



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.

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.

01.02.01.02

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

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 age brackets:

- Flag: Kindergarten/ 1st Grade- cannot be 8 before 11/30
- 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

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

WEIGHTS AND AGES	
Freshman	Weight Limit
2nd/3rd Grade – (Cannot turn 10 yrs old before Nov 30, 2020)	Impact Player – 110 lbs. Non-Impact Player – 145 lbs.
Sophomore	Weight Limit
4th Grade – (Cannot turn 11 yrs old before Nov 30, 2020)	Impact Player – 120 lbs. Non-Impact Player – 155 lbs.
Junior	Weight Limit
5th Grade – (Cannot turn 12 yrs old before Nov 30, 2020)	Impact Player – 140 lbs. Non-Impact Player – 175 lbs.
Senior*	Weight Limit
6th Grade – (Cannot turn 13 yrs old before Nov 30, 2020)	Impact Player – 160 lbs. Non-Impact Player – No Max

**Regardless of age, 7TH Graders are not eligible to play.*

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 it is determined by the A.A.Y.F.D.T. AD, (after observation of a player under practice and/or game conditions), that a participant would more appropriately compete on the next higher level. Then, they may be reassigned with parent's permission. Reassignment is irrevocable, and the participant may not return to the lower team. Should permission be denied and further participation on the lower level be considered hazardous to the safety of others, then dismissal from the program may be affected by action of the A.A.Y.F.D.T. Board of Directors. If a returning participant exceeds the weight limit for a team, 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 age requirements are still being followed. No participant can play a double level more than once during the time with A.A.Y.F.D.T.

- a. No football player may be moved up more than one level unless approved by the A.A.Y.F.D.T. AD.

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. 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. Copy of Birth Certificate (forms other than birth certificate must be approved by the A.A.Y.F.D.T.).
- d. Report Card for School verification.
- e. Current copy and previous game weigh-in/monitor sheets.
- f. AD Worksheet
- g. Accident record form.
- h. 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)
- i. Utility Bill as proof of residency for all new football players.

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.

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

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.

- a. 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.

01.03.04

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 are 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.

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, but ONLY from the stands.
- 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 weigh 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 (weigh 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. A participant's final weight is based on their weight in without shoulder pads and helmet. 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.
- 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 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. All non-impact players will be identified by wearing a bright green arm band on both wrists.

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	
Flag will have a minimum of 10 plays required for all players present.	# of players present	# of plays Required
	15–20	14
	21–25	12
	26+	10

- 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 in consecutive weeks will result in the player being ineligible to play the following game. 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 a practice, they are considered absent.
- c. If a registered player does not attend practice by the first game, without written club board approval, they will be removed from the roster.
- d. If there are two practices, each participant must participate 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.
- e. 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.
- f. If a penalty is called prior to the ball being hiked, no down or play is counted.
- g. 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 will assign one Monitor and an Observer to assist the head coaches of each team in abiding by the minimum play rule. The Monitor is the individual marking the plays. The Observer is the individual who is assisting the Monitor. Failure to provide a Monitor for the opposing team will result in head coach being suspended for that game. The Monitor will inform a coach of any player who has not participated in the minimum required plays at the end of each quarter, or more often, if necessary. The head coach is ultimately responsible for every participant playing the minimum number of plays. The Monitor is the OPPONENT'S team volunteer and the observer is YOUR volunteer. You ARE NOT marking your own plays. They are working together.

Should a participant not meet the minimum play requirement, the head coach will be subject to disciplinary action as follows:

- a. First offense: 1-week suspension
- b. Habitual offenders (more than one): Appear before the rules enforcement committee (A.A.Y.F.D.T. AD, A.A.Y.F.D.T. President, A.A.Y.F.D.T. VP) for disciplinary action that may include suspension for the season

Club board members cannot be the Monitor or Observer unless approve by a League Executive Board member.

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 is 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

Each booster club must also assign one Observer to assist the opposing teams in recording the number of plays for each child. The Observer may not communicate with the game participants. An Observer, or any other person, cannot, during the course of the game, relay any information back to the opposing side of the field by verbal comment and/or signal concerning the play calling, nor provide to a coach or other person the number of plays any participant needs. The penalty for this infraction is ejection and possible suspension of the Head Coach and the Observer. Other persons will be asked to move back 15 yards from the bench area. However, at halftime, coaches may have access to both monitor sheets to review the number of plays needed by both teams.

01.05.02.06

When all eligible participants have attained their minimum plays, the Monitor and Observer are to sign the weigh-in/monitor sheet. Any disagreements of accuracy shall be brought to the attention of the A.A.Y.F.D.T. Field Director and both Booster Club AD, (or their representatives), as early in the game as possible. If a participant, or participants, do not attain all of their required plays, the Monitor will circle the names of each participant and the play squares that remain for each. These participants and the number of plays shorted must be listed on the back of the weigh-in/monitor sheet.

01.05.02.07 Completed weigh-in/monitor and AD Worksheets shall be the responsibility of each Booster Club AD. Final game scores should be noted on the sheet with the winning team designated. All ejections and personal fouls will be listed on the AD Worksheet at the end of each game, including the participant's name and number or coach's name. All participants injured during a game, that do not return to the game, shall be listed with their suspected injury. An injury report shall be filled out within 24 hours of an injury and submitted to the A.A.Y.F.D.T. A.D. Failure to supply any of this information on the AD Worksheets and/or injury report will result in a one-week suspension for the Booster Club AD and the specific team's head coach. The Booster Club AD is required to provide the A.A.Y.F.D.T. with the game results by the end of the game day by emailing to athleticdirector@aayfdt.org for that game day no later than 7PM. Any complaints or objections over the officiating need to be listed along with the name(s) of the official(s). Video must be submitted within 24

hours of the end of the game to the Booster Club AD which will in turn review the video then send to the A.A.Y.F.D.T A.D. If video is not submitted to the A.A.Y.F.D.T A.D within 48 hours after receiving the video, the complaint will be ignored.

01.05.02.08

The weigh-in/monitor sheets are to be placed in the Team Book and be available for review upon request. Failure to produce the sheets will result in that club losing one day of practice the next week and a one-week suspension of the Booster Club AD. The Booster Club AD is required to provide the A.A.Y.F.D.T. with the game results by the end of the game day by emailing to athleticdirector@aayfdt.org for that game day no later than 7PM.

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 with 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 through 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 game with one referee being the off-field official 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.

- a. Freshman level: 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.
- b. 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 kicked ball is fumbled, the ball is considered dead and the ball is placed at the previous spot and turned over on 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.
- c. 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 blows the whistle and the play is dead.

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. 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 cancelled 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.
- c. 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 is 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.

01.05.05.11

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. Any use of such device will result in the immediate removal of person or persons from the field and game day premises.

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

The ranking will be from one to eight

- a. The team with the most points will be ranked number one and the other teams ranked accordingly.
 - i. Ties in placement will be resolved by the following:
 1. The team winning the most games in head-to-head competition with the tying teams.
 2. The team allowing the fewest points scored against them in the regular season.
 3. The team having scored the most points during the regular season.
 - ii. 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: 1st Highest remaining seeding vs 4th Lowest remaining seeding

Game B: 2nd Highest remaining seeding vs 3rd 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 1st and 2nd 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 be responsible for weighing in all teams at the Super Bowl games.

MINIMUM PLAYS

01.06.04.01

Automatic forfeiture 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

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.

RULES OF PLAY

01.06.01

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.

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 post-season 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 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 kneepads (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 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 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:

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

SECTION XI: FLAG FOOTBALL GAME RULES

The A.A.Y.F.D.T. has adopted the NFL Flag rules.

01.11.07.

I. Game

1. 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.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. 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.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.

II. 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.

III. Field Size

1. The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards. However, some tournaments may use smaller fields because of field space available or to complete tournament scheduling on time.
2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD)

IV. Timing and Overtime

1. Games are played on a 36 minute clock with two 18 minute halves. Clock stops only for timeouts or injuries.
2. Halftime is one minute.
3. 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.
4. Each team has one 30-second timeout per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
7. During Regular Season play a game can end in a tie.
8. During Post Season Play, if the score is tied at the end of 36 minutes an overtime period will be used to determine a winner. Overtime format is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. Both teams must "go for two" from the 10-yard line starting with the third round of overtime.
 - d. The final points earned by the winning team in the final overtime will be added onto the winning team's total score. The losing team will not receive any additional points.
 - i. Example: End of regulation time, score is 14-14. Team A scores one point and Team B score two points. Team B wins with a final score of 16-14. Points are only added to total score from final round of overtime.
 - e. All regulation period rules and penalties are in effect.
 - f. There are no timeouts.

VIII. Scoring

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - a. Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
 - b. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. Safety: 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called

down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

IX. Coaches

1. Coaches are expected to adhere to A.A.Y.F.D.T. philosophies, coaching guidelines and code of conduct.
2. Coaches are allowed on the field to direct players according to need and division. Coaches must move to the sidelines before the snap of the ball

X. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground. i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball-carrier’s flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball-carrier’s knee or arm hits the ground.
 - f. The ball-carrier’s flag falls out.
 - g. The receiver catches the ball while in possession of one or no flag(s).
 - h. The 7 second pass clock expires.
 - i. Inadvertent whistle. NOTE: There are no fumbles. The ball is spotted where the ball-carrier’s feet were at the time of the fumble.
8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
9. A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

XI. Running

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ballcarrier has the ball. Forward progress will be measured by the player’s front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs. a. “Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
4. Absolutely NO laterals of any kind.
5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
6. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - a. Players spinning out of control will be called for flag guarding.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with

another player without a flag guarding penalty enforced.

11. No blocking or “screening” is allowed at any time.
12. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
13. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

XII. Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

XIII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable but not on conversions after touchdowns.

XIV. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
2. 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.
3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
 - c. Special circumstances:
 - i. Teams are not required to rush the quarterback with the seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
4. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player,

then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled. a. A safety is awarded if the sack takes place in the offensive team's end zone.

XV. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. 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.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. 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.s

XVI. Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.
2. 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.
3. 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.

XVII. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers **MUST** make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - b. Stay in the end zone area, not between fields.
 - c. Dispose of ALL trash in designated trash cans.
8. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down

XVIII. Penalties

i. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive spot fouls

Defensive pass interference	Automatic First Down
Holding	Automatic First Down
Stripping	+10 yards and Automatic First Down

iii. Offensive spot fouls

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

iv. Defensive penalties

Defensive unnecessary roughness	-10 yards and loss of down
Defensive Unsportsmanlike conduct	-10 yards and loss of down
Offside	-5 yards from line of scrimmage and loss of down
Illegal rush (Starting rush from inside 7-yard marker)	-5 yards from line of scrimmage and loss of down
Illegal flag pull (Before the receiver has the ball)	-5 yards from line of scrimmage and loss of down
Roughing the passer	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards from line of scrimmage and loss of down

v. 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

All Flag rules are based off the OFFICIAL NFL FLAG rules, however some rules have been altered to coincide with the A.A.Y.F.D.T. by-laws.

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 \$325. This membership fee is comprised of: a registration payment and a fundraising commitment. The registration fee is \$175. It is mandatory that Mascots, Juniors, and Seniors fundraise \$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 \$160 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 1st of 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, 3rd 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 1st of 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 responsibility of determining if child is mature (attention span, dance compatibility) enough to be an asset to the team.*

*** Booster Club Drill Team Director is prepared to defend 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 4th 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 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 45 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. 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.*

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 Team may choose as an option to hold a camp no more than 6 hours over 3 days during the 2 weeks (no more than 3 hours over 2 days during the 1-week period in the event conditioning camp for the boys is one 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.

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.

1st Time – Warning Letter.

2nd Time – Contact Constable or Sheriff's Office.

3rd 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 and the visiting team will cheer and perform for the last two scheduled games, unless an exception has been granted by the A.A.Y.F.D.T. Drill Team Director. Additionally, the drill team may leave after the performance of the second 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 2nd quarter is not allowed. After the 2nd 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 6th grader and has completed six years or more with the A.A.Y.F.D.T.. Mascot time may contribute to a 6th 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. Each eligible Senior category must have at least 3 teams to participate in that category.
- b. Each eligible Junior category must have at least 3 teams to participate in that category.
- 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. Additionally, stunts in routines should not involve lifts in any form and pyramids should only be thigh high. Please attain permission in writing from the League Drill Director before applying any tumbling 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 \$70 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 2nd place in error can be corrected to 1st place, but will not be penalized to 3rd 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 chooses 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: 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.

*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.