



THE CITY OF RINCON RECREATION FOOTBALL 2024

General Game Rules for ages 6 and under

PRACTICES:

Spectators are not allowed on the field or sideline at any time! Coaches and players are not permitted to sit/stand behind goals. Coaches are responsible for the conduct of their players and fans—refer to code of conduct.

UNIFORMS:

All Coaches must be in their Coaches Shirt supplied by the Athletic Department. **Players must wear the current uniform that is provided by Parks and Recreation. Uniforms cannot be altered in any way. Player names cannot be added to the back of the jerseys.**

EQUIPMENT:

All coaches must return all issued equipment. Parents that have been issued shoulder pads must return them immediately after the season concludes. Football pants and jerseys may be kept.

WEATHER INFORMATION:

Call after 3:30 p.m. during the week for the latest rainout information:

912-206-8161 (Statusfy app will send you updates)

Facebook will also be updated

WEIGHT RESTRICTIONS:

- a. No weight restrictions **except** for **offensive backs / receivers / linebackers and defensive backs.**
- b. **WEIGHT LIMIT FOR OFFENSIVE BACKS / RECEIVERS WILL BE 74 LBS.**
- c. **WEIGHT LIMIT FOR LINEBACKERS / DEFENSIVE BACKS WILL BE 84 LBS.**

SPECIAL PLAYING RULES:

- a. **4 – 10-minute quarters.**
- b. Each team will have **2 offensive possessions** and **2 defensive possessions** each game.
- c. The **HOME** team will be on **Offense** in the **2nd** and **4th** quarter of each game.
- d. The **VISITOR** team will be on **Offense** in the **1st** and **3rd** quarter of each game.
- e. Fumbles and Interceptions can be returned by the defense.
- f. Each **offensive** possession will start at the **20-yard line** on an **80-yard field**.
- g. Defense can score unlimited touchdowns while on Defense, unless this presents a problem then a rule change may occur.
- h. Offensive teams will have 45 seconds to snap the ball.
- i. **3 minutes** will be given in between **EACH** quarter for Water.
- j. **HALFTIME** will be 5 minutes.

MANDATORY PLAYING RULES:

- a. All players must play the whole game on either Offense or Defensive, or a combination of Both.
- b. Each player **MUST** have a starting position.

OFFENSE:

- a. No more than 1-yard splits between center and tackles (**no guards playing 9-man football**)
- b. You must have an offensive tackle and offensive tight end on each side of the center.
- c. Offensive ends (split) can out as far as they want with no restrictions unless they are over the weight limit then they must line up in a three- or four-point stance on the line of scrimmage.
- d. Offensive ends (split) if they are off the line of scrimmage then they are considered an offensive back and must meet the weight limit.

ANY PLAYER ABOVE THE WEIGHT LIMIT CANNOT RUN THE BALL OR RECEIVER ROUTES. NO EXCPTIONS TO THIS RULE

DEFENSE:

- a. **No nose guard at any time.**
- b. **Defensive lineman can line up in the gaps: exception: they cannot lineup in the guard center gaps.**
- c. **No more than 4 men on the defensive line of scrimmage at any time, however, defensive team must play with 4 down linemen.**
- d. **No player will be allowed to play standing up on the lineup scrimmage line up over the center, guard, or tackle.**

- e. **Linebackers and defensive backs in the defensive positions: 3 yards off the line of scrimmage and cannot move until the ball is snapped.**

PLAYERS ABOVE 68 LBS:

- a. Players may recover fumbles or interceptions.
- b. The ball belongs that team at the spot where it was recovered or intercepted providing it is the 6th play of a series.
- c. The ball may not be advanced by an overweight player.

MERCY RULES:

NO SCORE IS KEPT THIS AGE, THUS NO MERCY RULE IN EFFECT.

COACHES ON FIELD:

- a. Allowed (3) coaches on the field and they must be at least 5 yards behind the deepest back and may not physically or verbally direct players once the offensive team has lined up on the line of scrimmage.
- b. Penalty - 1st Offense: Verbal warning and documented by head official.
- c. Penalty - 2nd Offense: Unsportsmanlike penalty – 15 Yards.
- d. Penalty – 3rd Offense: The assessed coach will be Removed for the remainder of the game.

CONDUCT: (Coaches towards Player)

- a. There will be **NO** abuse tolerated by neither Coaches, Parents nor Guardians.
- b. All players are the responsibility of The City of Rincon Recreation Department.
- c. Coaches who violate this rule will be Removed from their positions as well as the facility.
- d. Parents who violate this rule will be removed from the facility.

CHAIN CREW:

- a. No chain crew will be required.

OTHER RULES:

ALL OTHER RULES NOT MENTIONED WILL BE COVERED UNDER THE GEORGIA HIGH SCHOOL NATIONAL FEDERATION.