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2025 TACKLE FOOTBALL RULES

For rules and information governing membership requirements, dues, ID cards, questionnaires, franchise fees, rosters, protests, forfeits, game officials, awards, billing, tied leagues, fines, eligibility, play-offs or game points, refer to the **PGCBGC Ground Rules**.

These rules are to be used in conjunction with the **PGCBGC "Ground Rules"** and **"National Federation (High School) Rules with "Youth Football" adaptations**.

LEAGUES

6U

8U

10U

12U

14U

***AGES – On July 31, 2025**

I. **OPENING DATE** Unlimited League (6-14)September 6, 2025

II. **ROSTERS:**

Refer to **PGCBGC Ground Rules and Definitions**.

A. 6U – 14U Questionnaires, Rosters, & Payment Due – August 18, 2025

B. **ADDS/DROPS** – 6U – 14U Rosters Close- September 19, 2025

C. **ROSTER CHECK** – Due to our new computer system a new child will only be put on a roster if he/she is totally cleared, which means he/she must have their dues paid and a copy of MD MVA ID. All information must be brought into our office to clear the children.

D. **All players on rosters *MUST BE* eligible prior to their participation in league play. IT IS THE COACHES AND UNITS' RESPONSIBILITY TO VERIFY THEIR ELIGIBILITY.** (Refer to Ground Rules)

III. **ID CARDS** - refer to **PGCBGC Ground Rules** and the following:

All players must have a valid Government Issue ID or current PGCBGC laminated sanctioned ID card. Yellow cards that are still eligible for use are 2023, 2024, and 2025.

IV. **ELIGIBILITY** - Refer to **PGCBGC Ground Rules** and the following:

PGCBGC FOOTBALL RULES (cont.)

Should the eligibility of a player(s) be in doubt after the exchange of ID Cards, a coach can demand the player(s) to sign his line-up sheet for further verification in the Boys/Girls Club Office. If the eligibility is in question, while a football game is in progress, a time-out must be used by the protesting team, for the player(s) to sign the line-up sheet.

V. PROTESTS

- A. **No protest will be accepted on judgement calls by game officials.**
- B. **ELIGIBILITY PROTESTS** - Protests on eligibility must be made to the Field Supervisor and accompanied by the signature of the protested player. Eligibility may be protested anytime during the season.
- C. See **PGCBGC Ground Rules** for additional protest information.

VI. **GAME BALLS** -The following balls are specified by the PGCBGC:

Manufacturer	6U	8U	10U	12U	14U
Baden	Pee-Wee	Pee-Wee	Junior	Junior	Youth
MacGregor			MXP	MXJ	MXY
Rawlings					ST5PRO
Riddell			RDP	RDJ	RDY
Spalding	Rookie Gear	Rookie Gear	Junior	Junior, Youth	Youth
Wilson	K2	K2	TDJ/K2	TDJ	TDY

10U has option of using TDJ or K2 on Offense

- VII. **EQUIPMENT** - All players must be completely equipped in the same type and color jersey. Jersey must be numbered on the back and may be numbered on front and back. Each player must wear the numbered jersey assigned to them on the line-up sheet.

COLOR CONFLICT – For teams that do not have black as a primary color of their traditional colors but wish to wear black jerseys, an alternative (non-black) Jersey, must be available for use. In the event of a conflict, this team must change.

REMINDER: All down-markers and chains must have flat lower ends covered by a protective cap. Officials will check the down markers and chains and if they are not legal, he/she will not officiate the game.

VIII. GAME PROCEDURES

- A. The PGCBGC Tackle Football Schedule will be followed unless otherwise notified by the PGCBGC Office Staff. Game time is listed on the schedule and there will be a 15-minute GRACE PERIOD for the first game of the day only. Each team is allowed to begin a game with ten (10) players. Exceptions will not be made for the tardiness of specialized team players.

POSTPONEMENTS - games cannot be postponed except in the following instances:

PGCBGC FOOTBALL RULES (cont.)

1. The PGCBGC Office postpones or cancels the games due to field or weather conditions.
 2. In the opinion of the game officials, playing the game or continuing the game would jeopardize the safety of the participants.
 3. Both teams arrive at the designated field and both coaches agree that the condition of the field is unplayable.
- C. All leagues will play twelve (12) minute quarters, except 6U. 6U will play 10-minute quarters. Unlimited games are played in four periods of 12 minutes each with a running clock. In the last two minutes of either half, the game clock stops when the down ends following a foul, an official timeout, the period ends, the ball is out of bounds, an incomplete forward pass, a touchdown occurs, a fair catch is made, or an inadvertent whistle is sounded. The game clock starts when the ball is ready for play.
- D. **ID CARDS AND LINE-UP SHEETS**
1. Each player **must have a valid ID card** to be eligible to participate in PGCBGC games.
 2. Players on each team will be required to show their ID Cards 15 minutes prior to game time with the PGCBGC Sports Supervisor. Line-up sheets will be given to the Sports Supervisor at this time and players who do not show a sanctioned laminated ID card or Government-issued ID will be crossed off the Line-up sheet and therefore cannot play. If a sports supervisor is not present 15 minutes before game time, coaches **MUST** check their opposition's ID cards and e-mail or fax in their own line-up sheets after the game. Invalid ID cards will be reported to the Sports Office by Sports Supervisors.
 3. Late players - Must present their ID cards to the Sports Supervisor (or to the opposing coach if the Supervisor is not present) before entering the game.
 4. If eligibility is questioned, any or all contested players in a game must sign the line-up sheet when requested. Failure to do so will result in forfeiture of the game.
- E. **OFFICIALS**

Due to the increased number of incidents involving coaches, assistant coaches, etc., coming onto the field to protest judgment calls during a game, the following procedures have been initiated: when a coach, assistant coach, trainer, or any other person connected with a team clearly comes onto the field for the sole purpose of protesting a judgment call, or non-call, the GAME OFFICIALS, as a unit, SHALL TERMINATE THE GAME AT THAT POINT. The referee must call, within 24 hours, and report to the PGCBGC office and all officials must send in a written report to their Association within 24 hours. A copy of all reports will be sent to the PGCBGC Executive Director.

PGCBGC FOOTBALL RULES (cont.)

F. INELIGIBLE PLAYERS AND PENALTY FOR USE OF INELIGIBLE PLAYERS.

1. Ineligible players, whether protested or not, will result in forfeiture of all games in which the ineligible player participated. However, if both teams use ineligible players, a double forfeiture will result. The player(s) may be suspended for the current season, at the discretion of the Executive Director. Also, the coach may be subject to disciplinary action by the Executive Director after a review of the circumstances.
2. The penalty for a player who uses fraudulent evidence of age is forfeiture of all games in which he/she participated and suspension for at least all remaining games of the season. This **PENALTY** also applies to the Team Head Coach. All legal game scores stand as recorded by this office.
3. EJECTED PLAYER - the name of an ejected player will be entered on both teams' line-up sheets in the appropriate space and signed by the game official. The opposing coach should comply with this directive. The ejected player will not participate in the next scheduled game and if he/she does participate forfeiture of that game will result. ***If the next scheduled game is postponed, then the ejected player will sit out the next game the team is scheduled to play.*** Proof of this ejection will only be supported by a properly signed line-up sheet. Therefore, it is important that all coaches enforce this rule. Include ejected player/s numbers on the line-up sheet.

G. LINE-UP SHEETS

The official form is furnished by the PGCBGC Office to each coach for every game.

1. Line-up sheet must contain only the names of those eligible youth listed on your original roster who are playing in the game. **Do not add a player on line-up sheet if he/she is not playing.** ***Reminder - If there is no Field Supervisor present, coaches are to exchange Maryland MVA ID Cards or laminated, sanctioned ID cards before the start of the game.***
2. Each coach is responsible for giving his game line-up sheet to the PGCBGC Field Supervisor. In the absence of the Field Supervisor, coaches must e-mail the line-up sheet to Tevon Littleton at Tevon.Littleton@pgparks.com. Be sure to have officials sign your sheet.
3. Ejected players must be listed by the Field Supervisor in the appropriate space and signed by the official. If no Field Supervisor is present the opposing coach should write it on his line-up sheet.

H. HOME TEAM RESPONSIBILITIES

1. Furnish down-marker, chains and game ball. All down-markers and chains must have flat lower ends covered by a protective cap. Balls must be those specified by the PGCBGC. Teams using a ball not specified will be fined \$25. The offensive team may use their own ball per Federation Rule. If the home team is playing at a neutral site, then it is the responsibility of the neutral site club to furnish the down-markers and chains.

PGCBGC FOOTBALL RULES (cont.)

Exception: For all mid-week games at the following fields the designated home team is required to furnish the down-markers and chains: Fletcher's, Glenarden, Palmer Park and Tucker Road.

2. Noisemakers, Air horns, and Megaphones are not permitted at any PGCBGC game activity.
3. Aerial Drones are not permitted during PGCBGC activities.
4. RESTRAINING ROPES - home team MUST HAVE RESTRAINING ROPES or fence approximately three feet high and five yards off the side-lines reaching from goal line to goal line. If a field does not have sufficient space on one side to erect restraining ropes for the spectators, then that sideline must be roped off to prevent spectator access.
Failure to provide these ropes will result in a \$125.00 fine.
5. The home team will provide (3) volunteers for the chains. The chains will be positioned on the home team's side of the football field. Personnel operating the chains must be 15 years of age or older.
6. PADDED GOAL POSTS: It's **MANDATORY** that goal posts be padded with shock-absorbing material to a height of at least 6 feet above the ground. The home team is responsible for this requirement even when playing on a neutral site (exception: PGCBGC Sports Park, where goal post padding will be provided).

I. SUBMITTING GAME SCORES

Give Line-Up sheets to the Field Supervisor or email the office if the Supervisor is not present at Tevon.Littleton@pgparks.com. Your scores will be recorded from these sheets.

J. BOTH TEAM COACHES' RESPONSIBILITIES

1. CONDUCT - each coach is responsible for the conduct of his players. Improper conduct, in the judgment of the game officials, or field supervisor, on the part of any player, coach, or spectator, may result in penalization, expulsion, suspension, or forfeiture of the game. The team must have field monitors present to keep order at all HOME GAMES. When a club fails to keep order to assure visiting teams protection, all future home games for this club will be moved to another location. Should this solution fail to prove satisfactory, the problem club will be dropped from the league.
Coaches are responsible for the conduct of their team prior, during and after the game.
2. FIGHTING - All coaches, substitutes, and non-players must remain on the sidelines if a fight takes place on the field. The players on the field should restrain their teammates and the officials will disqualify players as needed. The officials can control the players on the field, however if either or both benches empty onto the field the officials may suspend the game at that point.
3. Football line-up sheets must be given to the Field Supervisor; should Field Supervisor be unavailable for your game; coaches must mail line-up sheets to

PGCBGC FOOTBALL RULES (cont.)

PGCBGC Office the Monday following the game. Weeknight game sheets are due in the office the second working day following the date of the game.

4. Have a copy of the PGCBGC "*Football Rules*" and "*Ground Rules*" in your possession at **all** football games.
5. Have first aid equipment. The Red Cross recommends:
 - 2 absorbent compress dressings (5 x 9 inches)
 - 25 adhesive bandages (assorted sizes)
 - 1 adhesive cloth tape (10 yards x 1 inch)
 - 5 antibiotic ointment packets (approximately 1 gram)
 - 5 antiseptic wipe packets
 - 2 packets of aspirin (81 mg each)
 - 1 blanket (space blanket)
 - 1 breathing barrier (with one-way valve)
 - 1 instant cold compress
 - 2 pair of non-latex gloves (size: large)
 - 2 hydrocortisone ointment packets (approximately 1 gram each)
 - Scissors
 - 1 roller bandage (3 inches wide)
 - 1 roller bandage (4 inches wide)
 - 5 sterile gauze pads (3 x 3 inches)
 - 5 sterile gauze pads (4 x 4 inches)
 - Oral thermometer (non-mercury/non-glass)
 - 2 triangular bandages
 - Tweezers
 - First aid instruction booklet

There will be a \$150 fine for all teams not having a first aid kit for their team.

7. The coach's responsibility to know that all players participating on their team are eligible, (i.e., properly rostered, membership application on file with PGCBGC Office, membership dues paid to PGCBGC and have the proper laminated, sanctioned ID Cards).
8. Coaches will be responsible for keeping their BENCH AREA CLEAR of anyone other than "PGCBGC background cleared" team volunteers and players.

PGCBGC FOOTBALL RULES (cont.)

IX. SPECIAL RULE FOR 6U TEAMS ONLY

A defensive player lined up over the snapper must be positioned Five (5) yards off the line of scrimmage regardless of the offensive team's formation until the ball is snapped. Blitzing the "A" Gaps are not allowed.

No quarterback sneak allowed.

1. No kick offs -The football will be placed on the thirty (30) yard line.
2. No punting on 4th down. A team has the option of:
 - Running or passing the football from scrimmage.
 - Invoking a 40-yard walk off rule, which advances the ball 40 yards (but never inside the opponent's 20-yard line). Each coach has these options on every 4th down and there is no requirement that both coaches agree on one option before the game.
3. All games will play 10-minute quarters, and halftime will be 10 minutes. All games will have a running clock except for time outs. Each team is allowed **three (3)** timeouts per half.
4. One coach and only one coach from each team is allowed on the playing field. While on the field the coach may not be closer than ten (10) yards to any player.

X. SPECIAL RULE FOR 8U TEAMS ONLY

1. No kick offs -The football will be placed on the thirty (30) yard line.

A defensive player lined up over the snapper must be positioned Five (5) yards off the line of scrimmage regardless of the offensive team's formation until the ball is snapped. Blitzing the "A" Gaps are not allowed.

No quarterback sneak allowed.

2. No punting on 4th down. A team has the option of:
 - Running or passing the football from scrimmage.
 - Invoking a 20-yard walk off rule, which advances the ball 20 yards (but never inside the opponent's 20-yard line). Each coach has these options on every 4th down and there is no requirement that both coaches agree on one option before the game.

K = Kickers R = Receivers

OPTION INVOKED

Ball on 50-yard line
Ball on K's 40-yard line
Ball on R's 40-yard line
Ball on R's 30-yard line

RESULT AFTER WALK-OFFSITUATION

Ball on R's 30-yard line
Ball on R's 40-yard line
Ball on R's 20-yard line
Ball on R's 20-yard line

PGCBGC FOOTBALL RULES (cont.)

XI. IMPORTANT NOTE FOR HEAD COACHES AND ASSISTANT COACHES

The Prince George's County Boys & Girls Club believes in safety and has gone through great measures to ensure our football program, and its participants are operating in a safe manner and environment. To this end, we have embraced USA Football's Heads UP program and instituted new requirements and procedures to ensure our coaches are teaching proper safety techniques to reduce injuries.

All Head Coaches and Assistant Coaches of **ALL COUNTY TEAMS** must have the following:

- PGCBGC Background Check
- Abuse Prevention Training (APT) Course (emailed to you after a PGCBGC background submission)
- Acknowledgment of the PGCBGC Code of Conduct Form
- 2024 USA Football **Tackle** Certification

All Team Assistant / Photographers of **ALL COUNTY TEAMS** must have the following:

- PGCBGC Background Check
- Abuse Prevention Training (APT) Course (emailed to you after a PGCBGC background submission)

XII. POINTS FOR SCORING

Touch Down.....	6 Points
Extra Point-Kick.....	2 Points
Extra Point-Run or Pass.....	1 Point
Safety.....	2 Points
Field Goal.....	3 Points

XIII. PGCBGC MERCY RULE

Beginning with the second half of any PGCBGC football game, when the point differential between teams reaches **28 points**. The game clock shall convert to a running clock.

If the 28-point deficit occurs at the start of the second half, the trailing team begins the second half in possession at the opponent's 40-yard line even if the leading team was to receive the second-half kickoff. If at any time in the second half the deficit is reduced to fewer than 28 points, traditional game rules take effect.

To keep games competitive, discourage "running up the score" and to prevent players on trailing teams from becoming discouraged or disillusioned with the game, the rule gives trailing teams more possessions with an opportunity to catch up.

XIV. PGCBGC FOOTBALL PLAYOFF GAME OVERTIME PROCEDURES

1. An overtime period is untimed play after a regulation game has ended with the score tied.
2. Timeouts not used in the second half will not be carried over to the tie breaker procedure. Each team shall be permitted one additional time out during the overtime period. A period is a series for Team A and a series for Team B.
3. A coin toss in the center of the field will take place. The VISITING captain will call the toss of the coin while it is in the air.
4. The winner of the toss shall be given his choice of offense, defense or designating the end of the field at which the ball will be put in play for this set of downs. The loser will

PGCBGC FOOTBALL RULES (cont.)

have his choice of the other options.

5. To start the overtime, the offensive team shall put the ball in play, 1st and goal, on the defensive team's 10-yard line anywhere between the inbounds lines. The first offensive team shall have a SERIES of downs. That SERIES shall be terminated by any score by the offensive team (plus the extra point if scored or is necessary) if the defensive team has possession of the ball. The defensive team cannot score.
6. After the first team on offense has completed its series of downs, the first team on defense will become the offensive team at the same 10-yard line anywhere between the inbounds lines. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions.
7. If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated from the five-yard line, with other overtime periods until a game winner is determined.
8. For extra overtime periods, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, the first options will be alternated with no coin toss.
9. The Official "GAME CLOCK" and "GAME SCORE" are kept with the on "field/court" Official. Any digital scoreboards or display referencing the game is considered for "fan experience" only and may not be accurate.

XV. **TIE BREAKER RULES:**

The best won-lost record will determine Division winners and league standings. A win equals 2 points and ties are 1 point. If an unequal number of games have been played the winner or berth will be determined by the winning percentage. If teams are still tied after applying these criteria, then the following tiebreaker procedures for Division Championships and playoff berths will be used:

- Head-to-Head competition (best won-lost record between tied teams)
- Point differential in head-to-head competition between the tied teams (points scored minus points against)
- Point differential for all league games

XVI. **LEAGUE STANDINGS & SCOREKEEPER: Tevon Littleton**

For league standings and scores submissions/ updates, please contact the PGCBGC Score Keeper. email address: Tevon.Littleton@pggparks.com Phone number – (301) 446-6821

NOTE: For information on cancellation due to severe inclement weather, call (301) 927-0822.

Remember: Carry these rules, and your laminated ID cards with you at all games - this will eliminate any misunderstandings or disagreements.

