



Serving the youth of the community since 1957

SKRA OFFICIAL RULES & AMENDMENTS

The following rules and amendments shall apply to SKRA Youth Football and will supersede all other rules written before this date. Any changes to these rules and amendments must be voted on by the SKRA Executive Board prior to the start of the regular season.

The following rules and amendments have been adopted and approved by the SKRA Executive Board and the Football Director.

Revised: August 2008

**SOUTH KENT RECREATION ASSOCIATION
EXECUTIVE BOARD**

AGE & WEIGHT CLASSIFICATION

AGE / WEIGHT

All weights are with full equipment

6 -7	Max	115 lbs.	70 lbs.	Ball carrying position
8-9	Max	130 lbs.	95 lbs.	Ball carrying position
10+	Max	180 lbs.	125 lbs.	Ball carrying position

NOTE: Coaches must submit a roster for weigh in. The opposing coach can challenge players close to maximum weight. A weigh in will occur before each game.

WEIGH IN: Players will weigh in with full equipment. All pads must be worn at the weigh in.

SPOTTING: Any player not making max weight will be spotted on the offensive line by the opposing coach. The spot picked by the opposing coach is the only position the player is allowed to play.

AGE & WEIGHT CLASSIFICATION: 6th graders that turn 13 after September 1st, will be allowed to play in the 10/11 age group. Note: weight classification for that age group will apply.

Any player wishing to go down in class, will be reviewed by the football director and also have Executive Board approval.

Any player moving down because of weight must make weight each week or be subject to the spot rule.

Any player caught removing equipment to make weight at weigh-ins, will be suspended (1) game.

Any player moving down in class may not play a ball carrying position.

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JERSEY

Each player shall wear a jersey of basic color designated for that team supplied by SKRA.

BLITZING

Class D: No blitzing allowed

Class C: Blitzing allowed only outside of the offensive tackles.

Class B: No restrictions.

PLAYERS POSITION	Class C/D: No player may line up over or in the gap next to Center. Class C/B: No player may line up over the center for punts or Shotgun formations.
COACHES ON FIELD	Class D: Two---all quarters Class C: One---all quarters Class B: One---first and third quarters
BALL CARRYING POSITIONS	Ball carrying positions include all backs, receivers and tight ends. This also includes all deep return specials team players.
AGE CUT OFF	6 th graders that turn 13 before September 1 st , are not allowed to Play.
FIELD LENGTH	100 yards
GAME LENGTH	15 min. quarters. 2 min. between quarters. 10 min. half time. Class D: 15 min. play quarters.
TIME OUTS	3 per half
MANDATORY PLATOON	All 4 quarters
DEFENSE	Class D: Must play a 6 3 2 Class B & C: No restrictions on formations
KICKING	Class D: No kicking or punting Class B & C: Kick off from 40-yard line Class B: Free punt inside of the 20-yard line. Punt can be Returned Class C: Free punt any time. Punt can be returned. No fake Punts. Any player that is not legal ball carrying weight Can only play the front line on kick/receive teams

No rush on kicking extra point. Teams must inform official of kick try.

Offense must stand during kicking.

Defense, no stacking of players. (on shoulders)

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MANDATORY PLATOON

If a team has 22 players or less, all players must start one way each half, and play that side of the ball for the entire half.

After half time the player must switch to the other side of the ball and play there for the entire half of the game.

EXAMPLE: If a player is on offense in the first half, he must play defense in the second half and **cannot** be switched back to offense.

Special teams can be filled with any player chosen by the coach, and do not need to be platooned.

No player in a ball carrying position in the 1st half can be in a ball carrying position in the 2nd half. Player can go to end or split end. (Trying to develop more skilled positions)

This rule is for the kids. We want as many kids involved as possible. There are no loopholes, and coaches not following these rules will not be asked to coach again in the future.

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PLAYER

A player may move up one class with the approval of both parents/guardian & Executive Board.

**RULE
ENFORCEMENT**

Head Ref/Football Director/Executive Board

PRACTICE RULES

Class C & D: Before school starts: 3 x week, 2 hours
After school starts: 2 x week, 2 hours

Class B: Before school starts: 4 x week, 2 hours
After school starts: 3 x week, 2 hours

DIRECTOR

- a) Maintain rosters of teams and coaches. Provide rules to each coach.
- b) Resolve any protests, rule questions, eligibility or suspension of players with the Executive Board.

COACHES

- a) Any coach that resigns may turn his/her team over to the assistant coach of that team provided the Football Director and Executive Board agrees.
- b) Continuous violations of the SKRA rules will result in removal of coaching privileges.
- c) Coaches will be held responsible for insuring that each player plays according to league rules.
- d) Coaches will be reviewed each year prior to being asked to return.

EXECUTIVE BOARD

- a) Reviewing of coaches.
- b) Appointing of coaches with the help from Football Director.
- c) Removing a coach from his/her coaching duties for un-sportsman like conduct, cursing or physical abuse of a player, parent, or board member.

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GENERAL RULES

At no time will the offense fake a punt on free kicks.

All classes except D, can advance fumbles offensively.

At no time shall the center advance the football in any Class.

If a kick goes out of bounds on the first attempt, the kick off team will be penalized (5) yards and kick off again. If the second attempt goes out of bounds receiving team will get the ball on the 50-yard line.

Class D must have six men on the defensive line with a minimum of (4) men down tackle to tackle.

The offensive coach must be (10) yards behind the deepest backfield position before play starts.

The defensive coach must be (5) yards behind the deepest defensive position before play starts.

Continued violations of these rules will result in the removal of these privileges from the offending coach. Another coach may be substituted. The offending coach must then leave the complex before play is resumed.

Head coaches, assistant coaches: (4) maximum, (1) minimum.

Game officials, coaches, players, executive board, football director and football commissioner are the only people allowed within the fences surrounding the playing field. It shall be the responsibility of the head coach to assist the officials in enforcing this rule. Play will be halted and the officials will give the head coach a formal warning.

Class B coaches may not touch their players once the offense is on the line of scrimmage. A (5) yard penalty will be assessed.

Pets and Smoking are not permitted in the park during any SKRA function. (Camps, Games, Practices)
Games will be halted until the pet is removed. This is for the safety of our players and parents.

PENALTIES

PERSONAL FOULS:

- A) The grasping of any opponents face mask or protector If in the opinion of the official is intentional, will be a (15) yard penalty. However if it is ruled unintentional, then it will be only a (5) yard penalty.
- B) Spearing is deliberately and maliciously driving the Helmet into a player who is down, or is held so that he/she is going down, or who is held so that his/her forward progress is stopped or is obviously out of play.
- C) Butt blocking is a technique involving a blow with the face mask or the top of the helmet directly to the frontal area, or directly into an opponent as a primary point of contact either in close line play or in the open field.
- D) **Class B/C** High tackles with arm under the chin is an Automatic (15) yard penalty. (Clothes line)

Mouthpieces are mandatory for all players. Failure to use Your mouthpiece will result in one of the following Penalties:

- A) If the mouthpiece is detected out prior to putting the Ball in play, the official is to stop play and penalize the offending team (5) yards.
- B) If the mouthpiece is detected out during the play it will be an optional (10) yard penalty with no loss of down.
- C) During the first half of the season, in Class D, if a flag is thrown on a play, the head coach and the official must explain to the child what they did to draw a flag.
- D) If a player lines up over or in a gap next to the center, official will stop play and assess a (5) yard penalty. Second offense will be a (15) yard penalty. **Class D/C only.**
- E) If a player blitzes illegally, a (10) yard penalty will be assessed. Second offense the offending player will be removed from his/her defensive position and a (15) yard penalty will be assessed.

HELMET

All players shall wear a helmet, which in the opinion of the football director is of maximum protection to its' user.

A multiple bar face protector of a plastic construction.

Polyethylene or fiber pads shall line the helmet by at least 82% of its' entirety. Comparable padding shall line the helmet in its' entirety by at least ½ inch in its' free state.

The equipment specified herein shall be considered minimum and shall Be subject to inspection at any time during practice or league play by football director, officals, coach, or class directors.

In the event that a player is detected during practice or game wearing Equipment which does not give adequate protection for its' wearer, or which could result in injury to another player, the wearer shall be removed from that game or asked to sit out that practice.

Mouthpieces

A colored mouthpiece shall be worn by each player.

The mouthpiece shall be attached to the facemask or chinstrap.

The quarterback will be the only player allowed to have a mouthpiece that is not attached.

The equipment above is considered minimum although it is Required that all players also wear properly padded football pants, and shoulder pads.

Footwear shall be a tennis shoe or an all purpose cleat, which is of one piece construction.

CONDUCT The conduct of all head coaches and assistant coaches must be above reproach. At no time will **S.K.R.A.** allow any coach to continue coaching if his/her conduct is determined to be unacceptable by the executive board, i.e.: the following:

- Drinking alcoholic beverages with players present.
- Coming to practice or a game while under the influence of alcohol or drugs.
- Swearing.
- Not keeping their parents or players under control.
- Causing conflicts with game officials during or after a game.
- Any unsportsmanlike conduct that is deemed by the Executive Board to warrant discipline.
- Smoking on the playing field or the sidelines during his/her game.
- Not following all rules of play.
- Not acting in the best interest of the players or **S.K.R.A.**
- If you grab or push any player you will be automatically suspended for 2 games pending Executive Board review.

Any violation of these rules will result in probation, suspension, or removal of coaching duties. The Executive Board has the right to hand down punishment depending on the severity of the violation.

TEAMS Head coaches must keep and play all players that are given from the Executive Board.
The Executive Board will decide team size and district splits.