



2025

Football Policies & Procedures



2025 Football Policies & Procedures

Contents

MISSION STATEMENT.....	3
MOTTO.....	3
REMARKS.....	3
ALL FOOTBALL POLICIES.....	4
ELIGIBILITY	4
PLAYER SKILL EVALUTIONS	5
TEAMS	5
DRAFT – SELECTION OF PLAYERS.....	6
5 YEAR OLD FLAG DIVISION	6
ALL FLAG AND TACKLE DIVISIONS AGE 6 AND UP	7
RETURNING TEAMS	8
NEW TEAMS – RETURNING TEAMS WITH (1) OR FEWER WINS FROM PRIOR SEASON	8
ALLOCATION OF PLAYERS.....	10
GAME JERSEYS AND HELMETS	10
PLAYER PARTICIPATION RULE	11
COACHING STAFF	12
THE HEAD COACH	13
ALL COACHES CONDUCT	14
ALL COACHES RESPONSIBILITIES	15
GAME OFFICIALS	16
PRACTICES	16
GAME SCHEDULE.....	18
GAME WARM UPS AND COMPLETION.....	18
GAME SUSPENSIONS, POSTPONEMENT, AND CANCELLATION	19
FORFEITS	20



2025 Football Policies & Procedures

CHAMPIONSHIPS.....	20
GENERAL RULES FOR ALL TACKLE DIVISIONS.....	21
FIELDS	23
KICK OFFS.....	23
PUNTS--9, 10, AND 11/12 YEAR OLD DIVISIONS.....	24
KICKING A PAT OR FIELD GOAL	24
GENERAL RULES FOR ROOKIE TACKLE (Both 7- and 8- Year Old Divisions).....	25
4. Any player who avoids scoring a touchdown, in any manner, so that the Two-Touchdown Rule will not become effective, is in violation. The offending team will receive an unsportsmanlike conduct penalty of fifteen (15) yards from the previous line of scrimmage and a loss of down.....	28
FLAG FOOTBALL/AIR ASSAULT RULES	31
PLAYER PARTICIPATION RULE – See Pages 10 through 11 for Player Participation Rule	31
GENERAL & EQUIPMENT RULES.....	31
COACHES ON THE FIELD OPTION	33
PLAYING FIELD	33
GAME PLAY	33
OFFENSE.....	34
DEFENSE.....	37
CHANGE OF POSSESSION.....	37
PENALTIES.....	38
EJECTION POLICY:.....	39
LEAGUE POLICIES	39
PARENT AND SPECTATOR	39
PARENT CODE OF ETHICS.....	40
SPONSORS.....	41
FUNDRAISING	41



2025 Football Policies & Procedures

VIOLATIONS.....	41
REFUNDS	42
EXPENDITURES.....	42
CORPORATE DOCUMENTS	42

MISSION STATEMENT

This Corporation was established as an instructional youth football and cheerleading league to teach and promote the highest ideals of sportsmanship, fellowship, teamwork, and dedication. Our emphasis will be on playing the game and not winning at any cost. We will provide athletic participation as a recreational pursuit, and competition for all participants regardless of race, creed, color, religion, gender, or sexual orientation, by providing a supervised football and cheerleading program for eligible participants. We offer the opportunity for adult members to coach, supervise, instruct, or otherwise participate in the activities of the Corporation.

MOTTO

"YOUTH FIRST, SPORT SECOND" is the motto of the Frisco Football League (FFL). All actions and decisions will be predicated on the advancement of this ideal.

REMARKS

The FFL policies and procedures are written as **guidelines** to govern football & cheer. The FFL Board will refer to the University Interscholastic League (UIL) and NCAA rules to make a decision regarding any situation that arises which is not covered by this handbook. Further, any occurrence not covered by this handbook or NCAA or UIL shall be resolved by the Board of Directors and any Advisory Committees to the Board of Directors at its sole discretion. All decisions will be made in the best interests of the League and the Members it serves.



2025 Football Policies & Procedures

ALL FOOTBALL POLICIES

ELIGIBILITY

- A. Each participant must register with the FFL and must be residents of the city of Frisco or live within the Frisco Independent School District (FISD). Non-city and non-FISD residents require Board approval and will be considered on a first come, first serve basis.
- B. The participant must provide a certified copy of their birth certificate.
- C. The participant must be at least (5) years old or entering Kindergarten, and not more than (12) years old or entering 6th grade, on or before September 1st of the registration year. The September 1st birthdate applies to eligibility of each age division. Divisions are determined by age. Participants will play in the division according to their age level for the fall football season. However, players may appeal to play according to grade level. Appeals will be reviewed by the Board for approval or denial based on case-by-case circumstances. The grade levels by age are as follows:

Age Division	Grade Level
5	Kindergarten
6	1 st
7	2 nd
8	3 rd
9	4 th
10	5 th
11/12	6 th

- D. AIR ASSAULT Divisions 2nd grade-5th grade will be separated by age and/or gender based upon registration numbers at the Board's discretion.
- E. Students who are home schooled must present evidence to the Board from the State of Texas (or similar governing authority) to confirm current grade level. Home-schooled students must be in grade level 6 or below to participate.
- F. **PARTICIPANTS, REGARDLESS OF DATE OF BIRTH, WHO WANT TO BE CONSIDERED FOR AN APPEAL, MUST DO THE FOLLOWING:**
 - a. Email the **Director** of Operations with the appeal, including all relevant information.
 - b. Attend Skills evaluations
 - c. Appeals to play down are based on prior experience, size, and skill rating.
- G. **The Board will not consider ANY appeal unless the potential player has attended Skills Evaluation.**
- H. All variations must be requested in writing by emailing the **Director** of Operations or Operations Asst. no later than registration/Skills evaluation.



2025 Football Policies & Procedures

- I. Eligibility variations are case by case and subject to review and change by the Board.
- J. The Board will make all decisions concerning a change in eligibility and is the **final** authority in determining eligibility.

PLAYER SKILL EVALUATIONS

- A. All players will attend Skills Evaluations prior to the season. This is not in order to make a team roster, but for skill evaluation to be drafted to a team. If the Board feels it is necessary, a make-up Skills session may be offered to those who were unable to attend skills at registration or registered late. It is the intent of the Board to make sure every player has participated in the Skills Evaluations.
- B. All Returning Players must attend Skills Evaluations. **ALL returning Players who do NOT participate in the Skills Evaluations will be graded as a "one" (1).** New players who do not attend Skills Evaluations will not be given a rating and will be placed in the blind draft. No new players' names will appear on the draft sheet if they have not attended skills. The player will be assigned a number (not a ranking) and only the number will be listed on the draft sheets.
- C. The skill test performed at Skills Evaluations will be pre-determined by the FFL Board.
- D. Players will be evaluated and ranked between "one" (1) and "five" (5). Their performance at each task will be recorded exactly, and the combination of these skills along with the player's weight will determine the ranking. A "one" (1) will be considered an outstanding player at that age group. Please note that the Board will monitor participants' skills rankings from year to year. Significant downward ranking from year to year will be questioned and subject to the Board assigning a more realistic ranking based on previous evaluations.

TEAMS

- A. Eligibility restrictions described previously in this document will apply at all ages.
- B. **Participants who are "five" (5) or "six" (6) years old on or before September 1st will be eligible to play 5v5 (see paragraph F. for possible exception) non-contact flag football. Participants "seven" (7) thru "ten" (10) are eligible to continue playing in the 5v5 (see paragraph F. for possible exception) non-contact flag league or our standard full contact (tackle) football league.**
- C. Full contact (tackle) football will be categorized into "five" (5) age groups, defined: 7, 8, 9, 10, and 11/12.
- D. Every team in the 5v5 non-contact flag division will have a maximum of "ten" (10) and a minimum of "seven" (7) players (**see paragraph F. for possible exception**). Every tackle football team will have a maximum of "twenty-two" (22) and a minimum of "fifteen" (15) players. Every Rookie Tackle team will ideally have a minimum of nine (9) and a maximum of twelve (12) players. However, at a scheduled game, the teams will be allowed to field a minimum of five (5) starters. When available, the Board will add players from a wait list at their discretion. Players not registered with the FFL are never eligible to participate, regardless of the situation.



2025 Football Policies & Procedures

- E. A team must use their regular season roster in any and all post-season games sponsored by the FFL.
- F. In order to ensure all eligible players have the opportunity to participate in our League, the Board may use its discretion to increase the roster size from 10 players to a maximum of 14 players for flag teams, dependent upon the number of eligible participants in a particular age group. If the roster size is more than 10 players but less than 13 the format for play will be 6v6, if the roster size is more than 13 players, the format will be 7v7. The League will try and maintain the 5v5 format whenever possible.

DRAFT – SELECTION OF PLAYERS

Draft rules have been implemented by the FFL to allow participation by all children, boys and girls. It is our intent to make each team in every division as competitive with each other as possible.

Coaches for your team can be selected from the parent pool of the players you draft, not the other way around. ONLY NEW TEAMS ARE ALLOWED TO PROTECT PLAYERS BY SELECTING A COACH PRIOR TO THE DRAFT; ADDITIONALLY, PLAYERS THAT HAVE PARTICIPATED IN THE AGE GROUP THEY WILL BE PARTICIPATING IN ARE NOT ELIGIBLE TO BE PROTECTED, THEY MUST BE DRAFTED.

This is a draft league, and all unprotected players are eligible to be drafted by any team with the exceptions listed below regarding players not finishing the season for a particular team or being placed back into the draft pool. If you have promised your sister in-law you would draft her son or daughter, you had better select that player with your first available open pick, or someone else will. It is better not to promise anyone that you will draft their son or daughter. If you wish to coach with a particular parent, the same logic will apply.

5 YEAR OLD FLAG DIVISION

- A. All teams in the 5-year-old flag division will be created through a draft process. **The team is created by protecting a maximum of “three” (3) players: A Head Coach, and “two” (2) Assistant coaches.** The remainder of the team will be chosen in the draft process. Draft order is determined by the average ranking of your protected players, ranked lowest to highest. (Coin toss breaks all ties).
- B. An assistant coach may help in **the draft** of players, but only if they have been designated as an assistant coach prior to the draft. **Maximum of two (2) coaches total.**
- C. You must draft your protected players in the round based on their skill level. In other words, you must draft your protected “ones” (#1s) before you can draft an unprotected “one” (#1) ranked player. This holds true for all your protected players and at all skill levels. If you have no protected players of the skill level being drafted, then you can choose any unprotected player of any skill level or from the “blind pool”. (see letter **E** below)



2025 Football Policies & Procedures

- D. All players that have completed the Skills Evaluations will have their information (name, height, weight, Skills assessment rating, etc.) listed on the draft sheet.
- E. All **NEW** players that have **NOT** completed the Skills Evaluations will be placed into a "Blind Pool". The player will be given a Draft Number (i.e. Player #87) and only this number will be on the draft sheet. Once the draft is completed for all teams, the identity of all the "Blind Pool" players chosen will be revealed to their respective teams. **At Board discretion, a number of players equal to or greater than the total number of "blind" picks will be added to the "blind pool" from the "five" (5) skill ranking category to **ensure** the integrity of the blind system. Any player added from the "five" (5) skill ranking will only be listed by draft number and no other information will be on the draft sheet.
- F. Players will not be told the position they were drafted.
- G. All Draft decisions are final and there will be no negotiating, "gentlemen's agreements", or trading of players.
- H. All Draft sheets will be turned into the FFL Board designee at the conclusion of the draft.
- I. **The FFL does not honor requests to play on a particular team, for a particular coach, or "play with a friend".**

ALL FLAG AND TACKLE DIVISIONS AGE 6 AND UP

- A. All returning players wanting to play for the same Head Coach/team will be included on the draft sheet but are **ONLY** available to that said Head Coach/team. They are protected.
- B. Only **RETURNING** players opting to return to the same Head Coach/team are protected in the draft.
- C. An assistant coach may help in **the draft** of players, but only if they have been designated as an assistant coach prior to the draft. **Maximum of two (2) coaches in total.**
- D. All new players coming into the league will be placed in the draft and are eligible to be selected by any coach. All players listed on the draft sheet will be selected to a team.
- E. Any returning player who does **NOT** want to return to his Head Coach/Team, will be placed into the draft. The player is eligible to be selected by any coach except the previous year's Coach.
- F. All players that have completed the Skills Evaluations will have their information (name, height, weight, Skills assessment rating, etc.) listed on the draft sheet.
- G. All **NEW** players that have **NOT** completed the Skills Evaluations will be placed into a "Blind Pool". The player will be given a Draft Number (i.e. Player #87) and only this number will be on the draft sheet. Once the draft is completed for all teams, the identity of all the "Blind Pool" players chosen will be revealed to their respective teams. **At Board discretion, a number of players equal to or greater than the total number of "blind" picks will be added to the "blind pool" from the "five" (5) skill ranking category to **ensure** the integrity of the blind system. Any player added from the "five" (5) skill ranking will only be listed by draft number and no other information will be on the draft sheet.
- H. Players will not be told the position they were drafted.
- I. All Draft decisions are final and there will be no negotiating, "gentlemen's agreements", or trading of players.
- J. All Draft sheets will be turned into the FFL Board designee at the conclusion of the draft.



2025 Football Policies & Procedures

- K. **Combining** teams is not an option, due to the maximum number of protected players allowed.
- L. **The FFL does not honor requests to play on a particular team, for a particular coach, or “play with a friend”.**
- M. Teams with low retention rates from year to year or other matters deemed appropriate may be disbanded at the discretion of the FFL Board. Players affected will be placed into the draft. This decision cannot be appealed.

RETURNING TEAMS

- A. The draft order will be determined by last year’s regular season standings (see page 19 Championships Letter A. for determination on how the final standings were established). Expansion teams will draft first (draft order for more than one new team will be determined by the average Skill rating of the protected players for each team). Next to draft will be returning teams with “one” (1) or few regular season wins from the prior year (last season’s final regular season ranking is the tie-breaker, see page 19 Championships Letter A. for determination on how the final standings were established). Then the returning teams with “two” (2) or more regular season wins will draft in a worst record to best record order (last season’s final regular season ranking is the tiebreaker, see page 19 Championships Letter A. for determination on how the final standings were established). Teams switching from flag to tackle or vice versa will use their previous year’s record for draft order placement. ****See Letter A below for additional draft pick awarded to new teams and teams with “one” (1) or fewer regular season wins from the prior year.**
- B. Players will be drafted and counted against a team according to their evaluation ranking. For purpose of illustration: assume Coach X has “fourteen” (14) returning players that break down after Skills Evaluations as follows: (3) - #1 ranked players; (6) - #2 ranked players; (2) - #3 ranked players; (2) - #4 ranked players, and (1) - #5 ranked player. This coach will be allowed to pick up additional players until reaching the assigned roster max as follows: The coach must take his returning #1 ranked players in the first three rounds; if there are still #1 ranked players on the board during the next round, this coach will be allowed to draft a #1 ranked player. If the selection level has dropped to the #2 ranked players, this coach must start drafting the #2 ranked players. A coach must continue to draft their returning players unless the skill level being drafted, when it is their turn to pick, is higher ranked than their highest ranked skill player left from their returning team.

NEW TEAMS – RETURNING TEAMS WITH (1) OR FEWER WINS FROM PRIOR SEASON

- A. A new team is created when an opening is available and either a new coach or current assistant coach is selected from the interview process. All new teams created after the “five” (5) year old season will begin by protecting the children of the registered coaches and up to “two” (2) protected players in a division **who were not registered players in that division the prior season**, with a max of “three” (3) protected players. Players with FFL experience in the age division the previous year are not eligible to be protected under a new team; they must be selected through the normal draft process. The remainder of the team will also be chosen in the draft process. Refer to the beginning of the “DRAFT – SELECTION OF PLAYERS” for more clarity. If your team is not a “New Team”, you may not protect any players not already on your roster from the previous season.



2025 Football Policies & Procedures

- B. All new teams and returning teams with “one” (1) or fewer regular season wins from the prior year will receive “one” (1) additional draft choice at the end of the first round.
- C. New teams will be placed in the front of the draft order. The average skill rating of the protected players will determine draft order, **the worst** average to best average in order.
- D. Each new team and returning teams with zero or one (0-1) regular season wins from the previous year will have the ability to exclude “one” (1) #1 ranked player during their extra pick at the end of the first round and may select any available unprotected player on the board, even if they still have a protected, undrafted “one (#1)”. A team may not draft more than one player with the extra pick if they have an undrafted protected “one (#1) player remaining; meaning players with siblings (who must be drafted together) cannot be selected with the extra pick.
- E. Once the new teams have been weighted (average skill of protected players) and the draft order is determined, all new teams AND those returning teams with “one” (1) or fewer regular season wins from the prior year will receive an additional draft choice at the conclusion of the first round of the draft order. Here is an example of the draft order for the first three draft rounds:

Round # 1	Round # 2	Round # 3
Bulldogs (New with “one” #1)	Bulldogs	Bulldogs
Cobras (New with “three” #1s)	Cobras	Cobras
Falcons (prior year 0-8)	Falcons	Falcons
Bears (prior year 1-7)	Bears	Bears
Horns (prior year 2-6)	Horns	Horns
Raiders (prior year 4-4)	Raiders	Raiders
Bucs (prior year 5-3)	Bucs	Bucs
Hawks (prior year 6-2)	Hawks	Hawks
Ravens (prior year 7-1)	Ravens	Ravens
Steelers (prior year 8-0)	Steelers	Steelers
*Bulldogs (extra pick for any unprotected player)		
*Cobras (extra pick for any unprotected player)		
*Falcons (extra pick for any unprotected player)		
*Bears (extra pick(extra pick for any unprotected player)		

- F. You must draft your protected players in the round based on their skill level. In other words, you must draft your protected #1s before you can draft an unprotected #1. This holds true for **all** your protected players and all skill levels. If you have no protected players of the skill level being drafted, you can then choose any remaining unprotected player from any skill level or the “blind pool”.



2025 Football Policies & Procedures

ALLOCATION OF PLAYERS

- A. All teams (flag and tackle) are created by the draft process.
- B. When siblings are involved, a coach drafting one child must also draft the other at the same time. The siblings will be annotated on the draft sheet. Any deviation from this will require the parents' consent.
- C. The FFL Board designee(s) will place participants who register after the official draft and do not attend the scheduled Skills Evaluations.
- D. **PLAYER TRANSFER REQUEST:** No returning player will be allowed to transfer to another team. They must enter the draft.
- E. Players that quit a team prior to the season, or during the season, may be replaced with a new replacement player from the wait list. Admittance of the replacement player will be at the discretion of the Board and the Board will be the final authority concerning the status of the replacement player. Availability of replacement players is dependent on the number of participants on any potential wait list.
- F. Players who were not on a team's final roster from the previous year, **for whatever reason**, and now wish to participate again, will be placed back into the Draft.

GAME JERSEYS AND HELMETS

- A. All game jerseys must be FFL issued for that team, for that season. Coaches can select to either have the player's last name printed on the back or leave blank.
- B. All teams will design a dark and a light jersey to differentiate home teams from away teams. Home teams will wear dark jerseys; away teams will wear light jerseys.
- C. All tackle helmets except for the 11/12 year old division will be white in color. The 11/12 year old division may use any color helmet. Teams may elect to wear helmet skins over a white helmet shell in any age group with the following conditions:
 - a. All player's helmets must have a helmet skin.
 - b. All skins must be the same color/pattern.
 - c. If a skin is not a solid color, it must be approved by the Board of Directors prior to being worn in a game.
 - d. The cost of the helmet skin must fit within the team's budget, the team may not ask for additional monies to cover this cost.
 - e. Sponsors may be secured to cover this cost, if the League's Sponsorship requirements are followed (see page 40).
 - f. If a sponsor is used to cover the cost of the skins, their logo should not conflict with any League Sponsor agreements. It is recommended to use sponsor logos on practice equipment only. Placement of a Sponsor logo on a helmet skin must be approved by the Board of Directors.



2025 Football Policies & Procedures

- g. IT IS THE HEAD COACH'S RESPONSIBILITY TO ENSURE THE HELMET SKIN IS INSTALLED PROPERLY AND THAT ALL HELMET HARDWARE IS PROPERLY SECURED.**
- D. The use of Guardian Caps as a safety device is not affected by the rules pertaining to the helmet skins.
- E. Flag/Air Assault helmets can be any color.

PLAYER PARTICIPATION RULE

- A. In keeping with our motto, **"YOUTH FIRST, SPORT SECOND"**, coaches are required to play all participants. This is the very foundation of our league and as such, all violations of this rule will be addressed immediately. **Completion of coach registration constitutes acknowledgement of the Player Participation Rule; THERE WILL BE NO WARNING.**
- B. The FFL is an instructional league. **All players must have at ALL times**, a starting position on either Offense or Defense. This means if a player is not playing on an Offensive series, then the player must take the field and play when the Defense goes out on the field, and vice versa, for that entire half. There will be no substitution of ONE-WAY players except for injury, ejection, or equipment issues. As soon as the equipment issue is remedied or the player is ready to return from an injury, the player must return to the field as soon as play will allow.
- C. When a roster is less than the maximum of "twenty two" (22) players for tackle and "ten" (10) players for flag, the TWO-WAY roster **POSITIONS** may be filled by any player on the team, as long as every player maintains a starting position of Offense or Defense for the entire game. Players are only required to play the entire game on offense or defense. In the case of a player playing both ways, they may substitute freely in and out, throughout the game: for example, let's say Player A starts on defense at linebacker. Player A must remain in the game on defense and cannot come out unless as stated above for equipment issues or injury. Player A also plays running back on offense. Player can substitute in or out at any time, during any series, without limitation, as long as Player A retains his starting position.
- D. All players will be required to attend and participate in a minimum number of a team's weekly practices prior to a game to be considered a starter under this Player Participation rule. Attendance is kept week to week and is not cumulative. If a player does not meet the minimum requirement the Board and the parents of the player must be notified using an FFL "Player Participation Form" a minimum of 12 hours prior to the scheduled game. Upon request, the League will make available to any coach the Player Participation status sheets for the opposing team prior to their game. Sunday practices are excluded from the participation rule. Once a Player Participation Form is turned in, the following limits to how long a player will not start will apply:
 - a. If the player missed 1 practice, the maximum amount of time the player can be benched is 1 quarter.
 - b. If a player missed 2 practices the maximum amount of time the player can be benched is 2 quarters.
 - c. If a player misses 3 practices, it is at the coach's discretion as to when the player enters the game.



2025 Football Policies & Procedures

- d. All player participation limits apply to the beginning of the game, i.e., the coach cannot decide to bench the player in the fourth quarter for player participation, it must start at the beginning of the game.
- e. Once the player enters the game after being benched for player participation, the player must retain a starting position for the remainder of the game.
- f. The time limits listed in a. through c. above are merely maximums, it is at the coach's discretion to bench a player for less than the maximum, i.e., a coach may elect to bench a player for one offensive series instead of an entire quarter.
- g. It is strongly encouraged that coaches apply this rule equitably to all players, if your worst player misses a practice and you bench him for an entire quarter, when your best player misses, he should be treated in the same manner; this will keep parental drama from infecting your team.
- E. For tackle teams, special teams plays are excluded from the player participation policy. Special teams plays include kick-offs, kick returns, punts, punt returns, and all extra point attempts. There is no kicking game in flag, as such flag players must maintain their starting positions throughout the game.
- F. If there are allegations of a coach violating player participation during a game, the board will make every effort to inform the coach of the possible violation during the game so as it can be corrected in game.
- G. If the alleged violation is not presented to the board until after a game has taken place, the board will review the game film. If the violation is confirmed, the board will then review previous games to determine if there is a pattern of violation. If subsequent violations are found, they will be treated as multiple violations of the rule.
- H. Any coach deemed to be in violation of the FFL PLAYER PARTICIPATION RULE as to gain an advantage, will be subject to the following consequences during the current season:
 - a. The first violation will constitute written censure, one-week suspension from coaching (including practices and games) and possible forfeiture of the game in which the violation occurred.
 - b. The second violation will result in termination of coaching privileges immediately and forfeiture of the game. The Board will appoint a new Head Coach to a team in case of termination.
- I. Any player, who is injured and cannot play further in a game, must remove their shoulder pads or flag belt, thus eliminating any confusion as to the player's status regarding the Player Participation Rule.

COACHING STAFF

- A. In attempt to provide adequate instruction and attention to each participant, each team will have a Head Coach and recommended minimum of "two" (2) assistants in the tackle division and at least "one" (1) assistant in flag divisions.
- B. All 5v5 (see Teams Sections, paragraph F. for possible exception to play format) non-contact Flag teams will have a maximum of "three" (3) coaches. Maximum coaching staff for tackle teams will be "seven" (7) coaches.
- C. All coaches are required to register online with the FFL each season prior to the first practice.



2025 Football Policies & Procedures

- D. All tackle and flag coaches will be required to complete a USA Football course as part of the FFL-USA Football Heads Up program. Any coach that does not complete this requirement will NOT be allowed to coach in the FFL.
- E. A criminal background check will be **conducted** on all coaches.
- F. An outside vendor will process and review the information obtained during the background check and notify the Board of anyone who does not pass the pre-determined criteria. The FFL Board will not be notified of what the exclusion was, only that a "clear background" was not received based on the criteria that was given to the vendor. All information obtained will be confidential.
- G. The FFL Board Designee shall take all coach applications, after a coach has been certified and the background check procedure completed and submit them to the Board for final approval. The Board is the final authority concerning the selection of team coaches.
- H. **Each coaching staff must have at least one coach in attendance at the annual mandatory coach's clinic organized by the FFL. This requirement is MANDATORY as the league as the league will communicate important safety information and updates to the FFL Policies and Procedures, the NCAA and Texas UIL rules.**
- I. All coaches who have met the registration requirements, USA Football Certification or Recertification for the game(s) they will be coaching, and passed the background check will be issued a coach badge to indicate they are approved to coach in the FFL. These must be visible at all practices and games. Those who do not have a badge are not approved coaches and may not act as a coach in any manner.
- J. **In the event someone is caught wearing someone else's badge, a false badge, or a non-current year badge they will immediately be removed from the game facility. The Head Coach and any coach allowing their badge to be used for this purpose will be subject to suspension and/or complete loss of coaching privileges.**

THE HEAD COACH

- A. The FFL Board will award each head coaching position at their discretion.
- B. Head Coaches will have the opportunity to purchase a coach bag on Draft day for a non-refundable \$125 fee. Coach bags will be available for pick up prior to the first day of practice. The bags will consist of the official sized footballs and assorted equipment specific to either tackle or flag.
- C. All Head Coaches will be responsible for seeing that the assistant coaches, players, fans, and the players' parents conduct themselves in a manner as to attain the mission and adhere to the motto of this organization. Failure to maintain control will result first in game penalties, and then possible forfeiture of the game. (See All Coaches Conduct Section).
- D. Will be responsible for obtaining medical care for players injured during games or practices if parents are not present. Parents will sign forms ahead of time to allow for medical care. The League will provide electronic or hard copies of medical release forms to each coach for all of his/her players.
- E. Will be responsible for **recruiting** and **enlisting** assistant coaches.



2025 Football Policies & Procedures

- F. Must report injuries to the League on the provided "Accident Form" within "seven" (7) days of any player injury, or by the next game day, whichever comes first.
- G. Must attain assistance from parents for:
 - a. Setting up the game fields
 - b. Taking down and storing field equipment/speaker systems
 - c. Announcing, timekeeping, and chain crew as instructed by the League
 - i. ***ANNOUNCERS and TIMEKEEPERS MUST be at least "eighteen" (18) years of age. No "over-announcing" by the announcers. Announcers must keep the announcing fair for both teams without giving away the play to the players on the field. ANNOUNCERS MAY NOT ANNOUNCE while the play is going on.**
 - d. Ensure Team Area and sidelines are cleaned following each game
- H. Will encourage all assistants to attend the coaching clinic(s) organized by the FFL.
- I. Must keep attendance records at practices for every player.
- J. Will select a first assistant that will be in charge in their absence.
- K. Will appoint a team parent and give their name, email, and phone number to the VP of Team Support.
- L. **Must report via email to the Director of Operations any player that drops out of the program within "twenty-four" (24) hours.**
- M. Will not leave participants alone on the field or practice sites, unless supervised by a certified assistant coach.
- N. Must inform the FFL Board Designee in writing on the FFL "Player Participation Form" prior to the scheduled game.
- O. Will be responsible for seeing that assistant coaches fulfill duties and responsibilities as listed under All Coaches Responsibilities.
- P. In order to guarantee good communication, all Head Coaches must have a mobile phone number and e-mail address and make them available to their team and the FFL Board.
- Q. May evaluate the game officials following each game. Referee evaluations forms are available on the FFL website and should be e-mailed to: refevals@friscofootballleague.com.

ALL COACHES CONDUCT

- A. **As an organization dedicated to the well-being and growth of young athletes, we prohibit coaches from asking a child not to return to the team or to find another alternative. Every participant who registers deserves the chance to learn, develop skills, and enjoy the sport in a supportive environment. This policy is established to ensure that all youth participants are treated fairly, with respect, and provided with equal opportunities for participation and development within the FFL. Any coach found violating this policy will face disciplinary action, including but not limited to suspension or termination of coaching responsibilities.**



2025 Football Policies & Procedures

- B. The FFL regards bad sportsmanship as unnecessary and completely intolerable. Coaches are constantly being monitored and are considered role models and will be held to an extremely high standard.
- C. All FFL coaches are required to demonstrate positive sportsmanship in respect to their players, cheerleaders, team, parents, opposing team's players, cheerleaders, parents, coaches, and game officials. Coaches who are unable to demonstrate proper sportsmanship will be suspended from further coaching in the FFL.
- D. Any coach who is ejected from a game for un-sportsmanlike conduct will be required to leave the complex and will be unable to attend practice for the next week, nor coach in the next scheduled game. The Coach may be required to meet with the Board or Board Designee(s) in order to resume coaching. This includes post-season play. The continued demonstration of improper sportsmanship may constitute suspension from any number of practices and games as the FFL Board deems appropriate. **No appeal is offered for a coach who has been ejected.**
- E. Confrontation with the officials by any coach is not permitted. The FFL has established a **ZERO TOLERANCE** policy for unsportsmanlike conduct by any coach. Any such confrontation will result in a "fifteen" (15) yard penalty. A second unsportsmanlike penalty will result in the above stated penalty and an immediate ejection of that coach from the game.
- F. ALL confrontations with referees or FFL officials prior to, during, or following a game may result in the immediate ejection of that coach from the current game, the next scheduled game, or expulsion from the League. All ejections will be at the discretion of the head game official.
- G. Coaches are responsible in assisting game officials with the sportsmanship of all playing and non-playing team members, as well as spectators and fellow coaches.

ALL COACHES RESPONSIBILITIES

- A. Will teach each player the rules and fundamentals of football.
- B. Will stress the fact that football is a team effort.
- C. Will teach and encourage good sportsmanship by players.
- D. Will treat all players equally.
- E. Will not physically or verbally abuse any player.
- F. Will be responsible for checking safety of players' equipment and having equipment replaced, if necessary, in the coach's judgment.
- G. Will teach players proper care of equipment.
- H. Will provide or be certain that water or drink is available for every child.
- I. Will be responsible for keeping practice fields clean.
- J. Should NOT administer medication.
- K. Will appear before the Board when notified for disciplinary purposes or forfeit all rights to appeal.



2025 Football Policies & Procedures

- L. Who fail to make payment to the FFL for registration and equipment, unless waived by the Board, shall not be able to coach the next year.
- M. Members are expected to provide assistance when requested by the League during the year, in addition to fulfilling their regular coaching responsibilities.
- N. Will line up all participants at mid-field after the game to shake hands with the opposing team players, coaches, and game officials in order to demonstrate good sportsmanship.
- O. Will not film or photograph games or practices of other teams.
- P. Will not exchange scrimmage/practice film of future or past opponents with any other teams or provide film to officials.
- Q. Will not organize, participate, or facilitate any practices or “camps” prior to the official practice start date without specific prior approval from the FFL Board.

GAME OFFICIALS

- A. Prior to the season the Board will approve a Head League Official. It will be the Head League Official's responsibility to enlist qualified officials and schedule adequate officials for game days.
- B. The game officials will be considered in charge of the game field and sideline activities once the game begins.
- C. The game officials can be evaluated by the coaching staff after the game has been completed.
- D. The Head League Official will be responsible for advising the game officials of the FFL game rules.

PRACTICES

- A. Practice is defined as a gathering of players, prospective players, a team, or individual players on a team(s) to discuss the subject of football, to view films of football, to exercise, or study football.
- B. Any organized activity that could be viewed and defined as a “practice” is not allowed before the first allowed date provided by the FFL. No team practices or conditioning is allowed unless you are participating in a flag or 7v7 league. Violations will result in suspension of the Coaches and All participating players in attendance at the event.
 - a. There are 2 “allowed” start dates and these will be published on the FFL Calendar.
 - i. Optional Conditioning Practices will be allowed approximately **one week after the player draft**. The exact date will be published on the FFL Calendar.
 - ii. Pre-season practices as published on the FFL Calendar.
 - b. Violations of either start date will be handled as stated above.
- C. Optional Conditioning Sessions are allowed to start per the FFL Calendar for a given season. NO HELMETS OR SHOULDER PADS ARE ALLOWED DURING THESE SESSIONS; AS SUCH, THERE WILL BE NO PLAYER TO PLAYER CONTACT. These sessions should be used to help acclimate the players to the heat; COACHES SHOULD MONITOR THE WEATHER CONDITIONS TO ENSURE PLAYER SAFETY DURING THESE SESSIONS, **THE UIL WBGT STANDARD**



2025 Football Policies & Procedures

MUST BE FOLLOWED. Optional means OPTIONAL. If a parent elects not to bring the player to these sessions, there shall be no negative consequence for the player.

- a. **COACHES MUST HAVE COMPLETED A CURRENT YEAR REGISTRATION AND USA FOOTBALL CERTIFICATION PRIOR TO HOLDING OPTIONAL CONDITIONING PRACTICES. BEING REGISTERED AND CERTIFIED THE PREVIOUS SEASON DOES NOT SATISFY THIS REQUIREMENT.**
- b. The focus of these sessions should be strength and conditioning.
- c. The length of these sessions should be appropriate for the age group of the players.
- d. **Reminder: These are children, schedule your workouts and activities accordingly.**
- D. **The FFL is a recreational, USA Football affiliated league, and player safety is paramount. There are NO FFL APPROVED CONTACT CAMPS OR CONTACT ACTIVITIES for the duration of the offseason, being defined as the initial onsite skills date to the first allowed practice date in pads.**
- E. **Any COACH instructing FFL eligible players or any FFL eligible PLAYER that participates in any contact football activities during the listed offseason period will not be eligible to participate in the FFL Recreation Football season.**
- F. **Each player MUST have “four” (4) days of conditioning without pads, but may wear a helmet, prior to being allowed to participate in full padded practices. NO EXCEPTION to this rule. The Optional Conditioning practices do not satisfy this rule.**
- G. Mouthpieces must be worn at all times.
- H. Practices can be held on any day except scheduled game days. Games are not included in the practice total. Practices must not exceed “two” (2) hours and only “one” (1) practice may be held per day. Participants must be released by 9:00pm.
- I. It is recommended NOT to practice on Sundays. However, if Sundays are used for practice, a player cannot be penalized towards the Player Participation rule for missing a Sunday practice.
- J. Practices are defined as Optional Conditioning, **Pre-Season** (prior to regular season) and **Season** practices. A maximum number of practices are allowed for each time period and are based on a **WEEK** (“seven” (7) day period. The FFL begins on a Saturday, so the WEEK time frame will be considered SATURDAY-FRIDAY. ***Any FFL organized Round Robin scrimmage is considered one of the team practices for the WEEK.**
 - a. **Optional Conditioning**
 - i. **TACKLE DIVISIONS: Maximum of two (2) sessions per WEEK**
 - ii. **ALL FLAG DIVISIONS: Maximum of two (2) sessions per WEEK**
 - b. **Pre-Season Practices**
 - i. **TACKLE DIVISIONS: Maximum of “four” (4) practices per WEEK**
 - ii. **ALL FLAG DIVISIONS: Maximum of “two” (2) practices per WEEK**
 - c. **Season Practices**



2025 Football Policies & Procedures

- i. **TACKLE DIVISIONS: Maximum of “three” (3) practices per WEEK**
 - ii. **ALL FLAG DIVISIONS: Maximum of “two” (2) practices per WEEK**
- K. All practice sites will be determined by the FFL. All practice sites have been coordinated between the FFL, other youth sport leagues, the City of Frisco Parks and Recreation Department, and/or the Frisco Independent School District. No other sites are permitted unless approved by the FFL in writing prior to use. **The FFL is not assigned fields for the Optional Conditioning Workouts. Coaches should find a field not in use by another organization, if you are asked to move by a City of Frisco Employee, please comply. A WORD OF WARNING** – The Frisco Police Department will issue tickets to coaches that use any irrigated areas maintained by Fisd and anyone parking on city streets and surrounding streets encompassing the practice site. Use designated parking areas and follow all traffic regulations when attending any FFL practice or game.
- L. Conditions of participants must be watched, especially during hot weather. Frequent breaks will be provided throughout practice for water. Adherence to UIL WBGT heat standards is required.
- M. Practice will stop immediately if deteriorating weather (i.e. lightning, wind, etc.) conditions are present.
- N. Any scrimmage during the week will be considered and counted as a practice.
 - a. Scrimmages are only permissible when conducted between Frisco Football League teams in the SAME division.
 - b. Any coach desiring to scrimmage ANY team outside of the FFL must receive Board approval.
 - c. Scrimmages between different age division teams, i.e. 7-year-olds vs. 8-year-olds, are **ABSOLUTELY NOT TOLERATED**.

GAME SCHEDULE

- A. Final league schedules will be released to the Head Coaches no later than two weeks prior to opening day. The FFL Board will attempt to reschedule any game canceled for any reason.
- B. All games, pre-season, regular season, or post-season must be scheduled and approved by the FFL Board. Participation in a game without approval will result in the loss of future coaching positions.

GAME WARM UPS AND COMPLETION

- A. In order to start games on time, teams will meet and warm up prior to coming on the playing field unless the field is clear from the prior game.
- B. Pre-game warm-ups will NOT exceed “one” (1) hour prior to the scheduled game time. **The Pre-game warm up period will include:**
 - a. **Announcement of players and cheerleaders. This should take place approximately 15 minutes prior to the scheduled start of the game.**
 - b. **Coin Toss. This should take place approximately 10 minutes prior to the scheduled start of the game.**



2025 Football Policies & Procedures

- c. Playing of the National Anthem. This should take place approximately 5 minutes prior to the scheduled start of the game.
 - d. Pre-game chant, banner run through, etc. These activities should take place immediately following the playing of the National Anthem.
 - e. In the event that the game before your game ran long, the above should be accomplished as soon as possible, the head coach should coordinate with the game officials to ensure these activities occur.
- C. Teams will clear the field immediately after their game is completed in order to allow the following game to start on time. Teams leaving the field must clean up the area around their bench and sidelines before leaving the field.
- D. Post-game team meetings must happen off the field and away from the sidelines to allow the next teams to move onto the field and prepare for their games.
- E. Coaches are responsible for keeping their players and fans off the game field during halftime. GAME FIELDS are ONLY open to cheer squads during intermission.**
- F. Teams are not allowed to warm-up, practice PATs, etc. during halftime or any other pre-game other than their scheduled game.
- G. BOTH TEAMS scheduled to play the first game on any given field are responsible for setting up all field equipment prior to the start of the game. BOTH TEAMS scheduled for the last game of the day on any given field are responsible for taking down and storing all field equipment or risk forfeiting their next game.
- H. When setting up tents or sunshades, please check with the FFL Videographer to ensure that your tent or sunshade is not blocking the camera's view of the field. If the FFL Videographer requests that you move your tent or sunshade, please do.

GAME SUSPENSIONS, POSTPONEMENT, AND CANCELLATION

- A. Prior to kickoff of any FFL game, the decision to postpone or cancel the game is solely that of the FFL Board, Referee, or their designee.
- B. After kickoff, the referee may suspend the game temporarily when conditions warrant such action. The referee may declare and charge himself with a timeout for any contingency not elsewhere covered by the rules.
- C. When the game is stopped by actions of person(s) not subject to the rules or of any other reason not in the rules, and cannot continue, the referee shall:
 - a. Suspend play and direct the players to their team area or off the field in the case of threatening weather.
 - b. Refer the problem to the FFL Board or their designee.
 - c. Resume the game when they (game officials) determine conditions are satisfactory.
- D. A suspended game due to weather (if resumed) will begin with the same time remaining and under the identical game condition of down, distance, and field position.



2025 Football Policies & Procedures

- E. All games reaching halftime shall be considered official if stopped due to weather and cannot be completed on the scheduled game day. All games postponed prior to halftime that are determined to still be of a competitive nature are considered incomplete and subject to rescheduling. Board discretion on rescheduling will apply and the league will attempt to reschedule all games that are incomplete.**
- F. The FFL will follow the procedures posted on our website in regard to the City of Frisco's Lightning Predictors. Play must cease immediately in the event that the siren blows, and the fields of play must be cleared. Play will not resume until the "all clear" is given: three (3) short blasts. Please refer to the Lightning Policy on the website: www.friscofootballleague.com.**

FORFEITS

- A. Any tackle division team not fielding "ten" (10) players, any Flag team not fielding "four" (4) players at game time will result in a forfeit of the game. If neither team fields the requisite number of players, a loss will be counted against both teams.
- B. Officials may forfeit a game due to misconduct of spectators or coaches.
- C. The home team is responsible for providing an ADULT timekeeper or risk forfeiting their next game.
- D. The visiting team is responsible for providing an ADULT chain crew or risk forfeiting their next game.
- E. Game forfeits will result in the offended team being awarded "one" (1) point. If a game in progress is forfeited and the offended team is behind, they will be awarded an equal score plus "one" (1) point. If the offended team is ahead, the score will stand.

CHAMPIONSHIPS

- A. Division(s) Champions are determined by:
 - a. Win/Loss record in Division
 - b. Head to Head
 - c. Overall Record
 - d. Fewest points allowed in Division (PAD)
 - e. If above steps are applied and the tie has not been broken, the teams will be considered tied and a coin toss will determine seeding for playoffs.
- B. This same format will be used to determine which teams qualify for the post-season. The playoff format is an "eight" (8) team bracket based on either the top "eight" (8) teams in a single division age group or the top "four" (4) teams out of each division in a two-division age group. The top two teams in 6-team divisions will receive a first-round bye, while the other 4 teams playoff in the first round.
- C. Teams that do not make the post-season will play against each other during the first week of the playoffs, but not for advancement.



2025 Football Policies & Procedures

- D. The Divisional winners in the regular season will be considered the Division Champion(s). The winner of the post-season tournament will be considered the Frisco Bowl City Champion.
 - a. Trophies will be presented to Division Champions based on regular season standings.
 - b. Only the Frisco Bowl Champion and runner-up will receive trophies in the playoff round.
- E. **Playoff games must have a winner. If at the end of a regulation game it is tied, an overtime tiebreaker will be used. *See General Rules for OT procedures.**

GENERAL RULES FOR ALL TACKLE DIVISIONS

- A. All Frisco Football League games will be played in accordance with the current UIL/NCAA rules except as specified in this section of the FFL Policies and Procedures.
- B. **FFL Game Day trainers are the sole authority to diagnose a player experiencing concussion like symptoms. If a player is diagnosed with a concussion, they will be removed from the current game and will be subject to the FFL Return to Play Policy found on the website.**
- C. **Youth sized footballs will be used. PeeWee size in ages 7 thru 9 year old and Junior size in ages 10 and 11/12. Each team will provide their own properly inflated game balls, and they must be either leather or leather composite balls and approved for use by the game officials. Rubber or Full Composite game balls are not allowed. Any brand ball may be used if it is the proper size, material and properly inflated.**
- D. Each quarter will be "eight" (8) minutes.
- E. Halftime will be at least "eight" (8) minutes and will terminate at the end of that time period or at the conclusion of the cheer squads' halftime routines, whichever occurs last.
- F. Only coaches and players are allowed in the TEAM AREA defined by the head coach. Non-badged spectators, fans, and parents are NOT allowed in this area.
- G. All players must have a mouthpiece in place during all plays from scrimmage. If the ball is snapped and a player does not have a mouthpiece in place, the play will be blown dead and a dead ball five-yard penalty will be enforced on the offending team.
- H. **If one team leads another by "twenty-five" (25) points or more at any point in the 2nd half, the clock will begin to run continually. It will only stop if the trailing team calls a timeout. The team in the lead will NOT be granted any timeouts by the game officials. The running clock is immediately suspended if the lead falls below "twenty-five" (25) points.**
- I. Jerseys will remain tucked in during the game.
- J. **SCORING** – When crossing the goal line the team shall be awarded "six" (6) points. A successful rushing PAT will count as "one" (1) point and a forward pass (completed beyond the line of scrimmage) or a kicked PAT will count as "two" (2) points.



2025 Football Policies & Procedures

- K. The NCAA tiebreaker system will be used when a game is tied after 4 periods. NCAA with UIL and FFL exceptions football playing rules apply with the following exceptions:
- Immediately after the conclusion of the fourth quarter, the officials will instruct both teams to retire to their respective team areas. The officials will assemble at the 50 yard line and review the tiebreaker procedures.
 - The head coach of each team will be called to midfield by the officials and the referee will ask the head coach of the visiting team to call the coin toss. The winner of the coin toss must choose one of the following options:
 - Offense or
 - defense,
 - with the offense at the opponent's 25 yard line to start the first possession series.
 - The scoreboard end of the field shall be used for overtime, unless the Referee and both head coaches agree before the beginning of the first overtime.
 - The loser of the coin toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even numbered extra periods
 - Definition.** An extra period shall consist of two possession series with each team putting the ball in play by a snap on or between the hashmarks on the designated 25 yard line (unless relocated by penalty); the snap shall be from midway between the hashmarks unless the offensive team selects a different position on or between the hashmarks before the ready for play signal.
 - Possession series.** Each team retains the ball during a position series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, the offensive team may not have a first down if it regains possession after a change of team possession. Beginning with the third extra period, a team's possession series will be one play from the three yard line, unless relocated by penalty.
 - Scoring.** The team scoring the greater number of points during the regulation and extra periods shall be declared the winner. There shall be an equal number of possession series as described above in each extra period. Beginning with the second extra period, teams scoring a touchdown must run a play from the 3 yard line for the "point after try"; a successful run play will be worth one (1) point and a successful forward pass play will be worth two (2) points.
 - Timeouts.** Each team shall be allowed one timeout for each extra period. Timeouts not used during regulation periods may not be carried over into the extra period(s). Unused Extra Period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period. After the second and fourth extra period, there will be a mandatory two (2) minute break period.
- L. There will be absolutely no blocking below the waist by offensive or defensive players on scrimmage plays or special teams plays.
- M. **EJECTION POLICY:**



2025 Football Policies & Procedures

- a. **ANY player ejected from a game will be out the remainder of that game AND will be suspended a minimum of one week, to include all practices and the following game. Further disciplinary action is at the discretion of the Board.**
- b. The suspended player must attend the next game and be on the sideline with his/her jersey on. The player will not be allowed to participate until this requirement is fulfilled. Should the player not attend the next game, the player will be held accountable for fulfilling this requirement prior to returning to participate in the League.
- c. The Head Coach of the ejected player must contact the League within "twenty-four" (24) hours of the ejection by email to: vpofffootball@friscofootballleague.com. Failure to notify the League could result in suspension of the Coach.
- d. The Head Coach may appeal the suspension to the Board. However, there must be conclusive evidence, i.e. game tape, etc. to warrant a Board review.

FIELDS

All tackle football games will be played on regulation UIL fields if available.

KICK OFFS

In the Interest of Player Safety, the FFL has made the following modifications to kickoffs.

- A. For the 9- and 10-year old divisions, there will be NO KICKOFFS.
- B. For the 9- and 10-year old divisions, following a score (Touchdown or Field Goal), the "kicking team" will have the following options:
 - a. "Kick off" the ball. The "Kickoff" will be automatically placed on the opposing teams twenty-five (25) yard line, and play will begin from there.
 - b. "Onside kick". If a team is TIED OR TRAILING IN THE 2nd HALF, they can elect to attempt an "onside kick" after scoring.
 - i. The trailing team will have the opportunity to gain 10 yards on one untimed offensive down from their own 35-yard line.
 - ii. If the team is successful, they will receive the ball at their own 45-yard line with a new offensive set of downs.
 - iii. If the team is unsuccessful, the defensive team will receive the ball at the place where the unsuccessful play ended.
 - iv. On-side kicks cannot be used to start the 2nd half.
- C. For the 9- and 10 year old divisions, following a defensive safety, the "kick off" will result with the ball being placed on the opposing team's 40 yard line to start the next possession.
- D. In the 11/12 Year Old Division, the FFL will adopt and follow UIL rules for kickoffs.



2025 Football Policies & Procedures

- E. An 11/12 year old team up by “fifteen” (15) or more points cannot kick an onside kick. For this purpose, an onside kick is defined as a kick that travels less than “twenty” (20) yards from the point of the kick. If a team that is up by “fifteen” (15) or more points kicks an onside kick, the receiving team will be awarded the ball at the point of recovery by either team, regardless of which team touches the ball first.
- F. **In any situation, if the kickoff travels more than “twenty” (20) yards from the point of the kick, it is a LIVE ball and can be recovered by the kicking team.**

****Note: ROOKIE TACKLE (7 & 8 Year Old) has different rules that will be explained in their rules section.**

PUNTS--9, 10, AND 11/12 YEAR OLD DIVISIONS

- A. The offensive team will declare a punt. Fake punts are NOT allowed.
- B. Once the offense declares its intention to punt, the punter must line up at least “three” (3) yards behind the center.
- C. There is a delayed LIVE rush. The line judge will count and initiate the rush. This will be clearly communicated to both coaching staffs by the game official. The penalty for rushing early will be a 5-yard penalty, replay of down. The delayed LIVE rush is as follows:
 - a. 9 year old division – “four” (4) second delay
 - b. 10 & 11/12 year old divisions – “two” (2) second delay
- D. The punter may not leave the pocket until after the delay time has been counted. He may only leave the pocket to protect himself while avoiding the rush. However, the punter may not advance the ball past the line of scrimmage and NO FAKE PUNTS ARE ALLOWED.
- E. The punting team may send “two” (2) gunners at the snap of the ball. “One” (1) gunner must be lined up on each side of the ball and gunners are considered the **widest player** lined up. No loading of gunners on one side of the ball. **Motion and shifts are not allowed on punts. Players must be set and cannot motion or shift. Any shift or motion on declared punts is considered a false start.**
- F. The receiving team may use “one” (1) defender per gunner to block the gunner.
- G. The receiving team may have no more than “two” (2) punt returnees. All other punt return team members must be positioned within “three” (3) yards of the line of scrimmage.
- H. After the rush delay, any resulting block or when the ball is punted (whichever occurs first), it is a LIVE ball and can be returned.

KICKING A PAT OR FIELD GOAL

A. 9 AND 10 YEAR OLD DIVISIONS

- a. The offensive team will declare its intention to kick a PAT or Field Goal.
- b. Once the offense declares its intention to kick, the holder must remain at least “three” (3) yards behind the center until after receiving the ball.



2025 Football Policies & Procedures

- c. There is a delayed LIVE rush. The line judge will count and initiate the rush. This will be clearly communicated to both coaching staffs by the official. The penalty for early rushing will be a 5-yard penalty and replay the down.
 - i. 9 year old division – “four” (4) second delay
 - ii. 10 year old division– “two” (2) second delay
- d. Fake PATs/Field Goals are NOT allowed. However, any resulting block of a kicked ball is a LIVE ball and can be advanced by either the kicking team or the defense.

B. 11/12 YEAR OLD DIVISION

- a. LIVE PAT and Field Goal rules are in effect. After the ball is snapped, it is a LIVE ball

GENERAL RULES FOR ROOKIE TACKLE (Both 7- and 8- Year Old Divisions)

TEAM ROSTER

Each team will ideally have a minimum of nine (9) and a maximum of twelve (12) players. However, at a scheduled game, the teams will be allowed to field a minimum of five (5) starters.

PLAYER PARTICIPATION RULE – See Pages 10 through 11 for Player Participation Rule.

REQUIRED EQUIPMENT

- A. All players must have a mouthpiece in place during all plays from scrimmage. Any color mouthpiece is acceptable, just so long as it is clearly visible by the officials and coaches.
- B. All players are required to wear full equipment (helmet, shoulder pads, leg pads, shoes)
- C. Youth sized footballs will be used. Specifically, the **PeeWee** size is used in Rookie Tackle.

FIELD REGULATIONS

- A. The playing field for the Rookie Tackle Division shall be 70 yards long and 35 yards wide.
- B. Coaches, Cheerleaders, and Spectators shall stay on the designated sideline that is established for games played on a standard game field (100 yards by 53 yards).
- C. Only coaches and players are allowed in the team’s area during a game. Parents must remain in the stands and away from the team’s bench area.
- D. Sidelines will be established **using** cones or a painted line that will cut the standard width of the game field to 35 yards.
- E. Midfield will be established based on the 50-yard line of a **full-size** football field.
- F. Each half of the field shall be 35 yards in length.



2025 Football Policies & Procedures

POSSESSION

- A. The game will be commenced with a coin toss. The winner of the coin toss will elect to play offense or defense. Possession will be reversed to begin the second half, with the team that started the game offense starting the second half on defense and the team that started the game on defense starting the second half on offense.
- B. There will be NO kick-offs in the Rookie Tackle Division. Possessions will begin on one's own 20-yard line to begin the game and after an opponent's score. **By 20-yard line we mean the 20-yard line in reference to the rookie tackle field of play.**

ROOKIE TACKLE GAME PLAY

- A. All Frisco Football League Games will be played in accordance with the current NCAA Rules with UIL Exceptions except as specified in this section of the Frisco Football League Policies and Procedures.
- B. Free substitution in accordance with the player participation rule is allowed.
- C. Each quarter will be eight (8) minutes.
- D. Half time will be at least eight (8) minutes and will terminate at the end of eight (8) minutes or at the conclusion of the cheerleaders' halftime routine, whichever ends first.
- E. Scoring –When crossing the goal line, the team shall be awarded six (6) points. A successful rushing PAT will count as one (1) point, a forward pass will count as two (2) points, and kicking will be good for two (2) points. (A forward pass for the purposes of a 2-point conversion, is a pass that crosses the line of scrimmage)
- F. If one team leads another by twenty-five (25) points or more at the beginning of the second half, the clock will run continually during the third (3rd) and fourth (4th) quarters, unless the point differential becomes less than twenty-five (25).

BLITZING

- A. As an USA Football Instructional/Recreational League, we want the focus to be on teaching the skills needed for game play rather than scheme. As such, there will be no Blitzing in Rookie Tackle in either 6 man or 8 man formats; in either the 7 year old or 8 year old age groups.
- B. Players within the box at the snap can penetrate upon the snap, in accordance with the rules regarding alignment and the A GAP restriction. Linebackers, safeties, cornerbacks aligned at the prescribed depth can flow to the ball naturally, but predetermining penetration to a specific gap pre-snap is illegal.
- C. The restriction on blitzing is intended to encourage skill development within the passing game and to allow younger players to execute handoffs with limited penetration.



2025 Football Policies & Procedures

- D. The penalty for Blitzing is 15 yards and an automatic first down, it will be administered as a Live Ball Foul, meaning the result of the play can be accepted along with the penalty yardage by the offended team.

TURNOVERS

- A. Fumbles and bad snaps are considered live balls and may be advanced.
- B. Interceptions are considered live balls and may be advanced.

PUNTS

- A. The offensive team will declare its intention to punt. This option is for 4th down only. You may not punt on any down but 4th (No "Quick Kicks")
- B. There is an Automatic 30 yard change of possession.
- C. The minimum position for the new offensive series will be the **rookie tackle** 20 yard line. Meaning, the Receiving team cannot be pinned inside their own 20 yard line due to the Automatic change of possession.

KICKING A PAT OR FIELD GOAL

- A. The offensive team will declare its intention to kick for a PAT or Field Goal.
- B. Once the offense declares its intention to kick, the holder must remain at least three (3) yards behind the deep snapper until after he receives the ball.
- C. If the ball contacts the ground before the kicker attempts to kick the ball, the holder may retrieve the ball, position himself at least 3 yards behind the deep snapper and the kicker may then attempt to kick the ball.
- D. The kicking team may not recover a receiving team's fumble.
- E. The defensive team may not have more than 2 returners. All other defensive team members must be positioned within three (3) yards off the line of scrimmage.
- F. The defensive team may not rush the kicker. They may raise their hands and arms straight up and jump straight up in an attempt to block the ball.
- G. Once the ball is kicked, the receiving team will gain possession of the ball in accordance with NCAA rules.
- H. No runbacks will be permitted on kicking PAT or field goal plays.

"ON-SIDE KICK"

If a team is TRAILING IN THE SECOND HALF, they can elect to attempt an "onside kick."

- A. The trailing team will have the opportunity to gain 10 yards on one untimed offensive down.
- B. If the team is successful, they will receive the ball at midfield.
- C. If the team is unsuccessful, the defensive team will receive the ball at midfield
- D. A team cannot start the second half with an onside kick.



2025 Football Policies & Procedures

SAFETIES

In the event of a safety, the defensive team will receive two (2) points and the ball on their own 20 yard line.

OVERTIME RULES -SEE OVERTIME RULES IN THE GENERAL RULES FOR ALL TACKLE DIVISIONS.

TWO-TOUCHDOWN RULE

In keeping with the motto of the FFL, "Youth First –Sport Second", the FFL recognizes that children must be encouraged to work together as a team along with encouraging the coaching staff to instruct each child. Players in the Rookie Tackle Division will be allowed a maximum of two (2) offensive rushing touchdowns per game with the following rules and exceptions:

- A. Touchdowns are specifically related to two (2) *rushing* touchdowns scored *offensively* by one player.
- B. Once a player has reached the two (2) touchdown maximum, he can no longer run with the ball for the remainder of the game, **including PAT attempts**.
- C. The following exceptions are applicable:
 1. Any player who has scored two (2) rushing touchdowns cannot run the **ball for the remainder of the game unless the lead changed such that there is less than a twelve (12) point spread**.
 2. If the *quarterback* runs with the ball after scoring two (2) rushing touchdowns and the point spread is **twelve (12) points or more**, the play will be declared a dead ball penalty. No loss of yards, but you do lose the down. The quarterback can hand the ball off and pass the ball if he is affected by this rule as long as he remains in the pocket (between the tackles). He CANNOT advance the ball running.
 3. If a *running back* runs with the ball after scoring two (2) rushing touchdowns and the point spread is **twelve (12) points or more**, there will be a penalty assessed of fifteen (15) yards and a loss of down.
 4. Any player who avoids scoring a touchdown, in any manner, so that the Two-Touchdown Rule will not become effective, is in violation. The offending team will receive an unsportsmanlike conduct penalty of fifteen (15) yards from the previous line of scrimmage and a loss of down

COACHES ON THE FIELD OPTION

The Rookie Tackle Division will have a "Coaches on the Field Option."

- A. A team may have one coach on the field during plays from scrimmage.
- B. At the snap of the ball, offensive and defensive coaches must be a minimum of **fifteen (15)** yards behind the deepest player on their respective team.
- C. The coach may not interfere with the flow of the play in any manner.



2025 Football Policies & Procedures

- D. Once the ball is snapped by the center and the play has begun, the coach must remain **motionless and** may not gesture or speak to the players until the whistle blows the ball dead. Infractions will result in an unsportsmanlike conduct penalty with a fifteen (15) yard.
- E. A coach may not touch a player after the ball has been snapped and the play has begun.
- F. Use of the hands to aid a player will result in an unsportsmanlike penalty with a fifteen (15) yard assessment and loss of down.
- G. A coach may give verbal instruction until the huddle is broken. Once the huddle is broken all communication (verbal and non-verbal) from both the offense and defense coaches on the field is prohibited.
- H. The coach on the field may not question the official's judgment. He can speak to him to ask a question as long as it is done so in a respectful manner.
- I. Confrontation with the officials by any coach is not permitted. The FFL has established a zero tolerance for unsportsmanlike conduct by a coach. Any such confrontation will result in a fifteen (15) yard penalty. A second unsportsmanlike conduct penalty for confrontations with the officials will result in the above stated penalty in down and distance and also an immediate ejection of that coach from the game.
- J. ALL confrontations with referees or FFL officials prior to, during, or following a game may result in the immediate ejection of that coach from the current game, the next scheduled game, or expulsion from the league. All ejections will be at the discretion of the head official.

6v6 Rules of Offense & Defense Play

OFFENSE

- A. The Offense must have a minimum of three (3) Offensive Linemen and three (3) Running Backs/QB.
- B. ALL players are eligible to carry the ball.
- C. The ball may NOT be handed off to the Center.
- D. For a pass to be thrown to any Offensive Lineman, it must travel at least one (1) yard forward of the line of scrimmage.
- E. The Offensive Line shall be balanced, meaning there must be one (1) offensive **lineman** on both sides of the Center.
- F. All offensive players minus the Center, must be in a two (2) point stance. The Center is allowed to be in a three (3) point stance which will allow for the ball to be snapped.
- G. All offensive players must be included in the offensive huddle. This will allow the players to learn to line up on their own.



2025 Football Policies & Procedures

- H. Offensive Teams are not allowed to line up in a "Trips Formation". Trips is described as having 3 offensive receivers lined up on the same side of the field. A Team may utilize a "Twins Formation (2 offensive receiver's line up on the same side)". **Please Note: The offensive lineman with exception of the CENTER, is part of your receiver set when considering trips, or twins formations.**
- I. Offensive Line –All players are to be lined up no more than one arm's length in span. Arm to shoulder width. Gaps longer than arm's length in span will result in a five (5) yard illegal formation penalty.
- J. The quarterback or any other player receiving the snap from the center cannot run between the guards (A Gap) **at any point during the play**. Penalty for this is five (5) yards and replay of the down.

DEFENSE

- A. The Defense is required to have a minimum of one (1) and a maximum of two (2) Defensive Linemen. Defensive linemen are required to be within an arm's reach of the Offensive Lineman.
- B. The Defense can have no more than three (3) Linebackers within 3 yards of the line of scrimmage.
- C. The Defense must have at least one (1) Defensive Back who must be lined up at least 5 yards from the line of scrimmage.
- D. No Defensive Lineman may line up inside the offensive guards (A Gap) nor head up on the center **nor head up on the offensive guard. Defensive linemen must line up outside shade of the offensive guard (3-technique) and be able to touch the outside shoulder of the offensive guard.** Penalty for this is five (5) yards for illegal formation and replay the down.
- E. All Defensive Players must be in a two (2) point stance.
- F. All Defensive Linebackers must remain a minimum of three (3) yards off the line of scrimmage until the ball is snapped and the play begins.
- G. Linebackers and defensive backs may not move toward the line of scrimmage until after the ball is put in play by the offensive team. Penalty is five (5) yards for illegal procedure and replay of down.

8v8 Rules of Offense & Defense Play

OFFENSE

- A. There will be five (5) eligible players, two ends and three backs. Guards cannot be the end man on the line of scrimmage (they must be covered)
- B. The Offensive Line shall be balanced, meaning there must be one (1) offensive linemen and one (1) end on both sides of the Center.
- C. **All offensive players are allowed to be in a 2- or 3-point stance.**
- D. All offensive players must be included in the offensive huddle. This will allow the players to learn to line up on their own.



2025 Football Policies & Procedures

- E. Offensive Teams are not allowed to line up in a "Trips Formation". Trips is described as having 3 offensive receivers lined up on the same side of the field. A Team may utilize a "Twins Formation (2 offensive receiver's line up on the same side)". **Please Note: The offensive lineman with exception of the CENTER, is part of your receiver set when considering trips, or twins formations.**
- F. Offensive Line –All players are to be lined up no more than one arm's length in span. Arm to shoulder width. Gaps longer than arm's length in span will result in a five (5) yard illegal formation penalty.
- G. The quarterback or any other player receiving the snap from the center cannot run between the guards (A Gap). Penalty for this is five (5) yards and replay of the down.

DEFENSE

- A. The Defense is required to have a minimum of three (3) and a maximum of four (4) Defensive Linemen. All defensive **linemen** are required to be within an arm's reach of the Offensive Lineman.
- B. **No Defensive lineman may line up inside the offensive guards (A Gap) and cannot penetrate the A Gap until the ball has been handed off. Defensive linemen must line up head-up to outside shade of their offensive counterparts and must be lined up close enough to touch the shoulder of the opposing player. The penalty for violating these rules is five (5) yards for illegal formation and replay the down.**
- C. All Defensive Players must be in a two (2) point stance.
- D. All Defensive Linebackers **and Defensive Backs** must remain a minimum of three (3) yards off the line of scrimmage until the ball is snapped and the play begins.
- E. Linebackers and defensive backs may not move toward the line of scrimmage until after the ball is put in play by the offensive team. Penalty is five (5) yards for illegal procedure and replay of down.

EJECTION POLICY – See Ejection Policy under General Rules for All Tackle Divisions.

FLAG FOOTBALL/AIR ASSAULT RULES

PLAYER PARTICIPATION RULE – See Pages 10 through 11 for Player Participation Rule

GENERAL & EQUIPMENT RULES

- A. FFL Game Day trainers are the sole authority to diagnose a player experiencing concussion like symptoms. If a player is diagnosed with a concussion, they will be removed from the current game and will be subject to the FFL Return to Play Policy found on the website.
- B. **MANDATORY REQUIREMENT: Players in all divisions of flag football/Air Assault must wear a FULL SOFT HELMET to participate in any game. Players are responsible for providing their own headgear.**
- C. Players must wear protective MOUTHPEICES in their MOUTHS at all practices and games.



2025 Football Policies & Procedures

- D. Youth sized footballs will be used. PeeWee size in ages 5 thru 9 year old and Junior size in age 10. Each team will provide their own properly inflated game balls, and they must be either leather or leather composite balls and approved for use by the game officials. Rubber or Full Composite game balls are not allowed. Any brand ball may be used if it is the proper size, material and properly inflated.
- E. "Two" (2) flags MUST be worn by each player. They are worn on the outside of the hips, directly below the armpits.
- F. All players must have their jersey tucked into their pants to avoid covering any portion of the flag.
- G. Shorts with pockets may not be worn during gameplay.
- H. ONLY FFL issued flag sockets and belts are to be used in games and the flags, belts and sockets MUST NOT be altered in any fashion. Flag bases must be positioned to tilt outward, NOT inward. Flag Belts may be shortened in order to fit the players.
- I. If a player is determined to be wearing flags, belts or socket that have been altered or otherwise tampered with may result in a player and/or coach ejection and possible forfeiture of the game in which the altered or tampered with equipment was worn.
- J. A player not wearing flags may NOT advance the ball.
- K. If a player who is not wearing flags gains possession of the ball, the ball is dead at the spot where possession was gained.
- L. A ball carrier whose flags inadvertently fall off (wind, runner's hand, etc.) is declared down and the ball is spotted where the flags fell off.
- M. It is the Head Coach's responsibility to check and assure all flags are in proper working order.
- N. Flags worn should be contrasting in color to the uniform pants as not to blend in.
- O. Excess flag belts must be tucked in as not to be accidentally pulled by a defender. If excess belt tail or any other part of the belt is pulled, the ball carrier will be considered down and the ball spotted where the belt was pulled.
- P. The ball shall be blown dead:
 - a. The ball touches the ground
 - b. Any part of the ball carrier other than their hands or feet touch the ground
 - c. The ball carrier steps out of bounds
 - d. The ball carrier's flags fall off or are pulled by a defender
 - e. The ball carrier scores
 - f. A run is attempted from the no running zone, either during play or on an extra point attempt
 - g. The "seven" (7) second clock expires
 - h. A forward pass is completed behind the line of scrimmage



2025 Football Policies & Procedures

COACHES ON THE FIELD OPTION

- A. **ONLY the 5 & 6 flag divisions will have a “Coach on the Field Option”. There is no “Coach on the Field” for any division of Air Assault**
- B. A team may have one coach on the field during plays from scrimmage.
- C. At the snap of the ball, both Offensive and Defensive coaches must be a minimum of “ten” (10) yards behind the deepest player on their respective team.
- D. The coach may not interfere with the flow of the play in any manner.
- E. Once the ball is put into play, the coach must remain motionless, and may not gesture or speak to the players until the whistle blows the ball dead.
- F. A coach may not touch a player after the ball has been put into play. Use of the hands to aid any player will result in an unsportsmanlike penalty.
- G. A coach may give verbal instruction until the huddle is broken. Once the huddle is broken, all communication (verbal and non-verbal) from both the Offense and Defense coaches on the field is prohibited.
- H. The coach on the field may not question the official’s judgment. He can speak to a game official to ask a question as long as it is done so in a respectful manner. Excessive confrontation with the game officials by any coach will result in the immediate ejection from the game.

PLAYING FIELD

- A. Games to be played on a 30yd wide x 70yd long field. Two end zones of 10yd each and two playing zones of 25yds each.
- B. Extra point attempts following a touchdown will be either from the 5-yard line (no run zone) – (1) point or the 10-yard line (2) points.

GAME PLAY

- A. Each HALF will be a “twenty” (20) minute running clock. ***The last minute of each half will be a live game clock and stop on incompletions or out of bounds.**
- B. Halftime will be at least “eight” (8) minutes and will terminate at the end of that time period or at the conclusion of the cheer squads halftime routine, whichever occurs last.
- C. Only coaches and players are allowed in the TEAM AREA defined by the head coach. Non-badged spectators, fans, and parents are NOT allowed in this area.
- D. All players must have a mouthpiece in place during all plays from scrimmage. If the ball is snapped and a player does not have a mouthpiece in place, the play will be blown dead and a dead ball five-yard penalty will be enforced on the offending team.
- E. Once a team goes ahead by “twenty-five” (25) points or more the mercy rule will go into effect:
 - a. The team leading may not rush the quarterback when on defense, even if lined up behind the rush line.



2025 Football Policies & Procedures

- b. When on offense, the team in the lead must **PASS** the ball in age groups 5 and 6, and they must **RUN** the ball in age groups 7-11.
- c. All other rules remain unaffected.
- d. Mercy rule goes into immediate effect once a team gains a "twenty-five" (25) point or more lead and is immediately suspended the instant the lead falls below 25 points.
- F. Jerseys will remain tucked in during the game.
- G. Shorts with pockets are not allowed to be worn during game play.
- H. SCORING – When crossing the goal line the team shall be awarded "six" (6) points. A successful PAT from the 5-yard line (no run zone) will count as "one" (1) point and a successful PAT from the 10-yard line will count as "two" (2) points. A defensive safety is worth "two" (2) points.
- I. All games that end in a tie after regulation play will advance to an Overtime in the following manner:
 - a. A coin toss is used to determine ball possession. The winner of the coin toss can choose to start on offense or defense. All penalties are officiated that same as regulation time.
 - b. The ball will be placed on the opponent's 10-yard line and both teams will be given an offensive possession.
 - c. If the score remains tied, a 2nd overtime period will ensue. The teams will invert with the initial team on Offense starting on Defense first. The ball will be placed on the opponent's 10-yard line and both teams will be given an offensive series.
 - d. If the score remains tied, a 3rd overtime period will ensue. Each team will be allowed to run 1 play from the opponent's 5-yard line. The play can be a run or a pass. If a score occurs, an extra point play will take place. This will continue until a winner is determined.

OFFENSE

A. GAME FLOW

- a. Each team has "one" (1) timeout per half.
- b. The clock only stops during timeouts, halftime, injuries, LIVE clock at end of each half, or at any other times deemed appropriate by the game officials.
- c. The offense has a "twenty-five" (25) second play clock from the "ready for play" whistle.
- d. An initial coin toss determines which team begins on offense to start the game. The winner of the toss has the option to begin on either offense or defense. The team that begins on offense the 1st half will begin on defense in the 2nd half.

B. START OF POSSESSION

- a. Teams will begin any offensive possession from their 5-yard line, unless the opposing team exercises the option to attempt to convert a 4th down. If the team attempting the 4th down try is unsuccessful, possession is awarded to the opposing team at the dead ball spot.



2025 Football Policies & Procedures

- b. Dropped snaps inside the end zone will be considered dead balls and placed back on the 5-yard line with a loss of down.
- c. Once the ball is received on a snap any flags pulled by defenders on the rush or on running backs inside of the end zone will result in a safety for the defending team. (2) Points will be awarded and change of possession will occur, with the new offensive team beginning a new possession from the 5-yard line.

C. SNAPPING THE BALL

- a. The center must snap the ball between the legs and must release the ball to the quarterback for a legal play to occur. Shotgun snaps are allowed, but not required.
- b. Handoffs to the center are legal, but the center cannot receive a handoff between the legs.

D. NUMBER OF DOWNS

- a. Each team will have “four” (4) downs to advance the ball across the first down marker: 25-yard line or into the end zone.
- b. On 4th down the team with possession must elect to:
 - i. Run another offensive play. If the offense fails to convert the 4th down attempt, possession is awarded to the opposing team at the dead ball spot.
 - ii. “Punt” the Ball. If the offensive team elects this option, possession will be awarded to the opposing team at their own 5 yard line.
- c. If a team crosses the first down marker (25-yard line) but does not score, the team receives “four” (4) more downs to advance to the end zone, with the same options to punt or go for it on 4th down.
- d. If the Offense fails to get a first down or a touchdown, possession passes to the opposing team and they will begin their offensive series at either the 5 yard line from a punt or the dead ball spot from a failed 4th down conversion.

E. BALL POSITION

- a. The location of the **RUNNER’S FOOT** (NOT the ball) at the end of the play determines where the ball is to be spotted.

F. RUNNING

- a. The player who receives the snap is considered the quarterback and may not advance the ball beyond the line of scrimmage until it has been given to another player. Once a pass, hand off, pitch, or lateral to another player has occurred, this restriction no longer applies. The quarterback then becomes eligible to run, pas, or receive the ball.
- b. Spin moves are allowed.
- c. If a runner’s flag inadvertently falls out, the play is blown dead at the spot the flag fell to the ground.



2025 Football Policies & Procedures

- d. It is the ball carrier's responsibility to avoid colliding with defenders in their pathway. Unintentional contact shall not be penalized, provided the ball carrier makes an attempt to avoid it. Failure to attempt to avoid contact with a defender may be penalized, even if it does not result in a collision.

G. NO RUNNING ZONE

- a. There is "one" (1) no running zone on a game field: any offensive play from the 5-yard line in.
- b. The offense must attempt a pass beyond the line of scrimmage. Handoffs, pitches, and laterals are allowed in the no running zone, as long as a pass occurs behind the line of scrimmage, and the pass crosses the line of scrimmage.
- c. This applies to all extra point attempts from the 5-yard line.

H. LATERALS

- a. Laterals are allowed but may occur ONLY behind the line of scrimmage. Once the ball is advanced past the line of scrimmage, laterals cannot occur.
- b. There is no limit to the number of laterals on any given play provided they all occur behind the line of scrimmage.

I. HANDOFFS

- a. Handoffs may ONLY occur behind the line of scrimmage. Once the ball is advanced past the line of scrimmage, handoffs cannot occur.
- b. There is no limit to the number of handoffs on any given play provided they all occur behind the line of scrimmage.
- c. Handoffs can be forward or backward and do not impede the ability to throw a forward pass.

J. "SEVEN" (7) SECOND RULE

- a. After the ball is snapped, the quarterback has "seven" (7) seconds to pass, handoff, or pitch the ball. After this time expires, the play will be blown dead and placed at the original line of scrimmage with loss of down.
- b. Once the ball leaves the quarterback's hands, the "seven" (7) second rule NO longer applies for that down.

K. PASSING

- a. Only "one" (1) forward pass is allowed on the same play.
- b. ALL forward passes MUST be completed beyond the line of scrimmage. Failure to complete a pass beyond the line of scrimmage will result in the play being blown dead and spotted back at the original line of scrimmage with loss of down.
- c. All players (including the quarterback) are eligible receivers.

L. BLOCKING

- a. **FFL 5/6 FLAG and AIR ASSAULT are designed to be a NON-CONTACT league. NO BLOCKING of any kind is allowed.**



2025 Football Policies & Procedures

M. RECEIVING

- a. A completion results when the receiver has control of the ball with at least one foot in bounds.
- b. If a receiver catches a pass and has lost a flag, the ball shall be blown dead at the spot of the reception.

N. MOTION

- a. No more than "one" (1) player at a time is allowed to be in motion.
- b. A player in motion may NOT move toward the line of scrimmage until the ball is snapped.

O. RESTRICTIONS

- a. Ball carriers may not use hands, arms, or the ball to impede a defender from pulling their flags.
- b. The ball carrier shall not lower their head and charge a defender. No intentional contact is allowed, to include using a stiff arm.
- c. NO DIVING is allowed. If a ball carrier dives, a diving penalty will be imposed from the spot of the foul, to include disallowing a score if the player dives into the end zone.

DEFENSE

A. FLAG PULLING

- a. To stop a ball carrier, the defensive player must pull a ball carrier's flag(s) or force (without contact) the ball carrier out of bounds.
- b. No intentional contact is allowed. This includes tackling, pushing, grasping, and bumping. No contact with any offensive player's face or head is ever allowed.
- c. Contact with a passer's arm or the ball while attempting a throw is NOT allowed.
- d. Incidental contact to the ball carrier's body while reaching for the flags is not a violation.
- e. Defenders are not required to touch the ball carrier if the runner's flags unintentionally fall off. The play is blown dead at the spot the flags fell to the ground.

B. DEFENSIVE RUSHING

- a. One member of the defense is eligible to rush the quarterback provided they are behind the rushing line when the ball is snapped.
- b. The rushing line is marked by a game official and is "seven" (7) yards from the line of scrimmage. The "seven" (7) yards applies to all offensive plays.
- c. Once the ball leaves the quarterback's hands (handoff, pitch, lateral, or pass) all defensive players immediately become eligible to rush, regardless of whether they were lined up behind the rush line

CHANGE OF POSSESSION

- A. A Team failing to advance beyond the 1st down marker (25-yard line) or into the end zone after "three" (3) downs loses possession of the ball. The opposing team takes possession from the 5-yard line.



2025 Football Policies & Procedures

- B. **INTERCEPTIONS CAN BE RETURNED.** The offense will take possession at the spot the intercepting player's flags are pulled or attempt a PAT if returned for a score.

PENALTIES

- A. All procedural penalties are "five" (5) yards. All other penalties are "ten" (10) yards. Some infractions may carry additional penalties, including loss of down, automatic 1st down, or ejection.
- B. Penalties are either imposed from the dead ball spot or from the point at which the infraction occurred.
- C. For infractions that occurred before or during (prior to the catch) a legal forward pass, the dead ball spot is the original line of scrimmage. Otherwise, the dead ball spot is the point at which the ball would be spotted if no penalty had occurred.
- D. The offended team always has the right to decline the penalty.
- E. When the penalty is greater than the distance to the goal line, it shall be spotted half the distance to the goal line.
- F. A period of play cannot end on a defensive penalty, unless the offense chooses to decline it. In the event of a defensive penalty that is not declined, the offense receives another play (along with an extra point attempt if a score occurs).

DEFENSIVE PENALTIES

Unnecessary Roughness	10 yards and Automatic 1 st Down
Unsportsmanlike Conduct	10 yards and Automatic 1 st Down
Offsides or Encroachment	5 yards
Illegal Rush (Inside the 7 yard mark)	5 yards
Illegal Flag Pull (pulling flags before possession)	5 yards and Automatic 1 st Down
Stripping	10 yards from the spot and Automatic 1 st Down
Holding	10 yards and Automatic 1 st Down
Pass Interference	10 yards and Automatic 1 st Down
Roughing the Passer	10 yards and Automatic 1 st Down

OFFENSIVE PENALTIES

Unnecessary Roughness	10 yards and Automatic 1 st Down
Unsportsmanlike Conduct	10 yards and Automatic 1 st Down
Offside or False Start	5 yards
Illegal Forward Pass	5 yards and Loss of Down
Illegal Motion or Shift	5 yards
Delay of Game	5 yards
Pass Interference	5 yards and Loss of Down



2025 Football Policies & Procedures

Illegal Screening or Blocking	10 yards from the spot and Loss of Down
Charging or Flag Guarding	10 yards from the spot and Loss of Down

AUTOMATIC EJECTION IN ADDITION TO PENALTY

- A. Using Profanity, taunting, or any other insulting/vulgar language or gestures
- B. Intentionally contacting a game official
- C. Fighting
- D. Intentionally tampering with equipment
- E. Flagrant unsportsmanlike conduct or personal fouls (at Official's discretion)

Note – Two Unsportsmanlike Conduct Penalties against a single player, coach or spectator will result in disqualification, and the offending party must leave the field.

EJECTION POLICY:

- A. **ANY player ejected from a game will be out the remainder of that game AND will be suspended a minimum of one week, to include all practices and the following game. Further disciplinary action is at the discretion of the Board.**
- B. The suspended player must attend the next game and be on the sideline with his/her jersey on. The player will not be allowed to participate until this requirement is fulfilled. Should the player not attend the next game, the player will be held accountable for fulfilling this requirement prior to returning to participate in the League.
- C. The Head Coach of the ejected player must contact the League within "twenty-four" (24) hours of the ejection by email to: ypofffootball@friscofootballleague.com. Failure to notify the League could result in suspension of the Coach.
- D. The Head Coach may appeal the suspension to the Board. However, there must be conclusive evidence, i.e. game tape, etc. to warrant a Board review.

LEAGUE POLICIES

PARENT AND SPECTATOR

- A. Parents will acknowledge a Parent's Code of Ethics prior to the season, and are requested to conduct themselves accordingly and in a manner as to attain the mission and adhere to the motto of the organization.
- B. All parents and spectators will be expected to demonstrate positive sportsmanship. Young athletes form attitudes from what is demonstrated by their parents and coaches. Parents and spectators who cannot demonstrate proper



2025 Football Policies & Procedures

sportsmanship will be required to leave the game complex and will not be allowed at the next game. **This expectation of behavior applies to all team practices, functions, and events.**

- C. If a parent is ejected from a game, their child is also subject to ejection from the game.
- D. A parent ejected from a game will leave the complex immediately and is considered ejected for "one" (1) week. This would include all remaining FFL games scheduled that day at all locations.
- E. If a parent has a complaint concerning a game official, officiating, or judging; that parent should voice their complaint concerning this matter to their HEAD COACH. The Head Coach is the first point of contact and they will discuss the matter with the official involved at an appropriate time. If satisfaction is not obtained at this level, the parent has the right to file a formal complaint that will be handled by the Board.
- F. Parents will notify the Board immediately with any concerns regarding a Head Coach or an Assistant Coach.
- G. Parents and Spectators are not allowed in the TEAM AREA no closer than 5-yards from the game field. Parents and spectators are not allowed inside the 10-yard line extending around the back of the end zone to the opposing team's 10-yard line.
- H. **Parents and spectators are NOT allowed on the field of play at any time. This includes halftime. All parents and spectators should be respectful of the cheer teams that are performing.**

PARENT CODE OF ETHICS

- A. Each Parent in the FFL should strive to confirm to the following pledge: **I hereby pledge to provide positive support, care, and encouragement for my child participating in the Frisco Football League by following this Parent Code of Ethics Pledge:**
 - a. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other Frisco Football League event.
 - b. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
 - c. I will insist that my child play in a safe and healthy environment.
 - d. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
 - e. I will be responsible for transporting my child to and from all FFL events, arriving at the appointed time, and picking my child up at the end of the scheduled event.
 - f. I will demand a sports environment for my child that is free from drugs and alcohol, and will refrain from their use at all Frisco Football League events.
 - g. I will remember that the game is for youth athletes, and NOT for adults.
 - h. I will do my best to make the Frisco Football league experience FUN for my child.
 - i. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, creed, or ability.



2025 Football Policies & Procedures

- j. I promise to help my child enjoy the youth sports experience by doing whatever I can, be that being a respectful fan, assisting with the coaches, or providing transportation.
- k. I will require that my child's coach be trained in the responsibilities of being a youth football/cheer coach and that the coach upholds the Coaches' Code of Ethics.
- l. I will strive to attain the mission of this organization, and adhere to the motto of this organization: "YOUTH FIRST, SPORT SECOND".
- m. I will adhere to all posted city ordinances while attending all FFL functions. This includes City parking restrictions and the no dogs allowed in parks policy.

SPONSORS

- A. Individual football and cheerleading teams will solicit for team sponsors. All sponsorship checks are made payable to the Frisco Football League (FFL). Sponsorship fees are the property of the FFL.
- B. There will be no unauthorized solicitation of funds or products from team sponsors.
- C. Team designated Sponsors: Coach must adhere to all guidelines set forth in the Team Sponsorship Form:
 - a. Turn in the completed Sponsorship Form to the League at FFL, PO BOX 2136, Frisco, TX 75034.
 - b. All sponsorships received by October 1st will be listed in the End of Season Program.
 - c. All sponsorships received by August 1st will be issued their team check by August 15th. Sponsor money received after August 1st will be issued during the regular season at Board discretion.
 - d. Head Coach is responsible for picking up and delivering the Sponsor Team Plaque.
 - e. The FFL Board will issue Sponsor acknowledgement letters for tax purposes at the close of the season.
 - f. Head Coach will be responsible for providing any applicable information for web site / banner advertising to the League.
 - g. Any complaints from Team Sponsors will be directed to the appropriate Head Coach.
 - h. Head Coach will provide documentation of receipts for all items purchased with the Sponsor monies to the League upon request.

FUNDRAISING

- A. No Team fundraisers are allowed unless submitted and approved by the FFL Board.
- B. The FFL Board will not be held accountable in the case of unauthorized fundraisers

VIOLATIONS

- A. Any person witnessing misconduct from any FFL member during an FFL function should report directly to a Board member.



2025 Football Policies & Procedures

- B. If any adult with the FFL is found to have participated in misconduct in any way, such as fighting, intoxication, using abusive language, etc. at games or practice sites, the Board will take action. The Board will not be tolerant of violations.
- C. Any coach failing to fulfill their duties will be subject to probation or suspension.
- D. Use of alcohol products by any member will not be allowed during a team game, practice, or FFL sponsored event. The Head Coach is solely responsible for ensuring that the use of these substances is not permitted during all aforementioned functions especially in the presence of minors.

REFUNDS

- A. There shall be NO refunds of registration fees unless there is an appeal application that is denied. These refunds will be assessed a \$30.00 administrative fee.
- B. **Football equipment purchases are NON-refundable. Parents will approve all equipment sizing. The League is not responsible for equipment that does not fit, but will assist in getting it corrected.**

EXPENDITURES

Besides the regular expense of registration and any necessary football or cheer equipment, parents may be required to fund the expense of such things as: game pants, helmet decals, gifts, team equipment, parties, etc. These expenses should be held to a minimum and should be the decision of the Head Coach and team parents to monitor these expenses within reason. Any unusual or unnecessary funds should be brought to the attention of the FFL Board. We encourage all coaches and teams to take advantage of the team sponsor program to help cover these expenses. The expenses will NOT EXCEED: \$150 for any tackle and cheer team or \$100 for any 5/6 Flag or AIR ASSAULT team.

CORPORATE DOCUMENTS

- A. The Articles of Incorporation, bylaws, and financials of the Frisco Football League, Inc. (FFL) may be obtained from the Corporation for a fee of \$50.00. Requests must be submitted in writing to the FFL, PO BOX 2136, Frisco, TX, 75034.
- B. The FFL Bylaws will take precedent over any possible conflicts with this manual.



2025 Summary of Changes for Policies and Procedures

Note: This summary includes only substantive changes marked in red text. Various minor grammatical edits were also made throughout the document; these do not alter the intent or meaning of the original content.

Summary of Red-Text Changes – 2025 FFL Policies & Procedures

- **Helmet Skins Policy:** Teams may now use helmet skins over white helmets. All skins must be uniform in color/pattern and approved by the Board if not solid-colored. Coaches are responsible for proper installation and safety compliance.
- **Practice Guidelines:** Coaches must follow UIL WBGT heat safety standards. Optional conditioning practices require current-year certification. Coaches from the previous season must still re-certify.
- **Pre-Game Protocols:** Specific timing for announcements, coin toss, and national anthem is now outlined. Coaches must coordinate with officials if prior games run long.
- **Game Equipment:** Clarification on football sizes by age group (PeeWee for 7–9, Junior for 10–12).
- **No Blitzing in Rookie Tackle:** Blitzing is prohibited in Rookie Tackle for all formats and age groups. This rule supports skill development and limits defensive penetration. Violations result in a 15-yard penalty and automatic first down.