



2026

Flag Football Rulebook



www.kcfootballcheer.org



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At CommunityAmerica, we believe in investing in the next generation. As a proud supporter of KCFC, we're committed to helping students in the Kansas City community thrive—building life skills, fostering teamwork, and promoting well-being every step of the way.



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2026 Flag Football Rulebook

Revised April 2026

The current rules of the National Federation of State High School Associations governing Kansas high school football competition shall apply in the KCFC program unless otherwise specified. Exceptions to these rules may be made by the KCFC Board of Directors.

Articles of Incorporation & Bylaws available at KCFC office.

Kansas City Football and Cheerleading, Inc.

A 501-c-(3) Non-Profit Organization

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**Effective July 1, 2026:
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RainoutLine/KCFC App
Practice/Heat Rule: Perry Weather App**

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Thank You

On behalf of the entire KCFC family, we would like to extend our deepest gratitude to our incredible sponsors for their unwavering support. Your generous contributions do more than just fund a season; they provide our young athletes with the equipment, facilities, and opportunities they need to learn the values of teamwork, discipline, and perseverance. It is because of your commitment to our community that we can continue to foster a safe and inspiring environment for youth football to thrive. We are truly honored to have you on our team!



KANSAS CITY FOOTBALL AND CHEERLEADING

2026 KCFC FOOTBALL **BOARD OF DIRECTORS**

CHAIR	Matt Heath	913/633-3231
VICE CHAIR	Justin Powell	928-587-2493
SPORTSMANSHIP	Justin Powell	913/291-7005

FOOTBALL AREA DIRECTORS

BALDWIN	Cody Anno	785/231-9595
BLUE VALLEY	Andy Daniel	501/353-8204
BV NORTH	Brian Stratton	913/244-5177
BV NORTHWEST	Matt Heath	913/633-3231
BV SOUTHWEST	Scott Johnson	913/424-3045
BV WEST	Chris Wallace	913/544-8542
GARDNER-EDGERTON	Dan Medina	913/827-7827
KEARNEY	Brad Wheeler	816/868-4177
LIBERTY	Dustin Cundiff	816/695-6652
LIBERTY NORTH	Luke Lambert	660/349-6747
OAK PARK	Vince Evola	816/210-0546
OLATHE EAST	Steve Slade	913/850-3926
OLATHE NORTH	Josh Rierson	913/443-8812
OLATHE NORTHWEST	Sam Byrd	913/961-2165
OLATHE SOUTH	Patrick Riley	620/224-3480
OLATHE WEST	Lance Brandenburgh	913/638-4991
PAOLA	TBA	
PLATTE COUNTY	Chris Smith	816/225-1634
RAY PEC	Tim Mincher	816/305-6597
SAVANNAH	Dylan Williams	816/244-9119
SM EAST	Bear Cohen	913/999-4468
SM NORTH	Raymond Redding	816/853-4899
SM NORTHWEST	Dan Shay	913/634-9992
SM SOUTH	Justin Powell	928/587-2493
SM WEST	Bobby Bass	816/721-9441
SMITHVILLE	Evan Carlile	541/619-9608
SPRING HILL	LC Bouknight	913/709-1391
ST JOSEPH	TBA	
STALEY	Kevin Kooi	816/674-9155
WINNETONKA	Rob Loran	816/309-4011

KCFC Cheerleading Area Directors

BALDWIN	Echo Endecott	785/551-8048
BV/BVSW/ BVN/BVNW/BVW	Ashley Wyatt	225/610-2206
GARDNER-EDGERTON	Amanda Manhneio	913/274-8350
LIBERTY	Tif Jrolf (2)	816/868-9477
LIBERTY NORTH	Sara Carmichael	816/602-0218
LOUISBURG	Jesi Cannon	913/209-8062
OLATHE EAST	Jana Berg	913/488-1445
OLATHE NORTH	Lisa Gomez-Francis (interim)	913/314-4584
OLATHE NORTHWEST	Codi Cutburth	913/731-3015
OLATHE SOUTH	Ashleigh Sax (3)	913/731-1377
OLATHE WEST	Jana Berg	913/488-1445
PAOLA	Lindsay Surber	620/605-2599
SM EAST	Annie Flurry	816/616-6366
SM NORTH	Rae Greene	913-230-9186
SM NORTHWEST	Rachinda Caraway	913/909-5486
SM SOUTH	Liz Ramirez	913/219-5866
SM WEST	Katie Daniels	816/522-0231
SPRING HILL	Lisa Gomez-Francis (1)	913/314-4584

CHEERLEADING OFFICERS

(1) Chair (2) Vice Chair (3) Sportsmanship

STAFF LISTING

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IMPORTANT DATES IN 2026

July 15	Flag Registrations Deadline
July 28	Flag Coach Meeting, 6pm, SM South Auditorium
July 29	Practices May Begin
August 22-23	Opening Weekend
October 10-11	Playoff Weekend (grades 4-8)
October 17-18	Last Regular Season/Playoff Weekend



2026 POINTS OF EMPHASIS

Section 4.05(c) Incident Report/Procedures. The head coach shall file an incident report with the KCFC office within 48 hours when a player receives treatment from a medical professional for an injury or condition due to an incident in a game or practice. A release from a medical professional must be provided to the coach prior to the player being allowed to participate.

Section 5.01(c) Heat Rule. No practice if the temperature is 95+ degrees or if the heat index is 105+ degrees.

Section 6.02(d) Ties. In 2nd-8th grade, for all regular season games, overtime will be limited to two sessions; if the game remains tied after the second overtime session, then the game ends in a tie.

Section 7.02(a) Coaches' Box. For games played on fields that are 80 yards in length, coaches and players in the bench area shall be restricted to the area between the 20-yard lines. For games played on fields that are 50 yards in length, coaches and players in the bench area shall be restricted to the area between the 5-yard lines.

Section 7.07(b)(ii). Rosters Exceeding 14 Players. If a team has more than 14 players on its roster, and more than 14 players are suited for the game, then the minimum play rule is reduced to five plays per half.

Section 8.03 Game Balls. Game balls shall be PeeWee size for K through 4th grade, Junior size for 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.

Section 8.07 Contact. Understanding there will be some level of contact in flag football, there is no intentional contact allowed.

Section 8.08(d)(ii) Center Eligibility. The center must snap the ball between his/her legs and must complete the snap by delivering possession of the ball to another player (i.e., the center cannot keep the ball and become a ball carrier by allowing another player to touch it). Center-sneaks and handoffs to the center are not allowed. The center is eligible to receive a pass but must be past the line of scrimmage to do so.

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2026 POINTS OF EMPHASIS (cont.)

Section 8.08(e)(i) Rushing By QB. In K-1st grade, the quarterback may not run the ball, but may either hand off or pass the ball after receiving the snap. In 2nd through 8th grade, the quarterback is allowed to run after any designated rusher for the defense has crossed the line of scrimmage. The quarterback cannot run the ball in the no-run zone in any grade, even if rushed by the defense.

Section 8.09(b) Defensive Blitzing. In K-1st grade, no defenders are allowed to rush or otherwise cross the line of scrimmage until (1) the QB hands off or laterals the ball to a ball carrier and/or (2) the QB releases a pass. In 2nd-8th grade, defenders are allowed to rush from a marker of 7 yards from the line of scrimmage. In 2nd-3rd grade, only one defender may rush. In 4th-8th grade, no more than 4 defenders may rush.

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 flag football program. At the discretion of the Football Board, tournaments and other KCFC games or events held outside of the regular season or postseason schedule may or may not be governed by the rules set forth in this rulebook, in whole or in part.

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 rules and policy violations;
- (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 KCFC fields or parking facilities.
 - (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 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 7.07 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 as the committee may determine. 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 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) Individuals may not volunteer as a head coach and/or assistant coach for more than two teams during the same 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 punishment drills.
- (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 coach, official, spectator, player or other person.
- (g) Not take any actions that cause ejection from a KCFC game.
- (h) Not engage in actions or conduct that incites or provokes spectators or players to engage in unruly behavior.
- (i) Not direct or allow by complicity violation of the league rules by players, coaches, helpers, or spectators.
- (j) Conduct all discussions with officials and Sportsmanship Committee members regarding game issues 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 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 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.
- (q) Keep in mind at all times that his/her conduct and actions are 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. Parents and spectators, with respect to and at all KCFC games, practices, functions, and/or activities, 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 coach, official, spectator, player or other person.
- (e) Not take any actions that cause ejection from a KCFC game.
- (f) Not engage in actions or conduct that incites or provokes coaches, spectators, or players to engage in unruly conduct.
- (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 of KCFC.
- (j) Not interfere with the coaching of the team.
- (k) Conduct all discussions with coaches in a respectful and non-confrontational manner.
- (l) Remember at all times that they are adults, that the players are children, and that their 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. Players, with respect to and at all KCFC games, practices, functions, and/or activities, 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 coach, official, spectator, player or other person.
- (e) Not take any actions that cause ejection from a KCFC game.
- (f) Not engage in actions or conduct that incites or provokes spectators or other players to engage in unruly behavior.

Article IV. **TEAM FORMATION AND REQUIREMENTS**

Section 4.01 **General Responsibilities**

- (a) **Responsibilities of Area Directors:** Area Directors shall work in cooperation with the staff with respect to player placement and team formation in their respective high school areas.
- (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 4.02 **Team Formation**

- (a) **Grades:** The KCFC flag football program is open to youths from Kindergarten through 8th grades. Flag teams shall be formed by grade, as registrations allow.
- (b) **Roster Size:** Each roster shall have a minimum of 10 players with a minimum of 7 players dressed and ready to play each game.
- (c) **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, as registrations allow.

Section 4.03 **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.

Section 4.04 **Team Uniforms**

KCFC will provide each team with t-shirts/jerseys to be worn during games. Teams also may choose to purchase and wear uniforms of their choice. However, if both teams have the same color jersey (or nearly the same), the visiting team shall wear pinnies or shall be responsible for making the color adjustment.

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**

Player fees may be collected during the online registration process. If a player fee is not paid by the designated date, then the player will be ineligible to participate until specific arrangements for payment have been made through the KCFC office. All registration fees must be paid prior to the player's first game or the player will be ineligible until fees are paid in full.

Article V. PRACTICE AND GAME LIMITATIONS

Section 5.01 Practices

- (a) Practices shall not begin until a date designated by the Football Board of Directors.
- (b) Practices shall be limited to no more than two (2) per week, not to exceed 1½ hours each practice.
- (c) **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, 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).

Section 5.02 Games

- (a) In order to be eligible to participate in games, a player must have completed online registration and paid the registration fee, and must be properly listed on the team's roster. Guest players are not allowed, even if they are registered as a player for another KCFC team. Players on more than one team must be registered and pay two registration fees, and must be listed on both rosters.
- (b) The head coach of an opposing team may challenge another team regarding participation by an unrostered player prior to the end of the game. If it is determined that an unrostered player has participated in the game, then the offending team shall forfeit the game, and the head coach of the offending team shall be subject to such penalty as the Sportsmanship Committee may determine.

Section 5.03 Player Equipment and Uniforms

- (a) **Jersey:** T-shirt or jersey shall be the same color for all members of the team. The jersey shall remain tucked in at all times.

- (b) **Mouthpiece:** An appropriate football mouthpiece must be worn during game play.
- (c) **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.
- (d) **Belts and Flags:** Every team shall use KCFC-issued belts and flags, and shall not modify the belts or flags in any fashion. Anything that conceals the flags or causes the flags to be more difficult to remove, including tucked jerseys, turned flag belts, addition of Velcro, or use of adhesives, is prohibited. Flags cannot be the same color as a player's shorts/pants.
- (e) **Helmets and Padding:** Soft shell helmets will be allowed for game use. Other padding of any kind is prohibited.
- (f) **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 discretion of the officials.

Article VI. **SCHEDULING, RESULTS & STANDINGS**

Section 6.01 **Schedule**

- (a) **Game Schedule:**
 - (i) The KCFC regular season schedule shall be eight games for Kindergarten through 3rd grade.
 - (ii) Each KCFC 4th-8th grade team shall have a game schedule consisting of 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.
 - (iii) KCFC will attempt to play each game, including reschedules due to weather; however, KCFC may conclude the season if necessary.
- (b) **Special Requests:**
 - (i) Special requests for scheduling must be received in the KCFC office by the published date. Schedule requests will be considered but are not guaranteed.
 - (ii) Requests to avoid scheduling conflicts for two teams having the same head coach cannot be accommodated.

- (c) **Appear and Play:** Each team is required to appear and play at the place and time set forth in the schedule. 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 Game Day Phone Line as soon as possible by calling or texting 913-368-9292.
- (d) **Scores and Standings:**
 - (i) Kindergarten and 1st Grade: no game scores or standings will be kept.
 - (ii) 2nd through 8th Grades: Game scores will be kept and standings will be recorded.

Section 6.02 Regulation Games

- (a) **Length:** The 7v7 flag game will consist of a running clock with two 25-minute halves. Each team is allowed two 1-minute time outs per half (no carryover).
- (b) **Intermissions:** Half-time shall be 5 minutes.
- (c) **Scoring:** Scoring is as follows:
 - (i) Touchdown – 6 points
 - (ii) Safety – 2 points
 - (iii) No extra points (PAT – points after touchdown)
 - (iv) Refer to Rule 6.02(d) regarding ties and overtime scoring.
 - (v) If a team forfeits a game, it will be recorded as a 2-0 loss for the forfeiting team.
- (d) **Ties:** In 2nd through 8th grades, if a game is tied at the end of regulation, each team will get one play on offense in an attempt to break the tie. Teams can choose to go for one point from the 5-yard line or two points from the 12-yard line. From the 5-yard line, the play must be a pass; from the 12-yard line, the play may be a pass or a run. A coin flip will determine which team has the first possession in overtime; if the score remains tied after each team has completed one possession, then another overtime session will be played, with the other team having the first possession. For all regular season games, overtime will be limited to two sessions; if the game remains tied after the second overtime session, then the game ends in a tie. For all postseason games, overtime sessions will be played until a winner is determined, with the teams alternating first possessions for each overtime session. If a team is unwilling or unable to play/finish overtime in any game, it will result in a 1-point loss for that team.

Section 6.03 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:** Games may be delayed or started late 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 5.01(c)(iv). Additional water breaks and precautions will be given as necessary.

 - (i) Weather Announcements:** KCFC shall post a message on its weather line on Saturdays and Sundays stating whether conditions prohibit games. That message will be updated, as needed, hourly on each Saturday and Sunday during which 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 officials will take precautionary steps as indicated in Section 6.03(b)(i).
- (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 6.02(a), then the game shall resume from the point of postponement pursuant to Section 6.03(e).
- (e) Resuming Postponed Game:** A postponed game may resume on the current game day, during the regularly scheduled allotment of game time, if enough time exists to complete the game. 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 it is 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.
- (g) **Reschedule Process:** the reschedule process for any and all games will be decided by the KCFC Football Board and disseminated to all participating team coaches within 36 hours of any changes.

Section 6.04 **Awards and Final Standings**

- (a) **Awards:** Awards shall be presented as follows:
 - (i) In Kindergarten through 1st grades, a participant award will be given to each player on all participating teams.
 - (ii) In 2nd through 3rd grades, a team trophy and individual awards for each player will be awarded for the first-place team and the second-place team in each division, as applicable.
 - (iii) In 4th through 8th grades, a team trophy and individual awards for each player will be awarded for the first-place team and the second-place team in the top playoff bracket in each grade or division, as applicable.
 - (iv) Individual medals for each player will be awarded for the first-place team and the second-place team in all other playoff brackets in each grade or division, as applicable
- (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) Best won-lost-tied percentage in games played against common opponents of the tied teams, if any;
 - (C) Fewest points allowed against common opponents of the tied teams, if any;
 - (D) Fewest points allowed against all opponents of the tied teams, respectively;
 - (E) 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 8.01(e)(i) to break the tie between the remaining two 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) Best won-lost-tied percentage in games played against common opponents of all tied teams, if any;
 - (C) Fewest points allowed against common opponents of all tied teams, if any;
 - (D) Fewest points allowed against all opponents of the tied teams, respectively;
 - (E) Random drawing of numbers.

Section 6.05 **Mercy Rule**

If at any time a team gains a 40 point or more advantage in the second half, the officials will zero out the scoreboard (if applicable). For end of season tiebreakers, official will still record and report final scores.

Article VII. **GAME DAY ADMINISTRATION**

Section 7.01 **Coaching Passes**

Each team will receive a maximum of four 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 7.02 **Bench Area**

- (a) **Coaches' Box:** For games played on fields that are 80 yards in length, coaches and players in the bench area shall be restricted to the area between the 20-yard lines. For games played on fields that are 50 yards in length, coaches and players in the bench area shall be restricted to the area between the 5-yard lines.
- (b) **Bench Area:** Only rostered players and a maximum of four approved coaches with validly issued sideline coaching passes for the current season are allowed in the bench area.
- (c) **After the Game:** Each team shall clean up and promptly exit its bench area after the completion of its game.
- (d) **Cheerleaders:** One bench on each sideline is designated for use by cheerleaders.

Section 7.03 **Video 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 7.04 **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 rostered participant (football or cheer) provides a signed statement from 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 7.05 **Officials**

- (a) **Number:** Each flag football game shall have two 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 7.06 **Evaluations**

- (a) **Officials' Evaluation Form:** The head coach shall complete an evaluation form regarding the game officials following each game. The aforementioned evaluation form will be provided to head coaches by the referee during the pre-game meeting and should be 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 will be completed online.

Section 7.07 **Minimum Play Requirement**

- (a) **General Rule:** Each player shall play a minimum of seven plays per half on offense or defense. Coaches must keep documentation of playing time.
- (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) **Rosters Exceeding 14 Players:** If a team has more than 14 players on its roster, and more than 14 players are suited

for the game, then the minimum play rule is reduced to five plays per half.

- (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 7.07. The challenging coach must notify a member of the Sportsmanship Committee of the challenge prior to the start of the game and must pay \$40 cash at the time of the challenge. If the challenge is successful, the \$40 shall be refunded. A parent may report a violation of minimum plays for his/her team directly to the Sportsmanship Committee without posting a challenge fee.

Article VIII. **GAME RULES**

Section 8.01 **Basic Rule Source**

Unless specifically modified or otherwise noted within this rulebook, standard football rules derived from the National Federation of State High School Associations (NFHS) football rules, such as simultaneous receptions or offensive players being out of bounds, shall apply.

Section 8.02 **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 8.03 **Game Balls**

Game balls shall be Pee Wee size for Kindergarten through 4th grade, Junior size for 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 8.04 **Fields**

- (a) For Kindergarten through 3rd grade, the game will be played on a full field (field size is 50-yd length x 40-yd width), or as space allows.
- (b) For 4th through 8th grade, the game will be played on a full field (field size is 80-yd length x 50-yd width), or as space allows.
- (c) Field diagrams can be found on the last page of this rulebook.

Section 8.05 **Coin Toss**

Winning captain at the coin toss will determine possession. To start the second half, teams will switch field direction and possession will go to the team who started the game on defense.

Section 8.06 **Between Plays**

Each team will have 25 seconds to snap the ball once it has been marked ready for play.

Section 8.07 **Contact**

Understanding there will be some level of contact in flag football, there **is no intentional contact allowed**. A set or moving screen is allowed but is at the discretion of the official as to whether it is appropriate. Players may run a route or run downfield but are not allowed to initiate any sort of contact with defenders. Any use of the hands, arms, elbows, legs or body to initiate contact is illegal.

Section 8.08 **Offensive Rules**

- (a) For Kindergarten through 3rd grade, the first play from scrimmage starts at the 5-yard line. One first down can be earned at midfield. The offense has 3 plays to make a first down or score a touchdown. Following the 3rd down play, the offensive team has the option to either go for it on 4th down or turn the ball over to the other team with the ball being placed on the 5-yard line. If the offensive team goes for it on 4th down and does not make the first down or score a touchdown, then the defensive team will take over possession where the play was blown dead.
- (b) In 4th through 8th grade, the first play from scrimmage starts at the 20-yard line. Two first downs can be earned at each 20-yard marking. The offense has 3 plays to make a first down or score a touchdown. Following the 3rd down play, the offensive team has

the option to either go for it on 4th down or turn the ball over to the other team with the ball being placed on the 20-yard line. If the offensive team goes for it on 4th down and does not make the first down or score a touchdown, then the defensive team will take over possession where the play was blown dead. If inside the 5-yard line, the ball will be spotted at the 5-yard line.

- (c) In all grades, the area from the 5-yard line to the goal line is deemed a no-run zone, and any offensive play from the 5-yard line or within that area requires a pass. The pass must be caught beyond the line of scrimmage. The quarterback cannot run the ball in 4th-8th grade within this area even if the defense sends a rusher.
- (d) At least 3 offensive players are required to be lined up on the line of scrimmage.
 - (i) All players are eligible to receive a pass, whether or not lined up on the line of scrimmage. Inside receivers who are lined up on the line of scrimmage are not deemed ineligible even if covered up by an outside receiver who is also lined up on the line of scrimmage.
 - (ii) Players are not required to be in a 3-point stance, but the center is required to snap the ball between his/her legs and must complete the snap by delivering possession of the ball to another player (i.e., the center cannot keep the ball and become a ball carrier by allowing another player to touch it). Center-sneaks and handoffs to the center are not allowed. The center is eligible to receive a pass but must be past the line of scrimmage to do so.
- (e) **Offense Plays:**
 - (i) In K-1st grade, the quarterback may not run the ball, but may either hand off or pass the ball after receiving the snap. In 2nd through 8th grade, the quarterback is allowed to run after any designated rusher for the defense has crossed the line of scrimmage. The quarterback cannot run the ball in the no-run zone in any grade, even if rushed by the defense.
 - (ii) Lateral passing and toss hand-offs are permitted, but only one forward pass is allowed per play.
 - (iii) The quarterback has 7 seconds to pass the ball. If ball is not released within the 7 seconds, the play is blown dead. In 4th-8th grade, if a quarterback is rushed, they need to release the ball or run past the line of scrimmage prior to the 7 second clock.
 - (iv) Players without the ball may not make physical contact with an opposing player but may provide a set or moving screen in accordance with Section 8.07.

- (v) Ball carriers may spin, but must maintain one foot on the ground; no jumping, diving, or lunging with both feet off the ground is permitted.
- (vi) Ball carriers may not flag guard (using hands, arms, or body in a fashion to protect the flags), stiff arm, or intentionally run into a defender.
- (vii) Offensive players cannot run into a defensive rusher. The offensive player must make an effort to avoid the rusher.
- (f) **Dead Ball Situations:** The play is dead upon any of the following occurrences:
 - (i) When the ball carrier touches the ground with any part of his/her body other than his/her hands or feet.
 - (ii) When the ball carrier's flag has been pulled.
 - (iii) When the ball carrier's flag inadvertently falls off (in which case, the ball will be placed where flag fell).
 - (iv) When the ball hits the ground following a dropped pass or a fumble by a ball carrier.
 - (v) When the center-to-quarterback snap exchange is fumbled and the ball hits the ground. (In Kindergarten and 1st grade, the offense may replay the down as long as the snap was taken under center and not in shotgun formation.)

Section 8.09 **Defensive Rules**

- (a) There is a natural 1-yard neutral zone between the football and the defensive line of scrimmage. At least 3 defensive players are required to be lined up on the defensive line of scrimmage, and those players may be in either a 2-point or a 3-point stance.
- (b) In K-1st grade, no defenders are allowed to rush or otherwise cross the line of scrimmage until (1) the QB hands off or laterals the ball to a ball carrier and/or (2) the QB releases a pass. In 2nd-8th grade, defenders are allowed to rush from a marker of 7 yards from the line of scrimmage. In 2nd-3rd grade, only one defender may rush. In 4th-8th grade, no more than 4 defenders may rush.
- (c) The rusher cannot intentionally run into a player.
- (d) The defensive line cannot cross the line of scrimmage until (1) the QB hands off or laterals the ball to a ball carrier and/or (2) the QB releases a pass.
- (e) A defensive player cannot hold or push a ball carrier. No defensive player can initiate contact or run into a player setting a fixed screen.
- (f) A rusher or defender may not make contact with a passer's arm.

- (g) A defender who has de-flagged a ball carrier will stand in place where he/she pulled the flag and, with good sportsmanship, return the flag to the ball carrier.
- (h) A defender may intercept a pass. After the interception, the play may continue providing the chance for the interceptor to score. The interceptor can attempt to return the ball past the goal line for a touchdown. If the interceptor is ruled down short of the goal line, then the intercepting team is awarded possession of the ball at the spot where the interceptor was ruled down. If inside the 5-yard line, the ball will be spotted at the 5-yard line. An interception in the end zone will result in a touchback, and the ball will be placed at the 5-yard line (K-3rd) or 20-yard line (4th-8th)
- (i) A defender may not strip the ball away from a ball carrier.
- (j) A defender may not leave his feet to dive for a flag pull. By contrast, a defender may naturally fall down during the flag pulling attempt.
- (k) A safety occurs when the ball carrier is declared down in his/her own end zone. Ball carriers can be called down when their flags are pulled by a defensive player; their flags fall off; they step out of bounds; the ball is dropped by the ball carrier; the ball is snapped and dropped in the end zone; or they hit the ground with any part of their body other than hands or feet. A safety also occurs when there is an offensive penalty in the end zone. When a safety occurs, the defensive team will be awarded two (2) points and possession of the ball at the 5-yard line (for K through 3rd grades) or the 20-yard line (for 4th through 8th grades).

Section 8.10 League Rules Penalties

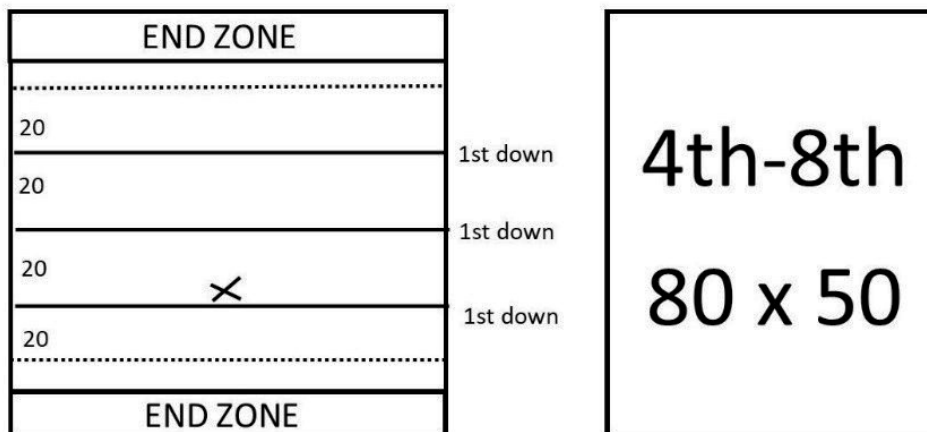
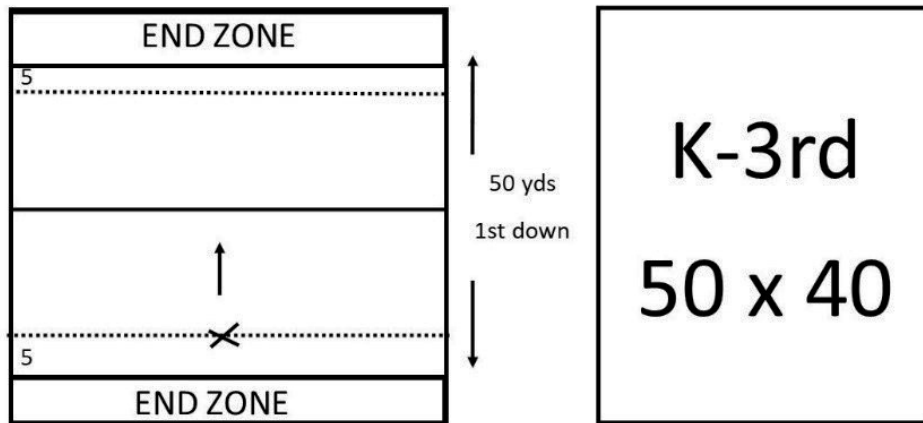
- (a) 10-yard penalties with a new 1st down:
 - (i) Tackling.
 - (ii) Unnecessary roughness.
 - (iii) Roughing passer.
 - (iv) Blocking/football hitting.
- (b) 10-yard penalties:
 - (i) Flag guarding.
 - (ii) Pass interference.
 - (iii) Offensive pass interference.
 - (iv) Offensive blocking.
 - (v) Unsportsmanlike conduct.
- (c) 5-yard penalties:
 - (i) Offsides, neutral zone infraction, illegal rush.
 - (ii) Defense cross the line of scrimmage.

- (iii) Illegal participation.
- (iv) No mouthpiece.
- (v) Line of scrimmage faults.
- (vi) Inadvertent but definite contact (running into rusher, hitting the passer's arm, etc.).
- (vii) Defensive diving for the flag.
- (viii) Delay of game penalty will be a 5-yard penalty or loss of down if penalty yardage cannot be enforced. On any delay of game penalty by the offense, the defensive coach can elect to enforce a loss of down rather than take the 5-yard penalty against the offense. This is to prevent an offense from intentionally taking delay of game penalties in order to run off an excessive amount of game time when leading.

Section 8.11 **Coaching**

- (a) Only coaches certified by KCFC should coach in practice and games.
- (b) There are free substitutions anytime there is a dead ball.
- (c) On offense, two coaches are allowed on the field in K-3rd grade, and one coach is allowed on the field in 4th grade.
- (d) On defense, one coach is allowed on the field in K-4th grade.
- (e) Each coach will appoint a captain to represent the team prior to and during the game.

FLAG FIELD DIAGRAMS



NOTES

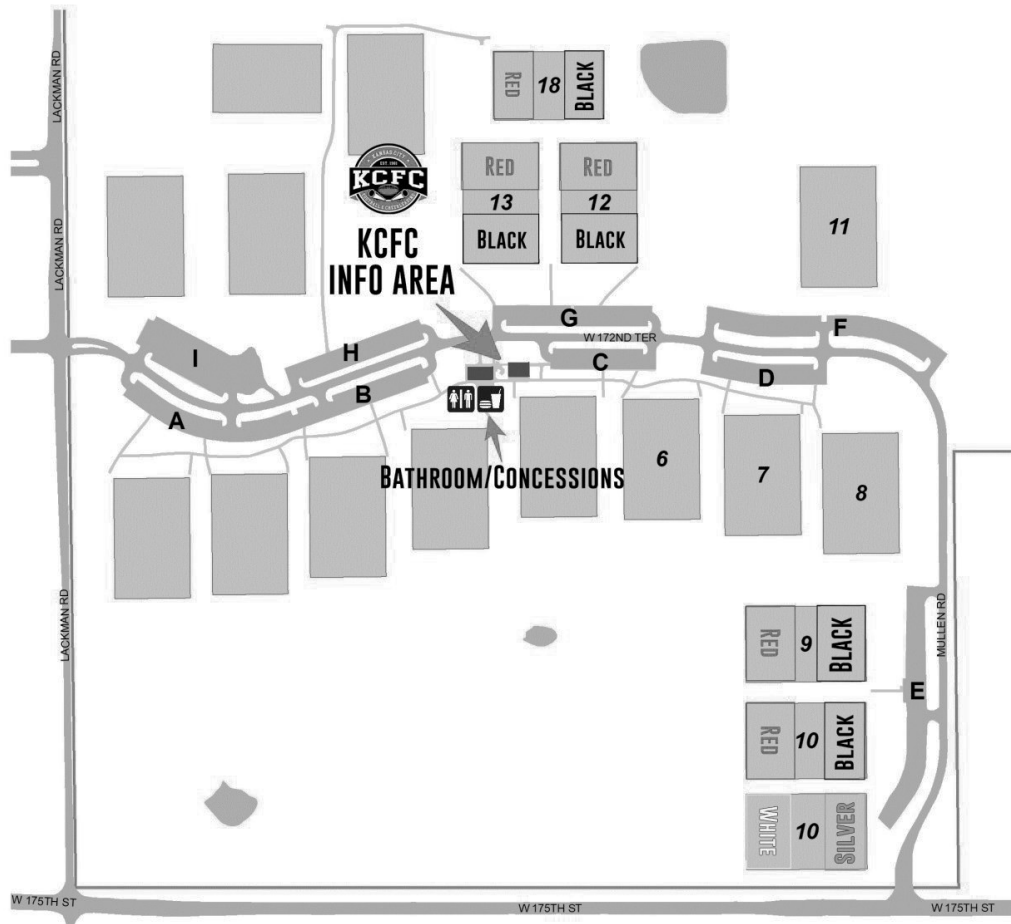
HERITAGE SOCCER PARK

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District

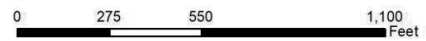
www.jcprd.com



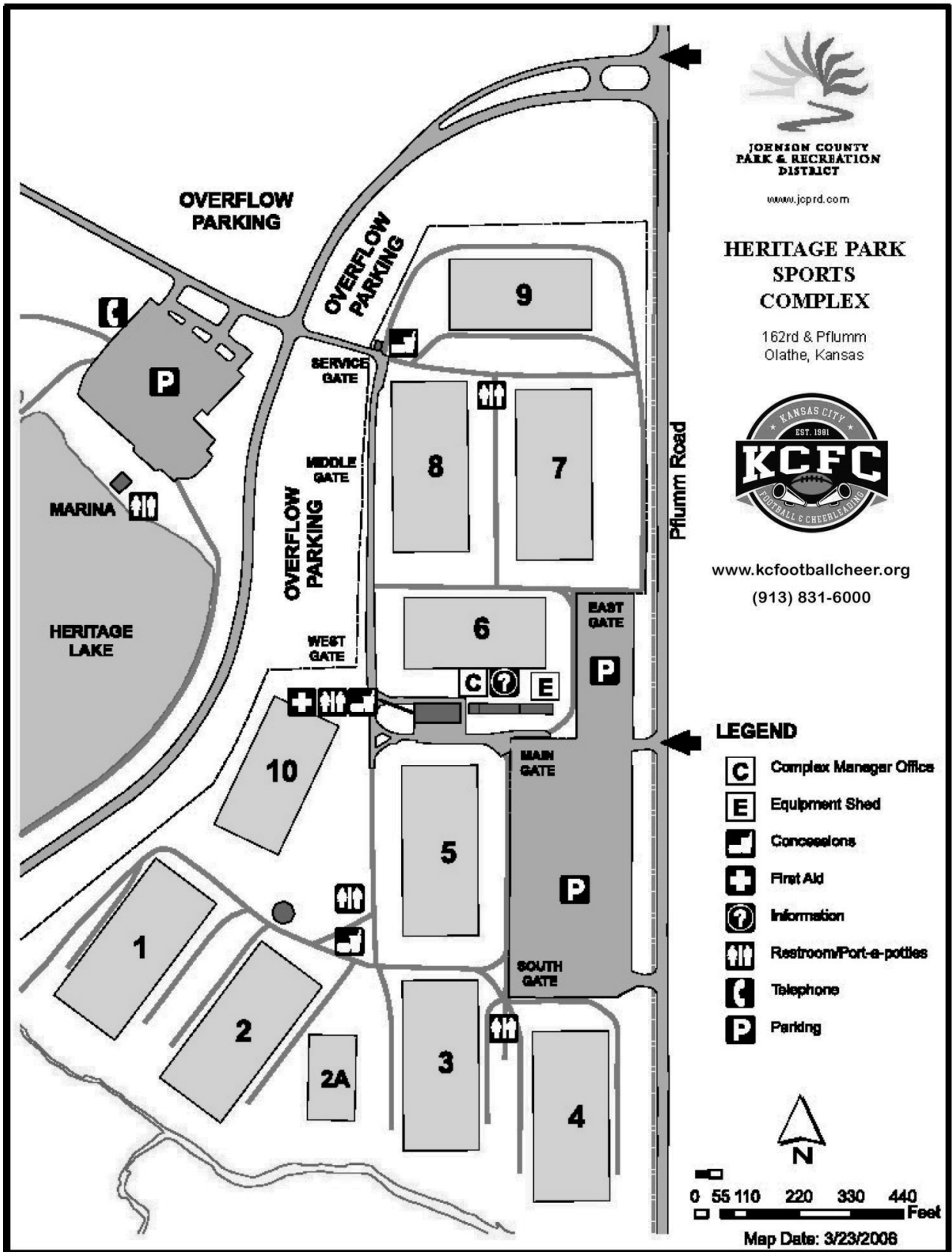
Legend

- Athletic Field
- Building
- Road/Parking
- Lake/Stream
- Park Boundary

- Restroom
- Concessions



May 28, 2021



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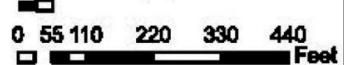


www.kcfootballcheer.org

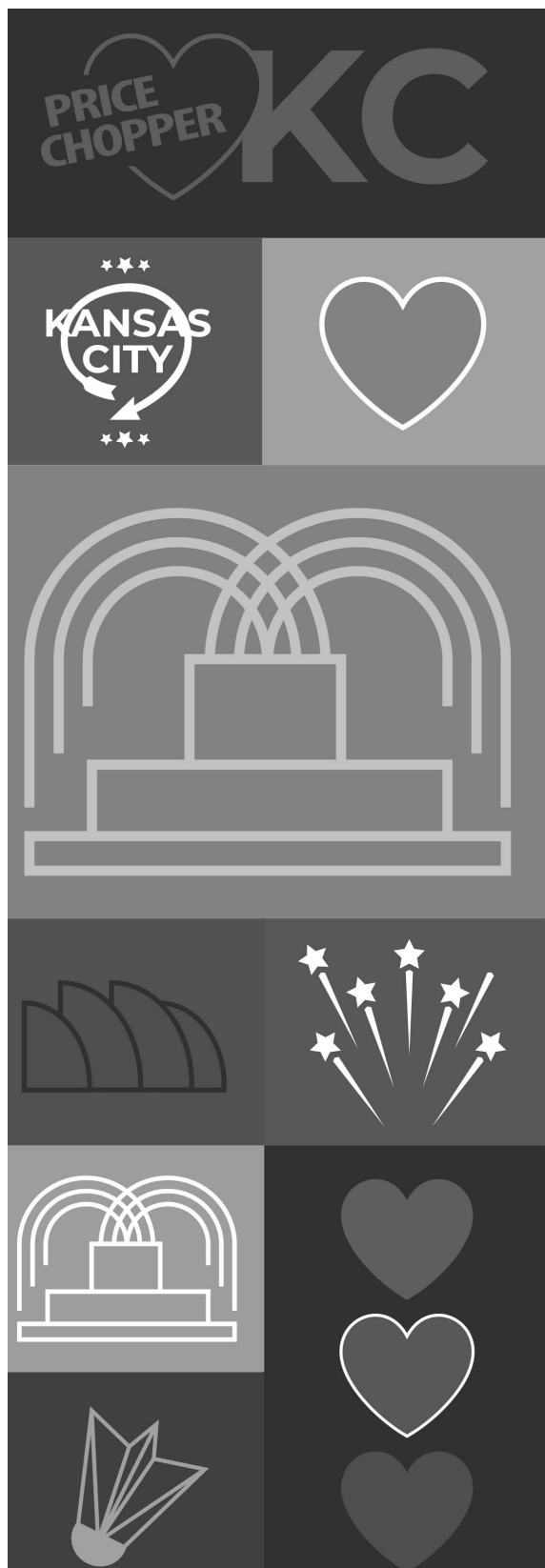
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LEGEND

- Complex Manager Office
- Equipment Shed
- Concessions
- First Aid
- Information
- Restroom/Port-a-potties
- Telephone
- Parking



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