Kennebec Valley Youth Football League Rules – 2026 Season

5th/6th Grade Tackle:

- High School Rules with the addition/modifications as follows:

• 135lbs. weight limit for any ball carrier (rusher, receiver, deep men on kick & punt return) • All players will be weighed (at the Skowhegan Scramble) and coaches will have a list at games

- Any player who is close to the maximum weight limit (135 lbs) and is expected to handle the football (with the exception of the center) must report to the coin toss or meet with the opposing head coach (with their head coach) prior to the coin toss, so the opposing coach has the opportunity to request an official weigh-in before the game begins.
- **Please note:** No player weigh-ins will be conducted after the game has started. Any weigh-in requests must be made prior to kickoff.

•Special Teams:

- Kickoff Line – 10 yards back from mid-field
  - Onside Kicks are allowed; must have at least 4 players on each side of ball
- No Rushing the Punter – no fakes
  - Nobody leaves until the ball is punted
- PATS:
  - **Kick Attempt – 2 Points**
    - The defense **may not rush** the kicker. No fakes.
    - Defensive players may only raise their hands to attempt to block the kick. **Screaming, jumping, or any other actions intended to block the kick are not permitted.**
    - The offensive line must remain in a **three-point stance** throughout the play.
    - If the holder is forced to abandon their position or stance due to a poor or missed snap, the play is immediately ruled **dead**, and no attempt may be made to advance the ball or complete the kick.
  - **Pass – 2 Points**
  - **Rush – 1 Point**

• Timing:

- 4 Quarters; 8 Minute Stop Time Periods
- Overtime: 1 High School period (4 plays from 10 yard line for each team, w/PATs should team score a touchdown), turnover ends possession, if still tied after 1 OT period game will officially end in a tie
- • 3 time outs per half
- • 40 second play clock

• Fumbles and Interceptions are live and anyone can advance

• Defense:

- Base Defense is 4 or 5 man fronts with a max of 8 players in the box
- Linebackers & Cornerbacks at least 3 yards off Line of Scrimmage
- Safety(s) at least 8 yards off Line of Scrimmage
- Any Defense and Blitzing allowed only inside your own 20 yard line

• Offensive Line – no more than 3 down linemen on each side of center (guard, tackle, tight end); no overloads with 2 tight ends or more

- **18-Point Lead Rule**
  - If a team takes an **18-point or greater lead during the second half**, the **entire starting backfield must be substituted**.
  - The team's **starting backs** may not carry or run the football while the lead remains **18 points or more**. Once the lead is reduced to **less than 18 points**, the starting backs may return to carrying the football.

• Junior Size Ball (or larger) used for games

Kennebec Valley Youth Football League Rules – 2026 Season

3rd/4th Grade Tackle:

- High School Rules with the addition/modifications as follows:

• 115lbs. weight limit for any ball carrier (rusher, receiver, deep men on kick & punt return)

- • All players will be weighed (at the Skowhegan Scramble) and coaches will have a list at games
- Any player who is close to the maximum weight limit (115 lbs) and is expected to handle the football (with the exception of the center) must report to the coin toss or meet with the opposing head coach (with their head coach) prior to the coin toss, so the opposing coach has the opportunity to request an official weigh-in before the game begins.
- **Please note:** No player weigh-ins will be conducted after the game has started. Any weigh-in request must be made prior to kickoff.

•Special Teams:

- 2 Kick offs per game (1 at the start of the game, the second at the start of the second half of the game. Kickoff Line – 10 yards back from mid-field. All other drives start at the team's own 30-yard line after a score.
  - Onside Kicks are allowed; must be at least 4 players on each side of ball
- **Punting**
  - A team has two options when punting the football:
    - **Physical Punt**
      - The punting team may physically punt the ball.
      - The defense **may not rush** the punter.
      - There are **no punt returns**. The receiving team takes possession at the spot where the ball is **caught, first touched, or comes to rest**.
    - **Declared Punt**
      - The offensive team may declare a punt without kicking the ball.
      - The ball will be advanced **25 yards** from the line of scrimmage, and the receiving team will take possession at that spot.
  - If the line of scrimmage is **inside the opponent's 40-yard line**, the ball will instead be placed at the **25-yard line**, where the receiving team will take possession.
  - Punts are **not timed downs**. The game clock will stop during the punt and **restart on the next snap**.
- PATS:
  - **Kick Attempt – 2 Points**
    - The defense **may not rush** the kicker. No fakes.
    - Defensive players may only raise their hands to attempt to block the kick. **Screaming, jumping, or any other actions intended to block the kick are not permitted.**
    - The offensive line must remain in a **three-point stance** throughout the play.
    - If the holder is forced to abandon their position or stance due to a poor or missed snap, the play is immediately ruled **dead**, and no attempt may be made to advance the ball or complete the kick.
  - **Pass – 2 Points**
  - **Rush – 1 Point**

• Timing:

- 4 Quarters; 7 Minute Stop Time Periods
- Overtime: 1 High School period (4 plays from 10 yard line for each team, w/PATs should team score a touchdown), turnover ends possession, if still tied after 1 OT period game will officially end in a tie
- • 3-time outs per half
- • 40 second play clock

• Fumbles and Interceptions are live, and anyone can advance

• Defense:

- Base Defense is 4-3. DT lined up head up on Guards (2 techniques).
- Linebackers & Cornerbacks at least 3 yards off the Line of Scrimmage
- Safety(s) at least 8 yards off the Line of Scrimmage
- Any Defense and Blitzing allowed only inside your own 20-yard line

• Offensive Line – no more than 3 down linemen on each side of center (guard, tackle, tight end); no overloads with 2 tight ends or more

- **18-Point Lead Rule**
  - If a team takes an **18-point or greater lead during the second half**, the **entire starting backfield must be substituted**.
  - The team's **starting backs** may not carry or run the football while the lead remains **18 points or more**. Once the lead is reduced to **less than 18 points**, the starting backs may return to carrying the football.
- Pee-wee Size Ball (or larger) used for games