

## League Rules

*Arkansas Athletic Association (AAA) rules will govern this football league unless a specific rule is listed or written in this document that is different from the rules of the AAA.*

### Players

- 7 on 7 format
- Required Offensive Positions (all players):
  - Center
  - (2) Down Lineman (Guards)
  - QB
  - (1) WR
  - Others can be RB or WR
- Required Defensive Positions (all players):
  - (1) Nose Guard (1 yard off the line of scrimmage [LOS])
  - (2) Defensive Tackles Head up over Offensive Guards
  - Others can be LB or DB

### Game Rules

- 4 plays to go 10 yards to obtain 1<sup>st</sup> down or score
- LB & DB are to be a minimum of 5 yards back (defined as the Rush Line) from LOS unless the LOS is at or inside 5-yards from the goal line.
  - When the offense is within 5 yards from the goal line, the (4) defensive backs can move up in line with the Nose Guard (who is 1 yard off the line of scrimmage)
- Jerseys tucked in
- Live/Dead Ball

- Only one foot needed in bounds
  - Dead ball when ball hits ground, flag hits ground
- Ball spotted by location of ball when flag is pulled or player goes out of bounds
- No Center sneaks
- No leaving feet or diving unless avoiding collision
- Players may block at the line of scrimmage only and may not hold or push opposing players down. Down field blocking may only be in the form of a screen block. A screen block shall take place without any contact and a player must be on their feet before, during, and after a screen block.
- No Flag Guarding, defined as stiff arm or dropping head, arm, or shoulder in attempt to cover flag
- Passes must originate behind the LOS
- If offensive player and defensive player both have the ball, offense retains possession.

## **Penalties**

### **General**

- The officials will call all penalties.
- Game officials determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- Only the head coach may ask the referee questions about rule clarification and interpretations. Other coaches and players may not question calls.

- Games and halves may not end on a penalty unless the opposing team declines it.
- Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal line when the penalty yardage is more than half the distance to the goal.

## **Clock Management**

- 20 min halves
- Game clock will run unless one of the following occurs:
  - Time out is called
  - Penalty is called
- Each team will get (2) 1-min time outs each half.
- Half time is 5 minutes
- 40-second play clock

## **Field Size/Dimensions**

- Length of field shall be from the 20-yard line to the 20-yard line
  - 60 yards
- Width of the field shall be from the sideline to the middle of the field
  - 80 feet (26.66 yards) to center of field

## **Ball Placement**

Teams will start 10-yards from the goal line at the beginning of a half and after a score.

All punts will be net 20 yards, unless the punt will put the ball inside 10 yards from the goal line. In such a case, the ball will be placed 10 yards from the goal line.

## **Team Size**

No team will have more than 20 players on its roster unless approved by the League. Sharing of players amongst teams is prohibited.

## **Admission**

Will be at the sole discretion of each school; the school will provide their admission rules to the League so that they may be posted for the parents.

## **Game Times**

Saturday games will start at 9:00 AM and any evening games will start at 6:00 PM. The next games will start no later than ten minutes after the completion of the game before.

## **Equipment**

Teams will use a “pee-wee”-sized football (Wilson K2 or Nike Pee Wee for example)

Athletes on the field will have mouthpieces in during game play.

Only flag belts with the flags sewn to the belt will be used by all teams and will be a different color than the uniforms.

## **Officials**

Three officials will be used in all games, with (1) on each sideline at the line of scrimmage and (1) in the defensive backfield. The officials will be paid a minimum of \$15 per game.

Officials will check the offensive team's flag belts at possession change and after a score to ensure they are not tied/knotted.

Officials will stop the game if a player needs to install a mouthpiece.

Officials must not be employed in any way with the home team school or by anyone coaching that team. Violations of any of the rules for officials will result in forfeiture of the game.

A chain crew will be employed to assist the officials in determining first down yardage.

## **Coaches**

One coach will be allowed on the field during the game. Use of profanity or bad sportsmanship will not be tolerated. A coach who is using profanity must leave the field and stadium. On-field coaches may not give instructions to players after the ball is snapped and officials will have discretion to remove offending coaches from the field of play. No radios or electronic communication devices will be allowed during games. Teams/coaches may film their own games from the sidelines or the stands (not on the field), but may not film games they are not participating in. Coaches may trade film of games with other league coaches if they desire.

Coaches should stress sportsmanship at all times for themselves, their players and their fans and will assist in monitoring fan conduct. Should a game become one-sided from a score perspective, coaches must remember that there are young children on the other team and running up the score will be considered poor sportsmanship.

All players on the sidelines, in uniform, must play in the game. Teams not following this rule will forfeit the game.

Should a coach be ejected from a game by an Official, AAA rules regarding the coach's participation in the current and subsequent game will govern; however, that coach may appeal the ejection to the League Board for final disposition.

## **Overtime**

Coin flip determines who gets the ball first; if subsequent OT is needed, the other team will get the ball. The ball will be placed 10 yards from the goal line with 4 downs to score. Teams will have one down for the extra point. After 3 overtimes, if the score remains tied, the game will end in a tie. No timeouts will be available

## **Mercy Rule**

The mercy rule will start when a 28-point lead is accrued. At that point, the team leading will not be able to call time outs and all of its defensive players will move back at least 5 yards off the line of scrimmage.

## **Extra Point**

Should a team choose to attempt a two-point conversion, the ball will be placed 5 yards from the goal line. A standard one-point conversion will start 2 yards from the goal line.

## **Tie Breaker Rule**

The AAA tie breaker rule will be used to determine seeding for end-of-year championship play if needed. (reference Arkansas Activities Association Handbook, Article IV, Section 4, Rule 14)

## Game Schedule

The game schedule developed by the League Board will be followed by all members; should a scheduling conflict occur due to field availability, weather, etc., the two league members involved will work to reschedule the game to a mutually-acceptable time or date. In every case, however, said game must be scheduled before the last scheduled game of the year so as not to interfere with the determination of participants in the championship.

## Championship

When the League consists of at least 12 teams, the top six teams in the League will engage in the playoffs. The top seed and second seed will receive a bye. The 3<sup>rd</sup> seed will play the 6<sup>th</sup> seed (Game A) and the 4<sup>th</sup> seed will play the 5<sup>th</sup> seed (Game B). The winner of Game A will play the 1st seed (Game C) and the winner of Game B will play the 2<sup>nd</sup> seed (Game D). The winners of Game C and Game D will meet in the League Championship Game.

With fewer than 12 teams, the top 4 teams in the League will engage in the playoffs. The top seed will place the 4<sup>th</sup> seed and the 2<sup>nd</sup> seed will play the 3<sup>rd</sup> seed. The winners of these games will meet in the League Championship Game.

Trophies will be furnished by the League.

## Revision History

8/7/22: Revised to require use of flag belt with flags sewn to belt; Changed refs to two; reduced halves to (20) minutes.; removed one minute play clock and (2) minute warning; increased distance between rushers and LOS to 5 yards; changed playoff system to reflect (6) teams with the resulting change in matchups

8/25/24: Revised that LB/DB do not have to be back 5 yards if they are at or inside 5 yards from the goal line; revised players per roster to 20; changed admission prices to be defined by each school; (3) officials will now be used in each game, with (1) on each sideline at the line of scrimmage and (1) in the defensive backfield; officials will check the offensive team's flag belts at possession change and after a score to ensure they are not tied/knotted; coaches may film their own games but not on the field; mercy rule will start when a 28-point lead is accrued; eliminated that host would provide belts for games.

9/7/25: Added that when the offense is within 5 yards of the goal line, the (4) defensive backs can move in line with the Nose Guard; removed Mercy Rule language from Coaches section and established a separate section to include the defense of the team ahead on the scoreboard moving back 5 yards from the line of scrimmage; updated the Championship section to reflect the number of teams qualifying for playoffs being dependent on the number of teams in the League.; added a 40 second play clock

Brian French  
Brian French (Sep 14, 2025 06:50:13 CDT)

League President

Brian French  
Brian French (Sep 14, 2025 06:50:13 CDT)

League Secretary

By signing this document, the League Secretary hereby attests that the Executive Board approved this document and any defined revisions.








# Flag League Rules rev 5

Final Audit Report

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