

# **VARSITY**

## **13-14 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) & cannot be in 9th grade or play on a middle school team
- 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 & 8 Assistants allowed to be on sideline during game with Coach ID Badge

**Ball** HS ball or R5-Y

**Weight** Unlimited. No weigh-ins.

**Substitutions** No requirements on playing time. Coaches may sub freely

**Game Timing** 8 Minute Quarters with High School timing rules.  
If heat rule is in effect, quarters will be 10 minutes with running clock  
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** The clock shall run the entire 2<sup>nd</sup> half if a team leads by 28 or more points. The clock only stops at end of 3<sup>rd</sup> quarter and for major injuries. The clock will revert to standard procedures if the deficit becomes less than 28 points.