

**RIVER CITY YOUTH
FOOTBALL RULES**

Objectives

The general objective of RCYF program is to inspire each player 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 players with the fundamentals of football, to provide an opportunity to play the game in supervised, organized, and safety oriented manner, and to keep the welfare of the participants free of any adult ambition and personal glory.

Membership

The program will be under River City Youth Football, which will be overseeing all operations, scheduling and day to day 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 current playing year, with the exception of 13 year-olds. With respect to 13 year-olds, they will be allowed to participate in the 11-13 year –olds, provide they do not turn 14 prior to December 31st of the current playing year.

No child will be allowed to participate outside of their appropriate age group.

A copy of the child's birth certificate must be presented at the time of registration and on file prior to a weight in our league game.

General Rules and Regulations

Any aggression or abusive actions initiated by any family member, coach, player, or spectator towards any official will constitute an immediate one calendar year dismissal from all RCYF related activities. Any individual subject to this dismissal may submit an appeal in writing to the RCYF Board of Directors within 72 hours of said action, describing the specific incident and any wishes to return to the field or other related activities. The RCYF Board of Directors will meet at its earliest convenience and consider any submitted appeal. The Board of Directors decision with regard to any discipline/suspension will be final.

If any coach is in doubt as to whether or not a child is physically or mentally able to handle the rigors of youth football, then he or she consult with the player's parents and seek their advice and consultation with regard to continued activities. If, following this consultation, the coach continues to have concerns as described above, they should immediately be brought to the attention of the Vice-President or the appropriate age division VP and the Board of Directors.

No "Sweating down" tactics done so that a player will make a team's weight by a member of the program will be allowed, other than prescribed in writing by a licensed physician.

A coach/officials may be asked to resign whenever he/she is declared not capable by the RCYF Board of Directors of handling their specific duties and responsibilities required of the position, or in the event of any sadistic tactics, profanity, etc. Violation of the policy is subject to the dismissal/suspension policy as described above.

Five coaches and **one** tick maker are allowed on the sidelines at any time. No other adults, other than coaches, properly assigned volunteers, officials, and RCYF Board members can be allowed on the sidelines during game play.

All coaches are required to be NYSCA certified and must submit a criminal background check to the RCYF Board of Directors for review. MYSCA certification must be worn on coach at all times on the sidelines and coaches must be in coaching uniform. All coaches are required to have their certifications with them at all time and copy on file in the league office.

No special uniforms will be allowed during the RCYF season. All players must be dressed in the RCYF provided uniform (white helmet with proper 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 RCYF 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 participate in that game.

Playing Rules

5-6 year-old division

Any player weighing in excess of 65 pounds will be considered a restricted player. He/she must be identified with an “x” on his/ her helmet and must be clearly visible from the back.

Restricted players must be in a three-point stance and play tackle to tackle. Defensive tackles must either line up head to head on tackle or to their inside shoulder within the tackle box. They are not allowed to advance the ball under any circumstance. Any restricted player found without being properly identified will be removed from play until an “x” can be placed on their helmet. Any coach found to have a restricted player on the field without being marked will automatically be ejected from the game and will serve a one-game suspension, and will not be allowed to attend any practices until the suspension is completely served. If a coach has a second offense of this infraction, he/she will be suspended for the season.

Also members of the team must play in accordance with the rules described herein.

The K/2 football will be used. Each team is responsible for providing the football that will be used during their offensive possessions.

All games must be officiated by approved, licensed officials.

All playing rules will be the same as the Georgia High School Association Rules, with the exceptions as noted in these rules and regulations

Two offensive and two defensive coaches are allowed on the field of play in this division during play. Those coaches must be 15 yards from the ball and behind their team of play at the time of the snap. It is the defense that must be set and ready for the speed of the offense as determined by the game officials. Any interference by a coach of the game or game official will result in the coach being removed to the sidelines

If a coach is removed from the field of play for any reason, another coach will be permitted to take his/her place.

Ties: A flip of a coin will determine the order of possession. The ball will be placed on the 25 yard line and team will have four plays to either gain a first down or score. If the score remains tied after each team has had a possession, the ball will be returned to the 25 yard line and each team will again have the same opportunity to score. If both teams score again in the second overtime, the game will end in an official tie. If neither team scores in the second overtime, the team who penetrates closest to the goal line during their possession in the second overtime will be declared the winner.

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

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

Four, ten-minute quarters will be played using a continuous running clock. The clock will not be stopped for any complete passes, going out of bounds, first downs, etc. Regular high school rules will be used in the last two minutes of the second and fourth quarter with respect to the clock.

The clock will stop at the following in the 5-6 year old division:

1. Official time outs
2. Penalties, clock stops for penalties walked off and resumes when ball is set
3. Injuries
4. Use of teams allotted time outs.
5. After a score (clock is started when the ball is placed on the 40 yard line)

Extra Points

1 point from 3 yards out

2 points from 5 yards out

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

7-8 year old division

95 pounds (unrestricted).

Over 95 pounds (restricted). See above for constraints placed on restricted players.

No coaches are allowed on the field of play.

All games will be four, 9 minute quarters and Georgia High School Association Rules for game and clock will 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 shotgun snap or a long snap. When the quarterback is lined up directly under center, you may have a nose guard in front of the center.

Teams may elect to have the punt walked off, whereby the referee will walk off 20 yards but, in no event, may result in pinning the opposing team within 20 yards of their goal. The clock will run during the walk off and will stop once the ball is set.

In the case of a tie at the end of regulation, see the above rules for a tie.

9-10 year-old division

115 pounds (unrestricted)

Over 115 pounds (restricted). See above for constraints placed on restricted players

No coaches allowed on the field of play.

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

There will be no walking off punts. **Ball dead no running back**

Field goals will be allowed and will result in 1 point if successful. No rush is allowed during a field goal attempt. Fake field goals are not allowed and the play will end if the ball touches the ground after being snapped from the center.

You cannot line up a nose guard directly in front of the center if the snap is going to be a shotgun snap or a long snap. When the quarterback is lined up directly under the center, you may have a nose guard in front of the center.

11-12 year-old division

135 pounds (unrestricted).

Over 135 pounds (restricted).

All games will be four, 10-minute quarters, and Georgia High School Association Rules for the game and clock will apply, except where noted.

There will be no walking off punts. **Live ball**

Field goals will be allowed and will result in 1 points if successful. No rush is allowed during a field goal attempt. Fake field goals are not allowed and the play will end if the ball touches the ground after being snapped from the center.

Additional Rules:

Mercy Rules

When a team obtains a 25 point lead, the clock will run continuously until the opposing team lessens the point lead below 25.

Player Suspensions

When a player is ejected from a game, he/she must sit out the next game, dressed and on the bench. Any player who gets two, unnecessary roughness calls in one game will automatically be ejected from that game and will automatically be ejected from that game and will be suspended from the next regularly scheduled game. However, the player must be present at the suspension game in full uniform and sit at the bench. Two ejections during the season will result in an automatic suspension for the rest of the season, to include the play-off and championship games.

Concussion Policy

Referees have the final say on suspected concussions and player's ability to continue.

General

If the team cannot field eleven players and they may elect to play with ten; however opposing team does not have to drop a player.

The River City Youth Football Association must approve moving kids in or out of an age division and properly executed parent waiver and hold harmless agreement must be on file.

All facemask penalties are 15 yards.

Chain crews will be on the visitor's side of the field with one home team and one visitor team volunteer running the chain. No cell phones are permitted by the chain crew. These volunteers are not allowed to communicate with referees, players or coaches.

There is a mandatory 10-play rule. Special team's plays do not count towards the mandatory minimum. If a child expresses a desire to not play in a game, a Board Member or the V.P. for the age division should be made aware of the situation at the next available opportunity. Coaches are discouraged from reaching the mandatory minimum in one half of the play resulting in a player not participating for a full half.

No coach, under any situation, will teach or allow a player to use spearing, crack-back, face talking or using the helmet as primary contact with opponent as per National Federation and Georgia High School Rules.

Any coach ejected from the game must leave the stadium and cease their coaching duties. The coach will then be suspended for the next game as provided in the rules above.

Any coach ejected for two games will be suspended for the season.

Only protests involving rule interpretations or the eligibility of a participant may be considered, never a judgment call by an official.

All protests will be given verbally to the head official before the end of the playing game. Protests must be submitted to the RCYF Board of Directors within 72 hours, in writing. The protest fee is \$50.00

Protest fee will be refunded if the protest is upheld.

Coaches of both teams affected by a protest must be notified by the affected team that a protest has been filed.

RCYF has no dual football play policy. Any child who makes the middle school football team or travel football team, etc. will not be allowed to participate and play at RCYF for the remainder of that season.