

Solomon Valley Junior Football Association

Rules of Play

- 1. Eligible players may not be eligible for school-sponsored football and are currently attending 4th, 5th, or 6th grade (2025-2026).**
- 2. Each team will designate a game day supervisor for filing complaints and handling ejections. This cannot be a coach and must be communicated to the officials before the game begins.**
- 3. After a game coaches are not allowed to have a discussion about any grievance they might have had during the game. This grievance should be reported in writing to the league director.**
- 4. FHSU intramural department will provide referees if possible. If FHSU intramural is not able to provide referees it is the host team's responsibility to find officials for the game.**
- 5. No Football Skills or conditioning can be done as a team from August 1- August 17. Practice may begin August 18th. Teams can host football equipment checkout and parents meeting during the moratorium time. An athlete is required to have 10 practices before competing in a game. The first two practices can only be helmets. Practices three and four can be half pads, helmet and shoulder pads. The fifth practice can be full pads. The first five days you can only have one practice a day. A team can practice a max of 9 hours a week. Following the first game only 3 practices per week is allowed max of 7 hours. Any meeting of a team is considered a practice. The only exception to this rule is during their high school homecoming week teams are allowed to participate in high school sponsored events. Teams found in violation of this will not be allowed to play in the postseason.**
- 6. Teams are allowed a max of five (5) coaches on the sideline. Spectators should stay in the stands or be no closer than the track around the field.**
- 7. Each youth football team may have at least one designated medical professional with a valid certification (e.g., ATC, EMT, RN, PA, MD/DO) present on the sidelines during games or at practices. This individual is prohibited from coaching duties, focusing solely on providing medical care. They must have immediate access to a well-stocked medical kit and be ready to address injuries or emergencies for both teams on game day. The presence and qualifications of the medical personnel must be verified by league officials before the season. Non-compliance with this rule may lead to disciplinary actions, including game forfeiture or fines.**
- 8. Teams are allowed one coach on the field for the first game of the season. This is intended to help players be in position and help speed the game along.**
- 9. Teams are required to have a copy of the participant's physicals with them at each game.**
- 10. Player weight will be determined by weight listed on current physical.**

11. Teams will provide a roster of players which will include each player's number, age and official weight (weight as documented on current physical). This roster will be provided to the opposing team and referees.

12. Any coach who thinks a player is questionable size for ball running may have that player weighed before the game as well. This is to ensure safety.

13. All athletes must wear equipment that is issued by their team. This will guarantee it is certified to be used safely for the league.

14. It is recommended Home team have an ambulance on site at the start of the game.

15. Tie Break Rules for league standing.

A. Overall win percentage

B. Head-to-Head

C. Overall point differential (with maximum of +/- 13 for one game)

D. Coin Flip

16. Rosters and league fees are due September 1, 2025. Send a \$300 check per team to Oakley Recreation Commission PO Box 124 Oakley, Kansas 67748 and e-mail roster to recdirector@oakleyrec.com Rosters and league fees not turned in on time will result in a team not being allowed to play in the postseason. League Fee covers officials' costs and awards for the league tournament. All other expenses are the responsibility of the host team.

Game Rules

Kansas State High School Activity Association Rules will be followed in all inter-city Solomon Valley Junior Football games with the following exceptions:

1. Games being hosted by a team with only an 11-man football field dimensions will shorten the field to 80 yards with 10-yard end-zones but will keep the 11-man width.

2. No player shall be allowed to participate while using defective equipment.

3. Mouthpieces must always be worn and in use on the field of play.

4. Game ball will be Junior Size (age 9-12)

5. Methods of Scoring

A. Touch Down - 6 points B. Extra Point - 1 point for a field goal, 2 points for a pass or run

C. Safety - 2 points D. Field Goal – 3 points

6. Play will consist of four 8-minute quarters, with the clock stopping as stated by Kansas State High School Activity Association's rules.

7. Half-time shall consist of a total of thirteen (13) minutes. At the end of the half, the time clock will be set to 10 minutes. At the end of that 10 minutes both teams must report back to the field. At that time, an additional mandatory three (3) minutes for warm-up will be put on the clock.

8. Each team will have three (90 second) time-outs per half.

9. All offensive backs (players behind the line of scrimmage) are limited to 120 lbs. or less, as documented on official roster.

10. Ends who exceed the 120 lbs. weight limit may catch passes down field (must be a forward pass). They may not, however, take handoffs or catch the ball behind the line of scrimmage. Players over 120 pounds will mark the back of their helmet with a 4in X in a contrasting color.

11. No head tackles, face masking, ramming, fighting, or other act intended to deliberately injure another player shall be allowed. A 15-yard ruffing penalty will be assessed in all cases.

12. Kickoffs - No live kick offs. Each team will begin play on their own 30-yard line.

13. Punts - Players returning punts are restricted to the 120 lbs. limit. Punts must be announced in advance. Fake punts are not allowed. When a punt has been declared the ball must be punted even if the ball is dropped by the punter (There will be no line movement on either side). If a punter drops the hiked ball, they must kick it from the place in which they gather it. Players may not cross the line of scrimmage on both offensive and defensive sides until the ball has been kicked. The official clock will stop on a punt once a team declares a punt and will begin once a punt is kicked. The team receiving the punt must have a minimum of 4 players within one yard of line of scrimmage. The line of scrimmage stretches from sideline to sideline of the playing field.

14. Nose Guard Ruling: A player can't line up directly over the center. The rule will state that a defensive player must be completely outside the centers outside shoulders. If the player does line up directly over the center he must remain three feet from the line of scrimmage, aka middle linebacker, until ball is hiked.

15. Mercy Rule: a. If one team is ahead by a margin of 35 points or more at the end of the second quarter, the head coach of the team that is behind may request from the referee a running clock. b. If, however, the differential in the score is 35 points or more at the end of the third quarter or at any point thereafter, the running clock shall become mandatory. c. Once the running clock is initiated, it shall run continuously except for during any timeout taken by a team or officials, injuries, unsportsmanlike conduct penalties, a score by either team, or during the period between quarters. d. 45 points mercy rules. If a team leads by 45 points or more at halftime or at any point in the second half, the game is over.

16. Overtime Period

1. A coin toss takes place at the 40-yard line to determine which team will get first possession.

- 2. The coin-toss losing team can select the end of the field on which overtime will take place. Once the end of field is decided, all overtime periods will take place at that end.**
- 3. Possession is then given to the coin-toss winner at the opponent's 10 – yard line.**
- 4. The team with possession of the ball is given four downs to gain a first down or score a field goal or touchdown.**
- 5. In the event of a touchdown, an extra point kick or two-point conversion is attempted. The offensive team's possession ends when it scores, fails to score, or fails to gain a first down.**
- 6. If, at the end of each team's first possession, the score remains tied, another overtime period takes place.**
- 7. If, at the end of two overtime periods the score is remains tied, the ball will be moved 5- yard forwards to begin each additional period.**
- 8. If after four (4) overtime periods during a regular season game, the game will end in a tie unless that game is a tie breaker game being played to determine a playoff berth.**