

2009 Central Kentucky Youth Football Conference

1. Members: Danville, Garrard County, Mercer County

2. Annual CKYFC Meeting: An annual meeting of league representatives whom possess the authority to make league decisions will be convened each summer prior to the football season. .

3. Rule Changes: Rule changes or additions require a unanimous vote by all Central Kentucky Youth Football Conference member leagues. Each league gets one vote.

4. Age Divisions / Restrictions:

- A. 6-7 year olds: no older than 7 on July 31
- B. 8-9 year olds: no older than 9 on July 31
- C. 10-12 year olds: no older than 12 on July 31
- D. Seventh grade students are prohibited from participation. These students must participate at the middle school level. No exceptions.

5. Weight Restrictions on Ball Carriers:

- A. 6-7 year olds – Ball carriers not to exceed 70 pounds without equipment.
- B. 8-9 year olds – Ball carrier not to exceed 100 pounds without equipment.
- C. 10-12 year olds – Ball carriers not to exceed 140 pounds without equipment.
- D. Weigh – In: Weigh-ins will be handled at the league level. Each player will be weighed once preseason to verify eligible ball carriers. Players will be weighed without equipment.
- E. Weight Challenge: A ball carrier is subject to one weight challenge per season. Challenges must be issued before the last game of the regular season discreetly/privately by a head coach through his league president and will be conducted at a time scheduled by the Conference. All leagues must be informed of the challenge and results. Representatives from two counties must be present during the challenged weigh in. A challenged player found to exceed the weight limit will be ineligible to carry the ball for the remainder of the season; however no previous games will be forfeited.
- F. Helmets of ineligible ball carriers will be marked on the lower, back of the helmet with a sticker common to all leagues.
- G. Ineligible ball carriers may not line up in the backfield.
- H. A play is dead when possession of the ball is attained by an ineligible ball carrier of the offensive team.
- I. Fumbles and interceptions can be returned by any member of the defensive team.

6. Residency Requirement: Participants must live in or attend school in the school district of their youth football program

7. Team Selection: When more than one team exists within a league, the teams must be chosen by draft or some other manner to prevent loading talent on specific teams. The intentional concentration of better players on one team is not permitted

8. Start of Practice: Teams may begin practice no sooner than three full weeks prior to the week of the first game. The exact date will be determined at the annual CKYFC meeting.

9. Rescheduling Requests: All games must be played as scheduled. The conference does not have the capacity to reschedule all games affected by player or coach absence resulting from Fall Break, vacations, work obligations, family emergencies, etc. therefore all games must be played as scheduled.

10. Game Rules

- A. KHSAA rules prevail in all situations not covered by the below Conference rules.
- B. **Field Dimensions:** 80 yards in length. Preferably 40 yard in width, however high school width is allowed. Chains - 8 yards.
- C. **Game Length**
 - a. 6-7 year olds: 12 minute running quarters. The clock will be stopped only for injury, timeouts, extra points and kickoffs.
 - b. 8-9 year olds: 8 minute quarters
 - c. 10-12 year olds: 8 minute quarters
- D. **Halftime:** Halftime will be the length of one quarter, 6 or 8 minutes depending on division.
- E. **Mercy Rule:** The clock will run continuously in the second half when a twenty eight point lead has been established.
- F. **Overtime:** Three overtimes will be conducted according to KHSAA rules with the exception that the ball will be spotted on the 8 yard line instead of the 10 yard line. Each team will have a possession of 4 downs from the 8 yard line in each overtime. A touchdown will be followed by an extra point attempt per conference rules. If there is no winner after the third overtime the game will end in a tie.
- G. **Timeouts:** Three timeouts per half in the 8-9 and 10-12 year old divisions. Two timeouts per half in the 6-7 year old division.
- H. **Play Clock:** A 35 second play clock will be used in the 8-9 and 10-12 year old divisions. A 45 second play clock will be used in the 6-7 year old division.
- I. **One coach is allowed on the field with the team in the 8-9 and 10-12 year old divisions. Two coaches are allowed on the field in the 6-7 year old division.** Coaches must back out of the play when the offensive huddle breaks. Defensive coaches must be behind the deepest safety and should move away from the play as it approaches them.
- J. **Footballs:** A middle school football must be used in the 10 -12 division. Footballs used in the lower divisions will be at the discretion of the offensive team.
- K. **Officials**
 - a. Officiating crews must include at least one certified official. When only one certified official is used, he will serve as the head referee.
 - b. 6-7 year olds: 2 officials recommended
 - c. 8-9 year olds: 3 officials recommended
 - d. 10-12 year olds: 3 officials recommended
 - e. Home teams are responsible for arranging and compensating officials according to the following schedule:
- L. **Kicking Game:**
 - a. **6 – 7 year olds:**
 - i. Live kickoff from 35 yard line. The ball must travel 8 yards.
 - ii. No Punt: The offense may elect to change possession on fourth down at which time the ball will be spotted 20 yards downfield from the line of scrimmage.
 - b. **8 – 9 year olds:**
 - i. Live kickoff from 35 yard line. The ball must travel 8 yards.

- ii. No Punt: The offense may elect to change possession on fourth down at which time the ball will be spotted 20 yards downfield from the line of scrimmage.

c. 10 - 12 year olds:

- i. Live kickoff from 35 yard line. The ball must travel 8 yards.
- ii. No Rush Punt - Live After Ball is Kicked

M. Point After Touchdown:

- a. One-Point-Conversion: In each division a one-point-conversion may be attempted by running or passing the ball from the three yard line.
- b. Two-Point-Conversion: In each division a two-point-conversion may be attempted by running or passing the ball from the eight yard line.
- c. Two-Point-Kick: A no-rush placekick will be awarded two points. If the ball goes past the tee the play will be whistled dead.
 - i. 6-7 year olds: Kick from the 3 yard line. 10 foot crossbar.
 - ii. 8-9 year olds: Kick from the 5 yard line. 10 foot crossbar.
 - iii. 10-12 year olds: Kick from the 7 yard line. 10 foot crossbar.

N. Offensive Rules:

- a. No unbalanced line in the 6-7 and 8-9 year old divisions.
- b. Guard splits cannot exceed 3 feet from the center. Tackle splits cannot exceed 3 feet from the guard.

O. Defensive Rules:

- a. **No Blitzing:** Linebackers, cornerbacks and safeties cannot execute a predetermined blitz. 5 yard penalty. Second blitzing penalty will be unsportsmanlike conduct (15 yards). *Note: All defensive backs should be taught to read and react to keys. Upon reading their key defensive backs should instantly carry out their assignment which may include blowing a gap, attacking lead blockers, coming up field, etc. We should see a defensive backfield react to flow with playside defenders attacking and backside defenders in pursuit.*
- b. **Defensive Schemes:** 6-7 year-old teams must run a 4-3 defense. 8-9 and 10-12 year old teams may use the 5-2 and/or 4-3 defense. Defenses must be run per the guidelines that follow:
- c. **Man-On Alignment:** Interior defense must line head up or man-on offensive linemen. This includes inside and outside shade on the inside shoulder and outside shoulder of the offensive linemen. An odd front (5-2) must cover the center, tackles and tight ends with the linebackers over the guards. An even front (4-3) must cover the guards and ends with linebackers over the tackles and center. Linebackers cannot be stacked. Defenses can slide to an unbalanced line at the 10-12 level.
- d. **Interior Defensive Linemen:** From a seven-technique (inside shoulder of the end) inward must line up in a 3-point or 4-point stance
- e. **Defensive Backs:** All DB's (linebackers, cornerbacks and safeties) must line up at least 3 yards off of the line of scrimmage. Two deep safeties or a strong and free safety may be used.
- f. **60 Front:** Use of a six man line is permitted only in the following situations:
 - i. Inside the 3 yard line.
 - ii. On 4th down with two yards to go or less.

Note: All DB's must maintain their 3 yard depth and continue to read their keys. No blitzing. All defensive linemen must line heads up.

11. Post Season: Postseason games will be hosted on a rotating basis between conference members with the host paying expenses from the gate.

A single elimination playoff seeded by overall record will conclude the Tom Thumb season. Higher seeded teams will host first round games, unless their league is unable to do so upon which the lower seeded team will host. If neither team can host, the game will be played on the field of another conference member if possible.

A bowl series will conclude the Mighty Mite and Pee Wee season. The #1 team in the conference will play the #2 team in the conference with subsequent games matched accordingly; 3 vs. 4, 5 vs. 6, 7 vs. 8, 9 vs. 10, etc. Awards will be handled at the discretion of each league for their own participants.

12. Tiebreaker: The tiebreaker procedure will be used only to determine a league champion for purposes of a postseason opportunity.

A. Two-Way Tiebreaker

In the event of a two-way tie in the standings, the following tiebreaker system shall be used – in order – until the tie is broken:

1. Winning percentage of each team in head-to-head competition.
2. Winning percentage of each team vs. the first-place team, or their composite winning percentage against any teams tying for first place.
3. Winning percentage of each team vs. the second-place team, or their composite winning percentage against any teams tying for second place.
4. This process continues with winning percentage vs. the third-place team, fourth-place team, etc., as necessary, until the tie is broken and seeding is complete.
5. If a tie still exists after exhausting steps 1-4, the tie will be broken by a randomly drawing seeds from a hat.

B. Three-Way (or more) Tie-breaker

In the event of a three-way tie (or a tie involving more than three teams) in the standings, the following tiebreaker system shall be used in the order listed.

1. The winning percentages of the teams involved in the tie vs. each other shall be compared. If one team's winning percentage is superior to the others, that team shall be removed from the tie and seeded highest of the teams involved in the tie. If two teams subsequently remain, that tie shall be broken utilizing the two-way tiebreaker procedure.
2. If no single team has a superior winning percentage after the comparison described in No. 1, but multiple teams have the same superior percentage to any other teams involved in the tie, those teams with the superior percentage will be compared using either the two-way or three-way tiebreaker procedure. The team that has the advantage will be seeded highest of all teams involved in the original tie. The other team(s) (the loser(s) of the appropriate tiebreaker) will again be compared to the remaining teams in the tie, beginning with step No. 1 of the three-way tiebreaker.
3. If all winning percentages in the three-way (or more) tie vs. teams involved in the tie are the same, each team's winning percentage vs. the first-place team or teams tying for first place shall be compared. If one team's winning percentage is superior to the others, that team shall be removed from the tie and seeded highest of the teams involved in the tie. If two

teams remain, that tie shall be broken utilizing the two-way tiebreaker procedure.

4. If all winning percentages in the three-way (or more) tie vs. teams involved in the tie are the same, each team's winning percentage vs. the first-place team or teams tying for first place shall be compared. If multiple teams have a superior winning percentage to any other team in the original tie, those teams with the superior percentage will be compared using either the two-way or three-way tiebreaker procedure. The team that has the advantage will be seeded highest of all teams involved in the original tie. The other team(s) (the loser(s) of the appropriate tiebreaker) will again be compared to the remaining teams in the tie, beginning with step No. 1 of the three-way tiebreaker.
5. This process continues as necessary, comparing winning percentages of teams in the tie vs. the second-place team or their composite percentages vs. teams tying for second place, third place, etc., until all ties are broken and seeding is complete.
6. If all steps above have been exhausted and the tie cannot be broken, the tie will be broken by randomly drawing seeds from a hat.