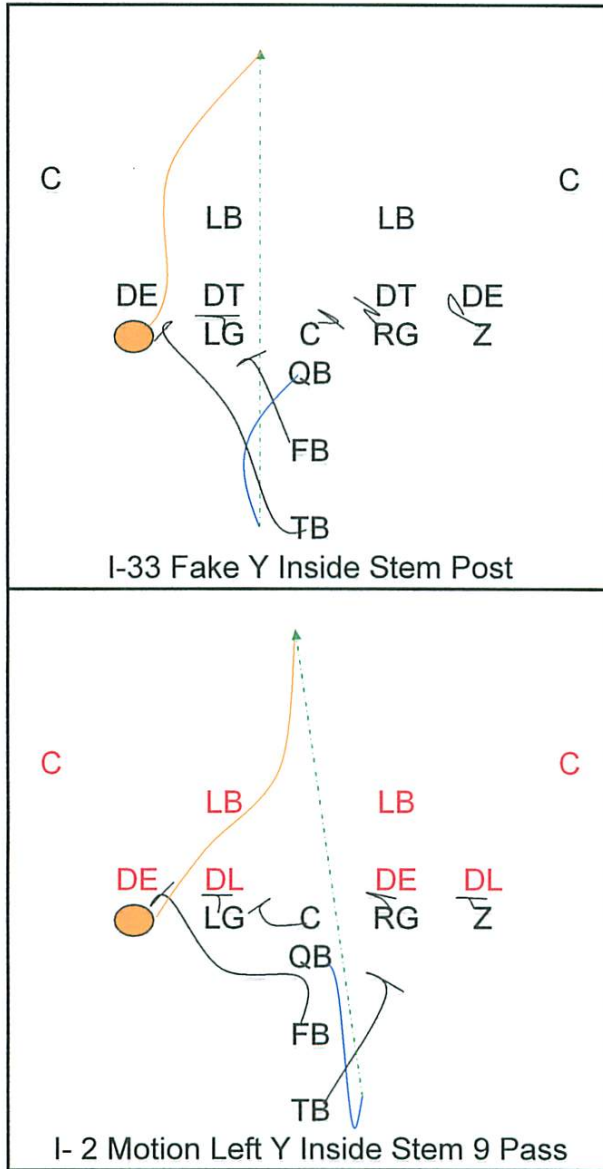
Example 8 on 8 Plays:



Run Plays



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More 8on8 Plays Available Upon Request.

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V. Judgment Calls, Protests, Infractions, and Penalties

1. Referees shall be the final determiner of all actions and behavior on the field of play. All judgment calls shall reside totally with the referees and are not subject to Board review.
2. Referees assigned to a game or any Board member may cause the removal or ejection of any person from KISD property or other KYF premises for violation of any of these codes of behavior. Upon removal or ejection, that person must leave the field and premises immediately, may not remain in the proximity of the field, and possibly may not return for the following game or longer, subject to Executive Committee review.
3. Protests can be made only on rules violations. No protest will be considered which is submitted over a referee's judgment call.
4. All protests must be submitted in writing to the Division Director within 48 hours from game's end. Each point of protest and corresponding rule must be cited in the written protest.
5. A review board of five (5) non-affected Executive Board members shall render the final decision on the validity of any protest. If this condition cannot be met with (5) non-affected Executive Directors the President will appoint additional directors to complete a (5) person independent review panel for the specific protest.
6. Any coach, player, cheerleader or spectator found in violation of KYF rules are subject to the following penalties:

Recruitment Violation

Recruitment violations will result in penalties up to and including permanent suspension of the head Coach and player(s) or cheerleader(s) found in violation.

Unsportsmanlike Conduct

Any player or cheerleader ejected from a game will be suspended the remainder of the game in question, and possibly the next week's game or longer, subject to Executive Committee review. Said player or cheerleader must immediately leave the KISD property, or other KYF Premises. Any player or cheerleader who is suspended by the Executive Committee cannot practice with their team during the week they are suspended. Appeals to the suspension may be presented in writing to the VP of Football Operations for football players or the VP of Cheer Operations for cheerleaders. All appeals will be reviewed and adjudicated by the Executive Committee.

Any coach ejected from a game will be suspended for the remainder of that game and a minimum of the next three games, with additional length of suspension - if any - to be decided upon by the Executive Committee. Said coach must immediately leave the KISD property, or other KYF premises. Said coach cannot practice with their team during the suspension. Said coach must supply a written letter to the Board with explanation before reinstatement may begin. Appeals to the suspension may be presented in writing to the VP of Football Operations for football coaches or the VP of Cheer Operations for cheer coaches. All appeals will be reviewed and adjudicated by the Executive Committee.

Anyone on the sideline that displays unsportsmanlike conduct will be warned by the referee AND the head coach will be informed of the warning at the first incident. If the conduct does not improve or if the conduct continues, the referee will eject the person(s) from KISD property, or other KYF premises. As an alternative, referees may also impose a Sideline Unsportsmanlike penalty on the team resulting in a 15 yard penalty.

Coaches/Team Mom Meetings

Failure of a team representative to attend called meetings without prior Board notification may result in the forfeiture of the respective team's next win.

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Playing Time Requirement

Failure to play all players the required number of plays will result in the forfeiture of the game in question if the team in violation wins the game. If the team in violation loses the game in question, the team in violation will forfeit their next win. If the team in violation loses a playoff game and is eliminated, action will be taken against the coach that may result in penalties up to and including lifetime suspension from future coaching in KYF.

Changing of Jerseys

After a jersey has been assigned to a player, it can not be changed after the first scheduled league game unless submitted in writing to the Division Director and approved by the Executive Board prior to the next scheduled league game. Failure to adhere to this rule could result in the forfeiture of any game in question.