

KALAMAZOO ROCKET FOOTBALL LEAGUE SUMMARIZED RULES 2023

Below are special rules. All other standard Football rules apply.

Timing - Games are played in four 14-minute quarters

Clock will run continuously except for time outs.

Each team will receive 3-time outs in the 1st half and 4 in the 2nd half. No carryovers.

10-minute half time, no additional three minutes warm up

Note the referee has the discretion to stop the clock on injuries if they believe a team is purposely stalling to run the clock out.

Game cannot end on defensive penalty. If defensive penalty occurred and clock expired, offense will have one last untimed play.

If a team has scored a touchdown and time has expired, the PAT would still occur untimed.

Point After Touchdown (PAT) – After a touchdown has been scored, the scoring teams can choose to run a play (run or pass) for 2 points or elect to kick for 1 point.

8/9 Yr Olds. No PAT kicks are allowed.

10/11 Olds & 7th grade Team must declare they are kicking if they choose to. If so, play is a dead play. No rush. Kicking team must successfully execute the snap, hold and kick. If any part fails, the PAT is no good. Defense may jump to block the kick; however, they cannot continuously jump and scream to distract the kicking team.

8th grade. Live play do not have to declare.

Both plays will be spotted at the normal PAT spot.

Kick Offs –For 3rd & 4th Grade and 5th & 6th Grade there are no kick offs. Ball will be spot on teams own 40 yard to begin each half and subsequent to a score.

For 7th & 8th Grade kick off is normal HS rules. However, if a team is trailing by more than 16 points they may elect to take possession of the ball following a score at their 40 yard line, as opposed to receiving a kick off. Please give them the option.

Taking a Knee – A team may elect to take a knee to run out the clock at the end of the half or game. If they elect to take a knee, the defense may not make contact with the offense nor may the offense run any other play than kneeling. The penalty is unsportsmanlike conduct on the offending team's head coach, and ejection from the game.

Horse Collar – The penalty for intentionally tackling via the horse collar will be 15 yards and an automatic first down. Intent will be at the official's discretion.

Punting for 7th and 8th Grade- Punting is live for 7th and 8th grade

SPECIFIC RULES FOR 10/11 AGE GROUP

Restricted Players – Players above the specified weight limit will have a piece of red tape placed on their helmet. These players can only play on the line, in a down lineman position inside the tackle box. Defined as two players on either side of the center. They may play on a punt in their normal down lineman position. There will be a 15-yard penalty for unsportsmanlike conduct for any participation outside the designated area. A second offense will lead to the head coach's ejection.

Punting – If a team declares they are punting on fourth down, the ball will be placed 25 yards up field from the previous spot and the ball will go over to the defense on downs. In no case can the ball be placed inside the 20-yard line.

SPECIFIC RULES FOR 8/9 AGE GROUP

Restricted Players – Players above the specified weight limit will have a piece of red tape placed on their helmet. These players can only play on the line, in a down lineman position inside the tackle box. Defined as two players on either side of the center. There will be a 15 yard penalty for unsportsmanlike conduct for any participation outside the designated area. A second offense will lead to the head coach's ejection.

Alignment –

- a) The defense must have 6 men on the line of scrimmage, no more no less.
- b) All other players must line up at least 3 yards from the line of scrimmage.
- c) The interior four defensive linemen must be in a down position and line heads up with the offensive guards and tackles, no defensive player may line up over the center.
- d) The offensive TCGT cannot line up wider than the distance of their arms extended fingertips touching
- e) Blitzing is not allowed. All defensive players are required to line up 3 yards from the ball must stay three yards from the ball until the snap.

Punting – If a team declares they are punting on fourth down, the ball will be placed 25 yards up field from the previous spot and the ball will go over to the defense on downs. In no case can the ball be placed inside the 20-yard line.