



Knox Metro Youth Football League

2022 Rules

(Changes shown in red)

A. League Structure

- 1. Knox Metro Youth Football League (KMYFL)** - The KMYFL is managed jointly by the Knox County Parks & Recreation Department (KCPRD) and the Knoxville Parks & Recreation Department (KPRD). The KMYFL is a youth recreational football league dedicated to the purpose of organizing and offering a positive, safe, character-building environment for our youth. League rules, guidelines, and suggestions mandate fair play at all levels and allow for the development of all players.
- 2. Youth Sports Associations (Associations)** - Associations are created by community, school, or recreation groups for the purpose of participating in youth recreational sports leagues offered by the KCPRD and/or KPRD. It is the Association's role to raise funds, operate teams, and help enforce KMYFL rules. All Associations shall have a Board of Directors, by-laws, and elected officers. Associations are responsible for retaining volunteer coaches to administer each of their teams. Each Association shall appoint a Commissioner to be the liaison to the KMYFL.
- 3.** Associations shall enforce KMYFL's rules contained herein. Associations have the obligation and authority to enforce the KMYFL rules and its own rules, by-laws, and code of conduct for players, coaches, parents, and spectators. Associations have the right to make any rule more stringent, but do not have the right to make these rules less strict. Any organization found not enforcing league rules may be suspended or removed from the league and future seasons. Associations shall submit any by-laws, rules, and/or code of conduct files to KMYFL by April 1st each year.

B. Regulations

- 1. League Authority**
 - a. KMYFL shall make the final ruling on any and all football rule conflicts.
 - b. KMYFL shall follow the Tennessee Secondary School Athletic Association (TSSAA) and NFHS rules except where superseded herein.
- 2. Coaching Requirements**
 - a. The Head Coach must be 21 years old or older and is responsible for supervision of the team at all practices, games, and team functions.

- b. Assistant coaches must be at least 18 years of age. Teams may have a maximum of five (5) assistant coaches.
- c. Adhere to the expectations of the Coach Code of Conduct (attached)
- d. Coaches are strongly encouraged to receive First Aid and CPR training.
- e. The Head Coach has final responsibility for his actions and those of his assistants, players, staff, and parents.
- f. All coaches are required to have Concussion and Sudden Cardiac Arrest training, required by the State of Tennessee, prior to the coach being allowed to participate in any practice and/or game. Evidence of completion must be maintained in the team book with their signed form or printed document with each coach's name.
- g. All coaches are required to pass background screening every two years.
- h. Coaches must complete coach certification through USA Football each year – either online or at an in-person clinic.
- i. All coaches should make every effort to involve each participant in learning and enjoying the game of football.
- j. Once a coach has completed background screening and USA Football coach certification, he/she will receive a Coach ID Badge. The coach must wear the Coach ID Badge at all games and are encouraged to wear the badge at all practices.

3. Required Insurance from Associations

All Associations shall furnish proof of General Liability and Accident Insurance by July 1st. Associations shall submit 3 Certificates of Liability listing Knox County, City of Knoxville, and USA Football as additionally insured for \$1,000,000 per occurrence and \$2,000,000 aggregate.

4. Player Registration

- a. Associations are responsible for conducting player registration and overseeing proper placement of players. To register, the candidate's parents or legal guardian must supply the following:
 - i. A signed league supplied registration form
 - ii. A signed concussion form
 - iii. A signed sudden cardiac arrest form
 - iv. Proof of age (**official government-issued** birth certificate)
- b. A player's birth date shall determine which age groups he/she participate based on the age on or before August 1st.
 - For example, a player who turns 10 years old on July 31st shall be considered 10 and may play in the 10U division.
 - A player who turns 10 on August 2nd shall be considered 9 and is eligible to play in the 9U division (since the player was 9 years old on August 1st).

c. A player must attend and check-in with team jersey at the weigh scales for a

minimum of three (3) regular seasons games to be eligible for the playoffs. An injured player may check in with the team during weigh in / check in. The requirement of 3 games may be reduced to 2 games if a team plays less than seven (7) regular season games.

- d. **Playing Up Request** – A player may play up one (1) age division or more. The parent/guardian must complete the Play Up Acknowledgement Form and turn in to the league commissioner before the player may play up. A player who plays up may not move down divisions during the same season for any reason.
- e. A player may only participate on one (1) **KMYFL** team per season. *In the event, a youth sports association participating in KMYFL has two teams in an age group, a player may only play for one of the two teams.*
- f. A player participating in a sanctioned middle school league, outside of KMYFL, may not participate in KMYFL league games.

5. **Formation of Teams**

- a. Associations are responsible for proper team formation.
- b. KMYFL recommends teams are no larger than 40 players. No tackle team may register with fewer than 15 players.
- c. Associations may accept player registrations until the date of the team's first scheduled KMYFL regular season game. A player registration may require approval from KMYFL if a player had previously signed up for another Association in the same season. Late additions to a roster will only be permitted with documentation of family moving to the area and signed permission by KMYFL.
- d. Associations must have a minimum of two tackle teams to participate in KMYFL.

6. **Team Registration**

All teams shall register with the KMYFL. A complete roster of players and coaches for each team is required. This roster must comply with all KMYFL rules, is to be on the form supplied by KMYFL, and is due no later than the team's first game.

7. **Camps**

No Association, or individual associated with an Association, may require mandatory camps for any player or team.

8. **Charging Admission**

There will be no admission fee for KMYFL regular season or playoff games.

9. **KMYFL Protests/Appeals/Sanctions**

- a. Coaches have the ability to file a protest/appeal regarding player eligibility, coach eligibility, certain commission decisions, and rules of play during a game. All protests/appeals will be decided by the KMYFL Administrators, made up of Knox County and City of Knoxville staff members, as well as selected commissioners. Inclusion of a commissioner(s) will be at the discretion of the league administrators. All decisions to protests/appeals are final.

b. A protest/appeal requires payment of \$100 in cash and a written description of what is being protested or appealed. For example, a player's name, team name, age division, player number, and issue (such as "player is too old for division"). The protest fee will be returned only if the protest is successful or if the reason is deemed not able to be protested. A one-game suspension cannot be appealed.

c. TSSAA

d. **Types of Protests/Appeals**

i. **Player Eligibility** – A protest on player eligibility should be submitted promptly if a discrepancy is suspected. A protest on player eligibility can be filed by an opposing coach or any coach/team in the same division at any time during the season. **The season is considered final at 12pm local time the day following the championship game in a division.**

i. A player found to be playing in the wrong age division due to age will result in forfeiture of all games the player has competed in. The player will be ineligible for the remainder of the season in all divisions and coach/coaches may receive additional penalties.

ii. If protested, a player's birth certificate must either be on file in the Knox County or City Parks & Recreation office or in hand with the coach or commission at the time of the protest.

iii. A player found to be playing on a second **KMYFL** team or team that they did not originally sign up for will be investigated.

iv. A successful protest may result in loss of all games the player has played in and additional penalties to coach/coaches and/or player involved.

v. A successful protest in the playoffs results in the team with the ineligible player being removed from the playoffs. No team replaces that team in the playoffs unless the protest was filed during the previous game.

ii. **Coach Eligibility** – A protest on coach eligibility should be submitted during the game or by 4pm the following business day. A protest on coach eligibility can be filed by an opposing coach or any coach/team in the same division.

i. A coach found to be coaching or on the field during the game while suspended or after being informed of disqualification due to background screening will be removed from the complex and will receive additional sanctions. If the person is identified after the game begins or after the game has completed, the game may be forfeited.

iii. **Association Decisions** – A local association board's decision regarding game eligibility may not be appealed to the KMYFL staff. For example, a commission that suspends or expels a player for a period of time up to the remainder of the season cannot be appealed to League Administration. A commission may not disallow someone from attending games as a spectator.

e. Rules of Play during a Game

- i. A protest of rules applied during a game must be filed before the next play begins. To protest, the head coach must stop the game with a timeout (which is not assessed if the protest is upheld) and inform the Head Referee of the protest. The coach must pay \$100 cash and write the reason immediately. The scorekeeper will radio a Field Supervisor who will assist in determining the next steps. A protest of rules applied during a game cannot be filed after the game or after the next play has begun. Any communication received related to incorrect application of a rule after a game may be used as an educational tool, but will not result in a game being replayed or reversed.
- ii. What can NOT be protested during a game? Judgment calls such as pass interference, holding, fumble vs. not a fumble, etc. may not be protested.
- iii. What can be protested during a game? Should the clock be running, is that a 15-yard penalty or a 10-yard penalty, etc.

10. Ejections/Suspensions/Punishments

a. Suspension following ejection from game

- i. A player ejected from a game is ineligible to compete in the team's next KMYFL game, regular season or postseason. Additional ejections will result in additional sanctions up to and including dismissal from the league. A suspended player is permitted to be on the sideline but not in football equipment. *A one-game suspension cannot be appealed.*
- ii. A coach ejected from a game is ineligible to participate in the team's next KMYFL game. The ejected coach should be escorted out of the complex. Refusal to leave may result in unsportsmanlike penalties, forfeiture of game, and/or additional sanctions. Additional ejections during the season will result in additional sanctions up to and including dismissal from the league. A suspended coach is not permitted to be on the sideline or on the field during the suspension. *A one-game suspension cannot be appealed.*

b. Violation of League Rules

- i. Violations of league rules will result in sanctions such as one game suspension up to and including expulsion from the league. Examples include but are not limited to: removal of green stripe, falsifying information on league documents, etc. Violations that jeopardize the safety of the player involved or others will be a factor when determining the sanction for a violation. A one-game suspension cannot be appealed.

c. Verbal and Physical Confrontations

- i. Players, coaches, parents, and spectators who engage in verbal and/or physical confrontations on the field or at the park may receive sanctions for their involvement in unsportsmanlike and unnecessary behavior. This behavior may also result in arrest or citation by the Knox County

Sherriff's Officers on duty during play. A person involved in an ongoing criminal investigation may be removed from all league activities until the investigation is complete. A one-game suspension cannot be appealed.

11. Mandatory Background Checks

- a. All volunteers who may have access to or contact with any player and all administrators in Associations must complete and submit an official League Volunteer Application annually.
- b. Individual background checks for all coaches (head and assistant) must be completed and passed prior to the first practice session or team activity that the individual acts as a coach.
- c. All coaches must complete background screening through the Knox County or City of Knoxville vendor. Associations that wish to require additional stipulations to coach in the organization are permitted to require this, but it does not bypass the requirement to complete the screening through the County or City vendor.
- d. No person whose volunteer background screening reveals a criminal history that exceeds the minimum standards determined by the KMYFL and Associations may hold any position on any team.
- e. Associations are responsible for each volunteer to complete background screenings as outlined, and for submitting documentation to the league, prior to the first practice. Failure to comply with these rules shall result in sanctions against or removal of the Association from the KMYFL. A person who fails background screening may not be on the field, including assisting with chains.

12. Warm Weather Precautions / Heat Rule (Over 80 Degrees)

All coaches must be especially vigilant in hot summer practices. Immediate action must be taken if a player is observed with the slightest sign of heat fatigue. Coaches should consult TSSAA rules regarding warm weather precautions. (attached as appendix).

- a. If the heat index is over 100 degrees, games will not be played. Games may be postponed until the heat index drops below 100 or may be rescheduled to another date.
- b. If the heat index is 95-99 degrees, the following changes will be made.
 - a. All divisions will receive an extended break between quarters when the Heat Rule is in effect.
 - b. 14U games will use a 10-minute running clock if the Heat Rule is in effect.

13. Lightning Policy

When lightning is seen, all activities shall be suspended until thirty (30) minutes following the last seen lightning strike. All players, coaches, officials, parents, etc. are advised to remain in their vehicle throughout the entire lightning delay. No team is permitted to be on the field until the delay has passed. Teams will be given 5 minutes to warm up after the delay has expired. Additional details can be found in the "Lightning & Inclement Weather Policy"

C. Game Rules

Except as specifically modified by the KMYFL, all league games and playoffs are to be played under current TSSAA rules for High School football.

1. Ages and Weights

- a. **League Age** – The player’s age as of August 1st of the current year shall be the player’s age for the season.
- b. **Tackle Divisions** – Tackle divisions offered are 7U, 8U, 9U, 10U, 11U, 12U, & 14U.
 - i. Players in the 14U division shall be in 6th, 7th or 8th grade.
 - ii. A person enrolled in the 9th grade in public/private high school or homeschool is ineligible to participate in KMYFL.
 - iii. Participants in 8th grade who participate in high school sanctioned athletics are ineligible to participate in KMYFL.

c. Player Weights

- i. Maximum weights for backs/ends are as follows:

Age Division	Maximum Weight
7U	105 lbs
8U	110 lbs
9U	120 lbs
10U	130 lbs
11U	142 lbs
12U	Unlimited
14U	Unlimited

- d. **Weigh In/Check In Procedures** – Each team (players and coaches) shall check in before each league game. Each team shall line up by number (lowest to highest) when approaching the weigh in station.
 - i. 7U-11U teams will weigh in each week. Player’s shall be dressed ready to play (dressed player weight) including helmet, shoulder pads, jersey, cleats, etc.. No equipment may be removed during weigh in procedure.
 - ii. 12U-14U teams will check in at the weigh scale area but do not weigh in.
- e. **Players exceeding the maximum weight for the age division:**
 - i. **See age division specific rules on pages 16-18**
- f. **Completing Postponed Games.** If a postponed game resumes within 8 days, teams will check in, but not weigh in again. Play shall resume based weigh-ins from the original game (if player had an “X”, the player keeps it). If the game is completed more than 8 days after originally played, all players must weigh in again.

2. Certification of Players

- a. Certification is the process whereby the Association will file with the League a complete roster of players and coaches for each team. This roster must comply with all League Rules, is to be on the forms supplied by League, and is due no later than the book check date or certification date.

3. Suggested Player Participation for 7U-9U divisions

- a. KMYFL strongly encourages each team to allow each player suited and eligible to play at least four (4) plays during the game at the 7U-9U divisions. This is not a requirement and cannot be tracked by KMYFL. Each commission may have their own minimum play rules.

4. Field & Markings

- a. Field will be prepared for play by KMYFL personnel.

5. Authorized Persons on Field

- a. Only players and coaches with League supplied ID cards or badges are allowed on the field and team area. Players from other teams (younger or older) may not dress out or stand with the team on the sideline during any KMYFL game.
- b. Sidelines are reserved for teams, coaches, chain crews, approved medical personnel, law enforcement, and officials.
- c. Chain crew shall operate on the home side and shall avoid obvious demonstration of favoritism. Chain crew shall wear the vests provided to identify them as chain crew rather than coaches. A person suspended or who fails background screening cannot be on the field.
 - i. An unsportsmanlike conduct penalty (15 yards) can be called on the chain crew if a member of the chain crew is “coaching”. Normal encouragement is allowed.
- d. A team may be penalized for Unsportsmanlike Conduct for unauthorized persons on the field or sideline.
- e. Teams are permitted to have one individual to assist with water breaks. If this person is 18 years old or older, he/she must have and wear a Coach ID Badge.

6. Game Ball

Each team shall supply a game ball during League play. Game balls must be traditional brown or tan with contrasting stripes. The ball sizes are as follows:

Age Division	Ball Size
7U	R5-PW
8U	
9U	
10U	R5-JR

11U	
12U	R5-Y
14U	R5Y or high school

7. Required Equipment

The following equipment shall be worn by all players any time physical contact may be present:

- a. Helmet – must be approved helmets bearing the NOCSAE seal and in certified condition. The Associations are strongly encouraged to have a documented plan of how to maintain current certifications for helmets.
- b. Mouth guard – colored and with keeper strap.
- c. Shoes – sneakers or rubber soled cleats. Cleats may not exceed ½ inch. Varsity cleats must conform to TSSAA and/or NFHS requirements.
- d. Protective cup
- e. All other equipment as identified in the TSSAA and/or NFHS rulebook.

8. Scoring Values

Divisions: 7U-11U	Points
Touchdown	6
PAT – Run/Pass	1
Safety	2

Divisions: 12U & 14U	Points
Touchdown	6
PAT – Run/Pass	1
PAT – Kick	2
Field Goal	3
Safety	2

9. Tie Games

- a. Regular season **and playoff** games **and bowl games** will play **up to three (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 overtimes, a **regular season** game will end in a tie. **Playoff games must have a winner.**

~~b. Playoff games must have a winner. Overtime rules in all divisions use TSSAA/NFHS overtime rules where each team possession starts on the ten (10) yard line.~~

10. Length of Periods

a) Each quarter shall have the following time limits:

Division	Quarters
7U	8 minutes
8U	
9U	
10U	
11U	
12U	10 minutes
14U	8 minutes

11. Clock

- a) There shall be a 15-minute grace period for the first game of the day/night. Forfeiture is at the sole discretion of the KMYFL supervisor on duty.
- b) The clock shall be a running clock for 7U – 12U unless inside the last 2 minutes of the half, a timeout has been called, after a score, or for injury.
- c) In the 14U division, the clock shall be operated like a regulation high school clock.
- d) The clock shall operate as a regulation high school clock during the last two (2) minutes of the second (2nd) quarter and the last two (2) minutes of the fourth (4th) quarter in all divisions.
- e) The clock shall stop for timeouts, scores, and injuries where the coaching staff or medical personnel are called to the injured player by a game official.
- f) There shall be a three (3) minute intermission between quarters. If the Heat Rule is in effect, the intermission is increased to five (5) minutes.
- g) There shall be a six (6) minute intermission at half-time. If the Heat Rule is in effect, the intermission is increased to ten (10) minutes.
 - i. Home team cheerleaders may use the first three (3) minutes of halftime and the visitors may use the last three (3) minutes.
- h) No game shall be started or proceed with fewer than eleven (11) eligible players. If a team cannot field 11 players at any point during the game, the team without enough players will lose the game regardless of the score.

12. Lopsided Scores / Safety Rule

- a. 7U – 11U Divisions
 - i. If a team is winning by 21 or more points in the 2nd half, the clock will run
 - ii. The clock only stops for major injuries or timeouts

- iii. The clock reverts to standard procedures if the deficit becomes 20 points or fewer
- b. 12U & 14U Divisions
 - i. If a team is winning by 35 or more points in the 2nd half, the clock will run
 - ii. The clock only stops for major injuries or timeouts.
 - iii. The clock will revert to standard procedures if the deficit becomes 34 points or fewer

13. Time-Outs

- a. Each team is allowed up to three (3) timeouts per half.

14. Players

- a) A free substitution rule is always in effect.
- b) Players may only be on one team roster. A player found to be participating on more than one team will receive a suspension or expulsion. At no point may a player join another team without KMYFL permission. A coach, commissioner, and/or commission may be sanctioned if players are added without approval.
- c) It is strictly prohibited for any player to play on a school sponsored team (i.e., middle school team) as well as an Association team.
- d) Once a player is removed from a game due to injury and seen by KMYFL medical personnel, the player must be approved to re-enter by KMYFL medical personnel or parent/legal guardian. Placing an injured player in the game without approval shall result in a 1 game suspension.
- e) Any player that is ejected from the game must leave the field. A player ejected shall also sit out the next KMYFL game.
- f) Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest (practice and games) and shall not return to play until cleared by an appropriate health-care professional per State of Tennessee's Law regarding youth concussions and head injuries.
- g) Any athlete who passes out or faints while participating in an athletic activity or immediately following an athletic activity, or who exhibits any of the following symptoms: (i) Unexplained shortness of breath; (ii) Chest pains; (iii) Dizziness; (iv) Racing heart rate; or (v) Extreme fatigue; and who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest and not return to play or participate in any supervised team activities involving physical exertion, including games, competitions, or practices, until the athlete is evaluated by a health care provider and receives written clearance from the health care provider for a full or graduated return to play per State of Tennessee's Law regarding youth sudden cardiac arrest.

15. Ineligible Players

- a. Every attempt will be made by the League, Association, and coaches to

eliminate errors and or falsifications. Any adult who becomes aware of an alleged violation that may cause a player to become ineligible has a duty to immediately report the violation to their Association or a league official. The Association must immediately notify the League, coach, and the parent/guardian of any reported alleged violations. The League will conduct a fair and thorough investigation, notifying the Association of their findings and decision in a timely manner.

- b. Once the eligibility of the player comes into question, the Association may suspend a player in order to minimize potential team consequences in the event that the player should be ruled ineligible by the League.
- c. All games the player participated in will be subject to review by the League. If a player is found to be ineligible, all games may be forfeited by KMYFL Administration.
- d. Ineligible Players are: over-age division, under-age to play the sport, participating based on falsified documentation, participation in a school-sponsored tackle or flag football program in the same season, and/or those who fail to provide any of the required registration documents.

16. Radios and Electronic Communication

- a. No electronic communication devices of any kind are allowed in League games, including communication between coaches and/or parents/coaches in the stands.
- b. Drones are not allowed in Knox County Parks per county ordinance.

17. Practice Rules

- a. No team may conduct mandatory practice before the League has authorized first practice date. Teams found to have mandatory practices before the listed date shall receive sanctions from the KMYFL.

~~b. Dead Period~~

~~There shall be no team activities, voluntary or mandatory, between June 22nd — July 5th. Teams or Associations found to be in violation of this rule will not be allowed to participate in playoffs and possibly receive additional sanctions by KMYFL.~~

c. Pre-Season Recommendations

Once practices begin after the dead period, the first week shall be devoted entirely to conditioning without pads. Any players added to the team after the first day, shall also acclimate and condition before practicing in pads. Helmets must be worn at all practices. It is strongly encouraged that all players complete 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions. It is strongly encouraged that any players added to the team after the first day of practice must also complete a minimum of 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions.

- d. Teams are encouraged to schedule less than 8 hours of practice per week before Labor Day and less than 6 hours of practice after Labor Day. Coaches are encouraged to keep the length of practices to a maximum of 2 hours per day.

e. Controlled Scrimmages with Other Teams

After two weeks of practice, a team may arrange a controlled scrimmage with another team in the same division of play. Scrimmages should not be conducted as a game. It is recommended that Association commissioners approve all scrimmages.

f. Practice Contact

- i. No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted.
- ii. Although not a requirement, it is strongly encouraged that teams limit the amount of full speed contact at each practice. It is suggested that full contact practice does not exceed 30 minutes per day and a weekly maximum of 120 minutes in the preseason and 90 minutes during the season.

18. Schedule

KMYFL will prepare and distribute the schedule of games for the season and post-season. All schedules will be available at least five (5) business days prior to the start of the first game.

- a. KMYFL league games take precedence over bowl games and tournaments. Failure to play the league game shall result in a forfeit.
- b. Each team will be scheduled six (6) or seven (7) regular season games. When a division has an odd number of teams, one team will have an extra game scheduled. (See F.3. for more information on playoff seeding for teams that play 8 games)
- c. KMYFL teams will be split in to two (2) divisions based on results from the previous season if there are 12 or more teams in a division. For instance, 1st place team would go to Group A, 2nd place team goes to Group B, 3rd place team goes to Group A and so on. If there are 21+ teams in an age group division, then three (3) divisions may be used. For divisions with fewer than 8 teams, there may be a crossover game (a Group A team vs. a Group B team) which would not count toward division standings.

(NOTE – number of games listed below may be adjusted for 2020 shortened season. Example shown is based on 7-game regular season)

- i. 11 or fewer teams will be in 1 division. Number of teams that advance to the playoffs will be determined during the season.
- ii. 12 teams – 2 groups of 6 – 5 division games & 2 crossover
- iii. 13 teams – group of 6 & 7 – 5-6 division games & 2 crossover (division with 6 may not play all other teams in division)
- iv. 14 teams – 2 groups of 7 – 6 division games & 1 crossover
- v. 15 teams – group of 7 & 8 – 6-7 division games & 1 crossover (division with 7 may not play all other teams in division)
- vi. 16+ teams – 2 group of 8 or more – 7 division games & no crossover

- vii. 21+ teams – 3 groups
- d. Inform KMYFL of any field trips or school-related before league schedules are published in early August and/or at least 8 days in advance during the playoffs.
- e. No games will be scheduled on the following dates
 - i. September 3 & 5 - Labor Day Weekend
 - ii. October 8 - 15 - Knox Co Schools Fall Break
 - iii. October 31 - Halloween
- f. Early Games – League schedules will distribute early games (6pm & 9am) as equally as possible.
- g. Forfeits
 - i. A team that forfeits two (2) games for any reason will be removed from all future games scheduled. If the 3rd week of the season has begun, the schedule will likely not be re-made depending on the number of teams in the division.
 - ii. A team that “no shows” will be not be eligible for the playoffs.
 - iii. A team that forfeits will lose any tiebreaker for playoff **bowl** positioning.
- h. Rescheduling Games - Games will only be rescheduled if a team has a majority of players who must attend a school function. The request shall be received at least 2 weeks prior to the scheduled game and accompanied with a written notice from the school principal.
- i. Games played outside the knowledge of KMYFL will result in a forfeit loss for both teams.
- j. Games rained out may only be rescheduled once. A rescheduled game that is canceled will not be made up. Rescheduled games may be scheduled on a different day (for instance, a league that plays on Monday may have games rescheduled for Thursday or Saturday).
- k. Teams may be scheduled to play up to two KMYFL regular season and/or playoff games during the same week, if needed.
- l. Games not completed will be rescheduled at a later date. The game is completed from the point where the original game was stopped. If a game is resumed within 8 days, teams will check in at the weigh station but does not re-weigh-in. If a game is resumed 9 or more days after the game began, all players must re-weigh-in.
 - i. A team losing at the time the game is interrupted may choose to not complete the game. The score at the time of the interruption becomes the final score.

19. Playoff Eligibility / Seeding / Bracket

- a. Standings: Teams will be ordered by number of wins. A tie shall count as ½ win and ½ loss.
- b. In the event of teams having the same record, the following tiebreakers may be

- used until the tie(s) is broken
- i. Head-to-Head result
 - ii. Record versus common opponents
 - iii. Coin Flip
- c. Addressing teams who play 8 regular season games or 1 more division game (this is required in some cases to allow all teams to play 7 games)
- i. If a team with 8 games has head-to-head over team with same number of wins, that team with 8 is placed ahead in a 2-way tie or placed in the tied group of teams if 3+ teams tied. (note: in a division with an odd number of teams, one team must have 8 games so all teams have 7).
 - ii. Likewise, if a team with 8 games is tied with a group where all teams are 1-1 against each other, the team with 8 games would be grouped with the others with the same record (example, Team A is 7-1, Team B is 6-1, Team C is 6-1 and all are 1-1 against each other. The tie would be broken by coin flip)
- d. The top 4 teams from each division will qualify for the playoffs. Tiebreak procedures will be used to determine the top 4 teams, if needed, including a coin flip. If 11 teams or less in an age division, the number of teams that make the playoffs will be determined during the season.
- ~~e. Teams that do not make the playoffs will have a consolation game against a team from another division that they have not yet played during the regular season, if possible. This additional game may end in a tie if tied after 3 overtimes.~~
- f. Teams shall be prepared to play up to two (2) games per week during the playoffs (for example, Monday and Thursday or Tuesday and Saturday)

20. Rules of Play

- a. TSSAA rules apply unless any changes noted in this document
- b. **Protests/Appeals of Rules of Play during a Game**
 - i. A protest of rules applied during a game must be filed before the next play begins. To protest, the head coach must stop the team with a timeout and inform the Head Referee of the protest. The coach must pay \$100 cash and write the reason immediately. The scorekeeper will radio a Field Supervisor who will assist in determining the next steps. A protest of rules applied during a game cannot be filed after the game or after the next play has begun. Any communication received related to incorrect application of a rule may be used as an educational tool, but will not result in a game being replayed or reversed.
 - ii. Judgment calls such as pass interference, holding, etc. may not be protested.
- c. Additional information regarding Protests/Appeals/Sanctions and Ejections/Suspensions/Punishments is located in B.9. and B.10., respectively.

21. Special Rules – 7U – 9U

- a. **7U Coaches** – A coach may be on the field during 7U games. This coach must be 10 yards behind their deepest player before the ball is snapped. The coach cannot touch players after the huddle breaks.
- b. **Players exceeding the maximum weight for the age divisions:**
 - i. Must wear a green stripe on their helmet
 - ii. May NOT play positions in the offensive or defensive backfield
 - iii. **May play on the end of the offensive/defensive line but MUST be covered up by a tight end or wideout on offense or cornerback on defense.**
 - iv. Must wear a green stripe on their helmet
 - v. May only advance the ball if the ball is recovered after a fumble, intercepted, lateralled to them by a teammate on a fumble or interception return.
 - vi. Line up in a 3-, or 4-point stance as an Offensive Lineman in a 5-man front and must be inside the box. Player must be covered up by an outside receiver.
 - vii. Must be in a 3- or 4-point stance as a Defensive Interior-Linemen and must be inside the box
 - viii. May not go more than 10 yards downfield on a kickoff and punts.
 - ix. Violation of any of the rules above shall result in “Illegal Formation, 10-yard penalty”
- c. **Defensive Alignment (applies to all players, not just “green strippers”)**
 - i. Interior linemen must be in a 3- or 4-point stance
 - ii. ‘0’ technique is not allowed. ‘0’ technique is when an interior lineman aligns head to head with the center.
 - iii. No forward movement is allowed before the ball is snapped
 - iv. No blitzing
 - v. The “box” is defined as the area that is 3 yards from the tackles outward to 5 yards deep behind the defensive linemen.
 - vi. A maximum of 7 defensive players can be in the box unless the ball is inside the 10-yard line.
 - i. Linebackers must align 5 yards behind the defensive linemen
 - ii. Safety must be aligned 3 yards behind the linebackers
 - vii. After the ball is snapped, all regulations are removed (except blitzing)
 - viii. If these regulations are not followed on any play, “illegal procedure” may be called by the referees.
- d. **Offensive Alignment (applies to all players, not just “green strippers”)**
 - i. The box is defined as the area that is 3 yards from the tackles outward to 3 yards behind the offensive linemen
 - ii. A maximum of 8 offensive players may be in the box, unless the ball is inside the 10-yard line.

- iii. If these regulations are not followed on any play, “illegal procedure” may be called by the referees.
- e. **Field Size** – The field length shall be 80 yards.
- f. **Penalties** – Due to field length, penalties are reduced to 4 yards, 8 yards & 12 yards.
- g. **Personal Fouls / Unsportsmanlike Conduct Penalties** – a combination of 2 flagrant personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a possible suspension from the next game.
- h. **Punts** – Upon a coach’s indication of a punt, the ball is moved 30 yards downfield but not past the 10-yard line.
- i. **Kicking** – There is no kicking. The ball is placed on the 35-yard line to begin a half or after a score.
- j. **PAT** – 1 point for rush or pass.

22. Special Rules – 10U and 11U

- a. **Personal Fouls / Unsportsmanlike Conduct Penalties** – a combination of 2 personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a suspension from the next game.
- b. **Players exceeding the maximum weight for the age divisions:**
 - i. Must wear a green stripe on their helmet
 - ii. May NOT play positions in the offensive or defensive backfield
 - iii. May play on the end of the offensive/defensive line but MUST be covered up by a tight end or wideout on offense or cornerback on defense.
 - iv. Must wear a green stripe on their helmet
 - v. May only advance the ball if the ball is recovered after a fumble, intercepted, lateralled to them by a teammate on a fumble or interception return.
 - vi. Line up in a 3-, or 4-point stance as an Offensive Lineman in a 5-man front and must be inside the box. Player must be covered up by an outside receiver.
 - vii. Must be in a 3- or 4-point stance as a Defensive Interior-Linemen and must be inside the box
 - viii. May not go more than 10 yards downfield on a kickoff and punts.
 - ix. Violation of any of the rules above shall result in “Illegal Formation, 10-yard penalty”
- c. **Defensive Alignment (Applies to all players, not just “green strikers”)**
 - i. ‘0’ technique is not allowed. ‘0’ technique is when an interior lineman aligns head to head with the center.
- d. **Punting**
 - i. The offensive team must declare if they are punting or attempting a 4th down conversion.

- ii. The team punting may not advance the ball past the line of scrimmage - no fake punts.
- iii. The team punting can only release upon the ball being punted.
- iv. The snapper is always protected from contact while his head is down.
- v. The defensive team may not rush on a punt but may jump up and down or otherwise try to distract the punter. If the defense rushes the punter, the penalty shall be "illegal procedure".

e. Point After Touchdown (PAT) and Field Goals

- i. Teams may attempt PATs and field goals.
- ii. The kicking team may not advance the ball past the line of scrimmage - no fakes. The kicking team shall have up to 5 seconds following the ball being snapped to kick the ball. If the ball has not been kicked, the attempt is unsuccessful.
- iii. Teams may not rush on a PAT or field goal but may jump up and down or otherwise try to distract the kicker. If a team rushes the kicker, the penalty shall be "illegal procedure". If the kick is "good" the penalty may be assessed on the next play.

23. Rules – 12U

- a. All teams (players and coaches) must check in at the weigh scale before each game.
- b. **Game Timing** – Quarters shall be 8-minutes using standard TSSAA/NFHS timing rules. If the heat rule is in effect, the 7u-11u timing rules will be used with 10-minute quarters.
- c. **Personal Fouls / Unsportsmanlike Conduct Penalties** – a combination of 2 personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a suspension from the next game.

d. Defensive Alignment –

- i. '0' technique is not allowed. '0' technique is when an interior lineman aligns head to head with the center.

24. Special Rules – 14U

- a. All teams (players and coaches) must check in at the weigh scale before each game.
- b. **Game Timing** – Quarters shall be 8-minutes using standard TSSAA/NFHS timing rules. If the heat rule is in effect, the 7u-11u timing rules will be used with 10-minute quarters.
- c. **Player Eligibility** – Players may NOT currently be enrolled in the 9th grade (high school or home school).
- d. **Personal Fouls / Unsportsmanlike Conduct Penalties** – a combination of 2 personal fouls and/or unsportsmanlike penalties shall result in ejection from the game and a suspension from the next game.

e. Defensive Alignment –

- i. '0' technique is not allowed. '0' technique is when an interior lineman aligns head to head with the center.

25. Commission Bowl Games

- a. Association must submit dates for potential bowl game dates to KMYFL by July 1st or at least two (2) weeks prior to the intended bowl game date. KMYFL will submit for permission from Knox County Schools. An Association shall not use a High School Field without confirmation from KMYFL that the request has been approved by the school.
- b. Teams are encouraged to play by KMYFL league rules in all bowl games and tournaments
- c. Associations and teams are strongly encouraged to play no more than two games per week.
- d. Associations and teams may host bowl games as a way to provide additional games outside the regular season. Bowl games also serve as a fundraiser for the Association and may require a fee to enter the facility. Issues that arise from bowl games are the responsibility of the participating Association(s).
- e. KMYFL regular season and playoff games shall take precedence over bowl games
- f. The host Association shall be responsible for field usage fees, providing medical personnel, handling security issues, overseeing all medical emergencies that may occur, and schedule and payment of clock operator
- g. A non-KMYFL Association must provide Liability & Accident Insurance before any activity on Knox County property. Inform the team/program to add Knox County Schools and Knox County Parks & Recreation as additionally insured and send insurance certification to KMYFL.

TSSAA Heat Policy (Revised August 2021)

<https://cms-files.tssaa.org/documents/tssaa/health-safety-information/2021-22TSSAAHeatPolicy.pdf>

Each school is responsible for obtaining either a Wet Bulb Globe Temperature or Heat Index reading at the site of practices and competitions. Wet Bulb Globe Temperature (WBGT) takes into account more environmental factors than heat index and should be a school's first choice when evaluating conditions and planning activities. In the absence of a Wet Bulb Globe Temperature reading, a digital psychrometer or other instrument may be used at the site of the activity to measure the heat index. The use of a weather app on a cell phone is permissible to measure heat index if no other instrument is available to measure heat index at the site of the practice or competition.

A cold water immersion tub or other form of rapid on-site cooling should be available for all warm weather practices. If exertional heat stroke is suspected, use immersion for on-site cooling before transporting to the hospital. Access to water should be available to all athletes at all times.

WBGT 82.0 – 86.9 or Heat Index Under 95 Degrees

- Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

WBGT 87 to 89.9 or Heat Index of 95 Degrees to 99 Degrees

- Maximum practice time is 2 hours.*
- For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
- For Football: Players are restricted to helmet, shoulder pads, and shorts during practice that does not involve contact, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.

WBGT 90 to 92 or Heat Index of 100 Degrees to 104 Degrees

- Maximum practice time is 1 hour. *
- For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice and no conditioning activities.
- For Football: No protective equipment may be worn during practice that does not involve contact.

Above 92.0 WBGT or Heat Index Above 104 Degrees

- No outdoor practice. An outdoor practice cannot take place until WBGT level is 92.0 or below or heat index is 104 or below.
- Competitions must be postponed in the absence of an appropriate health care professional with access to a cold water immersion tub or other rapid on-site cooling method. Under no circumstances can an outdoor practice or scrimmage take place in these conditions.