Grand Valley Youth Football

10U, 12U, and 14U Tackle Rules

GVYF will follow all game rules as established by the Colorado High School Activities Association and the National Federation of State High School Associations with the exceptions provided herein. Where there is conflict between the GVYF rules and the rules established by CHSAA and the NFHS, the GVYF rules take precedent.

Article 1. Eligibility – Players will be assigned to teams according to their age on the cut-off date established by CHSAA (July 31, 2026) and their home address. All players must provide a copy of their birth certificate and proof of address.

A. Acceptable forms of proof of address include a utility bill (gas, electric, water), lease agreement, or mortgage statement. It must include parent's name (parent must be listed on registration) and home address. Insurance, TV, Phone, and Internet statements will not be accepted. If a player's address is disputed, they may be asked to provide a second form of address verification.

Article 2. Team Rosters – Team rosters shall be a minimum of 20 players and are capped at 25 players during registration.

A. If a team fails to meet the minimum required players to safely participate, those players will be assigned to another team that is below the maximum. We will strive to keep players as close to their home boundary as we can.
B. Once a team reaches the maximum number of players, players will begin to be assigned to a second team in that area. If the second team does not meet the minimum number of players required, they will be combined with another team that has not reached the maximum.
C. If all teams have reached the minimum, roster sizes may be increased.

Article 3. Equipment – Players will be provided with a helmet, shoulder pads, mouthpiece, and game jersey by GVYF. Players must wear the GVYF provided game jersey for all contests.

A. No modifications to the game jersey are permissible except for the ability of the player and/or team to embroider or heat press the player's last name or appropriate nickname on the back of the jersey.
B. No stickers other than those approved by the GVYF Board shall be applied to helmets. This applies to helmets provided by GVYF as well as furnished by individual players.
C. Unless otherwise approved due to specified medical conditions with accompanying signed documentation from a licensed doctor, visors must be completely clear – lacking any tint. Visors must also be quick release – meaning they can be removed from the helmet without any tools or specialized equipment.
D. All contests will be played with a football of the following size:
    i. 10U – Wilson TDJ or GVYF approved equivalent.
    ii. 12U – Wilson TDY or GVYF approved equivalent.
    iii. 14U – Wilson TDS or GVYF approved equivalent.

Article 4. Game Clock – The game shall consist of four fifteen-minute quarters with a running clock. Unless described herein, the clock does not stop for time outs, incomplete passes or plays that end out of bounds. Once play begins the clock will run continuously except for the circumstances noted below.

A. If a player is injured in the field of play for an extended period of time, the officials may elect to stop the game clock.
B. An official's time out is taken and the officials determine it necessary to stop the game clock to avoid delay.
C. Inside of two minutes to play in the 2nd and 4th quarters, the game clock shall be stopped when:
    i. The down ends following a foul or change of possession.
    ii. An official's time out is taken.
    iii. The play results in a first down – The official will wind the clock once the chains are set.

iv. The ball is carried out of bounds.
v. A forward pass is incomplete.
vi. A score or touchback occurs.
vii. An inadvertent whistle is sounded.

D. If a team leads the contest by 24 points or more, the clock shall not stop for any reason other than an official's time out.
E. If a player is injured in the field of play, the game clock will be stopped.

Article 5. PAT Scoring – Point after Touchdown attempts shall be scored as follows: 1 Point if a player on the offense carries the ball across the goal line or catches a pass in the endzone; 2 Points if a field goal attempt is successful.

A. In the 10U division, Point after Touchdown attempts shall be scored as follows:
1 Point if a player on the offense carries the ball across the goal line; 2 Points if a successful pass attempt by the offense results in what would be a touchdown during the course of normal play.

Article 6. Playoff Seeding – Teams shall be seeded for the playoffs based on their overall win percentage.

A. In the event that 2 or more teams are tied at the end of the regular season, the following procedure will used to break the tie:
i. Head-to-head outcomes will be the first tiebreaker.
ii. If head-to-head outcomes cannot break the tie, then the team with the greatest point differential between the tied teams will be awarded the tiebreaker. The point differential shall be determined based only on the head-to-head contests between the tied teams.
iii. If head-to-head point differential is equal, a coin flip will determine playoff seeding. The choice of heads or tails will be given to the team that won the most recent head-to-head contest.