

ADDENDUM "A"

GCYFA Rules

Date Approved: 07/15/2023

A. Practice Rules

1. Practice to start no earlier than July 24, 2023.
2. Each organization reserves the right to conduct skill clinics before practice start date; clinics shall not include helmets or pads, shall not perform set plays (offense or defense), and shall not be mandatory or construed as a practice.
3. The first three (3) Practice for all players in all grades must be helmets only. This rule would also apply to any player which signs up after practice starts but before the required documentation turn-in date.
4. No more than four (4) practices per week with practices not lasting longer than two (2) hours. This includes practices, scrimmages, and games (including All-Star).
5. Every coach must follow OSSAA/GCYFA heat rules and refer to the Accuweather App as the official site for all heat index numbers.

B. Equipment

1. Helmets for all participants shall be clearly designated as "noc-sae"
2. No metal cleats will be allowed.
3. Mouthpieces must be worn by each player and be visible.
4. Uniforms and Jerseys: Jersey change should be introduced to the board before action is taken. Game jersey shall have a clear division of color associated with background and player number. GCYFA does not require home/away uniforms so this rule is mandated to avoid player and referee confusion. Current Team uniforms and helmets are:
 - a. Miami- **Helmet:** Blue, **Jersey:** White/Blue, **Pant:** Blue
 - b. Jay- **Helmet:** Black, **Jersey:** Gray/Yellow, **Pant:** Black
 - c. Vinita- **Helmet:** White, **Jersey:** Blue/White, **Pant:** Blue
 - d. Locust Grove- **Helmet:** Black, **Jersey:** Red/White, **Pant:** Red
 - e. Westville- **Helmet:** Black, **Jersey:** Purple/Yellow, **Pant:** Black
 - f. South Delaware County- **Helmet:** Black, **Jersey:** Black/Red, **Pant:** Black
 - g. North Delaware County (Grove)- **Helmet:** Red, **Jersey:** Red/Gray, **Pant:** Gray
 - h. Tahlequah- **Helmet:** Black, **Jersey:** White/Orange, **Pant:** Black
 - i. Adair- **Helmet:** White, **Jersey:** White/Green, **Pant:** White
 - j. Oologah- **Helmet:** Gold, **Jersey:** Navy/Gold, **Pant:** Navy
 - k. Pryor- **Helmet:** White, **Jersey:** White reversable Bule/Yellow, **Pant:** White
 - l. Hilldale- **Helmet:** Red, **Jersey:** Red/Black, **Pant:** Black

C. Age & Grade Requirement

1. It is each member organization's responsibility to verify grade and age. Players shall be ineligible for each respective grade listed below if their age exceeds the maximum for each such grade as of September 1st of the current year. The age limits in each grade are as follows:
 - a. 6th grade - shall not be 13 by September 1
 - b. 5th grade - shall not be 12 by September 1
 - c. 4th grade - shall not be 11 by September 1
 - d. 3rd grade - shall not be 10 by September 1
 - e. 2nd grade - shall not be 9 by September 1
 - f. 1st grade - shall not be 8 by September 1 and must be 5 by September 1
2. Any player that is ineligible for a certain grade shall be eligible to participate in the next higher grade if required by age. Any eligible player may participate in the next grade higher if the grade above them has less than 15 players or the player has been held back academically AND meets age requirements. Documentation from the school is required to be provided to the league with the player registration form. Any player of the age of 13 years or older by September 1st of the current year shall be ineligible.
3. No player is eligible to play in a grade lower at any time during the season than the grade enrolled in at the school the player attends.
 - a. Exception to this rule: kids may be allowed to play in games below their grade level if both head coaches agree to it in pregame. Any team that allows a player to play in lower grade will forfeit the game. If both teams allow players to play down a grade, both teams will post a forfeit. Each player participating in the lower grade game must still play his 6 mandatory plays in the game. This exception should only be used to help fill rosters so kids can get game time experience. This exception is not meant to be abused.

D. Ineligible Player

1. A player will be deemed ineligible if the player participates in a grade in which they are not eligible to play in by rule at any time during the season.
 - a. The minimum penalty for the participation of an ineligible player during the regular season is the forfeiture of all contests in which the player participated.
 - b. The minimum penalty for the participation of an ineligible student during the play-offs is the forfeiture of most recently played game.
2. Players cannot move from one organization to another during the same season unless they receive a written release from their current organization. Players cannot "change teams"

from one year to the next unless they can show a move into a reasonable area of benefit for the switch in organizations or the player is released from their previous organization. The GCYFA greatly discourages players moving in between organizations.

E. Required Documentation

1. **COACHES:** All member organizations are required to do background checks on all coaches involved on the field with the team. A list of all coaches with phone information along with proof of the background check will be kept for GCYFA's review at any point needed during the season through the following season's start date. All Coaches shall be required to take the GCYFA approved online USA Football, NFHS, or similar certification tests, at expense of GCYFA, before coaching.
2. **PLAYERS:** All players must have a completed player's packet and a copy of a birth certificate. **A roster and all required paperwork must be available on immediate request from the league.** A final roster of each grade and all the above information must be turned in to the Vice President by midnight following the second scheduled game. The preferred method is email.
3. No player can be turned down before the final registration date determined by each member organization. No player can be added after midnight before 2nd game.
4. The GCYFA Board must be notified of any number changes on the roster after midnight before 2nd game.
5. The GCYFA Board must be notified by the member organization of any permanent roster change due to disciplinary action taken by the member organization.

F. Roster Size

1. Teams cannot split before they reach 22 players in 1st grade and 28 players in all other grades. Teams have the right to split after 28 players (1st grade 22). If a team splits, they shall perform a draft. The GCYFA must be notified before draft takes place and draft can only be performed before the regular season commences. Two Board members must be present at tryout and/or draft. The draft method must be approved by the GCYFA.

G. Weight Rules and Restrictions

1. **1st, 2nd, 3rd, 4th, 5th& 6thGrade:** No potential ball carrier or receiver may weigh over 60lbs for 1st grade; 75lbs for the 2nd grade; 90 lbs. for the 3rd grade; 105 lbs. for the 4th grade, 120 lbs. for the 5th grade, or over 135 lbs. for the 6th grade.

2. The official weigh-in for each player will be performed during the preseason unless special provisions are voted on by the GCYFA Board. The following are examples of such provisions:
 - a. Amount of board members present
 - b. Location/locations
 - c. Weigh in dates for new sign ups
3. There will be required safety issues addressed for all GCYFA weigh ins:
 - a. The player must be within five pounds of the required ball carrier weight at the first weigh to be allowed a second opportunity to make weight. There will not be any exception to this rule.
 - b. Players must wear, at a minimum a t-shirt, and shorts during the weigh in. The t-shirt and shorts must be of suitable length and touch. No player can remove these mandated articles of clothing to “make weight”. There will not be any exception to this rule.
 - c. GCYFA has a zero-tolerance rule for unhealthy weight cutting. If at any time another player, parent, coach, or board member gains knowledge or witnesses an unhealthy weight cutting from a player, they have a duty to report the incident. Unhealthy weight cutting includes the use of sweat suits, plastics, or any other means with a purpose of cutting weight quickly. **The penalty for this action will include the player forfeiting his/her right to be a potential ball carrier during the season and both/all parents will serve an immediate two-game suspension.**
4. All players exceeding weight limits, defined by GCYFA, must have an “X” marking the back of the helmet. Any **offensive player** with an “X” is clearly distinguished as a non-eligible ball carrier or receiver. **Exception:** Tight ends may have an “X” if used as blocking ends only. Any illegal touching of the ball, other than for a fumble, by a player exceeding these weight limits (an “X” marked player), will result in a **5-yard penalty & loss of down.**
5. Any defensive player with an “X” must play on the line of scrimmage. Any defensive player without an “X” can play any position. **This weight rules will not apply on defense for the 1st, 2nd, and 3rd Grade.**
6. Any defensive players exceeding the weight limits above may recover and advance fumbles or intercepted passes.
7. Offensive players exceeding the weight limits above shall not be allowed to advance a fumble or play any position normally occupied by a ball carrier or a receiver except for blocking TE only.

8. No player exceeding the weight limits above (i.e. "X" marked player) shall be allowed on the kick-off receiving team unless said player plays on the front line.
9. All GCYFA football players must be weighed before actively participating in GCYFA activities. Also, any other potential ball carrier or receiver which a coach wants to reweigh shall only do so at least 30 minutes prior to the start of each game and must notify the opposing team on Monday before the game. Any player weighing under the limit can remove the "X" and any player weighing over the limit must have an "X" placed on the helmet. To have an official weigh in, one (1) GCYFA board member must be present along with a representative from each member organization participating in the game. All weights and changes shall be recorded on the official roster and turned in the Monday following the Official Roster Weigh in. No players can reweigh after 2nd regular season game.

H. 2-Point Conversions / Play after Touchdown

1. GCYFA encourages the promotion of kicking extra points and field goals. All kicked extra points are treated as untimed downs without a defensive "rush". Defensive players can stand (no jumping) on the line of scrimmage in accordance with defensive front rules.
2. The 3 to 6 defensive linemen (based on grade rule) can stand (no jumping) without crossing the line of scrimmage and raise their hands. The offensive team shall not make any directional movement towards the defensive team.
3. An offensive team that performs a field goal extra point & successfully fulfills the kick after a touchdown will receive 2 points. The offensive team, after a touchdown, elects to run a play and successfully crosses the goal line will receive 1 point.
4. The snapper/center is a defenseless player and shall not be exploited by the opposing defense. An inappropriate alignment or hitting of the center will result in a 5-yard penalty from the line of scrimmage and replay the down.
5. The placeholder must start from a kneeling position for the point after try. The placeholder must reasonably control the snap within a 3-foot radius of the kicking block. If the game official perceives the ball leaving the 3-foot area, the point after try is immediately blown dead as an unsuccessful attempt. The 3-foot area is not in affect for a holder to stand up to receive the snap.

I. On-Side Kicks

1. A team shall not perform an on-side kick unless the kicking team is within eight (8) points of the opposing team. This rule is not to be interpreted to stop a team who is behind in the score from ever kicking onside. If the kickoff team is leading by nine (9) or more points and the ball does not exceed fifteen (15) yards before touching a member of the receiving team,

then the ball is considered dead at the point of contact. The receiving team will take possession at the point of contact.

J. Conferences

1. The GCYFA may form conferences if needed by a majority vote of the Board.
2. Current conferences are as follows:
 - a. North
 - I. Adair
 - II. Grove
 - III. Miami
 - IV. Oologah
 - V. Pryor
 - VI. Vinita
 - b. South
 - I. Hilldale
 - II. Jay
 - III. Locust Grove
 - IV. South Delaware County (SDC)
 - V. Tahlequah
 - VI. Westville

K. Admission Fee

1. **Regular Season:** A maximum of five dollars (\$5.00) per ADULT shall be charged to enter all regular season games and scrimmages. A maximum of two dollars (\$2.00) per student aged five (5) through seventeen (17) shall be charged to enter all regular season games and scrimmages. These admission fees are kept and utilized by the host organization to help pay referees, fees, dues, and other expenses that include but not limited to equipment and uniform costs.
2. **Playoff and Championship:** A maximum of six dollars (\$6.00) per ADULT shall be charged to enter all Postseason Games. A maximum of three dollars (\$3.00) per student aged five (5) through seventeen (17) shall be charged to enter all Postseason games. These admission fees, except \$500 to host organization and \$150 for operating/cleanup expenses, are kept and utilized by the GCYFA to help pay referees, fees, dues, and other expenses that include but not limited to championship trophies and rings.
3. **Pass Sheet:** Cheerleaders, Football Players, Board Members, and Game Officials are the only persons exempt from paying admission at any game. Everyone else that qualifies for exemption of entry fee must be on the pass sheet which is provided by each member

organization. Only football coaches (five per team), cheer coaches (two per team), and board members are eligible to be put on this sheet.

L. Mercy Rule

1. The officials will follow a 28-point Mercy Rule. If at any point in the game, one team leads the other by 28 or more points, the officials will initiate a “Running Clock” and this will be in effect for the rest of the game. If a running clock is instituted, the “6 mandatory play rule” no longer applies during the game. It is still the responsibility of the coaches to follow the rule to the best of their ability and document the running clock on the required paperwork.

M. Overtime

1. If a game ends in a tie, the officials will administer the overtime as follows:
 - a. The officials will conduct a coin toss to determine which team will receive the ball first.
 - b. Other than the referee’s play clock, no time shall be kept in overtime. The **period** shall be defined as both teams having an offensive and defensive session.
 - c. The ball will be placed on the ten (10) yard line and that team shall have four (4) downs in which to score.
 - d. After that time, the opposite team shall receive the ball on the ten (10) yard line and will have four (4) downs in which to score.
 - e. High point wins after a period.
 - f. Each period ending in no score or tie score, shall constitute a new period starting. The team which started on defense in the previous period shall start the new period on offense.
 - g. If no team scores or it is a tie after two (2) overtime periods, the ball shall be placed at the five (5) yard line and each team shall have four (4) downs to score.
 - h. If no team scores or it is a tie after four (4) overtime periods, the ball shall be placed on the ten (10) yard line and each team shall have four (4) downs to score.
 - i. If neither team scores, the highest number of penetrating yards by one (1) team in that period will win the game.

N. Game Times

1. Games shall start no earlier than 9:00 a.m. on Saturdays and half time should be no longer than 8 minutes; halftimes can be adjusted/shortened by the home team’s director to accommodate scheduling, but it can never be less than five minutes and should include game official opinion before doing so. Game times can be changed by approval of the Board

of Directors and must be applied for at least 2 weeks in advance. Teams should be ready to play at the following game times:

2. Games can be started before above game times if both team's head coaches agree to start game, but no more than 10 minutes early.
 - a. 1st Grade 9:00 a.m.
 - b. 2nd Grade 10:00 a.m.
 - c. 3rd Grade 11:00 a.m.
 - d. 4th Grade 12:30 p.m.
 - e. 5th Grade 2:00 p.m.
 - f. 6th Grade 3:30 p.m.

O. Required Game Documentation

1. The official roster will be emailed to each organization before the first game. Any updates to these rosters will also be emailed out to every organization on a week-to-week basis.
2. Official rosters will be exchanged before EVERY GAME. If a coach has anyone on his roster that is not going to play in the game, is injured and cannot play in the game, does not show up, or is not playing due to disciplinary actions, IT IS MANDATORY THAT THE COACH GIVE THE OPPOSING COACH A HEADSUP AND NOTATE ON THE ROSTER, THE PLAYERS THAT WILL NOT PLAY WITH THE REASON WHY.
3. If players are playing up a grade, for teams under 15 players, you must also provide an official roster for the lower grade.
4. All players must play a minimum of 6 plays per game. Exception 1, if a team has more than 16 players on an 8-man team, then they are only required to fulfill 4 plays. Exception 2, if a team in grades 2-6 has more than 22 players, then they are only required to fulfill 4 plays. Exception 3, A coach has notified the opposing coach of intent to play a special needs player, this player does not qualify for the 6-play rule. To meet criteria for the 4 and 6-play rule, the plays cannot include pre-snap penalties. Written documentation must be kept on play count for each game and provided, upon request to GCYFA board, after play count is called into question.
5. If a player is listed on two rosters, the player must first get his 6 plays in the lowest grade before he is eligible to play up with the next grade.
6. If a player can play up in the next grade by rule and is only listed on the higher-grade Official Roster, then the player is only eligible to play in the higher grade's scheduled games. This includes playoffs.
7. Any player not playing in the game must have his pads taken off and notification must be given to the official and opposing team's coaches before the game or at the time the injury occurs during the game. Written documentation must be kept on play count for each game.

8. Violation of these rules will be subject to all protest rules and penalty decided by the protest committee.

P. Rescheduling

1. If games are canceled by the GCYFA Board then the games will be rescheduled by the GCYFA Board. If a member organization requests to cancel the game, then it is up to both member organizations to agree on the new game times. IF THE TWO ORGANIZATIONS CANNOT COME TO AN AGREEMENT, ANY GAME NOT PLAYED WILL RESULT IN A LOSS ON THE SCHEDULE FOR THE HOME TEAM.

Q. Game forfeiture

1. Any organization forfeiting a scheduled game must pay a \$700 penalty fee to the opposing organization. Example... Organization A started the season with a 4th grade team. Organization A's 4th grade team doesn't show up to play Organization B's 4th grade team. Organization A must pay a \$700 penalty fee to Organization B.

R. Playoffs.

1. Playoffs may be established and changed annually by the GCYFA Board. Current playoff seeding determination is based on conference record only and is as follows:
 - a. The #1 seeds will be each conference's champion.
 - b. The #2 seeds will be each conference's runner-up.
 - c. The #3 seeds will be the 3rd place team from each conference.
 - d. The #4 seeds will be the 4th place team from each conference.
 - e. The teams below 4th place in each conference will not participate in the playoffs.
2. A single elimination playoff bracket is used. 1st round will follow standard playoff bracket:
 - a. Bracket 1- 1st seed in North will play 4th seed from South and the 2nd seed from South playing the 3rd seed from the North.
 - b. Bracket 2- 1st seed in South will play 4th seed from North and the 2nd seed from North playing the 3rd seed from the South.
 - c. All winners move on to next round of play with the winner of Bracket 1 playing the winner of Bracket 2.
3. In the case of the same win/loss record between two (2) or more teams, the order used to determine the higher seeded team is:
 - a. Head-to-head (best won-lost-tied percentage in games between the teams)
 - b. If teams have split in multiple regular season conference games, the first game determines tie break.

- c. OSSAA 15-point rule (highest point difference with max 15 in each game). The 15-point rule is registered in both wins and losses
- d. Coin toss

S. Championship

- 1. Championship game will be assigned according to entry into GCYFA and continue to cycle in order until new teams are added or a vote by the board of directors to change.
 - a. 2023- Locust Grove
 - I. Order will continue as follows: Locust Grove, Miami, Jay, Westville, SDC, Oologah, Pryor, Grove, Tahlequah, Adair, Vinita, Hilldale

T. Officials

- 1. GCYFA will supply the officials for all games and scrimmages. Every official shall be certified with OSSAA. The number of officials can change by board vote, but 4 officials shall be used for scrimmages, regular season, and/or All-Star game; 4 officials for 1st and 2nd round playoff games; and 5 officials for Championship Game. Each home team is responsible for paying the following: non-GCYFA rule certified official \$35/game and GCYFA rule certified official \$45 per game. Officials will get \$50 per game when there are only 3 officials that work a game. A list of certified officials will be made available by the official's board representative upon request.
- 2. The game officials carry a large burden in trying to interpret GCYFA game rules compared to other similar leagues and OSSAA JH/HS game rules. Only the **HEAD COACH** is allowed to address the head game official. If the **HEAD COACH** believes the game officials are mistaken with a GCYFA rule, the **HEAD COACH** has the following option:
 - a. The HEAD COACH shall request a timeout. The official shall grant the timeout. The HEAD COACH must make it known to the game official the reason to discuss a rule interpretation. The HEAD COACH and the official are now able to discuss the matter without the game clock running. During this time, it is acceptable to review GCYFA rules.
 - I. If the coach happens to be correct on the rule, then the call can be corrected, and no time out shall be charged to the requesting team.
 - II. If the coach is incorrect, the requesting team shall be penalized 5 yards for delay of game AND charged one timeout.
 - III. If the requesting team has no timeouts, he should advise the official what his request is, and the official shall reward the stoppage in play. If wrong, the requesting team will be penalized 5 yards for delay of game.

- b. This rule is not to be used for any other purpose than to confer with the game officials over a rule. The official can utilize information from any other person or other means he deems acceptable. It must be noted, the officials are almost always correct, and they have the final say in the interpretation of the rule. The game official has the right to determine no timeout/no penalty (no consequence) if the rule is deemed vague or unenforceable, but this will be extremely rare.
- c. This rule is not in place to deter game officials from discussing game rules on their own without a coach requesting a timeout.
- d. Each team is limited to one (1) challenge per half, per game.

U. Ejections of Coaches

1. If a coach is ejected from a GCYFA sponsored event:
 - a. The coach is suspended from coaching the next two scheduled events and attending as a spectator.
 - b. The suspended coach must also complete the NFHS "Teaching and Modeling Behavior" course within seven days of the ejection before he/she can be reinstated.
 - c. The Member Organization must file a request to reinstate the suspended coach's privileges with GCYFA.
 - d. The Organization must pay the required fine of \$50 to GCYFA. The Organization must then collect the required fine of \$50 from the suspended coach.
 - e. The second ejection is a minimum one-year suspension with GCYFA having the ability to hand out additional sanctions that could include banishment.
 - f. GCYFA reserves the right to add additional sanctions depending on the severity of the discharge.

V. Miscellaneous Rules:

1. Beginning in 2023 sign-up season, any player not playing the previous season that is or will be enrolled in a member organization's school system, must sign-up and play for that member's organization. Example, Second grade player "A" did not play for any GCYFA member organization last season and he is or will be enrolled in Tahlequah Public Schools, he can only sign-up and play for Tahlequah Youth Football & Cheer. Failure of an organization to enforce this rule will result in a forfeiture of all games of which the player participated. Exception, two board members can agree to a player release by submitting the "GCYFA Player Release Form".
2. No parent or fan shall be allowed upon the playing field; furthermore, they must stay behind the cable or in the stands in designated fan areas. The only exception is if the coach

- requests parent for injury. Parents DO NOT abuse this rule. Any parent or fan violating this rule is subject for removal for the game, day, or permanent ban from league events/games.
3. All coaches and coaching staff must be clearly identified and a maximum of 5 coaches and 2 board members on the sideline. This rule does not include chain gang crew members and/or water boy/girl. This rule will be strictly enforced by GCYFA.
 4. The head coach is responsible for a “clean” sideline. The head coach is responsible for others addressing the game officials. This includes fans. Game officials are encouraged to warn the head coach about unruly fans and give the head coach an opportunity to fix the issue before assessing a 15-yard penalty. The game official can also discharge the unruly fan from the stadium. The stadium includes the entire facility and/or parking area.
 5. Unruly fans discharged from stadium directly face issues involving GCYFA. A fan discharged from the stadium does not receive a refund, and must also, at minimum, not attend the next game played by his/her team. Based on severity of discharge and the fan’s unwillingness to follow league rules without utilization of a higher authority (i.e. police), the league reserves the right to permanently ban the fan from all GCYFA activities.
 6. The organization must pay GCYFA a required fine of \$50 for each Parent/Spectator ejected from a game. The organization may then collect the \$50 from the Parent/Spectator.
 7. All member organizations must turn in the game scores by the Monday following the game. Preferably through group text or email directly after end of game.
 8. All members of the line and chain crew must be at least sixteen (16) years of age and provided by the visiting team.
 9. All Head Coaches must attend one of the Coaches Clinics set up by GCYFA.
 10. All Head Coaches must be a minimum of 18 years old.
 11. If a team has 30% or more of the signed-up players from an original roster quit, the team and coach will be investigated by a member(s) of the GCYFA board. Coaches or organizations that violate this rule (i.e., failing to notify) will be subject to discipline up to and including a permanent ban from GCYFA.

W. 1st and 2nd Grade Specific Rules

1. GAME MANAGEMENT

- a. All games shall consist of four (4) eight (8) minute quarters and each team shall be authorized three (3) time-outs per half.
- b. Each offensive team shall cause the ball to be put in play within forty (40) seconds.
- c. Ball size shall be the K2 or larger (leather or synthetic leather), must be standard color, and teams will not be allowed to change size during a game.

- d. Two (2) coaches will be allowed on the field of play. Field coaches must remain fifteen (15) yards behind the line of scrimmage and SHALL NOT COMMUNICATE (TALK, POINT, WHISTLE, ETC) TO THE PLAYERS AFTER THE LINE IS SET.
 - I. Penalties for the violation of this rule are:
 - a. **1st** occurrence: Officials warning
 - b. **2nd** occurrence: 5-yd delay of game penalty
 - c. **3rd** occurrence: Coach will be asked to leave the field
- e. For 1st grade only. The playing field will be reduced in width and will consist of the home sideline to the visitor hash.

2. SPECIAL TEAMS

- a. 1st and 2nd grade will not kick off or receive. The ball will be placed on the 30-yard line after the opponent scores.
- b. An offensive team has an option on 4th down to say "Punt". If the offensive team says "punt", the ball will be placed 30 yards from the previous spot. Never being placed past the 30-yard line of the receiving team and ball turns over to the other team.
- c. If a team chooses to punt, all punts are live, and the punter may be rushed. A punter may have an "X" but may not run or advance the ball in any way other than to punt.

3. OFFENSE

- a. The offense must always have at least one running back lined up behind the offensive line and cannot line up in an "Unbalanced Formation". A balanced formation is defined as an equal number of players on the line of scrimmage on each side of the center at the snap of the football. An inappropriate alignment will result in a 5-yard penalty from the line of scrimmage and loss of the down.
- b. Game officials will use the free blocking zone as a point of reference. The free-blocking zone is "tackle to tackle" or a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free blocking zone when any part of his body is in the zone at the snap.

4. DEFENSE

- a. **In 2nd grade**, each team must use a 4-3 defense as described by GCYFA rules. Defensive ends must be within two (2) yards of outside shoulder of offensive tackles, linebackers must be inside of defensive ends (exception - the linebackers are allowed to move outside of the defensive end if there is more than one player outside of the of the offensive tight end position), and all

corners/safeties/linebackers can be no closer than two yards off the line of scrimmage.

- b. **Defensive Line:** It is prohibited to use a defensive lineman directly over the center (This is further detailed later for 1st grade). The center is to be considered a defenseless player until the ball has been clearly transferred to the quarterback. An inappropriate alignment or hitting of the center will result in a 5-yard penalty from the line of scrimmage and replay the down.
- c. Any defensive player upon the line of scrimmage must be in a down position. **Only exception:** A defensive end may be in the upright position if his alignment is outside the shoulders of the offensive tackle. An inappropriate alignment will result in a 5-yard penalty from the line of scrimmage and replay the down.
- d. All Non-Defensive Line Players must play a minimum of one (1) yard behind the down linemen. Each team will receive one (1) warning of violation. All other violations will result in a 5-yard penalty from the line of scrimmage and replay the down.
- e. No blitzing is allowed. A BLITZ IS DEFINED AS ANY PLAYER MOVING AGGRESSIVELY TOWARD THE LINE OF SCRIMMAGE BEFORE THE BALL IS SNAPPED. An inappropriate blitz will result in a 5-yard penalty from the line of scrimmage and replay the down.

X. 1st Grade 8-man Specific Rules

1. DEFENSE:

- a. All teams must run the same defense as outlined below until the snap of the ball.
 - I. Safety: the safety must line up no closer than 5 yards from the line of scrimmage and can move laterally behind this boundary.
 - II. Cornerbacks: both corners must be no closer than 3 yards from an offensive end and must be set and positioned 3 yards back from the line of scrimmage.
 - III. Defensive line: must have 4 defensive linemen. Defensive tackles must line head up with the offensive guard, not in the gaps, and must begin play in a down position. Defensive ends must line head up or on the outside shoulder of the offensive end in a down position.
 - IV. Linebacker: The linebacker must line up 3 yards back from the line of scrimmage, can move laterally behind this boundary, but must stay between the center and the end.
 - V. Further defensive points of emphasis: The Offensive Center is protected; a defensive player must go to the left or right of the Center. The defense is

frozen, and no adjustments are allowed once the offensive line is set unless a game official directs a player for safety concerns.

- VI. Inside the ten-yard line: The defense can move the linebacker and cornerbacks to within one yard from the line of scrimmage. The linebacker can line up over the center but is not allowed head on contact with the center unless the center initiates contact. The safety can move to within 3 yards from the line of scrimmage. The center is always protected and to properly do this, GCYFA highly discourages running the football behind the center especially inside of the ten-yard line.

2. OFFENSE:

- a. All teams must run the same offense as outlined below to ensure fair and safe gameplay. NO EXCEPTIONS
- I. Offensive line: Must have five players on the line of scrimmage, all in the down position. Consists of one center, two guards, and two ends. Ends cannot split out but are eligible receivers and can run passing routes. O-line splits shall not exceed two feet.
- II. Quarterback: QB can be under center or shotgun to receive the snap but must be directly behind the center at the snap of the ball.
- III. Running backs: The offense must have two backs, other than the quarterback, in the backfield and they must line up at least two yards deep from the line of scrimmage.
- a. In split back offense: Backs must line up behind the guards in the split formation.
- b. In the I formation: Backs must line up behind the center in the I formation, with no offset I formations.
- c. No players shall be in motion before the snap of the ball.

Y. 3rd, 4th, 5th & 6th Grade Specific Rules

1. GAME MANAGEMENT

- a. All games shall consist of four (4) eight (8) minute quarters and each team shall be authorized three (3) time-outs per half.
- b. Each offensive team shall cause the ball to be put in play within Twenty-Five (25) seconds.
- c. **In 3rd grade**, one (1) coach will be allowed on the field of play. Field coaches must remain fifteen (15) yards behind the line of scrimmage and SHALL NOT COMMUNICATE (TALK, POINT, WHISTLE, ETC) TO THE PLAYERS AFTER THE LINE IS SET.

- I. Penalties for the violation of this rule are:
 - a. **1st** occurrence: Officials warning
 - b. **2nd** occurrence: 5-yd delay of game penalty
 - c. **3rd** occurrence: Coach will be asked to leave the field
- d. **In 4th, 5th and 6th grades**, there will be no coaches on the field during play.
- e. **In 3rd and 4th grade**, ball size shall be the K2 or larger (leather or synthetic leather), must be standard color, and teams will not be allowed to change size during a game.
- f. **In 5th and 6th grade**, ball size will be junior or larger (leather or synthetic leather), must be standard color, and teams will not be allowed to change size during game.

2. SPECIAL TEAMS

- a. **In 3rd and 4th grades**, an offensive team has an option on 4th down to say "Punt". If the offensive team says "punt", the ball will be placed 30 yards from the previous spot. Never being placed past the 30-yard line of the receiving team and ball turns over to the other team.
- b. All punts are live and the punter, who is in a ball carrying position, may be rushed. A Punter may have an "X" but may not run with or advance the ball in any way other than to punt.

3. OFFENSE

- a. OSSAA RULES APPLY

4. DEFENSE

- a. The defensive line shall consist of not less than three (3) or no more than six (6) players.
- b. Any defensive player upon the line of scrimmage must be in a down position including linebackers. **Only exception:** a defensive end may be in the upright position as long as his alignment is outside the shoulders of the offensive tackle. An inappropriate alignment will result in a 5-yard penalty from the line of scrimmage and replay the down.
- c. All linebackers must play a minimum of one (1) yard back, behind the down linemen. A linebacker may not commence the blitz unless he is one (1) yard deep behind the down linemen at the time the ball is snapped. A blitz is defined as occurring between the two defensive ends. An inappropriate blitz will result in a 5-yard penalty from the line of scrimmage and replay the down.

Z. Cheerleading

1. GENERAL RULES

- a. The goal of GCYFA is to not limit further specific rules/guidelines for cheerleading from each member organization.
- b. A child's health and well-being will be the first objective for any coach.
- c. For safety and liability purposes, GCYFA requires a head coach to be 18 years of age or older.
- d. A coach will adhere to all rules and regulations as set forth by their organization and GCYFA.
- e. A coach will not be permitted to use profanity, abusive language, alcohol, tobacco of any kind, or conduct herself/himself in a manner that could be deemed offensive. This rule will apply to all practices, games, or function involving cheer squad while representing your club or GCYFA.
- f. If a problem or situation arises with another GCYFA organization, the GCYFA President or Vice-President must be notified immediately.
- g. If a problem or situation arises within the cheerleading squad, the coach and organization is expected to resolve any grievance.
- h. No degrading, negative cheer/chants towards another squad, football team, fans, or organization will be performed.
- i. Each organization will be responsible for the conduct of all their coaches. Coaches are responsible for the conduct of their parents.

2. STUNT REGULATIONS AND GUIDELINES

- a. No stunting is allowed without a coach present. This applies to all practices, games and competitions or any function where the squad would be practicing/performing. Because of the increased athleticism of today's cheerleaders and the complexity of some stunts performed, there is a risk, as in any athletic sport, of serious injury. GCYFA strongly encourages all cheer clubs to provide instruction on stunting for all coaches from a stunting professional, prior to a squad being permitted to stunt, to reduce the risk(s) involved. These rules are followed with a stunt guide outlining certain technical restrictions.
- b. ABSOLUTELY NO stunting or tumbling in wet conditions. Wet conditions are as follows: dew on grass, or raining, and/or drizzling weather.
- c. Any stunt above shoulder level, GCYFA always requires a spotter.
- d. GCYFA strongly advises that each organization obtain parent consent before any stunting be taught and/or performed.
- e. Due to the dangers involved with stunting, violation of any stunt rule will result in immediate and severe disciplinary action by GCYFA.

3. * GOLDEN RULE: WHEN IN DOUBT – DON'T STUNT *****

AA. Attachments

1. There will be five (5) attachments following this page.
 - a. Cheer stunt guide
 - b. Signs/symptoms of a concussion
 - c. Coach protocol for suspected concussion
 - d. NFHS and NCAA Official Football Signals
 - e. 4-3 Defense

ATTACHMENT "A"

GCYFA Cheer Stunt Guide

	1st grade	2nd grade	3rd grade	4th grade	5th grade	6th grade
Thigh Stand	Y	Y	Y	Y	Y	Y
Prep	N	N	Y	Y	Y	Y
Prep Torch	N	N	N	B	Y	Y
Prep Scorp	N	N	N	Y	Y	Y
Prep Aerb	N	N	N	Y	Y	Y
Prep to Extd	N	N	N	Y	Y	Y
Grd-Up Extd	N	N	N	B	Y	Y
Extd Lib	N	N	N	N	N	B
Extd Scorp	N	N	N	N	N	B
Extd Scale	N	N	N	N	N	B
Extd Aerb	N	N	N	N	N	B
Bskt Toss	N	N	N	N	N	N
T-Tch Toss	N	N	N	N	N	N
Prep F-Down	N	N	N	N	B	B
Extd F-Down	N	N	N	N	B	B
Double Down	N	N	N	N	N	N

Y = Approved stunt for grade level.

N = Not approved stunt. This stunt may never be attempted at stated grade level.

B = Local Board shall be notified before stunt is attempted*

* Local board will allow for practice/perform once it ensures the stunt is taught correctly

SIGNS & SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Attachment "B"

What a Coach should do if a Concussion is suspected

1. *Remove the athlete from play.*
 - a. Look for signs and symptoms of concussion if an athlete experienced a bump or blow to the head.
 - b. "When in doubt, sit them out" - athletes with signs or symptoms of concussion must not return to play.
2. *Ensure that the athlete is evaluated immediately by an appropriate health care professional.*
 - a. Do not try to judge the severity of the injury yourself.
 - b. Coaches recording the following can help a health care professional in assessing the athlete:
 - i. Cause of the injury and the force of the hit or blow to the head.
 - ii. Any loss of consciousness and if so, for how long.
 - iii. Any memory loss or seizures immediately following the injury.
 - v. Number of previous concussions (if any).
3. *Inform the athlete's parents/guardians of the possible concussion & and give them the concussion fact sheet for parents found on usafootball.com.*
 - a. Ensure that parents know the athlete must be seen by an appropriate healthcare professional.
 - b. Provide formal documentation of the injury and notify the league Commissioner.
4. *Allow the athlete to return to play only after an appropriate healthcare professional clears his or her return.*
 - a. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems.























Attachment "C"



OFFICIAL FOOTBALL SIGNALS

HIGH SCHOOL AND COLLEGE



<p>1</p>  <p>Ball ready for play *Untimed down</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>	
<p>5</p>  <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Ball dead Touchback (move side to side)</p>	<p>8</p>  <p>First down</p>	
<p>9</p>  <p>Loss of down</p>	<p>10</p>  <p>Incomplete forward pass Penalty declined, No play, No score, Toss option delayed</p>	<p>11</p>  <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p>  <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p>  <p>Disregard flag</p>
<p>14</p>  <p>End of period</p>	<p>15</p>  <p>Sideline warning</p>	<p>16</p>  <p>First touching (NFHS) Illegal touching</p>	<p>17</p>  <p>Uncatchable forward pass (NCAA)</p>	
<p>18</p>  <p>Encroachment (NFHS) Offside defense (NCAA)</p>	<p>19</p>  <p>Illegal procedure (NFHS) False start Illegal formation Encroachment offense (NCAA)</p>	<p>20</p>  <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p>  <p>Delay of game</p>	<p>22</p>  <p>Substitution infraction</p>

Attachment "D"

4-3 Defense

15 _____ 15

10 _____ \$ _____ 10

5 _____ W M S _____ C _____ 5

0 _____ X _____ E N T E _____ 0
C O B O A A O B O C Y D Z

Q

F

T

