

AYFL 2010 Tackle Football Rules – D League Annex

Section 1 – Division Structure

- A. The ‘D’ division will consist of players ages 6-7 years old.
 - a. Participation for players age 7 is limited to 75 lbs and under (those weighing more than 75 lbs. will be required to advance to ‘C’ division. **The weight limit may be adjusted at the discretion of the AYFL Board.**)
 - b. No weight limit for players age 6

- B. Players will be assigned to teams by age. There will be no draft but a series of quick and simple evaluation drills that will be conducted in order to help ensure fair player distribution among the teams.

Section 2 – Teams

- A. Teams will have a roster size of 18 players (maximum).
 - a. Teams will field 9 man units for offense and defense
 - b. Teams will swap 9 man units on change of possession
 - i. If teams have less than 18 players available players may rotate in to allow equal playing time for ALL players
 - c. No limit on weight of ball carrier, all players are expected to have the opportunity to carry the ball

Section 3 – Game Play

- A. Regular season games will follow the same rules as the other tackle divisions except as noted:
 - a. 9-man units on offense and defense
 - b. Play will be on an 100 yd field
 - c. No time clock
 - d. No score is kept
 - e. Each team will start from their own 20 yd line.
 - f. Each team gets 7 offensive plays per series, if they score the ball moves back to the 20 and play continues until 7 plays are completed.

- 1) There will be Chains and a Down Marker, so if a First Down is not obtained, the ball will be moved back to the 20 yard line.
 - 2) In the event of a turn-over – the ball is dead if recovered by the defensive team, and the offense will be moved back to the 20 yard line and continue the series until 7 plays are completed
 - 3) In the event of a penalty – if a penalty is accepted, the play will not count against the 7 plays. If it is declined, then the play will count against the 7 plays.
 - 4) If the offensive team scores, extra point conversions will be played BUT will not count against the 7 play count.
- g. After 7 plays, the ball reverts to the other team on their 20 yd line
- h. After each team completes their 7 plays, the quarter ends
- 1) After each team runs two (2) offensive series there is a 5 minute half time before play resumes.
- i. Up to two (2) coaches will be permitted on the field during game play. These coaches may set players before the snap but are not permitted to coach once the ball is snapped.

Section 4 – Special Rules

The goal of this level is to provide an introduction to players to the game of football. Special rules have been developed for both offense and defense to assist in the development of sound fundamentals for all players. These rules are designed for both the 9-man team structure as well as the age appropriate development this division seeks to accomplish.

Note: The Board may modify the 9 man team to 11 man team after the 1st half of the season. C League Rules would apply(no special teams - punts or kicks), and the 7 plays series still continues.

Offense-

- A. All plays will be run from league provided formations. No other player formations will be allowed.
- B. No player may score more than two (2) times per game. Once a player has scored twice he is no longer eligible to carry the ball on offense or play QB.
- C. All players are eligible to run the ball and it is expected that each player be given an opportunity to carry the ball

- D. Ball must be snapped in the traditional style, QB under center – shotgun or “sideways-snapping” is not permitted.
- E. The Five interior lineman (center, two guards, two tackles) are not eligible to catch a pass when lined up in those positions
- F. There are no punts or kicks

Defense-

- A. All defensive plays and alignments will be run from the league provided formations.
- B. There are **NO** blitzes
- C. No defensive lineman may cover the center (no player head-up over the center or in the ‘A’ gaps)
- D. All players not on the line must be at least three (3) yards off the ball
- E. Interior lineman must be in a 3 or 4 point stance prior to the snap of the ball.
 - a. Two outside ends may be standing – no more than 1 yard outside the widest offensive interior lineman or tight end player on their side
- F. No more than five (5) players on the defensive line at the snap of the ball
 - a. Goal-line situation – inside the 10 yd line, teams may line up in an 9 man front

Section 5 – Practice Structure

- A. Practices will be three (3) times per week for no more than 90 minutes each before the start of school. After school starts, practice will be two (2) times per week.
 - a. Practices will be evenly divided between teaching fundamentals and learning/running the plays
- B. Practices will begin approximately one week after the start of the other divisions

Section 6 – Regular Season/Post-Season

- A. All games will be played on Saturdays and will follow the schedule as set forth by the Board and listed on the AYFL calendar.
- B. No season standings will be kept for this division
- C. Division will not have playoff games or championship game
- D. End of season ‘All-Star’ game(s) will be held during the AYFL Championship Day

- a. All 7 year old players will participate in this game
- b. Coaches for this game will be determined by the Board and drawn from the eligible 'D' division coaches

Section 7 – Applicability

- A. Except as modified by this Annex, all AYFL league rules and bylaws as well as the High School Federation rulebook will apply and govern all play.