



## Football Rules and Regulations

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- A. The official rules shall be the National High School Federation (NFHS) Rules, except as noted herein.
- B. All schools should have a written concussion policy and a written heat and athletic participation policy.
  - a. These policies will include the education of coaches, players, and parents about the dangers, warning signs, and symptoms of both concussions and heat-related illnesses.
  - b. The plans will also include medical evaluation, suspension from play, and return to play/practice protocols.
- C. The length of each quarter is 8:00
- D. The size of the game football is NFHS-approved youth football size.
  - a. Example if using Spalding brand football the typical game ball is the J5V.
- E. Games that end with a tie score in regulation, overtime will consist of:
  - a. A coin flip will be used for determining possession of the ball. The team that wins the coin flip will select offense or defense first.
  - b. Each team will get the ball at the 25-yard line going into the end zone.
  - c. Each team will receive 4 plays. No first-downs are awarded.
  - d. If one team scores, but the other doesn't, the team that scores is the winner.
  - e. If both teams score, the team that uses the fewer number of plays is the winner.
  - f. If neither team scores, the team that made the deepest penetration towards the goal line is the winner.
  - g. If the above methods are used and there is still a tie, the game will remain a tie. (For example, if both teams score in 3 plays, or both teams advance to the 10 yard line and do not score)
  - h. Both teams are awarded one timeout.
- F. Mercy rule:
  - a. In the second half, there will be a running clock when a 35-point lead is reached. Once the running clock is instituted, it will remain in effect for the remainder of the game, even if the lead goes below 35.



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- b. Schools are expected to use etiquette of good sportsmanship when holding a large lead of 30 or more points.
- G. 5<sup>th</sup> quarter rules:
  - a. Before the start of the regular game, both coaches must agree to the “5<sup>th</sup> quarter” for younger players.
  - b. Regular game officials will not be used. The coaches will call the scrimmage.
  - c. 20:00 will be put on the clock and the clock will run continuously.
  - d. Each team will get 10 plays on offense, followed by 10 plays on defense.
  - e. If there is time left after the 20 total plays, the coaches can go 5 offense/5 defense until the clock runs out.
- H. Jamboree
  - a. A league school will host the preseason Jamboree
  - b. Schools not in the league can be invited.
  - c. The total number of schools is eight (8).
  - d. The format is similar to the 5th quarter.
  - e. Hosting schedule
    - i. AC(23), AP(24), EDS(25), SM(26), WSA(27)
- I. League Champion
  - a. Champions Cup
    - i. Beginning in the Fall of 2018 the league will host an end-of-season Champions Cup to determine the league champion.
    - ii. The top two seeds will play for the Championship Cup
    - iii. The next two seeded teams will play for 3rd Place
  - b. If the Champions Cup is canceled the league champion will be determined as follows:
    - i. The team with the best League record is declared the Champion.
  - c. Hosting of the Cup (Year)
    - i. Cup - A. Prep(23), EDS(24), SM(25), WSA(26), AC(27)
- J. Standings shall be maintained according to a points system:
  - a. (+2 for a win, +1 for a tie, 0 for a loss, and -1 for a forfeit).
- K. Standings shall be decided according to the best record. In the event of a tie, the following procedure shall break all ties
  - a. Head to Head



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- b. The point differential between the tied schools
- c. Point differential against the league
  - i. The max point differential per game is 21
  
- L. Thunder and Lightning Policy
  - a. A game in progress shall be suspended immediately by the officials in charge of the contest or any of the Head Coaches at the first sound of thunder and/or the first sighting of lightning.
  - b. The contest may be resumed 30 minutes after the last sighting of lightning is observed and/or the sound of thunder is heard. The contest may then be resumed if the officials in charge and the Head Coaches agree that the game may safely continue.
  
- M. Ejections of Fans, Coaches, and Athletes (From Section VII)
  - a. Fans, coaches, and athletes ejected from a game by the official, will be suspended from the next game.
    - a. The home team should report the incident to the league President within 24 hours.
    - b. The next opponent for that team must be notified as well of the player(s) or coach that was ejected.
  
- N. League Awards
  - a. The first-place team will be determined the League Champion and will receive a school championship trophy.
  
- O. All-League Teams will be selected in all sports.
  - a. Each sport will have a unique number of All-League athletes.
  - b. All-League honors are not voted on. Instead, each school will be allocated a select number of nominees based on their final standings after the league championships.
  - c. The League will send out certificates for each athlete selected after the season.
  - d. After the Championship, each coach/AD must send the League President the name of each athlete from their school.
  - e. The President will send the certificates to the school's AD.
  - f. Sports breakdown of each all-league selection
    - i. Football (6 teams)
      - 1. 22 nominees
        - a. 6
        - b. 4
        - c. 4
        - d. 3
        - e. 3
        - f. 2



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- P. Game Results need to be sent to the league coordinator. If there is no coordinator specified then the results should be sent to the President.
  - a. Only League games need to be reported. Non-league games have no impact on the standings.

Please refer to the [AAMSL FOOTBALL PRACTICE & TRAINING GUIDELINES](#)