

Kindergartners & 1st graders

1. Every play begins with each player (except the center – sidesaddle snap) in the ready position.
 - a) feet shoulder width apart
 - b) knees bent
 - c) hands on thighs (except QB – hands up to receive snap)
2. Six downs per possession – even if the team scores on the first possession. When a team scores on a down other than the last down, the ball is repositioned at their own 7½ yard line and continue possession.
3. Change of possession occurs only after six downs. When a change of possession takes place, the ball will be repositioned at the offensive team's own 7 ½ yard line.
4. No change of possession on a fumble, the ball is down where it hits the ground.
5. In an event of an interception, the play continues until the flag of person who intercepted the pass is pulled. The offensive team who threw the interception will continue to retain possession of the ball from the line of scrimmage when the pass was thrown, unless it was the sixth down.
6. All players are eligible to receive a pass.
7. No players are allowed to be in motion.
8. The ball is dead when:
 - a. A flag is pulled.
 - b. A touchdown is scored.
 - c. A player steps out of bounds.
 - d. The ball carrier's knee hits the ground.
 - e. The ball carrier's flag falls off.
 - f. The ball carrier leaves their feet (jumps).
9. Coaches will be allowed in the huddle and on the field to help organize.
 - a. Coaches will help position players after the play is called.
 - b. A play should occur within 30 seconds of huddling.
10. Block with hands against chest and elbows out.
11. Neutral zone extends two yards from the tip of the ball. Defensive line needs to maintain the two yard buffer from the tip of the ball.

12. No blitzing linebackers or cornerbacks. Linebackers and cornerbacks can never cross the line of scrimmage. The defensive line players are the only defensive players who can cross the line of scrimmage. The defensive line can cross the line of scrimmage after:

- a. The coach yells out the “three banana count” and says “rush.”
- b. The ball is handed off or passed.

13. Coaches officiate.

14. There are no punts.

15. There will be two kick-offs per game: one to begin the game and the other near the midway point of the game. The ball will be kicked off from the 7 ½ yard line. The receiving team will line-up twenty yards away from the point of the kick-off.

16. The quarterback cadence will be “ready, hut.”

17. The ball carrier is not allowed to leave their feet.

18. Rubber cleats can be worn but are not necessary.

19. All participants must keep their shirts tucked in at all times.

20. Prior to the snap, each offensive player must make sure their flags are at their sides.

21. Position Rules:

Players are to be rotated after each series to get equal playing time.

A play should occur within 30-seconds of huddling.

22. Positions:

Offensive:

Quarterback, Running Back/Slotback, Center, Two Guards, Two Receivers

There must always be five players on the line of scrimmage.

Defensive:

Two Defensive Ends, One Nose Tackle, Two Linebackers, two Cornerbacks.

There must always be five players on the line of scrimmage. It is recommended the cornerbacks line-up opposite the receiver.

23. Game Length:

Following a 30-minute practice, a 45-minute game with no halftime.

Each team should have the same number of offensive plays.