

2020 CAA/South Georgia Football
League RULES (AUG '20)

SECTION 1: GAME INFORMATION

PLAYING FIELD: 80 yd. field (mandatory)

PENALTY DISTANCE: Only applies on 80 yd. field a 15 yd. infraction will be assessed at 10 yds

GAME BALL: K2 or equivalent

GAME CLOCK: 8 minute quarters regulation clock

MERCY RULE: If at the half, one team is down by 24+ points the site director and/or coaches can choose to run the clock during the 3rd quarter. If at the end of the 3rd quarter if a team is leading by 24 pts, the 4th quarter will be played on a running clock. If score drops to 18 pts then regular clock rules will apply.

OFFICIALS: A minimum of 3 officials will be required per game

NO PLAYER CAN LINE UP HEAD UP THE CENTER

NO PLAYER/S CAN BLITZ OVER THE CENTER

KICKOFF: Beginning of the game a coin toss will determine who has possession.

- No kickoffs the ball will be placed on the 25 yd. line on 80 yd. field (15 yds. From midfield on a 100 yd. field)

RULES FOR PLAY: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within 45 seconds after the “ready for play” signal is given.
- 2 coaches allowed on the field
- **Coaches must be at least 10 yds. behind the deepest back and may not physically or verbally direct players once the offensive team has lined up and started their cadence.**
 - Penalty 1st offense= verbal warning
 - 2nd offense= Unsportsmanlike conduct-10 yd. penalty

PUNTING: No punting is allowed in this age group instead the ball will be marked off 20 yds.

EXTRA POINT: The ball will be spotted on the 13 yds. from the goal post for extra point

- **EXTRA POINT ATTEMPT MUST BE AT 3 YARDS FROM LINE OF SCRIMMAGE**
- Extra point will consist of 2 points for kick and 1 point for running or passing
- Extra point will be made from a kicking block.
- Rush is not allowed. It is legal to block the kick from the line of scrimmage
 - If the holder drops the ball while the kicker is approaching the attempt is no good

FIELD GOAL: THE BALL MUST BE SPOTTED WITH ACCORDANCE TO THE LINE OF SCRIMMAGE AND THE GOAL POST

- **ATTEMPT MUST BE AT LEAST 3 YARDS FROM LINE OF SCRIMMAGE**
- Rush is not allowed. It is legal to block the kick from the line of scrimmage
 - If the holder drops the ball while the kicker is approaching the attempt is no good

AFTER A SAFETY: The ball will be marked at the scoring team own 30 yd line.

SECTION 2: OVERTIME WILL HAVE A MAXIMUM OF 2 POSSESSIONS NO EXCEPTIONS

- Overtime will start with a coin toss to decide possession
- The winner of the toss shall be given the choice of defense or offense first, or of designating the end of the field at which the ball will be put into play.
- Ball will be placed on the 15 yd line for each possession in overtime
- Each overtime period will be played at the end of the field that is designated at the coin toss.
- Both teams will receive one possession per overtime

8U Football Cont

First overtime: If one team outscores the other after both teams have had a possession, that team wins. If at the end of the first overtime period, the score is still tied, then the teams will play a second overtime.

Second overtime: If Team A was on offense first in the first overtime period, then Team B will be on offense first during the second overtime period.

- **If one team outscores the other after both teams have had a possession, that team wins.**
- If neither team scores then we will use the deepest penetration (only in the second overtime) to determine the winner
- If the game is still tied after both teams have had a possession in the second overtime with penetration, the game ends in a tie no exceptions

SECTION 3: WEIGHT LIMIT

WEIGHT LIMIT: 106 lbs. max for backs/ball carriers, & receivers

- Minimum weigh in will be in football pants
- Any player can be weighed 30 minutes prior to game time. If a player is late they will still be required to weigh in.
- Scale should be placed in close proximity to the field.
- All weigh-ins must be completed at the rama; any player not a rama must be weighed in prior to first game
- If a player falls below the weight restrictions please send an email to notify the board

DOWN LINEMAN: Players who are over the weight limit to be a ball carrier will be designated by an orange dot on the back of their helmet. Any player who is over weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation.

- Overweight lineman must be in a minimum 3 point stance at the snap of the ball
- Overweight lineman must be in the defensive end position providing they are in a minimum 3 point stance at the snap of the ball
- Penalty 1 warning per team then unsportsmanlike penalty will occur
- **A down lineman may punt or kick the ball but cannot advance the ball. Example: Bad Snap**

SECTION 4: PRACTICE, SCHEDULING, ROSTERS, UNIFORMS, AND CONDUCT

PRACTICE: Official 1st day of legal practice will be the last week of July. Official 1st day of full contact will be August 1st of each year.

SCHEDULING: The executive board will do the entire league Scheduling. The regular season is the 2nd week of Sept to the end of October. The executive board will send a master schedule to the Football Association; however each agency is responsible for making sure they have officials.

ROSTERS:

- Rosters must be completed a week prior to the RAMA with players name, jersey number, and date of birth.
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- (At time of registration, players and parents must be made aware the weight limit rules and exceptions are strictly for regular season. Post season play (weight and age cut off dates) will be regulated by the official GRPA rules in relation to district and state play. (I.e. Overweight players may not be allowed to play in the post-season games.) A team may attend other outside tournaments in which their rules will apply.

CONDUCT: All coaches, managers, and players are to conduct themselves in an orderly manner in all games and in all situations; failure to do so can lead to disciplinary action and/or suspension from the sport(s) according to the seriousness of the offense. The SGYFL Executive board will determine this. Any coach, player, or spectator found guilty of cursing or abusing any official or causing embarrassment to the league will be suspended for one calendar year. Each coach will be expected to control the team's spectators.

UNIFORMS: The league does not wish to create a burden on any of its members, however all teams will be required to wear uniforms with the proper safety equipment while playing. The rule for specified numbers of positions is waived.

SECTION 1: PLAYING FIELD AND GAME INFORMATION

PLAYING FIELD: 80 yd. field (mandatory)

PENALTY DISTANCE: Only applies on 80 yd. field a 15 yd. infraction will be assessed at 10 yds.

GAME BALL: K2 or equivalent

GAME CLOCK: 8 minute quarters regulation clock

MERCY RULE: If at the half, one team is down by 24+ points the site director and/or coaches can choose to run the clock during the 3rd quarter. If at the end of the 3rd quarter if a team is leading by 24 pts, the 4th quarter will be played on a running clock. If score drops to 18 pts then regular clock rules will apply.

OFFICIALS: A minimum of 3 officials will be required per game

KICKOFF: NO KICKOFF FOR 10U FOOTBALL FOR 2020

Beginning of the game a coin toss will determine who has possession.

- The ball will be placed on the 30 yd. line on 80 yd. field (10 yds. From midfield on a 100 yd. field)

RULES OF PLAY: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within 35 seconds
- 1 coach allowed on the field
- Coaches in all divisions must be at least 10 yds. behind the deepest back and may not physically or verbally direct players once the offensive team has lined up and started their cadence.
 - Penalty 1st offense= verbal warning
 - 2nd offense= Unsportsmanlike conduct-10 yd. penalty

PUNTING: NO PUNT RUSH

▪ NO OFFENSIVE PLAYER CANNOT BE BEYOND THE LINE OF SCRIMMAGE UNTIL BALL IS KICKED – IF VIOLATION – PLAY IMMEDIATELY DEAD AND REPLAY.

- The offensive team must notify the umpire when they intend to punt the ball. The umpire will immediately notify the defensive coach of the offensive team's intention to punt.

▪ Offensive team WILL have 7 men on the line of scrimmage until after the ball is kicked. – NO PENALTY FOR FAILURE TO DO SO.

- If the snap is a fumble, the punter may pick up the ball with no rush and punt. Once the ball is kicked, the defensive team must field the punt and advance the ball.
- If the defensive player touches the ball, it becomes a free ball.
- If the ball comes in contact with an offensive player, the official will rule the ball dead at the point of contact. After catching the ball whether on the ground or not, if the punter misses the kick then it will be a loss of down and the ball will be spotted at the line of scrimmage.

EXTRA POINT:

- The ball will be spotted on the 13 yds. from the goal post for extra point (applies in all division)
- Extra point will consist of 2 points for kick and 1 point for running or passing
- Rush is not allowed. It is legal to block the kick from the line of scrimmage
- Extra point will be made from a kicking block.

- **THE HOLDER CAN GET THE BALL AFTER THE CENTER SNAP FROM ANYWHERE AND PLACE IT ON TEE FOR THE TRY. ONCE KICKER STARTS TOWARD THE BALL AND HOLDER MISHANDLE THE BALL THEN NO TRY IS ALLOWED.**

FIELD GOAL: THE BALL MUST BE SPOTTED WITH ACCORDANCE TO THE LINE OF SCRIMMAGE AND THE GOAL POST

- ATTEMPT MUST BE AT LEAST 3 YARDS FROM LINE OF SCRIMMAGE
- Rush is not allowed. It is legal to block the kick from the line of scrimmage
 - If the holder drops the ball while the kicker is approaching the attempt is no good

AFTER A SAFETY: The ball will be KICKED FROM THE 20 yd line

SECTION 2: OVERTIME WILL HAVE A MAXIMUM OF 2 POSSESSIONS NO EXCEPTIONS

Overtime will start with a coin toss to decide possession

The winner of the toss shall be given the choice of defense or offense first, or of designating the end of the field at which the ball will be put into play.

- Ball will be placed on the 15 yd line for each possession in overtime
- Each overtime period will be played at the end of the field that is designated at the coin toss. Both teams will receive one possession per overtime

First overtime: If one team outscores the other after both teams have had a possession, that team wins. If at the end of the first overtime period, the score is still tied, then the teams will play a second overtime.

Second overtime: If Team A was on offense first in the first overtime period, then Team B will be on offense first during the second overtime period.

- **If one team outscores the other after both teams have had a possession, that team wins.**
- If neither team scores then we will use the deepest penetration (only in the second overtime) to determine the winner
- If the game is still tied after both teams have had a possession in the second overtime with penetration, the game ends in a tie no exceptions

SECTION 3: WEIGHT LIMIT

WEIGHT LIMIT: 121 lbs max for backs/ball carriers, & receivers

- Minimum weigh in will be in football pants
- Any player can be weighed 30 minutes prior to game time. If a player is late they will still be required to weigh in.
- Scale should be placed in close proximity to the field.
- All weigh-ins must be completed at the rama; any player not a rama must be weighed in prior to first game
- If a player falls below the weight restrictions please send an email to notify the board

DOWN LINEMAN: Players who are over the weight limit to be a ball carrier will be designated by an orange dot on the back of their helmet. Any player who is over weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation.

- Overweight lineman must be in a minimum 3 point stance at the snap of the ball
- Overweight lineman must be in the defensive end position providing they are in a minimum 3 point stance at the snap of the ball
- Penalty 1 warning per team then unsportsmanlike penalty will occur
- **A down lineman may punt or kick the ball but cannot advance the ball. Example: Bad Snap**

SECTION 4: PRACTICE, SCHEDULING, ROSTERS, UNIFORMS, AND CONDUCT

10U Football Cont.

PRACTICES: Official 1st day of legal practice will be the last week of July. Official 1st day of full contact will be August 1st of each year.

SCHEDULING: The executive board will do the entire league Scheduling. The regular season is the 2nd week of Sept to the end of October. The executive board will send a master schedule to the Football Association; however each agency is responsible for making sure they have officials.

ROSTERS:

- Rosters must be completed a week prior to the RAMA with players name, jersey number, and date of birth. After the RAMA the Board of Directors will email each agency all the rosters. If team AND/OR PLAYER/S do not have jersey numbers at the RAMA -- **NUMBERS MUST BE GIVEN TO CAA/SGYFB BOARD OF DIRECTORS ON WEDNESDAY BEFORE THE FIRST SCHEDULE GAME, OTHERWISE THOSE PLAYER/S ARE NOT ELIGIBLE TO PARTICIPATE.**
- **NO PLAYER CANNOT BE ADDED TO THE ROSTER AFTER RAMA – WITHOUT APPROVAL OF THE CAA/SGYFB BOARD OF DIRECTORS**
- (At time of registration, players and parents must be made aware the weight limit rules and exceptions are strictly for regular season. Post season play (weight and age cut off dates) will be regulated by the official GRPA rules in relation to district and state play. (I.e. Overweight players may not be allowed to play in the post-season games.) A team may attend other outside tournaments in which their rules will apply.

CONDUCT:

- All coaches, managers, and players are to conduct themselves in an orderly manner in all games and in all situations; failure to do so can lead to disciplinary action and/or suspension from the sport(s) according to the seriousness of the offense. The CAA/SGYFL Executive board will determine this. Any coach, player, or spectator found guilty of cursing or abusing any official or causing embarrassment to the league will be suspended for one calendar year. Each coach will be expected to control the team's spectators.

UNIFORMS: The league does not wish to create a burden on any of its members, however all teams will be required to wear uniforms with the proper safety equipment while playing. The rule for specified numbers of positions is waived.

2020 12U CAA/South Georgia Football

Control Prior to September 1

All rules not covered in our rule book will adhere to Official High School Football Rules

SECTION 1: PLAYING FIELD AND GAME INFORMATION

PLAYING FIELD: 100 yd. field

GAME BALL: TDJ or equivalent, **TDY IS NOW ACCEPTABLE**

GAME CLOCK: 8 minute quarters regulation clock

MERCY RULE: If at the half, one team is down by 24+ points the site director and/or coaches can choose to run the clock during the 3rd quarter. If at the end of the 3rd quarter if a team is leading by 24 pts, the 4th quarter will be played on a running clock. If score drops to 18 pts then regular clock rules will apply.

OFFICIALS: A minimum of 3 officials will be required per game

KICKOFF: Beginning of the game a coin toss will determine who has possession.

- Kick off from the 40 yd. line

RULES FOR PLAY: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within 25 seconds
- No coaches allowed on the field

PUNTING: Live

EXTRA POINTS: Live

- The ball will be spotted on the 13 yds. from the goal post for extra point
- Extra point will consist of 2 points for kick and 1 point for running or passing
- Extra point will be made from a kicking block.

AFTER A SAFETY: The ball will be KICKED FROM THE 20 yd line

SECTION 2: OVERTIME WILL HAVE A MAXIMUM OF 2 POSSESSIONS NO EXCEPTIONS

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Second overtime: If Team A was on offense first in the first overtime period, then Team B will be on offense first during the second overtime period.

- **If one team outscores the other after both teams have had a possession, that team wins.**
- If neither team scores then we will use the deepest penetration (only in the second overtime) to determine the winner
- If the game is still tied after both teams have had a possession in the second overtime with penetration, the game ends in a tie no exceptions

SECTION 3: WEIGHT LIMIT

WEIGHT LIMIT: 141 lbs max for backs/ball carriers, & receivers

- Minimum weigh in will be in football pants

12U Football Cont

- Any player can be weighed 30 minutes prior to game time. If a player is late they will still be required to weigh in.
- Scale should be placed in close proximity to the field.
- All weigh-ins must be completed at the rama; any player not a rama must be weighed in prior to first game
- If a player falls below the weight restrictions please send an email to notify the board

DOWN LINEMAN: Players who are over the weight limit to be a ball carrier will be designated by an orange dot on the back of their helmet. Any player who is over weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation.

- Overweight lineman must be in a minimum 3 point stance at the snap of the ball
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ROSTERS:

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- **NO PLAYER CANNOT BE ADDED TO THE ROSTER AFTER RAMA – WITHOUT APPROVAL OF THE CAA/SGYFB BOARD OF DIRECTORS**
- Players playing on middle school football teams will be allowed to participate in the league.
- (At time of registration, players and parents must be made aware the weight limit rules and exceptions are strictly for regular season. Post season play (weight and age cut off dates) will be regulated by the official GRPA rules in relation to district and state play. (I.e. Overweight players may not be allowed to play in the post-season games.) A team may attend other outside tournaments in which their rules will apply.
- Players playing on middle school football teams will be allowed to participate in SGYFB league

CONDUCT:

- All coaches, managers, and players are to conduct themselves in an orderly manner in all games and in all situations; failure to do so can lead to disciplinary action and/or suspension from the sport(s) according to the seriousness of the offense. The SGYFL Executive board will determine this.
- Any coach, player, or spectator found guilty of cursing or abusing any official or causing embarrassment to the league will be suspended for one calendar year. Each coach will be expected to control the team's spectators.

UNIFORMS: The league does not wish to create a burden on any of its members, however all teams will be required to wear uniforms with the proper safety equipment while playing. The rule for specified numbers of positions is waived.