



Gold Coast Youth Football League **2022 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:
 - i. GCYFL Rule Book
 - ii. CIF Blue Book
 - iii. 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. Section B - Official Ball

The official ball is:

- a. **Mighty Mite, Bantam & Freshman:** Pee Wee (i.e. Wilson K2 or Equivalent)
- b. **Sophomore & Junior and Division:** Junior (i.e. Nike 1000J or Equivalent)
- c. **Senior Divisions:** Youth (i.e. Nike 1000Y or Equivalent)
- d. If a team is caught using a smaller than regulation size ball, in a game, it will be a 15yrd penalty and the first unsportsmanlike penalty against the head coach.

III. 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.
- d. The GCYFL will use CIF Varsity clock rules even though we play 10 minute quarters.

IV. Section B - Playing Rules

- a. Mighty Mite & Bantam only. Free punts, field goals, and PAT (Extra point kicked) 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. The Play begins once the time the Quarterback addresses the Center, until the time the play has been whistled dead. 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 at least 5yds behind their deepest player and no closer than 10yds from 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 to have coaches on the field for the 5th week. After the 4th/5th game, if the "Mercy 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 will use the following assessments. For penalties that are 5 yards, they will be assessed at 5 yards, for penalties that are 10 or more yards they will be assessed at 10 yards.
- e. Freshman, Sophomore, Junior & Senior Division will follow high school penalty assessments for all rule violations.

V. X-Players All Divisions

1. All X-Players will be required to wear a 3-4 inch X sticker, contrasting their color of their helmet on front and back creating easy visibility.
2. **Offense:** - No more than 3 X players may be on the field at the same time.
 - a. All X players must play on the line of scrimmage inside the X-Man Blocking Zone (XMBZ). (*See appendix III*)
 - b. The X players must be set, but not necessarily in a three or four point stance, at the snap of the ball. X players will not be allowed to have a blocking assignment that would cause their first blocking responsibility to be anyone outside the FBZ at the snap of the ball when pulling, unless that player is lined up over the X-Players shoulder.
 - c. The furthest outside X player must be covered by a non X player.
 - d. No plays may be designed to have an X player carry the ball.
 - e. X player may advance a true fumble or tipped/batted pass.
3. **Defense:** - No more than 3 X players may be on the field at the same time.
 - a. All X Players must play on the line of scrimmage inside the X-Man Block Zone (FBZ) with their inside shoulder no wider than the outside shoulder of the last lineman on their side.
 - b. The X player must be set in a three or four point stance at the snap of the ball.
 - c. 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.
4. **Special Teams:**
 - a. No X players can play on Kickoff and Kickoff Return. If the Kick Off team has fewer than 11 eligible players, they can request **NO** Kick offs. There must be a minimum of 8 players on the field for both kick off & receiving teams.
 - b. Mighty Mite, Bantam & Freshman – receiving team gets the ball on their 45 yard line. Sophomore, Junior & Senior – receiving team gets the ball on their 35 yard line.
 - c. Punt and Punt Return will be considered offense and defense accordingly and thus follow the rules mentioned above.
 - d. The penalty for the misuse of an X player will be an Unsportsmanlike conduct penalty against the head coach.
5. **Misuse:**
 - a. The first & second penalty for the misuse of an X player in formation will be an illegal procedure penalty. The third infraction will be an Unsportsmanlike conduct penalty against the head coach. The Fourth infraction will be a second unsportsmanlike penalty against the head coach.
 - b. The first penalty for the illegal use of an X-player in the development of a play will be an Unsportsmanlike penalty against the head coach.

VI. 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.
- c. One try by each team will constitute 1 overtime series.
- d. If a touchdown is scored – the extra point try will follow.
- e. If there is a turnover – this ends the scoring try for the offense.

VII. 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 unless an injury makes fielding 11 players impossible. In that case a removed player may return. 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 turn-over spot, which-ever is closer. If the trailing team turns over the ball on downs, the ball will be placed on the leading teams 40 yard line or the turn-over spot, which-ever is farther.
 3. 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.