

2019

North Alabama American Youth Football



OFFICIAL RULES AND REGULATIONS

19 July 2019



NAAFY – 2019 Rule Book

03 JUNE 2019

1. General

NAAFY rules will be consistent with current rulebook for national AYF rules, and the NFL / USA Football Flag Football rules. The national AYF rules are published each year by American Youth Football, Inc. and can be referenced by member AYF associations at www.myAYF.com. The NFL / USA Football Flag Football rules are published annually as well, and can be referenced at www.nflflag.com.

The local NAAFY variations to the national AYF rules for 2019 are contained in this document.

2. Order of Rule Applicability

In the NAAFY, all procedural and gameplay rules for the execution of the flag football season shall be applied in the following order:

1. 2019 NAAFY Rules (local rules) contained within this document supersede all rules;
2. 2019 NFL / USA Football Regular Season Rulebook covers everything else.

In the NAAFY, all procedural and gameplay rules for the execution of the tackle football season shall be applied in the following order:

1. 2019 NAAFY Rules (local rules) contained within this document supersede all rules;
2. 2019 National AYF Rulebook supersedes NFHS rules;
3. 2019 NFHS Football Rulebook covers everything else.

3. Divisions of Play

FLAG FOOTBALL DIVISION

Division	Protected Ages	Weight Restrictions
6U (Bandits)	AGE MINIMUM – 4 YEARS-OLD CANNOT TURN 7 BEFORE 8/1/19	UNLIMITED WIEGHT

INSTRUCTIONAL DIVISION

(per AYF Rulebook, Section 5-A)

Division	Protected Ages	Weight Restrictions
8U (Mighty Mite)	CANNOT TURN 9 BEFORE 8/1/19	UNLIMITED WIEGHT

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ALL-AMERICAN COMPETITIVE DIVISIONS OF PLAY
(per AYF Rulebook, Section 5-C)

Division	Protected Ages	Weight Restrictions
10U Division	CANNOT TURN 11 BEFORE 8/1/19	UNLIMITED WIEGHT
12U Division	CANNOT TURN 13 BEFORE 8/1/19	UNLIMITED WIEGHT

DIVISION CLARIFICATIONS

1. There will be NO older/lighter players playing down for any division.
2. Other than rules specifically outlined in this document, the 6U will play under the flag football rules contained in the AYF Flag Football Rulebook, as referenced in Section 5-I of the 2019 National AYF Rulebook.
3. Other than rules specifically outline in this document, the 8U Division will play under the Mighty Mite instructional rules referenced in Section 5-J and Section 6 of the 2019 National AYF Rulebook.
4. Other than rules outlined specifically in this document, the 10U and 12U Divisions will play under the National Federation of State High Schools Association (NFHS) rules for football.
5. There will be 4 referees on the field for each division, except for the 6U Flag Division.

4. Restricted Weight Players and Division Ball Size

For the 2019 season, the following rules will apply concerning Restricted Weight Players (RWP) and the specific ball size used per division of play.

Division	Restricted Weight Player (RWP) - Restrictions	Maximum Weight (RWP)	Ball Size
6U Division	There are no restricted weight players in the 6U Flag Division	None	K2

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Division	Restricted Weight Player (RWP) - Restrictions	Maximum Weight (RWP)	Ball Size
8U Division	Offense: The RWP may only play Center, Guard, or Tackle Defense: The RWP may only play Nose Guard, Tackle, or Defensive End	100 lbs.	K2
10U Division	Special Teams: The RWP may punt or kick the ball as the punter or place kicker on kicking plays from scrimmage. The RWP may play any position on kickoffs and kick returns.	120 lbs.	K2
12U Division	Notes: 1. If RWP gains possession of the ball, in any circumstance, the play is blown dead immediately. 2. If at any time there is a mismatch by formation, play can be stopped by officials or head coach going to the officials. 3. There will be no blitzing by RWPs.	135 lbs.	TDJ

Any and all movement of players to a higher or lower division of play or sign up of new players must be completed by Week 2 (14 September).

RESTRICTED WEIGHT PLAYER – JERSEY NUMBER RESTRICTIONS

1. All Non-RWPs that qualify to carry the ball (based on weight restrictions) must wear jersey numbers 1 thru 49 to carry the ball.
2. All RWPs must wear jersey numbers 50 through 99.
3. A Non-RWPs may wear a jersey larger than number 49, however they must comply with all rules governing the RWPs due to the number worn.
4. If a player’s weight is certified at the Jamboree, the “initial weigh-in”, to be a number 1 thru 49, they are a Non-RWP player at that number through Week 4 (28 September). **NOTE:** All players must be certified as RWP or Non-RWP no later than 2 days prior to the first regular season game, or the player will be disqualified from participating in Game 1.

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5. There will no changing of numbers from week to week.
6. A RWP will remain a RWP even if they lose weight later in the season.
7. After Week 4 (28 September), 5 pounds will be added to the maximum weights for each tackle division, and a “final weigh-in” will be performed:

8U will be 105 lbs.

10U will be 125 lbs.

12U will be 140 lbs.

This weight increase only pertains to certified regular weight players (Non-RWPs). The intent is no RWP can become a regular player because of the weight increase. Once a player is certified as RWP, he cannot go back to a regular player this season.

Rationale for this rule:

- All players are still growing and this is inadvertently pushing certified players close to the weight limit. Therefore, a growth allowance is being made mid-season during a time most/all teams have a bye week.

5. Coaching Staff Requirements

As mentioned in Section 9-C of the 2019 National AYF Rulebook, the following rules apply for NAAFY:

- At least one coach must be present during every practice.
- During all practices and games, there must be at least one coach in attendance who has taken the CDC concussion training course and has been certified and or received a passing score, as applicable
- Each and every coach must have a background check performed and reviewed/approved by the process established by the Association.
- **TACKLE FOOTBALL ONLY:** The Head Coach & All Assistant Coaches **MUST** be Human Kinetics/Coaching Youth Football the AYF Way Certified or have been previously ASEP Certified

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and taken the Coaching Youth Football the AYF Way Refresher Course for 2017. 2 Million Dollar Liability Insurance included. The courses can be found at www.ayfcoaching.com.

- There shall be at least one person holding a Red Cross Card, or of similar equivalency, present at all practices. This can be a coach or any volunteer approved by the Association.

6. Pre-game Procedures (Weigh-In / Minimum Play Record)

Weigh-ins will be performed twice during the season (tackle football only):

1. **INITIAL WEIGH-IN:** Held at or prior to Jamboree for certification of players as RWP or Non-RWP.
2. **FINAL WEIGH-IN:** Held on Week 4, prior to each game to weigh Non-RWP players with the additional 5-pound consideration.

Head Coaches will be held responsible for the actions and/or inactions of all team personnel at the scales.

At a maximum 2 individuals per Association are allowed at the scales during weigh-in. It is the responsibility of the Head Coach to ensure all other individuals (staff, family members, etc.) leave the area.

If a player does not make the required weight during the “initial weigh-in”, the player will not be allowed to weigh-in again that day, and the player will be considered an RWP. Teams will not be allowed to turn jerseys inside-out if the player does not make weight.

A Field Boss must conduct all weigh-ins and have players produce the proper ID as mandated in the Team Book.

At a minimum, the Head Coach will have in possession at every game the certified team books with all required documentation, which contains team insurance documentation.

All players, including those not present or injured, must be listed on the Minimum Play Requirements (MPR) sheet as such for each game.

For weigh-ins, all teams will weigh-in in full gear except shoulder pads and helmet, and must have their game jersey on. A coach may opt to have a player weigh-in stripped (down to underwear) in order to meet the weight requirement, however the player’s parent or guardian **MUST** be present and provide verbal permission to the coach and Field Boss to do so.

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For the “**final weigh-in**”, a player has until half time of the scheduled game to be weighed-in and will play if they make weight and have the proper ID as mandated in the Team Book.

NOTE: The late player will still be required to meet the MPR as if the entire game was played.

If a player does not weigh-in prior to the end of half time... the player **WILL NOT PLAY IN THE GAME!**

Head coach will ensure the late player meets the minimum play requirements.

Each team must have one copy of the MPR sheet completely filled out to be used for recording plays during the game.

7. 6U – NAAFY Flag Football Gameplay Rules (Local Rules)

Coaches on the Field

One coach may be present on the field for instructional purposes during all 6U games.

Season Length

The 6U Flag Division will consist of the Jamboree, and as many regular season games as possible prior to the season ending at the Fall Break.

Field Size

The NFL / USA Football field size of 70 yards by 30 yards will be used, where possible. When playing on a field lined for tackle football games (NFHS fields), the flag football field length will remain 70 yards, and marked accordingly. However, the field width will be 35.5 yards, where one normal sideline is used as one bounding line, and the far opposing hash mark will be used as the other bounding line.

Tie Games

Games will be allowed to end in a tie.

Roster Requirements

Each team **MUST** have a minimum of 8 players to field a team, and may have only a maximum of 10 players.

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General Flag Football Rules

For more information of the general flag football rules, refer to the NFL / USA Football Regular Season Rulebook for Flag Football. This rulebook will cover:

- Basic Gameplay
- Field Dimensions
- Player Equipment
- Clock Timing
- Scoring / Mercy Rule (28 points)
- Live / Dead Ball Specifics
- Running, Passing, Receiving
- Rushing the Passer
- Formations
- Penalties

8. 8U – NAAFY Gameplay Rules (Local Rules)

Coaches on the Field.

One coach may be present on the field for all pre-season 8U games and the first three regular season 8U games. It is NAAFY's philosophy that 8U players can and should learn to function on the field without the presence of an instructional coach out on the field of play.

Coaches with a scheduled BYE during the first three regular season 8U games will be allowed to be present on the field for instructional purposes during their week four game to ensure ALL teams get their allowed three weeks of instruction.

Coaches must cease all instruction, physical contact and/or verbal communication with their players once the quarterback is under center and must be 5 yards behind the deepest player on the field of play.

If a coach's presence on the field unduly delays the play of the game, a referee may prohibit that coach from coming on to the field for instructional purposes.

Clock, Quarter Length, and Timeouts.

In 8U Games a 10-minute regulation clock will be in effect and will stop per normal NFHS football rules.

Each 8U team will have 3 timeouts per half.

Field Length.

The 8U will be a standard regulation 100 yards, with 10-yard end zones.

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Turnovers.

All standard turnovers will be allowed in an 8U football game.

Tie Games.

8U games will be allowed to end in a tie.

In bowl games, and similar to AHSAA rules, tie games will be broken by the 10-Yard Line Overtime Procedure as outlined in the National Federation of High Schools rules book.

Special Teams – Kickoffs and Kick Returns

8U teams WILL NOT kickoff. Teams will start at the 35 yard-line to start the half, or after a PAT attempt.

Special Teams – Punts and Punt Returns

8U teams WILL NOT punt. Teams will have the option to try for a first down conversion, or have a punt walked-off 30 yards from the line of scrimmage (LOS).

Point After Touchdown (PAT) Attempts

8U teams will attempt points after touchdowns. Both 1-point and 2-point attempts are allowed:

- **1-Point:** Attempt from the 3 yard-line
- **2-point:** Attempt from the 10 yard-line

Pulling RWP Penalty

Pulling of an RWP playing Center, Guard, or Tackle is not allowed. The penalty for this will be a dead ball penalty, illegal procedure, and the play will be stopped at that point for safety. The penalty will be a 5-yard penalty, and replay the down, same as any other illegal procedure call.

CLARIFICATION: Angle blocking defensive players lined up in gaps, or cross blocking by RWPs is allowed and will not be penalized.

Defensive Line

8U games will not have more than 6 defensive players on the line of scrimmage from end to end.

ALL defensive backs must be at minimum 3 yards from the line of scrimmage. "Blitzing is not allowed".

ALL defensive linemen must be start in a 3-point or 4-point and may not start the play standing up.

Defensive Ends CANNOT be lined up any further than 3 yards from the last down offensive lineman on the line of scrimmage. If a referee sees that the DE is lining up further than 3 yards from the TE or T on that side, he will stop play for safety.

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Lining up over the Center is PROHIBITED during all 8U games. This is defined as head up over center and lining up in the “A” gaps. Be smart. If a kids shoulders are in the “A” gap but he is head up on a guard then the player is fine. Best rule of thumb is line up head up on the guard.

9. 10U / 12U – NAAAF Gameplay Rules (Local Rules)

Coaches on the Field.

No coaches may be present on the field during 10U or 12U games.

Clock, Quarter Length, and Timeouts.

In 10U / 12U Games a 10-minute regulation clock will be in effect and will stop per normal NFHS football rules.

Each team will have 3 timeouts per half.

Field Length.

The 10U / 12U field will be standard regulation 100 yards, with 10-yard end zones.

Turnovers.

All standard turnovers will be allowed in a 10U / 12U football game.

Tie Games.

10U / 12U games will **NOT** be allowed to end in a tie. Tie games will be broken by the 10-Yard Line Overtime Procedure as outlined in the National Federation of High Schools rules book.

Special Teams – Kickoffs and Kickoff Returns

10U teams will NOT kickoff or return kickoffs. Ball will be placed at the 35 yard-line for each possession at the start of the half, and after each score.

12U teams WILL kickoff and return kickoffs at the start of each game and half.

Special Teams – Punts and Punt Returns

10U teams will NOT punt, and have the option to try for a first down conversion or walk-off a punt 30 yards.

12U teams will have the option to try for a first down conversion, punt, or walk-off a punt 30 yards. If actual punt is chosen, both teams will remain still until the ball is kicked.

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Point After Touchdown (PAT) Attempts

10U teams will attempt points after touchdowns. Both 1-point and 2-point attempts are allowed:

- **1-Point:** Attempt from the 3 yard-line
- **2-point:** Attempt from the 10 yard-line

12U teams will attempt points after touchdowns. Both 1-point and 2-point attempts are allowed:

- **1-Point:** Attempt from the 3 yard-line
- **2-point:** PAT kick with the ball placed at the 3 yard-line.
 - o NOTE: Defenders CAN NOT rush in to block the kick, but can jump up and down to try and block.
 - o NOTE: The kicking team MUST attempt a kick even if the snap and hold is fumbled. The kicking team can retrieve the ball and setup the hold even if fumbled, but MUST attempt a kick and CANNOT run or pass to score.

10U Pulling RWP Penalty

For 10U teams, pulling of an RWP playing Center, Guard, or Tackle is not allowed. The penalty for this will be a dead ball penalty, illegal procedure, and the play will be stopped at that point for safety. The penalty will be a 5-yard penalty, and replay the down, same as any other illegal procedure call. CLARIFICATION: Angle blocking defensive players lined up in gaps, or cross blocking by RWPs is allowed and will not be penalized.

12U Pulling

For 12U teams, pulling of an RWP playing Center, Guard, or Tackle is allowed. However, ***if a lineman at the end of the core blocking offensive line (not split ends) is lined up in a 2-point stance, this player CANNOT pull.*** The penalty for this will be a dead ball penalty, illegal procedure, and the play will be stopped at that point for safety. The penalty will be a 5-yard penalty, and replay the down, same as any other illegal procedure call.

Offensive and Defensive Line

For 10U/12U teams, offensive linemen at the end of the core blocking offensive line are allowed to be in a 2-point stance for the purpose of blocking, but CAN NOT pull.

10U interior defensive linemen must start in a 3-point or 4-point stance and may not start the play standing up. Defensive Ends are allowed to start in a 2-point stance

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10. Jamboree Procedures (Team Book and Initial Weigh-In)

For the jamboree, all teams must have the weigh-in form completely filled out before coming to the scales. Also, the team book must be in the following order:

1. Registration form w/current headshot photo
2. Physical/medical clearance form
3. Waiver of liability/consent form
4. AYF emergency medical treatment, consent form
5. Copy of birth certificate or passport
6. Coach's concussion form and background check
(A team may have one sheet listing all the team staff with background checks and all with concussion training)

Flag Football teams **will not** be required to weigh-in during the season.

Teams **MUST** be brought to the scales the order found in the team book.

ALL players **MUST** weigh in at Jamboree, regardless of previously recorded weight by the coach.

All teams will weigh-in in full gear except shoulder pads and helmet, and must have their game jersey on. **NO EXCEPTIONS.**

Only 1 coach at scales and no parents.

11. Jamboree Gameplay and Rules

Regular season rules from NAAAF will apply except where noted below:

All games are played on a 100-yard field.

No special teams in any division. All punts will be marked 30 yards from the line of scrimmage (LOS).

No walk-off punt can enter inside the 10-yard line. Teams must notify about their intent to punt before the play clock expires.

Extra points will be limited to a 1-point try from the 3-yard line. We are not kicking any extra points.

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All ages will start at the 35-yard line after a score or at the beginning of the half.

Timing rules will be (2) 12-minute (continuous clock) quarters per game match up, with a 2-minute timeout for the change of quarter.

The game clock will run continuous, stopping in the final 2 minutes of the half for normal timing rules.

ALL TEAMS WILL ONLY BE ALLOTTED (1) 60-second timeout per half. *For the beginning of the second quarter, game play will resume at the same Line Of Scrimmage.*

Field access is limited to up to five (5) members of cleared coaching staff. All coaching staff must be documented in the coaches' Team Book. No one under the age of 18, that is NOT a player and participating in that game, can be on the field.

Pregame warm up area will be designated outside of the playing area. ONLY use the designated areas. Field warm up time will be based on game schedule.

No parents are allowed on the field.

No photographers allowed on the field except those cleared by the NAAAF Commissioner or League President.

12. Game and Play Clock

6U Flag Football Clock Instructions

- HALF LENGTH = 20-minute halves – 2 halves / Halftime is 1 minute
- CONTINUOUS RUNNING CLOCK -

The clock does not stop on penalties.

The clock stops for injuries, but resumes when the injured player leaves the field.

The clock stops on timeouts – each team has one 30-second timeout per half.

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- PLAY CLOCK = 30 seconds

The coaches are on the field, and the first infraction of delay of game will be a warning to the coach. Subsequent infractions will result in delay of game.

8U, 10U, and 12U Clock Instructions

- QUARTER LENGTH = 10-minute quarters – 4 quarters
- 8U PLAY CLOCK = 30 seconds

For the games where the coach is on the field, the first infraction of delay of game will be a warning to the coach. Subsequent infractions will result in delay of game.

When coaches are no longer on the field, there will no longer be a warning, and all infractions will result in a delay of game penalty.

- 10U / 12U PLAY CLOCK = 25 seconds
- CLOCK STOPPAGE:

Clock stops on Injuries, timeouts (3 per half), penalties, TDs and point after tries.

After point after, clock starts again at the start of ensuing play after a score (8U/10U) or on kickoff (12U)

* When score reaches a 28-point difference, the clock becomes a running clock and only stops on Injuries and time outs. (See Mercy Rule)

* Mercy Rule: Clock does not stop on penalties, TD's, or point-after try.

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13. Mercy Rule (Tackle Football Divisions)

For 8U, 10U, and 12U teams, the following rules will be enforced when the score reaches a **28-point** spread:

Winning Team **must** make every effort to replace starting players with reserves.

Winning Team **must** use ball-carriers that **HAVE NOT** scored in the game at the time of the Mercy Rule taking effect.

Winning Team **cannot** run outside the tackles, do sweeps or trick plays, and cannot pass.

NO BLITZING by either team (pertains to pass plays).

To clarify the intent of the rule, the DB's and LB's cannot be moving forward at the time of the snap.

No advancement of a turnover (fumble or interception) **by either team.**

Neither team can line up more than 6 players on the line and 8 players in "the box". "The box" shall be defined as 5 yards outside of the Defensive Ends (left/right boundary), and 10 yards from the line of scrimmage (top boundary).

LBs must line up 5 yards off the ball, with no forward motion prior to the snap.

Continue clock only stopping on Injuries, time outs, or discretion of a referee. Clock does not return to normal even if the score gets under a 28 point differential.

If the score drops below a 28 point difference, the game reverts back to regular gameplay rules, but the clock will continue to run **as the game outcome has already been decided.**

This Mercy rule replaces all previous Mercy rules from previous years.

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14. Gameday Home / Visiting Team Requirements

Home Team Requirements.

The home team must provide the following during the game of play:

- Clock operator (unless covered by the host venue)
- Chain Crew

3 people over the age of 18 years-old.

NOTE: Unlike NFHS rules, the chain gang is **always** located on the Home side of the field.

Volunteer chain crew is to refrain from "coaching" and "excessive cheering". Violation of this etiquette will result in removal from the field at the discretion of the referee or field boss.

- Minimal Play Requirement (MPR) personnel (2 people, one on each sideline). Turn in MRP sheets to the assigned field boss following each game.

2 people over the age of 18 years-old.

Visiting Team Requirements.

The visiting team must provide the following during the game of play:

- Minimal Play Requirement (MPR) personnel (2 people, one on each sideline). Turn in MRP sheets to the assigned field boss following each game.

2 people over the age of 18 years-old.

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17. Fine Schedule

The following fine schedule will apply across the league for all associations in violation.

HOST FINE: For not having a medical person and/or security person

Game 1 – A warning for the first week hosting only.

Game 2 and all games following - \$50 for each game for each (medical person and/or security person)

GAME FINE: Failure for a team not to show for a game***

6U Game = \$100

<u>8U, 10U, and 12U Game -</u>	<u>\$220</u>
• Field Boss Fee	\$35
• Medical Cost	\$30
• Security Cost	\$30
• Referee Fees	\$180 (\$45 x 4)
• Concession Loss	\$30

If it is the last game of the day - \$100

*** For no shows, the NAAFY Commissioner and League President will look at each case as to the reason why. The same for a medical personal or a security personal not showing. Contact info as to name and phone number will need to be furnished.

18. Other Rules

Electronics / Cell Phones / Cameras.

Cell phones, cameras, and electronic devices in general are prohibited from the sidelines.

If a coach needs to use his cell phone, he is to remove himself, then re-enter when action is complete.

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Game Protests.

Head Coach or designated Assistant Coach may protest a game if such coach reasonably believes that a game official (Commissioner, Field Marshal or Game Official) error in a decision that affected the outcome of the game (i.e., the Coach's team would have won the game but for the decision).

All protests must be submitted to the NAAFY Commissioner or the Executive Board, in writing, no later than midnight of the day following the game being protested.

NOTE: Age/Weight protests MUST be made prior to the initial start of the game or such protest shall be barred.

The NAAFY Commissioner shall review the protest, interview relevant personnel, and decide to uphold or deny the protest.

Any protest decision may be appealed to the President and Commissioner for a decision.

The Field Boss will have a protest form at the game location to be filled out, if the game is being played under protest.

The Field Boss will be the final say on game day for rule interpretations.

Middle School Eligibility.

NAAFY strict prohibits any player that has dressed out for a middle school game from playing for a NAAFY team during the same season.

Any player that has dressed for a middle school game and NAAFY game during the same season, the game(s) is a forfeit and the coach will be suspended.

Any violation of this rule results in suspension of coach for up to 1 year.

NOTE: Per AHSAA eligibility rules –

A student may not participate on a non-school team or in an outside sport activity (including camps, tryouts, showcases, etc.) in his/her sport during the school sport season.

No student can participate more than six years (seasons) in any one sport after entering the seventh grade.

Bottom line: put the interest of the player first! Attempting to play a player who is playing for Middle School can jeopardize the player's future eligibility in varsity sports in Alabama.

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NAAFY – 2019 Rule Book

03 JUNE 2019

Photos.

Take Your Pic has always been very good to our league, but the police action has been a headache and parents can be rude. A few notes and suggestions:

- Everyone that gets on ANY NAAFY field must be cleared by the NAAFY Commissioner or League President. (includes EVERYONE)
- All photographers on "the field" must be cleared by NAAFY. This is an insurance and board liability issue.

Take Your Pic has always made donations to the league to help offset league costs, including discounts on badges.

Coaches' Badge Photo.

All coaches' badge photos will be taken at the Jamboree, or arrangements need to be made during the following two weeks prior to the first week of games to get a coach's photo taken by Take Your Pic.

Take Your Pic will not accept anyone for coach photos after the first game without approval from the NAAFY Commissioner or League President.

19. Out of Conference Games

In 2019, NAAFY teams across all age divisions may play regulation games against teams from the other conferences and leagues. When these games are played, some rules specified in this document may be different or not applicable, depending on the agreement between NAAFY and other leagues.

For clarification, the Commissioner will provide each association with any and all rule differences and changes prior to engaging in games with other leagues.

Out of conference games **WILL NOT** be applied to the NAAFY division win-loss record when determining bowl game seeding at the conclusion of the regular season.

North Alabama American Youth Football

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