

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

1. Age -11 & 12

2. 12 & 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. Exceptions: 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. Halftime period shall be 10 minutes.

3. Practices before season starts - (4) times per week; combination of practices and games once season starts - (3) times per week -1 ½ hours' 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. All rules will follow G.H.S.A. with any exceptions listed herein

5. Weight unlimited. Exception: No player weighing over **140 lbs.** will be eligible to play any back field position. This also includes Specialty Teams. The "Shuttle Pass" and the "End Around" to players exceeding **140 lbs.** are illegal (penalty - unsportsmanlike conduct).

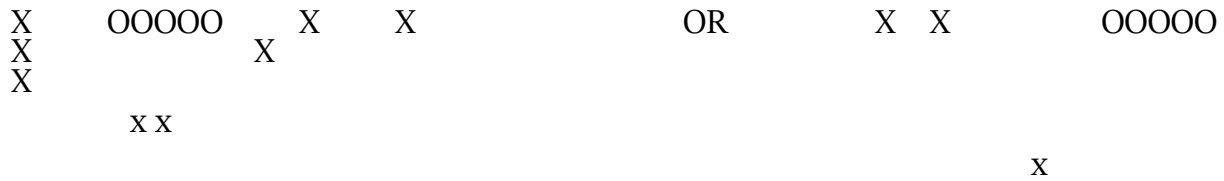
**6. A player over the weight limit may be placed in the back field for the sole purpose of punting or kicking the ball. A person weighing over 140 lbs may not advance the ball.**

7. Once a player has been weighed and declared legal by a representative of his respective department, his eligibility will not be challenged. There will be no alternate dates given unless an emergency arises. The department will determine what constitutes an emergency.

Due to some misunderstandings about the positions that can be played by players over the weight limit in the 8 & Under, 10 & Under and 12 & Under League, we have designed a clarification letter for coaches.

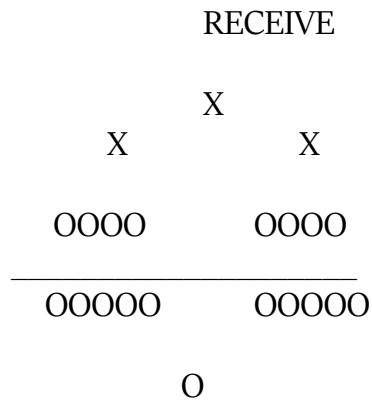
The positions that are marked with an X are positions that **cannot** be played by someone **over 100lbs** in 8 & Under, **120lbs.** in the 10 & Under and **140lbs.** in the 12 & Under.

**OFFENSE**



\*\*Formations may vary

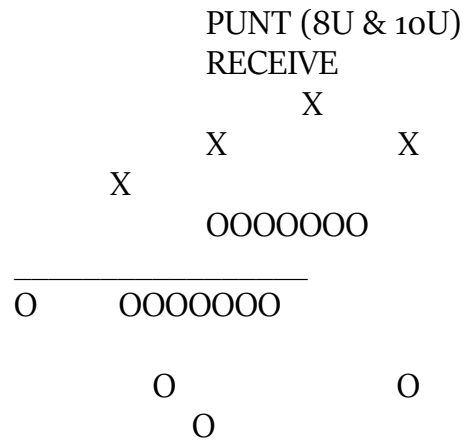
**KickOff**



Kickoff  
(Over weight limit first row only Receiving Team)

\*\*Formations may vary

**PUNT (12U)**



\*\*Formations may vary

PUNT