

ACYA 2022 Intra-League Rules

Rule 1 - Team Definitio2

- A. Teams will be selected by draft. A good faith effort will be made by the League Director and Competition Committee to distribute player and coaching talent equitably.
- B. The grade of a player shall be the upcoming school year.
- C. The following grade and weight schematic will govern the team make up:

League Name	Unrestricted Weight Max	Semi-Restr icted Weight Max	Fully Restricted Weight
1/2/3 rd Grade	95 lbs	105	>105
4/5 th Grade	105 lbs	115	>115
*6/7 th Grade	125 lbs	130	>130

- A.
 - 1. *An 8th Grader may play intra-league with board approval. Size, experience, and skill set will be considered.
 - 2. Players will be officially weighed prior to each league's draft. All players whose weight is more than the weight maximum for their age group, as set forth in the above chart, shall be designated as "Fully Restricted Players" or "Semi Restricted".
 - 3. Each head coach will receive a list of Fully Restricted and Semi-Restricted Players prior to the draft. This gives the coaches an understanding of which players can carry the ball as they draft their team.
 - 0. Fully Restricted Players and Semi-Restricted players are defined below:
 - a. In 11-man football, Fully Restricted players shall be restricted to playing a down lineman position from tackle to tackle, whether on offense or defense, and must start from a 3- or 4-point stance.
 - a. In 8- or 9-man football, a Fully Restricted player may play the TE/Tackle position but is not be eligible to go out for a pass. They may also play defensive end. If playing defensive end their inside foot must not be wider than center of opposing player.
 - b. In 8- or 9-man football, a Semi-Restricted player may not line up as an offensive back (QB, RB) or defensive back (CB, Safety) and may advance ball from TE/Tackle/WR position due to receiving a FORWARD pass beyond the line of scrimmage.
 - c. 11 man football, Semi-Restricted players may not line up as an offensive back (QB, RB) or defensive back (CB, Safety) but may advance ball from TE/WR position due to receiving a FORWARD pass beyond the line of scrimmage and can play Inside Linebacker. The intent is

NOT to line up a Semi-Restricted player as a defensive back or Outside Linebacker.

- d. Restricted players and Semi Restricted Players will have a mark on their helmet indicating their status
- 1. Except as provided in Rule 1C (4), Restricted Players are subject to the following:
 - a. Fully restricted players on offense may not run the ball or pass the ball, play as a receiver, or advance the ball on special teams. A Fully Restricted player may not go out for a pass. If they catch a deflected ball, it is dead upon reception.
 - a. Semi-Restricted Players may line up at the TE, WR position and are allowed to catch forward passes beyond the line of scrimmage
 - b. Restricted Players and Semi-restricted players can play special teams, punt, and kick extra points and field goals, but may not advance the ball as a runner. **Exception: Fully and semi-restricted players may advance a kick off return if they are on the first line of the Kick Off Return team.**
 - c. The ball will be considered immediately dead if in possession of a Fully Restricted Player on offense. The ball will be considered immediately dead if in possession of a Semi-Restricted Player on offense when not receiving a FORWARD pass beyond the line of scrimmage.
 - a. Restricted Players and Semi-Restricted Players on defense may advance a fumble or interception.
 - 1. Exception: In Pee Wee only, a Fully Restricted and Semi-Restricted player shall be given the opportunity to carry the ball one time during each game on an offensive play from scrimmage.**
- 2. Violation of positioning of a Restricted Player or Semi-Restricted will be an illegal position foul. Penalty, 5 yards.
- D. The Board always has the authority to have a player moved up or down a league, can ask a player to play travel, or can "restrict" a player at any point during the season.
- E. No player may play for two teams including teams outside of the Colt Program at the same time. Any player known to be playing for two teams shall be asked to withdraw from one of the teams immediately. The board must approve any exceptions. However, Colt players are eligible to "play over" on an intra-league team to support the fielding of a complete team.

Rule 2 - Team Responsibilities

- A. The Home team shall provide a chain crew. The chain crew shall consist of individuals 18 years of age or older. The chain crew shall take their posts at least 5 minutes prior to kick-off and be on the home team's sideline. The home team will also provide the announcer.
- B. The Visiting team shall provide a clock operator.
- C. On Colt Field, the home team will be on the scoreboard side of the field. On Mustang, the home team will be on the Colt Corral side of the park. This is to facilitate the announcer being able to view the down and distance.
- D. The Home team is responsible for setting up and taking down the field, yard markers, chains, goal post pads. If

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there are two games on a field that night, the first home team sets up, the second game home team takes down.

Rule 3 – Officials

- A. All ACYA Intra-League games shall be played using 3 officials on the field. An adult volunteer from the visiting team will operate the game clock during the regular season.
- B. A minimum of 15 minutes shall elapse between the end of any one game and the beginning (kick-off) of the next game. When the regular scheduled starting time allows 15 minutes or more between games, the game shall proceed as scheduled; however, a 15-minute period between games must be allowed regardless of the scheduled starting times of any games.

Rule 4 - Uniforms and Equipment

- A. Each player must have a complete uniform and be legally equipped. No metal cleats are allowed. All molded type cleats are considered legal.
- B. Teams provide balls that they intend to use during the game. Balls must be inflated to appropriate air pressure and must not be tampered with (no foreign substances, for example). The game referees approve the use of game balls prior to games and reserve the right to not allow the use of a presented team ball.
- C. 3rd Grade league uses peewee or K2 balls. 5th and 7th grade leagues use TDJ balls.

Rule 5 - Team Captains

- A. A team may have a maximum of 4 team captains, as identified by the head coach to game officials, who may attend the opening game coin toss and receive instructions at mid-field.

Rule 6 – Headsets & Filming

- A. All teams and coaches are prohibited from using headsets and cell phones or other electronic communications during league games, for the purposes of communicating with coaches or other spotters. This includes communication headsets, mobile phones, and mobile devices or tablets.
- B. As an instructional aide, coaches may film or have filmed only those games in which their team is a participant. Coaches may not film or photo other teams' practices or games for the purposes of scouting or other. Coaches should not share film provided by ACYA through the ACYA video service to opposing coaches, teams, or parents during the active season for the purposes of scouting or other.
- C. Violation of this rule will result in a minimum one game suspension of the Head coach. Upon review, additional penalties may be assessed by the Executive Committee.

Rule 7 - Sideline Restrictions

- A. During a game, no one is allowed on the sidelines, outside the coaching box, except the following:
 - 1. Cheerleaders, when adequate space cannot be provided outside the restraining lines.
 - 2. The official chain crews.
 - 3. Newspaper, magazine and/or television or photographic staff, which have been authorized to take pictures or film the game.
 - 4. A maximum of one trainer.
 - 5. A ball boy or water boy

- B. Unless otherwise provided in these rules, during a game no one is to be allowed in the coaching box except the following:

- 1. The members of the participating team and the team's coaching staff who are listed on the official team rosters; (4 adult maximum including trainer and assistants)
 - A. Peewee staffs allow for 4 coaches, 2 for offense, and 2 for defense, if desired.
 - B. 2 coaches with players on the team is ideal. However, the Board may choose to have a maximum of 3 coaches.
- 0. A maximum of two (2) managers under the age of 18. These managers do not have to be listed on the team's official roster.
- 1. ACYA league officials may be on the sidelines at any Intra-League game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or association.

Rule 8 - Complaints / Misconduct / Protests / Violations of the Rules

- A. ACYA will enforce all violations of rules, complaints, and protests as follows:
 - 1. All complaints, protests or allegations of a rule's violation shall be made to the League Director.
 - 2. All coaches, parents, and officials shall conduct themselves in an appropriate manner. Each League Director shall fully investigate any complaint or allegation of misconduct and report the findings to the ACYA President.
 - 3. The Head Coach will be held responsible for the conduct of his assistant coaches, players, and parents/fans of his players. The Head Coach may be subject to dismissal or ejection, including game suspension, for any parent or assistant coach misconduct or rule violation.
 - 4. Any coach who violates the conduct rule (for example: is ejected from a game, caught cheating, violates the substitution rule, tampers with balls or equipment, uses illegal film, or holds illegal practices) will face an in-person disciplinary hearing with 3 board members deemed unbiased to the situation. This council will recommend consequences to the President for an electronic "by majority" vote.

Rule 9 – Playing Rules - Governing Rules and Exceptions

The National High School Football Rules, with the following exceptions, will govern all games:

- A. For those leagues Fourth Grade and above, quarters shall be 10 minutes in duration. Pee Wee (1/2/3rd) quarters shall be 8 minutes in duration for all games.
- B. When a game prematurely ends, all games reaching half-time shall be considered completed and will count toward playoff seeding.
- C. The ball shall be of good grade leather or rubber with the following specifications:
 - 1. Pee-Wee leagues - Pee-Wee size ball or K2 (according to Wilson, Nike, Under Armor)

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2. 4/5th – Junior size
 3. 6th / 7th grade league – Junior size
 4. Ball cannot be in like color of uniform. (Example Black Uniform/Black Ball)
- D. In 4-7th grade, extra points shall score 1 point for kicking against Dead Rush, (5 second time clock), 2 point for passing, and 1 point for running the ball. The ball will be put in play from the 3-yard line.
- E. Goal posts shall be no less than 19 feet, 2 inches in width.
- F. Two-color jersey numbers are permissible. Length of game jerseys must cover all protective gear.
- G. The National High School Federation Rule regarding numbering interior linemen, eligible receivers, backs, etc. will not apply.
- H. During the regular season, a game tied at the end of regulation time is over. Tie games in the regular season are OK. Tie games will be counted in determining the win/loss percentage for determining playoff seeding, as a ½ win and a ½ loss.
- I. For playoff games, all ties shall be broken using GHSA rules. A coin toss will determine who chooses to get the ball first. Alternating possessions starting on the defensive 15-yard line. The team that gets the ball first will alternate at the beginning of each round. The entire overtime will take place in the Colt Corral end zone.
- J. "Mercy Rule" - When one team is 18 points or more ahead, the following rules shall apply. The Mercy Rule does **NOT** apply during playoff or championship games. During regular season games, the rules below **cannot be waived by either the winning or losing coaches even if there is an agreement between them to do so**:
1. There shall be no further kickoffs by either team.
 2. The team behind shall be awarded the ball at midfield after any score by either team.
 3. The team that is ahead must substitute reserve players for their starters in the offensive backfield, except for the quarterback. The starting quarterback may not advance the ball by running or passing. If a backup quarterback is playing, he may advance the ball, unless he is starter in offensive backfield.
 4. After halftime, the team behind by 18 points will be awarded the ball at midfield regardless of which team should receive the second half kick-off.
 5. Anytime the lead is 25 points or more there will be a running clock.
 - a. A "running clock". The clock will stop only for an official's timeout, injury, a change of possession, or a penalty.
 - b. Should there still be a mercy rule situation at halftime, there will be a mandatory "running clock" to start the second half. If the game is no longer in mercy rule during the second half (i.e., lead becomes less than 25 points), then "normal clock" resumes.
 - a. If the point differential becomes less than 18 points, regular game rules will resume including the keeping of the clock and displaying the score on the scoreboard.
- K. Mercy Rule summary: With an 18-point lead, the offensive backfield must be replaced (though the QB can stay in for

continuity and safety but cannot advance the ball.) Once the lead reaches 25 points, the running clock will begin.

- L. The center is protected in punting and other long snap situations (generally, scrimmage kick and shotgun situations). No player can hit the center until he brings his head back up. Although the NFHS rules do not protect the center in situations where the snap is less than 10 yards, the ACYA has not made the same distinction. If the center's head is down, and he is long snapping a football, a defensive player cannot touch him.
- M. In 8/9 man football the playing field is 40 yards wide instead of 53 1/3. A second out of bounds line is painted 6.5 yards inside of the normal sidelines. The field is 80 (Pee Wee) yards long.

Rule 10 - Player Participation

- A. At a minimum, every player who is not a two-way starter will be assured of starting and playing the entire game on one side of the ball. For purposes of this rule, special teams' plays shall be excluded.
- B. Every player shall serve as a captain at least once during the season.
- C. In Pee Wee, every player **must** be given the opportunity to (i) carry the ball on an offensive play at least one time during the season, and (ii) kick-off or punt at least one time during the season. Team coaches will rotate players kicking off or punting until all players have kicked. Once all players have kicked, team coaches can assign any player to kick for the remainder of the season.
- D. If a player is not to play or is going to play on a limited basis due to disciplinary action taken by the coaching staff, the head coach must obtain written approval from the League Director, Athletic Director, or Intra-League Director before implementing the action. Once approved, the opposing team's Head Coach must be notified of all such players subject to the disciplinary action prior to the start of the game. The IL Director shall establish the appropriate disciplinary action to be taken (e.g. player may be suspended from play for one quarter for missing 2 practices. Parents must be notified prior to day of game)

Rule 11 - Coach's Participation – Pee-Wee ONLY

- A. Two coaches from each Pee Wee team may participate on the game field during the game.
- B. The coach or coaches participating on the field may not have any form of communication with any player of either team after the offensive team's center touches the ball. Coaches on the field must remain silent and may not give verbal or visual signals until after the play has ended.
- C. Coaches participating on the field must be at least 15 yards from the line of scrimmage when the play starts and may not interfere with the play in any way.
- D. If the game officials rule that a coach on the field has violated provisions B. or C. above:
 1. After the first occurrence, the coach shall receive a "team" warning.
 2. Beginning with the second occurrence by any coach of a team that has been warned:
 - a. In Pee Wee, that team will be assessed a 15-yard illegal participation penalty for the second and each subsequent occurrence charged to that team.

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Rule 12 - Free Punts – Pee-Wee ONLY

- A. A team may declare "free punt" any time before the play clock expires. At the time of the "free punt" call to the referee, the clock will stop.
- B. When a free punt is declared the long snapper snaps the ball, the punter fields the ball and attempts the punt behind the line of scrimmage. The ball is considered dead and changes possession where it stops rolling (punt return team should take a knee and cannot stop the ball from rolling). If the ball does not roll 20 yards, the offensive team is awarded an automatic spot of 20 yards.
- C. There will be a 10 second run off after the ball has stopped rolling. The clock will not run during the actual punt.
- D. The team requesting the free punt **must** punt the ball.
- E. A free punt may be requested at any location on the field.
- F. If the game officials determine that an infraction of this rule has occurred, an encroachment violation will be assessed.
- G. If the line of scrimmage is inside the defensive team's 30-yard line the ball can be punted but there is no automatic 20-yard walk off. The result of the play is the actual punt.

Rule 13 - PAT and field goals

- A. 4-7th: Dead rush for PAT 1 point (5 second time clock). Pass for a 2-point conversion. Run for 1-point conversion. Field Goal 3 points against a dead rush (5 seconds).
- B. Peewee: Run conversion for 1 point or pass conversion for 2 points. Field goals are against dead rush and worth 3 points. PAT kicks are worth 2 points on a dead rush (no time clock in peewee)

Rule 14 – Offensive Line Play – Pee-Wee ONLY

- A. Offense must have a balanced line. This means a guard, a tackle, and an end on each side of the center. Ends may split. In 8- or 9-man football, there must be a guard and TE/Tackle on either side of the center. The TE/Tackle may not split.
- B. If the game officials determine that a violation of Rule 14 (a) has occurred, an illegal formation shall be called, and a 5-yard penalty assessed.

Rule 15 –Defensive Line and Linebackers – Pee-Wee ONLY

Defensive linemen – In PEE WEE LEAGUE ONLY, interior defensive linemen (i.e. guards and tackles), if used, must line up head to head with interior offensive linemen and no defensive lineman may line up over the center, in the A-gaps between the center and the offensive guards, in the B-gaps between the offensive guards and the offensive tackles, or in the C-gaps between the offensive tackles and tight ends.

Defensive ends, if used, must line up head to head or just outside of the tight end. However, if the O-end is split, the defensive end may line up anywhere to the outside of the tackle. In 8 or 9 man football the TE/Tackle cannot be split out.

A team may not blitz the A gap. The quarterback may not run the ball in the "A" gap whether under center or in the shotgun. The person receiving the snap is considered the quarterback. The QB may not cut back into the "A" gap until outside the tackle box.

- A. Stand up defensive players outside the tackle box must be 2 yards off line of scrimmage when ball is snapped. Stand up players inside the tackle box must be at least 3 yards from line of scrimmage when ball is snapped. No defensive player may blitz between the guards.
- B. It is a blitz when a defensive player who is not a lineman rushes without hesitation and at full speed upon the snap of the ball.
- C. If the game officials determine that a violation of Rule 15 (a) or (b) has occurred, an "illegal defense" shall be called and a 5-yard penalty assessed

Rule 16 – Defensive Line Play Special Rules – Pee Wee ONLY

- A. Defensive linemen may not rush or "shoot" the A-gaps or over the center.
- B. Every defensive lineman must be in a down position (i.e. three- or four-point stance when the ball is snapped). For purposes of this rule, a defensive lineman is any defensive player within three yards of the line of scrimmage from defensive end to defensive end when the ball is snapped.
- C. No QB sneaks. The quarterback may not run the ball in or between the "A" gaps. The player receiving the ball initially from the center, whether he is under center or back from center, is considered the QB.
- D. If the game officials determine that a violation of Rule 16(a), (b) or (c) has occurred, an "illegal play" shall be called and a 5-yard penalty assessed.

Rule 17 – Playoff Seeding

- A. The teams will be seeded for playoffs based on regular season percentage based on games played, wins, losses, and ties. Ties will be counted as a ½ win and ½ loss in the percentage calculation.
- A. If two or more teams have the same percentage of wins, the following tie-breaker guidelines will be followed.
 - o Head to head results, if still tied then
 - o Least Points Allowed, if still tied then
 - o Point differential (points scored minus points allowed), if still tied then
 - o Coin toss

Rule 18 – Heat Policy

ACYA considers the safety of our athletes to be the highest priority. ACYA follows the Georgia High School Association (GHSA) Practice Policy for Heat and Humidity as well as the guidelines of the American College of Sports Medicine regarding:

- o The scheduling of practices at various heat/humidity levels.
- o The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
- o The heat/humidity level that will result in practice being terminated.
- o From an 87.0-89.9 WGBT reading, ACYA uses pants and helmet, not shoulder pads, shorts, and helmet.

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading is utilized at each practice to ensure that the written policy is being followed properly. All Board Members have received training in the use of the WBGT.

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See

http://www.ghsa.net/sites/default/files/documents/sports-medicine/Risk_Management_Policies.pdf for actual WBGT readings that will result in practice being terminated or delayed.

References:

- <http://www.ghsa.net/>
- <http://www.acsm.org>
- http://www.ghsa.net/sites/default/files/documents/sports-medicine/Risk_Management_Policies.pdf

Rule 19 – Concussion Policy

ACYA considers the safety of our athletes to be the highest priority. All our ACYA Coaches have received training on concussions and it is also available for free at http://www.cdc.gov/concussion/HeadsUp/online_training.html.

A participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time based on evaluation and determination by the Head Coach. However, if an official licensed athletic trainer or other official qualified medical professional is on site and available to render such evaluation, that person shall always have final authority as to removal or return to play of the participant.

When an official licensed athletic trainer or other official qualified medical professional is not present, and a parent or guardian of the injured player is serving as head coach, the final authority on removal of a participant shall rest with the league president, association president or the top ranking assistant head coach; whomever is present and highest in the ACYA chain of command.

Any ACYA participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to ACYA activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives clearance to return to play from that licensed practitioner.

ACYA recommends that all decisions be made in the best interest of the children and that when any doubt exists as to the health of the participants, they sit out.

Rule 20 – Kick offs – All Leagues

For kickoffs, defensive players are not allowed a running start. Defensive players line up at the point where the ball is being kicked.