



## **AYFCA Flag Football Rules Overview**

- **Draft/Tryouts**
  - o Each coach will have the ability to protect 3 players. (Their child, +2 others. If siblings are in the same division they will count towards the coach's protects)
  - o Tryouts are mandatory. Even if the player has played before, they must attend tryouts. Any player (other than those protected) that does not attend tryouts will be a blind pick.
  - o Tryouts and Draft will be 7/25. Time and location will be shared prior via email and GroupMe communication.
  - o Draft will be a snake draft with draft order being drawn out of a hat. Any blind picks will be drawn out of a hat after all available picks have been chosen.
- **Season**
  - o 8/10 is the first allowable day to practice. Any practice before 8/10 will result in head coach suspension for the 1<sup>st</sup> game.
  - o Games will start 9/12. Each division will have 8 regular season games. The top 6 teams from each division will make the playoffs. Superbowl is scheduled for Saturday 11/21.
- **2 - 20 min halves- Running clock**
  - o Each team has 1 Timeout per half, the clock starts on the next snap. Halftime will be 5 minutes long.
- **2 Coaches** on the Field & **8 Players** at a time.
- **The ball starts on the 40-yard line.** Middle of the field.
  - o The 45-yard line is out of bounds, the play will be blown dead and the next down placed at the 40-yard line.
- **Snap-** Must be between the legs of the Center
- **Line of Scrimmage**
  - o Must have 5 players on the line of scrimmage and set before the ball is snapped. Any player on the line covered up by another player is ineligible to receive the ball.
- **Play Clock/ Flags**
  - o 60 seconds on the Official
  - o Every potential ball carrier's flags must be lined up (1 on each hip and 1 in the back). The official has the power to pause play for correct flag alignment.
- **3 Downs In which to move the ball to the next zone.**
  - o Zones for First Down/TD are 25 yd, 10 yd, and Endzone.
- **Penalties**
  - o All penalties will be five yards and replay the down unless the offense is unable to mark the 5 yards, the team loses a down.
- **Fumbles, or Flag falls off.**
  - o Play is down at the spot offensive maintains possession.
- **Interceptions**
  - o Intercepting team gets possession starting at the 40. No pick sixes.
- **Scoring**
  - o TD = 6 points
  - o 1 point @ 3 yd- a coach can pick hash. The clock is running.
  - o 2 points @ 7 yd- a coach can pick hash. The clock is running.
- **No, A Gap Runs or Blitzing** (1 yard on both sides) (Unless coming from deeper than 5 yards- Judgment call)

- **Overtime**

- There will be no overtime in regular season games. If time runs out and the teams are tied, the game will result in a tie.
- In playoffs, overtime will consist of teams having 1 play to score from the 7-yard line. Both teams will have an opportunity to score. This will repeat until 1 team scores and the other does not. Coach can pick the hash.

- **Safety**

- All players must have a mouthpiece during play. If a player does not have a mouthpiece in during play, they will be required to leave the field. If player does not leave the field, the team will be assessed a 5-yard penalty for delay of game.
- All players must wear a soft-shell flag football helmet. No player will be allowed on the field without one.

- **COACH DOD RESPONSIBILITIES**

- Every coach will be required to perform Director on Duty responsibilities throughout the season. There will always be an AYFCA board member present during these times. It is critical that you are present and on time for your DOD shift. Failure to do so will result in immediate suspension. DOD schedule will be published on GroupMe. If you are unable to make your DOD shift, it is your responsibility to find someone to cover your shift.