

HCYF

COED FLAG FOOTBALL RULES

United by Community. Driven by Purpose.

2026

ARTICLE I – GENERAL PROVISIONS

Section 1.01 – Purpose

These Rules govern the Harris County Youth Football (HCYF) Coed Flag Football program and provide uniform administration, player development, safety, and competitive balance.

Section 1.02 – Governing Authority

All games shall be governed by the current Georgia High School Association (GHSA) Flag Football Rules except where specifically modified herein. In the event of conflict, these HCYF Rules shall control.

Section 1.03 – Season Definition

The season begins with the first authorized team practice and concludes upon completion of the final scheduled HCYF contest.

Section 1.04 – Coach Eligibility

(a) Head Coaches must be at least twenty-one (21) years of age. (b) All coaches must complete required certifications, background checks, and Recreation Department requirements prior to participation. (c) Coaches must display proper identification during games.

Section 1.05 – Injury Reporting and Return to Play

(a) Coaches shall report all injuries removing a player from participation to their Community Football Commissioner. (b) The Commissioner shall report injuries to the HCYF Board/Safety Member using the approved tracking system. (c) The Commissioner is responsible for ensuring medical clearance prior to return to play.

ARTICLE II – AGE DIVISIONS

Section 2.01 – Division Structure

Divisions shall be established annually by the HCYF Board following registration and determined based on age distribution and total number of registered participants. For clarity, divisions may include 5–7, 8–10, and 11–14 age groups. The Board reserves authority to adjust divisions to promote competitive balance and participation.

ARTICLE III – PRACTICE AND TEAM STRUCTURE

Section 3.01 – Practice Limitations

(a) Teams shall be limited to three (3) practices per week. (b) The practice week shall be defined as Sunday through Saturday. (c) No practice session shall exceed two (2) hours. (d) Practices shall conclude no later than 10:00 p.m. (e) Any additional practice must be approved by the Community Football Commissioner.

Section 3.02 – Minimum Players and Play-Down Structure

(a) A team must have a minimum of five (5) players present to start a game. (b) If one team has seven (7) players available, both teams shall play six (6) versus six (6) to ensure competitive balance and a substitute is available when possible. (c) If one team has six (6) players available, both teams shall play five (5) versus five (5). (d) No team shall start or continue a game with fewer than five (5) players.

Section 3.03 – Forfeit Structure

If only five (5) players are available for a team, the game may be played; however, it shall be recorded as a forfeit. Parental or guardian consent is required for participation without substitute players.

ARTICLE IV – LOCAL GAME MODIFICATIONS

Section 4.01 – 5–7 Division Modifications

(a) Defensive blitzing of the quarterback is prohibited. (b) Quarterback sneaks are prohibited; the quarterback must execute a handoff or pass action prior to advancing the ball. (c) Live punts are not permitted; punts shall result in a twenty-five (25) yard walk-off administered by the referee.

Section 4.02 – Coaches on the Field

(a) 5–7 Division: One (1) coach permitted on the field. (b) 8–10 Division: One (1) coach permitted on the field. (c) 11–14 Division: No coaches permitted on the field.

ARTICLE V – DISCIPLINE AND ENFORCEMENT

Section 5.01 – Game Ejections

Any coach or player ejected shall be suspended from the next scheduled game.

Section 5.02 – Suspended Coach Restrictions

A suspended coach may attend as spectator but may not practice, be on the sideline, or communicate in a coaching capacity during suspension.

Section 5.03 – Formal Complaints

Complaints must be submitted in writing within forty-eight (48) hours and include the complainant's name. Anonymous complaints shall not be considered.

Section 5.04 – Board Authority

The HCYF Board retains authority to interpret and enforce these Rules. Board decisions are final.

ARTICLE VI – SAFETY REQUIREMENTS

Section 6.01 – Lightning and Weather Policy

Practices and games shall be suspended immediately upon sight of lightning or sound of thunder. Activities shall not resume until thirty (30) minutes have elapsed since the last lightning strike or thunder occurrence.

Section 6.02 – Concussion Management

Any athlete exhibiting signs, symptoms, or behaviors consistent with concussion shall be immediately removed from participation and shall not return to play until cleared by an appropriate healthcare professional.

Section 6.03 – Emergency Preparedness

Emergency preparedness, including Automated External Defibrillator (AED) availability and maintenance, shall comply with the HCYF Board Operations Manual.

ARTICLE VII – ADOPTION AND EFFECTIVE DATE

These Rules shall remain in full force and effect until amended or repealed by formal action of the HCYF Board.

President: _____ Date: _____

Secretary: _____ Date: _____