

## KISHWAUKEE YOUTH FOOTBALL LEAGUE 2008 RULE BOOK

1. Each team is limited to **three (3)** practices a week prior to August 28th (The jamboree counts as a practice night). After August 28th, practices will be limited to **two (2)** a week and must be held on weekdays (Monday, Tuesday or Wednesdays).
2. Practice times are limited to **two (2)** hours until either School District #427 or #428 begins. After August 25<sup>th</sup>, when school starts practices times are limited to **one and a half (1.5)** hours.
3. Coaches should hand out a practice schedule at the beginning of the season listing times, dates and locations of all practices.
4. Each player must have at least **five (5)** team practices to be eligible to play in a game. Team practices start the last day of Mini-Camp. As soon as a head coach has called his team together, he should take attendance and start his first practice. It is the head coach's responsibility to take attendance at all practices and make sure this rule is enforced.
5. KYFL games will consist of **four (4)** quarters of **fifteen (15)** minutes each. Halftime will be **five (5)** minutes in length. The breaks at quarters will only be long enough to allow the cheerleaders to perform. When the time remaining in the 2<sup>nd</sup> and 4<sup>th</sup> quarters hits two minutes the clock will be stopped. Then five plays will be played before half and the end of the game. A punt counts as a play.
6. To speed up games and to help players line up correctly, each team will have one coach on the field with both the offense and the defense.
7. A weight limit is established each year for ball carrying. The board, during Mini-Camp, will establish the weight limit. If a player is over the ball carrying weight limit, he is limited to certain positions. He can not play; quarterback, running back, fullback, wingback, split end or tight end. A player over the weight limit can not advance the football, but he can recover a fumble or intercept a pass. If that happens, the play is dead and his team has the ball. As a reference, the previous year's weight limit was one hundred and twenty (**120**) pounds. Any participant **over** one hundred and twenty (**120**) pounds can not carry the ball, but is subject to change if necessary. Participants unable to carry the ball are also referred to as strikers, as they are required to have a colored strip of tape on their helmets so coaches, players and officials know they are not eligible to carry the football. Any player weighing over one hundred ninety pounds (**190**) can only play offensive line. The official weight each year is measured during equipment issue or mini-camp.
8. The fields KYFL play on are approximately seventy (70) yards long and thirty-five (35) yards wide. Because of our short field, no penalty will be enforced more than ten (10) yards. Because of our narrow field, we will ask the grounds crew to build the fields to our specifications, with hash marks closer to midfield.

9. Head coaches are responsible for the conduct of everyone on his sideline; players, assistant coaches. The team sideline should only be used by players and coaches. Other fans including parents and siblings are to watch the game from the opposite side of the fields. Head coaches can assist in having fans act responsibly by discussing expectations for fans throughout the season. Please make sure everyone acts properly.
10. To increase the number of plays run from scrimmage, there will not be any punts and kick-offs will only be used to start each half. Following touchdowns the ball will be placed on the offenses 20 yard line to begin play.

Kick-offs:

- No strippers (participants over 120 pounds) are allowed on the field for kick-offs.
- All kick-offs will be made from the center of the field on kicking teams 25 yard line.
- On-side kicks are not allowed.
- Kicking team must line up with a balanced line and no shifts are allowed.
- If the kick-off travels out of bounds without being touched by the returning team the ball will be placed at the point of exit or offenses 25 yard line to begin play.

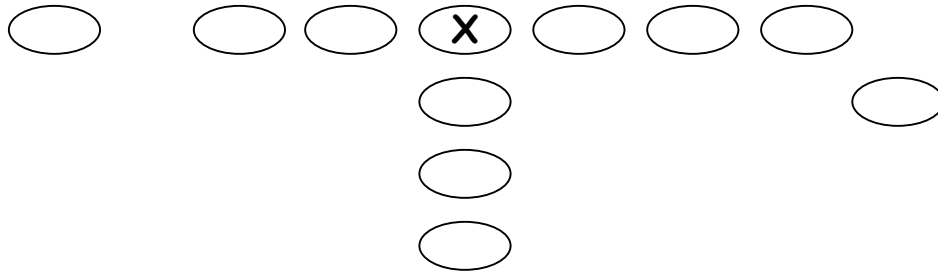
Punts: The team selecting to punt will tell the referee, the referee will move the ball down field twenty-five (25) yards. In the event 25 yards would place the ball within the opponent's ten-yard line, the ball will be placed on the ten-yard line to begin play.

11. The league has not determined an amount of playing time each player should have each game. Coaches are expected to work hard at substitutions making sure playing time is properly distributed. Assistant coaches can help with this. The focus of KYFL is teaching and participation not competition. We will use the Illinois High School Association Rule Book with the following modifications:

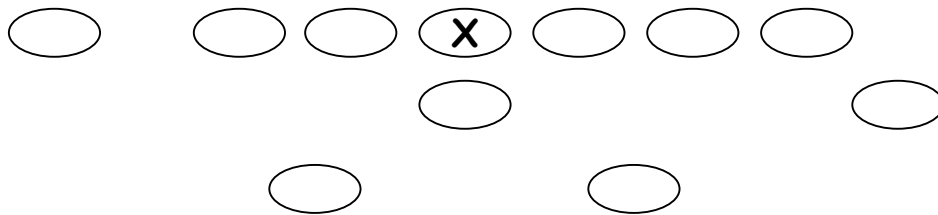
### **OFFENSIVE RULES MODIFICATIONS**

Like High School Football, there must be seven offensive players on the line of scrimmage: center, guards, tackles, tight end and split end. KYFL adds that all offensive players on the line of scrimmage must start in a down position, except the split end. No interior lineman should be standing straight up.

12. The split end can line up in one of two formations. Split formation: The split end lines up on the line of scrimmage at least **eight (8) yards** from the tackle. Tight formation: The split end lines up next to the tackle; close enough to touch the tackle. The split end is lining up as a second tight end.
13. The wingback must line up **two (2) yards** off the line of scrimmage and **two (2) yards** outside the tight end (2x2).
14. The offensive backfield must start from either the "I" formation or the "Split Back" formation. The "I" formation with the quarterback under center and the fullback and running back behind him in a line perpendicular to the line of scrimmage. At least **four (4) yards** behind the line of scrimmage.



The “Split Back” formation with the quarterback under center and the fullback and running back in a line parallel to the line of scrimmage. Lined up in the guard-tackle gap on each side, at least **three (3) yards** behind the line of scrimmage.



15. The spacing on the offensive line is very important. Spacing between the feet of any two linemen playing side by side should be **12 - 18** inches.
16. Blocking directly into the defensive player’s knees is not allowed, and should not be taught.
17. No offensive player may go in motion.
18. All plays must start with a huddle. All plays must be called in the huddle, not by the coach at the line of scrimmage.

### **DEFENSIVE RULE MODIFICATIONS**

19. There must be four defensive players on the line of scrimmage when the ball is snapped, two defensive tackles and two defensive ends. These four defensive linemen must be in a down position. No defensive linemen should be standing straight up. These are the only defensive players that can rush the quarterback on a pass play. Other defensive players can cross the line of scrimmage, but they cannot enter the area between the two offensive tackles. If the quarterback roles out leaving the tackle box, any defensive player can rush. If the quarterback hands off to another player, anyone can enter the tackle box to rush the passer or chase a ball carrier.
20. No defensive lineman may line up between the two offensive guards. Defensive tackles may shoot the guard – center gap, after the ball is snapped. But under no circumstances should they be coached to “blast” the center.

21. Defensive tackles must line up head-on, or on the outside shoulder of the offensive guard.
22. Defensive ends must line up head-on, or on the outside shoulder of the offensive tackles. Defensive ends must line up inside the tight end.
23. The defensive middle linebacker must line up between the two offensive guards, at least **three (3) yards** behind the line of scrimmage, when the ball is snapped. He can not blitz the quarterback in the tackle box.
24. Two defensive, outside linebackers must line up head-on or outside shoulder of the tight end, at least **three (3) yards** behind the line of scrimmage. If there is no tight end on his side, the outside linebacker must be outside the defensive end, at least **three (3) yards** behind the line of scrimmage when the ball is snapped. They can not blitz the quarterback in the tackle box.
25. Two defensive cornerbacks must line up outside the outside linebackers, at least **three (3) yards** behind the line of scrimmage when the ball is snapped. They can not blitz the quarterback in the tackle box.
26. Two defensive safeties must line up at least **seven (7) yards** behind the line of scrimmage, when the ball is snapped. They can line up anywhere across the width of the field. They can not blitz the quarterback in the tackle box.