

Jr. Hopper 7 Year Olds

Player Requirements

- Must have completed & submitted Concussion & Head Injury and Sudden Cardiac Arrest Forms
- Must meet age requirements (based on age on August 1, 2016).
- Agree & abide by Knox County Sports Code of Conduct

Coaches (Head, Assistant) Requirements

- Must have successfully passed national background screening
- Must have completed USA Football Level 1 Coach Certification
- Agree & abide by Knox County Sports Code of Conduct
- 1 Head Coach & 4 Assistants allowed on sideline during game with Coach ID Badge.
 - A 5th Assistant with Coach ID Badge is allowed to track plays for each player.

Coach on Field 1 coach allowed on field.
Coach must be 3 yards behind deepest player before ball is snapped.
Coach cannot touch players after the huddle breaks.

Ball R5-PW

Weight 100 pound maximum for backs/ends. Teams weigh-in before each game.

Green Strippers Must wear the green stripe on helmet until meet weight
Can not advance the ball
(Offense) Can be upright (does not have to be in 3-point stance)
(Offense) Can not be on end of line – must have receiver on both ends
(Defense) Players can not play MLB/OLB or DB. Only D-Line between OTs.
(Defense) Must be in 3 or 4 point stance
(Kickoff) Can not go more than 10 yards downfield
(Kickoff Return) Must be within 10 yards of the ball at kickoff

Substitutions Coaches may sub freely. Strongly encourage that all play 4+ plays per game.

Game Timing 8 Minute Quarters with running clock until final 2 minutes of 2nd & 4th Quarters where HS timing rules are used. Clock stops on timeouts, scores, and injuries.
No overtime in regular season

Field Length 80 Yards

Penalties 4 yards, 8 yards

Kicking No kicking. Ball placed on 35 yard line

Punts Ball moved 20 yards downfield, but not inside 10 yard line.

PAT 1 point for rush/pass

Mercy Rule The clock shall run the entire 2nd half if a team leads by 28 or more points. The clock only stops at end of 3rd quarter and for major injuries. The clock will revert to standard procedures if the deficit becomes less than 28 points.

Defense:

- Plays 4-3 or 5-2. If inside 10 yard line, may play 5-3 or 6-2
- May not blitz
- No forward movement before ball snapped
- 4-6 players on defensive line. Green strippers between OT
- Interior linemen in 3 or 4-point stance
- Linebackers must be 2 yards back from downed players
- Safety must be 4 yards back from downed players

Offense:

- Halfbacks must be 4 yards behind downed players