



Since 1974

## Rules of Competition

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# **ARTICLE I: FOOTBALL RULES OF COMPETITION**

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## **SECTION I: TEAM STRUCTURE**

### **01.01.01**

Each booster club should have a minimum of five football teams (Flag min 5 max 14, Tackle min 11 max 25) Flag, Freshman, Sophomore, Junior and Senior. These numbers may be increased by Booster Club Board approval AFTER all clubs have playable teams (minimum 5 for flag and 11 for tackle). The exception to this rule is the registration and placement of siblings of legacy football and drill participants. A team cannot lower their cap less than 18 participants. If a team lowers their cap, their registration closes. They may not add new players under any circumstances, including a player quitting the team.

### **01.01.02**

Each team within a booster club shall be limited to six coaches. The coaches shall be designated as Head Coach, Assistant Head Coach, and four Assistant Coaches. A coach must be actively involved with the team on a daily basis as of the first game to be included on the team roster. No coach may be added to the roster after the first game without a majority approval of the A.A.Y.F.D.T. Board of Directors.

### **01.01.03**

All Head Coaches must attend the annual coaches' clinic provided by the league to be eligible to coach. There should be training in the following areas:

- a. Basic conditioning drills.
- b. Fundamental blocking and tackling.
- c. A.A.Y.F.D.T.rules of play (behavior, minimum plays, maximum weights, deportment and penalties). ALL Coaches (Head and Assistant) must become Heads Up Certified- either by attending the Free Clinic or coach paying for the certification through USA Football.

## **SECTION II: REGISTRATION**

### **LEAGUE ELIGIBILITY**

#### **01.02.01.01**

A participant's age on November 30th (of the current year) is their legal playing age for the purposes of our program. They must be at least 5 years old for flag football and 7 years of age on this date and not more than 12\*\* by this date for tackle. They must be in the sixth grade or lower in the school year corresponding to the current playing season. \*\* Legacy players may turn 13 years old (before December 31) and be in 6th grade.

#### **01.02.01.02**

All participants must be in regular full-time school attendance or home schooled.

Home School Guidelines are as follows:

1. If next school year will be the 1<sup>st</sup> year in home school, we need the current year report card for verification.
2. If you are currently homeschooled, we need a curriculum verification receipt.

3. If you are leaving public school and repeating a grade level; Please send the unenrollment form and receipt of curriculum to be used with the grade level for next school year.

#### 01.02.01.03

A legacy player is defined as a player that was on the Booster Club's roster at the end of the previous season. If a legacy player fails to register during the legacy registration time period, that player loses all legacy rights. The Legacy registration period determined by the A.A.Y.F.D.T. New players must reside in the Conroe, Klein, Spring, Cy-Fair or Tomball school district. Out of area participants will only be approved by the League AD.

01.02.01.04 The divisions will be comprised with the following grade level brackets:

- **Flag:** Eligibility is limited to players enrolled in Kindergarten or 1st Grade only.
  - Players must be age 5 and cannot be age 8 before 11/30\*
  - Players enrolled in 2nd Grade or higher are not eligible to participate in Flag, regardless of age.
- **Freshman:** 2nd/3rd Grade- cannot be 10 before 11/30
- **Sophomore:** 4th Grade- cannot be 11 before 11/30\*
- **Junior:** 5th Grade- cannot be 12 before 11/30\*
- **Senior:** 6th Grade- cannot be 13 before 11/30\*\*

\*Ages listed are MAX AGES ONLY. Children will be placed based on grade level.

\*\* Legacy players may turn 13 years old (before December 31) and be in 6th grade

### TEAM ASSIGNMENT

#### 01.02.02.01

Official weigh-in must be part of all registrations. Each individual and each booster club is responsible for ensuring that each participant conforms to the age/weight rules. Any participant that does not meet the age/weight rules is not eligible for practice or play, in any form, including scrimmage. The booster club should attempt to reassign an ineligible participant immediately upon discovering that the participant does not meet the age/weight restrictions. If reassignment is not possible, then the matter should be immediately referred to the A.A.Y.F.D.T. AD for resolution. Any booster club or official of the booster club, found in violation of this rule will be subject to discipline for playing with an ineligible participant. Coaches and teams may also be subject to discipline for playing with an ineligible participant.

a. An impact player is defined as any offensive player that lines up in an eligible position: (i.e running back, quarterback, receiver, and tight end). A non-impact player is defined as an offensive player in a non-eligible position and all defensive players. Non-impact players are not allowed to line up in an impact player position, even if the intent is to not handle the ball. The penalty will be an un sportsman like 15-yd penalty charged to the head coach. Non-impact players may only line in as an interior lineman using T,G,C,G,T (3,2,1,2,3) formation ONLY. Non-Impact players MUST wear 2 NEON colored wristbands, one on each wrist.

b. All weights are to be determined by a balanced scale and witnessed by a booster club board member.

<b>WEIGHTS AND AGES</b>
<b>Freshman Weight Limit</b>
2nd/3rd Grade – (Cannot turn 10 yrs old before Nov 30 <sup>th</sup> )
Impact Player – 130 lbs.
Non-Impact Player – 165 lbs.
<b>Sophomore Weight Limit</b>
4th Grade – (Cannot turn 11 before Nov 30 <sup>th</sup> )
Impact Player – 140 lbs.
Non-Impact Player – 175 lbs.
<b>Junior Weight Limit</b>
5th Grade – (Cannot turn 12 yrs old before Nov 30 <sup>th</sup> )
Impact Player – 160 lbs.
Non-Impact Player – 195 lbs.
<b>Senior* Weight Limit</b>
6th Grade – (Cannot turn 13 yrs old before Nov. 30 <sup>th</sup> )
Impact Player – 180 lbs.
Non-Impact Player – No Max
<i>*Regardless of age, 7<sup>TH</sup> Graders are not eligible to play.</i>
<i>Age is listed as a MAX only.</i>
<i>Players are placed by grade level then moved up depending on weight.</i>

c. Participants shall be assigned to team levels in accordance with age/weight limits described as follows:

01.02.02.02

The A.A.Y.F.D.T. AD maintains a list of eligible football participants. This list shall be used for filling future openings should they occur. The A.A.Y.F.D.T. Drill Team Director does the same for the drill team. They administer the assignment of registrants to teams. The waiting list will be cleared, (parents notified of no available positions), prior to the first regular season game. This process will occur after all open registration is complete.

#### 01.02.02.03

No booster club or team may maintain a secret waiting list. Any child wishing to register must be immediately reported to the A.A.Y.F.D.T. AD for football or the A.A.Y.F.D.T. Drill Team Director for drill team. They will then assign the participant to the home team, if a position exists, or attempt to place the participant with another booster club. Should the parents decide not to have the participant placed on another club, the A.A.Y.F.D.T. AD will then place the child on the A.A.Y.F.D.T. waiting list.

#### 01.02.02.04

Should a vacancy on a team occur following registration, it is filled according to the following priorities:

- a. Children already in the booster club and who need to be reassigned to a higher or lower level.
- b. The first child on the A.A.Y.F.D.T. waiting list for that booster club's team is placed on the team.
- c. The first child on the A.A.Y.F.D.T. waiting list for a certain team level is placed on the team with the greatest need or closest proximity, if the teams needing players are even.

#### 01.02.02.05

Participants may be reassigned up one level if parents make the request in writing to the club board and if there is space on the roster available, the request will be approved and forwarded to the league athletic director so that rosters can be adjusted accordingly. All requests must be submitted before the playable team date. Once a decision to play up is made, you cannot opt to go back down a division until the next season. If a returning participant exceeds the weight limit for a division, the participant can be reassigned to the next higher-level age and weight requirements for that team are met. This does not need A.A.Y.F.D.T. approval. The participant retains legacy rights within the booster club if there is an opening with the assigned team.

#### 01.02.02.06

All players can play 1 level twice as long as the registration division requirements are still being followed.

#### 01.02.02.07

After completion of the first scrimmage game of the season, no new sign-ups will be allowed unless the team has fallen below the minimum number of players required.

#### 01.02.02.08

Booster Clubs must submit their rosters to the A.A.Y.F.D.T. AD, or their designee, for approval after the second scrimmage game.

- a. Whenever the status of a child changes, new rosters must be provided to the A.A.Y.F.D.T. i.e. Injured or reassigned participants should be carried at the bottom of the roster showing status and date of change.
- ii. Additions must be listed in alphabetical order with a note indicating the date of the addition.

A player will not be added to a roster until all registration requirements have been met and validated by the A.A.Y.F.D.T. AD.

01.02.02.09 All teams must make a team book that is to be carried with the team anytime they are at any A.A.Y.F.D.T. function (such as practice or game). This book will be reviewed and approved by the A.A.Y.F.D.T.

AD prior to the first regular season game and then will be open to review by any A.A.Y.F.D.T. representative or opposing team's AD, (or other designate), on game day. The team book will contain the following information as a minimum:

- a. Latest A.A.Y.F.D.T. approved team rosters, (previous copies must be kept in the book).
- b. League approved registration report from website.
- c. Current copy and previous game weigh-in/monitor sheets.
- d. AD Worksheet
- e. Accident record form.
- f. Current photo of the participant (additional photo of child in their jersey will be used for official rosters- this photo will be taken at jersey hand out)

\*\*a birth certificate, utility bill and report card for each player will be stored by the League Athletic Director in Google Drive and can be referenced at request\*\*

## **TRANSFER PARTICIPANTS**

### 01.02.03.01

Prior to March 1st, a player who participated in a booster club of the A.A.Y.F.D.T. in the previous year and wishes to transfer to another club may apply to the recipient booster club for acceptance as a legacy player. Only those participants who meet the requirements of rule 01.02.03.03 should apply this way. All other transfers to another booster club should be directed to the booster club president and require a majority approval of the A.A.Y.F.D.T. Board of Directors.

### 01.02.03.02

Participants desiring to switch booster clubs must receive Booster Club President's approval from both the club that they are leaving and the club that they are joining. This must be in writing. A copy of said acceptance must be given to the A.A.Y.F.D.T. AD and the original is to be included in the receiving booster club's team book.

### 01.02.03.03

Legitimate reasons for transfer include, but are not limited to:

- a. Relocation of residence to a different booster club's area.
- b. The formation of a new booster club whose boundaries encompass the participants' residence.
- c. Missing legacy registration and having no open positions on the team on which they played the previous year. These require assignment by the A.A.Y.F.D.T. AD.

#### 01.02.03.04

All requests for releases must first go through the A.A.Y.F.D.T. AD for approval according to the rules to verify the request is valid. If the request is valid, the A.A.Y.F.D.T. Board votes for approval at the next board meeting.

Any coach that chooses to leave a club, either voluntary or involuntary, who has a child playing for that club, may do so at any time.

### **SECTION III: PRACTICE**

#### 01.03.01

Parents must be at practices and games. If they are unable to attend or unavailable, a medical release needs to be signed so the league can act in case of emergency.

#### 01.03.02

Before a booster club is eligible to practice, the club must pay its insurance Liability and Assessment Fee for its participants. The booster club must be in good standing, i.e.: the club must be current with liability insurance premiums and have a current charter with the A.A.Y.F.D.T. Board of Directors. These stipulations must be accomplished prior to the first practice session of the year.

#### 01.03.03- WEATHER CONCERNS

A practice session is defined as any occasion when a participant or participants and one or more coaches assemble for scrimmages, practice, instructions, review of films and/or lectures. Said restriction does not include purely social activities or practice sessions between a parent-coach and only immediate family members. Once a practice reaches the 30- minute mark, it counts as a full practice. If the practice lasts less than 30 minutes, the club can make up to one hour on another day the same week. The difference in time limits between weather cancellations and normal practice is the team versus individual player.

a. Lightning Protocol - If a lightning strike is within 10 miles, everyone must immediately return to their vehicles for 30 minutes. With every lightning strike, 10 miles radius, the 30-minute clock resets. They CANNOT stand on the field or under bleachers.

#### 01.03.04

The first three practices of the season are to be non-contact practices. This also applies to the return from extended absence (as in an injury). If a player does not participate in 6 consecutive days of practice, they must have 3 days of non-contact practice before returning. Participating in practice is defined as participating in all drills including contact drills.

#### 01.03.05

No practice session is to exceed 1-1/2 hours on any given day. At least one member of the Booster Club Board of Directors must be present for all scheduled practices. Adequate water must be present and water breaks must be taken every 30 minutes at a minimum. Each practice field (practice, scrimmage and game) must have an AED and First Aid Kit, including at a minimum: gauze pads (assorted sizes or assorted sizes of bandages), athletic tape,

antiseptic, splints, ace wraps, scissors and tweezers. Ice, reusable ice packs, or chemical ice packs must be available at all times.

#### 01.03.06

The number of practice sessions shall be limited to four per week, prior to the week of the first scrimmage game. Beginning with the week of the first scrimmage game, practices will be limited to three per week. There will be no practices on Sunday. During weeks with no scrimmage game or regular season game, 4 practices are allowed.

#### 01.03.07

No player may participate while recuperating from an injury until a written doctor's release is obtained. If a child is suspected of having a head injury, they will not be able to practice or play until a doctor's release is obtained by the A.A.Y.F.D.T AD.

#### 01.03.08

No participant may practice or play while wearing any type of hard cast or hard surfaced material without prior approval from a league board member.

#### 01.03.09

Participants on A.A.Y.F.D.T. waiting lists may not participate in practice sessions.

#### 01.03.10 – CONCUSSION PROTOCOL

When a player has been diagnosed with a concussion and cleared by a physician, the following protocol must be completed before being allowed to participate in a scrimmage or game:

- a. **Day one:** Light aerobic exercise to increase the heart rate- 5 to 10 min light jog or exercise bike.
- b. **Day two:** Continued aerobic activity: moderate jogging, brief running.
- c. **Day three:** Heavy non-contact activity: sprints and non-contact football drills.
- d. **Day four:** Player returns to a controlled football practice.
- e. **Day five:** Full return. This day can't be a scrimmage or a game.

Note: Each day must be completed without signs or symptoms occurring before continuing to the next day's activity.

#### 01.03.11 – TIME RESTRAINTS AND TYPES OF PRACTICES

**Flag:** Each Team is allowed a maximum of 3 events per week. On a week that does not have a game or scrimmage, each team is allowed 3 practices if they so desire. During weeks of games or scrimmages, they are allowed 2 practices. All practices will be a maximum of 60 minutes.

**Tackle:** The following is from the UIL rules and will be adhered to for all A.A.Y.F.D.T. practices: During the regular season and post-season, no football player is allowed to participate in more than ninety (90) minutes of full contact practice per week. For the purposes of this rule, "full contact" is defined as football drills or live game simulations where "live action" occurs. Live action, as defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace, taking players to the ground.

A team may continue to dress in full pads for practice but may only participate in live action drills and game time simulations no more than ninety minutes per athlete per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets), no live action drills or simulations will occur. This rule is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in "air," "bags," "wrap," and "thud" drills and simulations at any point. These contact levels are defined below:

- a. Air- Players should run unopposed without bags or any opposition.
- b. Bags- activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- c. Wrap- Drills run at full speed until contact, which is above the waist with the players remaining on their feet.
- d. Thud- Same as wrap, but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

#### **SECTION IV: LEAGUE PRE-SEASON PLAY**

##### 01.04.01

Scrimmage games between the same level teams of two booster clubs, (of the A.A.Y.F.D.T.), will be arbitrarily assigned by the A.A.Y.F.D.T. AD as part of the season schedule. The A.A.Y.F.D.T. AD must be notified of any additional scrimmage games.

##### 01.04.02

Games or scrimmages with teams outside of the A.A.Y.F.D.T. are not permitted without majority approval of the A.A.Y.F.D.T. Board of Directors.

##### 01.04.03

Inner-team scrimmages are acceptable. Scrimmage or practice between any two divisions, not of the same age and weight bracket, is strictly forbidden. Any coach or board member authorizing, conducting, or supervising any such activity is acting on their own. They are subject to any liability, which might result and are subject to discipline or discharge.

The home team must supply a balanced scale and have it accessible to both teams at the scrimmage. Players must have an official weigh-in prior to participation following the age/weight rules outlined in section 01.02.02.01.

Booster clubs are allowed to video their own practice / scrimmage games. No booster club is to scout (watch, video, attend) any practice or scrimmage of any other booster club.

- a. Each club may have one (1) person video their scrimmage. This person is not allowed to be a coach and they must remain behind their club at all times.
- b. No coach may use any type of video device during a scrimmage.
- c. Game day videoing is allowed on sidelines, but ONLY with the use of a video camera.  
NO CELLPHONES OR IPADS.

- d. Scout films may NOT be collected via drone.

#### 01.04.04

Scrimmages against other booster clubs are considered a practice and shall follow the guidelines below. Scrimmages will be 2 hours long.

Breakdown example:

- 9:00 - 9:15 - Warm up period
- 9:15 - 9:20 - Water break.
- 9:20 - 10:10 - Run Plays.
- 10:10 - 10:20 Water break.
- 10:20 - 11:00 - Run Plays.

## **SECTION V: LEAGUE REGULAR SEASON**

### **PRE-GAME WEIGH-IN**

#### 01.05.01.01

A weigh-in/monitor sheet is required for monitoring all official games. The booster club must provide this form. The form must be a standard weigh-in/monitor sheet approved by the A.A.Y.F.D.T. Board of Directors.

#### 01.05.01.02

Official weigh-in will be held each week during the half time of the preceding game, every player must weigh in with their team. Freshmen will begin weighing in at 8:15AM and finish at 8:30AM. A participant's official weight shall be their weight in game day attire WITHOUT helmet and shoulder Pads (weight in padded pants, cleats, and shirt). The official weigh-in is a one-time opportunity to meet the necessary requirements. Running, or any other activity, will not be condoned or tolerated prior to weigh-in unless approved by A.A.Y.F.D.T. A.D.

- a. No team shall warm-up or practice prior to official weigh-in
- b. The home team is responsible for providing an accurate scale for weigh-in purposes and is responsible for having a weight (60 lb.) on hand for calibration purposes.
- c. The Booster Club AD, or designated alternate, shall authenticate the accuracy of the scale, witness the weight of each participant, and verify the accuracy of the weigh-in/monitor sheet that is provided by each team.
- d. The weigh-in/monitoring sheet shall list participants in numerical order without regard to age or position.
- e. Participants must have their game jerseys in hand to weigh-in and must be lined up in numerical order.
- f. If a participant exceeds the maximum weight without shoulder pads and helmet, they are ineligible for that game. If they do not make the impact player weight, they will participate as a non-impact player for that game. All non-impact players will be identified by wearing a bright green arm band on both wrists. A 15-yard unsportsman like penalty will be assessed against the team with the player not wearing his/her wristbands or having them hidden.
- g. All players must be weighed in and fully dressed on the sideline prior to the coin toss.

- h. All participants who are ineligible to play all or part of a game shall be noted on the weigh-in/monitor sheet by writing the reason over the appropriate number of play boxes. Such notations are to be initialed by the opposing team’s representative at weigh-in.
- i. No child may be disciplined by not being able to participate in all or part of any activity without prior written notification to and signed approval of the appropriate A.A.Y.F.D.T. AD or Drill Team Director. The exception to this is in circumstances of parental discipline, in which case the appropriate A.A.Y.F.D.T. representative may subsequently contact the parents to confirm the decision. Waiver of minimum play privilege is considered discipline.
- j. Once the weigh-in has been completed, the respective team representatives are to sign the weigh-in/monitor sheet.
- k. Any player that does not make the maximum weight during a game day weigh-in will be non-contact players until they make the maximum impact weight with the booster club AD at the next scheduled practice.

**MINIMUM PLAYS**

01.05.02.01

If the required number of practices has been attended, all football participants must participate in a minimum number of plays as outlined in the chart below. There is no requirement that the plays be consecutive or spaced in any way throughout the game.

Flag	Tackle	
	Number of Players Present:	Number of Plays Required:
14 Players - 8 Plays 12 Players - 9 Plays 10 or less Players - 10 Plays	15-20	14
	21-25	12
	26+	10
	31+	8

- a. Only participants playing in the game should be counted in determining the number of plays required.
- b. If there are three practices, each participant must participate in at least two in order to be eligible to play. Missing one practice two weeks in a row will result in not playing during the next game.
- c. Attendance on game bye weeks will count towards the next game.
- d. Excused absences from a game/practice are a death in family, illness with a doctor’s note as verification, prior approval for a religious obligation, or a required school sponsored function (for the AAYFDT participant).
- e. If a player is late to two practices in one week, this will count as one missed practice for that player. If a player misses more than 30 minutes of practice, they are considered

absent. The difference in time limits between weather cancellations and normal practice is the team versus individual player.

- f. If a registered player does not attend practice by the first game, without written club board approval, they will be removed from the roster.
- g. If there are two practices, each participant must participate in at least one in order to be eligible to play. If there is only one practice, participants need not attend that practice to be eligible to play.
- h. A play is to be counted on all kickoffs and each time the ball is hiked and/or a down is counted, even though a penalty may be called after the ball is hiked and the down may be repeated.
- i. If a penalty is called prior to the ball being hiked, no down or play is counted.
- j. An automatic forfeiture of a game will occur if the minimum plays are not met during regulation time of the game including regular season, play-offs, and Super Bowl.

#### 01.05.02.02

The A.A.Y.F.D.T. minimum play privilege shall not be abridged except for the following reasons:

- A. A participant is absent.
- B. A participant becomes ill or injured.
  - i. The opposing team's observer and AD, (or representative), must be informed of any ill or injured participant's withdrawal. Should the participant re-enter the game, all remaining plays must be fulfilled. Shoulder pads and helmet are to be removed once the decision "not to continue playing" has been made and the jersey worn.
  - ii. A participant playing half of the game must be noted at the weigh in and then will be required to play a minimum of half of the plays required by a player participating in the whole game.

#### 01.05.02.03

Each booster club must assign one Monitor and one Observer to support the head coaches in ensuring compliance with the minimum play rule. For flag football, only a monitor is required. Both the Monitor & the Observer must be at least 18 years old.

- i. The Monitor is responsible for tracking the plays.
- ii. The Observer assists the Monitor but does not mark the plays.

The Monitor must inform the head coach of any player who has not met the minimum play requirements by the end of each quarter, or more frequently if needed. The Head coach is ultimately responsible for ensuring that every player meets the minimum play requirements.

- i. The Monitor is a volunteer from the opposing team.
- ii. The Observer is a volunteer from your team.

Failure to provide a Monitor for the opposing team will result in a suspension for the head coach for that game. Monitor sheets must be submitted to the opposing team and must be accurately completed. This includes the team names, the names of the monitors and observers, as well as the players' names and jersey numbers (with jersey numbers listed sequentially across the sheet). A \$25 fine will be imposed for each monitor sheet that is not properly filled out

#### Disciplinary Actions for Non-Compliance:

If a player fails to meet the minimum play requirement, the head coach and or/club may face one or more of the following penalties:

- 1-Week Suspension
- Game Forfeiture
- Club Fine

#### 01.05.02.04

Players not meeting minimum play requirements will receive additional plays in the next game to meet the minimum play requirements. For example, if the minimum play requirements are 15 plays and a player only receives 13 plays, that player's minimum play requirement for the next week will be 17 plays.

#### 01.05.02.05

Once all eligible participants have completed their minimum plays, the Monitor, Observer, as well as the Head Coach & Booster Club AD (or their representative), should sign the weigh-in/monitor sheet. If there are any disputes regarding accuracy, they should be reported to the A.A.Y.F.D.T. Athletic Director and both Booster Club AD, (or their representatives), as early as possible in the game. Any missed plays should be noted on the AD Worksheet.

#### 01.05.02.06

Each Booster Club AD is responsible for completing the weigh-in/monitor and AD Worksheets. Final game scores should be recorded on the sheet, with the winning team identified. All ejections and personal fouls must be listed on the AD Worksheet at the end of each game, including the participant's name and number or the coach's name. Any participant injured during a game who does not return to play should be listed along with their suspected injury. An injury report must be completed within 24 hours of the injury and submitted to the A.A.Y.F.D.T. Athletic Director. Failure to provide this information on the AD Worksheets and/or injury report will result in a one-week suspension for the Booster Club AD and the team's head coach. The Booster Club AD must submit game results to the A.A.Y.F.D.T. by the end of game day via email to [athleticdirector@aayfdt.org](mailto:athleticdirector@aayfdt.org) by 7 PM.

#### 01.05.02.07

Any complaints or objections regarding officiating must be listed along with the name(s) of the official(s). Video evidence must be submitted within 24 hours of the game's end to the Booster Club AD, who will review the video and forward it to the A.A.Y.F.D.T. Athletic Director. If the video is not submitted to the A.A.Y.F.D.T. Athletic Director within 48 hours of receiving it, the complaint will be disregarded.

#### 01.05.02.08

The weigh-in/monitor sheets should be stored in the Team Book and made available for review upon request. Failure to produce these sheets will lead to a one-day practice suspension for the club the following week, and will result in a one-week suspension for the Booster Club AD. Additionally, the Booster Club AD must submit game results to the A.A.Y.F.D.T. by email ([athleticdirector@aayfdt.org](mailto:athleticdirector@aayfdt.org)) by 7 PM on game day.

## **SEASON SCHEDULE**

### 01.05.03.01

Scheduling of regular season play is the responsibility of the A.A.Y.F.D.T. AD. Pre-season and post-season schedules must be approved by the A.A.Y.F.D.T. Board of Directors. Scheduling of special events at any time shall be approved by the A.A.Y.F.D.T. Board of Directors. Participation in special events shall be optional for each participant.

### 01.05.03.02

Each year at or before the first sign-up, the season schedule will be set by the A.A.Y.F.D.T. AD. The Playing Schedule will be created no later than the start of Conditioning Camp. Home field advantage will be reverted in the interim year where possible. Home field advantage will be equal where possible. Regular season play will be conducted to determine the two champions. Regular season play is designed to balance fun, learning, and growth with competition.

### 01.05.03.03

Playing records are maintained throughout the season by the A.A.Y.F.D.T. AD and provided to each Booster Club weekly.

## **RULES OF PLAY**

### 01.05.04.01

The playing rules for A.A.Y.F.D.T. shall be those rules as promulgated by the UIL, NCAA, and any special rules adopted by the A.A.Y.F.D.T. Board.

### 01.05.04.02

All participants and teams of A.A.Y.F.D.T. will be governed by the rules adopted and approved by the A.A.Y.F.D.T. Board of Directors. Unless otherwise specified, all rules shall apply to all classifications.

### 01.05.04.03

Games shall be played under supervision of A.A.Y.F.D.T. Referees. Five referees shall officiate each tackle game with one referee being the off-field official timekeeper. Flag will have three referees with one being the off-field timekeeper. Fields with accurate scoreboard clocks shall have the time displayed at all times.

### 01.05.04.04

The total playing time for Flag shall be two eighteen (18) minute quarters. The total playing time for tackle (Freshman-Senior) shall be four eight (8) minute quarters, or thirty-two minutes.

### 01.05.04.05

The intermission between halves shall not exceed fifteen minutes. During half-time intermission of the Freshman and Sophomore games, the Home Drill Team may perform. The Visiting Drill Team may perform during half-time intermission of the Junior and Senior games. The maximum length of each performance should be approximately fifteen minutes. In any event, the football

teams shall take the field to be ready to start the second half by the end of the intermission. (Exceptions to shorten halftime may be made when Drill Team Director deems necessary.) During the drill performances, the field must completely be cleared of football players, parents, and coaches that are not associated with the drill squad.

#### 01.05.04.06

The Freshman team only, may have one coach on the field (in the huddle) for their first two games. The coach will not hinder or slow play in any manner but will assist the participants as they play their first two games. The Freshman coach will refrain from any instruction (verbal comment) and making major adjustment of player(s) after the play is called in the huddle and proceed to his team side hash mark to be out of the playing field. The coach may ensure that there are 7 players on the line of scrimmage and ensure player(s) are in proper stance. The coach will not move players to close a hole in the line (if the players do not line up properly) and will not move player(s) to block a defensive player not covered. Likewise, the defensive coach will not move player(s) after he sees the offensive formation. If the offense is ready to snap the ball and begin play, the defensive coach will not hold up the play while attempting to influence the defensive players to adjust to the formation. The penalty against a coach will result in the coach leaving the field for the remaining portion of the game, but he may remain on the sidelines. The coach will be replaced on the field by another coach.

#### 01.05.04.07

During any timeout, whether called by a coach or referee, all coaches must remain outside of the numbers. No coach is to attend to an injured player. Coaches will receive one warning and all subsequent violations will result in a 15-yard penalty for unsportsmanlike conduct. If a Referee identifies a helmet-to-helmet collision, the players involved must come out for 1 play.

#### 01.05.04.08

The following are rules to control the use of profanity, racial slurs, intimidation, and taunting:

- a. Any participant using profanity and/or making racial slurs shall be ejected from the game.
- b. Any participant being ejected from two games shall not be allowed to participate in the remainder of the season.
- c. If in the course of the game, three or more participants from the same team are ejected from the game, that team shall automatically forfeit the game.
- d. Coaches will be held accountable for the behavior and actions of their participants and are subject to suspension.

If a participant is ejected during the first half of a game, he will be eligible to play in the next game. If a participant is ejected during the second half of the game, he is not eligible to play in the first half of the next game but will be eligible for the second half of the next game.

#### 01.05.04.09 – KICKS

The extra point after touchdown shall be one point for a running play or a pass caught outside the end zone and then run into the end zone, and two points for a forward pass caught inside the end zone. Extra point kick attempts are awarded two points, if successful. The offensive team must advise the referee of their intent to kick the extra point in order for the referee to

notify the defensive team. At all levels, if a punt is declared it must be declared prior to breaking the huddle. The offensive team must punt the ball and there is no rush by the defensive team. If the hiked ball is fumbled, the ball is considered dead and the ball is placed at the previous spot and turned over of downs. Once the ball is snapped, the offensive team has 5 seconds to kick the ball or the play is blown dead and the ball placed where the kicker was standing. No fake punts are allowed if a punt is declared. Once the ball has been kicked, the play will then become a live ball play.

- Players who weigh over the applicable weight limitation may not line up deep in kickoff or punt formations to accept the ball (they must line up on the front row). Front row is defined as row of players closest to the ball. If a player over the applicable weight limit receives the ball, the ball cannot be advanced, and the referee blow the whistle and the play is dead.
- Non Impact (wrist banded) players may free kick, place kick, field goal or punt the ball.
- FRESHMEN & SOPHOMORE: no rushes or fake kick attempts. If the defensive team rushes, the down will be replayed, and a 15-yard penalty assessed against the defensive team on the ensuing kickoff.
- JUNIOR & SENIOR: The defense is allowed to rush the field goals and extra point attempts.
  - Defensive team must make a clear attempt to block the kick and may not initiate intentional roughing or unnecessary contact with the kicker. If a defensive team makes significant contact with the kicker after the ball is kicked, a roughing the kicker penalty (15 yards, automatic first down) will be enforced. Incidental contact may result in a running into the kicker penalty (5 yards).
    - Only players lined up on the line of scrimmage in a three point or 4 point stance, at the snap may rush the kicker - no delayed blitzes or second-level rushers.
    - It is illegal for three players for defensive players on the line of scrimmage to stand side-by-side and move forward together after the snap with primary contact against a single offensive player.
    - The defense cannot line up or rush over the center.

#### 01.05.04.10

There shall be no running of the clock until both teams' players have played their minimum plays. Once all players have played their minimum plays and the Athletic Directors agree the head official on the field must be notified to run the clock. The official time shall always be stopped when NCAA or A.A.Y.F.D.T. rules so dictate and shall not run through time-outs, plays that end up out-of-bounds, injuries after scores, etc. Consequently, coaches must be very sensitive to good sportsmanship issues related to running up the score, calling last second time-outs to set up unnecessary scoring attempts, etc. Coaches who are not extremely sensitive to these issues of good sportsmanship shall be held to the highest level of A.A.Y.F.D.T. Board scrutiny. Previous complaints between clubs have no bearing on justifying any current sportsmanship issues.

#### 01.05.04.11

Any team deciding to take a knee shall advise the referee - The player must be under center and take a knee immediately and is not allowed to stand with the ball in order to run time off the clock). The referee shall notify the opposing team and there shall be no rush during the play. If

the defensive team rushes (and proved it was purposeful), a 15-yard penalty will be assessed, and the guilty player and/or coach and the head coach will be ejected and may be suspended or removed from the league. This is determined by the A.A.Y.F.D.T. AD and the Referee.

#### 01.05.04.12

Headsets and other forms of electronic communication (Cell Phones) are not allowed on the sidelines on game days except for the A.A.Y.F.D.T. AD, A.A.Y.F.D.T. Medic, Club President, Club Vice President, or Club AD. Any coach using electronic communication on the sideline will receive an automatic 2-week suspension.

### **GAME OPERATIONS**

#### 01.05.05.01

The starting time for the Flag game is 8:00 AM. The Freshman game shall begin promptly following the completion of the Flag game, but not before 9:00 AM. The Sophomore game shall begin promptly following the completion of the Freshman game, but not before 10:30 AM. The Junior game shall begin promptly following the Sophomore game, but not before 12:00 noon. The Senior game shall begin promptly following the Junior game, but not before 2:00 PM, unless BOTH Presidents approve an earlier start time but not before 1:30pm.. These are game clock times unless the ending of the previous game leaves less than 10 minutes between games. The 10 minutes between games is for team introductions, prayer, and National Anthem. If the Division before has a bye week and the times can be moved up slightly, BOTH Club A.D.s must agree on time change.

#### 01.05.05.02

Automatic forfeiture is assessed to a team that fails to take the field within 15 minutes following its appointed time or following completion of the preceding game, whichever comes later.

#### 01.05.05.03

The decision to suspend or postpone scheduled games due to hazardous weather, field, or other conditions, is made mutually by the opposing Booster Club Athletic Directors and Presidents. The decision to cancel games will be made by the A.A.Y.F.D.T. AD. Failing agreement, the final decision is made by game referees.

#### 01.05.05.04 – REGULAR SEASON AND PLAYOFF GAMES

The head referee and both Club ADs may stop or postpone games due to hazardous weather (heavy rain, lightning, tornadoes, etc.). If a game does not start due to hazardous weather, then the game may be delayed a maximum of 2 hours if the field is playable. In no case may the games be delayed beyond the start of the next game. (For example, if lightning stops the Junior game at 1:10 then the game must restart by 2:00 as the Senior games start at 2:00 normally.

- a. It is suggested that when hazardous weather occurs, teams seek shelter close-by so that they may return to the field when weather permits the continuation of the game.
- b. The following formula will be used in determining the need to reschedule canceled games. If one team is clearly in control, as listed below, then games will not be rescheduled. Otherwise, game(s) will be rescheduled by the A.A.Y.F.D.T. AD as time permits.

- i. If rain stops a game at halftime or within 2 minutes of halftime and one team is ahead by 24 or more points; that team is declared the winner.
- ii. If rain stops a game within 2 minutes of the end of the 3rd quarter and one team is ahead by 18 or more points; that team is declared the winner.
- iii. If rain stops a game within 2 minutes of the end of the game and one team is ahead by 12 or more points; that team is declared the winner.
- iv. Lightning Protocol - If a lightning strike is within 10 miles, everyone must immediately return to the vehicles for 30 minutes. With every lightning strike, 10 miles radius, the 30 minute clock resets. They CANNOT stand on the field or under bleachers.

#### 01.05.05.05

The National Anthem and prayer must be played prior to the start of all games. Official National Anthem to be played at games will be provided by A.A.Y.F.D.T. A.D.

#### 01.05.05.06

Football participants will be announced prior to each game at the option of each booster club.

#### 01.05.05.07

The home booster club is responsible for providing a press box announcer, down marker (1) and chain people (2) for the game. The down marker and chain are to be positioned on the home team side of the field. The visiting booster club must provide a spotter to assist the press box announcer.

#### 01.05.05.08

The A.A.Y.F.D.T. league board is required to provide a uniformed police officer, referees, and medics for each game day and handles the hiring and paying of the game day personnel.

#### 01.05.05.09

Location of participants and spectators in each club's playing field layout must be approved by the Booster Club President.

#### 01.05.05.10

During a game, the team, a maximum of six coaches, the Booster Club Board Members (or their representatives), a Team Mom/Dad, A.A.Y.F.D.T. Officials and authorized game day workers shall be the only persons allowed on their respective sidelines. Each of the above individuals shall be readily identifiable by his hat, shirt, or other distinguishable paraphernalia. Each of the individuals below shall be readily identifiable by a badge as game day workers or by other distinguishable paraphernalia.

- a. Two people on chains for spotting the first downs, and one person on the down marker for spotting the line of scrimmage.
- b. Two water providers or three if only one team mom on the field.
- c. One Observer for the home sideline.
- d. One Monitor for the visitor sideline.

All others, including A.A.Y.F.D.T. Board Members and Booster Club Members, must remain between the 20 yard line and end zones or behind the track. If a problem occurs on the field,

the Booster Club AD and/or Booster Club President or VP may enter the playing area or field to take care of the problem or help out. The A.A.Y.F.D.T. AD and Assistant AD are allowed in the team areas to assist when needed.

#### 01.05.05.11

No individual associated with the A.A.Y.F.D.T., either as a parent or as an official, is permitted to carry concealed weapons to any A.A.Y.F.D.T. function, including games. Anyone associated with the league, which has a weapon, will be asked to leave, or the police officer shall handle the situation. The only exception to this rule is the uniformed police officer.

#### 01.05.05.12

Use of air horns, or any other electronic devices, during game time is prohibited. Any device that causes a distraction of the snap of the game ball is also prohibited during game time. Game day (photo /player) banners are only allowed on your sidelines. Any use of such device or hanging game day (photo/player) banners on opponents will result in the immediate removal of person or persons from the field and game day premises.

#### 01.05.05.13

Announcing: no music allowed when players are on the line. Potentially creates a distraction when the ball is snapped.

### **SECTION VI: LEAGUE PLAYOFFS**

#### 01.06.01

There will be a post-season playoff tournament culminating in a Super Bowl between the finalists. The tournament will be a single elimination type tournament.

### **RANKINGS**

#### 01.06.01.01

The top eight teams in each age classification may compete in the tournament. The playoff pairings may be modified at any time by the A.A.Y.F.D.T. AD in the event of removal or disqualification of a team. The selection process shall be in the following manner:

#### 01.06.01.02

Points will be awarded based on regular season play.

- a. Two points will be awarded for each win
- b. One point will be awarded for each tie.

#### 01.06.01.03

The ranking will be from one to eight

1. The team with the most points will be ranked number one and the other teams ranked accordingly.
  - a. Ties in placement will be resolved by the following:
    - i. The team winning the most games in head-to-head competition with the tying teams.
    - ii. The team allowing the fewest points scored against them in the regular season.

- iii. The team having scored the most points during the regular season.
- b. Any situation more complex than the above will be resolved by the A.A.Y.F.D.T. Board of Directors.

## **BRACKETS**

### 01.06.02.01

In Round One of the tournament, pairing will be as follows:

Game A: Seed 1 vs. Seed #8

Game B: Seed 2 vs. Seed #7

Game C: Seed 3 vs. Seed #6

Game D: Seed 4 vs. Seed #5

### 01.06.02.02

In Round Two of the tournament,

Game A: 1<sup>st</sup> Highest remaining seeding vs 4<sup>th</sup> Lowest remaining seeding

Game B: 2<sup>nd</sup> Highest remaining seeding vs 3<sup>rd</sup> Lowest remaining seeding

### 01.06.02.03

Round Three will be the A.A.Y.F.D.T. Super Bowl.

## **PLAYOFFS PRE-GAME WEIGH-IN**

### 01.06.03.01

Weigh in for the 1<sup>st</sup> and 2<sup>nd</sup> round playoff games must follow the same guidelines as regular season weigh in. No AD may weigh a player from their own club.

### 01.06.03.02

The A.A.Y.F.D.T. AD is responsible for weighing in all teams at the Super Bowl games.

## **MINIMUM PLAYS**

### 01.06.04.01

Automatic forfeiture of a game will occur if the minimum plays are not met during the game including regular season, play-offs and Super Bowl.

## **GAME OPERATIONS – PLAYOFFS**

All playoff games except the Superbowl, must abide by the regular season weigh in and game times.

01.06.05.01 – Superbowl Games game times are: If there is a weather issue, the A.A.Y.F.D.T. AD will notify the teams of a possible earlier start time.

Flag 12:00PM

Freshman game 1:00PM – Weigh-In Time 12:15PM

Sophomore game 3:00PM -Weigh-In Time 2:15PM

Junior game 5:00PM – Weigh-In Time 4:15 PM

Senior game 7:00PM – Weigh-In Time 6:15 PM

01.06.05.02

The A.A.Y.F.D.T. will supply and pay the referees for all playoff and Super Bowl games.

01.06.05.03

The A.A.Y.F.D.T. will supply and pay for the security and medics at all playoff and Super Bowl games.

01.06.05.04

The A.A.Y.F.D.T. will supply an announcer at the Super Bowl game.

01.06.05.05

All teams participating in the Superbowl will be allowed a walkthrough practice on the Saturday before the Superbowl at their respective practice fields and at a time to be determined by the A.A.Y.F.D.T. AD. All players will be required to dress in shorts and shirts only. NO PADS or HELMETS. This practice can last for a maximum of 90 minutes. Mandatory Superbowl meeting for all coaches participating. Meeting will be held the week of Superbowl. If the coach doesn't attend, the coach will be ineligible to coach at the game.

## **RULES OF PLAY**

01.06.01- Tackle

During the playoffs, all games will be played to a winner. The college system of each team receiving the ball on the opponent's 25-yard line and trying to score will be used in case a game ends in a tie. This will continue until the tie is broken, after each team has had an equal number of attempts to score. If neither team scores after a round of attempts, the ball will be moved onto the opponent's 15-yard line as the starting point. On any subsequent attempts, if neither team should score, the ball will be moved in an additional 5 yards each time, finally stopping at the opponent's 5-yard line. Play will continue from this point until there is a clear winner. This is further explained below:

**Round 1:** if both teams score and the game is still tied the ball stays on the 25 yd. line and play continues.

**Round 2:** if neither team scores in Round 1, the ball is moved to the 15 yd. line and the rules for Round 1 apply.

**Round 3:** if neither team scores in Round 2, the ball is moved to the 10 yd. line and the rules for Round 1 apply.

**Round 4:** if neither team scores in Round 3, the ball is moved to the 5 yd. line and play is continued until there is a winner.

01.06.02- Flag

Playoffs OT - If the score is tied at the end of 36 minutes, each team will get a chance from the 5-yard line. This will be conducted as if it was an extra point in the no run zone (one down, pass only) until one of the team misses and the other one scores. If a winner is not decided after 5 OT move to the 12-yard line and will be able to run or pass.

## **SECTION VII: POST SEASON PLAY**

01.07.01

Scheduling of post-season activities (play-offs, tournaments, etc.) and the establishment of all criteria for participation shall be the responsibility of the A.A.Y.F.D.T. AD. Scheduling shall be complete prior to the first practice of regular season and is to be ratified by the A.A.Y.F.D.T. Board.

### **SECTION VIII: OUT OF LEAGUE PLAY**

01.08.01

No participation by individuals or teams with organizations outside All American Youth Football, Inc. will be allowed without written consent from the A.A.Y.F.D.T. Board of Directors.

### **SECTION IX: EQUIPMENT**

01.09.01

Safety shall not be compromised in the purchase of equipment.

01.09.02

Football participants shall be provided with high quality equipment from a reliable athletic goods supplier. Helmets can be purchased by the parents provided they are of high quality and meet applicable Federal Safety Regulations, but the parents shall sign a release concerning the use of any such equipment. Headgear - the helmet shall include a facemask or guard. Facemasks must be of non-breakable, molded plastic with rounded edges, or rubber covered wire. Single bar or tubular guards are prohibited. Per UIL and NCAA rules, face shields must be clear only. NO SMOKED FACE SHIELDS.

- a. Padding - shall include soft knee pads (at least 1/4" thick), approved shoulder pads, kidney, hip, and thigh pads.
- b. Jersey - the jersey color selected shall not conflict with other team colors. Arabic Block or Modern Gothic Numerals shall be of a single color and shall be worn on the front and the back. Numerals shall be 4-8 inches in height and approximately 1 inch in width. All uniform changes must be approved by the League AD. The League AD will keep a database of all uniform colors for each season. Per UIL and NCAA rules, in High School, noncompliance with the contrast rule will result in a penalty of a reduction of one (1) time out per quarter. The A.A.Y.F.D.T. will instead impose a \$200 fine per regular and playoff season game (roughly \$2,200), in lieu of a time-out penalty.
- c. Athletic Supporters- boys are strongly encouraged to wear athletic supporters.
- d. Footwear - rubber, molded cleats shall be worn. Participants must wear soccer or canvas type shoes at all times however, screw type cleats are prohibited. Failure to adhere to this rule could result in removal of head coach from the league.
- e. Mouthpieces- must be worn at all times during practice and games, which includes the quarterback. For all A.A.Y.F.D.T. divisions Freshman, Sophomore, Junior, and Senior. Mouthpieces are recommended but not required for flag.
- f. The league will provide new flags every other year for each club, at clubs expense, that has a flag team on the current year's roster. This will ensure that all clubs are using the same flags during regular games, playoffs, and the Superbowl. The Flags will be returned to the club after every practice and game. Either the Head Coach or Club AD can keep possession of the flags until either the next practice or game day.
- g. Jewelry - is strictly prohibited and must not be worn at any time.

h. Sponsorship advertising is optional with the booster club.

01.09.03

The standard game ball shall be as follows:

Flag – Wilson Leather or Wilson GST K2

Freshman – Wilson Leather or Wilson GST K2

Sophomore – Wilson Leather or Wilson GST TDJ

Junior – Wilson Leather or Wilson GST TDJ

Senior – Wilson Leather or Wilson GST TDY

All game balls must be leather. No composite balls will be allowed as game balls. During all games including playoffs, the home team will supply the game ball for the game. Teams will not be allowed to switch balls during possession changes. The League will supply the game balls for the Superbowl.

## **SECTION X: PENALTIES**

### **AUTHORITIES**

01.10.01.01

The Booster Club President and/or AD have the authority to suspend any Coach. Notification of such suspension must be furnished to the A.A.Y.F.D.T. AD within 48 hours. Suspension is for a minimum 1 week (7 days) or at a Booster Club Board decided time period. All practices and game (s) are included in this suspension. Suspensions are for violations of the Rules of Competition/Code of Conduct.

01.10.01.02

Any recommendation for the dismissal of a Coach must be approved by the Booster Club Board of Directors. The Board will review all complaints lodged against a Coach and will have the authority to dismiss the Coach by a 2/3 vote of the Board. Recommendations for more severe disciplinary measures resulting from an investigation shall be presented to the A.A.Y.F.D.T. AD. Any dismissal of a coach is permanent and – not just for the remainder of the current season.

01.10.01.03

The A.A.Y.F.D.T. AD has the right to suspend or dismiss a Coach for any reason.

01.10.01.04

Booster Club Board Members are responsible for the deportment of their own supporters. Should a fan or fans become unruly and refuse to settle down or leave after being asked by their own club's board members, the A.A.Y.F.D.T. Field Representative has the legal right, as the representative of the field's contractual organization, to ask that the security officer remove said fans. This then becomes an issue between the officer and the fans.

01.10.01.05

Every Booster Club has the right by majority vote to dismiss a parent or child from their program for failing to abide by the league's rules of conduct. They also have the right to bar those individual's return in subsequent years.

01.10.01.06

Game Referees have the right to eject a participant from the game for persistent unsportsmanlike conduct.

01.10.01.07

The A.A.Y.F.D.T. AD has the authority to make a ruling for the best interest of the league, if a rule is NOT in the current rulebook.

01.10.01.08

Any parent or coach suspended (for violations of Rules of Competition/Code of Conduct) by the league AD or League Executive Board during the previous season or the current season must apply for reinstatement. He/She will be required to fill out a new application and resign the Code of Conduct. Both must be submitted to the A.A.Y.F.D.T. A.D. at the first league board meeting after the suspension has ended.

01.10.01.09

Any coach ejected from the game by an Official will be suspended for 1 week (7 days) following the incident. Suspension includes practices and following game. Coaches are allowed to appeal the suspension by submitting a written statement as well as film to the League Athletic Director. The League Athletic Director will also get a statement from the official and the Executive Board will make a decision whether to overturn the suspension or not. THE EJECTION FROM THE GAME WILL STAND. (This appeal is an exception to the Appeals process). HE/SHE MAY NOT ATTEND PRACTICES UNTIL A DECISION HAS BEEN MADE TO OVERTURN SUSPENSION.

## **SECTION XI: FLAG FOOTBALL GAME RULES**

01.11.07.

### **Game Setup**

- a. Games are played to 36 minutes running time. Two 18 minutes halves with a running clock. Officials can stop the clock at their discretion for injury or conversations with coaches.
- b. The field dimensions are playable 30 yards wide (2nd hashmark) by playable 50 yards AND two 10-yard end zones (TOTAL 70 yards long), and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards.

### **Game Operations**

- a. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- b. Each team has two-time outs per half. Two 30-sec timeouts
- c. There are no kickoffs in flag football.
- d. Only 1 player in motion at a time. SAME AS NFL
- e. Quarterbacks have 7 seconds to throw the ball. Once a handoff is made the 7 second clock is off.

- f. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- g. A coin toss determines first possession. The winner of the toss chooses BALL, DIRECTION, or DEFER. The loser of the coin toss makes their selection. In the second half the team that lost the coin toss chooses either BALL OR DIRECTION. The other team then makes their choice.
- h. All possession changes, except interceptions, start on the offenses 5-yard line.
- i. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- j. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. The ball must be snapped between the legs, not off to one side, to start play.
- k. Only screen blocking allowed behind the line of scrimmage.
- l. After the ball is caught it becomes 1 vs 5 . One ball carrier vs 5 people trying to pull a flag. All offensive layers must stop and stand still.
- m. Screen flag is legally obstructing an opponent without initiating contact with him or with any part of the screen blockers body. This block will take place without contact. The screen blockers hands and arms interlocked in his front belt or behind his back. Any use of arms, elbows, knees or legs to block the rusher is an illegal block and will be penalized.
- n. All teams at all levels can return interceptions. Extra point interceptions can be returned for 2 points.

### **Huddle, Sidelines, and Coaches**

- a. Only 1 offensive coach allowed per team in the huddle at a time.
- b. The offense coach can stay in the field during the play. BEHIND THE QUARTERBACK AND OUT OF PLAY.
- c. Defensive coach allowed on the field ONLY during timeout, NOT WHILE CLOCK IS RUNNING.
- d. A coach CANNOT interfere with a play verbally or physically. A coach can't say "wait stop come huddle" and then run a quick play. A player can do any type of performance he may want to, but Not an adult. This will be a 15-yard penalty and is the same as a coach physically directing one of their O players

### **Scoring**

- a. Touchdown: 6 points
- b. Extra point: 1 point (played from 5-yard line NO RUN ZONE) or 2 points (played from 12-yard line Run or pass ok
- c. Safety: 2 points

### **Running**

- a. The quarterback cannot run with the ball, unless it has been previously handed off to another player and returned to him.

- b. QB can field a snap that bounces to him or flies untouched over his head. The ball must be picked up and handled cleanly. If the QB drops the ball it is a dead ball at the spot where it hits the ground.
- c. Offense may use multiple handoffs, laterals or direct hand offs. The QB must make a clean exchange of the ball to the running back.
- d. Center Sneak Rule - The QB cannot receive the snap from under center and then hand it back to the center between the centers legs, if this occurs it is a dead ball loss of down.
- e. Laterals, hand offs or pitches are allowed behind the line or in the field of play. If in the field of play this play MUST be backwards. No forward pitch.
- f. No-running zones, located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage. TEAMS MUST PASS. A pass in this zone MUST be across your line of scrimmage.
- g. Power-running situations.
- h. The player who takes the handoff can throw the ball from behind the line of scrimmage. If he hands off the ball to another player that player can throw OR run.
- i. Once the ball has been handed off, all defensive players are eligible to rush.
- j. Spinning is allowed, but players cannot dive forward into a defensive player to advance the ball.
- k. Ball carriers may jump side to side to avoid a flag pull, however no contact can be made with a Defender or it will be called a roughness penalty.
- l. The ball is spotted where the ball carriers' hips are when the flag is pulled, not where the ball is.
- m. Defense may dive to pull a flag reaching for flag and not holding the O player. If the O player falls and no flag is pulled it is a tackle. If the O player falls but a flag pulled it is a clean tackle.

### **Receiving**

- a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- b. As in the NFL, only one player is allowed in motion at a time.
- c. A player must have at least one foot inbounds when making a reception.

### **Passing**

- a. The QB can throw any type of pass forward (ie. shovel is OK).
- b. The pass does not have to be beyond the line of scrimmage UNLESS in the NO RUN ZONE. Once the pass is caught ALL Defense can rush in the backfield.
- c. If in the no run zone, the WR must be across the line of scrimmage to receive the pass.
- d. The QB has a seven-second pass clock. If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect. All defenders are eligible to rush the QB once the ball is handed off.
- e. If a behind the line of scrimmage lateral is made the defenders cannot rush until the ball is caught by the RB/WR.

### **Dead Balls-Play is ruled dead when:**

- a. Ball carrier`s flag is pulled.
- b. Ball carrier steps out of bounds.
- c. Ball carrier`s knee hits the ground.
- d. Ball carrier`s flag falls out.
- e. Touchdown or safety is scored.
- f. Inadvertent whistle
- g. If a team incurs 2 dead ball foul penalties on the same down the clock will be stopped until a successful play is run. Ex: false start and another false start. We have a running clock in the league, and this is to prevent abuse of the clock. Yardage penalties will be assessed on both penalties and the clock will stop on the second one. If this happens more than once in a game a 15-yard personal foul unsportsmanlike will be called and the clock stopped.

**Note: There are no fumbles. The ball is spotted where the ball hits the ground.**

### **Rushing the Quarterback**

- a. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- b. Only one RUSHER can rush the QB.
- c. Any player from any location on the field may rush as long as they are 7 yards back. IE a corner may rush the QB as long as they are behind the marker. Players not rushing the quarterback may defend on the line of scrimmage.
- d. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, NO blocking past the line of scrimmage and NO tackling is allowed anywhere.

### **Flag Pulling**

- a. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- b. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- c. It is illegal to attempt to strip or pull the ball from the ball-carrier`s possession at any time.
- d. If a player`s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- e. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- f. Flag guarding is an attempt by the ball-carrier to obstruct the defender`s access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

### **Formations**

- a. Offenses must have a minimum of two players on the line of scrimmage (the center plus one additional player) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- b. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
- c. No motion is allowed toward the line of scrimmage.
- d. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- e. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

## Penalties

### ***Sportsmanship/Roughing***

- a. All penalties will be called by the referee. A penalty can negate a first down (spot foul penalties that push the ball back)
- b. Personal foul: 10-yard penalty no loss of down. Will apply to both offense and defense.
- c. Stripping the ball is not allowed and is a 10-yard personal foul penalty. Hitting the ball out of the QB's hand is a strip. automatic first down

### ***Defense***

- a. Offside: 5 yards and automatic first down. Not a dead ball play. Play continues offense can choose result of the play or penalty
- b. Pass Interference: 10 yards and automatic First down
- c. Illegal contact (holding, pushing, blocking, etc.): 10 yards and automatic first down
- d. Illegal flag pull (pulling a players flag when they do not have the ball): 10 yards and automatic first down
- e. Illegal rushing (starting the rush from inside 7-yard marker): 10 yards and automatic first down.
- f. If a rusher "jumps" the snap count he must go back behind the marker and then rush in. Play continues.
- g. Defenders are not allowed to run through the ball-carrier when pulling flags.

### ***Offense***

- a. Illegal motion/ FALSE START: more than one person moving, false start, etc. Dead Ball. 5 yards & replay down.
  - o After 2 false starts in a row, every false start is a loss of down and 15-yard penalty for that team for the rest of the game. Sportsmanship issue.
- b. Illegal forward pass 2 forward passes: 5 yards and loss of down
- c. Illegal contact: Blocking, pushing off/away defender from either a blocking back or WR: 10 yards and loss of down.
- d. Down field screen: Once the ball crosses the line of scrimmage no blocking is allowed even if is a screen block.
  - o Spot foul 10-yard penalty
- e. Non-contact flag: The offensive players must stop and cannot move if they are in front of or near the WR who catches the ball. A team cannot have 2+ players running side by

side down the field or have players running in front of the ball carrier. All WR must stop and stand still like a "basketball pick" block. The official will judge if the players did this to gain an advantage on the play.

- f. Flag guarding: 10 yards (from spot of the foul) and loss of down
- g. If the Offense is in the no run zone, they cannot benefit by having a penalty pushing them out of the no run zone.
  - o EX: If the O is on the 3 you cannot have a delay of game penalty or any other to push you out of the no run zone. You will get the penalty AND it is still a no run play for the rest of the series.
- h. Delay of game: Clock stops, 5 yards no loss of down
- i. Illegal substitution/ sleeper play - 10 yard penalty. Players must be in the huddle and or be identified by refs prior to a play.
  - o EX a player standing on the sideline cannot sneak on a field
- j. Last man to beat penalty; Will place the ball at the 6 yard line, automatic first down, 4 DOWNS TO SCORE run or pass for all downs--- Ref decision if flagrant
- k. Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- l. Ball-carriers MUST make an effort to avoid defenders with an established position.

***Defensive Penalties:***

Defensive unnecessary roughness -10 yards
Defensive Unsportsmanlike conduct -10 yards
Offside -5 yards from line of scrimmage
Illegal rush (Starting rush from inside 7-yard marker) -5 yards from line of scrimmage
Illegal flag pull (Before the receiver has the ball) -5 yards from line of scrimmage
Roughing the passer -5 yards from line of scrimmage
Taunting -5 yards from line of scrimmage
Defensive pass interference Automatic First Down
Holding Automatic First Down
Stripping +10 yards and Automatic First Down

### **Offensive Penalties:**

Offensive unnecessary roughness -10 yards and loss of down
Offensive unsportsmanlike conduct -10 yards and loss of down
Offside / false start -5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage) -5 yards from line of scrimmage and loss of down
Offensive pass interference -5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving) -5 yards from line of scrimmage and loss of down
Delay of game -5 yards from line of scrimmage and loss of down
Impeding the rusher -5 yards from line of scrimmage and loss of down
Illegal Procedure -5 yards from line of scrimmage and loss of down
Screening, blocking or running with the ball -10 yards and loss of down
Charging -10 yards and loss of down
Flag Guarding -10 yards and loss of down

### **Terminology**

- **Boundary Lines:** The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
- **Line of Scrimmage (LOS):** An imaginary line running through the point of the football and across the width of the field.
- **Line-to-Gain:** The line the offense must pass to get a first down or score.
- **Rush Line:** An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
- **Offense:** The team with possession of the ball.
- **Defense:** The team opposing the offense to prevent it from advancing the ball.
- **Passer:** The offensive player that throws the ball and may or may not be the quarterback.
- **Rusher:** The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
- **Downs (1-2-3):** The offensive team has three attempts or “downs” to advance the ball. It must cross the Line-to-Gain to get another set of downs or to score.
- **Live Ball:** Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball:** Refers to the period of time immediately before or after a play.

- **Whistle:** Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
- **Inadvertent Whistle:** Official's whistle that is performed in error.
- **Charging:** An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
- **Flag Guarding:** An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
- **Shovel Pass:** A legal pitch attempted beyond the line of scrimmage.
- **Lateral:** A backward or sideways toss of the ball by the ball-carrier.
- **Unsportsmanlike Conduct:** A rude, confrontational or offensive behavior or language.

***ALL A.A.Y.F.D.T. FLAG FAMILIES AND PLAYERS MUST ADHERE TO THE A.A.Y.F.D.T. Code of Conduct and other A.A.Y.F.D.T. rules throughout this document.***

## **ARTICLE II: DRILL TEAM RULES OF COMPETITION**

Section I: Registration/Team Structure

Section II: Practice

Section III: League Regular & Post Season

Section IV: Drill Team Competition

Section V: Director Meeting Guidelines / Equipment

## **SECTION I: TEAM STRUCTURE/ REGISTRATION**

### **REGISTRATION**

#### 02.01.01.01

All new members must present a copy of the participant's birth certificate at the time of registration to be verified by an A.A.Y.F.D.T. officer and the corresponding booster club where the member registers.

#### 02.01.01.02

The A.A.Y.F.D.T. dictates the Drill Team Membership Fee. The Mascot, Junior, and Senior membership fee is \$375. This membership fee consists of: a registration payment and a fundraising commitment. The registration fee is \$225. It is mandatory that Mascots, Juniors, and Seniors fund-raise \$150 to complete their membership fees.

\*This membership fee is outside of any additional Drill Team fees that may be imposed by the booster club drill team, which are determined at the beginning of every season and approved by the booster club board of directors (aka, Drill Team Budget). An example of additional fees may be uniform, accessory, and/or rental fees.

#### 02.01.01.03

Drill Team Uniform packages are selected and ordered by each booster club. To ensure that they appear appropriate, the Booster Club Drill Team Directors must approve all uniforms and/or changes to uniforms each season. Booster clubs may not charge more than an additional \$225 for a uniform package for any Drill Team member.

#### 02.01.01.04

Parents must be members in good standing in a Booster Club for a child to be a member of a Senior, Junior, or Mascot Drill Team. All Drill Team requests for a booster club release will go through the League Drill Director for approval, to verify if it is a valid request and will seek both club signatures (outgoing and incoming) for final approval.

### **TEAM STRUCTURE**

#### 02.01.02.01

The ages for Senior drill teams will be: 9 years old but not more than 12 years old by September 1<sup>st</sup> of the current season and in grade 6 or below.

Note: upon Head Senior Instructor's discretion\* and the Booster Club Drill Team Director's concurrence\*\*, an 8-year-old, 3<sup>rd</sup> grader, may dance up to Senior Level.

#### 02.01.02.02

The ages for Junior drill teams will be: 6, 7 & 8 years old by September 1<sup>st</sup> of the current season and are at/or below grade 3.

*Note: upon Head Junior Instructor's discretion\* and Booster Club Drill Team Director's concurrence\*\*, a 5-year-old may dance up to Junior Level.*

*\*Instructor accepts the responsibility of determining if a child is mature (attention span, dance compatibility) enough to be an asset to the team. \*\* Booster Club Drill Team Director is prepared to defend the decision.*

#### 02.01.02.03

In most circumstances, a member should only be a Junior for 3 years; her advancement to the Senior team is subject to her parent, the Head Instructor, and the Booster Club Drill Team Director's approval. If any member enters their 4<sup>th</sup> year as a Junior, this must be reviewed by the league Drill Director and ultimately approved by the majority of booster club DTDs. Examples of this may be a member with a learning disability or a member who is held back a grade in school.

#### 02.01.02.04

The ages for Mascot drill teams will be: 3, 4 & 5 years old by September 1st of current season and are at/or below Kindergarten. Mascots must be potty trained to register. The participant that is 3 years old must turn 4 years old by December 31st of that season. Note: upon Head Mascot Instructor's discretion and Booster Club Drill Team Director's\* concurrence, a 3-year-old who will not be 4 by December 31st of that season may join the mascot team.

\*Booster Club Drill Team Director is prepared to defend the decision.

#### 02.01.02.05

Each club will have three Drill Team Squads\*\*\*. Mascots (with 3 minimum registered members), Juniors (with 30 maximum) and Seniors (with 40 maximum). These numbers may be increased or decreased by the League Drill Director's approval following a justification submitted by the booster club Drill Team Director and it must include the Head Instructor's concurrence. \*

Minimums may not be decreased to lower than 25.

- a. If a Junior or Senior Squad maximum is met before the 1st Day of Official Season Practice, the League Drill Director will work with the booster club Drill Team Directors to determine member's team placement. The closing of Drill Team rosters prior to minimums or maximums being met MUST be approved by the league Drill Team Director. It is also recommended to seek approval from the booster club president.

*\*\*\*Depending on the number of girls signed up, some teams may have to combine levels to make one squad.*

- b. The Roster number from the first game will determine the group size for Competition.
- c. If a registered member does not attend practice by the first game, without written club board approval, they will be removed from the roster.

#### 02.01.02.06

All Drill Teams must be under the supervision of a booster club Drill Team Director. Each Drill Team may have Head instructors and assistants as needed. The booster club Drill Team Director is responsible for all levels of teams.

#### 02.01.02.07 – STUDENT/JUNIOR INSTRUCTORS

Students under the age of 18 who wish to assist with instructing may do so only in conjunction with an A.A.Y.F.D.T. approved coach/instructor.

#### 02.01.02.08

Discipline problems should be handled by the booster club Drill Team Director. If a DT Director has a continual problem after attempting the support of the member's parents, the issue should be taken to the Booster Club President and League Drill Director.

#### 02.01.02.09

Conduct/Policies at practice or performances will include the following:

- a. All members should have a parent or guardian at all functions except inside or outside closed practices or as required by the Drill Team Director.
- b. All members must abide by policies and rules governing their organization, including merits/demerits, Code of Conduct, and Attendance Policies.

### **SECTION II: PRACTICE AND ATTENDANCE**

#### 02.02.01

Official Practices for all drill teams will not begin before the date set by the A.A.Y.F.D.T..

#### 02.02.02

Drill Team Practice is defined as any occasion when three or more members and one or more Drill Instructors assemble for practice, instruction, or choreography review (not including purely social activities). NOTE: Stretching and warm-up time are NOT considered a part of practice, provided it is not mandatory, lasts no longer than 15 minutes, and is led by Senior Drill Team members instead of coaches or the Director.

#### 02.02.03

Drill Teams may choose as an option to hold a camp no more than 3 hours over 2 days during the 1-week period in the week of conditioning camp that the football teams optionally conduct. Each session may be used as time for introductions, big/lil sis announcements, cheers, exercise, hand out of practice wear and/or fundamental cheer/dance technique, but may NOT work on competition dances. This is an option prior to the official first day of practice as noted for that year's A.A.Y.F.D.T. schedule.

Drill Team may also hold a league wide cheer/dance clinic prior to the official first day of practice (as noted for that year's A.A.Y.F.D.T. schedule). This event will be hosted by the A.A.Y.F.D.T. and will be a fundraiser for a Drill Team competition venue and it will be encouraged that all booster club drill teams participate. This event will give an even playing field to all squads for basic dance steps, movements, new cheers/chants and a sideline cheer foundation.

#### 02.02.04

Senior level practice:

Game season – two times a week, or three times a week. Total practice time: 4 hours.

Non-game season – three times a week, or four times a week. Total practice time: 6 hours. May add 1 hour for post-season dress rehearsal.

#### 02.02.05

Junior level practice:

Game season – two one and a half hour practices or three one-hour practices per week. Total practice time: 3 hours. Non-game season – three or four per week. Total practice time: 4 ½ hours. May add 1 hour for post-season dress rehearsal.

#### 02.02.06

Mascot level practice: No more than 2 hours per week.

#### 02.02.07

If a drill team practice is missed due to bad weather conditions, the practice may be carried to the following week, or no more than 30 minutes could be added to any scheduled practice day. This scheduled practice could be held on a separate non-scheduled practice day. It is the responsibility of the Booster Club Drill Team Director to post schedule changes on their booster club's media/website, and to notify the League Director of any changes.

- a. a. Lightning Protocol for practices & games: If a lightning strike is within 10 miles, everyone must immediately return to the vehicles for 30 minutes. With every lightning strike, 10 miles radius, the 30 minute clock resets. They CANNOT stand on the field or under bleachers.

#### 02.02.08

If a drill team is invited to participate/perform at a community event, they must present details at that month's Drill Director's meeting as notification. The venue for such performance shall not be at that year's competition venue, unless prior approval by the League Drill Director, and replaces (1) practice day during that week's practice schedule, and the possibility of no run-through time in the practice gym on competition day.

#### 02.02.09

If bad weather conditions occur during a Saturday game, a Booster Club Drill Team director can cancel performances. The Booster Club Drill Team Director must be at the field until all members have been notified of the canceled performances or practices. The League Drill Director must also be notified of any canceled performances.

**For codes 02.02.07, 08 and 09: Drill Teams not providing adequate notification via email, website or phone call will be fined \$100 or more.**

#### 02.02.10

Absences from practices/performances (all absences-excused or unexcused)

- a. If a team practices only two times a week, missing one practice the week of a game will result in not performing at that same week's Saturday halftime.
- b. If a team practices two or more times per week, missing two practices the week of the game will result in not performing at that same week's Saturday halftime.
- c. Missing one-practice two weeks in a row results in not performing during the next Saturday's halftime.
- d. Penalty for 2 tardies and/or leaving before practice ends will be treated as one absence.
- e. Missing two games, unless excused by the Booster Club Drill Team Director, will result in forfeiting position on team without refund (excused absences from a game are: death in family, illness with doctor's note as verification, prior approval for a religious obligation, or a school-sponsored function).
- f. Excessive absences of 5 or more, whether excused or unexcused, will warrant dismissal from the team, as per discretion of the Booster Club Drill Team Director with no refund.
- g. Any member not eligible to perform on any given Saturday must still attend the game in full uniform. Although the member may not perform during the half-time, she is still

expected to cheer during the game. Not attending the game may result in removal from the team with no refund.

- h. Members must have a signed attendance agreement on file.
- i. Notification of a tardy or absence is mandatory. If a member is going to be late or absent from practice, the Booster Club Drill Team Director MUST be notified with two forms of communication. Any of the following may be used to meet this requirement: phone call, email, text. If email is used, the Assistant Drill Team Director or Drill Team Mom Coordinator must be included in the notification.

#### 02.02.11

For security and liability reasons, each member is required to be picked up at the end of the practice, game, or mandatory drill team event. No Drill Team Director is responsible for any member after the practice, game, or mandatory drill team event ends. Failure to pick up your member may result in the following consequences.

1<sup>st</sup> Time – Warning Letter.

2<sup>nd</sup> Time – Contact Constable or Sheriff's Office.

3<sup>rd</sup> Time – Removal from club roster.

#### 02.02.12

No parents, fans, guests, or other individuals are allowed within the fences of practice or game fields/gym and/or on the track. If venues are not fenced, everyone must allow a 50-foot "clear" zone from the sideline or practice area.

### **SECTION III: LEAGUE REGULAR & POST SEASON**

#### **LEAGUE REGULAR SEASON**

##### 02.03.01.01

Saturday performances are limited to and must not exceed 15 minutes, including going on and coming off the field. A performance which exceeds the time limit could result in a penalty for delay of the football game. This time includes all drill team levels performing. At no time can this halftime be used for one individual squad level performance.

##### 02.03.01.02

The home team will cheer and perform for the first two scheduled football games, while the visiting team will cheer and perform for the last two scheduled games, unless an exception is granted by the A.A.Y.F.D.T. Drill Team Director. Following the second game performance, the drill team may leave. At the Director's discretion, the home team may choose to cheer only (without performing) during the morning flag game.

##### 02.03.01.03

Should a football game be postponed more than 45 minutes due to inclement weather, the drill team will be given an opportunity to perform at the halftime at first game and beginning of second. This will be up to the Drill Director and Booster Club President.

##### 02.03.01.04

Sometimes not every football team can fill their minimum roster requirements for a specific squad. For example: a team could not complete a freshman roster, so they only have

sophomore, junior, and senior games for the season. In this case, the Drill Team normally performing at two halftimes will only perform for one halftime, but will be allowed to perform either at the beginning or after the game they are supporting in order to get their two practice performances in. This decision should be decided in advance between both club presidents, their respective DTDs, and the league ADs (football and drill).

#### 02.03.01.05

No member or group will be required to attend all games in any one day.

#### 02.03.01.06

All snacks and drinks and other incidentals are set and organized by the individual drill teams at games.

#### 02.03.01.07

Halftime performances: Leaving the stands to practice prior to the start of the 2<sup>nd</sup> quarter is not allowed. After the 2<sup>nd</sup> quarter has begun, with no more than (4) minutes left on the game clock, Drill Team Directors and coaches may take the girls to practice prior to taking the field for halftime. Music may be used to warm up, as well as the count out method.

### **LEAGUE POST SEASON (FOOTBALL POST SEASON)**

#### 02.03.02.01

Drill Team is not required to attend standard playoff games. Drill Teams who participate will only cheer at Playoff Games.

#### 02.03.02.02

It is up to the discretion of the booster club Drill Team Director whether or not to cheer and participate at a Super Bowl game, if any of their respective football teams make it to the Super Bowl. Once again, Drill Teams who participate will only cheer at Super Bowl Games. This information will need to be provided to the League Drill Director to ensure their admission is free to the Super Bowl games.

*\*If a Drill Team member does not have a team playing in the Super Bowl, they must pay general admission.*

### **SECTION IV: DRILL TEAM COMPETITION**

#### **GENERAL INFORMATION**

##### 02.04.01.01

Attendance and participation in the Drill Team Competition is mandatory. Any member not participating will be immediately removed from the team and forfeits all trophies, honors, and awards, including participation in the team's banquet. Exceptions are illness, injury, school activities, or death in the family (appropriate documentation is required for any of these exceptions and must be provided to the League Drill Director accordingly).

##### 02.04.01.02

Drill Team members are NOT allowed to work directly with professional coaches and/or choreographers who are paid or compensated for their professional skills. Instead, a booster club Drill Team may have the professionals teach their coaches, who will then teach the drill

team members. Any team found in violation of this rule will have their team and related category immediately removed from competition and the booster club will have to pay a \$500 fine.

#### 02.04.01.03

A meeting will take place between the League Drill Director and the Booster Club Drill Team Directors no later than the May director's meeting to review judging sheets and rules for competition.

#### 02.04.01.04

There may be no routine help from the sidelines by anyone, including the instructors or directors, while a team is performing at competition, except for Mascots. Further, no director, assistant director, or instructors are permitted on the floor at competition during any team's performance, with the exception of the mascot performance. If a team is found to be violating this rule at competition, the League Drill Director and/or Competition judges will deduct 10 points for that team and related category.

#### 02.04.01.05

Exceptions to competition performances will be made in writing to the League Drill Director before competition categories are set. Exceptions will be reviewed at October's monthly meeting for approval and majority vote by the booster club Drill Team Directors. All approved exceptions will be provided to the competition judges on the day of competition. Exceptions include: member injury, disability, and/or another illness or approved reason. Emergency exceptions the day of competition will be the sole responsibility and final decision of the League Drill Team Director. No appeals to final decisions will be allowed. Injuries, disabilities, and illness must accompany professional documentation for verification.

#### 02.04.01.06

All teams have a designated seating area at competition, depending on the venue and availability.

#### 02.04.01.07

All Drill Team Directors must turn in a team roster upon request for competition. Otherwise, a fine may be imposed.

#### 02.04.01.08

All teams must perform in the order in which they were drawn, unless otherwise determined in agreement by the majority of Drill Team Directors at their monthly team meeting. This drawing is held before their October Directors Meeting, for both performance and prop drop off times.

#### 02.04.01.09

All team members must participate in all routines performed at competition unless they have an excused absence.

#### 02.04.01.010

All teams are to be ready two teams ahead of their performance in order to not interrupt the flow of competition.

#### 02.04.01.011

Each Drill Team Director is responsible for turning in their team's competition ads on the date assigned by the League Drill Director. There will be a \$100 fine if not turned in on the designated date and \$50/per day thereafter until turned in.

#### 02.04.01.12

Competition Flag Corp - Must be a 6<sup>th</sup> grader and has completed six years or more with the A.A.Y.F.D.T.. Mascot time may contribute to a 6<sup>th</sup> grader's tenure, with League Drill Director's approval for verification.

### **CATEGORIES**

#### 02.04.02.01

The categories will be Dance, Military, Prop, and Pom. Senior teams must compete in two (2) of these categories (one is Pom, and the other is their choice), and the Junior team will only compete in one (1) category: Pom or dance, at Competition. All categories must be turned in no later than the Directors meeting designated for the season by the league Drill Team Director.

- a. a. Each eligible Senior category must have at least 3 teams to participate in that category.
- b. b. Each eligible Junior category must have at least 3 teams to participate in that category.
- c. c. All competition routines must be performed throughout the season during a halftime performance.

#### 02.04.02.02

Teams not submitting their category by the designated meeting will result in a fine of \$100 and \$50/per day thereafter until turned in, unless arrangements have been made with League Drill Director due to extenuating circumstances.

There will be NO changes to a category once submitted, unless otherwise determined in agreement by the majority of Drill Team Directors at their monthly team meeting.

#### 02.04.02.03 – CATEGORY DEFINITIONS

##### a. MILITARY:

Overall emphasis is on precision; 75 % straight-arm sequences. General emphasis is on clean, sharp movements. Backdrops may be used. \*\*\*See ACCEPTABLE Tumbling allowed\*\*\*

##### b. DANCE:

Types of dance may include: contemporary, modern, jazz, urban, hip hop, progressive, lyrical, etc. Some formation changes are recommended for effect. The overall effect should be a dance. Backdrops may be used. \*\*\*see ACCEPTABLE Tumbling allowed\*\*\*

##### c. PROP:

Costume, music, and prop should carry a theme. Backdrops can be used. The main focus must be on the manipulation of the prop. If stairs, ramps, etc. are used in this category, they must be used or manipulated in some form. Staging and backdrops are not props. Props must be manipulated at least 80%. Props must be of the size and

nature that members can carry them on and off the floor. All members of the team must perform 90% of the routine. \*\*\*See ACCEPTABLE Tumbling allowed\*\*\*

d. POM:

Poms must be used 90% of the routine. Game Day Uniforms MUST be worn for Seniors. \*\*\*See ACCEPTABLE Tumbling allowed\*\*\*

*\*\*Senior Pom Category will be divided into two subcategories: Small Team (under 20 members) and Large Team (20 and over members). Junior Pom Category will be divided similarly to Seniors, depending on category participation (i.e a large group Junior Pom and small group Junior Pom may need to be defined upon all teams having submitted their categories).*

e. FIELD ROUTINE/ PRE-GAME PERFORMANCE:

It is up to the discretion of each team whether or not they do a Field Routine/ Pre-Game Performance. All Field Routines/Pre-Game Performances are to be no longer than one minute and thirty seconds. \*\*\*Tumbling allowed\*\*\*

#### 02.04.02.04 – DEFINITION OF TUMBLING & STUNTS

Effective with the 2017 season, tumbling is allowed in the A.A.Y.F.D.T Drill Team organization. Acceptable tumbling includes cartwheels, round-offs, and front/back walkovers. At least one limb should be on the ground at all times during tumbling with the exception of leaps and toe touch jumps. Limited exceptions may be given for front and back handsprings and accompanied with parental waivers. No aerials and back tucks will be permitted. Stunts which require no base and no spotter will be allowed. Examples include the scorpion, heel stretch, torch, etc. Stunts should be done on the ground, never on or using another dancer's body or prop. Additionally, stunts in routines should not involve lifts in any form and pyramids should only be thigh-high and include a spotter. Permission in writing must be obtained from the League Drill Director before applying any tumbling, stunts and/or pyramids into competition choreography.

#### 02.04.02.05 – THEMES

Themes are required for prop categories. Themes must be specific in wording to avoid duplication. Numbers will be drawn for order of turning in music & categories if not turned in early or duplication occurs. Themes & music will be awarded on a first come first serve basis. There will be NO duplicate themes allowed.

### BACKDROPS

#### 02.04.03.01

Backdrops and staging items may be used for all categories (except Senior Pom). All backdrops or staging items used in such a way that may mark or damage the floor must have rubber, carpet, foam, or padding that will protect from scarring or staining the floor. This includes any section that is touching the floor in the choreography of the routine. The A.A.Y.F.D.T. Board/Director will check backdrops prior to performances. Coaches are responsible for having all backdrops checked at drop off time. Any prop not in compliance must be corrected before the performance or the backdrop cannot be used.

#### 02.04.03.02

Backdrops can be any size as long as they are set up and broken down within the allotted 5 minutes (total). All backdrops must be battery powered only.

Additional staging items may be used to highlight and accentuate the theme selected by the team. Staging must be of the size and nature that it can be set up and removed within the 5-minute period allowed for setup and removal given the limited number of set-up assistants allowed for each item. No members will be allowed to enter the floor before the Emcee says to do so. This includes being inside prior to any props being taken on the floor.

As soon as the music starts, no one will be allowed on the floor for support with holding or manipulating the props or staging items or assisting with special effects.

#### 02.04.03.03

All props/backdrops and/or staging items MUST be removed from the holding gym/location at the end of competition. Anything left behind will be trashed and the responsible booster club will pay a \$100 fine.

### **MUSIC**

#### 02.04.04.01

No musicians may be used as musical accompaniment, not including musical props used by team members. No drums used on entrance or exit.

#### 02.04.04.02

All music must be recorded on a good quality CD and/or provided in digital media format, as designated by the league's competition DJ. Performing music should be recorded on the beginning of a CD/digital media format with no other music preceding or following the music being used for the performance. If CD's are used, they must be labeled with the team name and division entered. All media used for competition must be ready to play.

#### 02.04.04.03

Music/ CD, Song Title along with a print out of the words/lyrics must be turned in no earlier than May and no later than the director's meeting designated by the league Drill Director for that season. Music selections for Senior, Junior, and Mascot teams (including Field Routines) must be pre-approved at this meeting. Numbers are drawn, the director drawing the number 1, will start off the music selection until all numbers have been used.

#### 02.04.04.04

Teams not turning music in by the designated meeting will result in a fine of \$100 and \$50/per day thereafter.

#### 02.04.04.05

Introductions should include team name, category, division (i.e Jr/Sr.), and song title. No changes to music are allowed after submission, unless to change the speed of the music. Final music/CD cut must be turned into League Drill Director before first practice to ensure time for length and appropriateness of music.

### **COSTUMING**

#### 02.04.05.01

The annual maximum budget for competition costumes is \$100 per dancer per level. This amount includes all cost for dressing the girl. Props, backdrops, and other items may be donated or come from fundraising funds and/or sponsorship funds for competition.

#### 02.04.05.02

Costumes: Uniforms and dress for performance is at the discretion of the team or coach as long as they comply with the category rules. Juniors may completely costume for any category.

Costuming and accessories should be age appropriate.

All costumes are to be approved by all directors at the meeting designated by the League Drill Director to ensure no duplications and age appropriateness.

#### 02.04.05.03

Hair during Senior Pom routines must be worn in a high middle ponytail without hair in the eyes. For all performance levels, hair, including extensions, must be a natural color. Extreme hair colors and/or adornments must be a part of the team's competition costume as a whole. Make-up and nail polish must also be a part of the team's costumes. No jewelry can be worn unless it is a component of the costuming and does not pose a safety hazard.

### **PERFORMANCE / JUDGING / SCORING / PENALTIES**

#### 02.04.06.01

There will be five judges; one will be designated as the Recorder Judge. The lowest and highest score will be dropped, and the three remaining scores will be tallied. All teams wishing to use a digital recorder must turn in their recording devices to the League Drill Director at October's director's meeting. All Digital Recorders must be in working condition and labeled. The judging sheets will be given to the Drill Team Directors at the end of competition and Digital Recorders returned.

#### 02.04.06.02

The judge's decisions are final.

#### 2.04.06.03

If it is found that a judge's scoresheet was calculated incorrectly, all teams will be re-calculated. If a team was awarded incorrectly, they will not be downgraded, however they will be upgraded. For example: a team who was awarded 2<sup>nd</sup> place in error can be corrected to 1<sup>st</sup> place but will not be penalized to 3<sup>rd</sup> place. Any team that is upgraded as a result of these judge's errors will receive the proper awards/medals as per the corrected score(s).

#### 02.04.06.04

Scoring: The ranking scoring system will be used at competition for the winner in each category.

#### 02.04.06.05

Tiebreakers: In the event of a tie, the dropped high and low score will be added together. The totals from each team will be used to determine placement.

#### 02.04.06.06

Two club presidents\* without a drill team member competing will be randomly chosen in a drawing to verify and confirm placements before winners are announced during the awards ceremony.

*\*If a club President is not available, a club board member may be appointed to take their place with the League Drill Team Director's approval.*

#### 02.04.06.07

A 2- point per routine judge penalty will be assessed to any team that disrupts the flow of the competition. Length of the routine will be 1.5-3 minutes. There will be a .5-point penalty per routine judge for routines over three minutes or under 1.5 minutes. There is a 10 second lead way in both directions. Judging and timing will start with the first note of music. Entrances and exits are not judged unless they are to music and part of the 3-minute routines.

#### 02.04.06.08

Timing will begin when the first child steps onto the floor and will stop when the last child steps off the floor. The team has 5 minutes for entrance, performance, and exit. There will be a 2-point penalty for teams going over this time limit. An A.A.Y.F.D.T. official will time the set up and removal periods and notify judges of appropriate deductions if necessary. As noted before, teams with backdrops/staging items are allowed 5 minutes for setup/removal. Teams going over this will be assessed a 2-point deduction.

#### 02.04.06.09

Backdrops are encouraged for the theme of the category, but will not be held against any team who choose not to use one.

### **AWARDS**

#### 02.04.07.01

There will be a participation trophy awarded to each drill team member for their performance.

#### 02.04.07.02

Juniors will be announced for 1st, 2nd, and 3rd place winners per category. All others not placing will only be announced in random order for their participation/performance.

Seniors will be announced for 1st, 2nd, and 3rd place winners per category. All others not placing will only be announced in random order for their participation/performance.

### **SECTION V: DIRECTOR MEETING GUIDELINES / EQUIPMENT**

#### 02.05.01

One representative from each team is to attend a monthly drill team director's meeting. Should a team not have representation, it is understood they forfeit any voting privileges at that particular meeting. Any and all issues voted upon during any League Drill Director's meeting must be finalized and approved by the A.A.Y.F.D.T. board. If the representative is other than the director, or a voting booster club member, a written proxy must be present at the meeting. Each team may miss one meeting without a fine. Thereafter, there will be a \$100.00 fine assessed for each meeting missed.

#### 02.05.02

All issues will be decided by a 2/3 majority vote. Teams not represented at the meeting shall lose their vote. At least 7 teams need to be present to vote on any issues.

#### 02.05.03

The League Drill Director will vote in event of a tie.

#### 02.05.04

Monthly minutes will be sent out to all Drill Directors, Booster Club Presidents, and Executive Members.

#### 02.05.05

All decisions will be final. Please refer to Appeals process in Policies and Procedures, if needed. Additionally, the A.A.Y.F.D.T. Drill Director has the authority to make a ruling for the best interest of the league if a rule is NOT in our current rulebook.

#### 02.05.06

Equipment: All equipment that is in each respective booster club belongs to the A.A.Y.F.D.T. and must be inventoried every year for accounting purposes. Inventories are usually due by the April A.A.Y.F.D.T. meeting. Each director should provide his/her Booster Club President with said inventory sheets.

## **ARTICLE III: A.A.Y.F.D.T. CODES OF CONDUCT**

Section I: Mission

Section II: Coach's Code of Conduct

Section III: Athlete's Code of Conduct

Section IV: Parent(s) / Spectator(s)' Code of Conduct

Section V: Consequences of Behavior

## **SECTION I: MISSION**

### 03.01.01

The mission of the All American Youth Football and Drill Team (A.A.Y.F.D.T.) is to provide a safe, fun learning environment for the youth of our community. We emphasize sportsmanship, teamwork and respect for authority figures (Directors, Coaches, and Game Officials). Our focus is on developing good life skills through the sports of football and cheerleading. The A.A.Y.F.D.T. will not tolerate verbal or physical abuse of its volunteer coaches, referees, or participants from any Parent, Participant, or Spectator. Spectators, as well as the participants and coaches, are expected to abide by the code of conduct described here at all A.A.Y.F.D.T. events. While most of the adults and children in the program will abide by this code without being instructed, it is being published to protect the children, the integrity of our program, and emphasize the values of the A.A.Y.F.D.T..

## **SECTION II: COACH'S CODE OF CONDUCT**

### 03.02.01

As a Team Coach, you (through your actions and words) set the example for your participants, parents/guardians, and spectators. You set the tone and lead by example. Read the participants, spectators, and parents Code. Understand what is being asked of all participants in your sport. Actively promote these Codes. Coaches must place the well-being and safety of each participant above all other considerations, including the development of performance. Ensure that each participant is correctly dressed with the necessary safety equipment (helmet, mouthpiece, pads, etc.) before being allowed to play. Get treatment for an injured participant immediately. Co-operate fully with medical personnel in the best interest of the participant. Never, either physically or mentally, push children beyond their abilities. The game is of minor consideration when compared to the child's future health and well-being. Encourage and guide participants to accept responsibility for their own behavior and performance. Never condone unacceptable behavior. Accept the decisions of the game officials on the field as being fair and called to the best ability of said officials. The officials are in charge of all games; their decisions are final. Always be prompt, courteous, and direct when dealing with the League Officials, opposition Coaches, and Referees. Read the A.A.Y.F.D.T. Official Rules of Competition and assist your participants and parents in understanding them. All coaches must be certified through USA Football. Agree to a background screening of your application with regards to your suitability to work with children.

## **SECTION III: ATHLETE'S CODE OF CONDUCT**

### 03.03.01

I Will:

- a. Have fun!
- b. Arrive at all practices and games on time or provide an appropriate excuse beforehand.
- c. Be a good sport (win or lose), be honest and fair.
- d. Learn the value of commitment to the team; sportsmanship, ethical conduct, and fair play.
- e. Show courtesy and respect to my teammates, opponents, coaches and officials.
- f. Know that athletic contests are educational experiences.

- g. Give complete attention to the instructions of my coaches and league officials.
- h. Accept the fact that a violation of this code may result in my suspension or dismissal as a participant.

I Will Not:

- a. Use profanity, talk “trash”, or taunt others before, during, or after any practice or game.
- b. Display any unsportsmanlike behavior.
- c. Criticize my teammates or participants from other teams.
- d. Act in any way that may incite spectators.

UIL/ NCAA Competition Penalties for unsportsmanlike behavior on the field are assessed by field referees; or coaches/Athletic Director if during a scrimmage or practice: If a participant is ejected during the first half of a game, he will be eligible to play in the next game. If a participant is ejected during the second half of the game, he is not eligible to play in the first half of the next game but will be eligible for the second half of the next game.

#### **SECTION IV: COACHES/ PARENT(S)/SPECTATOR(S)' CODE OF CONDUCT**

##### 03.04.01

As a parent or spectator, I will:

- a. Support the coaches, participants, and help teach the value of commitment to the team, sportsmanship, ethical conduct, and fair play.
- b. Support my child's team and help my child and the A.A.Y.F.D.T. make athletic contests positive educational experiences.
- c. Direct constructive criticism of my child's team program to a coach and/or club board member at an appropriate time, 24 hours after the incident. I will work toward a positive result for all concerned.
- d. Accept decisions of the game officials (including coaches) on the field as being fair and called to the best ability of said officials. The officials are in charge of all games; their decisions are final.
- e. Exhibit exemplary sportsmanship at all times.
- f. Emphasize that good athletes strive to be good students that are physically and mentally alert.
- g. Strive to make every football/cheerleading activity serve as a training ground for life, and a basis for good mental and physical health by being present to support the children.
- h. Abstain from being under the influence of or in possession of and/or drinking alcoholic beverages and the possession or use of any illegal substance (including tobacco) on both the game and practice fields.
- i. Stay behind the designated spectator line during practices and games.

As a parent or spectator, I will not:

- a. Interfere/interrupt the coaching staff during games or practices.
- b. Criticize officials or coaches, direct abuse or use profane language toward them, or otherwise subvert their authority.
- c. Criticize an opposing team, its participants, coaches, or spectators by word of mouth, by gesture, or by deliberately inciting unsportsmanlike behavior.

- d. Undermine, in work or deed, the authority of the coach or the A.A.Y.F.D.T..

## **SECTION V: CONSEQUENCES OF BEHAVIOR for Parents/ Spectators**

### 03.05.01

At any AAYFDT event, practice, or competition, any adult or child who verbally abuses, attempts to intimidate, is flagrantly rude to, or does not control their language or actions with a participant, official, coach, spectator, AAYFDT or booster club board member will be asked to leave the event. He or she will receive written warning, within 72 hours, regarding their behavior. If the spectator fails to leave upon request, law enforcement authorities may be called to remove the spectator.

\* Written warnings will be issued and filed formally with the League Executive Board. Write ups may not be transferred to another person.

\*Any adult or child that commits a second similar offense will be banned from AAYFDT events for the remainder of that season.

\*Any adult or child that commits a third similar offense will be permanently banned from the AAYFDT.

\*\*The offense count does not reset each year. \*\*

\*Any adult or child who physically assaults anyone will be subject to removal from the AAYFDT for one year. The AAYFDT will review and decide appropriate punishment based on evidence and testimony of witnesses. After one year, the parent may apply for reinstatement. If the adult or child commits a second offense, he or she will be permanently banned from the AAYFDT. The term physical assault includes, but is not limited to: hitting, slapping, pushing, spitting, kicking, or striking in any way with any part of the body or any physical implement.

The AAYFDT is committed to creating a positive and fun experience for our athletes and their families. We provide a safe and supportive community that fosters a lifelong love for football and dance and prepares our athletes to meet the challenges and demands of participating in middle and high school teams. To ensure that each of our athletes has a positive experience, we have implemented an anti-bullying policy applicable to athletes, volunteer staff, board members, officials and families/parents. We define bullying as any behavior- physical, emotional, verbal and written (by hand or electronically, including on social media apps)- that detrimentally targets another. In the rare cases of an athlete or parent showing disrespect or defamation to any athlete, staff or parent during or outside of practice, games, performances or other AAYFDT event, a meeting will be called immediately to discuss the issue, and dismissal may be considered at the discretion of the Board of Directors. Physical, mental, emotional, or cyber bullying by athletes, staff, or parents will not be tolerated and may result in dismissal from the Booster Club.