

Kensington Valley Youth Football Conference



Football Game Rules

Revision: 22 May 2025

Note - The intent and spirit of all rules governed by the KVFYC are to promote fair and even play along with sportsmanship among its member communities. The intent of all rules herein is to support this fair and even play initiative. Any coach, player, parent or administrator found to be violating the very intent or spirit of this initiative will be subject to disciplinary action as deemed appropriate by the KVFYC Board of Directors.

Rules and bylaws passed at monthly KVFYC Board Meetings may not be in this document but are enforceable. Please contact your Community Commissioner if a rule is not covered in this document.

All game rules not noted in this document are to refer to the MHSAA interpretation. Some game rules not covered by the MHSAA are covered in the NFHS rule book.

Contents

Article I – Pre-Game	3
Section 1 – Weigh-in	3
Section 2 – Player Inspection.....	4
Article II – Game Time.....	4
Section 1 – Miscellaneous Game Rules.....	4
Section 2 – Required Equipment	4
Section 3 – Medical Attention	5
Section 4 – Officials.....	5
Section 5 – Game Balls	5
Section 6 – Playing Field.....	6
Section 7 – Quarters (Stop and Go Clock)	6
Section 8 – Scoring Values.....	6
Section 9 – Conduct	7
Section 10 – Commissioners.....	7
Section 11 – Game Weather Policy.....	7
Section 12 – Roster Size	8
Article III – Particulars	8
Section 1 – Freshman Particulars.....	8
Section 2 – Junior Varsity Particulars	8
Section 3 – Varsity Particulars.....	8
Section 4 – Tackle to Tackle Rule/Helmet Marking.....	9
Section 5 – Scoring Balance.....	9
Section 6 – Practice	10
Section 7 – Freshman Particulars regarding kicking game	10
Section 8 – Quarterback Protection Particulars.....	10
Section 9 –Instructional Particulars	11

The Kensington Valley Youth Football Conference further referenced as “KVYFC” or the “League”, is a nonprofit corporation, organized under the laws of the State of Michigan, and shall remain nonprofit forever.

The KVYFC exists to provide a safe, fun learning environment for the youth of our community. We strive to create an opportunity for kids to work together as a team toward common goals. We emphasize sportsmanship, teamwork and respect for authority figures (League Officials, Coaches and Game Officials), players and other spectators.

The intent and spirit of all rules governed by the KVYFC are to promote fair and even play along with sportsmanship amongst its member communities. The intent of all rules herein is to support this fair and even play initiative. Any coach, player, parent or administrator found to be violating the very intent or spirit of this initiative will be subject to disciplinary action as deemed appropriate by the KVYFC Board of Directors.

Article I – Pre-Game

Section 1 – Weigh-in

<u>Level</u>	<u>Grade</u>	<u>Age</u>	<u>Weight Restrictions</u>
Instructional	1 st /2 nd Grade	6, 7, and 8 year olds Cannot turn 9 by January 1st of that year	Ball Carrier – 100lbs Play Weight -115 lbs. Overall Weight – Unlimited (Over 115 may play Tackle to tackle, offense and defense only with no play restrictions)
Freshman	3 rd /4 th Grade	Cannot turn 10 by January 1st of that year	Ball Carrier – 120lbs Play Weight -135 lbs. Overall Weight – Unlimited (Over 135 may play Tackle to tackle, offense and defense only with no play restrictions)
	4 th Grade	Cannot turn 11 by the final day of season	75lbs.
Junior Varsity	5 th /6 th Grade	Cannot turn 12 by January 1st of that year	Ball Carrier Weight – 150 lbs. Play Weight – 165 lbs. Overall Weight – Unlimited (Tackle to Tackle, offense and defense with no play restrictions)
	6 th Grade	Cannot turn 13 by the final day of season	90 lbs.
Varsity	7 th /8 th Grade	Cannot turn 14 by January 1st of that year	Ball Carrier Weight – 175 lbs. Overall Weight – Unlimited.
	8 th Grade	Cannot turn 15 by the final day of season	115 lbs.

See “Article III – Particulars” for further weight clarifications and Helmet marking rules

1. All teams to use the same type of scale at the pre-game weigh-in. (a mechanical beam balance scale)
2. Official weigh-in will be held immediately prior to each regularly scheduled game. All players must weigh-in before the game to be eligible to play. Players who do not qualify (by weight) may be re-weighed at halftime (if they were not eligible to play in the game) and may participate, once they make weight.
3. The above weights are with all equipment (minus helmet). This includes any additional protection worn underneath the jersey such as, but not limited to, a rib vest or quarterback flak jacket.
4. All players at all levels must provide a copy of their birth certificate and proof of grade. These must be available at weigh-in. Any challenges to age or grade requirements must be handled at this time.
5. Weigh-in will be handled by the home team’s Commissioner.

6. There will be no exceptions or trade-offs to a player that does not make weight.
7. A two (2) pound allowance will be given when temperatures are below 45 degrees (real feel per weather.com or accuweather.com). This allowance is only given to those who are participating in cold weather gear defined as multi layered clothing under the uniform. Both commissioners must agree on this at weigh-in only.
8. Any 7th grade participant that meets the following requirements may play down on Junior Varsity. The player cannot turn 12 prior to November 1 of that year. The player cannot weigh more than 90 pounds as equipped per league rules.

Section 2 – Player Inspection

1. Prior to the start of the game, the Head Coach will inspect his/her own players to ensure each player is wearing the following safety equipment:
 - a) Correct shoes
 - b) Mouth guard
 - c) Cup and supporter (males only)
2. Any player not having or using the above equipment will be excused from play in the game.

Article II – Game Play

Section 1 – Miscellaneous Game Rules

1. The Free Substitution Rule is always in effect.
2. Every player must play at least six (6) plays per half, unless there is a disciplinary or medical reason. The player and reason must be identified at weigh-in.
3. All rules not covered relate to the Michigan High School (MHSAA) rules.
4. To ensure an organized sideline, each team coaching staff (including all helpers) shall not exceed seven (7) persons. This includes Unit Director/Team Mom, and statistician. There may be up to 2 photographers per team on the sideline as well. All persons designated are confined to operate within the parameters of the 25-yard marker, except the statistician and photographer. Designated medical staff is exempt from this rule.
5. All facilities, including the press box, shall be shared equally. This also goes for locker rooms, if the away team is not provided a locker room then the home team cannot use theirs either.
6. Allow games from Saturday's that have been cancelled to be played on Sunday's starting no earlier than 1:00pm, but no practices on Sunday's.
7. The use of communication devices is legal for coaches, regardless if both have access.
8. Rosters must be turned into the Commissioners 30 minutes before the scheduled game time and must be on the league forms in numerical order.

Section 2 – Required Equipment

1. The following items shall be worn by players in all divisions beginning with the physical contact in practice sessions and shall meet the Required Standards as noted. (Recommended Standards are noted in parentheses.)
 - a) Helmet: May be of one (1) or two (2) piece construction, of ultra-high impact plastic type material. Helmet shall provide adequate neck protection, shall have horizontal (double bar) face guard attached, and shall have a chinstrap. Only clear visors may be worn by players.
 - b) Shoulder Pads: May be of corrugated, molded fiber or plastic type (high density polyethylene) material, with coated (polyvinyl) washable padding, heavy web hinges, and adjustable (cantilevered) underarm straps.

- c) Pants: May be of one-piece “shell” construction with tunnel belt loops or attached web belt. Knit (cotton/nylon) material is recommended. “Shell” pants may feature knee guard pockets and (waist suspended) thigh pad pockets.
- d) Tail, Hip and/or Kidney Pads: May be of corrugated, molded fiber or plastic type (polyethylene) material, covered on the inside with a shock absorbing (poly foam) material and shell.
- e) Thigh Guards: May be of corrugated, molded fiber or plastic type (polyethylene) material with adequate (polyfoam) padding, not less than ½ inch thick.
- f) Knee Guards: May be of corrugated, molded fiber or plastic type (polyethylene) material with adequate (polyfoam) padding, not less than ½ inch thick.
- g) Jersey: For game purposes, may be of rayon/nylon, cotton/nylon, or nylon/durene materials, with single shoulders and elbows. Numbers (six (6) to eight (8) inches on front, eight (8) to ten (10) inches on back) are required and may be processed, air dyed cotton (cotton/nylon) material.
- h) Teeth or Mouth Protection: Shall be of intra-oral, custom or self-fitted impression type. A mouth guard must be worn at all practice sessions and games in which players engage in physical contact. All mouth guards MUST have a strap. Clear mouth guards are prohibited.
- i) Shoes: Sneakers or non-detachable rubber cleated or plastic molded shoes are required. No metal or screw-on type cleats will be allowed (male threaded nylon, screw-in cleats are permitted). Length of cleat is no greater than 1/2 inch. If player has a screw-in cleat, it must be plastic with no metal showing.
- j) Cup and Supporter: Shall be worn by all male players at all practices and games.

Section 3 – Medical Attention

1. Once removed from the game because of injury, a player should not be allowed to reenter the game without the approval of a Game Medical Attendant or Red Cross cardholder. This rule does not apply to minor injuries; i.e., abrasions, bruises, etc.
2. The home team shall be responsible for the presence of a Doctor (MD, DO), Nurse (RN, LPN) Emergency Medical Technician (EMT), or First Response on the field. The press box will be supplied with his/her name. This person must be located on the game field during play and should be the first responder in case of an injury.

Section 4 – Officials

1. The League shall arrange for the appearance of at least four (4) qualified officials at each scheduled game.
2. All qualified officials will be registered Collegiate or High School.
3. The officials must have a copy of the Michigan High School Athletic Association (M.H.S.A.A.) rules and the KVFYC rules. If an official is shown a rule in the KVFYC rulebook, they are supposed to try and follow these rules.
4. The officials shall be fully uniformed. Pants will be white or black. The officials must wear an Official's shirt.
5. All officials will sign in and show M.H.S.A.A. credentials at the beginning of each event day.
6. All Commissioners will fill out official evaluation forms at the end of each event day.
7. Each Commissioner will then forward the evaluation to the chosen KVFYC representative to discuss with head of officiating.
8. Any issues with officials must be directed to the League designate.

Section 5 – Game Balls

1. The primary color for all game balls must be brown.

2. The ball shall be of a good grade of leather, rubber or composite material. No stickum or any other sticky based product can be used on game balls. The game ball surface must remain unaltered.
3. All game balls must be inflated to the psi level listed on the ball. Balls cannot be altered during the game and must remain at the suggested psi level. All balls are subject to inspection by Commissioners if they feel that balls have been tampered with during the course of play. If no psi level is listed on the ball, both Commissioners must agree to a proper psi level prior to gameplay. The normal psi level in youth footballs is 11 psi.
4. Balls cannot be switched for kicking or any other purpose during the course of play. In the event a team's ball becomes damaged during the course of play, a new ball that is approved by both commissioners may be used. In the event of wet conditions such as dew or rain, multiple balls may be used. All balls must be inspected prior to game play.
5. The following chart lists acceptable balls per the KVFYC:

Division of Play	Under Armour	Wilson	Spalding	Rawlings	Nike
Instructional	Pee Wee	K2	Pee Wee	Pro5 Pee Wee	Junior (Size 7)
Freshman					
Junior Varsity	Junior or Youth	TDJ, TDY	Junior or Youth	Pro5 Youth	Youth (Size 8)
Varsity					

Section 6 – Playing Field

1. The home team is responsible for the preparation of the playing field.
2. All playing fields will be 100 yards long and 53½ yards wide (not counting the 10 yard endzones).
3. Coaches and players are not permitted beyond the 25-yard line.
4. The bench area is reserved for players, adult team personnel, and a game medical attendant. Sidelines are for the crew operating the yardage chains and down markers. The general vicinity of the field shall be clear except for the presence of an ambulance and law enforcement officials.
5. Playing personnel not in the game should remain in the bench area.

Section 7 – Quarters (Stop and Go Clock)

1. All games will be played with four (4) quarters, with each quarter being twelve (12) minutes long (stop time).
2. Between the first and the second quarters and between the third and the fourth quarters, there will be a two (2) minute intermission.
3. Between the second and third quarters, there will be a fifteen (15) minute intermission (halftime).
4. Three (3) time-outs, per team, per half. The clock stops for one (1) minute during timeouts.
5. Mandatory three (3) minute warm-up at half time.
6. There will be no two (2) minute warning.
7. Current team rosters and team spotters are required in the press box fifteen (15) minutes prior to game starting time.
8. Game clock will stop at change of possession for no less than 30 seconds.
9. There will be no continuously running clock.

Section 8 – Scoring Values

- | | |
|-------------------------------------|----------|
| 1. Touchdown | 6 points |
| Field Goal | 3 points |
| Point After Touchdown (run or pass) | 1 point |
| Point After Touchdown (kick) | 2 points |
| Safety (awarded to opponent) | 2 points |
| Forfeit (offended team wins) | 2 points |

- a) If the offended team is ahead at the time of a forfeit, during a game, the offended team wins by the score at the time of the forfeit being made.
2. Regular season games may end in a tie, there is no overtime. For games that are suspended due to weather – please see Section 11

Section 9 – Conduct

1. The conduct of all participants of the KVFYC during the game should be exemplary. However, to ensure this point, the officials are authorized to request a coach or member of his staff to leave the playing field for improper display of temper or poor choice of language.
2. Profane language by player(s) and/or coach(s) constitutes an automatic fifteen (15) yard penalty. Repetition of the same by the same player will result in that player(s) and/or coach(s) being ejected from the game.
3. Any participant of the KVFYC who is ejected from a contest by a game official is INELIGIBLE to participate for 4 quarters including the quarter in which the participant was ejected. For example, if a player were ejected in the 2nd quarter of a contest, he would be eligible to return on the team's next contest at the beginning of the 2nd quarter. It will be the responsibility of the opposing commissioner to contact the next weeks opposing commissioner about the infraction. The KVFYC board has the right to extend or reduce this penalty if necessary.

Section 10 – Commissioners

1. Commissioners shall require each Head Coach to submit a complete roster in numerical order with player's names, numbers, ages, birth dates, and any discipline or injury problems listed. These rosters shall be exchanged at weigh-in.
2. The home Commissioners shall be the final authority in any dispute. All Coaches must obey all requests of the Commissioners!
3. Infractions of KVFYC by-laws must be registered with the Commissioner and one (1) warning will be issued. A second, similar infraction can lead to forfeiture of a game. (It is up to the discretion of the home field (official) Commissioner or his mandated proxy.)
4. Each Commissioner is responsible to ensure each Coach receives, understands, and follows the league rules in their respective communities. Ignorance of the rules is inexcusable.
5. Commissioners will be around the field and accessible at all times.

Section 11 – Game Weather Policy

1. Weather delays are not to exceed 1hr, unless mutually agreed upon by both commissioners.
 - a. Regular season games will be determine by the criteria below when the delay exceeds 1 hr.
 - i. Anytime during the game - Up by 18 or more – winner declared
 - ii. First half under 18 point differential– tie declared
 - iii. After Halftime – using score -Winner declared
 - iv. After Halftime – if tied – tie declared
 - v. Game not started – declared no contest
 - b. Playoff Games: every effort should be taken to complete playoff games and can not end in a tie.
 - i. Communities\Commissioners must work together, in good faith, to get the game in that day, or
 - ii. Communities\Commissioners must work together, in good faith, to schedule game completion the next day

1. Both Communities are responsible for any additional Referee fees and may have to pay additional to get the referees for single games.
- iii. If for any reason the game can not continue the next day, as agreed by both communities,
 1. If a team is leading at the time of weather suspension, that team will be declared the winners.
 2. If the game is suspended during a tie, a coin flip performed by a KVFYC board member, will determine the winning team

The KVFYC will have full authority to make any other decision should a situation occurs that is not detailed out in the bylaws or rules.

Section 12 – Roster Size

1. To field a team and to play a game, the roster must adhere to the following:
 - a. Freshman teams must have at least eighteen (18) players.
 - b. Jr. Varsity teams must have at least eighteen (18) players.
 - c. Varsity teams must have at least eighteen (18) players.
2. If a community can not get to at least eighteen (18) players to field a team and has no waitlist, a special exemption may be brought to the KVFYC Board of Directors for approval.
3. If a community can get to (18) players at the start of the season, but has attrition throughout the season, it needs to be brought up to the KVFYC for approval to play all the games and not forfeit.
4. If a community is short of the minimum roster size, to play a game, the game will be a forfeit.
 - a. The onsite commissioners can discuss in pregame and if both agree, the automatic forfeit can be set aside, and the actual outcome of the game will be recorded as official.
 - b. If the forfeit is confirmed, the game can still be played as a scrimmage, but the official outcome is still be the forfeit.
5. Maximum Size of a team is 35 players

Article III – Particulars

Section 1 – Freshman Particulars

1. Any players weighing 120lbs. or less will be allowed to carry the ball and play anywhere.
2. All players 135lbs. or less will be allowed to play anywhere , but not allowed to carry the ball.
3. All Players over 135 lbs. will be restricted to playing the interior line on offense and defense with no play count restriction (tackle to tackle – see Article III Sec. 4). Coaches must bring any violation of this rule to the attention of the officials. Game officials are to have a copy of the league rules. Violation of this rule will result in the play being a dead ball foul at the point of possession and the loss of down.

Section 2 – Junior Varsity Particulars

1. Any players weighing less than 150 lbs. will be allowed to carry the ball and play anywhere.
2. All players 165lbs. or less will be allowed to play anywhere, but not allowed to carry the ball.
3. All Players over 165 lbs. will be restricted to playing the interior line on offense and defense with no play count restriction (tackle to tackle – see Article III Sec. 4). Coaches must bring any violation of this rule to the attention of the officials. Game officials are to have a copy of the league rules. Violation of this rule will result in the play being a dead ball foul at the point of possession and the loss of down.

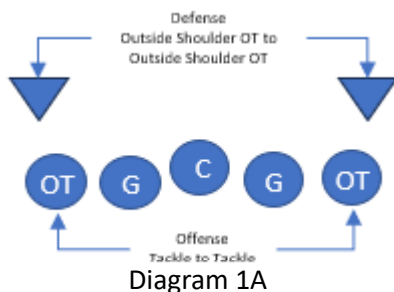
Section 3 – Varsity Particulars

1. Any players weighing less than 175 lbs. will be allowed to carry the ball.

2. All other players over 175 lbs. will be allowed to play anywhere on the defense and on the offensive line tackle to tackle. Coaches must bring any violation of this rule to the attention of the officials. Game officials are to have a copy of the league rules. Violation of this rule will result in the play being a dead ball foul at the point of possession and the loss of down.

Section 4 – Tackle to Tackle Rule/Helmet Marking

1. Any players with the tackle-to-tackle restriction must wear a clearly visible sticker on the back of their helmet in accordance with Article III Sec 4.2 below to identify them as a lineman. These players may only advance the ball on defense. On offense these players may not advance the ball by running or passing the ball. As a kicker He or She may kickoff, punt, kick extra points and kick field goals. (On kickoff returns they must remain on the front line but may advance the kick.) See diagram 1A for more clarification.
2. Players on Freshman and Junior Varsity that are restricted by the “carry weight” rule must wear a 3” by 1” piece of tape on the crown of their helmet. The tape must be clean and of a contrasting color to the helmet. Players on Freshman and Junior Varsity that are restricted by the “tackle to tackle” rule must wear 2 pieces of 3” by 1” tape on the crown of their helmet. See examples markings below.
3. On Offense, they may play from tackle to tackle. In the event of a tackle eligible play, he will not be eligible because he exceeds the maximum weight allowed to advance the ball.
4. On defense, a player will be allowed to line up on the outside shoulder of the offensive tackle. This means that the defensive tackle’s head can be lined up on the outside shoulder of the offensive tackle’s shoulder. He cannot line up outside that shoulder (The player must be in a 3 or 4 point stance). In the event of a trick play, where the offensive tackle does not line up where he should, it becomes the option of the defensive tackle to adjust to him, or line up where the offensive tackle would be.



Helmet Marking Examples

Section 5 – Scoring Balance

1. Each head coach must disclose the teams four (4) best backfield players (QB's, RB's, WR's) on the roster form and exchange with the opposing head coach at the weigh-in prior to each game.
2. Once a team reaches an 18 point lead at any level (Freshman, JV or Varsity) the opposing head coach will select any four players to be removed from offense for the remainder of the game or until the lead is less than 18 points.
3. The four removed players can continue to play defense and are eligible to intercept and return passes and fumbles.
4. The four removed players cannot play on the kick-off team, kick return team, kick extra points, kick field goals, hold for extra points or field goals, or return punts.
5. In the case where a team starts the game with less than 17 players and reaches a lead of 18 points, the four players selected by the opposing head coach must be removed from offense or switched to an offensive interior lineman position (tackle to tackle).
6. Once the lead is below 18 points all selected or removed players are eligible to return to any position.

7. If the lead goes back to 18 points or more a second or subsequent times, the same four players must be removed. The opposing coach cannot change the players selected within that game.

Section 6 – Practice

1. Formal practice is not permitted before the date established by the Kensington Valley Youth Football Conference Board of Directors.
2. Practice Guidelines
 - a) Preseason Week 1 (Absolutely No Contact)
Heat Acclimatization Period
Practice must not exceed 180 minutes (3 hours) per day
Must not exceed 720 minutes (12 hours) per week
The first 6 hours of practice this week must be completed with helmets only.
The next 4 hours of practice must be completed with up to full equipment. Any additional hours withing that first week must be completed with participants in up to full equipment, but still not contact.
 - b) Preseason Weeks 2 - 4 (Full Contact Allowed)
Practice must not exceed 180 minutes (3 hours) per day
Practice must not exceed 720 minutes (12 hours) per week
 - c) Regular Season (Including Labor Day Week)
Practice must not exceed 120 minutes (2 hours) per day
Practice must not exceed 360 minutes (6 hours) per week
 - i. After the first week of league scheduled games, no team is allowed to practice more than six (6) hours per week (total practice time).
 - ii. Viewing tapes is considered practice.
 - iii. There will be NO practices held on Sundays.

Section 7 – Freshman Particulars regarding kicking game

1. No kicking game of any kind is allowed at the Freshman Level. This includes Kickoff, Onside Kick and Punting.
2. At the beginning of the game, the coin toss will be as normal however the team that has the ball first will start at their own 35 yard line. Upon completion of any scoring play or extra point, the ball will be placed on the 35 yard line and play will resume as normal.
3. Freshman punt is defined as advancing the ball 25 yards or half the distance to the goal (whichever is less) and turning the ball over to the opposing team. If an offensive team decides to go for the line to gain on 4th down and fails to convert, the opposing team takes over at the dead ball spot.
4. No onside kicks are allowed an any point in the game.

Section 8 – Quarterback Protection Particulars

1. In accordance with our player safety focus, intentional grounding is allowed at all levels as long as the following conditions are met.
 - a) The quarterback is outside of the normal tackle to tackle area as defined as the area between the outside shoulders of the normal alignment of both tackles and no more than five yards behind the line of scrimmage. The quarterback must be outside of this area.
 - b) The quarterback must throw the ball beyond the line of scrimmage.

The referee and coaching staff should monitor this closely as this is a judgment call by the officials on the field, not the coaching staff. If the referees call intentional grounding based on the fact that they simply forgot our rules on it, please attempt to have the commissioners correct the referee in a respectful manner.

Section 9 –Instructional Particulars

1. Eligibility
 - a) Membership in this conference is limited to current members of the KVFYC and those identified as being eligible to be members.
2. Guidelines (To be played in scrimmage environment)
 - a) Players will be 6, 7 and 8 years old.
 - b) Weight restriction at this level:
 - a. Any players weighing 100lbs. or less will be allowed to carry the ball.
 - b. All players 115lbs. or less will be allowed to play anywhere, but not allowed to carry the ball.
 - c. All Players over 115 lbs. will be restricted to playing the interior line on offense and defense with no play count restriction (tackle to tackle – see Article III Sec. 4). Coaches must bring any violation of this rule to the attention of the officials. Game officials are to have a copy of the league rules. Violation of this rule will result in the play being a dead ball foul at the point of possession and the loss of down
 - c) There will be no more than 6 hours a week for practice.
 - d) 18-minute quarters, continuous clock, no time outs (injury only), Maximum 45 seconds between plays. Three minutes between quarters, ten minutes between halves.
 - e) No score will be kept at the instructional level.
 - f) Home team will start on offense, visitor's start on offense third quarter. No special teams.
 - g) A coach will receive one warning for unbecoming behavior, such as bad language, intensive criticism of a player, coach, or referee. Second offense, coach will be asked to participate from the sideline only, third offense game misconduct as stipulated in the KVFYC rules book. All discussions shall be out of players listening range and only at the end of the quarters or half.
 - h) Two coaches from each team will be allowed on the field on their side, show some class when instructing your players to block and tackle, do not intimidate.
 - i) Blitzing with any defensive player is prohibited. No more than six defensive players can be lined up on the line of scrimmage with no more than 3 of those defensive linemen on one side of the ball (this includes defensive ends). All other defensive players must line up behind the defensive lineman in a normal linebacker position.
 - j) The League shall arrange for the appearance of at least two (2) qualified officials at each scheduled game.
 - k) Penalties should be called only if the infraction directly affects the outcome of the play or play results in a score, or the infraction could result in an injury such as clipping, spearing or fighting, player shall receive two warnings before the team is penalized for infractions that occur before the play has started. All penalties will be limited to loss of down and 5 yards from the line of scrimmage after the ball has been snapped or 5 yards prior to the ball being snapped.
 - l) It will be the goal of the coaches to get the same number of plays for each player. However, this may be modified due to disciplinary actions.
 - m) When on offense the team will start on their 40-yard line. Play will be normal; they will have four plays to get a first down or score. If they do not get the first down, the ball turns over and the opposing team will start on their 40-yard line.

The intent and spirit of all rules governed by the KVFYC are to promote fair and even play along with sportsmanship among its member communities. The intent of all rules herein is to support this fair and even play initiative.

Any coach, player, parent or administrator found to be violating the very intent or spirit of this initiative will be subject to disciplinary action as deemed appropriate by the KVFYC Board of Directors.

Rules and bylaws passed at monthly KVFYC Board Meetings may not be in this document but are enforceable. Please contact your Community Commissioner if a rule is not covered in this document.

All game rules not noted in this document are to refer to the MHSAA interpretation. Some game rules not covered by the MHSAA are covered in the NFHS rule book.