

2017 District 5

11-12 yr old Youth Football Rules

- A. Rules not mentioned are found in the National Federation of State High School, and Georgia Recreation and Parks Association Football rule books.
- B. Team rosters: After the first game, the roster becomes official.
- C. The playing field shall be 100 yards for 11-12. Kick-offs will be from the 40 yd line in the 11-12 division.
- D. Home and visitor sides will be predetermined by the schedule.
- E. A team must have ten (10) players to start or continue a game. They can continue the game if the removed player leaves for any reason other than ejection.
- F. All kick-offs out of bounds will be placed on the 35 yard line or at the point of out of bounds whichever is greater. If the receiving team fumbles the kick-off out of bounds, the ball will be placed at that point.
- G. Defensive lineman must be in a 3 or 4 point stance. Any player tackle to tackle is considered a lineman on the line of scrimmage. Each team may play a 6 man defensive line (from offensive end to end). Linebackers (tackle to tackle) must be off of the line of scrimmage – depth must be the back of the farthest lineman position. **The penalty for this infraction is the same as being off-sides.**
- H. Offensive linemen **DO NOT** have to be in a 3 or 4 point stance.
- I. Trick plays are not allowed. Reverses, half-back passes, etc. are not considered trick plays.
- J. Any player to receive a hand-off or pass from scrimmage must not weigh more than 150 pounds in the Midget 11-12 division. Any participant ineligible to carry the ball must wear a red (or orange if you have red helmets) stripe diagonally on the back of their helmet. Coaches will be responsible for maintaining the stripes. Maximum weight players must play on the line (players not eligible to run the ball must play tackle to tackle) and must be in a 3 or 4 point stance on defense. Illegal participation, by a maximum weight player, during the game will result in the player being removed for a minimum one game (4 quarters) suspension, and a minimum

two games (8 quarters) suspension for the head coach. **Players with striped helmets are eligible to punt and kick on kick-offs/field goal attempts.**

- K.** If a player that is overweight gains possession of the ball at any point (i.e. fumble or interception), the play is dead from that spot and the ball cannot be advanced.
- L.** A player's weight is defined as that weight which is determined by approved or certified scales when the player weighed at their official weigh in. No player will be allowed to totally strip for a weigh in and must have at least gym shorts on at all times. The Official Weigh-in will be conducted prior to the team's first game. Players not making the weight limit shall be permitted a second or alternate weigh in conducted closer to game time. Players absent from their first game must weigh in prior to any following or subsequent games. Once weight requirement has been met, players will not be required to re-weigh during same level of play unless challenged/protected. **Weight challenges by the opposing team MUST be done before half-time.** Each team will be allowed two weight protests per game. If any team chooses to protest a player's weight and the player is deemed eligible, the protesting team will be charged with a time out. If all time-outs have been used, then an unsportsmanlike penalty will be assessed. If a player is deemed ineligible, that player's helmet must be striped and can only play on the line (tackle to tackle). After official weigh-ins at the beginning of the season, each player that is eligible to carry the ball will be given a 5 pound variance from original weight.
- M.** The offensive team must verbally state their intention of punting before leaving their huddle. After a verbal declaration of punting, the clock will stop until change of possession. In the **Midgets Division (11-12)**, it starts out as a dead ball and once the punter is in control of the snapped football, the official blows the whistle and the play becomes live. The defense must have seven men on the line of scrimmage and two players whom cannot be more than 5 yards off the line of scrimmage. This allows for two punt receivers for the punt return team. The intent of this rule is to keep teams from developing a wedge prior to the ball becoming live, and to help aid in the realism of the punt return portion of the game. By rule, 11-12 Division punts become live once the official whistles in that the punter has control of the snapped football which at the moment makes the punt returnable or gives the opportunity for a blocked punt. **NO FAKE PUNTS WILL BE ALLOWED.**
- N.** Game Participation Rule: Every player must play at least 8 plays on offense or defense. Coaches can sub a player at any point during the ball game. **Penalty for violating this rule will result in the coach being suspended for 2 games.**

- O. MOUTHPIECES ARE MANDATORY.** They must be attached to the helmet and visible to game officials. No clear mouth pieces.
- P. Midget Division (11-12):** 10 minute running clock, only becoming a regulation clock the last 2 minutes of the 2nd and 4th quarter. Beginning in the 4th quarter or any time in the 4th quarter a team gains a 21 point lead, the clock will run continuously for the balance of the game except after touchdowns, timeouts, injuries, penalties, and scores. If the losing team gets within 7 points, the clock will return to regulation. The clock **WILL** stop after touchdowns (regardless of the quarter). After the extra point is attempted, the clock will then re-start. Half-time shall consist of 5 minutes.
- Q.** Each team will be given 3 time outs per half. If at any point during the 4th quarter a team is ahead by 16 points or more, then that team will not be allowed to call time-outs.
- R.** The time allowed for snapping the ball after the referee blows his whistle is 30 seconds.
- S.** Only 5 coaches or non-players will be allowed on the side-line.
- T.** If the game ends in a tie, the 10 yard line overtime procedure will be used with the ball being placed on the 10 yard line with each team getting a series of downs (4). If neither team scores, the team with the deepest penetration (at any point) to the goal-line will be declared the winner.

U. Extra Points and Touchdowns:

Touchdowns will count as 6 points.

Midgets (11-12) Football – 1 point for running/passing
2 points for kicking

(Dead ball with no rush, defense can raise hands and try to block only-no jumping. The ball must be snapped to holder who holds football on a kicking block or ground for the extra point. Once the official sees that the snapped ball is in place by the holder; the official blows the whistle and the kicker must immediately kick the extra point). Ball is snapped from the 3 yd line. Penalty is delay of game. Field goal attempts have the same rule except team is awarded 3-points for made field goal.