

# NORTH GEORGIA YOUTH FOOTBALL ASSOCIATION RULES

*Updated February 26, 2014*



## GENERAL RULES – SECTION 1

### **Rule 1.1 - League Fees and Regulations**

1. Membership is \$10 per athlete.
2. All fees and rosters must be turned in before opening day of the season.
3. All football and cheerleading coaches must have league ID card to be on the field or around the field. Absolutely no spectators are to be present on the sidelines or on the track. All spectators must remain in the stands.

### **Rule 1.2 - Age Requirements**

1. TERMITE LEAGUE: 5 & 6 year olds. A player who has reached his 7<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible. A player must be 5 years old before August 1<sup>st</sup> of current year to participate.
2. JR. TINY MITE LEAGUE: 7 year olds. A player who has reached his 8<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible.
3. TINY MITE LEAGUE: 8 year olds. A player who has reached his 9<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible.
4. JR. PEE-WEE LEAGUE: 9 year olds. A player who has reached his 10<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible.
5. PEE-WEE LEAGUE: 10 year olds. A player who has reached his 11<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible.
6. JR. MIDGET LEAGUE: 11 year olds. A player who has reached his 12<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible.
7. 7<sup>th</sup> GRADE LEAGUE: 13 year olds. A player who has reached his 14<sup>th</sup> birthday prior to August 1<sup>st</sup> is not eligible. All players must be in the 7<sup>th</sup> grade or below.

## **Rule 1.2 - Draft Regulations**

1. All player pools from a member park where 2+ teams may exist must be evaluated and drafted so as to produce relative parity within a park. NGYFA draft policy is:
  - A. To be eligible for NGYFA sanctioned play all teams must adhere to the following evaluation draft procedure. All Players will be divided into:
    - Group 1 – all talent deficient
    - Group 2 – all below average talent
    - Group 3 – all average talent
    - Group 4 – all above average talent
    - Group 5 – all elite talent
  - B. Using an alternating draft system, each team will receive a relatively equal number of players from each group listed above, in the following order: group five, group four, group three, group two and then group one.
  - C. Teams are allowed to designate one child in lieu of head coach and one child in lieu of first assistant coach.
  - D. The team with the lower avg talent rating between the pre-designated will pick first.
  - E. All picks will alternate in a T1, T2, T1, T2, T1 type fashion.
  - F. All member parks must draw one of the nine NGYFA Executive Committee members out of a hat so that the ECM can serve as on-site verification that the above rule is followed. ECMs must verify at least two and no more than three evaluation/draft processes in a seasonal year. When evaluation/draft has been verified by ECM, said ECM must leave the draft with a printed copy of all drafted rosters, sign said rosters and fax/email them to both the Commissioner's Office and Vice-Commissioner of Eligibility for dual filing.

## **Rule 1.3 - Practice Regulations**

1. Pre-Season:
  - a. Week 1: Three helmet only practices and one full pad practice lasting no longer than 105 minutes.
  - b. Weeks 2-3: Four full pad practices lasting no longer than 105 minutes. Preferably three weeknight and one on Saturday.
  - c. Week 4: Two full pad practices lasting no longer than 105 minutes and one helmet only practice lasting no longer than 60 minutes.
2. Season (Once games begin): Two practices per week, lasting no longer than 105 minutes and one helmet only practice lasting no longer than 60 minutes. Exception: If a team has a bye week, then they may practice 3 times in full pads for 105 minutes for that week.
2. If a team is in violation of the practice rules, the head coach will be suspended for 2 games.
3. Heat Index Guidelines:

If the heat index is 80-89, players should be watched closely for any heat distress and frequent water breaks should be taken.

If the heat index is 90-94, 10 minute rest breaks should be taken every hour and water breaks every 10 minutes. Players should be under careful supervision. The athletic activity must be kept to 100 minutes or less.

If the heat index is 95-99, the athletic activity should be modified. For example, football practices in shorts, shoulder pads and helmets only. Frequent water every 10 minutes and rest breaks must be held. Players should be able to get water at any time and should be under extreme supervisions from teachers, coaches and trainers. The athletic activity must be kept to 90 minutes or less.

If the heat index is 100-104, further modifications must be made, such as football practice in shorts, t-shirts and helmets only. Water breaks should be taken every 10 minutes and students should be allowed to get water at any time. Frequent rest breaks must be taken and students should be monitored at all times for heat distress. The athletic activity must be kept to 90 minutes or less.

If the heat index is 105 or greater, then the athletic activity will be suspended, postponed until later in the evening, or held indoors at the administrator's/coach's discretion, with suggestions made by the athletic trainer. Athletic activities could also be rescheduled to when heat index has reached an acceptable level. When an event is "BLACK FLAGGED" (which means the heat index is at 105 level or higher that day), no outdoor practice may begin until the Athletic Director communicates to the head coach that the conditions are acceptable, the heat index is below 105. Practice may be postponed to a later time in the same day if the heat index lowers. All appropriate guidelines should be followed based on the reading at the time.

It is the responsibility of all administrators and coaches to provide ample supplies of water and appropriate care to our players. It is recommended that all guidelines be followed in such a way that the safety and best interests of our players be made our number one priority. It is also recommended that coaches constantly teach our players.

#### **Rule 1.4 - Playoffs**

1. In the event of a regular season record tie the teams tied will go by head to head, common opponents, and score allowed. If the teams are still tied a one game tie breaker will be played. This one game tie breaker will be played on the Tuesday night after the regular season. Game location will be chosen by coin flip.
2. PLAYOFF/CHAMPIONSHIP GAMES: If a game results in a tie the Kansas Plan will be used.
4. First and Second place trophies will be awarded for football players and cheerleaders.
4. Playoff hosts will be determined during the July meeting. If more than one agency asks to host a playoff round a vote will be taken from the relevant conference(s) to determine host. The 1st round of the playoffs, where multiple sites will be used, the number one seeds will have the choice from where to play their first round game of the predetermined sites. (6U number 1 seeds will be able to choose from either of the 2<sup>nd</sup> round sites). The Executive Committee will vote on Super Bowl host. The Super Bowl may not be held at the same location in consecutive years unless no other park submits a bid in the second year. Furthermore, no one park may host two rounds in the same postseason unless no other park submits a bid. Playoff Rounds are bid at the following amounts: Wild Card Round: \$150, Quarterfinal Round: \$200, Semifinal Round: \$250 and Super Bowl \$500.

#### **Rule 1.5 - Player Eligibility**

1. All registered players on a team from a member park must either A) attend school for that park's school system or B) be districted to attend school in that park's school system. No player may play on any other team than their originally declared team from the date of roster check-in forward unless otherwise approved by the NGYFA Executive Board.
2. All player eligibility must be verified at the annual Roster Check-In meeting. Proper paperwork includes:
  - a. Complete team roster with full names, dates of birth and jersey numbers.
  - b. Copy of birth certificate, hospital record or school record signed by principal.
  - c. Photo identification.
  - d. Copy of school documentation verifying school attendance or copy of utility bill verifying school district.
  - e. In lieu of a birth certificate, photo identification and school/residence verification a school document (ie. Infinite Campus, Power School) may be used as it contains all of the above information.
  - f. Exception 1: If an agency does not offer 6U tackle, a 6U athlete can go to the closest park that does offer it based on drive time from their primary residency to that park's game field.
  - g. Exception 2: Cheerleaders and cheer squads not participating in the NGYFA Cheer Competition are not required to submit eligibility paperwork.

## **AGE SPECIFIC RULES – SECTION 2**

### **Rule 2.1 - Game Rules**

1. Termite: 8 minute quarters  
 Tiny Mite: 8 minute quarters  
 Peewee: 8 minute quarters  
 Midget: 8 minute quarters  
  
 \*\*\* Unlimited weight limit for all positions. \*\*\*
2. The **Tiny Mite League** will be allowed to have 1 (one) coach per team on the field during the entire season. Once the huddle breaks the coaches on the field must remain 10 yards behind the deepest player. No touching or adjusting of players at that point; verbal adjustments are allowed. Penalty: Unsportsmanlike conduct on the head coach. The **Termite League** will be allowed to have 2 (two) coaches per team on the field. One coach is allowed to call plays and one coach is allowed to line the players up. In all cases sideline to press box communication involving radios, headsets and cell phones is permitted.
3. Blitzing is allowed in all age divisions except the Termite League. Also a defensive player cannot lineup on the center in the Termite League.
4. EXTRA POINTS:
 

6U:	1 point- running/passing from the 3 yard line
	2 points- running/passing from the 5 yard line
8U:	1 point- running/passing from the 3 yard line
	2 points- running/passing from the 5 yard line
10U:	1 point- running/passing from 3 yard line.
	2 points- kicking
12U:	1 point- running/passing from 3 yard line.
	2 points- kicking
5. PUNTING: MIDGETS and PEE WEES will punt in the customary fashion in accordance to normal



18. Regular admission will be \$3.00 for adults, \$1.00 for eighteen and under and seniors 65 and older; six and under free. In the playoffs, the admission will be \$4.00 for adults, \$2.00 for eighteen and under and seniors 65 and older; six and under are free.

19. Mouthpieces must be contrasting color from the primary color of the uniform and be attached to the facemask.

20. Any coach, player, or spectator ejected from a game or facility for any reason will serve a minimum of a one game suspension in addition to the suspension from the current game. The coach will not be allowed in or around the facility while serving their suspension. After the first ejection/suspension the coach will be placed on a one year probation period. If a second ejection occurs during the probationary period the coach is suspended for 1 full regular and playoffs, if applicable. Any and all appeals will be brought before the NGYFA Executive Board.

22. Every agency must have a visible lightning detector at the field site. The NGYFA will follow the GHSA lightning rule.

23. League affiliated personnel (ie. coaches, parents, players, staff) may film any NGYFA sanctioned game for scouting purposes.

24. Any game forfeited during the season will be recorded as a score of 0-50 for the losing team.

### **Season Schedule**

February 26, 2014	2014 Rule Change and New Member Meeting
May 7, 2014	NGYFA Executive Committee Meeting (if necessary)
July 23, 2014	NGYFA Team Accounting and No Host Meeting
July 28, 2014	First day of practice in shorts and helmets
August 2, 2014	First day of practice in pads
August 13, 2014	Roster Check-In
August 23, 2014	Opening Day
October 25, 2014	Wild Card round of playoffs
November 1, 2014	Quarterfinal round of playoffs
November 8, 2014	Semifinal round of playoffs
November 15, 2014	NGYFA Super Bowl