



## Information Sheet

Age of Participants: Women's Division  
12yrs and under Girls/Co-Ed Division

League Fees: \$575 per team – Women's Division  
\$375 per team – Girls and Co-Ed Division

All required paperwork and fees are due 3 weeks before each team's 1st scheduled game (Registration form, Roster, Waivers, League Fee).

Rules used: Women's Division-USFTL rules (United States Flag and Touch Football League) [www.usftl.com](http://www.usftl.com) Girls/Co-Ed – NFL Youth 5 on 5 rules

### Equipment:

1. Sonic Boom Flag Belt (which can be ordered from the BSNSPORTS.com website.)  
-Flag colors must be a different color than the uniform shorts/pants.
2. Each team must provide a leather or composite TDY football for the game. Teams may use any brand of football (i.e., Wilson, Nike, etc.)
3. Each player is required to wear a mouth guard (**no** clear mouth guard, please).
4. Each player must wear cleats or at least sneakers. No metal cleats allowed.

### Uniforms:

1. Each team jersey must have a different number on the back.
2. No player is permitted on the field without the appropriate team color jersey and number.
3. All jerseys must be tucked in or hang above flag belts.
4. No jewelry should be worn – per safety reasons during the game.

### Officials:

Certified USFTL contracted officials from the **Pyramid or EBO Officials Association** will call the games.



**Game Times:**

Women's games will be played on Saturdays @ 10:30am and 11:30am.

Girls or Co-Ed games will be played on Tuesdays and Thurs. @ 4:30pm & 5:15pm.

**Standard game length:**

There will be 2 – twenty minute halves for Women's games.

There will be 2- twelve minute halves for Girls or Co-Ed games.

Co-Ed teams must have 2 female players on the field at ALL times.

Maximum number of players per team - 10

The clock will only stop for time outs and at the last two minutes of each half.

During the last 2 minutes of each half, the clock will stop for in completions and out of bound plays.

Halftimes are 5 minutes long.

Teams have 2 timeouts per half.

Teams will be allowed a 15 minute delay time at the start of their scheduled game, however once the team arrives, game time will be deducted from the first half clock.

After 15 minutes has passed, the game will be forfeited to the team that is present.

The Spring Season will begin, the 2<sup>nd</sup> week of April and end by the final week of May.

**Location:** Trinity University Recreation Center  
125 Michigan Ave, NE Washington, DC 20017

**Spring Season:**

6 regular season games

All teams advance to the Playoffs (Ranked by regular season record)

Playoffs --1 game single-elimination

1 Championship game



**Inclement Weather Policy:**

Games will still be played during light rain showers.

Games will be postponed due to heavy rain and lightning and thunder storms.

The League Director will speak with team's coaches by 1pm on the day of their game for the final call.

Games will be made-up on designated dates within the schedule.

**First Aide:**

*Teams are responsible for providing their own trainers AND First Aid Kits.*

In case of an emergency, any coach at the field will call 911 and immediately notify the IYFFL Director of the incident.

**The IYFFL will offer:**

- One skills clinic/scrimmage for all league members.
- League t-shirts (\$10 per shirt)
- Mouth guards (\$2)
- Championship Trophy

**For more information, questions or comments email or call:**

**Candysadventures1@gmail.com or 877.545.3233**