



# kidball

## football

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### Rules of KIDBALL Football

**Philosophy of the game:** Five-on-five game filled with fun and action. The offensive team plays for a first down at midfield and a touchdown in the end zone. Passing plays are allowed. The defensive team covers receivers and grabs flags to make “*tackles*”. \* **Grades 4/5 Jr. Kid QB** plays 5(offense) on 4(defense); Grades 6/7/8 **JV(Sr. Kid QB)** play 5(offense) on 5(defense). **Parent QB K/1/2/3** play 5-on-5.

#### Attire

Cleats are allowed, NO metal spikes. All players are encouraged to wear a protective mouthpiece; . Team jerseys are supplied and need to be tucked in. (\***Players cannot pull a flag by pulling on the shirt**) Color of pants worn may vary but needs to be different than your flag color.

#### The basics

- ☐ Coin toss determines first possession. The offensive team takes possession of the ball at its goal line and has four plays to cross midfield.

#### Scoring

- Touchdown: 6 points
- Extra point: 1 point Kick  
2 points Pass
- Safety: 2 points
- 3 Point Play In the 2<sup>nd</sup> half, after a TD, a team may go for three (ball will be spotted at midfield) ☐ 2 Pt conversions can be intercepted and returned for 2 pts.

#### Penalties

- All penalties will be called by the referee

##### Defense

- Offside: Replay or result of play.
- Interference: At the spot or result of play, plus the down is played over again.
- Illegal contact: (**NO holding, blocking**, etc.) at the spot or result of play.

##### Offensive

- Illegal motion (more than one person moving, false start, etc.) loss of down
- Illegal forward pass (pass thrown beyond line of scrimmage) loss of down
- Don't cross the line of scrimmage on a blitz

- Offensive pass interference (illegal pick play, pushing off/away defender) loss of down □  
Flag guarding ball is dead at catch.
- Delay of game/offside/unsportsman-like conduct loss of down
- Grounding:
  - **Parent QB**-is a loss of down, if in the end zone it is a safety.
  - **Kid QB**-No grounding
- Offsides is a loss of down
- Blocking – ball dead at spot

### Receiving

- A player must have at least one foot inbounds when making a reception.
- If a play is close, give it to the kid making the catch

### Passing

- The quarterback has a 5 second pass clock. The Referee keeps count. If a pass is not thrown with the 5 seconds, play is dead-down over.

### Dead Balls

- Substitutions may be made on any dead ball **Play is ruled “dead” when:**

- Ball carrier’s flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier’s knee hits the ground
- Ball carrier’s flag falls out
- Blocking

**Note:** There are no fumbles. The ball is spotted where the ball hits the ground

### Equal Number of Possessions

- Each team will start with the ball 4 times a half or as time allows. (Some games have a total as many as 10 possessions while others as few as 6. Coaches must be quick in the huddle.)
- Interceptions can be run for a TD.
- If on interception, the flag is pulled before any score, the first down begins at that point.
- Last Possession Rule: If the leading team has the ball on the game’s last possession, the game is over.

### Kickoffs:

- Kid QB teams grades 6-8 only.
- Kickoff to start the 1<sup>st</sup> and 2<sup>nd</sup> half
- Begin at the ¼ mark (1/2 distance between goal and 1st down)
- If kickoff goes through the end zone on the fly, ball is placed at the goal line.

### Running Plays: Jr. QB-grades 4-5; Sr. QB-grades 6-8

- Similar to “Blitz” option
- One play per set of 4 downs
- Players can line up in back field
- Players can go in motion
- Players can shift
- QB can pitch back
- Jr. QB- QB can run only if blitzed
- Sr. QB-QB can run on blitz or as a running play

### # of Possessions

- The goal is 8 per team-in one hour- depending on weather conditions, we may cut into the practice time and begin games earlier.
- If the 8<sup>th</sup> possession has not begun at the 55-minute point, the game will only have 7 possessions.

### Time Between Plays

- Common problem-too much time in huddle!
- Delay of game will be called if huddle time exceeds one minute.
- Keeping the short and to the point will keep your players focused.

### Additional Notables

- Coach may stay in huddle/calls plays
- Coaches/Parents, DO NOT walk onto field to contest a call. Ask the Referee to come over and talk.
- Quarterbacks will yell “hike” LOUD ENOUGH at start of play so the defense can hear. □ No blocking of any kind
- Ball must be passed forward only
- Only on a pitch back can a player pass from behind the line of scrimmage (Parent QB)
- On 4<sup>th</sup> down you can attempt a field goal
- In Kid QB, Dad may stay in the huddle and call the plays □ Man-to-man or zone defenses are allowed.
- **Absolutely NO** arguing in front of the children! □ Blitz will be in effect (1 per 4 downs)
- Defense may blitz the QB once per set of downs
- In DAD QB- touching the Dad will result in the play being over (Dads may run only behind the line)
- In KID QB-the QB may run away from the blitz (kids may run forward)
- Jr. KID QB-there will be NO defender in front of the QB. Jr. QB will play 5-on-4; Sr. QB 5-on-5.
- Parent QB cannot pull flag if intercepted

**Remember we are all about the KIDS! Have fun and stay positive!**

## **Moving up from Parent QB to KID QB**

- Similar to Dad QB/ but child is QB
- 1 run play every set of downs
- QB can **ONLY** run if blitzed Grades 4 and 5 leagues
- One run per set of downs
- # of players: 5 on offense/4 on defense – Grades 4 and 5 leagues
- # of players: 5 on offense/5 on defense – Grades 6/7 league
- 6<sup>th</sup>/7<sup>th</sup> Grade league – QB CAN run

## **CONDUCT:**

All divisions will be using the “soccer inspired” Yellow/Red Card system of enforcement policy.

- IF a coach/player/sideline fan receives a yellow card from the game referee or from Coach Ronnie that is officially a warning. Receipt of a second yellow at any time during the season will result in expulsion from game and field and suspension from following game.
- A Red card will be an immediate expulsion from game/field with suspension from following game.
- Two red cards will be expulsion for remainder of season.