

Texas



Est 2008

Gridiron

2022 Rules & Regulations



**YOUTH NATIONAL
CHAMPIONSHIP**



Mission Statement

The overall mission of *this* organization is to promote an on-going youth football and cheer program to inspire its participants the ideals of sportsmanship, physical fitness, and scholarships, regardless of race, color, gender, or creed.

More specifically, this organization will provide a program oriented to quality supervision and safety mindfulness; a program directed at teaching the fundamentals of youth football and cheerleading; and a program allowing its participants to grow with confidence, pride and spirit in an atmosphere that fosters these attributes both on and off the field.

This organization will strive for unity of purpose in its endeavors to encompass the whole, rather than that of its parts. and will strive to do so in a democratic fashion, free of adult ambition and personal glory.

Texas Gridiron Youth Football & Cheer Executive Board





TEXAS GRIDIRON YOUTH FOOTBALL & CHEER

The League will be known as the Texas Gridiron Youth Football League Inc. (Hereafter referred to as TGYFC).

Chapter 1 TGYFC Code of Conduct

1.0 Any TGYFC Badged Volunteer shall have a background check prior to being allowed to participate in any league sponsored event. The volunteer is required to Uphold all rules & regulations set forth by the TGYFC. All reoccurring fines shall be doubled. Fines are to be paid by 2pm Friday of the following week or the next game will be forfeited. The organization is ultimately responsible for the payment of all fines accrued.

The Volunteer agrees to the following rules, regulations & procedures upon acceptance of the League issued TGYFC Badge. The TGYFC reserves the right to revoke Volunteer Badges at any time due to behavior or actions detrimental to the league. Organizations are encouraged to develop written guidelines for disciplinary actions to avoid criticism for selective enforcement, to provide notice to violators and to deter undesirable conduct. **All physical altercations will result in permanent suspension from the TGYFCL. All the TGYFL rules implemented reach not only throughout the Gridiron league but to other events outside of the Gridiron season. This includes but not limited to spring Football, showcase, travel games, scrimmages, pickup games, 7 on 7, tournaments, nationals, or any other sporting event.**

TGYFL reserve the right to increase or extend any punishments or fines levied against teams, staff, parents, and attendees.

- 1.1** Volunteers are prohibited from smoking and/or use smokeless tobacco on the field or in front of participants at any time. **Penalty: \$150.00 Fine to the Organization**
- 1.2** Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on the field or in front of participants at any time. **Penalty: \$500.00 Fine to the Organization. 1 full Calendar Year Suspension to the individual(s) in possession. Reinstatement pending TGYFC Board approval**
- 1.3** Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any parent, guardian or fan that becomes a nuisance and out of control shall be asked to leave. Failure to control spectators shall result in a fine. **Penalty: \$500.00 Fine to the Organization. 1 full Calendar Year Suspension to the individual(s) in possession. Reinstatement pending TGYFC Board approval**
- 1.4** Volunteers shall not deliberately incite **any** unsportsmanlike conduct. **Penalty 1st Offense = \$250.00 Fine to the offending organization.**
- 1.5** No badged volunteer shall receive two (2) unsportsmanlike conduct penalties in the duration of a single season. **Penalty: \$100.00 1st Offense, 2nd Offense \$200.00 fine, 3rd Offense 1 calendar year suspension**
- 1.6** If an Assistant Coach, or any other volunteer on the sideline is issued a “warning” by the game official due to sideline behavior, the head coach shall be responsible with controlling the sideline. **Penalty: offending individual & Head Coach shall be ejected**
- 1.7** Staff Member or Head coach shall leave the field in a timely manner when ejected from the game or facility. **Penalty \$250.00 fine**
- 1.8** Any coach or administrator that is ejected out of a game will automatically be suspended for the following game.
- 1.9** Monetary Gambling/Wagering based on the results of any league sanctioned event is strictly prohibited. **Penalty: 1 calendar year suspension. Reinstatement pending TGYFC league vote**
- 1.10** Cheating Could result in a permanent suspension of the Head Coach and/or administrator. Depending on results of an investigation, both parties can be suspended. Roster/Participant Manipulation will be considered cheating. **Penalty: \$500.00 fine to the organization Forfeit every game on every level. No level will qualify for the playoffs, team cannot charge gate fees for remaining home games.**
- 1.11** Badgering, Incitement or aggressively charging the field at a Referee is prohibited. The referee shall speak with the Head Coach only. **Penalty \$250.00 fine for all involved parties**



TEXAS GRIDIRON YOUTH FOOTBALL & CHEER

- 1.12 Any coaches/staff caught with a weapon will be permanently suspended from the Texas Gridiron Youth Football league.
- 1.13 Parents fighting or any one in attendance fighting or causing a disturbance shall be banned from all TGYF events
- 1.14 Any coaches/staff fighting shall be kicked out of the league for the remainder of the season and suspended for the following season. No Exceptions.
- 1.15 Any coaches/staff caught with a weapon will be permanently suspended from the Texas Gridiron Youth Football league
- 1.16 Only the head coach is allowed on the field to speak to the referee. Any other staff on the field of play will be removed, suspended, and the organization will be fined. **No Exceptions – 1st offense, Official shall issue a warning to the sideline. 2nd offense, The Head coach and the 2nd party offender shall be ejected.**
- 1.17 Except for parents and/or legal guardian, only 2 staff members & medical personnel are allowed on the field during injury timeouts. **Any other staff on the field of play will be removed from the game, suspended, and the organization will be fined. \$250.00**
- 1.18 Any display of aggression (profanity, threats, unsportsmanlike physical aggression, and gestures) towards the opposing teams' sidelines **will result in that staff member being removed, suspended, and the organization will be fined \$250.00**
- 1.19 If a situation during the game becomes increasingly out of control, the referee has the right to call the game. This is the sole discretion of the of the Head Official
- 1.20 Coaches/staff/parents rushing the field to help break up a fight or to participate in the situation will be removed from the game and the venue, suspended, and the organization will be fined **250.00**
- 1.21 Parents that must be removed from a game and the venue will be required to take their child with them. This also goes for any other family members in attendance with them must be removed from the venue
- 1.22 Home teams are responsible for chain crew, and they are to be on home team sidelines. Chain crew must be 18yr or older.
- 1.23 No kids, other than the ones that are playing, are allowed on the sidelines of any games. **250.00 Fine**



TEXAS GRIDIRON YOUTH FOOTBALL & CHEER

Chapter 2 TGYFC Game Venue Rules

2.0 Peace Officer Requirements All home teams are required to have (two) 2 Peace officers present at all games on the premises. 1 must be at the field of play.

"Peace officer" means an individual elected, appointed, or employed to serve as a peace officer for a governmental entity under Article 2.12, Code of Criminal Procedure, or other law. "Security Guards" do not count as Peace officers. The League Athletic Director shall be contacted immediately after the game stoppage.

In the event of an emergency that requires one of the Peace officers to leave the game, the league Athletic Director shall be notified. The League Athletic Director or Commissioner shall have the overall authority to advise if play can be continued with 1 Peace Officer. ***Patrolling officers do not count towards the required two officers. Penalty: \$250.00 per game & Suspension of Play Until the Requirements of 2.0 are fulfilled.***

The League Athletic Director shall be contacted immediately after the game stoppage.

In the event of an emergency that requires one of the Peace officers to leave the game, the league Athletic Director shall be notified. The League Athletic Director or Commissioner shall have the overall authority to advise if play can be continued with 1 Peace Officer. Patrolling officers do not count towards the required two officers.

2.1 Firearms are strictly prohibited from any TGYFC event. Penalty: Formal Charges are to be filed if in a "Gun Free Zone" and/or an indefinite suspension

2.2 TGYFC Requirements for Event Entry

Teams that are not in compliance with the mandatory security wands & the bag policy (clear for coaches/staff & no bags for attendants), will be fined \$1,000 a level and forfeit of every game that they are not in compliance. Serious or Multiple violations will result in permanent removal of the organization at fault from TGYFL

- A. Metal Detector Wands are required at all entrances. All spectators shall go through this process each time one enters or exits the venue. NO EXEPTIONS
- B. Only Coaches/staff and cheerleaders are allowed to have clear/mesh bags (cheer 12x12). Coaches/Staff are no longer allowed to have regular backpacks. ALL BAGS MUST BE CLEAR or mesh. Bags are still subject to be checked. NO EXCEPTIONS
- C. Teams have the right to refusal of play if the security wands & bag policies aren't being followed.
- D. Players are no longer allowed to bring duffel bags into the facilities
- E. Wagons are allowed (no pockets or hidden compartments).
- F. Tents are allowed but they must be removed from the bag. The bag is not allowed in the facilities. (No Exceptions)
- G. Chairs are allowed but they must be removed from the bag. The bag is not allowed in the facilities. Also, the chair cannot contain any secret compartments
- H. Attendants are no longer allowed to bring large bags into the facilities. Only the hand held wallet size are allowed (size 4.5x6 in)
- I. Diaper bags must be a clear bag no larger than 12x12. Diaper bags are with age reason of the child, no diaper bags for children over 4 yrs.



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2.3 Event Pricing

The maximum price that a TGYFC organization can charge for General Admission is \$10.00. Organizations can charge less but shall not exceed the league approved maximum. Playoffs, Super Bowl, & Cheer competition is managed and hosted by the TGYFC.

2.4 No Outside food, drinks or coolers permitted in the facility

2.5 Facility policies shall supersede TGYFC rules & guidelines



TEXAS GRIDIRON YOUTH FOOTBALL & CHEER

Chapter 3 Football Operations

3.0 Age Divisions

An age cutoff date of (on or before/as of 7/31) July 31st of the current season is as follows: i.e.: 11 yrs old on July 31st, turns 12 yrs. old on August 1st, the participant plays as a 12 yrs. old.

Traditional Division

Traditional Division	
Age Divisions	Age Cut Off 7/31/2022
6 & Under	5 & 6 years old on July 31,2022
8 & Under	7 & 8 years old on July 31,2022
10 & Under	9 & 10 years old on July 31,2022
12 & Under	11 & 12 years old on July 31,2022

Pure Age Division	
Age Divisions	Age Cut Off 7/31/2022
6 Year Olds	6 years old on July 31, 2022
7 Year Olds	7 years old on July 31, 2022
8 Year Olds	8 years old on July 31, 2022
9 Year Olds	9 years old on July 31, 2022
10 Year Olds	10 years old on July 31, 2022
11 Year Olds	11 years old on July 31, 2022
12 Year Olds	12 years old on July 31, 2022

3.1 Illegal Players

An illegal player is defined as the following:

- Any player that has produced false legal documentation as proof of age
- Any player not registered with Texas Gridiron Youth Football & Cheer participating in any league sanctioned event.
- Any player participating in any league sanctioned event that does not comply with the age requirements listed in **section 3.0**
- Dual Participation

Dual Participation is ONLY allowed for Middle School Players in the 7th grade. Dual Participation in another youth league, all-star league, or select team is NOT allowed under any circumstance. Players cannot be certified on two TGYFC approved rosters or in two TGYFC programs. This rule is for 6u through 11u, Traditional & Pure Age.

Penalty: Indefinite suspension (Pending League Review), \$500.00 fine to the organization. Organization shall forfeit every game on every level. No level can qualify for the playoffs & organization cannot charge for remaining home games.



3.2 Pre-Game Certification (Book Check)

Book checks are to be done at the beginning of the 4th quarter of the previous game or 30 minutes prior to games start for the first game of the day. Both teams are to report the area designated by hosting organization. If an athlete does not make it to book check during the schedule book check time but the game has not started, the athlete may get certified by the opposing teams, Head Coach, Assistant Coach, or Team Manager. Only badge Volunteers shall perform a pre-game certification. If any player shows up after the game has started, the head coach can call a time out get the player certified by the opposite team representative. If the team does not have a timeout, the team shall wait to a quarter change or half time. **After halftime no players can be certified!!!!**

Penalty for Non-Compliance – Playing an uncertified Player that is on the official roster – 15-yard illegal, Head Coach Ejected & 250.00 Fine. Playing a player that is not on the official roster after week 2, please refer to 1.10 (Cheating).

3.3 Electronic Communication Devices

A) *Cell Phone Use* - All sideline personnel are prohibited from utilizing cell phones, via text or talk, on the sideline or in the coach's box. (Please see the Exhibit A).

Penalty for Non-Compliance – Automatic Ejection from the game.

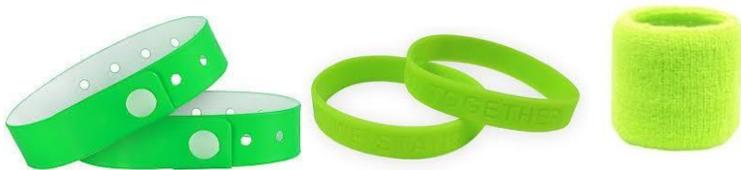
B) *Coach to Player Communication Devices*

1. Two (2) Players may have helmet speakers for communication with the coach.

Penalty (more than two players with devices) – Forfeit of Game & Head Coach 2 Game Suspension

2. The players utilizing helmet speakers shall wear a lime green wristband. The Coaches Communicating with the players utilizing helmet speakers shall also wear a lime green wristband.

Penalty: Forfeit of Game & Head Coach 2 Game Suspension



3. Coaches utilizing player communication devices shall remain in the coach's box or press box. Coaching from the stands or anywhere other than the above mentioned shall be prohibited.

Penalty: Forfeit of Game & 2 Game Suspension for Head Coach

4. At Coin Toss, The Head Coach Shall Bring the players with communication devices so that they may be identified prior to kickoff. If a player utilizing communication gets injured or cannot complete the game, The Head coach shall notify the Head Official if the communication device(s) are switched to another player.

Any attempt to manipulate or deviate away from the above guidelines shall be defined as cheating and shall be enforced as described in 1.10 of the TGYFC rulebook. If clarification is needed, please contact the league Commissioner prior to proceeding to avoid penalties.



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3.4 Game Day Filming

A) Game Filming is allowed at all TGYFC games by badged personnel only. This applies to any individual filming the football game outside of the designated sitting area.

Penalty: Immediate Removal from the facility, \$250.00 fine to the organization that's affiliated with the individual(s)

B) Photographers shall be badged, certified, and in uniforms

Penalty: Immediate Removal from the facility, \$250.00 fine to the organization that's affiliated with the individual(s)

C) Drones are allowed

D) On field Camera personnel are prohibited from filming behind the opposing team

Penalty: 1st offense 15-yard Personal foul Penalty 2nd offense Immediate Removal from the facility, \$250.00 fine

On field camera personnel shall always remain 15 yards behind the huddle & football play. On field camera personnel are strictly prohibited from any form of communication with the players, game officials, or sideline personnel. The camera person is prohibited from the team's sideline & coaches' box, (25-yard line to opposing 25-yard line) until the game is complete.

**Penalty: 1st offense - 15-yard Personal foul Penalty,
2nd offense - Immediate Removal from the facility, \$250.00 fine to the organization**

Chapter 4 Football Gameplay Rules & Regulations

4.0 A) Equipment

- 1) All helmet visors are allowed
- 2) Padded Pants-All uniform game pants must be fully padded. Hip pads, thigh pads, and knee pads. All pads must be in the proper place. **Kids will not be allowed to play if any of the pads are missing.**

B) Blocking

- 1) Offensive linemen can cut block in the Free-Blocking Zone/Line of Scrimmage, if the player is not engaged with another player and the ball is still in that Free-Blocking Zone. *(Standard NCAA rule to be Applied)*
- 2) Offensive Players in the back field are not allowed to cut block anywhere on the field. **NO EXCEPTIONS.**
- 3) Defensive Lineman can go low if they are in the Free-Blocking Zone/Line of Scrimmage. *(Standard NCAA rule to be Applied)*
- 4) If a defensive player is in pursuit of a ball carrier, he can be blocked straight up between the neck & Waist by another offensive player if the defensive player can see him coming (straight at him). **(15 Yard Personal Foul 1st offense, 2nd Offense is an ejection)**
- 5) If the defensive player cannot see the block coming because the blocker is coming at an angle, the blocker shall not hit the defensive player with his shoulders. He must come in, palms up and attack the defensive player in that manner. **(15 Yard Personal Foul 1st offense, 2nd Offense is an ejection)**

4.1 Overtime

- 1) 1st round will start at the 15.
- 2) 2nd round will start at the 5 and the team shall go for 2 or 3 pts post touchdown.

Extra Points

Run the ball in the endzone equals 1 point

Complete a forward pass that is caught in the endzone equals 2 points

Kick a field goal equals 3 points



TEXAS GRIDIRON YOUTH FOOTBALL & CHEER

4.2 Age Level Specific Football Rules

A) 6u Offense

- 1) The quarterback shall not run between the A Gaps if the player receives the snap under center or with in 3 yards of the center.
- 2) A under center Quarterback can hand the ball to any eligible back or receiver no matter the depth of the player
- 3) All fumbles are live, & can be returned for positive yards or a touchdown
- 4) Two coaches can be on the field

B. 6u Special Teams

- 1) Kickoff at beginning of the game and the beginning of the 3rd quarter
- 2) After all other scores, the ball will be marked at the 30yd line
30yd walk off on punts. 30 yard walk off on Punts. You cannot punt if you are inside of the opposing teams 30-yard line.

Two (2) Coaches are allowed on the field. These *Coaches shall remain 10 yards behind the deepest player* once the offense has started their cadence or standing behind the center.

No Nose tackle (O Technique), I technique (shade) shall be used on 6u. Participants shall be at minimum 3 yards back from over the center.

Failure to comply will result in a 10-yard illegal procedure penalty and an automatic 1st down.

B) 7u

A) 30 yard walk off on Punts. You cannot punt if you are inside of the opposing teams 30-yard line. One (1) Coach is allowed on the field. This Coach shall remain 10 yards behind the deepest player once the offense has started their cadence or standing behind the center. **Failure to comply will result in a 10-yard illegal procedure penalty and an automatic 1st down.**

C) 8u

No blitzing on punts. After the ball is kicked, the play is live.

No blitzing on field goals. There will be a 5 second count on field goals.

Penalty for Non-Compliance of the above mentioned is 10-yard Illegal Procedure and an automatic first down

8u Shall follow the 2022 NCAA Football rules. If TGYFC has amended any of the mentioned rules, it shall be enforced as documented in the 2022 TGYC rulebook.

<https://www.ncaapublications.com/productdownloads/FR21.pdf>

D) 9u Through 13u

Shall follow the 2022 NCAA Football rules. If TGYFC has amended any of the mentioned rules, it shall be enforced as documented in the 2022 TGYC rulebook.



4.3 TGYFC Playoffs

General Rules

- 1) All qualified teams must participate in playoffs. \$500.00 Fine Per Age Level for Non- Compliance
- 2) Only coaches/team moms from the level playing will be allowed on the sidelines. The only other staff that will be allowed on the sideline must have VIP badge.
- 3) All Badge Volunteers shall remain in compliance with section 1.4 of the TGYFC rulebook.
- 4) On TURF fields, no smoke bombs, no handheld smoke sticks, no fire extinguishers, no fireworks, or any other object that produces smoke will not be allowed on the premises

4.4 Tie Breaker Guidelines

Scenario#1

- 1st tie breaker is head-to-head. (2 teams)
- If teams are tied and they did not play one another, the tie breaker will go immediately to points allowed.
- 3 or more teams have identical records.

a.) If one team has beaten the other teams, that they are tied with, they will win the partite breaker.

Then the process will be repeated until ball teams are separated.

Example: If there is a 4-team tie and team 1 has beaten Teams 2, 3, & 4. Team 1 gets the 1st tie breaker. If team 2 has beaten teams 3 & 4, Team 2 gets the 2nd tie breaker.

If team 3 beat team 4, team 3 gets the 3rd tie breaker.

Scenario#2

a.) 3 or more teams tied and none of them have played or have beaten the other teams that are tied, the tie breaker then moves into to defensive points allowed. The team with the fewest points allowed will get the tie breaker. Then you move on to the remaining teams and the fewest points allowed. This continues until all teams have been separated.

Scenario#3

a.) 3 or more teams tied. If one team has played and beaten the other teams, that they are tied with, that team gets the 1st tie breaker.

b.) If the remaining teams did not all play each other, then they will move on to defensive points allowed.

Scenario#4

a.) If the head-to-head did not work or the defensive points allowed did not work, then there will be a coin toss to determine the tie breaker. If there is going to be a coin toss, that means there were some teams that allowed the same number of defensive points.

b.) The coin toss will determine whatever slot the teams were tied at.

Example: If teams 1 and 3 gave up 20 points and teams 2 gave up 30 points and team 4 gave up 40 points, the coin toss will be between teams 1 and 3 for the 1st and 2nd tie breaker slot. Followed by team 2 with the 3rd tie breaker slot and team 4 with the 4th tie breaker slot.



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Example 2: If team 1 gave up 20 points, team 2 gave up 30 points and teams 3 & 4 gave up 40 points each, the coin toss will be between teams 3 & 4 to determine the 3rd and 4th tie breaker slot.

Chapter 5 Social Media & Celebration Policies

5.0 Any derogatory social media post or comments directed at the Texas Gridiron Youth Football League, or any organization is strictly prohibited. **Penalty for noncompliance is a \$250.00 Fine for the first offense. Second offense shall result in a \$100 fine and a 1 game suspension.**

5.1 A player cannot celebrate while running into the endzone. **A Player Can Celebrate after crossing into the endzone** if the celebratory actions are not directed towards the opposing team. Players are encouraged to celebrate with their teammates. **Violation of this rule shall result in a 15-yard penalty from the start of the celebration. The touchdown will not count. Post Scoring violations shall result in a 15-yard penalty enforced on the extra point or on the kick – off**

Coaches are not allowed to run into the endzone or field of play to celebrate. **Penalty for non-compliance is an unsportsmanlike conduct penalty & a \$250.00 fine.**

Post & Pre-Game celebrations shall be contained strictly to the designated area for the team
Penalty for non-compliance is \$250.00 for non-compliance.

Chapter 6 Protest

Process of filing a Protest

- 1) Shall be written and submitted, via email, by the following Monday by 5pm
- 2) Protest will be heard by the Board of League Presidents
- 3) If still unsatisfied, your case can be heard then by an independent panel outside of the Gridiron. All decisions will be final.

The Presidents of the two involved organizations shall not have a vote in this process.

Texas Gridiron Youth Football & Cheer reserves the right to amend any rule in these policies & guidelines at any time with the approval of the Texas Gridiron Presidents Board majority Vote.

TEXAS GRIDIRON YOUTH FOOTBALL & CHEER

6.1 Game Start Times

Traditional & Pure Age divisions have league mandated times of play. Prior to any changes to the below mentioned game times, both teams shall formally agree in writing via email to the League Commissioner of the changes no later than Wednesday of the game week. If both parties fail to agree to a time, the league times shall be enforced. Failure to communicate change of game times or change of venue by the hosting team by Wednesday of the game week, shall result in a forfeit of the game(s) by the hosting team.

Any last- minute changes made by the owners that are beyond the organizations control, (ex. weather, wet field conditions,) shall be communicated to the league commissioner immediately. The League commissioner, Vice President or Athletic Director shall contact the visiting team and serve as the mediator to resolve the field issues. Failure to follow this notification process shall result in forfeit(s).

Teams have a 15-minute grace period after the scheduled game time to start. After the grace period has ended, the game will be forfeited by the team that is not ready to start the game.

Traditional Division

Freshmen 10:00 am
Sophomore 11:30 am
Varsity 1:00 pm Junior
Varsity 2:30 pm

Pure Age Division

6u 9:00 am
7u 10:30 am
8u 12:00 pm
9u 1:30 pm
10u 3:15 pm
11u 5:00 pm
12u 6:45 pm

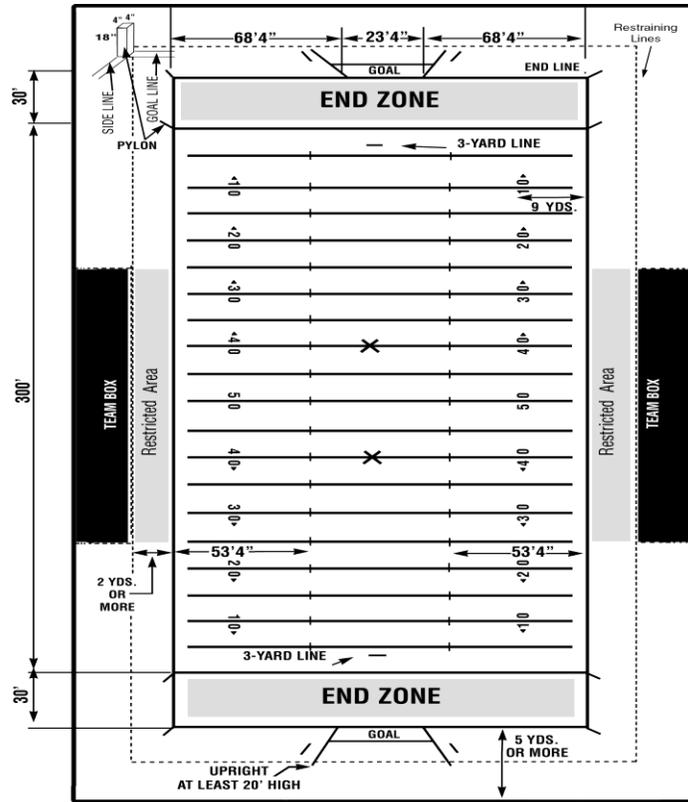
Pure Age

All games with a 24-point lead at any point **after half time will result with a running clock**. In the first half of the game, the team that comes back within the 24 point mercy rule shall have the standard game clock for one time only. If the team fall back behind by 24 points the clock cannot be stopped except for a time out.

Traditional

Both head coaches shall agree to the running of the clock at any point of the game.
No on-side kicks in the second half by the team ahead by 24 points or more.

TEXAS GRIDIRON YOUTH FOOTBALL & CHEER
Football Field Diagram
 11-player Football Field



Heat Illness Prevention

The OSHA-NIOSH Heat Safety Tool features:

- *A visual indicator of the current heat index and associated risk levels specific to your current geographical location.
- *Precautionary recommendations specific to heat index-associated risk levels
- *An interactive, hourly forecast of heat index values, risk level, and recommendations for planning outdoor work activities in advance
- *Editable location, temperature, and humidity controls for calculation of variable conditions
- Signs and symptoms and first aid information for heat-related illnesses

Get the OSHA NIOSH Heat Index App on the Apple Store

Get the OSHA NIOSH Heat Index App on the Google Play

When Should Athletes Hydrate?

Before exercise: Drink 16 ounces of water or sports drink 2 hours before 15 minutes prior to physical activity.

During exercise: Drink as much as they want with unlimited supply a thirst as an accurate gauge. As a rule of thumb, drink 4 to 8 ounces who have a greater than average sweat rate may need to consume

After exercise: Drink enough to replace any weight loss from exercise fluid for every pound lost.

What Are The Best Types Of Drinks?

Water should be the main fluid available during exercise. However, sports and sodium formulation should may provide additional benefit in the

- *Intense exercise with a duration greater than 60 minutes.
- *Poor hydration prior to activity.
- *Poor acclimatization prior to participation.
- *A high sweat rate or salty sweaters.
- *Athletes who don't like the taste of water



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Flag (5U) Division, ball size K-2

1. Field size is 80 yards in length.
2. All players on offense or defense playing on the line must be in football 3-point stance or football 2-stance hand on their knees.
3. Point after touchdown (PAT) is one (1) point for running or two (2) points for forward passing. (Forward pass must pass the line of scrimmage. Does not have to be caught in the endzone. Receiver must advance to the endzone post catch)
4. Flag players must wear jerseys with number on front and back of jersey and football game pants or shorts. Hip, tail, and thigh pads are optional. All flags must be giving by the league.
5. A play is dead at the point of contact if a player touches the football without wearing flags.
6. Any player who handles the football and has their jersey un-tucked at the start of the play, the play will be considered dead.
7. Any player who handles the football and their jersey becomes Un-tucked before the play, that ball will be considered down at the spot of contact.
8. Linemen may block with arms extended and inside the shoulders of the opponent.
9. A stiff arm is considered illegal and will result in a five (5) yard penalty.
10. Tackle is confirmed as making contact and no attempt to reach the offensive player's flags
11. Only Velcro belts are allowed during game play in the Flag Division
12. All other types of flag belts are prohibited and cannot be used during any (Gridiron) Games. Flags must be purchased through the league.
13. Each eligible ball carrier must wear two(flags)
14. Flag Division (5U) – (4) 8 min. quarters (Running Clock)
15. 5U/6U FLAG PLAYS WITH 11 MEN, 9 is the minimum.
16. The clock shall always run except in the last two (2) minutes of the second and fourth quarters. It will also stop during team time outs.
17. There is a minimum (9) players on the field.
18. There will be five (5) players on the offensive line of scrimmage tackle to tackle.
19. Two (2) coaches allowed on the field
20. Coaches must be 10 yards away from the line of scrimmage the field when

the ball is snapped. When the Qb starts the cadence, Coaches on the field cannot talk to the players.

21. Players may line up in the A gaps in a 3-point stance but may not stand up in the gaps or line up over the center.

22. There will be a (35) second play clock, violations will be assessed **a (5) yard penalty. If violation gets excessive a loss of down will occur.**

23. Tackling: This is a non-contact sport; if a ball carrier is intentionally knocked down or tackled, this will constitute un-sportsman like conduct. **A fifteen (15) yards penalty** and automatic first down. Tackling can further be defined as or to include HOLDING & GRABBING.

24. There will be no flag guarding, if a ball carrier touches a defensive player with their hands in any way while advancing the ball it will be considered flag guarding. **This is a 10-yard penalty (from the spot) and loss of down (if the play doesn't equal a 1st Down).**

25. Defensive players must stand at least one (1) yard off the line of scrimmage. **Violations will be 5-yard penalty.**

26. Fumbles are not advanced it will be a dead ball spot and the new line of scrimmage. Shotgun fumbled snaps can only be picked up and advanced by the QB.

27. At the start of each game, start of the 2nd half, and after each score the ball shall be placed at the 25-yard line. No kick offs.

28. If a player's flag is intentionally removed when he is not the ball carrier the offending players and coach shall be given a warning. If players deflate another player intentionally under the same condition's penalties are as follows.

29. If ball carrier flag is pulled or fall in the ball carrier endzone it's a Safety.

30. If League Issued flags are altered in any way the team forfeits the game and any prior games played. The team will be BANNED from league play the remainder of the season with NO appeal.

31. Game Start Time shall be 8:00am

32. K2 Leather or Composite Shall be used.