

# CONASAUGA RIVER YOUTH FOOTBALL LEAGUE RULES

## Fall-2025

### I. Purpose

The Conasauga River Youth Football League is organized to provide a wholesome recreational activity for the youth of Dalton-Murray-Whitfield. 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 character.
4. To teach good attitudes and discipline.

### II. Organizational Structure

#### 1) Governing Authority

- a) The governing body of this league will be composed of two representatives from each recreation department. (Dalton-Murray-Whitfield)

#### 2) Governing Rules

- a) The CR Youth Football League will be governed by the current rules and regulations of the National Federation of State High School Associations, with the exception of the local league rules, which supersede any rule in the current edition of the National Federation of State High School Associations.
- b) The League Rules will be developed and governed by the CRYFL.

#### 3) 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, vape, 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 is now be responsible to report suspected child abuse to their local authority. This is a state law CCGA 19-7-5.
- j) *Head Coaches must be certified by NYSCA (to be considered).* (www.nays.org)
- k) *Head Coaches also must take an online concussion test and turn in a certificate.*  
(<https://www.cdc.gov/headsup/youthsports/training/index.html>)

### **III. Player Eligibility**

1. A legal aged player participating in the football program may only play up one age with approval only from their Recreation Department. Size and weight will be considered in this decision.
2. A completed Roster accompanied by birth certificate and registration form for each individual participant must be on file before any team is eligible to complete in regular season games.
3. Each participant must have insurance.
4. 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.
5. Any player suspended or absent from school should not be allowed to participate in a CRYFL activity during the period of suspension or absenteeism.

### **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: Age prior to September 1<sup>st</sup> 2025
  - 8U Division      Ages 7-8
  - 10U Division    Ages 9-10
  - 12U Division    Ages 11-12
  - Players in the 7<sup>th</sup> grade on Middle School Team are not eligible
3. Team rosters shall consist of no more than 22 players per team. Once a roster is submitted to the Recreation Department it becomes official. An official roster cannot be revised unless permission is granted by the Recreation Department.
4. **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.

5. The playing field shall be 100 yards in length for 12U, 80 yards for 8U & 10U. Kick-offs will be from midfield which is the 40-yard line in 10U division, and the 50-yard line in 12U division. There will be no kick-offs in the 8U division. The ball will be placed on the 20-yard line to begin offense.
6. All players must have a starting position for the first three quarters. 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.
7. Any player to receive a snap, hand-off or pass from scrimmage ***or any designed play*** must not weigh more than 100 pounds in 8U, 125 pounds in 10U, nor 150 pounds in 12U Divisions. 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. There will be a 5lb variance for recorded weight.
8. The 8U Division 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.
9. 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 back of furthest lineman position, and penalty is same as a defense being off-side.
10. The Blind Side Block is illegal in ALL DIVISIONS anywhere on the field. (Penalty 10 yards)
  - The Blind Side Block is a block against an opponent other than the runner, who does not see the blocker approaching.
    - Unless the blocker leads with his hands.
  - (Penalty): Penalty from the Basic Spot unless foul occurs behind the line of scrimmage on offensive team. (Penalty 10 yards)
11. 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. 10U 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 8U division, 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 12U 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)

12. Each quarter will be a twelve (12) minute running clock in length, with the last two (2) minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter being run by regulation start and stop time. Half time will consist of six (6) 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.
13. Each team shall be awarded 3 time outs per half. (1 Minute)
14. Touchdowns will count as (6) six points and extra points will be (1) one point for running and passing. 10U and 12U divisions may kick for extra points but 8U 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. 12U 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.
15. All coaches are required to stay within the boundaries of the coaching box with one exception – for 8U and 10U Divisions one coach is allowed in the huddle of the offensive and defensive team. For 12U 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.
16. The time allowed snapping the ball after it has been declared ready for play is 40 seconds in 8U and 10U League, 30 seconds in 12U League.
17. 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.
18. Penalties are 5 yards for minor infractions, and 10 yards for major infractions for 8U and 10U division and 5, 10, and 15 yards for 12U division.
19. In the event of a tie game at the end of regulation time, 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.
20. 8U and 10U 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.
21. Home team will furnish three (3) people to work the chains during each game and the home team will sit on the same side as the chain gang crew.
22. No participant or spectator of the Whitfield County Recreation Department should be on school property more than 30 minutes prior to a scheduled activity unless a school function offers sufficient reason for being present. Neither the Recreation Department nor the Whitfield County Schools will assume any liability for accident or injury when this rule is violated.
23. If a two-team tie exists for first or second place or for a spot in the Youth Bowl Championship, the tiebreaker will be the winner of the regular season game. If a three team tie exist and all three teams defeated each other, we will determine seeds by points allowed.

24. **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. Taking and passing the concussion test or doctors release will be the only way to return.

## **V. Game Postponement**

### **A. Postponement for Inclement Weather**

1. The Recreation Department hosting 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 referee to play or postpone the game.
4. Rained out games will be rescheduled by the Recreation Department.
5. If the Recreation Department cancels games because of inclement weather it will be announced on the rain-out hotline 706-876-2570 or on our Facebook Page.

### **B. Postponement for Other Purposes**

1. Any schedule conflict should be brought to the attention of the CRYFL Scheduler before season schedules are complete. **Only school and/or church functions will be considered 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, vaping, or use of tobacco products, or alcoholic beverages permitted.
3. All coaches or managers will be held responsible for their team's and fans' conduct.
4. Any coach or player ejected from a game for abusive language or conduct will not be allowed 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 8U Division will use the PEE WEE ball. 10U Divisions will use the Junior Ball and 12U Division will use the Youth Ball.

### VIII. Activities

1. There will be 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. Practice sessions shall not be scheduled on PTA or Open House night.
3. No scrimmages will be allowed unless communicated with your recreation department.

### IX. Playoffs/Awards

1. Top 2 teams will participate in CRYFL Bowl Championship. (Trophy Only)
2. Each individual player on the regular season champion and runner-up teams will receive an award.

### X. Recreation Contacts

- **Whitfield Sports Manager:** Ryan Hollingsworth/Cell- 706-671-9882  
Email- [rhollingsworth@whitfieldcountyga.com](mailto:rhollingsworth@whitfieldcountyga.com)
- **Murray Sports Manager:** Michael Caldwell  
Email- [mcaldwell@murraycountyga.gov](mailto:mcaldwell@murraycountyga.gov)
- **Dalton Sports Manager:** Dane Anderson  
Email- [danderson@daltonga.gov](mailto:danderson@daltonga.gov)



## **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.