



GRAND VALLEY YOUTH FOOTBALL

8U 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 middle school boundary. All players must provide a copy of their birth certificate and proof of home address.

- A. All players will be assigned to a team based on their home address and will be required to provide proof of address.
- B. Players must be age 7 or 8 on July 31, 2026 or turn 7 before the end of the scheduled season.

Article 2. Team Rosters – Team rosters shall be a minimum of 17 players and a maximum of 22 players.

- 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.

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 Wilson K2 football or GVYF approved equivalent.

Article 4. Game Clock – The game shall consist of two thirty-minute halves 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. A charged time-out is taken by either team.
- B. 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.
- C. 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.

- D. 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.
- 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. Field Size – The field shall be reduced to 80 yards between goal lines.

Article 7. Game Start – There shall be no kick offs. Each half will begin with possession by the offense (as determined by the coin toss) at their own 20-yard line.

Article 8. On-Field Coach – One coach for each team shall be permitted to be on the field to call plays and help align their team. The on-field coach must position themselves out of play prior to the snap and cannot interfere with a play in progress.

Article 9. Playing Time – All players shall receive a minimum of one half played on offense and one half played on defense. Coaches who fail to meet the playing time requirements will face disciplinary action up to and including suspension and/or expulsion from the league.

Article 10. Weight Limitations - Any player that weighs 90lb or above will be required to wear a red stripe on their helmet.

- A. Players with a red stripe designation will not be allowed to play a position in which they can advance the ball (quarterback, running back, receiver, etc.).
- B. Red stripe players must play a position on the offensive/defensive line. They must begin play in a 3-point stance.

Article 11. Blitzing – Blitzing is defined as a defensive player not playing on the defensive line rushing to a predetermined gap. Blitzing is not permitted under any circumstances. Defensive players shall be taught to read and react. Coaches who blitz players who do not start play on the defensive line will face disciplinary action up to and including suspension and/or expulsion from the league.

Article 12. Ball Carriers – A player that carries the ball in the first half may not carry the ball in the second half. A carry is defined as any possession of the ball while on offense.

- A. If a team leads the contest by 24 points or more and possesses the ball, the ball may only be carried between the offensive tackles. Any carry outside the offensive tackles will result in a 15-yard unsportsmanlike penalty.

Article 13. Punting – On 4th down, the on-field coach must elect to punt or to attempt to gain the first down yardage. Once declared, the coach must follow through – there are no fake punts permitted.

- A. On a punt, the defensive and offensive players, except for the punter, may not move until the ball is kicked.
- B. Players with a red stripe designation are permitted to punt.

Article 14. Postseason Play – There shall be no playoffs for the 8U division. The purpose of the 8U division is to teach players the fundamentals of football in a non-competitive environment. Our goal is to provide a positive and fun learning experience to encourage players to continue to play with GVVYF as they age in the competitive divisions.