



# Central Georgia Youth Sports Association

## FOOTBALL

### Rules and Regulations

# **TABLE OF CONTENTS**

1	League Playing Rules .....	4
1.1	Age Divisions.....	4
1.2	Age Control Date .....	4
2	Team Documents .....	4
2.1	Official Team Roster .....	4
2.2	Official Team Book.....	4
2.3	Player Certification .....	5
2.4	Player Weights .....	6
2.5	Restricted Players.....	6
3	Game Play .....	7
3.1	Field Size .....	7
3.2	Clock Rules .....	7
3.3	Sideline Coaches .....	7
3.4	Scoring .....	7
3.5	Punts.....	7
3.6	Mercy Rule.....	8
3.7	Overtime .....	8
3.8	Equipment .....	8
3.9	Host Responsibilities .....	8
4	Official Rule Book .....	9
4.1	Rule Sets .....	9
4.2	Team Schedules .....	10
4.3	Practicing .....	10
4.4	Technology.....	10
4.5	6U Division Rules.....	10
4.6	7U Division Rules.....	10
4.7	8U Division Rules.....	11
5	Play-Offs .....	11
5.1	Team Standings.....	11
5.2	Awards .....	11
5.3	Hosting Sites .....	11

5.4 Entry Fees .....	11
5.5 Hosting Requirements.....	12
5.6 Rule Differences .....	12
6 Conduct.....	12
6.1 Rules .....	12
6.2 Discipline .....	12
6.3 Notification Process .....	13
7 Protests.....	13
7.1 Protest Requirements .....	13
7.2 Rules Interpretation Procedures .....	13
7.3 Ineligible Player .....	13
7.4 Decisions.....	13

# 1 League Playing Rules

## 1.1 Age Divisions

1.1.1 Divisions will be based on single age groups from 7U through 12U.

1.1.2 5 and 6 year olds will play together in the 6U division.

## 1.2 Age Control Date

1.2.1 Age Control Date will be player's age on June 30th of the current season.

1.2.2 Player's can play up one age division, but can not play down an age division.

1.2.3 Proof of date of birth can be established through birth certificate. Any other form will have to be presented to the board.

# 2 Team Documents

## 2.1 Official Team Roster

2.1.1 The League shall establish the time and date for turn-in of the official team roster. As a minimum the official roster will contain the following information:

2.1.1.1 Full name of all players

2.1.1.2 Date of Birth of all players

2.1.1.3 Age of all players

2.1.1.4 Weight class of all players

2.1.1.5 Association name

2.1.1.6 Team name

2.1.1.7 Age group

2.1.1.8 Team colors

2.1.1.9 Head Coach Name and Contact Information

2.1.1.10 League Representative Name and Contact Information

2.1.2 Team Rosters become official once certified at Official CGYSA Football Certification day with a maximum of (35) thirty five players on a Team Roster.

2.1.3 If a roster falls below (16) sixteen players before the fourth game of the season, the League will allow you to add back to a maximum of (16) sixteen players. The roster will have players crossed out that are no longer participating. Those players are no longer eligible to participate.

2.1.4 There will be no other reasons for roster changes once certification ends.

## 2.2 Official Team Book

2.2.1 Each team shall provide a Team Book with two Board Certified Roster sheets and one player information sheet and birth certificate on each player.

2.2.2 The information sheet on each player will have a digital picture taken from the waist up with game jersey on. Roster will be prepared, and player certification sheets will be ordered from lowest number to highest. Book will also contain copy of USA Football certification for each coach.

- 2.2.3 Coaches will have their completed team book at weigh in where it will be certified by board members. Certification will include the signature of a board member on the roster(s) and all player information sheets. Team book will not be considered certified, until all signatures are affixed.
- 2.2.4 All Adults must pass an annual criminal background check by their respective association. The criminal background check will be for volunteers working with children. The criminal background check verification will be listed on the Team Roster book with proof of USA Football certification as required by CGYSA Football. Coaches should be clearly marked for easy identification by officials, and all adults will dress in appropriate attire to present a professional team image.
- 2.2.5 Pre-Game Team Certification Roster Review – Head Coaches must have their team book available prior to all games for inspection by the opposing coach. Failure to do so will result in a forfeit of game. Team books will be reviewed a minimum of thirty (30) minutes prior to official game time. Coaches forfeit the ability to review the opposing team's book if not before (30) min prior to start of Game. Any player not in attendance at that time will not be eligible to play in the first half. Players not in attendance at the beginning of the game will be certified at half time for second half play. No one other than certified head and/or assistant coaches will be allowed to certify and sign team books.

## 2.3 Player Certification

- 2.3.1 Certification is mandatory for all players and all teams on the designated certification date. Certification will be conducted prior to the first regular season game on the second Saturday in August.
- 2.3.2 All players must be certified by a League Representative, who is not from the same park, before becoming eligible to participate.
- 2.3.3 If a player is participating under another name than that appearing on the birth certificate, a notarized statement from the parent or guardian attesting to this fact shall be presented with the birth certificate.
- 2.3.4 The Board and League Representatives will be responsible for certifying, revising, publishing, and distributing all League rosters.
- 2.3.5 A fee of \$50.00 per player will be assessed to the parent of the player if the Official Certification date is missed and a makeup is scheduled. Payment is required at the time of certification. Cash Only.
- 2.3.6 Certification includes a weigh in for all weight-restricted age groups. The weigh-in will determine if a player is eligible to carry the ball for the entire season.
- 2.3.7 No person, League Official, Association Representative, Head Coach, or other individual shall have the power to permit any player to participate if he is not certified with picture and League book.
- 2.3.8 Head Coaches found knowingly allowing any uncertified player to participate, or allowing restricted players to play as unrestricted players, will be suspended from their position, and the team will forfeit any game in which the player participated illegally.
- 2.3.9 Any player who has not been certified and weighed in prior to the first game will not be eligible to play until the certification requirements have been met.

2.3.10 Any game in which an ineligible player participates shall be forfeited by the ineligible player's team. The Head Coach will be suspended for at least one (1) game for the first occurrence, up to ejection from all league participation. If both teams are found to have ineligible players, both teams will receive a loss on their record. If a player is found to be ineligible, and it is found to be probable that proof of age was altered, the head coach will be banned from further participation in the League, and all wins forfeited. The association sponsoring the team may face other penalties up to and including expulsion from the League at the discretion of the board.

2.3.11 A player can practice, participate and play on a middle school or travel team without penalty. No player in the League can practice or participate in any varsity football program (9<sup>th</sup> grade to 12<sup>th</sup> grade) or on any other team inside of the League.

## 2.4 Player Weights

Age Group	Regular Season Weight
6U	75
7U	85
8U	95
9U	105
10U	120
11U	130
12U	Unlimited

2.4.1 Any player over the ball carrier weight will be considered a restricted player.

2.4.2 Players ARE NOT allowed to play down an age group based on weight.

2.4.3 Coaches cannot mutually agree to allow restricted players to play as unrestricted players.

## 2.5 Restricted Players

2.5.1 On Offense – Restricted Players must line up as an offensive lineman position no wider than the end man of five (5) man interior linemen and two (2) tight ends. Restricted players must have splits equal to the interior lineman. Restricted players are not allowed to line up in a backfield position or catch passes from the Tight End position. A fumble recovered by a restricted player will be ruled a dead ball at the spot of recovery.

2.5.2 On Defense – Restricted Players must line up “in the box” on the line of scrimmage defined as no wider than the outside shoulder of the tight end of the traditional seven (7) man offensive line “Tight End to Tight End” with normal splits and CAN NOT line up at linebacker or at defensive back positions. Restricted players on defense may recover a fumble, intercept a pass, and advance the ball as long as they are the initial player to recover the fumble, or intercept the pass.

2.5.3 On Special Teams – Restricted Players may kick but may not advance the ball on a fake extra point kick, or block from a backfield position on a fake extra point kick. Other alignment rules are the same as for offense. If a Restricted Player gains possession of a ball in any manner on kickoff return, the ball will be ruled dead at the spot.

- 2.5.4 All restricted players will have a round orange decal on the back of their helmet.
- 2.5.5 Any restricted players without the orange decal on their helmet will not participate in games until properly identified.

### 3 Game Play

#### 3.1 Field Size

- 3.1.1 All ages – 100 yards

#### 3.2 Clock Rules

##### 3.2.1 Play clock

- 3.2.1.1 Play clock is 35 seconds for all age groups

##### 3.2.2 Game clock

- 3.2.2.1 6u & 7u – 8 minute Quarters
- 3.2.2.2 8u & up – 10 minute Quarters

##### 3.2.3 Halftime

- 3.2.3.1 All ages – 5 minutes

#### 3.3 Sideline Coaches

##### 3.3.1 7 Total on Sideline

- 3.3.1.1 Includes Photographers
- 3.3.1.2 Includes Hydration Specialists
- 3.3.1.3 Includes Team Mom

#### 3.4 Scoring

- 3.4.1 Touchdowns = 6 points.

##### 3.4.2 Extra Points

- 3.4.2.1 Extra points for a run = 1 point.
- 3.4.2.2 Extra points that are kicked or passed = 2 points
  - 3.4.2.2.1 Passes for 2 points must be beyond the line of scrimmage
  - 3.4.2.2.2 No jet sweep style or shovel passes
- 3.4.2.3 No extra point kick option for 6U & 7U.
- 3.4.2.4 8U and up is live Extra point
- 3.4.2.5 Attempts are from the 3 yard line
- 3.4.2.6 Turnover or blocked kick on the extra point attempt cannot be returned. It is considered a failed try.

#### 3.5 Punts

##### 3.5.1 6u-9u

- 3.5.1.1 No Live Punts
- 3.5.1.2 Walk Off 25 Yards
- 3.5.1.3 Punts are capped at the opponent 20 yard line

3.5.1.4 Punts will have a 10 second clock runoff

### 3.5.2 10u

3.5.2.1 Option of long snap or handoff to punter

3.5.2.2 Not live – lines are frozen

3.5.2.3 Ball is dead on first touch by either team

3.5.2.4 Teams also have the option of a walk off punt based on 3.5.1 rules

### 3.5.3 11u-12u

3.5.3.1 Punts are live

## 3.6 Mercy Rule

3.6.1 The Mercy Rule is in effect when a team has lead of twenty-four (24) points or more.

3.6.2 Should the lead return to less than twenty-four (24) points after mercy rule has been in effect the game will revert to normal football rules.

3.6.3 During the Mercy Rule, the game clock will run continuously when twenty-four (24) point margin is reached. Clock will stop for time outs, official time outs & injury

3.6.4 The winning team will have (4) downs to score. If they fail to score, the ball is turned over on downs and spotted at the turnover spot.

3.6.5 No kickoffs will be conducted when Mercy Rule is in effect. The ball will be placed at the 40 yard line after a score.

3.6.6 No passing by the winning team when mercy rule is in effect.

## 3.7 Overtime

3.7.1 In event of a tie at the end of regulation, the head referee will conduct a coin toss to determine which team will get the ball first.

3.7.2 Each team will have a possession with the ball spotted on the opponent's ten (10) yard line with four (4) downs to score. Extra point rules apply as described in 3.4.2 Extra Points.

3.7.3 If the score is still tied after three (3) three possessions by each team, the game will end in a tie.

## 3.8 Equipment

### 3.8.1 Footballs

3.8.1.1 6U to 8U – Pee wee or K2

3.8.1.2 9U to 11U – Junior

3.8.1.3 12u to 14u – Youth

3.8.1.4 All game balls must be brown leather or composite material. Rubber footballs or colored footballs are not permitted.

3.8.2 Helmet Visors must be clear

## 3.9 Host Responsibilities

### 3.9.1 Field Requirements

3.9.1.1 All games will be played on a regulation sized field.

3.9.1.2 Goal post with crossbar and pads.

3.9.1.3 Clearly marked sidelines and end zones.

- 3.9.1.4 Suitable press box facilities.
- 3.9.1.5 Bathrooms.
- 3.9.1.6 Concessions
- 3.9.1.7 An electronic score board and clock.
- 3.9.1.8 Spectator restraining lines at least ten yards from the sidelines.
- 3.9.1.9 Sideline Yard Markers
- 3.9.1.10 10-Yard Chains and Downs Marker
- 3.9.1.11 AED Machine
- 3.9.2 Operational Requirements
  - 3.9.2.1 The Home team is responsible for providing the chain crew.
  - 3.9.2.2 The home team is responsible for the cost of for officials.
  - 3.9.2.3 The Home team must provide one (1) scoreboard operator in press box.
  - 3.9.2.4 Game Day Badges – see 3.3.1
- 3.9.3 Communication
  - 3.9.3.1 Multiple Fields
    - 3.9.3.1.1 If more than one field is available, the home team will specify which field is to be used.
    - 3.9.3.1.2 If a field location is to be changed, the League will be notified seven (7) seven days in advance.
    - 3.9.3.1.3 Any association that utilizes a high school field as its primary game field must have a backup location approved by the CGYSA Football board.
  - 3.9.3.2 Playing Conditions
    - 3.9.3.2.1 If playing conditions, at game time, or during the game, are such that they pose a threat to the safety of the participants and spectators, the game may be delayed or postponed.
    - 3.9.3.2.2 If a game is suspended, it is the responsibility of the home team to record the time, possession, position of the ball and down. This information will be reported to the league along with other scores.
    - 3.9.3.2.3 League and park officials will determine a makeup day/time with NFHS rules governing the makeup.
  - 3.9.3.3 Post Game Communications
    - 3.9.3.3.1 Report Scores
    - 3.9.3.3.2 Report Incidents/Disciplinary Concerns

## 4 Official Rule Book

### 4.1 Rule Sets

#### 4.1.1 CGYSA

4.1.2 GHSA

4.1.3 NFHS

## 4.2 Team Schedules

4.2.1 The League will have minimum of eight (8) eight regular season games. In the event of an odd numbers of teams in an age division, games may be played on weekdays.

4.2.2 Each team will have minimum of four (4) four home games.

## 4.3 Practicing

4.3.1 Teams may only meet for a maximum of six (6) six hours per week including practices or games.

4.3.2 Teams may start acclimation the week after GHSA dead week (week of July 4<sup>th</sup>)

4.3.2.1 Acclimation will be a total of 6 hours across a minimum of 3 days.

4.3.2.2 Practice Plans and Contact Plans Required

## 4.4 Technology

4.4.1 No Drones

4.4.1.1 1<sup>st</sup> time - League Warning

4.4.1.2 2<sup>nd</sup> time – Forfeit

4.4.2 Coach Communication

4.4.2.1 Head Sets Allowed

4.4.2.2 No communication with On Field Coaches (6u,7u)

## 4.5 6U Division Rules

4.5.1 Coaches

4.5.1.1 Coaches are allowed on the field for the entire season.

4.5.1.2 Only one Coach from each team will be allowed on the field at a time.

4.5.1.3 Once the offensive center places their hand on the football, both coaches on the field are no longer allowed to direct/coach players physically or verbally.

4.5.2 Defense

4.5.2.1 On defense for 6U teams, nose-guarding is prohibited.

4.5.2.2 Defensive line must line up head-to head on the offensive guard. If the offensive guards are more than two (2) yards from the center, the defensive line may line up within (1) one yard of the center.

4.5.2.3 The middle linebackers must be at least two (2) yards off the line of scrimmage.

4.5.3 Kickoffs

4.5.3.1 No Kickoffs in 6U

4.5.3.2 Ball will be placed at 40-yard line of return team

4.5.4 Ball Placement

4.5.4.1 Ball will be spotted based on coaches' preference, sideways or end to end.

## 4.6 7U Division Rules

4.6.1 Coaches

- 4.6.1.1 Coaches are allowed on the field for the entire season.
  - 4.6.1.2 Only one Coach from each team will be allowed on the field at a time.
  - 4.6.1.3 Once the offensive center places their hand on the football, both coaches on the field are no longer allowed to direct/coach players physically or verbally.
- 4.6.2 Defense
  - 4.6.2.1 On defense for 7U teams, nose-guarding is prohibited.
  - 4.6.2.2 Defensive line must line up head-to head on the offensive guard. If the offensive guards are more than two (2) yards from the center, the defensive line may line up within (1) one yard of the center.
  - 4.6.2.3 The middle linebackers must be at least two (2) yards off the line of scrimmage.
- 4.6.3 Kickoffs
  - 4.6.3.1 No Kickoffs in 7U
- 4.6.4 Ball Placement
  - 4.6.4.1 Ball will be spotted based on coaches' preference, sideways or end to end.
- 4.7 8U Division Rules
  - 4.7.1 Defense
    - 4.7.1.1 On defensive for 8U, having a nose-guard is prohibited.
    - 4.7.1.2 The defensive line must line up head-to head on the offensive guard. If the offensive guards are more than two (2) yards from the center, the defensive line may line up within one (1) one yard of the center.
    - 4.7.1.3 The middle linebackers must be at least two (2) yards off the line of scrimmage.
  - 4.7.2 Ball Placement
    - 4.7.2.1 Ball will be spotted based on coaches' preference, sideways or end to end.

## 5 Play-Offs

### 5.1 Team Standings

- 5.1.1 Determined by best Winning Percentage
- 5.1.2 Tie Breakers
  - 5.1.2.1 head to head results
  - 5.1.2.2 points allowed
  - 5.1.2.3 coin toss

### 5.2 Awards

- 5.2.1 League Representatives will determine the awards to be presented.

### 5.3 Hosting Sites

- 5.3.1 The League will rotate post-season events among member associations on a yearly basis with approved facilities.

### 5.4 Entry Fees

5.4.1 Hosting association will determine which is most appropriate for their venue in accordance with the Executive Committee. Committee approval for modifications.

5.4.2 Approved Gate Fee

5.4.2.1 \$5 For Adults

5.4.2.2 \$2 For 5 and Under

5.4.3 Approved Team Fee

5.4.3.1 \$200 Team Fee for semi-finals

5.4.3.2 \$250 Team Fee for championship games

## 5.5 Hosting Requirements

5.5.1 See 3.9

5.5.2 Official Scoreboard Operator

5.5.3 Officer with Jurisdiction in accordance with GA Law

5.5.4 Report Scores

## 5.6 Rule Differences

5.6.1 6U will have normal clock (no running clock after 1 hr 30min)

# 6 Conduct

## 6.1 Rules

6.1.1 All persons, including players, coaches, League Representatives, spectators, and officials are expected to conduct themselves in a sportsmanlike manner.

6.1.2 All persons, including players, coaches, League Representatives, spectators, and officials are expected to compete fairly and cheating is forbidden.

6.1.3 No alcohol, drugs, vapes, or tobacco products are allowed during practices, games, or in the field area.

6.1.4 No person should willfully attempt to disrupt a game or practice.

6.1.5 No public displays of profanity

6.1.6 All persons will conduct themselves in a respectful manner towards coaches, officials, and park staff.

6.1.7 Spectator misconduct will be prevented by the responsible team. Failure of a coach to undertake appropriate action to contain his spectators shall be guilty of misconduct and subject to appropriate punishment. It is recognized that in some circumstances it is beyond the capacity of the coach to control his spectators. However, the coach must make a genuine attempt to restrain his spectators.

## 6.2 Discipline

6.2.1 Any player, coach, or other adult supervisor found by the League to be cheating or misrepresenting any record shall be banned from further participation in the League.

6.2.2 Appearance to be under the influence of alcohol or drugs, at a game or practice by any coach, League Representative, or Official shall be subject to suspension as determined by the League.

6.2.3 Any player, coach, spectator or sideline personnel ejected from a game are suspended for a minimum of the next scheduled League game. Suspensions will carry over to the following year, if applicable.

6.2.3.1 Any game called by the Officials due to behavior issues, whether it be players, coaches, or parents, will be reviewed by the Executive Committee. The Executive Committee will make the following determinations:

- 1) Determine whether to declare a forfeit by one or both teams
- 2) Suspend coaches, parents, players
- 3) Reschedule the game.

All decisions by the Executive Committee will be final.

## 6.3 Notification Process

6.3.1 The Home Team's League Representative shall notify the League within 24 hours of any disciplinary issues involving player, coach, spectator, or officials.

6.3.2 Failure to notify the League within 24 hours will result in the dismissal of any potential case.

## 7 Protests

### 7.1 Protest Requirements

7.1.1 Judgement calls of an official are not up for review.

7.1.2 League Representative must initiate.

7.1.3 Cash Deposit of \$100 is required at time of protest.

### 7.2 Rules Interpretation Procedures

7.2.1 Protests involving rule interpretation must be declared to the referee and the field marshal before the next play.

7.2.2 Protests involving rule interpretations must be delivered to the CGYSA Football Executive Committee in writing by 5:00pm the following Monday. You will need to supply any supporting details. If received after 5:00pm the protest will not be reviewed.

### 7.3 Ineligible Player

7.3.1 Player ineligibility protests because of age shall be submitted upon discovery.

7.3.2 Player ineligibility protests because of certification shall be submitted upon discovery.

### 7.4 Decisions

7.4.1 All rulings made by the CGYSA Football Executive Committee are final and cannot be appealed.

7.4.2 All rulings are reviewed by the CGYSA Executive Committee

## **2025 CGYSA Football Executive Committee (Board of Directors)**

President	Landon Sparks
Vice President	Tiffany Lowe
Secretary	Kimberly Raines
Treasurer	Dametra McClendon
At-Large	Heather Miller

## **2025 CGYSA Football League Representatives**

Brooks	Chris Moody
Butts County	Chris Henderson
Hawks Youth Athletic Association	Jake Copeland
Lamar County	Tiffany Lowe
Manchester	Tangela Cummings
Meriwether County	Allan Fordham
Monroe County	Landon Sparks
Peachtree City Packers Football and Cheer	Mark Brown
Pike County	Heather Miller
Thomaston-Upson County	Brian Kelley