2021 Summary of Rules for Primary Divisions (7U, 8U, 9U, 10U, 11U Tackle)

This document is a quick reference.
Full information is available in the KMYFL Tackle Rules

- **PLAYER REQUIREMENTS:**
  - Must have completed & submitted Concussion & Head Injury and Sudden Cardiac Arrest Forms
  - Must meet age requirements (based on age on August 1, 2020).
  - Must have turned in Play Up Waiver if choose to play up
  - 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 must lineup in 3 or 4 point stance on OL but must be covered up by outside receiver.
  - (Defense) GS can only be interior defensive linemen and must be in 3 or 4 point stance inside the box.
  - (Defense) GS must be in 3 or 4-point stance.
  - No GS may go more than 10 yards down the field on a kickoff or punt
  - Violation is Illegal Formation, 10 yard penalty

- **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. See overtime rules below.

- **OVERTIME:**
  - Regular season & bowl games will play up to 3 overtime periods where each team runs 1 play from the 3-yard line. Same PAT rules apply. No timeouts. All overtimes are played on the same end of the field. If tied after 3 OTs, the game ends in a tie. For Playoffs, TSSAA OT rules are used where each team has a possession that begins on the 10-yard line.

- **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:**
  - Interior 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.