



# PROGRAM RULES & EXPECTATIONS

*Version: 2024 PeeWee & Junior Flag Football*

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2024 PeeWee & Junior Flag Football

# ABOUT OUR PROGRAM

The Chiefs Flag Football Program aims to deliver an enjoyable and developmentally appropriate football experience, emphasizing relationships, sportsmanship, fair play, and the fundamentals of football.

**Est.**  
1991

**Nickname**  
Chiefs

**Affiliation**  
Arrowhead HS





2024 PeeWee & Junior Flag Football



# ORIGIN STORY

Bob Menefee and his family decided to move to Arrowhead in 1990, drawn by its strong school district and exceptional football programs. Recognizing the need for a structured youth football league, Menefee, along with local parents and community members, initiated the foundation of the Lake Country Chiefs Youth Football program.

Leveraging his extensive experience from previous football leagues and with significant support from school officials like Dave Balmer and Tom Taraska, Menefee played a crucial role in establishing the program. The Lake Country Chiefs quickly gained traction, becoming an integral part of the community and providing young athletes with valuable opportunities to develop their skills in a supportive and structured environment.



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# LAKE COUNTRY CHIEFS

Bob Menefee named the new football program the Lake Country Chiefs to establish a clear connection with Arrowhead High School. Drawing inspiration from the professional level, where the Kansas City Chiefs play at Arrowhead Stadium, Menefee intended for participants in the youth program to envision their future playing at Arrowhead High School. The name "Chiefs" symbolized this progression and alignment with the high school's football culture.

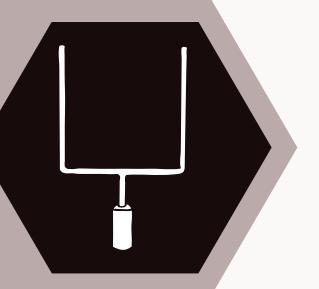




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# CODE OF CONDUCT

COACHES, PARENTS, AND  
PLAYERS





**SPORTSMANSHIP**

**RESPONSIBILITY**

**ACCOUNTABILITY**

**POSITIVE  
CHEERING**

**CONFLICT  
RESOLUTION**

**PROHIBITED  
BEHAVIORS**

**DISCIPLINARY  
ACTIONS**

**PHYSICAL  
ALTERCATIONS**



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## **SPORTSMANSHIP**

Good Sportsmanship and fair play are mandatory for all people involved in the Junior Chiefs Flag Football League. Everyone deserves to be treated with respect!

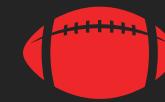
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## **RESPONSIBILITY**

Coaches and parents will be responsible for the conduct of their players and children before, during and after all practices and games. Children should not be left unattended before or after all practices and games.

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## ACCOUNTABILITY

Children will be held accountable for their actions on the field of play at all times.

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## **POSITIVE CHEERING**

All coaches, players and spectators will  
cheer for the good play of all participants.

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## CONFLICT RESOLUTION

If an issue or disagreement should arise that needs to be discussed between the adults, the field is not the right place for this to happen. The involved parties will respectfully discuss the issue in a private setting after an appropriate amount of time has passed after the issue has occurred.

Player issues will be dealt with immediately during the practice or game, but adult issues should be worked out at least 24 hours later at a time when the issue has been thoughtfully reviewed by the involved parties. This will allow for emotional decompression time that can potentially cloud the original issue.



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## **PROHIBITED BEHAVIORS**

We are all here for the positive development of the children and that will remain the focus of our program. Should the use of profane language, unfair play, or other acts of unsportsmanlike conduct occur by any coaches, players' parents or fans, the coordinator of the program will be notified and violations will be dealt with appropriately.

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## **DISCIPLINARY ACTIONS**

Any player engaging in the use of profanity, unfair play or unsportsmanlike conduct will result in the immediate removal from the game and an apology to the involved parties. If a satisfactory apology is made, the player may resume play the following offensive or defensive series.

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## DISCIPLINARY ACTIONS

A minimum one-half game suspension will be issued for a repeat offense, or for more serious infractions decided by the head coach. For the child to resume play, they must first apologize to the involved parties for their actions and change their behaviors.

If there are several incidents of a similar nature involving the same player, a full game suspension or a dismissal from the league may occur after review from the director of the league and a meeting with the parents.



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## **PHYSICAL ALTERCATIONS**

Any physical altercations involving a coach and any other adult and/or child will result in the immediate removal from the program.

Coaches are subject to a ban from league games and practices for a minimum of one calendar year with the possibility of a lifetime ban.

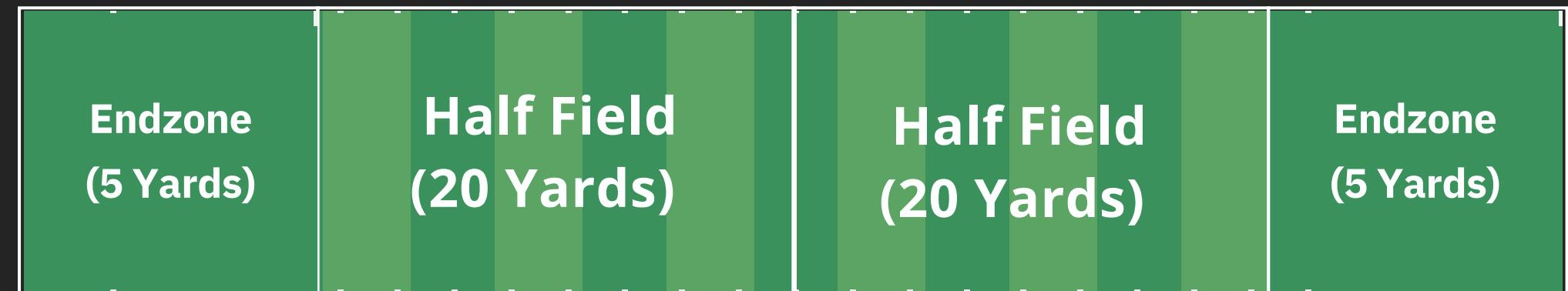


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# THE FIELD

The field of play will consist of two 20-yard halves and two 5-yard end zones.

The width of the entire field is 25 yards.





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# VOLUNTEERS



We operate as a 100% volunteer program. For our season to be successful, we rely on parent participation. If you did not select the buyout option when registering, it is mandatory for an adult to volunteer in one of the following roles:

- **Concession Stand:** If your child plays in the PeeWee division, you would assist with the Junior concession stand, and vice versa.
- **Photographers:** We want your photos! Committing to be a volunteer photographer would fulfill your volunteer requirement (if you did not buyout). All we ask is that you commit to providing us your photos.
- **Referees:** You do not need professional-level football knowledge to serve as a referee. We provide referee cheat sheets to assist you.
- **Team Manager:** Help coaches organize snack schedules and manage other team-related communications.
- **Assistant Coaches:** Additional coaches are always welcomed. Coaches will referee if volunteers are not available.



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# INCLEMENT WEATHER

If there is inclement weather or the possibility of storms, please refer to the league website at **lakecountrychiefs.org** or the various Lake Country Chiefs social channels (Instagram & Facebook) to check for status of practice.

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# FLAG EQUIPMENT

The Lake Country Junior Chiefs program will provide each individual player with a reversible jersey and mouth guard to keep. Jerseys and mouth guards must be worn at all practices and games.

Extra mouthguards are available for purchase on game days at the concession stand.

Baseball hats and sunglasses are not permitted during practices and games.

Head coaches will be provided with a team bag. The bag will include: flags, footballs, kicking tee, cones, ref shirts, whistles, and first aid kits.





2024 PeeWee Football

# PEEWEE FAQS

## PEEWEE AGES

Boys & Girls entering 1st & 2nd Grade for the upcoming school year

## SCHEDULE & FIELD ASSIGNMENTS

All games are played at North Lake Elementary. PeeWee games start promptly at **8:15**. Field assignments will be provided before first games.

## SEASON & EVENTS CALENDAR

The season calendar can be found on [www.lakecountrychiefs.org](http://www.lakecountrychiefs.org).

## PRACTICES

PeeWee practices on Tuesdays during the season.

## PEEWEE PLAYBOOK

All PeeWee teams use the same playbook. Coaches are NOT allowed to create their own plays in the PeeWee league.

## POSITIONS

PeeWee plays 5 on 5 football (2 Tackles, Center, QB, and a RB).

## GAMEDAY

PeeWee kickoff is at **8:15 AM**. Players should arrive 15-20 minutes early to warmup.

## GAME LENGTH

PeeWee plays two 20-minute halves with a 5-minute halftime. The clock does not stop.





## 2024 Junior Football

# JUNIOR FAQS

### JUNIOR AGES

Boys & Girls entering 3rd & 4th Grade for the upcoming school year

### SCHEDULE & FIELD ASSIGNMENTS

All games are played at North Lake Elementary on Saturday mornings. Field assignments will be provided before first games.

### SEASON & EVENTS CALENDAR

The season calendar can be found on [www.lakecountrychiefs.org](http://www.lakecountrychiefs.org).

### PRACTICES

Juniors practices on Thursdays during the season.

### JUNIOR PLAYBOOK

Junior coaches are responsible for creating their own playbook using the established boundaries in the rules section.

### POSITIONS

Juniors plays 7 on 7 football (2 Tackles, Center, TE, WR, QB, and a RB).

### GAMEDAY

Juniors kickoff at **9:45 AM**. Players should arrive 15-20 minutes early to warmup.

### GAME LENGTH

Juniors play two 25-minute halves with an 5-minute halftime. The clock does not stop.





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# REFEREES

Each team must provide referees for games as follows:

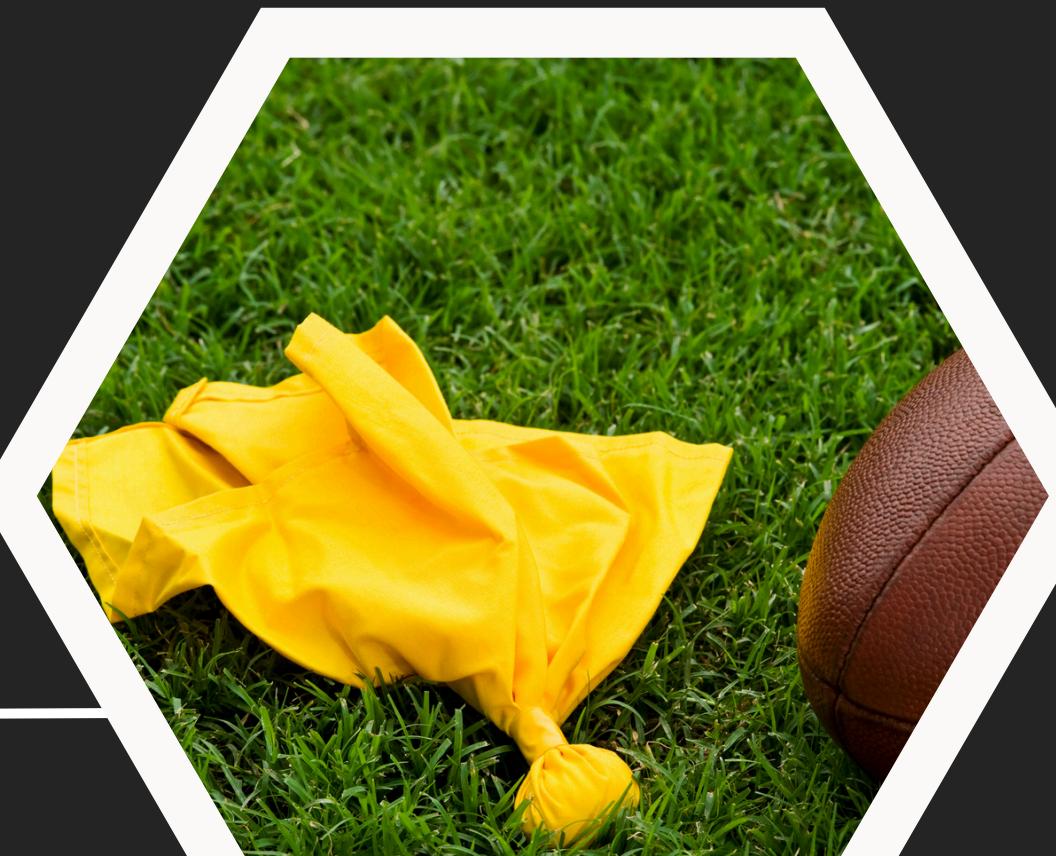
- **PeeWee:** Each team will supply one referee per game.
- **Junior:** Each team will supply two referees per game.

Referee cheat sheets are available on the Chiefs website. You do not need to have a professional-level understanding of football rules and regulations.

The primary responsibilities of referees in this league are to maintain order and ensure the smooth flow of the game. Key points of emphasis include:

- Ensuring players keep their shirts tucked in
- Keeping flags on the hips at all times
- Monitoring for unnecessary roughness, particularly players tackling the ball carrier without attempting to take a flag

If volunteers from the team are **NOT** fulfilling the referee responsibility, assistant coaches from that team will need to referee.





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# PENALTIES

Our league aims to ensure that penalties do not dominate the game. As a developmental league, our focus is on nurturing individual and team skills while fostering an understanding of football fundamentals.

Mistakes are part of the learning process. Coaches and referees will exercise discretion when calling penalties, always considering the intent behind actions.

PeeWee players, in particular, are expected to make more mistakes rather than outright violations. To maintain the game's flow, referees should issue corrections, provide brief explanations to the players, and swiftly resume play.





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# PENALTIES

Below are examples of penalties and their corresponding consequences:

1. **Unnecessary Roughness:** 10-yard penalty and an automatic first down.
2. **Illegal Block/Holding:** 5-yard penalty with a replay of the down.
3. **Unsportsmanlike Conduct:** 10-yard penalty, loss of down, and the player must be removed from the field for at least one half, with further discipline at the coach's discretion.
4. **Delay of Game:** Loss of down and the ball remains at the same spot as the last snap.
5. **Illegal Use of Hands:** 5-yard penalty from the point of the foul.

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# ROSTER CREATION

## COACHES

Due to limited volunteers, teams are formed based on coach availability, ensuring each team has adequate guidance; head coaches may choose one assistant coach.

## SIBLINGS

Families with more than one child participating in our program are placed on the same team whenever possible.

## SCHOOL DISTRICT

While we aim to keep kids with their classmates, team compositions may vary based on the number of registrants.

## GRADE LEVEL

Our goal is to provide an even split of players from each grade level to ensure fair and competitive teams across the board.

## KEEP IN MIND

While we make every effort to accommodate all the criteria mentioned above, it is important to note that it may not always be possible to meet every expectation. We kindly ask for your understanding and flexibility in this matter as we strive to provide the best possible experience for all participants.

## SIZE (HEIGHT/WEIGHT)

Our intention is to ensure that no team has a significant advantage or disadvantage in terms of physicality. Striving for parity in size promotes fair competition and provides a safer playing environment for all participants.

## REQUESTS

We strive to accommodate as many requests as possible, we will not be able to fulfill all of them.



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# PLAYBOOKS

## PeeWee:

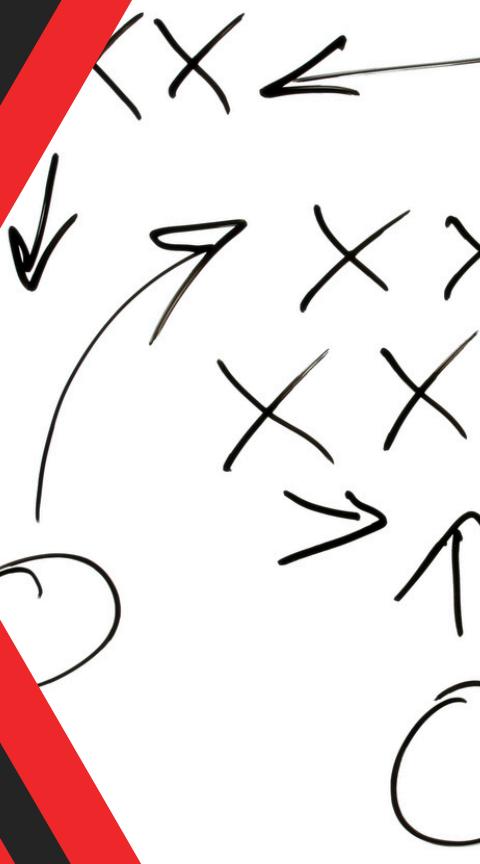
- For the first five games of the season, only 4 specific plays are allowed.
- An additional 4 plays will be introduced for the final two games.
- These are the only plays that may be run in the Pee Wee Division.

## Junior:

- Provided with common fundamental plays.
- Coaches may run any play they wish, except for the fumblerooski.
- The two offensive tackles need to stay on the line, the center is able to participate in pass plays.

## Coaching Focus:

- The primary purpose is to teach children fundamentals.
- It is important to use plays that build on skills learned at previous levels.

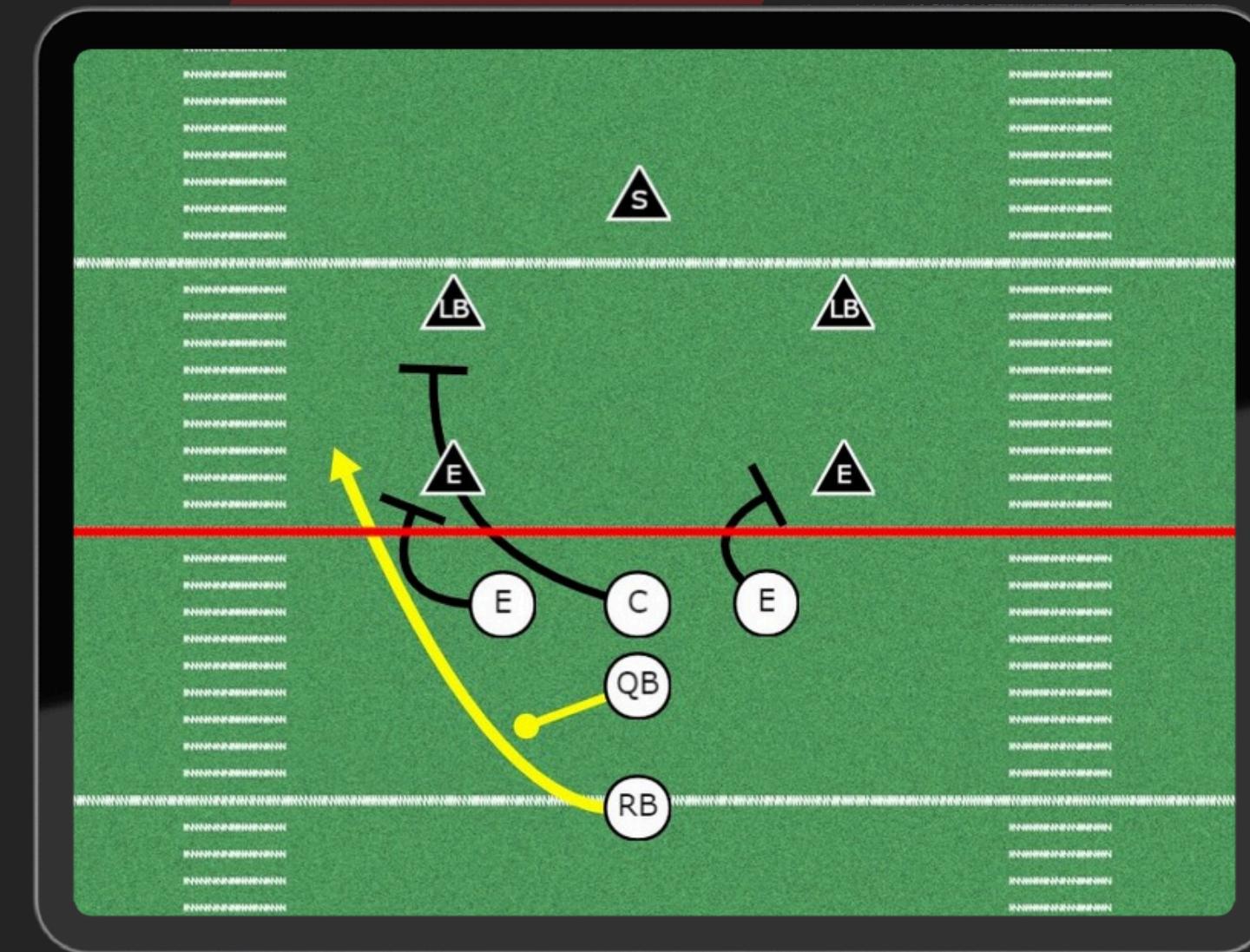
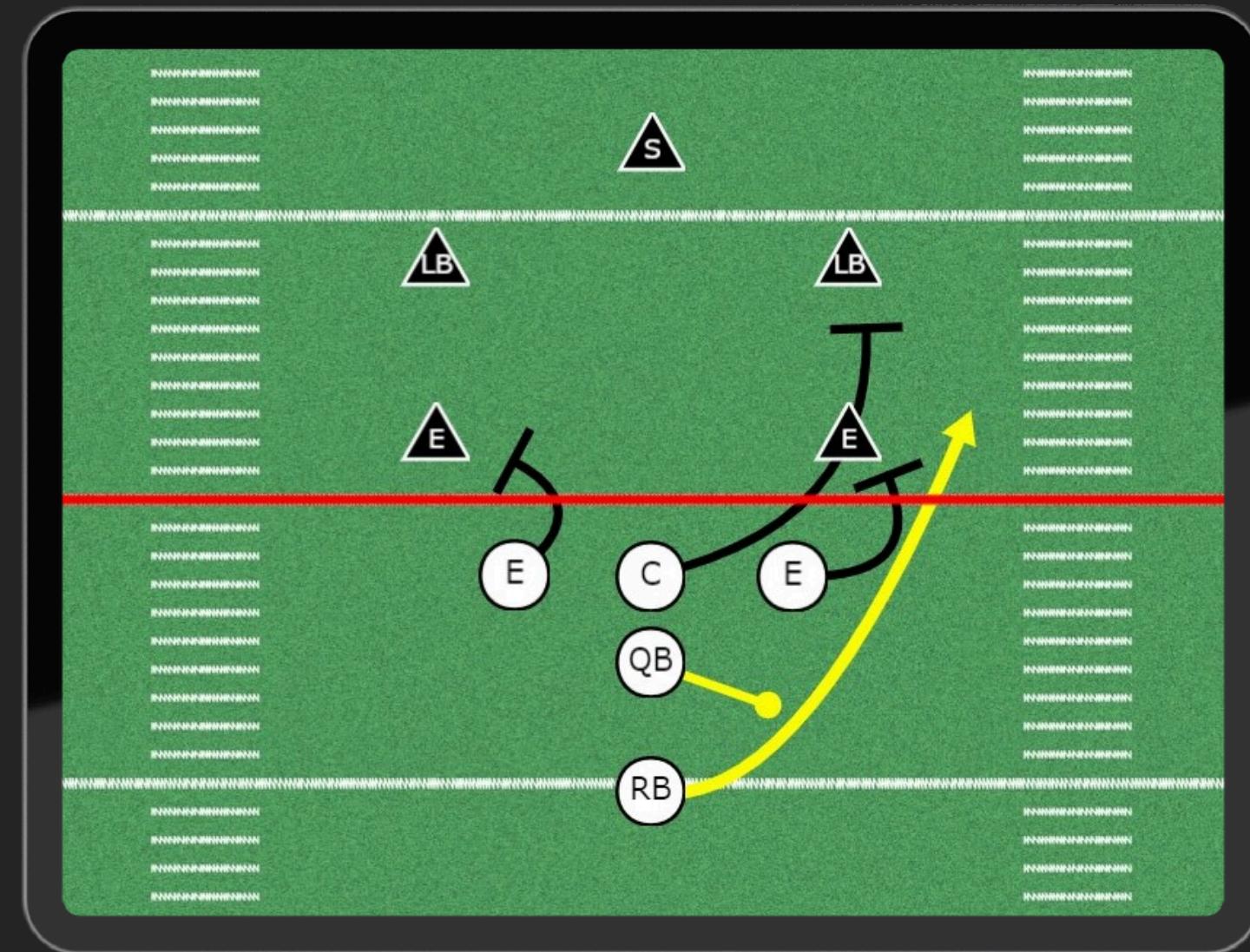




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# PEEWEE PLAYS

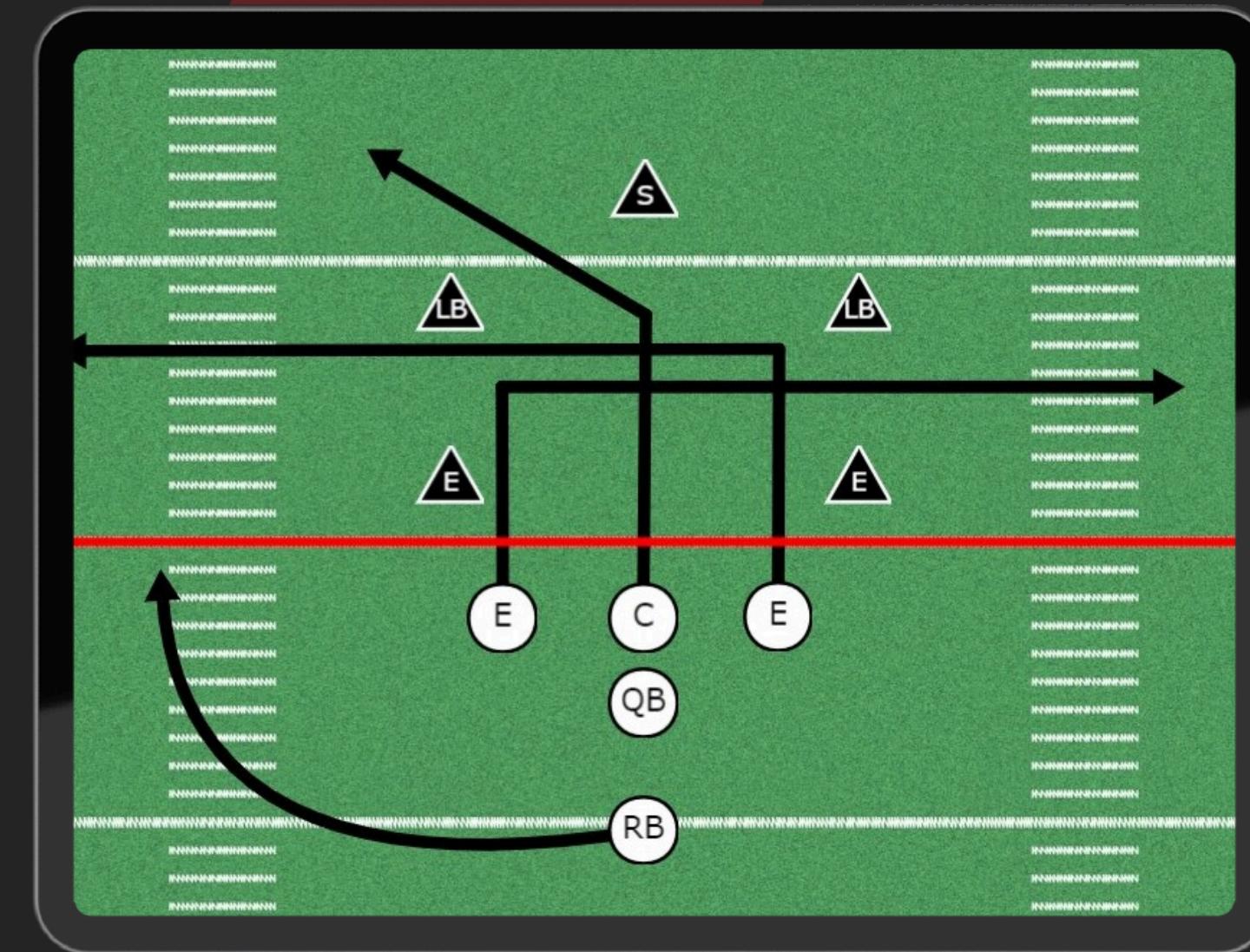
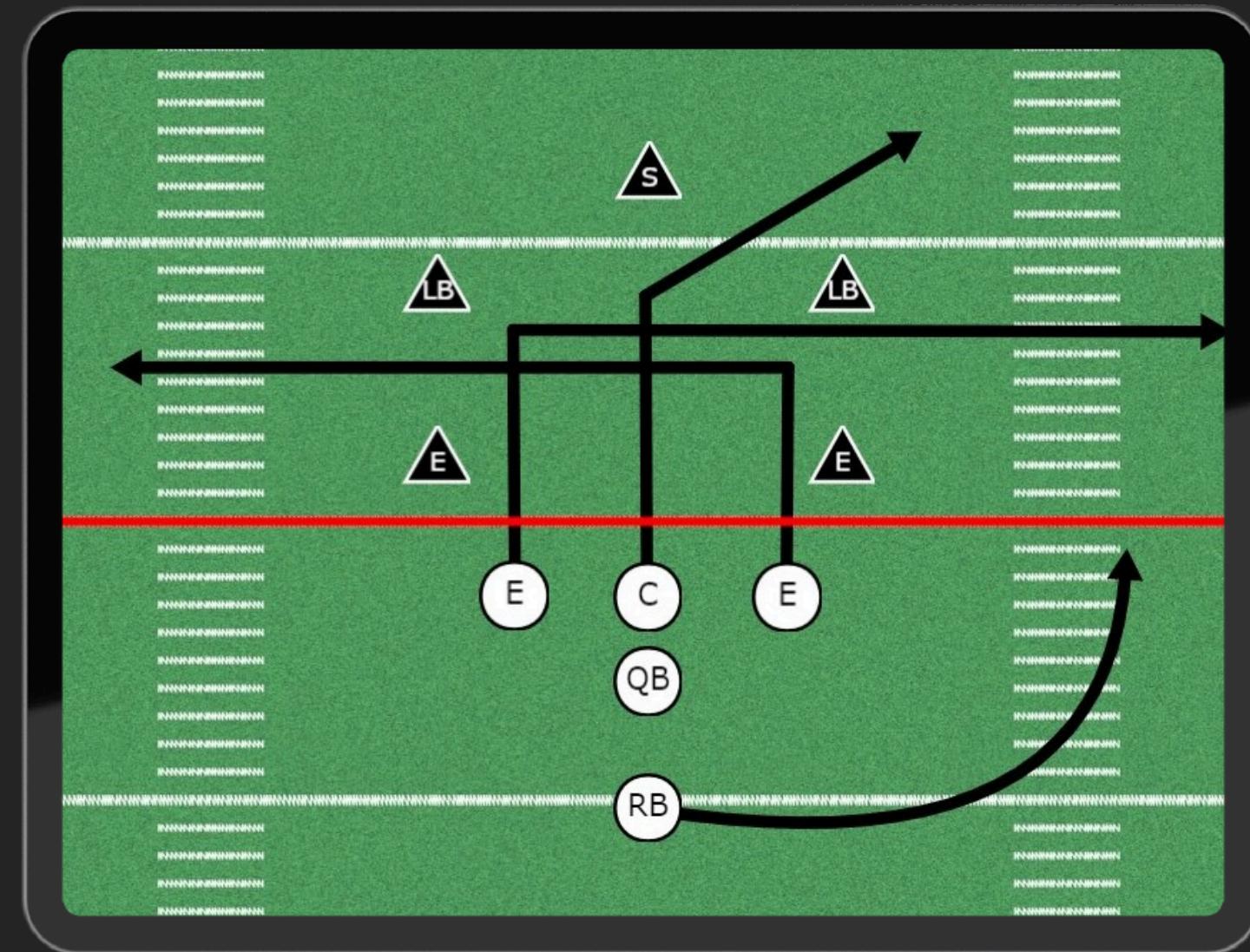
## RUN RIGHT / LEFT





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# PEEWEE PLAYS PASS RIGHT / LEFT

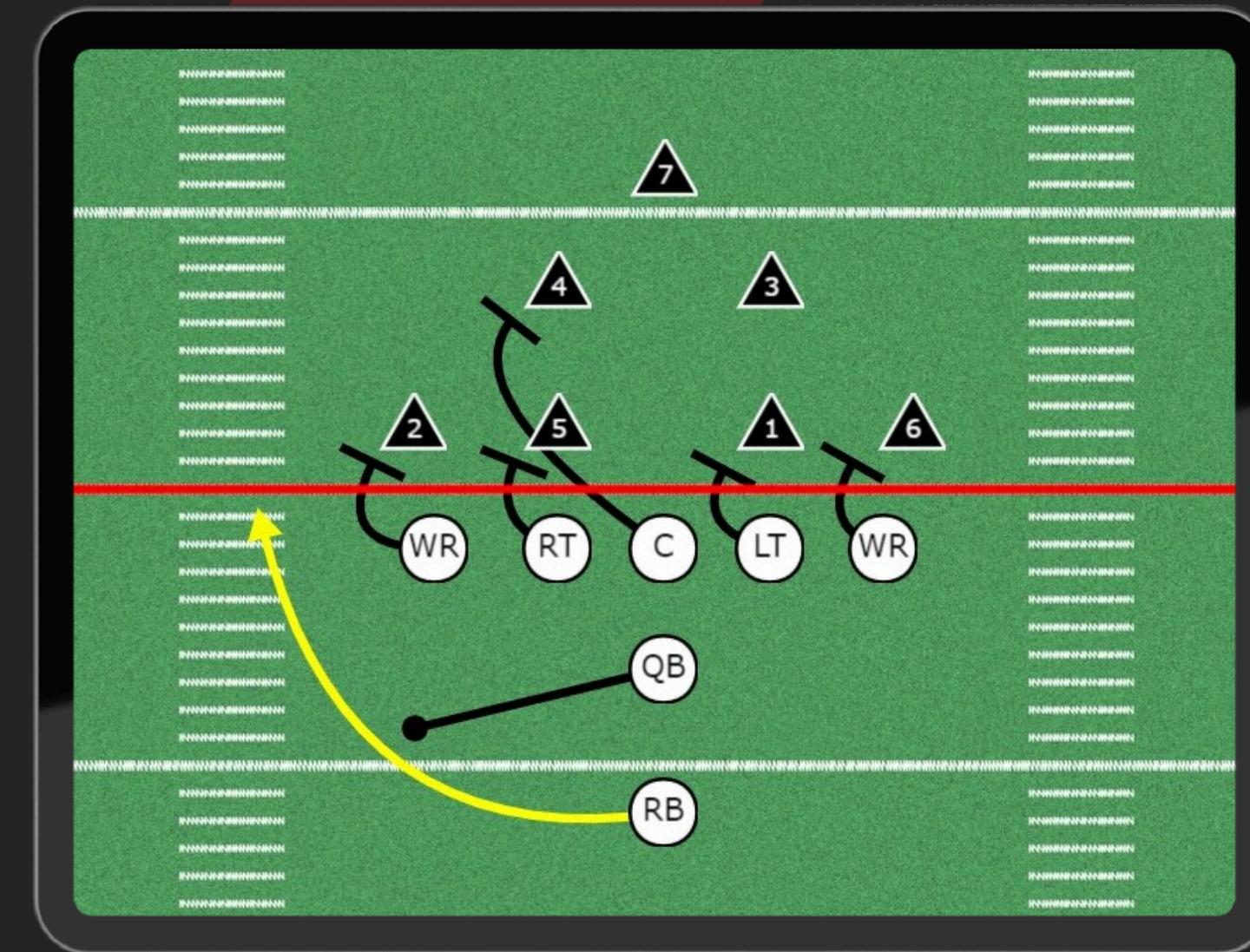
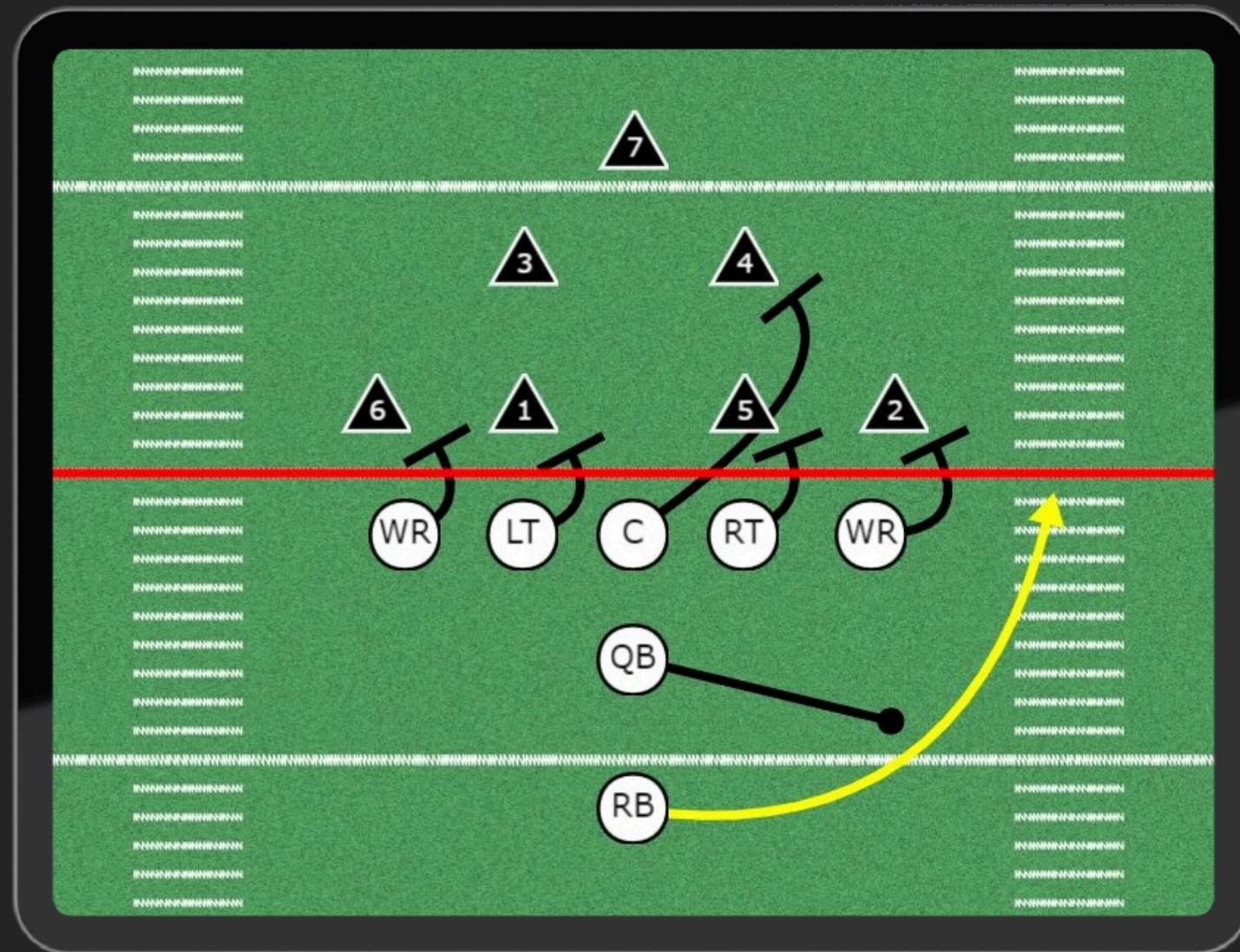




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# JUNIOR PLAYBOOK EXAMPLES

## BASE RUN RIGHT / LEFT

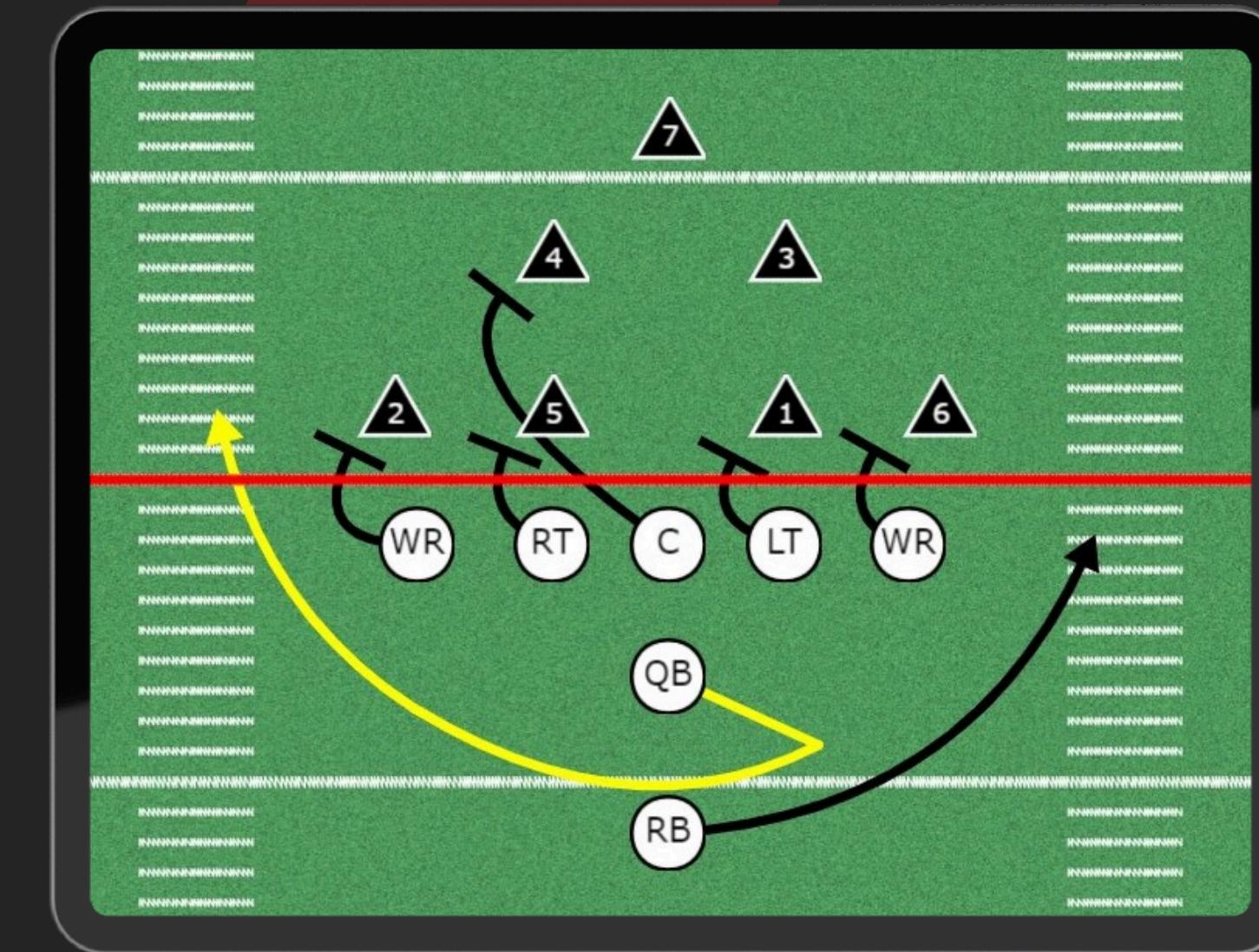
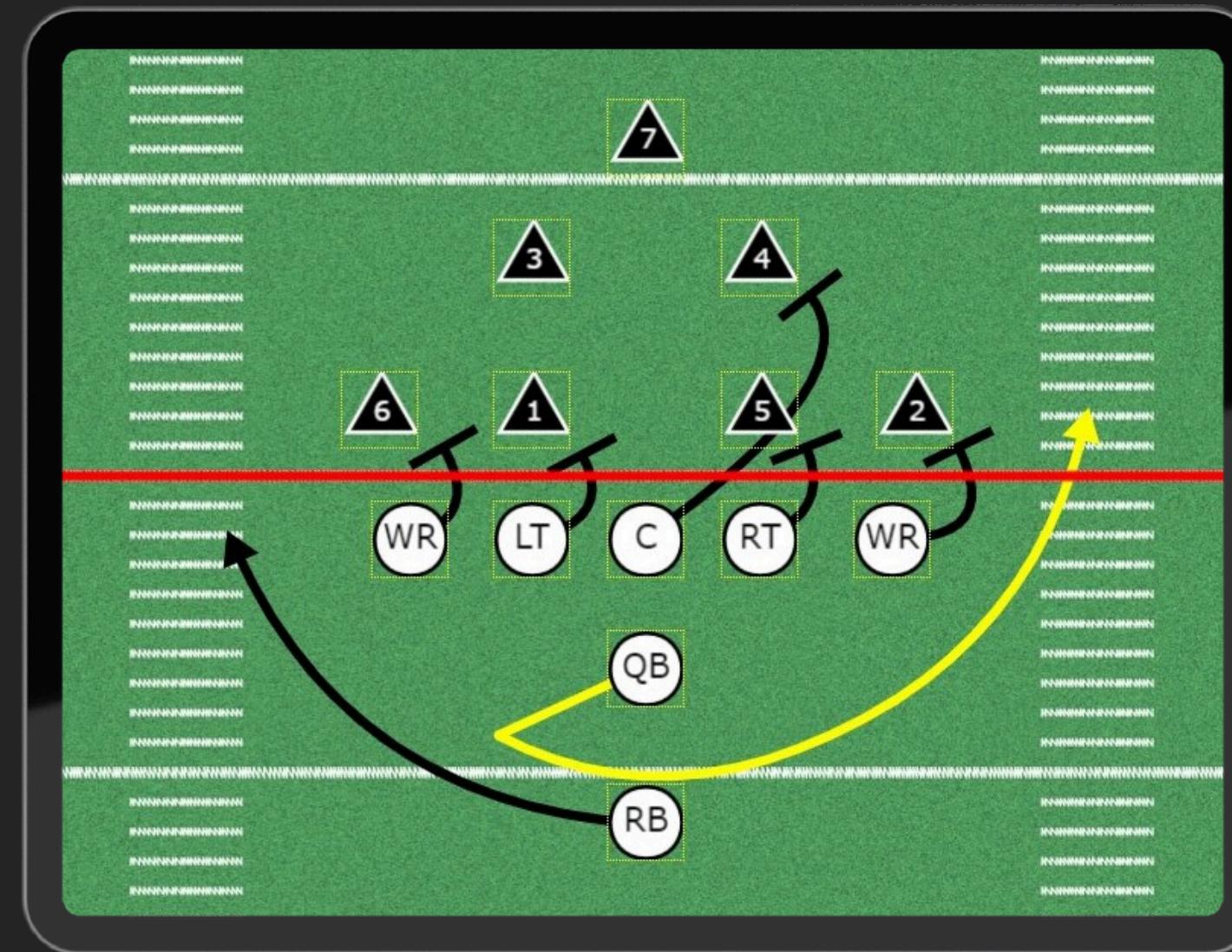




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# JUNIOR PLAYBOOK EXAMPLES

## BASE BOOT RIGHT / LEFT

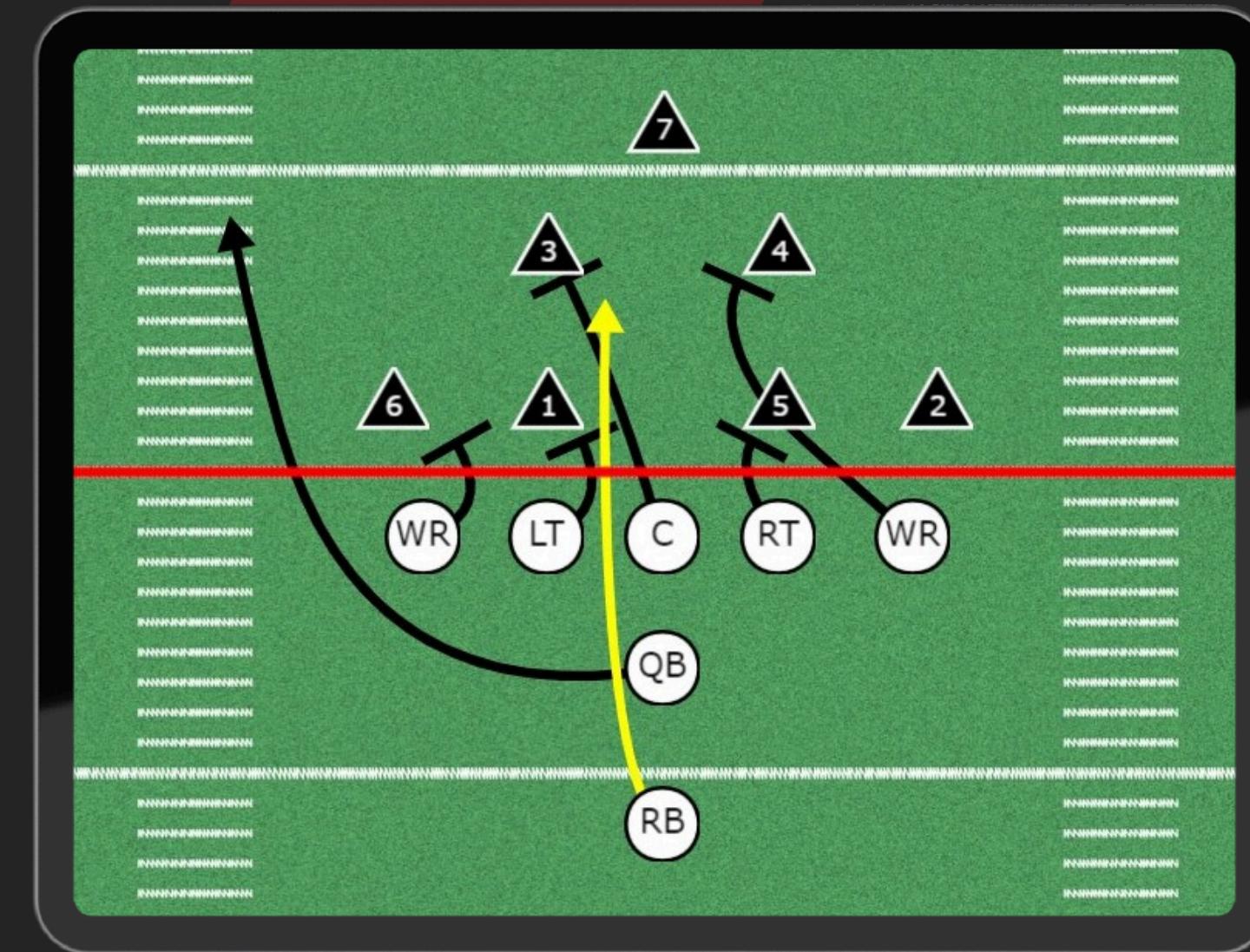
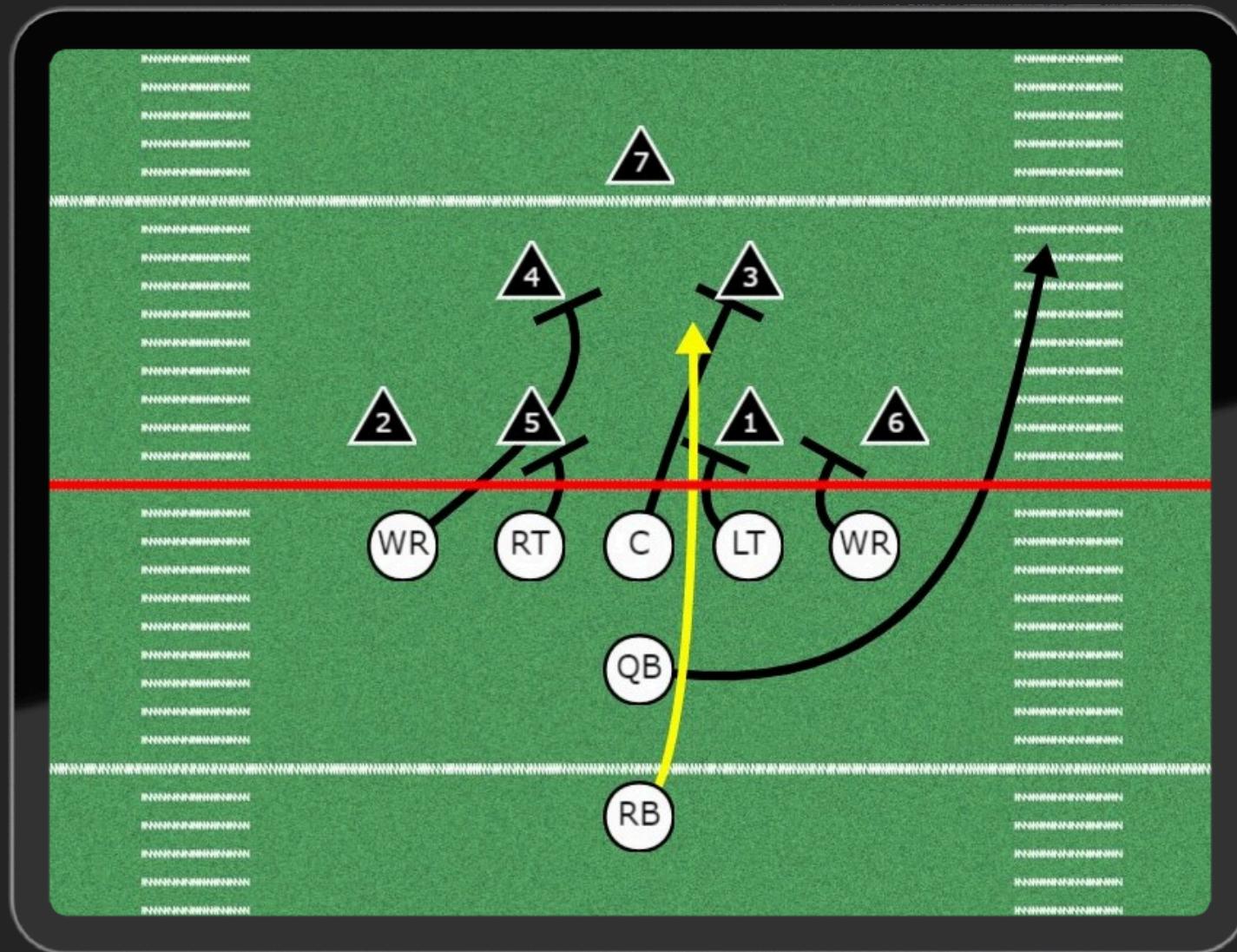




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# JUNIOR PLAYBOOK EXAMPLES

## BASE ISO RIGHT / LEFT

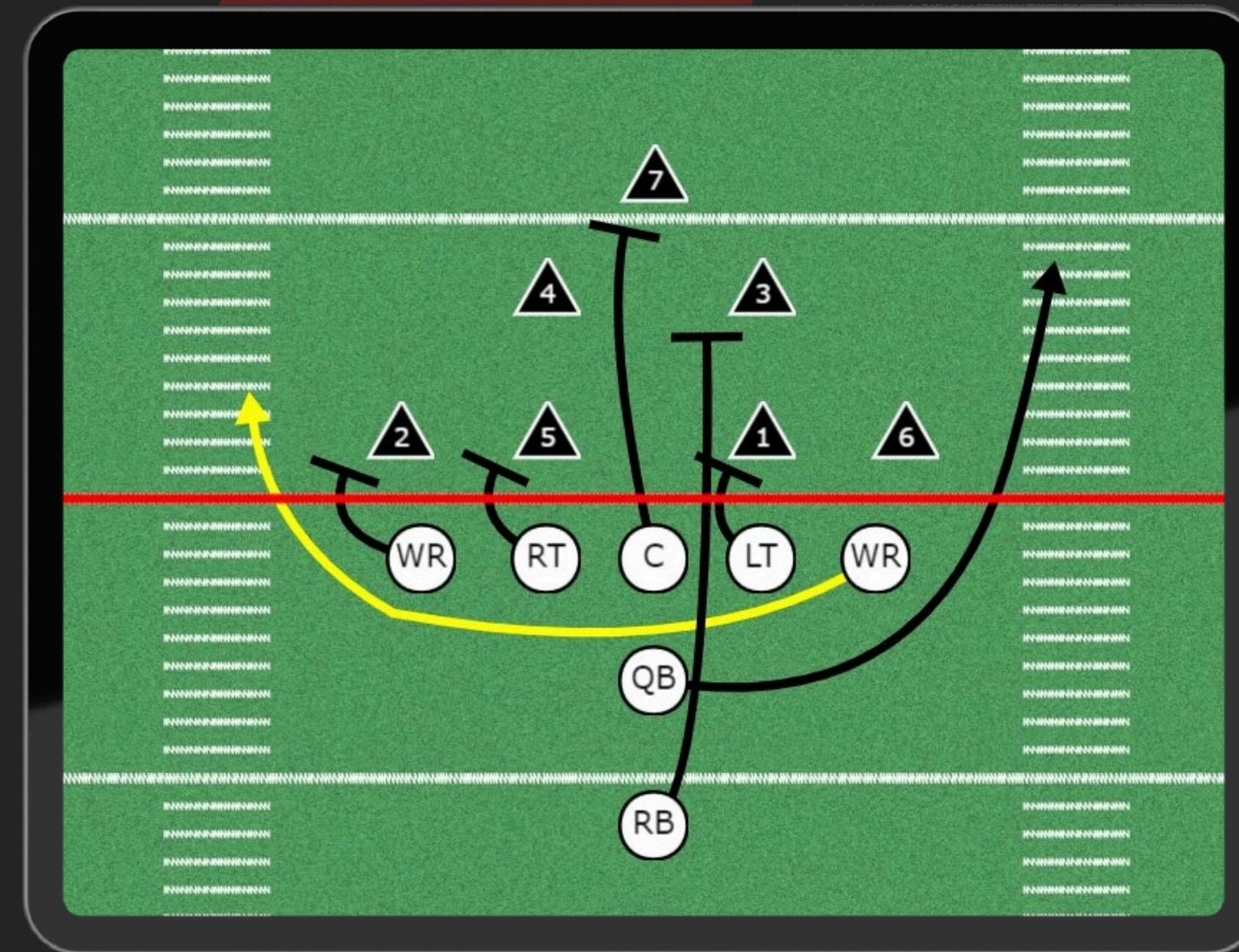
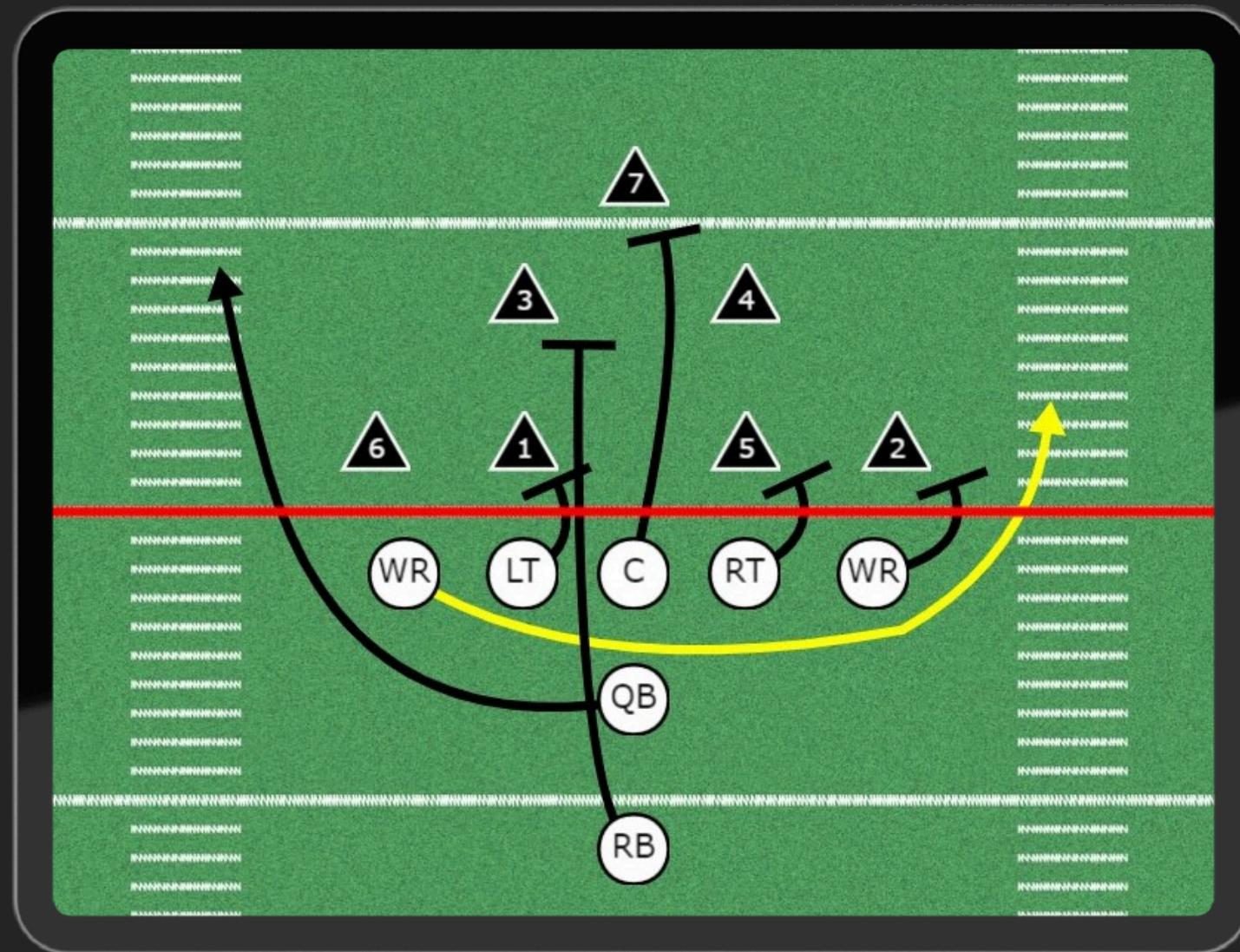




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# JUNIOR PLAYBOOK EXAMPLES

## JET SWEEP RIGHT / LEFT

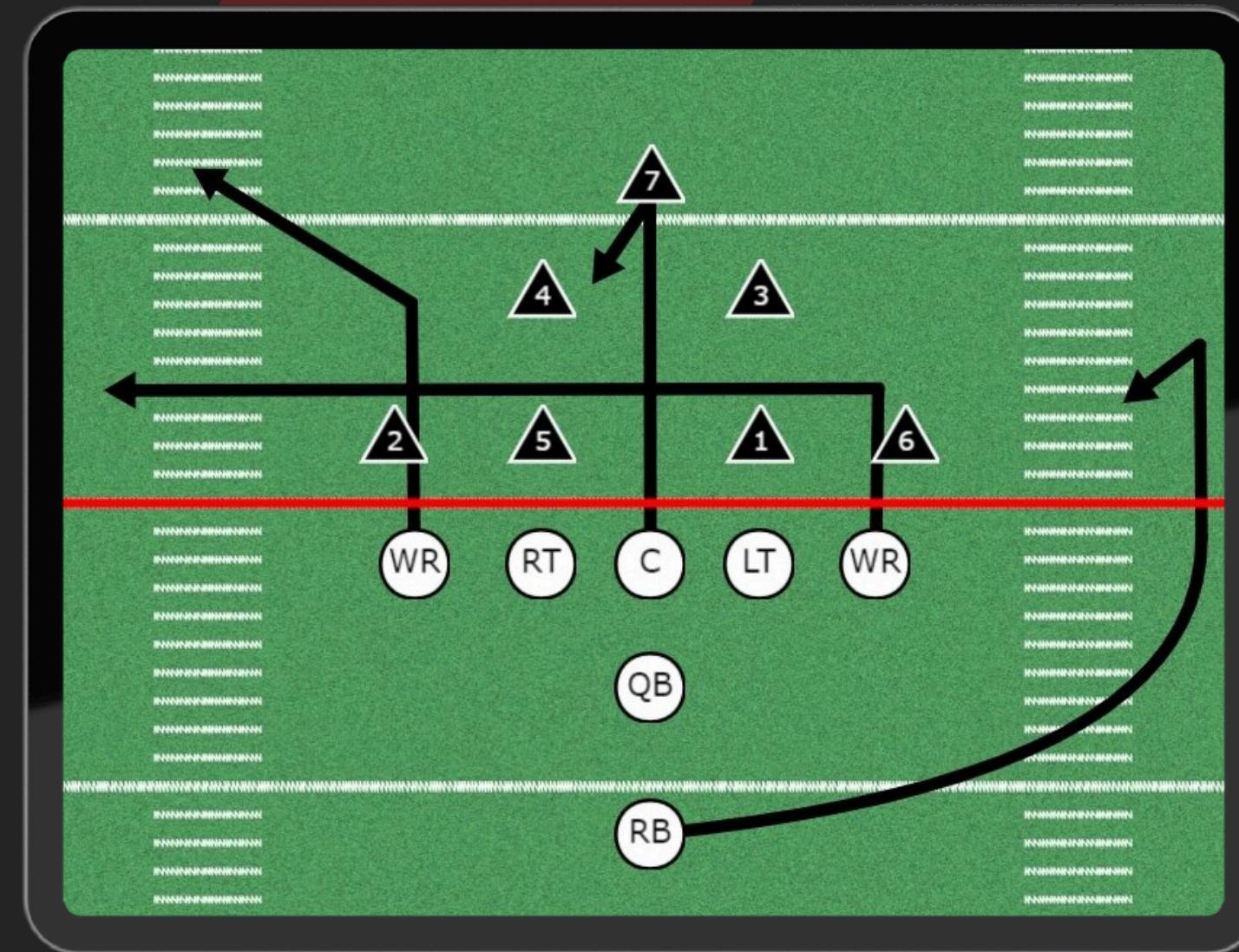
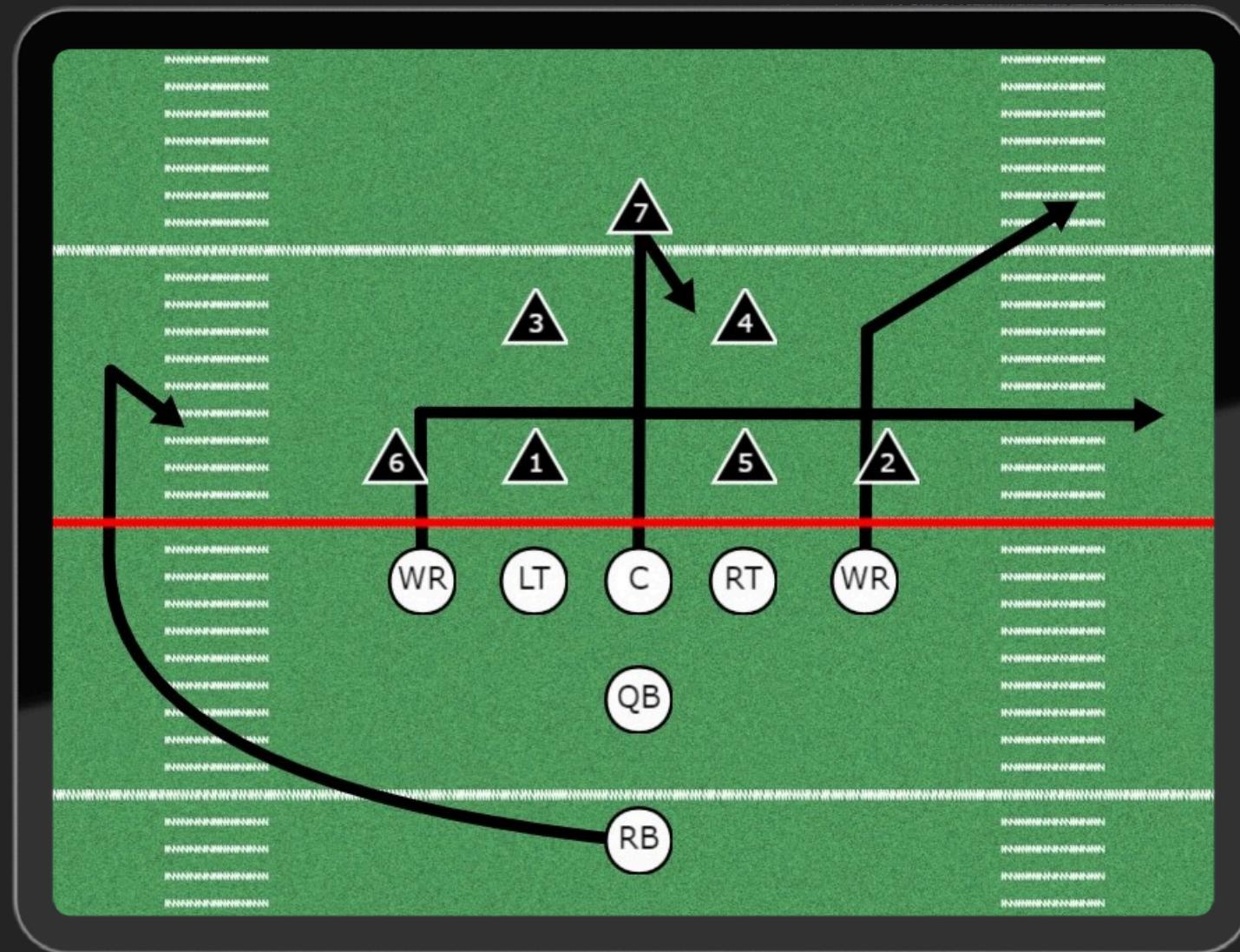




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# JUNIOR PLAYBOOK EXAMPLES

## BASE PASS RIGHT / LEFT

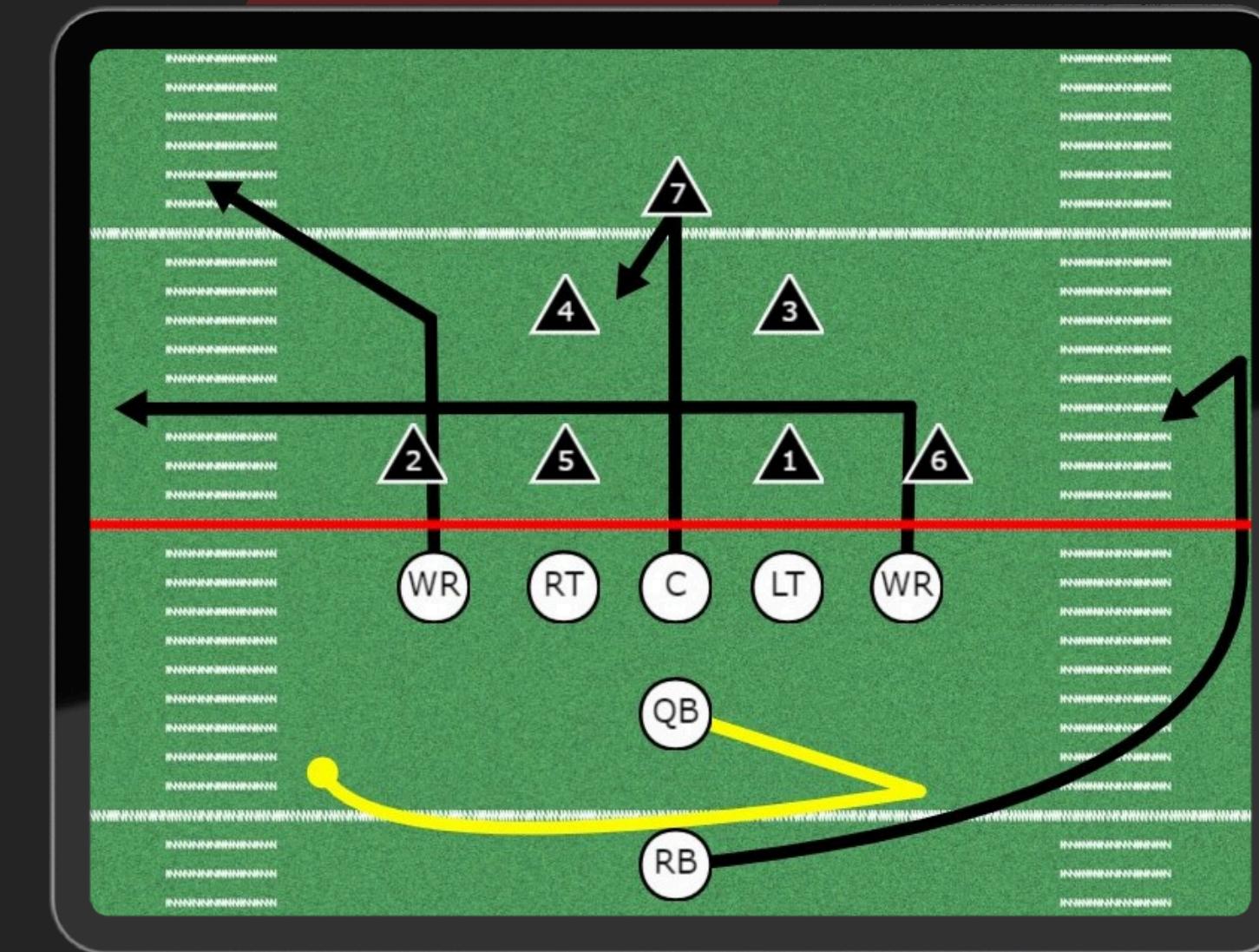
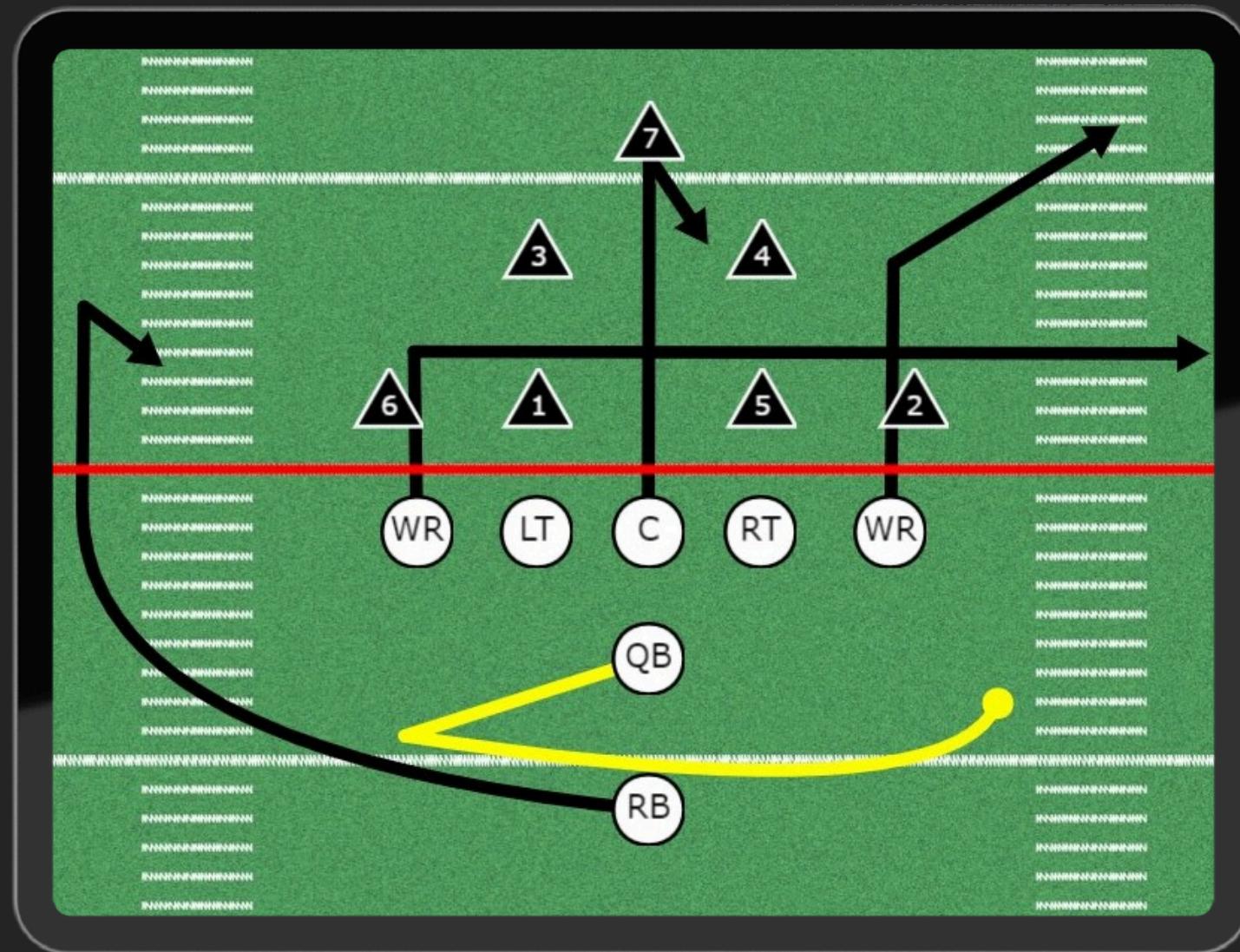




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# JUNIOR PLAYBOOK EXAMPLES

## BASE BOOT PASS RIGHT / LEFT

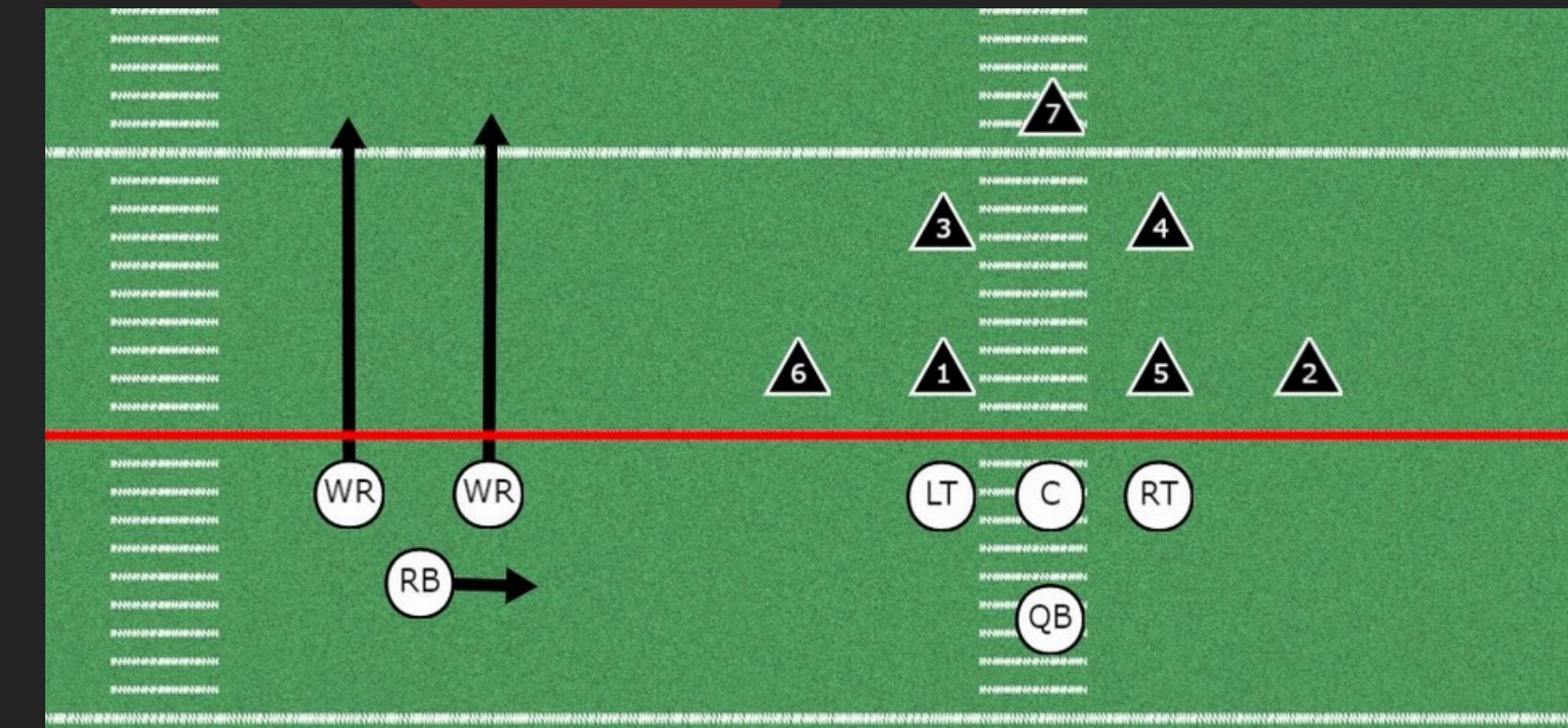
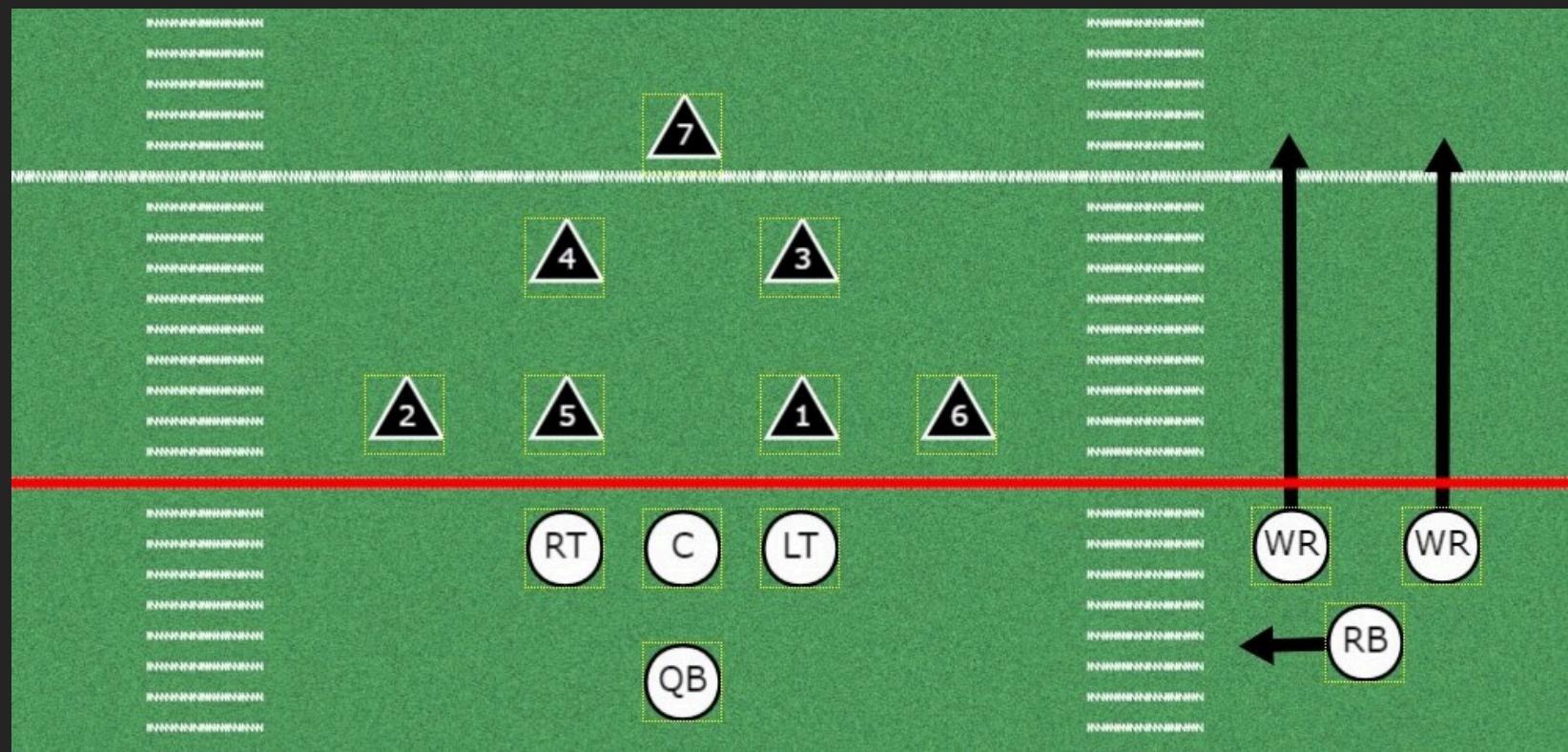




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# JUNIOR PLAYBOOK EXAMPLES

## TRIPS RIGHT / LEFT PASS





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# **RULES PEEWEE & JUNIOR**





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# PRE-GAME MEETING

5 minutes prior to kickoff, coaches and referees should meet at mid-field and introduce themselves. Reminder, coaches and referees are there to support both teams.

Both teams lineup at mid-field to check mouthguards, jerseys tucked in, and flags at sides.

Shake hands and prepare for start of game.





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# KICKOFF

## **Kickoff Setup:**

- **PeeWee:** Kickoff from midfield.
- **Junior:** Kickoff from a designated spot on the 15-yard line.

## **Kickoff Guidelines:**

- Kicks must travel at least 10 yards to be considered legal.
- Receiving team will advance all legal kicks.

## **Post Kickoff Placement:**

- After the kickoff, regardless of the outcome, the ball will be placed at the offensive team's own 5-yard line.





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# PACE OF PLAY

Coaches should not take longer than 30 seconds to call a play. In fact it should take about 10 seconds once all the kids are in the huddle. Kids should be taught to rush to the huddle after a play ends.

A penalty can be called by the referees for a coach after one warning. The penalty is a loss of down and the ball remains at the same spot as the last snap.





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# DOWNS & DISTANCE

## PEEWEE & JUNIOR

**Starting Possession:** The first offensive possession of each half begins at the offensive team's own 5-yard line after a kick-off.

### Downs and First Downs:

- The offense has 4 downs to cross the midfield line for a first down and a new set of downs.
- If on fourth down, a team chooses to punt, the receiving team starts with the ball on their own 5-yard line, regardless of the punt return outcome.
- If a team doesn't punt and fails to get a first down or touchdown, the opposing team takes over at midfield.

### Advancing the Football:

- Players can advance the football by running or completing a legal forward pass.
- The ball is put into play by a center snap.
  - A legal snap is defined as the movement of the ball from the center to the quarterback or another eligible player.
- A side snap is legal at all levels, but proper fundamentals of center snaps with the quarterback are encouraged.
- Once players are set, there should be no movement until the ball is snapped.



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# DOWNS & DISTANCE

# PEEWEE & JUNIOR

## **Turnovers:**

- There are no fumbles; the ball is dead when it hits the ground and placed at the point of the fumble.
- Fumbles result in a loss of down **unless** they occur on the center/quarterback exchange. In that case, the play and down are redone.
  - If a Junior team decides to leverage a shotgun formation and the ball hits the turf before reaching the quarterback, this is ruled a fumble (dead ball) and results in a loss of down. Shotgun is not allowed in PeeWee.
- When a ball is intercepted, the play can continue until a flag is pulled, the players steps out of bounds, or scores. Once the play is complete, the ball will be returned to the line of scrimmage and result in a loss of down. If the play occurred on 4th down, possession will change.

## **Passing Requirements:**

- Each offense must throw at least one pass per set of downs.
- A lateral or backward pass does not count toward the one pass per set requirement.

## **Discrepancy in Size:**

- If there is a significant discrepancy in size between the offensive and defensive tackles, coaches should make personnel adjustments.

## **Diving with the Ball:**

- Players are not allowed to dive with the ball.
- If a player dives forward while in possession of the ball, it is considered down at the point where their feet left the ground.



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# PASS RUSH PEEWEE

## **Pass Rush**

- The quarterback may not be rushed by the defense.

## **Quarterback Runs**

- The quarterback **CANNOT** run with the ball across the line of scrimmage.

## **Quarterback Throw Clock**

- The quarterback must throw a pass within 10 seconds, or it will be considered a sack with a loss of down and the ball placed at the same line of scrimmage.



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# PASS RUSH JUNIOR

## **Pass Rush**

- During the rush, the defensive tackle must fully engage with the offensive tackle before attempting to reach the quarterback.
- Rushing the quarterback requires a **1-1,000, 2-1,000** rush before seeking the quarterback.
- Defensive tackles cannot shift positions or alignment to gain an advantage over the offensive linemen (No gap shooting or slants).

## **Quarterback Runs**

- The quarterback CAN run with the ball across the line of scrimmage either in a designed play or scramble.
- If the quarterback tucks the ball to run, the defense may pull their flag.
- If the quarterback leaves the pocket (*5-foot-wide area in the middle of the field between the offensive tackles*), **ANY** defensive player may pursue them.



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# BALL CARRIERS

## PEEWEE & JUNIOR

### **Ball Carrier Rules:**

- A ball carrier must avoid tacklers by spinning or running around them.
- Running through a defender is considered unnecessary roughness and results in a 10-yard penalty and loss of down.
- Ball carriers are NOT allowed to use their hands to guard their flags, slap or push defenders' arms away, or stiff-arm at any time.
  - These actions will be called illegal use of hands, and the ball will be placed 5 yards back from the point of the foul.



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# DOWNING THE BALL CARRIER

## PEEWEE & JUNIOR

### **Ball Carrier Down:**

- The ball carrier is considered down when a flag is pulled from their belt, a flag falls off, or any part of the body other than the hand touches the ground.
- If a flag falls off, the play is dead at the point where the flag fell.
- A receiver who loses a flag while running a pattern and catches the ball is down at the point of the catch.

### **Penalties for Flag Pulling:**

- Intentionally pulling a flag from a receiver before they receive the ball results in an unsportsmanlike penalty. If a touchdown pass is caught under these circumstances, it will be awarded.
- When a defender pulls a flag, they must raise it high to declare the pull and hand it back to the player in a sportsmanlike manner.
- All flags must hang freely at the players' sides and not be rolled in the belt. Shirts must be tucked in. Improperly attached flags result in a 5-yard penalty and loss of down.



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# DOWNING THE BALL CARRIER

## PEEWEE & JUNIOR

### **Intentional Flag Pulling and Holding:**

- Pulling the flag of someone not in possession of the ball results in a 5-yard penalty and an automatic first down for the opposing team.
- Defenders cannot hold the ball carrier to stop forward progress or assist in pulling flags.
  - Holding results in a 5-yard penalty.

### **Prohibited Actions:**

- No tackling or pushing a ball carrier out of bounds; this results in an unnecessary roughness penalty with a 10-yard penalty and an automatic first down.

### **Spotting the Ball:**

- If a player is sacked or a flag is pulled behind the line of scrimmage, the spot of the ball is where the flag was pulled, not at the line of scrimmage.



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# BLOCKING PEEWEE & JUNIOR

## **General Blocking:**

- Blocking is done by shielding a defender from the ball carrier.
- Blockers must remain on their feet while blocking; flying blocks or cutting at defenders' legs are prohibited and will result in a minimum 10-yard penalty, potentially being considered unnecessary roughness based on severity.

## **Hand Placement:**

- Offensive blockers must use open or closed hands while blocking within the framework of the body (chest and shoulders). No grabbing the jersey or holding is permitted.

## **Defender Actions:**

- Defenders cannot grab the jerseys of offensive players. While unintentional bumping may occur, defenders cannot intentionally run through blockers to knock them down.

## **Starting Positions:**

- Both blockers and defenders start in a ready position and may not begin in a three-point or four-point stance.



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# BLOCKING PEEWEE & JUNIOR

## **Offensive Tackle Pulling:**

- If an offensive tackle is pulled, the now-unengaged defender may immediately blitz the quarterback.
- The focus should be on skill development with gradually built plays rather than trickery.
- Failing to align an offensive lineman against a defensive lineman risks a free run at the quarterback.

## **Penalties:**

- No holding or blocking in the back.
  - Illegal blocks or holding will result in a 10-yard penalty.



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# PASSING PEEWEE & JUNIOR

## **Eligibility:**

- In the **PeeWee**, all players are eligible to catch a forward pass.
- In the **Junior**, all players **except for tackles** are eligible to catch a forward pass.

## **Throwing Conditions:**

- A forward pass may be thrown from anywhere behind the line of scrimmage.
- Only one forward pass is allowed per down; any number of lateral or backward passes are legal.



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# PUNTING PEEWEE & JUNIOR

## **Punting Rules:**

- When a team chooses to punt, they must declare their intention before the snap of the ball.
- There will be no rush against the punter, and the punting team may not leave the line of scrimmage until after the ball has been punted.
- Regardless of the punt return, the receiving team will assume possession at their own 5-yard line.



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# FOLLOW US

**Facebook:** [www.facebook.com/LakeCountryChiefs](https://www.facebook.com/LakeCountryChiefs)

**Instagram:** [lakecountrychiefs](https://www.instagram.com/lakecountrychiefs)

**Website:** [www.lakecountrychiefs.org](https://www.lakecountrychiefs.org)

# CONTACT US

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