

CITY OF ATLANTA (C.A.A.P.) FOOTBALL RULES 2019

SECTION (A) AGE DIVISION- ELIGIBILITY

1. There are **four (4)** age divisions only for City of Atlanta Athletics Programs (C.A.A.P).
(Cutoff Date- age prior to August 1)
 - a. 11 & 12 year-old division **unlimited weight** shall be **12 or under prior to August 1st**
 - b. 9 & 10 year-old division **unlimited weight** shall be **10 or under prior to August 1st**
 - c. 7 & 8 year-old division **unlimited weight** shall be **8 or under prior to August 1st**
 - d. 5 & 6 year-old division **unlimited weight** shall be **6 or under prior to August 1st**

2. Youth football coaches must submit a City of Atlanta volunteer/background application. In addition, all coaches must complete the following certifications:
 - a. Current **National Youth Sports Coaches Association “NYSCA” certification** <https://www.nays.org>
 - b. **Concussion Certification** <https://www.nays.org> (free training under your NYSCA profile)
 - c. **Bullying Prevention** <https://www.nays.org> (free training under your NYSCA profile)
 - d. **Protecting Against Abuse Training** <https://www.nays.org> (free training under your NYSCA profile).
 - e. At least one coach must have an updated CPR and First Aid certification.

3. A player must be certified by a member of the City of Atlanta Athletics Programs (C.A.A.P) before he or she is eligible to play in any game. The coordinator shall have overall responsibility for certifying each player and team for play during the current season but may appoint one or more representatives to help. Each player’s official birth certificate will be examined. His/her age will be determined and checked against the team roster and player affidavit. A State ID or Passport may also be used for proof of age. If everything is in order, then the roster and affidavit forms will be signed and stamped with the official C.A.A.P seal certifying play for the current season.
 - a. **No changes can be made to the roster after 6pm on Thursday the week of the 2nd week of games.**

4. The official C.A.A.P player certification will be held no later than **2 weeks** prior to the first regular season game at the location to be determined by the coordinator. The coordinator will set the schedule and formats for player certifications. ALL PLAYERS and TEAMS must be certified to participant.
 - a. **There is a roster limit of (30) players and a team must have a minimum of fifteen (15) certified players to be considered a team.**

5. If it is found that a team has permitted any coach or player who is ineligible to participate in any game, the team shall be required to forfeit all games in which the ineligible coach or player participated. Such violation may also subject the coach to further disciplinary action and possible suspension. Ineligible

players and coaches shall not be permitted on the sidelines or to participate in any way in a league game or team practice.

6. Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for one game, in addition to the game from which ejected within a meet or match, for the duration of the event.
 - a. All suspension will be reviewed by the discipline committee. If deemed guilty of conduct detrimental, further disciplinary actions may be taken.
 - b. Any player or coach ejected from a game a second time will be suspended for the remainder of the season and must meet with the discipline committee to determine future eligibility.

SECTION (B) GORVERNING RULE –REGULATIONS

Youth football at all levels is governed by the current rules and regulation of the Georgia High School Association Constitution and By-Laws and by the National Federation Edition of Football Rules for the current year (2018), with exceptions as noted in this Manual. (No electronic communication devices allowed.)

SECTION (C) – LENGTH OF GAMES

12 & under games shall consist of four (4) 8-minute quarters

10 & under games shall consist of four (4) 8-minute quarters

8 & under games shall consist of four (4) 8-minute quarters

6 & under games shall consist of four (4) 6-minute quarters

*Each team shall be allowed three (3) time outs per half.

*Half-time shall consist of no more than 8 minutes

SECTION (D) – SPECIAL PROVISIONS

PRACTICE

The purpose of this rule is to provide standard; fair and equal practice time for all City of Atlanta (COA) teams and to keep practice activity at a reasonable level during school days so as not to create a hardship on the players with regard to school studies and participation in school activities.

7. Practice is defined as any gathering of players, prospective players or individual players on a COA team, to discuss the subject of football, to view films of football, to exercise or to study football. Practice will be limited to maximum of (8) hours per week.
 - a. Teams may not hold more than three (3) full contact practices during any calendar week.
 - b. No practice shall exceed more than 2 hours per day.
 - c. All scrimmages/games with any teams outside of the City of Atlanta league game must be approved by the Athletic Director or Coordinator.

CONCUSSION PROTOCOL

8. If a youth athlete participating in a youth athletic activity exhibits symptoms of having a concussion, that athlete shall be removed from the game, competition, tryout, or practice and be evaluated by a health care provider ("*Return to Play Act of 2013*").
 - a. If a player is removed for a concession or concussion like symptoms, the player affidavit will be removed from the certification book and can only be placed back in the book with a doctor's note stating the player can play again.
 - b. The doctor note must be submitted to the Athletic Director via email before the player can return to play and it will remain in the certification book the remainder of the season).
9. Game Day Certification shall be conducted at scheduled game time. A certified coach or certified team manager must be present for Game Day Certification.
10. A team must have ten (10) players to start or continue a game. The team can continue the game if the removed player leaves for any reason other than ejection.
 - a. There is a 15-minute grace period for the **first** scheduled game of the day **only**.
 - b. There **will not** be a grace period for any other games that day.
 - c. **Teams with 2 or more forfeits are not eligible for playoffs.**
11. If a player misses the Game Day Certification they cannot enter the game until the 3rd quarter (must remain at the score table with helmet and shoulder pads off and must be certified by a site coordinator at halftime).
12. A player **MUST** participate in at least **4** regular season games to be eligible to participate in the playoffs unless games are missed due to injury.
13. Coach must play every player in each half unless the player misses Game Day Certification (Please see section (D) rule 10).
14. Mercy Rule – **26 pts** lead, the clock will run continuously for the balance of the game except for injury time-outs. If the losing team scores, they will kick-off from the 40yd line. If the winning team scores, the losing team will receive the ball on the 50yd line.
15. The playing field size:
 - a. 12 & under 100yds. Kick off at the 40yd line
 - b. 10 & under 100yds. Kick off from the 40yd line
 - c. 8 & under 80 yds. Kick off from the 30yd line

- d. 6 & under 80yds. No kick off, ball placed on the 20yards line to begin play, walk off punt of 25yards.
16. 8 & under / 10 & under / 12 & under, The receiving team gets the ball on its own 35-yard line if the kickoff goes out of bounds before reaching the end zone. If it bounces out before the 35-yard line, the receiving team receives the ball where it went out of bounds.
- a. *Homecoming yard distance must be agreed upon by both coaches before the game*
17. All coaches are required to stay within the boundaries of the coaching box (25 yard line to 25 yard line) with noted exceptions:
- a. 6 & under age divisions – one coach is allowed in the huddle of the offensive and defensive team. Once the quarterback set, the coaches are to back up at least 10-yards. Coaches on the field are not allowed to communicate / talk to their players after the QB is set (penalty is 5 yards).
 - b. 8 & under age divisions –**ONLY THE FIRST FOUR WEEKS OF THE SEASON**, one coach is allowed in the huddle of the offensive and defensive team. Once the quarterback set, the coaches are to back up at least 10-yards. Coaches on the field are not allowed to communicate / talk to their players after the QB is set. (Penalty is 5 yards).
 - c. No coaches will be allowed on the field in the 10 & under and 12 & under age divisions.
18. During any scheduled game, no one is allowed on the sideline except the following:
- a. Certified players of the participating team and the team’s coach’s staff (up to 6) that are listed as coaches on the team’s official roster.
 - b. The team’s park representative.
 - c. Cheerleaders are allowed on the sidelines but must remain outside of the coaches box.
19. The time allowed to snap the ball after it has been declared ready for play is 30 seconds.

OVERTIME PROCEDURE

20. Regular season games ending in a tie shall play (1) series of overtime. The visiting team captains shall be given the privilege of calling the coin toss. The winner of the toss shall be given the choice of possession. The 10-yard line procedure will be used with the ball being placed on the 10-yard line with each team getting a series (4 downs). If the game is still tied after the 1st series, a 2nd overtime will be used. If the game is still tied after the 2nd overtime, the team that moved the ball closest to the goal line (penetration) shall be declared the winner. If a winner cannot be determined via penetration, the game shall end with a tie.
- a. The first possession alternates each series of overtime.

DEFENSE PROCEDURE

21. In the 6 & under and 8 & under divisions, a defensive player is not allowed to line up over the **CENTER**. A defensive player may play head up on the offensive guard. This rule does not prohibit the defensive player from slanting or rushing these areas once the ball has been snapped. *(The penalty for the infraction is illegal defense. 5 yard penalty).*
- a. As a result of this rule, there will be **NO** quarterback sneaks. The QB must be led by a running back if running up the middle. The QB may run outside the guards and there are no direct snaps to anyone other than the quarterback. *(The penalty for this infraction is an illegal formation. 5 yard penalty)*
 - b. Defense lineman must be in a 3 or 4-point stance – any player tackle to tackle is considered a lineman on the line-of-scrimmage. Linebacker (tackle to tackle) must be **3 yards off** the line-of-scrimmage.

EXTRA POINTS, FIELD GOALS, AND PUNTS:

22. 6 & Under – 1-point running in the end zone – 2 point for passing into the end zone.
22. 8 & under / 10 & under/ 12 & under - 1-point running or passing into the end zone and 2 for kicking thru the upright. **If no goal posts are available 1-point for running and 2-points for passing in the end zone.**
23. **Field goals-** Dead Ball with no rush, defenders are permitted to jump, raise hands and attempt to distract the kicker only. Ball must be snapped to holder who holds football on a kicking block or ground for the extra point, once the official sees that the snapped ball is in place by the holder, if ball is not kicked within 5 seconds play is over. Ball is placed on 3 yard line. **Field Goal attempts – the same rule except team awarded 3-points.**
24. **Punting-** Dead Ball with no rush, defense can begin blocks once the punt has been kicked. The ball must be snapped to the punter, once the official sees the ball snapped, the kicker has 5 seconds to punt the ball or the play is over. Punting team cannot move until the ball is kicked.
- a. The offensive team must verbally state their intention of punting before breaking the huddle.
 - b. No fake punts.
 - c. No rushing the punter if the snap ball is fumbled.

- d. 6 & under / 8 & under walk off punt of 25 yards.

UNIFORM AND EQUIPMENT REQUIREMENT

25. Each player must have a complete uniform and proper equipment to be legally equipped to play. The following items to participate shall include jersey with numerals on front and back, football pants with pads protecting the hips, thighs and knees, helmet with faceguard, 2 or 4-point chin strap snap, mouth piece attached to the helmet, shoulder pads, and shoes. *(It is mandatory that all players wear such uniforms and equipment).*
- Shoes which have plastic, nylon hard rubber or other synthetic materials are allowed.
 - Shoes which have metal and/or detachable cleats are not allowed.

APPROVED FOOTBALL

26. The approved footballs are as follows (teams may use their own ball as long as it meets the below specifications):
- 12 & under- Wilson TDJ or any other junior size football.
 - 10 & under- Wilson TDJ or any other junior size football.
 - 8 & under- Wilson K2 or any pee-wee size football.
 - 6 & under- Wilson K2 or any pee-wee size football.

PROTEST

27. The only thing that can be protested is illegitimate participation.
- Participants **must** be correct age.
 - Participants **cannot** play on more than one team or league.
 - Teams can **only** play in the City of Atlanta League (Cannot play in another league).
28. All protest must be submitted to Cedric Jordan (cdjordan@atlantaga.gov) via email within 24 hours of the event.

Terms, Abbreviations, and Definitions

C.A.A.P.- City of Atlanta Athletic Program

NYSCA- National Youth Sports and Coaching Association

CPR- Cardiopulmonary Resuscitation

Pts- Points

Mercy Rule- the mercy rule can be removed if the losing team score **deficit** is less than 26 points

Game Day Certification- Per game check to make sure all participants are certified to play.

COA- City of Atlanta

Yds- yards

QB- Quarterback

Committee Members

A Clark, A Brown, C Brown II, C Jordan, J McGrady, C Phillips, S Williams

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