

**2019 CAA/South Ga. Football  
League RULES  
(REVISED August 14, 2019)**

**2019 8U CAA/South Georgia Football**  
**Control Date on SEPTEMBER 1**  
**All rules not covered in our rule book will adhere to**  
**Official High School Football Rules**

**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 3<sup>rd</sup> quarter. If at the end of the 3<sup>rd</sup> quarter if a team is leading by 24 pts, the 4<sup>th</sup> 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 1<sup>st</sup> offense= verbal warning
  - 2<sup>nd</sup> 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 on the 25 year 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: 106 lbs. max for backs/ball carriers, & receivers – (i.e. 107.0 overweight)**

- 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 1<sup>st</sup> day of legal practice will be the last week of July. Official 1<sup>st</sup> day of full contact will be August 1<sup>st</sup> of each year.

**SCHEDULING:** The executive board will do the entire league Scheduling. The regular season is the 2<sup>nd</sup> 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.
- **PLAYERS CAN ONLY BE ADDED AFTER THE RAMA WITH THE APPROVAL OF AT LEAST 3 BOARD OF DIRECTORS FROM CAA/SG.**
- **IF A TEAM FALLS BELOW 16 PLAYERS, THEN MORE PLAYERS MAY BE ADDED ONLY UNTIL THE 4<sup>TH</sup> GAME OF THE SEASON WHICH IS THE HALFWAY MARK OF THE SEASON;**
- (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.

**2019 10U CAA/South Georgia Football**  
**Control Date on SEPTEMBER 1**  
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**Official High School Football Rules**

**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 3<sup>rd</sup> quarter. If at the end of the 3<sup>rd</sup> quarter if a team is leading by 24 pts, the 4<sup>th</sup> 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 2019**

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

- The ball will be placed on the 25 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 1<sup>st</sup> offense= verbal warning
  - 2<sup>nd</sup> offense= Unsportsmanlike conduct-10 yd. penalty

**PUNTING: NO PUNT RUSH**

- **NO PUNTS FOR 10 U**
- **20 YARDS MARK OFF FROM 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 marked on the 25 year 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 (i.e. 122.0 overweight)

- 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**

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

**SCHEDULING:** The executive board will do the entire league Scheduling. The regular season is the 2<sup>nd</sup> 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.
- **PLAYERS CAN ONLY BE ADDED AFTER THE RAMA WITH THE APPROVAL OF AT LEAST 3 BOARD OF DIRECTORS FROM CAA/SG.**
- **IF A TEAM FALLS BELOW 16 PLAYERS, THEN MORE PLAYERS MAY BE ADDED ONLY UNTIL THE 4<sup>TH</sup> GAME OF THE SEASON WHICH IS THE HALFWAY MARK OF THE SEASON;**
- (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.

**2019 12U CAA/South Georgia Football**  
**Control Date on SEPTEMBER 1**  
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**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 3<sup>rd</sup> quarter. If at the end of the 3<sup>rd</sup> quarter if a team is leading by 24 pts, the 4<sup>th</sup> 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**

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:** 141 lbs max for backs/ball carriers, & receivers. (i.e. 142.0 overweight)

- 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

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#### **ROSTERS:**

- Rosters must be completed a week prior to the RAMA with players name, jersey number, and date of birth.
- **PLAYERS CAN ONLY BE ADDED AFTER THE RAMA WITH THE APPROVAL OF AT LEAST 3 BOARD OF DIRECTORS FROM CAA/SG.**
- **IF A TEAM FALLS BELOW 16 PLAYERS, THEN MORE PLAYERS MAY BE ADDED ONLY UNTIL THE 4<sup>TH</sup> GAME OF THE SEASON WHICH IS THE HALFWAY MARK OF THE SEASON;**
- (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 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.

#### **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.