

"X" out Proposed Rules for Senior Division

Weight Limits by Age

12 year old 200 max.

13 year old 190 max.

14 year old 185 max.

After the official certification, any player that exceeds the official weight limit per age group, will be required to play as described below for all "X" players. The rules are for Offence, Defense, and Special Teams.

All "X" players will be required to wear a 4 inch X contrasting the color of the helmet, on front and back side easily visible from front and back. Or the player must wear a highly visible sticker approved by the league designating the player as an "X" player.

ON OFFENCE, NO MORE THAN 3 "X" PLAYERS MAY BE ON THE FIELD AT THE SAME TIME.

1. All "X" players must play tackle to tackle. They must be interior lineman.
2. The "X" players must be set, but not necessarily in a three or four point stance at the snap of the ball.
3. The furthest outside "X" player must be covered by a non "X" player.
4. No plays may be designed to have a "X" player carry the ball.
5. "X" player may advance a true fumble or tipped and or batted pass.

ON DEFENCE, NO MORE THAN 3 "X" PLAYERS MAY BE ON THE FIELD AT THE SAME TIME.

1. "X" players must line up as interior lineman no wider than the outside shoulder of the offensive tackle. This means the X players inside shoulder has to be lined up with the offensive tackle's out side shoulder at the widest point prior to the snap.
2. The "X" player must be in a three or four point stance at the snap at the ball.
3. The "X" player must be on the line on scrimmage at the snap of the ball.
4. The "X" player may advance a fumble or interception as long as they are the original player with the ball. No laterals or hand offs are allowed.

ON SPECIAL TEAMS, THERE WILL BE NO MORE THAN 3 "X" PLAYERS ON THE FIELD AT THE SAME TIME.

1. A "X" player may advance a kick off or punt only when the player has started on the line of scrimmage. The "X" player has to be in front line on kick offs and in the required starting position on punts.
2. No special team play can be designed to have the "X" player carry the ball.
3. "X" players can be the punter or kicker.
4. "X" players can be no wider than the third player from the kicker on kick offs.

The penalty for the misuse of a "X" player will be considered unsportsmanlike conduct. The penalty can be assessed as a dead ball or live ball penalty depending on the infraction.

There will be one official weigh in to determine "X" out players. The first weigh in will determine the player's status for the year. Play off weigh-ins will not change the status of a "X" player.

CERTIFICATION AND PROCEDURES

The Senior Division Chief will inform all Senior coaches of these rules and will provide these rules and procedures prior to certification.

"X out" players will be placed at the front of the certified book. An "X" will be placed across registration form from corner to corner and initialed by the person certifying the book.

Prior to each game, "X out" players will reported to the referee by the head coach. Books will be reviewed "by request only" by the opposing coach.

The Senior Division Chief will have a list of all "X out" players prior to the first game. Jersey number of such players will be reported to Division Chief prior to the first game. ANY CHANGES IN ROSTER EFFECTING "X" PLAYERS MUST BE RELAYED TO DIVISION CHIEF 72 HOURS PRIOR TO NEXT GAME.

ENFORCEMENT

Any head coach found to intentionally or unintentionally change the status of a league certified roster, change numbers, or do anything to have an "X" player participate in a fraudulent manner will forfeit all games the player has participated in whether or not the player played "illegally"

The head coach will be immediately removed as a coach in any capacity in the GCYFL. The GCYFL executive board will determine whether the team will be allowed to participate in the play offs.