

2019 Coastal Athletic Association: Athletic Manual

Revised 3/06/2019

General Information

Coastal Athletic Association (CAA)

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

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

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

CONTROL DATES for youth participant's ages:

- Baseball /Softball on September 1st
- Football on September 1st
- Basketball on September 1st

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

- No player who has been previously dropped from a team be allowed to rejoin any team during the season.
- No player will be allowed to play for two different teams in the CAA at the same time.
- A player will only be allowed to play for one age group.
- A player found to be illegal will be dropped from the roster immediately, and all previous games in which the illegal player participated for the team will be forfeited.
- Teams will be unlimited in number of players. The last day a team may add any players is the Rama. After this date, no team will be allowed to add to its roster with the only two exceptions being:
 - A team falls below the roster limit
 - In all sports, if a person recently moves into a new community, then they may be added after showing proof of the move to the executive committee. Any violation of the above rulings concerning rosters will result in forfeiture of any and all games in which any illegal players were participants.

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

GRACE PERIOD: If at the start time of the game one team does not have at least 4 players there is a 15-min grace period for each team have enough players to start a game. This is for all games including back to back games. You must start the game as soon as each team has at least 4 players not the entire team or best player arrives.

ROSTER LIMIT: A player that is added to a team is required to sit out one full game. The player is not required to attend the game he/she is sitting out of. **Only the Agencies Director or employee staff of CAA representative can make any changes to a roster. Exception: If an agency has to eliminate a team due to a lack of players, the remaining players may be added to another roster without penalty.**

- **Baseball/Softball:** If a team drops below 15 players, that team may add to its roster to bring it back to 15 players
- **Football:** If a team drops below 22 players, that team may add to its roster to bring it back to 22 players
- **Basketball:** If a team drops below 10 players, that team may add to its roster to bring it back to 10 players

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

- There will be no steel spikes allowed in any sport, with the exception of junior baseball.
- **Baseball:** Keeping with the traditions of Little League Baseball, all teams will be required to wear uniforms while playing, including caps, and cups are mandatory for catchers.
- **Softball:** Keeping with the traditions of ASA softball, all teams will be required to wear uniforms while playing and team caps are not mandatory.
- **Football:** The rule for specified numbers for positions is waived. All protective equipment is required. Players may play with school helmet.

General Information Cont .

- **Basketball:** Mandatory uniforms shall be matching shirts with factory type legal numbers on back and front as described in GHSA rule book. Legal numbers consist of 0,00,1,2,4,5,10-15,20-25,30-35,40-45, and 50-55

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

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

- **Baseball/Softball:** No more than 4 coaches or non-players will be allowed on the bench
- **Football:** No more than 5 coaches or non-players will be allowed on the bench
- **Basketball:** No more than 3 coaches or non-players will be allowed on the bench

OFFICIALS: Officials for all games will be scheduled, verified, and paid by the host agency. In all sports, all divisions will utilize a minimum of two paid officials, whenever possible.

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

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

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

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

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

DUES: To offset the cost of awards and other supplies, it is necessary for the CAA to charge dues for all of its members. The cost for full time agencies will be \$400.00 per year.

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

8U Baseball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

PLAYING FIELD: Base paths will be 60 ft. and pitching machine distance is 46 ft. with an 8x12 ft. rectangle box centered on the pitching machine in which the player in the pitching position must remain until the pitch is delivered.

BATTING: Pitches will be delivered through a pitching machine at **40 mph (55 on a dial machine)**. Umpire will call strikes and swinging strikes. Balls do not count. Three strikes or swings will constitute a strikeout. If batter foul tips the ball after two strikes, he/she will be given another pitch, until he/she hits a fair ball or strikes out. The batter is NOT allowed to run if the catcher misses or drops the third strike. * **When a batted ball hits the pitching machine, the batter will be awarded first base with a dead ball single. All runners will remain on the base prior to the at bat, unless forced to move up a base.**

EQUIPMENT:

- **BATTING HELMETS:** Facemasks on helmets are mandatory. All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS:** Bats must meet USA Baseball bat standards. Approved Bat List: <https://usabat.com>
 - Look for the USA Baseball logo on the taper of a bat to know it is approved.
 - Approved youth bats are 27” – 32” and two and one-quarter inches in diameter.
- **BALLS:** Little League
- **MANDATORY FOR A CATCHER:** Chest protector, shin guards, cup, and catcher’s helmet
- **No Bunting**
- **No two-wheel machines are allowed**
- In all age groups except 12u boys...For all pitching machine games it is mandatory that the pitcher wear a face mask.

BASE STEALING: No stealing

BASE RUNNER: A thrown ball hitting the pitching machine will be ruled a dead ball. All dead ball plays allow the base runner to advance to the base they were going to plus one additional base. A courtesy runner may be used for the catcher only. Must be the player who made the last out. If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

- Headfirst slides are not allowed in any league

Penalty for a headfirst slide in all divisions of baseball shall be an out if a facemask is worn

LENGTH OF GAMES: Games will be 6 innings with **75-min time limit**. Teams will continue to play throughout the time limit to complete an inning. **No extra inning games!**

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.) A game in progress must be completed before next game is started.

RUN LIMITS: Any team coming to bat cannot score more than 5 runs per inning. A team that is losing coming to bat can score enough runs to tie the score, and then continue on to score no more than 5 additional runs in the same inning. In the 6th inning the visitor can score as many runs as possible with no restrictions.

RUN RULE: A game shall be considered complete after 3 innings with a 15-run lead, 4 innings with a 12 run lead, or 5 innings with an 8 run lead.

IN FIELD FLY RULE: No infield fly rule.

TIME OUT: Time out will be granted when an infielder has **control of the lead base runner** the umpire will then call time. If the runner rounds the base, you must control that runner by tagging them out or forcing them back to the base.

8U Baseball Cont.

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

OVERTHROWN BALL: If a **batted ball** is thrown and results in an error or overthrow the play is live and runners may advance at their own risk. Team must control the runner.

PLAYERS: Teams can start with 7 players, will be charged out for the 8th and 9th. 10 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, short-stop, and 4 outfielders. Unless only 7 players are available then 1 outfielders will be used instead of 3 if not 10 players.

PLAYERS RE-ENTRY: With the new batting rule, coaches have free substitution. Players may be entered into the game and taken out of the game at will. You may not, however change the batting order at any time during the game.

COACHES: **Only two coaches are allowed on the playing field and must be behind the deepest outfielder; no more than 4 coaches or non-players are allowed in dugout area**

- The home team shall be responsible for keeping the official scorebook.
- Any player, coach, manager, team scorer, parent, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.

OFFICIALS: Will be responsible for any adjustment to machine. Umpires will present the ball to each batter prior to feeding machine in the same manner for both teams (with the logo and the seams above and below logo).

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field 15 minutes after game time
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- All players that are present and in uniform must be entered into the batting order. All players will bat, whether they are in the field or not.
- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.
- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 9 players an out will be recorded when that player's position in the lineup comes up to bat.

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

10U Baseball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

PLAYING FIELD: Base paths will be 60 ft. and pitching machine distance will be set at 46 ft. with 8x12 foot rectangle box centered on the pitching machine in which the player in the pitching position must remain until the pitch is **delivered**.

BATTING: Pitches will be delivered through a pitching machine at **47 mph (76 on the dial machine)**. Umpire will call strikes and swinging strikes. Balls do not count. Three strikes or swings will constitute a strikeout. If batter foul tips the ball after two strikes, he/she will be given another pitch, until he/she hits a fair ball or strikes out. The batter is NOT allowed to run if the catcher misses or drops the third strike. * **When a batted ball hits the pitching machine/extension cord not in contact with the ground, the batter will be awarded first base with a dead ball single. All runners will remain on the base prior to the at bat, unless forced to move up a base.**

EQUIPMENT:

- **BATTING HELMETS:** Facemasks on helmets are mandatory. All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS:** Bats must meet USA Baseball bat standards. Approved Bat List: <https://usabat.com>
 - Look for the USA Baseball logo on the taper of a bat to know it is approved.
 - Approved youth bats are 27" – 32" and two and one-quarter inches in diameter
- **BALLS:** Little League Baseballs
- **MANDATORY FOR A CATCHER:** Chest protector, shin guards, cup, and catcher's helmet is mandatory
- No two-wheel machines are allowed
- In all age groups except 12u boys...For all pitching machine games it is mandatory that the pitcher wear a face mask.

BASE STEALING: Stealing is allowed with the following limitations:

- A player cannot steal home
- A base runner can steal when the ball crosses home plate, and then only one base advance is allowed.
 - If a throw becomes an overthrow during a stolen base attempt, the one-base restriction will apply for stolen bases only (ball is dead, no advance)
 - If the machine throws a ball that is uncatchable it will be called no pitch and runners cannot advance
- Runners must maintain contact with the base until the ball crosses the plate. The penalty is an out.

BASE RUNNER: A thrown ball hitting the pitching machine will be ruled a dead ball. All dead ball plays allow the base runner to advance to the base they were going to plus one additional base. A courtesy runner may be used for the catcher only. Must be the player who made the last out. If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

- Headfirst slides are not allowed in any league
- Penalty for a headfirst slide in all divisions of baseball shall be an out if a facemask is worn
- A dive back to a base on a pick off or base overrun is not considered a head first slide

LENGTH OF GAME: Games will be 6 innings with **75-min time limit**. Teams will continue to play throughout the time limit to complete an inning. **No extra inning games!**

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.) A game in progress must be completed before next game is started.

RUN RULE: A game shall be considered complete after 3 innings with a 15 run lead, 4 innings with a 12 run lead, or 5 innings with an 8 run lead.

10U Baseball Cont. Rules

All rules not covered in our rule book will adhere to GRPA and GHSA

IN FIELD FLY RULE: The infield fly rule will apply. * An INFIELD FLY is a fairly fly ball which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The batter is automatically out (eliminating force plays at all bases), *even if the ball is not caught.*

OVERTHROWN BALL:

- **If a batted ball** is thrown and results in an error or overthrow the play is live and runners may advance at their own risk. Team must control the runner.
- If a throw becomes an overthrow **during a stolen base attempt**, the one-base restriction will apply for stolen bases only (ball is dead, no advance)

PLAYERS: Teams can start with 7 players, will be charged out for the 8th and 9th. 10 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, short-stop, and 4 outfielders. Unless only 7 players are available then 1 outfielders will be used instead of 3 if not 10 players available.

PLAYERS RE-ENTRY: With the new batting rule, coaches have free substitution. Players may be entered into the game and taken out of the game at will. You may not, however change the batting order at any time during the game.

COACHES: NO COACHES ON FIELD OF PLAY; no more than 4 coaches or non-players are allowed in dugout area

- The home team shall be responsible for keeping the official scorebook.
- **Any player, coach, manager, team scorer, parent, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.**

OFFICIALS: Will be responsible for any adjustment to machine. Umpires will present the ball to each batter prior to feeding machine in the same manner for both teams (with the logo and the seams above and below logo)

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- All players that are present and in uniform must be entered into the batting order. All players will bat, whether they are in the field or not.
- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.
- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 7 Players an out will be recorded when that player's position in the lineup comes up to bat.

PROTEST: Protest must be made by the team coach or responsible person in charge of the team at the time of the alleged infraction. It must be reported to the umpire and recorded in the score-book at the time of the alleged infraction. A written protest must be made to Executive Committee along with a \$50.00 fee in order for a protest to be heard. Protest can only

be made on misinterpretation of the rules. An umpire's judgment is not protest able. No protest on rules interpretation will be accepted after play continues following an alleged infraction. **Note:** If using volunteer umpires, no protest can be made.

12U Baseball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

PLAYING FIELD: Base paths will be 65 ft. and pitching distance will be set at 50 ft.

PITCHING: Any player on the team roster is eligible to pitch. 8 warm-up pitches allowed. One pitch constitutes as an inning. The pitching rule does not hold for rescheduled games.

- Maximum of 6 innings per game allowed
- Maximum of 6 innings per calendar week
- A pitcher that pitches more than 4 innings must have 2 days of rest.
- Coaches are allowed 1 visit to the mound per inning. On the second visit, the pitcher must be removed from the mound. The CAA does not encourage breaking pitches to be taught to young pitchers; however breaking pitchers are allowed in all levels of CAA baseball as in GRPA.

INTENTIONAL WALKS: An intentional walk can be made by the defensive coach by stating his desire to the umpire. No pitches are necessary.

INTENTIONALLY HITTING BATTER: The umpire has the authority to remove a pitcher, who in his/her opinion intentionally throws at a batter. The umpire may do so without issuing a warning.

A player may be removed as pitcher and returned as pitcher only once per inning, provided the return as pitcher does not violate either the pitching substitution, or charged conference rule. If a pitcher, because of an injury or being incapacitated is replaced as pitcher, and the above is not satisfied, or if his replacement requires more warm-up throws than permitted in 6-2-2-c, he cannot return to the game as a pitcher.

EQUIPMENT:

- **BATTING HELMETS:** Facemasks on helmets are mandatory. All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS:** Bats must meet USA Baseball bat standards. Approved Bat List: <https://usabat.com>
 - Look for the USA Baseball logo on the taper of a bat to know it is approved.
 - Approved youth bats are 27" – 32" and two and one-quarter inches in diameter
- **BALLS:** Little League Baseball
- **MANDATORY FOR CATCHER:** Chest protector, shin guards, cup, and catcher's helmet

BASE STEALING:

- A base runner is required to stay in contact with the base until the pitched ball has reached home plate. At this point in the flight of pitched ball, the runner is permitted to advance at his own risk of being thrown out.
- The runner(s) is automatically called out for leaving the base before the pitched ball reaches home plate. The ball is dead and all subsequent action on that pitch is cancelled. All other runners must return to base held at the time of the pitch.

BASE RUNNER: All dead ball plays allow the base runner to advance to the base they were going to plus one additional base. A courtesy runner may be used for the pitcher/catcher. Must be the player who made the last out. If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

- Headfirst slides are not allowed in any league
- Penalty for a headfirst slide in all divisions of baseball shall be an out if a facemask is worn
- A dive back to a base on a pick off or base overrun is not considered a head first slide

LENGTH OF GAME: Games will be 6 innings with a 75-minute time limit. Teams will continue to play throughout the time limit to complete an inning. **No Extra inning games!** GRPA Rules added to CAA- **NO DROPPED 3RD STRIKE. THREE STRIKES CONSTITUTE AN OUT, AND A BATTER IS NOT ALLOWED TO RUN IF THE CATCHER MISSES OR DROPS THE THIRD STRIKE IN 12U BASEBALL DIVISION.**

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.) A game in progress must be completed before next game is started.

12U Baseball Cont.

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

IN FIELD FLY RULE: The infield fly rule will apply. * An INFIELD FLY is a fairly fly ball which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The batter is automatically out (eliminating force plays at all bases), *even if the ball is not caught*.

RUN RULE: A game shall be considered complete after 3 innings with a 15 run lead, 4 innings with a 12 run lead, or 5 innings with an 8 run lead.

PLAYERS: Teams can start with 7 players, when the 8th batter come ups, an automatic out will be charged. 9 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, short-stop, and 3 outfielders. Unless you start with 7 players then two outfielders.

PLAYERS RE-ENTRY: With the new batting rule, coaches have free substitution. Players may be entered into the game and taken out of the game at will. You may not, however change the batting order at any time during the game.

COACHES: NO COACHES ON FIELD OF PLAY; no more than 4 coaches or non-players are allowed in dugout area

- The home team shall be responsible for keeping the official scorebook.
- Any player, coach, manager, team scorer, parent, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- All players that are present and in uniform must be entered into the batting order. All players will bat, whether they are in the field or not.
- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.
- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 9 players an out will be recorded when that player's position in the lineup comes up to bat.

PROTEST: Protest must be made by the team coach or responsible person in charge of the team at the time of the alleged infraction. It must be reported to the umpire and recorded in the score-book at the time of the alleged infraction. A written protest must be made to Executive committee along with a \$50.00 fee in order for a protest to be heard. Protest can only be made on misinterpretation of the rules. An umpire's judgment is not protest able. No protest on rules interpretation

will be accepted after play continues following an alleged infraction. **Note:** If using volunteer umpires, no protest can be made.

14U Baseball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

PLAYING FIELD: Base paths will be 80 ft. and pitching distance will be set at 54 ft.

PITCHING: Any player on the team roster is eligible to pitch. 8 warm-up pitches allowed. One pitch constitutes as an inning. The pitching rule does not hold for rescheduled games.

- Maximum of 7 innings per game allowed
- Maximum of 10 innings per calendar week
- A pitcher that pitches more than 4 innings must have 2 days of rest.
- No 15 yrs. old will be allowed to pitch
- Coaches are allowed 1 visit to the mound per inning. On the second visit, the pitcher must be removed from the mound. The CAA does not encourage breaking pitches to be taught to young pitchers; however breaking pitchers are allowed in all levels of CAA baseball as in GRPA.

BALKS: will adhere to GHSA rules

INTENTIONAL WALKS: An intentional walk can be made by the defensive coach by stating his desire to the umpire. No pitches are necessary.

INTENTIONALLY HITTING BATTER: The umpire has the authority to remove a pitcher, who in his/her opinion intentionally throws at a batter. The umpire may do so without issuing a warning.

- A player may be removed as pitcher and returned as pitcher only once per inning, provided the return as pitcher does not violate either the pitching substitution, or charged conference rule. If a pitcher, because of an injury or being incapacitated is replaced as pitcher, and the above is not satisfied, or if his replacement requires more warm-up throws than permitted in 6-2-2-c, he cannot return to the game as a pitcher.

EQUIPMENT:

- **BATTING HELMETS:** All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS:** Must not exceed Max length 42"- Max diameter 2 ¾". (GHSA -3 BBcor rules applies)
- **BALLS:** Pony Baseball
- **MANDATORY FOR A CATCHER:** Chest protector, shin guards, cup, and catcher's helmet

BASE STEALING: will adhere to GHSA rules

BASE RUNNER: All dead ball plays allow the base runner to advance to the base they were going to plus one additional base. A courtesy runner may be used for the catcher only. Must be the player who made the last out. If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

LENGTH OF GAME: Double Headers will be two 5 inning games with a 1 ½ hour time limit. Single game will be 7 innings with a 2 hour time limit. Teams will continue to play throughout the time limit to break a tie or complete an inning.

- International Tie Breaker: After the regulation game or time limit has expired the International tie-breaker will be used. The player who recorded the last out will be placed on second base. If after one extended innings, the score

remains tied, game will be logged as a tie.

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.) A game in progress must be completed before next game is started.

IN FIELD FLY RULE: The infield fly rule will apply. * An INFIELD FLY is a fairly fly ball which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The batter is automatically out (eliminating force plays at all bases), *even if the ball is not caught*.

14U Baseball Cont.

All rules not covered in our rule book will adhere to GRPA and GHSA Rules

RUN RULE: 5 inning game: A game shall be considered a complete after 3 innings with 12 run lead and 4 innings with 8 run lead.

7 inning game: A game shall be considered complete after 3 innings with a 15 run lead, 4 innings with a 12 run lead or 5 innings with an 8 run lead.

PLAYERS: Teams can start with 8 players, when the 9th batter come ups, no automatic out will be charged. 9 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, short-stop, and 3 outfielders.

PLAYERS RE-ENTRY: With the new batting rule, coaches have free substitution. Players may be entered into the game and taken out of the game at will. You may not, however change the batting order at any time during the game.

COACHES: NO COACHES ON FIELD OF PLAY; no more than 4 coaches or non-players are allowed in dugout area

- The home team shall be responsible for keeping the official scorebook.
- **Any player, coach, manager, team scorer, parent, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.**

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.
- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 9 players an out will be recorded when that player's position in the lineup comes up to bat.

PROTEST: Protest must be made by the team coach or responsible person in charge of the team at the time of the alleged infraction. It must be reported to the umpire and recorded in the score-book at the time of the alleged infraction. A written protest must be made to Executive committee along with a \$50.00 fee in order for a protest to be heard. Protest can only be made on misinterpretation of the rules. An umpire's judgment is not protest able. No protest on rules interpretation

will be accepted after play continues following an alleged infraction. **Note:** If using volunteer umpires, no protest can be made.

8U Softball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and ASA Rules

PLAYING FIELD: Base paths will be 60 ft. and pitching machine distance is 40 ft. with an **8x12 foot rectangle box centered on the pitching machine in which the player in the pitching position must remain until the pitch is delivered.**

BATTING: Pitches will be delivered through a pitching machine using an underhanded delivery at **34 mph (47 on the dial machine)**. Umpire will call strikes and swinging strikes. Balls do not count. Three strikes or swings will constitute a strikeout. If batter foul tips the ball after two strikes, he will be given another pitch, until he/she hits a fair ball or strikes out. The batter is NOT allowed to run if the catcher misses or drops the third strike. * **When a batted ball hits the pitching machine, the batter will be awarded first base with a dead ball single. All runners will remain on the base prior to the at bat, unless forced to move up a base.**

- A line shall be drawn in the infield at the same distance as the pitching distance. No infielder is allowed in front of the restrictive line until after the ball is delivered through the machine, outfielders remain in outfield grass area, and the pitcher must remain in the box.
 - **Penalty:** The penalty for violation of this rule is delayed dead ball and the batting team having the choice of the result of the play or no pitch will be declared. A Team warning will be issued on the 2nd offense, 3rd offense head coach ejected.

EQUIPMENT:

- **BATTING HELMETS:** Facemasks are mandatory. All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS: must be ASA approved**
- **BALLS:** 11" inch softball core .47 Optic Yellow ball
- **MANDATORY FOR A CATCHER:** Chest protector, shin guards, and catcher's helmet
- No two-wheel machines are allowed
- In all age groups except 12u boys...For all pitching machine games it is mandatory that the pitcher wear a face mask.

BASE STEALING: No stealing and no bunting.

BASE RUNNER: A thrown ball hitting the pitching machine will be ruled a dead ball. All dead ball plays allow the base runner to advance to the base they were going to plus one additional base. A courtesy runner may be used for the catcher only. Must be the player who made the last out. If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

LENGTH OF GAMES: Games will be 6 innings. **There will be a 75min time limit on games. Teams will continue to play throughout the time limit to complete an inning. No Extra inning games.**

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.) A game in progress must be completed before next game is started.

RUN LIMITS: Any team coming to bat cannot score more than 5 runs per inning. A team that is losing coming to bat can score enough runs to tie the score, and then continue on to score no more than 5 additional runs in the same inning. In the 6th inning the visitor can score as many runs as possible with no restrictions.

Revised 3/06/2019

RUN RULE: A game shall be considered complete after 3 innings with a 15 run lead, 4 innings with a 12 run lead or 5 innings with an 8 run lead.

IN FIELD FLY RULE: No infield fly rule

8U Softball Cont.

All rules not covered in our rule book will adhere to GRPA and ASA Rules

TIME OUT: Time out will be granted when an infielder has **control of the lead base runner** the umpire will call time. If the runner rounds the base, you must control that runner by tagging them out or forcing them back to the base.

OVERTHROWN BALL: If a batted ball is thrown and results in an error or overthrow the play is live and runners may advance at their own risk. Team must control the runner.

PLAYERS: **PLAYERS:** Teams can start with 7 players, will be charged out for the 8th and 9th. 10 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, shortstop, and 4 outfielders. Unless only 7 players are available then 1 outfielders will be used instead of 3 if not 10 players.

PLAYERS RE-ENTRY: With the new batting rule, coaches have free substitution. Players may be entered into the game and taken out of the game at will. You may not, however change the batting order at any time during the game.

COACHES: **Only two coaches are allowed on the playing field and must be behind the deepest outfielder; no more than 4 coaches or non-players are allowed in dugout area**

- The home team shall be responsible for keeping the official scorebook.
- **Any player, coach, manager, team scorer, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.**

OFFICIALS: Will be responsible for any adjustment to machine. Umpires will present the ball to each batter prior to feeding machine in the same manner for both teams (with the logo and the seams above and below logo)

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field 15 minutes after game time
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- All players that are present and in uniform must be entered into the batting order. All players will bat, whether they are in the field or not.
- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.
- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 9 players an out will be recorded when that player's position in the lineup comes up to bat.

PROTEST: Protest must be made by the team coach or responsible person in charge of the team at the time of the alleged infraction. It must be reported to the umpire and recorded in the score-book at the time of the alleged infraction. A written protest must be made to Executive committee along with a \$50.00 fee in order for a protest to be heard. Protest can only be made on misinterpretation of the rules. An umpire's judgment is not protest able. No protest on rules interpretation

will be accepted after play continues following an alleged infraction. **Note:** If using volunteer umpires, no protest can be made.

10U Softball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and ASA Rules

PLAYING FIELD: Base paths will be 60 ft. and pitching machine distance is 40 feet with an 8x12 foot rectangle box centered on the pitching machine in which the player in the pitching position must remain until the pitch is delivered.

BATTING: Pitches will be delivered through a pitching machine using an underhanded delivery at **37 mph (53 on dial machine)**. Umpire will call strikes and swinging strikes. Balls do not count. Three strikes or swings will constitute a strikeout. If batter foul tips the ball after two strikes, he will be given another pitch, until he/she hits a fair ball or strikes out. The batter is NOT allowed to run if the catcher misses or drops the third strike. * **When a batted ball hits the pitching machine, the batter will be awarded first base with a dead ball single. All runners will remain on the base prior to the at bat, unless forced to move up a base.**

EQUIPMENT:

- **BATTING HELMETS:** Facemasks are mandatory. All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS: must be ASA approved**
- **BALLS:** The 11" inch softball core .47 Optic Yellow ball
- **MANDATORY FOR A CATCHER:** Chest protector, shin guards, and catcher's helmet
- **No two-wheel machines are allowed**
- In all age groups except 12u boys...For all pitching machine games it is mandatory that the pitcher wear a face mask.

BASE STEALING: Base runner can leave once the ball crosses home plate, only one base is allowed.

- A player cannot steal home
- If a throw becomes an overthrow during a stolen base attempt, the one-base restriction will apply for stolen bases only (ball is dead, no advance).
- Runners must maintain contact with the base until the ball crosses home plate. Penalty is an out.

BUNTING: A line shall be drawn in the infield at the same distance as the pitching distance. No infielder is allowed in front of the restrictive line until after the ball is delivered through the machine, outfielders remain in outfield grass area, and the pitcher must remain in the box.

- **Penalty:** The penalty for violation of this rule is delayed dead ball and the batting team having the choice of the result of the play or no pitch will be declared. A Team warning will be issued on the 2nd offense, 3rd offense head coach ejected.
- If a player fakes a bunt and then swings at a pitch the batter shall be called out, the ball will be ruled dead, and no action will be allowed. A defensive player is not allowed in front of the bunt line prior to the ball entering the machine.

BASE RUNNER: A thrown ball hitting the pitching machine will be ruled a dead ball. All dead ball plays allow the base runner to advance to the base they were going to plus one additional base.

- A Courtesy runner may be used for the catcher only; must be the player who made the last out.
- If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

LENGTH OF GAMES: Games will be 6 innings. **There will be a 75min time limit on games. Teams will continue to play throughout the time limit or complete an inning.**

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next
- Playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.) A game in progress must be completed before next game is started.

RUN RULE: A game shall be considered complete after 3 innings with a 15-run lead, 4 innings with a 12-run lead or 5 innings with an 8 run lead.

10U Softball Cont.

All rules not covered in our rule book will adhere to GRPA and ASA Rules

IN FIELD FLY RULE: The infield fly rule will apply. * An INFIELD FLY is a fairly fly ball which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The batter is automatically out (eliminating force plays at all bases), even if the ball is not caught.

OVERTHROWN BALL:

- **If a batted ball** is thrown and results in an error or overthrow the play is live and runners may advance at their own risk. Team must control the runner.
- If a throw becomes an overthrow **during a stolen base attempt**, the one-base restriction will apply for stolen bases only (ball is dead, no advance)

PLAYERS: PLAYERS: Teams can start with 7 players, will be charged out for the 8th and 9th. 10 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, short-stop, and 4 outfielders. Unless only 7 players are available then 1 outfielders will be used instead of 3 if not 10 players.

PLAYER RE-ENTRY: With the new batting rule, coaches have free substitution; players may be entered into the game and taken out of the game at will. You may not however change the batting order at any time during the game.

COACHES: NO COACHES ON FIELD OF PLAY; no more than 4 coaches or non-players are allowed in dugout area

- The home team shall be responsible for keeping the official scorebook.
- **Any player, coach, manager, team scorer, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.**

OFFICIALS: Will be responsible for any adjustment to machine. Umpires will present the ball to each batter prior to feeding machine in the same manner for both teams (with the logo and the seams above and below logo)

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field 15 minutes after game time
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- All players that are present and in uniform must be entered into the batting order. All players will bat, whether they are in the field or not.
- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.

- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 9 players an out will be recorded when that player's position in the lineup comes up to bat.

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

12U Softball: Control Date is on September 1st

All rules not covered in our rule book will adhere to GRPA and ASA Rules

PLAYING FIELD: Base paths will be 60 ft. and pitching machine distance is 40 ft. . . .

BATTING: Umpire will call strikes and swinging strikes. Balls do not count. Three strikes or swings will constitute a strikeout. If batter foul tips the ball after two strikes, he will be given another pitch, until he/she hits a fair ball or strikes out. The batter is allowed to run if the catcher misses or drops the third strike. *** When a batted ball hits the pitching machine, the batter will be awarded first base with a dead ball single.**

PITCHING: Pitches will be delivered through a pitching machine using an underhanded delivery at **42 mph (59 on the dial machine) for the first six games;** the remaining season will be live pitch. The ASA look back rule does not apply in pitching machine games.

- 6 warm-up pitches
- All pitches shall meet GHSB pitching requirement of a legal pitch. Any pitch deemed to be illegal shall be called a ball.

INTENTIONAL WALKS: An intentional walk can be made by the defensive coach by stating his desire to the umpire. No pitches are necessary. **No player shall be intentionally walked more than once per game.**

INTENTIONALLY HITTING BATTER: The umpire has the authority to remove a pitcher, who in his/her opinion intentionally throws at a batter. The umpire may do so without issuing a warning.

- A player may be removed as pitcher and returned as pitcher only once per inning, provided the return as pitcher does not violate either the pitching substitution, or charged conference rule. If a pitcher, because of an injury or being incapacitated is replaced as pitcher, and the above is not satisfied, or if his replacement requires more warm-up throws than permitted in 6-2-2-c, he cannot return to the game as a pitcher.

EQUIPMENT:

- **BATTING HELMETS:** Facemasks are mandatory. All players shall wear protective helmets while batting, running bases, and when on deck.
- **BATS: must be ASA approved**
- **BALLS:** 12" inch softball core .47 Optic Yellow ball
- **MANDATORY FOR A CATCHER:** Chest protector, shin guards, and catcher's helmet
- In all age groups except 12u boys...For all pitching machine games it is mandatory that the pitcher wear a face mask.

BASE STEALING: Base runner can leave once the ball exits the machine for the first six games. Once the season goes live pitch base runner are allowed to leave once the ball leaves the pitcher's hand. A player is allowed to steal home in this age group.

BUNTING: will adhere to ASA rules

BASE RUNNER: A thrown ball hitting the pitching machine will be ruled a dead ball. All dead ball plays allow the base runner to advance to the base they were going to plus one additional base

- A Courtesy runner may be used for the catcher/pitcher; must be the player who made the last out.
- If a player misses a base, the umpire shall declare an out at the end of the play. Appeals are not allowed.

LENGTH OF GAMES: Games will be 6 innings with a 75-minute time limit. Teams will continue to play throughout the time limit to complete an inning. **No Extra inning games!**

- In games called due to weather, 4 complete innings will constitute an official game in a 6-inning game. In the event a game is called due to weather and the score is tied, the game will be completed from the point it was Called. EXAMPLE: Games start on Monday and is rained out in the second inning, game resumes at the next Playable opportunity regardless of length of delay or postponement from the exact point that the game was Delayed or postponed.) A game in progress must be completed before next game is started.

RUN RULE: A game shall be considered complete after 3 innings with a 15 run lead, 4 innings with a 12 run lead or 5 innings with an 8 run lead.

12U Softball Cont.

All rules not covered in our rule book will adhere to GRPA and ASA Rules

IN FIELD FLY RULE: The infield fly rule will apply. * An INFIELD FLY is a fairly fly ball which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The batter is automatically out (eliminating force plays at all bases), *even if the ball is not caught.*

PLAYERS: Teams can start with 8 players, when the 9th batter come ups, no automatic out will be charged. 9 Defensive players shall be used in accordance with the following positions: catcher, pitcher, first baseman, second baseman, third baseman, short-stop, and 3 outfielders.

PLAYERS RE-ENTRY: Player re-entry with the new batting rule, coaches has free substitution. Players may be entered into the game and taken out of the game at will. You may not, however change the batting order at any time during the game.

COACHES: NO COACHES ON FIELD OF PLAY; only four non-players are allowed in dugout area

- The home team shall be responsible for keeping the official scorebook.
- **Any player, coach, manager, team scorer, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.**

FORFEITURE: The Umpire may forfeit the game in the following conditions:

- A team refuses to take the field 15 minutes after game time
- A player or coach who refuses to leave after being ejected
- Crowd abuse, after one warning issued to the team's coach
- A team having an ineligible player

LINE-UPS: Line ups of all players present at the game should be turned into the official scorer and exchanged between teams 10 minutes prior to game time.

- All players that are present and in uniform must be entered into the batting order. All players will bat, whether they are in the field or not.
- Once the batting order is set, all players must remain in the same spot in the batting order throughout the game.
- A player that arrives after the start of the game will be placed at the end of the batting order.
- No player removed because of an injury or ejection may re-enter. If an umpire removes an injured player, he cannot re-enter without a doctor's release. If a coach removes an injured player, he may re-enter per substitution rules.
- **BATTING POSITION OF EJECTED PLAYERS WILL BE RECORDED AS AN OUT AT THE TIME OF THEIR BAT.** If a team falls below 9 players an out will be recorded when that player's position in the lineup comes up to bat.

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

Football

All rules not covered in our rule book will adhere to GRPA and GHSA

WEIGHT LIMIT AND ROSTERS:

Age Control Date: September 1st

Weight Limits: Minimum weigh in will be in football pants

- 8U- 106.0 lbs. max for backs/ball carriers, & receivers (i.e. 106.1 overweight limit)
- 10U-121.0lbs max for backs/ball carriers, & receivers (i.e. 121.1 overweight limit)
- 12U-141.0 lbs. max for backs/ball carriers, & receivers (i.e. 141.1 overweight limit)
- Any player can be weighed 30 minutes prior to game time. If a player is late they will still be required to weigh in. No requirement at half time.
- Scale should be placed near the field.
- Players who are over the weight limit to be a ball carrier will be designated by an Large **orange dot** on the back of their helmet. Any player who is over weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation. Each team is responsible for weighing and placing Orange dot on over the weight limit players. Do not wait until you get to the RAMA to weigh.

Down lineman:

- Overweight lineman must be in a minimum 3-point stance at the snap of the ball. They don't have to be in a 3-point stance on kick off
- Overweight lineman may be in the defensive end position providing they are in a minimum 3-point stance at the snap of the ball
- Penalty 1 warning per team then unsportsmanlike penalty will occur
- Orange stickered players can be on kickoff and kick return, and cannot line up over center during any kicking (punt, kick off, 12U only)

Rosters:

- Rosters must be completed a week prior to the RAMA with players name, jersey number, and date of birth. After the RAMA the Board of Directors will email each agency all the rosters. If team does not have jersey numbers at the RAMA please send an email with the jersey numbers prior to the first game.
- Teams will be unlimited in number. However, the CAA will only provide trophies/awards for a maximum of 30 per team.
- If a team falls below 18 players, then more players may be added; new rosters need to be sent out to all the directors. Any player added after the RAMA must be presented to the board and approved by all members prior to being added
- 12U: Players playing on middle school teams will be allowed to participate in the CAA league
If your agency swaps jersey numbers or a player who original over the weight limit is now under, please notify the Board of Directors.

PLAYING FIELD AND GAME INFORMATION:

Playing Field: 8U/ 10U will play on an 80 yd. field (mandatory) and 12U will play on 100 yd. field

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

Game ball: (8U/10U: K2 or equivalent) (12U: TDJ or equivalent)

Game Clock:

- All divisions will play 8-minute quarters with regulation clock.
- A minimum of 3 officials will be required per game

Rules: Official High School Football Rules will govern any rule or regulation not covered under SGYFL.

Lineup: The defense can line up over the center in all age groups *except for 12U on special teams such as the "punt team, the field goal team or extra point attempt team"*.

Mercy Rule: If at the half, one team is down by 24+ points the site director and/or coaches can chose to run the clock during the 3rd quarter. If at the end of the 3rd quarter if a team is leading by 24 points, the 4th quarter will be played on a running clock. If score drops to 18 points, then regular clock rules will apply.

FOOTBALL CONTINUED...

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

- 8U there are no kickoffs; the ball will be placed on the 25 yd. line on 80 yd. field (15 yds. From midfield on a 100 yd. field)
- 10U will kick off, the ball will be placed on the 30-yd. line on 80 yd. field (10 yds. From midfield on a 100 yd. field)
- 12U will kick off from the 40-yd. line

Rules for play: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within: 8U-45 seconds, 10U-35 seconds, and 12U will adhere to Official High School Rules
- 8U: 2 coaches allowed on the field, 10U: 1 coach allowed on the field, and 12U no coaches allowed on the field
- Coaches in all divisions must be at least 10 yds. Behind the deepest back and May not physically or verbally direct players once the offensive team has lined up and started their cadence.
- **Penalty**
 - 1st offense= verbal warning
 - 2nd offense= Unsportsmanlike conduct-10 yd. penalty

Punting: NO PUNT RUSH IN 8U AND 10U

- 8U in the act of punting the ball will be marked off 20 yds.
- 10U the offensive team must notify the umpire when they intend to punt the ball. The umpire will immediately notify the defensive coach of the offensive team's intention to punt.
 - Offensive team must have 7 men on the line of scrimmage until after the ball is kicked. Penalty: 5 yds. and replay the down
 - If the snap is a fumble, the punter may pick up the ball with no rush and punt. Once the ball is kicked, the defensive team must field the punt and advance the ball.
 - If the defensive player touches the ball, it becomes a free ball.
 - If the ball comes in contact with an offensive player, the official will rule the ball dead at the point of contact. After catching the ball whether on the ground or not, if the punter misses the kick then it will be a loss of down and the ball will be spotted at the line of scrimmage.

Extra points:

- The ball will be spotted 13 yds. from the goal post for extra point (applies in all division)
- Extra point will consist of 2 points for kick and 1 point for running or passing
- Rush is not allowed in 8U and 10U. It is legal to block the kick from the line of scrimmage
- Extra point will be made from a kicking block.
- 8U/10U: If the holder drops the ball while the kicker is approaching the attempt is no good

Overtime: Overtime will have a maximum of 2 possessions no exceptions

- Overtime will start with a coin toss to decide possession
- Ball will be placed on the 15 yd. line

First possession:

- Team A scores and Team B does not score then Team A is the winner. If neither team scores or both scores, then we will go to the second possession

Second possession:

- Team B scores and Team A does not score then Team B is the winner-
- If neither team scores then we will use the deepest penetration (Only on the second possession) to determine the winner
- If neither team scores or both teams have the same penetration the game ends in a tie no exceptions

PRACTICE, SCHEDULING, UNIFORMS, AND CONDUCT:

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

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

Conduct: CAA football will be governed by Official high school football rules when this manual does not cover any rule or regulations. Any player, coach, manager, or team scorer disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game. No un-sportsman like music should be played before, during, or after the game.

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

8U Basketball: Control Date Prior to September 1st 2018

All rules not covered in our rule book will adhere to GRPA and GHSA

Any player, coach, manager, team scorer, or batboy disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.

GAME: No more than 3 coaches or non-players are allowed on team bench.

- **Clock:** 10 minute quarters with a running clock; the only time the clock will stop will be the last 2 minutes of the game, timeouts, and when a player is injured.
- **Overtime:** 3 minute running clock. The clock will stop on dead ball situations the last minute of overtime. If the game is still tied the game will be ruled a tie.
- **Timeouts:** 4 per game. Teams will receive an additional timeout during overtime.
- **Mercy Rule:** The mercy rule for this league will take effect once a team is leading by 15 points in the 2nd half. Once the mercy rule has taken effect the team that is leading must drop back and play zone defense. Also, there will be no timeouts granted to the team that is leading during the last 5 minutes of the game once the mercy rule has taken effect.
- **Scorebook:** The home team will supply the official scorebook.
 - The line-ups will consist of player's last name, first initial, and number. At no time will players exchange or wear the same jersey number.
 - The official has the power to reverse the official scorebook. Any deviation at any time should be corrected immediately by stopping the game and conferring with the officials.
 - If a foul was called on a player and the scorekeeper is uncertain which player the foul was called on, play should be stopped by the clock operator as an official time out.
- **Game Ball:** 28.5 the host gym will supply the official basketball.
- Teams can start game with four players

FOULS: Offensive fouls are team and personal fouls

- 5 personnel fouls constitute the removal of the player.
- 7 team fouls constitutes a 1 and 1 situation
- 10 team fouls constitutes a 2 shot situation
- Technical fouls are team and personal fouls. 2 direct technical fouls will constitute a removal

JUMP/ALTERNATING POSSESSION: All games will start with a coin toss. The winner will receive the ball at mid-court to start the game. The loser of the coin toss will receive the ball at the next jump ball situation. The possessions will continue to alternate until the conclusion of the game.

TRAVELING/DOUBLE DRIBBLE/5 SECONDS IN THE LANE: Once the ball crosses half court regulation basketball will begin with officials calling double dribbling, walking, etc. just like a regulation game. Officials will be asked to call (5) seconds in the lane. (In back court officials may let this go.) Players bringing the ball down court will have 10 seconds to cross the mid-court line and 5 seconds to enter the 3 point arc. Delaying tactics will result in a violation and loss of the ball.

SUBSTITUTION: Must report to score table. One warning

DEFENSE: All defensive players must remain inside of the three-point arc. If there is a loose ball situation and the ball goes from the inside of the arc to the outside of the arc, any player may attempt to gain possession of the ball. Once possession is obtained, the defensive team must go inside of the arc. **All players may come outside of the three point arc the last 30 seconds of the 4th quarter and pick up defensively at half court.** Fast breaks are not allowed. If a time out is called by the offensive team, the ball will be inbounded at the midpoint line and the ball must then be thrown into the front court.

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

10U Basketball: Control Date Prior to September 1st, 2018

All rules not covered in our rule book will adhere to GRPA and GHSA

Any player, coach, manager, or team scorer disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.

GAME: No more than 3 coaches or non-players are allowed on team bench.

- **Clock:** 10 minute quarters with a running clock; the only time the clock will stop will be the last 2 minutes of the 2nd and 4th quarter of the game, timeouts, and when a player is injured.
- **Overtime:** 4 minute running clock. The clock will stop on dead ball situations the last minute of overtime. If the game is still tied after the 2nd overtime the game will be ruled a tie.
- **Timeouts:** 4 per game. Teams will receive an additional timeout during overtime.
- **Mercy Rule:** The mercy rule for this league will take effect once a team is leading by 20 points in the 4th quarter the clock will run continuously for the remainder of the game except during timeouts. If the trailing team gets within 10 points during the quarter, the clock will be operated by regulation for the balance of the game.
- **Scorebook:** The home team will supply the official scorebook. Lines up will be placed in the score book no later than 10 minutes before game time.
 - The line-ups will consist of player's last name, first initial, and number. At no time will players exchange or wear the same jersey number.
 - The official has the power to reverse the official scorebook. Any deviation at any time should be corrected immediately by stopping the game and conferring with the officials.
 - If a foul was called on a player and the scorekeeper is uncertain which player the foul was called on, play should be stopped by the clock operator as an official time out.
- **Game Ball:** 28.5. The host gym will supply the official basketball.
- Teams can start game with four players

FOULS: Offensive fouls are team and personal fouls

- 5 personnel fouls constitute the removal of the player.
- 7 team fouls constitutes a 1 and 1 situation
- 10 team fouls constitutes a 2 shot situation
- Technical fouls are team and personal fouls. 2 direct technical fouls will constitute a removal

JUMP/ALTERNATING POSSESSION: All games will start with a jump ball. The possessions will continue to alternate until

the conclusion of the game.

BACK COURT PRESS: Back court press until the team is ahead by 15 points. The leading team must then back up to half court until the lead goes below 10.

SUBSTITUTIONS: Must report to score table. One warning

FORFEITURE: The referee may forfeit the game in the following conditions:

- A team refuses to take the field 15 minutes after game time.
- A player or coach who refuses to leave after being ejected.
- Crowd abuse, after one warning issued to the team's coach.
- A team having an ineligible player.

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

12U Basketball: Control Date Prior to September 1st, 2018

All rules not covered in our rule book will adhere to GRPA and GHSA

Any player, coach, manager, or team scorer disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.

GAME: No more than 3 coaches or non-players are allowed on team bench.

- **Clock:** 10 minute quarters with a running clock; the only time the clock will stop will be the last 2 minutes of the 2nd and 4th quarter of the game, timeouts, and when a player is injured.
- **Overtime:** 4 minute running clock. The clock will stop on dead ball situations the last minute of overtime. If the game is still tied after the 2nd overtime the game will be ruled a tie.
- **Timeouts:** 4 per game. Teams will receive an additional timeout during overtime.
- **Mercy Rule:** The mercy rule for this league will take effect once a team is leading by 20 points in the 4th quarter the clock will run continuously for the remainder of the game except during timeouts. If the trailing team gets within 10 points during the quarter, the clock will be operated by regulation for the balance of the game.
- **Scorebook:** The home team will supply the official scorebook. Lines up will be place in the score book no later than 10 minutes before game time.
 - The line-ups will consist of player's last name, first initial, and number. At no time will players exchange or wear the same jersey number.
 - The official has the power to reverse the official scorebook. Any deviation at any time should be corrected immediately by stopping the game and conferring with the officials.
 - If a foul was called on a player and the scorekeeper is uncertain which player the foul was called on, play should be stopped by the clock operator as an official time out.
- **Game Ball:** 29.5. The host gym will supply the official basketball.
- Teams can start game with four players

FOULS: Offensive fouls are team and personal fouls

- 5 personnel fouls constitute the removal of the player.
- 7 team fouls constitutes a 1 and 1 situation
- 10 team fouls constitutes a 2 shot situation

- Technical fouls are team and personal fouls. 2 direct technical fouls will constitute the removal of the head coach from a game.

JUMP/ALTERNATING POSSESSION: All games will start with a jump ball. The possessions will continue to alternate until the conclusion of the game.

BACK COURT PRESS: Back court press until the team is ahead by 15 points. The leading team must then back up to half court until the lead goes below 10.

SUBSTITUTIONS: Must report to score table. One warning

FORFEITURE: The referee may forfeit the game in the following conditions:

- A team refuses to take the field 15 minutes after game time.
- A player or coach who refuses to leave after being ejected.
- Crowd abuse, after one warning issued to the team's coach.
- A team having an ineligible player.

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