

THE BASICS

- 3rd - 6th grade will play on a 40x80 field.
- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 20 yard line and has three (3) plays to cross midfield (40 yard line, once a team crosses midfield, it has three (3) chances to score a touchdown; if the offense fails to score a touchdown, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, the opposition starts its drive from its 20-yard line.
- All possessions, except interceptions, start on the offense's 20-yard line.
- Interceptions may be returned.
- Teams change sides after the first twenty (20) minutes. Possession changes to the loser of the coin toss unless deferred. The second half begins immediately after possession is declared.

GAME RULES

- Teams may have five (5) players on the field at a time.
- Two (2) 20-minute halves
- 5-minute halftime
- Clock runs continuously
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Each team has one 60-second time-out and one 30-second time-out per half.
- Officials can stop the clock at their discretion.

SCORING

- Touchdown = 6 points
- Extra Point (played from the 5-yard line) = 1 point
- Extra Point (played from the 10-yard line) = 2 points
- Safety = 2 points (After a safety, the ball will be placed at midfield)

RUNNING

- The quarterback cannot run with the ball, unless the ball is given back by another hand-off.
- Direct handoffs and lateral pitches are allowed behind the line of scrimmage. If a fumble occurs on a handoff or lateral pitch, the ball is dead at the spot of the fumble.
- Offense may use multiple handoffs.
- The player who takes the handoffs can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all the defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The defense player cannot leave his/her feet and dive for the flag.
- The ball is spotted where the flag is pulled, not where the ball is.
- Absolutely no laterals or pitches of any kind are allowed.

RECEIVING

- All players are eligible to receive passes (including quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

PASSING

- Shovel passes are allowed.
- The quarterback has a “seven-second pass clock”. If a pass is not thrown within the seven seconds, the play is dead and there is a loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.

DEAD BALLS

- The ball must be snapped between the legs, not off to one side, to start the play. The snap may be direct hand to hand to the quarterback or shotgun snap to the quarterback.
- Substitutions may be made during any dead ball.
- Play is ruled dead when:
 - Ball carriers flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier’s flag falls off or knee touches the ground.
- There are no fumbles. The ball is spotted where the ball hits the ground.

RUSHING THE QUARTERBACK

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-second rule no longer is in effect, and all defenders may go behind the line of scrimmage. The referee will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

SPORTSMANSHIP/ROUGHING

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. The referee has the right to determine offensive language. If trash talking occurs, the referee will give one (1) warning. If it continues, the player will be ejected from the game.

PENALTIES

- The referee will call all penalties.
- Defensive penalties include:
 - Off-sides – 5 yards and automatic first down
 - Interference – 10 yards and automatic first down
 - Illegal Contact (blocking, tackling) – 10 yards and automatic first down
 - Illegal flag pull (before receiver has ball) – 5 yards and automatic first down
 - Illegal rushing (starting rush inside 7 yard line) – 5 yards and automatic first down
- Offensive penalties include:
 - Illegal motion – 5 yards and loss of down
 - Illegal forward pass (thrown beyond line of scrimmage) – 5 yards and loss of down
 - Offensive pass interference (illegal pick play, pushing off) – 10 yards and loss of down
 - Flag guarding – 5 yards (from line of scrimmage) and loss of down
 - Delay of game – clock stops, 5 yards and loss of down
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- Only the coach can ask the referee questions about rule clarifications and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

ATTIRE

- Tennis shoes and Rubber cleats are allowed, NO metal spikes.
- All players must wear a protective mouthpiece; there are no exceptions.
- Hard or plaster casts are not permitted

COACHES

- The head coach is responsible for the physical and mental well being of all children while entrusted to his or her care.
- The head coach is responsible for the management of minimum play.
- The head coach is responsible for maintaining an adequate level of discipline on his or her team.
- All head coaches and assistant coaches must wear the Kids, Incorporated coaches shirt.
- Only coaches wearing a Kids, Incorporated coaches shirt will be allowed on the field and the side line/bench area.
 - All others will be asked to move back.
- All assistant coaches must be listed on the roster and have a background check on file.
 - This will allow the officials to be able to identify the coaches.
- All head coaches are to report injuries to the Kids, Incorporated office.
- Coaches are responsible for making sure the team areas are cleaned after practices and games.

CODE OF CONDUCT

- The team will abide by the following provisions and shall be followed at all times.
- Profane, obscene, abusive or degrading language in the presence of anyone connected with the game is unacceptable.
 - This includes all practices, games or Kids, Incorporated events.
- Do not grab, shove, push, or handle a child in an aggressive or abusive manner.
- Conduct yourself in a sportsmanlike manner at all times.
- You will not engage in any acts of violence or intimidation.
- Striking any other coach, official, player, spectator or other adult participants, shall result in the head coach and/or assistant coach, player or parent being suspended indefinitely.
- Emphasize the importance of being good students as well as good athletes.
- Accept the decision of the game officials on the field as being fair and called to the best of their ability.
 - This does not mean a coach cannot question a call in a proper manner.
- Do not criticize the opposing team, its players, or fans by word or gestures.
- Coaches are responsible for the conduct and control of their team's fans, chain crews and spectators.
- The use of drugs, alcohol, or tobacco (including chewing tobacco) in any form on the field while participating in any Kids, Incorporated game or practice is unacceptable.
- You will not knowingly permit an ineligible player to play in any game.
 - Doing so will result in forfeiting of the game and an indefinite suspension from Kids, Incorporated.
- Should head coaches or their assistant coaches violate any Kids, Incorporated playing rules or directives, they may be subject to immediate disciplinary actions.
- Please do not do anything in which Kids, Incorporated cannot defend you.
 - This includes all coaches, players, officials, parents and spectators.