

Section I

PLAYER ELIGIBILITY

- The age limit for each division within the Kids, Incorporated Tackle Football program will be as follows:
- Fourth Grade Division - A child must be in the 4th grade and cannot turn 11 years old on or before November 1st, 2009.
- Fifth Grade Division - A child must be in the 5th grade and cannot turn 12 years old on or before November 1st, 2009.
- Sixth Grade Division - A child must be in the 6th grade and cannot turn 13 years old on or before November 1st, 2009.
- Proof of Eligibility: At any time during the season, Kids, Incorporated may request proof of eligibility (age/grade) for any participant.

Section II

WEIGHT RESTRICTIONS

For safety reasons, Kids, Incorporated implements a restricted position policy for its tackle football program. **Players will be weighed one time only.** The restricted position policy applies to players as follows:

4th grade, 111 lbs & up

5th grade, 121 lbs & up

6th grade, 131 lbs & up

Restricted players may not:

- Play the quarterback, running back, or receiver position on offense.
- Restricted players may not line up in the nose-guard position on defense (head-up over the center)
- Restricted players will be allowed to participate on the punt team, punt return team, kickoff team, and kick return teams, but may not advance the ball (except in the case of a fumble or interception)
- Restricted players are allowed to be the kicker and/or punter.

Weigh-in - All players must be weighed in at the Kids, Incorporated WareHouse by appointment with their team.

- If your child is a restricted player, he/she will not be moved up to the next grade division.
- All restricted players will wear a 90's series number.

Section III

EQUIPMENT

- Kids, Incorporated will furnish the following equipment to each player in our tackle football program:
 - Helmet
 - Shoulder Pads
 - Pants
 - Mouthpiece
 - Jersey
- Kids, Incorporated will furnish the practice/game balls and kicking tee for your team. The footballs that each grade uses are listed below.
 - 4th and 5th grade – Junior
 - 6th grade – Intermediate
- During each play, the mouthpiece must be in the child's mouth and the chin strap must be buckled.
- If you lose a mouthpiece or chin strap, please come by the Kids, Incorporated office and we will replace them at no charge.
- If any portion of your equipment is not fitting properly or needs repair, please come by the Kids, Incorporated office and we will make the necessary adjustments.
- Only tennis shoes and rubber cleats are allowed. No metal spikes of any kind will be allowed.
- Players are not allowed to switch jerseys. Violation of the rule is subject to suspension.
- For the safety of all players, no hard or plaster casts are allowed to be worn by any player.

Safety is #1 with Kids, Incorporated, so please make sure your equipment fits properly.

Section IV

RULES

The NCAA Rule Book will serve as the official reference/guide for the Kids, Incorporated 2009 Tackle Football program with the exception of the following special rules.

- Each participant is guaranteed minimum playing time. While our intention is not to force a child to play more than he/she is willing, we do want to provide each child minimum playing time.
- Each player is entitled to a minimum number of 6 plays per half, (12 plays per game). Kickoff and kickoff returns, punt and punt returns will not count as a play from scrimmage.
- 4th grade teams must line up in the standard 4-3 defense.
 - 4 down linemen – Line up over the guard, tackle or tight-end.

- 3 linebackers – 3 yards off the line of scrimmage.
- 4 defensive backs
 - 2 corners – 3 yards off the line of scrimmage.
 - 2 safeties – Make sure they are somewhere behind the linebackers.
- 4th grade offensive and defensive linemen must be in 3 point or 4 point stance at the snap of the ball.
- 5th & 6th grade may line up in any defensive formation they choose.
 - Offensive and defensive linemen do not have to be in a down stance, but must have hands or forearms on their thighs.
 - If you have defensive ends, they may stand up.
- The nose guard cannot be a restricted player. **(5th & 6th grade)**
- Linebackers and defensive backs must be 3 yards off the line of scrimmage at the snap of the ball.
- After the ball is snapped, the defense (4th, 5th, & 6th grade) can play regular football (i.e. blitzes, stunts, etc.)
- 4th, 5th and 6th grade may line up in any defensive formation they choose when the offense is inside your 5 yard line trying to score.
 - In other words, this would be your Goal Line Defense.
- Punts
 - If you decide to punt, please tell the referee.
 - No fake punts, no rushing the punter.
 - The center may snap the ball to the punter or just hand it to him.
 - There are no fumbles when punting the ball.
 - Once the ball has been kicked, players may pursue the punt returner.
 - You may return punts!
 - **THE BALL WILL BE PUT IN PLAY:**
 - Where the punt returner is tackled or goes out of bounds.
 - Where an untouched ball comes to rest or goes out of bounds.
 - At the 20 yard line if the ball crosses the goal line untouched. Once the ball is touched, it is a live ball. (Fumbles are allowed on the punt return.)
 - The fair catch rule is in effect on all punts.
- Kickoffs
 - The kick off will initiate from the kicking team's own 45 yard line.
 - If the kickoff goes out of bounds untouched, the ball will be spotted at the receiving team's 45-yard line.
 - The ball must go 10-yards on an on-side kick attempt.
 - If the ball does not go 10 yards, the receiving team will take over possession of the ball where it goes out of bounds or where the kicking team touches it.
 - If the receiving team touches the ball before it goes 10 yards, and recovers the ball, the ball belongs to the receiving team.
 - If the receiving team touches the ball, the ball is live and may be recovered by the receiving team or the kicking team.

- The fair catch rule is in effect on all kickoffs.
- The offense must have 7 players on the line of scrimmage before the ball is snapped.
- 4th grade offensive linemen must be in a 3 point or 4 point stance at the snap of the ball.
 - This does not include the wide receivers.
- 5th and 6th grade offensive linemen do not have to be down, but must have their hands or forearms on their thighs at the snap of the ball.
 - This does not include the wide receivers.
- If you have an unbalanced line on one side or the other (guard, tackle, tackle or tight end), the inside tackle is not eligible for a pass.
- On the other side of the line (guard, tackle), the tackle is eligible for a pass and does not have to be covered by a tight end or a wide out.
- Tackle Eligible play: Coaches will need to let the officials know 1 play before they are lining up in this formation.
- The offensive lineman may extend their arms but cannot hold.
- A team leading by 16-points or more, may not blitz on defense.
- Offensive guards/tackles can pull.
- Crack back blocks must be above the waist and not in the back.
- Sideline Control
 - All players and coaches must remain between the 25 yard lines during the game.
 - Parents may go all the way down the field and be behind the fencing and 10 yards off the sideline.
 - If you are yelling and verbally abusing the officials, you will asked to step back to between the 25 yard lines or asked to leave by the officials.
 - No one may be in the end zone.
- Each team will be allowed 30 seconds in the huddle.
- During time outs, two coaches from each team are allowed on the playing field at one time.
- Each game will consists of four (4) twelve minute quarters (running clock).
- The half time will be 5 minutes.
- Each team will be allowed two (2) 1 minute time-outs per half.
- Time-outs not used in the first half may not be carried over to the 2nd half.
- Time limit for all games is 1 hour and 15 minutes.
- Game time is forfeit time.
- A new game is scheduled to begin every 90 minutes on each field.
- A team must begin and end a game with a minimum of eleven (11) players present.
- All games played through the third quarter will be considered official games if stopped due to weather or any other reason.
- If the game is tied at the end of regulation, the game will remain a tie. This is due to time constraints
- Scoring
 - Touchdowns will be worth 6 points.
 - Extra points will be spotted at the 3 yard line.

- One point will be awarded for a successful attempt for a run.
- Two points will be awarded for a successful attempt for a pass.
- An extra point attempt that results in a turnover and is returned by the defense for a score is worth 2 points.
- There will be no extra point kicks or field goals.

Section V

COACHES

- The head coach is responsible for the physical and mental well being of all children while entrusted to his or her care.
- The head coach is responsible for management of the minimum play rule as outlined in Section IV of these rules.
- The head coach is responsible for maintaining an adequate level of discipline on his or her team.

Section VI

COACHES, PARENTS, AND PLAYERS CODE OF CONDUCT

- The team will abide by the following provisions and shall be followed at all times.
- Profane, obscene, abusive or degrading language in the presence of anyone connected with the game is unacceptable.
 - This includes all practices, games or Kids, Incorporated events.
- Do not grab a child by the face mask, shove, push, or handle a child in an aggressive or abusive manner.
- Conduct yourself in a sportsmanlike manner at all times.
- You will not engage in any acts of violence.
- Striking any other coach, official, spectator or other adult participants, shall result in the head coach and/or assistant coach, player, or parent being suspended indefinitely.
- Emphasize the importance of being good students as well as good athletes.
- Accept the decision of the game officials on the field as being fair and called to the best of their ability.
 - This does not mean a coach cannot question a call in a proper manner.
- Do not criticize the opposing team, its players, coaches, or fans by word or gestures.
- Coaches are responsible for the conduct and control of their team's fans, chains crews and spectators.
- The use of drugs, alcohol, or tobacco (including chewing tobacco) in any form on the field while participating in any Kids, Incorporated game or practice is unacceptable.
- You will not knowingly permit an ineligible player to play in any game.
 - Doing so will result in forfeiting of the game and an indefinite suspension from Kids, Incorporated.

- Should head coaches or their assistant coaches violate any Kids, Incorporated playing rules or directives, they can be subject to immediate disciplinary actions.
- Please do not do anything in which Kids, Incorporated cannot defend you.

Section VII

REFEREES

- Kids, Incorporated will use a two-man crew for every game.
- Officiating staff shall be held to the same professional standards as coaches, players and spectators.