

## The Quick Reference Rule Book for AYF Flex Football:

*(Here are some of the most important AYF rules for and exceptions/changes from Rock Solid, Please see the full Official 2018 Rules for additional details and clarification)*

- **Game Format:**

- 7 vs 7 on K-1 Level; 9 vs 9 on 2-3 Level
- Games will be 25-minute halves- 10-minute half-time (1-hour game start to finish)
- The ball will start play on the 40 yard line – game start and turnovers
- **You get 3 downs in flex vs 4 downs to make 10 yards.**
  - You do not have the option of a 4th down play unless the new set of downs starts inside the 10-yard line.
- Coaches on the field:
  - K-1 Flex: max 2 coaches, 2-3 Flex: max 1 coach
- Each team is entitled to 1 (one minute) timeout per half
- Free substitution shall be in effect at all times.
  - If the offense subs in, the defense has a chance to sub before the snap is allowed.

- **Scoring:**

- No scoring values: AYF K/1 and 2/3 Flex football are instructional
  - There are no extra point conversion attempts in K-1 or 2-3 Flex football
- Sack Mercy rule is in place, the defense who has 5 sacks can't rush past the LOS for the remainder of the half.

- **\*\*Flagrant Fouls\*\***

- Flagrant fouls are a one-strike warning and then the committing player is ejected from the game upon the 2nd flagrant foul.
  - **\* Intentional Tackling**
  - **\* Unnecessary Roughness**
- Referee discretion - the referees decisions are final.
- The safety of all players is a primary concern of the league. Referees shall call Unnecessary Roughness when any player uses excessive force or violence during a play, EVEN IF THE PLAY IS TECHNICALLY WITHIN THE RULES.

## OFFENSE:

- Pre-Snap Alignment/Rules
  - K-1 Flex the offensive team must have Four (4) players on the line of scrimmage at all times.
    - 3 linemen and 1 eligible receiver.
  - 2-3 Flex the offensive team must have Five (5) players on the line of scrimmage at all times.
    - 3 linemen and 1 eligible receiver on each side of the field aligned on the ball.
  - Other players on the LOS scrimmage but be at least 5 yards from the Guards
  - All players, except for the center must be in a 2 point stance
- Center
  - In 2-3 Flex the center must snap the ball between his/her legs. The snap must be continuous; meaning it must pass directly and immediately from the center to another player on offense.
    - Center must have both feet at the scrimmage line with no part of his/her body beyond the forward tip of the ball.
    - The center can double team, but must initiate block with hands.
  - In K-1 Flex the center must snap the ball between his/her legs by Game Week 3. A “side” snap is allowed in Game Weeks 1 & 2 only.
- Blocking
  - When engaging a block, the blocker must break down and engage the defender with hands 1st.
  - Guards must be able to touch the center with their outstretched hand. That is as far as the Center/Guard gap should be.
    - **The hardest part of the game is OLIN blocking. We need to at least get them confident in order to execute. Hence the mandatory 2-4-1 or 2-6-1 defense.**
    - If your linemen are having trouble with the Defensive Ends you need to support that with a player in the backfield
- Quarter Back
  - The quarterback may take a direct snap from under center or in the shotgun position.
  - **\*\*QBs CAN RUN on each play as long as they do not run directly behind center or directly into A Gaps (no sneaks)**
- Receivers
  - Players need only get one foot down in bounds for a completed pass.
  - If an offensive and defensive player catch a ball simultaneously, the ball is declared dead at that spot and awarded to the offense.

## DEFENSE:

- Pre-Snap Alignment/Rules
  - No defender can align directly over the center (ages 8U or 3rd grade or younger)
    - 2-4-1 mandatory flex defense for K/1 Flex
    - 2-6-1 mandatory flex defense for 2/3 Flex
- Bumping / press coverage
  - A defender and/or receiver may contact each other as many times as desired within five yards of the LOS in 2/3 flex.
  - After 5 yards contact can be interpreted as Pass Interference.
  - Press coverage is allowed on all receivers on the LOS in 2/3 flex. If a receiver is not on the LOS the defender must be at least 5 yards off the LOS.
    - There is NO PRESS COVERAGE in K-1 Flex. All defenders minus the DEs must be at least 5 yards off the LOS.
- Blitzing:
  - Blitzing is defined as adding a rusher beyond the allowed 2 D-linemen per play.
  - No blitzing in K-1 Flex
  - One blitz per set of new downs in 2-3 Flex.
    - Blitzer must be 5 yards off the ball.
- Safeties: There are no safeties.
- Fumbles, Dead Balls, and Interceptions
  - All fumbles are considered dead balls as soon as the ball hits the ground.
  - An interception can be advanced by the intercepting team.
  - A player may not strip anyone of the ball. Anyone making intentional contact with the ball while it is being carried causing the ball to be fumbled will be called for Stripping (5 yard penalty).
- A-Gap Rules
  - The A-gap is the area on either side of the center and the two linemen immediately on either side.
  - The defense can not line up directly over the center and may not immediately engage the center in K-1 or 2-3 flex.
  - The defense can not stunt/ blitz the A gap from the LOS. Most specifically DEs may not move/stunt directly into A gaps.
  - LB and 2nd level blitz are allowed if starting from a minimum of 5 yards away. 3 yards if inside the 10 yard line.

Books/Teams:

K/1 Flex: Roster size of 10-11 for k1 7v7 1 ref needed. Max 3 coaches for k-1 and 1 team parent

2/3 Flex: Roster size of 13-14 for 2/3 9v9 2 refs needed. Max 4 coaches for 2/3 and 1 team parent

4 flags per belt cannot tie the belt on and flags must clip on

Max 2 coaches from either field allowed on the field during the game

2 for offensive side and 2 for defensive side

Coaches and refs must both have rules in hand and talk with ref before the game so all parties are on the same side

Zero tolerance for foul language and abuse to the referee's

Flex needs their 10 hours of conditioning.

Then they get 2 days a week of practice max after the 10 hours of conditioning

Once the season starts same thing

Appropriate athletic gear can be worn under pads. Helmets mouth guards are to be worn on the field at all times.

Games field is 45 yards in so leagues can schedule the 2 games in the one hour block and have the 3 officials there for the tackle games. If no ref or refs show up it's the coaches to blow the whistle. If that happens the games still count. If a team doesn't show up or does not want to play because of no officials it's considered a forfeit **NO MAKE UP GAMES FOR THIS! THERE ARE NO POINTS BECAUSE WE DONT KEEP SCORE.** Play the game and make sure the kids have fun

If a team shows up under their roster size then play at the amount you have and keep a player as a sub ie 7v7 team a has 6 team b has 7 you would play 5v5. Remember it's about kids learning to play and having fun.

All teams play in the tiny bowl!!!