

## 2019 RULES

# GREATER NORTH CENTRAL KENTUCKY YOUTH FOOTBALL LEAGUE

*\*Any violation of the rules will be reviewed by the League Directors. Penalties from any violation could result in suspension from game and/or forfeiture of game.*

### I. GENERAL RULES

1. The league will consist of teams from the following:  
Bracken County, Gallatin County, Grant County, Owen County, Pendleton County, Switzerland County, Trimble County and Frankfort
2. The league will be composed of the following divisions:  
  
*Rookies are under 8 years old; Mighty Pros are under 10 years old and Powerhouse are under 12 years old. You cannot be 8+ before June 1<sup>st</sup> and play for the Midgets. You cannot be 10+ before June 1<sup>st</sup> and play for the Mighty Pros, and you cannot be 12+ before June 1<sup>st</sup> and play for the Powerhouse.*
3. All teams/organizations will abide by the By-Laws set forth by the GNCKYFL. The GNCKYFL By-Laws supersede any individual team/organization By-Laws and/or rules.
4. The GNCKYFL will not tolerate any conduct by a Director, Coach, Player, or Parent (Family) that is considered by the GNCKYFL to be detrimental to the league. The GNCKYFL directors have the authority to dismiss any said person(s) from being a part of the GNCKYFL should the need arise.
5. All games will be played on Sundays except where agreed upon during scheduling by both directors. Make-up games are the exception to this rule and they will be re-scheduled by the GNCKYFL Representative/Assigner, Official Scheduler, and the directors for the teams having to re-schedule.
6. In the case where lightening is the cause for suspended game play. Directors will adhere to the following guidance. After 3 delays for lightening within a game by the officials the game will be ended. The rest of the game will be rescheduled unless one team is up by 3 touchdowns AND more than 2 minutes have run off the clock in the second half. If that is the case the team in the lead will be the winner of the contest and the game will NOT be rescheduled.
7. THE GNCKYFL will abide by the KHSAA's guidelines regarding the Heat Index and follow their scales to determine whether practice or games should be altered or eliminated based on the heat index. The NKOA representatives who are scheduled the day of the game will make the call from the home game field whether to play or not.
8. Each team will play every player 8 plays per game. Any play where the ball can be advanced counts as a play. Play Time Forms will be filled out, signed, and turned in every Monday following that weekend's game to the League President. Coaching Consequences for breaking this rule are listed in GNCKYFL By-Laws and in COACHES CODE OF ETHICS CONTRACT.
9. All home games must be filmed.
10. Admission to the games will be as follows:

*All attendees: Adults \$3 – Students \$1 - under 5 Free - Badge holders are free*

## 11. GAME LOCATIONS:

**BRACKEN COUNTY-** Bracken County High School

**GALLATIN COUNTY-** Gallatin County High School

**GRANT COUNTY—**Grant County High School

**OWEN COUNTY—**Owen County Elementary (the old high school)

**PENDLETON COUNTY—**Pendleton County Athletic Park (behind McDonalds)

**SWITZERLAND COUNTY –** 1020 West Main Street, Vevay Indiana

**TRIMBLE COUNTY –** 1029 US – 421 Bedford, KY

**FRANKFORT –** 676 Glenn’s Creek Rd. Frankfort, KY 40601

## II. COACHES & DIRECTORS:

ALL RULES ARE SUBJECT TO CHANGE BY VOTE OF THE LEAGUE DIRECTORS OR AUTHORIZED LEAGUE REPRESENTATIVES. EACH COUNTY GETS ONE VOTE.

### LEAGUE DIRECTORS & REPRESENTATIVES

1. Bracken County- Lee Sutton
2. Gallatin County- Andrew Buttelwerth
3. Grant County- Brian Hunley ; Co-Director Angie Hunley
4. Owen County- Don Allnutt & Co-Director Jennifer Wright
5. Pendleton County-Karen Davis
6. Switzerland – John Hayes & Co-Director Chris Oatman
7. Trimble – Tara Isley, Co-Director Mike Weedman
8. Frankfort Outlaws – Samantha Rose & Morton McIntyre
9. GNCKYFL Vice President- Jamie Johnson
10. GNCKYFL President- Sam Hammond

1. Coaches & League Directors must have the league issued ID Badges in order to get into the games free of charge and to be on the playing field. **ABSOLUTELY NO ONE** is permitted on the playing field or sidelines without a league issued badge! Each director is responsible for making clear and visual boundaries whereby attendees clearly can see the line which a badge is required to pass.
2. The League Directors are always allowed on the field and are not included in the coaching limit.
3. It is recommended that the League Directors be present for all games; however it is imperative that the **Home Field League Director always be present.**
4. There will be a limit of the number of badges issued to each county/team. You are allowed six (6) coaches per team and two (2) cheer coaches per squad. The league directors as well as the cheer directors from each county will also be issued a badge.
5. All coaches will be required to sign a GNCKYFL Coaching Code of Conduct Form and are required to pass a background check conducted by their county. Players, Coaches, and Board Members are expected to conduct themselves in a sportsman-like manner at all times.
6. If a player or coach is ejected from a game, they will receive a one game suspension. They will not be permitted to play or coach in the next game and a \$25 fine will be assessed.
7. Should a coach or any one person(s) associated with the GNCKYFL receive a formal written letter regarding misconduct from the GNCKYFL it will be the only warning they receive. Any misconduct

after that formal written letter has been sent will result in that person(s) being removed from further participation with the GNCKYFL.

8. At the beginning of each season the League will hold a **Mandatory Coaching/Referee meeting**. The GNCKYFL would like all coaches present. To reiterate, this is a **mandatory meeting for the directors and head coaches of each team in each division of play**. All assistant coaches should attend. Any team that does not have a coach and director/assistant director present will forfeit any post season play. **\*This rule will be strictly enforced.**
9. Each Director is responsible for having a Digital Sling Psychrometer to measure heat index. Cell phones and other forecasting tools are not sufficient tools. Directors are responsible for adhering to KHSAA guidelines. Both directors at a given team must agree that the heat index guidelines are met.
10. Every County is responsible to certify all coaches through the USA Football online coaching program OR attend a USA Football clinic to receive certification. This certification should be renewed annually. Certificate should be submitted to the league President no later than the date of the jamboree.

### III. **PLAYERS:**

1. Once a player registers to play with their middle school and school starts, they are no longer eligible to play for the youth league. You must play for the County in which you live or the County of the school that you are enrolled in if they have a football team. Bracken County may not pull players from Pendleton County; however they may pull from the surrounding counties that are not a part of the GNCKYFL. Those players who have been previously enrolled with the GNCKYFL and are playing outside their county may continue playing with that team. These players will be grandfathered in and this rule does not apply to any players who have played prior to the 2012 season. All new players must abide by this ruling.

### IV. **PARENTS:**

1. Non-Coaching Parents are prohibited from being on the playing field or sidelines.

### V. **GENERAL GAME RULES** (for all divisions):

1. **2019 Practice Schedule: July 9<sup>th</sup> can start practice with helmets only and on July 17<sup>th</sup> you can practice fully dressed out.**
2. All players will be required to participate in ten (10) practices before they may play in a game.
3. The Rookies and Mighty Pro teams will use the K-2 size footballs and the Powerhouse teams will use the TDJ size.
4. All players will be required to have a current physical on file with their county, an athletic supporter and an attached colored mouthpiece in order to play. **\*Physicals must be turned in by July 9<sup>th</sup> or the child cannot participate until one is filed with the league.**
5. Legal cleat size is  $\frac{3}{4}$  inch. Any players with illegal cleats will be removed from the game until they have made the proper adjustments.
6. Visiting team's bench will always be on the opposite side of the field away from the home team's fans.

7. No team may use the field houses at the fields. It gives an unfair advantage to some teams.
8. There will be 2-3 paid officials for all games.
9. There will be no questioning a referee on any judgment call. The head coach (and only the head coach) may question a ruling.
10. Should a game result in a **forfeit**...the referees will be paid by the county/team that caused or is the result of the forfeit.
11. If a team knows that there will be less than 11 the courtesy is expected to let the opposing team know in advance. At the beginning of the game a player match will be conducted but it will not be adjusted thereafter. Good judgment should be used at half time or otherwise when a player has been permanently removed from the game. There will not be less than 7 players on the field, the game will be called at that point and a forfeit fee will not be assessed. Outcome of the team will be decided by a joint director's review, unless one team concedes to the other. If a team shows up with less than 7 players a forfeit fee will be assessed to that team.
  - a. 7 players – 4 on the line, 3 down (pull 2 tackles, Split end, 1 Back)
  - b. 8 players – 5 on the line, 4 down (Pull 2 tackles, 1 back)
  - c. 9 players – 6 on the line, 5 down (Pull 1 tackle, 1 back)
  - d. 10 players – 7 on the line, (Pull back)
12. All players will be weighed in by League Officials before the start of each season. Players will weigh-in with their **full uniform** on. There will be one alternative weigh in for players in August, Directors are given date and time. Full uniform with no helmet. Players of (greater than 85.0, 110.0, and 140.0 and over) will have a **TAPE STRIPE** placed on their helmet. **\*There will be no re-weighs! Once a player steps on the scale and off they are DONE. A PLAYER CAN ONLY BE WEIGHED ONE (1) time. Jamboree is the official weigh in.** Should a child have a vacation scheduled during this time, they will have to be weighed in at the alternative time. **NO PLAYER** will be weighed after the official weigh-ins. **All players not weighed will have the STRIPE regardless of their size.**

**GENERAL GAME RULES** (for all divisions) continued;

13. If a player is not weighed in they will automatically receive a GREEN STRIPE on their helmet. **AUGUST 19<sup>th</sup> is the last day to add new players** to your rosters for the season.
14. A player with a TAPE STRIPE cannot play the following positions: Quarterback, Running Back, Half Back, Full Back, Slot Back, Tight End, H-Back, or Wide Receiver.
15. Any player with a TAPE STRIPE who receives possession of the football, punt, kick-off, etc. may not advance the ball. The ball will be whistled dead at the point of possession. However, a player with a TAPE STRIPE may advance an interception or a fumble.
16. **OVERWEIGHT** players (with stripes) may not line up outside of the free blocking zone. (**“free blocking zone” according to the Federal High School Rules-Rule 2, Section 17 Article 1: The free blocking zone extends from 4 yards to the right and left of the ball.**)
17. Each team will play every player 8 plays per game. Any play where the ball can be advanced counts as a play. Play Time Forms will be filled out, signed, and turned in every Monday following that weekend's game. There will be strict consequences for not following this rule.
18. All Divisions will play 8 minute regulation quarters. Half-time will be 8 minutes in length.

19. If a team during the 2<sup>nd</sup> half obtains a 25 point lead a **CONTINUOUS CLOCK** will be used. The only time the clock will be stopped will be for timeouts and if there is an injured player. **\*\*Except\*\***For Power house the running clock rule is effective in the first half.
20. **OVER TIMES** will be decided by allowing each team four (4) opportunities to score from the ten yard line. Should neither team score, they will be allowed one (1) more set of four (4) opportunities to score from the ten yard line. If there is still no score, the third and final attempt will result in each team having four (4) opportunities to score from the 5 yard line. After these three (3) sets, if no one scores the game will end in a tie.
21. **NO ELECTRONIC COMMUNICATION DEVICES of any kind to be used during game. The directors may have a cell phone for the purpose of league business. They may not communicate messages regarding game strategy however.**
22. **PROTESTS:** During a game, if a head coach wishes to protest a call or ask for any explanations, it may be done in the following manner:
  - a. The Head Coach may take a charged time-out to obtain an opinion from the official or officials, but in any case, they will abide by that decision.
  - b. It is required that the Head Coach and only the Head Coach question an official(s).
  - c. It is required that all coaches and their staffs conduct themselves professionally and do nothing by their actions that might give a bad example to the players or fans, nor bring disgrace upon the league.
  - d. The directors may provide input and rule guidance to the head official for consideration. The call on the field stands for the game. If further discussion is required escalation to the director's council can be made.

## **VI. OFFENSIVE GAMES RULES:**

1. There will be a three (3) **TOUCHDOWN RULE** (18 points). When a team is ahead by three (3) touchdowns (during the 1<sup>st</sup> and/or 2<sup>nd</sup> half) they are required to pull their starting Offensive team. If they do not have enough players to pull their complete Offensive team, they **MUST** pull their complete Backfield. Your 1<sup>st</sup> string Receivers, Tight-ends, Backfield, etc. are not allowed to touch the ball. If for whatever reason they are still in the game and they receive possession of the ball it will become a dead ball. This rule will be in affect during the regular season games as well as Play-offs and Super Bowl. **\*\*\*Except Powerhouse which has no max point rule. Good sportsmanship should be used\*\*\***
2. **EXTRA POINTS** Offensive Rules will go as follows: U8/U10 will receive 1 point rushing or passing conversion. 2 points for a kick. U12 will be consistent with standard KHSAA scoring.
3. If **FIELD GOALS** are attempted these are worth 3 points.
4. **Punting:** U8 will be a 20 yard simulated punt. U10 may NOT simulate a punt but the defense may NOT rush the kicker. U12 may NOT simulate a punt but actually punt. The defense can rush the kicker but may NOT contact the kicker. **IF SNAP RESULTS IN A LOOSE BALL THE BALL MAY BE RECOVERED AND ADVANCED BY THE OFFENSE OR THE DEFENSE SO LONG AS THE PLAYER IS NOT RULED DOWN.**
5. Huddle time will be 30 seconds or less from ready to snap.

## **VII. DEFENSIVE GAME RULES:**

1. The only Defensive Linemen that can be standing are your Defensive Ends and they must be outside the Offensive Tackles. All other linemen must be in a 3pt or 4pt stance. 'Doesn't apply to goal line defense (Inside the 10 yard line ONLY.) **\*If a violation of this rule occurs there will be a five (5) yard penalty assessed and an automatic 1<sup>st</sup> down. Officials will enforce this rule.**
2. All Linebackers and Defensive Backs must be a minimum of three (3) yards off the ball. **You CANNOT have more than six (6) Defensive Linemen on the line at any given time.** 'Doesn't apply to goal line defense (Inside the 10 yard line ONLY.)
3. **EXTRA POINTS** Defensive Rules will go as follows: Defensive line may raise arms, but jumping is not permitted.
4. If **FIELD GOALS** are attempted these same rules for the Extra Point are applied. (Please refer to #3 of this section-Defensive Game Rules). Field Goals are **worth 3 points**.
5. NO BLITZING at U8 and U10 levels allowed. All Linebackers and Corners must be a minimum of 3 yards off the line of scrimmage when the offensive unit is set and/or when the ball is snapped. Any defensive unit violating this rule will receive a 5 yard penalty and AUTOMATIC 1<sup>st</sup> Down. (Doesn't apply to goal line defense (inside the 10 yard line only).

## **VIII. DIVISION SPECIFIC RULES:**

### **A. Rookies:**

1. Games will begin at 1:30 PM.
2. WEIGHT LIMIT on the Offensive Backfield is 85.0 pounds.
3. Two (2) coaches may be on the field during live play, but those coaches must stay 10 yards back (whether on Offense or Defense) from the deepest player when the offensive team breaks the huddle. Coaches will get one warning when in violation of this rule. They may risk their field privileges for the game should they continue the infraction.
4. No KICK-OFFS. Ball will start on the 40 yard line.
5. On 4<sup>th</sup> down the coach can elect to punt which will be a simulated 20 yards.
6. NOT ALLOWED to play a defender over the CENTER. (NO NOSEGUARD). No defensive tackle can line up in the "A" gap when the ball is snapped. "A" gap is defined as the area between the offensive center and the offensive guard.
7. You **CANNOT** turn 8 years old by June 1<sup>st</sup>. **NO EXCEPTIONS!**

### **B. MIGHTY PROS:**

1. Games will begin at 3:00 PM.
2. WEIGHT LIMIT on the Offensive Backfield is 110.0 pounds.
3. One (1) Coach may be on the field during live plays, but that coach must stay 10 yards back (whether on offense or defense) from the deepest player when the offense team breaks the huddle. Coaches will get one warning when in violation of this rule. They may risk their field privileges for the game should they continue the infraction.
4. KICK-OFFS will be at the 40 yard line.

5. On a 4<sup>th</sup> down a team may go for the first down or punt. There will be no rushing the kicker. The ball once kicked however will be a live ball. **THERE WILL BE NO FAKE PUNTS!**
6. You **CANNOT** turn 10 years old by June 1<sup>st</sup>. **NO EXCEPTIONS!**

C. **POWERHOUSE:**

1. Games will begin at 4:30 PM.
2. WEIGHT LIMIT on the Offensive Backfield is 140.0 pounds.
3. Rules will follow standard KHSAA rules applied to middle schools
4. NO Coaches may be on the field during live plays.
5. KICK-OFFS will be at the 40 yard line.
6. On a 4<sup>th</sup> down a team may go for the first down or punt. The kicker may be rushed but contact with the kicker is not allowed.
7. You **CANNOT** turn 12 years old by June 1<sup>st</sup>. **NO EXCEPTIONS!**

IX. **Jamboree**

1. Games will rotate each year as follows:  
See Section XI

X. **POST SEASON PLAY:**

1. End of the season Play-Off Teams will be determined by Season Record. The 9<sup>th</sup> seed team will not play. Season Record ties will be determined by:  
1<sup>st</sup>: Head-to-Head Play  
2<sup>nd</sup>: Team allowing the least points in Head-to-Head Play  
3<sup>rd</sup>: Head-to-Head team allowing the least points scored against them overall during the season.

See Section XI for Schedule

2. Super Bowl games will rotate each year as follows:

See Section XI for the Schedule

3. During the PLAY-OFFS there will be a minimum of four (4) referees for all games.
  4. There will be four (4) referees for all SUPER BOWL games.
  5. All teams must comply with the minimum play rules in all playoff and super bowl games.
  6. The GNCKYFL is responsible for purchasing the SUPER BOWL trophies, which include a Championship Trophy and 1<sup>st</sup> Runner-Up for each division.
  7. The League Directors will vote at the end of each season on whom they feel is the **"GNCKYFL COACH OF THE YEAR"**. Each county/team will pay \$10 toward purchasing this trophy, which will be included in their league fee. This award is for one coach overall.
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XI. Pre and Post Season Schedule

	Gallatin	Grant	Pendleton	Bracken	Trimble	Owen	Switz	Frankfort
2016	Superbowl	None	Jamboree	None	None	PO1	None	None
2017	PO1	Superbowl	None	Jamboree	PO2	None	None	None
2018	None	Jamboree	PO2	PO1	None	Jamboree	Superbowl	None
2019	Jamboree	PO2	None	None	Superbowl	PO1	Jamboree	PO1
2020	PO2	PO1	Superbowl	Jamboree	None	PO1	None	Jamboree
2021	PO1	None	Jamboree	Superbowl	PO1	None	Jamboree	PO2
2022	None	Jamboree	PO1	PO2	Jamboree	PO1	None	Superbowl
2023	Jamboree	PO1	None	PO1	None	Superbowl	PO2	Jamboree
2024	Superbowl	Jamboree	PO2	None	Jamboree	None	PO1	PO1
2025	None	Superbowl	Jamboree	PO1	PO1	Jamboree	PO2	None