

## Golden Strip Football League Rules and Guidelines



### Golden Strip Youth Football League

Games will be played at:

Jamboree and Pictures Date: TBD

League Start Date: TBD

- Springfield Park – Home of Mauldin Youth Football  
Address: 204 Hyde Circle, Mauldin, SC, 29662
- Greer City Stadium – Home of Greer Youth Football  
Address: 601 West Arlington Avenue, Greer, SC, 29650
- PD Terry Park – Home of Fountain Inn Football  
Address: 118 Cannon Avenue, Fountain Inn, SC, 29644
- Simpsonville City Park – Home of Simpsonville Football  
100 Park Drive, Simpsonville, SC 29681

Days of the week used for league play: Mondays, Tuesdays, Wednesdays (will be used if needed due to number of teams or rainouts), and Thursdays. No Fridays, Saturdays, or Sundays.

Game times: 6PM and 715PM

Age & Weight Classification:

- 8U Maximum 120 pounds
- 10U Maximum 135 pounds
- 12U Maximum 150 pounds

Players who do not meet weight limit can still play but must play the interior line and cannot carry the ball in any aspect such as a handoff, fumble recovery, punt return, interception, etc. Every player must play within their age classification. No playing up or down.

League age is determined by 9/1 of the current year.

Rules:

1. South Carolina State High School League Football rules shall govern play with the following exceptions
  - a. The length of quarters shall be eight (8) minutes for all age divisions
  - b. 8U division will use Wilson K-2 ball
  - c. 10U division will use Wilson TDJ ball
  - d. 12U players will use Wilson TDY ball

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- e. All players must wear complete uniform including same team jersey, leather or canvas shoes and molded rubber cleats. No metal cleats are allowed
- f. Team will only switch sides of the field at halftime
- g. Clock will run continuously if a team is up by 3 scores or (18) points
- h. Home organization will provide footballs
- i. Home team is responsible for recruiting 3 parents to run chains. Chains will stay on home side.

### Weight Classification

- 2. Players will be weighed in at the beginning of each season. That weight will be considered their league weight for the entire season.
  - a. 8U max is 120 pounds, 10U max is 135 pounds, 12U max is 150 pounds
  - b. If player does not meet weight limit he will not be able to carry the ball in any aspect.
  - c. Players over set maximum weight will be provided a sticker for their helmet. No underweight players should have a sticker of this color.
  - d. Set players over the maximum weight in their division cannot participate on kick offs, kick returns, be the punter, extra point, or field goal kicker
  - e. Players that are overweight designated by a sticker on helmet must play from tackle to tackle
  - f. Only 4 overweight players may be on the field at one time.
    - i. Offense: Tackle, Center, Guard, (Tight End may not be overweight)
    - ii. Defense: Only 4 linemen may be within the tackle box, linemen may shade to whoever is one the end of the line of scrimmage. (2 DT, 2DE)
  - g. All players within the tackle box must be in a 3 point or 4 point stance.

### Quarters/Score/Clock

- 3. Clock
  - a. Clock stops on out of bounds and incomplete passes (see 3B)
  - b. Clock will start once ball is marked and chains are set
  - c. No stop for first down
  - d. Teams will receive 2 timeouts per half (4 total)
  - e. Clock will stop inside 2 minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarters as regular high school rules.
  - f. 25 second play clock for 10U and 12U. 30 second play clock for 8U
- 4. Quarters
  - a. Quarter length will be eight (8) minutes
  - b. All four quarters will count for score in all age divisions
  - c. 1 Overtime period will be allowed. Ball will be spotted at the 10 yard line and each team will be given 4 downs to score. If neither team scores game will end in a tie.

### Special Teams

- 5. Punt/Punt Return
  - a. 8U and 10U divisions – on fourth down you may elect to go for the first down or declare to punt. A team may use the entire play clock to declare the punt and state their intention before it runs out. If the clock runs out before their intention is stated then a

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delay of game penalty should be given to the offense or they may call a timeout in accordance with the game rules. If the team goes to the line in an attempt to draw the defense offside or to run a play and/or has a penalty on the play or calls a timeout, they may then change their intention and punt. If they choose to punt, the ball will be moved twenty-five (25) yards from the line of scrimmage or half the distance to the goal if the ball is inside the fifty (50) yard line

- b. 12U punts are live. You are allowed to have 4 over weight limit players on the punt and punt return team. Over weight players must be tackle to tackle and in a three point stance.
6. Kick Off/ Kick Off Return
    - a. In all age division no over weight limit players may participate
    - b. No onside kicks will be allowed by any team ahead by 18 in the game. If the kick does not travel 10 yards or hits a return player before the 10 yards the ball is dead where it is touched. Receiving team will have possession.
  7. Field Goals/PAT Options
    - a. Field goals and PATs are allowed in all age groups
    - b. Field goals will count as 3 points
    - c. PAT options are as follows
      - i. Run a play from the 3 yard line for 1 pt
      - ii. Run a play from the 6 yard line for 2 pt
      - iii. Kick PAT from 6 yard line for 2 pt.
    - d. No rush will be allowed from the defense, but they may stand with their hands up attempting to block. No player may use another player for leverage on field goal block
    - e. Once declared that you will kick the PAT or field goal, you may not fake the kick
    - f. If ball is blocked or fumbled it may not be returned. Play is dead
    - g. The kicker will have 5 seconds to kick the ball once the ball is snapped.
  8. Defense
    - a. There can only be a maximum of 4 DL on the line in the tackle box. The tackle box is defined as Tackle to Tackle (or TE if a TE is used, whoever is on the ends of the line). All players inside the tackle box must be in a 3 point stance. DL can shade to the left or right of center, guards, and tackles.
    - b. The defensive ends can shade to the left shoulder or right shoulder of the tackle or tight end OR be head up.
      - i. Overweight players must be head up
    - c. No defensive player is allowed to line up directly over center (DT must shade to left or right) A linebacker inside the 10 yard line may walk up to the hills over the center. (Penalty is illegal formation)
    - d. Every overweight player must be inside the tackle box and in a 3 point or 4 point stance.
    - e. Linebackers, corners, and safeties must be at least 5 yards off the ball pre-snap 5 yard penalty will be assessed for infraction. Players may not get a running start before the snap. **IF THE OFFENSE IS DRIVING AT THE 10 OR INSIDE THE 10 YARD LINE LINEBACKERS MAY GO UP TO HEELS (ONLY INSIDE THE 10 YARD LINE)**
  9. Offense
    - a. Overweight players have to be covered up. They are not eligible receivers

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- b. Tight end cannot be an overweight player
10. General Rules
- a. 8U – only one coach allowed on the field
  - b. 10U & 12U – no coaches allowed on the field
  - c. 4 coaches are allowed on the sidelines for games (There will be a flag thrown if more than 4 coaches are on the sideline)
  - d. 3 man ref crews will work each game
  - e. After the Jamboree and 1<sup>st</sup> game all rosters are frozen (no additions). This will give all coaches the option to add a player back to roster for one that has either quit the team or gotten injured.