



GOLDEN TRIANGLE YOUTH FOOTBALL & CHEER

RULES

(Updated June 23, 2025)

FLAG FOOTBALL RULES

RULE 1. The maximum team roster size allowed will be 25 players per team.

RULE 2. GAME

- A. A game is played between two teams consisting of eleven (11) players each.
- B. The offensive team must have seven (7) players on the line and four (4) in the backfield.
- C. The defensive team may choose any formation, but the players cannot line up in the gap.
 - 1. If the players are lined up from the offensive end to the offensive end, hands must be on their knees with their heads up, including the ends.
 - 2. The players can't be lined up head up on center unless they are (5) yards off the ball. (15-yard penalty)

RULE 3. EQUIPMENT

A. Game Ball:

- 1. Pee Wee Size and clearly labeled on the ball by the manufacturer.

B. Flags:

- 1. Flags must be GTYFC issued and not modified.
- 2. All flags will be pop-type flags, no Velcro flags.
- 3. All ball carriers must wear a belt with 2 flags, one flag on each side of the player's hips.
- 4. The flags will be attached to a belt and extend or hang from each side of the player's body.
- 5. GTYFC issued flags must be without any modifications from the original manufacturer.
Note: Unaltered STJFL flags may be used for the 2025 season.
- 6. Flags must be contrasting colors from the uniform color.
- 7. Jerseys must comply with UIL rules and cannot be worn over flags. Jersey number colors must contrast with the jersey color and be visible on the front and back of the jersey.
- 8. If a player's flag is inadvertently lost, he is ineligible to handle the ball.

C. Mouth Guards (Mouthpiece):

- 1. Mouth guards SHALL be mandatory.
- 2. Mouth guards with a lip guard are not mandatory but are highly recommended.

D. Prohibited Equipment:

1. Spiked or street shoes (only sneakers or non-detachable, rubber-cleated shoes are allowed)
2. Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and a helmet.
3. Any equipment in the opinion of the referee that will endanger or confuse players.

RULE 4. RULES OF THE GAME (MOST UIL RULES WILL APPLY):

A. Coaches:

1. Teams are allowed (1) Head Coach, (5) Assistant Coaches, and (2) Team Moms on the sidelines. You cannot add more coaches by reducing the number of Team Moms.
2. Two (2) coaches for each team will be permitted on the field. The offense and defensive coaches must be at least 10 yards behind the line of scrimmage and on their side of the ball on the friendly hash. Once the huddle is broken, coaches on the field are not allowed to call audibles or instruct the players. However, coaches completely off the field can. If a coach exits to an opposing team's sideline, there will be a 15-yard penalty (unsportsmanlike conduct), and they could be ejected from the game.
 - i. Huddle is defined as: 6 or more players grouped together after the ball is ready for play.
 - ii. The huddle is considered broken when more than 5 players disperse and move toward their positions for the next play.
3. Coaches are not allowed any type of device for communication purposes during their game. 1st offense personal foul 15yds. 2nd offense, head coach and coach in violation result in ejection.
4. Badges must be visible and always worn on the sideline.
5. Before each game, the coaches must present each player's certification card to the opposing coach. If no player cards are available, the site's gold badge can pull up the official player cards for said team. If this method is used, the head coach of the team will be put on "player card" probation for the remainder of the season with further disciplinary action taken upon additional offenses. This card check should be done 15-20 minutes before the start of the game. Any player late for check-in time must wait until half-time for their card to be checked. The coach may elect to take a timeout to have the late player's card checked and enter the game. Any player standing on the sideline for being late, must not have on a jersey until they are cleared to enter the game.

B. Kickoffs and punts:

1. There shall be no kickoffs permitted. Possession will start from the opponent's 25-yard line (or 20-yard mark for fields of 80 yards).
2. Punt - When a punt is declared, the team must kick the ball (no throwing allowed). The opposing team may not rush or attempt to block the kick. If the ball is dropped, the kicker may pick up the ball and kick it. There will be a maximum of 2 players as returners with no possibility to run the ball or attempt a fake after the punt is declared. The ball will not be returned, and the opposing team will take over where the ball's forward momentum carries it (guaranteed minimum 20 yards) until the ball is caught or picked up by the returner.
3. If a punt is declared within the 20 yard line. The punter can down the punt up to the 1 yard line. If the punt goes into the endzone it will be declared a touchback.

4. If either team crosses the line of scrimmage, there will be a 10-yard penalty and repeat 4th down. If the opposing team rushes and hits the kicker, it will be considered a personal foul, 15 yards and an automatic 1st down.
- C. De-Flagging:
1. When the ball carrier is tackled, the referee will determine if it was incidental contact or a deliberate tackle, if he determines it was a deliberate tackle, he will assess a 15-yard personal foul and automatic first down from the spot of the foul.
 2. There shall be no tackling of the ball carrier. The ball carrier is down when the flag is removed from his waist (de-flagging).
 3. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching the head or face shall be considered a violation.
- D. Blocking:
1. A blocker must always be on his feet while blocking. All linemen, except the center, must not assume a three-point stance and must stand with their hands on their knees. The center, though crouching, if he is to block, must first stand straight up. (5 yd penalty)
 2. All defensive linemen must line head up with hands on knees and await the snap. The defense may not line up in the gap.
 3. Cross-body, roll blocking, and pulling of linemen are not permitted.
 4. A blocker may use his hands as per UIL rules but may not use hands to opponents' faces.
 5. A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.
 6. The defensive player may not shove the ball carrier out of bounds intentionally. (15 yd penalty).
- E. Ball Carrier:
1. The ball carrier cannot use his hands or arms to protect his flags (flag guarding).
 2. The ball carrier cannot lower his head to drive or run into a defensive player.
 3. Stiff-arming by the ball carrier is illegal.
 4. The ball carrier cannot hurdle a defensive player.
 5. If a defensive player tackles the ball carrier inside the 20 yard line, and the referee determine that the contact was an intentional tackle, the ball will be placed on the 1-yard line and offense will receive a first down.
- F. Passing:
1. Only backfield men are eligible passers.
 2. All balls in the air, pass or toss, can be intercepted by the defense and returned.
- G. Receiving:
1. Only backfield personnel or receivers are eligible to take hand-offs, laterals, and forward passes.
- H. Dead Ball:
1. All balls touching the ground are immediately dead (except forward progress of punts). For example, the ball is declared dead at the following times:
 2. When the ball carrier touched the ground with his body, other than his hands or feet. When the ball carrier's flag has been pulled.

3. If a pass receiver or ball carrier is carrying the ball and has a missing flag (the ball is dead at that spot).
4. When the ball hits the ground because of a fumble. There are no fumble recoveries or stripped balls.

(Note: if the center's snap hits the ground, it can still be advanced but only by the QB. He cannot hand off or pass to any other player.)

RULE 5. SCORING

A. Scoring Values

Touchdown 6 points

Safety 2 points

Field Goal 3 points

Extra Points: Passing 2 points Running 1 point

B. Keeping Score:

1. An official score will be kept during the regular season.
2. Seeding for the tournament will be determined by regular season play.

C. Tie Games:

1. During the regular season, Overtime will ONLY be played on Conference Games. GTYFC overtime rules apply.
2. During the tournament, tie games are to be played out in overtime periods, per GTYFC rules.

D. Lopsided Score:

1. During a game, anytime the score reaches a point difference of 28 points the winning coach must remove the starting backfield (quarterback, and all starting running backs) until the margin becomes less than 28 points. The Board of Directors shall review a coach failing to adhere to this policy within (6) calendar days of the incident. If any coach is found in violation, they are subject to be disciplined by suspension, forfeiture, or both.
2. If a coach is found to intentionally keep the score below 28 points. The coach will go before the GTYFC Board for review and serve a minimum of a one-game suspension.
3. At any time, the margin becomes 40 or more, scorekeeping of the game shall end however the game can continue to be played for the remaining time allowed.
4. All conference forfeits will be scored 41-0, non-conference 1-0.

RULE 6. TIME

A. The game will consist of four (4) quarters of eight (8) minutes each. The clock shall be a managed clock.

1. Each team will have three (3) timeouts per half.
2. Ten (10) minutes between halves.
3. There will be a 40-second play clock, if the ball is not snapped at the 40-second mark, there will be a 5-yard delay of game penalty. If the official determines that delays are being used to end the game or waste time, he may call an official timeout. A game or half cannot end with a delay of game penalty by the offense.
4. The official is the only person who can stop the clock for serious injuries or issues.

RULE 7. GTYFC NON-UIL RULES AND ENFORCEMENT

- A. Use of Illegal Flag (Use of Non-Sonic Pop Parts or Modification of Flag). Player Ejection, Head Coach Warning. Officials are to notify the GTYFC President of the incident.

- B. Flag guarding and jumping penalty. A 15-yard penalty from the enforcement spot. Replay down.
- C. Defensive tackling. 15-yards from the enforcement spot. Automatic first down.
- D. The ball carrier lowers the shoulder and runs through a defender. Dead Ball. Personal foul, 15-yard penalty.
- E. Being within 5 yards of the center from “A” gap to “A” gap before the ball is snapped. Personal foul, 15-yard penalty.
- F. Coaching after the huddle is broken. Personal foul, 15-yard penalty. (Huddle is considered broken when offensive coaches are in their designated spot on the field.)
- G. Illegal Equipment (i.e., Ball size/over or under deflated). 15-yard penalty. Verbal warning to the Head Coach. Second Offense, Head Coach Ejection. Officials to notify GTYFC President of the incident.
- H. The Gold badge will warn the head coach if anyone on the sideline does not have a volunteer badge. If their badge cannot be produced, the individual will be removed from inside the controlled area.
- I. Practices:
 - 1. You may not begin practicing prior to July 21st. Every participant must complete 6 hours of conditioning practice with no person to person contact until the 6 hours have been met. Practices are not to exceed a maximum of 6 hours during conditioning week. Once conditioning week is completed, the team will be allowed to practice a maximum of 8 hours per week until the first GTYFC scheduled game. After the first game, a team will only be allowed to practice a maximum of 6 hours per week for the remainder of the season.
 - 2. Conditioning Requirements:
 - i. Participants must complete 6 hours of practice with no contact.
 - ii. Footballs and practice pads are allowed at conditioning however, no person-to-person contact is allowed.
- J. A one hundred (100) yard field may be used as well as an eighty (80) yard field.
 - 1. The following field equipment will be used:
 - A regulation set of ten (10) yard chains and a down marker to indicate the down will be used.
 - The visiting team must provide a “Chain Gang”. Failure to provide a “Chain Gang” could result in a forfeiture of the game.
 - 2. It is mandatory that all GTYFC game fields have an erected boundary with the intent to prevent fans and bystanders from accessing the playing field.
- K. All conference forfeits will be scored as 41-0. All nonconference forfeits will be scored 1-0.

TACKLE FOOTBALL RULES

RULE 1. The maximum team roster size allowed will be 28 players per team.

RULE 2. GAME:

- A. A game is played between two teams consisting of eleven (11) players each.

RULE 3. EQUIPMENT

- A. Game Ball:
 - 1. Peewee and Junior Division: Peewee size ball
 - 2. Senior Division: Junior size ball
 - 3. All balls must be clearly labeled by the manufacturer.
- B. Mouth Guards (Mouthpiece):

1. Mouth guards SHALL be mandatory.
 2. Mouth guards with a lip guard are not mandatory but are highly recommended.
- C. Prohibited Equipment: Tinted visors, spiked cleats (only molded cleats)

RULE 4. RULES OF THE GAME (MOST UIL RULES WILL APPLY):

A. Coaches:

1. Teams are allowed (1) Head Coach, (5) Assistant Coaches, and (1) Team Mom on the sidelines. You cannot add more coaches by reducing the number of Team Moms.
2. Badges must be visible and always worn on the sidelines.
3. PeeWee: One coach will be allowed on the field on offense and defense. The coach may call plays or make adjustments until the offensive huddle is broken. If the coach exits to the opposing team's sideline, there will be a 15-yard penalty.
 - i. Huddle is defined as: 6 or more players grouped together after the ball is ready for play.
 - ii. The huddle is considered broken when more than 5 players disperse and move toward their positions for the next play.
4. Junior/Senior: No coaches will be allowed on the field at any time.
5. Badges must be visible and always worn on the sideline.
6. Coaches are not allowed any type of device for communication purposes during their game. 1st offense personal foul 15 yards. 2nd offense, head coach and coach in violation ejection.
7. Before each game, the coaches must present each player's certification card to the opposing coach. If no player cards are available, the site's yellow badge can pull up the official player cards for said team. If this method is used, the head coach of the team will be put on "player card" probation for the remainder of the season with further disciplinary action taken upon additional offenses. This card check should be done 15-20 minutes before the start of the game. Any player late for check-in time must wait until half-time for their card to be checked. The coach may elect to take a timeout to have the late player card checked and enter the game. Any player standing on the sideline for being late, must not have on a jersey until they are cleared to enter the game.

B. Anyone lining up in the "A" gap on defense MUST be in a 3- or 4-point stance (15-yard penalty).

C. A defensive player will not be allowed to line up within 3 yards over the center. (15-yard penalty).

D. "LO PLAYERS"

"LO" rule is a GTYFC bylaw and cannot be revised unless the bylaw is revised. This bylaw is to be followed by all GTYFC teams.

1. Weight Limits

- i. PEEWEE: If a player exceeds 95 lbs., they will be considered a Line Only "LO" player. Please see Article XI Section 6 for player restrictions.
 - ii. JUNIOR: If a player exceeds 120 lbs., they will be considered a Line Only "LO" player. Please see Article XI Section 6 for player restrictions.
 - iii. SENIOR: If a player exceeds 140 lbs., they will be considered a Line Only "LO" player. Please see Article XI Section 6 for player restrictions.
2. If a player exceeds the maximum running back weight for the division they will be considered a Line Only "LO" player and be restricted to a lineman position tackle to tackle on offense, and must be in a 2 or 3 or 4 point stance when playing offense, between the offensive tackles on defense and must be in a 3 or 4 point stance, and line of scrimmage for kick off receive only. On

defense, the player must line up from “A” gap to tackle. The player may pull as a lead blocking lineman if they started on the line of scrimmage. The player may not advance the ball under any circumstances and the ball will be blown dead at the point of possession. The player's helmet and certification card must be marked accordingly. Violation of this rule will result in a 15-yard penalty, automatic first down.

RULE 5. SCORING

A. Scoring Values will be as follows:

PEEWEE/JUNIOR		SENIOR	
Field Goal	3 points	Field Goal	3 points
Touchdown	6 points	Touchdown	6 points
Safety	2 points	Safety	2 points
Extra Points:		Extra Points:	
Passing	2 point	Passing	1 points
Running	1 point	Running	1 point
Kicking	2 points	Kicking	2 points

B. Keeping Score

1. An official score will be kept during the regular season.
2. Seeding for the tournament will be determined by regular season play.

C. Tie Games:

1. During the regular season, overtime will ONLY be played on conference games and playoff games. GTYFC overtime rules apply (see additional rules).

RULE 6. TIME

- ### **A. Peewee:** The game will consist of four (4) quarters of eight (8) minutes each. The clock shall be a managed clock.
- ### **B. Junior/Senior:** The game will consist of four (4) quarters of ten (10) minutes each. The clock shall be a managed clock.
- ### **C. Additional rules for time:**
1. Each team will have three (3) timeouts per half.
 2. Ten (10) minutes between halves.
 3. There will be a 40-second play clock, if the ball is not snapped at the 40-second mark, there will be a 5-yard delay of game penalty. If the official determines that delays are being used to end the game or waste time, he may call an official timeout. A game or half cannot end on a delay of game penalty by the offense.
 4. The official is the only person who can stop the clock for serious injuries or issues.

RULE 7. MERCY RULE

- ### **A.** If the score reaches a point difference of 28 points, the team in the lead must remove the entire starting backfield (quarterback, and all starting running backs) until the margin becomes less than 28 points. Also, when the score is 28 or more, the team that is behind has an option to receive a kickoff or forgo the kick and take the ball on their 40-yard line. The GTYFC board shall review a coach failing to adhere to this policy within (6) calendar days of the incident.
1. If a coach is found in violation of the above rule, they will be subject to disciplinary action determined by the GTYFC board up to and including suspension, forfeiture, or both.

2. At any time, the margin becomes 40 or more, scorekeeping of the game shall end, however, the game can continue to be played for the remaining time allowed.

RULE 8. Punt

- A. **PEEWEE AND JUNIOR:** When a punt is declared the team must punt. The game clock will stop, but the play clock will continue to run. The opposing team may not rush or attempt to block the kick. If the ball is dropped the kicker may pick it up and kick it. There is no possibility to run the ball or attempt a fake after the punt is declared. The ball will not be returned, and the opposing team will take over where the ball's forward momentum carries it (guaranteed minimum 30 yards) or where the returner catches it or picks up the ball.
- B. If a punt is declared within the 30 yard line. The punter can down the punt up to the 1 yard line. If the punt goes into the endzone it will be declared a touchback.
- C. If either team crosses the line of scrimmage there will be a 10-yard penalty and repeat 4th down. If the opposing team rushes and hits the kicker it will be considered a personal foul, 15 yards, and automatic 1st down.
- D. **SENIOR:** Punts are live play unless under mercy rule.
- E. **SENIOR MERCY RULE PUNT:** When the mercy rule is in effect and the losing team is on their side of the 50-yard line they may declare a punt. If the team under the mercy rule is on the opponent's side of the 50-yard line, then the mercy punt shall not be allowed. When a punt is declared the team must punt. The opposing team may not rush or attempt to block the kick. If the ball is dropped the kicker may pick it up and kick it. There is no possibility to run the ball or attempt a fake after the punt is declared. The ball will not be returned, and the opposing team will take over where the ball's forward momentum carries it. If either team crosses the line of scrimmage there will be a 10-yard penalty and repeat 4th down. If the opposing team rushes and hits the kicker it will be considered a personal foul, 15 yards, and automatic 1st down.

Note: If an offense commits a penalty that would bring a punt from their half of the field to their opponents, the mercy punt shall not apply.

RULE 8. SAFETY RULES

UIL has a "Safety Rule"; this rule is a judgment call when a player has a legal but unnecessary block behind the play. If there is a "safety rule" violation, the referee will allow the score and the team will be penalized 15 yards either on the extra point try or kickoff. Referees will make all judgement calls.

RULE 9. GTYFC NON-UIL RULES AND ENFORCEMENTS

- A. Coaching after the huddle is broken is not allowed and is punishable by a personal foul, 15-yard penalty.
 - i. Huddle is defined as: 6 or more players grouped together after the ball is ready for play.
 - ii. The huddle is considered broken when more than 5 players disperse and move toward their positions for the next play.
- B. Illegal Equipment (i.e., tinted visors, over or underinflated balls) will be a 15-yard penalty. 1st offense will be a warning to the Head Coach, 2nd offense will be an ejection to the Head Coach. The GTYFC President will be notified of all incidents by the Officials.
- C. LO lining up illegally will result in a dead ball, personal foul, 15-yard penalty.
- D. **JUNIOR/SENIOR Divisions:** Coaches entering the field of play will result in a 15-yard penalty.

- E. If any volunteers are on the sideline without a badge, the gold badge will warn the Head Coach. If the volunteer cannot produce a badge, the individual will be removed from inside the controlled area.
- F. Practices:
 - 1. You may not begin practice prior to July 21st. Every participant must complete 8 hours of conditioning practice with no person to person contact until the 8 hours have been met. Conditioning must be completed at least two weeks prior to the first game of the season. There shall be no more than 8 hours of practice per week before the first game of the season. After the first game, a team will only be allowed to practice a maximum of 6 hours per week.
 - 2. Conditioning Requirements:
 - i. Participants must complete 4 hours practice with helmets only (Day 1 and Day 2).
 - ii. Once 4 hours practice with helmets only has been met, participants must then complete 4 hours of practice with shoulder pads/full equipment. Contact with tackling pads permitted, no person-to-person contact (Day 3 and Day 4).
 - iii. Footballs and practice pads are allowed at conditioning however, no person-to-person contact is allowed.
- G. A one hundred (100) yard field may be used as well as an eighty (80) yard field.
 - 1. The following field equipment will be used:
 - A regulation set of ten (10) yard chains and a down marker to indicate the down will be used.
 - The visiting team must provide a "Chain Gang". Failure to provide a "Chain Gang" could result in a forfeiture of the game.
 - 2. It is mandatory all GTYFC game fields have an erected boundary with the intent to prevent fans and bystanders from accessing the playing field.
- H. All conference forfeits will be scored as 41-0. All non-conference forfeits will be scored 1-0.

ADDITIONAL RULES

RULE 1. Scrimmages and Joint Practices:

- A. Scrimmages: Scrimmages are permitted only after the completion of conditioning week and may continue through the first week of the post season.
 - 1. Teams may only scrimmage other teams within GTYFC.
 - 2. Scrimmages may only involve teams within the same age division.
- B. Joint Practices: Joint practices are defined as organized, training sessions conducted between two or more teams that focus on skill development, drills and play execution.
 - 1. Joint practices are allowed between teams of different age divisions within GTYFC.
 - i. If joint practices are held with teams of different age divisions, NO CONTACT WILL BE ALLOWED. This includes live-tackling, blocking, or any other drill or activity that simulates game-like contact.
 - 2. Joint practices held with teams of the same age division are allowed to perform drills that include live-contact, blocking, etc.
 - 3. Joint practices are not allowed with any teams outside of GTYFC.
- C. Enforcement: Violations of this policy will result in disciplinary actions as determined by the GTYFC board.

RULE 2. Chains and Down Marker:

- A. The visiting team is responsible for supplying 3 adults to run the chains and down marker. These 3 individuals are considered part of the officiating crew and cannot coach.

RULE 3. Lightning Related Stoppages:

- A. Game Day: In the event of lightning strikes within 8-10 miles of the field, the game shall be stopped by an official timeout.
 - a. If after one (1) hour, the danger of lightning is still present, the game may be cancelled by a gold badge and GTYFC will determine if the game is rescheduled.
- B. Practice: In the event of lightning strikes within 8-10 miles of the field, practice shall be stopped.
 - a. If after one (1) hour, the danger of lightning is still present, practice may be cancelled by the Head Coach or a Board Member of the Association
- C. All child participants must immediately move from the playing fields to an area of safety and shall remain in the safe location for a minimum of 30 minutes after the last lightning strike.

RULE 4. Heat:

- A. In the event of extreme heat, the Head Referee and/or any GTYFC Board Member (gold badge) may call for an official timeout due to the dangers involved with heat related injuries.
- B. During the official timeout, the players may move to the sideline for water breaks. However, coaches are warned that absolutely NO coaching will be permitted during the heat related time out. Violation for coaching during the heat related official time out is Unsportsmanlike Conduct with a 15-yard penalty assessed to the violating team. GTYFC may also impose a penalty against the violating team.

RULE 5. Overtime Rules

- A. GTYFC will follow UIL overtime rules.

RULE 6. Maximum team size and Division Requirement

- 1. Mandatory Team Splitting (If a team's official roster reaches the following player thresholds)
 - a. 30 players for flag
 - b. 34 players for peewee
 - c. 36 players for junior/senior
 - 2. The team will be required to split into separate teams. This ensures:
 - a. Fair play across the league
 - b. Adequate playing time for all athletes
 - c. Continued emphasis on player safety
- A. Roster waiver for overage
- 1. If a team does not reach the mandatory split number, but exceeds the standard roster cap, the association may submit a written waiver request to retain up to two (2) additional players beyond the standard limit.
 - a. All waiver requests must be submitted to the league board for formal review and consideration.
 - b. Approval will be based on factors including but not limited to:
 - i. Player safety
 - ii. Impact on competitive balance
 - iii. League-wide roster distribution

RULE 7. GTYFC Open Registration

All charter member associations of GTYFC are required to conduct an *Open Registration*, which means:

- 1. Equal Opportunity: Every child within the association's defined boundaries must be given an equal chance to register.
- 2. No Pre-Selection: Associations are not allowed to:
 - a. Pre-select or "hand-pick" players.
 - b. Call or contact specific individuals to register early.
- 3. Open Period: Registration must remain open until the official GTYFC close date/time.
 - a. This date/time will be shared with associations via their league representatives.
 - b. It will also be posted on the GTYFC website and Facebook page.

- c. Associations may choose to keep registration open *longer*, but *not shorter* than the GTYFC deadline.
- d. Violations of this policy may result in disciplinary action.

OFFSEASON WORKOUTS

RULE 1. Offseason workout is:

- A. Any workout from the day after the Superbowl to the day before start of conditioning week.
- B. Having 4 or more participants
- C. Not associated with any other sports.

RULE 2. Regulations:

- A. Must officially notify GTYFC one (1) week prior to event.
- B. Must be open to public with at least one (1) public notification.
- C. Must contain coaches from two (2) different age groups.
- D. Must contain multiple age groups (no team only workouts).
- E. Must follow all UIL rules unless otherwise stated.
- F. Prior to July 1st, for conditioning purposes only, no skill sessions.
- G. May wear helmet for better acclimation after July 1st.
- H. All violations will be brought before the GTYFC Board

RULE 3. Summer Football Camp:

- A. Summer football camps are covered by UIL Rules.