

RULES & COACH REFERENCE GUIDE

2024 Edition

Central Kansas Football League

11 – Man Division

INTRODUCTION and WELCOME

Above all, the purpose of the Central Kansas Football League (CKFL) and related program is for area youth to have fun and learn the fundamentals of the great sport of football. CKFL believes that sound coaching, good sportsmanship, and balanced competition will always bring out the best spirit and heart of a team. CKFL wants our youth to know and feel a winning discipline and spirit, regardless of the score. The League also desires to teach players that to achieve such discipline and spirit requires **desire, determination, dedication, and teamwork**. This is also the time to start encouraging area youth to learn how to balance their Home, School, Religious and Social responsibilities. CKFL does not set forth eligibility requirements, but will honor and support those applied by parents and guardians. CKFL's goal is to provide local youth, with these philosophies in mind, the safest, most positive, and most equitable program possible. CKFL desires for those involved in the league to always remember; **this program is for area children, not CKFL, the coaches, or the parents.**

As a coach, it can be very satisfying and even gratifying to have such a positive influence and effect on so many young lives. It is also a responsibility second to none. Volunteer programs are only as good as the people involved. CKFL is proud of our coaches and the quality of their coaching. CKFL is also proud of our Team Commissioners for theirs is a truly thankless and difficult job. The League realizes that our guidelines and coaching requirements are demanding. But because of this, CKFL believes that the League is attracting and developing the best trained coaches and the most dedicated volunteers of any youth sports program in the state of Kansas. The desire and dedication CKFL volunteers to help the youth of area communities learn this very enjoyable and challenging sport of football is commendable. And, the time and efforts of League volunteers are appreciated by the CKFL Board of Directors, the parents, and most of all... by the kids themselves. Coaches, Team Commissioners, and other volunteers...

Thank You, and have a GREAT Football Season!!

MISSION STATEMENT

The Central Kansas Football League states in its Mission Statement that, *"This is also the time to start encouraging area youth to learn how to balance their Home, School, Religious and Social responsibilities. The Central Kansas Football League does not set forth eligibility requirements, but will honor and support those applied by parents and guardians."* With this in mind, the Central Kansas Football League takes the position that it is not in a youth's best interest to be involved in more than one competitive organized sports program in the same season. The Board of Directors believes this to be true in most, if not all, circumstances. However, providing a youth abides by all Central Kansas Football League rules and regulations, The Central Kansas Football League will honor and support the decision of the youth's parents or guardians.

VIOLATION OF GUIDELINES & RULES

- 1) THIS DOCUMENT OF GUIDELINES AND RULES SERVES AS THE ONLY WARNING IN THE INSTANCE OF A VIOLATION!
- 2) PROTESTS – Protests must be submitted to the Team Commissioner and communicated to the Community Director and CKFL Executive Director no later than 24 hours after alleged violation. In game situations, **both** Team Commissioners must be notified at the time of perceived violation with the remainder of the game being played under protest notice. **No protest will be allowed or considered on referee judgment calls.**
- 3) The CKFL Board of Directors, after Board review and consideration of a perceived rule violation, may exercise the Board's disciplinary right, to put on probation or suspend from participation in any program or League activity any player, coach, official, or participant deemed responsible by the Board for a violation.
- 4) **Disciplinary Guideline Options Used At The Board's Discretion:**
 - a) First Violation:
Probation for 2 games. Any additional rule violation, no matter the level of the infraction, by someone during their probationary period will result in automatic suspension for 1 game and 3 consecutive practices;

OR

Suspension for 1 game and 3 consecutive practices.
 - b) Second Violation: Suspension for 1 game and 3 consecutive practices and Championship Weekend game.
 - c) Third Violation: Suspension of team participation in Championship Weekend.
 - d) Violations deemed **extremely serious** and/or **continued violation** of rules or creating unsafe situation, endangering a player, or inappropriate behavior toward player: Life Suspension from League.
- 5) All decisions pertaining to guidelines or rules will be made by the CKFL of Directors. Coaches are strongly encouraged to communicate through their Team Commissioners, if they are not clear on a rule and need clarification or have a suggestion for a rule change and/or addition.

6) Order of communication:

- a) Assistant Coach to Head Coach
- b) Players to Head Coach
- c) Head Coach to Team Commissioner
- d) Parents to Team Commissioner
- e) Team Commissioner to Community Director
- f) Community Director to Executive Director and/or Board of Directors
- g) Executive Director to Board of Directors

Do not take it upon yourself to interpret rules you question or about which you are uncertain. Ask your Team Commissioner!

COMMUNITY DIRECTORS

Board Membership:

Job Description:

The Community Directors are responsible for all business, organizational, and supervisory needs of teams.

Duties Include:

- 1) Communicate to their Team Commissioners all Board decisions relating to their teams and their personnel.
- 2) Provide advice, solutions, and/or a course of action related to concerns and grievances of coaches, players or parents that do not warrant Board action.
- 3) Communicate to the Board of Directors all concerns and grievances of coaches, players or parents as related by the Team Commissioners that need or deserve Board attention.
- 4) Assist Team Commissioners in the learning and executing of their duties.
- 5) Supervise and properly enforce CKFL rules and regulations as well as game and practice field rules
- 6) Ensure that all online registrations for their team are completely filled out correctly and are accompanied with medical releases filled out and physicals are completed and signed.
- 7) Ensure that all payments have been collected by the registration deadline.
- 8) Ensure that each player has all the required equipment and that it fits properly and that all helmets meet current certifications. Also must have a proper place to store all CKFL issued equipment as well as having an up-to-date inventory of all equipment checked out to their team.
- 9) Ensure that all coaches and commissioners receive the proper training and certifications and that no unqualified or uncertified person be on the field.

TEAM COMMISSIONERS

Job Description:

The Team Commissioner is responsible for all business, organizational, and booster needs of an individual team. The Team Commissioner is the liaison between the team's coaches, players and parents and the team's assigned Community Director, providing communication and support for the team. The Commissioner shall assist the Community Director with registrations and equipment check out. Team Commissioners shall not coach on the field on game day. The team commissioner should be in the stands and not on the sideline.

The Team Commissioner's duties include:

Communication:

- 1) Communicate all Board decisions, actions, and regulations to the coaches, players and parents as needed;
- 2) Communicate all concerns or grievances of the coaches, players or parents to the Community Director.
- 3) Be familiar with all program participant requirements and all game, practice, field, etc. rules so as to be able to clarify and communicate the reason and purpose of said rules to coaches, players and parents. The Community Director will assist the Team Commissioner with this function.
- 4) Both Home AND Visitor Team Commissioners shall report game scores via text immediately when a league game ends.

Prior to Game:

- 1) Ensure that team has properly inflated league issued game ball for usage in each game.

Spectator Conduct:

The Team Commissioner will communicate to their spectators and tactfully enforce:

- 1) Good Sportsmanship; supportive cheering with no profanity or angry outbursts towards coaches, players, or on field officials.
- 2) All field rules related to spectators and team boosters (see field rules).

Chain and Down Marker Crews:

When the Team Commissioner's team is the designated Home Team, they will see that a crew of four, consisting of Junior High age or older, is provided for running the 10 yard chain and down marker. This will apply at all stadiums.

The crew must be made aware that they can only voice positive support to players; coaching or remarks to officials will not be tolerated. Violation of this will result in a 15-yard un-sportsman like conduct penalty on the team represented by the crew.

Fundraising:

Record and track any or all Board approved fundraising initiatives; provide assistance and encouragement to the players and parents in their selling of advertising.

Team Booster Activities:

The Board of Directors strongly encourages activities designed to provide support, spirit, and pride to the team. **Flags, banners, banquets and mascots are permissible and encouraged.** Any other activities must be presented to the Board for consideration and approval.

HEAD & ASSISTANT COACHES

Job Description, Head Coach:

Command and coordinate staff to teach the fundamental skills, discipline, and spirit of football to the players of his team. Coaching philosophies, requirements, and guidelines will be defined and presented throughout this document.

The Head Coach is responsible for the behavior of the team's coaching staff, the players, and the spectators while in activities associated with the CKFL program.

The Head Coach is responsible for seeing that no assistant coach is helping with his team without proper certification.

The Head Coach or an Adult Assistant Coach must be present at every practice.

Job Description, Assistant Coach:

Carry out assignments and duties assigned by the Head Coach. Coaching philosophies, requirements and guidelines will be defined and presented throughout this document. There can be no more than 3 coaches on the sidelines. (1 head coach and 2 assistants). If a roster has 22 or more players there can be 4 coaches on sidelines, (1 head coach and 3 assistant coaches).

COACHING REQUIREMENTS AND RULES

Kansas State High School Activity Association (KSHSAA) Rules will be adhered to with the following exceptions and additions:

- 1) All coaches must be approved by the CKFL Board of Directors and be certified. Certification requirements are as follows:
 - a) Complete USA Football Youth Tackle Certification prior to the first day of practice.
 - b) Coaches with KSHSAA or ASEP certification are not required to complete Part "A" above.
- 2) Team Rosters & Jersey Number:
 - a) Player's number and official weight shall be included.
 - b) All rosters shall be posted on the CKFL web site before the first game.

NOTE: Game jerseys are for game use only, not for practice. Game jerseys shall not be used in practice.

- 3) Record of practice attendance and player *Eligibility* status must be maintained weekly by coaching staff and filed with the Team Commissioner.
- 4) Head Coaches will be supplied with *Injury Incident Forms* that must be completed each time a player receives an injury in a practice or game. Completed forms are submitted to the Team Commissioner and kept in team binder with forms. Parents and/or guardians of players through signature and execution of the *CKFL Player Registration Medical Authorization & Liability Release Form* release, discharge, indemnify and agree to hold harmless the CKFL, organizers, supervisors, participants and persons transporting the player or players to and from those activities from any claim for injury, loss or damage arising out of the participation in or otherwise related to the CKFL program, including any related transportation or medical care.
- 5) The Head Coach is responsible for the behavior of the team's coaching staff, the players, and the spectators while in activities associated with the CKFL program.
 - a) The Head Coach is responsible for seeing that no assistant coach is helping with his team without proper certification.
 - b) The Head Coach or an Adult Assistant Coach must be present at every practice.

It is therefore recommended that the Head Coach make their staff, team, and parents aware of this responsibility and possible consequences through use of good communication with the Team Commissioner and through parent meetings.

- 6) Coaching, discipline, support, advice, criticism, and encouragement should always be done in a positive and enthusiastic manner. All CKFL coaches are role models and should accept this responsibility accordingly. Abusive treatment or language at practice or at games will not be tolerated. Such behavior does not exhibit strength, character, or control; only the lack thereof.

- 7) Coaches shall be drug, tobacco and alcohol free at all CKFL activities. Coaches cannot wear clothing at games or practices that suggest or encourage tobacco, drug or alcohol use.
- 8) Suggestions, Complaints, or Grievances from coaches, players or parents should be referred to the Team Commissioner. It will then be reported to the Board of Directors, by way of the Community Director for Board consideration and/or action.
- 9) The Head Coach is responsible for having a cellular telephone **available** at ALL practices and games for emergency situations.
- 10) The Head Coach is responsible for having copies of medical releases for all players at all practices and games.
- 11) The Head Coach is encouraged to be present at equipment checkout and check in to ensure that players are properly fitted for equipment.
- 12) Ensure that team has properly inflated league issued game ball for usage in each game.
- 13) Weight limits and related rules for ALL players:

- a) ALL players desiring to play in a League game (even if the player does not carry the ball) shall be present and weigh during the League designated Weigh In period scheduled at helmet checkout. Players not present during the Weigh In period will have an opportunity to weigh after the Weigh In period closes.

Concisely, if a player does not weigh, the player will be marked with a League approved decal as NOT eligible to carry the ball (no matter the status of the said player's weight)

- b) Weigh-in is conducted at helmet checkout. The player's weight at that time will be used for the entire season – no exceptions will be made for players who may have gained or lost weight. The 6th grade limit for players able to carry the ball is 130 pounds. The 5th grade limit for players able to carry the ball is 120 pounds. The 4th grade limit for players able to carry the ball is 100 pounds.
- c) Players weighing more than the eligible weight for carrying the ball in a game shall have a League approved mark or decal affixed to the left, upper, backside of said player's helmet.
- d) It is not legal for a weight-restricted player to advance a fumble, interception, or any other turnover.
- e) A weight-restricted player can be a blocking back.
- f) Any intentional violation of this rule will result in ejection of the Head Coach from the game. If an ineligible player carries the ball, resulting penalty is a game forfeit to the opposing team. Before enacted, ALL game forfeit penalties are first subject to review and approval by the CKFL Board of Directors.

PLAYER REQUIREMENTS AND RULES

Kansas State High School Activity Association (KSHSAA) Rules will be adhered to with the following exceptions and additions:

- 1) No youth will try out, check out equipment, play or practice unless they have complied with and submitted the following:
 - a) A copy of a current Kansas State High School Activity Association (KSHSAA) athletic physical completed and signed by a physician. Any physical obviously completed by someone other than a physician or altered in some manner will not be accepted. (**Note: Submit a COPY, parents should keep the original.**)
 - b) An Official *CKFL Player Registration, Medical Authorization & Liability Release* form with a notarized parent or guardian signature.
 - c) ALL players MUST have medical insurance.
 - d) Registration fee paid in full or made arrangements for CKFL scholarship.
- 2) All 4th Grade players will play at only one grade level and remain on the same team the entire season.
- 3) A 4th Grade player may play on a 5th Grade team ONLY if a community is unable to fill a roster for a 4th Grade team. A 4th Grade player may play up one grade level (at the 5th Grade) as long as there is a position available on the 5th Grade roster or per board approval. A player may not play down a grade level, even if eligible by age.
- 4) Players will play at only one grade level and remain on the same team the entire season. Players will advance the following season to the next grade level on the same team.
- 5) A 5th Grade player may play on a 6th Grade team ONLY if a community is unable to fill a roster for a 5th Grade team AND a 6th Grade team therefore resulting in only one CKFL team for the community.
- 6) Age limit guidelines for the Season. A player may NOT be eligible for:
 - 6th Grade Youth Football - if age 13 before September 1st of current year.
 - 5th Grade Youth Football - if age 12 before September 1st of current year.
 - 4th Grade Youth Football – if age 11 before September 1st of current year.

PRACTICE RULES

- 1) Until amended by the Board, the weekly practice schedule is:
 - a) ALL teams shall have three (4) weeks of practice before any team's first game. Teams having a bye week during the season may adjust that team's practice schedule up or back ONE week BEFORE the first game. This ensures that every team has at least three (3) weeks of practice BEFORE a team's first game of the season.
 - b) The first three days of practice shall be a conditioning and fundamentals period with helmet, mouthpiece and cleats and without full pads.
 - c) First two weeks: 5 days per week, 1 practice per day, a maximum of 2 hours per practice, no weekends.
 - d) After first two weeks: 3 days per week, 1 practice per day, a maximum of 2 hours per practice, no weekends; preferably Monday, Tuesday & Thursday.

Coaches may adjust practice times and days to fit their work schedules.

- 2) No player can be penalized for missing practice due to other activities involving school, church, or special family functions. **Special family functions do not include player participation in other athletic events.**
- 3) To be a player deemed *Eligible*, a player must be at **all** practices each week. Other than the reasons in Rule #2 of this Section and Rule #3 in the Game Rules Section, page 19, there are no exceptions. Player Eligibility is determined on a weekly basis throughout the football season.
- 4) Players may not sit upon nor throw their helmets at a game or at practice. This can be very damaging to a helmet. All care and treatment of checked out equipment will be the sole responsibility of the player.
- 5) Any practice, scrimmage, or game between league or non-league teams is not allowed outside of the schedule issued by the CKFL unless approved by CKFL board prior to scrimmage.
- 6) No player shall be allowed to practice or play in any CKFL activity with defective equipment. If equipment becomes defective during season, report it immediately to the coach or team commissioner so that repair or replacement can be made.
- 7) Defacing equipment in any manner is strictly prohibited. Do **not** use duct tape on any equipment or uniform for any reason! It leaves a hard to clean adhesive residue on hard surfaces and an impossible to clean residue on all types of cloth and soft surfaces such as foam padding. Players will therefore be responsible for the cost of any equipment defaced in any manner or damaged by duct tape.

Athletic tape is acceptable for use on all equipment. If used on helmets, it is recommended that it be used on the inside of the helmet only. If coaches wish to use it on the outside for learning their player names, it is their responsibility to see that all athletic tape residue is cleaned from the helmets after use.

- 8) During practice, there will be a mandatory water break every 20 minutes or more often as dictated by weather.

WEATHER RULES

Practice:

- 1) If weather is uncomfortably cold **and** wet, or visible lightning is in the area, or the weather service is notifying the public of unstable weather activity in the area, practice will be canceled.
- 2) Coaches may cancel practice on their own if the above conditions exist and **must** cancel practice when notified by the CKFL Executive Director or other Board member to do so. Coaches who choose to risk player health and safety will be suspended from the program, for life, immediately, pending Board appeal.
- 3) If practice is canceled due to weather condition after less than 30 minutes of practice, another practice day may be scheduled during that week only.
- 4) **HOT WEATHER CONDITIONS**

Temperature Monitoring: coaches or designated staff members should monitor the temperatures and humidity levels during practice hours. The use of the Wet Bulb Globe Temperature (WBGT) is recommended but not mandatory.

Hydration: Adequate hydration must be provided. Players should have unrestricted access to water and are encouraged to hydrate before, during and after practices.

Rest Periods: for every 30 minutes of practice, a mandatory 10—minute rest period should be implemented. During extremely hot conditions, these rest periods should be increased.

Heat acclimatization: The intensity and duration of practices should gradually increase to allow players to acclimate to the heat.

Practice Modification or cancellation: If the temperature exceeds a certain threshold (for example a WBGT reading of 92 or higher), practices should be modified (e.g. removing equipment, reducing intensity or cancelled).

Education: Coaches, players and parents should be educated about the signs of heat-related illnesses such as heat exhaustion and heat stroke and the appropriate responses.

Game:

- 1) If a game is stopped **before** the conclusion of the first quarter, it is considered a "no game."

- 2) A game may be delayed for 45 minutes for the chance that the weather will clear. However, the Board will reserve the right to reschedule any delayed game for a later day in the following week.
- 3) If a game is stopped **after** the first quarter, the team leading will be declared the winner. If the score is tied, it will be recorded as so.
- 4) Game Officials will make the decision to delay or cancel a game due to inclement weather using the following criteria.
 - a) If lightning or storm activity is visible in the playing area.
 - b) If the weather service is notifying the public of dangerous storm activity.
 - c) If weather is uncommonly cold **and** wet (health/sickness risk).

GENERAL RULES

- 1) A Board Member of The CKFL program may eject any coach, official, player, or fan from the game and its premises.
- 2) An on field official may eject any coach, player, or fan from the game and its premises.
- 3) The CKFL Board may suspend any coach, official, player, or ban any fan from future games.
- 4) The CKFL Board will have the final say on all rulings, complaints and disciplinary actions.
- 5) The CKFL Board of Directors assumes no financial responsibility.
- 6) CKFL Tiebreakers – To be used to determine seeding for championship weekend when 2 or more teams are tied with the same record. The tie breaker process will be used to select which one team will get the highest seed of all tied teams. Once that team is selected, then all remaining tied teams will start over at the top of the list to select the next team. This process will be repeated until all tied teams are slotted. Go through the list of selection criteria in order, and as soon as one has a clear selection, the team will be selected as the higher seed.

When 2 teams are tied –

- 1) Head to head record
- 2) Overall point differential (with maximum of +/- 13 for one game)
- 3) Strength of schedule – add up all wins for each team's opponents. The team whose opponents have the most wins will be the higher seed.
- 4) Coin flip – conducted by league director

When 3 or more teams are tied – (to select one team – once team is selected then process starts over)

- 1) If one team has defeated ALL teams that are tied, then that team will be the higher seed.
- 2) If all teams that are tied, have played the same number of games against the tied teams, then the one with the best record against the teams involved in tie will be the higher seed. (For example, in a 4 team tie, there is one team who is 2-0 against the others, two that are 1-1, and one that is 0-2, then the 2-0 team will be the higher seed.) If teams have not all played the same number of games against the group of teams that are tied or if there are more than two teams sharing the best record, then go to step 3. If 2 teams share the best record of games within the group and all teams have the same number of games within the group, then refer to the section of 2 tied teams to determine which of those two teams get the higher seed.
- 3) Overall point differential (with maximum of +/- 13 for one game)
- 4) Strength of schedule – add up all wins for each team's opponents. The team whose opponents have the most wins will be the higher seed.

5) Coin flip (or equivalent) - League director will conduct a coin flip or similar where each team has an equal chance of being selected.

7) There is no roster limitation.

8) The CKFL Board reserves the right to change and amend rules prior to and during the season if a unanimous decision is reached should any problems arise.

FIELD RULES

- 1) Only certified coaches, players, and chain crew may be on the sidelines. Chain crew can only voice positive support to players; coaching or remarks to officials will not be tolerated. Coaches and players must remain inside the coaches' and players' respective restriction boxes during the game.
- 2) Parents and other spectators must remain behind the track, restrictive fence, or other marked and established barriers.
- 3) Water boys and non-certified equipment managers must remain behind same restrictive barriers until a time-out is called.
- 4) No smoking, tobacco products or alcohol is permitted on school grounds. This includes the practice field and playing fields.
- 5) Trash:
 - a) Trash cans or receptacles will be provided on each side of the game field.
 - b) The Head Coach will be responsible to see that the team cleans up the trash on the sideline after their game.
 - c) The Team Commissioner will be responsible to see that the parents and spectators pick up all trash in the stands after their game.
 - d) Failure to clean up trash after the game will cause the team to have a win charged as a loss at the end of the season when team records are used to determine Championship standings.
 - e) If the sideline or stands were not cleaned up by the previous game's participants and spectators, the next team will be responsible for the clean up. However, it will be very important that the Team Commissioner report the incident to the Community Director.
- 6) No playing of ball or catch by **anyone**, except by authorized teams, on or surrounding the field, stands or concession facilities on game days. (This is required by insurance and the need to limit behavior distractive or disruptive to the spectators, players, & officials.)
- 7) Anyone obviously intoxicated or under the influence of a chemical substance will not be allowed to attend or participate in **any** CKFL activities.
- 8) Absolutely **NO talking or yelling** at the timekeeper. The timekeeper follows cues and directions from the on-field officials and the field manager as dictated by game rules and regulations. If a coach feels that the timekeeper is in error, they must communicate the concern with an official, not the timekeeper. The official may reserve the right to charge the coach with a time out to discuss the coach's concern.

GAME RULES

Kansas State High School Activity Association (KSHSAA) Rules will be followed with the following exceptions and additions:

- 1) Each game shall consist of four (4) quarters of eight (8) minutes each.
- 2) If any team takes a 24 point lead, they must immediately implement the 24 Point Lead playing rules below, except key personnel changes, BEFORE the point-after-touchdown attempt. Key personnel changes are then made per item "B" below. A team shall honor the 24 Point Lead Rule until their lead has fallen below 24 points.
 - a. Key Personnel such as running backs and linebackers must be changed on both offense and defense and game strategy must be modified, i.e. no passing game, no blitzing, no stacked defensive line, etc. Reference the Section titled, "24 Point Lead Rules & Guidelines" for additional details concerning this rule.
 - b. Only one official timeout will be called the first time the score reaches a 24 point lead for key personal changes. Official timeout after the kick off at the 6th grade level and after the point after touchdown at the 5th grade level. The leading team will be required to make all key personal and playing adjustments in accordance with the 24 point rule.
- 3) If any team has an 24 point lead in the start of the 4th quarter they will not be allowed to call a timeout until the team has fallen below its 24 point lead. Clock will run as regular game clock. The team below the 24 point lead can use time outs.
- 4) Extra points after touchdown: a kick is worth 2 points and a conversion, whether run or pass, is worth 1 point.
- 5) If the coach has installed a trick play, he should inform the referees of it before the game.
- 6) Blitzes and Stunts at 6th grade level will be allowed when used in the proper frame of the game. However, 4th & 5th Grade Division is as follows:
 - a. Must use no more than a 6 man front.
 - b. Inside the ten-yard line, any defense is allowed.
 - c. Linebackers must stay in linebacker position (4 yards deep) and corners must stay in corner position until ball is snapped.
 - d. After the ball is snapped, linebackers and corners are free to pursue the ball.
 - e. No lineman stunts or safety blitzes are allowed.
 - f. Under no circumstance may a defensive player attack the offensive center's head in any manner for any purpose. Violation of this rule will result in a 15-yard penalty.
- 7) Kick-off and Punt:
 - a. 5th Grade:
 - i. No Kick-offs – Ball spotted at the 35 yard line to start the game and after each score.
 - ii. No Punting – Ball advanced 30 yards but never spotted inside the 20 yard line.

- iii. When the offense indicates their desire to punt, the Referee will control the following:
- iv. Clock running when punt is indicate – Clock continues to run until the punt ball is spotted.
- v. Clock not running when punt is indicated – Clock is started and ten (10) seconds are run off the clock while the punt ball is spotted.
- vi. 5th Grade is allowed to kick for 2-point conversion on PAT.

b. 6th Grade

- i. No Kick-offs – Ball spotted at the 35 yard line to start the game and after each score
No Punting

8) Safety – After a safety, the ball will be spotted at the 35 yard line. If there was a penalty on the safety, it will be assessed from the 35.

9) Weight rule clarification for Punter and Place Kicker:

- a. Players at these positions may exceed weight limit for carrying the ball. However, each such player over the weight limit must adhere to the following:
- b. Notify the head official in advance that kicker/punter exceeds the weight limit.
- c. Cannot advance the ball if kick/punt is muffed.
- d. Cannot pass the ball if kick/punt is muffed.
- e. Can only recover ball.

10) 4th grade should use a junior sized football – length 10.5 inches, width 6 inches, diameter 18.5 inches. 5th & 6th grade should use a youth sized football. Length 11 inches, width 6.5 inches, diameter 19.5 inches.

11) All teams shall play League games on a 100-yard KSHSAA regulation football field. However, if a community only has an 80-yard KSHSAA regulation football field, League games can be played on said field ONLY with Board approval PRIOR to the beginning of the League's football season.

12) On-field Officials:

- a. Referees' judgments on the field are final.
- b. Referees may remove or eject unruly spectators, coaches, or players from the game and/or the field. Those removed will be subject to un-sportsman-like conduct ruling.
- c. Referees may stop any play, in their judgment, that is dangerous to any player.

13) No more than two (2) over-time periods of play will be allowed following a tie of regulation play. If game is still tied at the end of the second over-time, the game will be called a Tie. First overtime possession starts on the 20 yard line going into the endzone. The second overtime possession will

start on the 10.

- a. During the Championship Game of Championship Weekend, 1st and 2nd place games will be played until a winner is declared.

14) Offensive coach must move behind the Referee when offensive team breaks the huddle, the defensive coach must be behind the Umpire. ALL on field coaching of the offense and defense must cease when the offensive line breaks the huddle. Violation of this rule is a 15-yard penalty.

15) Face shields must be made of clear plastic and shall not be shaded.

16) A 5th quarter may be played if both coaches agree to it prior to the game. Coaches shall referee the 5th quarter.

4th Grade Rules

- 1) Ball placed on 20 to start possession. Ball shall not go beyond the 20-yard line. Any penalties beyond the 20-yard line are to be placed on the 20.
- 2) Minimum of 4 downs per team possession.
- 3) First down at 10-yard line.
- 4) If a team scores before they use their 4 down minimum, the ball will be placed back on the 20-yard line to complete the remainder of the 4 down minimum. (no first downs)
- 5) No turnovers. Ball goes back to line of scrimmage. Ball is dead immediately with a loose ball.
- 6) All penalties are 5-yard other than personal foul late hit, which will be 15 yard and loss of down.

If after the team has scored a touchdown and they have not yet completed 4 downs, all live penalties will result in a loss of down.
- 7) Two coaches on field per team – line and backfield coach for offense and defense.
- 8) Continuous running clock.
- 9) 12 min. quarters – with 1 timeout per quarter
- 10) 10 minute halftime
- 11) One white hat referee and two trainees per game.
- 12) No trick plays
- 13) All other rules will follow CKFL/KSHSAA.

EQUIPMENT CHECK-OUT & CHECK-IN

- 1) The Head Coach will check-out a team kit which will include, but is not be limited to: A sports bag, two practice balls, tackling and blocking dummies, a kicking tee, an extra point block, a helmet pump, and a shoulder pad and helmet hardware repair kit. The Head Coach will be responsible for this equipment and must turn it back in at the end of the season.
- 2) All equipment issued to the players shall be used only for CKFL activities unless prior Board approval is obtained. Damage to the equipment caused by gross misuse or from use other than team activities will be repaired or replaced with the cost billed to the player's parents or guardians.

24 POINT LEAD RULES & GUIDELINES

Please keep in mind the spirit of the 24-point rules. They serve as a reminder of what the intended goals and philosophies are in this League. The very foundation of the CKFL program is fun and fundamentals for youth.

As a CKFL coach and knowing the existence of the 24-point rule, please prepare for it. One past coach in the League was ready when and if his team was 24 points ahead by literally being able to call for “2nd Offense” or “2nd Defense” to hit the field. A little preparation will save much confusion and frustration. Note your **Dominating players** need to be moved to the offensive line in the 4th qtr if they need additional reps to meet the 50/50 play rule.

Points to consider once 24 points ahead:

- 1) **Do** make major personnel changes such as running backs and linebackers on offense and defense especially with exceptional athletes.
- 2) **Do** change your defense to a protect strategy.
- 3) **Don't** continue blitzing or stacking the defensive line, a good opposing coach will adjust and take advantage of that strategy but it doesn't always happen.
- 4) **Don't throw any passes, reverses and no “trick” plays.** Keep it on the ground and basic. (Since major personnel changes have been made, this will also keep things less confusing for the offense.)
- 5) **Don't** forget the reason CKFL coaches are out there. Coaches are out there being a leader and example for ALL the youth in the entire CKFL program, not just the youth with the same color shirt as each coach's respective team. CKFL coaches can be a class act or just an act, it is an individual's choice.

For the team that has fallen behind by 24 points:

- 1) **Don't** load up to an 11-man line, knowing the other team cannot pass. Maintain a defense within the frame of the game.

Most of this is common sense, something so often lost when grown competitive emotions and ideals are displayed at this age group. Don't worry; these young players will grow to the same competitive level that the League adult volunteers are at in a very short time.

Take the spirit of the 24-point lead rules seriously, the League leadership does.

A running clock will be used in the second half.

CKFL Concussion Rules and Guidelines

"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 and shall not return to play until cleared by an appropriate health care professional."

The KSHSAA offers the following guidelines and recommendations for implementation of the NFHS playing rule related to concussions:

1. Unless it can be conclusively determined that the signs, symptoms or behaviors are not the result of a concussion, the rule applies and the player: (1) must be immediately removed from the contest or practice and (2) may not again participate in practice or competition until cleared by an appropriate health care professional. The student may not be cleared for practice or competition the same day that the concussion consistent sign, symptom or behavior was observed.

What are the "signs, symptoms, or behaviors consistent with a concussion"? The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Human Services, Centers for Disease Control and Prevention has published the following lists of signs, symptoms and behaviors that are consistent with a concussion:

SIGNS OBSERVED BY OTHERS:

- . Appears dazed or stunned
- . Is confused about assignment
- . Forgets plays
- . Is unsure of game, score, or opponent
- . Moves clumsily
- . Answers questions slowly
- . Loses consciousness
- . Shows behavior or personality changes
- . Cannot recall events prior to hit
- . Cannot recall events after hit

SYMPTOMS REPORTED BY ATHLETE:

- . Headache
- . Nausea
- . Balance problems or dizziness
- . Double or fuzzy vision
- . Sensitivity to light or noise
- . Feeling sluggish
- . Feeling foggy or groggy
- . Concentration or memory problems
- . Confusion

It is duty of the coach to put the players' health and safety above everything else in relation to football. Any coaches found not abiding by these guidelines are not acting in accordance with CKFL standards and values and place themselves in an extremely dangerous position in regards to liability issues. Coaches found not following these guidelines will be required to meet with the executive board to discuss incidents and steps followed and the board reserves the right to determine the best course of action.