

2013 Central KY Wilderness Trace Youth Football Conference Rules

(June 4, 2013)

1. Members: Danville Youth Football League, Garrard County Youth Football Organization, Lincoln County Parks and Recreation Department, Mercer County Youth Sports League, Jessamine County Youth Football.

2. Board of Directors: Each member league will nominate one representative yearly to serve on the Conference Board of Directors. High school head football coaches associated with conference leagues may serve as ex-officio Board members. The Board will develop and enforce conference rules and regulations. Conference rules infractions will be handled by majority vote of the Board.

3. Rule Changes: Rule changes or additions require a unanimous vote by all CKWT Youth Football Conference members. Each league gets one vote.

4. Tackle Football Age Divisions / Restrictions:

- A. 1st/2nd grade: A student who becomes 9 before October 1 shall be ineligible.
- B. 3rd/4th grade: A student who becomes 11 before October 1 shall be ineligible.
- C. 5th/6th grade: A student who becomes 13 before October 1 shall be ineligible.
- D. 7th grade students are prohibited from participation. These students must participate at the middle school level. No exceptions.
- E. Conference Participation in the 1st/2nd grade division is optional. Conference member leagues must field teams in the 3rd/4th and 5th/6th grade divisions.
- F. Age divisions with 12 or more teams will be subdivided into two divisions (Division 1 & Division 2) by random draw each year. Members of each subdivision will play each other once with the remainder of their games scheduled against teams from the opposing subdivision.

5. Residency Requirement: Participants must live in or attend school in the school district of their youth football program. Danville students must play for the Danville Youth Football League, Garrard County students must play for the Garrard County Youth Football Organization, Lincoln County students must play for the Lincoln County Parks and Recreation Department, and Mercer County students must play for the Mercer County Youth Sports League. However, students living in one school district, but attending school in another school district will have the choice to play for either the school district in which they reside or the school district in which they attend school until placement on a 5th grade team. Thereafter, they may not switch leagues for the remainder of their conference eligibility unless their home residency or school enrollment changes. Penalty: Removal of player from team.

6. Team Formation: Teams must include players from both grades in an age division. When more than one team exists within a league, the teams must be chosen by draft to prevent loading talent on specific teams. Coaching and friend requests may be considered in the draft process, but never guaranteed. All players must be drafted except the head coach's son. The intentional or unintentional concentration of better players on one team is not permitted. Players returning to an age division may return to the same team. Teams may be disbanded yearly at the discretion of the league. Late registrations must be placed fairly by league administrators. Penalty for teams not drafted: Total ban from postseason play.

7. Weight Restrictions on Ball Carriers: Weigh-ins will be handled at the league level. Each player will be weighed once preseason to verify eligible ball carriers. Players will be weighed without equipment.

- A. **Weigh-In:** All players weighing within 5 pounds under or over the weight limit must be officially weighed by an assigned Conference Board at a time and location set by the Board. Any player within 5 pounds of the weight limit who is not officially weighed by the Board will be ineligible to carry the ball.
 - a. 1st/2nd grade: Ball carriers not to exceed 80 pounds without equipment.
 - b. 3rd/4th grade: Ball carrier not to exceed 110 pounds without equipment.
 - c. 5th/6th grade: Ball carriers not to exceed 150 pounds without equipment.

B. Weight Challenge: A ball carrier is subject to one weight challenge per season. Challenges must be made during the regular season discreetly/privately by a head coach through his league president and will be conducted at a time scheduled by the Conference. All leagues must be informed of the challenge and results. Representatives from two member leagues must be present during the challenged weigh-in. A challenged player found to exceed the weight limit will be ineligible to carry the ball for the remainder of the season and the game in question will be forfeited.

C. Cost of weight challenge: \$50 per appeal payable by the coach issuing the challenge to the league being challenged. The fee will be returned if the challenged player exceeds the weight limit.

D. Ineligible Ball Carriers:

- a. May not line up in the backfield.
- b. May not receive a handoff, pass, or receive the ball in any other intentional manner.
- c. Fumbles and interceptions can be returned by any member of the defensive team. Incidental kickoff returns may be advanced by any member of the return team; however ineligible ball carriers may only be positioned on the front line of the return team.
- d. Penalty: Forfeit of the game AND suspension of the head coach for the next game. No appeal. Game Officials do not administer the forfeit.
- e. The helmets of ineligible ball carriers will be marked with a universal orange dot decal placed on the back, lower edge of the helmet.

8. Conference Rosters: Rosters for all conference teams consisting of player names, jersey number, preseason weight, date of birth, school and home address must be submitted to the Conference no later than the first Saturday in September.

9. Start of Practice: Teams may begin practice in pads no sooner than Monday, August 12, 2013.

10. Season: The season may begin the Thursday after Labor Day. Each team will play at least eight conference regular season games followed by postseason play.

11. Scheduling: A scheduling conference will be held prior to the football season. Each member league should send one or two representatives to assist in making the conference schedule.

12. Rescheduling: Conference-league re-scheduling will be prohibited once the schedule is set and agreed to by CKYFC board. Intra-League re-scheduling may be granted and administered under the discretion of the League President.

13. Cancellations: Cancellations are at the discretion of the host league. Notification should be given to all conference members as early as possible.

14. Admission: Admission fees may be charged to fans. All coaches, players, team personnel, cheerleaders, officials, and league representatives shall not be charged admission.

15. Game Rules

A. KHSAA rules prevail in all situations not covered by the below Conference rules.

B. Field Dimensions: 80 yards in length. Chains - 8 yards.

C. Game Length

- a. 1st/2nd grade: 12 minute running quarters. The clock will be stopped only for injury, timeouts, extra points and kickoffs.
- b. 3rd/4th grade: 8 minute quarters, 6 minute quarters may be used for intra-league play only administered by the league president.
- c. 5th/6th grade: 8 minute quarters

D. Halftime:

- a. 1st/2nd grade: 6 min. halftime
- b. 3rd/4th and 5th/6th grade: 8 min. halftime

- E. Mercy Rule:** The clock will run continuously in the second half when a thirty point lead has been established. The clock will revert to a controlled clock if the lead becomes less than thirty points. The leading team cannot call timeout during a continuous clock.
- F. Overtime:** Overtime will be conducted according to KHSAA rules with the exception that the ball will be spotted on the 8 yard line instead of the 10 yard line. Each team will have a possession of 4 downs from the 8 yard line in each overtime. A touchdown will be followed by an extra point attempt per conference rules.
- G. Timeouts:** Timeouts length is 60 seconds.
- a. 1st/2nd grade: 2 timeouts per half
 - b. 3rd/4th grade and 5th/6th grade: 3 timeouts per half
- H. Play Clock:**
- a. 1st/2nd grade: 40 second play clock will be used
 - b. 3rd/4th grade and 5th/6th grade: 30 second play clock will be used
- I. Coaches on the Field:** Coaches must keep a safe distance from the play. Instructions cannot be given until the play is dead. Officials can remove any or all coaches from the field for the betterment of the game.
- a. 1st/2nd grade: 2 coaches are allowed on the field.
 - b. 3rd/4th grade: 1 coach is allowed on the field.
 - c. 5th/6th grade: No coach is allowed on the field.
- J. Sidelines:** 6 total coaches permitted per team. Team coaches should be identifiable by common coaches' shirts. Only official coaches, players, and managers are allowed in the team area during the course of the game. This includes pre-game and halftime. If a game must be stopped to remove someone from the team's area or sideline, a delay of game penalty will be assessed.
- K. Footballs:**
- a. 1st/2nd grade: Pee Wee sized football
 - b. 3rd/4th grade: Junior sized football
 - c. 5th/6th grade: Youth sized football
- L. Cleats:** Only rubber-molded cleats may be used. NO metal, nylon, or screw-in cleats allowed.
- M. Officials:** Every attempt will be made for all officiating crews to include at least one certified official. When only one certified official is used, he will serve as the head referee. League or KHSAA official certification accepted.
- a. 1st/2nd grade: a minimum of 2 officials may be used.
 - b. 3rd/4th grade: a minimum of 3 officials must be used
 - c. 5th/6th grade: a minimum of 3 officials must be used.
 - d. Host leagues are responsible for arranging and compensating officials.
 - e. A conference-wide officiating meeting will be held prior to each season for the purpose of certifying officials to conference rules and standards.
- N. Kicking Game:**
- a. 1st /2nd grade:
 - i. Live kickoff from 32/35 yard line. The ball must travel 8/10 yards.
 - ii. No Punt: The offense may elect to change possession on fourth down at which time the ball will be spotted 20 yards downfield from the line of scrimmage, however the ball will not be spotted beyond the receiving team's own 16 yard line.
 - iii. No Field Goals

b. 3rd/4th Grade & 5th/6th grade:

- i. Live kickoff from 32/35 yard line. The ball must travel 8/10 yards.
- ii. No Rush Punt - Live after ball is kicked. If the clock is stopped it will be started when the ball is kicked, not when the ball is snapped.
- iii. No Field Goals

O. Extra Points: The ball will be spotted on the two (2) yard line. One (1) point will be awarded for successfully running or passing the ball over the goal line. Two (2) points will be awarded for a successful no-rush place kick. The ball must be held on a place kick tee. A kickoff tee may not be used. On a field marked in 10 yard intervals the ball will be spotted on the goal line for the no-rush place kick.

P. Offensive Rules:

- a. First Downs: Eight (8) yards for a first down.
- b. No unbalanced line in the 1st/2nd grade division.

Q. Defensive Rules:

a. 1st & 2nd Grade teams must run a base 4-3 defense with man-on alignment with defensive linemen covering the guards and ends and linebackers covering the center and tackles. Interior players cannot align in the gaps. The offensive center cannot ever be covered. This is the only defense that can be used in the 1st/2nd grade.

b. Blitzing:

- i. 1st/2nd grade: No blitzing/stunting. All defenders must read and react.
- ii. 3rd/4th and 5th/6th grade: Blitzing is allowed, however there will be no blitzing until after the snap of the ball.
- iii. First offense: warning. Second offense: 4-yard penalty.

c. **Inside Linebackers No Closer 3 Yards to LOS:** All inside linebackers aligned from the outside shoulder of the offensive tackle inward must line up at least 3 yards off of the line of scrimmage. First offense: warning. Second offense: 4-yard penalty.

d. **Interior Defensive Linemen Must Be Down:** From an outside shade of the offensive tackle inward defensive linemen must align in a three-point or four-point stance. First offense: warning. Second offense: 5 yard penalty

16. Post Season: Postseason games will be hosted on a rotating basis between conference members in alphabetical order Danville, Garrard, Lincoln and Mercer with the host paying expenses from the gate.

A. 1st/2nd grade: No post-season games

B. 3rd/4th grade: Playoff System

C. 5th/6th grade: Playoff System

17. Tiebreaker: The tiebreaker procedure will be used if necessary to determine postseason seeding.

A. Two-Way Tiebreaker

In the event of a two-way tie in the standings, the following tiebreaker system shall be used – in order – until the tie is broken:

1. Winning percentage of each team in head-to-head competition.
2. Winning percentage of each team vs. the first-place team, or their composite winning percentage against any teams tying for first place.
3. Winning percentage of each team vs. the second-place team, or their composite winning percentage against any teams tying for second place.
4. This process continues with winning percentage vs. the third-place team, fourth-place team, etc., as necessary, until the tie is broken and seeding is complete.

5. If a tie still exists after exhausting steps 1-4, the tie will be broken by a randomly drawing seeds from a hat.

B. Three-Way (or more) Tie-breaker

In the event of a three-way tie (or a tie involving more than three teams) in the standings, the following tiebreaker system shall be used in the order listed.

1. The winning percentages of the teams involved in the tie vs. each other shall be compared. If one team's winning percentage is superior to the others, that team shall be removed from the tie and seeded highest of the teams involved in the tie. If two teams subsequently remain, that tie shall be broken utilizing the two-way tiebreaker procedure.
2. If no single team has a superior winning percentage after the comparison described in No. 1, but multiple teams have the same superior percentage to any other teams involved in the tie, those teams with the superior percentage will be compared using either the two-way or three-way tiebreaker procedure. The team that has the advantage will be seeded highest of all teams involved in the original tie. The other team(s) (the loser(s) of the appropriate tiebreaker) will again be compared to the remaining teams in the tie, beginning with step No. 1 of the three-way tiebreaker.
3. If all winning percentages in the three-way (or more) tie vs. teams involved in the tie are the same, each team's winning percentage vs. the first-place team or teams tying for first place shall be compared. If one team's winning percentage is superior to the others, that team shall be removed from the tie and seeded highest of the teams involved in the tie. If two teams remain, that tie shall be broken utilizing the two-way tiebreaker procedure.
4. If all winning percentages in the three-way (or more) tie vs. teams involved in the tie are the same, each team's winning percentage vs. the first-place team or teams tying for first place shall be compared. If multiple teams have a superior winning percentage to any other team in the original tie, those teams with the superior percentage will be compared using either the two-way or three-way tiebreaker procedure. The team that has the advantage will be seeded highest of all teams involved in the original tie. The other team(s) (the loser(s) of the appropriate tiebreaker) will again be compared to the remaining teams in the tie, beginning with step No. 1 of the three-way tiebreaker.
5. This process continues as necessary, comparing winning percentages of teams in the tie vs. the second-place team or their composite percentages vs. teams tying for second place, third place, etc., until all ties are broken and seeding is complete.
6. If all steps above have been exhausted and the tie cannot be broken, the tie will be broken by randomly drawing seeds from a hat.