



## ROME-FLOYD UNIFIED YOUTH FOOTBALL PROGRAM Philosophy of Youth Athletics



It is the intent of the Rome-Floyd Unified Youth Football Committee to offer this youth football program on an equal opportunity basis. All individuals wishing to participate in the Rome-Floyd Unified Football Program must not be disqualified or discouraged from doing so. Teams will be organized to accommodate all that register and wish to play. **Participants are assigned to teams according to the school district in which they attend.** Each player dressed out in each game must play, according to the program's participation policy. Participation is most important in building character and confidence in youngsters. The Unified Football Committee hopes to make every athletic activity serve as a training ground for life.

Each child must attend at least half of the scheduled practices each week to be eligible for play. If a child is disrespectful or displays disruptive conduct, the coach will be allowed to restrict him or her from play for the next game, upon approval from the Unified Football Committee. A child may not be disciplined in any way because of school related matters, or any other activity unrelated to the team practices and games.

**Coaches are members of the program organizational team.** Cooperation is required to maintain a quality experience for the participants. Coaches must establish a good working relationship with parents, players, and the Parks and Recreation Authority and Boys/Girls Club of Rome. Coaches will refrain from "running up" the score against the weaker opponent. Children tend to use their coaches as role models. What you say and do has a tremendous effect on their personality development and self-confidence level.

This philosophy has been developed to give volunteers a clear understanding of how important youth are to Floyd County. By following this philosophy, you will become a valuable volunteer and a tremendous asset to your community.

### **Rome-Floyd Unified Youth Football Program**

**Executive Committee:** The Rome-Floyd Unified Football/Cheerleading Committee was established in 1992. The committee is made up of six voting members, three appointed by the Director of each respective agency. This committee has the responsibility of overseeing all aspects of the Junior Pee Wee, Pee Wee and Mite Football/Cheerleading rules and regulations. This committee has the right to make adjustments to rosters or playing districts that may vary from the listed rules for individual players and teams based on what is determined by the committee to be in the best interest of the overall program. The Physical Director of the Rome Boys and Girls Club and the Athletic Director of the Rome-Floyd Parks and Recreation Authority will manage the program on a day-to-day basis.

## **Volunteer Coaches**

### **PURPOSE:**

The COACH has the tremendous responsibility of controlling respect, creating sportsmanship and maintaining “team spirit”. Never should he/she subscribe to the philosophy of “win at all cost”. A Coach’s primary responsibility is to teach sportsmanship and fair play to his/her team. The player’s ability to accept defeat and be humble in victory should be closely monitored by the coaches. Remember that in later years, the boys forget the scores of the game, but they will never forget the manner in which they were coached. Win or lose, congratulate your opponents. Never forget, it is just as important to lose gracefully as it to win honorably.

The public views youth volunteer coaches as representatives of the Boys/Girls Club of Rome and the Rome-Floyd Parks and Recreation Authority. Each volunteer should remain alert of the influence he/she has on the youth and how the general public views him. Children tend to use their coaches as role models. What you say and do has a tremendous effect on their personal development and self-confidence level.

**Coaches are members of the program organizational team.** Their participation as a volunteer is considered a privilege granted by the Rome-Floyd Unified Football Program Executive Committee. This committee has the authority to reprimand, suspend or dismiss a volunteer coach for violations to its guidelines & policies or community standards.

## **RESPONSIBILITY**

The Rome-Floyd Unified Football Program Committee is fortunate to have many qualified, experienced coaches involved with its program. It is important to have new coaches becoming involved with the program to continue team traditions as older coaches retire. Because of the number of teams and coaches involved with this program it is important for the Rome-Floyd Unified Football Committee to make sure that all coaches are aware of changes in rules, coaching techniques and injury prevention.

A coach should equally be able to teach football fundamentals, sportsmanship and fair play to his/her team. A coach who teaches his players to purposely intimidate or injure an opposing player will not be tolerated. Coaches who do not show proper respect for the game officials or project a “we lost because we were cheated” attitude will have their coaching privileges removed.

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## **Rome-Floyd Unified Youth Football Program Guidelines & Policies on Coaches Conduct**

All head Coaches must be at least 21 years of age. Assistant coaches must be at least 18 years of age. Head Coaches shall be responsible for proper conduct of their assistant coaches and spectators. All volunteers will undergo criminal background checks.

### **GENERAL GUIDELINES & POLICIES:**

1. A coach is not allowed to cut players from his team.
2. Coaches must abide by the mandatory Playing Time Rule. Participation is most important in building character and confidence in youngsters.
3. Always be fair when enforcing rules or when taking disciplinary actions. Discipline is a good teacher of responsibility. Be firm, but fair.
4. Constructive criticism should be reserved for a private moment. NEVER CRITICIZE OPENLY.
5. Coaches should keep parents and players well informed on practices, games, rainouts, etc.
6. Establish a good working relationship with both players and parents.
7. Refrain from “running up” the score against an opponent.
8. Be concerned with safety at all times. We expect all coaches to report all accidents or injuries to the Program Coordinators at RFPRA.
9. Abide by doctor’s decisions in all matters of players health, injuries, and physical ability to play.
10. Always strive to make every athletic activity serve as a training ground for life.

### **VIOLATION OF THE FOLLOWING POLICIES COULD RESULT IN SUSPENSION OR PROBATION FROM THE PROGRAM:**

1. Use of any drugs or alcohol prior to or during a practice or game.
2. Use of any tobacco products during a practice or game.
3. Profanity, abusive language or unsportsmanlike conduct during a practice or game.
4. Failure to report violations of rules or policies of an opposing team or coach in a timely manner.
5. Pulling a team off the field for any reason.
6. Being ejected from a game by the referees. (Failure to leave the field will result in forfeiture of game).

The primary mission of the Rome-Floyd Parks and Recreation Authority & the Boys/Girls Club of Rome is to develop character and build good citizenship in the youth of this community. The Executive Committee of the Rome-Floyd Unified Football Program recognizes the importance of physical and mental fitness in fulfilling this mission. It is our belief that one of the most important influences that a child encounters is his/her coach. For that reason if you fail to follow these guidelines & policies, you could lose your right as a volunteer with the Boys/Girls Club of Rome and the Rome-Floyd Parks and Recreation Authority. Coaches may or may not be asked to coach again depending on their actions and attitudes.

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## **Rome-Floyd Unified Youth Football Program Youth Football Coaches Responsibilities**

1. Furnish one person for the yardage chain crew for each game.
2. Actions of Fans: Should not use mannerisms intended to incite the crowd.
3. Follow the rules of the referee:
  - a. They are in charge of the game, from the time they come on the field until the time they leave the field.
  - b. Referees will eject any coach, player or fan from the game or vicinity for misconduct. Failure to leave will result in forfeiture of game. *\*\* Any coach ejected from 2 games will be suspended for the remainder of the season.*
  - c. The referee has the right to discontinue a game anytime conditions are warranted. (If it rains after 4:00 p.m., decision to play will be made at the field.)
4. No smoking or chewing tobacco during the games.
5. Dress Code: Shirt, Shoes, (no sandals, flip-flops), socks, pants or shorts - (preferably no cut-offs).
6. Insist players immediately go on and off the field at the change of possession.
7. The Unified Football Program staff will be in attendance at all games and see how much football you are teaching the youth. We also notice how well the youngsters respect and respond to you. DO NOT get caught up in the "winning at all costs" syndrome. You are there to help kids so have fun! Maintain and encourage SPORTSMANSHIP to participants at all times.
8. In case of rain, call the special rainout telephone number, 290-9597 or 234-8591, no earlier than 3:00 p.m. Decisions will be made only at 3:00 p.m. (Please pass this information on to parents and players. Rainouts will be rescheduled as soon as possible.) Rainout information is also posted upon decision at [www.rfpra.com](http://www.rfpra.com).
9. All coaches will be under the direction of the Unified Football Program during practices and games. They will be expected to be gentlemen and conduct themselves in the proper manner at all times. Coaches may or may not be asked to coach again depending on their actions and attitudes.
10. All injuries should be reported to a Unified Football Program staff person immediately.
11. Coaches should always be prompt at practice and at games. If you have to miss or be late, please call the Unified Football Program Staff. Do not turn your team over to a parent or anyone else. Contact your assistant coach. The Unified Football Program staff will assist you.

## **Rome-Floyd Unified Youth Football Program Youth Football Assistant Coaches Guidelines**

1. The head coach will appoint all assistant coaches.
2. All assistant coaches will be the responsibility of the head coach.
3. A head coach will have the authority to suspend or dismiss any assistant coach.
4. An assistant coach will carry out duties as assigned by the head coach.
5. An assistant coach will NOT have the authority to discipline any participant.
6. An assistant coach will not be given the same consideration as a head coach during games. Assistant coaches MUST NEVER get involved in any discussions during the game with officials.
7. Assistant coaches should support the decisions of the head coach and should never publicly second guess the head coach.
8. An assistant coach can be appointed by a head coach to act as head coach during the absence of the actual head coach.
9. Assistant coaches should be able to communicate information to parents concerning the program, practice times, and locations.
10. Ultimately, all assistant coaches are under the supervision and authority of the RFPRA and Boys and Girls Club of Rome.

## **Rome-Floyd Unified Youth Football By-Laws**

### **ARTICLE I - ELIGIBILITY**

#### **SECTION A - AGE DIVISION**

1. The Age Control Date is prior to September 1st of the current year.
2. There are three divisions for youth football:
  - a. Junior Pee Wee: ages 7-8
  - b. Pee Wee: ages 9-10
  - c. Mite: ages 11-12

## **SECTION B - PLAYING DISTRICT / AREAS**

1. **PLAYERS:** All players must play for the team from the district/area in which they attend school. Players changing schools after the practice season has begun will be allowed to continue to participate with that district or may switch to their new district. If there is no team from their district / area, the player will be placed on the next closest area team. Each player must submit the following: a release form signed by the parent/ guardian, birth certificate (copies only) and the program fee. After the official weigh-in, a player participating in this football program (Rome-Floyd Unified Youth Football Program) cannot play or practice with or against a team associated with any school athletic program.
2. **PLAYER DISTRIBUTION AND TEAM ASSIGNMENT GUIDELINES:** It is the intent of the Rome-Floyd Unified Football Committee to offer Youth Football on an equal opportunity basis, and for each area / district to equally divide registrants when more than one team is warranted.
  - a. All individuals wishing to participate in any youth athletic program must not be disqualified or discouraged from doing so.
  - b. Teams will be organized from each area / district in which sufficient registration numbers warrant. Home-schooled participants must play for the district in which they reside.
  - c. For all divisions, team recommended minimum is 16 and maximum is 31. If an area or district has 32 or more participants for one team, those participants may be divided as equally as possible in numbers and quality of participants.
  - d. When more than one team is established in a district, players returning from the previous year's team have the option of remaining on that team as long as they still attend the same school.
  - e. All new players (players that did not participate the previous year) must be divided among the teams as evenly as possible in number and quality.
  - f. If a new team is warranted because of participation numbers, the established team will keep its returning players and the new team will be made up of new players as equal in numbers and quality to the established team as possible.
  - g. Junior Pee Wee and Pee Wee division participants are assigned to teams according to the school which they currently attend. Note: Mite Division participants must play for the district in which they attended the sixth (6th) grade (city schools only.)
  - h. If an area registration fails to meet the requirements to form a team, team assignments will be made according to the established youth sports cluster plan.
  - i. Children are not allowed to play outside their school area if their area has team representation for their age division with the exception of the head coach's children only.
  - j. A child is not allowed to play up in an older age division unless there is no team in their area for their age level, and provided the older team can accommodate additional player(s) on their roster.
  - k. Any District/Area may establish as many teams as it has players for.
  - l. Only persons whose names are approved on the team's roster and who meet all eligibility requirements will be allowed to participate. Possible discipline of coach and player will occur if violated.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

1. All games in youth football, at all levels of play, are governed by the current rules and regulations of the Georgia High School Association with the exceptions as noted in these By-Laws.
2. The National Federation (National Alliance) Edition of Football rules is the official guide for the Unified Football Program and GHSA games, with exceptions as may be noted in these By-Laws.

## **SECTION B - LENGTH OF GAMES**

1. A regulation game shall consist of four (4) eight-minute quarters.
2. Each team shall be allowed three (3) time-outs per half.
3. Halftime shall be 10 - 12 minutes.
4. A team must have eleven (11) players to start a game. A team must have a minimum of (8) player to finish a game. All players must be properly equipped.

## **SECTION C - SPECIAL PROVISIONS**

1. The weight shall be determined prior to the season on scales of the balance type.
  - a. The Official Weigh-In shall be conducted prior to the start of the season.
  - b. Players failing to meet the weight requirements for backs and ends shall be declared linemen.
  - c. A player's weight is defined as the weight determined by approved scales when the player is stripped, or not wearing any clothes or uniforms only when needed.
  - d. Weight restrictions for backs and ends are as follows:  
Junior Pee Wee: 80 lbs.      Pee Wee: 95 lbs.      Mites: 120 lbs.

## **ARTICLE III - EQUIPMENT**

### **SECTION A - APPROVED EQUIPMENT**

1. Shoes are mandatory for play in youth football games.
  - a. Shoes which have plastic, nylon, hard rubber, or other synthetic materials and which are detachable are not allowed.
  - b. **Shoes with rubber-molded cleats are permissible.**
2. Approved footballs:      JPW-Nike 1000K, 2000K, 705K. Wilson K2.Baden 500PW  
PW-Nike 1000J, 2000J, 705J. Wilson TDJ. Baden 500JR  
Mites-Nike 1000Y, 2000Y, 705. Wilson TDY. Baden 500Y

### **SECTION B - UNIFORMS REQUIREMENTS**

1. A uniform for youth football shall include a certified helmet with face guard, shoulder pads, football pants with pads protecting the hips, butt, thighs, and knees; and a jersey with numerals on the front and back. It is mandatory that all players wear such uniforms. All players must wear mouthpieces.
2. All players over the RB/Rec. weight limit should wear a uniform number between 50-59, 60-69, or 70-79. All players under the RB/Rec. weight limit should wear a uniform number between 1-49 or 80-99.
3. Parents are responsible for ensuring that their child is properly fitted and equipped to play football.

## **ARTICLE IV - GAMES AND AWARDS**

1. Awards will be presented to the teams, which finish first, second and third in each division. (Post Season).
  - a. Individual awards will be given to first and second places, only. (Post Season.)

## **ARTICLE V- PROGRAM POLICIES**

1. **SUBSTITUTION/PARTICIPATION POLICY:** Each player dressed out must play. The goal of the recreation football program is participation. Any coach who fails to play all players dressed out may be suspended or dismissed from the program. A child may not be disciplined in any way because of grades or any activities other than at practice or on the playing area. If over half of that week's scheduled practices are missed without notification, then this policy is not in effect. Such a situation must be reported in advance to the program coordinator. **The amount of playing time is: Junior Pee Wee (7-8) 4 non-kicking plays minimum; Pee Wee (9-10) 4 non-kicking plays minimum; Mites (11-12) no less than 1 play.**
2. **PRACTICE SESSIONS:** Pre-practice sessions are limited to 2 hours from scheduled starting time. Practices are limited to no more than four per week. During the season, only three practices per week and no more than 1 1/2 hours from the scheduled starting time. Teams may not begin practice of any type until approved by committee. **NO practice is allowed on Sundays.**
3. **GRACE PERIOD:** A ten-minute grace period from the scheduled starting time for teams not having eleven players.
4. **TWENTY FOUR POINTS:** Anytime a team is leading by 24 or more points, the clock will run continuously, stopping only for injuries, official time-outs, and the time between the P.A.T. attempt and the kick-off. If the point spread is reduced to less than 24 points, the clock will return to normal timing procedure. **HOWEVER**, if the difference is 24 or more at the beginning of or anytime during the **FOURTH QUARTER**, the clock will run continuously except for injuries. (The team behind may take its time-outs and the clock will stop for the duration of the time out and re-start with the ready for play. The team ahead may take its time out in order for the coach to confer with the team, but the clock will continue to run during the timeout.)
5. Each team shall be responsible for providing the approved game ball.
6. Any player, coach, manager, team scorer, or assistant who is disqualified for unsportsmanlike conduct; including abusive language, is ineligible for further participation in game in progress and may be dismissed from future competition by the Unified Football Committee.
7. **DISCIPLINARY OR MEDICAL PROBLEMS:** In case of disciplinary or medical problems, it is the coach's responsibility to notify the Unified Football Program Coordinators by 2:00 p.m. game day. The Rome Boys/Girls or RFPRA must clear all problems, prior to game time.
8. **HARD CASTS:** Players with hard casts will not be permitted to play. Players will not be allowed to play with any type of hard cast regardless of padding, parent release or doctor's release.
9. **SPECIAL CASES: The Unified Football Committee reserves the right to consider special and unusual cases that occur from time to time and rule in whatever manner is considered best for the individual and the overall program.**

## **ARTICLE VI - PLAYOFF PROCEDURES**

1. **PLAYOFFS & BOWL GAMES:** All teams from each division will advance to the playoffs. If two or more teams are tied for fourth place in the final standings, the winner will be determined by (A) Head to head competition, (B) Points Allowed (C) Points Scored (D) Winning Margin (E) See Article V, #9.

## **ARTICLE VII – OVERTIME PROCEDURES**

An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.

1. **Instructions:** When the score is tied at the end of the 4<sup>th</sup> period, the referee will instruct both teams to return to their respective team boxes. There will be a 3-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure and discuss how penalties (if any) will be assessed to start the overtime procedure. At the end of the intermission, the linesman will go to the team on the side of the field where the line-to-gain equipment is located and the line judge will go to the other team. They will inform the coaches on time-outs and any special penalty enforcements that apply.
2. **Coin Toss:** At the coin toss in the center of the field, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put into play for this possession. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the 1<sup>st</sup> down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.
3. **Timeouts:** Each team will be allowed one timeout for each extra period. Timeouts not used during the regulation periods may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.
4. **Overtime Series and Scoring:** To start the overtime, the offensive team shall put the ball in play, 1<sup>st</sup> and 10, on the defensive team's 15-yard line anywhere between the inbounds lines. That series shall be terminated by any score by the offensive team or as soon as the defensive team gains possession of the ball.
  - a. If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game.
  - b. A field-goal attempt is permitted during any down.
  - c. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs has ended.
5. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 15-yard line anywhere between the inbounds lines. Both teams will use the same end of the field during each series of downs to ensure equal game conditions and conserve time.

6. If the score remains tied after each team has been given a possession in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes. At the subsequent meeting of team captains the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then the first options will be alternated with no coin toss.
7. If the score remains tied after 2 overtime periods, any team which scores a touchdown MUST attempt a 2-point try. A KICK try is not allowed and will not be counted.
8. If the defensive team scores a safety or touchdown, the game is ended.
9. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.
10. No try will be attempted if the winner of the game has been determined.
11. Penalty Enforcement: All fouls are enforced during each possession as they are during any normal game situations.

### **ARTICLE VIII - POINT AFTER TOUCHDOWN**

#### **1. After each touch down, the offensive team will be allowed to attempt a P.A.T.**

- a. A one (1) point attempt from three (3) yard line (all age divisions.)
- b. A two (2) point attempt from five (5) yard line (all age divisions.)
- c. A two (2)-point attempt by kick from three (3) yard line. No defensive rush between the offensive tackles. Only 2 defensive players allowed to rush. (Only Pee Wee and Mite Divisions.) Junior Pee Wee Division excluded from kicking P.A.T.

### **ARTICLE IX- PLAY POSTION RESTRICTIONS**

1. Interior Linemen will not be able to advance the ball in any situation. Example: kick return, punt return, or fumble. **(Exception: pass interception.)**
2. Player Uniforms: Quarterbacks and running backs should wear a number between 1 and 49; tackles, guards, tackles and centers should wear a number between 50 and 79; all receivers (ends) must wear a number between 80 and 99.
3. Players that are designated as backs or ends will be allowed to play as linemen when and if needed. But, players designated as interior linemen cannot be used as a receiver (end) or a back.
4. A muff is not a fumble: Defense cannot advance a fumble or muff.
5. Only the back or receiver that fumbles the ball will be allowed to recover the ball and advance the ball. Only Exception: On a pitch play, the quarterback or back that is to receive the ball may recover and advance the ball. \*The intent of this rule is to restrict a trick play to allow linemen to advance the ball.
6. All punters must be either a back or a receiver.
7. Any player over the required weight limit of Backs & Receivers will be restricted to interior line play, not to exceed five interior linemen. Interior linemen are defined as players lining up to the outside shoulder of tackle. This restriction will be used for both offense and defense.

8. Tape or dots on overweight player's helmets will remain on the helmet for the duration of the season. This is the Head Coach's responsibility. If for any reason the tape is removed, the head coach will be disciplined for the remainder of the season. Any player wearing a dot on the helmet is restricted to line play as outlined here. It is not up to officials to determine that a player shouldn't have a dot.
9. Any player designated as an interior lineman that does not have any identifying marking on helmet will be issued a 15-yard penalty, and player will be removed from game until proper markings are placed on helmet. The penalty will be charged to the Head coach as an unsportsmanlike penalty.
10. Players designated as interior linemen and restricted by a dot on the helmet, but playing out of the positions to which they are restricted, are subject to the following penalty procedure:
  - a. 1st Infraction: A team warning.
  - b. 2nd Infraction: 5-yard penalty and automatic 1st down if on the defense or loss of down if on the offense.
  - c. 3rd Infraction: (And any thereafter) 15-yard penalty and automatic 1st down if on the defense or loss of down if on the offense. It is considered an unsportsmanlike penalty against the head coach.

### **SIDELINE DECORUM**

1. Authorized sideline persons include the Head Coach, four Assistant Coaches, and the players. All other personnel must remain behind the designated marked areas of the playing field including those wishing to videotape the game. The Head Coach is responsible for enforcing this policy on his bench. All players and coaches must stay in designated areas.
2. All coaches must wear a Coach Pass to stand on the sidelines; anyone without a Coach Pass will not be allowed on the sidelines. Officials will be allowed to remove anyone without a Coach Pass.

### **JUNIOR PEE WEE FOOTBALL SPECIAL PROVISIONS**

1. Defense cannot use a nose guard in front of offensive center. Offensive center cannot be hit until after the snap of the ball.
2. No punts - if offensive team decides to turn over the ball, it will be placed 25 yards from line of scrimmage. Exception: no change of possession will begin any closer than their opponent's 20-yard line.
3. No kick-offs will be allowed.
4. One coach from each team will be allowed on the field to call offensive plays and set defensive plays. Coaches on the field are there to help call plays and line the defense up for the next play. Coaches on the field cannot question the judgment of the officials. **Coaches on the field will get one warning from the officials before being removed from the field. Once removed from the field, no other coach from that team can serve as a replacement.**
5. Defensive coach will be allowed to communicate with his team until the offensive team comes out of their huddle. After the offensive team comes out of their huddle, neither coach (offense or defense) on the field can talk to their players. Coaches on the field must be 25-yards from the line of scrimmage.
6. The officials can remove coaches as the field coach if coach is violating any provisions.
7. Only approved footballs may be used in games. (Article III, Section. A #2)

Pee Wee Division Special Rule  
“Free Kick”

Any offensive team at or inside their own 30 yard line ( the goal line they are defending and their 30 yard line) may on 4<sup>th</sup> (fourth) DOWN ONLY, verbally declare to the referee their desire to use a “Free Kick”. This kick will be a PUNT in which there is NO RUSH from the defense/receiving team and No Run Back is allowed by the receiving team. The kicking team must punt the ball and CANNOT send players down field to cover the punt. Once the ball is kicked, the receiving team may attempt to catch the ball in flight and /or down the grounded punt. The ball is LIVE until it is caught, downed or comes to rest. This is a LIVE/BALL play. The clock will run in accordance with the normal timing rules and procedures of the game.