

# Knife River Midget Football Rules

1. There will be absolutely no use of profanity. Use of profanity will incur a 15 yard Penalty. Second offense will result in ejection.
2. No punching, kicking or any other unsportsmanlike behavior. 15 yard penalty and automatic ejection.
3. No contact is allowed with the crown of the helmet. Use of the crown of the helmet will result in a 15 yard penalty. Second offense will result in ejection.
4. No players weighing 110 lbs or more may advance the ball.
5. The play will be blown dead after an interception or defensive fumble recovery if player in possession of the ball appears to be over the weight limit.
6. Any defensive player who lines up on the Offensive Guard must line up head up.
7. No players may line up over the center.
8. Defensive ends cannot line up any farther outside than the outside shoulder of the offensive tackle or tight end. Offensive player must have a reasonable chance to make contact with the rusher.
9. No “blitzing.” Linebackers and safeties (players not lined up against an offensive lineman) must read the play prior rushing the quarterback. We do not want linebackers or safeties strictly attacking the quarterback off of every snap. They should attack the ball based on the play call of the offense, not just be designated rushers.
10. No kick-offs. Ball will be placed on the 25 yard line to begin halves and after scores.
11. Teams can punt. No rushing the punter. Tacklers may not leave the line of scrimmage until the ball is punted.
12. Coaches must play *all* players *each* half.

13. There must be one coach on the sideline. If there are not enough coaches available, the coach may designate another responsible adult to fill in on the sideline.
14. 2 halves. 20 minutes each.
15. Clock will be run time except for the following. Clock will stop on all changes of possession. In the last 3 minutes of a 1 score game, the clock will stop at all normal stoppages per the rules of football. (incomplete pass, out of bounds, penalty call, etc.)
16. 45 second to call the play in the huddle
17. 2 time outs per half
18. All North Dakota High School football rules apply.
19. \*\*\*Added 2023\*\*\* Quarterbacks may not “sneak” between the guards or behind the center.