

CDAA Flag Football Rules

1. Games are played between two teams consisting of 8 players.
2. Each team roster shall have a maximum of 16 players and a minimum of 8 players who are present to play.
3. The offensive team must have 5 players on the line and 3 in the backfield.
4. Playing field specifications: 100 yards in length - divided into 4 zones of 20 yards each between two end zones of 10 yards each - and 40 yards wide.
5. A punt is a free kick - **no rushing the kicker**. All players remain set until the ball is kicked.
6. Every player on offense is eligible as a pass receiver.
7. **Tackling is not allowed.**
8. Aggressive play, including collisions with the ball carrier prior to securing the flag is not permitted.
9. Blockers must have both feet on the ground at all times while blocking. No dive blocking is allowed.
10. All fumbles are dead balls. No recovery is permitted.
11. Everyone should get a chance to carry the ball over the course of the season.
12. No blitzing is allowed on defense.
13. Shoes must be molded plastic or rubber.

CDAA / AYAA / RYAA Football Rules for 3rd - 6th Grade

High School Rules apply with the following exceptions:

1. All players must play at least one half of each game.
2. Shoes must be molded plastic or rubber.
3. FIELD SIZE 3rd & 4th Grade - 40 yards wide X 80 yards long.
 5th & 6th Grade (Light/Heavy) - 50X100 (Regulation)
4. Kickoffs: 3rd & 4th Grade at the 35 yard line. The ball must travel a minimum of 10 yards before being received.
 5th & 6th Grade at the 40 yard line (Regulation)
5. Quarters will be 12 minutes running time with the last two minutes of each half stop time. If one team is ahead by 18 or more points, the last two minutes of the game will be running time.
6. Each team is allowed 3 time-outs per half, each 90 seconds in length.
7. There will be 7 minutes between halves and 90 seconds between quarters.
8. Free substitution is allowed.
9. Any player bringing in a play must remain in the game for that play.
10. Extra points are spotted at the 3 yard line. A successful pass conversion is awarded 2 points and a rushing conversion is awarded 1 point.
11. Touchbacks - ball is placed on the 20 yard line.
12. A safety is worth 2 points with a free kick from the 20 yard line. The receiving team lines up at the 30 yard line.
13. 3rd & 4th Grade only - no shotgun formations are allowed.
14. 3rd & 4th Grade only - a punt must be declared before the play with the punter

receiving the snap at least 10 yards behind the line of scrimmage. The defense is not allowed to rush the punter.

15. 3rd & 4th Grade only - defense must play 5 down lineman, 3 linebackers and 3 defensive backs.

16. 3rd & 4th Grade only - linebackers must be at least 2 yards off the line of scrimmage and defensive backs must be at least three yards.

17. 3rd & 4th Grade only - no player may be in motion prior to the snap of the ball.

18. 3rd & 4th Grade only - unbalanced offensive lines are not allowed.

19. 3rd & 4th Grade only - penalties will be 5 & 10 yards only.

20. 3rd & 4th Grade only - interior offensive and defensive lineman must line up in a 3 or 4 point stance. Defensive ends may stand or be down but must remain in that stance when the offense becomes set.

21. WEIGHT LIMITS 3rd & 4th Grade only - players over 80 lbs. must be designated by a red stripe on their helmets and are not allowed to advance the ball.

5th & 6th Grade lightweight cut off is 95 lbs. and lighter.

5th & 6th Grade heavyweight is unlimited.

When determining weight, 7 lbs. should be added to account for equipment (not including helmet).

22. 3rd & 4th Grade only - red stripe players may line up from tight end to tight end but may not split out. Any turnover, kickoff or punt may not be advanced by a red stripe player.

23. Weigh-ins may be held 30 minutes before each game. Each coach will designate who will be weighed on the opposing team and have a representative supervise weigh-in. Scales are to be provided by the home team.

24. Coaches and players may travel the full sideline of the field in 3rd & 4th Grade and between the 30 yard lines in 5th & 6th Grade.

25. Alcohol and tobacco products are not allowed at any practice or game.

26. Ties in league standings are decided by head-to-head results, then points allowed and finally, a coin flip.

27. A coach found not to be playing all players will be, at the direction of the Directors of CDAA, AYAA and RYAA, suspended for at least one game and required to apologize to the team and parents before coaching another game. If a coach wishes to bench a player, notification must be given to the officials and opposing team before the game or immediately after a benching is imposed.

28. One coach will accompany the captains to the center of the field at the beginning of each game. This coach will be considered the head coach and have all communication with game officials.

29. Coaches will be responsible for the conduct of players, parents and fans. Misconduct will be warned at first infraction and a second infraction will result in ejection.

29. FIGHTING: All players involved in fighting will be ejected from the game and suspended from the following game. Coaches who fail to comply with this rule will be subject to the consequences in Rule #27.

30. Tie games are decided per High School rules. Each team is given 4 downs to score from the 10 yard line until one team prevails.

NORTH SUBURBAN FOOTBALL LEAGUE (7TH & 8TH GRADE)

National Federation Rules apply with the following exceptions:

1. Ten minute stop time quarters, except that the clock will start when the chains are set after a change of possession. (Unless the clock was stopped because of an incomplete pass or out-of-bounds.)
2. Two points for a conversion kick, one point for a conversion run or pass.
3. In the event of a tie game, only one (1) overtime period will be played (unless the game is a playoff game). If the game remains tied after one overtime, it ends in a tie.
4. Teams may use either a regulation or intermediate size ball. Teams may use their own ball when on offense, but are responsible for getting the ball in quickly.
5. The league reserves the right to ban players, coaches or parents for repeated acts of unsportsmanlike or abusive behavior.
6. Coaches should meet with officials prior to the game to review the playing rules specific to the age group and to the North Suburban Football League.
7. There are no special restrictions on offenses, defenses, blitzing, motion, etc.
8. The HOST TEAM is responsible for field preparation, lights, chains and scale (for weight limit games).
9. The HOME TEAM is responsible for providing the chain gang. We do NOT switch chain gangs at halftime.