



KIFL Cup

30 Second Play Clock.

Under 2 Minutes = If a team has 2 consecutive delay of game penalties, the 2nd delay of game penalty will result in a turnover on downs!!

PLAYING TIME:

- Substitutions are made on the fly (between plays)
- The clock will not stop for substitutions.
- Teams have 30 seconds to start each play. 30 seconds begins when the referee places the ball at the line of scrimmage.
- Under 2 minutes-if a team has a delay of game penalty, it will be ruled as a turnover. This way teams cannot run out the last 2 minutes of a game by taking 5-yard delay of game penalties.
- Max of 12 players per Team
- Games will be played 7v7

REQUIRED EQUIPMENT:

- **Cleats are not allowed at any time!**
- Turf shoes are acceptable.
- Flags must be worn on the hips and must be always visible.
- Shirts **MUST** be tucked in.

DURATION OF GAME:

- Games will consist of 30 minutes. (running clock).
- **NO TIMEOUTS ALLOWED!!**
- The team listed as the home team for the scheduled game will decide whether they would like to start the game on offense or defense.
- There are no kickoffs. The ball will be placed at the 15-yard line after each touchdown, as well as the beginning of the game and after halftime.

FORMATIONS:

- Offenses must have a **minimum of a three-man line** as well as a quarterback. The other 3 players can line up as receivers or running backs.
- **Defensive players must line up directly across from an offensive player and must have three linemen. The defender's feet must be lined up with the offensive linemen's feet.**
- Defense cannot line up between the offensive linemen. The defensive line cannot stunt or move until the ball is snapped.
- ALL offensive players are eligible to receive a pass.
- Defensive linemen can be in a 3 or 4-point stance.
- **Only the defensive linemen can rush the quarterback. No corner blitzes.**
- If a team rushes more than 3 linemen, there will be a 5-yard penalty and replay the down or the team can decline the penalty and accept the play.
- Defensive team must wait 4 seconds before rushing, failure to wait 4 seconds will result in a 5-yard penalty. Team can decline the penalty.
- The defensive line will line up 3 yards off the line of scrimmage. If a player is inside the one-yard zone when the ball is hiked, a 5-yard penalty will result due to defensive offsides. (It will help to teach players to move when the ball is moved, not when the quarterback says 'hike').

BLOCKING:

- When blocking, hands need to be placed behind your back or across your chest. Hands or extended forearms cannot be used to block.
- Players cannot also raise their arms to expose their elbows to block.
- **NO** stiff arming by the ball carrier when running the ball.

PENALTIES:

- All violations carry a 5-yard penalty, except for unnecessary roughness (tackling), which is a 10-yard penalty.
- Offensive penalties will result in:
 - a 5-yard penalty from the line of scrimmage, as well as replaying the down **OR**
 - defense can decline the penalty, allowing the play to stand.
- Defensive penalties will result in:
 - a 5-yard penalty from the spot of the foul, and a replay of the down. **OR**
 - offense can decline the penalty, allowing the play to stand.

5 YARD PENALTIES:

- Delay of game
- False Start
- Illegal positioning
- Offsides defense
- Offsides offense
- Offensive holding
- Defensive holding
- Grabbing shirts/pants/belt and not letting go
- Tripping

10 YARD PENALTIES

- Tackling
- Unnecessary roughness
- Diving

OTHER RULES:

- There are no extra points or 2-point conversions.
- The ball will be placed in the middle of the field where the players flag is taken.
- **Fighting will result in a 2-game suspension for the 1st offense. Second offense will result in a 1-year suspension and ban.**
- If an offensive player loses their flag, a defensive player can touch the player with the ball, one hand only for the tackle. If a player has no flags the ball is immediately dead once the player makes contact. If it results in a touchdown or turn over the play will be overturned and result in a loss of down.
- **ABSOLUTELY NO TACKLING!** If a player tackles, they will be asked to sit out the remainder of the quarter.
- Fumbles are considered dead balls.
- **FLAG GUARDING IS NOT ALLOWED!**
- First downs are only made when the offense passes the midfield line. The offense has four downs to gain the midfield line.
- The quarterback may take a direct snap from the center, or the center can snap the ball from their side in a shotgun setting. However, the ball must start on the turf.
- If the ball touches the ground on any play, the ball is considered dead.
- All passes must be an overhand pass.
- Hand-offs, pitches, and laterals are allowed.
- A player must have both feet in bounds for a complete pass.
- Defense will line up **Three** yards off the line of scrimmage. If any defender is

within three yards of the line of scrimmage, an offsides penalty will be given.

- The only 3 defenders that can rush the quarterback are the 3 down defensive linemen.
- Teams cannot catch the ball off the walls or the net.
- Only exception to above rule is if games are played on our boarded fields and then catching balls off the glass is now legal.
- Diving” qualifies as a body motion in any direction where a player’s advance results in the ball carrier landing on the ground and not on their feet. Remaining upright and leaping into the air to advance the ball is legal provided no contact is made with a defending player who had position prior to the leap. Contact will result in an offensive charging penalty. A player may not dive forward to advance the ball in any instance. You may not dive on or towards the ground to advance the ball. Diving to catch or de-flag is legal provided normal contact rules apply. Diving into a player to de-flag is roughing. Illegal diving is a 10 yards penalty.
- Jumping is not allowed outside of jumping up to catch a ball. Any jumping to avoid a tackle will result in the play being blown dead.
- All team get one re-do dropped snap per game. It will result in a re-do of the down.