

# TCYFL

## 7-7

### K-3 League Rules

**Mouth Guards- It is required that a mouth piece be worn!!!**

We are here to teach football not to win games! Every child should be given the opportunity to play on offense and defense. TCYFL wants to see constant rotation throughout the course of the game with equal playing time and sitting out time. **NO EXCEPTIONS!**

#### **1. Field Dimensions:**

- Field Length – 30 yards long
  - Field Width – 160 feet wide (53 1/3 yards) (normal football field width)
- End Zone- 10 yards deep

#### **2 . Starting The Game: 7-7**

- Visiting team will have first possession and the Home team will have first possession in the 2<sup>nd</sup> half. Visiting team will be on Visitor sideline and Home team will be on Home sideline.
- Youth football jerseys are acceptable. T-shirts, compression-type, personal jerseys or basketball-type sleeveless shirts are permitted. We would like all players dressed as a team so we request that everybody wears the same style and color. No team will be allowed to participate without shirts. Team jersey must be worn on outside of cold-weather gear.
- Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes allowed.
- Each team will use its own ball during offensive possessions. 3<sup>rd</sup> and Under will use Pee Wee/K2 size footballs.
- No Jewelry will be allowed. Including any and all piercings, chains/necklaces, and bracelets.

#### **3. Moving the Ball**

- No kicking/punting
- Teams have 4 downs to get a first down, and another 4 downs to score thereafter. A turnover on downs results in the ball being spotted back to the “30” yard line of the team gaining possession.
- Possession always begins at the 30 yard line, offenses always move in the same direction.
- Direct center exchange or shotgun snaps.
- No passer may run across the line of scrimmage with the ball. All passes must be forward.
- Screen passes are allowed. No laterals will be allowed past the line of scrimmage.
- Offense can run or pass. Quarterback cannot run the ball beyond the LOS unless a previous ball exchange, not counting the center snap, has taken place.

**The same offensive player may not advance the ball past the line of scrimmage two (2) consecutive plays in a row.**

#### **4. SPECIAL RULES**

**• Any number of linemen allowed (min 1 center) All offensive players are eligible for a pass or handoff. The Center may go out for a pass after they have snapped the ball.**

- Receiver/Ball carrier is legally down when touched below the neck with one or both hands.
- Each team will have 30 seconds to snap the ball once it has been marked ready for play.
- There is a **7 second** time limit for the QB to release the ball at the K-3 level.
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The play will not count and will result in a re-do, no huddle is allowed if a bad snap has taken place.
- NO RUSH- Defense may not cross LOS until ball is handed off on a run play.
- Illegal contact- the responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. No bump and run defense.
- Offensive pass interference is the same as NCAA rules
- **INTERCEPTIONS MAY NOT BE RETURNED. Any interception is down at the spot change of possession occurs ball spotted back at the 30 yard line.**  
**Interceptions on point after attempt (PAT) are dead.**
- Offense is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by the offense in retrieving and returning the ball to the ref will result in a delay of game and loss of downs.
- Offense must give ball to one of the refs so they can spot the ball. Once ref has spotted the ball the play clock will start.
- No blocking is allowed however; a lineman may hold his/her place (position) provided lineman does not extend any part of their body as an attempt to impede a defender's progress.
- No more than 1 coach is allowed on the field for offensive and defensive possessions.
- Snapping of the ball by the center must be between the legs. It cannot be from a sideways stance.

#### **5. SCORING:**

• This league is intended to be a developmental experience for the players and therefore traditional point values are not tracked and no official score or win\loss record is kept. While scoring plays should be celebrated, only touchdowns will apply toward a team's "score".

Each touchdown is 1 point or a "score". Following a touchdown, teams receive an additional play for a point after attempt. Any legal offensive play is allowed. A successful point after does not change the "score".

- Once a team has scored a touchdown, the other team will take over possession on the 30 yard line.

#### **6. TIME**

- Two Twenty Five (25) minute halves (continuous clock for each half)
- There will be no time outs allowed. However the clock will stop for an injury.
- 4 minute halftime. (halftime may be shortened if schedule is running behind.) • 6 minutes between games (the between game time may be shortened if the schedule is running behind.)

## **7. ROSTER MEMBERS/COMMUNITY REPRESENTATIVE**

- One approved representative per community or town. This representative is responsible for organizing teams from their respective community and approving community coaches/teams.
- No minimum for amount of players per roster.
  - If a team does not have 7 players at the start of, or any point during the game, coaches may agree to share eligible players from other teams to allow the game to continue. For example, a team with only 6 players may use a player from another team.

## **8. OFFICIALS:**

- There will be one (1) IHSA/TCYFL Patched Official's during this levels' game.

## **9. COACHES**

- A team may not have more than 4 pre-approved coaches on the sidelines.
- Each team must have a team coach accompany it to any/all events.
  - It is recommended that coaches have a printed version of the K-3 Football Rules available at the game for reference if needed.
  - Coaches of both teams are expected to work together to ensure the safety of the players, fair play, and an environment respectful of the game, players and families.
  - Coaches and referees should provide positive guidance to players with the intent to teach. One coach may be on the field for each team. One (1) coach on offense to call the play, One(1) coach on defense to set up their defender's.