



# Knox Metro Youth Football League 2016 By-Laws

## A. League Structure

1. Knox Metro Youth Football League (KMYFL) - The KMYFL is managed jointly by the Knox County Parks & Recreation Department (KCPRD) and the Knoxville Parks & Recreation Department (KPRD). The KMYFL is a youth recreational football league dedicated to the purpose of organizing and offering a positive, safe, character-building environment for our youth. League rules, guidelines, and suggestions mandate fair play at all levels and allow for the development of all players.
2. Youth Sports Associations (Associations) - Associations are created by community, school, or recreation groups for the purpose of participating in youth recreational sports leagues offered by the KCPRD and/or KPRD. It is the Association's role to raise funds, operate teams, and help enforce KMYFL rules. All Associations shall have a Board of Directors, by-laws, and elected officers. Associations are responsible for retaining volunteer coaches to administer each of their teams. Each Association shall appoint a Commissioner to be the liaison to the KMYFL.
3. Associations shall enforce KMYFL's rules contained herein. Associations have the obligation and authority to enforce the KMYFL rules and its own rules, by-laws, and code of conduct for players, coaches, parents, and spectators. Associations has the right to make any rule more stringent, but do not have the right to make these rules less strict. Any organization found not enforcing league rules may be suspended or removed from the league and future seasons. Associations shall submit any by-laws, rules, and/or code of conduct files to KMYFL by April 1<sup>st</sup> each year.

## B. Regulations

### 1. League Authority

- a) KMYFL shall make the final ruling on any and all football rule conflicts.
- b) KMYFL shall follow the Tennessee Secondary School Athletic Association (TSSAA) and NFHS rules except where superseded herein.

### 2. Coaching Requirements

- a) The Head Coach must be 21 years or older and must supervise all practices, games, and team functions.
- b) Assistant coaches must be at least 18 years of age. 7U-9U teams may have a maximum of five (5) assistant coaches. 10U-12U teams may have a maximum of four (4) assistant coaches. 14U teams may have a maximum of eight (8) assistant coaches.

- c) Adhere to the expectations of the Coach Code of Conduct (attached)
- d) Coaches are strongly encouraged to receive First Aid and CPR training.
- e) The Head Coach has final responsibility for his actions and those of his assistants, players, staff, and parents.
- f) All coaches are required to have concussion and sudden cardiac arrest training prior to the coach being allowed to participate in any practice and/or game. Evidence of completion must be maintained in the team book with their signed form or printed document with each coach's name.
- g) All coaches are required to pass background screening every two years.
- h) Coaches must complete online coach certification through USA Football
- i) All coaches should make every effort to involve each participant in learning and enjoying the game of football

### **3. Required Insurance from Associations**

All Associations shall furnish proof of General Liability and Accident Insurance by July 1st.

### **4. Player Registration**

a) Associations are responsible for conducting player registration and overseeing proper placement of players. To register, the candidate's parents or legal guardian must supply the following:

- (1) A signed league supplied registration form (contract)
- (2) A signed concussion form
- (3) A signed sudden cardiac arrest form
- (4) Proof of age (birth certificate)

b) A player's birth date shall determine which age groups he/she participate based on the age on or before August 1<sup>st</sup>.

- For example, a player who turns 10 years old on July 31<sup>st</sup> shall be considered 10 and may play in the 10U division.
- A player who turns 10 on August 2<sup>nd</sup> shall be considered 9 and is eligible to play in the 9U division (since the player was 9 years old on August 1<sup>st</sup>).

c) Playing Down – A player may file a request to play in a lower age group to the KMYFL.

d) A player may only participate on one (1) team per season.

### **5. Formation of Teams**

a) Associations are responsible for proper team formation.

b) KMYFL recommends teams are no larger than 40 players. No team may register with fewer than 15 players.

- c) Associations may accept player registrations at their discretion in regards to the last date to sign up. A player registration may require approval from KMYFL if a player had previously signed up for another Association in the same season.

## **6. Team Registration**

All teams shall register with the KMYFL. A complete roster of players and coaches for each team is required. This roster must comply with all KMYFL rules, is to be on the form supplied by KMYFL, and is due no later than **August 5<sup>th</sup>**.

## **7. Camps**

No Association, or individual associated with an Association, may require mandatory camps for any player or team.

## **8. Charging Admission**

- a) There will be no admission fee for KMYFL regular season games or playoffs except for Varsity games held at off-site fields.

## **9. Protests**

- a) Only protests involving the eligibility of players shall be considered.
- b) Protests will be decided by the KMYFL.
- c) Lack of prompt notification to the KMYFL may result in denial of the protest.

## 10. Mandatory Background Checks

- a) All volunteers who may have access to or contact with any player and all administrators in Associations must complete and submit an official League Volunteer Application annually.
- b) Individual background checks for all coaches (head and assistant) must be completed and passed prior to the first practice session or team activity that the individual acts as a coach.
- c) The KMYFL shall specify which agency to use for background checks for all Associations, unless approved otherwise.
- d) No person whose volunteer background screening reveals a criminal history that exceeds the minimum standards determined by the KMYFL and Associations may hold any position on any team. A coach disqualified from coaching may request an appeal hearing. KMYFL shall determine if the coach is allowed to be associated with a team.
- e) Associations are responsible for each volunteer to complete background screenings as outlined, and for submitting documentation to the league, prior to the first practice. Failure to comply with these rules shall result in sanctions against or removal of the Association from the KMYFL.

## 11. Warm Weather Precautions / Heat Rule (Over 80 Degrees)

All coaches must be especially vigilant in hot summer practices. Immediate action must be taken if a player is observed with the slightest sign of heat fatigue. Coaches should consult TSSAA rules regarding warm weather precautions. (attached as appendix)

- a) All divisions will receive an extended break between quarters when the Heat Rule is in effect.
- b) Varsity games will use a 10-minute running clock if the Heat Rule is in effect.

## 12. Lightning Policy

When lightning is seen, all activities shall be suspended until thirty (30) minutes following the last seen lightning strike. All players, coaches, officials, parents, etc. are advised to remain in their vehicle throughout the entire lightning delay.

## 13. Enforcement Policy

Any deliberate practice of a team or association, which places the health, welfare, and/or safety of juveniles in jeopardy, will not be tolerated.

- a) The following offenses occurring during a league practice, game or bowl game will result in a minimum one-game suspension from league play by the KMYFL administration: inappropriate behavior, illegally removing green stripe, playing an injured player as deemed by medical personnel, and/or ejection from game by referee, league or security.
- b) A coach or player who removes a green stripe between the weigh station and the end of the game shall be ejected and face possible additional sanctions. If there is a question during the game, the scorekeeper may radio to the Field Supervisor.

- c) The following offenses occurring during a league practice, game or bowl game will result in expulsion from the League by the KMYFL administration: endangerment of juveniles, fighting, cheating, striking a game official, falsification of official documentation, or other egregious acts detrimental to the KMYFL.
- d) A person suspended from the League by the KMYFL administration may request an appeal hearing with KMYFL administration to discuss the situation.
- e) Associations may hold coaches, parents, and/or players to their own set of expectations or code of conduct in accordance with the association by-laws.
- f) GRIEVANCE PROCEDURE- Associations shall establish and promulgate a grievances procedure for program participants. The procedure must include a public hearing and vote by the association's board of directors of any written complaint received within 15 days of receipt by the association. KMYFL may send a representative to hearing. Participants may appeal the association's decision to KMYFL within 15 days of the association's decision. KMYFL shall schedule a hearing with the participants and issue a decision on the matter within 10 days of the hearing. KMYFL's decision shall be final subject only to judicial review.

**C. Game Rules**

Except as specifically modified by the KMYFL, all games are to be played under current TSSAA rules for High School football.

**1. Ages and Weights**

- a) League Age – The player's age as of August 1<sup>st</sup> of the current year shall be the player's age for the season.
- b) Age Divisions – Players are divided among seven (7) divisions based on their age as of August 1<sup>st</sup> of the current year. Players in the Varsity division may not be currently enrolled in high school.

Division	Age
Jr. Grasshopper (Jr Hopper)	7
Grasshopper (Hopper)	8
Grasscutter (Cutter)	9
Minor Pee Wee (MPW)	10
Pee Wee	11
Jr. Varsity	12
Varsity	13-14

**c) Player Weights**

**(1) Maximum weights for backs/ends are as follows:**

Age Division	Division	Weight
7U	Jr. Grasshopper	100 lbs
8U	Grasshopper	105 lbs
9U	Grasscutter	115 lbs
10U	Minor Pee Wee	125 lbs
11U	Pee Wee	137 lbs
12U	Jr. Varsity	Unlimited
14U	Varsity	Unlimited

**(2) Weigh In Procedures** – Each team shall weigh in before each league game if the division has a weight limit. Each team shall line up by number (lowest to highest) when approaching the weigh in station. **Player's shall be dressed ready to play (dressed player weight) including helmet, shoulder pads, jersey, cleats, etc.. No equipment may be removed during weigh in procedure.**

**(3) Players exceeding the maximum weight for the age division must:**

- (a) NOT play positions in the offensive/defensive backfield or end.
- (b) Wear a green stripe on their helmet
- (c) Not advance the ball on any play.
- (d) Be in a 3 or 4 point stance on defense
- (e) Not go more than 10 yards downfield on a kickoff.

**(4) Teams shall make sure there are no green stripe players on the end of the line. A legal play requires an eligible receiver on both ends of the offensive team. **Green stripe players must be inside the offensive tackles.****

#### **d) Conferences**

**(1) KMYFL teams will be in one conference. Conferences will be divided at the conclusion of the regular season based on win-loss record, team preference to play up, etc. These divisions shall be called AFC and NFC. The AFC shall be the more competitive conference.**

**(2) Every attempt will be made to make the games competitive but past performance is no guarantee for future wins. Assignments are based on a variety of factors, including but not limited to: previous year's regular season record, playoff results, and Association or coach request to play up.**

## **2. Certification of Players**

**a) Certification is the process whereby the Association will file with the League a complete roster of players and coaches for each team. This roster must comply with all League Rules, is to be on the forms supplied by League, and is due no later than the book check date or certification date.**

### 3. Mandatory Play Rule (MPR) for Jr. Grasshopper, Grasshopper, & Grasscutter

- a) KMYFL strongly encourages each team to allow each player suited and eligible to play at least four (4) plays during the game at the Jr. Grasshopper, Grasshopper and Grasscutter divisions. This is not a requirement and cannot be tracked by KMYFL. Each commission may have their own minimum play rules.
- b) A fifth assistant coach will be allowed at this level to track participation (this coach must also meet all coaching requirements, such as passing the national background screening).
- c) The assistant coach should inform the head coach at half time of players who have not yet played four (4) plays.

### 4. Field & Markings

- a) KMYFL will prepare all fields for play at John Tarleton Park & Tommy Schumpert Park.
- b) Hosting Associations shall work with the high school site for all field markings for games played offsite.

### 5. Authorized Persons on Field

- a) Only players and coaches with League supplied ID cards or badges are allowed on the field and team area. Players from other teams (younger or older) may not dress out or stand with the team on the sideline during any KMYFL game.
- b) Sidelines are reserved for teams, coaches, chain crews, approved medical personnel, law enforcement, and officials.
- c) Chain crew shall operate on the home side and shall avoid obvious demonstration of favoritism. Chain crew shall wear the vests provided to identify them as chain crew rather than coaches.
- d) A team may be penalized for Unsportsmanlike Conduct for unauthorized persons on the field or sideline.

### 6. Game Ball

Each team shall supply a game ball during League play. Game balls must be traditional brown or tan with contrasting stripes. The ball sizes are as follows:

Division	Age Division	Ball Size
Jr. Grasshopper	7U	R5-PW
Grasshopper	8U	
Grasscutter	9U	
Minor Pee Wee	10U	R5-JR
Pee Wee	11U	
Jr. Varsity	12U	R5-Y
Varsity	14U	R5Y or high school

## 7. Required Equipment

The following equipment shall be worn by all players any time physical contact may be present:

- a) Helmet – must be approved helmets bearing the NOCSAE seal and in certified condition. The Associations are strongly encouraged to have a documented plan of how to maintain current certifications for helmets.
- b) Mouth guard – colored and with keeper strap.
- c) Shoes – sneakers or rubber soled cleats. Cleats may not exceed ½ inch. Varsity cleats must conform to TSSAA and/or NFHS requirements.
- d) Protective cup
- e) All other equipment as identified in the TSSAA and/or NFHS rulebook.

## 8. Length of Periods

- a) Each quarter shall have the following time limits:

Division	Quarters
Jr. Grasshopper	8 minutes
Grasshopper	
Grasscutter	
Minor Pee Wee	
Pee Wee	
Jr. Varsity	10 minutes
Varsity	8 minutes

## 9. Time Clock

- a) There shall be a 15-minute grace period for the first game of the day/night. Forfeiture is at the sole discretion of the KMYFL supervisor on duty.
- b) The clock shall be a running clock for 7U – 12U unless
- c) In the Varsity division, the clock shall be operated like a regulation high school clock.
- d) The clock shall operate as a regulation high school clock during the last two (2) minutes of the second (2<sup>nd</sup>) quarter and the last two (2) minutes of the fourth (4<sup>th</sup>) quarter in all divisions.
- e) The clock shall stop for timeouts, scores, and injuries where the coaching staff or medical personnel are called to the injured player by a game official.
- f) There shall be a three (3) minute intermission between quarters. If the Heat Rule is in effect, the intermission is increased to five (5) minutes.
- g) There shall be a six (6) minute intermission at half-time. If the Heat Rule is in effect, the intermission is increased to ten (10) minutes.
  - (1) Home team cheerleaders may use the first three (3) minutes of halftime and the visitors may use the last three (3) minutes.
- h) No game shall be started or proceed with fewer than eleven (11) eligible players.

## 10. Time-Outs

- a) Each team is allowed three (3) called timeouts per half.

## 11. Players

- a) A free substitution rule is always in effect.
- b) Players may only be on one team roster. A player found to be participating on more than one team will receive a suspension or expulsion.
- c) It is strictly prohibited for any player to play on a school sponsored team (i.e., middle school) team as well as an Association team.
- d) Once a player is removed from a game due to injury and seen by KMYFL medical personnel, the player must be approved to re-enter by the KMYFL medical personnel. Placing an injured player in the game without approval shall result in a 1 game suspension.
- e) Any player that is ejected from the game must leave the field. A player ejected shall also sit out the next KMYFL game.
- f) Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest (practice and games) and shall not return to play until cleared by an appropriate health-care professional per State of Tennessee's Law regarding youth concussions and head injuries.
- g) Any athlete who passes out or faints while participating in an

athletic activity or immediately following an athletic activity, or who exhibits any of the following symptoms: (i) Unexplained shortness of breath; (ii) Chest pains; (iii) Dizziness; (iv) Racing heart rate; or (v) Extreme fatigue; and who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest and not return to play or participate in any supervised team activities involving physical exertion, including games, competitions, or practices, until the athlete is evaluated by a health care provider and receives written clearance from the health care provider for a full or graduated return to play per State of Tennessee's Law regarding youth sudden cardiac arrest.

## 12. Ineligible Players

- a) Every attempt will be made by the League, Association, and coaches to eliminate errors and or falsifications. Any adult who becomes aware of an alleged violation that may cause a player to become ineligible has a duty to immediately report the violation to their Association or a league official. The Association must immediately notify the League, coach, and the parent/guardian of any reported alleged violations. The League will conduct a fair and thorough investigation, notifying the Association of their findings and decision in a timely manner.
- b) Once the eligibility of the player comes into question, the Association may suspend a player in order to minimize potential team consequences in the event that the player should be ruled ineligible by the League.
- c) All games the player participated in will be subject to review by the League.
- d) Ineligible Players are: over-age division, under-age to play the sport, participating based on falsified documentation, participation in a school-sponsored tackle or flag football program in the same season, and/or those who fail to provide any of the required registration documents.

## 13. Scoring Values

Division	Points
Touchdown	6
Point After – Run	1
Point After – Kick	2
Field Goal	3
Safety	2

#### **14. Lopsided Scores / Mercy Rule**

Any time a team leads by 28 points or more, the following will occur:

- a) Mandatory Play Rules remain in effect.
- b) The clock shall run the entire 2<sup>nd</sup> half unless the deficit becomes less than 28 points. The clock will only stop during major injuries.

#### **15. Tie Games**

Regular season games may end in a tie. Post season games must have a winner and will use high school overtime rules. The basic premise is each team has four (4) plays from the ten (10) yard line to score.

#### **16. Radios and Electronic Communication**

No electronic communication devices of any kind are allowed in League games, including communication between coaches.

#### **D. Practice Rules**

1. No team may conduct mandatory practice before the League has authorized first practice date. Teams found to have **mandatory** practices before the listed date shall receive sanctions from the KMYFL.

#### **2. Optional Training**

Teams may offer optional, voluntary training sessions beginning June 1<sup>st</sup>. During this time, there shall be no pads worn and no contact.

**3. Dead Period.** There shall be no team activities, voluntary or mandatory, between June 26<sup>th</sup> & July 9<sup>th</sup>. Teams or Associations found to be in violation of this rule will not be allowed to participate in playoffs and possibly receive additional sanctions by KMYFL.

#### **4. Pre-Season Recommendations**

Once practices begin, the first week shall be devoted entirely to conditioning without pads. Any players added to the team after the first day, shall also acclimate and condition before practicing in pads. Helmets must be worn at all practices. It is strongly encouraged that all players complete 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions. It is strongly encouraged that any players added to the team after the first day of practice must also complete a minimum of 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions.

**5.** Teams are encouraged to schedule less than 8 hours of practice per week before Labor Day and less than 6 hours of practice after Labor Day. Coaches are encouraged to keep the length of practices to a maximum of 2 hours per day.

#### **6. Controlled Scrimmages with Other Teams**

After two weeks of practice, a team may arrange a controlled scrimmage with another team in the same division of play. Scrimmages should not be conducted as a game. It is recommended that Association commissioners approve all scrimmages.

#### **7. Practice Contact**

- a)** No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted.
- b)** Although not a requirement, it is strongly encouraged that teams limit the amount of full speed contact at each practice. It is suggested that full contact practice does not exceed 30 minutes per day and a weekly maximum of 120 minutes in the preseason and 90 minutes during the season.

### **E. Schedule**

KMYFL will prepare and distribute the schedule of games for the season and post-season. All schedules will be available at least five (5) business days prior to the start of the first game.

- 1.** KMYFL league games take precedence over bowl games and tournaments. Failure to play the league game shall result in a forfeit.
- 2.** Each team will be scheduled seven (7) regular season games. The first four (4) games will be scheduled before the season begins. Then after 3 weeks of games, the final 3 games of the season will be scheduled by KMYFL staff. These numbers may be off slightly based on off weeks and rain outs.
- 3.** No games will be scheduled on the Saturday or Monday of Labor Day weekend or the Saturday, Monday, Tuesday, Thursday, Saturday of Fall Break.
- 4.** Early Games – League schedules will distribute early games (6pm & 9am) as equally as possible.
- 5.** Excessive Forfeits – A team that forfeits two (2) games without advance notice to KMYFL will be removed from all future games scheduled. If the 3<sup>rd</sup> week of the season has begun, the schedule will not be re-made.

6. Rescheduling Games - Games will only be rescheduled if a team has a majority of players who must attend a school function. The request shall be received at least 2 weeks prior to the scheduled game and accompanied with a written notice from the school principal.
7. Games played outside the knowledge of KMYFL will result in a forfeit loss for both teams.
8. Games rained out will be rescheduled once. A rescheduled game that is canceled will not be made up. Rescheduled games may be scheduled on a different day (for instance, a league that plays on Monday may have games rescheduled for Thursday or Saturday).

## **F. Playoff Eligibility / Seeding / Bracket**

1. All teams will qualify for the playoffs
  - a) Playoff bracket will be developed where higher seeds receive byes into further rounds in an effort to provide more competitive games
  - b) Teams shall be prepared to play up to two (2) games per week during the playoffs (for example, Monday and Thursday or Tuesday and Saturday)
2. In the event of teams having the same record, the following tiebreakers may be used until the tie(s) is broken
  - a) Head-to-Head result
  - b) Record versus common opponents
  - c) Coin Flip
3. If a team with 8 games has head-to-head over team with same number of wins, that team with 8 is placed ahead in a 2-way tie or placed in the tied group of teams if 3+ teams tied. (note: in a division with an odd number of teams, one team must have 8 games so all teams have 7)

## **G. Rules of Play**

1. TSSAA rules apply unless any changes noted in this document
2. Protest Procedure – A coach/team may protest a Rule of Law during the game. The coach must stop the game with a timeout to protest. The coach shall inform the Head Referee of the protest, document the reason in writing at the score tower, and put down \$100 cash. Possible protests could be a misinterpretation of the rules. A protest may NOT occur on a judgment call (such as, if a player was offside, held, committed pass interference, etc).

## **H. Special Rules – Jr. Grasshoppers, Grasshoppers, & Grasscutters**

1. Purpose - The purpose of these divisions is to develop first year and young players. The rules are specifically designed to encourage the game flow and for it to be a fun, safe, and instructive introduction to organized football.
2. Context - The players will take the games seriously, but we adults must not lose sight of the big picture. Coaches will maximize playing time and probably use some players in a variety of positions throughout the season. Coaches must refrain from overly aggressive techniques. Be an inspiration to your players – not just a task-master. Avoid useless shouting from the sidelines during the game.

3. Coaches – A coach may be on the field during the game at the Jr. Grasshopper level. This coach must be 3 yards behind their deepest player before the ball is snapped. The coach cannot touch players after the huddle breaks.

#### 4. Defense Alignment & Regulations

- a) A defensive team may have up to 7 players in the box and must be in a 4-3 or 5-2.
- b) Inside the 10 yard line a team may have up to 8 players in the box playing a 5-3 or 6-2
- c) Green stripe players must play the line and must be between the offensive tackles
- d) The defense may not blitz.
- e) No fewer than a 4-man line and no more than a 7-man line on defense.
- f) Interior linemen must be in a three (3) or four (4) point stance.
- g) Linebackers must be two (2) yards back from the downed people:
- h) Safety must be four (4) yards back of the down people.
- i) No forward movement toward the line of scrimmage by the up people before the ball is snapped.
- j) After ball is snapped all regulations are removed (except blitzing).
- k) If these regulations are not followed on any play, there will be an illegal procedure penalty on defense, which is a four (4) yard penalty.

#### 5. Offense Alignment

- a) Halfbacks must be four (4) yards back of downed linemen
- b) Green stripe players must be on the line between tackles
- c) If not followed on any offensive play, there will be an illegal procedure penalty on offense, which is a four (4) yard penalty

6. Field Markings – The field length shall be 80 yards.

7. Penalties – Due to field length, penalties are reduced to 4 yards and 8 yards.

8. Personal Fouls / Unsportsmanlike Conduct Penalties – a combination of 2 flagrant personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a possible suspension from the next game.

9. Punts – Upon a coach's indication of a punt, the ball is moved 20 yards downfield or until the 10 yard line.

10. Kicking – There is no kicking. The ball is placed on the 35 yard line.

11. PAT – 1 point for pass or rush.

### I. Special Rules – Minor Pee Wee & Pee Wee

1. Purpose – The purpose of the Minor Pee Wee and Pee Wee divisions is to refine basic skills.

2. Context - Additional game rules are introduced at these levels to make the play and flow more like high school football. Game play often becomes more physically and mentally demanding as the players grow bigger, stronger, and faster. The mental demands of the game become more complex.

3. Personal Fouls / Unsportsmanlike Conduct Penalties – a combination of 2 personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a suspension from the next game.

#### 4. Punting

- a) The offensive team must declare if they are punting or attempting a 4<sup>th</sup> down conversion.

- b) The team punting may not advance the ball past the line of scrimmage - no fake punts.
- c) The team punting can only release upon the ball being punted.
- d) The snapper is always protected from contact while his head is down.
- e) The defensive team may not rush on a punt but may jump up and down or otherwise try to distract the punter. If the defense rushes the punter, the penalty shall be "illegal procedure".

#### 5. Point After Touchdown (PAT) and Field Goals

- a) Teams may attempt PATs and field goals.
- b) The kicking team may not advance the ball past the line of scrimmage - no fakes. The kicking team shall have up to 5 seconds following the ball being snapped to kick the ball. If the ball has not been kicked, the attempt is unsuccessful.
- c) Teams may not rush on a PAT or field goal but may jump up and down or otherwise try to distract the kicker. If a team rushes the kicker, the penalty shall be "illegal procedure". If the kick is "good" the penalty may be assessed on the next play.

### J. Special Rules – Jr. Varsity

1. Purpose – The purpose of the Junior Midget division is to refine basic skills as players become larger and faster.
2. Context – Game rules become more like middle school and high school football at this level. Play can be very physical it is not unusual to see players as large as adults. Offensive and defensive schemes also become more mentally demanding. All players are expected to participate; however, when they participate is often dictated by score, field position, individual skill, and the preparations made during practice the previous week.
3. Personal Fouls / Unsportsmanlike Conduct Penalties – a combination of 2 personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a suspension from the next game.

### K. Special Rules – Varsity

1. **Game Timing** – Quarters shall be 8-minutes using standard TSSAA/NFHS timing rules. If the heat rule is in effect, the Jr. Varsity timing rules will be used (10-minute quarters with running clock).
2. **Player Eligibility** – Players may not currently be enrolled in the 9<sup>th</sup> grade (high school or home school).
3. Personal Fouls / Unsportsmanlike Conduct Penalties – a combination of 2 personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a suspension from the next game.
4. **Regular Season Games hosted at High School Fields** – In the event that a Varsity team has games scheduled at local high school facilities.

- a) Associations shall submit dates that they would like to host Varsity games at high school facilities. The Association should first talk to the high school coach. KMYFL will seek approval from Knox County Schools for permission to the use the field on nights requested.
- b) Game times and schedule shall be determined by KMYFL
- c) The host Association shall be responsible for providing medical personnel, handling security issues, overseeing all medical emergencies that may occur, and schedule and payment of clock operator.
- d) Gate Fee – Associations may charge a gate fee of up to five (5) dollars per person. No fees may be charged to rostered participants (football or cheerleader), coaches, game officials, or law enforcement personnel.

## **L. Bowl Games**

1. Association must submit dates for potential bowl game dates to KMYFL by July 31<sup>st</sup> or at least two (2) weeks prior to the intended bowl game date. KMYFL will submit for permission from Knox County Schools. An Association shall not use a High School Field without confirmation from KMYFL that the request has been approved by the school.
2. Associations and teams may host bowl games as a way to provide additional games outside the regular season. Bowl games also serve as a fundraiser for the Association and may require a fee to enter the facility. Issues that arise from bowl games are the responsibility of the participating Association(s).
3. KMYFL regular season games shall take precedence over bowl games
4. The host Association shall be responsible for providing medical personnel, handling security issues, overseeing all medical emergencies that may occur, and schedule and payment of clock operator
5. A non-KMYFL Association must provide Liability & Accident Insurance before any activity on Knox County property. Inform the team/program to add Knox County Schools and Knox County Parks & Recreation as additionally insured and send insurance certification to KMYFL.

## Heat Index Calculation and Chart Temperature (In Fahrenheit)

**Relative Humidity at Site**

	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179
94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177
93	83	86	89	92	95	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161
84	82	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	135	141	146	151	156
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148
76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145
74	82	83	85	87	89	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144
73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143
72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141
71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138
69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137
68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135
66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127
60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126
59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119
53	80	81	82	83	84	86	87	89	90	92	94	96	98	100	103	105	107	110	113	116	118
52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	102	104	107	109	112	115	117
51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116
50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115
49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	102	105	107	109	112	115
48	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113
46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109
41	79	80	81	82	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108
40	79	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107

**Heat Index Under 95°**

Provide ample water. Water is always available and athletes have unrestricted access. Optional water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Athletes should be monitored carefully. Re-check heat index every 30 minutes.

**95° - 99° Heat Index**

Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

**100° - 104° Heat Index**

Provide ample water. Water is always available and athletes have unrestricted access. Mandatory water breaks every 30 minutes for 10 minute time frames. Ice-down towels are available. Alter uniforms by removing items/layers if possible. Allow changes to dry shirts and shorts if possible. Reduce time outside or move indoors to air conditioning if possible. Postpone practice to later in the day if possible. Contact sports should remove helmets or extra equipment when in non-contact practice. Re-check heat index every 30 minutes.

**Heat Index 105° and Above**

Stop all outside activity including practice or play. Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check heat index every 30 minutes.



## Sports Code of Conduct



**Knox County Parks and Recreation sanctioned sports programs are administered with the highest level of sportsmanship and management. The six pillars of CHARACTER COUNTS! are fundamental to all programs, and all participants and spectators are held to those standards.**

**In the unfortunate instance of a departure from these principles, the following policies will apply:**

Incident/Behavior	Penalty
<ul style="list-style-type: none"> <li>• Falsifying an Incident Report, Player Registration Form, or Birth Certificate with exaggerated, misleading, or untruthful information.</li> <li>• Ejection from game by an umpire or referee.</li> <li>• Verbal confrontation between coaches, parents, spectators, players, scorekeepers, trainers, field directors, security officers, umpires, and/or referees.</li> <li>• Destruction of property.</li> </ul>	<p><b>Coaches:</b> Minimum suspension for seven days or the next regularly scheduled or tournament game; no contact with players and/or other coaches during practice or games.  <b>Second Offense:</b> Maximum of one-year suspension from all sports.  <b>Third Offense:</b> Maximum of expulsion from coaching all Knox County sports.  <b>Participants and Spectators:</b> A minimum suspension of attending the next regularly scheduled game to a maximum of suspension for remainder of the season.</p>
<ul style="list-style-type: none"> <li>• Physical contact or the threat of violence between coaches, players, parents, spectators, and/or game officials.</li> </ul>	<p><b>Coaches:</b> Minimum suspension of seven days to a maximum expulsion from coaching all Knox County sports.  <b>Participants and Spectators:</b> Minimum suspension from next game to maximum of one year.</p>

### Other Coach and Participant Policies

- Participants or coaches may not offer or accept any item or service of value or cash to transfer to another team or program.
- No coach may accept any pay, service or items of value for coaching a team in Knox Metro Youth Football League. This excludes typical coaching apparel items and year end coach gifts.

Violation of these policies may result in forfeiture of games or suspension from the program or both.

### **Game Protests**

If a coach questions the legality of any opposing team, or player on said team, that coach shall present his question to the game official immediately after the game. The coach must notify Knox County Parks and Recreation and provide a \$100.00 protest fee within one business day. If the protest is upheld, the fee shall be returned. There shall be no protest on the official's judgment of player or play during a game.

### **Process for Penalties**

All penalties will be assessed by the recreation commission governing the accused team/person or by Knox County. Penalties must be reported to Knox County Parks and Recreation.

Knox County Parks and Recreation must approve any partial season or longer suspension for players or spectators in writing. A copy of the recreation commission minutes from the meeting in which the suspension was approved shall be submitted to Knox County Parks and Recreation.

The recreation commission board must approve suspension of coaches for more than one game. A copy of the recreation commission minutes from the meeting in which the suspension was approved shall be submitted to Knox County Parks and Recreation.

In the event a penalty is assessed at the end of the season, the penalty may be carried over to the following year, or any other season or sport.

### **Appeal Process**

One game or one-week penalties may not be appealed.

There shall be no appeal of the official's judgment of player or play during a game.

Individuals may appeal penalties to the local recreation commission board. A copy of the recreation commission minutes from the meeting in which the appeal was heard shall be submitted to Knox County Parks and Recreation.

Knox County may, if it deems appropriate, assemble an appeal committee comprised of Knox County staff (City of Knoxville staff when applicable) and recreation commission officers to review any appeals of penalties

### **Knox County Ordinance**

This Code of Conduct shall be enforceable through applicable Knox County Ordinance.



## RESPONSIBILITY CODES

The following responsibility codes are intended to help coaches, players, officials and parents understand what is expected when participating in Knox County Sports programs. We hope that by clarifying our expectations, we can provide a more positive experience for everyone in our program, but especially the youth we are training for tomorrow. Being a good sport is a taught skill, we need to reinforce it, live by example and encourage good sportsmanship whenever the opportunity arises.

### COACHES RESPONSIBILITY

1. Realize that as a coach you wear many hats and have many responsibilities. You are first and foremost a role model for your players. They will follow your lead concerning appropriate behavior on and off the field.
2. Have fun. Lack of fun is the leading reason for dropping sports participation.
3. Attend training sessions, read the Knox County Coaches Manual and become familiar with potential opportunities and problems related to your sport.
4. Let players and parents know your expectations and Knox County guidelines at the first team meeting or practice. Be aware of rules that may penalize children for situations beyond their control.
5. Use positive coaching techniques. Reinforce the six pillars of character and your personal expectations throughout the season.
6. Be reasonable about your demands on young player's time, energy, ability, performance and enthusiasm.
7. Follow the guidelines for your sport concerning player participation in games. Remember, everyone should play, that's what we're here for!
8. Treat other teams as you would like to be treated. Avoid running up the score or having excessive celebration. Pursue victory with honor.

### PLAYERS RESPONSIBILITY

1. Respect the authority of the coaches and officials. Never argue or complain about a coach's or official's decision.
2. Support your teammates verbally and by working hard as a team.
3. Get yourself ready for practice and games so you arrive on time.
4. Help out by volunteering for the team, park or gym.
5. Control your words and actions.
6. Cheer positively for good play by both teams.
7. Play by the rules and the spirit of the game.
8. Remember, you're here to have fun, learn skills and be a part of a team.

### PARENTS RESPONSIBILITY

1. Respect the authority of the coaches and officials. Never argue or complain about a coach's or official's decision.
2. Discuss concerns with coaches in private not during games or practices.
3. Get children to practice and games on time. Let the coach know if you will be late or absent.
4. Help out by volunteering for the team, park or gym.
5. Support your child by providing positive encouragement at all times. Let them know that hard work and improvement are more important than winning to you.
6. Cheer positively for your team, not negatively for the other team.