

PLAYER ELIGIBILITY

- The age limit for each league will be as follows:
 - 4th Grade League: A child must be in the 4th grade.
 - 5th Grade League: A child must be in the 5th grade.
 - 6th Grade League: A child must be in the 6th grade and cannot turn 13 years old on or before November 1, 2023.
- At any time during the season, Kids, Incorporated may request proof of eligibility.

WEIGHT RESTRICTIONS

- Players will be weighed with their team at the Kids, Incorporated WareHouse one time only.
- For safety reasons, the restricted position policy applies to players as follows:
 - 4th Grade: 115 lbs & up
 - 5th Grade: 125 lbs & up
 - 6th Grade: 135 lbs & up
- Restricted players:
 - a. Will wear a jersey with a 90 series number.
 - b. Must play as either an interior lineman on the offensive line or an interior lineman on the defensive line.
 - c. Cannot play quarterback, running back, or receiver on offense or as a defensive end, linebacker, or any secondary position on defense.
 - d. Will be allowed to participate on the punt team, punt return team, kickoff team, and kick return team. They may be kicker or punter.
 - e. Restricted players may not advance the ball, except in the case of a fumble or an interception.
 - f. 4th grade restricted players will not be allowed to play the noseguard position.

EQUIPMENT

- Kids, Incorporated will furnish the following equipment for players:
 - a. Helmet
 - b. Shoulder pads
 - c. Pants
 - d. Mouthpiece
 - e. Game Jersey
- Kids, Incorporated will furnish the following equipment for teams:
 - a. Kicking tee
 - b. Practice/game balls
 - i. 4th & 5th Grade: Junior Size
 - ii. 6th Grade: Intermediate Size
- Please return all equipment immediately following the season.
- The mouthpiece and chinstrap must be worn during play. Violation may result in a delay of game penalty. (Replacement pieces are available at the Kids, Incorporated WareHouse).
- Colored visors will not be allowed.

EQUIPMENT CONT.

- If any of your equipment is not fitting properly or needs repair, please come by the Kids, Incorporated WareHouse for adjustments.
- Only tennis shoes or rubber cleats are allowed. Metal spikes are not permitted.
- Players must wear their assigned Kids, Incorporated game jersey.
- Players are not allowed to switch jerseys. Violation may result in suspension.
- Hard or plaster casts are not permitted.

GAME RULES

- Each player will play a minimum of eight plays per half (16 plays per game).
 - a. Kickoffs, kickoff returns, punts, and punt returns will not count as a play.
- A team leading by 16 or more points may not blitz on defense.
- Each team will be allowed 30-seconds in the huddle.
- During timeouts, two coaches from each team are allowed on the field.
- Each game will consist of four 15-minute quarters with a running clock.
- Time limit for all games is 75-minutes.
- Halftime will be 5-minutes.
- Each team will be allowed two 1-minute timeouts per half.
 - a. Timeouts not used in the 1st half may not be carried over to the 2nd half.
- Game time is forfeit time.
- A team must begin and end a game with a minimum of 11 players present.
- All games played through the 3rd quarter will be considered official games if stopped by officials for any reason.
- If the game is tied at the end of regulation, the game will remain a tie.

SCORING

- Touchdowns will be worth six points.
- There will be no extra point kicks or field goals.
- Extra points will be spotted at the 3-yard line.
- One point will be awarded for a successful run play on an extra point attempt.
- Two points will be awarded for a successful pass play on an extra point attempt.
- An extra point attempt that results in a turnover and is returned by the defense for a score is worth two points.

FORMATIONS AND POSITIONS

- 4th grade teams must line up in standard 4-3 defense.
 - a. 4 down linemen: line up head-up over the guard, tackle, or tight-end.
 - b. 3 linebackers: 3-yards off the line of scrimmage.
 - i. Do not move inside 3 yards until the ball is snapped.
 - c. 4 defensive backs
 - i. 2 corners: 3-yards off the line of scrimmage.
 - 1. Do not move inside 3-yards until the ball is snapped.
 - ii. 2 safeties: must be at least 3-yards behind the linebackers.
 - 1. Do not move inside the linebackers until the ball is snapped.

FORMATIONS AND POSITIONS CONT.

- Offensive and defensive interior linemen must be in 3 point or 4 point stance at the snap of the ball. This does not include wide receivers.
- 5th and 6th grade teams may line up in any defensive formation they choose (up to 7 linemen on the line of scrimmage).
 - a. If you have defensive ends, they may stand up and be no more than 2-yards off of the tight end's outside shoulder (5th and 6th grade only).
 - b. The nose guard position can be a restricted player on the defensive line and may play the center position on the offensive line (5th and 6th grade only).
- Linebackers and defensive backs must be 3-yards off the line of scrimmage at the snap of the ball.
- Teams may line up in any defensive position they choose when the offense is inside your 5-yard line trying to score. This would be your Goal Line Defense.
- The offense must have seven players on the line of scrimmage before the ball is snapped.
- If you have an unbalanced line on one side or the other (guard, tackle, or tight end), the inside tackle is not eligible for a pass.
- On the other side of the line (guard, tackle), the tackle is eligible for a pass and does not have to be covered by a tight end or wide out.
 - a. Coaches must notify the official of the number of eligible tackles one play before lining up in this formation.
- The offensive linemen may extend their arms within the shoulder pad area, but cannot hold.
- Offensive guards/tackles can pull.
- Crack back blocks and blocks downfield must be above the waist and not in the back or below the waist.
- No blocking below the waist in the interior offensive line.
 - a. No crab blocking.
 - b. All offensive linemen must engage the defensive linemen above the waist.

PUNTING

- If punting, please notify the referee before the play.
- Teams will not be allowed to rush the punter, fake punt, or block below the waist.
- The center may snap or hand the ball to the punter.
- Fumbles will not be called when punting the ball.
- Players may return punts.
- Once the ball has been punted, players may pursue the punt returner.
- The ball will be put in play:
 - a. Where the punt returner is tackled or goes out of bounds.
 - b. Where an untouched ball comes to rest, goes out of bounds, or the play is whistled dead.
 - c. At the 20-yard line if the ball crossed the goal line untouched. Once the ball is touched, it is a live ball. (Fumbles are allowed on the punt return.)
- The fair catch rule is in effect on all punts.

KICKING

- The kickoff will initiate from the kicking team's own 45-yard line.
- If the kickoff goes out of bounds untouched, the ball will be spotted at the receiving team's 45-yard line.
- The ball must travel a minimum of 10-yards on an on-side kick attempt.
- If the ball does not travel 10-yards, the receiving team will take possession of the ball where it goes out of bounds, where the kicking team touches it, or where they play is whistled down.
- If the receiving team touches the ball, the ball is live and may be recovered by the receiving or the kicking team.
- If the receiving team touches the ball before it travels 10-yards, and recovers the ball, the ball belongs to the receiving team.
- If the kickoff goes into the end zone untouched or goes through the end zone, this will be a touchback and the ball will be placed at the 25-yard line.
- The fair catch rule is in effect on all kickoffs.
- No blocking below the waist.

PENALTIES

- All penalties (excluding spot fouls) will be assessed from the original line of scrimmage.
- 5-yard offensive penalties include:
 - a. Illegal motion/false start
 - b. Delay of game
 - c. Illegal formation
 - d. Pass beyond line of scrimmage
 - e. More than 11 players on the field
 - f. Tripping
- 10-yard offensive penalties include:
 - a. Holding
 - b. Clipping (blocking in the back)
 - c. Pass interference
 - d. Intentional grounding
- 15-yard offensive penalties include:
 - a. Face mask - from original line of scrimmage
 - b. Blocking below the waist
 - c. Spearing (helmet-to-helmet)
 - d. Targeting
- 5-yard defensive penalties include:
 - a. Offside
 - b. More than 11 players on the field
 - c. Tripping
- 10-yard defensive penalties include:
 - a. Holding
 - b. Pass interference
 - i. Spot foul is an automatic 1st down, if less than 15-yards from previous spot
 - ii. If a foul occurs more than 15-yards from the previous spot, then it is a 15-yard penalty from the previous spot, plus an automatic 1st down.

PENALTIES CONT.

- 15-yard defensive penalties (from the spot of the foul) include:
 - a. Late hit
 - b. Spearing (helmet-to-helmet)
 - c. Unnecessary roughness
 - d. Face mask
 - e. Horse collar
 - f. Targeting
- Flagrant or intentional helmet-to-helmet contact (targeting or spearing) by an offensive or defensive player:
 - a. 1st offense: A warning for the player involved and the official will notify the coach about the player involved.
 - b. 2nd offense by the same player: The player involved will be ejected for the remainder of the game and suspended for the next scheduled game.
- For spearing or targeting penalties, the coach will be warned by the officials that one of their players has been warned about such an infraction.
- Unsportsmanlike conduct penalties (coaches, players, & fans):
 - a. 1st offense: 15-yard penalty and automatic 1st down.
 - b. 2nd offense: 15-yard penalty, automatic 1st down, and the coach, player, or fan will be asked to leave the playing area.
 - i. Individuals ejected from the game will be contacted by the Kids, Incorporated office.

SIDELINE CONTROL

- All players and coaches must remain between the 25-yard lines during the game.
- Spectators must remain at least 10-yards behind the sidelines.
- If anyone is yelling or verbally abusing the officials, coaches, players, or spectators they will be asked to leave by the officials.
- No one may be in the end zone.

REFEREES

- A two-man or three-man crew will be used for every game.
- Officiating staff shall be held to the same professional standards as coaches, players, and spectators.

COACHES

- The head coach is responsible for:
 - a. The physical and mental well-being of all children while entrusted to their care.
 - b. Maintaining an adequate level of discipline on his or her team.
 - c. The conduct and control of their team's fans, chain crews, and spectators.
 - d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Kids, Incorporated playing rules or directives, they may be subject to disciplinary actions.

COACHES CONT.

- Do not grab a child by the facemask or slap a child on the helmet.
- If you choose to, one offensive coach will be allowed in the huddle. Once the huddle breaks, coaches must be 10-yards back from the player furthest into the backfield. No coaching or running with the play once the play begins.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Kids, Incorporated event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Kids, Incorporated event.
- No firearms or weapons will be permitted at any Kids, Incorporated event.

AT ANY TIME, AT THE SOLE DISCRETION OF KIDS, INCORPORATED, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.

CONCUSSION PROTOCOL

In the event that an injury occurs during a Kids, Incorporated sponsored activity, and where a possible head injury is involved, the Kids, Incorporated office should be notified immediately. Generally, our paid officials will contact our Director of Programs, Jerry Branch, should an event of this nature occur.

Kids, Incorporated will require a "Permission To Return" document from a licensed, medically-trained professional, before allowing the player to participate in future scheduled activities.

If you have any questions about this policy, please contact Jerry Branch at 806-376-5936.