



2009 KNOX METRO YOUTH FOOTBALL BY-LAWS

NOTICE: Regular Team fees deadline August 3rd, 2009. Late fees of \$25 per team deadline August 7th, 2009. Teams will not be allowed in the league after August 7th, 2009. Schedules will be available no later than August 18th 2009.

SECTION I – ARBITRATION BOARD:

A five (5)-member board comprised of staff members of the Knox County & Knoxville City recreation departments will decide on all protests including referee's decisions and eligibility of players. All league games will be played @ John Tarleton football complex and Safety City.

Protests:

If a coach has a question about any opposing team or player on said team, that coach shall present his question to the commission at least fifteen (15) minutes before game time, and his question shall be dealt with immediately. He may protest at half time or up to fifteen (15) minutes after game is over. There shall be no protest on official judgment of player or play. A \$100.00 protest fee must accompany a protest. If a coach is caught playing illegal players, he will be suspended for a 1-year term. The board will review at the end of the year if further disciplinary action will be taken.

SECTION II: CLUB PERSONNEL:

Teams may carry up to thirty-seven (37) players on rosters and all players are eligible to play in any one game. Teams are recommended to have twenty-two to twenty-five (22-25) players per team. All commissions must have at least three teams in the league to be recognized by the board. Their community board of directors must approve all organized teams. The arbitration board will approve individual team applicants prior to being scheduled in the league.

Suspension:

The board will suspend any coach or player thrown out of a game for the next league game and face further review. Un-sportsman-like conduct will not be tolerated. It is recommended that all players' play at least four plays each game. In the Jr. Hopper division, all players up to twenty-two (22) will play in the game either on offense or defense. All coaches should make every effort to involve each participant in learning and enjoying the game of football!

SECTION III: FEES AND INSURANCE:

All teams playing in the Knox Metro football leagues must have secondary medical insurance through the Knox County Recreation office that covers the player while playing in season games and practice sessions. Football fees will be **\$17.00** for city residents, **\$34.00** for county residents, and **\$63.00** for out of county players.

Senior midgets fees will be **\$22.00** for city residents, **\$37.00** for county residents, and **\$69.00** for out of county players. Insurance for cheerleaders and flag participants may be purchased for **\$12.00** per participant **Regular Team fees deadline August 3rd, 2009. Late fees of \$25 per team deadline August 7th, 2009. Teams will not be allowed in the league after August 7th, 2009.**

Knox County insurance begins on **July 27th, 2009 & will conclude at the end of the playoffs. Teams practicing before or playing after the playoffs and after the Rocky Top Classic need to purchase their own insurance policy. Teams participating in the Rocky Top Classic at the end of the session are covered by insurance. It is also strongly recommended that all teams purchase liability insurance for coaches as well.**

SECTION IV: SIGNING AND RELEASING PLAYERS:

- A. Contracts and rosters must be turned in prior to the jamboree on **August 21st, 2009 or before the week of the first regular season game on August 24th, 2009.** Contracts must be completely filled out: telephone numbers, school attended, etc. Coaches please fill out your name and phone number – we need to contact you.
- B. Players may be added until **September 4th, 2009.** **No new players will be signed after that date!**
- C. Before a player can transfer from one team to another, his release from the team for which he has been playing must be in writing and turned into the Knox County Parks and Recreation office before he plays. No transfers allowed after **August 7th, 2009.**
- D. Final number of teams in each age division must be turned in by **August 7th, 2009.** No teams will be accepted after this date. At least one coach from each team must attend the coaches' certification clinic on **July 25th, 2009.** All fees must be paid by **August 7th, 2009** at 2447 Sutherland Avenue (Knox County Parks and Recreation Administration). **Commissioners** can pick up league and jamboree schedules the week of **August 18th, 2009.** Fees for players added after August 9 must be paid by September 4th, 2009.

SECTION V-A: AGES AND WEIGHTS:

***Note: all children who are excessively overweight or underweight for their age should consult a physician before activity in football. No minimum weight required.**

Senior Midgets: 13 & 14 years and under as of September 1, 2009. **Weight unlimited** no high school student or middle school organized participant shall be allowed to play in the senior midget division. (High school is to be interpreted to mean grades 9-12). Point system same as high school. Senior midget teams will receive a roster from each team in the league at the beginning of the season.

Junior Midget division: 12 years and under as of September 1, 2009. **Weight unlimited tackle/tackle.** 141 pounds maximum for backs/ends. Point system same as high school.

***Note: in the Jr. Midget & Senior Midget divisions, full rush is allowed on punts and standard high school kicking rules apply.**

Pee Wee division: 11 years and under as of September 1, 2009. **Weight unlimited tackle/tackle.** 132 pounds maximum for backs/ends. Points after touchdown: kick for 2 points & rush/pass 1 point.

Minor Pee Wee division: 10 years and under as of September 1, 2009. **Weight unlimited tackle/tackle.** 120 pounds maximum for backs/ends. Points after touchdown: kick for 2 points: rush/pass for 1 point

***Note: There will be NO rush on kicks in Minor Pee Wee or Pee Wee divisions. Defensive players can jump up & down, but NO rushing. Kicking team in these two divisions may not fake a kick or advance the ball past the line of scrimmage. Kicking team can release downfield at the snap of the ball. Center is protected while his head is down. There is an unlimited weight for players that may punt or placekick.**

Grasscutter division: 9 years and under as of September 1, 2009. **Weight unlimited tackle/tackle.** 110 pounds maximum for backs/ends. Points after touchdown: 2 points if successful, rush/pass only.

Grasshopper division: 8 years and under as of September 1, 2009. **Weight unlimited tackle/tackle.** 100 pounds maximum for backs/ends. Points after touchdown: 2 points if successful, rush/pass only.

Jr. Hopper division: Must be seven years old as of September 1, 2009. **Weight unlimited tackle/tackle.** 95 pounds max. backs/ends. Points after touchdown: 2 points if successful, rush/pass only. No six year olds may participate.

***Note: there will be no kick-off or punting in the Jr. Hopper, Grasshopper, and Grasscutter divisions. Ball will be placed on the 35-yard line. On punts, the ball will be moved twenty (20) yards but will never be moved any closer than the defensive teams' ten (10) yard line.**

Defense for Grasscutter, Grasshopper, and Jr. Hopper divisions

Can use no fewer than a 4-man line and no more than a 7-man line on defense. Your interior people must be in a three (3) or four (4) point stance. Your linebackers must be two (2) yards back from the downed people: your halfbacks must be four (4) yards back of the down people: your safety must be six (6) yards back of the down people. There may not be any forward movement toward the line of scrimmage by the up people before the ball is snapped. **No Blitzing.** After ball is snapped all regulations are removed. 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.

There is no regulation on defense from the 5-yard line to goal line.

Yardage for first (1st) down for Grasshoppers and Grasscutters is eight (8) yards. Penalties will be four (4) yards and eight (8) yards.

****Additional unlimited weight requirements****

The following requirements must be adhered to:

1. Players must maintain a visible stripe on their helmet so that they can be identified. This stripe must remain on the helmet until an official weigh-in determines otherwise. This includes bowl games.
2. Players with a striped helmet cannot advance the ball at anytime.
3. Players cannot play the middle/outside linebacker position or any defensive back position, only from tackle to tackle.
4. Striped helmet players participating on kick-off team can not go more than ten (10) yards downfield, and striped helmet players participating on kick-off return team must be within ten (10) yards of the all at kick-off.
5. Defensive players must line up no farther out than head to head. Inside shoulder, or outside shoulder of the offensive interior lineman.
6. Offense and defense, must line up in a three (3) or four- (4) point stance.

SECTION V-B: WEIGH-INS:

The first official weigh-in will be the night of the first ball game. Additional weigh-ins will be held throughout the season every week at the fields on which the league games are played. Players will be allowed to weigh-in their socks, jerseys, and football pants with pads. They must wear their jerseys because of numbers and must wear the same jersey number all year. Please line players up for weigh-in with numbers running in consecutive order from the lowest to the highest. **If a participant is late for their teams weigh in, a coach must accompany him or her in order to be weighed in before play. All players must have their helmet with them at every weigh-in.**

Each participant must meet the initial weight before being allowed to play. No special weigh-ins during the week. Teams must report to weigh-in at least thirty (30) minutes before game time but not more than sixty (60) minutes prior to game time in order to reduce the total number of cars at the complex at any one time.

Our field directors will handle weigh-ins at the field. There will be one weigh-in only per night per child.

SECTION VI: LEAGUE DIVISION:

There will be at least two (2) leagues in each age division. The arbitration board will determine the final number of leagues and divisions.

It is recommended that you have fifteen (15) players that make the weight at the first weigh-in. If not, the team will forfeit that game. Suggested deadline to make weight for any given team is the first night.

SECTION VII: SCHEDULES:

- A. The season will open the week of **August 24th, 2009** for all leagues (**Senior Midgets will open on August 29th, 2009.**)
- B. Coach of the team and cheerleader coordinator of each program will receive a schedule of league games.
- C. The restriction on the number of bowl games has been deleted. Coaches should not exceed six bowl games without the permission of their commissioner and the parents on that individual team.

Bowl games are defined as: where officials are used, admission is charged or donation is taken up. If either of these occurs, then you have a bowl game instead of a scrimmage.

SECTION VIII: EQUIPMENT:

The Knox County Parks and Recreation Department will furnish game balls. Senior Midget ball will be used for Senior Midgets. Rawlings R5-Y ball is used in the Jr. Midgets. Rawlings R5-JR ball is used in the Pee Wees and Minor Pee Wees. Rawlings R5-PW ball is used for the Grasscutters, Grasshoppers, and Jr. Hopper games.

All organizations are expected to have equipment checked & refurbished as needed.

****All participants are required to wear a protective cup. ****

SECTION IX: PRACTICE SESSIONS:

- A. No team may start practicing in pads before **August 3rd, 2009**. Teams may start shorts and helmets on **July 27th, 2009**. If your team begins practice in pads before August 4th organized practices (other than camps, conditioning or sign-ups) you will be placed in the XFL division. Teams may practice daily before the season opens but after the season begins the practice sessions will be limited to three (3) times per week plus playing one game. There is a two (2) hour limit on practice. A bowl game will count as one of the practice sessions. All bowl games must use TSSAA officials.
- B. Pre-season, scrimmages & jamborees will be played between **August 8th, 2009 and August 22nd, 2009**. Each team may play a maximum of sixteen (16) minutes a game in this jamboree. Areas can charge for a jamboree This will not count as one of the six (6) outside bowl games. Knox County Parks and Recreation must be given a copy of all jamboree and bowl schedules to ensure insurance coverage for your participants.

SECTION X: GAME PROCEDURES:

- A. Official high school rules will be in effect with the exception of, no overtime in any division except for playoffs, game timing, time outs, and lengths of quarters and rules listed in these By-Laws. Length of Jr. Hoppers, Grasshoppers, Grasscutters, Minor Pee Wees, and Pee Wees is eight (8) minutes per quarter. Length of Jr. Midgets and Senior Midgets games are ten (10) minutes per quarter.
- B. The clock will be stopped for all divisions as described here:
 - 1. On called timeouts, three (3) to a half for each team, on touchdowns or scores.
 - 2. On the last two (2) minutes of the second quarter and last two (2) minutes of the fourth quarter. The clock will operate on regulation high school timing rules.

- C. A grace period of fifteen (15) minutes will be allowed, for the first game only, if a team does not have eleven (11) players present at the official starting time. No game shall be started or proceed with less than eleven (11) players.
- D. Only the head coach and four (4) assistant coaches are to occupy the player's bench on the field. **One Jr. Hopper coach may coach on the field until Labor Day.** Home team listed second on the schedule and will take the sideline opposite the aluminum bleachers. Officials will conduct a coin toss prior to each game to see who receives ball first.
- E. There shall be an eight (8) minute intermission at half time. Home team cheerleaders have the first four minutes of each half; visitors will have the second four minutes.
- F. Unlimited substitution shall be in effect at all times.
- G. An injured player must be removed from the game for at least one (1) play before continuing to play.
- H. Trainers will be onsite for all league games and are in charge of **all** injury situations. Coaches are not to interfere with their work. If the trainers say a player should not continue, that is final.
- I. **Slaughter rule:** in the fourth quarter, when a team has a twenty-four (24) point lead and gains possession of the ball, the game will be called unless the trailing team coach chooses to continue and notifies the game referee at the time the rule is in affect.

SECTION XII: DIVISION PLAYOFFS:

The top four (4) teams in all age divisions will advance to the league playoffs. #1 seed vs. #4 seed and #2 seed vs. #3 seed. Standings will be based on league record and head-to-head competition. If two teams are tied for a seeded position and did not play each other, then a coin toss will determine the position of seeding between those two teams. Trophies will be given to the league winners and league runner-up. **All bowl games must be played before November 16th, 2009. No player will be covered by Knox County football insurance after November 16th, 2009.**

2009 Youth Football Calendar

June 9 th	Commissioner/Coaches Meeting
July 25 th	NFF Coaches Clinic @ Thompson-Boiling Arena
July 27 th	Begin Practice (Shorts And Helmets)
August 3rd	Regular Fees Due/Teams Committed
August 3rd	Begin Practice (Pads)
August 7th	Late Fees Due/Teams Committed
August 8th	Jamboree/Rocky Top Kick-Off (Various Sites)
August 24 th	League Begins @ John Tarleton
August 22nd	Senior Midget Jamboree @ Fulton High
August 29th	Senior Midget League Begins
November TBD	Playoffs Begin @ John Tarleton (TBD)
November TBD	Rocky Top Classic