Game Rules Kindergarten, First and Second Grades

*There will be a running clock starting at 59 minutes. The first 15-20 minutes or so will be warmup/practice time. The game will start at the 40-45 minute mark. There are no timeouts. Game will stop for injuries only. Time is limited, so we want to keep gameplay moving.
*The same player cannot run the ball on consecutive plays. This does not apply to pass receiving. In other words a player who just ran the ball is eligible to receive a pass on the next play. The idea is to get everyone who wants to run the ball a chance and to not continually use the same few players to run and catch the ball.
-At end of game, teams will lineup to shake hands, then the field must be cleared. The next game starts immediately, so we need to clear the fields quickly. There is a large common area and lounge area for teams to gather and mingle after the game.
*Games will be 7 on 7 (or 6 on 6, depending on roster sizes). Coin toss will determine who gets the ball first.
*Shirts must be tucked in, or flags must be worn over shirts. Any ball carrier with their shirt over their flags will be called down once a defender attempts to pull the flag.

Offense

-Possession will start on the 3 yard line. No play will start inside your own 3 yard line (ie, if on the first play the runner loses yards, the ball will stay at the 3 yard line). There are no Safety's. If a player is deflagged in endzone, the ball will come out to the 3 yard line.
-You have 4 plays to get a first down. If you get a first down, you get 4 more plays to score a TD. If the defense stops the offense in either situation, the other team takes possession at their own 3 yard line. If offense scores a touchdown, they will then get 1 play for the extra point from the 3 yard line, or go for 2 points from the 5 Yard line.
-Interceptions may be returned. Possession is taken at the spot where the defender was deflagged.
-Offense may run or pass. All pitches, laterals or handoffs must take place behind line of scrimmage.
-**1st and 2nd grade**: QB may run at any time. Easiest play is direct snaps and run up the middle. Sometimes handing off takes too long and play goes nowhere.
-**Kindergarten**: The ball must be handed off or thrown (because the QB starts with ball in hand-no snaps). However, QB may move around behind the line of scrimmage).

-Ball must be snapped by center, except in the Kindergarten division. In the Kindergarten division, the QB will start with the ball in hand. Sidesnaps or direct snaps through the legs are allowed. A muffed snap or a snap over the head is a loss of down, but no yards will be lost. A snap that is fielded cleanly despite hitting the ground, is a legal snap.
-No fumbles. Once the ball hits the ground on a running play, the play is dead.
-Ball carrier cannot dive to gain yardage, nor can they jump to avoid a defender.
-If flags fall off without being pulled, runner is down where flags fall off.
-Ball carrier cannot stiff arm or flag guard (putting hand or ball over flags while running or if untucked shirt covers flags). The play will be blown dead at the spot if this occurs. No penalty.
-Offense has 30 seconds to call their play. A warning will be given, after that there will be a loss of down.

-One player is allowed to be in motion behind line of scrimmage.
-***NEW***-Formations: 3 linemen (center and 2 guards).Be as creative as you want. Center can lineup anywhere (does not have to be in middle of the field.
-Blocking: Offensive players are allowed to block. No shoulder blocks. Arms may be extended to block defenders. No excessive pushing or blocking is allowed. You must be in a good blocking position facing the defender you are blocking. In other words no shoving a defender from the side or back.
-Holding calls: If a player holds the defender and it is near the play or could have affected the outcome of the play, a penalty will be called. If there is holding going on away from the play and has no effect on the play, a penalty will not be called, but player will be warned (and coach will instruct the player the correct way to block). Excessive holding or rough play will not be tolerated, and players will be asked to sit for a few plays. If it continues after that, player may be asked to sit the rest of the game.

Defense

-***Kindergarten:*** There is a one yard neutral zone between the defensive line and the offensive line. This means there will be 2 lines of scrimmage, one for the offense and one for the defense.
-Cannot stack the defensive line. A max of 3 defenders are allowed on the defensive line of scrimmage. The rest of the players must be in a LB or DB position, at least a yard behind defensive line.

Rushing the QB (MODIFIED!)

-1st and 2nd Grade Division: 2 rushers will be designated with wristbands, however they will start from 5 yards back and can rush any gap.
2. Formation: 2 guys on the line, 2 corners, a Linebacker/Safety lined up off the line (5 yds off), 2 rushers (5 yards back). No other player can enter the backfield unless the ball has been completely transferred from the qb, whether that be a hand off or a screen pass.
3. Offense still lines up with center and 2 guards to start the play. They can block and/or are eligible receivers as well.
**The idea here is so the offense has more of a chance to set up plays, particularly pass plays, instead of being blown up immediately by the rush (which has been happening much more at the 1st and 2nd grade level) . While we still want blocking at this age level, we also wanted to ensure that the kids can develop offensive skills as well going forward.

Kindergarten Division: 3 players may rush once the QB calls 'Hike', and can rush any of the gaps (this is because there are no snaps for this division). No stacking the defensive line with more than 3 rushers.

Penalties:

Offensive Holding: (penalty can be Declined by defense)
-On the offensive Line: 5 Yard loss, Replay the down
Defensive Holding
-5 yards plus Replay the down (this refers to defenders holding receivers on routes)
-If its Holding the runners jersey while pulling the flag, 5 yards to end of run or Replay the Down
-Pushing a defender out of Bounds: 5 Yards to end of run, or Replay the down

(Note: If the hold or push out of bounds is done on 4th down and deemed intentional to prevent 1st down or touchdown, offense will get another down from the spot of foul +5 yards)
Illegal Rush (Offsides, entering A gap, or Rushing without wristband)
-5 yards, plus Replay the down: let play run all the way through and give offense option to decline
Interference
-Pass interference: 5 yards, plus Replay the down
-QB interference (hitting the arm while throwing): 5 yards, plus Replay the down
-Flag Guarding (including stiff arms, holding onto belt, or untucked shirts over the belt)
-runner is down where infraction occurs (no loss of yards)
False Start/Offensive Off sides/Illegal Formation
-Blow play dead, Replay the down.
(Note: only excessive false starts will be called. Minor movement is tolerated)
Note: Any intentional penalties at end of a game (that is within one score) to use up clock by offense will be loss of down (including taking too long in huddle) or any defensive penalties to stop the offense from scoring(intentional holding or pass interference near endzone) or to take time off clock will not be tolerated. If this is deemed the case, offense will get the ball on 3 yard line of opponent.

Most importantly, have fun playing football !!!

Note: We reserve the right to change any rules during the season as we see fit for the betterment of the league!