

2022 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, 2022) with official government-issued birth certificate
 - 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 -105 lbs. | 8U- 110 lbs. | 9U- 120 lbs. | 10U -130 lbs. | 11U - 142 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 not play positions in the offensive or defensive backfield
 - 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 tight end or wideout.
 - (Defense) GS must be in 3 or 4 point stance inside the box and covered up by a cornerback.
 - (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-9u | 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.
- **DEFENSIVE ALIGNMENT FOR ALL DIVISIONS: No “O” Technique (No lining up head to head with the Center)**
- **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.

- 'O' technique is not allowed. 'O' 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 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 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.