

General Information

Coastal Athletic Association (CAA)

Purpose – The purpose of the CAA is to bring smaller municipalities together for competition in youth sports and activities.

The Coastal Athletic Association has an executive committee made up of board members of local municipalities. A president, vice president, secretary, and treasurer. South Bryan County Richmond Hill, North Bryan County Hendrix Park, Garden City, Bloomingdale, Port Wentworth, and Pooler. The executive committee will make changes and upgrades to all rules and regulations and vote on all discrepancies or modifications that may arise.

The CAA Committee members are seasonal committee members depending on sports season they may be involved in just one sport or in several sports for that year.

CONTROL DATE: On **September 1**

ROSTERS: Rosters will be kept by the executive committee on all players in the CAA. Each agency will be given a complete roster of every team in each division. All players names must appear on the roster and be certified to be eligible to participate in league play.

- No player who has been previously dropped from a team be allowed to rejoin any team during the season.
- No player will be allowed to play for two different teams in the CAA at the same time.
- A player found to be illegal will be dropped from the roster immediately, and all previous games in which the illegal player participated for the team will be forfeited.
- Teams will be unlimited in number of players. Rosters must be completed 2 weeks prior to the first game with players name, jersey number, and date of birth. Any other changes with the weight limit or number changes to rosters must be sent out to CAA board of Directors.
- If a team falls below 16 players, then more players may be added up to the 4th game of the season with the approval of at least 3 CAA Board of Directors.

ELIGIBILITY: All players must conform to the age control date.

ROSTER LIMIT: Only the Agencies Director or employee staff of CAA representative can make any changes to a roster. Exception: If an agency must eliminate a team due to a lack of players, the remaining players may be added to another roster without penalty.

- **Football:** If a team falls below 16 players, then more players may be added up to the 4th game of the season with the approval of at least 3 CAA/South Georgia Board of Directors.

UNIFORMS: The CAA does not wish to create a burden on any of its member; however, all teams will be required to wear uniforms while playing. Players must wear the same color shirts.

- **Football:** The rule for specified numbers for positions is waived. All protective equipment is required. Players may play with school helmet.

General Information Cont.

CONDUCT: All coaches, managers, and players are to conduct themselves in an orderly manner whether coaching or viewing a league game in any situation failure to do so can lead to disciplinary action and/or suspension from the sports program, according to the seriousness of the offense. This will be determined by the CAA Executive Committee. Each coach will be expected to control their team's spectators. **Any player, coach, manager, team scorer, parent, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.** In addition, inappropriate behavior may result in a game being halted or forfeited for failure to respond to an umpire or park director's decision.

COACHES: All teams are strongly recommended to have at least 1 coach who is certified by an accredited youth sports coaching agency. All head coaches will be required to be at least 18 years of age.

- **Football:** No more than 5 coaches or non-players will be allowed on the bench

SCHEDULES: Schedules will be initiated by the seasonal committee members. A team which forfeits 2 consecutive games due to lack of players will be dropped from league competition. The home team director will be responsible for rescheduling postponed or rained out games. In all sports, it is permissible for any team to postpone or reschedule a game for any of the following reasons and must be done so 48 hours prior to game if re-schedule is due to a school event. At the request of the CAA, the canceling agencies will be required to produce documentation of the event or death.

Note: Only executive committee members, seasonal committee members, an employee of the CAA executive/seasonal committee representative can re-schedule or call a game off.

- Death of any coach of that team
- Death of an immediate family member of the Head Coach
- Death of any player on that team
- A school function that involves four or more players

GAMES: All games will be played to their conclusion; in the event a game is tied at the end of regulation play, the teams will continue playing until the tie is broken through the rules of the specific sport.

PROTEST: Protest must be made by the team coach or responsible person in charge of the team at the time of the alleged infraction. It must be reported to the umpire and recorded in the scorebook at the time of the alleged infraction. A written protest must be made to Executive CAA Committee along with a \$50.00 fee for a protest to be heard. Protest can only be made on misinterpretation of the rules. **An umpire's judgment is not protest able.** No protest on rules interpretation will be accepted **after play continues following an alleged infraction.** **Note:** If using volunteer umpires, no protest can be made.

DUES: No cost for city or county run recreation departments.

AWARDS: The Local agency will present individual trophies to each league champion. If the champion has not been determined by the end of the regular season, there will be co-champions.

SECTION 1: GAME INFORMATION

PLAYING FIELD: 80 yd. field (mandatory)

PENALTY DISTANCE: Only applies on 80 yd. field a 15 yd. infraction will be assessed at 10 yds

GAME BALL: K2 or equivalent

GAME CLOCK: 8-minute quarters regulation clock

MERCY RULE: If at the half, one team is down by 24+ points, the 3rd and 4th quarter will be played on a running clock. If score drops to 18 pts, then regular clock rules will apply.

OFFICIALS: A minimum of 3 officials will be required per game

RULES FOR PLAY: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within 45 seconds after the “ready for play” signal is given.
- 2 coaches allowed on the field. **Coaches must be at least 10 yds. behind the deepest back and may not physically or verbally direct players once the offensive team has lined up and started their cadence.**
 - Penalty 1st offense= verbal warning
 - 2nd offense= Unsportsmanlike conduct-10 yd. penalty
- No player can line up or blitz over the center

KICKOFF: Beginning of the game a coin toss will determine who has possession.

- No kickoffs the ball will be placed on the 25 yd. line on 80 yd. field

PUNTING: No punting is allowed in this age group instead the ball will be marked off 20 yds.

EXTRA POINT: The ball will be spotted on the 13 yds. from the goal post for extra point

- Attempt must be at 3 yds. from line of scrimmage
- Consists of 2 points for kick and 1 point for running or passing
- From a kicking block
- Rush is not allowed. It is legal to block the kick from the line of scrimmage
 - If the holder drops the ball while the kicker is approaching the attempt is no good

FIELD GOAL: The ball will be spotted with accordance to the line of scrimmage and the goal post

AFTER A SAFETY: The ball will be marked on the 25-yard line.

SECTION 2: OVERTIME

Overtime will start with a coin toss to decide possession

- The winner of the toss shall be given the choice of defense or offense first, or of designating the end of the field at which the ball will be put into play.
- The ball will be placed on the 15 yd with each team getting a series.
- **If one team outscores the other after both teams have had a possession, that team wins.** If neither team scores, then we will use the deepest penetration to determine the winner. If a winner is unable to be determined off penetration the game ends in a tie.

SECTION 3: WEIGHT LIMIT**WEIGHT LIMIT: 100 lbs. max for backs/ball carriers, & receivers – (i.e., 101.0 overweight)**

- Minimum weigh in will be in football pants
- Any player can be weighed 30 minutes prior to game time. If a player is late, they will still be required to weigh in.
- Scale should be placed in close proximity to the field.
- All weigh-ins must be finalized prior to the first game.
- If a player falls below the weight restrictions, please send an email to notify the board

DOWN LINEMAN: Players who are over the weight limit to be a ball carrier will be designated by an orange dot on the back of their helmet. Any player who is over the weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation.

- Must line up tackle to tackle on the line of scrimmage in 3 point or 4 point stance on defense.
- **Defensive Lineman that has orange dot** may not line up outside of the outside shoulder of the offensive tackles.
 - Penalty 1 warning per team then unsportsmanlike penalty will occur will not be allowed to advance the ball for any situation.
- A down lineman may punt or kick the ball but cannot advance the ball. Example: Bad Snap
- **Offensive lineman** positions can be in a 2, 3, or 4 point stance and should be detailed as follows: T G C G T

SECTION 4: PRACTICE, SCHEDULING, ROSTERS, UNIFORMS, AND CONDUCT

PRACTICE: Official 1st day of legal practice will be the last week of July. Official 1st day of full contact will be August 1st of each year.

SCHEDULING: The executive board will do the entire league Scheduling. The regular season is the 2nd week of Sept to the end of October. The executive board will send a master schedule to the Football Association; however, each agency is responsible for making sure they have officials.

ROSTERS:

- Rosters must be completed 2 weeks prior to the first game with players name, jersey number, and date of birth. Any other changes with the weight limit or number changes to rosters must be sent out to CAA board of Directors.
- If a team falls below 16 players, then more players may be added up to the 4th game of the season with the approval of at least 3 CAA Board of Directors.
- At time of registration, players and parents must be made aware the weight limit rules and exceptions are strictly for regular season. Post season play (weight and age cut off dates) will be regulated by the official GRPA rules in relation to district and state play. (I.e. Overweight players may not be allowed to play in the post-season games.) A team may attend other outside tournaments in which their rules will apply.

CONDUCT: All coaches, managers, and players are to conduct themselves in an orderly manner in all games and in all situations; failure to do so can lead to disciplinary action and/or suspension from the sport(s) according to the seriousness of the offense. The CAA/SGYFL Executive board will determine this. Any coach, player, or spectator found guilty of cursing or abusing any official or causing embarrassment to the league will be suspended for one calendar year. Each coach will be expected to control the team's spectators.

UNIFORMS: The league does not wish to create a burden on any of its members, however all teams will be required to wear uniforms with the proper safety equipment while playing. The rule for specified numbers of positions is waived.

SECTION 1: PLAYING FIELD AND GAME INFORMATION

PLAYING FIELD: 80 yd. field (mandatory)

PENALTY DISTANCE: Only applies on 80 yd. field a 15 yd. infraction will be assessed at 10 yds.

GAME BALL: K2 or equivalent, TDJ IS NOW ACCEPTABLE

GAME CLOCK: 8-minute quarters regulation clock

MERCY RULE: If at the half, one team is down by 24+ points, the 3rd and 4th quarter will be played on a running clock. If score drops to 18 pts, then regular clock rules will apply.

OFFICIALS: A minimum of 3 officials will be required per game

RULES OF PLAY: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within 35 seconds after the “ready for play” signal is given.
- 1 coach allowed on the field. **The Coach must be at least 10 yds. behind the deepest back and may not physically or verbally direct players once the offensive team has lined up and started their cadence.**
 - Penalty 1st offense= verbal warning
 - 2nd offense= Unsportsmanlike conduct-10 yd. penalty

KICKOFF: Beginning of the game a coin toss will determine who has possession.

- No kickoffs the ball will be placed on the 25 yd. line on 80 yd. field

PUNTING: No punting is allowed in this age group instead the ball will be marked off 20 yds.

EXTRA POINT: The ball will be spotted on the 13 yds. from the goal post for extra point

- Attempt must be at 3 yds. from line of scrimmage
- Consists of 2 points for kick and 1 point for running or passing
- From a kicking block
- Rush is not allowed. It is legal to block the kick from the line of scrimmage
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SECTION 2: OVERTIME

Overtime will start with a coin toss to decide possession

- The winner of the toss shall be given the choice of defense or offense first, or of designating the end of the field at which the ball will be put into play.
- The ball will be placed on the 15 yd with each team getting a series.
- **If one team outscores the other after both teams have had a possession, that team wins.** If neither team scores, then we will use the deepest penetration to determine the winner.
- If the game is still tied after both teams have had a possession in the overtime with penetration, the game ends in a tie no exceptions.

SECTION 3: WEIGHT LIMIT

WEIGHT LIMIT: 125 lbs. max for backs/ball carriers, & receivers (i.e. 126.0 overweight)

- Minimum weigh in will be in football pants
- Any player can be weighed 30 minutes prior to game time. If a player is late, they will still be required to weigh in.
- Scale should be placed in close proximity to the field.
- All weigh-ins must be completed prior to the first game.
- If a player falls below the weight restrictions, please send an email to notify the board

DOWN LINEMAN: Players who are over the weight limit to be a ball carrier will be designated by an orange dot on the back of their helmet. Any player who is over weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation.

- Must line up tackle to tackle on the line of scrimmage in 3 point or 4 point stance on defense.
- **Defensive Lineman that has orange dot** may not line up outside of the outside shoulder of the offensive tackles.
 - Penalty 1 warning per team then unsportsmanlike penalty will occur will not be allowed to advance the ball for any situation.
- A down lineman may punt or kick the ball but cannot advance the ball. Example: Bad Snap
- **Offensive lineman** positions can be in a 2, 3, or 4 point stance and should be detailed as follows: T G C G T

PRACTICES: Official 1st day of legal practice will be the last week of July. Official 1st day of full contact will be August 1st of each year.

SCHEDULING: The executive board will do the entire league Scheduling. The regular season is the 2nd week of Sept to the end of October. The executive board will send a master schedule to the Football Association; however, each agency is responsible for making sure they have officials.

ROSTERS:

- Rosters must be completed 2 weeks prior to the first game with players name, jersey number, and date of birth. Any other changes with the weight limit or number changes to rosters must be sent out to CAA board of Directors.
- If a team falls below 16 players, then more players may be added up to the 4th game of the season with the approval of at least 3 CAA/South Georgia Board of Directors.
- At time of registration, players and parents must be made aware the weight limit rules and exceptions are strictly for regular season. Post season play (weight and age cut off dates) will be regulated by the official GRPA rules in relation to district and state play. (I.e. Overweight players may not be allowed to play in the post-season games.) A team may attend other outside tournaments in which their rules will apply.

CONDUCT:

- All coaches, managers, and players are to conduct themselves in an orderly manner in all games and in all situations; failure to do so can lead to disciplinary action and/or suspension from the sport(s) according to the seriousness of the offense. The CAA/SGYFL Executive board will determine this. Any coach, player, or spectator found guilty of cursing or abusing any official or causing embarrassment to the league will be suspended for one calendar year. Each coach will be expected to control the team's spectators.

UNIFORMS: The league does not wish to create a burden on any of its members, however all teams will be required to wear uniforms with the proper safety equipment while playing. The rule for specified numbers of positions is waived.

SECTION 1: PLAYING FIELD AND GAME INFORMATION

PLAYING FIELD: 100 yd. field

GAME BALL: TDJ or equivalent, TDY IS NOW ACCEPTABLE

GAME CLOCK: 8-minute quarters regulation clock

MERCY RULE: If at the half, one team is down by 24+ points, the 3rd and 4th quarter will be played on a running clock. If score drops to 18 pts, then regular clock rules will apply.

OFFICIALS: A minimum of 3 officials will be required per game

RULES FOR PLAY: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within 25 seconds after the “ready for play” signal is given.
- No coaches allowed on the field

KICKOFF: Beginning of the game a coin toss will determine who has possession. No kickoffs the ball will be placed on the 25 yd. line

PUNTING: Live

EXTRA POINTS: Live

- Attempt must be at 3 yds. from line of scrimmage
- Consists of 2 points for kick and 1 point for running or passing
- From a kicking block

AFTER A SAFETY: The ball will be marked on the 25-yard line.

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- If the game is still tied after both teams have had a possession in the overtime with penetration, the game ends in a tie no exceptions.

SECTION 3: WEIGHT LIMIT

WEIGHT LIMIT: 150 lbs. max for backs/ball carriers, & receivers. (i.e., 151.0 overweight)

- Minimum weigh in will be in football pants
- Any player can be weighed 30 minutes prior to game time. If a player is late, they will still be required to weigh in.
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