



2021 FLAG FOOTBALL RUISE



KUNA PAL MISSION STATEMENT

To provide safe, enjoyable, and structured activities aimed at enhancing leadership, self control, and decision-making skills for all youth participants.

OBJECTIVES

- To cultivate the values of good sportsmanship, team play, and physical fitness through the game of Flag Football available to youth of both sexes, all races, creeds, religions, and nationalities.
- To provide an enjoyable experience of playing Flag Football, while teaching the basic fundamentals of the game, teamwork, good sportsmanship, discipline and leadership.
- To provide a well-organized and implemented program that is appreciated and favorably received by the parents and the community.
- PAL FLAG FOOTBALL operates under the direction of the PAL Executive Board and the Kuna Police Activities League by-laws. PAL FLAG FOOTBALL operates under a nondiscrimination policy.



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SAFETY 101 AND CONCUSSION POLICY

Safety 101

Safety education is an integral part of the Kuna Police Activities League youth sports programs. Coaches, parents and athletes should be educated regarding injury prevention as well as guidelines to follow if an injury occurs. All coaches and athletes should read and understand Kuna PAL safety guidelines and rules for their particular sport. Additionally, coaches should utilize available information on prevention of drug and alcohol use, anti-bullying, and heat exhaustion prevention signs and symptoms. Kuna PAL also requires the distribution of the Concussion policy to all coaches, parents, and athletes (A parent's acknowledgement is required that they have received and reviewed the policy).

Concussion Policy

What is a Concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a "ding" or a bump on the head can be serious. Concussions can occur without loss of consciousness. Concussions can occur in any sport. To help recognize a concussion, watch for the following:

1. A forceful blow to the head or body that results in rapid and sudden movement of the head.
2. Any change in the athlete's behavior, thinking or physical functioning.

What are the Signs and Symptoms of a Concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear.

Signs observed by coaches, administrators, athletic trainers, officials, parents, or other athletes include but are not limited to:

- Appears Dazed, Stunned, or Disoriented
- Forgets Plays or Demonstrates Short-Term Memory
- Difficulties (e.g. is unsure of the game, score, or opponent)
- Exhibits Difficulties with Balance or Coordination
- Answers Questions Slowly or Inaccurately
- Loses Consciousness
- Demonstrates Behavior or Personality Changes
- Is Unable to Recall Events Prior To or After the Hit

Symptoms reported by the student-athlete to a coach, athletic trainer, and/or physician include but are not limited to:

- Has a Headache

- Is Nauseous or Vomiting
- Has Blurry Vision
- Has Difficulty Remembering Things/Memory Impairment
- Is Dizzy
- Is Drowsy
- Is Sleeping More or Less Than Usual
- Feeling Fatigued
- Feeling “In a Fog”
- Feeling Like Things are Moving in Slow Motion
- Is Unusually Emotional
- Is Unusually Irritable, Nervous or Sad
- Feels a Loss of Orientation
- Has Poor Balance/Coordination
- Feels Ringing in the Ears
- Is Sensitive to Bright Lights/Loud Noises

These signs and symptoms are on in the mandatory training for every Kuna PAL coach.

WHAT SHOULD YOU DO IF YOU THINK THE PLAYER HAS A CONCUSSION?

Kuna PAL ACTION PLAN:

1. Remove the athlete from play (* special attention must be paid to older players who may not want to miss part of the game). Reinforce it is better to miss one game than missing the whole season or never being able to play again.
2. Inform the athlete's parents or guardians about the possible concussion and recommend that the athlete is evaluated right away by an appropriate health care professional
3. ALLOW THE ATHLETE TO RETURN TO PLAY ONLY WITH WRITTEN PERMISSION FROM A HEALTH CARE PROFESSIONAL.

All Kuna PAL coaches must participate in concussion training every year. Training shall be completed via the CDC's Heads Up to Youth Sports free concussion training (<https://www.cdc.gov/headsup/youthsports/training/index.html>) Proof of completion shall be provided to the Football Commissioner prior to the first game of the season

In accordance with House Bill 632 Section 33-1625, Idaho Code the Kuna Police Activities League provides the following information below to coaches, parents, and athletes, concerning the Identification and Management Strategies regarding concussions.

- Idaho's Concussion Law Overview
- Concussion Management Guide

PLAYING AGE

Playing age is determined by the age the child will be as of March 1st, of the calendar year the season is played. For example, if a child will turn seven between January 1st and March 1st, he would play in the league that

includes seven-year-old children. If a child will turn seven between March 2nd and December 31st, he would play in the league that includes six-year-old children. As such, whatever age group the child qualifies for in the spring season, would be the same for the fall season. Play ups or play downs are not allowed for any reason. Kuna PAL Flag Football reserves the right to change age groups based on player signups.

FIELD SIZE

- **PeeWee League Field**

Total length: Approximately 40 yards

Total width: Approximately 20 yards

Playing field is 30 yards with midfield at 15 yards.

End Zone depth: 5 yards

There is NOT a no-run zone. PeeWees may run or pass at any time

- **All Other Leagues' Fields**

Total length: Approximately 64 yards

Total width: Approximately 30 yards

Playing field is 50 yards with 5 yard no-run zones near each when approaching midfield and end zone.

End Zone depth: Approximately 7 yards

- **Field Rules**

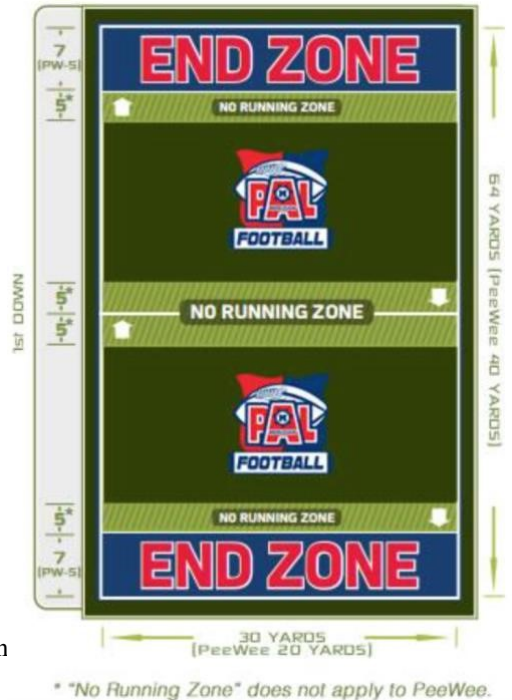
No-run zones are in place to prevent teams from conducting power run plays and to reduce player injury. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion, which include plays that begin with pitches or hand-offs. The no run zone rules do NOT change if the quarterback is rushed.

Stepping on the boundary line is considered out of bounds.

Each offensive squad approaches only two no-run zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a touchdown).

Spectators must be a minimum of 3 feet from the sideline on the designated spectator side of the field.

Only players and coaches (with valid badges) are allowed on the team side



ATTIRE/EQUIPMENT

- All players should tuck in their jersey and it should remain tucked in for the duration of the game. If a jersey comes untucked and a player pulls on the jersey while reaching for a flag, there is no penalty.
- Coaches must wear a current Kuna PAL Youth Coach badge in plain sight.
- Stickum or similar substances may not be used on players' hands, gloves, person or equipment. Use of this substance may result in ejection and/or forfeiture of the game. Inspections will be made.
- All players must wear a protective mouthpiece; there are no exceptions.
- If a player's attire or equipment is found to be tampered with, that is in violation of the rules, the player may be ejected, the team will lose the last play and the opposing team will receive the ball on their own 5 yard line. Repeat infractions of the same team will be noted and the coaches will be subject to ejection and possible dismissal from the league pending a formal review by the competition committee and/or KPAL Board.
- No shorts/pants can be worn that are of similar color of flags. This includes similar color stripes on sides of shorts/pants.
- No face paint, except for eye black. Players are not permitted to wear bandanas. Hats may not have a bill. Players may wear knit fleece stocking caps or elastic headbands and skull caps The League provides each player with a jersey and flag belts.
- The League will provide at least one (1) ball per team.
- Players must wear closed toe shoes. Cleats are allowed, however; cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and knee pads.
- Braces with exposed metals are not allowed.
- Players must remove all clothing, equipment, watches, earrings, and any other jewelry that the officials deem hazardous.
- Official PAL jerseys must be worn during play.
- The flag belt must be completely visible at all times. It cannot be tucked in or covered by the jersey.
- No shorts/pants can be worn that are of similar color to the flags. This includes similar color stripes on sides of shorts/pants.
- Mouth guards (preferably colored) are mandatory for all players.
- Referees will check the scoring player's belt after each score. If a belt is found to be tampered with in any way that may inhibit the flag from being pulled, the team will lose the last play and the opposing team will receive the ball on their own 5-yard line. Repeat infractions of the same team will be noted and the coaches will be subject to ejection and possible dismissal from the league pending a formal review by the competition committee.
- No face paint, except for eye black. Players are not permitted to wear bandanas. Hats may not have a bill. Players may wear knit fleece stocking caps or elastic headbands and skull caps.
- No player shall participate in either practice or games while wearing illegal equipment. This includes any hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass when worn on the hand, wrist, forearm, or elbow. Special accommodations may be made at the discretion of the PAL Board and/or Football Commissioner.

LEAGUE DIVISIONS

Peewee (5-6 year olds)

The Pee Wee Division serves as the introduction to flag football for boys and girls 5 and 6 years old. The emphasis on this division will be to introduce your child to the game of flag football and to have fun learning the basics of throwing, catching, and defense. Fair play is expected for all athletes. Since this is an introductory division, scores will not be kept during games and there will be no division winners or an end of season tournament.



Sophomore (7-9 year olds)

The Sophomore Division is the second step in the youth flag football program of PAL. Players in this division are typically 7-9 years old. This division will have an emphasis on continuing to develop the fundamental skills of flag football such as throwing, catching, and defense. In addition, a stronger emphasis will be placed on learning and playing by the rules to get your child ready for the next level of play. This division provides an excellent way to continue teaching the fundamentals of the game and building player confidence. This is also the level where players experience the competition of scores being kept and an end of season tournament. Fair play is expected for all athletes.

Junior (10-12 year olds)

The Junior Division is the next step in the youth flag football program of PAL. Players in this division are typically 9-12 years old. This division will have an emphasis on continuing to develop the fundamental skills of flag football such as throwing, catching, and defense. In addition, a stronger emphasis will be placed on learning and playing by the rules to get your child ready for the next level of play. This division provides an excellent way to continue teaching the fundamentals of the game and building player confidence. This is also the level where players experience the competition of scores being kept and an end of season tournament. Fair play is expected for all athletes.

Senior (13-14 year olds)

The Senior Division is the fourth step in the youth flag football program of PAL. Players in this division are typically 13-14 years old. At this level teams will usually be formed by the middle school they attend. This division will have an emphasis on continuing to develop the fundamental skills of flag football such as throwing, catching, and defense. In addition, a stronger emphasis will be placed on learning and playing by the rules to get your child ready for the next level of play. This division provides an excellent way to continue teaching the fundamentals of the game and building player confidence. This is also the level where players experience the competition of scores being kept and an end of season tournament. Fair play is expected for all athletes.

2015 RULES CHANGES CLARIFICATIONS

- Coaches that are on the field of play are not allowed to direct players once the ball is snapped. Only coaches on the sidelines are allowed to direct players
- during the play. An unsportsmanlike penalty will be called by the referees for illegal coaching after the snap. First Violation - Unsportsmanlike penalty for coaches on the field directing players after the snap. Second Violation - Unsportsmanlike penalty for coaches on the field directing players after the snap. Coach moved to sideline for remainder of game.
- The flag belt must be completely visible at all times. It cannot be tucked in or covered by the jersey. Jersey does not need to be tucked in.
- Appropriate flag pulling is pulling the flag, not the belt. Players can be injured if they are repeatedly attempting to pull the flag at the belt instead of the flag. Repeated illegal flag pulls by a player will result in a penalty.
- In the no-run-zone, all passes must be received beyond the line of scrimmage.
- Blocking is allowed by all players. Only one player is allowed to block a defender at any given time (no wall blocking-there must be sufficient room between blockers for a defender to pass through comfortably.) The blocker must come to a complete stop “like a basketball pick” with hands behind the back to avoid contacting the defender. A penalty will be called if any player blocking is still moving or initiates contact, which includes hands out in front of them to block. The center may use a moving screen while behind the line of scrimmage, but may not initiate contact with the rusher.
- Teams are limited to three (3) hours of practice per week, with a maximum of three (3) practices per week. Teams will be allowed an extra hour per week only before the first game of the season.
- Players shall not dive. The ball will be spotted based on where the player left their feet/where the flag was pulled and not where the player lands.
- CONTACT: All efforts must be made to reduce all but incidental contact. Flag pulling involves a motion to de- flag ONLY. Any other action or contact to obstruct a player’s motion is ILLEGAL. ANY CONTACT other than de- flagging against a passer in a passing motion is a penalty. Charging, running through an opposing player who has position on the field, on either offense or defense is illegal.
- PASS INTERFERENCE: Pass interference is when a defensive or offensive player is obstructed from catching a thrown ball. Pass interference is not assessed when both players are making a play for the ball and have inadvertent, incidental contact. If feet get tangled inadvertently while running a route, there is no illegal contact or interference. Ball catch-ability negates pass interference.
- ILLEGAL CONTACT: Illegal contact is contact made during pass routes by either offensive or defensive player, prior to a ball being thrown which obstructs either the running of a route or the allowance of coverage of that route. Incidental light contact is not illegal contact.

GENERAL RULES

- A coin toss determines first possession and is called by the visiting team’s captain. The winner will have their choice of beginning the game on offense or choosing which goal to defend. Whichever team starts with the ball in the first half will begin second half on defense.
- Visiting team is responsible for running the yard sticks.
- The game ball will be supplied by the home team. However each team may use their own league approved ball during their set of possessions.
- Every player shall play 7 sets of downs a half, barring injury. If a player does not play 7 sets of downs, the referee may penalize that team. (However, there is no penalty in Pee Wees if a player refuses to play.)

- The offensive team takes possession of the ball at its 5 yard line. The offense must cross midfield within four (4) plays, after crossing midfield the offense has four (4) plays to score a touchdown. Penalties assessed may change the number of plays. If the offense fails to cross midfield, the ball changes possession and the new offensive team takes over at their 5 yard line.
- All possession changes, except interceptions, begin on the offense's 5 yard line.
- If a defensive player intercepts the ball in his own end zone or inside the 5 yard line and fails to return it to the five yard line, the ball is spotted at the five-yard line.
- Teams change end zones after the first half.
- Teams will have varying sizes, with five (5) or six (6) players on the field at a time depending on the league. If a team cannot field enough players the participating coaches should mutually decide to play with fewer.
- All players must be at least 3 yards from the sideline when a play begins
- Scoring/standings: Coaches must sign score cards. Any disputes regarding posted scores must be made by the Thursday, following Saturday's games, by 5 PM. Any discrepancies not brought to PAL Footballs attention by the deadline, will not be looked into and the originally posted score and resulting standings will remain as posted. All disputes must be made to your league director. Last weekend of regular season disputes must be made by 5 PM Sunday evening following Saturday's games.
- All players and fans are bound by the ROOTS Honor the Game code of conduct. Every player, official, coach and fan shall be treated with respect, kindness and dignity. If a fan, player or coach violates the rules of conduct, the coach of that team will receive a warning (depending on seriousness of the violation) and the team shall be penalized 15 yards. If a representative of that team commits a second offense, the coach and the fan will be ejected and the team will be assessed another 15 yard penalty.
- Swearing will not be tolerated. If a player or coach swears, the offending player/coach will receive a warning and the team shall be assessed at 5 yard penalty. If there is a second offense, the offender will be ejected from the game and that team will receive a 15 yard penalty.

GAME CLOCK

- Games will consist of two (2) 25-minute periods
- One five minute break will be provided for half time
- Game clock will run continuously except inside 2 minutes for each period
- Game clock will stop in the last two minutes after a score, or a change of possession.
- Clock will restart after the first offensive snap.
- Once the ball is spotted, the offense has 40 seconds to snap the ball (Pee Wees have one minute)
- On change of possession, play cannot begin until the defense is set - the defense has 30 seconds to take their positions (after ball is set for play by referee) or be charged with a Defensive Delay of Game penalty.
- 2 minute warning will be announced by referee
- Games tied at the end of 50 minutes will remain tied unless it is a tournament game. (If needed see tournament rules section)
- Each team has three (3) 60-second time outs per half. Timeouts cannot be carried over to the second half. Referees will stop the clock during time outs. Timeouts can only be called by players on the field or the Coach.
- Officials can stop the clock at their discretion and any time there is an injured player or for an equipment issue (ie/ untied shoe lace, fixing a flag.)

SCORING

- Touchdown: 6 points
- Extra Point: *1 point played from 5-yard line
- Extra Points: *2 points played from 12-yard line, referee to designate
- Extra Points cannot be returned.
- Safety 2 points--occurs when an offensive player's flag is pulled in his own end zone while they have possession of the ball. A safety can also occur if the offensive team fumbles the football while in their end zone.
- Scoring will be kept for all divisions except Peewee.
- A coach from each team and the scorekeeper must sign off on the scorecard and must verify the score on the card.
- The scorecard must be delivered to the PAL tent immediately following the game.
- If a penalty occurs during the extra point attempt causing the ball to move from the original line of scrimmage the points and running/no-running rules still apply as if the play occurred from the original line of scrimmage, unless ball is spotted inside five-yard line (the five yard no-run rule supersedes). One point conversions must start at the five yard line, and the no-run rule is applied. Teams cannot choose to have the ball placed outside of the five-yard line to allow for running the ball.

GAME PLAY - OFFENSE

- The balls provided by PAL at the beginning of the season will be the game ball, no exceptions.
- Line of scrimmage: Offensive Team: A minimum of 3 players must be on the line of scrimmage at all times. The remaining players must be either on the line of scrimmage or in the backfield.

Trick Plays and Unfair Acts

- It is a fundamental core belief of PAL Football that coaches demand sportsmanship from their players and, equally important, lead by example. Coaches must always remember that the players look to them for positive life skills and values. PAL Football will no longer allow plays of deception. Examples of deceptive plays include but are not limited to "hideout" plays such as "the globe of death" or "starburst" or "wrong ball" plays.
- Strategic plays that are considered commonplace such as shifting, unusual formations and lay action are acceptable. Trick plays will result in an unsportsmanlike penalty.
- The ball must be snapped between the legs, not to the side, to start the play. The ball must be snapped from on the ground.

PASSING

- All forward passes must be made prior to the passing player's lead leg crossing the line of scrimmage. Players must keep both feet behind the line of scrimmage when passing the ball.
- Shovel/Shuttle/Shuffle passes are allowed. This type of pass is defined as a very short forward pass usually to a receiver who is still in the offensive backfield.
- Pass can be thrown traditionally or underhanded.
- A player may throw a forward pass from behind the line of scrimmage if the ball is directly handed off or if they receive the ball via a lateral.
- Hook and ladder plays beyond the line of scrimmage shall not be allowed. A catch is measured where the feet are at the time of the catch, not where the ball is located.

- The quarterback has a seven second “pass clock”. If the pass is not thrown within the seven seconds, play is dead, loss of down and ball is spotted at previous line of scrimmage. Once the ball is handed off, the seven second rule is no longer in effect. (Peewee age group is exempt from this rule)
- Interceptions change possession of the ball and are returnable (except on extra point attempts.)

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- If a player’s flag falls off prior to receiving the ball, the play is dead upon reception and ball is spotted at point of reception.
- A receiver is still eligible to receive the ball if he steps out of bounds and steps back in.
- Receiver must have 1 foot in bounds before going out of bounds for a pass to be completed. No body part may be touching the ground out of bounds when a reception is made.
- Any foot touching the out of bounds line will be considered out of bounds.
- No triple stacking or more of wide receivers parallel to the sidelines

RUSHING

- In Pee Wee and Sophomore division there is no rushing of the Quarterback. For Junior & Senior Division once the blitzer from 10 yds crosses the line of scrimmage the quarterback (or whomever received the snap) may run across the line of scrimmage and advance the ball. Unless they are in the No-Run Zone.
- Only handoffs occurring behind the line of scrimmage are permitted.
- Offense may use multiple handoffs and QB may run if he/she receives a handoff.
- After the snap the quarterback may not hand the ball directly back to the center between his/her legs.
- The center is eligible to receive a handoff or pass once he/she has stood up. If it is a handoff, the center must be behind the line of scrimmage.
- Laterals are allowed, but only behind the line of scrimmage. A lateral is defined as a ball that is pitched or thrown to another player either sideways or somewhat backward with respect to the line of scrimmage. If a lateral is intercepted it is considered an interception and can be advanced.
- “No-running zones”, located five yards in front of each end zone and five yards in front of midfield are designed to prevent short yardage, power-running situations. When the ball is on or inside the 5-yard line going towards the opponent’s end zone or on or inside 5-yards going towards the midfield, the offense cannot run the ball. If a team makes a first down past the midfield and is pushed back behind the midfield on subsequent plays, they will not receive another first down by field position if they re-cross the midfield and the 5-yard no-running rule does not apply for the mid-field for that duration of downs.

(Peewee groups are exempt from the no-running zones rule)

- No offensive player (except the Quarterback) may line up within 2 (two) yards of the center in the no run zone.

MISCELLANEOUS

- Shadow blocking: Shadow blocking is legally obstructing an opponent without initiating contact with him/her with any part of the screen blockers body. Hands must be behind back. An Offensive player may not move in front of a Defensive player if it creates contact (a general guide is two or more steps between players). This is a judgment call made by the referee.

- Shadow blocking cannot be used to form a “wall” of players to protect a ball carrier. Therefore, no more than one Offensive player can run along with the ball carrier downfield otherwise an Illegal Blocking penalty may be assessed.
- Center may use moving screen while behind the line of scrimmage but may not initiate contact by stepping toward the defender.
- The center may lift the ball to adjust it and then it must be set on the ground before the start of the play. When the ball leaves the ground again the play is started and the ball must be snapped to the QB in a continuous motion. Excluding PW.
- No hands to the face of an opposing player. An Illegal Contact penalty may be assessed.
- Ball carrier is not allowed to “stiff arm” a defender to avoid having their flags pulled. A Flag Guarding or Illegal Contact penalty may be assessed.
- The ball carrier may not create contact by lowering their head, shoulder, diving, jumping or deliberately running into a defensive player. An illegal contact penalty may be assessed.
- Spinning is allowed to avoid a defender
- Jumping is allowed to avoid a defender
- No diving is permitted by the ball carrier. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.
- One player may be in motion, but not in motion towards the opponent’s end zone at the snap.
- Any foot touching the out of bounds line will be considered out of bounds.

GAME PLAY - DEFENSE

RUSHING THE QUARTERBACK

- No rushing the QB in Pee Wee or Sophomore Divisions.
- Any player who rushes the passer must be a minimum of ten (10) yards from the line of scrimmage when the ball is snapped.
- Only one player can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off or tossed, the ten yard rule is no longer in effect, and all defenders may go behind the line of scrimmage.
- A special marker, or the referee, will designate ten yards from the line of scrimmage.
- Once the blitz from 10 yds crosses the line of scrimmage the quarterback (or whomever received the snap) may run across the line of scrimmage and advance the ball.
- No blocking of the rusher (the player must have unabated or free access to the quarterback.)

OTHER

- The arms and hands may not be used to contact an opponent except when capturing a flag belt.
- Illegal tackling can be called.
- Attempting to steal or strip the ball from a player is illegal and will be treated as an illegal tackling penalty.
- Holding, pushing, or intentionally tackling a runner is illegal.
- A defender cannot push, bump, or shove a player out of bounds, unless caused by incidental contact, while trying to pull the flag of the ball carrier. Illegal tackling can be called.

- A defender cannot intentionally fall in front of a ball carrier in an attempt to trip or illegally tackle. This includes falling to knees in front of ball carrier while attempting to pull the flag.

PENALTIES

- All penalties will be called by the referee(s). Referee calls are final.
- All penalties will be assessed from the line of scrimmage unless otherwise noted.
- Penalties will not exceed half the distance to the goal line from the line of scrimmage.
- Game officials determine incidental contact that may result from normal run of play.
- Game cannot end on a defensive penalty, unless the offense declines the penalty.

OFFENSIVE PENALTIES

Unsportsmanlike Conduct – Trick Play/Unfair Acts (hideout, starburst, globe of death, wrong ball plays)	10 Yards from end of play – Repeat Down	If occurred on a touchdown, PAT 1 is placed on 15 yard line, PAT 2 is placed on 22 yard line. No run zone applies for PAT 1
Flag Guarding	Five Yards – Next Down	Spot of Infraction
Illegal Lateral - (any lateral beyond the line of scrimmage)	Next Down	Spot of Infraction
Diving/Jumping – to avoid being tackled	Five Yards – Next Down	Spot of Infraction
Illegal Contact – Illegal use of hands, stiff arm, wall/shadow blocking	Five Yards – Next Down	Line of Scrimmage
Offensive Holding	Five Yards – Repeat Down	Line of Scrimmage
Too Many Players on the field	Five Yards – Repeat Down	Line of Scrimmage
False Start or Delay of Game	Five Yards – Repeat Down	Line of Scrimmage
Illegal Motion - (more than one person moving towards line at snap – blown dead)	Five Yards – Repeat Down	Line of Scrimmage
Running inside no-run zone	Next Down – if on 4 th down, loss of possession	Line of Scrimmage
Quarterback greater than 7 seconds	Next Down	Line of Scrimmage
Illegal forward pass – (pass thrown from beyond the line of scrimmage)	Five Yards – Next Down	Line of Scrimmage
Offensive pass interference (pushing off/away defender)	Five Yards – Next Down	Line of Scrimmage

DEFENSIVE PENALTIES

Unsportsmanlike Conduct –	10 Yards from end of play – Automatic First Down	If occurred on a touchdown, then half the distance to the goal will be assessed on PAT and no run zone still applies for the 1 point try.
Too Many Players on the field	Five Yards – Repeat Down	Line of Scrimmage
Offsides	Five Yards – Repeat Down	Line of Scrimmage
Disconcerting Signals (distracting/simulate offensive signals prior to snap)	Five Yards – Repeat Down	Line of Scrimmage
Delay of Game	Five Yards – Repeat Down	Line of Scrimmage
Pass Interference	Five Yards – Automatic First Down	Line of Scrimmage
Illegal Contact (holding, blocking, tripping, etc)	Five Yards – Repeat Down	Line of Scrimmage
Illegal Tackling (tripping, pushing out of bounds, pulling to ground, etc)	Five Yards – Repeat Down	Spot of Infraction, unless occurring behind line of scrimmage, then from line of scrimmage
Illegal Flag Pull (before receiver has ball, receiver must catch ball for there to be a foul)	Five Yards – Next Down	Spot of Infraction (where player catches ball)
Illegal Rushing (starting rush from inside ten yard marker, more than one rusher, etc.)	Five Yards – Repeat Down	Line of Scrimmage

COACHES/PARENTS

- One coach may be on the field with each team for PeeWee, Sophomore, and Junior age groups. Senior leagues may have a coach on the field for the first three games. As of the fourth game of the season **coaches will not be allowed** on the field of play during games in the Senior division.
- Coaches on the field cannot coach players (talk to players) after the ball is snapped. The referee will offer only one reminder warning to coaches that violate this rule. Coaches who do not adhere to this rule will not be allowed on the field for the rest of the game. **(PeeWee level is exempt from this rule)**
- Coaches may not follow the play downfield and must stay out of the way of play after ball is snapped. Coaches and teams must remain on their respective sides of midfield while on the sidelines. Parents and spectators must remain across the field from the player sidelines.
- Only coaches with Kuna PAL Youth Coach Badges or League Officials may be on the sidelines with the players.
- Home team will provide parent for score keeping and time keeping.
- Away team will provide parent for down marker duties.
- Teams are limited to three (3) hours of practice a week, with a maximum of three (3) practices per week.

TOURNAMENT PLAY

Sophomore League and older will be involved in a tournament schedule at the conclusion of the Spring Season.

The tournament schedule is generally planned for a weekend (Friday/Saturday) at the conclusion of the season. This will be a single elimination in which the winning team may play more than one game.

TOURNAMENT RULES

All rules described earlier are in effect unless otherwise detailed below.

- Coin toss, winner chooses offense or defense. Loser will choose which end of field to defend. In subsequent overtimes, 1st possession will rotate.
- Overtime shall be in 10 minute periods, however; the play clock will run as normal.
- Each team will receive one possession of the ball in overtime (meaning both teams have an equal opportunity to score before the end of the game.) After, both teams have had possession, the first team to score wins.
- Play to start at midfield and the offense will have (4) downs to score (unless penalties are called).
- The "No-Run" zone at the 5-yard line will apply, as will all other rules.
- In first overtime teams may choose 1 or 2 point conversion, double overtime and all subsequent overtimes will require the offense to go for 2 points from the 12 yard line.
- Second team to have possession with (4) downs to score (unless penalties are called).
- Any change of possession will result in play to start at midfield (including interceptions unless the ball was run back closer to midfield.)
- Third overtime and consecutive overtimes, play will begin at 12-yard line with (3) downs to score.
- Each team will receive one timeout per overtime. There will be no carry over of Timeouts.

SPORTSMANSHIP/ROUGHING

- If any League Official or referee witness any acts of flagrant tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player may be ejected from the game and is subject to review by the Board of Directors. Foul play will not be tolerated!
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee may give one warning. If it continues, the individual(s) will be ejected from the game/field, and is subject to review by the Board of Directors. If anyone (Coaches, parents, players) argues with the official they may be ejected from the game/field.

Unsportsmanlike Conduct is defined as any of the following acts either during play or after a play:

- Intentionally kicking the ball
- Spiking the ball

- Throwing the ball high into the air of from the field of play (during a dead ball)
- Intentionally failing to place the ball on the ground or immediately return to a referee
- Taunting officials, players, coaches, or spectators or display any delayed, excessive, or prolonged act by which a player attempts to focus attention upon himself
- Unsportsmanlike Conduct may also result when a coach or spectator, in the judgment of the officials either taunts, berates, or argues with officials, players, or other spectators. This can result in immediate ejection from the game or field without previous warning and will be subject to a review by a PAL committee.

DEAD BALL

Play is ruled “dead” when:

- An official blows his whistle
- Ball carrier’s flag is pulled or falls off
 - If the flag falls off in the endzone, it may result in a safety if the flag falls in their own endzone
- Ball carrier steps out of bounds
- Points are scored
- Ball carrier hits the ground (except hand or foot)
- Ball hits the ground
- Receiver is missing his flag at time of reception
- Illegal motion on the offense
- Offside (False Start) on the offense
- 40 second clock exceeded
- If the ball is dropped during a direct snap or shotgun snap to the quarterback the play is blown dead, the ball is spotted where the QB’s feet are or if the QB didn’t touch it where the ball lands and it is next down. If the ball is dropped in the backfield such as during a handoff, or lateral then the play is blown dead and the ball is spotted where the ball hits the ground.
- Ball is fumbled, play is rules dead and ball is spotted where the ball carrier’s feet are at the time of the fumble
 - Cannot fumble a ball into endzone for a touchdown
 - No change of possession, unless fumble occurs on fourth down

UNHEALTHY OR HAZARDOUS CONDITIONS

Air Quality:

- Special care and extended breaks should be given when in the Orange (Unhealthy for sensitive groups) category and no practice or games if in the Red (Unhealthy) category or above according to the Idaho Department of Environmental Quality (DEQ).

Heat:

- Special care and extended breaks should be given when in the Yellow (Extreme caution) category and no practice or games if in the Orange (Danger) category or above according to the National Weather Service Heat Index.

Field conditions

- KPAL Board and/or Football Commissioner reserves the right to cancel games if the field conditions are deemed unsafe

All safety guidelines and policies should be followed by coaches, athletes, and parents. Additional health-safety and heat-preparedness information can be found at: <http://usafootball.com/health-safety/heat-preparedness>

GLOSSARY

Center: 1. The offensive lineman who hikes (or snaps) the ball to the quarterback at the start of each play. 2. The act of hiking (or snapping) the football.

Coin Toss: Before the start of each game, the captain of the visiting team calls heads or tails of a coin flipped by the referee. The team that wins the coin toss has the choice of starting with the ball or choosing which goal to defend. The losing team chooses which goal they would like to defend.

Cover: To defend a position, player, or location on the field. Each player is usually assigned a player or area of the field to cover on each play.

Dead Ball: The period of time between plays when the ball is no longer in play, which is determined by the officials signaling the play to be over.

Defense: The unit that is responsible for keeping the opposition out of their end zone. The defense is the unit that does not have possession of the football.

Defensive Holding: Use of the hands to hold or push an offensive receiver or back on a passing play.

Defensive Line: The defensive players who line up on the line of scrimmage opposite the offensive linemen. A team's first line of defense.

Down: A play, starting when the ball is put into play and ending when the ball is ruled dead. A down is one play.

Delay of Game: A penalty called on a team for either letting the clock expire before snapping the ball, having too many players on the field, or calling time out after having already used all they were allotted by rule.

Excessive Time Outs: Calling a time out after having used the three allowed per half.

Extra Point(s): After a touchdown, the scoring team is allowed to add another point by passing from the five-yard line or two point by passing or running from the 12 yard-line.

Field of Play: The area of the field between the goal lines and the end lines.

First Down: The first play of every series. The offense must pass the midfield to be awarded another first down.

Forward Pass: Throwing the ball so that it ends up further downfield than it started.

Fumble: When any offensive player loses possession of the football before a play is blown dead.

Goal Line: The line on each end of the field that separates the end zone from the rest of the playing field. To score a touchdown, the players feet must break the plane of the opposition's goal line while a player has possession of the football.

Handoff: The act of giving the ball to another player which must occur behind the line of scrimmage.

Holding: An illegal action where one player keeps another from advancing by grabbing him or holding him back. This can be called on the offense or defense.

Huddle: When the 5 players on the field from one team form a group do discuss the upcoming play. Between the plays, the players on each team huddle to discuss strategy.

Illegal Motion: An illegal movement where two offensive players are in motion at the same time when the ball is snapped.

Illegal Procedure: A penalty that includes movement by an offensive player before the snap including a player in motion towards the line of scrimmage when the ball is snapped.

Illegal Tackle: Any form of trying to stop a ball carrier without attempting to remove the ball carrier's flag belt.

Incomplete Pass: A forward pass that touches the ground before being caught or that is caught while the player is out of bounds.

Interception: A pass that is caught by a defensive player, giving his team possession of the ball. Interceptions can be returned except on extra point attempts.

Interference: Illegally hampering a player's opportunity to catch a pass.

Lateral: A sideways or backwards pass thrown or pitched from one player to another. This must occur behind the line of scrimmage.

Line of Scrimmage: An imaginary line stretching the width of the field that separates the two teams prior to the snap of the ball. The line of scrimmage is determined by the points of the football with the width of the football representing the neutral zone.

Man in Motion: An offensive player who runs behind the line of scrimmage and parallel to it, as the quarterback calls the signals.

Midfield: The area of the field in the general vicinity half way between goal lines.

Neutral Zone: The area between the two lines of scrimmage, stretching from sideline to sideline. The width of the neutral zone is defined by the length of the football.

Offense: The team that has possession of the football and attempts to advance it towards the defense's goal line.

Offsides: A penalty that occurs when any part of a defender's body is beyond his line of scrimmage when the ball is snapped.

Out of bounds: The area touching or outside the sidelines and end line. A player is considered out of bounds if they are touching or beyond the sidelines or end lines.

Overtime: An extra period tacked onto the end of a game when regulation ends in a tie. There are no overtimes except in Tournament play.

Pass: The act of throwing the ball to another player.

Forward Pass: Any throw behind the line of scrimmage that is thrown in the forward direction is a forward pass. A pass that goes backwards or parallel to the line of scrimmage is considered a lateral.

Pass Interference: Illegally hindering another player's chances of catching a forward pass.

Pass Rush: An attempt by the defensive player to get to the quarterback so he/she can tackle him before completing the pass. The rusher must start from behind the ten-yard line and only one player may rush. No rushing in Pee wee and Sophomore.

Personal Foul: A flagrant illegal act that is generally deemed to unnecessarily risk the health of other players.

Play: The actions of the players following a snap. The type of action taken as part of a planned maneuver.

Point after Touchdown (PAT): See Extra-Point.

Previous Spot: The exact location on the field where the ball was placed before the preceding play.

Quarterback: The offensive player who receives the ball from the center at the start of each play before either handing it to the running back or throwing it to another player. He is usually the player in charge of running the offense on the field and informs the offense of the play while in the huddle.

Receiver: An offensive player whose job it is to catch the football.

Referee: The referee is the official that has control of the game and is generally the final authority in all decisions.

Running Back: An offensive player who runs with the football.

Safety: A two-point score by the defense that occurs when one of its players tackles (pulls the flag) an opponent in possession of the ball in his own end zone. Can also occur if the offensive team fumbles the football and it lands in their end zone.

Shadow Blocking: Shadow blocking, or Interference blocking, is defined as an Offensive player, with his hands down (unless moving in a natural running motion), moving in front of a Defender as to disrupt the Defender's progress towards a ball carrier. An Offensive player may not move in front of a Defensive player if it creates contact (a general guide is two or more steps between players). This is a judgment call made by the referee.

Shuffle/Shuttle/Shovel Pass: A very short forward pass usually to a receiver who is still in the offensive backfield. Pass can be thrown traditionally or underhanded.

Shotgun: A passing formation in which the quarterback stands several yards behind the center before the snap.

Sidelines: The line along each side of the field that marks where the field of play ends. When a player crosses (or touches) the sideline on a play, they are considered to be out of bounds and the play is marked dead where the ball crossed the line.

Snap: The action in which the ball is thrown or handed by the center to the quarterback.

Substitution: The act of replacing one player with another.

Tackle: To pull the flags from an offensive player who has the ball.

Time Out: A break in action requested by either team or one of the officials. Each team has two 60-second time outs per half that may not be carried over to the second half.

Touchdown: A scoring play in which any part of the players feet, while legally in the possession of the football, who is in-bounds, crosses the plane of the opponent's goal line. A touchdown is worth six points and the scoring team is given the option of attempting to add one or two bonus points on the next play. Note: An offensive player diving across the goal line with the ball is not a touchdown because he illegally left his feet. The ball will be spotted where his feet left the ground unless it is a turnover on downs.

Tripping: Using a leg, foot, hand or falling down in front of a ball carrier to trip another player is illegal and the offending team is penalized.

Turnover: A loss of possession of the ball via an interception.

Unsportsmanlike Conduct: A dead-ball foul in which a player, in the judgment of the officials, taunts or otherwise acts in an unsportsmanlike manner.



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