LEGENDS IN THE MAKING

2026 Football Playing Rules

League rules for coaches, officials, and host sites in the 6U through 12U divisions. The mercy rule starts at a 21-point lead, and there are no player weight limits.

1 League Playing Rules

1.1 Age Divisions

1.1.1 Divisions are single age groups from 7U through 12U.

1.1.2 Five- and six-year-olds play together in 6U.

1.2 Age Control Date

1.2.1 The age control date is June 30 of the current season.

1.2.2 Players may play up one age division. Players may not play down.

1.2.3 A birth certificate, passport, or state ID may be used to prove date of birth.

2 Team Documents

2.1 Official Team Roster

2.1.1 Training Legends will set the deadline for submitting official rosters. At a minimum, each roster must list the following:

- 2.1.1.1 Full name of all players
- 2.1.1.2 Date of Birth of all players
- 2.1.1.3 Age of all players
- 2.1.1.4 Association name
- 2.1.1.5 Team name
- 2.1.1.6 Age group
- 2.1.1.7 Team colors
- 2.1.1.8 Head Coach Name and Contact Information
- 2.1.1.9 League Representative Name and Contact Information

2.1.2 Team rosters become official once certified at Training Legends Football Certification Day. A roster may have no more than 35 players.

2.1.3 If a roster falls below (16) sixteen players before the fourth game of the season, the League will allow you to add back to a maximum of (16) sixteen players. The roster will have players crossed out who are no longer participating. Those players are no longer eligible to participate.

2.1.4 There will be no other reasons for roster changes once certification ends.

FIND A RULE

2.2–2.4 Team Books and Certification	**4.1–4.5 League Operations and 6U**
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Team Books and Certification

2.2 Official Team Book

2.2.1 Each team shall provide a Team Book with two Board Certified Roster sheets and one player information sheet, and a birth certificate for each player.

2.2.2 Each player information sheet must have a digital photo of the player from the waist up in the game jersey. A light background, light-colored shirt, and color print are recommended. Order player certification sheets by jersey number, lowest to highest. Include a copy of each coach's USA Football certification.

2.2.3 Coaches must bring the completed team book to certification. A board member must sign the roster sheets and all player information sheets. The book is certified only after all signatures are in place.

2.2.4 All adults must pass an annual criminal background check through their association for volunteers working with children. Record verification in the team book along with proof of USA Football certification as required by Training Legends Football. Coaches should be easy for officials to identify, and all adults must dress appropriately.

2.2.5 Head coaches must make the team book available to the opposing coach before every game. Failure to do so results in a forfeit. Review books at least 30 minutes before kickoff. A coach who is not present at least 30 minutes before kickoff loses the right to review the opposing team's book. A player absent at review is ineligible for the first half. Players absent at kickoff must be certified at halftime to play in the second half. Only certified head or assistant coaches may certify and sign team books.

2.3 Player Certification

2.3.1 All players and teams must be certified on the designated date. Certification is held on the second Saturday in August, before the first regular season game.

2.3.2 All players must be certified by a League Representative, who is not from the same park, before becoming eligible to participate.

2.3.3 If a player is participating under another name than that appearing on the birth certificate, a notarized statement from the parent or guardian attesting to this fact shall be presented with the birth certificate.

2.3.4 The Board and League Representatives will be responsible for certifying, revising, publishing, and distributing all League rosters.

2.3.5 If a player misses the official certification date and a makeup is scheduled, the parent must pay a $50 cash fee to the league at the time of certification.

2.3.6 No league official, association representative, coach, or other individual may allow a player to participate without certification that includes a photo and team book.

2.3.7 A head coach who knowingly allows an uncertified player to participate will be suspended, and the team will forfeit each game in which the player participated illegally.

2.3.8 A player who has not been certified before the first game may not play until the certification requirements are met.

2.3.9 Any game in which an ineligible player participates shall be forfeited by the ineligible player's team. The Head Coach will be suspended for at least one (1) game for the first occurrence, up to ejection from all league participation. If both teams are found to have ineligible players, both teams will receive a loss on their records. If a player is found to be ineligible, and it is found to be probable that proof of age was altered, the head coach will be banned from further participation in the League, and all wins forfeited. The association sponsoring the team may face other penalties up to and including expulsion from the League at the discretion of the board.

2.3.10 Players may practice and play with a middle school or travel team without penalty. They may not practice or participate in a varsity football program (grades 9–12) or on another team in the league.

2.4 Player Weight

2.4.1 **There are no player weight limits or weigh-ins. Weight does not restrict a player's position or eligibility to carry the ball. Age and certification rules still apply.**

Game Setup and Scoring

3 Game Play

3.1 Field Size

3.1.1 All ages — 100 yards

3.2 Clock Rules

3.2.1 **Play clock**

3.2.1.1 The play clock is 35 seconds for all age groups

3.2.2 **Game clock**

3.2.2.1 6U & 7U — 8-minute Quarters

3.2.2.2 8U & up — 10-minute Quarters

3.2.3 **Halftime**

3.2.3.1 All ages — 5 minutes

3.3 Sideline Personnel

3.3.1 A maximum of seven people are permitted on the team sideline, including photographers, hydration staff, and team parents.

3.4 Scoring

3.4.1 Touchdowns = 6 points.

3.4.2 **Extra Points**

3.4.2.1 Extra points for a run = 1 point.

3.4.2.2 **Extra points that are kicked or passed = 2 points**

3.4.2.2.1 Passes for 2 points must be beyond the line of scrimmage

3.4.2.2.2 No jet sweep style or shovel passes

3.4.2.3 No extra point kick option for 6U & 7U.

3.4.2.4 Extra point kick attempts will not be live. The kicker must remain in continuous motion, and the ball must be kicked within five (5) seconds of the snap. Failure to do so results in a dead ball, and no extra point is awarded.

3.4.2.5 Attempts are from the 3-yard line

3.4.2.6 Turnover or blocked kick on the extra point attempt cannot be returned. It is considered a failed try.

3.4.3 **Field Goal**

3.4.3.1 A team may attempt a field goal at any time. The kicker must remain in continuous motion and kick within five seconds of the snap. Failure to do so results in a dead ball and loss of down.

Punts Mercy Rule and Overtime

3.5 Punts

3.5.1 6U through 9U

- 3.5.1.1 No live punts. After a failed field goal attempt, the ball is spotted at the original line of scrimmage for the turnover on downs.
- 3.5.1.2 Walk off 25 yards.
- 3.5.1.3 Do not spot the ball past the opponent's 20-yard line.
- 3.5.1.4 Apply a 10-second clock runoff.

3.5.2 10U

- 3.5.2.1 Teams may use a long snap or handoff to the punter.
- 3.5.2.2 The punt is not live; the lines are frozen.
- 3.5.2.3 The ball is dead on first touch by either team.
- 3.5.2.4 Teams may instead use the walk-off punt procedure in Rule 3.5.1.

3.5.3 11U and 12U

- 3.5.3.1 Punts are live

3.6 Mercy Rule

3.6.1 The mercy rule takes effect when either team leads by 21 points or more.

3.6.2 Normal play resumes when the lead falls below 21 points.

3.6.3 The game clock runs continuously while the mercy rule is in effect. It stops for team timeouts, officials' timeouts, and injuries.

3.6.4 The leading team has four downs to score. If it does not score, the ball turns over on downs and is spotted at the turnover spot. Both head coaches may waive this four-down rule only by agreeing before kickoff in the presence of the head official. That decision applies for the entire game. No other mercy rule provision may be waived.

3.6.5 There are no kickoffs during the mercy rule. After a score, spot the ball at the 40-yard line.

3.6.6 The leading team may not pass while the mercy rule is in effect.

3.7 Overtime

3.7.1 In the event of a tie at the end of regulation, the head referee will conduct a coin toss to determine which team will get the ball first.

3.7.2 Each team will have a possession with the ball spotted on the opponent's ten (10) yard line with four (4) downs to score. Extra point rules apply as described in 3.4.2 Extra Points.

3.7.3 If the score is still tied after three (3) possessions by each team, the game will end in a tie.

Equipment and Host Duties

3.8 Equipment

3.8.1 Footballs

- 3.8.1.1 6U to 8U — Peewee or K2
- 3.8.1.2 9U to 11U — Junior
- 3.8.1.3 12U to 14U: Youth
- 3.8.1.4 All game balls must be brown leather or composite material. Rubber footballs or colored footballs are not permitted.

3.8.2 Helmet visors must be clear. Guardian Caps are allowed.

3.9 Host Responsibilities

3.9.1 Field Requirements

- 3.9.1.1 All games will be played on a regulation-sized field.
- 3.9.1.2 Goal post with crossbar and pads.
- 3.9.1.3 Clearly marked sidelines and end zones.
- 3.9.1.4 Suitable press box facilities.
- 3.9.1.5 Bathrooms.
- 3.9.1.6 Concessions
- 3.9.1.7 An electronic score board and clock.
- 3.9.1.8 Spectator restraining lines at least ten yards from the sidelines.
- 3.9.1.9 Sideline Yard Markers
- 3.9.1.10 10-Yard Chains and Downs Marker
- 3.9.1.11 AED Machine

3.9.2 Operational Requirements

- 3.9.2.1 The Home team is responsible for providing the chain crew.
- 3.9.2.2 The home team is responsible for the cost of officials.
- 3.9.2.3 The Home team must provide one (1) scoreboard operator in the press box.
- 3.9.2.4 Game day badges: See Rule 3.3.1 for the sideline limit.

3.9.3 Communication

3.9.3.1 Multiple Fields

- 3.9.3.1.1 If more than one field is available, the home team will specify which field is to be used.
- 3.9.3.1.2 Notify Training Legends of a change in field location seven days in advance.
- 3.9.3.1.3 An association using a high school field as its primary game field must have a backup location approved by the Training Legends Football board.

3.9.3.2 Playing Conditions

- 3.9.3.2.1 If playing conditions, at game time, or during the game, are such that they pose a threat to the safety of the participants and spectators, the game may be delayed or postponed.
- 3.9.3.2.2 If a game is suspended, the home team must record the time, possession, ball position, and down, and report them to Training Legends along with other scores.
- 3.9.3.2.3 League and park officials will determine a makeup day/time with NFHS rules governing the makeup.

3.9.3.3 Post Game Communications

- 3.9.3.3.1 Report Scores
- 3.9.3.3.2 Report Incidents/Disciplinary Concerns

Season Requirements and 6U Rules

4 League Operations and Division Rules

4.1 Rule Sets

4.1.1 Training Legends Football rules
4.1.2 GHSA
4.1.3 NFHS

4.2 Team Schedules

4.2.1 The league will have a minimum of eight regular season games. If a division has an odd number of teams, games may be played on weekdays.
4.2.2 Each team will have at least four home games.

4.3 Practicing

4.3.1 Teams may meet for up to six hours per week, including practices and games.
4.3.2 **Teams may start acclimation the week after GHSA dead week (week of July 4th)**
- 4.3.2.1 Acclimation will be a total of 6 hours across a minimum of 3 days.
- 4.3.2.2 Practice Plans and Contact Plans Required

4.4 Technology

4.4.1 **No Drones**
- 4.4.1.1 1st time - League Warning
- 4.4.1.2 2nd time — Forfeit

4.4.2 **Coach Communication**
- 4.4.2.1 Headsets Allowed
- 4.4.2.2 No communication with On Field Coaches (6U,7U)

4.5 6U Division Rules

4.5.1 **Coaches**
- 4.5.1.1 Coaches are allowed on the field for the entire season.
- 4.5.1.2 Two Coaches from each team will be allowed on the field at a time.
- 4.5.1.3 Once the offensive center places a hand on the football, on-field coaches may no longer direct players physically or verbally.
  - First violation: 5-yard penalty.
  - Second violation: 15-yard penalty for a personal foul or unsportsmanlike conduct.
  - Third violation: 15-yard penalty for a personal foul or unsportsmanlike conduct. The coach loses on-field privileges for the rest of the game and may be replaced by another staff coach.

4.5.2 **Defense**
- 4.5.2.1 On defense for 6U teams, nose-guarding is prohibited.
- 4.5.2.2 Defensive line must line up head-to-head on the offensive guard. If the offensive guards are more than two (2) yards from the center, the defensive line may line up within (1) one yard of the center.
- 4.5.2.3 The middle linebackers must be at least two (2) yards off the line of scrimmage.

4.5.3 **Kickoffs**
- 4.5.3.1 No Kickoffs in 6U
- 4.5.3.2 Ball will be placed at the 40-yard line of return team

4.5.4 **Ball Placement**
- 4.5.4.1 Ball will be spotted based on the coaches' preference, sideways or end to end.

Special Rules for 7U and 8U

4.6 7U Division Rules

4.6.1 Coaches

- 4.6.1.1 Coaches are allowed on the field for the entire season.
- 4.6.1.2 Only one Coach from each team will be allowed on the field at a time.
- 4.6.1.3 Once the offensive center places a hand on the football, on-field coaches may no longer direct players physically or verbally. Apply the same penalties as in Rule 4.5.1.3.

4.6.2 Defense

- 4.6.2.1 On defense for 7U teams, nose-guarding is prohibited.
- 4.6.2.2 Defensive line must line up head-to-head on the offensive guard. If the offensive guards are more than two (2) yards from the center, the defensive line may line up within (1) one yard of the center.
- 4.6.2.3 The middle linebackers must be at least two (2) yards off the line of scrimmage.

4.6.3 Kickoffs

- 4.6.3.1 No Kickoffs in 7U

4.6.4 Ball Placement

- 4.6.4.1 Ball will be spotted based on the coaches' preference, sideways or end-to-end.

4.7 8U Division Rules

4.7.1 Defense

- 4.7.1.1 On defense for 8U, having a nose guard is prohibited.
- 4.7.1.2 The defensive line must line up head-to-head on the offensive guard. If the offensive guards are more than two (2) yards from the center, the defensive line may line up within one (1) yard of the center.
- 4.7.1.3 The middle linebackers must be at least two (2) yards off the line of scrimmage.

4.7.2 Ball Placement

- 4.7.2.1 Ball will be spotted based on the coaches' preference, sideways or end-to-end.

Playoffs and Conduct Rules

5 Playoffs

5.1 Team Standings

5.1.1 Standings are based on winning percentage.

5.1.2 **Tie Breakers**

- 5.1.2.1 head-to-head results
- 5.1.2.2 points allowed
- 5.1.2.3 points scored
- 5.1.2.4 coin toss

5.2 Awards

5.2.1 League Representatives will determine the awards to be presented.

5.3 Hosting Sites

5.3.1 The League will rotate post-season events among member associations on a yearly basis with approved facilities.

5.4 Entry Fees

5.4.1 The hosting association will determine which is most appropriate for their venue in accordance with the Executive Committee. Committee approval for modifications.

5.4.2 **Approved Gate Fee**

- 5.4.2.1 $5 For Adults
- 5.4.2.2 $2 For 5 and Under

5.4.3 **Approved Team Fee**

- 5.4.3.1 $200 Team Fee for semi-finals
- 5.4.3.2 $250 Team Fee for championship games

5.5 Hosting Requirements

5.5.1 Follow the host responsibilities in Rule 3.9.

5.5.2 Official Scoreboard Operator

5.5.3 Officer with Jurisdiction in accordance with GA Law

5.5.4 Report Scores

5.6 Rule Differences

5.6.1 In 6U playoff games, use the normal clock. Do not switch to a running clock solely because 90 minutes have elapsed.

6 Conduct

6.1 Rules

6.1.1 All persons, including players, coaches, League Representatives, spectators, and officials are expected to conduct themselves in a sportsmanlike manner.

6.1.2 All persons, including players, coaches, League Representatives, spectators, and officials are expected to compete fairly and cheating is forbidden.

6.1.3 No alcohol, drugs, vapes, or tobacco products are allowed during practices, games, or in the field area.

6.1.4 No person should willfully attempt to disrupt a game or practice.

6.1.5 No public displays of profanity

6.1.6 All persons will conduct themselves in a respectful manner towards coaches, officials, and park staff.

6.1.7 Spectator misconduct will be prevented by the responsible team. Failure of a coach to undertake appropriate action to contain his spectators shall be guilty of misconduct and subject to appropriate punishment. It is recognized that in some circumstances it is beyond the capacity of the coach to control his spectators. However, the coach must make a genuine attempt to restrain his spectators.

Discipline and Protests

6.2 Discipline

6.2.1 Any player, coach, or other adult supervisor found by the League to be cheating or misrepresenting any record shall be banned from further participation in the League.

6.2.2 Appearance to be under the influence of alcohol or drugs, at a game or practice by any coach, League Representative, or Official shall be subject to suspension as determined by the League.

6.2.3 Any player, coach, spectator, or sideline personnel ejected from a game are suspended for a minimum of the next scheduled League game. Suspensions will carry over to the following year, if applicable.

6.2.3.1 Any game called by the Officials due to behavior issues, whether it be players, coaches, or parents, will be reviewed by the Executive Committee. The Executive Committee will make the following determinations:

1) Determine whether to declare a forfeit by one or both teams
2) Suspend coaches, parents, players
3) Reschedule the game.

All decisions by the Executive Committee will be final.

6.3 Notification Process

6.3.1 The Home Team's League Representative shall notify the League within 48 hours of any disciplinary issues involving players, coaches, spectators, or officials.

6.3.2 Failure to notify the League within 48 hours will result in the dismissal of any potential case.

7 Protests

7.1 Protest Requirements

7.1.1 Judgement calls of an official are not up for review.

7.1.2 League Representative must initiate.

7.1.3 Cash Deposit of $100 is required at the time of protest.

7.2 Rules Interpretation Procedures

7.2.1 Protests involving rule interpretation must be declared to the referee and the field marshal before the next play.

7.2.2 Email the written rules interpretation protest and supporting details to the Training Legends Football Executive Committee through the protest contact designated by Training Legends. The deadline is 5:00 p.m. the next business day. Late protests will not be reviewed.

7.3 Ineligible Player

7.3.1 Player ineligibility protests because of age shall be submitted upon discovery.

7.3.2 Player ineligibility protests because of certification shall be submitted upon discovery.

7.4 Decisions

7.4.1 Rulings by the Training Legends Football Executive Committee are final and cannot be appealed.

7.4.2 The Training Legends Executive Committee reviews all rulings.