



1. Rules Summary:

	Freshman	Sophomore	Junior	Senior	Middle
Field Length	30 yds 10 yd endzones	45 yds 10 yd endzones	45 yds 10 yd endzones	45 yds 10 yd endzones	45 yds 10 yd endzones
Field Width	90' wide 60' to hash 40' between	160' wide 60' to hash 40' between	160' wide 60' to hash 40' between	160' wide 60' to hash 40' between	160' wide 60' to hash 40' between
Possession Begins at	30 yd line	45 yd line	45 yd line	45 yd line	45 yd line
Moving the Ball	Must pass on 1 st down, can run or pass on all other downs	Run only on 3 rd or 4 th down	Pass only	Pass only	Pass only
Yards for 1st	10 yds	15 yds	15 yds	15 yds	15 yds
Downs to get 1st	4	4	3 between 45-15 yd lines 4 for 15-goal line	3 between 45-15 yd lines 4 for 15-goal line	3 between 45-15 yd lines 4 for 15-goal line
Ball Size	Pee Wee	Pee Wee	Junior	Youth	Youth
Play Clock	35 sec	35 sec	25 sec	25 sec	25 sec
Pass Clock	6 sec	6 sec	4 sec	4 sec	4 sec
Time	20 min halves (running clock) 5 min half-time	20 min halves (running clock) 5 min half-time	20 min halves (running clock) 5 min half-time	20 min halves (running clock) 5 min half-time	20 min halves (running clock) 5 min half-time
Timeouts	No time outs in Pool Play 1 – 30 second Time out in Bracket Play	No time outs in Pool Play 1 – 30 second Time out in Bracket Play	No time outs in Pool Play 1 – 30 second Time out in Bracket Play	No time outs in Pool Play 1 – 30 second Time out in Bracket Play	No time outs in Pool Play 1 – 30 second Time out in Bracket Play
Scoring	6 points for TD 1 point from 5 2 points from 10 2 points for defense return of PAT	6 points for TD 1 point from 5 2 points from 10 2 points for defense return of PAT	6 points for TD 1 point from 5 2 points from 10 2 points for defense return of PAT	6 points for TD 1 point from 5 2 points from 10 2 points for defense return of PAT	6 points for TD 1 point from 5 2 points from 10 2 points for defense return of PAT
Coaches	1 HC & 2 Assist 1 coach on field	1 HC & 2 Assist 1 coach on field	1 HC & 2 Assist No coaches on field	1 HC & 2 Assist No coaches on field	1 HC & 2 Assist No coaches on field

Field Dimensions and Equipment

	Freshman	Sophomore	Junior	Senior	Middle
Field Length	30 yds 10 yd endzones	45 yds 10 yd endzones	45 yds 10 yd endzones	45 yds 10 yd endzones	45 yds 10 yd endzones
Field Width	90' wide 60' to hash 40' between	160' wide 60' to hash 40' between	160' wide 60' to hash 40' between	160' wide 60' to hash 40' between	160' wide 60' to hash 40' between
Possession Begins on Right hash at	30 yd line	45 yd line	45 yd line	45 yd line	45 yd line
Yards for 1st	10 yds	15 yds	15 yds	15 yds	15 yds
Downs to get 1st	4	4	3 between 45-15 yd lines 4 for 15-goal line	3 between 45-15 yd lines 4 for 15-goal line	3 between 45-15 yd lines 4 for 15-goal line
Ball Size	Pee Wee	Pee Wee	Junior	Youth	Youth
Approved Balls	Nike Vapor Nike Tournament Wilson GST Wilson NCAA All-American	Nike Vapor Nike Tournament Wilson GST Wilson NCAA All-American	Nike Vapor Nike Tournament Wilson GST Wilson NCAA All-American	Nike Vapor Nike Tournament Wilson GST Wilson NCAA All-American	Nike Vapor Nike Tournament Wilson GST Wilson NCAA All-American

****NOTE: Composite or Leather game ball can be used. Coaches are responsible for providing their own game ball. Coaches are responsible for ensuring their game ball is inflated to the proper PSI. The official may reject any ball that is not properly inflated.**



2. Starting the game:

- A. Two 20-minute halves; Continuous running clock
- B. Game time will be kept on each field.
- C. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- D. Officials can stop the clock at their discretion
- E. Visitors will have first possession to begin the game. The home team will have first possession in the 2nd half.
- F. The official clock is kept on the scoreboard. Game clock may be kept on the field in the event of equipment malfunction or due to lack of scoreboard personnel.
- G. Clock operator/Scoreboard personnel are to be at least 16 years of age.
- H. Scores are to be kept by the referee.
- I. The offense will have a 35 second play clock for the Freshman & Sophomore divisions, and a 25 second clock for the Junior through Middle School divisions to begin the play.
 - A. The official will provide a 10-second warning. Failure to snap on time will result in a loss of down.
 - B. The play clock is at the discretion of the referees. (A grace period will be given for Freshman and Sophomore in weeks 1 & 2.) Middle school, senior, junior divisions do not have a grace period.
- J. In the event a team has less than 7 players, a team may play with 6. The opposing team may continue to play with 7. In the spirit of good sportsmanship, it is recommended that both teams play with 6 to maintain a competitive balance.
- K. Any team that cannot field a team of 6 players will have to forfeit the game. The loss will count as 1.5 losses in the record column. **(The score will be entered as "2-0/F")**
- L. The tiebreaker for win-loss records as it relates to playoff seeding will be the following:
 - i. If two teams are tied:
 - a) Head-to-Head
 - b) Points allowed
 - c) Point differential
 - d) Coin flip
 - ii. If 3 or more teams are tied...
 - a) Points allowed
 - b) Point differential
 - c) Random draw

3. Moving the ball:

- A. For the Junior/Senior/Middle School division, all plays must be a forward pass. Freshmen must pass on first down, all other downs are run or pass. Sophomore divisions are allowed to run the ball on 3rd or 4th down. Limited to one running play per possession.



- a. **Pass must be forward and may be behind the line of scrimmage as long as it is a forward pass.** A forward pass can be overhand, underhand, or shovel passes. **No double passes are allowed.**
 - A. **Freshman must pass on first down, all other downs are run or pass.**
 - A1. **Freshman can hand off and then pass BEHIND the line of scrimmage.**
 - B. **Sophomore divisions are allowed to run the ball on 3rd or 4th down.**
 - B1. **Sophomore can hand off and then pass BEHIND the line of scrimmage.**
 - C. **Junior, Senior, Middle School all plays must be forward pass.**
- b. Once a forward pass has been thrown, a backward pass (lateral) **IS ALLOWED**. However, the lateral cannot be to the same person completing the original pass. (3 different players must be involved in any pitches.)

Example: It is illegal to complete a pass to the center who then pitches the ball back to the QB.

B. First Downs

	Freshman	Sophomore	Junior	Senior	Middle School
Yards Apart	10	15	15	15	15
Downs to Make a 1st	4	4	3* 4**	3* 4**	3* 4**
Begin at	30 yd line to End Zone	45 yd line to End Zone	*45-15 yd line **15-Goal Line	*45-15 yd line **15-Goal Line	*45-15 yd line **15-Goal Line

C. Possessions

	Freshman	Sophomore	Junior	Senior	Middle School
Possession Begins at	30 yd line	45 yd line	45 yd line	45 yd line	45 yd line
Hash	Right	Right	Right	Right	Right
Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.					

- D. All possessions will start at the right hash mark on the 45-yard line. This is to allow the quarterback sufficient space to drop back without hitting the players from the game on the other half of the field.
- E. No penalty will be assessed in excess of the 45-yd line (30 Freshman).
 - a. On an unsuccessful or successful offensive play from the 45-yard line resulting in an offensive penalty: The ball will be returned to the 45-yard line (30) and will result in a loss of down.



- E. Offenses will always move in the same direction.
- F. The offensive team is responsible for retrieving and returning the ball to the previous spot or the new line of scrimmage in a timely fashion. Failure to do so can result in a delay of game penalty.
- G.** Similar to football you must have 3 players on the line of scrimmage (including center). No more than 4 in the backfield for any division. (There is no minimum requirement in the backfield.) To clarify further, if multiple receivers are on the line, only the outside receiver is then eligible to catch a pass. The others are considered “covered up”. **To make them eligible, they must take 1 step back off the line of scrimmage.**
- H. Must have a receiver placed on either side of the center. (Balanced line.) Provided this is met, teams MAY stack receivers.

4. Rules

- A. No blocking.
- B. No offensive picks.
- C. No defensive contact at the line of scrimmage is allowed. (Jamming at the line is ONLY permitted in the Middle School division. Contact is only permitted at the initial charge. Additional contact will be deemed holding or pass interference and penalized as such)
- D. The Receiver/Ball carrier is legally down when touched with one or both hands below the neck.
- E. The ball carrier may not jump or dive to evade being touched. Doing so results in automatically being down at the point of the infraction.
- F. A ball carrier touched in the head or neck will not be considered tagged. Depending on the flagrancy of the touch, the defense may be penalized.
- G. Excessive force by shoving, pushing, or striking a blow will result in an Unnecessary Roughness penalty and be penalized by automatic first down and the lesser of 15 yards or the spot of the foul.
- H. There will be no arguing of whether a player is touched and therefore down. This will result in an unsportsmanlike conduct (UNS) penalty.
- I. Defensive players must attempt to stay on their feet when tagging the ball carrier.
- J. Fumbles result in a dead ball. The ball will be placed at the spot of the fumble, with the last team retaining possession.
- K. A muffed snap is not a fumble/dead ball. The 6.0/4.0-second pass count remains in effect. Defense is not allowed to recover a muffed snap.
- L. Two consecutive delay of game penalties results in a turnover.
- M. A delay of game penalty on the extra point try results in a turnover.
- N. In the Freshman and Sophomore divisions, the defense may not cross the LOS until the ball is handed off. The defense is not allowed to cross the LOS on a pass play.
- O. The Pass Clock is 6.0 seconds in the Freshman and Sophomore divisions; 4.0 seconds in the Junior, Senior, and Middle School divisions. The pass clock starts at the snap of the ball from center and stops the watch as soon as the QB releases the ball.
 - a. If release is under the allotted time of the division, the play goes on.



- b. The ball **must** be clear of the quarterback's hands when the pass clock expires.
- c. If the referee notes that the pass clock has exceeded the allotted time, the referee will blow the play dead, then bring the ball back to the original line of scrimmage with loss of down.
- P. Defensive Pass Interference is the same as NCAA rules. It is a spot foul (up to 15yds / 10 yds for Freshman division) & an automatic 1st down. If the penalty occurs in the end zone, the ball is placed at the 2 yd line.
- Q. The responsibility to avoid contact lies with the defense.
- R. Offensive pass interference is the same as NCAA rules, resulting in a 10-yard penalty from the previous spot. (5 yds for Freshman division)
- S. Interceptions may be returned ("no blocking" rule applies).
 - a. If an interception is returned beyond the 45-yard line (the offensive origination point) it is a touchdown and a point after attempt will ensue.
 - b. If tagged before end zone, it is a change of possession, and the ball is brought back to the 45 yard line.
 - c. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
- T. The **ball must be snapped from the ground** between the snapper's legs (mirror the game of football) to begin the play.
 - a. Freshman may snap the ball sideways or facing the quarterback. **The ball must start on the ground.**
 - b. The snap may be taken directly under center or in the shotgun formation.
 - c. The center is an eligible receiver in ALL DIVISIONS, INCLUDING MIDDLE SCHOOL
- U. An offensive player will be responsible for setting or re-positioning the Referee's beanbag at the line of scrimmage. On change of possession, the team moving to offense will ensure the beanbag gets to the new scrimmage line. Any team may elect to use a QB tripod/Tee.
- V. No taunting or "trash talking". (15-yard unsportsmanlike like penalty).
- W. Any dead ball foul by the defense on a play that resulted in a turnover, will result in a loss of down on the ensuing offensive possession.

There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box except the center for all divisions. **All routes MUST be OUTSIDE the tackle box.** They cannot start outside the tackle box and come back & run their route through it.

5. Scoring:

Both of the ball carrier's feet must be across either the goal line or 45yard line (starting point of possession) for scoring purposes. This is ultimately a judgement call by the referee and there will be ZERO arguing whether both feet were across. Arguing will result in a UNS penalty.

- A. 6 points for TD (including interceptions run back across the 45-yard line)
- B. 1 point for PAT from 5-yard line, 2-point PAT from 10-yard line.

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- a. For the Freshman division, all PATs will be from the 5-yard line, unless moved back by penalty enforcement.
- b. Freshman PAT scoring: Pass = 2 points; Run = 1 point
- C. 2 points for Safety
- D. 2 points if a team returns a PAT back across the 45.
- E. Official score is kept by field referee.

6. Overtime (applies to regular season and playoffs)

- A. Both teams will have a possession
- B. The home team will have the option of offense or defense first.
- C. Starting on the 15-yard line, each team will have 4 downs to score. (10-yard line for Freshman).
- D. On a Try, teams will have the option to go for 1 point from the 5-yard line or 2 points from the 10-yard line.
- E. If a 2nd OT period is required, teams will alternate 1st possession.
- F. In the 2nd OT period, teams must go for 2 points on the Conversion attempt.
- G. If a 3rd OT period is required, each team will have 1 play from the 45-yard line. Best yardage wins. (Penalty yardage will not count toward yards gained)
- H. A winner is determined when one team scores during its possession and the other does not.
- I. There will be a maximum of 3 overtime periods in league play. The resulting score can be a tie.
- J. In playoffs, overtime will be conducted until there is a clear winner.

7. Time:

- A. Two 20-minute halves (continuous clock for each half--see: "starting the game").
- B. 5-minute half-time.
- C. There are no time outs in pool play.
- D. Each team will have 1 timeout during bracket play (playoffs)

8. Sidelines

- A. Each head coach may have two assistant coaches on the sideline to assist him during the game. There may be no more than 3 coaches on the sideline during the game. Freshman may have 4.
- B. Head coaches are responsible for the conduct of their sideline, including coaches, players, parents, and spectators.
- C. Coaches must stay in the coach's box during the course of the game. They may not go beyond the 10-yard line towards the goal line.
- D. No non-coaches allowed over the rope.
- E. One coach is allowed on the field at the freshman level. Offensive coach is allowed in the huddle. Defensive coach is allowed behind the defense. All coaching must stop once offense approaches the ball and is set.
- F. Players on the sideline must remain behind the 20-yard line.



9. Motion

- A. You may not have two players in motion at the same time. 5 yard penalty (3 for Freshman) repeat the down.
- B. A player may not be moving forward as a result of said motion prior to the snap. 5 yard penalty (3 for Freshman) repeat the down.

10. Special Draft Rules

- A. Freshman/Sophomore can core up to 3 players. Junior/Senior/Middle School can core up to 3 players.
- B. All core players are slotted in the draft. If all division coaches are in agreement, those players go in agreed upon rounds. If there is not an agreement, those coaches will be asked to leave the draft room and the KFL Board or 7on7 committee will slot the players in question. Core players will only be valid with parent approval.
- C. Open draft no age equalization (You can draft a team of all age group if you want)
- D. Cored players who do not attend a tryout will automatically be slotted as a 1st round pick. If 1st round pick is consumed for another core, the player will be slotted in the next available round.
- E. Non-core players who did not try out are considered hat picks. Hat picks will be chosen after the draft.
- F. There will be 10 minutes at the end of the draft to allow for mutual trades. No trades after the 10-minute time period.

11. Specific KFL League Rules

- A. Mouthpieces are required. If a player participates in a play without a mouthpiece, that player must leave the field for at least 1 play and may not return to the game until they have a mouthpiece.
- B. Softshell Helmets or Halos are required. Any player observed on the field without headgear must leave the field for at least 1 play and may not return to the field until they have headgear. Helmets must be properly strapped below the chin.
The first headgear or mouthpiece infraction will be a warning. Subsequent infractions will result in a delay of game penalty. **Enforcement is 5 yds and a loss of down.** If positive yards have not been achieved, loss of down only. This could also result in a turnover if 3rd /4th down.
- C. Teams may have 3 events per week. Double-header games will count as one event for the week.
- D. The KFL 7-on-7 league is open to all players ages 5-12 and middle school age.
- E. Players not participating in the play must remain on the sidelines.
- F. For safety reasons, players may not wear sunglasses, ballcaps, or jewelry in games. Prescription glasses or sport goggles are permitted.
- G. Two Unsportsmanlike (UNS) penalties charged to the same player will result in automatic disqualification (ejection) from the game. The player (or coach) is further suspended for first half of the subsequent game. The League's Disciplinary Committee will review & determine any additional actions to be taken.
- H. If a team is late to their scheduled game by 10 minutes, it is an automatic forfeit.



PLAYERS WILL PLAY A MINIMUM OF 4 PLAYS PER HALF.

OFFENSIVE PENALTIES*:

Penalty	Yardage assessed: Older divisions (Freshman division)	Down status
False Start	5 yds (3 yds)	Repeat the down
Mouthpiece/Helmet violation = Delay of Game	5 yds (3 yds); Player must leave the field for 1 play and until they have a mouthpiece	Repeat the down
Delay of Game	5 yds (3 yds)	Repeat the down
Offensive Holding	10 yds (5 yds)	Repeat the down
Illegal Forward Pass	5 yds (3 yds)	Loss of down
Illegal formation	5 yds (3 yds)	Repeat the down
Illegal motion / Illegal shift	5 yds (3 yds)	Repeat the down
Offensive Pass Interference	10 yds (5 yds) from the previous spot	Repeat the down
Unnecessary Roughness	Spot foul. 15-yds	
Unsportsmanlike Conduct ⁺	Spot foul. 15-yds	
Sideline Interference The teams must maintain space for the officials to move freely up & down the sideline.	1 st offense* – warning 2 nd offense* – 5 yds 3 rd offense* – 15 yds 4 th offense* – Unsportsmanlike penalty charged to the entire bench [^] <i>*If an official has to go around a player/coach on the sideline, the above penalties will be enforced. However, if an official makes contact with a player or coach on the sideline, it is automatically a 15-yd Unsportsmanlike penalty.</i>	Repeat the down

*NOTE: Offensive penalties will be marked off when the yards are available to give. When positive yards have not been earned (i.e. offensive penalty at the 45-yd line), penalty enforcement is a loss of down.

⁺Unsportsmanlike Conduct (UNS) – Any player or coach who receives 2 UNS penalties in a game is disqualified from the current game (ejection) and suspended from 1st half of the subsequent game.

[^]If an Unsportsmanlike (UNS) Penalty is charged to the entire bench, any subsequent UNS penalty awarded to a player will result in a disqualification of that player. If a player already has a UNS & the bench receives such a penalty, that player is disqualified from the current game (ejection) and suspended from 1st half of the subsequent game.

Head coaches are responsible for the conduct of their sideline, including coaches, players, parents, and spectators.



DEFENSIVE PENALTIES:

Penalty	Yardage assessed: Older divisions (Freshman division)	Down status
Illegal Rush	5yds (3yds)	Repeat the down
Offsides	5 yds (3 yds)	Repeat the down
Mouthpiece/Helmet violation = Delay of Game	5 yds (3 yds); Player must leave the field for 1 play	Repeat the down
Delay of Game	5 yds (3 yds)	Repeat the down
Defensive Holding	10 yds (5 yds)	Automatic 1 st down
Defensive Pass Interference	Spot of the foul or 15 yds (10 yds) from the previous spot. If the foul occurs in the end zone, the ball is placed at the 2 yd line.	Automatic 1 st down
Unnecessary Roughness	Spot foul. 15-yd tack-on	Automatic 1 st down
Unsportsmanlike Conduct ⁺	Spot foul. 15-yd tack-on	Automatic 1 st down
Sideline Interference The teams must maintain space for the officials to move freely up & down the sideline.	1 st offense* – warning 2 nd offense* – 5 yds 3 rd offense* – 15 yds 4 th offense* – Unsportsmanlike penalty charged to the entire bench [^] *If an official has to go around a player/coach on the sideline, the above penalties will be enforced. However, if an official makes contact with a player or coach on the sideline, it is automatically a 15-yd Unsportsmanlike penalty.	Repeat the down

⁺Unsportsmanlike Conduct (UNS) – Any player or coach who receives 2 UNS penalties in a game is disqualified from the current game (ejection) and suspended from 1 half of the subsequent game.

[^]If an Unsportsmanlike (UNS) Penalty is charged to the entire bench, any subsequent UNS penalty awarded to a player will result in a disqualification of that player. If a player already has a UNS & the bench receives such a penalty, that player is disqualified from the current game (ejection) and suspended from 1 half of the subsequent game.

Head coaches are responsible for the conduct of their sideline, including coaches, players, parents, and spectators.

Any dead-ball foul on a touchdown or a play that results in a turnover (i.e. extra point attempt or interception) will be assessed on the ensuing possession.

- If the penalty is charged to the team going on offense, the penalty is a loss of down & that team begins their possession at 2nd down.
 - If the penalty is charged to the team going on defense, the penalty is 15 yds, and the offense begins its possession at the 30 yd line.