



DALTON PARKS & RECREATION YOUTH FOOTBALL LEAGUE RULES 2018

I. Purpose

The Dalton Parks & Recreation Youth Football Program is organized to provide a wholesome recreational activity for the youth of Dalton and surrounding areas. The program is designed for the following purposes:

1. To aid in the physical development through fun and exercise.
2. To teach the basic fundamental skills of the game of football.
3. To aid in the social development through good sportsmanship and moral character.
4. To teach good attitudes and discipline.

II. Organizational Structure

1) Governing Rules

- a) The Dalton Parks & Recreation Department Youth Football League will be governed by the current rules and regulations of the National Federation of State High School Association, with the exception of GRPA state, and the local league rules, which supersede any rule in the current edition of the National Federation of State High School Association.
- b) The League Rules will be developed and governed by the Dalton Parks & Recreation Department.

2) Coaching Requirements

- a) A person of high moral character who is a respected member of the community.
- b) A coach should have a basic knowledge and understanding of the fundamentals of football.
- c) A coach should never use profanity, drink alcoholic beverages, smoke, or use tobacco during any activity with players.

- d) A coach must never incite players or parents by criticizing an official.
- e) A coach should not be overly concerned with winning, but more concerned that each child has fun and learns the fundamentals while participating.
- f) A coach is expected to be present at all practice sessions, games, and meetings or have an approved coach present.
- g) A coach should try to the best of their ability to keep each player (especially the weaker players) interested and participating throughout the season.

h) Each team shall have a Head Coach and may have a maximum of three (3) Assistant Coaches .Only players and coaches allowed on sidelines.

- i) A coach will now be responsible to report suspected child abuse to their local authority. This is a state law HB1176.
- j) *Head Coaches must be certified by NYSCA and USA Football (to be considered).*
(www.nays.org/nyscaonlineclinics/) (<https://usafootball.com/>)
- k) *Head Coaches also must take an online concussion test and turn in a certificate.*
(http://www.cdc.gov/concussion/HeadsUp/online_training.html)

III. Player Eligibility

1. A legal aged player participating in the football program may only play up one age with approval only from The Recreation Department. Size and weight will be considered in this decision.
2. Each participant must have insurance.
3. Playing an ineligible player(s) shall result in the forfeiture of all games in which illegal player(s) participated. Any coach that knowingly allows an illegal player(s) to participate will be suspended from coaching for the remainder of the season and for a one (1) year time period.

IV. League Rules and Regulations

1. Rules not mentioned in the League Rules are found in the National Federation of State High School Associations Football Rule Book or the current GRPA Manual.
2. The age division shall be as follows:
 - a. Flea Ages 7-8
 - b. Mite Division Ages 9-10
 - c. Midget Division Ages 11-12
 - i. Cutoff date prior to September 1st.
 - ii. *Seventh graders may participate as long as they are proper age. As long as they are not on a Middle School roster.*

3. **Short Handed Rule:** A team can start and/or finish a game with 10 players. The opposing team must play one player short also when necessary. If a team cannot field 10 players the game will be considered a forfeit and the teams will play a scrimmage game with an equal number of players if possible.
4. The playing field shall be 100 yards in length for 11-12, 80 yards for 7-8 & 9-10 and 60 yards (30 yards wide) for 4-6. Kick-offs will be from midfield which is the 40 yard line in 9-10 division, and the 50 yard line in 11-12 division. There will be no kick-offs in the 7-8 division. The ball will be placed on the 20 yard line to begin offense. In the 4-6 Divisions play will start on the 15 yard line.
5. All players must start each series in the 1st half and must play 4 plays in the 2nd half. These plays must be live scrimmage plays and may not be punt and/or kick off situations. A coach that does not comply with this rule will be subject to forfeit the game. Any coach that violates this rule a second time will be dismissed from the program. A coach may hold a player out of a game for disciplinary reasons if announced to the opposing coach and DPRD staff before the game.
6. Any player to receive a snap, hand-off or pass from scrimmage **or any designed play must not weigh more than:**
Bantam (6)-75lbs, Flea (7-8)-100lbs, Mite (9-10)-125lbs, Midget (11-12)-150lbs
 Maximum weight players (players not eligible to run the ball must play on the line on both sides of the ball, tackle to tackle) and must be in a three or four point stance. (Does not apply to players of less weight). Participants must be weighed before their first game and weight will be recorded on the team roster. **If protested, the player must be brought to DPRD and weighed. A player must weigh within a five (5) pound variance of the actual weight prior to their first game of the initial weight. (Penalty) Forfeit! And Head Coach must sit out next game.**
7. **The 4-5 Pee Wee, 6 Bantam, 7-8 Flea, and 9-10 Mite Divisions defensively will not be allowed to line up over the center.** As a result of this rule there will be no quarterback sneaks. The quarterback must be led by a Running Back if running up the middle unless they are in the "SHOTGUN POSITION" (Instead of the Quarterback receiving the snap with his hands directly under the center, he stands farther behind the line of scrimmage. At least two (2) yards and receives the direct snap). The quarterback may run outside the guards. Penalty(s): same as illegal formation. **In Pee-Wee, Bantam, Flea and Mite the centers have a free zone. Linebackers may line-up in front of the center at least two (2) yards distance. QB must take a step back or be in a shotgun position, at least two (2) yards behind center to run over center.**
8. Defensive lineman must be in 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 2 yards back of furthest lineman position, and penalty is same as a defense being off-side.
9. The Crack Back Block is illegal in ALL DIVISIONS of play within 5 yards of the line of scrimmage. (Penalty 10 yards)
 - a. The Crack Back Block shall be defined as a block by a Flanker, Wide Receiver or Offensive player in motion that returns in the opposite direction that the ball carrier is going and performs a block on a defensive player within 5 yards of the line of scrimmage.
 - b. The Crack Back Block is also defined as a block made on an inside defender against the flow of the play. (Example) Offensive team places Wide Receiver 10 yards off heel of Right End or sends player in motion to right. After ball is snapped and with the offense flowing to the right,

Wide Receiver or player that was initially in motion, reverses direction and comes back to perform unexpected block on defensive player (Usually the Defensive End or Linebacker)

- c. (Penalty): Penalty from Basic Spot, except if foul occurs behind the Basic Spot, in which case the Penalty is administered from the spot of the foul. (Penalty 10 yards)
10. 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 the change of possession. Mite 9/10 Division Punts will be a dead ball kick; all defensive players will take a knee during the kick except for one defensive punt receiver. The ball will be spotted where receiver catches or controls the ball. There will be no punts in the 6 and 7-8 divisions, the ball will be marked 25 yards from the line of scrimmage or half the distance from inside the 20 yard line by the referee. The ball cannot be spotted deeper than the ten-yard line. Delay of game can be called even though punts are dead ball. In Midget 11-12 division the defense must have seven men on the line of scrimmage and two players who cannot be more than 5 yards off the line of scrimmage. All punts must be long snap formations and play will become live once the official whistles in that the punter has control of the snapped football which at that time makes punts returnable or gives the defense the opportunity to block the punt. **No fake punts allowed.** (Failure to comply is a 5 yard penalty)
 11. Each quarter will be a twelve (12) minute running clock in length, **ten (10) minutes for Pee-Wee**, with the last two (2) minutes of the 2nd and 4th quarter being run by regulation start and stop time. Half time will consist of five (5) minutes. If a team is ahead by twenty-one (21) points the clock will continue to run the last two (2) minutes of the game.
 12. Each team shall be awarded 2 time outs per half. (1 Minute)
 13. *Touchdowns will count as (6) six points and extra points will be (1) one point for running it in and (2) two points for passing it in. Mite and Midget divisions may kick for extra points but Flea division may not. Kicks will count as (2) two points. The snapper will be at the goal line, and the holders will be at the (5) yard line. There will be no rush. Midget Teams must kick field goal off of kicking block. The defense can raise hands and try to block extra point kick or field goal attempt. No Jumping. Dalton Parks and Recreation does not keep score for 4-6 year old athletics. **Clock will stop AFTER the PAT. It will resume at Kick-Off.***
 14. All coaches are required to stay within the boundaries of the coaching box with one exception – for Flea, and Mite Divisions one coach is allowed in the huddle of the offensive and defensive team. **In Pee-Wee and Bantam Divisions, two (2) coaches are allowed in the huddle of the offensive and defensive teams.** For Midget Division coaches are not allowed on the field except for time outs. There shall be no more than 4 coaches in the bench area of each team. The team sideline box extends from 30 yard line to 30 yard line. All coaches should wear the same color shirts.
 15. The time allowed snapping the ball after it has been declared ready for play is 40 seconds in Bantam, Flea, and Mite Leagues, 30 seconds in Midget League and **45 seconds for Pee-Wee.**
 16. All kickoffs out-of-bounds will be placed 20 yards from where it is kicked or at the point of out-of- bounds whichever is greater. If the receiving team fumbles the kickoff out-of-bounds the ball will be placed at that point.
 17. Penalties are 5 yards for minor infractions, and 10 yards for major infractions for 7/8's and 9/10/ division and 5, 10, and 15 yards for 11/12 division. **In 5-6 Division all penalties are five (5) yards except**

Penalties for Unsportsmanlike Conduct (Player or Coach), Intentional facemask and Pass Interference will also be automatic first (1st) down.

18. *In the event of a tie game at the end of regulation time, during POST SEASON play, the official shall conduct a coin flip. The winner of the coin flip shall have the option of playing defense or offense. Ball will be placed on the ten (10) yard line for each team to have a four (4) down series to attempt to score. If neither team scores, the team that makes the deepest penetration will receive one (1) point and be declared the winner. Only one overtime period will be played. Games tied at the end of regulation in the regular season will remain a tie.*
19. 7/8 and 9/10 divisions: Offensive coaches may receive **two 2 alignment requests** from the head official, which must be announced before speaking to a player after the huddle is broken. **NO DEFENSIVE ADJUSTMENTS.** In the 6 year old Division coaches on the field may talk to players after the offensive huddle is broken. **THEY CANNOT TALK TO THE PLAYERS AFTER THE BALL IS SNAPPED.**
20. In 6 year old Division, interceptions will be counted as change of possession and may be advanced. Fumbles are dead ball and may not be advanced. If the defense recovers a fumble on the center/QB exchange it is a dead ball with **NO CHANGE OF POSSESSION.**
21. Home team will furnish three (3) people to work the chains during each game and the home teams bench will be on the same side as the chain gang crew.
22. **Concussion Rule:** Any player suspected of receiving a concussion during a game will be removed and not allowed to return until released to do so. Doctors release will be the only way to return. This player/players helmet will be taken by an official and given to DPRD staff until the proper documentation is on file at DPRD for that player/players to return to play.

V. Game Postponement

A. Postponement for Inclement Weather

1. The Recreation Department will cancel games if fields are too wet.
2. If coaches, players and officials are not notified of a postponement, they must report to their designated field prepared to play.
3. If rain occurs before game time or during the game, the decision shall be the responsibility of the DPRD Athletic Coordinator to play or postpone the game.
4. Rained out games will be rescheduled by the Recreation Department, if schedule allows.
5. If the Recreation Department cancels games because of inclement weather it will be announced on the rain-out hotline 706-281-1323, DPRD website www.mydprd.com, and/or departments facebook page.

B. Postponement for Other Purposes

1. Any schedule conflict should be brought to the attention of the Athletic Coordinator before season schedules are complete. **Only school and/or church functions will be considered as a conflict.**
2. Games will not be rescheduled after the official schedule has been published.

VI. Conduct

1. No profanity or abusive language is allowed. Offenders are subject to ejection from the game or the program.
2. There shall be no smoking, or use of tobacco products, or alcoholic beverages permitted.
3. All coaches or managers will be held responsible for their teams and fans conduct.
4. Any coach or player ejected from a game for abusive language or conduct will not participate in the next game that team plays. Any coach or player ejected a second time will not be allowed to participate for the remainder of the season and may be banned for a calendar year.

VII. Equipment Requirements

1. Each child is required to furnish playing shoes (only rubber cleated shoes or tennis shoes will be allowed).
2. The official should warn a player for the first mouthpiece violation and call it to the coach's attention. The next violation will result in a 5 yard penalty.
3. The 4-5 PeeWee, 6 Bantam, 7-8 Flea Divisions will use the PEE WEE ball. The 9-10 Mite Division will use the Junior Ball and the 11-12 Midget Division will use the Youth Ball.

VIII. Activities

1. There will be up to three activities allowed per week including games and practices. No workouts will be allowed on Wednesday nights or Sundays. Practices should be limited to 1 1/2 hours and be finished by 9:00 p.m.
2. No scrimmages will be allowed with teams outside the Dalton Parks & Recreation program during the season schedule.

IX. Awards

1. Each individual player on the regular season champion and runner-up teams will receive an award.
2. All players who turn in ALL DPRD issued equipment will receive a medal at the end of the season.

CONCUSSION Information Sheet

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

Symptoms Reported by Children and Teens

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child’s or teen’s health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child’s or teen’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child’s or teen’s return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

4-5 yr old PeeWee Flag Rules

A. Field

1. Each field will be marked with white lines.
 - 1.1 Boundary Lines: 20-40

B. The Ball

1. Nike Pee Wee.

C. Length of Games

1. The game will be played with four 10-minute running quarters.
2. There will be a 5-minute half-time period. Teams will not change sides after half time.

D. Players

1. Each team will play with 7 players on the field. ONLY 2 COACHES WILL BE PERMITTED ON THE FIELD.
2. Player equipment:
 - 2.1 Jerseys are required.
 - 2.2 Footwear can be athletic shoes or soft cleated shoes.
3. Substitution is unlimited. Each child is required to start on offense or defense and participate at least half the game.

E. The Rules

1. The game is started with the ball placed on the offenses' 10 yard line. There will be no kickoffs.
2. The offense will keep the ball until they score. No extra points will be tried. Each team will have the balls the same amount and each game will end in a tie.
3. Penalties will be administered as follows:
 - a. All penalties except unsportsmanlike conduct, will be 5 yds. Unsportsmanlike conduct will be 10 yards.
4. Once the cadence has started all coaches need to step away from the plays and make sure that you do not interfere with the play.

F. Offensive Rules and Alignment.

1. All offensive alignments shall consist of 3 linemen, 3 backs and one flex player wr/rb.
2. Lineman can use their hands when blocking. All players are eligible for a pass.
3. 40 second play clock will be in effect. This will be strictly enforced.

G. Defensive Alignment and Rules.

1. Only 2 defensive linemen can be on the line of scrimmage. All other defensive players will be at least four yards off the ball (behind the marker). No one can cover the center.
2. No tackling will be permitted. This will be penalized 5 yds.