

2017 FLAG FOOTBALL RULES OF COMPETITION

04.01.00.01

The AAYFDT flag football program is for participants ages 5 and 6 years old.

04.01.00.02

A participant's age on September 1st (of the current year) is their legal playing age for the season.

04.01.00.03

The registration fee for the AAYFDT flag football will be 125.00. The flag football teams will not be responsible for a fundraising fee.

04.01.00.04

All equipment except cleats will be provided by the league. An equipment deposit fee of 50.00 will be required when equipment is handed out. The deposit fee will be returned once all required equipment is returned.

04.02.00.01

Each team will have a roster cap of 14 players.

04.02.00.02

Each team must start the game with 8 players. If a team falls below 6 players during the game, the game will be stopped and the team with not enough players to continue will be given the loss.

04.02.00.03

Each player will play a minimum of 10 plays per game. Players not meeting minimum play requirements will receive additional plays in the next game to meet the minimum play requirements. For example, if a player only plays 8 plays during the game, they must play 12 plays in the next game. Each team will get 1 timeout per half. Timeouts do not carry over.

04.03.00.01

The playing field will be 50 yards in length and will be set up from 25 yard line to 25 yard line on a regulation football field.

04.03.00.02

Each game will consist of two 18 minute halves with a running clock. The clock will stop in the last 2 minutes of each half for the following: ball out of bounds, incomplete pass, time out, touchdown, injured player, and assessment of a penalty. Halftime for each game will be 5 minutes.

04.03.00.03

The winner of the coin flip will choose offense or defense.

04.03.00.04

The offensive team must have a minimum of 3 players lined up in the backfield. The offensive line will have the center, 2 guards, and 2 ends. The ends are eligible to receive a pass. Offensive linemen must stay within 3 yards of the line of scrimmage.

04.03.00.05

The defense must have 4 down linemen and they must line up inside the offensive ends. The linebackers and/or safeties can't blitz on any play. The defense can only have 1 player lined up outside of each offensive end.

04.03.00.06

A player is down when one of both flags are removed and held by an opponent. If a flag accidentally falls off, the runner is down at that point.

04.03.00.07

The offensive team will have 30 seconds from the ready to play whistle to snap the ball. Failure to start the play in 30 seconds will result in a 5 yard delay of game penalty.

04.03.00.08

All offensive and defensive linemen must use hands below the shoulders when engaged in contact. No forearms or elbows will be used for blocking. If a lineman is flagged for blocking below the waist, it will be a 10 yard penalty and loss of down. If a lineman is flagged for using the forearm or elbow or hands above the shoulders, it will result in a 15 yard penalty and loss of down for the offense or a 15 yard penalty and an automatic first down if called on the defense. If the same lineman is flagged twice for using the forearm or elbow, they will be removed from the game.

04.03.00.09

Tackling is not allowed. Defensive players may not attempt to hold or grasp the ball carrier. This will be defined as tackling. If a defensive player is flagged for tackling, it will be a 10 yard penalty and automatic first down. If the penalty occurs behind the line of scrimmage, the penalty will be enforced from the line of scrimmage. If the penalty occurs past the line of scrimmage, it will be enforced from the spot of the foul.

04.03.00.10

The offensive player must make an effort to avoid the defensive player. Stiff arm or straight arm is not allowed. The offensive player may not extend their arm or hand to ward off or protect their flags. Spinning away from the defensive player is allowed. If an offensive player is flagged for protecting their flags, it will be a 10 yard penalty from the line of scrimmage and loss of down.

04.03.00.11

There will be no punts. On fourth down, the offensive team can elect to go for a first down or declare to punt. If the offensive team declares to punt, the ball will be moved 25 yards from the line of scrimmage or half the distance to the goal if it is on the defensive team's side of the 50 yard line.

04.03.00.12

A touchdown will be awarded six points. For extra point, one point will be awarded for running the ball into the end zone and 2 points awarded for a pass caught in the end zone. If a pass is caught outside of the end zone and run in for the score, the team will be awarded one point.

04.03.00.13

Each team will be allowed to have a maximum of 4 coaches on the sideline. One coach from each team will be allowed on the field during the game. Once the teams are at the line of scrimmage, the coaches must remain 15 yards behind the line of scrimmage and can't adjust players. The on field coaches can't run down the field while the play is live.

04.03.00.14

All regular season games that are tied at the end of regulation will be considered a tie. All ties during the playoffs will follow the AAYFDT tackle football overtime rules.

04.04.00.01

Each team will be allowed a maximum of 2 events per week. On a week that does not have a game or scrimmage, each team will be allowed to have 2 practices if they so desire. During weeks of games or scrimmages, they will be allowed 1 practice.

04.04.00.02

All practices will be a maximum of 60 minutes. The practice day must be on a day that the tackle football teams are practicing.