

2026

Rome-Floyd Unified Youth

Football

Coaches Handbook



2026 Unified Football Coaches Calendar

Registration opens on January 1st of every year. Exact dates can be found at www.RFPRA.com

Sunday, Aug 9 th	Regular Registration Ends
Monday, Aug 10 th	Last Chance Registration Starts
Sunday, August 16 th	Last Chance Registration Ends
Monday, August 16 th	After Sunday August 10 th all others will be put on a waitlist and added where needed.
Tuesday, August 4 th	Mandatory Coaches Meeting for All Head Coaches 5:30PM Main Office Conference Room
Monday, August 10 th – Thursday, August 13 th	Light practices may officially start on this date. Acclimation Period (Shorts, and helmet ONLY)
Friday, August 14 th	Unified Football Practices may begin – Full Pad Practices may begin provided Wetbulb guidelines are followed. ONLY IF ACCLIMATION PERIOD HAS BEEN COMPLETED!
Friday, August 14 th	ABSOLUTE LATEST FOR USAFOOTBALL CERTIFICATION: COACHES MAY NOT BE AROUND PLAYERS WITHOUT THIS!! ALL HEAD COACHES AND ASSISTANTS MUST COMPLETE BEFORE BEING ON PRACTICE AND GAME FIELDS!
Tuesday, August 25 th	Weigh-In @ BGCNWGA (If a kid is sick a doctors note is mandatory!)
Friday, August 28 th	Reweigh date for any athlete sick as long as they provide a doctors note to RFPRA.
Saturday, September 12 th	Unified Football Jamboree (Pending Referees)
Tuesday, September 15 th	Projected Regular Season Games Begin
October 12 th – 16 th	Fall Break – No Games this week.
Thursday, October 22 nd	Projected End of Regular Season Play
Monday, October 27 th	Projected Beginning of Playoffs
Thursday, October 30 th	Projected Heritage Bowl Championship Games

All projected dates are subject to change pending any unforeseen weather cancellations/postponements.

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ROME FLOYD UNIFIED FOOTBALL BYLAWS

ARTICLE I. PURPOSE

Section A. Rome Floyd Unified Football Committee

The Rome Floyd Unified Football Committee (UFC) was established and empowered in 1992 for the purpose of establishing and administering a Unified Youth Football Program for Rome and Floyd County by the Rome Floyd Parks and Recreation Authority (RFPRA) and the Boys and Girls Club of Northwest Georgia (BGCNWGA). The UFC is comprised of six members; three representatives from the BGCNWGA staff and Board and three members from the staff and Board of RFPRA. The Director of RFPRA and the President of the BGCNWGA appoint these members. The RFPRA sports staff and the staff of the BGCNWGA will manage the program on a day-to-day basis.

This UFC is responsible for:

1. Establishing, administering and enforcing policies, procedures, rules and regulations.
2. Setting program calendar
3. Identifying and appointing volunteer coaches
4. The UFC will Serve as the Grievance Committee (UFC decisions in these matters will be final)

Section B. Philosophy of Youth Athletics

It is our intent to offer a youth football program on an equal opportunity basis. It is our belief that competing in sports is critical to developing character and self-esteem. We also believe that the lessons learned in competition can be applied to all life endeavors. Therefore, all individuals wishing to participate will not be discouraged from doing so. Teams are organized to maximize participation for all. Each participant who is dressed out and fit to play will play.

The UFC views all volunteer coaches as an integral component to the success of the total program. Cooperation and communication are essential to maintaining a quality experience for all. Coaches should strive to maintain a good working relationship with parents, players and the Unified Football Committee.

Participants will reflect the character and attitude of their coaching staff. Therefore, it is imperative that all coaches at all times, display and model excellent sportsmanship and high moral character. Coaches should refrain from any action that would tarnish their reputation with the teams in their league or the program.

Section C. Mission Statement

The Unified Football Committee's primary mission is to provide a quality youth football program that develops self-esteem, character and good citizenship in the youth of this community without regard to race, sex, creed or national origin.

Section D. Governing Rules

1. Governed by the current rules and regulations of the Georgia High School Association Constitution and By-Laws and by the National Federation Edition of Football Rules for the current year, with exceptions as noted in the Rome-Floyd Unified Youth Football Coaches Manual. No electronic communication devices allowed.
2. The UFC reserves the right to consider special and unusual cases that occur from time to time and rule in whatever manner is considered to be in the best interest of the overall program.

ARTICLE II. VOLUNTEERS

Section A. Volunteer Coaches

1. The UFC will select, assign and reject volunteer coaches based on need, availability, background check and previous coaching experience. The UFC also has been given the authority to reprimand, suspend or dismiss any volunteer coach for violations to its policies, procedures, rules and regulations.
2. All volunteers will undergo criminal background checks and are subject to the screening policy of the RFPRA. (A copy of the policy is on file at RFPRA Headquarters.)
3. All head coaches must be at least 21 years of age.
4. All assistant coaches must be at least 18 years of age.
5. Coaches are valuable members of the organizational team and are subject to the direction of the UFC during all practices and games. They are expected to conduct themselves in a proper/postive manner at all times. Participation as a volunteer coach is a privilege granted by the UFC.
6. The coach's primary responsibilities are to teach sportsmanship, fair play and fundamentals to children. Therefore, the UFC is seeking individuals with the heart of a teacher who understand:
 - You are a role model
 - The physical and mental limitations of coaching children
 - Success is not measured by wins and losses
 - How you accept defeat is as important a lesson as celebrating victory
7. You are an extension of the UFC and therefore of the RFPRA and BGCNWGA. Good two way communication between all parties is vital to a good experience for the participants.
8. All volunteer coaches must complete the USA Football Coaches Certification prior to the start of practice. No one will be permitted to coach without this certification. This includes all team activities.
9. First year assistant coaches cannot be assigned to a team prior to the program's team formation meeting where players will be separated into more than one team from one school district.
10. Any coach ejected from a game must leave the complex and any sight of the playing field immediately, any further disruption or delay may cause additional susension of said coach. Any coach ejected will have an automatic additional one game suspension and will not be allowed to attend that weeks practices or game.

Section B. General Guidelines For All Coaches

All coaches are required to adhere to the following guidelines:

1. Not permitted to cut players from the team.
2. Must abide by all rules, regulations, policies and procedures of the UFC.
3. Always be fair when enforcing team rules or when taking disciplinary actions.
4. NEVER CRITICIZE OPENLY. Constructive criticism should be reserved for a private moment.
5. Refrain from "running up the score" against an opponent.
6. Be concerned with safety at all times. Report all safety concerns to UFC promptly.
7. Report all accidents and injuries to the UFC within 24 hours.
8. Abide by doctor's decisions in all matters of players health, injuries and physical ability.
9. Any discussion with game officials is to be made through the head coach. Assistant coaches should never engage officials in any way.
10. Refrain from use of any drugs, tobacco or alcohol prior to or during a practice or game.
11. Refrain from use of profanity, abusive language or unsportsmanlike conduct during a practice or game.

12. Display the highest level of sportsmanship with players, officials, spectators and opponents at all times.
13. Coaches should not use mannerisms intended to draw attention to themselves and away from the players.

Section C. Head Coach's Responsibilities

1. Every head coach must be certified by the USA Football Heads Up organization prior to first practice.
2. Establish a good working relationship with football coordinator, parents and players; keeping them well informed of practices, games, team rules, rainouts, etc.
3. In efforts to be respectful of parents' time, conduct organized and punctual practices.
4. Establish a coaching hierarchy in the event of his/her absence.
5. Confirm player eligibility. Each player must meet all age and school district requirements of the team.
6. Appoint all assistant coaches. Will also have the authority to dismiss any assistant coach if necessary.
7. The UFC will not be responsible for any injuries or liable in any non-Unified Youth Football activities.
8. Responsible for proper conduct of their players, assistant coaches and spectators.
9. Ensure that only registered and rostered participants are participating in practices and games.
10. Check each day to verify conditions and safety of practice venues, ensure that you have plenty of water and you are aware of the current weather conditions and any restrictions that may apply.
11. The State of Georgia has amended Code 19-7-5 under the Official Code of Georgia relating to the reporting of child abuse to include volunteer coaches. Under this code, volunteer coaches are required by law to report any suspected case of child abuse. The purpose of this Code Section is to provide for the protection of children whose health and welfare are adversely affected and further threatened by the conduct of those responsible for their care and protection. It is intended that the mandatory reporting of such cases will cause the protective services of the state to be brought to bear on the situation in an effort to prevent further abuses, to protect and enhance the welfare of these children and to preserve family life wherever possible. This Code Section shall be liberally construed so as to carry out the purposes thereof. If you believe a child is being abused, contact RFPRA immediately.

Section D. Assistant Coach's Responsibilities

1. Every assistant coach must be certified by the USA Football Heads Up prior to first practice.
2. Carry out duties as assigned by the head coach.
3. Does not have the authority to discipline any participant without prior consent of the head coach.
4. Will not be given the same consideration as a head coach during games with game officials.
5. The UFC will not be responsible for any injuries or liable in any non-Unified Youth Football activities.
6. Support the decisions of the head coach and should never publicly second-guess the head coach.
7. Can be appointed by a head coach to act as a head coach during his/her absence.
8. Be able to communicate information to parents concerning team issues.
9. Ultimately, all assistant coaches are under the supervision and authority of the UFC.

Section E. Player Safety Coach's Responsibilities

1. Each team must identify an assistant coach to serve as the team's **"Player Safety Coach"**.
2. Each team's **Player Safety Coach** will be required to attend the league's Player Safety Coach meeting prior to the start of practices.
3. Information covered will include: Concussion Awareness, Helmet and Equipment Fitting, Heads Up Tackling Techniques, Heat Preparedness and Hydration

Section F. Sideline Decorum

1. Authorized sideline persons include head coach, four assistant coaches and the participants.
2. All coaches must wear a UFC issued Coach's I.D. badge to stand on the sidelines. Anyone without a Coach's badge will not be allowed on the sidelines. Officials and/or program staff will be permitted to remove anyone without a Coach's badge from the sidelines.

3. In an effort to promote a quality program, all coaches should adhere to the following dress code: shirt, shoes (no sandals or flip flops) and pants/shorts (no cutoffs). Additionally there should be no logos or images that promote alcohol, tobacco or vulgar statements.

ARTICLE III. REGULATIONS

Section A. Age Divisions

1. The age control date on or before September 1st of the current year.
2. There are three age divisions for Rome-Floyd Unified Football program:
 - Junior Pee Wee (Flag) Ages 5-6
 - Pee Wee Ages 7-8
 - Mites Ages 9-10-11
3. Participants are NOT permitted to play up in an older age division or down in a younger age division.
4. Mites weight limit for 11 year olds. 11 year olds cannot weigh more than 135lbs to play.

Section B. Playing Districts

1. Each eligible participant must submit or completed the following:
 - A release form signed by the parent/guardian or the online waiver if registering through the website.
 - Copy of Birth Certificate on file with RFPRA
 - Paid Registration Fee
 - Meet Age Division weight Restrictions
 - Be outfitted in proper equipment to play contact youth football
2. All participants must play for the team from the school district in which they are currently enrolled with the following exception: Siblings in the same age division will be allowed to play for the same team if their parent is a volunteer coach for the team. At least one sibling must be attending the school the team is designated from.
3. Home-Schooled participants must play for the team/district in which they currently reside.
4. Teams will be organized by school district in each age group. In some cases districts will be combined to form teams. Football coordinator will determine team formations prior to each playing season.
5. **Any head football coach**, will be allowed for his/her child/children to play for the team he/she is coaching provided the child meets the age requirements to play for the same team their parent is the head coach of. This does not include assistant coaches children, only a head coach is given this provision.
6. Participants changing school districts after the **regular season** has begun will be permitted to participate with that district or may switch to their new district. Participants changing schools prior to the regular season must play for the school district they attending at that time. This is to prohibit parents from registering children with a school for a short period of time only to qualify to play youth football for a team of their preference.
7. Head coaches should promptly notify UFC concerning all eligibility issues. Head Coaches must verify eligibility of each participant's parents on their roster.
8. If there is not a team from a school district or if their district was not combined with another district, participants will be placed on the team in the next closest school district with slots available. Those decisions will be determined by the current Football Coordinator.
9. For all age divisions, the minimum number of participants necessary to form a team is 16 and the maximum is 31. If a district has 32 or more participants, those participants will be divided into two teams. If a new team is warranted because of participation numbers, the returning coach has the option of keeping returning players and the new team will be made up of the balance of registered participants.
10. Scrimmage/games between two Unified Youth Football teams is not permitted.
11. Any participant listed on a middle school football team after official weigh-in is NOT eligible to play in the Rome Floyd Unified Football program.
12. Any participant that is participating any other organized youth football team/league shall be ineligible to play in the **Rome Floyd Unified Football Program**. Participants found guilty of this rule will be removed from the **Rome Floyd Unified Football Program**. Additional sanctions upon the league team may include forfeit of all game(s) in which they participated in.

Section C. Length of Games

1. A regulation game shall consist of four (4) eight minute quarters.
2. Clock Operation AFTER change of possession.
 - A. Kick-Offs (MITES)
 - Any kick-off that is returned and the ball carrier is downed in the field of play, the clock will re-start with the ensuing snap.
 - Any kick-off that is returned and the returner runs out of bounds or the ball is fumbled out of bounds by the ball carrier; the clock will start with the ensuing snap.
 - Any kick-off that enters into the end zone and is a touchback, the clock will start with the ensuing snap. Remember a kick continues to be a kick until the ball is possessed by a player on the field of play. Mere touching is NOT possessing.
 - Any kick-off that travels out of bounds; the clock will start with the ensuing snap. Where the ball is spotted depends on the rule applicable to the cause of the ball going out of bounds.
 - If a kick-off is downed by the kicking team within the ten (10) yard zone between the two Free-Kick lines or is legally recovered after going 10 yards and having touched the ground before recovery; the clock will start with the Ready For Play signal. To emphasize for a kick-off to be legally recovered by the kicking team the ball must a) travel ten yards untouched by the kicking team and touch the ground order in which these two criteria occur does not matter or b) if kick-off is first touched by the receiving team within the ten yard zone it is a free ball, will belong to the recovering team and the clock will start on the Ready For Play signal.
 - B. Kick Offs, Punts and Field Goal Attempts
 - Kick Off fielded by a receiver in the field of play and returned or a ball becomes dead in the field of play. Clock will start with the ensuing snap, regardless of which team has possession. Kick Offs will be from the 40-yard line.
 - Any kick off that enters the end zone is a touchback. The ball will be placed on the 20 yard line and the clock starts on the ensuing snap.
 - Punts will be a dead ball kick; all defensive players will take a knee during the kick except for one defensive punt receiver. The ball will be spotted where the receiver catches or controls the ball. All punts must be from long snapped formation. Delay of game can still be called even though punts are dead ball.
 - Punt/Field goal attempt that goes out of bounds prior to the end zone; the ball will be brought in at the inbounds spot and the clock will start on the snap. Same is true if a kick off was returned but then fumbled out of bounds.
 - After any muffed punt/field goal attempt and recovered in the field of play, the clock will start with the ensuing snap.
 - C. GAME CLOCK OPERATION (Ready for Play vs. On Ensuing Snap)
 - a. We will follow the NFHS and GHSA clock operating rules as closely as we can to prevent any confusion or conflicts during a game. Please see figure 1 below for a full list of scenarios.
 - b. In the event of game stoppage due to weather or time limitations, a game will be suspended and completed at the next available time.
 - i. *If we cancel or call a game at one location due to lightning or weather, the other location will be called as well.*
 - c. Each team shall be allowed three (3) time-outs per half. Halftime shall be 8-12 minutes.
 - i. Both teams cheerleaders (if applicable) will be allowed to perform their half time shows without being rushed off the field.

PLAY CLOCK/GAME CLOCK PROCEDURES				
Event	Play Clock	Game Clock	Covering Official's Signal [^]	Referee's Signal
Dead Ball Inbounds	40	Running	S7	None
Dead Ball Out of Bounds	40	Snap	S3	None
Incomplete Pass	40	Snap	S10	None
Team A Awarded 1st Down	40	Signal	S3	Wind
Penalty Administration *	40/25	Ready	S3	Wind
Charged Team Time-out	25	Snap	S3	Chop
Injury / Helmet Off / Equipment Issues *	40/25	Ready	S3	Wind
Measurement	25	Ready	S3	Wind
Double Change of Possession – Team A Snaps	40	Ready	S7	Wind
Change of Possession - Team B Snaps	25	Snap	S3	Chop
Touchdown	25	N/A	S3	Chop
Try, Field Goal, Safety	25	Varies **	Varies **	Chop
Start of Each Period	25	Snap	Varies	Chop
Legal Kick	25	Snap	S3	Chop
Start of Overtime Period	25	N/A	N/A	Chop
Other Administrative Stoppages ***	25	Ready	S3	Wind
* See Rule 3-6-1a1e Exceptions for Defensive Injuries, Equipment Issues and Fouls				
** The Game Clock Will Start on the Legal Touch of a Free Kick				
*** Includes Inadvertent Whistle and Period Extension				
[^] See the Current NFHS Football Rules Book for the NFHS Official Football Signals				

Section D. Weight Restrictions

- The player's weight shall be determined prior to the season on scales of the balance type.
- The official weigh-in shall be conducted prior to the start of the season.
- Only registered participants will be weighed at weigh-in.
- The following is the maximum weight allowed in each division for running backs and receivers:
 - Junior Pee Wee No minimum or maximum weight
 - Pee Wee 90 lbs.
 - Mites 110 lbs. (Cannot weigh more than 135lbs if 11 years of age.)
- Any player over the maximum weight limit of backs and receivers will be restricted to play interior linemen. All such players will have an orange dot affixed to their helmet which should remain there throughout the entire season. If for any reason the dot is removed, the head coach may be subject to discipline from the UFC up to and including dismissal from the program.
- Any weight restricted player that does not have an orange dot on his helmet will be issued a 15 yard penalty and the player will be removed from the game until proper markings are placed on his helmet. The penalty will be charged to the head coach as an unsportsmanlike penalty.
 - 1st Infraction: 15 yard penalty and automatic 1st down if on the defense or loss of down if on the offense.
 - 2nd Infraction: 15 yard penalty and automatic 1st down if on the defense or loss of down if on the offense. This will be charged as an unsportsmanlike penalty against the head coach on the second infraction and all following infractions.
- Interior linemen will not be allowed to advance the ball on any kick return, punt return, fumble or lateral defensive play. *Interior linemen may NOT advance an intercepted forward pass.
- Players that are designated as backs or ends will be allowed to play as interior linemen.
- Weight restricted interior linemen cannot be used as receivers or ball carriers.
- Only the back or receiver that fumbles the ball will be allowed to advance the ball. Should the defensive team recover the fumble the play is dead at the recovery spot and there is a change of possession.

Section E. Practice Guidelines

The following UFC procedures for practices in excessive heat situations have been established to protect the youth of Rome-Floyd County as well as the volunteers that serve as coaches in this program. Practice is defined as the period of time that a participant engages in a coach-supervised sport or conditioning activity. Practices are timed from the time the players are scheduled to report to the field until they released by the head coach.

1. Length of Practices: All pre-season practice sessions are limited to 2 hours maximum and no more than four sessions per week. During the season, practice sessions are limited to 1 ½ hours maximum and no more than three sessions per week.
2. Provide cooling zone to include: water, ice towels and spray bottles with ice water in a shaded area.
3. Teams may not conduct any type of practice prior to the approved start date on the coach's calendar.
4. Adhere to practice restrictions as outlined in coach's calendar.
5. Ensure all players are properly equipped as defined in Article IV.

Section F. Weather Conditions Affecting Practice

1. **Wet Bulb Globe Temperature** alerts will be issued daily at 4:00 PM, 5:00 PM and 6:00 PM throughout the season until temperatures are constantly below Level 1.
 - a. A decision will be made using a current meteorological reading from UGA College of Agricultural & Environmental Sciences, weather source which is located in Floyd County. Head Coaches will be text the current weather conditions.
2. The UFC has adopted the GHSA policy as it relates to practice in heat and humidity in regard to:
 - a. Scheduling practices at various heat/humidity levels.
 - b. Ratio of workout time allotted for rest and hydration at various heat/humidity levels.
 - c. Heat/humidity level that will result in practice being terminated.
3. Guidelines for Hydration and Rest Breaks:
 - a. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
 - b. Helmets should be removed during rest time.
 - c. The site of the rest time should be a "cooling zone" and not in direct sunlight.
 - d. When the Wet Bulb Globe Temperature Index reading is over 86 degrees ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process.

WET BULB GLOBE TEMP.	ACTIVITY GUIDELINES AND REST BREAKS GUIDELINES
Level 1 – Under 82.0	Normal Activities – Provide at least 3 separate rest breaks each hour of minimum duration of 3 minutes each during workout.
Level 2 – 82.0-86.9	Use discretion for intense or prolonged exercise, watch "at risk" players carefully. Provide at least 3 separate rest breaks each hour of a minimum of 4 minutes duration each.
Level 3 – 87.0-89.9	Maximum practice time is 2 hours. Players restricted to helmet, shoulder pads and shorts during practice. All protective equipment must be removed for conditioning activities. Provide at least 4 separate rest breaks each hour of a minimum of 4 minutes each.
Level 4 – 90.0-92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be at least 20 minutes of rest breaks provided during the hour of practice.
Level 5 – Over 92.0	No outdoor workouts. Cancel exercise; delay practices until a cooler WBGT reading occurs.

ARTICLE VI. SPECIAL PROVISIONS

Section A. Pee Wee Division Only

1. A defensive player will not be allowed to line up over the offensive center. **As a result of this rule,** quarterback sneaks will not be allowed. The QB must be led by a running back if running between the center-guard gap. The QB may run outside the guards.
2. Defense will be allowed to blitz through the B and C gaps. Pee Wee only engages guard on guard. All middle linebackers must be three (3) yards from the line of scrimmage prior to the snap of the ball.
3. No punts. If offensive team decides to turn over the ball, it will be placed 30 yards from the line of scrimmage. No change of possession will begin any closer than their opponent's 10 yard line.
4. Kick offs will not be allowed. The ball will be placed on the 20 yard-line to begin play.
5. One coach from each team will be allowed on the field to call offensive plays and set defensive plays. Coaches on the field are there to help call plays and line the defense up for the next play. **At no time is it appropriate for these on-field coaches to question the judgment of the officials.**
6. Defensive coach will be allowed to communicate with his team until the offensive team comes out of their huddle. After the offensive team comes out of their huddle neither coach (offense or defense) on the field can talk to their players. Coaches on the field must be 25 yards from the line of scrimmage.
7. The officials can remove the "on the field coach" if the coach is in violation of any provisions. Officials will issue one warning before removing coach from the field. If a coach is removed from the field, no replacement may enter the field.
8. The football may be placed parallel to the line of scrimmage to assist the center to snap the ball.
9. Pee Wee Division **Automatic Punts** and Kick Offs.
 - Automatic Punts – The offensive team must verbally state their intentions of punting before leaving their huddle. After verbal declaration of punting, the clock will stop until the change of possession. There will be **no punts in the Pee Wee Division**, the ball will be marked 30 yards from the line of scrimmage or half the distance from from inside the 20-yard line by the referee. The ball cannot be spotted deeper than the 10-yard line.
 - Kick Offs – After the ball is placed on the 20 yard line, clock will start on the first snap of play.

Section B. All Age Divisions

1. Offensive line formations must have an eligible receiver on the line of scrimmage.
2. Restricted position players may never advance the ball. Anytime a restricted position player, identified by their jersey number (50-79,90-99) and orange dot on front and back of helmet, comes into possession of the ball during live play, the play will automatically be whistled dead from that spot. This includes fumbles and interceptions.
3. Restricted position players are required to wear a number from 50-79, 90-99 and wear an orange dot on the front and back of their helmets.
4. Restricted position players are required to line up as follows:
 - a. **Offensive line positions can be in a 2, 3, or 4 point stance and be detailed as follows:**
T,G,C,G,T on the line of scrimmage, Maximum of 5 restricted offensive players in the game at one time. **2 point stance includes forearms on knees.**
 - b. **Defensive linemen must be in a 3 or 4 point stance-** any player tackle to tackle on the line-of-scrimmage is considered a linemen on the line of scrimmage. Restricted position players on defense cannot line up wider than the outside shoulder of the offensive tackle. Maximum of 5 restricted defensive players in the game at one time. Linebackers (tackle to tackle) must be off the line-of-scrimmage – depth must be 3 yards off the line of scrimmage. The penalty for this is the same as being off sides.
5. A coach may not discipline a player because of any issue unrelated to the RFUFP.
6. The participation policy can be suspended if a player misses over half of the week's scheduled practices without notification.
7. All coaches will be required to keep a written record of practice attendance throughout the season.
8. Coaches must report any exceptions at least 60 minutes prior to game time to the football coordinator.

Section C. Mandatory Play Rule (MPR)

1. Mandatory Play Rule (MPR) for all Rome-Floyd Unified Football teams: Is six (6) plays in every game and jamboree scrimmages. All MPR's should be based on eligible players at the time of the game. The plays must be from the line of scrimmage. Kick Offs, Extra Points, QB intentionally spiking the ball and Free Kicks shall not be used in fulfilling the MPR requirement. A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed. All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to: having the center snap the ball to the quarterback and then the quarterback falls to the ground while substitutes are playing the other positions, shall NOT be considered active plays. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter and remain in the game until they have received their required number of plays. It is the head coach's responsibility to keep participation records for each game played as verification in the event of a parent/guardian dispute. Failure to adhere to MPR requirements will result in forfeiture of game in addition to enforcement policies.
 - a. All teams must turn in a record of playing time at the end of each game.

Section D. Game/Team Guidelines

1. Each team is required to participate in pre-season Jamboree scrimmages.
2. Each team will play a minimum of eight regular season games.
3. Weather conditions at all game complexes are monitored closely. In the event that it is determined by the league officials that the weather conditions warrant stoppage of play, all coaches should assist in removing players from the field as quickly as possible. Play will resume as soon as conditions are considered to be safe. Should games be delayed for more than 30 minutes, game play will be suspended for that day and rescheduled to the next possible play date.
4. **Weather Updates:** Weekday game inclement weather notices will be issued by 3:00 PM. Weekend games will most likely be a game time decision.
5. **Grace Period:** A ten minute grace period from the scheduled starting time for teams not having eleven (11) players properly equipped will be granted for the first game each day.
6. **Running Clock:** Anytime a team is leading by 24 or more points, the clock will run continuously, stopping only for injuries, official time-outs, the time between the P.A.T. attempt and the kick off. If the point spread is reduced to less than 24 points, the clock will return to normal timing procedure.
7. **Ejections:** All coaches and players are subject to being ejected from any game, if in the judgment of the officials their actions warrant such ejection.
 - a. Any volunteer coach or spectator who is ejected for any reason must leave the sports complex immediately. Failure to comply immediately may result in loss of future coaching privileges.
 - 1) A person ejected from a game will also be suspended from coaching or attending the next game on the team's schedule.
 - 2) A person ejected from games twice in one season will be suspended for the remainder of the program and possible long term suspension based on behavior deemed unacceptable.
 - b. Any player who is ejected for any reason must remove helmet and shoulder pads and remain on player bench for the remainder of the game in which the ejection occurred.
 - 1) Any player ejected from a game will also be suspended from the next scheduled game and may not be present on the team sideline or bench.
 - 2) Any player ejected from 2 games in one season will be suspended from the remainder of the program.
8. ***Casts: Soft casts are allowed in play per the NFHS guidelines. A soft cast is defined as a cast that is wrapped in at least ½ inch closed cell slow recovery foam. Any player who is wearing a soft cast must still check in with an official prior to exhibition time and get their cast approved by the head referee. (Must check with head referee before EVERY game)***
9. **Visors:** Eye shields and visors must be clear and tintless.
10. **Forfeits:** A team must have eleven (11) players to start a game. A team must have a minimum of ten (10) players to finish a game. Any team unable to meet this requirement will forfeit the game in question.

11. **Post Season Tournament:** All teams in good standing from each division will advance to the playoffs.
12. Post Season Tournament seeding will be based on regular season record within your division. If two or more teams are tied in the final standings, seeding will be determined by head to head competition, points allowed, points scored, lastly a coin toss.
 - a. Rings will be presented to the teams (players) which finish first, and second place in Pee Wee and Mites post season play.
 - b. Jr. Pee Wee/Flag Football teams will be presented with medals, regardless of records.
13. **Point After Touchdown:** After each touchdown, the offensive team will be allowed a P.A.T.
 - a. A one (1) point for running or passing in each age division.
 - b. A two (2) point for kicking thru the uprights. (Dead Ball with no rush, defense can raise hands and try to block only-no jumping. The ball must be snapped to holder whom places on standard orange kicking tee and holder does not have to hold ball while ball is being kicked; in fact, kicker can actually adjust ball after being placed on the kicking tee by holder) Ball would be placed on the regulation 3 yard line.
 - c. Any player is allowed to kick a P.A.T., restricted interior linemen will be allowed to kick a P.A.T.,
 - d. When a team elects to kick a P.A.T., a fake P.A.T. is not allowed Anything else will be deemed a missed attempt.

Section E: Overtime Procedures

1. An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period, each team has the opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.
2. **Instructions:** When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team sideline. There will be a 3 minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50 yard line, review the overtime procedure and discuss how penalties (if any) will be assessed to start the overtime procedure. At the end of the intermission, the officials will inform the coaches on time outs and any specialty penalty enforcements that apply.
3. **Coin Toss:** At the coin toss in the center of the field, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put into play for this possession. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have the captain face the goal toward which his team will advance and indicate this with the 1st down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.
4. **Time Outs:** Each team will be allowed one time out for each extra period. Time outs not used during the regulation periods may not be carried over to extra periods. Time outs between periods shall be charged to the succeeding period.
5. **Overtime Series and Scoring:** To start the overtime, the offensive team shall put the ball in play; first and ten on the defensive team's 15 yard line anywhere between the inbound lines. That series shall be terminated, by any score by the offensive team or as soon as the defensive team gains possession of the ball.
 - a. If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game.
 - b. A field goal attempt is permitted during any down.
6. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs has ended.
7. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 15 yard line, anywhere between the inbound lines. Both teams will use the same end of the field during each series of downs to ensure equal game conditions.
8. If the score remains tied after each team has given a possession in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be

an intermission of two minutes. At the subsequent meeting of team captains the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then the first options will be alternated with no coin toss.

9. If the score remains tied after 2 overtime periods, any team which scores a touchdown MUST attempt a 2 point try.
10. If the defensive team scores a go ahead safety or touchdown, the game is ended.
11. The team scoring the greatest number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during regulation time and overtime periods.
12. No try will be attempted if the winner of the game has been determined.
13. **Penalty Enforcement:** All fouls are enforced during each possession as they are during any normal game situations.

ARTICLE VII. EQUIPMENT AND UNIFORM

Section A. Properly Equipped Player

1. Tennis type shoes or rubber molded cleats are the only permissible shoes allowed for play.
2. A properly equipped player for youth football must wear at minimum, the following equipment:
 - a. A certified helmet with face guard, chinstrap and mouth guard attached to the face guard
 - b. Properly fitted shoulder pads
 - c. Properly fitted football pants with pads protecting hips, butt, thighs and knees
3. Approved footballs are as follows:
 - a. Junior Pee Wee & Pee Wee: K2 or Nike Spiral Tech 1000 or Nike Vapor 24/7 Pee Wee Size 6
 - b. Mites: TDJ or Nike Spiral Tech 1000J or Nike Vapor 24/7 Junior Size 7
4. Each team will be given ONE ball for the season; ***IF you do not have your ball from last year.*** They will be the same as the balls used in game.
 - a. All balls need to be turned back in at the end of the season, to use for next year.
5. Rome-Floyd Parks and Recreation will supply game balls for every game.
6. Uniforms: All jerseys must have at least 6" numerals on the front and 8" numerals on the back. Coaches are responsible for ordering uniforms.
 - a. All restricted players over the running backs/receiver weight limit **MUST** wear a uniform number between 50-79, 90-99.
 - b. All non-restricted players under the running backs/receiver weight limit **MUST** wear a uniform number between 1-49 and 80-89.
7. Sponsor names will not be allowed on the uniform.
8. **PARENTS ARE RESPONSIBLE FOR ENSURING THEIR CHILD IS PROPERLY FITTED AND EQUIPPED.**
9. **ANY MONEY COLLECTED FOR UNIFORMS IS THE SOLE RESPONSIBILITY OF THE COACH, RFPRA AND BGCNWGA WILL NOT BE RESPONSIBLE FOR ANY MISPLACED MONEY.**
10. **HEAD COACHES NEED TO KEEP A RUNNING RECORD OF ANY FUNDS COLLECTED AND TO TURN IN RECEIPTS OF WHERE THAT MONEY WAS USED TO PURCHASE UNIFORMS!!!!**
 - a. **YOU ARE HIGHLY ENCOURAGED TO ONLY ACCEPT FUNDS THROUGH ELECTRONIC SERVICES SUCH AS CASHAPP, PAYPAL, OR VENMO. THIS HELPS YOU HAVE A RUNNING RECORD OF THE FUNDS YOU COLLECT.**

ARTICLE VIII. PROTESTS

Section A.

1. The only protest UFC will consider is player eligibility. Under this provision, player eligibility is restricted to the following:
 - a. Age of player (Copy of Birth Certificate)
 - b. Current School Attending or School Attending after regular season started.
 - c. Non-rostered/Non-registered player

2. Violations must be brought to the attention of the UFC prior to the next scheduled game by completing the UFC Protest Form. UFC Protest Forms are available from the sports staff of the RFPRA.
3. A protest may only be filed against a player that participated on the opposing team of the last game played. In the event a formal protest is filed with the UFC, the following procedures will be followed:
 - a. Head coach of player in question will be notified promptly of the protest.
 - b. Player in question will remain eligible until deemed ineligible.
 - c. UFC representative will conduct the investigation.
 - d. Ruling will be determined by majority of UFC vote.
 - e. All parties will be notified.
4. Penalties may include, but are not restricted to:
 - a. Player removed from team and league
 - b. Game forfeiture(s)
 - c. Coach suspension or termination
 - d. Team removal from playoffs

ARTICLE IX CONCUSSIONS

Section A. Concussion Awareness Plan

Below is the Rome-Floyd Unified Youth Football Committee's (UFC) Concussion Awareness Policy. After a player has been identified by a game official, volunteer coach or program staff member as a possible concussion injury the following procedures must be conducted to determine if impairment is evident.

- Remove the athlete from play.
- Look for signs and symptoms of concussion if an athlete experienced a bump or blow to the head.
- **When in doubt, sit them out**". Athletes with signs or symptoms of concussion must NOT return to play.
- Do not try to judge the severity of the injury yourself.
- Immediately inform the athlete's parents or guardian about the possible concussion and make sure they know the athlete should be seen by a health care professional experienced in evaluating for concussions.
- If the parent and coach are aware that a concussion may have occurred, the athlete should be permitted to return to play/practice only after a written medical clearance from an appropriate health care professional (obtained by the parent) is given to the football coordinator.

NOTE: Per UFC Return to Play Concussion Policy – Athlete cannot return to play without prior written medical clearance being provided to the football coordinator.

Section B. Signs & Symptoms

Signs observed by coaching staff, game officials or program staff:

- Appears to be dazed or stunned, is confused about assignments or position or forgets sports plays
- Is unsure of game, score or opponent. Moves clumsily, answers question quietly
- Loses consciousness (even briefly), has slowed reaction time, shows behavior or personality changes (is irritable)
- Can't recall events prior to hit or fall; can't recall events after hit or fall.

Symptoms reported by athlete:

- Headache or "pressure" in head, nausea, vomiting, balance problems and dizziness
- Double or blurry vision, sensitivity to light or noise, feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems, confusion or "doesn't feel right"

A concussion is a brain injury that is caused by a blow to the head. A concussion can happen even if the athlete does not lose consciousness. It is important to inform the athlete that when any concussion-like symptoms occur, to inform the coach and athletic trainer immediately.

ARTICLE X. SPORTSMANSHIP POLICY

Section A. Policy for Parents

The Rome Floyd Unified Football Committee (UFC) wants to make our sports league an enjoyable experience for everyone. To help create this positive environment, we have established a "Sportsmanship Policy" that everyone in the league is required to acknowledge and uphold.

- I will provide positive support, care and encouragement for my child participating in RFPRA sports. I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or event.
- I will place the emotional and physical well-being of my child ahead of my desire to win.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all. I will avoid "coaching" from the stands.
- I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, participating in team events and helping maintain the fields.
- I understand the following items/actions are not tolerated at RFPRA sponsored activities:
 - No alcoholic products, smoking or use of profanity
 - No unsportsmanlike comments toward managers, coaches, officials, parents and children
 - No yelling at, threatening, or physically attacking a league official, coach, parent or child
 - No entering the field of play without permission of the head coach or league official
 - No mistreatment of property or facilities to include equipment, fields and buildings
 - No negative or derogatory cheering/yelling at anyone
 - No yelling at the other team's players or coaches by parents, players or coaches
- I understand as a coach that I am responsible for my player's parents, family and friend's sportsmanship behavior.
- I understand that the game officials are here for the kids and the game. I will not question their calls or make unsportsmanlike comments toward the officials. I understand that the league provides guidelines for the head coach to address officials. I will not approach an official during or after a game to question their calls.
- I understand that I should provide guidance to this policy to family and friends that I invite to Rome Floyd Unified Youth Football events.
- I understand that if I fail to follow the items listed above that I could be ejected from the property.
- I understand that if I am ejected that I must leave the complex immediately. I understand that depending on the cause for ejection, I may be suspended for a minimum of one game and up to permanent suspension from the league.

Section B. Policy for Players

The Rome Floyd Unified Football Committee (UFC) recognizes that youth sports are competitive by nature and has pledged to create a positive learning experience where our children can learn the importance of teamwork and good sportsmanship while at the same time learn to play and respect the game. RFUFC recognizes that our parents and coaches have a major responsibility to be a good role model for their children and other children in our sports programs and expects them to teach and encourage these same positive behaviors.

With this in mind, the *Practice Good Sportsmanship Policy* will be used by our coaches to help our players understand that they have a responsibility to control their behavior while participating in any RFPRA sponsored activity. All players must sign this agreement.

I will respect my Coaches

- I understand that my coaches are volunteers and I will show them respect at all times. I pledge that I will try and learn as much as I can from my coaches and will listen to what the coaches are saying. I will not interrupt them while they are talking and I will not distract my teammates while the coach is talking.

I will practice good sportsmanship

- I understand that I am responsible for maintaining my own self-control at all times. I will not use obscene language or gestures and I will not intentionally touch or hit (with force) another teammate, opposing player, official, parent or coach in frustration, anger or retaliation.
- I will not yell at, taunt, threaten or argue with opposing players, coaches, parents or referees in public or private and either before, during or after a game or practice.
- Winning is not everything, it's how you play the game. I will not place blame or negatively judge my teammates or my coaches based on whether or not my team won or lost a game.
- Regardless of my team's win or loss, I will shake hands with opposing players and coaches following a game and I will not make negative comments while doing so.

I will always give my best effort – I understand that each player on my team is important and that I will give my best effort at all times. I will also make it my goal to learn to play confidently at all times.

I will be a team player first – I will strive to be a “team player” first and will practice good sportsmanship by demonstrating positive support for my teammates, coaches and officials at every game or practice.

I will learn the rules of the game – I will show respect for the game and will make the effort to learn and play by the rules of the game at all times.

I will practice what I am taught – I will make the effort to practice what the coaches have taught me during a practice or game and I will ask my coaches questions if I don't understand what they are teaching me.

I will be ready to play – I will arrive to the field or facility on time, fully equipped and ready to play.

CONTACT INFORMATION FOR UNIFIED FOOTBALL ADMINISTRATORS

Blake Lambert
RFPRA Sports Program Manager
BlantonS@floydcountyga.org
706-331-3256

Brad Hobbs
RFPRA Assistant Sports Program Manager
Blake.Lambert@floydcountyga.org
706-252-1156

David Smith
BGCNWGA West Rome Football Manager
amontgomery@bgcnwga.org
706-409-3152

J.R. Davis
BGCNWGA Executive Director
jrdavis@bgcnwga.org
706-234-8591



RFPRA Sports Staff Directory

Name/Position	Email Address (Best Way to Reach Us!)	Office Number
Blake Lambert Sports Program Manager	Blake.Lambert@floydcountyga.org	706-331-3256
Brad Hobbs Assistant Sports Program Manager	Brad.Hobbs@floydcountyga.org	706-252.1156
Adam Mull Sports Coordinator	Adam.Mull@floydcountyga.org	706-252-6438
Pam Hobbs Sports Admin Specialist	Pam.Hobbs@floydcountyga.org	706-676-0733

Text or e-mail is the best and quickest way to reach us as the season gets busy!

Rome-Floyd Unified Youth Football Protest Form

Protest form must be completed by the protesting Team's Head Coach and received before the end of game to be valid.

Date in which protest is filed: _____

Name of Head Coach filing protest: _____

Address: _____

Phone: _____

E-Mail: _____

Signature of Head Coach filing protest: _____

Age Division (circle one): Junior Pee Wee Pee Wee

Date and time of game: _____ Playing location of game: _____

Name of Team being protested: _____

Name of player being protested: _____

Nature of protest (circle): Age Violation School District Violation
Position Restriction Violation Non-rostered/registered player Violation

Protests must be filed against a player's eligibility that participated on the opposing team of the last game played. Any protest filed after the opposing team has played another game said protest will not be accepted.

Protest Received: (date/time) By:

What actions were taken to investigate protest: checked birth certificate, verified school attending, verified official weigh, check official roster, verified program fee paid

Protest: _____ Upheld Protest: _____ Denied

Communication Between US and YOU!

We will utilize the SportsYou App again this season to communicate with you regarding the wetbulb, weather, cancellations, rescheduling, and everything else regarding Football. Please follow the instructions below to join the group on the App!

sportsYou



You've been invited to join

2024 Unified Football League Coaches

Use your **unique access code** below and follow the instructions.

Access Code

5V4S-HV3E

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at **www.sportsyou.com**
or in the app stores



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Football Practice Selection Form

Head Coach: _____
Team Name: _____
Age Group: _____
E-mail: _____
Cell Phone Number: _____

PRACTICES

- Every coach is required to list where they will be practicing.
- You may use one of our public parks, or use a location that you have access to, such as a school, or church. It is up to you, the coach to obtain permission.
- **YOU HAVE TO TAKE WATER TO EVERY PRACTICE AND GAME!!!!**

Practice Preferences:

1. _____ (day/time/location)
2. _____ (day/time/location)
3. _____ (day/time/location)

Your set practice day/time/facility will be text to you by Friday after the coach's meetings.

**Complete this form and leave with Pam
tonight!**



Football Schedule Conflict Request Form

Please list any conflicts you may have for the upcoming Football season. Keep in mind that the season runs from September 14th – October 29th, and we could be playing on Mondays, Tuesday, Wednesdays, and Thursdays. **These dates are estimates and are subject to change.**

When listing your conflicts, please list the date that you CANNOT play and explain why you cannot play that day or at that time. (Example: You are coaching this team, but your child plays on that team. OR You are coaching more than one team.)

This is the ONLY opportunity that you will have to turn in conflicts for the upcoming season, any conflicts that arise after this meeting will be the responsibility of the coach to make arrangements to attend the games or have an assistant coach fill in while you're out.

Conflict Date	Reasoning for Conflict

Complete this form and leave with Pam tonight!