



Greater New Jersey AYF Conference (GNJAYF)

2018 Delaware 'B' Division Rules

The Greater NJ AYF CONFERENCE (GNJAYF) will abide by NFSH (National Federation of State High School Association rules which can be found at http://www.nfhs.org and our GNYAYF Constitution Rules unless amended, added or changed in this document

Delaware 'B' Philosophy

In youth sports, striving to win is a fundamental element of the competitive process and in striving to win an individual athlete should strive to perform the very best he or she possibly can. The task for the youth coach is to help young athletes develop skills and to perform those skills to the best of their individual abilities. By teaching players that good performance and maximum effort equate to success while poor performance and a lack of effort lead to failure, the players motivation can be enhanced and success is within the reach of all players and coaches.

The objective of the Delaware "B" Division is to create a competitive, yet structured, football experienced where the players can focus on learning and building the skills and techniques to create a positive football experience for all and lay the groundwork for younger players to play more advanced football atth upper age levels and for developmental players to move up to the Raritan division. And for all players to be able to have a highly successful high school career I that'sthe path they choose..

Delaware 'B' Division Football has a maximum playtime philosphy and stresses success through player development over complex schemes and game plans. They must learn to put each other and "the Team" first. By showing good sportsmanship, dedication, discipline and a commitment to each other, the team and both their individual and team goals they will be ready for a successful High School career and any challenges life may throw them.

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## Section A: Delaware Tackle Football Rules Of Play:

- I) AYF Rulebook
  - A) The AYF Rulebook defines rules of play. Unless a rule is detailed further as part of this document, the AYF rules apply.
- II) Head Coach Responsibilities Related To The Rules & Results
  - A) Game Day Rules Responsibilities
    - 1) The head coach from each team is responsible for knowing the rules for their level
    - 2) The home team head coach is responsible to offer and give if requested a rules grid to the officials working the games. The grid is part of the appendix of this document.
    - 3) The head coach from each team is responsible to have a copy of their roster to give the opposing coach upon request.
  - B) Game Summary Form
    - 1) Every team is required to complete the "Game Summary Form" after every game they play.
    - 2) It can be completed by the head coach or a designate on his behalf.
    - 3) It requires a brief summary of the game and has optional fields to explain any issues or events that occurred during the game.
    - 4) It is due by 8pm Monday each week after a game is played, even if there were no issues/incident.
    - 5) Incidents include, but are not limited to: Player and/or coach Ejections, Issues with the Officials, Issues with the venue or the fans, Issue/Incidents with opposing or your own coaches, Significant injuries, Eligibility Challenges
    - 6) Failure to submit Game Summary Forms may result in fines and fees for your organization.
  - C) Coach Certification (revised in 2018)
    - 1) All Head Coaches must by USA Football heads up certified in order to be on the sidelines during games. This can be done via USAFOOTBALL.com
    - 2) All coaches, head Coaches and Assistants must be coaching certified by AYF based on AYF required online classes and certifications. This information can be found on AYFCoaching.com.
- III) Conduct
  - A) Responsibilities
    - 1) The conduct of coaches, players, support personnel (i.e.; chain gang, trainer, statistician etc.) and parents at games is of critical importance.
    - 2) The Head coach is responsible for the conduct of their staff and all persons on their sideline.
    - 3) The league representative or the senior person in the organization at the location (which may be the head coach) is responsible for the conduct of the Parents and attendees of the game as well as any other support personnel. NOTE: It is the duty of the head coach and league representative to see that all players, parents, coaches and other support staff are fully aware of these rules
  - B) Behavior Expectations
    - 1) No spectators are permitted beyond the 20 yard line or closer than 10 yards to the sideline.
    - 2) Players and coaches must refrain from open, loud, visible criticism of officials during the game. Penalty for violation could be 15 yards at the discretion of the official. Offending party may be suspended from the game.
    - 3) A second unsportsmanlike conduct call on the same team during the season will be considered grounds for expulsion from the league for adult individual involved pending League approval.

- 4) Coaches must take special efforts to see that the conduct of parents reflects favorably on their team. Harassment of Officials and unruly conduct of parents will be subject to 15 yard penalties. In the case of abusive conduct on the sidelines, officials will warn the offending team. Repeated violations will result in penalties or forfeiture of the game.
- 5) Anytime it is necessary for an official to penalize a team 15 yards for unsportsmanlike conduct on the part of any non-player (coach, parent, statistician, etc.), the offending adult will be asked to leave the playing field immediately.
- 6) The consumption of drugs, alcoholic beverages, or tobacco products on a game or practice field by anyone is prohibited.
- 7) Any player ejected from a game will be suspended from the next scheduled game. Any player ejected from 2 games in a season will be suspended for the remainder of the season and playoffs.
- 8) Any coach ejected from a game will be suspended from the next scheduled game. This suspension will apply to all JV and Varsity Division games scheduled. Any coach ejected from 2 games within a single season shall be banned from coaching in the League indefinitely pending an application to be re-admitted with a two-thirds majority vote.

#### IV) Practices

- A) Practice may begin four weeks before the first scheduled regular season game.
- B) Summer Workouts
  - 1) Teams may conduct a one week (max 10 hour) voluntary instructional non contact camp prior to the start 4 weeks before the first regular season games, and will be allowed up to 3 hours of voluntary non-contact drills per week from July 1 to the start of formal practice.
- C) Once practice begins each team will be allowed a maximum of 12 hours of practice time per week with no single practice exceeding 2 1/2 hours in length. Once school begins each team will be allowed a maximum of 7 hours of practice time per week with no single practice exceeding 2 1/2 hours in length.
- D) A practice will be defined as a meeting of more than 4 players with a coach and can occur at the practice field or a coach's home.
- E) For each hour of practice all players must be allowed a 10 minute water break. Water breaks will not count towards practice time. For example, a 2 1/2 hour practice with a half hours worth of water breaks will only count as 2 hours of practice time.

#### V) Tackle Game Structure & Management

- A) Scheduling
  - 1) Game for the Delaware division will predominately be scheduled during the day, there are multiple Saturday morning timeslots
  - 2) Occasional teams will be scheduled at night to play on the Sending District High School field. In these situations, the night game rules for officials and related game structure apply.
- B) Officials
  - 1) The league will assign the officials for each game
    - (a) Host Site will be responsible for confirming that officials are assigned for their games and the officials know where the fields are and how to get there.
    - (b) The officials will be paid for by the Host Site in all normal circumstances.
  - 2) Day Games
    - (a) There will be 3 officials for each game as part of the officiating crew
    - (b) The officials can be carded or cadets

- (c) If less than 2 officials are present it will be the sole decision of the directors of each league as to whether or not to continue with the game or who will officiate in the absence of an officiating crew.
- 3) Night Games
  - (a) At each game there should be 5 officials
  - (b) All officials must be carded with a maximum of one cadet in the crew
  - (c) There should be 4 on the field and one the game clock.
  - (d) If there are only 4 refs then all 4 refs should be on the field and the home team can keep a clock but the official time will be on the field
- C) On the Field Coaches
  - 1) There will be No Coaches allowed on the field at any time during execution of plays. Normal time-out rules apply for coaches to be allowed on the field.
- D) Game Clock & Duration
  - 1) Day Games:
    - (a) The games will consist of four (4) quarters, fifteen (15) minutes each and there will be a 10 minute half time.
    - (b) The clock will run based on TIPS rules: Timeouts, Injuries, Penalties & Scores
      - (i) Clock stops for Timeouts, there are 3 timeouts allowed per half. (Chg'd from 2 to 3 2015)
      - (ii) Clock stops for Injuries whenever a player needs assistance or is delayed getting off the field
      - (iii) Clock stops for Penalties. It restarts when ball is "ready to play"
      - (iv) Clock stops for Scores. The clock continues to run after the touchdown, but stops after the PAT, Safety or FG attempt.
    - (c) Lopsided score status does not change the game clock rules
  - 2) Night Games
- E) Coin Toss
  - 1) Each game shall begin with a coin, called by the away team, toss prior to the start of the game at midfield.
  - 2) The head coach or coach designate should accompany their players to midfield for the coin toss
  - 3) During the coin toss the Head Referee will identify himself to all the Head Coaches along with Referee responsibilities on the field.
    - (a) Which Referee is keeping the game clock time.
    - (b) Which Referee is keeping the play clock time.
    - (c) Which Referee is in charge of the down and distance marker.
    - (d) Which Referee is in charge of spotting the ball.
  - 4) All choices must be confirmed with the head coach.
  - 5) Coin Toss Winner
    - (a) The winner of the coin toss cannot defer and must make a selection
    - (b) The team with the choice has the options to Receive/Offense 1<sup>st</sup> half or Receive/Offense 2<sup>nd</sup> half (see kick-off rules by age level)
    - (c) The team that loses the coin toss has the option to choose a side to defend for 1<sup>st</sup> half
    - (d) The kicking/defense team has the option to choose a side to defend for 2<sup>nd</sup> half
    - (e) The teams will not change direction between the quarters
- F) Overtime
  - 1) There will be NO overtime play at any time during the season. All games ending in a tie will remain as such.
- G) Protests & Results

- 1) There are no protests during the game. Grievances can only be submitted through a Game Summary to the Competition Chairman
- 2) Officials have final decision on the result and final score of the game on the field.
- 3) In all cases, the decision of the Competition Charirman is final

#### H) Standings

- 1) Standing are kept at 8<sup>th</sup> Grade Varsity and 11U JV
  - (a) Depending on the number of games in the regular season either the top 4 or top 6 (with top 2 getting byes) will make the playoffs
  - (b) At the end of the playoffs, the semi-final winners will play for the championship on Championship Day
  - (c) There are no AYF/Regional playoffs for the Delaware division.
- 2) There are no standings kept at the Peewee level
  - (a) All teams have the option of participating in the end of year Peewee Tournament for a berth in the Peewee Champinship Game
  - (b) 1<sup>st</sup> week of Post-Season is tournament
  - (c) All teams qualify, random draw on seeding (tournament rules in separate document)
  - (d) Remaining top two team from tournament play for championship on Championship Day

#### I) The Football

- 1) Wilson K2 football or equivalent-sized ball.
- 2) It can be made of leather or composite material

#### J) Electronic Sideline Communicaton

- 1) The GNJAYF allows electronic sideline communication during conferrence play.
- 2) Electronic sideline communication cannot be used in any crossover game outside of the conference without approval of the other team.

#### VI) Tackle Gameplay

##### A) Scoring

- 1) Touchdown = 6 points, Field Goal = 3 points
- 2) PAT will start at the 3 yard line
  - (a) 2 points will be awarded for a good kick
  - (b) 1 point for scoring via the run or completion of a pass
- 3) Safety = 2 points
  - (a) Following a safety, the team that scored the safety takes over on offense from mid-field.

##### B) Lopside Score Rules (These are stricter than AYF requiremnt)

- 1) Lopsided Score Philosophy
  - (a) The Greater NJ AYF promotes good sportsmanship among all its members and it is expected that no team will ever intentionally embarrass or humiliate an opposing team by running up the score. We recognize that we are dealing with school age children and their confidence and safety is our utmost concern.
  - (b) It is the obligation and responsibility of the head coach to be able to recognize the relative strength of the teams and mange the game scores
    - (i) Head Coaches who cannot manage their team's ability to control game scores will be subject to disciplinary action from the league
    - (ii) It is the responsibility of the Head Coach and the Associaiton Board Rep to put themselves in a position (rosters, cross-train position skills, etc..) to be able to manage the game scores.
- 2) Lopsided Score Triggers
  - (a) 8th Grade Varsity & 11U JV:

- (i) Anytime a team goes up by 24+ points or more in the first half
- (ii) Anytime a team goes up by 17+ points or more in the second half
- (b) 9U Peewee: Lopsided score threshold is 15+ points
- 3) Actions:
  - (a) Once a team is up by the lopsided score threshold, the 1<sup>st</sup> string and/or predominate playtime backfield: QB, RBs and Wing backs if they run one, must be switched out and those players cannot play in the backfield until no longer lopsided score.
  - (b) A new set of backfield players needs to be inserted, a player can't just change positions
  - (c) Coaches must prepare their team for this situation. It is known in preseason you could face this need. Lack of preparation is not an excuse.**
  - (d) The starters can return to their original positions if the game score returns to be less than the lopsided score for their level
  - (e) The spirit of this rule is to maintain an equitable playing competition being not all programs are able to pull from the same size pool of players. The objective is for one team to not dominate the other
  - (f) The expectation from the Competition Chairman and executive board is all teams should be prepared to execute this switch if needed.
  - (g) No additional changes are required if the score threshold continues to grow, however, it is the responsibility of the head coaches to maintain control of the scoring from this point on through play-calling and substitutions.

C) Kicking Game – General

	<b>PAT/FGs</b>	<b>Punt&gt;Returns</b>	<b>Kickoff&gt;Returns</b>
<b>9U Peewee</b>	Free Kick, no rush	Not Allowed	Not Allowed
<b>11U JV</b>	Full Rush	Allowed	Not Allowed
<b>8<sup>th</sup> Grade Varsity</b>	Full Rush	Allowed	Allowed

- 1) **If** Kickoffs are **NOT** allowed.
  - (a) At the start of the game after a coin toss whoever elects to receive the ball will start on their 35-yard line on offense.
  - (b) After a touchdown is scored the team that was scored upon takes over on offense from their 35-yard line.
  - (c) Kick after a safety: the defense (who scored the safety) takes over on offense from mid-field

D) Punts and Punt Returns

- 1) **If** Punts are **Not** allowed at this level
- 2) On fourth down a team must declare of they are punting the ball or going for it.
  - (a) If a punt is declared
    - (i) The ball will be moved 20 yards downfield and the opposing team will start on offense from that point.
    - (ii) A punt cannot be moved inside the opposing team's 20 yard line.
  - (b) Team declares they are going to try for a first down the play is run and if a first down is not made the opposing team takes over from the line of scrimmage at the end of the fourth down play.

E) Field Goals and Kicking PAT's

- 1) 8<sup>th</sup> Grade Varsity & 11U JV: Normal Point After and/or FG rules apply
- 2) 9U Peewee: Field Goals and Kicking PAT are allowed however, they are treated as a free kick.
  - (a) Everyone lines up on offense and defense as if a play is to be run.
  - (b) The only players who participate in the play are the center, holder and kicker. All other players remain in their position on the snap of the ball.

- (c) Defensive players are permitted to hold their hands up and jump up to block the ball when it is kicked, however, there is no rush on the play. Rushing before the ball is kicked will result in an offside call and a re-kick.
- (d) Kicking team players must stay on their feet in either a 2, 3 or 4 point football stance
- (e) The holder and kicker can take **up to 7 seconds to set-up** and attempt the kick. **If the ball is not kick by the 7 second count, the kick is deemed "No Good"**
- (f) Fakes are not permitted

F) Offense/Defesne Restrictions

- 1) 8<sup>th</sup> Grade Varsity & 11U JV: No Retrictions
- 2) 9U Peewee Restrictions apply to improve gameplay and promote coaches to teach base skills and not develop complex schemes.

G) Peewee Offense:

1) Formations & Shifts:

- (a) No unbalanced lines, each formation must have 2 ineligible OL on either side of the center. e.g OT-OG-C-OG-OT and OTs must be covered
- (b) Must have at least two backs in the backfield along with quarterback. This mean must have at least two, stationary backs in the backfield along with quarterback and they must be no wider than the OTs at the snap
- (c) Motion is allowed

2) Plays types

- (a) No more than one handoff per offensive play (e.g. No Reverses)
- (b) Only the quterback may pass the ball (e.g. No Pitch-Pass)
- (c) From under center, the quaterback cannot run between the tackles (e.g. No QB sneek)
- (d) From shotgun, the quarterback can run outside the tackles or fake a handoff with a back crossing in front of him then keep and run between tackles (e.g. no QB power/dives from gun without playaction)
- (e) Offensive line can be no wider than fingertip to finger tip between players **(Clarified in 2014)**

H) Peewee Defense:

1) General & Spirit of the Rules: All Levels

- (a) The objective is to promote offense at the Peewee level
- (b) Encourage sound defense skills and put the game in the hands of the players, not the defense coach's "schemes."
- (c) Practice time should be used on tackling, shedding blocks, coverage, read/react and other defense fundamentals.

2) Field Zones: All Levels

- (a) Normal: From the opponents goal-line to your own 10 yd line (90 yds)
- (b) Goal-line Situation: From your own 10 yd line to your own goal line (10 yds)

3) General Formation Allowances

- (a) Will run 4-3, cover 2 defense unless in goal-line or stiuations (see below)

4) The "Box": (new and important in 2014)

- (a) Box is Defined as 3 yds outside the Last Man down On the line of Scrimmage (LMOS) and 5 yards deep from the Line Of Scrimmage. (LOS)**
- (b) Any box or blitzing violation will be consider an 5 yard Encroachment penalty
- (c) In Goal-line situations, the box is still 5 yards deep from LOS, regardless if they have to line-up in the endzone.

5) Maximum Players in the "Box":

- (a) Players allowed in the box:

- (i) Normal Zone: no more than 4 defensive players can be in the box at the snap of the ball
  - (ii) Goal Line: no more than 5 defensive players can be in the box at the snap of the ball
  - (b) **All defenders on the LOS and in the box must be 3 point stances.** i.e. no stand-up DEs inside the Box
    - (i) DL alignment (Note: QB cannot run the A gaps, between the OGs)
      - (i) All DL from RT to LT to must be heads-up on an offensive lineman, i.e No one is allowed to be lined up in a gap or aligned in a “shoulder” technique in the A or B gaps
      - (ii) Normal Zone: This means either heads up on OT or OG. No Nose Guard
      - (iii) Goal Line Situation: This means either heads up on OT, OG or C. Nose Guard is now allowed
    - (ii) DL are allowed to be outside shoulder technique on OT or TE if they are last down lineman in formation.
  - (c) Any players in the box CANNOT be moving once they are set and the offense begins the cadence, they and CANNOT be moving, no shifting during cadence. **(i.e. No Blitzing)**
  - (d) Even if there are less than 4 players in the box, no player from outside the box area and enter the box area once the cadence starts. i.e. no simulated blitz by inserting players into the box late. No one can move in the box once the offensive cadence starts.
- 6) Safeties/Corners/DBs
- (a) Safeties
    - (i) Normal: Double high safety required -10 yds from LOS. No Exceptions (offense cannot have 3 eligible receivers on same side of the ball or line up in a 2x2 formation ).
    - (ii) Goal line Situation: Single high safety required -10 yds from LOS
  - (b) Corner
    - (i) Must line up 3 Yds off of LOS, no “press man coverage”
    - (ii) If no wide receiver on their side, CB must still be 3x3 from LOS
- I) Uniform Jerseys
- 1) Coaches should attempt to have jersey numbers reflect the player’s position as per NFSH Rules to the best of their ability. However these rules will not be strictly enforced.
  - 2) Each player should have their own unique uniform number
  - 3) Coaches should attempt to not have two or more players with the same number on the field at the same time. They are required to notify the opposing coach and the officials before the start of the game if they do. (updated 9/15/14)
- J) Playing Time – All Levels
- 1) All rostered players shall get at least one opportunity during the year to be a captain to start the game.
  - 2) **We have a maximum playing time approach for Delaware Division. The spirit of the rule is equal on the field playing time for all eligible players. While we won’t define how you manage your teams, any healthy player who met your practices attendance rules for the week is eligible. Legitimate and/or excused absences from practice should not impact player eligibility. Also, as a Head Coach, you also have discretion when it comes to discipline.**
  - 3) If the roster is 22 players or less,
    - (a) **ALL players should play approximately half the plays of every game at a minimum.**
    - (b) ALL players must start. i.e. If they do not start on offense they must start on defense.
    - (c) They also must get some playing time on each side of the ball. No single player can get all of his playing time only on offense or only on defense.

(d) Coaches should make every effort to have players play more than one position on both sides of the ball.

4) If there are more than 22 players on the roster

(a) A player can only start in one position.

(b) Any player not starting at the beginning of the game must start at the beginning of the 2<sup>nd</sup> half

(c) The head coach must ensure **as close to** equal playing time for all players on his team.

K) Required Equipment

1) All players must have all their equipment with them in order to participate in any given game or practice.

2) This equipment is to include: helmet, shoulder pads, rib guards, mouth piece, jersey, athletic supporter and cup, football pants, 2 knee pads, 2 thigh pads, girdle, 2 hip pads, a tail pad and football cleats.

L) Position Restrictions by Weight

1) Within Delaware B division, to help ensure equal competitive gameplay, participants are restricted as to what positions they can play if they are over a specified weight for their age level

(a)

2) Trigger Weight allowances

<u>Level</u>	<u>No Gear</u>	<u>Full Gear/No Helmet + 8lbs</u>
8 <sup>th</sup> Grade Varsity	155	163
11U JV	130	138
9U Peewee	115	123
Flag	n/a	n/a

3) Position Restrictions

(a) On offense, any child weighing more than the weight allowance must play from tackle to tackle on offense, cannot line up as an eligible player and cannot run the ball or catch passes.

(b) On defense, any child must play on the defensive line and start the play in a 3 point or 4 point stance. They are not eligible to play linebacker, cornerback or safety.

(c) A list of kids that are ineligible to run the ball will be posted on a secure area for coaches only on the GNJAYF website in the coaches section.

4) Player Identification

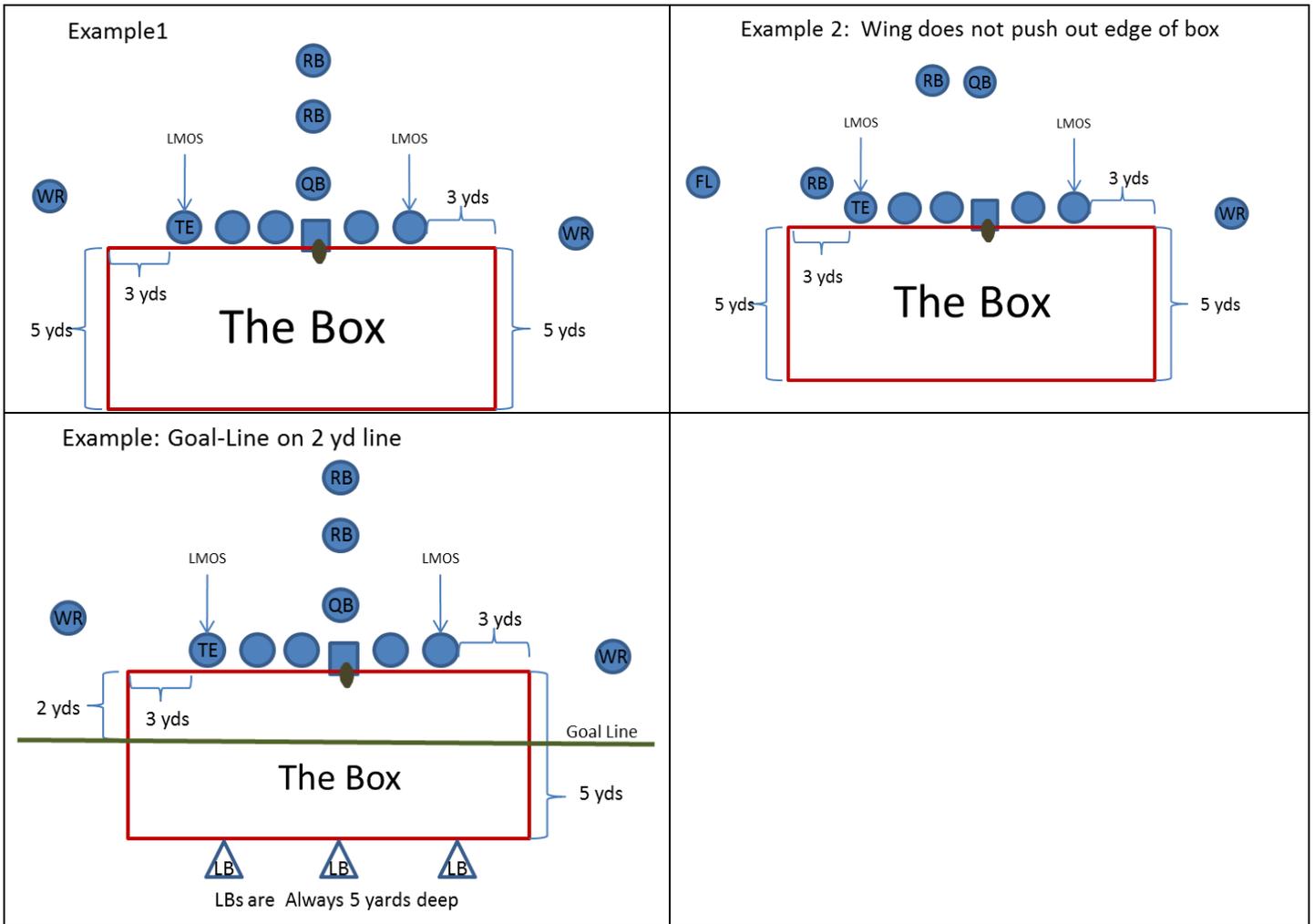
(a) Coaches are responsible to provide their own scale at each game in case it is needed.

(b) Prior to every game both head coaches should meet to discuss their individual team players that are restricted to line play. **Remember the spirit of the rule. There should be no boardline players who are within 1 or 2 lbs. That's not the goal of this rule.**

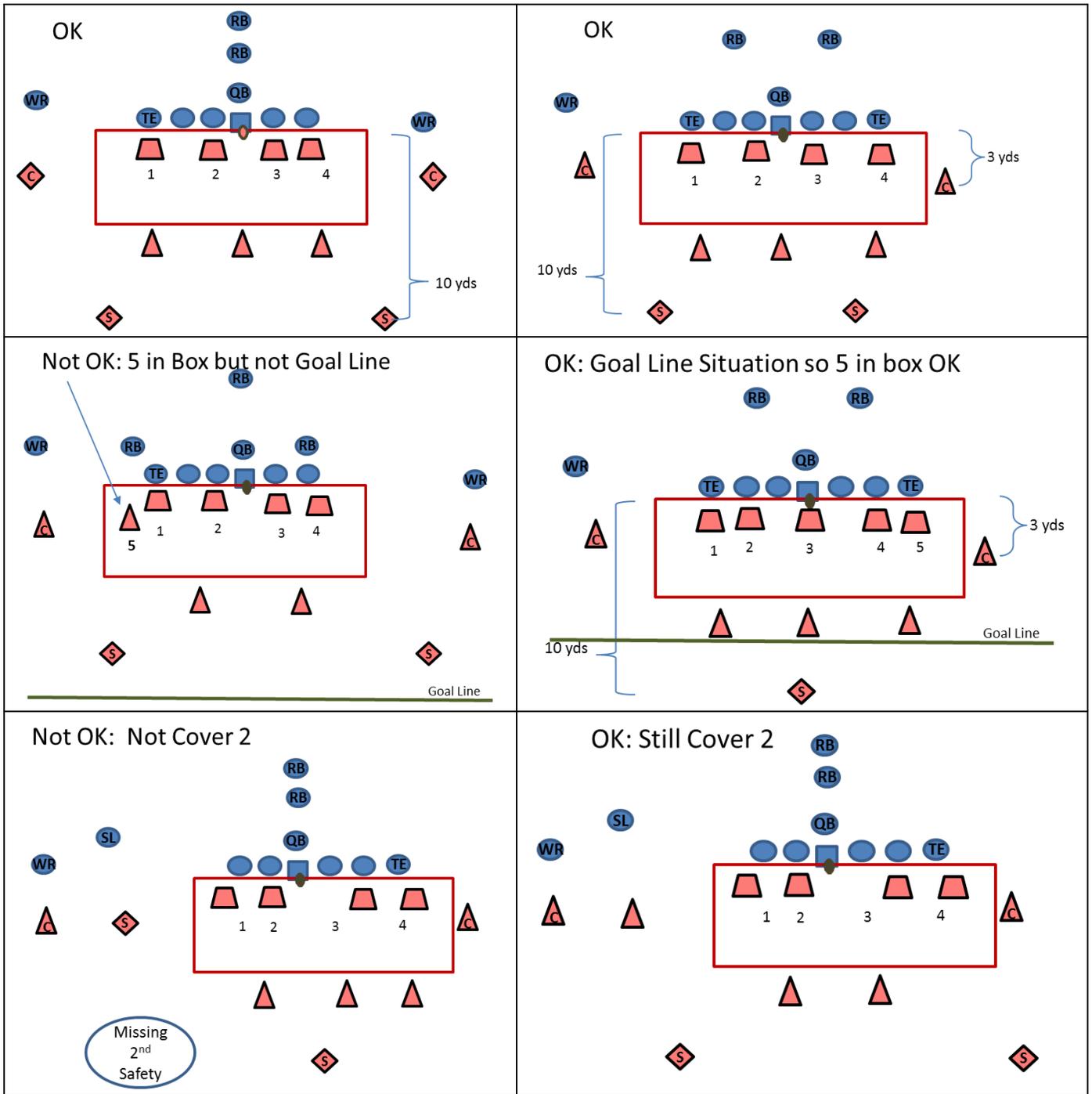
(c) During warm ups each coach should make an effort to inspect the players on the opposing team. During the pregame discussion with the opposing coach any questions as to size and weight should be brought up.

(d) If there are players either coach still feel are questionable then it should be brought up to the opposing team and field host at least 15 minutes before the scheduled start of the game. This will allow ample time for the player or players in question to be weighed without causing a disruption to the regularly scheduled start time of any game or having a child be embarrassed by being kept out of the start of a game to be weighed and checked for eligibility.

**“The Box” diagrams**



Defensive Alignments



## Section B: Flag Rules Of Play:

### Flag-I) Flag Game Management

#### FG-I.A) Officiating

- 1) There will be no assigned officials for flag games.
- 2) Two coaches from each team will be on the field with their team at all times and will officiate the game.
  - a) Optionally, a volunteer can be designated as the official for the game by the host team (New 2018)
    - (i) They must be attired in an official's striped shirt
    - (ii) They cannot coach nor talk with the players other than to officiate the game.
    - (iii) They become the game official and have final say in all officiating decisions.
  - b) Penalties will not be enforced unless they are blatant and in a coach's (or officials) opinion affect the outcome of a play.  
For example a sweep away with backside holding will never be enforced; however on a sweep where the play side cornerback, who is in position to make the play, is tackled by an offensive lineman with the offense scoring a touchdown should be enforced.
  - c) Rather than enforce penalties, after completion of the play a coach should explain to the offending player what he did wrong and instruct him in the proper technique to be employed in the future.
  - d) If a penalty must be enforced it can only be enforced as replaying the down from the original line of scrimmage.

#### 3) Coaches Positioning

- a) One will be in the huddle and the other will be on the line of scrimmage.
- b) Only one coach from each team will be allowed in their respective huddles at any time.
- c) Before the snap of the ball the "Huddle Coaches" should back up from the line of scrimmage approximately 10 yards.
- d) The "Line Coaches" should be positioned at the end of the line of scrimmage and should make sure everyone is aligned properly before the start of the play and that there is at least 1 yard between the tip of the ball and the closest defensive lineman.
- e) It will be the "Line Coaches" responsibility to keep the game clock and to make sure that after the spotting of the ball the next play's started as quickly as possible with a maximum of 60 seconds before the start of the next play.
- f) Once a play begins, on-field coaches, "Huddle or Line" are NOT allowed to shout directions to the players on the field, especially, the direction of a play, who has the ball, or what direction to run in. Coaches who violate this rule consistently will be asked to leave the field.

#### FG-I.B) Game Duration

- 1) All Flag games will consist of two 30-minute running halves with a 15-minute half time.
- 2) The clock can only be stopped via a time out.

#### FG-I.C) Coin Toss

- 1) Each game shall begin with a coin toss.
- 2) The coin toss takes place prior to the start of the game at midfield
- 3) The home head coach will do the coin toss.

- 4) One of the coaches from the home team will be assigned to keep the running clock.
- 5) Away team calls the coin toss
  - a) The winner of the coin toss cannot defer and must make a selection
  - b) The team with the choice has the options to receive, kick-off, or choose a side to defend.
  - c) In the second half, the team that started on offense, will start on defense. Teams will defend the opposite end of the field in the second half.

FG-I.D) Overtime

- 1) There will be NO overtime play at the flag level. Any games ending in a tie will remain as such.

FG-I.E) Time Outs

- 1) Each team will be allocated two time outs per game.
- 2) They can be used at the discretion of the coaches, 1 per half, 2 in either half but not both, or not at all.

Flag-II) Flag Game Play

FG-II.A) Scoring

- 1) Touchdown = 7 points
- 2) There will be no P.A.T.'s.

FG-II.B) Lopsided Score Rule

- 1) Once a team is up by three (3) touchdowns they must switch out their entire starting/prodominate backfield including their quarterback.
- 2) If a team goes up by two (2) additional touchdowns with their new set of backs then they also must be removed and replaced with a new set of backs.

FG-II.C) Football

- 1) The Flag level will use a Wilson K2 football or a similarly sized ball.
- 2) It can be made of leather or composite material.

FG-II.D) Kicking Game

- 1) There is no kicking game at this level. There will be no kickoffs, kick returns, punts or punt returns at this level
- 2) All situations where a kick could occur will be handled as explained below:
  - a) At the start of the game after a coin toss whoever elects to receive the ball will start on the 40 yard line on offense 1st and 10.
  - b) After a touchdown is scored the team that was scored upon takes over on offense from the 40 yard line 1st and 10.
  - c) On fourth down all teams must attempt to get the first down. If they fail the defense will take over on offense after the ball is moved back to the offesnes own 40 yard line.
  - d) Field Goals and extra points are not allowed.

FG-II.E) Safety

- 1) There will be no safeties at this level.

FG-II.F) Offense

- 1) No matter what position you are playing all players will be in a 2 point stance. There will be no players in a three point stance at the start of a play at this level.
- 2) Only standard offensive formations may only be used. No unbalanced lines or over shifts are permitted
  - a) No unbalanced lines, each formation must have 2 ineligible OL on either side of the center. e.g OT-OG-C-OG-OT and OTs must be covered

- b) Must have at least two backs in the backfield along with quarterback.
- c) **Offensive line players must be able to touch their player next to them fingertip to fingertip at minimum. (Clarified from 2014)**

- 3) The only offensive plays that can be run are up the middle, off tackle, sweeps, pitch sweeps, passes, screen passes and Quarterback keepers/bootlegs.
- 4) There are no reverses or double reverses allowed at this level. The ball can only be handed off one time.
- 5) When lining up at the line of scrimmage all linemen must take arms length splits before setting for the play.
- 6) Chains will be used and a first down will be awarded after 10 yards are gained. This will continue until a touchdown is scored or a turnover occurs.

FG-II.G) Defense

1) Field Zones

- a) Normal: From the opponents goal-line to your own 10 yd line (90 yds)
- b) Goal-line Situation: From your own 10 yd line to your own goal line (10 yds)

2) Normal Zone:

- a) All teams will run a standard 4-3, cover 2 defense.
- b) All linebackers and cornerbacks must be lined up 5 yards from the line of scrimmage.
- c) Safety's should be 10 yards from the line of scrimmage.
- d) On a tight end set the cornerback must be lined up minimum of 3 yards outside the tight end.
- e) On a wide set the cornerback can align 1 – 2 yards inside of the wide receiver.
- f) All defensive linemen will be aligned head up or eye shaded on their offense lineman one foot off of the tip of the ball. There will be NO gap play.
- g) At the start of every play all defensive lineman must engage their offensive counter parts before pursuing to the ball.
- h) There is no blitzing of any kind at this level.

3) Goal Line Situation

- a) Teams are allowed to go to a 5-2 or 4-3 and go from 2 safeties to 1 safety.
- b) All rules about player depth still apply. This means defenders may need to line up in the endzone.

FG-II.H) Protects

- 1) There are no protests for flag games. The decision of the league director is final.
- 2) These games are played for fun and to teach the kids the fundamentals of the game not for the sake of winning.

FG-II.I) Standings & Post-season

- 1) There will be no standings kept at this level.
- 2) There will be a post season tournament, all teams are eligible and will be invited

Flag-III) Flag Team Management

FG-III.A) Jerseys

- 1) Coaches should attempt to have jersey numbers reflect the player's position as per NFSH Rules to the best of their ability.
- 2) However these rules will not be strictly enforced.

FG-III.B) Rosters

- 1) Each participating league must submit a complete roster for each of their flag teams to league officials from the other league for approval prior to the start of the season.
- 2) Once the rosters are set additions to the rosters can be made during the week by notifying the opposing league officials by Wednesday of game week.
- 3) However, once the rosters are set, players are assigned to a specific team, and the season has begun, players are not to be moved from one flag team to another.

FG-III.C) Captains

- 1) All rostered players shall get at least one opportunity during the year to be a captain to start the game.

FG-III.D) Playing time and Opportunities

- 1) All rostered players shall get at least one opportunity during the year to run the ball. Coaches should try to give as many players the opportunity to run the ball each game.
- 2) All players shall play multiple positions throughout the year with the goal of at least 2 offensive and 2 defensive positions.
- 3) ALL players must play at least half of every game.
  - a) If they do not start on offense they must start on defense.
  - b) They must get some playing time on each side of the ball.
  - c) No single player can get all of his playing time only on offense or only on defense.

FG-III.E) Game Readiness

- 1) Required Equipment: All players must have a mouth piece, athletic supporter and cup, and cleats before they will be allowed to participate in any given game or practice.
- 2) Weigh-In: There are no weight restrictions for the Flag level. Any child can play any position and any child can run the ball.