

# FORT THOMAS JUNIOR FOOTBALL LEAGUE

## RULES - 2019

KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION  
RULES APPLY  
WITH THE FOLLOWING EXCEPTIONS:

### TABLE OF CONTENTS

League Philosophy.....	1
Divisions .....	2
Conduct.....	2
Equipment.....	2
Practices .....	2
Playing Time .....	3
Game Length.....	3
Offense .....	3
Defense .....	4
Alignment .....	4
Rules.....	4
Field Goals .....	4
PAT .....	4
Punting .....	4
Weight Limit.....	5
General .....	5

### LEAGUE PHILOSOPHY

It is the goal of the league to make this a positive athletic and educational experience for each child. The FTJFL is an instructional league. Coaches should develop their game plan with the goal of allowing as much playing time as possible for each player. Every effort should be made to maximize playing time for each child with consideration given to attendance and effort.

### Note

*The exceptions outlined in the rules are for the 3/4 & 5/6 Divisions.  
7<sup>th</sup> & 8<sup>th</sup> grade will follow KHSAA Rules.*

## Divisions

3/4 Grades – 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>  
5/6 Grades – 5<sup>th</sup> & 6<sup>th</sup>  
7/8 Grade – 7<sup>th</sup> & 8<sup>th</sup>

## Football Sizes

3/4 – Size 7 Junior  
5/6 – Size 8 Youth  
7/8 - Intermediate Size

## CONDUCT

It is the FTJFL's intent to have Head Coaches and Assistant Coaches who not only understand the fundamentals of the game but portray exemplary behavior at all times and can be looked to as a role model by both the players and the parents. The ideal coach recognizes that his behavior and words are powerful to a young player; therefore, negative comments towards officiating, other coaches or the league and immediate sidelining of a player upon improper execution will not be tolerated. No player or coach shall act in an unsportsmanlike manner during or after the game. Any official can determine which acts meet the definition of poor sportsmanship. The official may disqualify a player or coach for flagrant unsportsmanlike conduct. The first infraction will result in the player sitting out for two plays. The second infraction within the same game will result in the player being removed from the game plus suspended for the following game. A disqualified player or coach's flagrant misconduct will be reviewed by the FTJFL Executive Board. The Head Coach is the only person that can request a time out to talk to the referee if he disagrees with a call or would like clarification on a ruling. Parents are not excluded from exemplary behavior and must display good sportsmanship in the stands at all times. If the behavior of a parent or spectator is deemed intolerable, they will be ejected from the field & surrounding property for the remainder of the day. Referee's will institute the following: 1<sup>st</sup> time - dead ball foul Flag (warning) 2<sup>nd</sup> time - dead ball foul Flag (5 yard penalty) 3<sup>rd</sup> time- dead ball foul Flag (15 yard penalty)

## EQUIPMENT

The FTJFL provides all players with certified, high quality equipment. You are not permitted to alter the equipment in any way. Specifically, changing the facemask is not allowed. Anyone wishing to purchase their own equipment may do so at their own expense after signing a formal release. Pants must have all pads inserted (especially knee pads covering the knee cap). Shoes are to be molded rubber cleats. Metal spikes and shoes with metal-tipped detachable studs are not permitted to be worn for practices or games. No metal upper chinstrap snaps are permitted.

## PRACTICES

Typical practice nights are Monday, Tuesday and Thursday. Teams are not permitted to practice on Wednesdays unless cleared through the FTJFL Board. Teams cannot practice more than 6 hours per week (Monday – Sunday). A Tuesday/Wednesday game counts as 2 hours of practice time but a Saturday game does not. Teams are not permitted to conduct practices or practice games outside the City of Ft. Thomas or with teams outside the FTJFL unless authorized by the Executive Board.

## **PLAYING TIME – 3/4 & 5/6 Divisions Only**

- Every effort should be made to equalize playing time with consideration given to attendance and effort put forth by the player.
- Every athlete should receive no less than 1 full quarter of playing time on offense and defense throughout each game. We will not have a designated quarter for the second team, however Coaches should find time throughout the game to work all players in on the offensive and defensive sides of the ball. This CAN be in a full designated quarter or it can be a combination of series and/or plays throughout the entirety of the game. If the Board feels like a specific team or Coaching Staff is not honoring the one quarter minimum, mandates will be added to insure all players are receiving a fair amount of playing time.
- The League supports our Coaches in a reduction of playing time if the player is not showing up for practices or has effort issues at practice.
- An assistant coach should be designated to ensure all players get appropriate playing time during the game.

## **GAME LENGTH**

- In 3/4 & 5/6, there will be four (4) 8 minute quarters and the clock will stop based upon KHSAA rules. Three (3) time outs per team each half lasting one (1) minute each. Time outs may not be carried over. Halftime is 10 minutes long. In the event of a tie, overtime shall be played.
- All games that end in a tie at the end of regulation play will result in overtime. This first overtime will consist of each team attempting to score from the ten (10) yard line. First possession will be determined by a coin toss. If the game remains tied at the end of the first overtime period, there will be a second overtime beginning on the five (5) yard line. If there remains a tie at the end of the second overtime, the ball will be moved to the three (3) yard line.
- If the game is still tied after the third overtime the ball will be placed back to the ten (10) yard line starting the overtime process again. There will be one time out per series with no time outs carried over from regulation play.

## **OFFENSE – 3/4 & 5/6**

- Coaches MUST play a QB at each grade level at some point throughout each game. (does not apply to 2<sup>nd</sup> graders)
- 1 G, 1 OT and at least 1 TE or WR must be on each side of the C.
- Maximum line split for C, G and OT is three (3) feet, measured from foot to foot.
- The offensive guards and tackles must be in a 3 or 4 point stance when the ball is snapped.

## DEFENSE – 3/4 & 5/6 (ONLY)

### Alignment

- **4 man front** or **5-3** defense will be played during the entire game.

**4 Man Front** - The 4 down lineman must line heads up with Guards & Tackles in a 3 or 4 Pt. Stance.

**5-3** – Nose Guard must line heads up with Center 2yds. Off LOS. in a 3 or 4 Pt. Stance.

**5-3** – Def. Tackles must line heads up with Off. Tackles in a 3 or 4 Pt. Stance.

- **Everything listed below pertains to both DEFENSES!**
- OLB must line up outside the OT.
- ILB must line up at least 3 yards (not moving forward) off the LOS at the snap.
- CB must line up at least 5 yards (not moving forward) off the LOS at the snap.
- S must line up at least 10 yards (not moving forward) off the LOS at the snap.
- Defenses CAN blitz, but OLBs are required to blitz from a starting position outside of the Offensive Tackles. Inside Linebackers must be 3 yard off the LOS when the ball is snapped and cannot begin their blitz within the designated 3 yards before the ball is snapped. With this in mind, Coaches please consider the fundamentals of the League and the educational value of giving each play a chance to develop.

### Rules

- Goal line defense is permitted on or within the 10 yard line or short yardage first downs.
- ILB must use a 3 or 4 point stance if inside 3 yards and must still line up over the G.
- Each ILB is free to use either alignment.
- CB can come up to the LOS, but S must remain 3 yards (not moving forward) off the LOS at the snap.

### Kickoffs, Field Goals and Punting in 3/4 & 5/6

- 5/6 teams will kickoff at the beginning of the game and second half only. At all other times, after a touchdown is scored the ball will be placed at the offensive team's 35 yard line.  
**THERE IS NO KICKOFF'S FOR 3/4 TEAMS.**
- There is no punting in the 3/4 & 5/6 divisions. If a team declares punt on fourth down, 25 yards will be walked off + a 10 second runoff and the other team will take possession.
- In no circumstances can the ball be placed inside the twenty (20) yard line. If a team selects to punt with the ball on the twenty five (25) yard line, the ball will be placed on the twenty (20) yard line.

### FIELD GOALS – 3/4 & 5/6 Divisions

- Standard High School Football Rules. Play is live.

### PAT – 3/4 & 5/6 Divisions

- Standard High School Football Rules
- 2 pt Conversions are worth 2 points whether you run or pass the ball
- PATs are worth 1 point
- If you select to attempt a PAT the play is live. Your team will need to be prepared to snap, hold, kick, and block on a PAT. You will also need to prepare to defend PATs.
- You may not line up a player over the snapper on PATs.

## **Running Clock**

Running clock will start at 23 points. It is also encouraged that all coaches look to remove their starting skill players when a 23 point spread occurs. Once the spread is 10 or below a coach may re-enter their skill players.

## **Weight Limits**

**3/4 -120 lbs. | 5/6 - 145 lbs.**

- 1. Weigh-in will occur one time for each player during equipment pick up. The weigh-in will be under the supervision of the FTJFL Executive Board. Players not able to attend the scheduled equipment hand out will be weighed at the time they receive their equipment. You must weigh-in with a member of the FTJFL Executive Board prior to the first practice in order to participate.
- 2. If a player exceeds the weight limit they may not advance the ball on offense or line up at WR or in the offensive backfield. If a player exceeds the weight limit they may not be in the second or third line on a kick return or line up to return a punt. If a player exceeds the weight limit they may line up at TE, but cannot catch a pass or advance the ball 3/4 & 5/6 divisions only. (Infraction: Replay down). If a player exceeds the weight limit on defense they can intercept a pass or recover a fumble, and can advance the ball.

## **GENERAL**

All participants in the FTJFL are “Champions”; therefore we do not pursue or determine league or divisional champions.

No gum, chewing tobacco, roller blades, smoking, dogs, cats, sunflower seeds, bikes, skates, skateboards or any other items that may be determined as unsafe or detrimental to the field are permitted inside the stadium.

The home team takes the sideline closest to the school for games played at David Cecil Memorial Stadium.

The maximum number of coaches for each team during games is 5, including the Head Coach. Others may assist during practices at the discretion of the Head Coach. Regardless, only Coaches are permitted on the sidelines during the games.

The league is comprised completely of volunteers, there are no employees. **We respectfully request the help of each and every individual in picking up trash at the end of each game. Each team is responsible for picking up the trash along the sidelines upon completion of their game.**

**League Rules Revised**  
**August, 2019**