

JUNIOR VARSITY

12 Year Olds

Player Requirements

- Must have completed & submitted Concussion & Head Injury and Sudden Cardiac Arrest Forms
- Must meet age requirements (based on age on August 1, 2018)
- Agree & abide by Knox County Sports Code of Conduct

Coaches (Head, Assistant) Requirements

- Must have successfully passed national background screening
- Must have completed USA Football Level 1 Coach Certification
- Agree & abide by Knox County Sports Code of Conduct
- 1 Head Coach & 4 Assistants allowed to be on sideline during game with Coach ID Badge

Ball R5-Y

Weight Unlimited. No weigh-ins.

Substitutions No requirements on playing time. Coaches may sub freely

Game Timing 10 Minute Quarters with running clock until final 2 minutes of 2nd & 4th Quarters where HS timing rules are used. Clock stops on timeouts, scores, and injuries. No overtime in regular season

Field Length 100 Yards

Penalties 5 yards, 10 yards, 15 yards

Punts Full rush allowed

Kicking Standard high school kicking rules

PAT 1 point for rush/pass, 2 points for kick

Safety Rule

Team leading by 21 points or more, the following will occur:

- a) Team leading by 21+ will run passing plays only until the score is less than 21 points.
- b) Team losing by 21+ will receive the ball at the 50 yard line following a score by the opposing team anytime during the second half.
- c) Game is declared over if up 21+ at end of the 3rd quarter and at any time in the 4th quarter.
- d) The clock shall run during the 2nd half, if point difference is 21+ and only stops during injuries, timeouts and scores.
- e) If the differential becomes 20 points or less in the 3rd quarter, normal rules apply.