

## **AAO GRIDIRON FOOTBALL LEAGUE (GFL) GAME DAY PROCEDURES AND RULES**

### **Game Day Procedures**

#### **Length of Games**

- Two-30 minute running clock halves.
- Each team is allowed two timeouts in the second half of the game.
- There should be 5 minutes allowed between games, if time permits. Every effort will be made to stay on schedule.

#### **Equipment Size of Footballs (composite, leather):**

Teams must start with and use the same size ball throughout the entire game for their appropriate grade level.

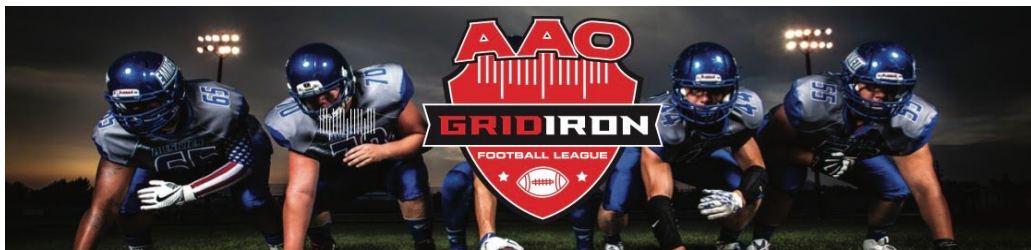
- 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades — equivalent of Wilson Junior size
- 6<sup>th</sup> grade - equivalent of Wilson TDY (Youth size or larger)

#### **Game Play**

- It is important for games to start on time. A team must forfeit if they are unable to play within 10 minutes after the scheduled start time. Delays from previous games and overtimes do not apply.
- A team must have at least 10 players available to start a game.
- Games may be called by the League Commissioner for inclement weather or dangerous or poor field conditions.
- Officials will keep a 40 sec. play clock for 3rd and 4th Grade - (manually)
- Officials will keep 30 sec. play clock for 5th and 6th Grade - (manually)
- No headsets may be used by either team.
- Chain crews and scores table will be stationed on the south (teams) side of the field.
- The home team is responsible to provide a three person chain crew.
- The visiting team is responsible to provide a clock / scorekeeper - who is also responsible to record the final score of the game.
- Reporting Scores: Head coaches are expected to sign the score sheet located at the score table following each game - confirming the final score. Any updated or revised scores must be communicated to the league commissioner no later than 3:00PM on Sundays.

#### **Half Time Procedure**

- Half time is 5 minutes.



## **Suspended Games**

- If a game is halfway through the second half, the game will be considered complete if the referee suspends the game and feels it cannot be continued within what he feels is a reasonable time.
- If a game is suspended within the first half and cannot be completed at that time, the entire game will be rescheduled for a later date. If the game is suspended at halftime or before the start of the 2nd half, the game will be rescheduled and the play will start over at the beginning of the 2nd half. Same score & possession as if the 2<sup>nd</sup> half had never started. Every effort will be made to complete a suspended game at a later date. However, if an unfinished game cannot be rescheduled, the game can be deemed completed by the agreement of the league commissioner and the score considered final.

## **GAME RULES**

### **Sideline Rules:**

-Coaches and players on the sidelines must remain between the 40 and 10yd lines on their respective ends of the field during the games. Exception: (4<sup>th</sup> - 6<sup>th</sup> Grade) one coach and one player may go the full length of the field for the purpose of sending in either offense or defensive plays. The purpose of this rule is to speed up play on the field.

### **-No more than 5 coaches:**

(1-head coach and 4-assistant coaches) are allowed on the sidelines at any time during the football game.

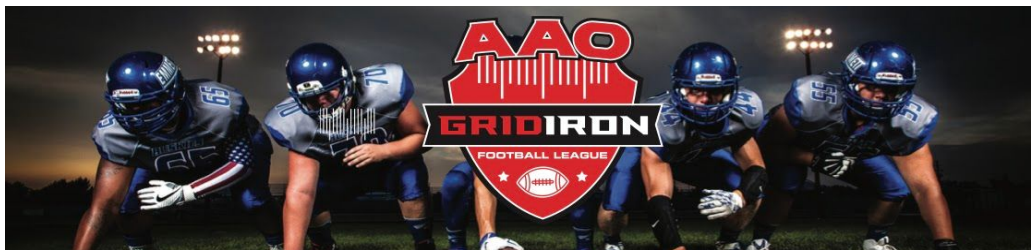
-All designated coaches will wear their name badges and lanyards to be recognized. Upon violation of this rule - the head coach will first receive a verbal warning. If the additional coach is not removed from the playing sideline in a reasonable manner and time, the team will receive a 15 yard penalty for unsportsmanship like conduct - this unsportsmanlike penalty will be assessed to the head coach and will count toward the disqualification rule of two unsportsmanlike penalties.

-The number of non-player personnel on each football team's sideline shall not exceed a total of eight (8).

**All team personnel must be adults** - "No little helpers" - children who are not on current playing teams roster should NOT be allowed on the sideline -

- The head coach will be the **ONLY** coach to address officials during the game.

-This eight (8) includes all coaches, managers, play counters, or water aids. There will be a maximum of five (5) coaches.



### **Coach's Field & Sideline Rules**

Only during a 3<sup>rd</sup> grade game is one coach from each team allowed on the field. (One on offense and one on defense). The coaches are encouraged to keep the flow of play going and not delay the game with lengthy additional coaching points. An official may remove a field coach at any time if the official feels the coach is a disruption to the game. If a coach is removed from the field in a 3<sup>rd</sup> grade game - there will be no replacement and the violating team will forfeit their on field coaching privileges. The purpose of this rule is to speed up play and allow for more plays per game and improve the instructional purpose of the league.

**3<sup>rd</sup> grade coaches must be 5 yards behind the official when the ball is snapped.** There is no coaching on the field; once the ball is snapped the coach must remain quiet. Failure to follow these rules will first result in a verbal warning and a 5 yard penalty - any further issues will result in a 15 yard penalty and the coach being removed from the field.

**Center Protection:** no defensive player shall line up directly over the center, they must shade to the right or left gaps of the center, **unless** in a goal line or short yardage situations and must be down in a 3 or 4 point stance. Any player standing shall be a minimum of 2 yards off the ball, first violation of this rule will result in a verbal warning and a 5 yard penalty. A second and continued offense will result in a 15 yard penalty.

**Max Players on Defensive LOS:** Defensive teams may only have **5 players** on the line of scrimmage, (all players inside the tackle box must be down in a 3 or 4 point stance). Exception > Goal Line or Short Yardage.

### **No Kick-Offs**

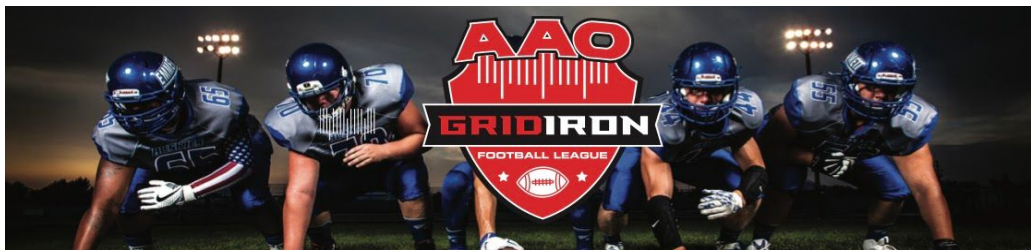
- There will be no kickoffs.
- At the start of each half and after each score, the receiving team will start from their own 30 yard line.

### **Punts and Punt Returns**

- A punt must be declared by the offensive team and the punts will be moved 30 yards from the line of scrimmage and you can't punt if you are at, or inside, your opponent's 30-yard line. The ball will be spotted 30 yards downfield from the line of scrimmage, teams can "pin down" a team. Punts are a strategic part of the game. The 1 yard line is the deepest the ball will be spotted on a punt. .

### **PAT (All grades)**

- After a touchdown, a team may elect to spot the ball on the ten (10) yard line and a successful attempt will be worth (2) points. If a team elects to spot the ball at the 3 yard line, following a touchdown, a successful attempt will be worth one (1) point.



### Overtime/Sudden Death

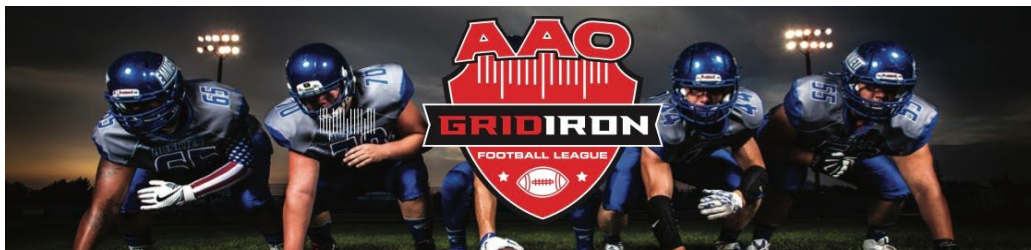
- Overtimes will be treated like "sudden death" overtimes. One Play-One Score. The team who wins the toss may elect to go for a (1) point score from the 5 yard line or a (2) point score from the 10 yard line. The team will be given one play to score. After their play is completed the opponent will be given the same choice to run a play from the 5 or 10 yard line.
- The teams will keep alternating plays until one team has scored when the other team couldn't or scores more points than the opposing team.
- Teams will continue to trade plays until one team scores more points than the other or 5 minutes expires.
- If the game is still tied at the end of 5 minutes the game will be considered as a completed game and the score will remain tied.

### Mercy Rule

- The mercy rule will apply (30 point lead anytime within the second half).
- The clock will run continuously for the remainder of the game.**(NO TIMEOUTS WILL BE RECOGNIZED.)**
- Coaches are expected to practice good sportsmanship toward your fellow coaches and opponents. Coaches are encouraged to substitute their starting skill players (QB, RB, WR) during the mercy rule.

### Rule Violations

- Violations of Gridiron League rules will be acted on and penalties assessed by the League Commissioner as outlined and approved by the Executive Rules Committee.
- The penalty or penalties assessed against an organization, coach, parent, or player can be one or more of the following:
  - Ejection from games
  - Forfeiture of game or games
  - Suspension of coaches or individuals within an organization
  - Probation
  - Any action deemed appropriate by majority vote of the Officers including the permanent removal from the league.
- Assaults, verbal abuse, profanity, display of poor sportsmanship or rule violation by a coach, parent, participant, club official or guest at a league function will not be tolerated.
- Alcoholic beverages or illegal drugs or the consumption of alcoholic beverages or drugs will not be allowed by anyone at a league function. Penalties will be dealt accordingly.
- Any coach, player or spectator ejected from a league game or scrimmage will be automatically suspended for the next league scheduled game (that would result in that player, coach, or spectator attending, i.e. if there is a scheduled game and one grade



does not have a team, the suspension would carry over to the next game that play could actually take place).

- Suspended coaches and players will be allowed to attend team practice. Suspended players are required to attend the suspension game with their team but are not to dress out.
- Suspended coaches will not be allowed to attend the suspension game, even as a spectator. Failure to comply will result in team forfeiture of the game.

### **Disputes**

- Will first be heard by League Commissioner with an attempt to completely resolve. The Commissioner will resolve the majority of issues. If the issue can not be resolved then it will be heard by the appointed members of the Executive Rules Committee.

### **Ejections**

- Player ejections may be reviewed by the head official in consultation with League Commissioner and enforced or reverse the disqualification prior to the next game. Officials also have the authority to send a player to the sideline for a period of time without formally ejecting the player from the game. The player may only return to the game with the permission of the head official. If the player is ejected, disqualified or decision reversed, it is the responsibility of the head coach to notify their member director and league commissioner immediately following the game.
- A coach ejected a second game will be suspended for the remainder of the season and will not participate in team practices. To return to coaching next season the coach must apply for approval from the League Commissioner.
- **Protesting A Game:** To protest an action or game by a coach to the League Commissioner, the coach or persons involved in the incident must do the following within 24 hours of the incident: Submit a written statement on the incident in protest to their Member Director.
- The parties involved may be asked to speak to the League Commissioner and provide evidence to support the complaint. The Commissioner will then review the evidence and declare a ruling within "seven" (7) days of the filing of the written incident statement.

The League Commissioner may modify the League Rules when the League Commissioner deems it in the best interest of the league/tournament to do so and all teams will be bound by any such change.

Questions, contact: [admin@aaoteam.org](mailto:admin@aaoteam.org)