

**GLYNN COUNTY RECREATION & PARKS DEPARTMENT**

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**Youth Athletics Mission:**

*To develop the positive values of athletics, including sportsmanship, teamwork, cooperation, and competition. To provide as many youth as possible the opportunity to participate in activities they enjoy in a fun and safe environment.*

**2020 YOUTH FOOTBALL RULES**

**Governing Authority**

1. All final decisions concerning league rules, ages, rule interpretations, scheduling, practice sessions, officials, protests, suspensions, and league drafts will be made by the Director of GCRPD, or her assigned designee.
2. The Georgia High School Association’s current rules and regulations (NFHS) and the GRPA Athletic Manual for the current year will be the official guides for all rules that are not covered in the GCRPD local rules.
3. Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for a minimum of one game (next game on league schedule) in addition to the game from which ejected and may not be present on any sideline of the playing fields, or in any of the spectator areas adjacent to the playing fields during the next game(s) in which suspended from.

**Age Divisions**

League	Age	Weight Limit (Any Position)	Maximum Weight
Little Bits	7-8	100 lbs.	Unlimited
Mites	9-10	125 lbs.	Unlimited
Midgets	11-12	150 lbs.	Unlimited

1. The age control date is on or before September 1, 2020.
2. All players must have a Birth Certificate on file to be eligible to participate.

**Special Provisions**

1. The maximum weight limit for any player to receive a hand-off or pass from scrimmage is 150 pounds (12 and under), and 125 pounds (10 and under) and 100 pounds (8 and under). Any player ineligible to carry the ball must wear a GCRPD issued red stripe diagonally on the back of his helmet. Players who exceed the maximum weight are ineligible to run the ball.
2. Offensive line positions can be in a 2, 3, or 4 point stance and should be detailed as follows:  
T    G    C    G    T  
Striped players on offense must be tackle-to-tackle as shown above.
3. Striped players while on defense must play as a down lineman and line up tackle to tackle on the line scrimmage in a 3 or 4 point stance.
4. Striped defensive linemen may not be lined up outside of the outside shoulder of the offensive tackles.
5. Coaches will be responsible for maintaining the marks (red stripes) and making sure players are in the correct playing position. If lined up incorrectly, there will be a 5 yard penalty.
6. Red striped players may recover a fumble or intercept the ball but cannot advance the ball. Play is dead once recovery by a striped player occurs. If a player attempts to run the ball, the ball will be spotted at point of interception or recovery.
7. Players with red striped helmets are eligible to play on kickoff and return team. They may also punt, kick on kickoffs, and kick on field goal attempts and extra points.

## Weigh-in Policy

1. All players will initially be weighed at registration. **All players will be weighed again prior to the first game as the “Official Weigh-in”.** Thereafter, a head coach may request that his player(s) within five pounds of the Weight Limit from the “Official Weigh-in” be weighed prior to any game.
2. There will only be one “Official Weigh-in” prior to each team’s first game. These will take place starting at 4:30 pm each game night (first game night is dependent on Age Division – scheduled during the first week of the season) at the North Glynn Sports Complex and at Lanier Field (if games are scheduled at this location). A player can weigh in at any time after 4:30 pm and must report to weigh in at least 30 minutes prior to his/her scheduled game time.
3. At no time may any person or an opposing coach request for a player to be weighed .
4. There will only be one weigh-in per player per game day. The player either makes the weight requirement or he does not. GCRPD staff will not allow a player to run and cut weight after the weigh-in.

## Player Participation Rules

1. No team will be allowed to play with less than eight players. The weight restriction still applies.
2. All players must play on either the Offensive team or the Defensive team. At the time in which a team changes possession (offense to defense or defense to offense), all players that are sitting on the bench must enter the game. The head coach has the choice as to who he leaves on the field if he does not have 22 players on his team. At the next change of possession, all players on the bench must be entered back in.
3. If a player is suited up and not playing due to disciplinary problems, sickness, or injury, the coach must notify GCRPD staff, the officials, and the opposing coach before the game begins. Otherwise, the child must play that day according to GCRPD mandatory play rules.
4. A team with 22 or less players may use a substitute each play to send in plays or make an adjustment on defense. However, that player may only stay in for one play and must be replaced by the player who he substituted for (unless he was replaced due to injury).
5. On fourth down the Offensive team may substitute any player or players as a center and punter only. The Defensive team may substitute any player to return the punt.
6. The number on the uniform will not indicate the position that a player must play.
7. **Any coach that violates the player participation rules will be asked to meet with GCRPD staff to determine the outcome of the game in question and will be evaluated to determine if he will be allowed to continue to coach.**

## Team Practices

1. GCRPD limits the number of practices a coach can have to three per week prior to the start of the season. The coach may have up to two practices per week once the season starts if his team has one game being played that week.
2. A team that has two games scheduled per week will be allowed to have only one practice per week. GCRPD recommends that a coach have only three events per week.

## Length of Games

1. The games will consist of four – 8-minute quarters. The clock will be a continuous running clock with the following exceptions:
  - a. Will stop on injuries, timeouts, after a score, after punt declarations, after change of possession, during penalty assessments, to spot the ball on first downs, and at the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarter. Once the ball has been spotted and is ready for play after a penalty assessment, after a first down, or to start a new quarter, the clock will restart.
  - b. Will stop the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter (regulation clock).
  - c. GCRPD staff has the right to run the clock in the best interest of the game.
2. The direction of play will change only at halftime. Halftime will be four minutes.

3. If there is adequate time and field space available, games that are cancelled or postponed due to inclement weather, light failure, or other issues, will be rescheduled. Postponed games that are rescheduled will be continued from the stopping point (Exception: if a team is ahead by 18 points or more at halftime, the game will be ruled as a complete game).
4. If a game is tied at the end of regulation, there will be no overtime and it will be ruled a tie.

## Equipment

1. Shoes are mandatory for playing.
  - a. Shoes that have plastic, nylon, hard rubber or other synthetic materials, and are detachable, are not allowed.
  - b. Shoes with rubber-molded cleats are allowed, as are smooth soles such as tennis or basketball shoes.
2. All players must wear a helmet with facemask and mouthpiece, shoulder pads, jersey with a number on the back, and football pants with tail pad, hip pads, thigh pads and knee pads.
3. Only the approved game ball will be used during games. No other ball used at practices will be used during games. GCRPD staff will provide all game balls.

Football sizes by division are as follows:

*Little Bits	Wilson K2 or equivalent
*Mites	Wilson TDJ or equivalent
*Midgets	Wilson TDY or equivalent

## General Rules

1. **Only GCRPD approved coaches, team members, staff, and authorized officials will be allowed inside the restricted roped off area.**
2. There will be a maximum of four coaches per team on the sideline and inside the roped area (all must be approved through GCRPD). All coaches are required to complete the “Volunteer Coach Application” and fulfill all other coaching requirements before they can participate with the team. **Teams will only be given one warning per season for having anyone other than the GCRPD approved coaches on the sideline. After a team warning has been issued, the head coach will face disciplinary action from GCRPD staff.**
3. The coaches’ box extends from the 25-yard line to the 25-yard line.
4. The use of tobacco products is strictly prohibited on the sidelines.
5. **Any player or coach ejected from a game for unsportsmanlike conduct must leave the complex premises (if possible). If the player or coach that is ejected is unable to leave the complex premises, they must be “out of sight and out of sound.”**

## Special Rules

*Little Bits – Ages 7 & 8:*

1. One coach is allowed in the huddle of the offensive and defensive team. Once the huddles are broken, the coaches must back up at least 10 yards. **No touching or adjusting of players at that point; verbal adjustments are allowed. The penalty for this infraction is 5 yards.**
2. Once the ball is in play, the Offensive and Defensive Coaches cannot give their players instructions. The first time a Coach does this he will be issued a warning. On the second infraction, he will be penalized 5 yards. If it happens again after the second infraction when the coach has been penalized, the coach will be removed from the field entirely and restricted to the sideline.
3. There will be no kickoffs. After the coin toss, a touchdown, or halftime, the ball will be placed at the 30-yard line to begin play.
4. The offensive team must verbally state their intention of punting before leaving their huddle. After a verbal declaration of punting, the clock will stop. There will be no punts by a player. The ball will be marked 30 yards from the line of scrimmage or half the distance from inside the 20-yard line by the official. The ball cannot be spotted deeper than the 10-yard line.

5. **A defensive player is not allowed to line up over the center. Because of this rule, quarterback sneaks are not allowed. The quarterback must be led by a running back if running up the middle. The quarterback may run outside the guards. There are no direct snaps to anyone other than the quarterback. The penalty for this infraction is the same as illegal formation.**
6. Defensive lineman must be in a 3 or 4-point stance. Any player tackle to tackle is considered a lineman on the line of scrimmage. Linebackers (tackle to tackle) must be off the line of scrimmage – depth must be the back of the farthest lineman position. The penalty for this infraction is the same as being offside.
7. No more than a 6-man line will be allowed.
8. A goal line defense may be used inside the 10-yard line with no more than eight players on the line of scrimmage.
9. The offense will have a 40 second play clock once the ball is spotted for play.
10. Extra points may be run in for 1 point or passed in for 2 points. Defense may not return a failed point after touchdown conversion.

*Mites – Ages 9 & 10:*

1. One coach is allowed in the huddle of the offensive and defensive team. Once the huddles are broken, the coaches must back up at least 10 yards. Coaches on the field are not allowed to communicate/talk to their players after the huddle is broken. The penalty is 5 yards. All other coaches must remain in the coaches' box.
2. The offense will have a 40 second play clock.
3. There will be no kickoffs. After the coin toss, a touchdown, or halftime, the ball will be placed at the 30-yard line to begin play.
4. The offensive team must verbally state their intention of punting before leaving their huddle. After a verbal declaration of punting is made, the clock will stop. All punts from scrimmage will be a dead ball kick; all defensive players must take a knee during the kick except for one defensive punt receiver. The official will hand the ball to the punter. Delay of game will still be enforced even though punts are dead ball. The ball may not be advanced and will be placed where the defensive punt receiver catches or controls the ball.
5. If the punted ball does not pass the line of scrimmage, the receiving team will receive the ball at the original line of scrimmage.
6. Any defensive player playing over the center must be lined up two yards off the line of scrimmage.
7. Any defensive player playing on the defensive line (tackle to tackle) must be in a 3 or 4-point stance at the time of the snap.
8. No more than a 6-man line will be allowed.
9. A goal line defense may be used inside the 10-yard line with no more than eight players on the line of scrimmage.
10. Extra points may be run or passed in for 1 point or kicked (PAT) for 2 points. It is a dead ball with no rushing allowed. Defensive players may stand on the line of scrimmage and wave their hands and try to block only – no jumping. The ball will be spotted on the 3-yard line. The ball must be snapped to holder whom places the ball on a standard orange kicking tee or kicking block. The holder does not have to hold the ball while it is being kicked; the kicker can adjust the ball after it has been placed on the tee by the holder.
11. Field goal attempts have the same rule as Mites Rule 10. except the team is awarded 3 points.

*Midgets – Ages 11 & 12:*

1. No coach will be allowed on the field to relay plays to the quarterback.
2. No defensive coach will be allowed on the playing field.
3. All coaches must remain in the coaches' box.
4. The offense will have a 40 second play clock.
5. There will be kickoffs. All kickoffs that go out-of-bounds will be placed on the 35 yard-line or at the point the ball goes out-of-bounds – whichever is best field position for return team.

6. Extra points may be run or passed in for one 1 point or kicked (PAT) for 2 points. It is a dead ball with no rushing allowed. Defensive players may stand on the line of scrimmage and wave their hands and try to block only – no jumping. The ball will be spotted on the 3-yard line. The ball must be snapped to holder who holds football on a kicking block or ground for the extra point. Once the official sees that the snapped ball is in place by the holder, the official shall blow the whistle and the kicker must immediately kick the extra point. Penalty is delay of game.
7. Field goal attempts will use the same rule as Midgets Rule 6. except the team is awarded 3 points.
8. The offensive team must verbally state their intention of punting before leaving their huddle. After a verbal declaration of punting, the clock will stop. Punts will start out as a dead ball. Once the punter is in control of the snapped football, the official will blow the whistle and the play becomes live (clock will start). The defense must have seven men on the line of scrimmage and two players whom cannot be more than 5 yards off the line of scrimmage. This allows for two punt receivers for the punt return team which is the maximum it may have back to receive the punt. The intent of the rule is to keep teams from developing a wedge prior to the ball becoming live and to help aid in the realism of the punt return portion of the game. By rule, punts become live once the official whistles in that the punter has control of the snapped football, which at that moment makes the punt returnable or gives the opportunity for a blocked punt. **No fake punts will be allowed.**
9. Any defensive player playing on the defensive line (tackle to tackle) must be in a 3 or 4-point stance at the time of the snap.
10. No more than a 6-man line will be allowed.
11. A goal line defense may be used inside the 10-yard line with no more than eight players on the line of scrimmage.

*All Age Divisions:*

1. All fumbles will be treated as in regulation rules and may be advanced by any eligible player.
2. All age divisions will play on a field 100 yards in length.
3. Penalties will be assessed as either 5, 10, or 15 yards.
4. Each team will be allowed three timeouts per half. Timeouts cannot be carried over to the next half.
5. When a team is ahead by 21 or more points, it will not be allowed to throw a forward pass to advance the ball. Any team not abiding by this rule will be penalized 15 yards.
6. Beginning in the 3<sup>rd</sup> quarter, if requested by the losing team's coach, or any time in the 4<sup>th</sup> quarter that a team gains a lead of 21 or more points, the clock will run continuously for the remainder of the game except after scores, during timeouts, for injuries, and during penalty assessments. If not elected in the 3<sup>rd</sup> quarter, it automatically occurs in the 4<sup>th</sup> quarter when a 21-point lead or more occurs. If the team that is losing pulls to within 7 points, the clock will return to as stated on page 2 - **Length of Games** 1. a. and b.



**Athletic Coaches Mission:**

*To improve the lives of our athletes by teaching them the values of hard work, healthy competition, sportsmanship, and a commitment to excellence; and to instill in them a knowledge and love of the game that will enable them to lead healthy lives.*