

Golden Strip Football League Rules and Guidelines



Golden Strip Youth Football League

Games will be played at:

Jamboree and Pictures Date: TBD

League Start Date: TBD

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

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

Game times: 6PM and 715PM

Age & Weight Classification:

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

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

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

Rules:

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

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

Weight Classification

2. Players will be weighed in at the beginning of each season. That weight will be considered their league weight for the entire season.
 - a. 8U max is 120 pounds, 10U max is 135 pounds, 12U max is 150 pounds
 - b. If player does not meet weight limit he will not be able to carry the ball in any aspect.
 - c. Players over set maximum weight will be provided a sticker for their helmet. No underweight players should have a sticker of this color.
 - d. Set players over the maximum weight in their division cannot participate on kick offs, kick returns, be the punter, extra point, or field goal kicker
 - e. Players that are overweight designated by a sticker on helmet must play from tackle to tackle
 - f. Only 4 overweight players may be on the field at one time (5 if on offense).
 - i. Offense: Tackle, Center, Guard, (Tight End may not be overweight)
 - ii. Defense: Only 4 linemen may be within the tackle box, linemen may shade to whoever is one the end of the line of scrimmage. (2 DT, 2DE)
 - g. All players within the tackle box must be in a 3 point or 4 point stance.

Quarters/Score/Clock

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

Special Teams

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

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

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

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