

All Leagues – All coaches, assistance, visitors on the sidelines require picture ID's from the issuing league.
 Only exception, chain crews and ball boys (**WCYFC – No one on chains under 18 yrs old**)

All Conferences – Crew chief must submit a Crew card to Home Field trustee upon arrival.

Normal NFHS rules apply for ALL CONFERENCES except as follows:

| | West Coast Conference - Flag |
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| FLAG Football | <p>Game Time – 8:45 Field 25 yd line to 25 yd line. (Extra points at 28 yd line) Normal Chains -Ten (10) cones at each end for GOAL LINE (Cones put 5 yards apart) Field must be ready 15 minutes prior to game 9 Players max./ 5 Players min. ONE COACH ALLOWED ON FIELD. Ball – Wilson K-2</p> |
| Timing - | <p>Two 16-minute halves. Running clock except for Team, Ref, and Injury time outs. Stop clock AFTER TOUCHDOWN scores. Stop clock for 2:00 minute warning of each half to allow for substitutions. TWO TIMEOUTS PER TEAM PER HALF</p> |
| Player Restrictions | <p>Uniforms – All players must be wearing the same uniform.</p> <p>ONE TOUCHDOWN PER PLAYER PER HALF, until all players have scored one. (IF violated, <u>If an ineligible player (ineligible meaning a player who has already scored a touchdown) scores a touchdown, the touchdown will be disallowed, the ball will be returned to the original line of scrimmage, with LOSS OF DOWN.</u>)</p> <p>Minimum of 3 players on Off and Def lines.</p> <p>Def Line is 3 yards back of LOS unless within 1st down or goal line, then DEF is allowed on LOS.</p> <p>In Free Blocking Zone - BLOCKING only for lineman ON lineman above waist, Arms can be extended with block below shoulder (Tackle to Tackle Only). Outside Free Blocking Zone, Kick-off, and Interceptions - "Screens, NO HANDS"</p> |
| Punts - | <p>(TWO OPTIONS) 1st OPTION – Free Punt – Offensive team select punter. (NO SNAP) REF hands ball to PUNTER. Then punter must line up 4 yards behind LOS and ALL OFF and DEF players line up behind the PUNTER.</p> <p>After kick, Ball is spotted where ball comes to rest after kick or at LOS if ball comes to rest behind the original LOS. FOR PUNT INTO END ZONE – Spot at R's 45 yd line (20 yds out from goal line.</p> <p>2nd OPTION – Automatic 10 yards – NO KICK, setup ball 10 yds for LOS.</p> |
| Ball Carrier - | <p>CANNOT SPIN OR HURDLE, Cannot lower head to run thru D, No stiff-arming,</p> |
| Equipment | <p>Mouthpiece required. Cannot have anything on uniform that covers the FLAG BELT is illegal.</p> <p>Flags – Only those that are approved and provided by the league</p> <p>Flag pulled or knee down, ball is dead. If they fall off, DEAD AT SPOT</p> |
| Dead Ball | <p>When hits the ground EXCEPT Kickoffs or punts.</p> |
| Mercy Rule | <p>None</p> |

Restraining Line Explained

The restraining line (Line of Scrimmage) for the Defensive Team is 3 yards back from where the ball is spotted with the following exception:

If the 'Line to Gain' or "Goal Line' for the Offensive team is 3 yds or less away, the DEFENSIVE team will set up their line of scrimmage on the 'Line to Gain' or 'Goal Line'.

Example 1 : Offensive team is 3rd down on the 22 yard line and line to gain of 20 yard line. The Defense will set up on the 20 yard line. (2 yards away from the ball)

Example 2 : Offensive team has 2rd down on the 3 yard line. The Defense will set up on the goal line, which is 3 yards away from the ball. The Offensive team gains 1 yard on the next play. Now at 3rd down on the 2 yard line, the Defense will again set up on the goal line. (Now 2 yards away.)

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| Penalties – | 10 & 5 Yards – 5 yards – All other NFHS fouls and 'Jumping or hurdling to avoid having a flag pulled'. Ten Yard – Stiff arming, Striking, Kicking, Kneeing, Tripping, Clipping and Unsportsmanlike conduct. |
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| West Coast Conference - Tackle | |
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| Super Midget Game time: 10:00 am | Ball – Wilson K-2 Timing – 8 minute quarters. NFHS rules apply. |
| Midget Game time 11:30 am | Ball – Wilson K-2 Timing – 8 minute quarters. NFHS rules apply. |

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| Jr. Varsity Game time 1:00 pm | Ball - Wilson TDJ Timing – 10 minute quarters. NFHS rules apply. |
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| Varsity Game time 3:00 pm | Ball – Wilson TDY Timing – 12 minute quarters. NFHS rules apply. |
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| All WCYFC | <u>Mercy Rule –</u> 30 points or greater Mandatory continuous clock except for time-outs, official time-outs, and injury time outs. The team leading is prohibited from calling a time-out during the last two minutes of game. If point spread falls below thirty (30) points, normal time keeping will resume. |
| | Points scored are not part of tiebreakers so touchdowns at end of game do not require extra points. |
| | Shoes – Only NON-REMOVABLE cleats NO SCREW IN CLEATS. |
| | Tie Games – Normal NFHS 'Kansas Tie Breaker' following a TWO-MINUTE timeout. |