

Article I. **PREAMBLE**

Section 1.01 **Rulebook**

Kansas City Football and Cheerleading (“KCFC”), acting through its Football Board of Directors (“Football Board”), has established this rulebook to govern its fall tackle football program. At the discretion of the Football Board, any playoffs, tournaments, or other KCFC games or events that are held outside of the regular season or postseason schedule may be governed by the rules set forth in this rulebook.

Section 1.02 **Purpose of Program**

The KCFC football program was established to provide youths the opportunity to compete in football, to learn the values that come with being part of a team, and, most importantly, to build strong character that will follow each participant beyond the field. Adult participants in the football program have the great privilege of working with young people, who often learn by observing the actions of adults. If each action is considered with that understanding, adherence to the rules will be a natural progression.

Section 1.03 **Policy on Rules**

By adopting this rulebook, KCFC has established a clear and decisive policy in favor of fair and honest play, and in favor of punishment for those who fail to adhere to that policy. It is intended that not only the written letter of the rules be followed, but also the spirit of the rules. It is important for everyone participating in the program, in any capacity, to follow the rules in all situations. It is also important for everyone participating in the program to understand that attempts to avoid the rules, and actions that violate the rules, diminish the entire purpose of the program.

Article II. **SPORTSMANSHIP; RULES ENFORCEMENT**

Section 2.01 **Sportsmanship Committee**

- (a) **Function and Jurisdiction:** The Sportsmanship Committee, on behalf of the Football Board, shall govern issues involving the interpretation and enforcement of rules, and shall administer the same with jurisdiction over all head coaches, assistant coaches, team assistants, players, parents, spectators, and other persons associated with KCFC, working for or on behalf of KCFC, or attending KCFC functions or events.
- (b) **Composition:** The Sportsmanship Committee shall consist of a chairman appointed by the Football Board (“Sportsmanship Committee Chairman”) and additional members from the high school areas represented on the Football Board, as approved by the Sportsmanship Committee Chairman or the Chairman of the Football Board (“Football Chairman”).

(c) General Responsibilities: Among other duties, the Sportsmanship Committee shall function to:

- (i) Promote good sportsmanship;
- (ii) Review and propose rule changes and modifications;
- (iii) Interpret and enforce league rules and policies;
- (iv) Assess penalties for violations of league rules or policies;
- (v) Make emergency rulings and impose penalties or restrictions pending formal hearing.

Section 2.02 **Area Directors**

Pursuant to the KCFC Bylaws, each of the public high school areas approved from time to time by the KCFC Executive Board of Directors (“Executive Board”) is represented on the Football Board by an area director (“Area Director”). Among other duties, each Area Director is responsible for the selection/approval and oversight of all coaches in his/her designated area and, as such, has the authority to (a) remove any head coach, assistant coach, or team assistant from such position if such removal is deemed by the Area Director to be in the best interests of KCFC or the team involved, and (b) impose penalties against any head coach, assistant coach, or team assistant in his/her designated area for any violation of KCFC rules or policies. The authority of an Area Director to remove a coach or to impose penalties shall not be limited by, nor shall it be deemed to diminish, limit, or otherwise modify, the authority of the Sportsmanship Committee to impose penalties, as set forth herein.

Section 2.03 **Penalties for Violation of KCFC Rules or Policies**

Any violation of KCFC rules or policies by any head coach, assistant coach, team assistant, player, parent, spectator, or other person attending or otherwise associated with any KCFC function or event may result in any or all of the following penalties being imposed:

- (a) Reprimand:** Any violation of KCFC rules or policies may result in a reprimand.
- (b) Suspension:** Any violation of KCFC rules or policies may result in a suspension. Any ejection from a KCFC game shall result in an automatic suspension from the team's next game, unless otherwise determined by the Sportsmanship Committee.
 - (i) Duration:** The duration of any suspension will be at the discretion of the Sportsmanship Committee or the Area Director imposing the suspension, as applicable.
 - (ii) Effect:** A suspension shall prohibit the suspended party, for the duration of the suspension, from (A) participating in or attending any KCFC walkthroughs, practices, or games, and (B) being admitted to the KCFC football complex or otherwise entering any fields, facilities, or parking areas where KCFC games are being played.

- (iii) **Exception:** If the suspended party is a coach and has a child participating, then the suspended party may, at the discretion of the Sportsmanship Committee, be permitted to attend the child's games solely as a spectator in the area(s) designated by the Sportsmanship Committee.
- (c) **Probation:** An offending party may, either in lieu of or in conjunction with the imposition of any reprimand or suspension, be placed on probation under terms designated by the Sportsmanship Committee or by the Area Director imposing the penalty, as applicable.
- (d) **Forfeiture:** Any violation of KCFC rules or policies by any head coach, assistant coach, or team assistant during the course of a game being played (not including ordinary football penalties enforced by the officials in the normal course of gameplay) may result in a forfeiture by the team of the offending head coach, assistant coach, or team assistant. This includes any violation of the weight limits for Restricted Ball Carriers, grade/age/eligibility restrictions for players, and applicable minimum play rules.

Section 2.04 Repeat Violations

- (a) **Ejections:** If a coach is ejected from a KCFC game twice during any period of two consecutive seasons, then that coach shall be suspended for one year. If a coach is ejected from a KCFC game three times during any period of five consecutive seasons, then that coach shall be suspended for five years.
- (b) **Minimum Plays:** If a coach violates the minimum play rule in Section 9.08 twice during any two consecutive seasons, then that coach shall be suspended for four weeks. If a coach violates the minimum play rule three times during any two consecutive seasons, then that coach shall be suspended for one year.

Section 2.05 Dual Imposition

Penalties may be imposed against multiple individuals, including players, for the same offense, and the penalties in such a situation do not necessarily have to be the same.

Section 2.06 Appeals

Any individual who is found to have violated any KCFC rule or policy and is assessed a penalty under Section 2.03 may appeal such finding and/or penalty to the Football Board at its next regular meeting or, at the option of the appealing party, to a committee acting for and on behalf of the Football Board at such earlier time and place as the committee may determine and be available. A vote of at least two-thirds of those present and eligible to vote shall be required for any such finding and/or penalty to be overturned by the Football Board or by the committee acting for and on behalf of the Football Board.

Article III. **CONDUCT OF PARTICIPANTS**

Section 3.01 **Duty to Follow Rules**

All participants in the KCFC football program have a duty to adhere to the rules set forth in this rulebook, beginning with the head coaches. The head coaches have a unique position of responsibility and accountability – it is their duty to follow the rules and to direct all those for whom they are responsible to follow the rules.

Section 3.02 **Requirements to be a Coach**

Every coach in the KCFC football program must meet the following requirements for each year in which the coach desires to participate:

- (a) Submit a KCFC volunteer application in a form approved by the Football Board and pay the appropriate fee, if any.
- (b) Be at least 21 years of age for head coach, 18 years of age for assistant coach, or 16 years of age for youth assistant coach.
- (c) Pass a background check (except for youth assistant coaches under 18 years of age).
- (d) Have appropriate knowledge of youth football and the capability to instruct players on the fundamentals of the game.
- (e) Be selected/approved by the Area Director of the high school area in which the applicant desires to coach.
- (f) Be approved by the Football Board.
- (g) Complete the required coaching certification program.

Section 3.03 **General Responsibilities of Coaches**

Each head coach and assistant coach must have full knowledge of the rules governing the KCFC football program, and shall adhere to and act in compliance with the league rules. It shall not be a defense to any violation for a head coach or assistant coach to claim a lack of knowledge or understanding of the rules set forth herein. In addition, each head coach shall have the following general responsibilities:

- (a) Each head coach is responsible for selecting assistant coaches and team assistants, subject to approval by the Area Director, and ensuring their compliance with all league rules.
- (b) Each head coach is responsible for the conduct of his/her players, coaching staff, and spectators/parents during games.
- (c) The head coach must attend the captain's meeting prior to the start of each game.
- (d) The head coach shall monitor his/her team's roster and shall not permit the participation of a non-rostered player in a game.
- (e) Each head coach shall assist, or designate a volunteer to assist, with fitting equipment for at least one check-out session.
- (f) Each head coach shall assist in the return of rented equipment at the conclusion of the season.

Section 3.04 **Conduct of Coaches**

Every coach shall adhere to and act in compliance with the following "Coaches Code of Conduct" with respect to KCFC games, practices, functions, and/or activities. Coaches shall:

- (a) Not use abusive or profane language.
- (b) Not have physical contact with any player in an abusive manner.
- (c) Not institute or direct contact drills as punishment.
- (d) Not use, or be under the influence of, alcohol or illegal drugs.
- (e) Not use tobacco in any form.
- (f) Not physically assault or threaten any player, coach, official, spectator, or other person.
- (g) Not take any action that causes ejection from a KCFC game.
- (h) Not take any action that incites or provokes players, coaches, or spectators to engage in unruly behavior.
- (i) Not direct or allow by complicity any violation of the league rules by players, coaches, team assistants, or spectators.
- (j) Conduct all discussions with officials and Sportsmanship Committee members in a controlled and professional manner.
- (k) Take reasonable and necessary actions to control his/her team's spectators and ensure compliance with KCFC rules.
- (l) Ensure and demand that all assistant coaches and team assistants adhere to the Coaches Code of Conduct.
- (m) Be truthful and correct in the form and details of all paperwork submitted to KCFC.
- (n) Not seek by omission or deception to avoid compliance with the rules or policies of KCFC.
- (o) Not contact any KCFC player on a team other than his/her own regarding participation in a tournament or other preseason or postseason event without first obtaining the approval of the player's head coach.
- (p) Support the activities of KCFC, including maintenance and return of equipment to the equipment manager.
- (q) Remember at all times that he/she is an adult, the players are children, and his/her conduct is witnessed by the players.

Section 3.05 **Conduct of Parents/Spectators**

Parents and spectators shall comply with the following code of conduct, and head coaches shall use reasonable efforts to ensure that each parent and spectator complies with such code of conduct. With respect to and at all KCFC games, practices, functions, and/or activities, parents and spectators shall:

- (a) Not use abusive or profane language.
- (b) Not have physical contact with any player in an abusive manner.
- (c) Not use, or be under the influence of, alcohol or illegal drugs.
- (d) Not physically assault or threaten any player, coach, official, spectator, or other person.

- (e) Not take any action that causes ejection from a KCFC game.
- (f) Not take any action that incites or provokes players, coaches, or spectators to engage in unruly behavior.
- (g) Not conduct discussions with officials regarding game issues, ensuring that concerns are addressed through the head coach.
- (h) Be truthful and correct in the form and details of all paperwork submitted to KCFC.
- (i) Not seek by omission or deception to avoid compliance with the rules or policies of KCFC.
- (j) Not interfere with the coaching of the team.
- (k) Conduct all discussions with coaches in a controlled, respectful, and non-confrontational manner.
- (l) Be responsible for the cost of any repair or replacement of rented equipment due to misuse.
- (m) Remember at all times that he/she is an adult, the players are children, and his/her conduct is witnessed by the players.

Section 3.06 **Conduct of Players**

All KCFC players shall comply with the following code of conduct, and the head coaches and parents who are responsible for such players shall use reasonable efforts to ensure that each player complies with such code of conduct. With respect to and at all KCFC games, practices, functions, and/or activities, players shall:

- (a) Not use abusive or profane language.
- (b) Not use, or be under the influence of, alcohol or illegal drugs.
- (c) Not use tobacco in any form.
- (d) Not physically assault or threaten any player, coach, official, spectator, or other person.
- (e) Not take any action that causes ejection from a KCFC game.
- (f) Not take any action that incites or provokes players, coaches, or spectators to engage in unruly behavior.
- (g) Properly maintain and care for all KCFC equipment in his/her possession, and not abuse or otherwise misuse any KCFC equipment or facilities.

Article IV. **TEAM REQUIREMENTS**

Section 4.01 **Designated Areas**

- (a) **High School Areas:** Teams shall be formed based upon the boundaries of the public high school areas approved from time to time by the Executive Board. No team shall be formed outside of those areas, unless otherwise approved by the Football Board.
- (b) **Team Colors and Mascots:** The teams of KCFC and their designated colors are based on the public high school area that the team represents. Teams must use the name of the appropriate high school mascot unless otherwise approved by the Football Board.

Section 4.02 **Team Uniforms**

(a) Jerseys:

- (i) **Color:** Each team shall have a jersey that is either white, black, or the primary or secondary color of its public high school. However, if two competing teams have the same (or nearly the same) color jersey, then the visiting team shall be responsible for making a color adjustment for that game. If the visiting team does not have alternate or reversible jerseys, then the visiting team shall wear either helmet scrimmage caps (preferred) or pinnies.
- (ii) **Numbers:** It is suggested, but not required, that jersey numbers correspond with the guidelines set forth by the National Federation of State High School Associations ("NFHS"). Each player shall wear a jersey number that corresponds with the jersey number listed for that player on the team's official roster. If there is an emergency such as blood on the jersey, a torn jersey, forgotten jersey, etc., a different jersey number may be utilized but the officials and the opposing coach must be immediately notified. If a team utilizes more than one jersey, each player shall utilize the same number on each jersey. Numbers shall be on the front and back of each jersey, and plainly visible.
- (iii) **Spare Jersey:** For emergencies, each team shall have at least one spare jersey with a number not the same as any of the players' numbers on the team.

(b) Pants: Pants shall be white, black, or either the primary or secondary color of the team.

(c) Helmets: Each team member shall wear the same color helmet.

(d) Decals: Only KCFC approved decals, in accordance with the team's high school area, may be affixed to helmets. Decals must be removed from rented helmets before they are returned at the conclusion of the season.

Section 4.03 **Official Rosters**

Official rosters shall:

- (a) Be turned in by the date designated by KCFC;
- (b) List every player on the team, alphabetically, with the following information:
 - (i) First and last name; and
 - (ii) Jersey number, which may be amended by notification to KCFC if changed after the roster has been submitted;
- (c) List all coaches' information; and
- (d) Be promptly amended by the head coach if any changes are necessary.

Section 4.04 **Physicals**

Each player must submit a current physical to the head coach or his/her designee, indicating the player's physical ability to play, prior to the start of practice. All head coaches must submit copies of all player physicals with their team rosters by the designated date.

Section 4.05 **Medical Supplies and Requirements**

- (a) First Aid:** Each team shall have an AMA-approved first aid kit.
- (b) Prohibitions:** It is prohibited for a head coach, assistant coach, or team assistant to give any player internal medicines, such as aspirin, unless the player is that person's child.
- (c) Incident Report/Procedures:** If any player receives treatment from a medical professional for an injury or condition due to an incident occurring during a game or practice and is not cleared by the medical professional to return to play during the same game or practice, then:
 - (i)** The head coach shall file an incident report with the KCFC office within 48 hours after such medical treatment was administered; and
 - (ii)** A release from a medical professional must be provided to the head coach prior to the player being allowed to participate in any subsequent game or practice.
- (d) Medical Liaison:** Each team is encouraged to designate a coach or team assistant to serve as the team's medical liaison, to fulfill such responsibilities as the head coach may determine. A sample of potential responsibilities to consider for the medical liaison role can be obtained through the KCFC website.

Section 4.06 **Required Fees**

- (a) Player Fees:** Player fees may be collected during the online registration process. If the player fee is not paid at that time, then it must be paid by August 1 to the KCFC office or through the online registration program. If the player fee is not paid by the designated date, then the player will be ineligible to participate until the fee has been paid or specific arrangements for payment have been made through the KCFC office.
- (b) Team Fees:** At the discretion of the Executive Board, a team fee may be collected from each team prior to the season in order to help fund long-term improvements to the KCFC football complex. The Executive Board will determine the amount and due date of the team fee, if any, on an annual basis. Any team fees may be divided among the players on the team or paid by a sponsor.

Section 4.07 **Coaching Two Teams**

One individual should not be identified as the head coach of two teams in the same grade from the same high school area. Exceptions may

be granted, if supported by the Area Director and approved by the Football Board.

Article V. **PLAYER PLACEMENT; TEAM FORMATION**

Section 5.01 **General Responsibilities**

- (a) Responsibilities of Area Directors:** Area Directors shall be responsible for player placement and team formation in their respective high school areas, and shall keep the Football Board informed regarding same.
- (b) Football Board Oversight:** The Football Board shall oversee the procedures for player placement and team formation, and all issues concerning such procedures shall be subject to review by the Football Board.

Section 5.02 **Teams Formed by Grade**

- (a) Grades Offered:** The KCFC tackle football program is open to youths from 3rd through 8th grades. Each high school area shall be entitled to form teams in all such grades in accordance with the grade/age limitations set forth in Section 5.02(b).
- (b) Age Limits:** To play on a team in the designated grade, a player must be in the proper grade and not be older than the specified age on September 1 of the current year, as set forth below:

3rd grade:	10 years old	6th grade:	13 years old
4th grade:	11 years old	7th grade:	14 years old
5th grade:	12 years old	8th grade:	15 years old

- (c) Challenge Based On Player's Grade/Age:**
 - (i) Challenge:** To challenge the grade or age of a player, an opposing head coach shall:
 - (A)** State the challenge in writing, signing the same; and
 - (B)** Identify the challenged player by jersey number, team name, and division; and
 - (C)** Post \$40 cash for the cost of the challenge. If the challenge is successful, the \$40 shall be refunded.
 - (ii) Time of Submission:** Challenges must be submitted at least five days prior to the player's next scheduled game, to affect the challenged player's participation in that game.
 - (iii) Notice of Challenge:** The challenge shall be submitted to the KCFC office or the Sportsmanship Committee, and the head coach of the challenged player shall be notified within 24 hours of the challenge.
 - (iv) Response:** The challenged player's head coach and/or parent may respond with proof of age and/or grade, but must do so prior to the next scheduled game, assuming the time requirement of Section 5.02(c)(ii) has been met.
 - (v) Presumptive Proof:** Submission of a valid birth certificate shall be considered presumptive proof of age, and submission of a valid letter from the child's school principal

or a valid report card from the current school year shall constitute proof of grade. Homeschooled players must provide state certification as proof of grade.

Section 5.03 **Residency**

- (a) Residency Requirement:** Each player shall play for a team within the high school area in which he/she resides or in which the school he/she attends is physically located, unless released to another area by the appropriate Area Director or transferred to another area by the Football Board for team formation purposes.
- (b) Player Placement Prior to Season:** Players shall be placed on a grade- and area-appropriate team unless the applicable area does not, as of the Final Team Formation Date, have a sufficient number of players to form a team. In that instance, the Football Board shall be entitled to exercise its discretion in the placement of players considering the location of the high school area where the child resides or attends school, team competitive strength, area need, schedule or administrative issues, the good of the player, and the good of KCFC.
- (c) Releases:** An Area Director may release a player who should properly play in his/her high school area per Section 5.03(a) to play in another high school area. Any such release shall be considered a conditional release for the upcoming season pending final team formation and approval by the Football Board. The release shall be approved by the Area Directors from both high school areas, and the affected player may not practice with the requested team until the release has been approved by both Area Directors. The head coach of the team with which the player is practicing at any time remains responsible for compliance with all requirements of participation.
 - (i) Substantial Justification:** There must be substantial justification for moving a player from his/her grade- and area-appropriate team, but this determination shall be made at the discretion of the Football Board, in consultation with the Area Directors of the affected areas.
 - (ii) Prohibited Release:** A player may not be released to a team outside of his/her grade- and area-appropriate team if the release would cause his/her high school area to have an insufficient number of players to form a team.
- (d) Free Agents:** Free agents are those players who are registered with KCFC but do not reside or attend a public or private school within a high school area represented on the Football Board.
 - (i) Designation of Free Agents:** The Football Board shall approve those players who are designated as free agents.
 - (ii) Assignment of Free Agents:** Free agents shall be assigned to a team by the Football Board, taking into consideration the location of the high school area where the child resides or attends school, team competitive strength,

area need, schedule or administrative issues, the good of the player, and the good of KCFC.

(e) **25% Rule:** No more than 25% of any team may be comprised of free agents or other players who reside and attend school outside of the high school area in which the team is formed, unless the Football Board determines that there is substantial justification for an exception (e.g., if an exception is necessary to ensure team formation).

Section 5.04 Roster Size and Team Splitting

(a) **Guidelines for Roster Size:** Except as otherwise approved by the Football Board, the following recommended guidelines shall be considered in determining the roster size of each team, based on the grade level at which the team will participate:

- (i) 3rd and 4th grades: 14 or more players;
- (ii) 5th and 6th grades: 16 or more players;
- (iii) 7th and 8th grades: 18 or more players.

(b) **Maximum Players Per Team:** Each team shall be limited to a maximum number of players equal to twice the number shown in the recommended guidelines for roster size in the grade level at which the team will participate, as set forth in Section 5.04(a).

(c) **Team Split:** If a team exceeds the maximum number of players permitted under Section 5.04(b), then the team will be split into two teams with an equal number of players (or as close to equal as possible). If there are two teams from the same high school area and the total number of players on one team reaches the maximum number permitted, then those teams shall be split into three teams with an equal number of players (or as close to equal as possible).

(d) **Procedure:** The procedure for team splitting shall be determined by the Area Director for the high school area of the team(s) to be split. The Area Director shall select a head coach for each of the teams to be established by the team split, and the rosters of the teams shall be determined no later than the first regular meeting of the Football Board following the Final Team Formation Date. If the Area Director will be the head coach of one of the teams to be established and the head coach of the other team disputes the procedure for team splitting, then the team split (or the proposed procedure) shall be submitted for review by the Football Chairman or his/her designee. All team splits shall be subject to review by the Football Board.

Section 5.05 Timing for Team Formation

(a) **Final Team Formation Date:** Except in the case of team splits as described in Section 5.04(d), all teams shall be determined by the "Final Team Formation Date," as published by KCFC.

(b) Team Closure:

(i) When Permitted: On the first permissible Non-Contact Practice day, a team may close its roster if:

- (A)** The team has at least 25 registered players;
- (B)** The head coach, if one has been assigned, and the Area Director have executed a "Team Closure" form; and
- (C)** The team's official roster and Team Closure form have been provided to the Football Chairman.

(ii) Effect: Once a team has been officially closed, that team cannot split, consolidate, or accept any new players.

(c) Head Coach Option: If a team has a roster of 25 or more registered players and has not closed its roster pursuant to Section 5.05(b), then the head coach shall have the option to accept or reject additional non-area players assigned by the Football Board up to the maximum number permitted for the applicable grade level. The head coach may not be selective and choose only the players he/she wishes to add, but rather, must choose to accept all players, or reject all players, over the 25-player figure. This rule only applies to those players who are not on a grade- and area-appropriate team and are assignments by the Football Board, and does not modify the team closure rules set forth in Section 5.05(b).

(d) Late Registrations: Players who register online after the Final Team Formation Date must have the approval of the head coach, Area Director, and Football Chairman. Coaches may not be selective about accepting or rejecting late registrations; once one player has been rejected by a coach, no more may be added to his/her team. Late registrations will not be allowed later than the 2nd weekend of the requested team's game season.

Section 5.06 **Appeal of Football Board Decisions**

Pursuant to the KCFC Bylaws, any decision made by the Football Board with respect to player placement or team formation may be appealed to the Executive Board. All decisions made by the Executive Board are final and are not subject to further appeal.

Article VI. **RESTRICTED BALL CARRIERS**

Section 6.01 **Policy**

It is the policy of KCFC in all grades to ensure that players in positions to be ball carriers do not exceed certain weights.

Section 6.02 **Weigh-In Procedure**

(a) Dates: Unless otherwise approved by the Football Board, all weigh-ins shall be conducted on the equipment check-out dates established by the Football Board.

- (b) **Deadline:** All players shall weigh in by the last official equipment check-out date unless otherwise approved by the Football Board.
- (c) **Clothing:** Male players shall not wear less than gym shorts. Female players shall not wear less than gym shorts and a t-shirt.
- (d) **Scales:** All weigh-ins shall be done on scales that have been certified as correct by the Sportsmanship Committee Chairman or his/her designee.
- (e) **Official Weight:** Players may weigh in multiple times on such dates as are determined by the Football Board, but only one weigh-in is permitted per day. Once an official weight is accepted by a player, the player's official weight is established and further weigh-ins are prohibited, except as noted in Section 6.02(f).
- (f) **Re-weigh:** If a player's official weight is over the established ball-carrying weight for his/her grade by five pounds or less prior to the regular season, then the player shall have one opportunity to re-weigh before the start of the season at a time designated by the Football Board. If, upon re-weighing, the player's weight is determined to be under the established ball-carrying weight for his/her grade, then his/her official weight shall be adjusted accordingly. If, however, upon re-weighing, the player's weight is still over the established ball-carrying weight for his/her grade, then no adjustment shall be made to his/her official weight.

Section 6.03 Definitions and Duration

- (a) **Restricted Ball Carrier:** A "Restricted Ball Carrier" is any player who exceeds the applicable weight limit set forth in Section 6.04 at the player's official weigh-in, or in Section 6.05 at any point during the season, thus invoking the prohibitions set forth in Section 6.07.
- (b) **Non-Restricted Ball Carrier:** A "Non-Restricted Ball Carrier" is any player who does not exceed the applicable weight limit set forth in Section 6.04 at the player's official weigh-in, or in Section 6.05 at any point during the season, thus not invoking the prohibitions set forth in Section 6.07.
- (c) **Duration of Designation:** Once a player is designated as a Restricted Ball Carrier, that player shall be deemed a Restricted Ball Carrier for the entire season, regardless of whether the player might later fall below the applicable weight limit.

Section 6.04 Restricted Ball Carrier Weights

A Restricted Ball Carrier is a player who exceeds the following weight limits, in the applicable grades:

Grade:	3 rd	4 th	5 th	6 th	7 th	8 th
Weight:	87	100	115	130	155	180

Section 6.05 **Weight Gain Allowance**

In each grade, a player may incur incidental weight gain after his/her official weigh-in, causing the player to exceed the weight limits set forth in Section 6.04 without invoking the prohibitions of Section 6.07. Once the season begins, the following chart shall replace the weight limits set forth in Section 6.04 as applied to Non-Restricted Ball Carriers. If a Non-Restricted Ball Carrier exceeds any of the following weight limits at the applicable time during the season, in the applicable grade, then that player shall thereafter be deemed a Restricted Ball Carrier, thus invoking the prohibitions of Section 6.07:

Grade	Week of Season					
	1st	2nd	3rd	4th	5th	6th-end of season
3 rd	87	88	89	90	91	92
4 th	100	101	102	103	104	105
5 th	115	116	117	118	119	120
6 th	130	131	132	133	134	135
7 th	155	156	157	158	159	160
8 th	180	181	182	183	184	185

Section 6.06 **Designation of Status – Helmet Sticker**

Each Restricted Ball Carrier shall have a league-designated "Restricted Ball Carrier" sticker placed on the front of his/her helmet, just above the nose bump, and on the back of the helmet, just above the base of the helmet, for the entire season.

Section 6.07 **Prohibitions & Exceptions**

- (a) Offensive Prohibitions:** The restrictions set forth in this Section 6.07 shall strictly prohibit Restricted Ball Carriers who begin the snap on offense from:
 - (i) Lining up in backfield positions;
 - (ii) Lining up outside the tight end;
 - (iii) Carrying the football;
 - (iv) Advancing the football; or
 - (v) Receiving a passed football (backward or forward).
- (b) Offensive Exceptions:** An offensive player who is a Restricted Ball Carrier may, without advancing the football, recover a fumble or bad snap at any place on the field.
- (c) Defense:** A defensive player who is a Restricted Ball Carrier may take any actions with the football if he/she comes into possession of the football on a defensive play.
- (d) Special Teams Prohibitions:** A player who is a Restricted Ball Carrier may not line up for a punt return more than 10 yards off the line of scrimmage or for a kick return more than 15 yards off the line of scrimmage. In the event that a Restricted Ball Carrier recovers a punt or a kick for the receiving team, he/she may not advance the football and the play shall be blown dead.

- (e) **Special Teams Exceptions:** A player who is a Restricted Ball Carrier may line up in the backfield as a punter, be the kicker as a member of the kickoff team, kick field goals and/or extra points, or hold the ball for a field goal or extra point attempt; however, a Restricted Ball Carrier may not advance the football as a runner, pass the football to another player, or receive a pass (backward or forward) on any special teams play.
- (f) **Reporting:** A Restricted Ball Carrier must report to an official if performing any of the duties listed under Section 6.07(e).

Section 6.08 **Challenge of Weight During Season**

- (a) **Applicability:** This Section 6.08 shall apply to and may be invoked to challenge the weight of a player that does not have a "Restricted Ball Carrier" sticker per Section 6.06.
- (b) **Purpose:** The right to challenge a player's weight during the season is given to coaches to provide a remedy if an opposing coach permits a Restricted Ball Carrier to act in violation of the prohibitions set forth in Section 6.07.
- (c) **Challenge of Weight Procedure:**
 - (i) **Challenge by Coach:** The opposing coach must notify the referee prior to the end of the game of the intent to challenge a player's weight, by designating the player's number, the intent to challenge based upon weight, and the alleged conduct in violation of the rules.
 - (ii) **Notification by Referee:** The referee shall promptly notify the player's head coach. A Sportsmanship Committee member shall also be notified and shall report to the field.
 - (iii) **Bond:** At the time of the challenge, the challenging coach must post \$40 cash for the cost of the challenge. If the challenge is successful, the \$40 shall be refunded.
 - (iv) **Reporting for Weight Check:** At the end of the game, the challenged player and a parent/guardian shall be escorted immediately to the area where the certified scales are located. The player, the player's parent(s)/guardian(s), the Sportsmanship Committee member, and an additional KCFC representative shall be entitled to be present.
 - (v) **Certification of Scales:** The Sportsmanship Committee member shall certify the scales in the presence of the parties designated in Section 6.08(c)(iv).
 - (vi) **Verification of Weight:**
 - (A) **Current Status:** Upon reporting, the Sportsmanship Committee member shall first determine whether the challenged player is a Restricted Ball Carrier or a Non-Restricted Ball Carrier. The process shall then proceed to Section 6.08(c)(vi)(B).
 - (B) **Official Verification:** If the player is a Restricted Ball Carrier, then no further weigh-in is required. If the player is a Non-Restricted Ball Carrier, then the player – wearing not less than the clothing required under

Section 6.02(c) – shall be re-weighed in the presence of the parties present, and the Sportsmanship Committee member shall record the player's weight. The determination of the player's current status and, if necessary, the results of the re-weigh shall be documented by the Sportsmanship Committee member in writing.

- (vii) **Notification:** The head coaches of both teams will be notified of the results within 24 hours after the challenge.
- (viii) **Forfeiture:** If the challenge is successful, the team that is found to have been in violation of the Restricted Ball Carrier rules shall forfeit the game.

Section 6.09 Monitoring During Season

- (a) **Coach's Responsibility:** It is the head coach's responsibility to monitor the weight gain of all players who may engage in game actions conditioned by weight.
- (b) **Check of Player's Weight:** Prior to any game, a coach may request access to the certified scales to check the weight of a player from his/her own team in order to ensure that the player is in compliance with Section 6.05. If the player is at or under the maximum ball carrying weight for his/her grade for the designated week of the season, then the coach may request that a member of the Sportsmanship Committee verify the same, and in the event of a weight challenge by the opposing team in a game played on the same day, such verification shall be deemed proof of compliance and no further weigh-in shall be required. If a player exceeds the weight for his/her grade for the designated week of the season, then the player shall be deemed a Restricted Ball Carrier for the rest of the season.

Article VII. ELIGIBILITY; PRACTICE LIMITATIONS

Section 7.01 Eligibility

- (a) **Criteria:** In order to be eligible to participate in the KCFC tackle football program, a player must:
 - (i) Complete the online registration process.
 - (ii) Satisfy the grade and age limitations for his/her designated team as set forth in Section 5.02.
 - (iii) Comply with all rules regarding eligibility to participate in Non-Contact Practices, Contact Practices, and games, as applicable.
 - (iv) Not participate in any non-KCFC football league, or play in any game for a non-KCFC football team, during the KCFC league season.
- (b) **Registered:** For purposes of the rules set forth in this rulebook, a player is considered "registered" if he/she has completed the online registration process.

Section 7.02 Terminology

- (a) **Levels of Contact:** Teams are encouraged to use varying levels of contact during practices in order to develop player confidence, reduce mental and physical exhaustion, and create a safer practice environment. The following terminology shall be used to establish appropriate levels of contact for the types of practices that are permitted under these rules:
 - (i) **Air:** Players run drills unopposed and without contact.
 - (ii) **Bags:** Players run drills against a blocking shield, tackling dummy, or other soft-contact surface.
 - (iii) **Control:** Players run drills at an assigned speed until the moment of contact, with one player being pre-determined by the coach to be the winner. Contact remains above the waist, and players stay on their feet.
 - (iv) **Thud:** Players run drills at a competitive speed through the moment of contact, with no pre-determined winner. Contact remains above the waist, players stay on their feet, and a quick whistle ends the drill.
 - (v) **Live Action:** Players run drills full speed or in game-like conditions. This is the only level of contact in which players are taken to the ground.
- (b) **Walkthrough:** Any team function where coaches and players meet to discuss game plans, preparations, plays, assignments, or other practice-related activities, which may include players walking through plays or assignments, but may not involve any other physical activities such as stretching, running, conditioning, or contacting blocking shields or tackling dummies.
- (c) **Non-Contact Practice:** Any team function, other than a Contact Practice or game, that takes place on or after the first authorized practice date and includes any drills run at the Air or Bags levels of contact or any other physical activities such as stretching, running, or conditioning.
- (d) **Contact Practice:** Any team function, other than a game, that takes place on or after the first authorized practice date and includes any drills run at the Control, Thud, or Live Action levels of contact. Any scrimmage between two teams, or between players on the same team, shall be deemed a Contact Practice.
- (e) **Game:** Any scheduled contest between opposing teams, whether as part of the regular season or any playoff, tournament, or other preseason or postseason event.

Section 7.03 Non-Contact Practices

Non-Contact Practices may begin on the date that is designated by the Football Board, which shall be at least two days after the Final Team Formation Date. In order to be eligible to participate in Non-Contact Practices, a player must:

- (a) Be registered per Section 7.01(b); and

(b) Have a properly completed and signed physical turned into the head coach or his/her designee.

Section 7.04 **Contact Practices**

Contact Practices may begin on the date that is designated by the Football Board, which shall be at least seven days after the Final Team Formation Date. In order to be eligible to participate in Contact Practices, a player must:

- (a)** Have completed all requirements for eligibility to participate in Non-Contact Practices; and
- (b)** Have participated in at least three days of Non-Contact Practices, for a total duration of not less than six hours; and
- (c)** Be outfitted in the proper equipment as set forth in Section 7.07.

Section 7.05 **Games**

In order to be eligible to participate in games, a player must:

- (a)** Have completed all requirements for eligibility to participate in Non-Contact Practices and Contact Practices; and
- (b)** Have participated in at least nine hours of football practice, which shall include at least three days of Non-Contact Practices and at least two days of Contact Practices; and
- (c)** Have met the weigh-in requirement set forth in Section 6.02; and
- (d)** Be properly listed on the team's official roster, with complete and accurate information, filed with the KCFC office.

Section 7.06 **Practice Limitations**

- (a) Week:** For purposes of this Section 7.06, a week shall run from Monday through Sunday.
- (b) Duration and Daily Limit:** Practice sessions shall be limited to two hours per session. Only one practice session may be held per day, regardless of whether the session is a Walkthrough, a Non-Contact Practice, or a Contact Practice.
- (c) Weekly Limit Before School Starts:** Prior to the first full week of school, practices shall be limited to no more than five practice sessions per week, not to exceed eight total hours per week.
- (d) Weekly Limit After School Starts:** Beginning with the first full week of school and continuing throughout the remainder of the season, practices shall be limited to no more than four practice sessions per week, not to exceed seven total hours per week.
- (e) Additional Limitations on Contact Practices:** In all grades, the following additional limitations shall apply with respect to Contact Practices:
 - (i) Before Games Start:** Prior to the first week of regular season games, no more than three practice sessions per week may be Contact Practices.

- (ii) **After Games Start:** Beginning with the first week of regular season games and continuing through the end of the regular season and the postseason, no more than two practice sessions per week may be Contact Practices.
- (f) **Supervision:** All Non-Contact Practices and Contact Practices must be supervised by the head coach and/or assistant coaches who have completed the coaching certification requirements established by the Football Board and have been approved by the Football Board to coach for the current season.
- (g) **Heat:** No practice shall be held if the temperature is 95 degrees or above or if the heat index is 105 degrees or above.
 - (i) **Weather Line:** All KCFC coaches shall use the Perry Weather App at the team's practice location to determine if the Heat Rule is in effect.
 - (ii) **Indoor Practices:** If practice is prohibited by the heat rule, then indoor practices may not be held.
 - (iii) **Walkthroughs:** Walkthroughs are allowed under the heat rule, but will count toward practice session limitations.
 - (iv) **Source of Information:** The temperature and heat index readings used to make any determination with respect to KCFC's heat rule will be taken from the Perry Weather App. If the Perry Weather App is not available, then a similar resource can be used to obtain temperature and heat index readings for the appropriate geographic area (practice location).
- (h) **Practice Prior to Team Assignment:** A registered player who has not been assigned to a team in accordance with these rules may participate in not more than seven practices with a particular team prior to formal assignment to a team by the Football Board, so long as all other eligibility requirements herein have been met. However, no player shall be permitted to participate in any game without being assigned to a team in accordance with these rules.

Section 7.07 Player Equipment

- (a) **Equipment for Contact Practices and Games:** Each player must wear the following properly fitted equipment for each Contact Practice and each game, and the head coach is responsible for ensuring that said equipment is worn by each player:
 - (i) **Helmet:** A helmet with NOCSAE stamp or seal, with an appropriate facemask. No rented helmet may be changed or modified by any person except at the direction of the KCFC equipment manager.
 - (ii) **Mouthpiece:** An appropriate football mouthpiece, which must be attached to the facemask with a strap.
 - (iii) **Shoulder Pads:** A proper fitting set of shoulder pads of appropriate quality. No rented shoulder pads may be changed or modified by any person except at the direction of the KCFC equipment manager.

- (iv) **Hip, Thigh, Knee, and Tail Pads:** A standard seven-pad set of lower body pads is required.
- (v) **Shoes:** Shoes are required to be worn on both feet at all times. Tennis shoes are permissible. If cleats are worn, there may be no exposed metal.
- (b) **Equipment for Non-Contact Practices:** For Non-Contact Practices, teams may utilize practice equipment, including footballs, tees, cones, blocking shields, tackling dummies, or blocking sleds, in any manner that is not intended to cause direct, non-incidental contact between participants. No pads or equipment other than shoes (as permitted above) may be worn by the players, except that the coach may direct that helmets and mouthpieces be worn for Non-Contact Practices.
- (c) **Braces and Casts:** A player with a medical need that is documented in writing by a physician may wear a brace, a cast, or another device for stabilizing purposes; however, all such devices must be properly padded and may not create a hazard, as determined in the sole discretion of the game officials.
- (d) **Improperly Protected Player/Illegally Outfitted Player:** Any player that is not properly outfitted with the required protective equipment shall not be permitted to participate in practices or games. Any illegally outfitted player shall not be permitted to participate in practices or games until the illegal equipment is removed or repaired.
- (e) **Discretion of Officials:** The game officials shall have complete discretion to determine the safety and legality of equipment in accordance with these rules.
- (f) **Player-Owned Equipment:** Player-owned helmets and/or shoulder pads must be approved by the KCFC equipment manager or his/her designee prior to being used in any practice or game. Player-owned helmets must be reconditioned at least once every three years.
- (g) **Guardian Caps:** A player may elect to wear a Guardian Cap for game play.

Article VIII. SCHEDULING, RESULTS, & STANDINGS

Section 8.01 Schedule

- (a) **Game Schedule:** Each KCFC team shall have a game schedule consisting of at least eight games, which may include regular season and postseason games. Unless otherwise determined by the Football Board, the regular season shall consist of six games, followed by two postseason games in a playoff or round-robin format, as schedules and regular season standings allow.
- (b) **Special Requests:** Special requests for scheduling must be received in the KCFC office by the published date. Schedule requests will be considered but are not guaranteed.

(c) Appear and Play: Each team is required to appear and play at the place and time set forth in the schedule, including any games that may be scheduled away from the KCFC football complex. The failure of any team to appear and play as scheduled will result in a forfeit by that team. In the event that a team is unable to appear and play due to circumstances beyond its control, the head coach shall notify the Sportsmanship Committee Chairman as soon as possible by calling 913-291-7005.

(d) Participation in Outside Games:

- (i) With the exception of playoffs, tournaments, and other preseason or postseason events that are sponsored by KCFC, teams must obtain approval of the Football Board prior to playing in any games that are not scheduled by or through KCFC ("outside games").
- (ii) Teams shall not be permitted to play in any outside games on weekends in which they have a scheduled game during the KCFC regular season or postseason.
- (iii) Each outside game played shall count against the number of permissible practices per week.

Section 8.02 Regulation Games

(a) Length: All tackle football games shall be 40 minutes in length, designated by four 10-minute quarters.

(b) Intermissions: Intermissions shall be one minute between quarters, except that halftime between quarters two and three shall be 10 minutes, to include a three-minute warm-up period prior to the start of the second half.

(c) Overtime Procedure: Overtime will be in accordance with the NFHS football rules (as applied in Kansas), except as follows:

- (i) There shall only be one overtime, except in postseason playoff games.
- (ii) Except in postseason playoff games, the overtime session cannot begin if the regulation game ends one hour and forty-six minutes after the start of the game. Weather delays will be added to the time limit.
- (iii) Both coaches may agree not to play overtime, except in postseason playoff games.

(d) Official Game: It shall be an official game if:

- (i) A game is completed to its conclusion, as set forth in this Section 8.02.
- (ii) A game is postponed after reaching the 4:00 minute mark of the fourth quarter of play, and the game cannot be resumed within its scheduled allotment of time so that it may be completed within its allotment of time, as set forth in Section 8.04(e).

Section 8.03 **Mercy Rule**

Any time a team has a 30-point or more advantage on its opponent in the second half, the officials shall run the clock with no stoppages, except for timeouts in play, until the game reaches the fourth quarter or the lead drops below 30 points. Any time a team has a 30-point or more advantage on its opponent at the start of the fourth quarter, or gains a 30-point or more advantage during the fourth quarter, the game shall end unless both coaches agree to finish the fourth quarter with a running clock.

Section 8.04 **Postponement**

- (a) Postponement Information:** Games may be postponed due to severe or inclement weather, hazardous field conditions, or in an emergency. Postponement information regarding games shall be placed on the weather line.
- (b) Heat Rule:** No games shall be started if the temperature at the designated kickoff time is 95 degrees or above or if the heat index is 105 degrees or above, as determined for the appropriate geographic area under Section 7.06(g)(iv).
 - (i) Weather Announcements:** KCFC shall post a message on its weather line on Saturdays and Sundays stating if conditions prohibit games. That message will be updated, as needed, hourly on each Saturday and Sunday when games are played. An announcement will also be made at the KCFC football complex if conditions prohibit games.
 - (ii) Games Underway:** If the temperature is below 95 degrees and the heat index is below 105 degrees at kickoff, the temperature and heat index will be checked by KCFC as appropriate every 30 minutes thereafter. If the temperature subsequently reaches 95 degrees or the heat index reaches 105 degrees at any of those 30-minute intervals, then the game will be postponed and rescheduled for a later day or time.
- (c) General Authority to Postpone:** Authority to postpone games, either in advance of the scheduled game time or on-site, shall be held by the Sportsmanship Committee in consultation with the complex manager.
- (d) Postponement if Not Official Game:** If a postponement is declared and a game is not an official game as described in Section 8.02(d), then the game shall resume from the point of postponement pursuant to Section 8.04(e).
- (e) Resuming Postponed Game:** A postponed game may resume on the current game day if enough time remains to complete the game during its scheduled allotment of time. To determine if enough time exists, the referee shall take the amount of time left to play on the clock and multiply it times two. If that number does not cause the game to go beyond its scheduled allotment of time, the game may be restarted and will be an official game.

(f) Documentation of Postponement: In the event of any postponement or stoppage of play, the referee shall make notations of the game clock, score, possession, down, distance, hash, and other pertinent information so that the game can be resumed. All such details shall be reported to KCFC.

Section 8.05 **Standings, Tiebreakers, & Awards**

(a) Standings: Rankings for postseason play shall be established according to the final regular season standings, which shall be determined by won-lost-tied percentages among the teams in each grade or division, as applicable. For any grade with multiple divisions, only games played within the respective division shall count toward the final regular season standings for that division.

(b) Tiebreakers: If, at the end of the regular season, two or more teams in the same grade or division, as applicable, finish with identical won-lost-tied percentages, then the following steps shall be taken until all ties are broken and the final regular season standings are established:

- (i) Two Teams:** If only two teams are tied with identical won-lost-tied percentages, then the following tiebreakers shall be used, in the following order, to break the tie:
 - (A)** Head-to-head record (best won-lost-tied percentage in games played between the tied teams, if any);
 - (B)** Highest average won-lost-tied percentage of all opponents defeated by the tied teams, respectively;
 - (C)** Best won-lost-tied percentage in games played against common opponents of the tied teams, if any;
 - (D)** Fewest points allowed against common opponents of the tied teams, if any;
 - (E)** Fewest points allowed against all opponents of the tied teams, respectively;
 - (F)** Coin toss.
- (ii) Three or More Teams:** If three or more teams are tied with identical won-lost-tied percentages, then the following tiebreakers shall be used, in the following order, to break the ties and rank the teams to the extent possible before proceeding to the next step (provided, however, that if only two teams remain tied after any particular step, then the tiebreaker process reverts to Section 8.05(b)(i) to break the tie between the two remaining teams):
 - (A)** Head-to-head record (best won-lost-tied percentage in games played among the tied teams, if any), with any tied team that has not played at least one game against any other tied team being disregarded for purposes of this tiebreaker;
 - (B)** Highest average won-lost-tied percentage of all opponents defeated by the tied teams, respectively;
 - (C)** Best won-lost-tied percentage in games played against common opponents of all tied teams, if any;

- (D) Fewest points allowed against common opponents of all tied teams, if any;
- (E) Fewest points allowed against all opponents of the tied teams, respectively;
- (F) Random drawing.

(c) **Preseason Rankings.** In any grade in which the Football Board elects to use preseason rankings (in lieu of divisions) to arrange the teams for scheduling purposes, only the top 10 teams in the preseason rankings shall be eligible to qualify for the top playoff bracket. In the event of any tie between two or more teams in the final regular season standings that would affect the placement of teams in the top playoff bracket, any tied team that is ineligible to qualify for the top playoff bracket based on preseason rankings shall be disregarded for purposes of the tiebreaker process set forth in Section 8.05(b).

(d) **Awards:** Awards shall be presented as follows:

- (i) A team trophy and individual trophies for each player will be awarded to the first-place team and the second-place team in the top playoff bracket in each grade or division, as applicable.
- (ii) Individual medals for each player will be awarded to the first-place team and the second-place team in all other playoff brackets in each grade or division, as applicable.

Article IX. **GAME DAY ADMINISTRATION**

Section 9.01 **Coaching Passes**

Each team will receive a maximum of seven non-transferrable sideline coaching passes for head coaches and assistant coaches (including youth assistant coaches). All coaches, head or assistant, must pass a background check (except that background checks will not be conducted for youth assistant coaches under 18 years of age) and complete the required coaching certification program before receiving a sideline coaching pass. Sideline coaching passes shall be worn or displayed in a visible manner by all coaches who are present in a team's bench area during any game.

Section 9.02 **Bench Area**

- (a) **Coaches' Box:** The coaches and players shall be restricted to the area between the 20-yard lines from sideline to fence.
- (b) **Bench Area:** Only rostered players and a maximum of seven approved coaches with validly issued sideline coaching passes for the current season are allowed in the bench area.
- (c) **Home/Visitor Bench:** The home team shall be on the sideline corresponding with the "home" designation on the scoreboard, and the visitor shall be on the sideline corresponding with the "visitor" designation on the scoreboard.

- (d) **After the Game:** Each team shall clean up and promptly exit its bench area after the completion of its game.
- (e) **Spectators:** No spectators are allowed beyond the spectator fences or painted lines that project from established fences.
- (f) **Cheerleaders:** One bench on each sideline is designated for use by cheerleaders.

Section 9.03 Videotaping and Communication Equipment

- (a) **During Game:**
 - (i) **Video:** Parents and spectators may video games and take photos from spectator areas only. Coaches may make and view videos and photos of their own games from their own sideline area only. No video or photographic equipment is allowed on the field of play during game action.
 - (ii) **Communication:** Use of any communication device between players, coaches, spectators, and/or the down marker/chain crew is prohibited.
- (b) **Scouting:** Making or viewing videos or photos of the games of other teams for scouting purposes is permitted, but exchanging videos or photos with coaches of other teams is prohibited. Any scouting of other teams shall be done from the spectator areas behind the end zones, or if done from the spectator area behind either team's sideline, then only with the permission of the head coach in whose spectator area the scouting occurs. Any head coach who is found to have purposely exchanged or authorized the exchange of video or photos with the coach of another team in violation of this rule may receive a two-game suspension.
- (c) **Drones:** The use of drones or other airborne video or photographic equipment is prohibited at the KCFC football complex and all other fields, facilities, or parking areas where KCFC games are being played.

Section 9.04 Safety

- (a) **Sideline Safety:** During game action, chairs, motorized carts, wheelchairs, crutches, or other walking or standing aides, tripods for cameras, or other such items, are prohibited from the sideline area, except as follows:
 - (i) **Medical Necessity:** If a coach or participant (football or cheer) provides a statement signed by a treating physician that a wheelchair, motorized cart, or similar item is a medical necessity, said item may be used by the coach or participant on the sidelines. However, if on the sidelines, said item shall be kept at least 10 yards behind the offensive line of scrimmage and away from the sidelines by at least three feet. Additionally, the remaining members of the coaching staff must increase their awareness of game action on the field that may extend out-of-bounds to ensure players do not come in contact with the item.

- (ii) **Medical Treatment:** If Medical Staff retained by KCFC is providing treatment to a player or coach, the Medical Staff's motorized cart shall not be on the sidelines, unless necessary.
- (b) **On-Field Safety:** During game action, chairs, motorized carts, wheelchairs, crutches, or other walking or standing aides, or other such items, are prohibited from being on the field. There shall be no objects on the field of play, and the coaches who are designated by rule to be on-field during game action shall have no objects in their hands other than a notebook, clipboard, or similar item. The use of any equipment by coaches to make or view videos or photos on the field of play is prohibited.
- (c) **Authority of Medical Staff:** Medical Staff retained by KCFC shall have the final authority to make any determination as to whether a player should be withheld or removed from participating in any game due to injury, illness, or impairment of any kind, and coaches, players, and parents shall abide by any such determination.

Section 9.05 **Down Marker/Chains**

- (a) **Chain Crew:** The home team shall be responsible for providing two volunteers to run the chains, and the visiting team shall be responsible for providing one volunteer to run the chains.
- (b) **Communication:** Members of the chain crew may not coach or communicate to players or coaches during the game or at half-time and may not discuss with the officials calls or rulings made by the officials during the game, but may, at the discretion of the officials, cheer as spectators in a non-disruptive manner.

Section 9.06 **Officials**

- (a) **Number:** Games in 3rd grade shall have at least three officials. Games in 4th through 8th grades shall have four officials.
- (b) **Equipment:** One of the officials shall have a proper device for keeping the official time and score of the game. Each official shall be properly outfitted in an approved officiating uniform.
- (c) **Coaches as Officials:** KCFC coaches may officiate games involving teams at any grade level other than the grade of the team coached by the official. A coach shall not wear an official's uniform while coaching.

Section 9.07 **Evaluations**

- (a) **Officials' Evaluation Form:** The head coach shall complete an evaluation form regarding the game officials following each game. The evaluation form will be provided to head coaches by the referee during the pre-game meeting and/or sent to head coaches after each game. The evaluation should be completed and turned in to the scorekeeper or at the complex manager's office at the

conclusion of the game or submitted through an online evaluation sent to coaches after each game.

(b) **Coaches/Team Evaluation Form:** The referee shall complete an evaluation form regarding each head coach and team following each game. The aforementioned evaluation form should be turned in to the scorekeeper or at the complex manager's office at the conclusion of the game.

Section 9.08 Minimum Play Requirement

(a) **General Rule:** Each player shall play a minimum of seven plays per half on offense, defense, and/or special teams. Coaches must keep documentation of playing time. A sample form will be provided by KCFC.

(b) **Exceptions:**

(i) **Injury/Discipline:** The minimum play rule shall not apply to a player who is injured or is the subject of discipline. If the injury or disciplinary action is known prior to the game, then the player's head coach shall notify the player's parent, the Sportsmanship Committee, the officials, and the opposing head coach prior to the game that the player will not be playing the minimum time due to injury or discipline. If the injury or disciplinary action occurs during the course of a game, then the head coach shall promptly notify the officials (who shall in turn notify the opposing head coach), and shall notify the player's parent as soon as practicably possible, that the player will not be playing the minimum time due to injury or discipline. Discipline may include unsportsmanlike conduct, failure to regularly attend practice sessions, and failure to adhere to the directives of the coaching staff unrelated to physical performance.

(ii) **Nine-Man Football:** The minimum play rule is reduced to five plays per half for all games involving 9-man football.

(iii) **Rosters Exceeding 22 Players:** If a team has more than 22 players on its roster, and more than 22 players are suited for the game, then the minimum play rule is reduced to five plays per half.

(iv) **Mercy Rule:** An exception to the minimum play rule may be granted for the second half of any game that is called early due to the mercy rule set forth in Section 8.03.

(c) **Challenging Minimum Play:** The head coach from an opposing team may challenge another team regarding the minimum play rule set forth in this Section 9.08. In order to submit a challenge for the minimum play rule, the challenging coach must identify the player(s) being challenged either by name or jersey number and must pay \$40 cash at the time of the challenge. Any challenge for the first half of the game must be submitted to a member of the Sportsmanship Committee prior to the start of the game in order to afford an opportunity to monitor the challenged player(s) during the first half. Any challenge for the second half of the game must

be submitted to a member of the Sportsmanship Committee prior to the start of the second half in order to afford an opportunity to monitor the challenged player(s) during the second half. If the challenge is successful, the \$40 shall be refunded to the challenging coach. A parent may report a violation of minimum plays for his/her team directly to the Sportsmanship Committee without posting a challenge fee.

Article X. **GAME RULES**

Section 10.01 **Basic Rule Source**

Unless specifically modified or otherwise noted within this rulebook, game rules shall be derived from the NFHS football rules. A copy of the NFHS football rules is provided to each head coach by KCFC.

Section 10.02 **Officials' Rulings**

If a head coach would like to challenge a decision by an official during a game, as it relates to the application of the rules only, and not on judgment calls, then the head coach may call a timeout and request a ruling from the Official in Charge (OIC). If the decision by the on-field official is reversed or overturned by the OIC, then the timeout shall be restored. If the decision by the on-field official is upheld by the OIC, then the timeout shall be lost. Only one challenge per game per team is permitted.

Section 10.03 **Number of Players**

Tackle football games in all grades will be played with 11-man football rules. If either team has less than 11 players suited and available to play, then no official game of 11-man football can begin.

- (a) Notice:** If a team does not expect to have 11 players suited and available to play in an upcoming game, then the team may elect to play the game with 9-man football rules by providing a minimum of 72 hours' notice to the KCFC office and the opposing head coach.
- (b) Nine-Man Option:** If a team has elected to play a game with 9-man football rules by providing the notice required under Section 10.03(a), then the game shall be played as a 9-man football game, provided the electing team has at least 9 but fewer than 11 players suited and available to play. If, despite providing the required notice, the electing team has 11 or more players suited and available to play, then the head coach of the other team shall have the option to decide whether to begin the game with 11-man football rules or 9-man football rules. If either team has less than 9 players suited and available to play, then no official game can begin.
- (c) Failure to Provide Notice:** If either team has less than 11 players suited and available to play at the beginning of the game, but has

failed to provide the notice required under Section 10.03(a), then that team will forfeit the game. If both head coaches agree, the game may be played as a controlled scrimmage with less than 11 players, utilizing the assigned officials.

(d) **Team Falling Below 11 Players:** If an official game has begun with 11-man football rules and either team falls below 11 available players at any point during the game, then that team may continue to play with 10 players. If, however, that team chooses not to play with 10 players, or if that team continues to play but subsequently falls below 10 available players, then in either case, the game may continue only if the opposing head coach agrees to play with the same number of players for the remainder of the game. If the opposing head coach does not agree, then the team falling below 11 players will forfeit the game. If either team falls below 9 available players at any time, then the game will not be allowed to continue, and the team falling below 9 players will forfeit the game.

Section 10.04 Game Balls

Game balls shall be Pee Wee size for 3rd grade, Junior size for 4th, 5th, and 6th grades, and Youth/Intermediate size for 7th and 8th grades. Game balls must be brown and either leather or composite leather material. The home team shall be responsible for supplying an appropriate game ball. However, the visiting team may choose to utilize its own game ball when on offense. It is the responsibility of each head coach to ensure that he/she provides an appropriate game ball. Each game ball to be used shall be presented to the officials and the opposing coach prior to the game.

Section 10.05 Point(s) After Touchdown (PAT)

- (a) A successful PAT kick shall be worth two points in all grades.
- (b) A successful PAT run or pass shall be worth one point in all grades.

Section 10.06 Horse-Collar Tackle

No player shall grab the inside collar of the back or the side of the shoulder pads or jersey, or grab the jersey at the name plate or above, and pull the ball carrier toward the ground. This does not apply to a ball carrier who is in the tackle box or to a quarterback who is in the pocket.

Section 10.07 Targeting/Spearing

If a penalty is assessed against any player for targeting or spearing, then the offending player shall be removed from the game for the remainder of the current half. If a second targeting or spearing penalty is assessed against the same player in the same game, then the offending player will be removed for the remainder of the current game and will be suspended from participating in the following game.

Section 10.08 Third Grade Modifications

All rules set forth in this rulebook shall apply to 3rd grade football, except for Sections 10.09 and 10.10, and except as modified below in this Section 10.08:

(a) Game:

- (i) **Playing Field:** The playing field shall be 80 yards in length, but may be a standard 100-yard field as required to accommodate scheduling needs and field availability.
- (ii) **Maximum Penalty:** The maximum penalty on a major infraction shall be 10 yards on an 80-yard field and 15 yards on a 100-yard field.

(b) Coaches:

- (i) **On Field:** To assist with instruction and play calling, one coach from each team may remain on the field to call offensive plays and/or defensive formations.
- (ii) **Positioning:** Coaches must be at least 10 yards behind the deepest player in his/her team's formation, and must remain on his/her team's side of the line of scrimmage.
- (iii) **Limitations:** No coach may physically assist a player, nor call or change plays while on the field with his/her team, from the time that the offensive team is positioned for play through the official's whistle at the end of the play. The offensive team is considered positioned for play when the quarterback is under center, or positioned for a shotgun snap, and begins the cadence.
- (iv) **Repeated/Intentional Violation:** If the referee determines that a coach has repeatedly or intentionally violated any rule under this Section 10.08(b), then the coach shall be removed from the field for the remainder of the game. Any coach removed from the field twice during a season may be prohibited from acting as a coach on the field for the remainder of the season.

(c) Defensive Restrictions:

- (i) **Maximum of Five Linemen:** The defensive team may have no more than five players lined up within five yards of the line of scrimmage, all of whom shall be considered defensive linemen regardless of their stance, technique, or alignment.
- (ii) **No Walk-Up Linemen:** A defensive player who is not lined up as a lineman (i.e., within five yards of the line of scrimmage) when the offensive team is positioned for play shall be deemed a non-lineman for that play, and may not 'walk up' to the line of scrimmage to become a lineman prior to the snap. The offensive team is considered positioned for play when the quarterback is under center, or positioned for a shotgun snap, and begins the cadence.
- (iii) **No Covering of Center:** No defensive lineman may line up heads-up over the center. There is no restriction prohibiting

defensive linemen from lining up in the A-gaps or anywhere outside of the A-gaps.

- (iv) **No Blitzing by Non-Linemen:** The non-linemen per Section 10.08(c)(ii) shall not be allowed to cross the line of scrimmage until the ball has either crossed the line of scrimmage or moved outside the offensive tackles.
- (v) **Penalty:** The penalty for any violation of the defensive restrictions set forth in this Section 10.08(c) shall be 10 yards.

(d) Special Teams:

- (i) **Kickoff/Kick Return:** There shall be no kickoffs or kick returns. Any new possession that would have originated with a kickoff under the general rules, including any new possession starting after either team has scored a safety, will begin with the ball being spotted at the offensive team's 25-yard line on 80-yard fields or the offensive team's 30-yard line on 100-yard fields.
- (ii) **Punt/Punt Return:** There shall be no live punting plays. To punt, the coach shall notify an official of the intent to punt, and the ball will then be placed 30 yards downfield, but no closer to the goal line than the receiving team's 20-yard line. Ten seconds will be run off the clock for the officials to administer the punt.
- (iii) **Field Goals:** The offensive team may attempt field goals. The attempt shall be a live play with the same defensive restrictions as set forth in Section 10.08(c).
- (iv) **Point(s) After Touchdown:** The offensive team may attempt to convert the point(s) after touchdown by run, pass, or kick. The run or pass attempt shall be a live play with the same defensive restrictions as set forth in Section 10.08(c). If the offense elects to kick the PAT, they must declare to the officials that they are attempting a PAT kick following a touchdown. This is a dead play for all players besides the long snapper, holder & kicker. There will be no rush allowed from the defense. The offense will be required to line up in a legal formation (7 players on the line of scrimmage) and will have 3 seconds from the snap of the ball to execute the PAT kick (defined as the ball must have left the kickers foot before 3.1 seconds following the snap). A PAT kick only counts towards the minimum play requirement for the long snapper, holder & kicker. A PAT kick will not count towards the minimum play requirement for any defensive player.

(e) Onside Conversion: Subject to the limitations set forth below, in lieu of giving a new offensive possession to the other team after a scoring play (e.g., a touchdown/PAT, field goal, or safety), the scoring team (or, in the case of a safety, the team that surrendered the safety) may attempt to retain possession of the ball by successfully converting an Onside Conversion attempt.

- (i) **Definition:** An "Onside Conversion" attempt consists of an attempt to gain a first down by gaining at least 10 yards on

one offensive play, with the line of scrimmage being the attempting team's own 30-yard line, and the line to gain for a first down being the 40-yard line (i.e., midfield); provided, however, that in games played on 100-yard fields, the line of scrimmage shall be the attempting team's own 40-yard line, and the line to gain for a first down shall be the 50-yard line (i.e., midfield).

(ii) **When Permitted:** After a scoring play, the scoring team (or, in the case of a safety, the team that surrendered the safety) may elect to attempt an Onside Conversion only if:

- (A) At any point in the game, the team is losing by 9 points or more after the points from the previous scoring play have been awarded; or
- (B) At any point in the fourth quarter, the team is losing by any margin, or the game is tied, after the points from the previous scoring play have been awarded.

(iii) **Result of the Attempt:**

- (A) If the attempting team successfully converts by gaining the necessary yardage for a first down, or due to a defensive penalty that results in an automatic first down, then the attempting team keeps possession of the ball and continues its offensive possession from the spot at which the Onside Conversion play ended, beginning with a new set of downs (i.e., 1st and 10).
- (B) If the attempting team fails to convert, or if the play results in a defensive turnover, then the defensive team takes over possession of the ball from the spot at which the Onside Conversion play ended, beginning with a new set of downs (i.e., 1st and 10).

(iv) **Applicable Rules:**

- (A) A team that is winning may not attempt an Onside Conversion. A team that is losing or tied may only attempt an Onside Conversion if the conditions set forth in Section 10.08(e)(ii) are satisfied.
- (B) Regardless of the score, an Onside Conversion may not be attempted to open the second half.
- (C) An Onside Conversion attempt is a timed down.
- (D) Offensive and defensive penalties are enforced in the same manner for an Onside Conversion attempt as with an ordinary offensive play from scrimmage.
- (E) If either the attempting team or the defensive team scores as a result of the Onside Conversion attempt, the score counts and points are awarded the same as with an ordinary offensive play from scrimmage.

Section 10.09 **Fourth Grade Modifications**

All rules set forth in this rulebook shall apply to 4th grade football, except for Sections 10.08 and 10.10, and except as modified below in this Section 10.09:

(a) Coaches:

- (i) **On Field:** To assist with instruction and play calling, one coach from each team may remain on the field to call offensive plays and/or defensive formations.
- (ii) **Positioning:** Coaches must be at least 10 yards behind the deepest player in his/her team's formation, and must remain on his/her team's side of the line of scrimmage.
- (iii) **Limitations:** No coach may physically assist a player, nor call or change plays while on the field with his/her team, from the time that the offensive team is positioned for play through the official's whistle at the end of the play. The offensive team is considered positioned for play when the quarterback is under center, or positioned for a shotgun snap, and begins the cadence.
- (iv) **Repeated/Intentional Violation:** If the referee determines that a coach has repeatedly or intentionally violated any rule under this Section 10.09(a), then the coach shall be removed from the field for the remainder of the game. Any coach removed from the field twice during a season may be prohibited from acting as a coach on the field for the remainder of the season.

(b) Defensive Restrictions:

- (i) **No Covering of Center:** No defensive player who is on the line of scrimmage at the time of the snap (regardless of the player's stance), including any non-lineman attempting to blitz, may be aligned heads-up over the center when the ball is snapped. There is no restriction against defensive players lining up or blitzing in the A-gaps or anywhere outside of the A-gaps.
- (ii) **Penalty:** The penalty for any violation of the restriction set forth in this Section 10.09(b) shall be 10 yards.

(c) Special Teams:

- (i) **Kickoff/Kick Return:** There shall be no kickoffs or kick returns. Any new possession that would have originated with a kickoff under the general rules, including any new possession starting after either team has scored a safety, will begin with the ball being spotted at the offensive team's 30-yard line.
- (ii) **Punt/Punt Return:** Punts/punt returns shall be modified live plays pursuant to the following rules:
 - (A) Declared Punting:** The coach shall notify an official of the intent to punt. No quick-kicks or fake punts will be allowed; all punts must be declared.
 - (B) Snap:** The punter may either take a deep snap or take the snap from under center and retreat a minimum of five yards before punting the ball.
 - (C) Line of Scrimmage:** Neither team may cross the line of scrimmage until the ball has been kicked. The punter must be between the offensive tackles when

kicking the ball. Once the ball has been kicked, the play becomes live.

(D) Return Formation: A minimum of eight defensive players must be within five yards of the line of scrimmage at the time of the punt.

- (iii) Field Goals:** The offensive team may attempt field goals. The field goal attempt shall be a live play.
- (iv) Point(s) After Touchdown:** The offensive team may attempt to convert the point(s) after touchdown by run, pass, or kick, all of which shall count for two points if successful. The conversion attempt shall be a live play.

(d) Onside Conversion: Subject to the limitations set forth below, in lieu of giving a new offensive possession to the other team after a scoring play (e.g., a touchdown/PAT, field goal, or safety), the scoring team (or, in the case of a safety, the team that surrendered the safety) may attempt to retain possession of the ball by successfully converting an Onside Conversion attempt.

- (i) Definition:** An “Onside Conversion” attempt consists of an attempt to gain a first down by gaining at least 10 yards on one offensive play, with the line of scrimmage being the attempting team's own 40-yard line, and the line to gain for a first down being the 50-yard line (i.e., midfield).
- (ii) When Permitted:** After a scoring play, the scoring team (or, in the case of a safety, the team that surrendered the safety) may elect to attempt an Onside Conversion only if:
 - (A)** At any point in the game, the team is losing by 9 points or more after the points from the previous scoring play have been awarded; or
 - (B)** At any point in the fourth quarter, the team is losing by any margin, or the game is tied, after the points from the previous scoring play have been awarded.
- (iii) Result of the Attempt:**
 - (A)** If the attempting team successfully converts by gaining the necessary yardage for a first down, or due to a defensive penalty that results in an automatic first down, then the attempting team keeps possession of the ball and continues its offensive possession from the spot at which the Onside Conversion play ended, beginning with a new set of downs (i.e., 1st and 10).
 - (B)** If the attempting team fails to convert, or if the play results in a defensive turnover, then the defensive team takes over possession of the ball from the spot at which the Onside Conversion play ended, beginning with a new set of downs (i.e., 1st and 10).
- (iv) Applicable Rules:**
 - (A)** A team that is winning may not attempt an Onside Conversion. A team that is losing or tied may only attempt an Onside Conversion if the conditions set forth in Section 10.09(d)(ii) are satisfied.

- (B)** Regardless of the score, an Onside Conversion may not be attempted to open the second half.
- (C)** An Onside Conversion attempt is a timed down.
- (D)** Offensive and defensive penalties are enforced in the same manner for an Onside Conversion attempt as with an ordinary offensive play from scrimmage.
- (E)** If either the attempting team or the defensive team scores as a result of the Onside Conversion attempt, the score counts and points are awarded the same as with an ordinary offensive play from scrimmage.

Section 10.10 **Fifth Grade Modifications**

All rules set forth in this rulebook shall apply to 5th grade football, except for Sections 10.08 and 10.09, and except as modified below in this Section 10.10:

(a) Defensive Restrictions:

- (i) No Covering of Center:** No defensive player who is on the line of scrimmage at the time of the snap (regardless of the player's stance), including any non-lineman attempting to blitz, may be aligned heads-up over the center when the ball is snapped. There is no restriction against defensive players lining up or blitzing in the A-gaps or anywhere outside of the A-gaps.
- (ii) Penalty:** The penalty for any violation of the restriction set forth in this Section 10.10(a) shall be 10 yards.

(b) Special Teams:

- (i) Kickoff/Kick Return:** There shall be no kickoffs or kick returns. Any new possession that would have originated with a kickoff under the general rules, including any new possession starting after either team has scored a safety, will begin with the ball being spotted at the offensive team's 30-yard line.
- (ii) Field Goals:** The offensive team may attempt field goals. The field goal attempt shall be a live play.
- (iii) Point(s) After Touchdown:** The offensive team may attempt to convert the point(s) after touchdown by run, pass, or kick, all of which shall count for two points if successful. The conversion attempt shall be a live play.

(c) Onside Conversion: Subject to the limitations set forth below, in lieu of giving a new offensive possession to the other team after a scoring play (e.g., a touchdown/PAT, field goal, or safety), the scoring team (or, in the case of a safety, the team that surrendered the safety) may attempt to retain possession of the ball by successfully converting an Onside Conversion attempt.

- (i) Definition:** An "Onside Conversion" attempt consists of an attempt to gain a first down by gaining at least 10 yards on one offensive play, with the line of scrimmage being the

attempting team's own 40-yard line, and the line to gain for a first down being the 50-yard line (i.e., midfield).

(ii) **When Permitted:** After a scoring play, the scoring team (or, in the case of a safety, the team that surrendered the safety) may elect to attempt an Onside Conversion only if:

- (A) At any point in the game, the team is losing by 9 points or more after the points from the previous scoring play have been awarded; or
- (B) At any point in the fourth quarter, the team is losing by any margin, or the game is tied, after the points from the previous scoring play have been awarded.

(iii) **Result of the Attempt:**

- (A) If the attempting team successfully converts by gaining the necessary yardage for a first down, or due to a defensive penalty that results in an automatic first down, then the attempting team keeps possession of the ball and continues its offensive possession from the spot at which the Onside Conversion play ended, beginning with a new set of downs (i.e., 1st and 10).
- (B) If the attempting team fails to convert, or if the play results in a defensive turnover, then the defensive team takes over possession of the ball from the spot at which the Onside Conversion play ended, beginning with a new set of downs (i.e., 1st and 10).

(iv) **Applicable Rules:**

- (A) A team that is winning may not attempt an Onside Conversion. A team that is losing or tied may only attempt an Onside Conversion if the conditions set forth in Section 10.10(c)(ii) are satisfied.
- (B) Regardless of the score, an Onside Conversion may not be attempted to open the second half.
- (C) An Onside Conversion attempt is a timed down.
- (D) Offensive and defensive penalties are enforced in the same manner for an Onside Conversion attempt as with an ordinary offensive play from scrimmage.
- (E) If either the attempting team or the defensive team scores as a result of the Onside Conversion attempt, the score counts and points are awarded the same as with an ordinary offensive play from scrimmage.