2019 Summary of Rules for Primary Divisions
(7U, 8U, 9U, 10U, 11U TACKLE)

**PLAYER REQUIREMENTS:**
- Must have completed & submitted Concussion & Head Injury and Sudden Cardiac Arrest Forms
- Must meet age requirements (based on age on August 1, 2019).
- Must have turned in Play Up Waiver if choose to play up or approved by KMYFL to play down
- Agree & abide by Knox County Sports Code of Conduct

**COACH REQUIREMENTS (Head & ALL Assistants):**
- Must have successfully passed national background screening
- Must have completed USA Football Level 1 Coach Certification
- Must have completed and submitted Concussion & Head Injury and Sudden Cardiac Arrest forms.
- Agree & abide by Knox County Sports Code of Conduct
- 1 Head Coach & 5 Assistants allowed on sideline during game with Coach ID Badge.

**CHECK IN BEFORE GAMES:** All players and coaches must check in at weigh station before every game.

**WEIGHT LIMITS:**
- 7U - 100 lbs. | 8U - 105 lbs. | 9U - 115 lbs. | 10U -125 lbs. | 11U - 137 lbs.

**GREEN STRIPERS (GS) – Players who exceed the weight limit must wear a Green “X” on helmet:**
- Must wear a green stripe on their helmet until they meet weight requirements
- May only advance the ball if recovered after a fumble, intercepted, or is lateralled to them on a fumble/interception return
- (Offense) GS cannot be the EMOL outside of the box – must be covered up by outside receiver.
- (Defense) GS can only be interior defensive linemen.
- (Defense) GS must be in 3 or 4-point stance.

**GAME TIMING:**
- 8-minute quarters with running clock until final 2 minutes of 2nd & 4th quarters, which use HS timing rules. Clock stops on timeouts, scores, and injuries. No overtime in regular season.
- BALL SIZE: R5-PW for 7u-11u | R5-JR for 10u-11u
- FIELD LENGTH: 7U-9U – 80 Yards | 10U-11U – 100 yards
- PENALTIES: 7U-9U – 4 yards, 8 yards, 12 yards | 10U-11U – 5 yards, 10 yards, 15 yards
- POINT AFTER TOUCHDOWN (PAT): 1 point for Rush/Pass | 2 points for Kick
- KICKING: 10U-11U ONLY – No fakes, kicker has 5 seconds to kick once ball is snapped, defense may not rush
- PUNTING: 10U-11U ONLY – Offense must declare if punting, cannot fake, and must wait until ball is kicked to release. The defense may not rush or contact snapper

**MERCY RULE:**
- The clock shall run the entire 2nd half if a team is leading by 21 points or more. (There will be no stoppage the final 2 mins of the 4th quarter)
- The clock only stops for major injuries.
- The clock will revert to standard procedures if the deficit becomes less than 21 points.

**MODIFICATIONS FOR 7U-9U:**
- KICKING: No Kicking in 7U-9U. Ball to be placed on 35-yard line.
- PUNTING: No Punting in 7U-9U. Ball is moved 30 yards downfield, but not inside 10-yard line.
- COACHING ON FIELD (7U ONLY): Maximum of 1 Coach allowed on field. Coach must be 10 yards behind deepest player before ball is snapped. Coach cannot touch players after the huddle breaks.

**DEFENSIVE RULES FOR 7U-9U:**
- Inter Linemen must be in a 3-point or 4-point stance.
- ‘0’ technique is not allowed. ‘0’ technique is when an interior lineman aligns head to head with the center
- No forward movement is allowed before the ball is snapped.
- NO BLITZING
- A maximum of 7 defensive players can be in the “box” unless the ball is inside the 10-yard line.
  - Linebackers must align 5 yards behind the defensive linemen
  - Safety must be aligned 3 yards behind the linebackers
  - The “box” is the defined as the area that is 3 yards from the tackles outward to 5 yards deep behind D-line
- After the ball is snapped, all regulations are removed (except blitzing)

**OFFENSIVE RULES FOR 7U-9U:**
- The box is the defined as the area that is 3 yards from the tackles outward to 3 yards behind the offensive linemen
- A maximum of 8 offensive players may be in the box, unless the ball is inside the 10-yard line.