

WEST GEORGIA AREA YOUTH FOOTBALL LEAGUE

(2018 TACKLE RULES FOR 8U-10U and 12U)

(Games will be played by these League rules and by GHSA football rules) If any coaches are interested in keeping up with GHSA rules and want to know the calls being made by the officials, You may order a GHSA rule book from the GHSA office in Thomaston. CALL 706-647-7473 for information and cost.

SPECIAL INFORMATION

1. The age control date has changed to September 1, 2018
2. Background checks and coach's certification are a must for all coaches.
3. Teams entered in League play are expected to play in the Kiwanis Bowl.
3. Starting this season all players regardless of their size must weigh in at every game.
4. The first day to practice in any pads will be August 11.
5. School team or traveling team players are not eligible to play in the league. We are not playing the GRPA rule stating school players may play both. Action against anyone who does play a school player.
6. The first game (Jamboree) will be September 8. The game on September 8 will count in the league standings.
7. It is the duty of each recreation department's staff to make sure coaches know and follow all our league rules.

TEAM ROSTERS

1. Rosters must be turned before or no later than August 23. ******Please order jerseys in time to meet this deadline******
2. Use the official roster given to you.
3. Note- Fill out roster completely, do not leave out age, birthday, correct jersey number.
4. Please sign the roster stating all you coaches have past a recent background check and certification program. Make sure there is nothing on the BG check that should keep them from coaching children.

COACH'S GUIDELIES

1. It is mandatory and the responsibility of the recreation department to make sure that all coaches pass a recent back ground check and coach's certification program before coaching a

team in the West Georgia League.

2. Teams will be allowed only 4 coaches and 2 water boys (age 12 anyone that & under) on the sidelines. (Adults are never allowed to be water boys)

3. The head coach is responsible for keeping all spectators, children and parents off his sidelines.

4. Any spectators caught on the sidelines and are not removed by the head coach or an assistant the following will take place-----

A. The first offense will be the only warning the head coach will get and it will also come with a 15 yard penalty against the head coach.

B. If there is a second offense, the coach will be ejected and must leave the playing field and the stadium at that time. (The coach will be ejected for the remainder of that game plus his team's next scheduled game)

4. A coaching pass will be given to the 4 coaches that must be worn around the neck when entering the gate and the entire time on the sidelines.

5. Three (3) coaches must attend the coin toss to start the game. (In all 3 age groups) This to let the officials and opposing coaches know who should be on the sidelines. The 4th coach should stay on the sidelines to control his players.

6. Head coaches are responsible for his assistants and players at all times.

7. If any coach touches an official, recreation staff person, opposing coach or fan in anger he will be suspended.

8. *Any coach caught cheating of any kind will be suspended.*

9. Any coach that has been suspended from coaching from any recreation department that is a member of the West Ga. Football League is not allowed to coach for any other recreation department that is a member. ALL MEMBERS SHOULD NOTIFY THE LEAGUE OF ANY COACH THAT HAS BEEN OR GETS SUSPENDED.

10. All coaches must be at least 18 years of age and have knowledge of the game of football.

COACH EJECTION DURING LEAGUE PLAY

1. Once a coach gets ejected from a game he must leave the playing field and stadium at the time of the ejection and the following will take place--

A. The coach will sit out his teams next 2 league scheduled games.

B. The coach cannot under any circumstance attend any of his team's practices or games. (Even if he has a child playing on the team)--There will be no exceptions

C. If the coach does not abide by the above guidelines a 3rd suspension will be added.

D. **The coach's recreation department must take responsibility of making sure the coach abides by all the above.*

E. Recreation department have the authority to add any other suspension or punishment they feel necessary.

3. If a coach thinks the officials are the worst in the world, no matter what the coach says or how he says it to a referee and if the officials ejects the coach he is ejected. (No appeals)

COACH'S EJECTION AND THE KIWANIS BOWL

If a coach gets ejected during the last or next to the last game his team plays in regular season, his 2 game suspension will be carried over to the Kiwanis Bowl. (Depends if it is one or two games left on his suspension)

If a coach gets ejected in the Kiwanis Bowl his suspension will cover the games he has left in the Bowl and *if necessary the suspension will be carried over to the next season provided the coach decides to coach the next year.*

DIVIDING/SELECTION OF TEAMS

1. Any recreation department having more than 35 players registered in any age group must make 2 or more equal teams. There must not be one team made stronger than any of the other teams/teams.

2. Do not put all of one age (example-all or the majority of 10's) on one team and one team of all or the majority of 9 year olds on the other.

3. *Coaches should never be promised they can have all or the majority of players he had last season. (Note--All coaches should have the same chance to select any player regardless who their coach was last season)*

4. Before the draft only 2 coaches should be named for each team.(Head Coach & 1 assistant). If these 2 coaches have a child playing, their sons should be the only players that the coaches are promised. It is recommended all head coaches and his 1 assistant are the only coaches to attend the draft process.

5. Each team should have only 2 coaches going into the draft. The other 2 assistants should be picked after the draft has been completed. *Players should not be moved from one team to another after the draft even to get his last 2 coaches.*

6. It is the duty of all recreation staff members to make sure their drafts are handle according to these rules. (All rosters will be checked when turned in to the League Coordinator.)

PLAYER'S ELIGIBILITY

1. Players must have a birth certificate on file with their recreation department in case one is needed.

2. Players may move up one age group but cannot move down after playing in a game with the older age group.

3. School Ball--If a player goes out for any school team and was cut by the coach and has not played in a game with the school team he may play on a recreation team provided he was not cut or quit the team because of any type of disciplinary problems. (Proof and reason of being

cut must be obtained from the school teams head coach)

4. Players cannot play on a recreation team and traveling or a pick up team during regular season and the Kiwanis Bowl. These players cannot be picked up even if they quit the traveling or pick up teams during the season.

INSURANCE & INJURIES

1. All participants playing football and cheerleading should be offered a chance to purchase insurance before the season starts by their recreation department.
2. Any player getting any major injury (concession, cuts, broken bones and etc) should not let the player practice or enter any game without getting approval from the legal guardian and they should have written information from a doctor stating the player can participate.
3. A player with a cast may play in game but the cast must be wrapped with 1/2 inch of some type of foam or bubble wrap. The cast must be completely covered with no rough edges showing. Before playing in a game the player must have proof from his doctor saying it is okay to play. Also the game officials must approve the cast before the game starts. The officials ruling will be final.

PLAYING TIME

1. The league rule playing time states the all players on a team must play in all games during regular season play. *There is no set amount of time or number of plays a player must play but must play in all games. Playing time is strictly up to each head coach.*
2. Each recreation department must enforce the playing time rule with their head coaches.
3. There are no set rules on playing time in the Kiwanis Bowl. Who plays and who doesn't in the Bowl is the coach's decision. The league urges coaches to let all players play.

GAME GUIDELINES

1. All ages will play 8 minute quarters with an 8 minute halftime.
2. Games should never start early than scheduled game time unless both coaches agree. Coaches need to think about parents, grandparents and other spectators that want to see players play before starting early.
3. Teams must be warmed up and ready to play at game time. There will a 10 minute grace period for the first game of the day only. Teams must have 11 players to start and finish a game. Without 11 players the game will be a forfeit.
4. Note--Videos by parents or spectators will not be reviewed on any phase of the game or any calls or decision by the officials.

GAME EQUIPMENT

1. Only footballs listed below will be used by each age group (nothing smaller or larger)

7&8's--K-2 or a Pee Wee size ball

9&10's--Junior or a TDY

11&12's--Intermediate or youth size

2. Balls may be leather, composite or rubber.
3. Balls--Must be properly inflated, if not, the officials can throw the ball out--if a team uses a different ball for kicking off or EP it must be approved by the officials before the game.
4. Coaches must make sure all their players are properly equipped.
 1. Shoes may be tennis shoes, rubber molded or regular football shoes with cleats.
 2. Baseball spikes or track shoes with spikes are not legal
 3. Certified helmets with a chin strap, regulation shoulder pads, football pants with all pads
 4. All players must have matching color jerseys with numbers on front and back. The high school numbering system is not required.
 5. If any team has 2 sets of jerseys, both sets must have the same players number that was turned in on the roster.
5. Players are not allowed to wear any type jewelry during games.

WEIGHT LIMITS

8 & Under--100 pounds

10 & Under--120 pounds

12 & Under--140 pounds

Any player weighing over the weight limit for their age group cannot run or catch the ball and cannot play any stand up position in 8 & 10's. (linebacker, defensive end or defensive back). The overweight players are known as X players.

X PLAYER GUIDELINES

1. Any player over the weight limit in the 8U and 10U must play as a down lineman with one or both hands down on the ground.
2. In the 12U X players may stand up or be down when playing offense but must be down in a stance on defense.
3. The X players in all age groups must have an X taped on the back side of their helmet. The X is to let opposing coaches know these players cannot run or catch the football and also for the officials. The X will be put on the helmet at the team's first weigh in of the season.
4. Note--The X on the helmet cannot be removed by a coach or player. *The only way to remove the X is at a weigh in where the X player is weighed and has dropped down to or below the weigh limit. At this time the person weighing in will remove the X.*
5. If a coach or player removes the X and plays the player in a game, the coach and player will be suspended. (This is called cheating) Coaches should check all X players helmets prior to each game to make sure the player has not removed the X.
6. X player on defense cannot play on the outside any further than the offensive tackle's outside foot.
7. On offense the X cannot ever be the outside player. A non X player must always be the outside

player even if the outside player is split out.

8. On defense the X player does not have to be covered by a non X player but he cannot play out any further than the offensive tackle's outside foot.

9. If an X player catches the ball, recovers a fumble or intercepts a pass the ball will be dead at that spot. If the X player muffs the ball on any of the above, the ball will be live and may be recovered by either team.

10. X players may kickoff and punt but cannot advance the ball or hand it off or pass the ball.

WEIGH INS

1. Note-starting this season players will be weighed in regardless of their size or weight at all games.

2. Players must wear their game jersey with assigned number when weighing in. Coaches should have players lined up in numerical order.

3. Any player weighing in over the weight limit will have an X put on the back of his helmet and the X cannot be removed unless the player drops down to or below the weight limit and then the X must be removed at a weigh in site.

5. Both teams must be finished weighing in 15 minutes prior to the start of the game.

Players cannot be weighed in after kickoff or at halftime.

6. A player that arrives after kickoff may play but *he must have an X put on his helmet for that game and play as a down lineman, regardless of his size.*

7. Bathroom scales cannot be used. There will not be an argue or protest over the scales at any recreation department unless bathroom scales are being used. The scales at Heard County have been approved for weigh ins.

8. The last regular season game will be the last weigh in of the season. There will not be any weigh ins during the Kiwanis Bowl

8 & UNDER RULES

1. Coaches maybe on the field for the Jamboree and first 2 games of season play. (only 1 coach per team) After the first 2 games all coaching will be done from the sidelines. This includes the Kiwanis Bowl.

2. After the offensive team breaks the huddle both coaches must move back 10 yards from the ball and cannot touch or move his players. Penalty 10 yards.

3. Games will be played on a 100 yard field

4. No kickoffs-To start the game the ball will be placed on the offensive teams 30 yard line.

5. After a safety the ball will be spotted on the 50 yard line.

6. Coaches may play any defense they choose to play.

7. Punting--There will not be any live punts. All punts will be a free punt. If the coach decides he wants to punt he must tell the officials. *Once the coach tells the officials he wants to punt the clock will stop. The clock will start on the snap of the ball of the receiving team.*

On a free kick the ball will be moved be moved 25 yards down field unless the ball is on or inside the 40 yard line. In this case the ball will be move to the 15 yard line.

10 & UNDER RULES

1. Games will be played on a 100 yard field.
2. Coaches may play any kind of defense they choose.
3. Punting--There will not be any free punts. On 4th down if a coach wants to punt he must tell the officials. The ball may be snapped from a short punt formation. Once the punter receives the ball he will have 10 seconds to kick the ball even if he drops the ball . The ball will not be live and cannot be run back by the receiving team. The receiving team will take the ball where it was downed.
(There will not be an rushing the punter)
4. Kicking extra point & field goal--No rushing on either. Due to no rushing if the EP is good it will count only 1 point. (also 1 point for running & 2 points for passing)
Note-When kicking an EP or FG the black block must be used.

12 & UNDER RULES

The 12 & under will play GHSA rules with the following exception-- Extra points kicking 1 point, running 1 point and passing 2 points. The black box must be used for both the EP & FG.

MERCY RULE

1. If one teams gets a 26 point lead anytime during the game a running clock will go in effect stopping only on injuries and time outs. If anytime the score drops to a 14 point lead or less, the clock will revert back to a regulation clock.
2. The team with a 26 point lead cannot throw a forward pass unless the score drops to a 14 or less lead (penalty-10 yards) and he cannot call a timeout with 2 minutes or less left in the 2nd and 4th quarter.
3. A coach may ask for a running clock anytime during the game. Once he makes the request the clock will continue to run for the remainder of the game and will not stop on anything.

TIE BREAKER

1. When a game ends in a tie after regulation play, a tie breaker will be played to try to get a winner. The tie breaker will only be play twice. If the tie breaker has to be played twice and a winner is not declared, the game will remain tied.
2. The tie breaker will start with a coin toss with the visiting team calling the coin toss. The winner of the coin toss will have a choice of playing offense or defense first.
3. The ball will be placed on the 10 yard line. The team playing offense first will have 4 downs to score. Their 4 downs will end with either a score, fumble recovery by the defense, pass interception or by the defense keeping them from scoring. (The only way they could get more than 4 is penalty against the defense which resulted in a first down)
4. After their 4 downs end, the same procedure will be repeated with the other team
5. If neither team scores after the first try, the same procedure will be repeated over one more time for each team. If neither team scores on the second try, then the game will end in a tie.

6. Teams may carry over and timeouts left from regulation play plus will get one for each time the tie breaker is played.

TRICK PLAYS

Trick plays are not allowed unless approved by GHSA. If a coach has a trick play it must be approved by the officials before the game. The officials decision will be final. If a trick play is used and not approved by the officials, the ball will be brought back the original spot and the team will get a loss of down. If it happens to be 4th down the ball will go over to the other team at that spot.

WEATHER & CANCELLED GAMES

1. The recreation department hosting games may call the games off prior to starting if they think it would be a dangerous situation for all involved.
2. Once a games starts the recreation department staff along with the officials may cancel the game if they feel it necessary.
3. If the game is cancelled before halftime then the game may be made up.
4. If the game is cancelled during halftime on anytime in the 2nd half, the team leading in the score will be declared the winner. If the game is tied then it will remain a tie game.

PLAYER EJECTION

If a player gets ejected from the game due to unsportsmanlike conduct, the player must leave the game at that point and will be suspended for his team's next scheduled game. He may attend the teams next game but not dressed out in his uniform.

FAN/FANS EJECTION

The game officials or the recreation department staff have the authority to eject fans for being rowdy, abusive, or showing unsportsmanlike conduct toward the game officials, fans or staff members.

Note-- Recreation departments should take some type of actions against their fans that get ejected.