

# 2025 Sunflower Conference Rule Book

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The organization strongly believes in sportsmanship and developing young athletes for future challenges in athletics and life.

It is not possible to cover every situation that may arise during the course of the season. If a situation arises and it is not covered in the rules the league governing body will review and make a decision on how to proceed.

Schedules will be prior to the beginning of season. Regular season begins in early September 2025

## **Sunflower Refund Policy**

1 A full refund will be issued before you play in any games in the league.

2 No refunds will be issued after the first game is played.

## **Sportsmanship**

It is expected that all coaches, players and spectators will promote sportsmanship at all NKFL /NYSSO events. Coaches are responsible for their behavior, behavior of assistant coaches, players, parents and spectators and can be disciplined for their behavior.

Anyone ejected from an event shall serve a minimum 1 game suspension. The NYSSO will review all violations and may impose additional sanctions up to permanent suspension from all NKFL/NYSSO events. If a person is suspended for the season they will have to reapply to join the league the following year. Application shall be in writing. The NYSSO Director will have final say in all discipline matters. There are no appeals.

If an adult commits a second offense similar in nature it will result in suspension for the remainder of the year from all events. Their children may also be removed from all KVL events for the remainder of the season. A refund shall not be provided.

Anyone who commits the following offences will be asked to leave the event.

1. Smoking or smokeless tobacco is not permitted at any KVL-NYSSO event.
2. Abusive or profane language or obscene gestures.
3. Attempts to intimidate.
4. Flagrantly rude.
5. Consumes or possesses alcoholic beverages or appears to be intoxicated.
6. Physical assault, not limited to hitting, slapping, pushing, spitting, kicking or striking.
7. Use of illegal drugs.
8. Possesses glass bottles or cans.
9. Absolutely no pets allowed.

Any coach, official, spectator or player may report unsportsmanlike conduct. Written reports carry more validity and are highly recommended. An infraction may be reported to the NKFL/NYSSO Director. The report will be reviewed and the reporting person may be asked to provide more details.

Any coach under suspension shall not be allowed to attend practice sessions and not be allowed to be present during the game he is suspended. If a suspended coach violates this policy additional suspensions will be reviewed.

## **First Aid**

1. Concussions are a serious issue and great care needs to assure all athletes are safe and healthy. The league has adopted the KSHSAA guidelines to assure the best possible outcome and safety of a player. The guidelines are posted on the league website and provided
2. Official league rosters must list every player for insurance coverage.
3. Each team must have a first aid kit available at games and practice.
4. Any player receiving an injury requiring medical attention should not be moved until proper medical authorities have arrived.

## **In-climate Weather**

There is no reason to expose a player to dangerous and extreme weather situations. The league takes this very seriously. Coaches found in violation of these rules will be replaced.

1. Practice will be cancelled for the following events:
  - a. Lightening detected in your area.
  - b. Severe storms.
  - c. Heavy rain.
  - d. **If the temperature equals or exceeds 95 degrees and/or heat index reaches or exceeds 105. All practices shall be suspended.**
  - e. Coaches are not limited by only to the above weather issues, they have the option to cancel practice at any time they feel conditions may be dangerous.
  - f. Weather Hotline: 913-800-3955

## **Equipment**

1. Rubber cleats.
2. No metal cleats allowed.
3. Screw in cleats must be rubber tipped.
4. Colored mouth piece attached to the face mask (clear mouth pieces are not permitted).
5. **Helmet must be NOC-SAE approved.**
6. Shoulder, hip, thigh, tail pads and knee pads.
7. Teams will provide their own uniforms.
8. Jersey numbers shall be required for all games on front and back.

9. If a team uses 2 different jerseys the player will wear the same number on each jersey.
10. Any player wearing a jersey saturated in blood shall be required to change jerseys or have jersey cleaned per the Kansas State High School Rule Book. Player will not be allowed or continue to play until the jersey has been replaced or cleaned.
11. All uniforms must be in accordance to KSHAAA uniform rules.

## **Weigh In Procedures**

1. All players shall be weighed in at dates specified by NKFL/NYSSO.
2. All players shall be weighed in by Board member, director or NYSSO designated representative.
3. Player has one opportunity to weigh for the season. Once the player steps on the scale that is his weight for the season. There is no re-weighing.
4. Player will not be allowed to participate in a game until weight has been verified.
5. The players weight will be recorded on the /NYSSO roster and be good for entire season.
6. Head coach only may protest an illegal ball carrier. A \$100.00 cash protest fee shall be posted and only returned only if the player is in violation. The NKFL/NYSSO Roster will be the official weigh in sheet. If the player is in violation of the ball carrying weight it will result in the player being disqualified from that game. The infraction will be reviewed by the league to determine if additional punishment of the player and coach are warranted.
7. A player will not be re-weighed for a protest.
8. No weight other than that registered by the league will be accepted.
9. Overweight players shall have their helmet marked.
10. Players will wear a minimum of shorts and a shirt. Under garments shall not be visible (no weighing nude or in underwear).
11. This league is grade based first.

Division	Age by August 1 2025	Ball Carrier Weight
3 <sup>rd</sup> grade	9	92 lbs
4 <sup>th</sup> grade	10	107 lbs
5 <sup>th</sup> grade	11	122 lbs
6 <sup>th</sup> grade	12	132 lbs

## **Overweight Players**

1. On offense
  - a. Cannot be in the backfield except as a punter (cannot advance the ball).
  - b. Cannot advance the ball from any position.
  - c. Can recover a fumble but cannot advance ball.
  - d. Can hold the ball for field goal or extra point attempt.
  - e. Any player recovering a fumble or punt will result in the play being called dead.
2. On Defense

- a. May advance any fumble or interception.
- 3. Kick-off team:
  - a. Must be on the front line.
  - b. Cannot advance ball.
- 4. Kick return team
  - a. Must be on the front line.
  - b. Cannot advance ball.

## **Players Eligibility**

1. All players shall play for a team in their high school area where they live or attend school or be approved by NKFL/NYSSO Director.. If their area team is full they will be placed on a team by the league.
2. Each team is allowed five out of area players. If the player is out of area they are only allowed to play on one team for the season. The only exception is if the league assigns a player to a team. The player will not count against the five out of area players allowed.
3. All players shall be enrolled 2<sup>nd</sup> – 6<sup>th</sup> to play tackle football. K-1 graders are not eligible to play tackle.
4. All players are grandfathered onto a team even if an area team for which they live is developed. However, those players have a choice to play for their new area team. A player cannot leave their grandfathered team to go to a team outside of their school area.
5. If an area has (2) teams at the same grade level a player may have the option to leave their current team and play for the other team in their area. The reason for the request, number of players on a team and all criteria for the request will be reviewed by the league. Coaches may or may not be consulted.
6. Player must be of the proper age, not older than the ages in the table above on August 1,2025. Grade level takes priority over age.
7. All players must provide a signed player registration, copy of birth certificate, report card from recent school year. Any player not providing these will not be eligible until requirements are met.
8. Use of a player who does not meet player eligibility requirements will result in forfeiture of any game in which the player participated. The head coach and the player will be suspended for the following game.
9. Any player playing on 2 teams shall be approved by the league. Player is required to pay an additional entry fee.
10. .All tackle players are required to have a Sports Physical.
11. Any player playing down 1 grade must meet all the following requirements:
  - a. Approval granted by league.
  - b. Under ball carrying weight for the grade they are playing in .
  - c. Cannot advance ball.
  - d. Cannot play in any ball carrying position. Must play on the offense or defensive line.
  - e. No more than 4 players playing down will be permitted on a team.
  - f. Must be a first year player.
  - g. Team must be short players and cannot meet the 15 player minimum if there are players available at the desired grade level they will put on the roster first. The intent is not to stack a team with higher grade players.

## **Practice**

1. Practice sessions during school shall be limited to 3 per week.
2. Limited to 2 hours per practice.

3. Every player must complete 10 hours of conditioning before any contact.

## **Substitution**

All players must play a minimum of 10 plays per game; special team plays may count for up to 4 plays. If a player does not attend practice, injured, behavior problem or dangerous to him or others this rule does not apply. Referee and opposing coach shall be notified in advance the player is not playing. Coaches are encouraged to substitute freely.

## **Scoring**

1. Touchdown – 6 points
2. Extra points – 1 point kick, (2 points pass or run)
3. Field Goal – 3 points
4. Safety-2 points

## **Mercy Rule**

In the third quarter of a game, if the point spread is 35 points, the scores on the scoreboard will be returned to zero. In the 4<sup>th</sup> quarter if the point spread is 35 points the scores will show zero and a running clock will be implemented. Once a running clock is implemented it will continue to the end of the game. No game score can show anything above a 35 points for the ending score. The official score keeper will turn in the score to the league.. There will be no kickoffs allowed once a team is ahead by 35 points at any point of the game. The team will take the ball on the 30 yd line after each score and start their offense from there. The mercy rules will be for all levels.

It is highly recommended: If a running clock is being used the leading team should not run reverses, throw deep passes or onside kick. The leading team should limit their plays to running between the tackles. Give your second team players a chance to get better. If the losing team is about to score don't put in your first team defense. Show sportsmanship to the players on the opposing team.

## **Play Regulations**

1. Offense and special teams must have 5 set interior linemen and 7 players on the line of scrimmage.
2. 11 players will be on the field per team.
3. No head slaps to hands to the helmet
4. No tripping during blocking or tackling.
5. Kick off from 35 on 90 yard field and 40 on 100 yard field.
6. Field goals and extra point kicks shall be no rush for 3<sup>rd</sup>-5<sup>th</sup>.

7. Defense cannot hit center while head is down during a kick/punt.
8. Each team receives 3 time outs per half, cannot to be carried over.
9. Each team shall have minimum of 15 players and maximum of 22 players. Exceptions will be reviewed by league.
10. If coaches are allowed on the field they must be outside of the hash marks once team is set and 10 yards from the deepest player.
11. Once the offensive formation is set the coaches on the field must remain silent until the end of the play.
12. If the coach communicates with his players after the formation is set the first infraction will be a warning. Second offense a 10 yard penalty will be accessed.
13. Repeated violation will result in the removal of the coach from field.
14. Teams are allowed to film their own games only. Filming shall not interfere with the game.
15. The home team shall provide 3 people to run the chains.
16. Coaches may not run the chains.
17. Chain gang members shall not coach during the game.
18. Only 5 coaches will be permitted on the side lines at a game. Photographers, camera and statisticians shall be counted as a coach if they are on the field.
19. Game officials will be in charge of each game..
20. If any team choses to forfeit a game will be charged a \$250.00 fee accessed to the forfeiting team. The fee is to cover the expenses for additional referee costs and rescheduling.
21. Any coach or players that does not follow the rules or code of conduct will be suspended for a game or games and or disqualified for the season. No refund will be allowed if any of these are not followed.. NO EXCEPTION!

## **Overtime**

1. Coin toss decides possession (offense, defense, defend a goal)
2. Play will begin on 10 yard line
3. Each team given opportunity to score
4. After 2 overtimes the game will end in a tie.

## **Flag Division**

1. Divisions will be K-1 or 2<sup>nd</sup> grade.
2. Game time is 20 minutes per half running clock. The clock will only stop for timeouts.
3. Halftime is 5 minutes.
4. The clock will stop after a score and will resume once ball is ready for play.. Both teams shall be ready to play.
5. All teams will have 35 seconds to run a play once ball is set by the official.
6. Jersey's must be tucked in.
7. Flags must be worn on hips and not tied or altered. All players must supply their own flag belts.
8. Blocking is allowed on the line of scrimmage only with your hands extended and below the neck only. Blocking downfield is allowed only if your hands are not extended.
9. Any ball touching the ground after the play has begun will be called dead.
10. No kicking allowed, all kickoffs taken on the 20 yard line.
11. All punts will be 35 yards from line of scrimmage and half the distance if under 40 yards. The clock will stop for change of possession but each punt will result in a 10 second runoff of the clock. Once the ball is set the play clock will start.
12. Runner shall not protect the flag.
13. When the ball carriers flag is pulled or falls out the play is called dead where the runner lost the flag.

14. Tackling is defined as a physical attempt to stop progress of a ball carrier without trying to detach a flag is prohibited. The official will determine if a player intentionally tackles a ball carrier he can award an additional 10 yards to the end of the run.
15. Two coaches will be permitted on the field to assist players.
16. The ball carrier cannot lower his head and run into a defender
17. Pee-wee size or K-2 ball shall be used.
18. All players are required to wear a mouthpiece during all games.
19. QB can run the ball at anytime. **No Quarterback sneaks are allowed.**
20. Any players that are blitzing have to be 5 yards off the ball if they are blitzing.
21. All fumbles and interceptions are dead balls.
22. Offense will have to allow subs on defense. No hurry up offense will be allowed in flag. NO EXCEPTIONS!

### **3<sup>rd</sup> Grade Rules**

- 1) Punt declared by offensive team, no live punts.
- 2) Take the ball 35 yards from line of scrimmage or half distance to goal inside the 40.
- 3) There will be 10 seconds run off the game clock for a punt.
- 4) Two coaches allowed on the field.
- 5) No live kicks allowed.
- 6) Kickoffs will be taken at the 30 yard line. Ball will be placed on the 30yd line after each score.
- 7) Field goal attempts are no rush.
- 8) K-2 or Peewee ball shall be used
- 9) Nose tackle is allowed.

### **4<sup>th</sup> Grade Rules**

- 1) Punt declared by offensive team, no live punts.
- 2) Take the ball 35 yards from line of scrimmage or half distance to goal inside the 40.
- 3) No live kicks allowed.
- 4) Kickoffs will be taken at the 30 yard line. Ball will be placed on the 30yd line after each score.
- 5) One coach per team may be on the field.
- 6) Field goal attempts are no rush.
- 7) K-2, Peewee or TDJ ball to be used.

### **5<sup>th</sup> Grade Rules**

- 1) All Punts must be declared by the offensive team.
- 2) Fake punts not allowed.
- 3) Neither team may cross the line of scrimmage until ball is punted.

- 4) The player kicking the ball may take a long snap or direct snap and back up to punt the ball.
- 5) Once the ball is punted the game is live.
- 6) Each punt team must have 5 interior lineman and 7 on the line of scrimmage.
- 7) Field goal attempts are no rush.
- 8) K-2, Pee wee or TDJ ball to be used.
- 9) Kickoffs will be taken at the 30 yard line. Ball will be placed on the 30yd line after each score. (If both agree before the game begins.) It will vary in non conference games here.

## **6<sup>th</sup> Grade Rules:**

1. All punts are live.
2. All rules will be in compliance with KSHSAA.
3. TDJ ball to be used.

## **Coaches Rules**

1. Every coach must be USA Football certified to coach in our league. Proof of membership and completion of course is tracked on-line by our administrator. The head coach is responsible to make sure all persons coaching for their team in practices or games are certified.
2. Under no circumstances will any team have more than 6 coaches on the sideline at any game. **No exceptions!**
3. Coaches are not allowed to run the chains during the game.
4. Home team is responsible to provide 3 people to run the chains.
5. Expected to adhere to a strict code of conduct and sportsmanship.
6. Head coaches are responsible for the behavior of their players, parents and coaches and may be suspended based on inappropriate behavior exhibited anyone associated with his team.
7. All head and assistant coaches should attend rules meeting.
8. Shall be of unquestionable moral character and shall have the knowledge and capability to instruct players in fundamentals of the game.
9. Must carry their coach's pass during games they are coaching.
10. Head coach shall be 21 years of age or older. If younger than 21 they will need to be approved by league director
11. Shall not review video tapes or use audio equipment during the game or half time. Violation will result in forfeiture of the game. Additional discipline will be reviewed by the NKFL/NYSSO commissioner and board.
12. Filming or videotaping a game can only be done by the teams playing. Violation of this rule will result in a 1 game suspension of the head coach and the individual recording the game.
13. All players must be registered with the league to participate in practice or games. Violation will result in a one game suspension of the head coach and the player.
14. Accept decisions made by the officials on the field as being fair and the best ability of the officials. Disagreements can be discussed with the official if they choose but must remain professional and discrete at all times. Screaming, yelling and derogatory remarks will not be tolerated.
15. Will not make gestures or criticize opposing players, coaches or spectators.
16. Will not verbally, physically attack or attempt to intimidate any person at any time during a KVL event.
17. Adhere to the KSHAA rules book.
18. Shall not receive payment of any kind for being a coach.
19. Shall not participate in weight loss of a player.
20. Maintain control of your fan base, parents, players and coaches.
21. Report violations of this rule book to the NKFL/NYSSO by completing a written incident report.

22. Shall not run up the score intentionally on an opposing team.
23. You may be a child's first experience in athletics. You should always remain positive and in control at all times. Your goal should always be to encourage your players and make this a positive experience. Dressing down players or yelling at them is not creating positive environment for your players, parents or coaches.

## 2025 NKFL/NYSSO Parents' Code of Conduct Pledge

Parents are vital to the development of young athletes. Whether sitting in the stands or helping out as a volunteer, parents must set a positive example. Parents and adults involved in youth sports should be models of good sportsmanship and lead by example on and off the playing field.

### **NKFL /NYSSO has adopted the following Parent Code of Conduct as recommended by USA Football:**

- Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
- Support your coach and refrain from excessive "sideline coaching" from the stands.
- Refrain from using profanity.
- Abide by a doctor's decision in all matters of players health and injuries and physical ability to play.
- Accept the decisions of officials on the field as being fair and called to the best ability of the officials. Parents must stay off the field and remain under control in order to set a good example for players and other spectators.
- Do not criticize an opposing team, its players, fans, coaches or team by words or gestures.
- Support the coaches, players and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct and fair play.
- Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.
- Parents will not encourage their child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, officials or any other attendee.

I, the undersigned parent(s) or legal guardian(s), hereby give my pledge that I will follow the aforementioned Code of Conduct.

**Youth football plays a vital role in encouraging physical, social and emotional growth of children. It is therefore essential for parents, coaches and officials to encourage their youth football players to embrace the values of good sportsmanship, discipline and character development.**

**NKFL requires that all participants commit and adhere to the following Code of Conduct. KVL believes in the three "S's" – Safety, Sportsmanship, and Scholarship and expects student participants to exhibit them both on and off the field. Any violation of the following Codes could result in disciplinary action by the KVL that may result in warnings or suspension.**

NKFL has adopted the following Player Code of Conduct as recommended by USA Football:

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## Players' Code of Conduct

***I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players' Code of Ethics Pledge.***

- Have fun!
- Be a good sport (win or lose); Be honest, fair and always show good sportsmanship to all coaches, players, officials, parents and fans by demonstrating good sportsmanship at every game and practice.
- Learn the value of commitment to the team. I will attend every practice and game that I can, and will notify my coach if I cannot.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents and coaches.
- Realize that athletic contests, including practice sessions are educational experiences and opportunities.
- I will not engage in unsportsmanlike conduct.
- I will not engage in rude behavior.
- I will treat everyone, including coaches, parents, players and officials, with respect, regardless of race, creed, color, nationality or gender.

