



## Gold Coast Youth Football League 2018 Season • Referees Handbook

- I. GCYFL Rule Book Overview:
  - a. The rules found in this document are only meant to cover areas where the GCYFL has decided to follow rules that are not currently found in the NFHS or CIF Blue Book rules.
    1. The order we will abide by in terms of rule priority will be:
      - a.) GCYFL Rule Book
      - b.) CIF Blue Book
      - c.) NFHS Rule Book
    2. This means that if a rule is stated in this GCYFL Rule Book, it will be followed as stated - even if it differs from what's stated in the CIF Blue Book or NFHS Rule Book. If a rule is NOT stated in this GCYFL Rule Book, we will follow first what is stated in the CIF Blue Book and then what is stated in the NFHS Rule Book.
- II. Game Clock:
  - a. All games will consist of 4; 10 minute quarters. Halftime is 15 minutes maximum, which the 15 minutes is to include a mandatory 3-minute warm-up.
  - b. The game clock will stop at each change of possession.
  - c. The ready play clock shall be 30 seconds.
- III. Playing Rules:
  - a. *Mighty Mite & Bantam only*: Free punts are allowed (No encroachment) All free punts must be made directly behind the Center. If there is an errant snap the punter must return to his position behind the Center to punt the ball. Failing to follow this rule will result in a personal foul. If the kicked ball hits a defensive lineman, the ball is considered dead and down on contact (First down for the receiving team).
  - b. *Mighty Mite only*: Two coaches are allowed on the field at all times, for the entire season and post-season. Coaches may not direct or coach the players either by words or motions during the execution of a play (between the start of the cadence and the end of the play). The penalty for violation of this rule is illegal procedure. If excessive violations of this rule occur, it may result in an unsportsmanlike conduct penalty. Coaches must be ten yards behind the line of scrimmage when the ball is snapped.
  - c. *Bantam only*: Two coaches from each team are allowed on the field at all times, for the first 4 games. If one team had a bye, both teams are allowed on the field for the 5th week, After the 4th/5th game, if the 30 point rule is in effect, coaches are allowed to return to the playing field under the same rules allowed for the first 4 games. All other guidelines mentioned above for Mighty Mites apply to coaches on the field.
  - d. *Mighty Mite & Bantam only*: Penalties will be 5 yards or 10 yards (10 & 15 yd.) infractions.
  - e. Freshman, Sophomore, Junior, and Seniors will follow high school for penalty yard distances.
- IV. X-players all divisions.
  - a. All X-players will be required to wear a 3-4 inch X contrasting the color of the helmet, on front and back, easily visible.
  - b. **Offense** - no more than (3) X-players may be on the field at the same time:
    1. All X-players must play be within the **free blocking zone**. They must be interior lineman.

2. The X-players must be set, but not necessarily in a three or four point stance, at the snap of the ball.
  3. The furthest outside X-player must be covered by a non X-player.
  4. No plays may be designed to have an X-player carry the ball.
  5. X-players may advance a true fumble or tipped/batted pass
- c. **Defense** - No more than (3) X-players may be on the field at the same time.
1. X-players must line up in the FBZ with their inside shoulder no wider than the outside shoulder of the last lineman on their side. This means the X-players inside shoulder has to line up with the last lineman's outside shoulder at the widest point prior to the snap.
  2. The X-player must be in a three or four point stance at the snap of the ball.
  3. The X-player must be on the line of scrimmage at the snap of the ball.
  4. The X-player may advance a fumble or interception as long as they are the original player with the ball. No laterals or hand offs to an X-player are allowed.
- d. No X-player can play on Kickoff and Kickoff Return. Punt and Punt return will be considered offense and defense accordingly and thus follow the rules mentioned above.
- e. The penalty for the misuse of an X-player will be unsportsmanlike conduct.
- V. Not able to have 11 players on a kick off or kick return.
- a. Some teams do not have enough skilled players to fill a complete Kick Off or Kick Return team as X-players are not allowed.
  - b. If the Kick Off team has fewer than 11 eligible players, they can request **NO** Kick offs. There must have a minimum of 8 players on the field for both kick off & receiving teams
  - c. Mighty Might, Bantam & Freshman – receiving team gets the ball on their 45 yard line
  - d. Sophomore, Junior & Senior – receiving team gets the ball on their 35 yard line
- VI. The “Mercy Rule” / “Sportsmanship Rule”:
- a. The “Mercy Rule” goes into effect for every game in every division anytime a team has a **30 point scoring differential**. The rules will go into effect immediately following the extra point.
    1. The coach with the lead “must” remove a minimum of 5 players (Never to require less than 11 players). The players will not be allowed to return to the game. The players will remove their helmets and shoulder pads. The team in the lead “will not” be required to run between the tackles.
    2. There will be no kickoffs. The ball will be placed on the **leading team’s 40 yard line**. If the winning team turns over the ball on downs, the ball will be placed on the leading teams 40 yard line or the spot, which-ever is closer.
    3. Running Clock - At the Trailing Coaches option, there will be a running clock starting in the second half. Time will stop only for injuries, timeouts or change of possession.
- VII. Overtime: In the event of a tie, a winner will be determined by the following:
- a. A coin toss will be held with the winner determining either; Offense, Defense or End Zone. If winning team selects Offense or Defense, the losing team determines which End Zone to defend.
  - b. Ball will be placed on the 10 yard line. Each team will have 4 plays to attempt to score a touchdown. One try by each team will constitute 1 overtime series.
  - c. If a touchdown is scored – the extra point try will follow.
  - d. If there is a turnover – this ends the scoring try for the offense.
  - e. During regular season play, if a tie has not been broken after two complete overtime series, then the game will be recorded as a tie.