

## **8 & UNDER FOOTBALL LEAGUE RULES:**

1. AGE 7 & 8

2. **Weight Unlimited.** Exception – NO player weighing over 100 lbs. will be eligible to play any backfield position. This also includes specialty teams. The “Shuttle Pass” and the “End Around” to players exceeding 100 lbs. are illegal (penalty unsportsmanlike conduct).

3. Practice before season starts - (3) times per week; combination of practices and games once season starts - (3) times per week 1 ½ hour time limit. NO practice on Sunday. Any practice held on Friday or Saturday will not be mandatory for participants to attend. (Participant cannot be disciplined.)

4. Only one coach per team will be allowed on the playing field at a time. **The offensive and defensive coach is responsible for keeping a distance of 10 yards between himself and the furthest player back.** Violations of this rule result in a 10-yard penalty.

5. A 30-second huddle will be allowed.

6. 8 & Under will play four (8) minute quarters. All timing issues will be as specified by GHSA with the following exceptions: When by GHSA rule the clock shall be stopped, the officials shall do so and will be restarted on the referee's ready for play signal. Exception: After a score the clock shall be started again as per GHSA rule. After a timeout the clock shall start again with the snap. During the last two minutes of each half the clock shall be stopped and started per GHSA rules. Half time period will be 5 minutes.

7. Ball may be snapped turned at any position.

8. **8U Special Teams** – The offensive team will declare a punt to the head official. The ball will be placed by the officials, 20 yards forward of the placement of the ball. The ball may never be moved inside the defenses 20-yard line on a declared punt. i.e., if the ball is located at the 25- yard line and a punt is declared. The ball will be placed at the 20- yard line. 8U will kick off from the 50 yrd line to start the game, after scores and after halftime.

9. **No nose guard** allowed. **As a result of this rule, there will be no quarterback sneak. The quarterback must be led by a running back if running up the middle. The quarterback may run outside the guards and there are no direct snaps to anyone other than the quarterback. The penalty for this infraction is the same as illegal formation.**

10. Line backers must line up at least 3 yards behind the line of scrimmage (illegal procedure).

11. All rules will follow G.H.S.A. with the exceptions listed below.

12. There **must** be a defensive man lined up head to head with the two guards and two tackles on the line of scrimmage. If the defense has anyone else on the line of scrimmage they must be lined up head to head with an offensive man. All other defensive men must be lined up 3 yards off the line of scrimmage. **Defensive linemen must be in a 3 or 4-point stance – any player tackle to tackle is considered a lineman on the line of scrimmage.**

#### IMPORTANT NOTES FOR 8 & UNDER:

1. On a bad snap when punting, punter must retrieve ball and punt from behind line of scrimmage within 30 seconds from time of huddle. No movement on offense or defense until ball is punted.

2. The offensive guards may be no more than one foot away from their center on the offensive line.

3. Line backers must line up at least 3 yards behind the line of scrimmage. A linebacker may line up in front of the center (3 yards back) but may **NOT** make contact with the center. We are asking for the linebackers to read the play, then react, to give the center and quarterback a chance to get the play off. The two defensive men lined up head to head with the two guard's first contact can **NOT** be on the center.