

# River City Youth Football

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5-6 yr. old 10 min. running clock, regulation last 2min. 2&4 qtr.

7-8 yr. old 9min.

9-10 yr. old 10 min.

11-12 yr. old 10min

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# River City Youth Football

## **Objectives**

The general objective of RCYF program is to inspire youth regardless of race, creed, or national origin, to practice the ideas of sportsmanship and physical fitness in accordance with the standards of the National Youth Sports Coaches Association.

The specific objectives of the program are to familiarize all youth with the fundamentals of football, to provide an opportunity to play the game in a supervised, organized and safety oriented manner, and to keep the welfare of participants free of any adult ambition and personal glory.

## **Membership**

The program will be under River City Youth Football, which will be over seeing all operations, scheduling, and day to day operations of league play and rules.

## **Age Determination Factor**

The age determination factor will be made using the child's age as of September 1 of the playing year.

A copy of the child's birth certificate must be present at time of registration and weigh in.

1. If the coach or team is in doubt as to whether or not a youngster is physically or mentally able to handle the rigors of youth football, then he or she should consult with the player's parents and seek their advice and consultation before assigning the player to a team. If there is to be placement that violates ages or weight limited, it will be at the discretion of the River City Youth Football board of directors, with their decision being final.

## **Rules and Regulations**

Any aggression or abusive actions initiated by any family member, coach, player or any spectator toward any game official will constitute a one calendar year dismissed from this program. And must submit in writing to the River City Youth Football Association within 72 hrs. of said action any wishes to return to field during activities. The River City Board of Directors will determine any actions or non-actions at earliest convenient time, the Board of Directors decision will be final.

**No “SWEATING DOWN”** tactics so that a player will make a team’s weight by a member of the program other than prescribed in writing by a licensed physician.

A coach/official may be asked to resign whenever he/she is declared not capable by the River City Youth Football Association of handling participants or cannot properly assume the duties and responsibilities required for the position or for sadistic tactics, profanity, etc. The league should react first then notify the River City Board of Directors

All games shall be played according to the mandatory play rules

**Six** coaches are allowed on the sidelines at any time (**no other adults**) **unless an RCYF Board member or approved by a RCYF board member.**

All coaches must be nysca certified or equivalent and must submit a criminal background check to the River City Youth Football for review.

No special uniforms will be allowed during the RCYF season. All players must be dressed in the RCYF provided uniform (White Helmet with proper team decal, Jersey and Pant). If a team or individual shows up for a game in a non-provided RCYF uniform they will have until 15 minutes after game start time to change their uniform to a RCYF provided uniform. If the team does not have enough players in the RYCF uniform then that team must forfeit the game. If an individual does not change into the RCYF uniform then that individual will not be allowed to play in the game.

Restricted Players may not be on the field for Kick off or kick off return UNLESS there are not enough players to make the game.

## **Playing Divisions**

5-6 year olds            70 pounds

7-8 year olds            100 pounds

9-10 year olds        120 pounds

11-12 year olds       140 pounds

### **5-6 year old**

1. All rules in River City Youth Football will apply
2. All members of the team must play
3. The K-2 football will be used
4. All games must be officiated by approved licensed officials
5. All playing rules will be the same as the Georgia High School Association rules except where noted in these rules and regulations
6. Two offence and two defensive coaches are allowed on the field of play in this division during play. Both coaches must be 15 yards from the ball and behind their team of play at the time of snap. “It is the defense that must be set and ready to the speed of the offense.” Penalty: Delay of game 5 yards. Any interference by a coach with the game or game official will result in the coach being removed to the sidelines.
7. If a coach is removed from the field of play for any reason another can take his or her place.

**Ties:** Ball will be placed on 25 yard line team will have 4 plays to score. If score still tied after each team has 4 attempts ball will be returned to the 25 and each team will have 4 plays to score if neither team scores team who gets closest to goal line wins. If both teams score again game ends in tie.

## Playing rules

The ball will be placed on the 50 yard line to start each half and on the offensive 40 yard line after each score.

First down are awarded after advancing the ball beyond the first down marker

**Four 10 minute quarters and 8 minute halftime** will be played using a continuous running clock. Clock will not be stopped for incomplete passes, going out of bounds, first downs, touchdowns, etc., except in the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter in which regular high school rules will be used.

The clock will stop for the following: 5-6 year olds

1. Official time outs
2. Penalties, clock stops when penalty is walked off and resumes when ball is set
3. Injuries
4. Use of teams allotted time outs

## Extra points

1 point from 3 yards out

2points from 5 yards out

1 point for kick (ball to be placed on 3 yard line and no rush is allowed)

**You cannot line up a nose guard directly in front of the center if the snap is going to be a shot gun snap or a long snap. When the quarterback is lined up directly underneath the center then you may have a nose guard in front of the center.**

Punting ball will consist of a 20 yard walk off but may not pin the opposing team within 20 yards of their goal.

Weight 70 pounds any player over 70 lbs must be identified with an X on his or her helmet and must be clearly visible from the back.

**Restricted players** must be in 3 point stance and play tackle to tackle to clarify defense tackles must either line up head to head on tackle or to his inside shoulder that is the ruling on the tackle box. They are not allowed to advance the ball under any circumstance. Any restricted player found without being probably identified will be removed from play until X can be placed on helmet. Any coach found to have restricted player on field without being marked will automatically be ejected from game and will serve a 1 game suspension not to be allowed to any practices until suspension is completely served. If coach has a second offence of this infraction he or she is suspended for season.

### **7-8 year olds**

7-8 100 pounds (unrestricted)

Over 100 pounds (restricted)

See above restricted player for details.

K2 football will be used.

No coaches allowed on field of play

All games will be **four 9 minute quarters and 8 minute half time**. Georgia High School Association rules for game and clock apply except where noted.

**You cannot line up a nose guard directly in front of the center if the snap is going to be a shot gun snap or a long snap. When the quarterback is lined up directly underneath the center then you may have a nose guard in front of the center.**

Teams may elect to have the punt walked off in which ref. will walk 20 yards off but may not pin opposing team within 20 yards of their goal. **“Clock will run during the walk off and will stop once ball is set by ref.”**

In case of tie at end of regulation see rules for tie.

### **9-10 year olds**

9-10            120 pounds (unrestricted)

Over 120 (restricted)

All games will be **four 10 minute quarters and 10 minute half time**. Georgia High School Association Rules for game and clock apply except where noted.

There will be no walking off of punts.

Player must punt the ball with no live rush but will have a LIVE return. As soon as the ball is caught or hits the ground, it becomes live play.

Junior Football will be used.

**You cannot line up a nose guard directly in front of the center if the snap is going to be a shot gun snap or a long snap. When the quarterback is lined up directly underneath the center then you may have a nose guard in front of the center.**

### **11-12 year olds**

11-12            140 pounds (unrestricted)

Over 140 pounds (restricted)

All games will be **10 minute quarters and 10 minute halftime** and all Georgia High School Association Rules for game and clock apply except where noted.

There will be no walking off of punts.

Player must punt the ball with no live rush but will have a LIVE return. As soon as the ball is caught or hits the ground it becomes live play.

Junior Football will be used.

### **Additional Rules:**

#### **Mercy rule**

When a team obtains a 24 point lead the clock will run continuously until the opposing team lessens the point lead

#### **Player Suspensions**

When a player is ejected from game he must sit out the next game, dressed and on the bench. Any child who gets 2 unnecessary roughness calls in one game gets automatically ejected from that game which then means they are suspended from the next season scheduled game and must be present at the game in full uniform and sit the bench. **2 ejections' during the season is an automatic suspension for the rest of the season to include playoff and Championship games.**

#### **Concussion policy**

Referees have the final say on suspected concussions and a players ability to continue.

#### **Players Play Rule**

All players must play in their appropriate age group, no players will be allowed to play up or down.

#### **General**

1. If a team cannot field 11 players then they may elect to play with 10 however opposing team does not have to drop a player.
2. A player may not move down in age group once he or she has been moved up for the remaining of that season.

3. The River City Youth Football Association must approve moving kids in or from age division.
4. **All face mask penalties are 15 yards.**
5. Chain crews will be on visitors side of field with one home team and one visitor running chain. **(no cell phone will be used by chain crew)**
6. There is a mandatory 8 play rule. Minimum of 4 plays must be either offense or defense out of the 8 mandatory plays per game. If you the head coach are playing the child in the last 2 minutes of the game and a parent complains then the Coaches Committee will meet directly with the head coach. **\*\*\*\*\*NOTE if a player does not play their 8 plays, that player will have to start the whole 1<sup>st</sup> and 3<sup>rd</sup> quarter of the next ball game.\*\*\*\*\***
7. No coach under any situation will teach or allow a player to use spearing, crack back, face tackling or using the helmet as primary contact with opponent as per National Federation and Ga. High School Rules.
8. Any coach ejected from game must leave the stadium and cease their coaching duties. The coach will then be suspended for the next game.
9. Any coach ejected from 2 games will be suspended for the season.
10. Only protest involving rule interpretations or the eligibility of a participant may be considered, never a judgment call by an official
11. All protest will be given verbally to the head official before the end of playing the game. Protest must be submitted to River City Youth Football Board of Directors within 72hrs.
12. Protest fee is \$15.00
13. Protest fee will be refunded if protest is upheld
14. Coaches of both teams affected by protest must be notified by the affected team that a protest has been filed.
15. RCYF has a No Dual Football Play Policy. Any child that make a Middle School Football Team or Travel Football Team, etc. will not be allowed to play at RCYF for that season.

