



**EMIRATES  
AMERICAN  
FOOTBALL  
LEAGUE**



Emirates American Football Officials Association

As a niche sport, American Football in the UAE offers a unique experience for its players, coaches, officials, and parents. In the EAFL, we encounter many challenging circumstances when compared to football in the USA or Canada, including:

- fewer players, coaches, and officials
- less experienced players
- less exposure to football, in general
- expat travel schedules
- extreme heat

Despite the challenges, the EAFL has become an award-winning amateur youth sports program.

To counteract some of these challenges, the EAFL has adopted the USA Football methodology and rulebooks which provides a framework for players new to the sport. The USA Football Rookie Tackle format uses the National Federation of High Schools (NFHS) Football rule book as a base and employs a number of adjustments for various football formats from 6-man to 8-man.

The EAFL further adjusts this rulebook to accommodate our players in each division. For instance, some features of NFHS Football are added back in for the Bantam and Varsity Divisions in an effort to make the game more authentic. For PeeWee, the rulebook is mostly the same as USA Football Rookie Tackle.

A summary of the notable adjustments are shown below:

	PeeWee	Bantam	Varsity
<b>Format - 2024 Season</b>	5 vs 5	8 vs 8	7v7
<b>Flex Format</b>	4 vs 4 (remove Center)	7 vs 7	8v8
<b>Teams</b>	CAP, STL, BAR	CAP, STL, BAR	CAP, BAR, STL, VIP
<b>Format</b>	Round Robin	Round Robin	2 Half Games
<b>Time</b>	15 min x 2	15 min x 2	20 min x 2
<b>Halftime</b>	5 Min	5 Min	5 Min
<b>Clock</b>	Running	Running	Running
<b>2-Min Warning</b>	Yes	Yes	Yes
<b>Time-Outs</b>	2 per Half	2 per Half	2 per Half
<b>Length</b>	60y + 7y + 7y	70y + 10y + 10y	70y + 10y + 10y
<b>Width</b>	24 yards	40 yards	40 yards
<b>Center</b>	30 yard line	35 yard line	35 yard line
<b>End Zone</b>	5 yards	10 yards	10 yards
<b>Officials</b>	2	2	3
<b>Ball Starts On</b>	10 yd	10 yd	10 yd
<b>Downs</b>	4	4	4
<b>Yards to Gain</b>	10	10	10
<b>Punt (beyond Center)</b>	25 yards	30 yards	30 yards
<b>Punt (inside Center)</b>	1/2 Distance	1/2 Distance	1/2 Distance
<b>Touchdown</b>	6	6	6
<b>PAT - 1 Point</b>	3 yards	3 yards	3 yards
<b>PAT - 2 Points</b>	5 yards	8 yards	8 yards
<b>Field Goals</b>	No	No	Yes
<b>Safety</b>	2	2	2
<b>Line Up over Center</b>	No	No	No
<b>Line Up in A-Gap</b>	No	No	Yes
<b>Rush A-Gap</b>	No	No	Yes
<b>Blitz QB</b>	After 5 Seconds	From 4 Yards	From 4 Yards
<b>QB can advance ball</b>	After 5 Seconds	Yes	Yes
<b>QB Sneaks</b>	No	No	No
<b>Trips Formation</b>	No	No	Yes
<b>Dead Balls:</b>			
<b>Fumble</b>	Dead*	Live	Live
<b>Interception</b>	Live	Live	Live
<b>Muffed Snap</b>	Dead*	Live	Live

\* play can continue if the ball can safely be picked up and played, as per Official's judgement

<u>Format</u>	<u>Linemen</u>	<u>On the Line</u>	<u>Ineligible</u>
5 vs 5	1	3	-
7 vs 7	3	4	Center & 1 Guard
8 vs 8	3	5	Linemen
9 vs 9	3	5	Linemen
11 vs 11	5	7	Linemen

Defense must have  
1 less lineman than  
the Offense in all  
formats