



Clayton County
Rules Book
for All
Sports

Where the World Lands
and Opportunities
Take Off



Mission Statement

The Athletics Division of the Clayton County Parks & Recreation Department fosters a culture of success through the promotion of competitive effort, ethical behavior, social responsibility, and community engagement that encourages leadership and achievement.

Core Values

Risk Management

Clayton County Athletics is committed to minimizing children's exposure to danger, harm or loss. This involves protecting youth from environmental threats such as extreme temperatures and hazardous weather conditions, confirming that all playing equipment and facilities are safe and fully operational, and ensuring that all youth sports volunteers are thoroughly screened for criminal history.

Professional Competence

Clayton County Athletics staff and volunteers will follow industry best practices in the management of youth sports programs. This includes compulsory sport-specific, on-court/field training and relevant national coaching certification.

Accountability

Clayton County Athletics staff and volunteers will "honor the game" by ethically following the established rules of competition and by promoting the expectation that all participants and spectators subscribe to fair play.

Child-Centeredness

Clayton County Athletics believes all youth programs should be facilitated in a progressive manner consistent with early childhood development. Additionally, participation is paramount, and every child who is registered for a youth sports program must be guaranteed playing time, regardless of his or her athletic ability or the team's competitive circumstances.

Positive Culture

Clayton County Athletics will foster and maintain a climate of affirmative behavior through regularly mandated orientation of volunteers, parents, and program participants. These sessions introduce and promote the values, standards, and beliefs of the respective Clayton County youth sports leagues.

Clayton Parks Municipal Codes



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CLAYTON COUNTY PARKS AND RECREATION

3&4 YEAR OLD INSTRUCTIONAL T-BALL LEAGUE RULES AND REGULATIONS **PLAYING FIELD**

1. Bases and pitcher's mound shall be the same as 5-6 T-ball. GENERAL RULES 1. No score shall be kept or outs recorded and the scoreboard shall be off. A line-up shall be given to the opposing manager and umpire 10 minutes prior to game time.
2. The game will be no more than 4 innings, time permitting.
3. Game time shall be 45 minutes. There are no grace periods or forfeits.
4. Coaches must remain in the coaches' box. There may be 4 coaches on offense and four coaches on defense. Coaches must be certified. NO SPECTATORS ALLOWED ON THE FIELD OR IN THE DUGOUT, NO EXCEPTIONS! No coach shall touch a player or be in the infield (coach must be behind the base)
5. All base runners, batters & on deck batters must wear a helmet at all times. The catcher must wear a helmet at all times. All other catcher's equipment is not required.
6. All teams shall have only 6 infielders. Only 1 player is allowed on the pitcher's mound. A catcher is optional and may be positioned elsewhere in the infield and the remaining players will be positioned in the outfield.

7. A continuous batting order will be used. Each team shall bat a player 4 times (once per offensive inning) time allowing using the same batting order each inning. Lining players up in the dugout in batting order and having the next batter ready in the on-deck circle shall be a speed up rule.

8. LAST BATTER RULE: The responsibility belongs to the offensive team to CLEARLY alert the defensive team that the last batter is coming to bat. The inning ends when all batters have batted. 9. All infielders must stay behind an imaginary line that runs from 1st to 3rd base until the ball is hit. GAME RULES 1 Defense: Coaches shall be limited to injury time out only. 2. No base runner may advance on an over throw to first base. 3. A base runner will stay on base until the ball is hit & in play. 4. A ball must travel 6 feet or is a foul ball. 5. A pitcher must play inside the circle. 6. All batters must hit from the tee, NO EXCEPTIONS. 7. If the base runner overruns the base, they are safe



CLAYTON COUNTY PARKS AND RECREATION 5&6 T-BALL LEAGUE RULES & REGULATIONS
Revised December 2019 PLAYING FIELD

1. The distance between bases shall not exceed 55 feet. The distance to the front of the pitcher's plate shall not exceed 35 feet. GENERAL RULES 1. A line-up shall be given to the opposing manager and umpire 10 minutes prior to game time. Late arrivals will be added to the bottom of the lineup.

2. The game will be no more than 4 innings or 1 hour & 10 minutes.

3. Coaches must remain in the coaches' box. No coach may touch an offensive base runner or the runner is out. No coach may touch or assist (umpire's discretion) a defensive player. This results in all offensive runners being called safe and the offense being awarded base + one.

4. All base runners, batters, on deck batter & catcher must wear a helmet always. No other catching equipment is required unless the team advances to post-season play.

5. All teams shall have 6 infielders (including pitcher/catcher) and 4 players will be positioned in the outfield. The remaining players are to be swapped out during game until everyone has played equally.

6. A continuous batting order will be used. A team must have 8 players to start (SEE RULE #7 PARK & LEAGUE RULES)

7. In the event of rain or lightning, a game shall be deemed "official game" after 3 innings is complete (2 & ½ innings if home team is leading). Only an umpire or coordinator may suspend or call a game.

8. The ball shall be in play when indicated as such by the plate umpire. Play shall be deemed over when in the umpire's judgment the progress of the lead runner has been stopped, an out recorded, runner scores, or 3 outs. The offense cannot advance further if the defensive player stands on the base or stands in the base line in front of the lead runner, or if the runner fails to attempt any further advancement. In the event there are trailing runners, time will not be called until all such runners have made a commitment to a base (umpire's judgment). At that time the umpire will call time and the play will stop. All runners will be committed to the last base they attained. A FIELDER CALLING TIME OUT WILL NOT STOP PLAY.

9. There will be a 7-run limit per inning. In the event of a homerun hit over the fence all runs will count, this is the only way a team may score more than 7 runs in an inning. The run rule will be 10 runs after 4 innings or 15 runs after 3 innings.

10. All players shall remain in the dugout during the game if not actively playing offense or defense in the game. No hitting sticks on the field or walkways. GAME RULES 1. Defense: Coaches shall be limited to 1 time out per inning, except injury time out. 2. There may be 2 defensive coaches positioned in the outfield. The outfield defensive coach must be behind the deepest player. The defensive coach may not physically assist any player while the ball is "in play;" nor may the defensive coach touch the ball. 3. A pitcher must be on the pitcher's rubber at the time of the pitch. 4. An outfield defensive player must throw the ball into an infield player to record an out or stop play. Exception: fly ball caught. 5. One base will be allowed on a over throw to first base only by an infielder. 6. OFFENSE: An offensive coach may make only 1 visit with the batter per turn at bat (exception: injury). 7. An offensive coach (pitcher) must throw over handed. The batter gets 5 pitches total or 4 pitches & 1 swing off the tee. The umpire will place the ball on the tee. After the ball is hit, the pitching coach shall exit the opposite side of the hit ball. Coaches must have one foot in contact with the pitching rubber. 8. The ball must travel 6 ft. from the back of home plate or is a foul ball (exception: if it is the fifth swing or hit off the tee, it is an out). NO BUNTS. 9. A batter shall swing at each pitch during each at bat. He will be called out for slinging the bat after one warning to the manager. If a batter slings the bat, the first occurrence will result in a warning by the Umpire, and the play will count. A second occurrence by the same batter will be recorded as an out. If anyone is hit by the slung bat, that batter will automatically be called out. A slung bat shall be defined as any instance where the batter releases the bat and it either lands or rolls outside of a six-foot halo around the batter. This halo will be determined by judgment of the plate umpire. 10. All bats used in the T-ball Division must be designated and labeled for T-Ball by the manufacturer.

11. The batter must remain in the batter's box while attempting to hit the ball.

12. A base runner shall stay in contact with the base until the ball is hit.

13. A batter or base runner shall be called out if he has contact with a fair ball outside the batter's box before the ball is touched by or passes a defensive player.

14. The rescheduling of games will be the sole responsibility of the Program Coordinator so that all parties involved are aware of all changes to the schedule. This includes informing Coaches for both teams and referees when they are required so that the Program does not have any undo cost.



CLAYTON COUNTY YOUTH BASEBALL LEAGUE RULES (Revised December 2019)
Age Control Date for this league is BEFORE or ON April 30th of the current year.

1. Southern Premier Baseball League will follow Georgia High School Baseball Rules, unless otherwise specified in Parks Rules.
2. Roster declarations must be turned in to Southern Premiere Baseball League 3 weeks before opening day. Affiliate leagues must provide rosters for each team declared. Team declarations require a minimum of ten(10) players.
3. NO ALCOHOLIC BEVERAGES or persons under the influence allowed around practice areas or in the ballpark. The use of tobacco products on or near the playing field is prohibited.
4. ZERO TOLERANCE POLICY: Managers shall converse with Umpires, Scorekeepers and opposing Managers only during an official timeout of a game. Profanity or lewd conduct is prohibited. It is the Manager's responsibility to maintain order of his spectators. If anyone is ejected from or during a game, he must LEAVE THE PARK AT ONCE. Any Manager or Coach ejected 2 times in 1 year, he will be suspended the rest of the year.
5. THE HOME TEAM has the following responsibilities: ● Securing the score brains (these are not to be left out due to weather exposure) ● Providing an official book. This book must be kept by the official scorekeeper during the game. Upon completion of the game the official book must be signed by the manager of each team. No game shall be protested if the official book for that game has not been signed

each manager of said game. ● Providing an official scorekeeper. This scorekeeper will announce the starting time verbally to the umpire and record the time in the official book. NOTE: THE OFFICIAL SCOREKEEPER OR ANYONE IN THE SCOREBOX CANNOT CALL ATTENTION TO ANYTHING HAPPENING ON THE FIELD (EX: BATTING OUT OF ORDER, ILLEGAL PITCHER, ETC.)

6. All Managers must give a complete line up to the Umpires, scorekeepers & opposing Manager. IN THE EVENT OF AN INJURED OR ABSENT PLAYER OR A PLAYER BEING HELD OUT FOR DISCIPLINARY REASON, AN INELIGIBILITY NOTICE MUST BE FILLED OUT BEFORE THE GAME AND GIVEN TO THE SCOREKEEPER, OPPOSING MANAGER, UMPIRE & SPORTS COORDINATOR. THE GAME CAN BE FORFEITED IF PROCEDURE IS NOT FOLLOWED.

7. A TEAM MAY START PLAY WITH 7 PLAYERS PRESENT. Players arriving after the game has started shall be added to the roster in the last slot of the batting order when he arrives. If the 8th and 9th player does not arrive prior to his turn at bat, the team will take an out each time the 8th and 9th player comes to bat. If a player is injured/sick and cannot complete the game, an out will be recorded the next time that spot comes up and not after if the player cannot return to the game for any reason.

8. FORFEIT RULE: A team will be charged with a loss if it fails to field 8 players no later than 15 minutes from scheduled start time. The umpire will sign the official book the game will proceed by the losing team borrowing eligible players to field a team. The 15 minutes will be deducted from the time limit established for that age division. Late players may be added to the lineup, but the loss will stand. The 15 minutes grace period applies only to the first scheduled game of the day for each age group. There is no grace period for all other scheduled games.

9. 7 & 8 AND ABOVE, THE CATCHER MUST WEAR A CUP AT ALL TIMES.

10. A player must slide or avoid contact when a play is being made on the runner (no "Bulldogging"). This is a judgement call by the umpire. Headfirst slides are not allowed. The penalty for head first slides in all divisions shall be an out. A dive back to a base on a pick off or base over run is not considered a head first slide. Runners in run down situations may not slide head first. Divisions U6 through U12.

11. A CONTINUOUS BATTING ORDER (all players in lineup must bat in same order before 1st batter bats again) WILL BE FOLLOWED WITH A MANAGER HAVING THE ABILITY TO ADD A LATE PLAYER TO THE BOTTOM OF THE LINEUP, UNLESS YOU HAVE GONE THROUGH YOUR BATTING ORDER AT LEAST ONCE ALREADY. An attempt must be made to sub all players by the beginning of the fourth inning. If a player does not get time in (2 innings in the field), that player will start the next game and play the entire game. FAILURE TO FOLLOW THIS RULE WILL RESULT IN DISCIPLINARY ACTION & POSSIBLE SUSPENSION OF THAT MANAGER.

12. RUN RULE In 7/ 8 thru 13/14 a team's turn at bat will continue until: ● The 3rd out is officially made ● The offensive team scores 7 runs. Under this rule, if a batter comes up and legally drives in more than 7 runs for that inning, only 7 runs will be allowed but the play will continue until the ball is dead (Exception: In the event of a homerun hit over the fence all runs will count, this is the only way a team may score more than 7 runs in an inning.). The run rule will be 10 runs after 4 innings or 15 runs after 3 innings.

13. FREE SUBSTITUTION: There will be a reentry rule for 7/8 through 13/14 (manager may remove starter 1 time and return him to the game in the same batting order. Starting pitcher and Relief Pitcher MAY NOT return to the mound.

14. 7/8 LEAGUE ONLY No runner may score from 3rd base unless the ball has been hit. There is no infield fly rule.

15. PROTEST: If you feel it necessary to file a protest of a game, the scorekeeper & umpire must be notified immediately following the infraction & before the next pitch is thrown. The umpire must sign the official scorebook at this point. The intent to protest a game must be declared to the Athletic Coordinator no later than one hour following the conclusion of the game in question. The protest must be in writing and submitted, along with a \$100 cash filing fee for each alleged infraction (refunded only if protest is upheld), to the Coordinator no later than twenty-four (24) hours after termination of the game protested. The burden is upon the team filing the protest to prove the allegations. The Athletic Coordinators serve as the Protest Committee. REMEMBER, YOU CANNOT PROTEST A JUDGMENT CALL.

16. APPROVED EQUIPMENT • Rubber-molded, cleated shoes are approved for use. Steel spikes are approved for the U14 age Division only. Interchangeable cleated-shoes are allowed using the rubber molded screw-in cleats only. All shoes must be approved by umpire or Tournament Director for safety. • The official bat shall be round, and made of wood, metal, or other material acceptable for batting as approved by rules governing play in the GHSA. Regulation aluminum bats which meet GRPA standards are permitted in all divisions. Bat sizes for each division are as follows:

1. In the U8, 10U and 12U "Major" Divisions, bats must meet USA Baseball bat standards. Approved Bat List: <https://usabat.com/> About USA Bat: <https://usabat.com/about/> FAQ: <https://usabat.com/faq/> Tee Ball Info: <https://usabat.com/approved-tee-balls/> Visit <https://USABat.com> for detailed information. (2 5/8 big barrel bats) 2. Bats for u14 Baseball Divisions shall conform to National Federation and GHSA guidelines. The diameter at the thickest part shall be 2 5/8" or less. The length shall be 36" or less. All bats must meet the standards set by The Georgia High School Association and The National Federation of High School Sports. The bat shall not weigh numerically more than 3 ounces less than the length. Bats on NFHS site also must include marking of BB-COR as required and may not be altered. Example: A 32" long bat cannot be less than 29 ounces in weight. 3. Composite bats are prohibited. Questionable and/or altered equipment may be disqualified for play.

17. EQUIPMENT RETURN: Equipment issued is the property of Clayton County. All Equipment issued must be returned in good condition immediately following the last game of the season. The Manager will be billed for equipment not returned.

18. SATURDAY & SUNDAY PRACTICE: There will be no lights utilized on Saturday or Sunday. Use of the fields for park teams is on a first come, first serve basis.

19. REGULATION GAME: a) All games played during the week that end in a tie will remain a tie, NO EXCEPTION. b) There will be no new innings started with (5) five minutes or less left in game time. NO EXCEPTIONS! c) The end of season standing will be figured ½ win ½ loss for tie games. Fewest runs allowed will break records tied at season end. d) All games that play 3 full innings will count as a complete game in case of rainout (2 ½ innings if home team is leading). Only the umpire may call a game. e) A game will consist of innings & time limit as set below:

- 5-6 T-BALL 1 HOUR 10 MINUTES OR 4 INNINGS
 - 7-8 1 HOUR 15 MINUTES OR 5 INNINGS
 - 9-10 1 HOUR 30 MINUTES OR 6 INNINGS
 - 11-12 1 HOUR 30 MINUTES OR 6 INNINGS
- 13-14 1 HOUR 45 MINUTES OR 7 INNINGS A NEW INNING BEGINS AS SOON AS THE 3RD OUT IS RECORDED

20. PITCHING RULES AND REGULATIONS No Pitcher will be allowed to pitch 3 consecutive days. A Starting Pitcher or Relief Pitcher MAY NOT return to the mound. Age Division Column A Column B Column C 9U 4 6 8 10U 4 6 8 11U 4 6 9 12U 4 6 9 13U 5 7 11 14U 5 7 11 Column A: The number of innings a pitcher can legally pitch in one (1) day and still legally pitch the next day. EXAMPLE: In the 10U age division, a Pitcher may throw up to four (4) innings in one (1) day and still throw the next day; but if that Pitcher throws four and one-third (4 1/3) innings or more in one (1) day, he cannot pitch the next day. Column B: The number of innings a pitcher can legally pitch in one (1) day. EXAMPLE: In the 10U age division, a pitcher may throw a maximum of six (6) innings in one (1) day. The pitcher would not be allowed to pitch the next day. Column C: The number of innings a pitcher can legally pitch in two (2) consecutive days. EXAMPLE: In the 10U age division, a pitcher may throw a maximum of eight (8) innings in two (2) consecutive days. This is to be interpreted as a pitcher may legally pitch any combination of innings that equal eight (8) as long as the first (1st) day pitched does not equal more than four (4) innings due to Column A requirements. For the purposes of the pitching limitations rules, a pitcher is in violation of the rule if he records any out above the pitching limits. EXCEPTION: Exceeding the maximum innings allowed in the case of a double or triple play will not be counted against the pitcher. 9-10: 6 innings one day or 4 innings 1st day 4 innings 2nd day 11-12: 6 innings one day or 4 innings 1st day 5 innings 2nd day 13-14: 7 innings one day or 5 innings 1st day 6 innings 2nd day

21. Pitching and Baseline requirements for all Southern Premier Baseball League age groups: T-Ball (3-4 & 5-6): The pitching rubber will be placed 35ft. from home plate and the bases should not exceed 55ft. between bases. Coaches must have one foot in contact with the pitching rubber. 7-8 Division: The pitching rubber will be placed 40ft. from home plate and the base will be placed at a distance of 60ft. between bases. Coaches must have one foot in contact with the pitching rubber. 9-10 Division: The pitching rubber will be placed 46ft. from home plate and the bases will be placed at a distance of 65ft. between bases. 11-12 Division: The pitching rubber will be placed 50ft. from home plate and the bases will be placed at a distance of 70ft. between bases. 13-14 Division: The pitching rubber will be placed 54ft. to 60.6ft from home plate and the bases will be placed at a distance of 80ft. between bases not to exceed 90ft.

22. The rescheduling of games will be the sole responsibility of the Program Coordinator so that all parties involved are aware of any and all changes to the schedule. This includes informing Coaches for both teams and umpires when they are required so that the Program does not have any undo cost.

23. TOURNAMENT RULES AND REGULATIONS The rules for the Southern Premier Baseball League Tournament will be the same rules used during the regular season.

8U DIVISION "NO WALK RULE"

1. Each batter walked by the opposing team's pitcher (I.E., Ball four count), will then have an opportunity to receive a single pitch or up to three pitches from his coach.
2. The number of pitches to be offered by the batter's coach will be determined by the number of strikes earned by the opposing team's kid pitcher. a. Example No. 1: Batter receives ball four pitch with (1) one strike, the coach is then allowed (2) pitches. Each pitch by the coach is recorded as a strike if not put into play by the batter. b. Example No. 2: Batter receives ball four pitch with (2) two strikes, the coach is then allowed (1) one pitch. Each pitch by the coach is recorded as a strike if not put into play by the batter. c. Example No. 3: Batter receives ball four pitch with (0) zero strikes, the coach is then allowed (3) three pitches. Each pitch by the coach is recorded as a strike if not put into play by the batter.
3. Each at bat will result in a strike-out or hit ball, unless the batter is hit by the opposing team's kid pitcher (batter hit by kid pitch is awarded 1st base and not allowed to face coach pitch).
4. Batter hit by coach pitch is recorded as a strike, including strike (3) three pitch.
5. Base runners cannot steal bases while a coach is pitching. 6. Batters cannot run on a drop 3rd strike. (Ex. If a batter is batting and the catcher drops the third (3rd) strike, the batter cannot advance to 1st base. The batter is recorded as a strike out.)

CLAYTON COUNTY FAST PITCH SOFTBALL PROGRAM

1.1 OBJECTIVE

1.1.1 The Fast-Pitch League is designed to provide both recreational and instructional level play for those girls interested in Fast-Pitch softball.

1.2 LEAGUE ORGANIZATION

1.2.1 The Fast-Pitch teams are comprised of four age groups 10U, 12U, 14U, 17U age groups. Age groups may be combined due to number of participants registered to play and to field similar aged teams against other competition.

1.3 MINIMUM EQUIPMENT

1.3.1 Catchers must wear a mask, helmet, chest protector, and shin guards. These are to be worn during games and practices.

1.3.2 Batters and base runners must wear helmets with earflaps and securely fastened.

1.3.3 All pitchers must wear a face mask during all games and practices. (10U & 14U)

1.4.1 Pitching Distance is 35' for 10U and all other ages are 40' in distance.

1.4.2 Bases are set at 60 ft (55ft for 10 & under)

1.5 GAME START TIME AND LENGTH

1.5.1 On weeknights, forfeit time for games shall be 15 minutes after the scheduled starting time. This applies to the first games only. Forfeit time for succeeding games is game time. Forfeit time for weekend games is game time.

1.5.2 Each game is limited to seven (6) innings or time limit, whichever comes first. No new inning may start later than seventy-five (80) minutes from the official start time. During the regular season the "International Tiebreaker Rule" (International Tie Breaker last recorded out is placed on second(2nd) Base) will apply for one additional inning if after regulation play a tie exists. The umpire and the Board member on duty have the right to call the game to an end as a tie if time becomes excessive to determine the winner. THIS IS A JUDGEMENT CALL AND DECISIONS WILL BE FINAL.

1.5.3 10 Run Rule: If the home team is ahead by 10 or more runs at the end of 4 1/2 innings or the visiting team is ahead by 10 or more runs at the end of 5 innings, the game shall be considered complete. This rule shall be waived during division playoff games.

1.6 7 run rules

1.6.1 A maximum of 7 runs can be scored by the same team in the same inning during the game. A home run over the fence all runs shall count even if it is over the seven (7) Max.

1.7 PLAYER PARTICIPATION

1.7.1 All players are in the batting order. 10 defensive players take the field in 10 & Under age group. All other age groups use 9 defensive players. Free substitution is allowed.

1.7.2 Courtesy runners can be used anytime for the pitcher and catcher only. The courtesy runner must be a player not currently in the defensive lineup.

1.7.3 There shall be no dual roster players, meaning a child may only participate on one (1) team

1.8 INFIELD FLY RULE

1.8.1 Infield fly rule applies to 12 & Under and older.

1.9 STEALING

1.9.1 Players May steal after the ball is pitch this include home plate, No Stealing home in the U10.

SECTION II 10 & UNDER SPECIAL RULES

2.1 FIELD OF PLAY

2.1.1 Each Batter Walked by The Opposing Team's Pitcher (I.E. Ball Four Count), Will Then Have an Opportunity to Receive A Single Pitch or Up to Three Pitches from His or Her Coach. The Number OF Pitches to Be Offered by The Batter's Coach Will Determined by The Number of Strikes Earned by The Opposing Team's Kid Pitcher.

Example No. 1: Batter Receives Ball Four Pitch With 1 Strike- Coach Is Then Allowed 2 Pitches. Each Pitch by Coach Is Recorded as A Strike If Not Put into Play by The Batter.

Example No. 2: Batter Receives Ball Four Pitch With 2 Strikes –Coach Is Then Allowed 1 Pitch. Each Pitch by Coach Is Recorded as A Strike.

Example No. 3: Batter Receives Ball Four Pitch With 0 Strikes –Coach Is Then Allowed 3 Pitches. Each Pitch by The Coach Is Recorded as A Strike. Note: Each at Bat Will Result in A Strike-Out or Hit Ball. Unless Batter Is Hit by Opposing Kid Pitcher (Batter Hit by Pitch Is Awarded 1st Base and Not Allowed to Face Coach Pitch.) Note: A Batter Hit by Coach Pitch Is Recorded as Strike Including Strike Three Pitch. Note: Base Runners Can Not Steal Bases While Coach Is Pitching.

3.1 GENERAL RULES

3.1.1 No Runner May Score From 3rd Base Unless the Ball Been Hit. There Is No Infield Fly Rule. Time Limit 1 hour and 15 minutes per game. (12U, 14U, & 17U) Time Limit 1 hour and 10 minutes per game. (U10) Run Rules: 10 after 4 and 8 after 6 7 run rule per inning (When a ball is hit over the fence, all runs will count)



Clayton County Parks & Recreation Department

U6 Basketball Rules & Regulations

I. PURPOSE

The purpose of the Junior Basketball Program is to provide a recreational and developmental activity with the major emphasis on fun and enjoyment. Fundamentals, sportsmanship and fair play are to be stressed. REMINDER: THIS LEAGUE IS STRICTLY DEVELOPMENTAL

II. GOVERNING AUTHORITY

The governing authority of this league will be the Clayton County Parks & Recreation Department. The program will operate under supervision of the Athletic Division staff.

III. ELIGIBILITY

1. The age control date for all age groups will be December 31, of the current year. The age of the player on this day determines the age group he/she will play in. Age groups for Boys & Girls include: 5/6CoEd.
2. Children must be 5 at the time of registration.

IV. COACHES

1. All coaches are held responsible for having read the by-laws and Regulations of the league.
2. All coaches will be required to attend a meeting and coaching clinic, before or during the season.
3. All coaches will be held responsible for conducting himself/herself in a sportsmanlike manner. Failure to comply may lead to TEAM DISQUALIFICATION AND COACH'S SUSPENSION.
4. Only coaches registered in the Clayton County Youth Basketball League may be in the bench area. One coach standing one coach on the Bench. All others must be in the stands. All coaches must stay in the bench area. If there is a coaching box you must be in the box. (Player safety and scorekeepers view) No balls should be brought to the gym for practice and/or game day. There can only be one coach standing at a time during game play.

V. GAMES

All games will be played in accordance with the rules of the Clayton County Parks and Recreation Department. 5-6 Age Group

1. Games shall consist of two (2) half. Each half will be played to a (12) minutes running clock. The clock will stop at the (7) minutes mark for substitutions. Anyone not starting that quarter will be inserted into the game and remain until the end of that quarter. Free substitutions are allowed in the last (2) minutes of each half. All U6 games will be played on 8ft. goals. The game will begin with the home team having possession. Each team will have 2 (two) time-outs per half. No carryovers. The coach or player may request a time-out.
2. No guarding, in the backcourt, is permitted. Under no circumstances may the defensive team take the ball away from the offensive team in the back-court area. Defensive team must be behind the line & (in the box). Goals will be at 8 feet, staff and referees will monitor the game. The ball size is 28.5.
3. Fast Breaks are not allowed.
4. Immediately after losing the basketball, either by a successful shot or any sort of turnover, the defensive players must retreat to the head of the foul circle / line at the other end of the court.
5. Coaches are allowed to be on the court for the first two games of the season, only in order to help get the players adjusted to game play. After the second game all coaches must remain in the coaches' box on their respective sides of the court at all times. Only one coach should be standing at any time during the game.
6. The offensive team will have 45 seconds to shoot the ball once they are in the front court of their goal. Once time has expired, the referee will rule it a turnover.
7. When on defense, if your team delays the game more than 4 times in a series (jumping out the box), it will result in a technical foul. A technical foul will give the offensive team two free throw shots.
8. Overtime, if necessary, shall start (1) minute after regulation play ends. Each team shall participate in a shoot-out between players on the court at the end of the game. In the event of a second overtime each team will pick three players for the shoot-out. Free throws will be taken simultaneously by the 2 teams. The team with the most baskets will be the winner. A tie remains a tie after the second overtime during regular season games.

VI. GENERAL RULES AND CONDUCT

1. No rowdiness, profane language, or display of unsportsman like conduct will be tolerated from players, spectators or coaches. Anyone failing to comply will be subjected to review by the Parks and Recreation Department, with disciplinary action given appropriately. All coaches are also responsible for controlling parents and spectators of their team. If a coach cannot maintain order a forfeit can be declared.
2. Coaches are charged with the responsibility of teaching good sportsmanship and winning attitudes, as well as sound fundamentals of team basketball.
3. It is understood that all participants in this league do release any person or group connected with the teams or league, from all liabilities sustained from any and all injuries by the participants while playing, practicing or traveling to and from said activity.
4. The only children allowed on the basketball courts are the teams playing. All other children are not allowed on the court during time-outs or half times.
5. Do not tamper with any lockers, or any articles left in the bathrooms or gyms.
6. Each team should clean up around the bench area after their game.
7. Any continual disciplinary problems from a coach, player, parent, or fan, will be brought before the Parks and Recreation Department for a disciplinary hearing.
8. Have fun, enjoy yourself and remember, we are all neighbors and should conduct ourselves in a friendly manner. Very Important: Stay out of the workout area. Everyone should remain in the Gym at all times Unless going to the restrooms or snack room. Please limit any snacks & drinks to areas allocated for that at all facilities.

Please obey the No smoking policy of the CCBOE Should you have any questions regarding rules or any other matter, contact the Athletic Office at 770-473-3800 M-F 8:30-5:00.

YOUTH BASKETBALL RULES & REGULATIONS

The purpose of this program is to provide a recreational activity with an emphasis on recreation and exercise. Fundamentals, sportsmanship and fair play are to be the cornerstones of this program.

1. Governing Authority The governing authority of this league will be the Clayton County Parks & Recreation Department. The program will operate under Athletic Division staff, with the supervision of the Athletic Manager.

2. Eligibility

The age control date for all age divisions will be December 31st of the current year. The age of the participant on this date, determines the age group he/she will play in. Age groups for Boys & Girls include: a. 6 & Under Co-Ed (5 & 6) b. 8 & Under Co-Ed (7 & 8) c. 10 & Under Boys (9 & 10) d. 11 & UP

Girls (11 Plus) e. 12 & Under Boys (11 & 12) f. 14 & Under Boys (13 & 14) Note: Participants should not be a member of any high (Varsity) school basketball team. Note: All 14 & under coaches and team can only freeze (7) seven player. There will be a 10-minute grace period for the first game of the day only. All teams must have four (4) players to start the game. In the event a team has less than four (4) players. That team will forfeit the game.

3. Coaches

- a. All coaches are held responsible for having read the rules and
- b. All Coaches must attend a mandatory certification clinic. All coaches must be certified. Only coaches registered in the Clayton County Youth Basketball League may sit on the bench. Three coaches are allowed to sit on the bench. One coach is allowed to stand. The other coaches must be seated. This rule will be enforced and can lead to disciplinary actions towards the Head Coach and the team.
- c. All coaches will be held responsible for conducting himself/herself in a sportsmanlike manner. Failure to comply may lead to TEAM DISQUALIFICATION AND COACHES SUSPENSION. If a coach is ejected from a game, he/she must leave the gym for the remainder of that game. Any coach ejected from a game will be suspended for the next game that his or her team plays. This suspension includes being barred from the facility in which the game is played. Coaches placed under suspension cannot attend any practices until their suspension is over. A second coach offense will result in automatic expulsion from the program. The CCPRD reserves the right to review all cases individually.
- d. Coaches may be ejected from the game after the 1st technical if the official deems necessary. The next technical foul will result in ejection!
- e. The CCPRD reserves the right to suspend all players, coaches and managers.
- f. All coaches must stay in the bench area. If there is a coaching box you must be in the box. (Player safety and scorekeepers view) No balls should be brought to the gym.
- g. Coaches are charged with the responsibility of teaching good sportsmanship, winning attitudes as well as sound fundamentals of team basketball.

Games Rules and Practice

- a. All games will be played in accordance with the Georgia High School Association Constitution and by-laws and the Georgia Recreation and Parks Association, unless otherwise stated in the rules and of the Clayton County Parks and Recreation Department. The National Edition of the Basketball Rule Book is the official guide for GHSA and GRPA.
- b. There shall be at least five (5) minutes warmup between games, regardless of the ending time of the previous game. The game will start when the officials are ready to play. Teams are expected to be on time and ready to play for their assigned game. There will be a 3-minute warm up at half time after the dance team performance. c. All age groups 10 & under and younger, will use a 28.5" circumference "Girls ball" and U14 Boys will use a regulation size basketball, as approved by GHSA and GRPA.

- d. All players will play the required amount of time according to the substitution rules for each age group. Failure to do so will result in disciplinary action against both the coach and the team involved, including possible forfeiture and suspension.
- e. Game jerseys must be tucked at all times. If a player is detected wearing jewelry, that player shall remove the jewelry immediately or be directed to leave the game.
- f. The three-point shot will be used in all age groups. If the gym floor is not marked, the rule will not be in effect.
- g. If a player is deemed sick and does not play in the first half of the game he will not be able to play in the second half of the game. If a coach has a player who is injured, ill, or does not wish to participate, the coach must notify the parent, the opposing coach, the scorekeeper, and the Athletic Staff, as soon as possible. Otherwise the coach will be held responsible for the substitution rule.
- h. All teams will have (2) practice sessions per week. Any practice meetings by your team, not schedule by the Recreation Department may not be counted as a “missed” practice for a participant. If a coach takes it upon himself/herself to practice outside the times and/or facilities scheduled by the Department, it will make the coach solely liable.
- i. A team that has 10 players; no individual will be allowed to play an entire ballgame. Teams with less than 10 players do not have to share equal time, during required substitution periods.
- j. Very Important:
 - a. There is no eating or drinking in the Gym at any time.
 - b. Participants are only allowed to eat and drink in the recreation center in areas designated by the Recreation Manager.
 - c. Please obey the No Smoking policy of the CCBOE.

2. Protest

- a. The only type of protest that will be considered by the CCPRD Protest Committee is on player eligibility. The protest fee will be \$100.
- b. The teams will enforce the rule concerning player eligibility. Offended teams do not necessarily need to officially protest a game to be awarded a forfeit. If a team does protest a player’s eligibility, the burden of proof rests with the protesting team.

3. General Rules and Conduct

- a. No rowdiness, profane language, or display of unsportsmanlike like conduct will be tolerated from players, spectators or coaches. Anyone failing to comply will be subjected to review by the Parks and Recreation Department, with disciplinary action given appropriately. All coaches are also responsible for controlling parents and spectators of their team. If a coach cannot maintain order a forfeit can be declared.

- b. It is understood that all participants in this league, release any person or group connected with the teams or league, from all liabilities sustained from any and all injuries by the participants while playing, practicing or traveling to and from said activity.
- c. The only children allowed on the basketball courts are the teams playing. All other children are not allowed on the court during time-outs or half times. Parents are not allowed on the court for any reason!
- d. Do not tamper with any lockers or any articles left in the bathrooms or gyms. Each team should clean up around the bench area after their game.
- e. Persons under the influence of alcohol or drugs shall be suspended from the gym.
- f. Gambling is prohibited.
- g. Any continual problems from a parent or fan they will be ask to leave the gym. It will be up to CCPRD if or when the parent or fan may return back to the gym.
- h. Have fun, enjoy yourself and remember we are all neighbors and should conduct ourselves in a friendly manner.
- i. CCPRD has the right to add and make changes to any rules as it sees fit for the basketball program. This covers any rules that are not listed in this rulebook as it relates to the basketball program.

Player Ejections and Suspensions

- a. An ejected player must leave the playing floor and remain on the bench for the remainder of that game. Being allowed to remain on the bench is at the discretion of the referee.
- b. Any player ejected from a game because of unsportsmanlike conduct will be suspended for the next game that his or her team plays. This suspension includes being barred from the facility in which the game is played. The CCPRD reserves the right to review all cases individually.
- c. On a player's second offense, the player will be expelled from the program. CCPRD reserves the right to review all cases.
- d. The CCPRD reserves the right to suspend all players, coaches, and managers. Should you have any questions regarding rules or any other matter, contact the Athletic Office at 770-473-3800, Monday—Friday, 8:30 am — 5:00 pm or by e-mail at claytonathletics@gmail.com

Mercy Rules

- a. Mercy Rules will go into effect in the 2nd half only, and only when a team is winning by twenty (20) points or more.
- b. During 2nd half play with the Mercy rule in effect, winning teams will be allowed to play half-court defense only, while the losing team will be allowed to play full court defense.
- c. Once implemented, the Mercy Rule stays in effect for the remainder of the game, unless otherwise noted.

d. U8 & U10 division games will end at the two (2) minutes mark.

e. U8 & U10 division games will discontinue the Mercy Rule at the mercy rule at the two-minute mark if the trailing team has closed the margin to less than 20 points.

f. U8 & U10 division will utilize a running clock with the Mercy Rule in effect. g. U12 & U14 division games will end at the two (2) minute mark of the second (2nd) half if the losing team continues to trail by twenty (20) or more points.

h. U12 & U14 division games will discontinue the Mercy Rule at the two (2) minute mark if the trailing team has closed the margin to less than 20 points. (1) U8 Co-Ed Basketball Rules (a) Games shall consist of two (2) halves. Each half will be played to a (18) minutes running clock. The clock will stop at the (11) minutes mark for substitutions. Free substitutions are allowed in the last (4) minutes of each half. Last (2) minute in each half will use a regulation clock.

All U8 games will be played on 8ft. goals. The game will begin with the home team having possession. Each team will have 2 (two) time-outs per half. No carryovers. The coach or player may request a time-out.

(b) No guarding in the backcourt is permitted in the 8 & under age group, however there is a 10 second back court count. Under no circumstances may the defensive team take the ball away from the offensive team in the back-court area. Defensive team must remain behind the half court line. Full court press will only be allowed the last four (4) minutes of each half. Reminder, if a team is up by twenty (20) pts, then the full court press is not allowed, and the mercy rule is implemented.

(c) Fast Breaks will be allowed throughout the entire game.

(d) Overtime, if necessary, shall start one (1) minute after regulation time ends and will be two (2) minutes long, with one time-out per team. The home team will have possession to start the overtime. After two (2) overtime period the game will end in a tie.

U10 Boys Basketball Rules

(a) Games shall consist of (2) halves. Each half will be played to a (18) minute running clock. The clock will stop at the (11) minute mark automatic for substitution. Free substitution is allowed in the last (4) minute of each half. Last 2 minute in each half will use a regulation clock.

(b) All U10 games will be played on 10ft. goals. Each team will receive 2 (two) time-outs per half. No carryovers. The game will begin with a jump ball.

(c) Fast Breaks will be allowed the entire game; full court presses will be allowed in the 2nd half only.

(d) Overtime, if necessary, shall start one

(l) minute after regulation time ends and will be two

(2) minutes long, with one time-out per team. A jump-ball will determine possession. In the event the overtime period ends in a tie. After (2) overtime the game will end in a tie.

U12 Boys Basketball Rules

(a) Games shall consist of (2) halves. Each half will be played to a (20) minute running clock. The clock will stop at the (12) minute mark for substitutions. Free substitutions are allowed in the last (4) minutes of each half. The last 2 minutes in each half will use a regulation clock. Each team will receive 2 (two) timeouts per half. No carryovers. The game will begin with a jump ball. A coach or a player may call a time-out. Overtime, if necessary, shall start one (1) minute after regulation time ends and will be two (2) minutes long, with one time-out per team. A jump ball will determine possession. In the event the overtime period ends in a tie. The game will end in a tie

(b) All games will be played in accordance with the Georgia High School Association Constitution and by-laws and the Georgia Recreation and Parks Association, unless otherwise stated in the rules and of the Clayton County Parks and Recreation Department. The National Edition of the Basketball Rule Book is the official guide for GHSA and GRPA.

U14 Boys Basketball Rules

(a) Games shall consist of (2) halves. Each half will be played to a (20) minute running clock. The clock will stop at the (12) minute mark for substitutions. Free substitutions are allowed in the last (4) minutes of each half. The last 2 minutes in each half will use a regulation clock. Each team will receive 2 (two) time-outs per half. No carryovers. The game will begin with a jump ball.

(b) Overtime, if necessary, shall start one (1) minute after regulation time ends and will be two

(2) minutes long, with one time-out per team. A jump ball will determine possession. In the event the overtime period ends in a tie. The game will end in a tie All games will be played in accordance with the Georgia High School Association Constitution and by-laws and the Georgia Recreation and Parks Association, unless otherwise stated in the rules and of the Clayton County Parks and Recreation Department. The National Edition of the Basketball Rule Book is the official guide for GHSA and GRPA. Regulation basketball is allowed, teams can full court press in the first and second half of game.

Girls Basketball Rules

1. Games shall consist of (4) quarters, with (1) minute between quarters and a five (5) minute half-time. Quarters will be eight (8) minutes long with a running clock. All girls game will be play on a 10ft. goals. The game will begin with a jump ball. The clock will stop for time-outs. Each team will have (2) time-outs per half. No carryovers. The coach or player may request a time-out.

2. Fast breaks will be allowed the entire game; full court presses will be allowed in the 2nd half only. 3. The clock will stop at the four-minute mark for each of the first three (3) quarters, for automatic substitutions. Anyone not starting that quarter will be inserted into the game and remain until the end of that quarter. Fourth quarter will be open to free substitutions.

Clayton County 3v3 Youth Basketball Rules

The official Clayton County Basketball Rules of the Game are valid for all game situations not specifically mentioned in the 3x3 Rules of the Game listed below.

Art.1 Court and ball the game of 3x3 is played on a half court with one basket. A regular 3x3 court playing surface in official competitions is approximately 49' wide x 36' deep, with regular basketball court markings, including a 19-foot free throw line, and a 22-foot 2-point line. Half of a traditional basketball court may be used. An age-appropriate size basketball will be used for all competitions.

Art. 2 Teams Each team shall consist of 4 players (3 players on the court and 1 substitute).

Art. 3 Game officials the game shall consist of 1 referee and 1 time/score keeper.

Art. 4 Beginning of the game

4.1. Both teams shall warm-up simultaneously prior to the game.

4.2. A coin flip shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.

4.3. The game must start with three players on the court.

Art. 5 Scoring

5.1. Every successful shot inside the arc shall be awarded 1 point.

5.2. Every successful shot behind the arc shall be awarded 2 points.

5.3. Every successful free throw shall be awarded 1 point.

Art. 6 Playing time/Winner of a game

6.1. The regular playing time shall be as follows: two periods of 8 minutes playing time for the u8 division, and two periods of 10 minutes playing time for the u10 and older divisions. There shall be a 5-minute halftime. The clock shall be stopped during free throws. The clock shall be restarted after the exchange of the ball is completed (as soon as it is in the offensive team's hands).

6.2. If the score is tied at the end of playing time, an extra period of two minutes will be played. There shall be a break of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game.

6.3. A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 3 players ready to play.

6.4. A team shall lose by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified.

Art. 7 Fouls/Free throws

7.1. A team is in a penalty situation after it has committed 6 fouls. After a team has reached 9 team fouls, any subsequent foul will be considered technical. For the avoidance of doubt, players are not excluded based on the number of personal fouls subject to art. 15.

7.2. Fouls during the act of shooting inside the arc shall be awarded 1 free throw, whilst fouls during the act of shooting behind the arc shall be awarded 2 free throws.

7.3. Fouls during the act of shooting followed by a successful field goal shall be awarded 1 additional free throw.

7.4. Team fouls 7, 8 and 9 shall always be awarded with 2 free throws. The 10th and any subsequent team foul as well as technical and unsportsmanlike fouls will be always awarded with 2 free throws and ball possession. This clause is applied also to fouls during the act of shooting and overrules 7.2 and 7.3.

7.5. Possession is kept after the last free throw derived from an unsportsmanlike or technical foul and the game shall continue with an exchange of the ball behind the arc at the top of the court.

Art. 8 How the ball is played

8.1. Following each successful field goal or last free throw (except for article 7.5), a player from a non-scoring team will resume the game by dribbling or passing the ball from a place on the court behind the arc.

8.2. Following each unsuccessful field goal or last free throw (except for article 7.5), if the defensive team rebounds or steals the ball, it must return the ball behind the arc.

8.3. Possession of the ball given to either team following any dead ball situation shall start with an exchange of the ball between the defensive and the offensive player ("check ball") behind the arc at the top of the key.

8.4. A player is considered to be "behind the arc" when neither of his feet are inside nor stepping on the arc.

8.5. In the event of a jump ball situation, the defensive team shall be awarded the ball.

Art. 9 Stalling

9.1. Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.

9.2. If the court is equipped with a shot clock, a team must attempt a shot within 12 seconds. The clock shall start as soon as the ball is in the offensive players' hands (following the exchange with the defensive player or after a successful field goal underneath the basket). Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.

Art. 10 Substitutions can be done by any team when the ball becomes dead, prior to the check-ball. The substitute can enter the game after his teammate steps off the court. Substitutions can only take place behind the end line opposite the basket and substitutions require no action from the referees or table officials.

Art. 11 Time-outs One 30-second time-out is granted to each team. A player can call the time-out in a dead ball situation.

Art.12 Protest procedure There are no protests for the 3v3 basketball program.

Art. 13 Disqualification A player committing two unsportsmanlike fouls will be disqualified from the game by the officials. The league may disqualify the player(s) concerned from the event for acts of violence, verbal or physical aggression, tortuous interference in game results, or any other breach of the

Clayton County Athletics Code of Ethics. The league may also disqualify the entire team from the event depending on the other team members' contribution (also through non-action) to the aforementioned behavior.



Georgia Municipal Youth Football League

Cheer Rules & Guidelines

RESOLUTION:

It is solemnly resolved by the Board and Spirit Members of the Georgia Municipal Youth Football League (GMYFL) that our primary goal is to provide a safe and wholesome environment for our children to enjoy youth football and cheerleading. All rules, policies, and actions of the Georgia Municipal Youth Football League (GMYFL) should be interpreted with this primary purpose in mind.

MISSION:

The mission of the Georgia Municipal Youth Football League (GMYFL) program is to provide a quality learning and development experience in a supervised environment for all participants. A program that focuses on developing leadership and techniques in a safe, fun, and encouraging environment; we strive to enhance the participants developmental skills\techniques, develop strong character, positive attitudes, and leadership.

The participants will leave with a strong foundation in the sport of cheerleading and develop qualities essential to being great leaders and becoming team player.

PURPOSE:

It shall be the purpose of the Georgia Municipal Youth Football League (GMYFL)) Program to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. We will work in harmony with all municipal representatives, coaches, participants, officials, team management, coaches, and staff.

General Rules

Section 1: League By-Laws

1.1 Membership

All participation of Cheer activities will be governed by the By-Laws in Article IV outlined in Section 1 thru 7.

Section 2:

2.1 Cheer General Rules

2.1.1 Registration Fees will be handled by member park and accordance with their local municipality.

2.1.2 All rosters & certification books must be turned in three weeks prior to the first event date.

2.1.3 All cheer coaches must have a league ID card to be on the field or around the field. All spectators must remain in the stands.

2.1.4 Each team must submit a medical waiver/form for each participant on the team.

2.1.5 Each team must submit a media release form for each participant on the team.

2.2 Team Composition

- 2.2.1 Each MGYFL team shall have a minimum of five (5) participants to certify a team.
- 2.2.2 Each MGYFL team shall have a maximum of twenty-five (25) participants to certify a team.
- 2.2.3 No participant may play on any other team than their originally declared team from the date of roster certification. A participant will not be allowed to go to another park during the middle of the season.
- 2.2.4 The staff of each squad shall be limited to one (1) head coach and a maximum of two (2) assistant coaches.
- 2.2.5 The league shall be comprised of teams from each member park.
- 2.2.6 Cheerleaders may not participate on more than one (1) squad.
- 2.2.7 A cheerleader may not switch teams, nor can they be on two (2) rosters. The park cheer coordinator with GMYFL cheer lead approval will be conducted for all cheerleader reassignments. Team Reassignment form must be submitted with reason for the change.
- 2.2.8 A Cheerleader may cheer up one age group provided her birthday falls within (12) months of the minimum age of the older age division stipulated by the age cut-off date in order to constitute a squad. When the situation dictates the need for multiple ages to constitute a squad, it must be approved by the GMYFL Spirit Board.
- 2.2.9 A Cheerleader may receive a "Sibling Tag Exemption," permitting her to cheer up one age divisions, provided she has a sibling playing football and/or cheering within the alternate older age group. The sibling tag exemption is not an automatic guarantee; it is solely based on the recommendation of the park cheer coordinator and approval by the GMYFL Spirit Board.

2.3 Team Roster Guidelines

- 2.3.1 Team rosters should contain the cheer park coordinators, on the official form, the following information of each player on the team: i. Full name ii. Age and date of birth iii. Address and phone number iv. School attending v. Digital Photograph.
- 2.3.2. Included on the team roster shall be the color of the home team, team color, telephone number for the home field, name of the field marshal/coordinator, division/age classification, team name, and the names and telephone numbers of each member of the team's staff, except the team managers\team mom. The cheer coordinator or designated individual may approve any changes in a team's staff any time during the current year, subject to the limitations contained herein.
- 2.3.3. Once the team assigned age group has been identified and determined, it will not be changed from that shown on the official roster. If by chance, this is not practical and a change is required, the appropriate GMYFL cheer officer may authorize the change. It will be the cheer coordinator responsibility to notify the cheer officer as soon as possible of any team changes along with a justification that will be reviewed and agreed upon by the cheer officers and cheer park

coordinators. However, the use of a different team name from that shown on the official roster in any subsequent game or competition event must be approved as outlined herein.

2.3.4. No cheerleader certified by the GMYFL may appear on more than one league cheer roster during the season. This includes all GMYFL team rosters. No cheerleader appearing on any high school roster may participate on any GMYFL team roster.

2.4 Age Restriction Guidelines

2.4.1 The age of cheerleaders on all GMYFL squads will be determined by their age as of July 1st of the current year. It will be referenced as the control date. All participants shall be placed on teams according to the age control date for safe play purposes.

2.4.2 The ages of the cheerleaders will be assigned to a division team will be as follows: Cheerleaders must be at least 4 as of the July 1st age control date to participate in the league.

- Tiny Mite Group (Flag): A participant who has reached 3 and 4 years old based on certification control date.
- Pee Wee Group (U6): A participant who has reached 5 and 6 years old based on certification control date.
- Mighty Mite Group (U8): A participant who has reached 7 or 8 years old based on certification control date.
- Bandit Group (U10): A participant who has reached 9 or 10 years of old based on certification control date.
- Junior Group (U12): A participant who has reached 11 or 12 years old based on certification control date.
- Senior Group (U14): A participant who has reached 13 or 14 years old based on certification control date.

2.4.3 Cheerleaders must cheer in their age group according to age of registration. No Mascots are allowed.

2.4.4

2.5 Cheerleader Certification & Participant Eligibility

2.5.1 All participants eligibility will be verified at the annual certification validation. Proper documentation includes:

2.5.1.1 Parent consent/registration form on file with member association.

2.5.1.2 Notarized copy of birth certificate, or hospital record/immunization records. Reference Cheer Director for other appropriate documentation. An official school registration certificate issued by a private school provided the certification is personally signed by a school official and notarized.

2.5.1.3 Complete team roster with full names, dates of birth, age, and photo identification.

- 2.5.1.4 Certification book training will be provided, and file will be presented at the official cheer coaches certification meeting.
- 2.5.1.5 Cheerleaders will be certified by the GMYFL Spirit Cheer Board Director at a time and location set forth. All cheerleaders will be identified by documents provided in certification book. All cheerleaders must attend to be certified for competition participation no exceptions.
- 2.5.2 Any cheerleader who does not provide one of the required proof-of-age records for certification may be ineligible to participate on a GMYFL team. Only the certification records as outlined in this section shall be acceptable in providing proof of age.
- 2.5.3 An appeal may be made to the board of directors regarding other records supporting proof of age. Should the board deem an age valid as the result of investigation relative to “other records”, certification may be granted. In the event an appeal is made, the cheerleader will remain ineligible until the GMYFL Lead Coordinator has approved her appeal.
- 2.5.4 Each team shall submit two complete sets, on official forms, of cheerleader identification records complete, digital photo should be from the waist up wearing an official roster outfit. Each of the cheerleader affidavit forms will include a signed statement by a parent or guardian of the cheerleader in an affidavit form attesting to the accuracy of the date of birth and proof of age. Both the park coordinator and the GMYFL representative will attest with each of their signatures to the accuracy of the information contained in the affidavit. One set of each team’s identification records will be retained by the park coordinator and the other by the team manager. Each team manager must present the team book prior to each game.

2.6 Guidelines for Cheerleading Coaches

- 2.6.1 All head coaches must have CPR training, league coach’s certification training, Concussions Training and attend designed Coaches Clinics or Training.
- 2.6.2 All assistant coaches must have Coaches certification, concussion training and attend designed Coaches Clinics and Training. The assistant coach will have the authority and responsibility of the squad when the head coach is not available.
- 2.6.3 All coaches must have a background check, coach’s code of conduct agreement and acknowledgement of rules and regulations. They are to set an example for all squads at all times by following the rules and displaying acceptable behavior.
- 2.6.4 All coaches must be at least 18 years of age.
- 2.6.5 It is prohibited for cheerleading coaches to use any form of tobacco, alcohol, or illegal drugs as well as any form of profanity while on the playing field or practice field, or any time while in contact with the children.
- 2.6.6 Coaches are to be familiar with cheerleading techniques, stunts and jumps.

- 2.6.7 Coaches are to be on time and should set a good example for their squads and communities at all time.
- 2.6.8 Coaches are to be in control at all times, whether at a game or practice.
- 2.6.9 Coaches are to treat all cheerleaders, parents and other coaches (football and cheerleading) with respect.
- 2.6.10 Coaches should always look the part by dressing appropriately, following team dress-code guidelines as well.
- 2.6.11 Coaches are expected to attend all practices, games, park and county scheduled activities. The Park Cheer Coordinator must be notified in the event a head coach or her assistant cannot attend any of the following to ensure appropriate supervision is provided.
- 2.6.12 Cheerleading coaches are to treat all cheerleaders fairly, teach all cheerleaders equally, and make them feel a part of the squad.
- 2.6.13 Cheerleading coaches can be dismissed at any time due to team issues, league violations, league mission and objectives, fighting, cursing, physically disciplining a child, and consistent negative behavior as advised by the Cheer Coordinator\Officer.
- 2.6.14 Cheer trainers, aids, or junior coaches may be used to teach cheers and cheer routines but is under the direct authority and supervision of the head cheerleading coach\park cheer coordinator.

Rule 1.5 - General Rules and Regulations

1. All participants must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the participant group and team skill levels with regard to proper performance level placement.
3. All parks, teams, and must have an emergency response plan in the event of an injury.
4. Participants and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over the counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Participants must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Soft-soled shoes must be worn while participating. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets or monitoring devices
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the performance area from a stunt is not acceptable). Any uniform piece purposefully removed from the body and used for visual effect is not considered a prop.

10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the participants and fellow participants from injury.
11. Coach will be required to secure stunts during half time performance for all skills own team's members and be trained in proper spotting techniques.
12. Half-time routines shall not exceed 2 minutes.
13. An participants must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

Rule 1.6 - Practice Regulations

1. Pre-Season:

a. Week 1: Three practices no longer than 105 minutes.

b. Weeks 2-3: Four practices lasting no longer than 105 minutes. Preferably three weeknight and one on Saturday.

c. Week 4: Two practices lasting no longer than 105 minutes and one additional practice lasting no longer than 60 minutes.

If the heat index is 95-99, the athletic activity should be modified. For example, frequent water every 10 minutes and rest breaks must be held. Players should be able to get water at any time and should be under extreme supervisions from teachers, coaches, and trainers. The participants activity must be kept to 90 minutes or less.

3 Season (Once games begin):

3.1 Two practices per week, lasting no longer than 105 minutes and one additional practice lasting no longer than 60 minutes. Exception: If a team has a bye week, then they may practice 3 times for 105 minutes for that week.

3.2 If a team is in violation of the practice rules, the head coach will be suspended for 2 games.

3.3 Heat Index Guidelines: If the heat index is 80-89, participants should be watched closely for any heat distress and frequent water breaks should be taken. If the heat index is 90-94, 10-minute rest breaks should be taken every hour and water breaks every 10 minutes. Participants should be under careful supervision. The athletic activity must be kept to 100 minutes or less.

3.4 If the heat index is 100-104, further modifications must be made, such as practice in shorts and t-shirts only. Water breaks should be taken every 10 minutes and participants should be allowed to get water at any time. Frequent rest breaks must be taken, and participants should be monitored at all times for heat distress. The activity must be kept to 90 minutes or less.

3.5 If the heat index is 105 or greater, then the athletic activity will be suspended, postponed until further directions and instructions has been provided by park coordinator. Activities could also be rescheduled to when heat index has reached an acceptable level. When an event is "BLACK FLAGGED" (which means the heat index is at 105 level or higher that day), no outdoor practice may begin until the Park Coordinator communicates to the head coach that the conditions are acceptable, the heat index is below 105. Practice may be postponed

to a later time in the same day if the heat index lowers. All appropriate guidelines should be followed based on the reading at the time. It is the responsibility of all administrators and coaches should ensure or provide ample supplies of water and appropriate care to our participants. It is recommended that all guidelines be followed in such a way that the safety and best interests of our participants be made our number one priority. It is also recommended that coaches constantly teach our participants proper procedures.

2023

Georgia Municipal Youth Football League



GMFL
By-Laws

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Article I - Introduction

The Georgia Municipal Youth Football League, **hereinafter referred to as the League**, is established to provide an organization for Member Associations to participate in youth football programs. It is formed for the majority and therefore the rights of the League must prevail over those of individuals, teams, or associations.

Article II - Objectives

The League is organized to recapture the spirit of development and competition through the game of Football: to inspire youth to good sportsmanship, teamwork, high moral standards, and the importance of academics as well as athletics at all school levels. It is organized to provide a mutual basis for improving the relationship between boys and adults of the community, using the medium of youth football as a catalyst. It is organized to discourage the commercial exploitation of youth and insure the continued growth of youth football in the communities by establishment of sound rules and regulations.

Article III - Purpose

It is the purpose of the League to provide youth able and desiring to participate in youth football programs in their communities which provides the opportunity to engage in the activity in a safe, healthy, pleasant, and highly supervised environment. It is because of the physical demands of the sport that it is our purpose that our programs be developed in such detail as to make the activity as free of potential harm as humanly possible. It shall be the purpose of the League to never lose sight of the fact that it is organized for the youth of the community.

Article IV - By-Laws

Section 1: League Address. The League shall share the address of the duly elected president of the GMYFL Board, unless and until the League secures a Post Office Box.

Section 2: Membership

- i. Membership shall be restricted to municipal governed Associations. Individual teams shall not be admitted to membership.
- ii. Any association desiring membership in the League shall submit an application to the League by February 1st of the year desiring membership. Applications shall be in two forms:
 - a. The written application shall include the full name of the Association, name and telephone number of the Association President, and designated League representative, number of teams and players participating in the previous season, age groups, identify the League previously participated the previous season, standings, jersey colors, and the number of years the Association has been organized to play football.
 - b. A one-time commitment fee of \$500.00 will be submitted along with the application.
 - c. The oral application will be presented to the League Commissioners at a meeting called to decide on the application. Oral application shall consist of all additional information that the applicant desires to present on its behalf. The individual representing the Association should be prepared to answer all questions put to him by the League Commissioners.
- iii. The League Commissioners shall make such investigation as it deems necessary and appropriate and shall accept or reject the application. An application can be rejected for cause or conditionally. If the applicant is rejected for cause, the League is not required to divulge the reasons. If the application is rejected conditionally, the applicant will be advised of the conditions and given the opportunity to correct the condition and resubmit the application after a 30-day waiting period.

- iv. Approval of an application for membership will require a two thirds (2/3) majority vote of the voting membership. No vote on acceptance of an Association for membership can be taken unless three-fourths of the League representatives are present. Each member association is allowed a vote or votes as set forth in section 5.
 - a. (e) Once an Association is approved for membership its League commissioner shall be entitled to all rights of a League member with the following exceptions: (1) league commissioners of newly approved associations will not be eligible to run for or hold executive office until after their one-year anniversary of membership approval, (2), or until such time as it has withdrawn its membership, ceased to operate as an Association or is removed from membership for cause.
- v. A decision by the League to reject an application is final and not subject to appeal. An application rejected for cause may not be reconsidered unless 2/3 of voting members vote to reconsider after a 30-day waiting period.
- vi. Membership requires a 3-year signed commitment.

Section 3: Loss of Membership

- (a) League membership for an association having participated in the League for two or more consecutive full football seasons may be suspended or revoked for good cause by a 2/3 majority vote from the Association at the January meeting. League membership for an association having participated in the League for one consecutive football season may be suspended or revoked for good cause by a 50% majority from the Association at the January meeting.
- (b) Good cause shall include, but not be limited to, infractions of the League rules or of these by-laws or for conduct deemed detrimental to the interests of the League.
- (c) Conduct of any Association officer, representative, coach, or participant can be construed as conduct of the Association upon failure or refusal of the Association to take corrective actions as directed by the League.
- (d) Members are expected to have their representatives at the regular and special meetings provided proper and timely notice is given. The League may suspend voting rights of an Association that continually fails to attend League meetings.
- (e) A special hearing shall be held to debate the suspension or revocation of membership of an Association. The Association will be provided a 30-day notice of the hearing, advised of their rights to be present and submit arguments in their behalf. The Association against which the League is considering action shall not be permitted to vote in the decision.

Section 4: Membership Meetings

- (a) Time and Place. The Commissioners shall determine the time and place of the meetings.
- (b) Notice. Notice of special called meetings shall be given each member not less than three (3) days prior to the time of a Special Meeting.

- (c) Contents of the Notice. Notice of Special Meetings or Regular Meetings shall be made by e-mail, phone, or in person.
- (d) Notice of a Special Meeting. Notice of a Special Meeting shall contain the reason(s) for the meeting. A majority of member Associations may call a special meeting.
- (e) Regular Monthly Meetings. The League Commissioners will meet, monthly, or as frequently as deemed necessary by the League Commissioners.
- (f) Elections of league officers will be held at the December meeting of the 3rd year beginning in 2024. Officers will be elected based on majority of votes cast (closed ballot) subject only to quorum being present.

Section 5: Voting Rights. Each Member Association shall be represented by a League Commissioner(s), League President or his alternate and have one vote in matters coming before the board. Attendance by person in addition to the League Commissioner will be at the discretion of the League Commissioners. The Chairman of the meeting shall recognize only the Official Association League Commissioner or his designated representative. Commissioners must be present at the meeting to cast a vote and in the absence of one, the second commissioner may cast a vote for an association at his option.

- (a) A vote will be recorded by voice, by e-mail or ballot, at the option of the Commissioners. There will be no proxy votes accepted.
- (b) A member may be denied voting rights for disciplinary reasons; for failure to attend meetings; and/or failure to pay League fees or other obligations due to the League. Voting rights will remain suspended until the debt is paid.
- (c) A quorum must be present to make a by-law change during the January meetings. A quorum represents 2/3 of the total votes available among all member associations. If all members are voting and a tie vote occurs, an arbitrator will be brought in for a tie breaking issue.

Section 6: Annual Fees. An annual fee for each association entered in the League will be assessed by the League Commissioners; not exceed \$500. Those fees are considered operational fees for website, administrative supplies, other items which may be needed to function efficiently.

- a) Other shared fees include playoffs and championship awards.
- b) The amount to be determined annually will be based on officials' fees for playoffs and championships. Other fees shall include the cost of awards for championship games, which will be a shared cost between each association; not to exceed \$500. All association fees will be paid at a time designated by League Commissioners but not later than roster certification date. No team roster will be accepted without the annual fee.

Note: All fees (including membership fees and fees for officials) are due when billed. Any association having outstanding billings of any kind at the time of a jamboree or postseason play will not be allowed to participate until all amounts owed to the league are paid in full.

Section 7: GMYFL Board. Perform the following duties:

- (a) Schedule Meetings
- (b) Take and publish minutes of Meetings
- (c) Prepare schedules
- (d) Receive League correspondence
- (e) Receive protests
- (f) Arrange for officials
- (g) Issue League certified team rosters
- (h) Serve as the League Treasurer
- (i) Coordinate league playoff, and championships
- (j) Produce League awards for playoff and championship teams
- (k) Such other League administrative duties as may be necessary

The purpose of this appointment is to designate a central point of contact for coordination of all League matters.

Article V - Playing Rules

Rule 1: Team Composition A team shall have no more than 30 players on the roster. If you have an instance that will require more than 30 players on the roster, it must be approved by the GMYFL board.

Rule 2: Team Roster

- (a) The League shall establish the time and date for turn-in of the official team roster. As a minimum the roster will contain the following information:
- (1) Full name of all players. If player is participating under another name than that appearing on the birth certificate, a notarized statement from the parent or guardian attesting to this fact shall be presented with the birth certificate.
 - (2) Age and date birth of all players.
 - (3) Association name; team name; weight group; colors; name and telephone numbers of Head Coach and League Commissioner.

NOTE: All teams must use the league certified roster format. Books will not be certified using any other format.

- (b) **The league will define a full team for certification purposes as having a minimum of 15 players on the roster AND having 75% of those players present at certification.**
- (c) **5U thru 11U team rosters are final on certification date and players cannot be added after that date. 12U teams may add to the roster (notwithstanding rule 2 (b)) until Wednesday prior to the third regular season game. Implement a makeup certification date for players missing initial date.**
- (d) **Any team falling below 13 players prior to the fourth game of the season may request that the League allow them to add back to a maximum of 17 players. Those players that are removed from the roster must be presented to the League and those players will be disqualified from further participation in League play for the current season. Any team falling below 13 players prior to the fourth game of the season may request that the league allow them to add back to a maximum of 17 players.**
- (e) Unless set forth above, once the team roster is certified, no player may be added to the Roster.
- (f) Team books that include rosters, birth certificates, certification sheet and pictures of each player are due no later than one (1) day prior to the first regular season game or roster certification date, whichever occurs first.
- (g) Coaches are REQUIRED to have the team book available for inspection by the opposing coach 30 minutes prior to all games. Inspection will consist of matching each player on the opposing team to his / her picture in the team book. See rule 4(c) for details.

Rule 3: Age and Weights

- (a) All players must be duly certified through the League Board or League Representative before becoming eligible to participate.

- (b) Proof of date of birth can be established through a State of Georgia ID or Passport. Any other forms of documents will have to be approved by the GMYFL Board. Those documents shall include original birth certificate, school records, hospital records, and such other official documents acceptable to the GMYFL Board. Associations have until 2024 to comply with the Georgia ID requirements.
- (c) The League age of all players will be determined by his age as of July 1st of the playing year.
- (d) The GMYFL Board or a League Representative will be responsible for certifying, revising, publishing, and distributing all League rosters.

Age Group		Ball Carrier Weight		
5U		Unlimited		
6U		Unlimited		
7U		Unlimited		
8U		Unlimited		
9U		Unlimited		
10U		Unlimited		
11U		Unlimited		
12U		Unlimited		

Rule 4: Pre-game book review

- a) The visiting team and home team must have a representative at the park at least 1 hour prior to game time to check in with Field Marshall or Head Coach. Team books must be inspected at least 30 minutes prior to official game time (see Rule 5 regarding official game times). At this time all players that are present will be reviewed by the opposing coach. **If all players are not present at this time the opposing coach should review the book but not sign off on the roster.** Opposing coaches will sign off on the roster after all players participating in that game have been certified. **There will be no players certified after 30 minutes prior to official game time for first half play.** Any player arriving after that time will be certified at half time and be eligible to participate in the second half of the game. Kickoff will not occur until books are reviewed by the opposing coach. **Note: Inspection of books and initialing of roster by each coach is a requirement. Players will line up in number order according to the roster and the opposing coach will verify each player against his picture. Each player will have helmet in hand and jersey on. Note: Coaches may not waive the rule regarding no player certification less than 30 minutes prior to official game time.**
- b) The League will establish team age and groupings not later than August 1 of the playing year.
- c) A PDF copy of all rosters will be issued to all parks after the weigh in.

Rule 5: League Schedule.

- (a) The league Board will be responsible for developing, publishing, and distributing the League schedule. The games scheduled will be played on Saturday and it is the intent

of the Board to have all teams from each association travel together. **Game times will begin at 9:00 AM for 5U 6U and progress in age order through 12U at 8:00 PM.** In the event makeup games must be played, they will be scheduled on either Monday or Tuesday of the following week.

Note: In the event of game day delays due to inclement weather, the field marshal will announce official game times for all remaining games.

Rule 6: Non-League Games. Non-League games may not be scheduled if they interfere or detract from any League jamboree, regular season, playoff, or championship game.

Rule 7: Home Field and Team Responsibilities.

- (a) All games will be played on a regulation high school field.
- (b) If more than one field is available, the home team will specify which field is to be used. If that field must subsequently be changed, the League will be notified seven (3) days in advance. The Board will then notify all affected Associations and game officials. Any association that utilizes a high school field as its primary game field must have a backup location approved by the board.
- (c) The field will be equipped with the following items:
 - (1) Goal post with crossbar and pads.
 - (2) Clearly marked sidelines and end zones.
 - (3) Spectator restraining lines at least ten yards from the sidelines.
 - (4) An electronic scoreboard and clock.
 - (5) Sideline yard markers; 10-yard chains and down marker.
 - (6) Suitable press box facilities.
 - (7) Certified accurate scales.
 - (8) Certification weight must be certified by a commercial scale company or by a state or federal government agency each year. Proof of such certification shall be presented at each weigh-in.
 - (9) Balls will be furnished by both teams in all divisions; no rubber balls allowed, no colored balls. Teams may play with approved balls from higher divisions but are not able to play down in divisions with smaller balls. Game balls must be leather and clearly state the official ball size.

7U & 8U – K2 size/pee wee

9U, 10U & 11U – junior sized Ball

12U – Youth sized Ball

The complete game must be played with the same brand ball. Balls may be substituted in wet conditions however NO BALL SUBSTITUTION WILL BE ALLOWED FOR KICKS.

(10) Field must be equipped with tower lighting given games times.

- (d) If playing conditions at game time or during the game are such that they pose a threat to the safety of the participants and spectators, the game may be delayed or postponed. The National Federation of State High School Associations rules will govern. The Board will consult with the Directors of the affected teams to establish whether they are under a delay or postponement and establish an agreed upon date and time to complete the game if necessary. If the game is to be continued it will be from the point where the game was stopped. It is the responsibility of the home team commissioner to record the time, possession, position of the ball, and down.
- (e) Preparing and marking the field.
- (f) The home team is responsible for providing the chain crew. However, if the chain crew is on the same side of the field as the visiting team bench, the visiting team shall have the option of providing the chain crew.
- (g) Uniform colors will be as shown on the roster published by the League. No change in uniform colors will be allowed without prior League notification and approval. Home teams are required to wear a dark color and visiting teams are required to wear white.
- (h) The Home team's League Director shall notify the League within 24 hours following a game of the scores and will report any problems involving player, coach, spectator or referee discipline, or failure of players to make weight.
- (i) The home team is responsible for paying the officials.

Rule 8: Electronic Communication. The use of electronic communication equipment by either team can be used during a game (*coach to coach*) and has no restrictions. Electronic communication equipment is the responsibility of each team. All teams that wish to use electronic communication equipment must supply their own equipment.

Rule 9: Official Rule Book. The National Federation of State High School Associations/GHSA rules will govern unless specific exceptions are made within these by-laws.

Rule 10: General Rule Exceptions. The following rule exceptions apply to all League divisions:

- (a) Quarters will be 8 minutes for 5U – 9U and 10 minutes for 10U -12U.
- (b) Play clock will be 35 seconds 5U – 10U, 25 seconds for 1U and 12U.
- (b) The League will establish and provide Ball sizes before each season.

(c) Points after touchdown will be awarded as follows:

Place kick - 2 points

Pass/run - 1 point

(d) Mandatory 6 plays for all players from scrimmage.

(e) Rules regarding jersey length will not be applied.

(f) All games will be played to their scheduled completion unless a suspended game is in the second half AND under slaughter rule.

(g) If any team leads another by 24 points or more at any point during the game the officials will run the clock continuously except for injuries. Once the clock becomes continuous it will not revert to normal football clock rules. Beginning in the fourth quarter when a game is under slaughter rule (24 point differential), there will be no kickoff, the ball will be placed on the 50 yd line after a score, the starting running backs must be replaced, passing is allowed by the team ahead, only four offensive plays by the team ahead, and the clock will remain continuous. The team that is ahead will be allowed only four offensive plays per possession. If at any point the score differential becomes less than 24 points normal play shall resume with a continuous clock. **It is not the opposing coach's option to not follow the slaughter rule.**

Rule 11: Overtime -

No game shall end in a tie. 1st Overtime ball placed at 10 yard line and given 4 plays to score or kick a field goal, 2nd Overtime ball placed at 10 yard line and given 4 plays to score or kick a field goal, 3rd Overtime ball placed at 2 yard line and given 1 play to score. That sequence will be repeated until we have a winner.

(i) NOCSAE stamps are not required on face masks.

a) (j) No more than seven (7) certified adults are allowed on the sideline. Each must be certified and have passed a background check with picture and cards in roster book to coach on the sideline. These adults must have signed the League Certificate on the roster. In addition, two (2) water attendants are allowed by must be no older than 16.

(k) Colored mouthpieces are mandatory.

Rule 11: Special Rules for 5U thru 7U

(a) All penalties will be assessed in accordance with National Federation rules.

- (b) DEFENSE. The defense must line head up on the offensive guards but are not required to line up with his nose more than one yard wide of the centers nose. No defensive player can line up in the guard/center gap subject to the foregoing. The defense cannot line up directly on the offensive center and must remain a minimum distance of 3-yards off the ball.
- (c) PUNT. The offense may elect a 15-yard walk off instead of a punt when the scrimmage line is on the offensive side of mid-field. The clock does run during a punt walk off and runs for 15 seconds. Any attempt to pass or run results in a dead ball, loss of down. Except for the kicker when receiving the snap, no forward movement is permitted by either team until the kick is attempted. If the offense declares a punt the defense cannot rush. The kick attempt must be made within five (5) seconds of snap or the official calls a dead ball loss of down. **8U Only may elect a 15-yard walk off or declare to punt for yardage of the punt.**
- (d) EXTRA POINT KICK. The team may declare an extra point kick. Any attempt to pass or run results in a dead ball, loss of down. Except for the kicker receiving the snap, no forward movement is permitted by either team until the kick is attempted. The kick attempt must be made within five (5) seconds of snap or the official's calls a dead ball, loss of down.
- (e) FIELD GOAL. The team may declare a field goal. Any attempt to pass or run results in a dead ball, loss of down. Except for the kicker receiving the snap, no forward movement is permitted by either team until the kick is attempted. The kick attempt must be made within five (5) seconds of snap or the official's call a dead ball, loss of down. If the field goal is unsuccessful, the ball will be returned to the 20-yard line or LOS, whichever is greater, and revert to the other team. An attempted field goal cannot be advanced by either team.
- (f) **Two coaches per team may be on the field for 5u and 6u. One coach is allowed on the field for 7u. In the 7u division beginning the 5th week, coaches will no longer be allowed on the field during play and must coach from the sidelines.**
- (1) The coaches must retreat to a position at least 15 yards back immediately after the team line is set.
 - (2) The coaches may not make **ANY** communication OF ANY KIND after the center touches the ball. Silent hand signals are NOT permitted.
 - (3) Penalty for violation for the above is as follows: 1st infraction – 5-yard penalty, 2nd infraction – 15-yard unsportsmanlike conduct and 3rd offense – 15-yard unsportsmanlike conduct and removal from the game of the coach on which the penalty was called. **Note:** On the third offense by the team, the coach called for the infraction will be ejected even if he did not commit the first or second infractions.
 - (4) The coaches must refrain from conducting unauthorized conferences with officials and refrain from obstructing the officials in the performance of their duties.

- (5) No electronic communication on the playing field.
- (6) K2/Pee Wee ball leather or synthetic will be used, no rubber balls.
- (7) No ball that closely matches the teams' jersey color will be allowed.

Rule 12: Play-off and Championship Games-The League Commissioners will establish the playoff and championship formulas. In establishing the standings of teams, the following rules apply:

- (a) Teams will be seeded for playoffs using won-lost percentage, (dividing the total games into the games won). Ties will be broken in the following order: head-to-head win / loss results, **common opponent**, points allowed (over the course of the full season), points allowed (games involving the teams that are tied) and coin toss.
 - (b) The League Commissioners will determine awards to be presented to team's playoff and championship games.
 - (c) A gate fee may be charged for (\$5) playoff games and the (\$10) super bowl.
 - (d) **The playoffs will consist of the top 8 teams from each age group to participate.**
- NOTE: Teams will be reseeded after each round so that the top seed will play the lowest seed (and so on) in each round.**

Rule 13: Play Eligibility.

- (a) All players shall meet age and weight requirements for the team. Players must show adequate proof of date of birth.
- (b) Any game in which an ineligible player participates shall be forfeited by the ineligible player's team. If both teams are found to have ineligible players, both teams will receive a loss on their record. If a player is found to be ineligible and it is found to be probable that proof of age was altered, the head coach may be banned from further participation in the league. The association sponsoring the team in question may face other penalties up to and including expulsion from the league at the discretion of the board. In determining severity of penalty levied against any individual or association, the board will consider (in order) intent, history and pattern and practice.
- (c) A player can practice, participate, and play on a (7th or 8th Grade) Middle School team and the league without penalty. No player in the league can practice or participate in Freshman, Junior Varsity or Varsity Football.

Rule 14: Conduct.

- (a) All persons, including players, coaches, League Commissioners, spectators, and officials are expected to conduct themselves in a sportsmanlike manner and observe all rules of the League.
- (b) Any player, coach, or other adult supervisor found by the League to be cheating or misrepresenting any record may be banned from further participation in the league. (Also see 13b above for severity of penalty)
- (c) Any conduct deemed detrimental to the League, including the willful attempt to disrupt a game or practice, public displays of profanity, or appearance under the influence of alcohol or drugs, at a game or practice by any coach, League Commissioner, or Association official shall be subject to indefinite suspension, suspension for a specified period, probation or reprimand as determined by the League.
- (d) Spectator misconduct will be prevented by the appropriate team. Failure of a coach to undertake appropriate action to contain his spectators shall be guilty of misconduct and subject to appropriate punishment. (It is recognized that in some circumstances it is beyond the capacity of the coach to control his spectators. However, the coach must make a genuine attempt to restrain his spectators.)
- (e) Any player, coach or sideline personnel ejected from a game are suspended for the next scheduled game (Suspensions will carry over to the following year if applicable). The subject coach, participant or team attendant **shall not have any role in nor be in attendance with his team from 1 hour prior to game time until the end of the game while he is under suspension.** Upon a second violation, during the same year, the subject coach, participant, or team attendant shall not be permitted to participate in the next two (2) scheduled contests subject to the same requirements as above. After a second violation during the same year, the subject coach, participant, or team attendant, during the same season the association shall investigate and submit a written report to the league board of the findings. If the person ejected does not leave the playing field, the game will be stopped, and the teams will be sent to the side lines and the local authorities will be called in to remove the ejected person. The person will be suspended until such time that the league board convenes to address the matter. Once the ejected person is removed, the game will resume. The Field Marshall must be notified of all ejections.

Rule 15: Protest.

- (a) Protest involving the judgment of an official will not be accepted.
- (b) Protest involving rule interpretation must be declared to the referee and the field marshal before next play.
- (c) All protests must be endorsed by the association league representative.
- (d) Protests involving the interpretation of a rule must be delivered to the league board in writing by 4:00pm the following Monday with all supporting documents. Protests and/or documents delivered after that time will not be accepted.

- (e) A cash deposit of \$250.00 shall accompany each protest. It will be returned if the protest is upheld.
- (f) Protests involving player ineligibility because of age shall be submitted upon discovery.
- (g) When the protest is filed with the league Board, a Protest Committee will be selected by the league Board and consist of the 4 league commissioners. The committee will meet under the guidance of the league Board and vote on the protest. Once the decision is made, the Protest Committee will contact all involved in the protest with the resolution.

ALL DECISIONS MADE BY THE PROTEST COMMITTEE ARE FINAL AND CAN NOT BE APPEALED.

Rule 16: Conflict of Interest. Officials shall not participate in a game in which he has a child playing, nor in any game in which an Association that he is directly involved in is playing.

Rule 17: Picture Book

(a) Each team shall provide a Team Book with a League Board Certified Roster and have it with them for display to the opposing team and or League Official containing an individual information sheet and picture of each player. The picture size must meet the 35 mm standard. The picture will be from the waist up with game jersey on, number clearly visible and helmet off. The picture will be taken from such a distance that the players face is clearly visible. Each sheet shall be certified by a league board member as indicated by affixing a seal on each picture. The book shall also contain a sheet for the head coach. Failure to provide any or all of the above for inspection by the opposing coach prior to each game will result in forfeit of game.

(b) All rules shall be contained in by-laws. No exceptions other than are specified herein.

Rule 18: Practice.

- (a) Teams will be limited to eight (8) hours of football per week including games.
- (b) Teams will not be allowed to practice in pads until the date designated by the league. Penalty for violation of this rule is forfeiture of the first game of the season.

Rule 19: Clock Rules

- (a) Clock starts on snap of the ball when
 - a. Time out
 - b. Out of bounds
 - c. Spiked Ball or incomplete pass
 - d. After kickoff or touchdown
- (b) Clock starts once the ball is set ready to play
 - a. Change of possession on downs
 - b. Change of possession on any turnover
 - c. 1st downs
 - d. After all penalties that the clock was running when the penalty was called, or the previous play resulted in the clock continuing to run.

2023 League and County Directors

Georgia Elite

Tyron Williams
Xavier Roberson

Locust Grove

Trey Chitwood
Desmond Anderson

Spalding County

P Tarver
Robby Milner

North Henry

Ronel Salters
Thomas Jones

Rex Park

Vincent Wyche

Rockdale

Franklin Hamilton

Eric Williams

College Park

Tanya Laplanche

Kirkland Arnold

Union City

Jakarri Martin

Riverdale

Varner Richardson

Allan Dodson

Panhandle

Adell Bell

Jacob Cockrell

Jonesboro

Vanessa Gill

Stockbridge

Lenard Harris

CeDarius Smith

Ellenwood

Rayshawn Harris

Zannie Black

North Clayton

Juan Smith

Executive Directors

President- Vincent Miller

Vice President- Willie Turnipseed

Secretary- Kaiser Edmond

Cheer Director-



Clayton County Soccer Rules

governing U-4 and U-6

Team play Clayton County Soccer in an endeavor to introduce and develop soccer players in our community has decided to adopt the following in accordance with Georgia State Soccer Association:

All U-4 and U-6 teams will adopt the new ball rule

All parents will stay on one side of the field, players and coaches will stay on the other side and absolutely no one behind the goal lines during the games. This will apply to all age groups

All U-4 and U6 games will be officiated by the coaches on the field.

In an effort to promote soccer skills and maximum involvement and for the safety of the child coaches must refrain from having players standing in the goal. Remember there will be no goalkeepers for the age groups U-4 and U-6

The games are played in quarters, there will be no breaks between quarters, however, there will be reasonable break between halves

Each quarter will be 10 minutes and the half time break will be 5 minutes

The teams will change sides after the half-time break

All players will play one half; players cannot be barred from playing even if they do not show up for practice. However, players will not be allowed to participate without proper equipment (such as shin-guard)

All of the above and other rules which will be advised of and revisited from time to time will be in effect throughout the season

Clayton County Soccer Rules

for U8 and older Age Groups governing Team Play (Revised March 2023) Clayton County Soccer in an endeavor to introduce and develop soccer players in our community has decided to adopt the following:

1. All rules of soccer will be enforced based on “FIFA’s Laws of the Game” and U.S. Youth Soccer policy unless explicitly expressed in this document.

2. Ball size differs among age groups.

o U8 will play with a size 3.

o U10 and U12 will play with a size 4.

o U14 will play with a size 5.

3. All parents will stay on one side of the field, players and coaches will stay on the other side and absolutely no one is allowed behind the goal lines during the games. o This will apply to all age groups

4. All age groups older than U6 will be officiated by a referee, whose purpose is to ensure the safety of players, as well as to help maintain the standards of play.

o U8 games will be officiated by a single referee.

o U10 and older will be officiated by 2 referees.

o Calls made in game by the referee are final and cannot be protested or overturned, unless done so by said referee. However, problems, complaints, or issues can be brought up to the coordinator for review and will be handled accordingly.

o **Disrespectful/belligerent behavior of any kind towards the referees, coaches, players, or even parents will not be tolerated and the offender is subject to being EXPELLED from the premises, depending on the severity of the offense (Up to the discretion of the coordinator).**

1. This includes but is not limited to: jeering, heckling, or any other kind of abuse.

2. Such behavior can result in the showing of a blue card, thus a sanction point will be given.

o Sanction Points are points deducted from your team’s points in the standings.

1. Any team that receives 3 or more sanction points will result in an automatic disqualification from playoffs.

5. U8 and U10 will not be allowed to head the ball. o If a player purposely plays the ball with their head, an indirect kick is given to the opposing team of the offender.

6. There's no sliding allowed of any kind. Players are encouraged to stay on their feet at all times and going to ground intentionally will result in an indirect free kick for the opposing team.

7. The offsides rule will not be enforced in the U8 age group.

- o All other age groups will have offsides enforced. 8. In U8, the player will be given a single rethrow before loss of possession if the ball is not thrown in correctly.

- o U10 and older age groups will immediately lose possession if the ball is thrown in improperly.

9. All restarts in the U8 division are indirect kicks.

10. U8 will play 4 versus 4, with the no player zone.

- o Must have at least 3 players per team to start 1. If a team doesn't have enough players a forfeit will be given

1. A scrimmage is possible if both teams agree and will be for the duration of given time slot of game

1. It is up to the referees whether they will officiate the scrimmage

2. Each team is given a 15-minute grace period from the official game time to have enough players to start.

- o Instead of having a goalkeeper, U8 will have an arc, no player zone, painted around both goals. At any point in the game, players from both teams will not be allowed to stay or stand in this zone, but will be able to enter it if the run of play dictates it.

- o If the offensive team scores a goal from staying in the "No player zone" the goal is disallowed and a goal kick is given. If the defensive team prevents a goal from scoring by staying in the "No player zone" then a goal is given and then a kick off ensues.

- o This rule is only enforced when the player standing in the zone affects the game.

- o The decision of whether a player has been standing in the zone is up to the referees discretion.

11. U10 and older ages will play 9 versus 9, with the inclusion of a goalkeeper (8 field players and a goalkeeper).

- o Games will be played on a U12 size field.

- o Must have at least 6 players per team to start

1. If a team doesn't have enough players a forfeit will be given

1. A scrimmage is possible if both teams agree and will be for the duration of given time slot of game

1. It is up to the referees whether they will officiate the scrimmage

2. Each team is given a 15-minute grace period from the official game time to have enough players to start.

12. Substitutions are UNLIMITED (Any amount substitutions are able to be initiated and made) o Can substitute on any stoppage of play.

- o To initiate a substitution, the sub must go in line with the half-line, outside the playing field, and wait until the referee says it's ok to substitute.

- o You can initiate a substitution at any time during the game, but must be initiated before play is stopped in order to be made at the next restart (except injury related stops).

- o In order for your sub to be made, your team must be in possession of the ball at the time of restart, or the team in possession, at the time of restart, has also initiated a sub.

- o If play is stopped due to injury, the injured person must leave the field, but a substitution is not required.

1. If the injured player is NOT subbed, he/she will play a player down until he/she returns to the field once the ref allows it (this can be during the run of play).

13. All games are two halves, with a 5-minute halftime break in between.

- o Running clock, but additional time may be added for stoppages (up to the referee's discretion).

- o U8 has 20-minute halves. o U10 has 25-minute halves.

- o U12 has 30-minute halves. o U14 has 35-minute halves.

- o Teams will switch sides to resume the second half.

14. Players cannot be barred from playing, and must be given the opportunity to play for at least a half, even if they do not show up for practice.

- o However, players will NOT be allowed to participate without proper equipment (i.e. shin-guards).

- o **Only ROSTERED players are able to participate in the game.**

1. Referees will have a roster for both teams that he will use to check in players before the start of the game.

- o **Goalkeepers are allowed to play no more than one half.**

1. Once they play in one half they are not allowed to play in the other (no matter how much or little time they played).

Clayton County Soccer is a Recreational League and ALL age groups will recognize a Mandatory Play Rule that ensures that ALL participants will have equal opportunity to play.

The rescheduling of games will be the responsibility of the Program Coordinator so that all parties involved are aware of any and all changes to the schedule. This includes informing Coaches for both teams and referees when they are required so that the Program does not have any undo cost



GRPA Athletic Manual 80 RULE V –
YOUTH TRACK AND FIELD

ARTICLE I – ELIGIBILITY SECTION A – AGE DIVISIONS 1.

There are four age divisions for both boys and girls. Participants must be 6 by the age control date: age on December 31, current year.

- a. 8 & Under
- b. 10 & Under
- c. 12 & Under
- d. 14 & Under 2.

Allow within district lines for individuals to compete in the nearest or adjoining departments with the following restrictions:

- a. Home county or agency has no track and field program.
- b. No recruiting by the adjoining agency.
- c. Cannot cross district lines
- d. Host agency endorsed participant

- e. Cannot pass over a program to participate in another agency.
 - f. Must participate in the sport program in the Host agency program.
 - g. If a participant lives in an "A" class county, they cannot compete in "B/C" county. They must compete in the nearest "A" county. "B/C" may compete up in "A".
 - h. Host agency must notify the District Athletic Chair with list and home county of each crossover participant. The district must forward info to the State Host and Athletic Chair.
 - i. Participants must be approved by District Athletic Chair and any and all protest of crossovers must be done prior to district competition. Once approved, they are legal throughout District and State.
 - j. To allow a participant to compete for the same team in GRPA that they do year-round, as long as it is a GRPA agency team. The participant must have an AAU membership card at participant check-in. A 90-day turnover period would be required for AAU membership and meet AAU guidelines.
3. Youth coaches must be certified by one the following programs: NYSCA, ACEP, GHSA, or USA TRACK 4. Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for one game, in addition to the game from which ejected; or, in the case of an individual event within a meet or match, for the duration of that event. (Upon the discretion of the meet director and/or referee.)

SECTION B – ENTRIES

1. In the State Meet an agency may not submit more than three entries per event in each age division, but only one 4 X 100 relay and one 4 X 400 relay. (APPROVED RULING: A district, by majority vote and consent of at least one of its State Athletic Committee Members, may decrease or increase the number of entries in district level competition.) GRPA Athletic Manual 81
2. A district not conducting a district track and field meet may allow one agency to represent its district at the State Meet with no more than two entries.
3. Individual competitors may not be entered in more than three individual events, two field and one running or vice versa, plus the 2 relays in that age division.
4. Three entries per district to the State Meet. In all events, a maximum of three entries will be accepted in any classification. Any ties at the district or agency competition must be decided before entries are sent to the state host. Four or more entries will not be accepted by the state host.
5. In relays, two alternate runners can be listed and they are the only ones who can substitute in case of injury or sickness.

ARTICLE II – REGULATIONS SECTION A – GOVERNING RULES

1. GRPA will not utilize starting blocks.
2. The National Federation (National Alliance Edition) Track and Field Rules is the official guide for GRPA meets, with exceptions as may be stated in this manual.
3. All participating agencies are required to attend one of the statewide track meetings/webinars to cover the rules and regulations for the state track meet. Agencies that do not attend must pay a fine of

\$200 to the GRPA office. It is “Strongly Recommended” that both an agency member and track coach from each agency or team attends a track meeting/s/webinar to ensure that all necessary parties are clear on any rule changes or clarifications.

4. Have host produce a Power Point that highlights guidelines for track participation and display power point on GRPA website 60 days in advance of track meet or have someone tape a video that is put on the GRPA website and have it displayed on the website

5. Per the “Return to Play Act of 2013”, effective January 1, 2014, all agencies are required to provide concussion education material to all youth participants and their parents. The verification of compliance to this law is affirmed by the signature of the agency director on the GRPA roster.

6. All head and assistant coaches that are coaching youth teams participating in all levels of GRPA Athletics must have undergone a criminal background check through their Department. By signing the teams GRPA roster, the Department Director or their designee attests that this has taken place.

7. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The use of audio or visual recording devices is not allowed in resolution of protested matters.

SECTION B – EVENTS

1. Events in each age division are: Event Age Group Description

50 Meter 8U, 10U Preliminaries & Finals

100 Meter All Preliminaries & Finals

200 Meter All Preliminaries & Finals

400 Meter All Preliminaries & Finals (8 & Under will be a final)

800 Meter (waterfall start) All Finals Only

1600 Meter (waterfall start) 10U, 12U, 14U Finals Only

3200 Meter (waterfall start) 12U, 14U Finals Only

4x100 All Finals Only 4x400 Finals Only

GRPA Athletic Manual

82 Standing Long Jump All 10U, 12U, 14U Finals Only

Softball Throw Finals Only

Shot Put Finals Only

Mini-Javelin 8U, 10U, 12U, 14U Finals Only

8U-12U = 300 grams; 14U =600 grams Discus 12U, 14U Finals Only

Running Long Jump All Finals Only

High Jump 10U, 12U, 14U Finals Only

2. The order of events at the State Track Meet is as follows:

- a. Friday – 4:30 PM – Host Welcome and Parade of Athletes
- b. Friday – 5:00 PM – Events will begin.

3. Any change to the event order by the State Host must be approved by the State Athletic Committee no later than their March meeting. – See final packet from host for event schedule.

4. Awards are to be presented immediately following each event final.

SECTION C – SPECIAL PROVISIONS

There is no mandatory participation requirement for any GRPA sport. 1. Relay teams in district level competition who qualify for the State Meet should run in the State Meet except in case of injury.

- a. Relay teams will be assigned lanes by random selection prior to the start of the meet.
- b. International exchange zones in 4x100 relay.
- c. Relay members must be on roster and in same age group.
- d. Names of relay entries must be submitted to the state host prior to the state entry deadline with the understanding they can be changed prior to their competition due to their illness or injury.
- e. Two alternate runners can be listed for each relay and they are the only ones that can substitute in case of injury or sickness.

2. If there is a tie by two or more competitors they will then draw lots for medal or other awards and privileges (unless other provisions have been made.)

3. In the event of a tie at any height or distance in the finals of a field event, places shall be awarded as follows:

- a. For places in jumping for height (high jump):
- b. The competitor with the lowest number of trials for the height at which the tie occurs shall be awarded at the highest place.
- c. If the tie still remains, the competitor with the lowest total number of misses throughout the competition (up to and including the height last cleared, shall be awarded the higher place.
- d. If after the above a tie still remains, the competitor with the lowest total number of trials (whether successful or not) throughout the competition up to and including the highest height cleared, shall be awarded the higher place.
- e. If the tie remains after applying all of the above and:
 - i. If it concerns first place, the competitors tying shall have one more attempt for the height GRPA Athletic Manual 83 at which they failed, and if no decision is reached, the bar shall be lowered or raised

by intervals of one inch in the high jump, and each competitor shall try once at each height until the winner is determined.

ii. If it concerns any place other than first, the competitors shall be awarded the same place in the competition and medals, ribbons, awards or privileges determined by lot as in ties for track events.

f. No misses shall be charged to a competitor for a pass height. g. In all field events, each competitor will take alternative trials in successive order by entry list (i.e., no competitor will be allowed to take three successive trials).

h. A run by or run up is not a try if done within the time frame.

i. For places determined by distance (standing long jump, running long jump, softball throw and shot put):

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the competitor whose second-best performance is better than the second-best performance of any other competitor tied for that particular place.

4. Each competitor shall be allowed three trials in the finals of all field events (two at each height in the high jump). All state level field events are finals. All field events shall be run in a manner as not to allow an individual to use all their tries in succession, unless they were at another event and all others have completed their tries. If they must try in succession, they will be allowed up to two minutes rest between tries.

a. Starting Heights for high jump are as follows:

Boys	Girls
10U 3'0"	10U 3'0"
12U 3'4"	12U 3'4"
14U 3'8"	14U 3'8"

5. In the high jump, the bar shall be raised in 2" increments until only 4 jumpers are left, then raised by 1" increments until a winner. The jumpers must attempt to jump within 30 seconds after their name is called or a try will be charged.

6. In all track events, two false starts shall constitute disqualification of the runner guilty of the infraction.

7. Shot Put Rules

a. The shot shall be put from the shoulder with one hand only and the competitor shall not allow the shot to pass behind or below the shoulder during the attempt. No harness or mechanical device attached to the hand or arm shall be used. Taping the wrist, palm or back of the hand is permissible. It is also permissible to tape only two fingers, provided they are adjoining and taped tightly together. However, there shall be no connecting tape device nor covering between the fingers and palm or back of the hand, or between the fingers and the wrist.

b. The put must be made from the circle. It is a foul if the competitor, after stepping into the circle, fails to pause before starting his put, or touches the circle, (not including the inner face of the stop board or the band if one is used) or the ground outside the circle, or the top of the stop board with any portion of his or her body or apparel before the put is marked. It is also a foul if the shot falls outside of the sector, or if the competitor, after having completed his or her put, does not GRPA Athletic Manual 84 leave the back half of the circle.

c. A foul put is not measured but is counted as a trial. Measurement is from the nearest edge of the first mark made by the shot to the point on the inside of the stop board nearest such a mark. d. All participants will throw the same shot put.

8. Standing Long Jump

a. A competitor may

(1) rock forward and backward lifting heels and toes alternatively from the surface but may not lift either foot completely from the ground nor slide it along in any direction of the ground;

(2) both feet must be parallel to each other and equal distance from the scratch line before jumping;

(3) both feet must leave the ground at the same time.

b. The jumper shall take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.

c. Each jumper is entitled to three jumps. Each jump shall be recorded. The contestant with the longest jump will be considered the winner.

d. The standing long jump will be done in sand. Each legal jump shall be measured from the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line.

9. Softball Throw

a. Ball throwing competition may be conducted with a rubber, leather, or synthetic cover 11" (ages 8U & 10U) 12" (12U & up) softball shall be used for all throws. All participants will use the same type of ball as furnished by the host.

b. The throw may be from either a stand or with a run-up.

c. Stepping over or on the line constitutes a foul. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial.

d. Each thrower will be allowed three trials. The longest throw will be considered the winner.

10. Javelin

a. Each contestant is entitled to one practice throw and three recorded throws.

b. Javelins with plastic bodies and rubber tips will be utilized.

c. Age groups 7-8, 9-10 and 11-12 will utilize a 300-gram javelin.

- d. The 13-14 age group will utilize a 600-gram javelin.
 - e. Contestants will use implements provided by the meet host and will not use their personal implements.
 - f. A contestant may not touch the throw line (white line on ground to throw from). If a contestant touches the line or goes over the line, either during the attempt or in the follow through of the attempt, the attempt will be recorded as a scratch.
 - g. If the javelin after thrown first touches the ground outside of the designated side boundaries, the attempt shall be recorded as a scratch.
 - h. Measurements will be taken from the edge of the throw line closest to the contestant. The mark will be placed where any portion of the javelin first touches the ground. The measurement will be made from the back portion of the throw line where the contestant made the throw, which means the measuring tape may be stretched diagonally to record the attempt if the attempt was GRPA Athletic Manual 85 not straight.
 - i. The contestant with the furthest recorded attempt will be considered the winner. In the event of a tie between furthest attempts, the second furthest attempt amongst those tied will be used as a tiebreaker. If the contestants are still tied after the second furthest attempt, the third furthest attempt shall be used as a tiebreaker. If the contestants are still tied after all three attempts, they will both be deemed the winner.
 - j. Measurements will be recorded in feet and inches and will be measured and recorded to the closest $\frac{1}{4}$ inch.
11. Places will be determined by second or third place throws or jumps if the first ones is a tie.

ARTICLE III – EQUIPMENT SECTION A – APPROVED EQUIPMENT

1. Shoes are mandatory for all track and field events. Shoes must comply with USA Track and Field rules as stated in Section 6 A-1a (may not exceed $\frac{1}{4}$ " metal spikes). If discovered in the bullpen with illegal shoes, a warning will be given. Shoes identified as illegal at the finish line will cause disqualification of the participant from that event.
2. Equipment to be provided by the Host Agency for GRPA Track and Field Meets shall include the following:
 - a. Scorer's table located in an area favorable to the meet officials and conducive to accurate and timely recordings and results and posting events. It is recommended that a loud public address system be available.
 - b. A 6-lb. shot put.
 - c. Javelins
 - i. Must have plastic bodies and rubber tips will be utilized.
 - ii. Age groups 8U-12U will utilize a 300-gram javelin.
 - iii. The 14U age group will utilize a 600-gram javelin.
 - d. Hammer Throw/Discuss

e. Rakes, measuring instruments, and if necessary a modified take-off board designed or marked according to regulation, but closer to the jumping pit for younger age divisions in the broad jump event.

f. In the softball throw – six softballs are required. The specifications are: a rubber, leather, or synthetic cover 11” softball. A visible tape with the feet and inches marked on it must be stretched on the ground to measure the distances of all competitors.

g. Standards and, if necessary, modified standards designed or constructed according to regulations to allow jumpers in younger age divisions to jump at lesser heights than the usual minimum of four feet found on most regulation standards, crossbars and landing pits filled with soft material other than sand or sawdust and modified as necessary to allow younger age divisions to reach at least the height of the landing pit in the high jump.

h. Track event equipment: starting pistol with .22 or .32 caliber black powder cartridges, one or more whistles for the chief finish judge and starter or clerk of the course, stopwatches (minimum six to eighteen with extras in case of malfunction), legal batons for relays and any other necessary equipment. Optional equipment would include finish yarn, and judges’ stand and lane indicators. One .22 or .32 caliber pistol will be used for starts. GRPA Athletic Manual 86

i. Timing:

1. Fully-automatic electronic timing shall be required for State level Track competition, and is highly recommended for District competition. Times shall be reported to two decimal places only (100ths of a second). Times shall be listed in hundredths only. All state records shall be reported to the hundredth of a second with no rounding off.

2. Back-up timing systems shall be available at all times when electronic timing is being used. Stopwatches (minimum six to eighteen with extras in case of malfunction) This could consist of (a) a manual backup built into the timing system plus one watch per lane or (b) three watches per lane. A minimum of one across-the-board finish judge or picking judge shall be used at all times with either backup system.

SECTION B – UNIFORM REQUIREMENTS

1. Agency team members, including all boys and girls, should wear like jerseys. Agency boys’ team must be dressed alike and the girls must be dressed alike from the waist up. No other youth sports organization patches will be allowed on uniforms in GRPA tournaments. Penalty – Illegal Equipment

a. Approved uniform: (1) plain shirts with numbers, (2) agency name or agency abbreviation, or (3) agency logo with department/school mascot name. (EFFECTIVE January 2025)

b. Coaches and non-player personnel must be attired in a manner that puts GRPA and its member agencies in a positive light. Tournament Directors, Officials, and GRPA State Athletic Committee members reserve the right to remove those from the contest who do not adhere to the standards set forth by the GRPA State Athletic Committee.

i. Managers, coaches, or team scorers who coach the bases must be attired in staff shirts or jerseys that are identical in style and color with each other.

2. It is mandatory that team members be in uniform while actually competing in events. (APPROVED RULING: It is conceivable that an agency with limited supply of same color jersey could continuously exchange these jerseys prior to the start of an event, but such a practice shall not be allowed during the conduct of an event among competitors still actively jumping, throwing, or running).

3. No jewelry is allowed. (A watch is not considered jewelry and may be worn)

SECTION C – AREA REQUIREMENTS

Effective 2004, the track shall be eight lanes, (*see below) but the length of the track is often influenced by the available space, but a 1/4-mile or 400-meter track is standard. It has two straight sides and two curved ends. The length of the straight sides is approximately the same length as the curved ends. Field events are usually conducted inside the oval track and non-competing participants, coaches, attendants, and spectators are provided an assembly area outside the track. NOTE: The putting circle for the shot-put event shall have an inside diameter of seven feet. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than 3/4" above the level of the circle or if the circle has a surface of concrete, asphalt, wood or other hard material, a painted line two inches wide may be substituted for the band. A concrete surface with a 1/64" roughness is recommended. A stop board (4" height and 4 1/2" width and 4' length) shall be firmly fixed at the front inner edge of the circle, which should be the boundary lines extended. GRPA Athletic Manual 87

ARTICLE IV – MEETS AND AWARDS

SECTION A – STATE

1. All entries to the State Meet must be done by the District Host.
2. NOTE: Participants in relays can be changed between preliminary and finals if an injury occurs in the relays only.
 - a. During the State Track Meet, there must be two bullpens (either one for A and one for B/C or one for track and one for field events).
 - b. Use two different color ID bibs (on chest), one for each classification.
3. In each preliminary (qualifying heats) running event in each age division, except the 800-meter and the 1600-meter runs, there will be two or three heats in the State meet. Lane assignments will be determined by the host, with equal first and second place entries in each heat if possible. The State Host Agency and State Athletic Committee Chair shall make heat assignments as deemed necessary.
4. The 200-meter dash will be run on a curve, the 800m will use a staggered start, and the 1600m will use a waterfall start.
5. Each District's Meet Director (designated Tournament Director) is responsible for submitting state entries prior to the State Meet to be in the hands of the State Host by 5:00 PM Tuesday. Entries shall consist of the following information.
 - a. District
 - b. Age Division, Sex, Event

c. Place in District, First and Last Name, Agency, Time-Distance-Height

6. Awards- Medals will be awarded for 1st – 3rd place and ribbons awarded for 4th – 8th place. State meet host must provide an awards podium for 1st-8th place. “A”, “B/C” Meet: Awards will be given to the top eight finishers in each event from the finals. Awards given are per state awards contract and cannot be substituted or changed. If emergencies arise then the state athletic committee chair in consultation with the GRPA Executive Director will determine what course of action to take. Team scores will be provided by host, but no awards given.

7. Medals to be given for each place shall have red, white, and blue drape in plastic cases with clear lid. Award cases and ribbons MUST be labeled by place and must have swimmers name, place, time and date (HY-TEK Meet Manager can produce and stick label on back cover or ribbon tab).

EXAMPLE: Second District: 10 year old girls, 50 meter dash

1st – Canya Comegetme, Sigsbee, 7.5 seconds.

2nd Ima Gonnagetu, Whoville, 7.6 seconds.

3rd Shesa Prettygirl, Willacoochee, 7.7 seconds.

4th Hesa Richboy, Funston, 7.8 seconds.

5th Itsa Gonnarain, Unsocial Circle 7.9 seconds.

6th Ucan Runfast, Gratis, 8.0 seconds.

7th Swing Andamiss, Dudley, 8.1 seconds.

8th U.R. Outtahere, Dawgville, 8.2 seconds.

Allow results from preliminaries to be used to determine final times for events that are cancelled in finals. If finals have begun, the final times in events that have been completed would count. However, if due to inclement weather or any other reason that an event cannot be completed in finals, times achieved in prelims will be considered timed finals. GRPA Athletic Manual 88

ARTICLE V OFFICIALS

SECTION A – HOST

1. The Host shall provide a minimum number of competent adults in accordance with Rule II, Article IV to serve as:

a. Meet Director

b. Starter

c. Clerk of the Course

d. Head Finish Judge-Timer and Finish Judge-Timers (lane inspectors)

e. Head Field Judges (for each field event competition)

f. Scores

g. other assistant officials are not required, but are recommended as specified in Rule II,

Article IV

2. The Host shall be responsible for providing areas and equipment, electronic timing system, releasing publicity, and organizing competition for the meet.

SECTION B – OFFICIALS

1. The State Athletic Committee shall serve as the Games Committee (Jury of Appeals), and the Chair or his assigned representative shall serve as Referee for the State Meet. Each District Commissioner is encouraged to provide a similar authority for district meets.

2. Host must provide a minimum of 3 qualified officials by NFHS, GHSA, USTAF, or AAU to monitor all exchange zones during relays.

SECTION C – COMPETITIONS AND ATTENDANTS

Attendants, coaches, spectators, parents or persons not designated as meet officials shall not accompany a competitor to the starting line or during a race. Any competitor will be disqualified if, in the opinion of the judges or meet officials, he or she has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the team concerned. Such aid would include running alongside a teammate, being stationed at various points near the track, or located near any field events for the purpose of aiding or coaching the competitor after the race or field event has started. The degree of enforcement shall be announced by the Meet Director prior to the Meet.

ARTICLE VI – PROTESTS AND APPEALS

Protests and appeals are authorized only under the stipulations found in this manual. For more information regarding protests and appeals, see: Rule I, Article IV, Section C-12. For more information on protest committee organization and responsibility, see Rule II, Article I, Section A.

ARTICLE VII – DEFAULTS

Any default that is not reported to the State Host at least three days prior to the State Meet will result in that agency being fined \$10.00 per person, this shall be per meet not per event. No alternatives or changes are allowed at the Meet. [Relay team counts as one default. Youth are fined but not suspended.] Note: No alternative or changes are allowed at the State Meet. NOTE: The top eight over all times from the preliminary heats will advance to the finals. NOTE: Subject to change by Host to adjust heats



Rules & Regulations for USTA Jr. Team Tennis

And Junior Circuit

**These supplement the 2012 USTA National Jr. Team Tennis regulations, which can be found at www.ustajtt.com. Additional Area and Local League regulations may also apply. The RULES OF TENNIS and THE CODE shall apply to all matches played in USTA Jr. Team Tennis except as modified herein. The Friend At Court, which includes the Rules of Tennis and The Code, can be found at: <http://www.usta.com/GetInvolved/Officials.aspx>

LOCAL SEASON FORMAT OF PLAY:

When the coach/team manager prints out the scorecard the format is on the card. Most local team matches will consist of 5 lines:

1. One male singles match
2. One female singles match
3. One male doubles match
4. One female doubles match
5. Two mixed doubles match.

Most local leagues use an 8 game pro-set scoring format with a 7pt tiebreaker at 7 games all. The winning team will be determined by total games won. Standings can be viewed at: <http://teamtennis.usta.com>. The JTT Local League Coordinator has the flexibility to set up the playing and scoring format that best suits the needs of the local league.

Note: The Area and Section Championships use the same match format, except only one mixed doubles match is played. An 8 game pro-set, no-ad scoring format is used with a 7pt tiebreaker at 7 games all. Tournament director reserves the right to alter this scoring format, if needed.

QuickStart Tennis Division:

8 & under and 10 & under, features age appropriate equipment, smaller court sizes, and modified scoring. One volunteer per court is needed to assist this division. Scoring will vary depending on the skill level of the participants. Be as flexible as needed. Consult the QuickStart Tennis Practice and Play Plans for team game ideas. If players are ready for more structured competition, they should use the recommended age appropriate scoring formats.

LOCAL MATCH PROCEDURES:

What if a team doesn't have the required number of players for a local match? Ideally if a team doesn't have enough players for the match, the captain of the team would contact the opposing captain to let them know. In the event that it does happen, play as many matches possible with the players available. The team that is unable to field enough players may substitute in a player(s) of the opposite gender and/or have two players of the same gender participate in two individual matches within a team match. In no event shall a player participate in three individual matches within a team match. These matches will count toward the local play requirements necessary to advance.

Rain: If you think there may be rain, please connect with the opposing coach. Decisions related to playable courts are the host facility's responsibility. Don't assume that it is raining everywhere!!!

Check in: Coach/Team Managers or another designated person should check in for the team match. Line-ups will be exchanged and court assignments will then be given out.

Rescheduling: It is recognized that emergencies do occur. If a coach/team manager is notified in a timely manner that there will not be enough players to field the team, then good faith effort must be made to reschedule the match. If teams cannot agree on a reschedule date, the matches must be recorded as defaults in Tennis Link. If running late—call opposing team coach/team manager to allow flexibility with tardiness. Coach/Team Managers have the responsibility to enforce the strike penalty system.

Line up: Captains in all divisions are highly encouraged to communicate prior to the match, their team's "order of strength" to the opposing captain to allow for the best match ups between players. Players who are not on the scorecard and are not registered in Tennis Link are NOT allowed to play.

Order of matches: Coaches should exchange line-ups and look to see if any players are playing twice. If so, those players should play their first match right away. If no players are doubling up, it is recommended that singles go out first, then doubles, and then mixed doubles and any exhibition matches. This will depend on court availability.

Coaching: Coaching is allowed only on changeovers and is limited to 90 seconds. Coaching is allowed after the first game, but it must be kept short and cannot be a disruption to the flow of the match. No coaching is allowed during a tiebreak. The coach should encourage the player and offer constructive criticisms when sandwiched between positive comments. (Ex. Great cross-court returns in that last game; remember to keep your feet moving in between shots; let's keep it up, I like your focus out there.)

Explanation of a Tie-break Game: During a tie-break game, points are scored "Zero", "1", "2", "3", etc. The first player/team to win seven points wins the "Game" and "Set", provided there is a margin of two points over the opponent(s). If necessary, the tie-break game shall continue until this margin is achieved.

The player whose turn it is to serve shall serve the first point of the tie-break game. The following two points shall be served by the opponent(s) (in doubles, the player of the opposing team due to serve next). After this, each player/team shall serve alternately for two consecutive points until the end of the tie-break game (in doubles, the rotation of service within each team shall continue in the same order as during that set).

When do the players change ends? Players change ends after every six points. They must change sides during the Tiebreak without any break or delay.

Match: When the match is complete, each player must come to the net and shake hands to congratulate the opponent. It is important that captains convey the message of good sportsmanship through their actions and the directions given to the players.

LOCAL LEAGUE EXPECTATIONS:

Local league expectations are in place to ensure that a high quality program is administered by all involved, and that those who violate our expectations are held accountable. It is recognized that emergencies do occur. If a coach/team manager is notified in a timely manner by the opposing coach of a situation, they should be flexible and try to accommodate the other team.

1. Teams shall be knowledgeable of the league rules and regulations and adhere to them.
2. The coach/team manager is responsible for holding their players accountable to play and act in accordance to the Rules of Tennis and The Code as outlined in the Friend At Court.
3. Coaches, players and spectators are expected to display good sportsmanship and treat all players, coaches, and others in attendance with respect at every match.
4. USTA Northern expects the local league match environment to be free of drugs, tobacco and alcohol.

5. Teams must register all of the players participating in local league matches on TennisLink prior to their first match.
6. The home team is expected to record local match scores in Tennis Link within 72 hours.
7. Once a team registers in Tennis Link and commits to a local league schedule, they are expected to honor that commitment and bring at least 4 players to every scheduled match.
8. If a team is unable to field enough players for a team match, they shall notify the opposing coach at least 48 hours prior.
9. Teams shall make an attempt to reschedule all local league matches that were not able to be played on the original date.
10. Teams are expected to have at least 3 courts available for every home match.
11. Coaches, players, and parents are expected to express any concerns through the proper channels in a dignified manner.

If an opposing team does not meet one of the expectations, please describe the situation in writing and send to the Section League Coordinator. Those incidents will be documented and tracked, so struggling programs and repeat offenders can be identified. The Section JTT committee reserves the right to enforce sanctions on programs who violate the expectations, if deemed necessary.

Where the World Lands
and Opportunities
Take Off