

# SYSA & YMCA 8<sup>th</sup> Grade Grid Kids Football Official Rules & Regulations

## Weight Limits 8<sup>th</sup> Grade

### NO WEIGHT LIMITS

The purpose and philosophy of the Spokane Area Grid Kids Football League is two fold. First, to provide any and every youth who desires the opportunity to play football for fun. Second, to teach sportsmanship, discipline, and self control along with the fundamentals of football and engage in competitive play with youth of comparable age. Each participant shall follow these rules in good faith.

### SECTION I: PLAYING REGULATIONS

We shall follow Washington State (WIAA) and National High School football rules with the exceptions and additions listed below.

### SECTION II: ELIGIBILITY

- A. All youth regardless of race, religion, or color may compete.
- B. Minimum age for Football players shall be 13 years of age by September 30 and maximum age of 15, but player cannot be 15 before October 15<sup>th</sup>. The player must be in the eighth grade and may not play up or down a grade level. A copy of the spring report card will serve as verification and must be submitted to the YMCA upon request.
- C. Competition in a school, city, church, or other tackle football leagues will deem a player ineligible. Players Involved with other Football programs cannot be signed up simultaneously.

### SECTION III: PLAYER WEIGHT

- A. No Weight Limits.

### SECTION IV: PLAYER WEIGH IN

- A. Weigh-in will be the prior to the first game. All weights for this weigh-in will be recorded on a roster and distributed to coaches. The roster shall include names, jersey number, grade, and weight.

### SECTION V: PLAYING RULES

- A. Each player is required to play one continuous quarter (Offense & Defense) of football without coming out in either the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> quarter.
- B. **Time.** The game shall consist of 4 quarters of 8 minutes each.
- B. **Overtime.** There is no overtime; games will end in a tie.
- C. **Extra Point Attempts.** May either be kicked for 2 points or run/pass in for 1 point.

### Practices

- A. Practices can be held each weekday and Saturdays up to 4 practices per week before school starts. Once school has begun, each team is limited to 3 practices per week. Practices may not be more than 1-½ hours in length. There may not be more than 1 practice per day.
- B. To be eligible to practice in pads, players must have 3 practices without any gear (helmets may be worn). To be eligible for a game you must have completed the 3 practices without pads and 5 practices with pads.
- C. Remember that Parents are waiting for their children and would like them to be let go on time.
- D. During the season, players must attend 5 out of 6 practices or their playing time may be reduced.

### SECTION VI: EQUIPMENT

**Football Size.** Grid Kid Football will use an official intermediate size football. All players must use the equipment provided by SYSA.

**Footwear.** It is strongly encouraged that player footwear consists of one-piece (no removable cleats) rubber molded shoes. Tennis shoes are acceptable but not encouraged.

**Mouth guards.** Mouthpieces are mandatory for all players. Whenever a player is on the field, practice or games, their mouth guards must be in place. SYSA will provide one mouth guard.

### SECTION VII: INSURANCE

All players are responsible for their own insurance.

## **SECTION VIII: PLAYING BOUNDARIES**

All players must play on teams in the High School district in which they will attend school. If there is not a team in your high school district the player will be placed on a team by SYSA. Students attending a parochial school must play within their schools region as determined by the league administrators.

## **SECTION IX: CONDUCT**

- A. Coaches for the program will be select individuals from the community who volunteer their time to teach the players the skills, disciplines and conduct that make for good sportsmanship. The COACH is vital to the success of the program. As such, the coach must uphold the SYSA rules and regulations, along with the bylaws, or face the consequences of being suspended by SYSA. There should be solidarity between coaches as to goals, with emphasis on the player's welfare, interest, and attitudes, which the player will learn or imitate by observing his/her coach. Therefore, the rules and guidelines must be observed. Decisions of SYSA are final. The advisory committee will rule on any matter not covered.
- B. Parents and fans are the sole responsibility of the Head Coach from each team. Referees can Assess penalties to a team based on the actions of their parents and/or fans.

### **Field Supervisor**

- A. There shall be a Field Supervisor at all games. SYSA will designate the supervisor.
- B. The Field Supervisor shall be responsible for greeting teams, greeting referees, and explaining rules to them. They shall also assist the referees with the interpretation of the rules and crowd control. They shall also help teams enforce and follow all SYSA rules and regulations (including the playing rule) and mediate all onsite team conflicts. The Field Supervisor will report all final scores to the person in charge of the standings. They will also report all ejections to the same person and the Director of SYSA.
- C. SYSA shall be responsible for providing a Field Supervisor for each game/field, who is not directly involved with a team participating, for all regular and post-season games.
- D. The referees have final say on all rule interpretations during the game. Field Supervisors may only be out heard by League Officers and/or referees.

### **Season Length**

- A. Each team shall play eight games.