

TUALATIN VALLEY YOUTH FOOTBALL LEAGUE



SENIOR TACKLE
RULES OF PLAY
2024 SEASON



SENIOR TACKLE RULES OF PLAY

2024 SEASON

TABLE OF CONTENTS

TABLE OF CONTENTS	2
PREFACE	3
2024 RULES CHANGES	4
TITLE 1: PLAY & PARTICIPATION RULES & REGULATIONS.....	5
MINIMUM PLAY RULE	5
REQUIRED EQUIPMENT, PERSONAL ITEM RESTRICTIONS.....	5
INITIAL CONTACT	5
MINIMUM NUMBER OF PLAYERS.....	6
TITLE 2: WEIGHT & BALL CARRIER LIMITATIONS	7
BALL CARRIER WEIGHT LIMITATIONS.....	7
PENALTY	7
TITLE 3: 5 TH /6 TH GRADE RULE VARIATIONS.....	8
COACHES ON THE FIELD	8
5 TH /6 TH SPECIAL TEAMS	8
SCORE ISSUES.....	9
RUNNING CLOCK	9
LENGTH OF QUARTERS AND HALFTIME	9
SCORING.....	9
TIE SCORE RESOLUTION	9
TITLE 4: JUNIOR VARSITY RULE VARIATIONS.....	11
SPECIAL TEAMS GAME TIME VARIATION	11
SCORE ISSUES.....	11
RUNNING CLOCK	12
LENGTH OF QUARTERS AND HALFTIME	12
SCORING.....	12
TIE SCORE RESOLUTION	12
TITLE 5: BLEND/VARSITY RULE VARIATIONS	14
SPECIAL TEAMS GAME TIME VARIATION	14
SCORE ISSUES.....	14
RUNNING CLOCK	15
LENGTH OF QUARTERS AND HALFTIME	15
SCORING.....	15
TIE SCORE RESOLUTION	15



SENIOR TACKLE RULES OF PLAY

2024 SEASON

PREFACE

The Tualatin Valley Youth Football League (TVYFL) follows the National Federation of High School Association's (NFHS) Football Rules unless specified in this document. Rules set forth in this document take precedence in cases when NFHS and TVYFL rules differ.

The members of the Tualatin Valley Youth Football League resolve that the following rules and regulations have been adopted by a majority vote of the Board of Directors and ratified by a majority vote of the TVYFL Membership.

All Titles of the TVYFL may only be amended by a majority vote of the Board of Directors and a majority vote of all members at a duly noticed meeting of the league. These Titles are binding on all members of the TVYFL and by committing to membership in the TVYFL, all members accept all bylaws, rules, regulations, and Titles as adopted without recourse.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

2024 RULES CHANGES

- 1.2.a.i Added text regarding Guardian Caps: Football helmets and face masks worn by professional, collegiate, high school and most youth football players are required to meet National Operating Committee on Standards for Athletic Equipment (NOCSAE) performance standards. NOCSAE certification is conducted by Safety Equipment Institute (SEI), an ISO 17065 conformity assessment organization. The certification process involves rigorous internal product testing, independent laboratory testing and a sound quality assurance program. Each helmet and face mask model are certified by SEI to meet NOCSAE performance standards. The certification is void if the helmet or face mask is modified in any way. Per NOCSAE, "The addition of an item to a helmet previously certified without that item creates a new, untested model." For more information, visit nocsae.org.
- TVYFL does not allow the use of any third-party aftermarket accessories that alter the fit, form or function of the helmet or face mask as such modifications void the NOCSAE certification and render the helmet or face mask illegal for most organized play.
- 3.7.f For 5/6 Point after Touchdown Kick: Only one attempt can be made. If the kick is missed or there is an issue with ball exchange, the kick is considered "no-good". In no instance will the offensive team be allowed to re-kick.
- 3.7.g Ball placement after a Safety: the ball will be placed back to the offensive side 35-yard line like it would for a kickoff.
- 3.11 At the 5th/6th level, a running clock is allowed only in the 4th quarter when a team leads by 28 points, both coaches agree, and all players from both teams have received their 10 plays.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

TITLE 1: PLAY & PARTICIPATION RULES & REGULATIONS

MINIMUM PLAY RULE

1. Minimum Play Rule
 - a. The minimum mandatory play rule for all teams within the League shall be ten (10) regardless of team size.
 - b. The mandatory play rule requirement may be forfeited by any player due to disciplinary reasons as determined by either the individual Member or the individual coach. If a player is listed, due to disciplinary reasons or injury, as being ineligible to play, that player **MUST NOT PLAY IN THE GAME AT ALL**. It is recommended that the player's parents be notified before being listed as ineligible.
 - c. Plays must be from the line of scrimmage. No special team play will be counted toward the minimum play rule. This includes kickoffs, kick returns, punts, punt returns, field goals, and extra points.
 - i For JV/7/8 Blend and Varsity: Special teams play counts toward minimum play counts except for PAT
 - 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 fall to the ground, while substitutes are playing the other positions, shall **NOT** be considered as active plays. Taking a knee is not an active play.
 - e. Enforcement of the Minimum Play Rule is by a team or Member filing a grievance that during a game a team did not follow the rule. An investigation by the Division Co-President will take place, including review of the Play Count Sheet, video evidence, and parent and player accounts. If a violation is found, the penalty will be forfeit of the game by the offending team and possible suspension of the Head Coach.

REQUIRED EQUIPMENT, PERSONAL ITEM RESTRICTIONS

2. The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:
 - a. Helmet, Shoulder Pads, S.I.P. (Shoulder Injury Pad) if appropriate, Pants, Hip Pads, Tail Pad, Thigh Pads, Kneepads (which must fully cover the player's knee), Screened Numbered Jerseys, and Mouth guard (strap recommended). 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. Under no circumstances will any player be allowed to wear bandanas, scarves, or any other type head covering under the helmet at any time.
 - i Guardian Caps: Football helmets and face masks worn by professional, collegiate, high school and most youth football players are required to meet National Operating Committee on Standards for Athletic Equipment (NOCSAE) performance standards. NOCSAE certification is conducted by Safety Equipment Institute (SEI), an ISO 17065 conformity assessment organization. The certification process involves rigorous internal product testing, independent laboratory testing and a sound quality assurance program. Each helmet and face mask model are certified by SEI to meet NOCSAE performance standards. The certification is void if the helmet or face mask is modified in any way.
 - (1) Per NOCSAE, "The addition of an item to a helmet previously certified without that item creates a new, untested model." For more information, visit nocsae.org.
 - ii TVYFL does not allow the use of any third-party aftermarket accessories that alter the fit, form or function of the helmet or face mask as such modifications void the NOCSAE certification and render the helmet or face mask illegal for most organized play.
 - b. Shoes must be of the molded cleat or internally threaded shoes where no post is extending from the shoe (instead, the cleat post screws internally into the shoe). Maximum size of cleat is ½ inch (measured from tip of cleat to base of shoe). No all or primarily metal or metal tipped cleats may be worn. Metal rivets in the sole of the shoe, which are part of the original manufacturer's design, should not be considered illegal for play.
 - c. Jewelry of any kind is strictly prohibited under any circumstances.
 - d. Glasses should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.
 - e. Face shields must be clear in color.

INITIAL CONTACT

3. All Associations and Coaches shall strictly abide by all blocking and tackling rules in accordance with the NFHS rulebook.
 - a. A player shall not make initial contact with an opponent below the waist, except to tackle a ball carrier or player pretending to be a ball carrier. This includes all techniques which can be reasonably considered to cause initial



SENIOR TACKLE RULES OF PLAY

2024 SEASON

contact below the waist such as “bear crawling” and “crab blocking”, whether deliberate or unintentional. The penalty when this is called is for unsportsmanlike conduct as this is a bylaw infraction.

- i The first instance shall be a warning
- ii The second instance carries a fifteen (15) yard penalty.
- iii A third offense for the same action will result in the coach being ejected from the game and additional sanctions may occur when the Division Co-Presidents review these infractions and find them to be deliberate.

MINIMUM NUMBER OF PLAYERS

- 4. A team must have a minimum of eleven (11) active players (suited up and not injured) to start or continue a game. If at any point there are fewer than eleven (11) active players, the team that cannot field the required players must forfeit the game.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

TITLE 2: WEIGHT & BALL CARRIER LIMITATIONS

1. There shall be weight limitations per grade level as pertaining to the ball carrier position only.
2. For the purposes of these bylaws and administration of this league, the term ball carrier shall mean: Any offensive player touching the ball behind the line of scrimmage after the snap or on the first hand-off. This includes personnel in the backfield or receiving positions.
3. Blocking backs over the grade level's ball carrying weight limit are not allowed. These positions include Quarterback, Running Back, Wide Receiver, Flanker, and any tackle eligible players.
4. The players at both ends of the offensive line are considered ball carriers. In addition, if a defensive player makes an interception or picks up a fumble AND is over the weight restriction, the ball will be considered dead at that spot.

BALL CARRIER WEIGHT LIMITATIONS

5. Team classification weight restrictions are as follows:
 - a. 5th/6th: 130 Pounds
 - b. Jr. Varsity: 150 Pounds
 - c. Blend Level: 165 Pounds
 - d. Varsity: 175 Pounds
6. The exceptions to the ball-carrier rule are the positions of punter and place kicker. Players over the weight limit in these positions cannot advance the ball past the line of scrimmage. If a player who is over the weight limit runs with the ball or passes the ball, the play is dead at the spot.

PENALTY

7. Any player, who is over the weight limit, lining up in a ball carrier eligible position, will incur a five (5) yard penalty and a dead ball foul stopping play. This will not be considered Unsportsmanlike Conduct and will not go towards a coach's ejections.



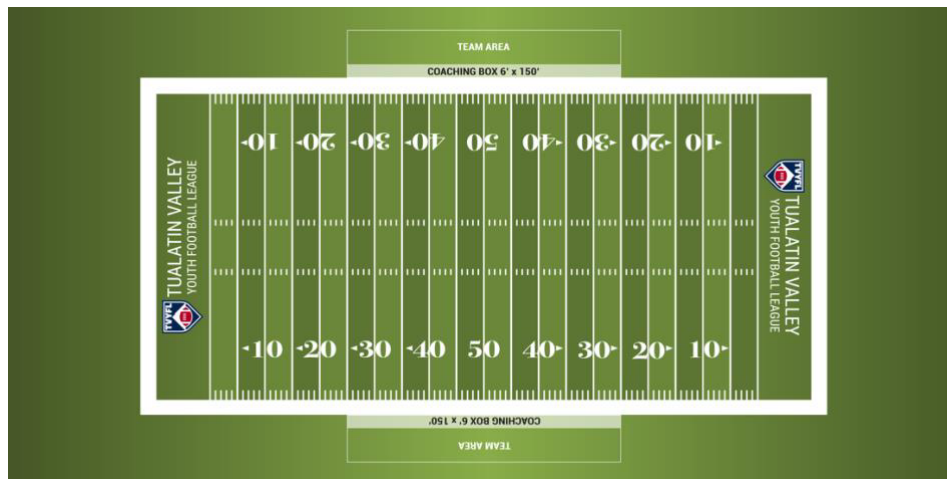
SENIOR TACKLE RULES OF PLAY

2024 SEASON

TITLE 3: 5TH/6TH GRADE RULE VARIATIONS

BALL SIZE	TD	PAT (KICK)	PAT (RUN)	SAFETY	FG
JUNIOR	6 PTS	2 PTS	1 PTS	2 PTS	3 PTS
QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	BALL CARRIER
10 MINS	10 MINS	10 MINS	PAT, FG	35 PTS	130 lbs.

1. Except as provided here, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations (NFHS) rule book. In the event one of the listed rules in the League Bylaws or in the adopted Titles of the League is in direct conflict with the current published NFHS rules, the Titles and Bylaws of the TVYFL will have precedence.
2. Maximum number of coaches that can be within the coaches' box during a game is three (3). Per NFHS rules, the Coaches Area is a rectangle extending from the twenty-five (25) yard line to the twenty-five (25) yard line, and from the sideline to at least two (2) yards from the sideline.



3. 5th/6th grade teams will use the "Junior" size football.

COACHES ON THE FIELD

4. This level may have one (1) coach on the field for the first three (3) games of the season.
5. The coach on the field can do anything he/she would normally be able to do from the sidelines and nothing more. It is acceptable to call plays or give instructions, but it is not acceptable to physically move or place players on the field.
6. After breaking the huddle, the coach may not physically touch or move a player in any way. The coach on the field will be five (5) yards deeper than the deepest aligned player on their respective team at the snap of the ball. Any penalty for coach infraction will be a five (5) yard penalty and a dead ball foul stopping play. This will not be considered Unsportsmanlike Conduct and will not go towards a coach's ejections.

5TH/6TH SPECIAL TEAMS

7. 5th/6th Special Teams
 - a. There will be no special teams, except for extra points and field goals.
 - b. In lieu of a kick-off, the ball will be placed at the offense's (i.e., the kick return team) own thirty-five (35) yard line.
 - c. There will be no rushing on any field goal or kicked extra point plays. A team shall declare if they are going to undertake such a play within a reasonable time prior to undertaking it.
 - d. On any kick in which the defense is prevented from rushing by rule, the game clock will stop when the offense declares its intent and will not start until the ball is kicked.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

- e. If a situation occurs where a team decides they want to punt the ball, they will declare their intent to the head official and the ball will be advanced twenty-five (25) yards from the current line of scrimmage and turned over to the opposing team's offense. However, the twenty-five (25) yard advance cannot place the receiving team any deeper than their own five (5) yard line. Example: Team is on opponents twenty-six (26) yard line and chooses to declare for a punt. The ball would be placed on the five (5) yard line, not the one (1) yard line. There will be no actual punting at this level.
- f. Point after Touchdown Kick: Only one attempt can be made. If the kick is missed or there is an issue with ball exchange, the kick is considered "no-good". In no instance will the offensive team be allowed to re-kick.
- g. Ball placement after a Safety: the ball will be placed back to the offensive side 35-yard line like it would for a kick off.

SCORE ISSUES

- 8. Any 5th/6th grade team ahead of their opponent by more than thirty-five (35) points, at any time during a game, is in violation.
- 9. A coach may submit an explanation of the circumstances to the Division Co-President by Monday following the game. However, this will not change the minimum mandatory sanctions listed below but can be used to determine if any other sanctions will be issued.
- 10. Minimum mandatory sanctions for a point differential of more than thirty-five (35) points are as follows:
 - a. First violation: forfeiture of the game in question, \$100 fine and one (1) week suspension for the head coach
 - b. Second violation: forfeiture of the game in question, \$200 fine, and two (2) weeks suspension for the head coach.
 - c. Third violation: forfeiture of the game in question and the head coach is banned from the League.
 - d. Sanctions above these may be issued.

RUNNING CLOCK

- 11. At the 5th/6th level, a running clock is allowed only in the 4th quarter when a team leads by 28 points, both coaches agree, and all players from both teams have received their 10 plays.

LENGTH OF QUARTERS AND HALFTIME

- 12. At the 5th/6th level, the length of quarters, time between games, and halftime shall be ten (10) minutes.
- 13. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
- 14. Referees may cancel or delay a game for safety reasons as provided by the NFHS rules but may not modify the time for a quarter of play, halftime, or game.
- 15. Free substitution of players is always in effect.

SCORING

- 16. The scoring values for games are as follows:
 - a. Touchdown: 6 points
 - b. Point after (run): 1 point
 - c. Point after (kick): 2 points
 - d. Safety: 2 points
 - e. Field Goal: 3 points
 - f. Forfeit: offended team wins 1-0

TIE SCORE RESOLUTION

- 17. Tie Score Resolution
 - g. Any regular season game ending in a tie will be decided through a modified Kansas Plan commencing immediately after the game, with no break after the fourth quarter.
 - h. The initial offense will be decided by a coin flip.
 - i. Each team is allowed one time out per series of downs.
 - j. Play begins at the ten (10) yard line and continues until the first team on offense either scores or turns the ball over on downs. The ball is then turned over to the other team, placed at the ten (10) yard line, and continues until their series of downs has taken place.
 - k. Each team only gets one possession, which has no time limit.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

- l. If after the completion of both offensive series in the modified Kansas plan, the score is tied, the game remains tied.
 - m. Kansas plan for playoffs and championship games will follow NFHS High School rules (25-yard version).
 - n. In no instance shall any game be replayed, or any Kansas Plan undertaken at a later date.
18. In the event of a game between teams with uniforms of the same color, the visiting team must wear pinnies for ease of team identification by officials.



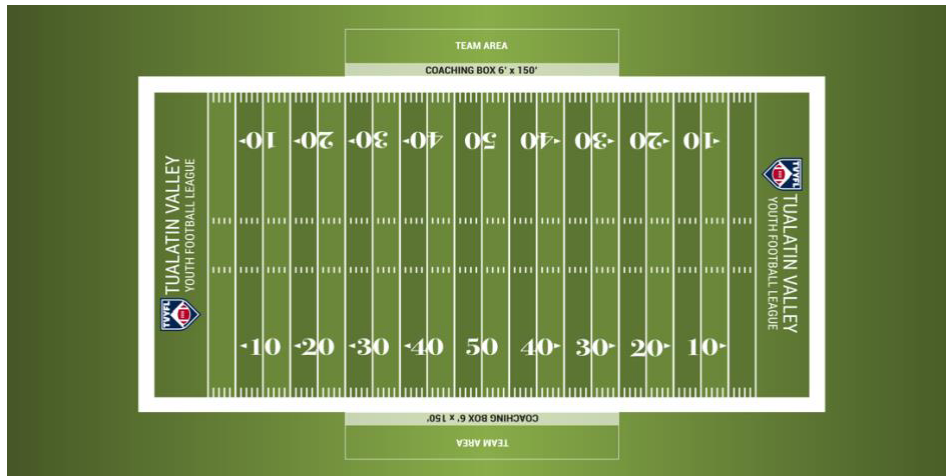
SENIOR TACKLE RULES OF PLAY

2024 SEASON

TITLE 4: JUNIOR VARSITY RULE VARIATIONS

BALL SIZE	TD	PAT (KICK)	PAT (RUN)	SAFETY	FG
YOUTH	6 PTS	2 PTS	1 PTS	2 PTS	3 PTS
QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	BALL CARRIER
10 MINS	10 MINS	10 MINS	ALL	45 PTS	150 lbs.

1. Except as provided here, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations (NFHS) rule book. In the event one of the listed rules in the League Bylaws or in the adopted Titles of the League is in direct conflict with the current published NFHS rules, the Titles and Bylaws of the TVYFL will have precedence.
2. Maximum number of coaches that can be within the coaches' box during a game is three (3). Per NFHS rules, the Coaches Area is a rectangle extending from the twenty-five (25) yard line to the twenty-five (25) yard line, and from the sideline to at least two (2) yards from the sideline.



3. Junior Varsity teams will use the "Youth" size football. The size must be labeled on the football.

SPECIAL TEAMS GAME TIME VARIATION

4. Prior to the start of a game, if both team's Head Coaches agree to eliminate Special Teams play for that game, they may do so. If both Head Coaches do not agree, then Special Teams play will occur during the game.
 - a. This will eliminate kick-off/kick-return and punt/punt-return plays only.
 - b. Field goals and Point After Touchdown plays are always available.
 - c. If the agreement is to eliminate Special Teams play for the game, then in lieu of a kick-off, the ball will be placed at the offense's (i.e., the kick return team) own thirty-five (35) yard line.
 - d. If the agreement is to eliminate Special Teams play for the game and a team wants to punt the ball, they will declare their intent to the Head Official and the ball will be advanced twenty-five (25) yards from the current line of scrimmage and turned over to the opposing team's offense. However, the twenty-five (25) yard advance cannot place the receiving team any deeper than their own five (5) yard line. Example: Team is on opponent's twenty-six (26) yard line and chooses to declare a punt. The ball would be placed on the five (5) yard line, not the one (1) yard line.

SCORE ISSUES

5. Score Issues
 - a. There is no scoring differential limit for JV games.
 - b. Any team ahead by more than thirty-five (35) points must make every effort to replace their starters with replacements and minimize the score differential.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

- c. Any point differential over forty-five (45) points, at any point in the game, will require a report emailed by the winning head coach.
 - i. This report will be emailed to both the winning and losing team's Division Co-Presidents by 12:00pm PST Monday explaining the situation that caused the point differential, including evidence of all efforts made to reduce the score differential.
 - ii. If the report is not turned in by 12:00pm PST Monday, the winning head coach is subsequently suspended from all practices for the week and the next scheduled game.
- d. Any excessive point differential where the winning team did not try to minimize the score (i.e., passing, starting players running the ball, etc...) can be brought before the Division Co-Presidents using the Grievance Procedure. The grievance will be subject to review of the Division Co-Presidents, with possible sanctions of the winning coach, including suspension and fines up to the limit provided in the Bylaws.

RUNNING CLOCK

- 6. If a 35-point score differential occurs at halftime or anytime thereafter, the head coach of the team that is behind may elect to have a running clock. The running clock shall be started with the ready-for-play signal from the official. Once the running clock is started it shall continue until the conclusion of the game and only be stopped for the following reasons:
 - i. An official's timeout for an injured participant, safety reasons or a possible first down.
 - ii. A charged timeout.
 - iii. A one-minute intermission between the third and fourth quarters and following a try, successful field goal or a safety.
 - iv. Disqualification of a player, coach, or fan.

LENGTH OF QUARTERS AND HALFTIME

- 7. At the JV level, the length of quarters, time between games, and halftime shall be ten (10) minutes.
- 8. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
- 9. Referees may cancel or delay a game for safety reasons as provided by the NFHS rules but may not modify the time for a quarter of play, halftime, or game.
- 10. Free substitution of players is always in effect.

SCORING

- 11. The scoring values for games are as follows:
 - a. Touchdown: 6 points
 - b. Point after (run): 1 point
 - c. Point after (kick): 2 points
 - d. Safety: 2 points
 - e. Field Goal: 3 points
 - f. Forfeit: offended team wins 1-0

TIE SCORE RESOLUTION

- 12. Tie Score Resolution
 - a. Any regular season game ending in a tie will be decided through a modified Kansas Plan commencing immediately after the game, with no break after the fourth quarter.
 - b. The initial offense will be decided by a coin flip.
 - c. Each team is allowed one time out per series of downs.
 - d. Play begins at the ten (10) yard line and continues until the first team on offense either scores or turns the ball over on downs. The ball is then turned over to the other team, placed at the ten (10) yard line, and continues until their series of downs has taken place.
 - e. Each team only gets one possession, which has no time limit.
 - f. If after the completion of both offensive series in the modified Kansas plan, the score is tied, the game remains tied.
 - g. Kansas plan for playoffs and championship games will follow NFHS High School rules (25-yard version).
 - h. In no instance shall any game be replayed, or any Kansas Plan undertaken at a later date.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

13. In the event of a game between teams with uniforms of the same color, the visiting team must wear pinnies for ease of team identification by officials.



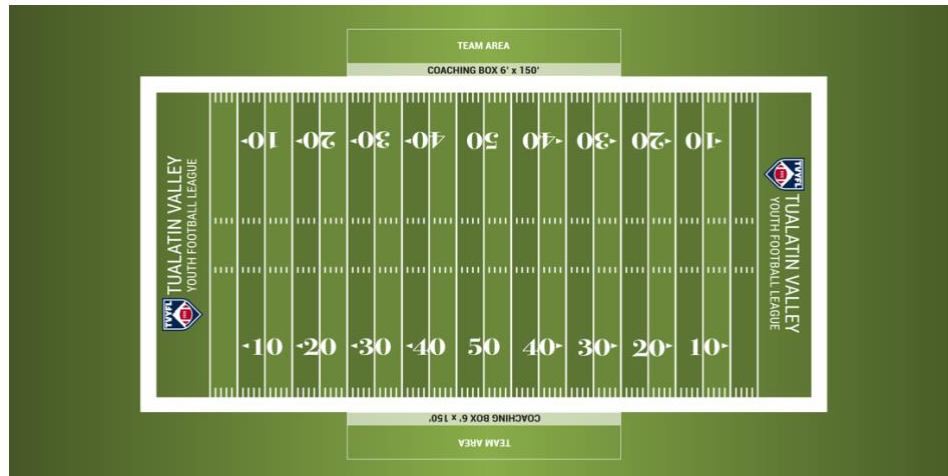
SENIOR TACKLE RULES OF PLAY

2024 SEASON

TITLE 5: BLEND/VARSITY RULE VARIATIONS

BALL SIZE	TD	PAT (KICK)	PAT (RUN)	SAFETY	FG
YOUTH	6 PTS	1 PTS	2 PTS	2 PTS	3 PTS
QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	BALL CARRIER
10 MINS	10 MINS	10 MINS	ALL	45 PTS	B-165; V-175 lbs.

1. Except as provided here, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations (NFHS) rule book. In the event one of the listed rules in the League Bylaws or in the adopted Titles of the League is in direct conflict with the current published NFHS rules, the Titles and Bylaws of the TVYFL will have precedence.
2. Maximum number of coaches that can be within the coaches' box during a game is three (3). Per NFHS rules, the Coaches Area is a rectangle extending from the twenty-five (25) yard line to the twenty-five (25) yard line, and from the sideline to at least two (2) yards from the sideline.



3. Blend/Varsity teams will use the "Youth" size football. The size must be labeled on the football.

SPECIAL TEAMS GAME TIME VARIATION

4. Prior to the start of a game, if both team's Head Coaches agree to eliminate Special Teams play for that game, they may do so. If both Head Coaches do not agree, then Special Teams play will occur during the game.
 - a. This will eliminate kick-off/kick-return and punt/punt-return plays only.
 - b. Field goals and Point After Touchdown plays are always available.
 - c. If the agreement is to eliminate Special Teams play for the game, then in lieu of a kick-off, the ball will be placed at the offense's (i.e., the kick return team) own thirty-five (35) yard line.
 - d. If the agreement is to eliminate Special Teams play for the game and a team wants to punt the ball, they will declare their intent to the Head Official and the ball will be advanced twenty-five (25) yards from the current line of scrimmage and turned over to the opposing team's offense. However, the twenty-five (25) yard advance cannot place the receiving team any deeper than their own five (5) yard line. Example: Team is on opponent's twenty-six (26) yard line and chooses to declare a punt. The ball would be placed on the five (5) yard line, not the one (1) yard line.

SCORE ISSUES

5. Score Issues
 - a. There is no scoring differential limit for Blend/Varsity games.
 - b. Any team ahead by more than thirty-five (35) points must make every effort to replace their starters with replacements and minimize the score differential.



SENIOR TACKLE RULES OF PLAY

2024 SEASON

- c. Any point differential over forty-five (45) points, at any point in the game, will require a report emailed by the winning head coach.
 - i. This report will be emailed to both the winning and losing team's Division Co-Presidents by 12:00pm PST Monday explaining the situation that caused the point differential, including evidence of all efforts made to reduce the score differential.
 - ii. If the report is not turned in by 12:00pm PST Monday, the winning head coach is subsequently suspended from all practices for the week and the next scheduled game.
- d. Any excessive point differential where the winning team did not try to minimize the score (i.e., passing, starting players running the ball, etc...) can be brought before the Division Co-Presidents using the Grievance Procedure. The grievance will be subject to review of the Division Co-Presidents, with possible sanctions of the winning coach, including suspension and fines up to the limit provided in the Bylaws.

RUNNING CLOCK

- 6. If a 35-point score differential occurs at halftime or anytime thereafter, the head coach of the team that is behind may elect to have a running clock. The running clock shall be started with the ready-for-play signal from the official. Once the running clock is started it shall continue until the conclusion of the game and only be stopped for the following reasons:
 - i. An official's timeout for an injured participant, safety reasons or a possible first down.
 - ii. A charged timeout.
 - iii. A one-minute intermission between the third and fourth quarters and following a try, successful field goal or a safety.
 - iv. Disqualification of a player, coach, or fan.

LENGTH OF QUARTERS AND HALFTIME

- 7. At the Blend/Varsity level, the length of quarters, time between games, and halftime shall be ten (10) minutes.
- 8. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
- 9. Referees may cancel or delay a game for safety reasons as provided by the NFHS rules but may not modify the time for a quarter of play, halftime, or game.
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TIE SCORE RESOLUTION

- 12. Tie Score Resolution
 - a. Any regular season game ending in a tie will be decided through a modified Kansas Plan commencing immediately after the game, with no break after the fourth quarter.
 - b. The initial offense will be decided by a coin flip.
 - c. Each team is allowed one time out per series of downs.
 - d. Play begins at the ten (10) yard line and continues until the first team on offense either scores or turns the ball over on downs. The ball is then turned over to the other team, placed at the ten (10) yard line, and continues until their series of downs has taken place.
 - e. Each team only gets one possession, which has no time limit.
 - f. If after the completion of both offensive series in the modified Kansas plan, the score is tied, the game remains tied.
 - g. Kansas plan for playoffs and championship games will follow NFHS High School rules (25-yard version).
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SENIOR TACKLE RULES OF PLAY

2024 SEASON

13. In the event of a game between teams with uniforms of the same color, the visiting team must wear pinnies for ease of team identification by officials.