FLAG FOOTBALL RULES

REFER TO GOLD COAST LEAGUE RULES AND REGULATIONS (SEPARATE FILE)

Games will be played with youth size football. Home team is responsible to provide a properly inflated youth size football. The home and away team will use the same football during the game.

Approved Footballs:

1. Wilson TDY Leather Football

2. Nike Spiral Tech Youth Football

3. All teams will use the Clip belts with 3 flags.

4. Games are FOUR 12 minute quarters with RUNNING clock until last 2 mins of half and 4th qtr.

5. 8 players on the field and all players are eligible to catch a pass. Must line up with at least four on the line.

6. No shadow blocking, Can set a screen like basketball, arms by side

7. No short rush

LEAGUE RULES FOR A “TIE BREAKER”

We will incorporate the following procedures to determine who participates in any League

Championship if a “tie” exists at the end of the season:

Two-Schools Tied: these procedures will follow in order until the tie is broken:

1- Won-loss results of head to head competition between two schools

2- Won-loss record of the two schools versus the highest seeded school

(proceeding through the lowest seed if necessary-division contests first; mutual non-division contests if applicable)

3- Points allowed against the #1 seed. \*\*\*Except for Soccer where Goals Against for ENTIRE SEASON will be used as the final tie breaker

Three or more schools tied: these procedures will be followed in order until the tie is broken:

1. Total won-loss record of contests played among the tied schools

2- Won-loss record of the tied schools versus the highest seeded school(proceeding to the lowest seed if necessary-division contests first: mutual non-division contests if

3- Points allowed against the #1 seed. \*\*\*Except for Soccer where Goals Against for ENTIRE SEASON will be used as the final tie breaker

4- Draw to eliminate one school

MIDDLE SCHOOL/HIGH SCHOOL ELIGIBILITY(FHSAA)

OBSERVE THE 24 HOUR WAITING PERIOD BEFORE THEY MAY RETURN TO PARTICIPATE AT THE MIDDLE SCHOOL LEVEL. A PLAYER MUST PLAY IN 50% OF MIDDLE SCHOOL LEAGUE GAMES TO BE ELIGIBLE FOR POST SEASON PLAY (in the case of an uneven number of games we would round up. Ex: 5 games ,must play in 3). A PLAYER IS LIMITED TO PLAYING IN A TOTAL OF THREE GAMES A WEEK. THIS IS TO PREVENT A SCHOOL PLAYING IN THE CHAMPIONSHIP GAME WITH A DIFFERENT TEAM THAN THAT OF WHICH THEY HAD DURING THE SEASON.