

Perry Leisure Services Youth Flag Football Rules

The Age Control Date for all football leagues is September 1st, the age of the player PRIOR to September 1st will determine which league he will compete in.

PERRY LEISURE SERVICES SPORTSMANSHIP STATEMENT: PROFANITY, DEGRADING REMARKS AND INTIMIDATING ACTIONS DIRECTED AT OFFICIALS OR COMPETITORS WILL NOT BE TOLERATED AND ARE GROUNDS FOR REMOVAL FROM THE EVENT SITE. SPECTATORS ARE NOT ALLOWED TO ENTER THE COMPETITION AREA. THANK YOU FOR YOUR COOPERATION IN THE PROMOTION OF GOOD SPORTSMANSHIP IN TODAY'S EVENT

Goals: Our goals for any of our programs are to have fun and to balance the league for everyone, so we do not allow stacked teams, AAU teams, flip returners to build a stack team. However, we do have returner rights.

EQUIPMENT

SECTION 1. FIELDS

Playing field shall measure 80 yards from the goal line to goal line. The width of the field shall be 40 yards. Playing field shall have 10-yard end zones. However, playing fields can be condensed to a 60-yard field.

SECTION 2. BALL AND UNIFORMS

- a) The ball shall be a regulation rubber or synthetic leather football.
- b) No pads are allowed. Shoes with metal, plastic, etc. Spikes are prohibited, only football shoes with molded rubber cleats are permissible.
- c) The league provides each player with a flag belt.
- d) Each team must have the same color jerseys or shirts.
- e) The player's jersey must be tucked into the pants, showing the flag belt line.
- f) Pants or shorts with belt loops or pockets are not permitted.
(Not to be worn)
- g) Players must wear a mouthpiece.

- h) Game Ball – 6u, 8u, & 10u, age group will use Pee Wee or K2 football: The 12u & 14u age groups will use the junior size or TDJ football.

6U Flag

Game Structure for 6u:

Teams are small, often 6-on-6 or 7-on-7. Fields are shorter and narrower than full-size football fields, making it easier for kids to stay involved in the action. Games are usually divided into short halves (two 15-minute halves) with frequent breaks.

No Tackling:

Instead of tackling, players wear belts with flags on their hips. A play ends when a defender pulls the ball carrier's flag. This keeps the game safer and less intimidating for young players.

Basic Rules:

Rules are simplified. There's no rushing the quarterback, no blocking, or it's very limited and controlled. Coaches may be on the field helping guide players into position and reminding them what to do. Plays are simply just running plays or very short passes.

Skill Development:

The main goal is teaching fundamentals:

Running with the ball

Catching and throwing

Understanding basic positions

Learning how to line up and follow simple plays

Coaching Style:

Coaches focus on encouragement, patience, and instruction. Everyone typically gets equal playing time, and positions may rotate so kids can try different roles.

Game Atmosphere:

The environment is relaxed and supportive. Scores may be kept, but the emphasis is on participation, sportsmanship, and building confidence rather than winning.

Overall, 6U flag football is about introducing kids to the game in a safe, fun, and positive way while building foundational skills they can grow as they get older.

DEFINITION OF TERMS

SECTION 1. COACHES

- a) Coaches are volunteer parents or family members helping the players learn and enjoy the game. (2) coaches & (1) team mom are allowed on players side of field. Parents are encouraged to always support the coach.
- b) The home coach will also be responsible for someone to hold the down maker for each game.
- c) (1) Coach will be allowed on the field to direct players for offense and defense in the **6U**, the coach must be 5 yards behind the play. **10U divisions only**: Are allowed to have (1) coach on the field while team is on offense to help with offensive play calling, the coach must be 10 yards behind the play. The purpose of this is to help with play calling, not to coach during live play. Penalty-(1) First Offense-Sideline warning/ (2) Offense-5-yard penalty, replay the down and team loses the ability to have a coach on the playing field for the remainder of the game.
- d) Coaches are expected to adhere to all the PERRY LEISURE SERVICES YOUTH SPORTS GUIDELINES AND CODE OF CONDUCT.

SECTION 2. ROSTERS

Flag football is played 5v5, 6v6, or 7v7 depending on the number of kids that show up for each team. Each team will consist of at least 8-10 players.

SECTION 3

SCORING

- a) Touchdowns = 6 points
- b) Extra point (5-yard line) = 1 point
- c) Extra point (10-yard line) = 2 points
- d) Extra point (15-yard line) = 3 points
- e) We do not keep score in the 6U divisions
- f) **Sportsmanship Rule**: If the team is ahead by 19 points or more at the two-minute mark of the second half, it will result the game is officially finished.
- g) **Team coaches can mutually agree to end a game early.**

Tie Breaker: 3 minutes if overtime required. Each team shall start 1st and goal at 10-yard line. The objective will be to score a touchdown. An overtime period consists of possession by each team consisting of a series of 3 downs. If the score is still tied after 1 period, play will proceed to a 2nd period with 1st and goal from 5-yard line consisting of a series of 2 downs. If the first team awarded the ball scores, the opponent shall still have a chance to win the game. A try shall be attempted and score as indicated. If the score is still tied after a 2nd time, each team shall have one play from their try line of choice. This process will continue until a winner is decided. Each team is entitled to only 1 time-out during the entire overtime.

PLAYERS AND SUBSTITUTES

SECTION 1. PLAYERS

- a) A team shall consist of (5), (6), (7) players, one of whom shall be captain.
- b) Each team shall have a maximum of (8) to ten (10) players on each roster.
- c) Teams may start with (5) players.

SECTION 2. SUBSTITUTES

- a) Free substitution will be allowed during the entire game.
- b) Any player may return to the game at any time except after disqualification.
- c) **All players must play 50% of the game. This will be monitored by the supervisor on duty.**
- d) **Please allow kids to take water breaks.**

DURATION OF GAME

SECTION 1. LENGTH OF GAME

- a) The 6U age division will be two (2) fifteen-minute halves, with a running clock.
- b) The 10U & 12U age divisions will be two (2) twenty-minute halves, with a running clock. Last (2) minutes of each half's regulation time.

- c) Halftime shall be a five-minute rest period

SECTION 2. FIRST DOWNS

- a) A first down is constituted when the ball is advanced fifteen (15) yards in a series of four (4) downs.
- b) If the ball is not advanced 15 yards in four (4) downs, it is a loss of possession.

FOUL AND PENALTIES

SECTION 1. TACKLING, PUSHING, TRIPPING, ETC.

- a) It shall be a foul to tackle, push, trip, hold or rough another player. Penalty - 5 yards from the spot of foul.
- b) It shall be a foul for the player carrying the ball to straight arm, push or oppose the defensive player tackling the flag. Penalty - 5 yards from the spot of foul.
- c) In the above (a) and (b), it will be the judgement of the referee as to whether a foul was intentionally or unintentionally committed.
- d) If a foul is committed intentionally or unintentionally, a penalty of 10 yards may result.

SECTION 2. OFFSIDES AND ILLEGAL PROCEDURE

- a) Either team can be called offside. Penalty - 5 yards.
- b) Any team guilty of illegal procedure will be penalized 5 yards.
- c) Delaying the game shall be a foul and result in a 5-yard penalty. If a team is warned for the third offense, it shall be the loss of the ball. A limit of 30 seconds will be allowed between the time the ball is spotted by the official and the following snap.

SECTION 3. UNSPORTSMANLIKE CONDUCT

- a) Unsportsmanlike conduct will not be tolerated. A player guilty of unsportsmanlike conduct will be expelled from the game.

- b) Second offenders will be released from the entire league. This decision shall be final.

SECTION 4. **TIME OUTS**

- a) Each team shall have three (3) time outs during the entire game. Time outs are one (1) minute in duration.

PLAYING REGULATIONS

SECTION 1. **START OF GAME**

- a) At the start of each game, coaches and captains from both teams meet at midfield for the coin toss to determine who shall start with the ball.
- b) Choice of goal and kickoff: There shall be a coin toss between captains of opposing teams.
- c) The winner of the toss shall have the choice of receiving or defending the goal.
- c) Loser shall have the choice of the option which the winner does not select.
- d) The loser of the toss shall have the choice at the beginning of the third period.

SECTION 2. **TACKLING THE FLAG**

- a) Each player should wear a flag on each hip. Older groups shall wear (3) belts.
- b) The flag is tackled, and the ball is dead at the spot where the flag is removed at the hip by an opposing player.
- c) A player tackling the flag must not, intentionally or unintentionally, interfere with the runner by tripping, pushing, holding or roughing while he is advancing the ball.

- d) A tackler must make a direct effort for the flag and avoid unnecessary bodily contact. (result of (c) or (d) - 10-yard penalty).
- e) If a flag falls from the hip of a player advancing the ball without being touched by a defending player, the ball is automatically dead at that spot.

SECTION 3. **RUNNING THE BALL**

- a) A team may run the ball at any time. The ball is spotted where the runner's ball is located at the time when the flag is pulled.
- b) The quarterback **will have 7sec.** to pass the ball, hand the ball off to another player, or (spotter/center) behind the line of scrimmage or to pitch the ball to another player behind the line of scrimmage.
- c) Once the ball has been handed off or pitched all defensive players are eligible to rush. Runners may not leave their feet.
- d) No downfield blocking is allowed. Contact initiated by any player will be illegal, and penalty will be enforced.

Neutral Zone - There will be a 3-yard neutral zone for 10u age groups between the offense and defense. A 2-yard neutral zone for the 12u & 14u age groups. No player may cross into the neutral zone before the ball is snapped. The penalty is 5 yards on the offending team.

SECTION 4. **PASSING THE BALL**

- a) All passes must be from behind the line of scrimmage. The quarterback **will have 7sec.** to release the ball.
- b) The spotter (center) will be eligible to pass the ball, but they must be beyond the line of scrimmage.
- c) When passing the ball, the passer may throw the ball backward, sideward or forward.
- d) A forward pass may be thrown from behind the line of scrimmage.
- e) All members of the offensive team are eligible pass receivers.

- f) On a pass play, interference by the defensive team will be a loss of 10 yards and an automatic first down.

Rushing the Quarterback - Age groups 10u a 3 sec. delay quarterback rush. 12u & 14u can rush time it touches the quarterback hands.

SECTION 5. **LIVE BALL/DEAD BALL**

- a) The ball is live at the snap of the ball and remains live until the referees whistles the ball dead.
 - b) A player must have possession of the ball and come down with at least one foot in bounds.
 - c) Substitutions may be made on any dead ball
 - d) Play is ruled "dead" when:
 - The ball hits the ground
 - The ball carrier's flag is pulled
 - The ball carrier steps out of bounds.
 - A touchdown is scored.
 - The ball carrier's knee or elbow hits the ground.
 - The ball carrier's flag falls out, and they touch with one hand.
- ***Note: There are no fumbles. The ball is spotted where the ball was when it was let go at the time of the fumble.

- **Perry Leisure Services Staff will make the Allstar coach selection!**

Perry Leisure Services Athletic Staff

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PLS Youth Tackle Football Rules

Perry Leisure Services Sportsmanship Statement

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THANK YOU FOR YOUR COOPERATION IN THE PROMOTION OF GOOD
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The Age Control Date for all football leagues is **September 1st**. The age of the player PRIOR to September 1st will determine which league he will compete in.

Assignment of teams:

- **Drafting procedures** will be discussed at coaches' meetings. All participants must complete an evaluation prior to the draft. All players must pick up equipment and have their weights recorded before the season starts. Our goal is a fun and balanced league for everyone, so we do not allow stacked teams, AAU teams, or full returning teams to register together.

Playing requirements:

All participants **must** start and play every play on offense OR defense of the game. There will be no exceptions to this rule. This will be monitored very closely. (see: Duration of game, p.4-r3)

Equipment

1. Field

The playing field will measure 80 yards from goal line to goal line. The width of the field will be 40 yards. The end zones will be 10 yards in depth.

2. Ball and Uniform

- a. The ball shall be intermediate size official leather.
- b. Regulation football uniforms are required. This should include a helmet with a face mask, shoulder pads, football pants with pads and a jersey with numbers.
- c. NO STEEL CLEATS. This applies to interchangeable cleats that have the threaded base exposed.
- d. All players are required to always have a mouthpiece.

GENERAL PLAYING RULES

1. Players with the RED STRIPES must play Center, Guard or Tackle on offense and inside the Tackles on defense. They must also be in a 3- or 4-point stance.
Weight Limit: Midget 150 pounds, Mite 125 pounds, Mighty-Mite 100 Pounds. Players over the weight limit for their league will have a RED STRIPE placed on their helmets. This stripe will remain there for the entire season.
2. No nose guard on the center. This also means NO middle linebackers.
EXCEPTION: When the offensive team penetrates the 10-yard line.

3. Kickoff (**Mite & Midget**) is from the 30-yard line. If the kickoff crosses the receivers goal line, the ball will be placed at the 10-yard line. Any kick that goes out of bounds will be placed at the point where it goes out if outside the 20-yard line – inside the 20-yard line the ball will be spotted on the 20-yard line.
4. **Mighty-Mite FOOTBALL** – No kickoffs the ball will be spotted on the 20-yard line.
5. **Punts:** There shall be no rushing the Punter in **Mite**. No player may leave the line of scrimmage until the ball is kicked. **Mighty-Mite:** No Punts in this league the ball will be moved up 30 Yards but never placed inside the 20-yard line.
Midget: GHSA
6. **SCORING: All Leagues Mighty-Mite, Mite, Midget**
 - a. Touchdowns – 6 points
 - b. Safety – 2 points
7. **EXTRA POINTS:** 5 yard – 2 points, 3 yard 1 points
8. **Football Used for each league:**
 - 6u – Wilson Peewee/K2
 - 8u – Wilson Peewee/K2
 - 10u – Wilson TDJ
 - 12u – Wilson TDY

Fouls and Penalties

1. Offsides and Illegal Procedure
 - a. Either team can be called offsides (encroachment) Penalty: Five (5) yards
 - b. Any Team Guilty of Illegal Procedure will be penalized five (5) yard penalty.
 - c. Delaying the game shall be a foul and result in a five (5) yard penalty.
2. Unsportsmanlike Conduct
Unsportsmanlike conduct will NOT be tolerated. For penalties, see General Rules for All Sports.
3. Summary of Penalties:
 - a. Loss of Five (5) Yards
 - i. Offsides
 - ii. Illegal Shift
 - iii. Illegal Motion
 - iv. Illegal Forward Pass
 - v. Game delay
 - vi. Failure to Wear Equipment
 - b. Loss of Ten (10) Yards
 - i. Fair catch interference
 - ii. Clipping
 - iii. Tripping
 - iv. Holding
 - v. Personal Foul/Unnecessary Roughness
 - vi. Defensive pass interference (automotive 1st down)
 - vii. Offensive pass interference (loss of down)
 - viii. Illegal use of hands and arms
 - ix. Unsportsmanlike conduct
 - x. Spearing or head tackling- safety precaution! Tackling should be done with shoulders and lower body only.

Officials

1. Warner Robins City Football Officials Association will govern Mighty-Mite, Mite and Midget Leagues.
2. The PLS will be in complete charge of the game, and their decisions will be final.
3. All rules not covered by the PLS will be governed by those of the Georgia National Federation of High School Associations.

Player Eligibility

1. All players shall be registered and certified by a member of the PLS. The use of ineligible players will result in a forfeit and disciplinary action against the coaching staff.
2. Coaches' Responsibility
 - i. Notification to PLS staff prior to the game of any players absent or those being disciplined for failure to attend practices.
 - ii. Player equipment must be returned at the conclusion of their last game.

General Rules

1. Any coach or player acting in any unsportsmanlike manner or in any way that would prove detrimental to the league, players, officials, or spectators will be subject to the following disciplinary action by the PLS.
 - a. *Language unbecoming to the league (foul language, abusive, vulgarity, etc.)*
 - 1st Offense Warning with appropriate game penalty.
 - 2nd Offense Suspension with appropriate game penalty.
 - 3rd Offense Expulsion from league with appropriate game penalty.
 - b. *Fighting:*
 - Immediate ejection from game and must out next game. Depending on the severity of the act, additional sanctions may apply.
 - c. *Touching or striking official:*
 - Indefinite suspension with legal action a possibility.
 - d. *Unsportsmanlike conduct:*
 - 1st Offense – Warning
 - 2nd Offense- Suspension from event plus next game
2. Damage to PLS property
 - Indefinite suspension with legal action a possibility.
3. Ejection Examples:
 - i. Attempting to deliberately hurt another player, coach, official or spectator.
 - ii. Charging officials on call
 - iii. Improper bench or field conduct.

Allstar Coach Selection

1. The Allstar Coach Selection will be determined by the team with the **BEST** regular season record.

Duration of Game

1. Length of Game
 - a. Mini-Mite 2 twenty (20) minute halves running clock each half clock stops on timeouts and official timeouts. Mighty-Mite, Mite, and Midget will play 4 eight (8) minute quarters with the last two (2) minutes of the 2nd & 4th regular GHSA rules.
 - b. Halftime shall be a five (5) minute rest period.
2. Time-Outs
 - a. Each team may have only three (3) time-outs per half.
 - b. A time-out illegally will result in a five (5) yard penalty.
 - c. The game clock STOPS for the following (excluding the last 2 minutes of the 2nd & 4th quarters)
 - i. Time-out: Starts back once ball is snapped
 - ii. Penalty: Starts back once the ball is marked Ready-for-play.
 - iii. Game delay: Starts back when ball is snapped
 - iv. A Score is made: Starts back once receiving team touches kickoff
 - v. Officials' Time-out: Starts back on ready-for-play signal
 - vi. Injuries: Starts back on ready-for-play signal
 - d. A game regulation clock will be used in the last 2 minutes of the 2nd & 4th quarters.
3. **Each player must play 2 full quarters, either with the offensive or defensive team. Each coach must turn in a lineup sheet 10 minutes prior to the beginning of every game, noting the offensive or defensive lineup. 2-point penalty (Safety) will be instituted for non-compliance at game time.** Example: When a player starts his quarter with the offense or defense unit, he should play **EVERY** play on the offense or defense unit (**ONLY SUB IF INJURED OR MEDICAL REASON**). Noted: Kicking or receiving teams do not count as their offensive or defensive playing time. **Players must be on the field when noted or they will not be considered as having played required playing time. This will result in the Head Coach being suspended for one game.**
4. The starting lineup must contain the player's first and last names and jersey numbers. Coaches may designate on their lineup 2 players in the 10u and 12u league, who will be play-carriers the whole game. **Play carriers must be noted on the line-up prior to the start of the game.** These players will alternate after each offensive play for the whole game. If a play-carrier is substituted for, he must continue to play the offensive or defensive unit for the remainder of that game. Play-carriers cannot be the same players for 2 consecutive games. If this occurs, the head coach will be suspended for the next game. An injured player does not have to play the required time.
5. Coaches and team players are restricted from committing any act which in the opinion of the referee or scorekeeper is intended to ridicule the game Example: Calling time out to run up the score, time-out will not be allowed.
6. Half-time will be 5 minutes.
7. Field Director is the Recreation Department Staff member in charge of that field. It is his/her responsibility to see that the rules set forth by the Leisure Services department are followed. He/she has the authority to suspend coaches, players, and fans for flagrant violations of the rules.

8. **8u, 10u, & 12u Leagues only:** A team will have two options after scoring a touchdown. Teams will have the option of going for one-point conversion or a two-point conversion. The ball will be placed on the three-yard line for a one-point conversion attempt or five-yard line for a two-point conversion attempt. (12u will have the option to kick) Team captain should notify officials of their intent.
9. **Tie Breaker Procedure:** If at the end of regulation play the score is tied, all leagues will follow the following tie breaker procedure: The officials will flip a coin to give the option of having the ball first. The ball will then be placed on the 10-yard line, and each team will get 4 downs to score. If after both teams attempt to score, the score is still tied, repeat the procedure a **second time**. The teams will have the option of attempting a 1 or 2-point conversion. **8u only: The 3rd overtime or any successive overtime periods the ball will be placed on the 3-yard line, each team will be given (1) play to score (no extra point attempts in the 3rd overtime or any successive overtime period).** **10u & 12u only: The 3rd overtime or any successive overtime periods, each team must attempt a two-point conversion.**
10. **Mercy Rule:** Starting in the 3rd quarter, if a team is ahead by 32 points, the clock will continuously run except for called timeouts. If the 32-point lead reduces to 16 points or less, the clock will run according to High School Rules.
11. Each team will be allowed 3 timeouts per half.

COACHES RULES AND REGULATIONS:

12. All coaches must complete a team roster furnished by the Recreation Departments with their first and last names (**no nicknames**), jersey numbers, and any other necessary information one week before the first game of the season.
13. Coaches are responsible for letting the Recreation Department know of any players that have quit.
14. It is the coach's responsibility to make sure players are not left unattended at practices or games.
15. All coaches are expected to be sportsmen and always conduct themselves in a proper manner. Profanity will not be tolerated. Always remember the program is for the **children, not the adults**.
16. During a game, if any coach refuses to finish the game, or in any way obstructs the continuance of play, the game will be continued with a member of the Recreation Staff coaching the team. The coach will be ejected from the field and the program. If the team players refuse to continue to play, the game will be forfeited in favor of the opposing team.
17. Each team shall have a coaching staff (1) head coach and (3) assistant coaches. Assistant coaches are not mandatory; however, no team will be allowed more than (3) assistant coaches. Each head coach is responsible for seeing that the respective departments have a complete roster of all intended assistant coaches no later than 7 days after tryouts or assignments (before if possible). Each team shall have a coaching staff present in the designated team area along the sidelines of each scheduled game consisting of at least 1 approved coach but no more than the 4 approved coaches. If a coach fails to comply with the number of coaches allowed on the sidelines, he may be subject to a (1) game suspension. **Team mothers are allowed on the field for the last 2 minutes of the 2nd & 4th**

quarters. Camera people and parents will not be allowed on the sidelines or playing field.

18. If a coach fails to play a player the required amount of time, he will be suspended from the next scheduled game. Second offense, he will be suspended from the program. Suspension will also include park attendance. However, players are expected to attend all practices and games to be eligible for mandatory playing time. Coaches should note on the line-up sheet the players that are absent, sick, injured, or disciplined. The number of times absent should be listed, as should the reason for discipline (tardiness, abusing equipment, disrespectfulness, and show up later than first quarter).
19. No player will be added after a team's (3rd) game: If an emergency arises and the respective department deems it necessary.

20. Follow GHSA Practice Policy for Heat and Humidity:

Under 82.0 Normal Activities – Provide at least (3) separate rest breaks each hour with a minimum duration of (3) minutes each during workout.

82.0 – 86.9 Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least (3) separate rest breaks each hour with a minimum duration of (4) minutes each.

87.0 – 89.9 For football players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.

90.0 – 92.0 Maximum practice time is (1) hour. For football no protective equipment may be worn during practice, and there may be no conditioning activities. There must be (20) minutes of rest breaks distributed throughout the hour of practice.

Over 92.0 No outdoor workouts. Delay practice until a cooler WBGT level is reached.

22. NO SMOKING OR TOBACCO USE OF ANY KIND AT GAMES OR PRACTICES BY HEAD COACH OF ASSISTANT COACHES.

TEAMS:

There will be a maximum of 22 players (with the exception of 6u who will have 16). Teams will be listed on the scheduled as home or visitor. The home and visitor sides of each field will be the same as listed on the scoreboard. **The Home team is responsible for furnishing the (3) man chain crew (must be adults or 18 years old).**

PLAYER POOL:

1. Once a player has been drafted or assigned, he/she may not drop off the team that he/she has been drafted by or assigned to and request to be placed in the player pool. Once a player drops, he/she is completely out of the program for the remainder of the season. **NO REFUND**
2. A player registering after his league is filled to capacity, and/or any late registrant shall be placed on a waitlist and will be assigned by the Recreation Department on a first-come, first-serve basis only.
3. Players that miss (4) consecutive sessions (practices and/or games) without sufficient reason will be removed from the active roster. Leisure Services

- Department shall determine what reasons are acceptable. Players removed from the active roster will be replaced. The head coach must notify the Leisure services when players are not coming to practice and games so Leisure services can verify whether the player has quit the team or not.
4. Head Coaches must report all team vacancies the day that the vacancies occur, and present dropped players uniform and equipment to Perry Leisure Services before a new player will be assigned to the vacancy.

Tournament Play:

In the event (2) or more teams end up with identical records in standings, we will revert to who beat who during the regular season. If the team splits a game, we will use RecDesk standing.

6U Football Rules (discontinued 2026 moved to Flag)

(8) Man Football

1. No score kept
2. No win/loss record
3. No kick-off
4. No punting

Offense:

1. (5) linemen (tackles, guards, center)
2. (3) backs (halfbacks, QB) Running back must be lined up in the backfield between the tackles

Defense:

1. (4) lineman (tackles, guards)
2. (2) linebackers or cornerbacks – **No Middle linebackers**
3. (2) Safeties
4. No nose man
5. No blitzing or rushing

NO VARYING ON ABOVE

6. The key to success of the game is allowing the offense to get a playoff. It is very frustrating to the offense if real aggressive blitzing and rushing is used by defense.

Penalties:

1. Penalties (5) steps of official or 1/2 distance to the goal
2. Clipping called in all cases
3. Obvious holding called
4. Call facemask
5. Any other flagrant fouls

Start Game:

1. Start game by placing ball at midfield
2. Flip coin for who will be on offense first
3. Loser of flip will have choice of end of field
4. Run (5) plays on offense; switch units (offense or defense) after 5th play of no touchdown occurs; ball will remain where offense gives it up unless score occurs; then it will be taken back to centerfield.
5. No extra points
6. Fumbles handled as in regular football
7. Only (2) coaches per team will be allowed on the playing field. **The offensive & defensive coach is responsible for keeping a distance of 10 yards**

between himself and the furthest player, violations of this rule result in a 10-yard penalty.

Time of Game:

1. 20-minute halves with 10-minute halftime.
2. Running Clock, only stops for timeouts & injuries.
3. (3) Timeouts per half

Team Meetings:

Team meetings are limited to (3) times per week prior to the season (Monday-Saturday). Meetings are limited to (2) times per week after the seasons begin. Practices will be (1) hour in length. No practices on Sunday (Player will not be penalized).

8u Football Rules

Weight Limit:

1. No player weighing over 100lbs. will be eligible to play any backfield position. This also includes specialty teams. The “shuttle pass” and the “end around” to players exceeding 100lbs are illegal (penalty unsportsmanlike conduct).
2. Practice before season starts, (3) times per week; combination of practices and games once season starts, (3) times per week 1 1/2 hour time limit. No practice on Sunday.
3. Only one coach per team will be allowed on the playing field at a time. The offensive & defensive coach is responsible for keeping a distance of 10-yards between himself and the furthest player back. (Violations of this rule result in a 10-yard penalty.
4. A 30-second huddle will be allowed.
5. 8u will play four (8) minutes quarters. All timing issues will be as specified by GHSA with the following exceptions: When by GHSA rule the clock shall stop, the officials shall do so and will be restarted on the referee’s ready for play signal. Exception: After a score the clock shall start again as per GHSA rule. After a timeout the clock will start again with the snap. During the last (2) minutes of each half the clock shall be stopped and started per GHSA rules. Halftime period will be 5 minutes.
6. The ball may be snapped and turned at any position.
7. Punting on fourth down or any other punting situation, the team with the ball must publicly announce their intent to punt (if intending to punt) to the referee. The referee announces to both teams the intention to punt. A punt is then mandatory the center snaps the ball to the kicker – No contact allowed until the ball is punted. **A player over the weight limit may be placed in the backfield for the sole purpose of punting or kicking the ball. A person weighing over 100lbs. may not advance the ball.**
8. No nose guard allowed! As a result of this rule, there will be no quarterback sneak. The quarterback must be led by a running back if running up the middle. The quarterback may run outside the guards and there are no direct snaps to

anyone other than the quarterback. The penalty for this infraction is the same as illegal formation.

9. Linebackers must line up at least (3) yards behind the line of scrimmage (illegal procedure).
10. All rules will follow GHSA with the exceptions listed below
11. There **must** be a defensive man lined up head-to-head with the (2) guards and (2) tackles on the line of scrimmage. If the defense has anyone else on the line of scrimmage they must be lined up head-to-head with an offensive man. All other defensive men must be lined up (3) yards off the line of scrimmage. **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.**

IMPORTANT NOTES FOR 8 & UNDER

1. On a bad snap when punting, punter must retrieve the ball and punt from behind line of scrimmage within (30) seconds from time of huddle. No movement on offense or defense until the ball is punted.
2. The offensive guards may be no more than one foot away from their center on the offensive line.
3. Linebackers must line up at least (3) yards behind the line of scrimmage. A linebacker may line up in front of the center (3 yard back) but may **NOT** make contact with the center. We are asking for the linebackers to read the play, then react, to give the center and quarterback a chance to get the play off. The (2) defensive men must line up head-to-head with the (2) guard's first contact can **NOT** be on the center.

10u Football Rules

1. Weight Limit. No player weighing over **125 lbs.** will be eligible to play any backfield position. This also includes specialty teams. The "Shuttle Pass" and the "End Around" to players exceeding **125 lbs.** are illegal (penalty unsportsmanlike conduct).
2. Practice before season starts – (4) times per week: combination of practices and games once season starts (3) times per week 1 ½ time limit. No practice on Sunday (participants cannot be disciplined).
3. No coaches will be allowed on playing field.
4. A (30) second huddle will be used.
5. 10u will play four (8) minutes quarters. All timing issues will be as specified by GHSA with the following exceptions: When by GHSA rule the clock shall stop, the officials shall do so and will be restarted on the referee's ready for play signal. Exception: After a score the clock shall start again as per GHSA rule. After a timeout the clock will start again with the snap. During the last (2) minutes of each half the clock shall be stopped and started per GHSA rules. Halftime period will be 5 minutes.
6. The ball may be snapped and turned at any position.
7. Punting on fourth down or any other punting situation, the team with the ball must publicly announce their intent to punt (if intending to punt) to the referee. The referee announces to both teams the intention to punt. A punt is then mandatory the center snaps the ball to the kicker – No contact allowed until the ball is punted. **A player over the weight limit may be placed in the backfield for the sole purpose of punting or kicking the ball. A person weighing over 125 lbs. may not advance the ball.**

8. Linebackers (tackle-to-tackle) must be off the line-of-scrimmage, depth must be at least the back of the farthest lineman position. The penalty for this infraction is the same as being offsides.
9. There must be defensive man lined up head-to-head with (2) guards and (2) tackles on the line of scrimmage. If the defense has anyone else on the line of scrimmage they **must** be lined up head-to-head with an offensive man. All other defensive men must be lined up (3) yards off the line of scrimmage. **Defensive linemen must be in 3 or 4-point stance – any player tackle-to-tackle is considered a lineman on the line of scrimmage.**

IMPORTANT RULES 10U:

1. On a bad snap when punting, punter must retrieve the ball and punt from behind the line of scrimmage within (30) seconds from the time of the huddle. No movement on offense or defense until the ball is punted.
2. The offensive guards may be no more than (1) foot away from their center on the offensive line.
3. We are asking for linebackers to read the play, then react, to give the center and quarterback a chance to get the playoff.

12u Football Rules

1. 12u will play four (8) minutes quarters. All timing issues will be as specified by GHSA with the following exceptions: When by GHSA rule the clock shall stop, the officials shall do so and will be restarted on the referee's ready for play signal. Exception: After a score the clock shall start again as per GHSA rule. After a timeout the clock will start again with the snap. During the last (2) minutes of each half the clock shall be stopped and started per GHSA rules.
2. The halftime period will be 5 minutes.
3. (3) Timeouts per half.
4. Practices before season starts – (4) times per week; combination of practices and games once season starts – (3) times per week 1 ½ hour time limit. No practice on Sunday (Participant cannot be disciplined).
5. All rules will follow GHSA with the exception listed herein.
6. Weight limit. No player weighing over 150 lbs. will be eligible to play any backfield position. This also includes Specialty teams. The "Shuttle Pass" and the "End Around" players exceeding 150lbs are illegal (penalty – unsportsmanlike conduct).
7. **A player over the weight limit may be placed in the back field for the sole purpose of punting, kicking field goals, or kicking the ball. A person weighing over 150lbs may not advance the ball.**
8. Once a player has been weighed and declared legal by a representative of his/her respective department, his/her eligibility will not be challenged. There will be no alternate dates given unless an emergency arises. The department will determine what constitutes an emergency.

Perry Leisure Services Athletic Staff

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