

## CALHOUN RECREATION DEPARTMENT

### FOOTBALL RULES 2016

1. Calhoun Rec. Dept. will play by the Georgia High School Association rules with some modifications for recreational play.
2. All teams will either practice or play ONLY 3 times a week. For example: If you play twice in one week, then you can only practice one time that week. Failure to comply with these rules will result in a 2 game suspension of the head coach. Practice will be LIMITED to a 2 hour time limit. Penalty for first violation is one game suspension of head coach. DO NOT PRACTICE ON REC. DEPT. GAME FIELD. We have designated practice fields set up.
3. Home and visitor sides will be predetermined by the schedule.
4. All games will be a running clock. **Ten** minute quarters and a five minute half time. All games will begin with a flip of a coin. The clock will only stop on time outs and injuries. If a team is within **8** points during the last two minutes of the game, then the clock will be regulation time.
5. Teams will have **two** time outs each half. If at any time during the 4<sup>th</sup> quarter a team is ahead by 16 points or more, then they will not be allowed to call a time out.
6. Each team may play a 6 man defensive line(including ends) until there is less than 3 yards for a first down or they are inside the 10 yard line. The officials will notify the defensive coach. The penalty for complying with this rule is 5 yards.  
7 & 8 and 9 & 10 – No Blitzing; can't be moving forward prior to the snap.  
THE LINBACKERS (TACKLE TO TACKLE) MUST BE OFF THE LINE OF SCRIMMAGE – DEPTH MUST BE ONE YARD BACK OF THE FARTHEREST LINEMAN POSITION. PENELTY IS 5 YD OFF SIDES .
7. All players must play 5 consecutive live downs, in any offense or defense combination. If any player has not played 5 consecutive plays by the end of the 2<sup>nd</sup> quarter, then they must go in on the kick-off of the 3<sup>rd</sup> quarter and play their 10 consecutive plays. In 7-8 and 9-10 age groups, a punt DOES NOT count as a play. If players miss practices for unexcused reasons, then players are not required to play. Coaches must notify officials before the game should occur.
8. If for any reason a player is unable to play (sickness, broken limbs, etc.), then the coach must notify the official before the game begins. The official will notify the opposing coach. Failure to notify the official will result in the child having to play the mandatory downs. If a child refuses to play in a game, notify the official immediately.
9. There will be a limit of 4 adults on the sidelines for each team. These will include coaches and/or statisticians.
10. The clock will stop after each touchdown. After the extra point, the clock will start and the kicking team has one minute to line up and kick off. Delay will result in a 5 yard penalty.
11. Games will not end in a tie. During overtime, **play will start from the 10 yard line** and each team will have 4 downs to score. If both teams score, they will each get 4 more downs starting from the **10 yard line**. Officials will flip a coin to determine who will have first possession. If neither team scores, then a team will receive one point from the deepest point of penetration. There WILL BE extra points in overtime.
12. MOUTHPIECES ARE MANDATORY!! **They must be attached to the helmet and visible to game officials. No clear mouth pieces.** Uniform includes jersey, pants and socks. If any of these are missing, player is ineligible to play.

13. EXTRA POINTS

- 7-8: 1 POINT FOR RUNNING IN THE END ZONE & 2 POINTS FOR PASSING
- 9-10: 1 POINT FOR RUNNING OR PASSING & 2 POINTS FOR KICKING THRU THE UPRIGHTS
- 11-12: 1 POINT FOR RUNNING OR PASSING & 2 POINTS FOR KICKING THRU THE UPRIGHTS

14. The maximum weight limit for any player to receive a hand-off or pass from scrimmage is 150 pounds (12 & under), and 125 pounds (10 & under) and 100 pounds (7&8). Any player ineligible to carry the ball must wear a red stripe diagonally on the back of their helmet. Maximum weight players must play on the line and must be in a 3 or 4 point stance. Coaches will be responsible to maintaining stripes and making sure players are in the correct playing position.
15. Defensive linemen must be in a 3 or 4 point stance – any player tackle to tackle is considered a lineman on the line- of- scrimmage. Linebackers (tackle to tackle) must be off the line-of- scrimmage – depth must be the back of the furthest lineman position. The penalty for this infraction is the same as being off sides. 7-8 division, a defensive player is not allowed to line up over center. There will be no Q.B. sneaks. The ball cannot be snapped to anyone except the Q.B. infraction is the same as illegal formation. The Q.B. must be lead by a running back if running up the middle.  
7-8 ONLY: No live kicks. Ball will be placed on the 30 yard line to begin play. The ball will be marked off 30 yards from the line of scrimmage on declared punts .

9-10 ONLY: There will not be any live punts. Teams will have to declare if they are to punt on 4<sup>th</sup> down. The ball will be spotted from the point where the ball stops rolling or is caught, unless the ball doesn't go past the scrimmage line. (must be positive yardage ) In this event, the punt will be redone. If a catch is attempted, player cannot muff the ball forward. If this occurs and the ball goes forward, then ball will be placed at the spot of the muff. Only one player will be allowed to play back.

9-10 ONLY: Kick off team will kick off on the 40 yard line.

11-12 ONLY: Kick offs will be from the 40 yard line. Punts will not become live until after the snap and punter has secured the ball. Referee will blow whistle, then it is live. The defense must have seven on the line of scrimmage and two players whom cannot be no more than 5 yds off the line of scrimmage ,this allows for two punt returners for punt return team

FOOTBALL SIZE: 7-8 will use K2 or equal; 9-10 will use Wilson TDJ or any other junior size football; 11-12 will use Wilson TDY or any other youth size football.

Coaches on the field cannot talk to any player after the huddle breaks. Penalty will be 5 yards. Any coach receiving 3 penalties will be removed from the field, no matter the penalty. This includes any type of talking, gesturing, pointing, nodding or any form of coaching from offensive or defensive coaches. Once offense breaks, you may not line your defense up after offense has set.

\*\*\* NEW GHSA RULE -THERE WILL BE NO PLAYS WITH UNFAIR ACTS/ NO TRICK PLAYS OF DECEPTION.

\*\*\* ALL WEIGHT CHALLENGES MUST BE DONE BEFORE HALF-TIME IS OVER.