

GCT Youth League Football

Start of Game:

- *Home team to wear Green. Visiting team to wear Gray.
- *Make sure “chain-gang” in place—responsibility of visiting (gray) team/coach.
- *Coin toss: Winner of toss elects to receive, defend—choosing end to defend, or defer to 2nd half. Loser of toss decides which direction to defend on defense if winner takes ball. If winner defers, loser chooses.
- *First offensive team gets ball on 20 yard line (3rd/4th) and 35 yard line (5th/6th).

During the Game:

- *Games will consist of: 25 min first half, 10 min halftime, 25 min second half.
- *Coaches are given 2 timeouts per half lasting approx 90 seconds.
- *On fourth downs, teams can elect to punt:
Punts will be stepped off 20 yards (3rd/4th) and 30 yards (5th/6th).
- *No defensive player is allowed to play right over / heads-up on the center.
- *Linebackers must start play a minimum of 3 yards from the line of scrimmage.
This 3 yard LB rule does not apply within their own 5 yard line.
- * 2 coaches allowed on playing field in the 3rd/4th grade division.
- * 1 coach allowed on field in the 5th/6th div.(work toward no coach on field)

Basic Penalties

All penalties in YL will be assessed from the original line of scrimmage.

False start/off sides—5 yard penalty, repeat the down

Encroachment (defensive off sides)—5 yard penalty, repeat the down

Illegal procedure—5 yard penalty, repeat the down

Holding offensive—10 yard penalty, repeat the down

Holding defensive—5 yard penalty, automatic first down

Pass Interference—10 yards from scrimmage, automatic first down

Face mask—5 yard penalty OR 15 yard penalty if excessive

Illegal block in the back—10 yard penalty

Clipping—15 yard penalty **Chop block**—15 yard penalty

Unsportsmanlike conduct—15 yard penalty