



**2019 ARPA STATE YOUTH FLAG FOOTBALL**  
**Trussville Parks and Recreation Department**

**General Information**

Locations: City of Trussville Sportsplex – Football Field and Baseball Fields  
110 Palm Street, Trussville, AL. 35173  
Spradling Field – 601 Parkway Drive, Trussville, AL. 35173

Date: November 1 – 2, 2019

Important Times: Friday Night Games Start: 6:30 p.m. (if needed)  
Saturday Games Start: 8:00 a.m.

Entry Deadline: October 25, 2019: 5:00 p.m.

Entry Fee: \$150.00 per team  
Make checks payable to City of Trussville  
Mail to: 5381 Trussville-Clay Road  
Trussville, AL. 35173

Gate Fee: \$5.00 per spectator

Age Control Date: August 1, 2019

Age Groups: 8 and Under  
10 and Under  
12 and Under  
14 and Under

Equipment: Game Balls and Belts will be provided

Team Tents: Will be allowed in designated areas.

**ARPA State Youth Flag Football Tournament**  
**November 1-2, 2019**  
**Host Hotels**

**Courtyard Marriott Trussville** 205-661-2280  
3655 Roosevelt Blvd- Trussville, 35235  
(13 minutes or 6 miles from complex)

**Hampton Inn by Hilton Trussville** 205-655-9777  
1940 Edwards Lake Rd Trussville, AL 35235  
\$119 per night  
(13 minutes or 7 miles from complex)

**Hilton Garden Inn Trussville** 205-655-5222  
3230 Edwards Lake Rd Trussville, AL 35235  
\$119 per night.  
(13 minutes or 7 miles from complex)

**Holiday Inn Express & Suites Trussville** 205-655-2700  
5911 Valley Rd Trussville, AL 35173  
\$89.99 for a king. \$94.99 Queen/Queen  
(4 minutes or 2 miles from complex)

**Comfort Inn & Suites Trussville** 205-661-3636  
4740 Norrell Dr. Trussville, AL 35273  
\$92 on Standard Rooms, \$102 on Suites  
(4 minutes or 2 miles from complex)  
Complimentary hot breakfast, parking & wi-fi

**Quality Inn Trussville** 205-661-9323  
4730 Norrel Dr Trussville, AL 35173  
(4 minutes or 2 miles from multiple gymnasiums)  
Complimentary hot breakfast, parking & wi-fi, interior corridors

# **RULE X– YOUTH FLAG FOOTBALL**

## **ARTICLE I - ELIGIBILITY**

### **SECTION A - AGE DIVISIONS**

- (1) The age control date is on or before August 1.
- (2) Divisions-
  - A. 8 and Under
  - B. 10 and Under
  - C. 12 and under
  - D. 14 and under
- (3) Teams will play 6 vs. 6
- (3) A participant is allowed to compete in one age division only. Participants may compete in an older age division provided they remain in that same age division for all games and through all levels of Youth Flag Football competition.
- (4) A participant may compete in the District and state level provided he or she is not in violation of any rules or regulations in this Manual. (REF: RULE 1)

### **SECTION B - ENTRIES**

- (1) At the District level, an affiliate may enter as many teams as it wishes in all divisions provided the District does not establish an entry limit.
- (2) A District not conducting a District level tournament or playoff may allow one affiliate team to represent its District at the State level of competition.
- (3) Only persons whose names are approved on their affiliate team's ARPA Official Roster, who meet all ARPA eligibility requirements, and who are representing an affiliate not on current suspension from Youth Flag Football may compete in ARPA games.
- (4) The ARPA Official Roster limits are 12.
- (5) State Tournament entries for each age group shall consist of up to nine teams, one representative from each District and a host Affiliate. If the entries fall below eight teams, the State Recreational Sports Committee Chairperson may add teams from other cities participating in their district tournament to insure an eight team bracket. A non-first place team's acceptance will be prioritized by their finish in their district tournament.

## **ARTICLE II - REGULATIONS**

### **SECTION A - GOVERNING RULES**

- (1) The current rules is NIRSA (National Intramural and Recreational Sports Association)

### **SECTION B - LENGTH OF GAMES**

- (1) Game times will be as follows:
  - A. The game is split into two halves which are 20 minutes each. With a five-minute intermission. In the First Half the clock runs continuously until it gets to zero unless a timeout is called or there is an injury. In the second half, the clock will run continuously for 18 minutes, at which point at the first dead ball there will be a 2-minute warning. The clock will start again once the ball is live in play and stop for plays that out of bounds, incomplete passes, at the dead time of a change of possession and when said offensive achieves a first down where in the player is deflagged inbounds the officiating resets the ready for play pucks so that the clock will start immediately thereafter.
  - B. Half time intervals shall be 5 minutes.

## **ARTICLE III - EQUIPMENT**

### **SECTION A - APPROVED EQUIPMENT**

- (1) The approved football
  - A. 8 and Under – Pee wee size
  - B. 10 and Under – Pee wee size
  - C. 12 & under – Pee wee size
  - D. 14 & under- Junior size

## **SECTION B - UNIFORM REQUIREMENTS**

- (1) Each player must wear a legal triple threat flag belt (ALL BELTS WILL BE PROVIDED BY HOST) with no knots or tied areas. No foreign substances may be applied to the flag belt that reduces friction and the belt must be attached to the clip without being tied.
- (2) Shoes with metal cleats are prohibited. Shoes with rubber cleats or tennis shoes are approved for use.
- (3) Shirts must be tucked in always
- (4) ALL PLAYERS MUST WEAR A MOUTHPIECE
- (5) Players on a team must wear the same color jerseys, including numbers
- (6) No team will be allowed to wear YELLOW SHORTS. All flags will be yellow.

## **SECTION C - FIELD DIMENSIONS**

- 1) 40 yards wide/ 80 yards (40-yard line is midfield)
- 2) Each end zone shall be ten yards in length

## **ARTICLE IV - GAME**

**Pregame:** A coin toss will determine initial possession with instructions and questions answered by the officiating crew.

**Mercy Rule:** the mercy rule is in effect after ten minutes have passed in the second half and one team has a thirty point or more advantage or at the two-minute warning in the second half and either team has an advantage of 17 points or more.

**Overtime:** Utilizes the Kansas City tie-breaker rules. After a coin flip each team will receive a possession starting at the ten-yard line and have four downs in which to score and go for the extra point of their choice. The team with the highest point total after each team has had possession wins.

- a. A turnover would cause the end of a team's possession and the defensive would get the ball on the same ten-yard line unless said turnover is ran back to the opposite end zone for a score; which would end the ball game.
- b. On the third overtime both teams must go for 2 points thereafter until a winner is reached

**Timeouts:** each team shall receive two timeouts per half ...those timeouts do not carry over into any other half. Timeouts shall be sixty seconds in duration.

**Play clock:** each time the ball is spotted the offense will have 30 seconds to snap the ball

**Scoring:** touchdown-6 points. Extra point from the five-yard line (no run zone) – 1 point...Extra point from the 12-yard line (run or pass) -2 points. A safety is 2 points and possession of the ball at your 5 yard (far end). Any extra point intercepted by the defense and ran back for a score is 2 points. Possession of the ball still exchanges to the new offense after this.

**Offensive formations:** before each down the offense must have at least 3 persons on the line of scrimmage when the ball is snapped this includes the center. Only one player is allowed to be in motion at the time the ball is snapped. This player can be moving in any direction but forward towards the line of scrimmage.

- a. Multiple players can be moving pre-snap but must become stationary for one second before the ball is snapped.

**First Downs:** Each team will have FOUR downs to reach the desired first down line/goal line. All drives start on the 5-yard line, except following a turnover, and that drive starts where the turnover occurred and was advanced. First down line is midfield.

**Offensive play definitions:** the offense may use multiple backward handoffs/pitches, but can only throw or HANDOFF one legal forward pass exceptions "see no run zones".

**No run zone:** located between the opponent's 5-yard line and their own end zone and both offensive sides of midfield. Created to prevent short yardage power run plays to achieve a first down or touchdown. If the ball is snapped inside these zones to advance the ball a pass must be completed that is at or beyond the line of scrimmage. If a first down was gained and due to penalty or sack on the following play, the no-run zone is null and void.

### **Player movements:**

- a. Spinning is allowed but flag guarding definitions are still in affect
- b. The player that is deflagged shall have the ball spotted where the ball is on the field when said flag became unclipped.
- c. All players are eligible to receive a pass
- d. Players cannot dive to achieve extra yardage
- e. A player has only to come down with control of the ball with one foot inbounds to complete a catch.
- f. Jumping is allowed, however if the offensive player that jumps is deemed to cause contact with a defensive player, a penalty will be assessed. Flag guarding- 5 yards repeat the down

**Limitations:** The ball may be snapped between the legs or side saddle, in the 8 and Under only. Substitutions must be made when there a dead ball situation. (Spring 2015)

- a. The quarterback cannot completely cross the line of scrimmage during a loose ball play, and return behind the line of scrimmage to throw a legal forward pass, however the quarterback or receiver of the snap can completely run beyond the line of scrimmage and throw a backward pass to a player who is behind the line of scrimmage making that player the new quarterback who may still throw a legal forward pass unless the basic spot originated in the no run zone.

**Dead Ball Plays:** a. The ball carrier's flag is pulled

- b. The ball carrier steps out of bounds
- c. A touchdown or safety is scored
- d. The ball carrier's knee hits the ground
- e. A ball in flight goes out of bounds

**Defensive limitations:** All players who rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. There is no restriction on how many players can rush the quarterback.

- a. Once the ball is handed off or pitched backwards or thrown forward, the 7-yard rule is no longer in effect and all defenders may cross the line of scrimmage. A special marker is placed on the field to distinguish this seven-yard zone.

**Offensive limitations:** Blocking is not allowed down field; no tackling

- a. An offensive player running down field without the ball must become stationary when a defensive comes 2 yards from that player and he is near the ball carrier.
- b. Neither the offensive coach or the defensive coach who are on the field can coach their players once the ball has been snapped.

**Misc limitations:**

- a. Unsportsmanlike conduct (including trash talking and taunting) will not be tolerated from players, coaches, or fans
- b. Fighting will result in an immediate ejection and a 10-yard penalty. Taunting will also result in a 10-yard penalty and possible ejection.
- c. 2 unsportsmanlike penalties on the same player is an automatic ejection.
- d. 2 ejections will result in severe league discipline as defined by the league commissioner.
- e. Coaches, players and Spectators must remain one yard from the playing field.

## **ARTICLE V – PENALTIES**

**Encroachment/false start/ illegal snap- 5 yards**

**Pass Interference- 10 yards automatic first down** (if called against the defense in the end zone the ball will be placed at the 3-yard line it will be first and goal).

**Illegal conduct- 10 yards** (on defense added to the end of the play or run repeat the down)

**Illegal Flag Pull (before receiver catches pass)-10 yards automatic first down**

**Illegal rush- 5 yards**

**Illegal motion- 5 yards**

**Illegal forward pass- 5 yards loss of down**

**Illegal snap – 5 yards**

**Diving - 5 yards repeat the down**

**Flag guarding- 5 yards repeat the down**

**Delay of game- 5 yards**

**Holding- 10 yards repeat the down** (defensively assessed at the end of the run, offensive will depend on the basic spot)

**Moving screen down field-10 yards repeat the down**

**A forward pass after the quarterback has handed the ball forward to the running back- 5 yards' loss of down**

**Illegal coaching- first offense warning... 2<sup>nd</sup> offense and thereafter 5-yard penalty** from the previous or basic spot.

The offended coach after each penalty has the option to accept the Penalty and decline the yardage. Teams should if possible establish bench sidelines on either side of the field.

**Special Penalties:**

**Shay Shellnut Rule:** If a team is penalized for running a run play inside the no run zone after the second consecutive penalization a loss of down plus 5 yard penalty will be added to that penalty.

**The Hindman rule:** During the quarterback/center exchange the center must completely release the ball and the quarterback must possess it. At which point the quarterback can hand the ball back off in any direction to the center.

**Rules of interpretation:** If the officiating crew judges that a player's flag came off due to body movements and not from a defender pull then said player is live with possession until a defensive player touches him or her with one hand between the shoulders and knees.

## **ARTICLE VI - GAMES AND AWARDS**

### **SECTION A - DISTRICT**

- (1) Each District shall have the right to conduct its own youth flag football tournament for each age division in a manner approved by the majority vote of participating District Affiliates and provided any exceptions to the rules in this Manual are approved by a District's State Recreational Sports Committee member. District or Affiliate Hosts are responsible for all District awards.
- (2) District level competition in Youth Flag Football is to be completed as follows:
  - (a) All divisions by the first Saturday in November.

### **SECTION B- STATE**

- (1) The State Tournament in all divisions of youth flag football shall be divided into pool play. The teams in each pool will play a round-robin schedule. At the end of pool play the top team in the pools will advance to the final games. All teams will be guaranteed a minimum of two games in their pool play.
- (2) Pairings for the State Tournaments will be determined by the State Recreational Sports Committee Chairperson and the Tournament Director.
- (3) Trophies will be awarded to the Affiliates that finish first and second in each division. **A sportsmanship trophy will be awarded in each age division. The Recreational Sports Committee Representatives and the Game Officials will determine the recipients of this award.**

## **ARTICLE V - OFFICIALS AND PARTICIPANTS**

### **SECTION A- HOST**

- (1) The Host Affiliate shall provide a Tournament Director as well as "registered" officials or above, in accordance with Rule I, Article IV, Section C, Paragraph 2; Rule II, Article IV, Section B, Paragraph 1(e).
- (2) The Host Affiliate shall be responsible for proper conduct by spectators.
- (3) The Host Affiliate shall be responsible for the game balls in accordance with ARPA specifications in these rules.
- (4) The Host Affiliate shall be responsible for seeing that the playing field requirements meet ARPA specifications.

### **SECTION B - GAME OFFICIALS**

- (1) Either the two- or three-man referee system is permitted.

### **SECTION C - PLAYERS AND OTHER TEAM MEMBERS**

- (1) Any player, coach, manager, team scorer or assistant disqualified for unsportsmanlike conduct, including abusive language is ineligible for further participation in the game in progress and may be dismissed from ARPA competition by a State Recreational Sports Committee Member, Tournament Director, or District Commissioner (at the District level only) subject to appeal by the dismissed person's affiliate.
- (2) The use of ineligible players in accordance with the Rules in the Manual shall result in forfeiture (of game and tournament). Burden of proof rests with the protesting Affiliate representative person. (see Rule II).
- (3) Players who are ejected from any game during ARPA State Competition will not be permitted to play in their teams next scheduled competition.

## **ARTICLE VI - PROTESTS AND APPEALS**

Protests and appeals are authorized only under the stipulations found in Rule II, Article I, Section A of this Manual.

## **ARTICLE VII – FEES**

- (1) Districts will establish the fee schedule for their District tournaments.
  - (a) In addition to the above fees, there will be a onetime charge of \$10.00 per team to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees from ARPA State Youth Flag Tournaments are to be set at \$150.00.
  - (b) In addition to the above fees, there will be a onetime charge of \$25.00 per team to be paid to the State Office. Host will be responsible for this fee.

**APPENDIX B**

**ALABAMA RECREATION AND PARKS ASSOCIATION  
TEAM SPORTS OFFICIAL ROSTER**

Department: \_\_\_\_\_ Athletic Event: \_\_\_\_\_ Male ( ) Female ( )

Age Division: \_\_\_\_\_ Recreation Staff in Charge: \_\_\_\_\_

Address: \_\_\_\_\_ City/ST/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

<b>Name</b>	<b>Age</b>	<b>Birth Date</b>	<b>Street Address</b> (Address, City, State, Zip)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
Coach			
Coach			
Coach			

I certify that the names/participants in the event above are eligible to represent my Department and I/Department staff has explained the ARPA rules regarding this event to this team and its coaches.

Date: \_\_\_\_\_

Department Director: \_\_\_\_\_

**APPENDIX I**

**Alabama Recreation and Parks Association, Inc.  
PARENTAL AUTHORIZATION AND MEDICAL RELEASE**

Team Name: \_\_\_\_\_

Affiliate Name: \_\_\_\_\_

I, parent or guardian of the child whose name is listed on the same line with my signature below, hereby give approval to his/her participation in Alabama Recreation and Parks Association, Inc. (ARPA) tournament activities as a member of the above named team representing the identified ARPA Affiliate Member. I assume all risks and hazards incidental to such participation including transportation to and from all activities; and do hereby waive, release, absolve and indemnify and agree to hold harmless the Alabama Recreation and Parks Association, Incorporated, Its Directors, Officers, Members and Staff, the local Parks and Recreation Department and/or Board, the local league organization, the tournament organizers, sponsors, supervisors, officials, participants and persons transporting the child to and from activities, for any claim arising out of injury to the child, except to the extent and in the amount covered by the accident and/or liability insurance held by the local league.

I also grant permission to managing and/or coaching personnel or other team representatives or tournament officials to authorize and obtain medical care and treatment from any licensed physician at a hospital or medical office should the child become ill or injured while participating in ARPA tournament activities while away from home, or at other times when neither parent/guardian is available to grant authorization for emergency treatment. It is further understood that any payment and/or insurance for the cost of such medical treatment if required will be the sole responsibility of the participants parent/guardian.

A certified birth certificate or acceptable proof of age of the above named participant has been furnished to ARPA tournament officials or is attached.

Child's Name	Signature of Parent / Guardian
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____



## Tie Breaker Rules for State Flag Football

1. Head – to – head game
2. Points Scored
3. Points Allowed
4. Ball will be placed at midfield, each team gets a guaranteed possession. The team that scores the most points is the winner. If both teams score the same we start over until someone outscores the other team.