



FOOTBALL

RULES AND REGULATIONS

Last Revised July 2025

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1: Code of Conduct

1.1: Adults Code of Conduct

1. In order to uphold the goals of Central Keystone Youth Football & Cheer League and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Central Keystone Youth Football & Cheer League events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.

2. Any adult who is using alcohol, tobacco products in a non-designated area, illegal drugs, and/or appears intoxicated at a Central Keystone Youth Football & Cheer League event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules,boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, will receive a verbal warning and/or be asked to leave a Central Keystone Youth Football & Cheer League event. The member organization may also provide a written warning to the individual regarding the questionable behavior.

The adult's children may also be removed from the event.

Any adult, who commits one of the above stated offenses a second time, will be banned from any and all Central Keystone events for a period of one year from the date of the second offense, and their children may also be removed from the program(s) for that time period.

3. Any adult who physically assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from any and all Central Keystone events for one year from the date of the offense, and their children may also be removed from any and all Central Keystone programs for that same period of time.

4. All spectators must be 5 (five) yards back off the sidelines/playing field. This includes chairs, canopy's/pop-ups, etc., due to safety concerns for players. Anyone who refuses to do so may be asked to leave.

1.2: Coaches Code of Conduct

All coaches will abide by a Code of Conduct, which includes the following provisions. If any of these rules are broken, the League shall have the authority to impose a penalty.

Coaches shall:

1. Not smoke and/or use smokeless tobacco on the field.
2. Not criticize the players/participants in front of spectators, but reserve constructive criticism for later, in private or in the presence of team/squad members if others might benefit.
3. Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.
4. Not criticize an opposing team, its players, coaches, or fans by word of mouth or by gesture.
5. Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
6. Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
7. Emphasize that winning is the result of good "teamwork."
8. Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
9. Together with team officials, be jointly responsible for the conduct and control of team fans and spectators, any fan who becomes a nuisance and out of control will be asked to leave.
10. Not use abusive or profane language at any time.
11. Not "pile it on" or encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.

12. Not receive any payment, in cash or kind, for services as a coach in Central Keystone Youth Football & Cheer League. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.

13. Not permit or encourage "sweating down" tactics in order for a player to make the team weight.

14. Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by the participant's physician.

15. Not permit an ineligible player or spirit participant to participate in a game.

16. Not deliberately incite unsportsmanlike conduct.

17. Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.

18. Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.

19. Control their fans. Remember, as a team coach you are responsible for your team, and fan reaction will usually be in step with your reaction.

20. Uphold all rules and regulations of Central Keystone Youth Football & Cheer League.

21. It is the coaches responsibility to ensure that no bullying or hazing is occurring on any team at any level of football or cheer. The league has a zero tolerance policy for bullying or hazing of any kind, and coaches and organizations can and will be held responsible for any and all infractions.

2: Structure:

Definitions

LEAGUE: The term “League” has two definitions, each separate and distinct as applicable:

1. It is a legal term to define a type of League/Conference, or
2. It is a grouping of teams of the same ages and weights (playing division) into a “league” for scheduling purposes. A league consists of a minimum of three teams playing in the same Age/Weight division.

ASSOCIATION: Associations are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, secure fields, etc. Associations are characterized by specific geographical coverage.

TEAM: A team is the universal, basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given Age/Weight Division.

DIVISION: Division has several meanings, the most common of which refers to one of the three Age/Weight classifications: Mighty Might, Pee Wee and Midget. The basis ages and weights for each division of play are listed in Rule 1.

ELIGIBILITY: A player is eligible if they meet the criteria under the Age/Weight Divisions, has been physically cleared to play and has parental/guardian permission to play.

3: Introduction to the Rules & Regulations

1. The rules and regulations contained herein ARE REQUIRED to be enforced by each Association/Team/Division in Central Keystone Youth Football & Cheer League.
2. For all purposes, the Central Keystone Youth Football & Cheer League playing season shall be defined as August 1st through December 31st, or the last game/competition, whichever comes first. All associations, administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of Central Keystone Youth Football & Cheer League rules and regulations at any time during a stated playing season.
3. No rules will be added after May 1st unless it is a safety issue.

4: Regulations

4.1: Powers/Authority of the Association

1. Each Association has, among its powers, the obligation and authority to enforce these rules. In addition, it has the right to make its rules more stringent than those appearing in this book.
2. An Association may not make rules less strict – that is, it cannot increase maximum weight, abolish Mandatory Play, etc.
3. Associations participating in post-season games will follow all Central Keystone Youth Football & Cheer League rules as printed in this book.

4.2: Boundaries

Every association will have set boundaries as to where players/participants must live; however, the player/participant may remain on a team within the original rostered association for their remaining eligible years in the Central Keystone Youth Football & Cheer League should they have been established with the team prior to 2022. All new players must sign up for the team in their area. **

***** Exceptions will be made for a player/participant to switch from one association to another for justifiable reasons, with a Migratory Release Form being completed by the Home Chartered Organization President. This request can be denied or approved by the Home Chartered Organization, if denied, no further action can be taken. If approved, the Migratory Release Form is submitted to the League President by the Home Chartered Organization President granting the release. The League President will then have the final decision of placing the player/participant at a Chartered Organization for the overall good of the League.***

4.3: Dual Membership

1. No player may play for the Central Keystone Youth Football & Cheer League while playing concurrently for another team or league.

4.4: Waivers of Rules/Charter Committee

1. Waivers regarding players wishing to play outside their registered age division shall be considered based on league guidelines set forth by the Board of Directors. Any questions as to those guidelines can be directed to the league Football Commissioner. Waiver requests will be presented to the Board of Directors for approval.

***** EXCEPTION: If a situation would arise that a child needed to be waived, before a meeting of the Board of Directors could be held, a temporary waiver could be granted with the approval of both head coaches involved in the game at hand, the parents/legal guardians, and the Football Commissioner or a member of the Executive Board. However, a waiver form would need to be completed and signed before the child entered onto the field of play.***

2. Only waivers which serve in the best interest of Central Keystone Youth Football & Cheer League will be given consideration.

3. Any child waivering down will be automatically striped.

Striped Players are those over the ball carrying weight as specified for their level or a waiver down player which was approved by the board. Stripes must be down the center of the helmet (in a contrasting color) and wide enough to visibly be seen by the opposing team and referees.

4. All waivers expire annually on December 31st every year.

4.5: Coaches Requirements

A team's coaching staff is in complete charge of the team whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach all other coaches are Assistant Coaches. The following applies to all coaches:

1. A Head Coach must be at least 21 years of age. A rostered adult representative (21 years or older) must be present for practices, games, and functions.

2. An Assistant Coach must be at least 18 years of age and a high school graduate. A football team may have a maximum of four assistant coaches, plus a maximum of one Coach-Trainee, one Equipment Manager, one Trainer, one Team Parent and one Administrator.
3. Teams are permitted to carry a Coach-Trainee, who must be a minimum of 16 years of age.
4. The Head Coach will determine the assignments of the Assistant Coaches.
5. In the absence of a specialized, trained person affiliated with the team/squad in the medical area (physician, paramedic, specially trained volunteer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org) or their equivalent.
6. Coaches are to be selected by methods approved by each Association's rule. **However coaches must meet the minimum requirements set forth in the league's insurance policy.**
7. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same Association approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association.
8. Coaches do not make team or Association policy; rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.
9. The Head Football Coach has final responsibility for his/her actions, those of his/her assistant coaches, players, staff and parents.
10. Each Association shall establish its own rules regarding the placing of coaches with sons, daughters, or siblings within its own boundaries.

11. At least one (1) coach from each level (Midget, Peewee, and Mighty Might) from each organization will be required to obtain a valid CPR certification. ***All coaches are required to have concussion certification from CDC per league insurance policy (adopted 2024)***

4.6: Registration

A candidate cannot begin practice with a team until he/she has “signed up.” To register, the candidate must sign a standard, locally-supplied form approved by the League. The sign-up fee, if any, may be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be registered/certified in the same manner as all other minors participating in Central Keystone Youth Football & Cheer League.

All candidates must furnish the following:

1. PARENTAL CONSENT: A written statement from either a parent or legal guardian, stating that the child has his or her permission to participate. The Association may supply a standard form for this.

2. MEDICAL EXAMINATION: Each Association is responsible for ensuring that every participant has either:

A. A signed waiver by the parent or legal guardian stating that the candidate has recently (within the last year) been examined by a Licensed State Examiner; (i.e. Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) and is physically fit to participation in football or

B. evidence of a current (within the last year) physical examination from any Licensed State Examiner; (i.e. Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) to determine that the candidate is physically fit and there are no observable conditions, which would contra-indicate their participation in football.

***** Note: If regular school medical examination was performed and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination.***

3. PROOF OF AGE: A certified copy of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is the form of proof most recommended. Passports are also reliable. Military ID

cards are acceptable. Certified wallet-size certificates issued by a state or commonwealth are acceptable. Any other alleged "proof of birth date," including photo copies of "originals," are to be accepted only upon the willingness of the team administration to have its schedule forfeited should fraudulent application later be determined. Associations must provide a copy of the proof of age to the league for verification at the league's first official weigh-in to record the players' certified age and weight for the current playing season.

4. PROOF OF ADDRESS: Any new players must show proof of residency (IE: Utility bill, School Report Card, or other legitimate documents). All children must play in the area in where they reside. If a team is unable to field enough children, the league will disperse the children as necessary to other teams, ensuring they are able to play.

The official cutoff date for league registrations will be the date set by the league for the first initial weigh-in with exceptions of those having good reasoning for registering after that set date. However, after the date set by the league requiring all team rosters be handed in no exceptions can be made to register any new players other than if a team must register a new player in order to field a team due to the loss of a player.

4.7: Formation of Teams and Squads

1. Tryouts of any kind within the Central Keystone Youth Football & Cheer League are prohibited. Tryouts are defined as any means used to ascertain the ability of a participant where this information is used to place a participant on a team, including assessments, evaluations or any other method used whereas at the end of such evaluation a child would be excluded from participation. Participants may participate in the above scenario at the discretion of each Association provided every child is placed on a team and no one is excluded. Placement of players shall be at the discretion of each Association, in accordance with their policies, provided those policies are not in conflict with the Central Keystone Youth Football & Cheer League policies.

2. It is recommended by the league that not more than 25 players shall be assigned to a football team at the start of preconditioning on a date set by the league or the later starting date of the association, whichever comes first.

3. If a team has more than the 28 players it must divide into two individual teams and this division shall be under the supervision of the Football Commissioner or his designated person who may not be a part of or affiliated with the team being divided. The division shall

be according to the guidelines set forth by the Board of Director of the league. This split must be reported to the league administrator so the changes may reflect on the Schedule.

4.8: Mandatory Cuts

1. Any participant must be cut who is found to have signed up as a result of parental pressure or tells team management he/she does not really want to participate.
2. Any participant must be cut who refuse or cannot furnish the three required items – Parental Consent, Medical Examination, and Proof of Age.
3. Any participant must be cut who attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.
4. Any participant must be cut who is an extreme discipline problem (and then, only with the concurrence of the Association).

4.9: Voluntary Cuts

A participant shall be considered a voluntary or “self-cut” participant when he/she simply no longer shows up at practices or games of his/her own free will. While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable as a result of a hearing.

If a team loses 20% or more of its assigned participants prior to certification, it is mandatory that the Association investigate the causes for the participants voluntarily leaving the team, and take whatever appropriate action may be needed. The results of this investigation shall be reported to the League and the League shall have final authority as to where appropriate actions were taken.

4.10: Certification

Certification is that process whereby the team or association will file with the League of which it is a member, a complete roster of players for the regular season schedule.

1. A certified copy of each roster will be forwarded by the Association to Central Keystone Football & Cheer League by the announced deadline. This is a certified roster in that the Association has accepted the information at a pre-season session with its teams based upon information submitted, and the teams are restricted to these participants for the balance of the season.
2. This will be accomplished on the official Central Keystone Youth Football & Cheer League roster form.
3. Certification must be completed prior to the opening game of the regular League schedule. The procedures for accomplishing certification are discussed hereafter. To be certified onto a team a participant shall qualify under the following:
 - A. Eligibility according to residence shall be decided by the League when the candidate resides in an area other than that area authorized for the Association by the League.
 - B. Each Association shall attempt to assign a first-time participant to the lowest age division for which he/she is qualified.
 - C. Once certified for a particular age division, a participant shall not be permitted to recertify to a lower division of play without the written approval of the Central Keystone Football & Cheer League board.
 - D. Ages shall be verified by birth certificate as specified in the registration section.

4.11: Retention of Eligibility

Once certified, a participant must meet the following requirements to retain eligibility:

1. Transfer policy in case of change of residence will be decided by the League.

2. Retain parental consent.
3. Maintain sound physical condition.

4.12: No All-Stars

All Star teams or squads are prohibited in the Central Keystone Youth Football & Cheer League. Any coach or participant found to compete in a Central Keystone Youth Football & Cheer League inter-league game(s) with All Star participants from different rosters of regular season teams will forfeit future eligibility for all Central Keystone Football & Cheer programs. Participation in events outside of Central Keystone Youth Football & Cheer League inter-league play shall be exempt from this rule.

4.13: Awards

In compliance with the “team” concept and in view of the ages of Central Keystone Youth Football & Cheer League participants, no participant will be singled out as “best lineman,” “best offensive back,” “most valuable player/spirit participant,” etc., for the presentation of a special award. Such adulation should be given to an athlete after his Central Keystone days, if he/she justly deserves it by performance at the High School level. Individual awards may be presented, but must be given to all team or squad members.

***** SPECIAL NOTE FOR PLAYERS: Awards for individual performances displayed on the helmets (i.e., stars, hatchets, footballs, etc.) shall be at the discretion of each Association.***

4.14: Practices

DEFINITION: To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or spirit participants, without minimum number, in the presence of at least one coach, where one or more of the following activities take place:

- A. Chalk talk/skull session
- B. Viewing of fundamentals film
- C. Group conditioning
- D. Individual skills sessions (OB, receiving, blocking, tackling, kicking, etc.)
- E. Group skills sessions
- F. Dummies and other inanimate contact
- G. Play run through without pads (shorts & T-shirts)
- H. Play run through with equipment, but without contact
- I. Intra-squad scrimmages with full pads and equipment

As can be seen, a so-called “party” at a coach’s home, where films are shown, or where football teams are talked about, can be deemed a practice session, as can a “party” at a parent’s home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a “practice session.”

Each association is directed to establish a policy with respect to home videos and/or films of games and the viewing thereof. Central Keystone strongly recommends Associations discourage “parties/practice sessions” at a coach’s home. All practice sessions must include a minimum of two coaches in attendance during the entire session.

1. Pre-season practice shall not begin until a date set by the league (or later). The actual date will be determined in accordance with climate and other factors determined by the Association in establishing a common starting date for all teams within its jurisdiction.
2. All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or its equivalent, if not by an EMT or volunteer physician (such as a parent of one of the participants).
3. BEFORE LABOR DAY: No team may schedule more than 10 hours of practice per week before Labor Day. A week is defined as seven consecutive calendar days. Not more than 2-1/2 hours of practice may be scheduled on any one day.
4. AFTER LABOR DAY: Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as seven consecutive calendar days. Practices after Labor Day weekend are not to exceed 2 hours per day.

5. BREAKS: Break time is not counted against the 10 or 6 hours per week or 2-1/2 or 2 hours of allowed practice time.

6. CONTROLLED INTER-SQUAD SCRIMMAGE: After the first week of practice (10 hours) for conditioning, and after the second week of practice (10 hours) in pads in which contact has occurred, teams may engage in joint practice sessions with other team(s) in what are called controlled inter-squad scrimmages. So as to avoid any misinterpretation, 20 hours of practice is required before inter-squad scrimmages may occur.

7. Any player added after a team has formed and/or after the season has started, must be subject to the same 20 hours of conditioning as mentioned in 6. above.

4.15: Camps

1. No Central Keystone Youth Football & Cheer League organization or personnel associated within shall require or mandate that a Central Keystone football team, in whole or in part, with or without coach(s) attend a football camp. There shall be no exceptions. However, a Central Keystone affiliated football team, in whole or in part MAY attend a camp if they so choose, provided the following conditions are met:

A. Coach or other team affiliated personnel does not make it mandatory. .

B. The camp provides as part of its services an accident insurance plan for camp participants.

2. A camp which does not provide as part of its services, an accident insurance plan for the camp participants shall not be endorsed or sponsored by Central Keystone Youth Football & Cheer League, or by an Association or team.

4.16: Important Point Medical

1. The home team or hosting organization has the responsibility to provide medical coverage at each game with an ambulance on site. If beyond the home team's control an ambulance cannot be on site then the minimum safety requirement will be the presence of one individual who is currently EMT qualified until an ambulance can be brought on site. Work together with your local EMT's to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

- A. Introduce or identify trainer/health care provider to visiting coach;
- B. Home team/host organization review emergency plan with visiting team;
- C. Designated duties for coaching staff and or athletes;
- D. "How to call EMS" next to phone;
- E. Specific directions to your facility for emergency medical service (EMS);
- F. Emergency numbers;
- G. Injury report forms;
- H. Treatment authorization card;
- I. List of administrators that the coach is required to contact.

Practice your emergency plan early in the season, and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

2. All teams are to have a staff member carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.

3. All teams are to have a medical/first aid kit available to them at all times. It is advised that each head coach have a basic first aid kit included in their equipment bags at all times.

4. Any player rendered unconscious/apparently unconscious or incurring what is considered a serious injury that they must seek medical services, whether at practice or games, will not be permitted to resume participation without written authorization from a physician. (MD/DO)

5. Associations are responsible for notifying the designated league personnel of any injuries to participants, staff, or observers that occur during practice or games.

6. All teams must have an up to date First Aid kit on the field at all times.

4.17: Charging Admission

No mandatory admission shall be charged to participating players, spirit squads, or coaching staff members of a team playing in any Central Keystone Youth Football & Cheer League game, whether it be a regular season game or post-season game. Donations may be solicited at the gate.

4.18: Protests

1. Only protests involving the eligibility of a player shall be considered.
2. Protests are decided in accordance with the administrative procedures of the League.
3. Teams and Associations have the responsibility to communicate protest as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

4.19: Mandatory Background Checks

1. As a condition of service to Central Keystone Youth Football & Cheer League, all Coaches, Board of Directors' members and any other person or volunteer workers who have repetitive access to or contact with players, must complete and submit an official "Central Keystone Youth Football & Cheer League Volunteer Application" to their respective Association. Annual background checks must be completed prior to the applicant assuming his/her duties for the current season, and should be submitted to the Association President prior to the start of the current season. Refusal to submit a fully completed "Central

Keystone Youth Football & Cheer League Volunteer Application" annually must result in the immediate dismissal of the individual or denial of participation for the applicant.

2. Each Association shall require and be responsible for enforcing the submission by all association personnel to the Association President a fully completed official "Central Keystone Youth Football & Cheer League Volunteer Application," prior to the applicant assuming his/her duties for the current season. The Volunteer Application must include signed permission from the applicant allowing the Association to perform the necessary background check. The official "Central Keystone Youth Football & Cheer League Volunteer Application" shall only be modified in order to comply with local, state, provincial or national laws. Each Association shall also require and be responsible for enforcing that an Officer of said Association completes the background check on every volunteer. All volunteer applications must be maintained by the Association for the duration of the season.

3. No Association shall permit any person to participate in any manner, whose background check reveals a conviction for, or guilty plea to, any crime involving or against a minor. In addition, other charges and convictions may be an indication of an unfit volunteer, and therefore an Association may prohibit any individual from participating as a volunteer if the Association deems the individual unfit to work with minors, as long as the Association applies the same criteria uniformly for all individuals seeking to volunteer.

4. Each Association must require that all volunteers undergo a background check screening which at minimum includes a check of the records for the state in which the volunteer resides. If an Association utilizes only a state sex offender registry check, that Association must also perform a national database or a federal background check search, such as those offered by rap sheets. com, the National Center for Safety Initiatives, or the FBI, unless prohibited by law. If a local organization becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the league must immediately contact the applicable government agency to the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the league must prohibit the individual from participating in any manner. Due to the fact that Central Keystone Youth Football & Cheer League has no direct operational control over the selection of volunteers, each Association shall be required to indemnify and hold harmless Central Keystone Youth Football & Cheer League against all legal actions based upon allegations arising from a failure to enforce all or part

of this regulation. Failure to comply with all or part of this regulation may result in the suspension or revocation of the association charter, the removal of the association and/or its volunteers, ineligibility for participation in play, and as well as significant legal liability.

5: Enforcement Policy

5.1: Police Power/Hearing & Appeals

All Associations chartered under Central Keystone Youth Football & Cheer League may be called upon from time to time to do the following:

- A. Resolve disputes between member organizations and individuals
- B. Take action to enforce Central Keystone Youth Football & Cheer League rules and regulations.
- C. Discipline both adult and juvenile members.

***** NOTE: Central Keystone Youth Football & Cheer League DOES NOT HANDLE APPEALS. Each Association is advised to set up its own tribunal to handle matters in a timely fashion at the local level. *****

PUNISHMENTS – All punishments for coaches are expected to be enforced by the organization/teams as they are printed in the rule book. Failure to do so will result in the league enforcing the rules with Coaching Staff/Spectators. Should the League have to step in and enforce this, the following will happen:

A. A meeting will take place to review the offenses which have happened.

B. Officers of that organization will be expected to explain why they did not feel it necessary to enforce the rules formed by the league.

C. Punishment will be discussed by all board members and commissioners which may include but is not limited to suspension of the coaching staff or team, and possible dismissal of all parties who failed to ensure the goals of the league are being met.

***** Please have all officers and head coaches (football and cheer) sign off with your org that they read and understand all the rules that are listed.***

***** WARNING: Failure to do so could result in being taken to court.**

5.2: Minimum Mandate Penalties

Minimum mandated penalties for specific offenses are required to assure that punishment for the most serious infractions will occur on a uniform basis.

5.2.1: Adult Offenses

- A. Run Up Score: A finding of “guilty” shall result in Probation at a minimum; Suspension if the conduct is found to have been intentional; and Dismissal in the case of a repetitive pattern (malice).
- B. Endangerment of Juveniles: Suspension for one year, to permanent suspension upon repeated offense.
- C. Teaching Prohibited Offensive & Defensive Techniques: Suspension for one year, to permanent suspension upon repeated offense.
- D. Fighting: Suspension for one year, to permanent suspension upon repeated offense.
- E. Cheating: Suspension for one-year, permanent suspension upon second offense.
- F. Threats: Suspension for one-year, permanent suspension upon second offense.
- G. Gambling on Game Outcome: Suspension for one year.
- H. Lack of Cooperation/Obstruction: Suspension until compliance is achieved.
- I. Violation of Mandatory Play Rule: First violation: Suspension (may be reduced to probation); Second violation: Dismissal if original suspension still in effect, probation revoked and original suspension reinstated.
- J. Falsification of Official Documentation: Suspension for one year, to permanent suspension for repeat offense. This would include, but not be limited to, parental consent,

medical examination and proof of age.

Upon suspension of any penalty provided herein, the accused shall be placed on probation, among the general conditions of which shall be:

1. That the accused be and remain of good behavior and that he strictly enforces all rules and regulations of Central Keystone Youth Football & Cheer League; and
2. If in violation of the Mandatory Play Rule, that the accused prepare and submit to his Association his written plan to supervise implementation of the Mandatory Play Rule (MPR). In addition, a player denied his required number of plays will start the next game and receive double the number of mandatory plays in that game. The failure of a convicted coach to comply with this provision will be deemed a second Violation.

5.2.2: Juvenile Offenses

ALL OFFENSES WILL BE VIEWED AND ENFORCED UNDER PIAA RULES

Fighting, intimidation, or disrespect for authority shall be cause for ejection from a game/competition. Any player or participant ejected from any game/competition for cause shall be ineligible for participation in their next game/competition. A second ejection during the same season shall be cause for removal from the team for the balance of that season.

5.2.3: Team and Association Offenses

• **A. FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS** is defined as any deliberate practice of a team or association, which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team.

To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practice is carried out by order of, or with the knowledge of, the officership, and no steps are taken to end it.

MINIMUM PENALTY: Probation of the Association coupled with permanent suspension of its president and all others who participate in the practice. Upon a second offense,

suspension of the Association until all officers are removed.

• **B. FIGHTING/RIOTING/INCITEMENT TO RIOT:** Game related: forfeiture of the game for first offense; forfeiture of the season for second offense within the same season. Scrimmage-related: at the discretion of the Association.

6: 11-man Tackle Playing Rules

Except as specifically modified for Central Keystone Youth Football & Cheer League, all games are to be played under the state rules for varsity football of the applicable governing body-either the individual state member of the National Federation of State High School Athletic Association. It is recommended that each coach have their own copy of the current year's high school rules.

Write to the National Federation of High Schools at:

PO Box 690

Indianapolis, IN, 46206

<https://www.nfhs.org>

6.1: Ages and Weights

1. **Cut-off League Age:** The player's age on August 1st of the current year shall be the player's age for the coming season.

2. **Tackle Age Weight Schematic:**

Division	Grade	Max Striped Weight (Limit to carry ball)	Max Striped Weight (For non-ball carrying positions)
Mighty Mights	Pre-K/K (4 before Sept. 1st of current league year)	No weight limit	Unlimited Weight (Limitations on playing positions for these weights are listed in Part V, Special Division

Peewees	GRADES 1,2,3	95 lbs.	Rules
Midgets	4,5,6	125 lbs.	

3. ** Any child wanting to play in a division other than the designated age division in the above schematic must request an evaluation and have an approved waiver from the Board of Directors. Requests for evaluation should be presented to the board by the association on the League Evaluation/Waiver Form. Evaluations will consist of a combination of the child's age, weight, physical condition, playing skills, and any other special situations and conditions that may be presented to the board. However, if approved, at any point and time during the season it is brought to the attention of any coach or board member that there is a safety issue, the child must be reevaluated with a division change being possible, as long as it does not affect the safety of the children in the division the child is being moved to. No one should be signed up outside of their appropriate age group. Any parent requesting a waiver should note this in the medical comments as to why they are requesting a waiver. This information will be reviewed, and if approved the team will be contacting to make the change to their rosters.

**Any child waivering down will be automatically striped.

Striped Players are those over the ball carrying weight as specified for their level or a waiver down player which was approved by the board. Stripes must be down the center of the helmet (in a contrasting color) and wide enough to visibly be seen by the opposing team and referees. It is the leagues discretion as to whether or not to accept waiver downs, or reject all for each new season.

6.2: Initial Weigh-Ins; First Practice

Until the first practice session, no convenient means will exist for the team to conduct a weigh-in. Its purpose is to serve as one final check of qualification and to screen out for special attention each player whose weight will bear watching by the team staff, the players, and parents throughout the practice period, because it is slightly above the maximum ball carrying weight for that particular division. Those failing the initial weigh-in will continue as eligible candidates. The initial weigh-in is not the certified weigh-in and may be conducted on less than a medical quality scale.

6.3: In Season Determination of Weight

1. Each team will have all players weighed at a scheduled league preseason weigh-in, which will be the player's certified playing weight for the season, with the exception of those weighing within the limit set by the league as needing a mid-season weigh-in to either certify or recertify they are within the ball carrying weight for their division. That midseason weigh-in will then remain as their certified playing weight until the end of the regular scheduled season.

2. No weigh-ins other than the initial and midseason league weigh-ins will be permitted for any player to change the players certified weight in order to be eligible for the league ball carrying weight.

3. For any player with justifiable reasons for being unable to attend the initial and midseason weigh-ins the association must contact the Football Commissioner to set up an individual weigh-in on the same scales as all other weigh-ins were conducted.

4. No player may participate in any games until an official weigh-in has taken place to determine the player's certified weight.

5. Bowl games held at the end of season will require a special weigh-in before game time to certify weights just for those games.

6. Players are to be weighed without gear and can be weighed in shorts and no shoes for marginal cases.

7. The weigh-in will be conducted by a league-assigned Weigh Master and are to be conducted where there are dressing facilities or where they can be conducted in dignity, away from unnecessary personnel. However, there must always be two adults present at all the time.

8. For judging a player's weight, all weights shall be rounded to the nearest full pound, i.e., a player weighing less than $\frac{1}{2}$ pound above a full pound will be rounded down, while a player at or above $\frac{1}{2}$ pound will be rounded up.

6.4: Certification of Players

To be certified onto a team roster, a player shall qualify under the following:

1. A player shall meet the age requirements as specified on the applicable age/weight schematic.

6.5: Roster Size

1. MAXIMUM ROSTER SIZE: Not more than 25 players shall be certified onto a team roster.

If a team has over 25 players signed up, that team must split into two teams, however, before doing so you must seek league approval. The football commissioner may be contacted to oversee the split is made evenly, and fairly.

2. MINIMUM ROSTER SIZE: No less than 13 players shall be certified onto a team roster. A minimum of 11 players must be dressed and eligible to play at each game. You must maintain 11 players and at any point that you are under the 11 players it will be considered a forfeit. (See section 6.5 Formation of Teams and Squads).

NOTE: Upon coaching agreement, a coach may allow players to play for the other team if they do not have the 11 players required, however, the game will be considered a forfeit for the team that does not have the required 11 players. **Should the opposing team decide and agree to match the team with less players, (prior to the start of the game), the final score will stand and be reported as normal to the league.

6.6: Mandatory Play Rule (MPR)

The Central Keystone Youth Football & Cheer League mandates that every player rostered on a peewee and midget tackle team must play a minimum of 6 plays per game.

Each association may set a higher number of Mandatory Plays, but never less than the minimum set by Central Keystone Youth Football & Cheer League. All MPRs should be based on eligible players at the time of the game.

- A. The plays must be from the line of scrimmage.
- B. Kickoff and extra points may be used as plays in fulfilling the MPR requirement..
- C. A play shall not count toward fulfillment of the MPR if the play results in a penalty, which causes the down to be replayed.
- D. All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback

falls to the ground, while substitutes are playing the other positions, shall NOT be considered as active plays.

- E. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.
- F. An official's timeout will be called immediately after the impact player rule goes into effect to allow teams to have adequate time to adjust players accordingly.

Central Keystone Youth Football & Cheer League shall establish the system for enforcing the MPR, and must provide a handout describing the MPR to each Association. Each Association must ensure that it is made available to each coach throughout their entire Association, before the beginning of the season.

***** Mandatory plays will be monitored by one individual from each team using the Central Keystone Youth Football & Cheer League MPR form. The monitors shall meet at half time to verify their MPR with the representative from the opposing team. Each coach will be notified at that time of those players' still needing plays and the number of plays still needed. The monitors will meet again between the end of the 3rd quarter and the start of the 4th quarter to once again compare MPR forms. Coaches must be notified at that time of any participant who has not received their 6 plays. Those players must be played according to letter E above. MPR forms will be signed by each monitor at the conclusion of the game and returned to the Head Coach who will turn it into the league.***

EXCEPTION: Each association will have the right to establish their own guidelines as to how many practices a player can miss during a week before it results in a loss of receiving their full mandatory 6 plays in the following game. However, those guidelines must be reasonable, fair and the same guidelines must be set and followed for all children within the association.

7: The Field Markings

1. The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with high school standards. Lime and other caustics shall not be used.
2. The bench area is reserved for players, coaches, and authorized team personnel only. The sidelines areas are reserved for the game physician and chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, and authorized members of the press.

8: Game Ball

1. The ball shall be of a good grade of leather, rubber or composite material with specifications in the area of:

	Mighty Might s	Peewees	Midgets
Nike	2000K	2000K	1000J or 2000J
Baden Leather			BF100L
Rubber			BF100-03
Rawlings			RF5J
Wilson	K-2	K-2	TDJ

2. The use of stick-um on the football or the application and use of such on any player's hands are not allowed.

9: Player Designations

1. Each player shall wear a number between 0 and 99.
 - Numbers "0" and "00" are permitted.
2. During a game in which a PA system is used, the number of any player committing a foul shall not be publicly announced.

10: Required Equipment

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- A. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet. This "Warning Label" is the same label that is furnished by all helmet manufacturers and quality reconditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.)
- B. Shoulder Pads
- C. Pants: One Piece or Shell
- D. Hip Pads
- E. Tail Pads
- F. Thigh Guards
- G. Knee Pads
- H. Jerseys
- I. Mouthguard (Keeper Strap required)
- J. Shoes: In all divisions of play: sneakers, molded rubber cleats (soccer style), or detachable rubber or plastic (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed 1/2" in length.
- K. Eyeglasses: When worn, shall be of athletically-approved construction with non-shattering glass (safety glass) or contact lenses.
- L. Any additional equipment worn by players shall be approved by the League.

- M. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform.
- N. The wearing of headgear containing knots, including beads and/or decorative hair ornaments are prohibited.

PROHIBITED EQUIPMENT:

A. Visors. Any participant with a colored, mirror, or other form of visor that is not Crystal CLEAR (non-colored) will not be permitted on the field. It must be removed before the player enters the game.

B. Play Cards: Play cards are only permitted on wrists, they are not to be on belts or any other parts of the body.

11: Blocking and Tackling Restrictions

The National Federation of High Schools (NFHS) contains extremely strong language on blocking and tackling. It is the responsibility of every Central Keystone Youth Football & Cheer League coach to be fully informed of, and abide by, all such rules of the governing body (NFHS) under whose jurisdiction his state falls, and to review the same every year. In addition to other specific prohibitions in the NFHS, no butt blocking, chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any others forbidden by the National Federation or NCAA rulebooks are taught by Central Keystone Youth Football & Cheer League coaches, said coaches shall be dismissed from the program upon being found guilty following a hearing.

12: Length of Periods

Maximum length of periods:

Pee Wee & Midget: Four 10-minute Quarters

Mighty Mights: Continuous-running clock with 2-20 minute halves and a halftime of 10 minutes in length.

13: Intermission Length

Mighty Might: after 1st and 3rd quarters for a break and after 2nd quarter for halftime.

Peewee & Midget: Between 1st & 2nd; 3rd & 4th quarters: 2 minutes. Between 2nd & 3rd quarters: 15 minutes

14: Time Clock

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment, the home management's clock operator is not qualified.

15: Time Outs

A team shall be permitted no more time-outs than are permitted by the rules of the current National Federation of State High Schools.

16: Players

1. A free substitution rule is always in effect.
2. It is STRICTLY PROHIBITED for a player or group of players to participate in any full contact practice session or game with players from another division of play.
3. Injured player: Once removed by reason of injury, a player shall not re-enter the game without the approval of a currently certified EMT, paramedic, a person certified in First Aid and Safety, or available licensed physician.

4. Any player rendered unconscious/apparently unconscious or incurring what is considered a serious injury that they must seek medical services, whether at practice or games, will not be permitted to resume participation without written authorization from a physician. (MD/DO).

17: Regarding Ineligible Players

Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions.

1. There are three (3) unequivocal definitions of an ineligible player, from which there are no appeals:

A. Overage or underage without an approved waiver.

B. Residing outside of legal boundaries without mutual agreement of appropriate Associations and approval from the Central Keystone Board.

C. Falsification of data concerning any of the above.

18: Scoring Values

Touchdown	6 points Midgets/Peewee 1 point for Mighty (Extra point prohibited)
Point after TD by run	1 point
Point after TD by pass	2 points Midget – 2 Points Peewee
Point after TD by kick/Field Goals	Midgets, Pee Wee, & Mighty Mights <i>Prohibited</i>
Safety (awarded to opponent)	2 points
Forfeit (offended team wins by)	1-0

19: Scores

1. Lopsided/Intentionally Run Up Scores

Any time a team goes up by 18 points or more, the following will occur:

A. Impact players must be removed or moved to another position. Coaches will designate up to four (4) impact players on the MPR sheet (regardless of starting position) before each game. These Players will not be permitted to play in the positions defined as an impact position. Impact Positions are defined on OFFENSE as the Backfield and on DEFENSE as the two inside linebackers and the two defensive ends. An opposing coach has the opportunity BEFORE each game to question and alter the opposing team's impact players. Every effort should be made to remove from the game those players defined as impact players, provided they have achieved their mandatory plays. However, should removal not be possible, those players shall be limited to playing on the offensive line only until the point differential is less than 30 points.

B. Once a 30-point difference is obtained between the two opponents, the winning team cannot pass the ball, and impact players must be pulled (refer to rule B). If the winning team fails to abide by this rule, each violation will be a loss of down and a 5-yard penalty. This is at the discretion of the game referee.

C. There will be no Blitzing by either team once the clock becomes a running clock and the lopsided rule is in effect.

D. There will be no onside kicks at kickoff.

E. The winning defense team cannot advance a fumble or pass interception. The ball is blown dead immediately. The winning offense may start play action from this point.

F. The winning team shall make every effort to replace starting players with reserves. Failure to do so will call for an immediate investigation and possible one game suspension if found guilty.

G. Any coach who employs types of plays without the intent to maximize the action of play shall be in violation of this rule.

H. The teams are still required to complete the mandatory play rule.

I. An investigation will be conducted if a game ends with a score differential of 24 points or more and is requested by the losing team's head coach.

2. The referees will be a determining factor to pull impact players if teams do not follow the following:

- All starters should be pulled, unless they cannot field a team.
- Make sure all players are being utilized, if you have kids on the bench play them.
- If you are ahead by 18 points, and still have a child who has not received their plays, they are only permitted to play on the line. Evaluate at the end of the quarter to see what changes need to be made.

3. On-sides kicks are only permitted in the 4th Quarter by the losing team when down by at least one score. **When it is determined that a team has unnecessarily kicked onsides, if the receiving team recovers the ball, the ball is placed at the point of recovery and play resumes. If the kicking team recovers, it is a 5 yard penalty and they must re-kick.**

4. Full Investigation

When the statements of the coaches are in disagreement, the League shall require the Head Coach and all Assistant Coaches of each team to submit written answers to the following questions:

A. What in your opinion caused the lopsided score?

B. Is there any ill will or animosity among the coaching staff of Team A toward the coaching staff of Team B?

C. To your knowledge, have there been any threats between and among the children prior to the game?

D. Has your team ever been involved in a lopsided score before?

E. What actions were taken by the coaching staff of Team A to prevent the score differential from reaching 30 points after it reached 21 points?

F. In retrospect, is there anything you feel could have been done to prevent the score differential from reaching 30 points? If so, what?

Based upon the answers to the foregoing questions, the League shall determine whether or not to conduct a Hearing. The answers to these questions may not be used in any way at the hearing, unless presented at the hearing by one of the witnesses.

5. Reporting Game Scores

The head coach of the winning team is required to report the final game scores within 24 hours to the designated league personnel or it will be considered a loss, with the opposing team receiving the win.

20: Sideline Personnel

In addition to the coaching staff, a team may have additional support personnel positioned within a team box during the game. The total number of team support personnel, including coaches, in a team box shall not exceed 10.

21: Radios and Communication Devices

No radios or other communicative devices shall be allowed during game situations to relay information to the coaching staff on the sidelines.

22: Scouting

Scouting football teams is permitted in the form of video tape, film and written reports. Scouting is only permitted during a game situation. Scouting any type of practice is strictly prohibited

.

23: No Taxi Squads

No team is permitted to run a "taxi" or "reserve" squad.

24: Practice

1. Pre-Season: In all Associations, the first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted. Associations may add more time beyond this required first week for the conditioning Period. As per PIAA rules the conditioning or heat acclimation phase must be a minimum of 10 hours.

2. Warm Weather Precautions: Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.

B. Schedule practices for early evening, after the sun is low in the sky.

C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.

D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.

E. A sufficient break is mandatory in the middle of each practice, not to be counted against practice time.

3. Mandatory Breaks: Sufficient mandatory breaks shall be required during the practice time to ensure the safety of the participants. At no time shall loss of breaks be permitted as a form of punishment. Break time is not counted against the hours per week or per day allowed practice time.

4. Full Protective Equipment Required: At all practices, pre-season or in-season, where person-to-person or person-to-dummy contact takes place, each player must be dressed in

the full complement of protective equipment described in Rule 10, "Required Equipment."

5. Controlled Inter-Squad Scrimmage: After the first week of practice in pads (contact) has occurred (which cannot be any earlier than the second full week of practice - the first week being conditioning), teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages. In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

A. Coaches will be permitted on the field.

B. Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.

C. Coaching staff may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.

D. Officials can be present during scrimmages.

E. Game score is not kept; scoring is not the primary goal.

F. No official time is kept other than to assure the practice maximum is not violated. A mandatory 10-minute break is taken at the end of one hour, said break not to be counted against the allowed practice time.

G. No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player, players, or team from a different Age/Weight division of play.

25: Schedules

1. Scheduling Prohibitions:

A. Under no circumstances will a team be allowed to participate in any full contact game, scrimmage, or practice against a team of another division.

B. No one may schedule a game against a team whose ages and weights are not FULLY in compliance with those printed in this rulebook, unless both teams have identical approved variances.

2. Common Requirements - All Scheduling: The following requirements apply to all scheduling beginning with practice and ending with post-season bowl games:

A. Prior account will be taken of all local and state laws pertaining to the scheduling of athletic contests.

B. A period of at least two (2) full days (48 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for pre-season exhibitions, regularly scheduled league games, post-season and bowl games. The League shall be permitted to waive the two (2) full days (48 consecutive hours) on a case-by-case basis ONLY to permit the conclusion of the regularly scheduled season.

C. Games will start at the following times on Sundays:

Mighty Might..... Noon (tentative)

Pee wee1:00 PM (tentative following Mighty Might)

Midgets.....3:00 PM (tentative following PeeWee)

D. Coaches/Team Rep must contact the League Board when rescheduling games for whatever reason. If Referee's are not contacted and show up to a game due to no contact, the home team is still responsible to pay them.

26: Tie Ball Games

1. In all games, the "ten-yard overtime procedure" tie-breaker as outlined in local National Federation High School Rules will be used without exception.

2. Sudden Death tie-breakers are prohibited.

27: Contact with Officials

If a player or adult should strike (hit) a game official, the offender shall be subject to suspension or to being banned from Central Keystone Youth Football & Cheer League activities.

28: Prohibited Tackles

Any type of tackle, which could be viewed as a "horse collar tackle" shall be banned. Failure to abide by this rule shall result in a 15-yard penalty further failure to abide will result in the player being benched for the remainder of the game and may result in permanent suspension of said player.

29: Rules Meeting

1. One coach from each team shall be required to attend a League meetings and Rules Meetings (Rules Meetings are where the interpretation of the rule book will be given.) Failure to have a representative attend will result in disciplinary action as follows:

- 1st Offense - A team would receive a \$100.00 fine
 - 2nd Offense: A team would receive a \$150.00 fine
 - 3rd Offense: The League will discuss with the team why it shouldn't remove that representative from the league meetings and the team would be responsible for a \$200.00 Fine.
-
- Cheer meetings that do not have reps will be fined \$100 per meeting missed as well. To enforce the accountability to pay the League; The fine would be due before the next meeting OR the team would be fined a second time and still not enter the meeting that is scheduled. If the team does not pay the fine before the meeting and continues to refuse to pay- the team would forfeit each game until the fine is paid. If the fine is not paid by Super Bowl games - the team would forfeit Super Bowl games, Cheer Comp and or any other league events until the fines are paid.

Appendix: Special Division Rules

All Divisions (Mighty Might, Peewee, Midget)

1. The head official must sign the mandatory play sheet after the third quarter and he is only verifying that the play monitors met and compared sheets.
2. If a player is not playing, they cannot be dressed in uniform except for jersey and it must be declared before the game. This needs to be put into the all-play rule. If they are dressed, they must play at least six (6) plays.
3. Mandatory play rule violation penalty (Applies to head coach):
 - 1st offense- 1 game suspension and one week without practice
 - 2nd offense- 2 game suspension and 2 weeks without practice
 - 3rd offense- lifetime ban from coaching in Central Keystone
4. Any coach ejected from a game and/or league event will receive a lifetime ban from coaching in the Central Keystone Youth Football & Cheer League.

A hearing for violations (3) and (4) above will be scheduled by the league president and voting board members will vote on any action to be taken. If the coach is a voting board member, the coach WILL NOT vote on this issue.

Special Midgets Rules

The midget division will follow the PIAA Rules governed by The National Federation of State High School Associations Football Rules Book. This book will be the final determining factor for all rules with the following exceptions:

1. All players exceeding the ball carry weight of (125 lbs.) must have their helmets marked, as determined by the league, and shall be required to play in any of the following positions: on the offensive line, between and including the tackles, any defensive line position, between and including the tackles, and cannot play on kickoff and kickoff return. Striped players are eligible to punt the ball.
2. All players weighing over the ball carrying weight (125 lbs.) are restricted from advancing the ball if they recover a fumble or intercept a pass. The ball is considered downed at that spot of play.

3. All players weighing over the ball carrying weight (125 lbs.) are permitted to kick the ball on kickoff.
4. If a team has less than eleven (11) eligible players on a kick-off, each team will field the same number of eligible players and proceed with the kickoff. For example, if team A has 9 eligible players for the kick-off, team B will be notified prior to the start of the game and also field 9 eligible players. Should the teams agree to play, the score will stand and not be a forfeit.
5. Midget can-not kick for the extra point, this is prohibited. Extra points will be follows: 2 points for a pass/1 point for a run.
6. The "TUSH PUSH" has been outlawed league wide as of JUNE 2025.

Special Peewees Rules

1. One coach is permitted on the field except during kick-offs and punts. **(under no circumstance should a coach that is on the field be using hand gestures or signals audible or otherwise after breaking the huddle to gain a schematic advantage.)**
2. One warning per half / per team for off sides or false start
3. Pee wee extra point may not be done by kick, this is prohibited
4. Any player over the ball carrying weight (95 lbs.) must have their helmets marked, as determined by the league, and shall be required to play: on the offensive line, on the line of scrimmage in a 3 point stance (typically this will mean any center, guard or tackle position, however, should a team desire to have extra offensive linemen who are ineligible receivers on the offensive line such as 7 offensive linemen, that is allowable), any defensive line position in a 3 or 4 point stance on the line of scrimmage, and cannot play on kickoff and kickoff return. Striped players are eligible to punt and kick the ball but the kicker is not allowed to run downfield after kicking; they must move laterally.
5. All players weighing over the ball carrying weight (95 lbs.) are restricted from advancing the ball if they recover a fumble or intercept a pass. The ball is considered downed at that

spot of play.

6. All players weighing over the ball carrying weight (95 lbs.) are permitted to kick the ball on kickoff upon kicking they must move laterally they cannot run downfield to make the tackle.

7. No lining up defense head-to-head with center (**only 1 defensive player should be allowed to occupy the space from A-gap to A-gap**).

8. Rushing the punter at this level is not allowed (all punts will be a “free” kick situation)

9. If a team has less than eleven (11) eligible players on a kick-off, each team will field the same number of eligible players and proceed with the kickoff.

For example, if team A has 9 eligible players for the kick-off, team B will be notified prior to the start of the game and also field 9 eligible players.

Should the teams agree to play, the score will stand and not be a forfeit.

10. Once the team breaks the huddle, the on field coach will not be allowed to instruct players to audible or change position on offense or defense. If the athletes are able to change position or audible on their own, it will be allowed per PIAA rules.

11. Peewee's can-not kick for the extra point, this is prohibited. Extra points (pass/run) will be one point for a run and two points for a completed forward pass.

12. The “TUSH PUSH” has been outlawed league wide as of JUNE 2025.

Special Mighty Mights (FLAG) Rules

Flag football will consist of any child going into Pre K and Kindergarten.

1. Each team must have seven (7) players on the field at all times

a. Recommended team size should be a minimum of nine (9) players and a maximum of nineteen (19).

2. The playing field will be 40 yards x 40 yards (approx.)
3. Two (2) 20-minute halves and 10 minute half-time.
4. Game clock: the game clock will run continuously except for the following:
 - a. One (1) time-out per half. 30 second time-outs.
 - b. The clock will stop after a touchdown and will re-start the first play...snap of the ball.
 - c. Officials can stop the clock at their discretion.
 - d. Clock will stop with delay of game penalty, restart on the snap.
5. The ball will be spotted on the 40-yard line after all scoring.
6. No kick-offs.
7. All players must play.
8. All players must have the opportunity to run the ball at least once per game.
9. All players must wear mouth guards.
10. No tackling or blocking. Blocking is defined as an intentional action to prevent the defender from grabbing the ball or flag (i.e. shield, shadow, physical contact, designed play, pushing player out of bounds)

Offensive plays:

1. Run or pass (one (1) pass play and one (1) run play per 4 consecutive downs) will reset with change of possession. If the quarterback drops back for a clear pass attempt and is sacked, it counts as a pass play.
2. A pass must be across the line of scrimmage to count as a pass play. A pass occurring behind the line of scrimmage will count as a "run" play.
3. All players are eligible receivers. A player must have one (1) foot in bounds when making a reception.
4. Center—QB exchange—ball must be between legs, not from side.
5. Center is the only ineligible receiver on the field, after snapping the ball the center must stay in position until the ball passes the line of scrimmage via run or pass.
6. Only one player in motion at a time.
7. No blocking/holding.
8. 10 yards equals the first down.
9. The offense has four (4) downs to score or get a first down. After 4 downs, the defense will take over as offense. The ball will be spotted at the 40 yard line.
10. The ball is spotted where the ball is when the flag is pulled. Ball carrier cannot dive for extra yards. If a player dives for extra yards the ball will be spotted by the ball carrier's forward foot.

11. Extra points—may run or pass.
12. Each time the ball is spotted; a team has 40 seconds to snap the ball. Team will receive one warning before a delay-of-game penalty is enforced.
13. All fumbles will be a dead ball.

Defensive Plays:

1. Rushing the quarterback—only one (1) player may rush the QB. Must be a minimum of 7 yards behind the line of scrimmage when the ball is snapped.
2. Once the QB releases the ball or exchange is made, the defenders may cross the line of scrimmage.
3. A special marker or referee will designate seven yards from the line of scrimmage.
4. No blocking and no tackling.
5. Interceptions are permitted. Once an interception has occurred, the ball is whistled dead. The team that intercepts the ball will start at the 40-yard line.

Dead Ball: substitutions may be made on any dead ball. Play is ruled dead when:

1. The ball carrier's flag is pulled.
2. Ball carrier steps out of bounds.
3. Touchdown or safety is scored.
4. The ball carrier's knee hits the ground.
5. The ball carrier's flag falls off.
6. Ball is fumbled

Scoring:

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line) and 2 points (played from 10-yard line).

Penalties:

1. The coach "referee" will call all penalties.
2. Only the coach may ask the referee questions about rule clarifications and interpretations.
3. players cannot question calls.

Defense:

A. Off-sides; 5 yards

B. Interference; 5 yards

- C. Illegal contact (holding/blocking/tripping); 5 yards
- D. Illegal flag pull (before receiver has ball); 5 yards from spot of foul or spot of completion of pass
- E. Illegal rushing (starting rush from inside 7 yard marker); 5 yards
- F. Unsportsmanlike conduct (tackling) 5 yards and automatic 1st down

We All Play!

Where the emphasis of youth sports is placed on the youth!

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