

Football Rules Tackle Division 2018

Chapter I: Eligibility and Certification of participants

Section 1: AGE ELIGIBILITY

1. Ages will be determined by an original birth certificate, passport, or a GNYFF ID card with participants date of birth on it. Date of Eligibility will be July 15 of that season.
2. Age brackets:

| Division | Age |
|-----------------|------------------------------------|
| Manha | 7-9 years (qualifying 6 year olds) |
| Metgot | 10yrs-12yrs |
| Matua | 13yrs-14yrs |
3. *Participants are eligible to participate in football and cheer. They will be known as dual participants. Those participants must fill out 2 separate registration forms (1 cheer and 1 player, submit 1 physical, 1 proof of birth and pay double for the GNYFF ID card (1 cheer and 1 player). Registration fees for dual participants are to be handled by their organization.*
4. *Dual participants will participate in cheer for the division after their football game. Matua dual participants must participate during manha's game. Dual participants MUST participate in regular season games to qualify for the Cheer competition.*

Section 2: WEIGHT ELIGIBILITY

1. All participants must meet the maximum weight requirements as listed below. (See addendum for additional information)
2. There will be 2 official weigh ins
 - a. The 1st weigh in will be held during certification. Certification date will be determined by the GNYFF executive board.
 - b. The 2nd weigh in will be held at the approximate midway point of the regular season games. 1 pound per week will be added to the maximum weight eligibility to allow for natural growth. This GNYFF will declare the mid season weight requirement at least two weeks prior to the schedule weigh in. Only participants who were deemed heavy weight or 7lbs away from the first certification weight will need to attend mid-season certification.
3. No participant will be certified if they do not weigh in at or under the maximum weight for their respective division. Any player who does not weigh in at or under the mid-season weight requirement will be deemed ineligible for the remainder for the season.
4. Certification Weight Requirements:

| Division | Maximum Weight |
|-----------------|-----------------------|
| Manha | 100 lbs. |

| | |
|--------|----------|
| Metgot | 130 lbs. |
| Matua | 165 lbs. |

Section 3: CERTIFICATION

1. **Subject to Certification.** All players are subject to certification prior to being placed on the official game day roster. Game day Rosters will be maintained by the Secretary of the GNYFF.
2. **Divisional Team requirements.** Each team must meet the Minimum roster requirement for **ALL TACKLE** divisions (see Chapter 2, Section 6) at the 1st certification or that team may be dismissed from participation in that season.
3. **Certification requirements:**
 - a. **Registration** – A current original registration form with a signature. (current revision June 2018) No participant may practice or play (including clinics, workshops and conditioning) without a completed and signed registration form.
 - b. **Proof of age** – birth certificate, or passport plus one copy. GNYFF ID card showing date of birth.
 - c. **Physical** - Current original physical stating that the participant is fit for participation. GNYFF shall observe an expiration date of one calendar year from the date of the physical. All physicals must have a live signature and stamp. No player may practice with gear/pads until a current physical has been submitted. Any player whose physical expires within the season becomes ineligible for practice or game play, until an updated physical has been submitted.
 - d. **Age & Weight Compliance** – Compliance with age and weight requirements for respective division.
 - e. **Debt free** – All participants must be considered free of debt to any previous team or the GNYFF whether from registrations fees, fundraising, other financial obligations or team issued equipment.
4. **Certification Deadline.** No player may be certified after the Mid-season weigh-in.

Chapter 2: Regulations

Section 1: GENERAL GAME RULES

1. In compliance with the National Federation of State High School Association Rule Book, and the GNYFF Football Rules Tackle Division, this will be the official rules of the Federation and its participants to include coaches, volunteers and players.
2. **Teams/players.** The Game will be played between two teams of eleven players each, on a rectangular field.

3. **Game play.** Goal Lines for each team shall be established at opposite ends of the field and each team shall be allowed the opportunity to advance the ball across their opponent's goal line by running or passing.
4. **Winning team.** The winning team will be determined by the team who has scored the most points. No tie breakers will be performed in the event of an even score with the exception of playoff games (quarter-finals, semi-finals and championship).
5. **Officials/referees.**
 - a. Guam National Youth Football Federation will be responsible for providing game officials for all tackle football games
 - b. Each contract for officiating will contain a stipulation requiring proof that each official is a sanctioned member of a recognized officials association.
 - c. Officials must not have any allegiance to any team within the federation.
6. **Subject to the rules.** All participants are subject to the rules of the game and shall be governed by the decisions of the game officials. The GNYFF Football Rules – Tackle football shall supersede all other recognized rule books.

Section 2: FIELD

1. **Zone Markings.** The field shall be marked in 10 yard zones from goal line to goal line. For games played on a shared field, standard regulations marking will be acceptable...
2. **Inbounds/Out-of Bounds.** The lines bounding the sidelines and end zones are out of-bounds in their entirety. The inbounds are also bound by the lines. The end zone is part of the width of the field.
3. **Size of Fields.**
 - a. Manha games shall be played on an 80 yard long field
 - b. Metgot and Matua games shall be played on a 100 yard long field
4. **Down Marker.** A down marker shall be used to indicate the number of the down and where the ball is placed on the field.
5. **Spectators** - Spectator areas shall be clearly marked. A minimum of 5 yards from the side line as indicated by the marking lines. No spectators may be within the safety zones and player box. Each individual team is responsible for crowd control during, before and after their games.
 - a. **Violations :**
 - i. **1st infraction** – verbal warning by GNYFF Commissioner, designee or game official.
 - ii. **2nd infraction** – unsportsmanlike conduct penalty assessed to the team
 - iii. **3rd infraction** – unsportsmanlike conduct penalty assessed to the team of the violating sideline and suspension of the headcoach.

- iv. **Ejection** – Any spectator (parent or otherwise) who is ejected must immediately leave the field and spectator area. No less than 100 yards from the furthest boundary to include field, viewing areas and parking lots.
6. See Addendums for the official field map.

Section 3. THE BALL

1. **Specifications.** The official ball sizes are stated below. Game ball shall be of good grade leather or rubber in accordance to specification. Any NFHS or NCAA sanctioned football may be used.
 - a. **Manha** - Peewee-Wilson K2 or equivalent size.
 - b. **Metgot** - Wilson TDJ Football
 - c. **Matua** - Wilson TDY Football
2. **Use of Ball.** Each team will ensure that they provide at least one satisfactory game ball for each division. The decision of the officiant is final involving the acceptability of a given game ball.

Section 4. EQUIPMENT

1. **Uniform.** Players of opposing teams must wear contrasting colored jerseys with numbers front and rear. All jerseys, bottoms and socks must be uniform in color and design. Uniform requirements include coordinated jersey, pants and socks.
2. **Required Protective Equipment.** All players must wear helmets with facemask, shoulder pads, lower pads (thigh, knee, hip and butt), mouthpieces, chinstraps and cleats while on the playing field, in addition to the uniform.
 - a. Mouthpieces must be worn and can be any color except clear or white. All mouth pieces must include a non-detachable strap and must be strapped to the facemask at all times. Mouth pieces with a detachable strap or that are unable to strap to the facemask are not permitted.
 - b. The use of personally owned shoulder pads and helmets is permitted, however are subject to inspection and approval of the team equipment manager.
 - c. It is the responsibility of the team/team equipment manager and/or division coach to ensure that all equipment, whether issued or personal, is in good working order.
3. **Cleats.** All football shoes will be of non-metal cleats of hard rubber or plastics. Screw-ons are permissible, provided no metal screws are visible upon inspection and cleats are made of hard rubber or plastic.
4. **Additional Allowable Equipment.** Athletic supporters, chest protectors, visors and other additional protective equipment is permissible provided it serves a protective purpose. All additional equipment must be made available for inspection by the league officials or game officials upon request.
 - a. Visors may not be tinted or colored. This does not apply to prescription sports lens that may have transitional lenses.

- b. Additional equipment may not pose any danger to the user of any other participant or official.
- 5. **Illegal Equipment.** Shoes with metal cleats are prohibited.
- 6. **Optional Equipment.** Athletic supporters and female chest protectors are optional, although recommended by the GNYFF.

Section 5: Coaches

1. **Code of conduct.** Coaches are expected to adhere to the GNYFF Coaches Code of Conduct.
2. **Certification and Identification.** All coaches will must complete a certification process to include:
 - a. **Volunteer application.** A completed volunteer application, including consent for back ground check and drug testing, and a copy of a current Government issued photo identification.
 - b. **Traning /Clinics.** All coaches must participate in all required training and certification.
 - c. **Coaching ID.** Upon certification all coaches will receive a Coach ID. Only coaches with a current season ID are permitted in the player’s box of the game field. Coach ID must be worn at all time while coaching at any game.
3. **Coaching Staff.** The following is the recommended staffing pattern. Head Coaches are encourages to select their own coaching staff. Only certified coaches are permitted on the bench and sideline as indicated by the field markings.
 - a. **One Division head coach**
 - b. **Four assistant coaches**
 - c. **One Trainer**
 - d. **One Coordinator**
 - e. **One Equipment Manager (one per team is acceptable)**
4. **Coach Uniform.** All coaching staff must be in uniform with fully enclosed cleats or tennis shoes/sneakers.
5. **Responsibilities and qualifications.** Coaches must possess a relative degree of maturity and restraint. They must have satisfactory character and sincerity of purpose to be a positive influence upon the young participants, be a real sportsman who embodies the best qualities of leadership and by their own example, plant the attitudes, ideals and principles of sportsmanship and fair play in the minds of the youth. Coaches will not use abusive or profane languages towards the players, opposing teams, their coaches, and fans or officials by mouth or gesture. Misconduct by coaches, may be cause for suspension at the discretion of the GNYFF board of Directors.
 - a. Head and Assistant Coaches must be at least 18 years of age.
 - b. Junior coaches are ages 16-18. Junior coaches may only carry out the instructions of the Head or Assistant coaches. Junior coaches may not conduct a practice without the physical presence of a head or assistant coach.
6. **Field Coaches**
 - a. Manha – Only one coach per team will be allowed on the field of play at any given time. No Field Coach is permitted to talk to, adjust players, use hand

gestures or otherwise communicate with the on field players or sideline coaches once the offensive huddle breaks. Each coach must remain at least 15 yards from the line of scrimmage.

- b. Metgot – no coaches are allowed on the field of play except for timeouts and personnel injuries.
- c. Matua – no coaches are allowed on the field of play except for timeouts and personnel injuries.

7. Coaches Misconduct

- a. Ejection
 - i. **Ejection** – Any coach who is ejected must immediately leave the field and spectator area. No less than 100 yards from the furthest boundary to include field, viewing areas and parking lots.
 - ii. 1st offense - Automatic suspension of the coach of the next scheduled game.
 - iii. 2nd offense – Permanent ban of the coach from any future game and season.
- b. Misconduct whether within or outside of any GNYFF sanctioned event by any coach will be cause for suspension from participation at the discretion of the GNYFF.

Examples of misconduct

- i. Coaching (practice or game) under the influence of alcohol or drugs
- ii. Crimes against the community
- iii. Crimes against any youth
- iv. Physical violence or threats of physical violence against any participant, parent, coach, volunteer, spectator, official or game officiant

Section 6. ROSTERS AND ID

1. **Roster Size and Restriction.** GNYFF tackle division shall have a roster minimum of 16 and a maximum of 30 players per team. **33 players per tackle division for season 2018 ONLY.**
2. **Official Rosters.** Official roster of certified participants will be maintained by GNYFF. Game day rosters of all eligible teams will be made available to all other teams.
3. **Division eligibility.** Players who participate in high school football by means of practice or game play are ineligible for GNYFF football teams during the same or a future season. Players who certify in a higher GNYFF division (i.e.: weight accommodations, 6 y/o tackle) may not participate in a lower division during the same or a future season.
4. **Transfer Date.** No player may transfer to another team after the 3rd Monday of July of each season.
5. **Roster Closing Date.** Players may not be added to the Official Roster after the Mid-Season weigh in.
6. **Player ID.** All certified players will be issued a GNYFF ID card for participation in that season. Any associated ID card fees must be paid prior to issuance. All missing or lost

cards must be report to the GNYFF immediately for replacement. A charge will be issued for replacement of any lost or missing ID cards.

7. **Attendance and ID check.** Player attendance shall be taken no later than the start of the 4th quarter of the previous division game. Both teams shall meet at the home team side **with 1 division coach and 1 coordinator, players, ROSTER AND ID'S**, and complete the attendance and ID check. Any player who does not have a current GNYFF issued ID with photograph will be deemed ineligible for play. *Dual participants must check in before switching to the Cheer division.* The Status box of the game day roster must be completed during the attendance and ID check using the status codes below:
 - a. V - Eligible player (prior to 1st quarter kick-off)
 - b. L - Late Eligible player (2nd half play only, must comply with MPR)
 - c. I - Sick / Injured
 - d. A – Absent
 - e. D – Discipline
 - f. O - other (must include reason in comments)
8. Dual participants will participate for one division only after their football game has ended. Matua players must participate during Manha's division. Both coaches (Football & Cheer coach must coordinate dual participants practice schedule.
9. **Ineligible Players.** The participation of a non-certified or ineligible player in any game play capacity will result in a forfeit regardless of outcome of the game.

Section 7: MINIMUM PLAY REQUIREMENT (MPR)

1. **Minimum Plays.** GNYFF players are guaranteed a minimum of 6 plays per game. Any player who has not met the mandatory play requirement by the end of the 3rd quarter, must enter that game at the start of the 4th quarter and remain in the game until they have received their required # of plays. Plays that do not count towards the MPR include:
 - a. Off-sides or False Starts
 - b. Replay of down
 - c. Point after attempts
2. **RESPONSIBILITY.** Each Head coach is responsible for observing the MPR rules. The head coach must assign an MPR to monitor to track and record the eligible plays of eligible players. Failure to adhere to the MPR Rule will result in disciplinary action taken against the head coach of the team in violation. Punishment will result in a minimum one game suspension and may include forfeiture and/or other penalties as determined by the GNYFF.
3. **Incomplete MPR –** Status change and comments must be noted on the game day roster for any player who does not complete the Minimum Play Requirement. Status Codes must be changed as noted below:
 - a. I - Sick / Injured
 - b. D - Discipline
 - c. E - EJECTED
 - d. O - other (Must include reason in comments)

4. **MPR Monitor.** Each team shall furnish a monitor to track and record the MPRs. The MPR monitor must inform the coach of any players who have not met the MPR requirement at the end of the 3rd quarter. MPRs must be recorded on the official game day roster and submitted to the GNYFF secretary upon completion of the game but no later than the next GNYFF game review meeting.

Section 8: CONDITIONING AND PRACTICE

1. **Practice Schedule** – Practice must not exceed 10 hours per week, and two and a half (2.5) hours in duration per day. A mandatory 10-minute break (“Mandatory Break”) after each hour of practice is required. Mandatory Breaks do not count against the hours per week or the maximum hours per day. After the 1st day of public school begins, all practices may not exceed a maximum of eight (8) hours per week, with a maximum of two and a half (2.5) hours per day. Mandatory Breaks are still required.
2. **Conditioning.** All participants must complete at least 10 days of conditioning (teaching and training). No body contact or pads practice will be allowed until 10 days of conditioning have been completed. It is the responsibility of the team to inform the GNYFF of the start of their conditioning schedule and to monitor, track and record conditioning practice for each individual participant.
3. **Contact and Padded Practice.** All tackle football participants must have at least 10 days of contact and full pad practice prior to participation in any GNYFF game. It is the responsibility of the team to monitor, track and record contact and padded practice for each individual participant.
4. **Physical Requirements.** No player may participate in any practice without a current approved original physical submitted to their respective team.

Section 9: Player Misconduct

1. **Ejection from a game**
 - a. **Ejection** – Any spectator (parent or otherwise) who is ejected must immediately leave the field and spectator area. No less than 100 yards from the farthest boundary to include field, viewing areas and parking lots.
 - b. 1st offense - Automatic suspension of the participant of the next scheduled game.
 - c. 2nd offense – Permanent ban of the participant from any future game and season.
2. **Misconduct.** Misconduct whether within or outside of any GNYFF sanctioned event by any participant in relation to any team and/or game will be cause for suspension from participation at the discretion of the GNYFF. Premeditated fights or actions by participants detrimental to the team, sponsors or GNYFF may be cause for permanent dismissal from participation with any team of the GNYFF.

Section 10: TIME SEGMENTS

1. **Game Time.**

- a. Divisional rules:

| Division | Minutes/quarter |
|-----------------|------------------------|
| Manha | 8 |
| Metgot | 10 |
| Matua | 12 |

- 2. **Time outs.** Each team will be allotted THREE (3) sixty second (60) time outs per half.

- 3. **Half Time.**

- a. Divisional rules:

| Division | Minutes/Halftime |
|-----------------|-------------------------|
| Manha | 15 |
| Metgot | 15 |
| Matua | 15 |

- 4. **Delay of Game.** Teams in possession of the ball will have 25 seconds to put the ball in play. This includes huddle time.
- 5. **Overtime.** There will be no overtime in GNYFF regular season tackle football.
- 6. **Official clock stop.** Officials may stop the clock at their discretion for clarification purposes and change of possession
- 7. **Injury Time Out.** In the event of an injury, the clock will stop and then restart once the injured player has been removed from the game.

Section 11: SCORING

- 1. **Official Score.**

- a. Touchdown – 6 points
- b. Field goal – 3 points
- c. Point after Try
 - i. Kick - 2 points
 - ii. Run/pass – 1 point
- d. Safety – 2 points
- e. Defensive touchdown – 6 points

Chapter 3: PLAYING SPECIFICATIONS

Section1: STARTING THE GAME

- 1. **Coin Toss** - at the beginning of a game, a coin is tossed by the referee and the winner may start offensively or defer to the second-half and relinquish possession to the opposing team. The defensive team has the option of which goal to defend. These choices will be reversed for the second half.
- 2. **Ball Placement** for the start of each half:
 - 1. Manha – 30 yard line of an 80 yard field
 - 2. Metgot – 40 yard line

3. Matua – 40 yard line

Section 2: GENERAL GAME RULES

1. **Game Rules** - In compliance with the National Federation of State High School Association Rule Book, and the GNYFF Football Rules Tackle Division this will be the official rules of the Federation and its participants to include coaches, volunteers and players, unless otherwise noted in this rule book.

Section 3: Mercy Rule

Any time a team is 24 or more points ahead, the “MERCY RULE” will take effect. A running clock will be implemented and will only be stopped upon the officials signal or a timeout is taken by either team. In addition, the following rules are applicable:

- a. Coaches must remove as many **KEY PLAYERS** (power, dominant, experienced or other strong players) as possible and provide opportunities for less experienced players to gain real-time game experience.
- b. No forward passing is allowed. Plays must be executed from tackle to tackle.
- c. No defensive blitzing is allowed by the leading team.
- d. No 2 point conversion kick by the leading team at the point after try.
- e. If the margin is reduced to less than 24 points, all mercy rule restrictions are removed with the exception of the running clock.

Failure to adhere to the rules of mercy as set forth above will result in an unsportsmanlike conduct infraction and appropriate penalties will be assessed. In addition, disciplinary action will be taken against the head coach of the team in violation. Punishment may result in suspension, forfeiture and/or other penalties as determined to be fair and equitable by the GNYFF.

Section 5: Celebration Rule.

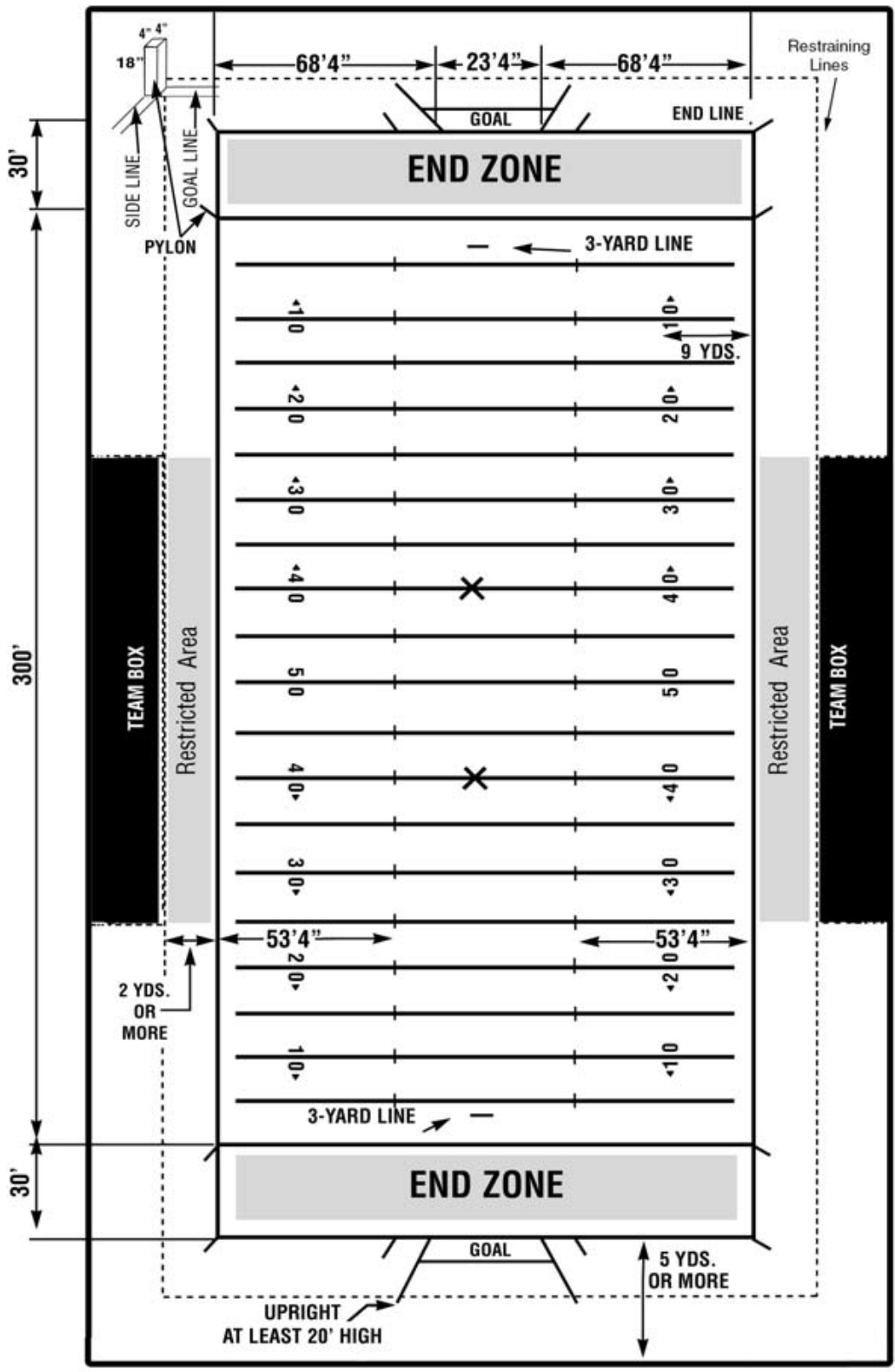
Celebrations after a touchdown (spiking the ball, dancing, etc.) are permissible provided that it is in good taste, along the respective team’s sideline and not directed at the opposing team’s players, coaches or sideline. Conduct deemed inappropriate for a touchdown celebration by an official may be assessed an unsportsmanlike conduct infraction and appropriate penalties will be assessed.

Section 6: PROTESTS

1. The only protest to be considered which will result in a change in the outcome of a game is the use of an ineligible player or players. The responsibility of fact finding in on the protestor. All games where an ineligible player or players has been utilized will result in the forfeiture in favor of the opposing team.

2. Other protest reflecting officials call, judgements, interpretation of the rules and other similar protest will not change the outcome of the game.
3. All protest must be declare upon discovery and prior to the next official play from the line of scrimmage to the officials and at least 1 GNYFF Commissioner or Executive board member.
4. Game play shall be suspended until a GNYFF official has declared otherwise

Section 7: Addendums



GNYFF Weigh-in

The following information details the weigh in procedures for all tackle divisions. Each season will consist of two official weigh –ins, certification and Mid-Season. Certification Weigh-in will take place approximately 1-2 weeks before the first game, Mid- Season Weigh-in will take place at the approximate mid-point of the season. Players may only weigh-in during the scheduled time period for that team.

1) CERTIFIERS

- a) The following certifying personnel must be present for the weigh in of that teams and/or any individual player.
 1. One division coach from that team or
 2. One division coordinator from that team
 3. One GNYFF executive board member or designated commissioner
- b) NO other personnel, i.e.: coaches, parents, coordinators, are permitted within the designated weigh in area during this process unless noted otherwise.

2) SCALE AND WEIGHT REQUIREMENTS

- a) All weigh-ins will be conducted using designated league scales. Players must meet the weight requirements as stated in the current season of the GNYFF Tackle Rules and Regulations for certification or noted as the official mid-season weight considerate of weeks of play.
- b) Players must be at or below the designated weight for certification and mid-season requirements.

3) WEIGH-IN REQUIREMENTS

- a) Players may not wear pads or helmet for weigh-in.
- b) Players may opt for a stripped down weigh-in with the consent of the parent or guardian. Weight requirements will remain the same.

4) INELIGIBILITY

- a) Any player who fails to meet the designated weight becomes an uncertified or ineligible player.
- b) Any Player who does not meet mid-season weight requirement is deemed ineligible for the remainder of the season. Player ID must be surrendered and player will be blacked out from the roster.