



### **GENERAL/MISCELLANEOUS:**

- GAMES WILL BE PLAYED IN ACCORDANCE WITH THE INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION (IHSAA) RULES, WITH THE EXCEPTION OF ANY RULES THAT MAY BE INCORPORATED BY THE DJFL BOARD
- ONLY PLAYERS, COACHES, MANAGERS, AND OFFICIALS ARE ALLOWED INSIDE THE BENCH AREA OR ANYWHERE ELSE ON THE TEAM SIDELINES DURING GAME PLAY. ALL FIELDS MUST HAVE MARKED OFF BENCH AREAS
- ONLY PLAYERS ON THE OFFICIAL ROSTERS WILL BE ELIGIBLE TO PARTICIPATE IN THE GAMES
- GAMES WILL START WITH A COIN TOSS TO DECIDE FIRST POSSESSION. THE WINNER OF THE COIN TOSS MAY CHOOSE FROM THE FOLLOWING:
  - PLAY OFFENSE
  - PLAY DEFENSE
  - CHOOSE DIRECTION
  - DEFER CHOICE TO THE 2ND HALF

### **COACHES & COACHES CONDUCT:**

- ANY EJECTION OF A COACH WILL RESULT IN A 1 GAME SUSPENSION AND WILL BE SUBJECT TO THE ADDITIONAL DISCIPLINE FROM THE DJFL BOARD
- HEAD COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEMSELVES, THEIR ASSISTANT COACHES, THEIR PLAYERS, AND THEIR FANS.
- THE HEAD COACH SHALL BE RESPONSIBLE THAT EACH PLAYER ON THE FIELD HAS THE PROPER FOOTBALL EQUIPMENT TO SAFELY PARTICIPATE IN THE GAME
- COACHES WILL REFRAIN FROM THE USE OF PROFANE LANGUAGE. USE OF PROFANE LANGUAGE WILL RESULT IN EJECTION
- COACHES AND FANS SHALL REFRAIN FROM THE USE OF ALCOHOL, DRUGS, AND/OR TOBACCO PRODUCTS WHILE AT THE DJFL FIELDS OR ANY OTHER LOCATIONS WHERE GAMES OR PRACTICES ARE OCCURRING
- COACHES SHALL DRESS APPROPRIATELY FOR ALL GAMES AND PRACTICES (NO CLOTHING HAVING PROFANITY, OBSCENE PICTURES, OR GESTURES ON IT)
- FOR INSTRUCTIONAL PURPOSES, TWO COACHES FROM EACH TEAM WILL BE ALLOWED ON THE FIELD OF PLAY AT ALL TIMES
  - COACHES MUST BE AT LEAST 10 YARDS BEHIND THE FURTHEST PLAYER BEHIND THE LINE OF SCRIMMAGE
  - COACHES ON THE FIELD MUST STOP SPEAKING ONCE THE QUARTERBACK HAS STARTED THE OFFENSIVE CADENCE. COACHES CAN SPEAK AFTER THE SNAP

### **LEGAL EQUIPMENT:**

- ALL TEAMS WILL USE A WILSON K2 FOOTBALL OR A BALL OF EQUIVALENT (PEE-WEE) SIZE
- TEAMS WILL BE ALLOWED TO USE THEIR OWN BALL ON OFFENSE. IF COACHES AGREE, TEAMS MAY USE THE SAME BALL THROUGHOUT THE GAME



### **OFFICIALS:**

- DJFL WILL ATTEMPT TO PROVIDE 2 OFFICIALS FOR K-1 GAMES.
- KEY AREAS OF FOCUS FOR OFFICIALS WILL BE:
  - A-GAP OFFENSIVE AND DEFENSIVE VIOLATIONS
  - POINT OF ATTACK HOLDING CALLS
  - EXTREME FALSE STARTS
  - UNSPORTSMANLIKE ACTIONS
  - PROPER ALIGNMENT
  - THIS LIST ISN'T EXHAUSTIVE, BUT SHOULD SERVE AS THE BASIS FOR OUR K-1 LEAGUE AND SUPPORT THE INSTRUCTIONAL AND DEVELOPMENT FOCUS WE HAVE FOR THIS DIVISION

### **CLOCK MANAGEMENT:**

- GAMES WILL CONSIST OF FOUR 12 MINUTE QUARTERS WITH ONE MINUTE BETWEEN QUARTERS AND A FIVE MINUTE HALFTIME.
- A RUNNING CLOCK WILL BE USED AND KEPT BY THE CLOCK OPERATOR OR ON THE FIELD BY THE OFFICIALS.
- THE CLOCK WILL STOP FOR PLAYER INJURIES ONLY

### **WEIGHT LIMITATIONS:**

- THERE ARE NO WEIGHT LIMITATIONS AT THIS TIME REGARDING WHO IS ELIGIBLE TO ADVANCE THE FOOTBALL. THIS IS SUBJECT TO CHANGE AT THE DISCRETION OF THE DJFL BOARD

### **AGE LIMITATIONS:**

- PLAYERS MUST BE ENROLLED IN KINDERGARTEN OR 1ST GRADE. PLAYERS CANNOT BE OVER THE AGE OF 8 AS OF AUGUST 15TH.

### **KICKING:**

- NO LIVE KICKS WITHIN THIS DIVISION. TEAMS WILL START WITH THE BALL FROM THEIR OWN 10 YARD LINE.
- A TEAM MAY DECLARE THEY WANT TO PUNT WHICH WILL RESULT IN SURRENDERING POSSESSION AND A 20 YARD CHANGE IN FIELD POSITION FROM THE LINE OF SCRIMMAGE
- THE TEAM TAKING POSSESSION ON A PUNT, SHALL NOT BEGIN ITS POSSESSION INSIDE ITS OWN 10 YARD LINE.



### **OFFENSE:**

- THE OFFENSE HAS 45 SECONDS TO BREAK THE HUDDLE AFTER THE BALL HAS BEEN SPOTTED
- LINEMAN MAY NOT LINE UP FARTHER THAN THEIR ARMS LENGTH AWAY FROM EACH OTHER
- EXTRA POINTS CAN ONLY BE RUN OR PASSED. THE BALL WILL BE SPOTTED AT THE 3 YARD LINE FOR EXTRA POINT ATTEMPTS
- ALL OFFENSIVE FORMATIONS WILL MINIMALLY CONSIST OF A LEFT TACKLE, LEFT GUARD, CENTER, RIGHT GUARD, AND RIGHT TACKLE. THE OTHER OFFENSIVE POSITIONS WILL BE QUARTERBACK, RUNNING BACKS, AND RECEIVERS
- IF A TEAM HAS MORE THAN 9 PLAYERS, ADDITIONAL PLAYERS WILL LINE UP AS A WIDE RECEIVER AT LEAST 10 YARDS PAST THE END MAN ON THE LINE OF SCRIMMAGE
- ALL PLAYERS WILL START IN A 2 POINT STANCE (STANDING UP) WITH THE EXCEPTION OF THE CENTER
- OFFENSIVE GAPS WILL BE NUMBERED 1,3,5,7 TO THE LEFT OF CENTER AND 2,4,6,8 TO THE RIGHT OF CENTER.
- THE A-GAP IS DEFINED AS THE AREA BETWEEN THE TWO OFFENSIVE GUARDS AND IF OFF LIMITS TO BALL CARRIERS AND ANY RUSHING DEFENSIVE PLAYERS
- NO QB SNEAK PLAYS FROM UNDER CENTER ARE ALLOWED TO BE RUN WITHIN THE A OR B GAPS. QB SNEAKS FROM UNDER CENTER MUST BE RUN TO THE C GAP OR OUTSIDE.
- QBs MAY RUN IN ANY GAP (WITH THE EXCEPTION OF THE A GAP) WHEN RECEIVING A SHOTGUN SNAP

### **DEFENSE:**

- NO DEFENSIVE PLAYER MAY LINE UP HEADS UP ON THE OFFENSIVE CENTER
- 8 PLAYERS MAXIMUM ALLOWED TO LINE-UP IN THE BOX
  - THE BOX IS DEFINED AS END MAN TO END MAN OF THE OFFENSIVE LINE AND 7 YARDS DEEP INTO DEFENSIVE BACKFIELD
- LINEBACKERS MUST LINE UP A MINIMUM OF 4 YARDS OFF THE LINE OF SCRIMMAGE
- THERE WILL BE NO BLITZING IN THE A-GAP
- INTERIOR DEFENSIVE LINEMEN MUST LINE UP HEADS UP ON OFFENSIVE LINEMEN
- DEFENSIVE ENDS MAY LINE UP HEADS UP OR ON OUTSIDE SHADE OF THE END MAN ON THE LINE OF SCRIMMAGE
  - WING BACKS ARE COUNTED AS THE END MAN ON THE LINE IF THEY ARE WITHIN 3 YARDS OF THE OFFENSIVE TACKLE OR TIGHT END
  - WINGS BACKS THAT EXCEED THE 3 YARDS SEPARATION FROM THE TACKLE OR TIGHT END ARE CONSIDERED A RECEIVER OR SLOT BACK AND CANNOT BE COVERED BY THE DEFENSIVE END
- DEFENSIVE BACKS WILL LINE UP DIRECTLY ACROSS FROM RECEIVERS. THEY CAN BE INSIDE SHADE OF THE RECEIVER AND MUST BE 4 YARDS OFF OF THE LINE OF SCRIMMAGE
- LINEBACKERS AND DEFENSIVE BACKS CANNOT CREEP UP DURING THE QUARTERBACK'S CADENCE. THEY MUST START 4 YARDS DEEP AT THE SNAP OF THE BALL
- NO DEFENSIVE PLAYER IS PERMITTED TO LINE UP ON THE LINE OF SCRIMMAGE WITHOUT AN OFFENSIVE PLAYER LINED UP ACROSS FROM THEM ON THE LINE OF SCRIMMAGE
- IF A TEAM HAS MORE THAN 9 PLAYERS, ADDITIONAL PLAYERS WILL LINE UP AS A SAFETY AT LEAST 7 YARDS DEEP OF THE LINE OF SCRIMMAGE



### **PENALTIES:**

- THIS IS AN INSTRUCTIONAL DIVISION AND ALL PENALTIES WILL RESULT IN REPLAYING THE DOWN. IF THE OFFENSIVE TEAM DOES NOT BREAK THE HUDDLE WITHIN 45 SECONDS, IT WILL RESULT IN A LOSS OF DOWN.

### **PLAYERS:**

- ALL PLAYERS WILL BE ON THE FIELD AT ALL TIMES.
- COACHES SHALL ROTATE PLAYERS INTO DIFFERENT OFFENSIVE AND DEFENSIVE POSITIONS TO ALLOW FOR SKILL DEVELOPMENT OF ALL PLAYERS
- COACHES SHALL "MATCH UP" PLAYERS OF EQUIVALENT SIZE AND SKILL PRIOR TO EACH SERIES/PLAY.
- IF THERE IS A DISPARITY OF 3 OR MORE PLAYERS BETWEEN TEAMS, TEAMS MAY BORROW A PLAYER FROM THE TEAM THEY ARE PLAYING TO MATCH UP THE NUMBERS AS BEST AS POSSIBLE. THE BORROWED PLAYER SHALL BE SWITCHED FOR A DIFFERENT PLAYER EACH POSSESSION THROUGH THE ENTIRE ROSTER. IF TEAMS DON NOT HAVE AN EQUAL NUMBER OF PLAYERS BUT THE DIFFERENCE IS FEWER THAN 3, THE TEAM WITH ADDITIONAL PLAYERS WILL HAVE THE EXTRA PLAYERS LINE UP ON DEFENSE AS A SAFETY AND ON OFFENSE AS A RECEIVER

### **PLAYING FIELD:**

- K-1 GAMES WILL BE PLAYED ON A 35 YARD BY 40 YARD FIELD