



Kickoff and Kick Return

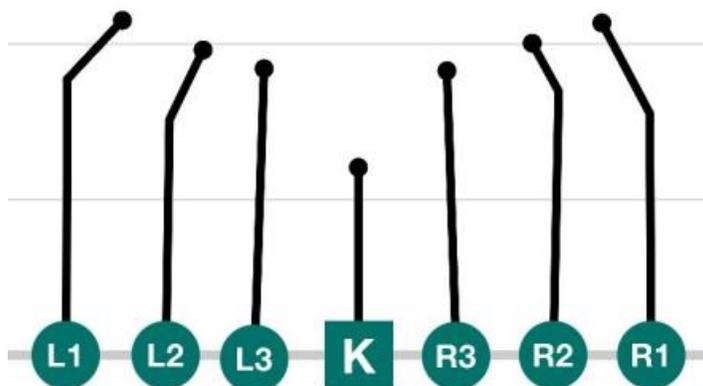
Based on feedback from league members, our Spring 2025 season will include kickoffs for the first time in PVDGFFL history! Please take a few moments to familiarize yourself with the kickoff and kick return rules.

From the NGFFL rule book:

To start both halves, all teammates of the kicker must be behind their 30-yard line until the ball is kicked. The ball must be kicked from a fixed position on the ground or punted; it may be controlled by a teammate of the kicker or positioned on a pliable tee which elevates the ball less than 2 inches above the ground or punted. If a teammate holds or controls the ball for the kicker, they may be slightly over the 30-yard line. No material or device may be placed on the ground to improve the kicker's footing. The receivers must have at least 4 players between their 30-yard line and midfield. At least 4 receivers must remain in this 10-yard area until after the ball is kicked

Kickoff:

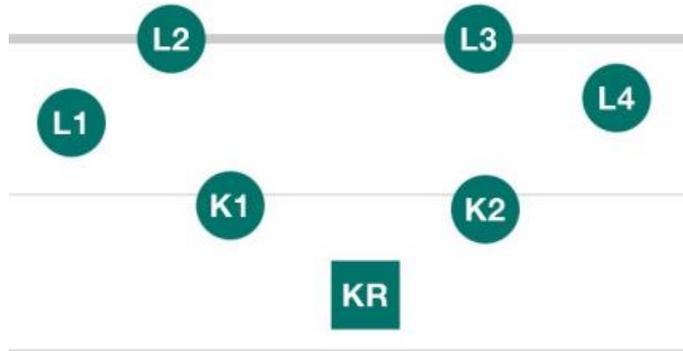
Once the ball is kicked, all players on the kicking team run downfield to pull the flag of whichever player has caught, and is returning, the kickoff. Players on the kicking team should stay in their 'lane' when running down the field (illustrated below), before converging towards the returning player. Normal blocking rules/penalties apply.



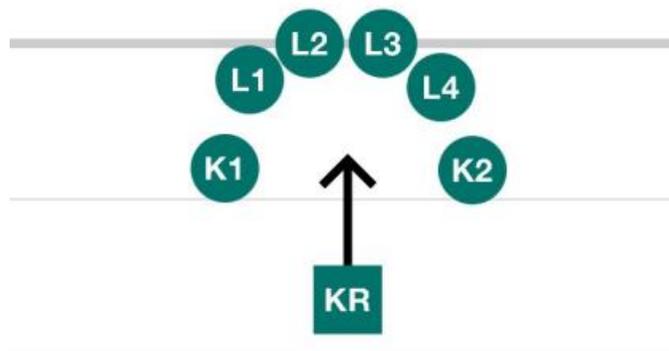


Kick Return:

Until the ball is kicked, four players on the receiving team (L1, L2, L3, L4 in the image below) must be between their 30-yard line and midfield. The other three players may be lined up anywhere behind their 30-yard line. Teams will often stagger the three potential returners (K1, K2, and KR below) at various depths.



Once the ball is kicked, the front four returners (L1-L4) and whichever two returners did not catch the ball (K1 and K2), run together to form a "wall" or "wedge" and block for whichever teammate has caught the kickoff. Normal blocking rules/penalties apply.





Definitions, Rules, & Penalties

Touchback: A kickoff that goes into or through the receiving team's end zone is a "touchback" and the ball will be spotted at the 15-yard line

Illegal Kick: A kickoff that goes out of bounds untouched before the receiving team's end zone is an "illegal kick" and the receiving team will choose between:

- 1) putting the ball in play 20 yards beyond the kicking team's free kick line;
- 2) putting the ball in play 5 yards from the spot where the subsequent dead ball belongs to the receiving team; or
- 3) electing for a re-kick after a 5-yard penalty is enforced.

Rule: All kickers, except the ball holder, must be behind their free-kick line before and until the ball is kicked.

Penalty: If a player crosses the free-kick line before the ball is kicked, the penalty is "Offsides – live ball foul." The kickoff is played and the penalty is addressed at the end of the play. Receiving team may opt to have a 5-yard penalty added and then re-kick, or add the 5 yards to the end of their return

Rule: At least four (4) Return players must be behind and within 10-yards of their free-kick line until the ball is kicked.

Penalty: If four players are not positioned in the required area, the penalty is "Offsides" – live ball foul." The kickoff is played, and the penalty is addressed at the end of the play. The kicking team may opt to have a 5-yard penalty enforced from the end of the return, or re-kick after advancing the ball 5 yards from where they originally kicked.