

Central Oregon Recreation League
Youth Tackle Football League
5th/6th Grade Division
8-Man Football
Player Weight and Game Rules

Weight Rules:

- A player's weight for the entire season will be established at a weigh-in (at equipment distribution) prior to the season. Only those players weighing **AT OR UNDER** the ball carrier limit are allowed or eligible to play "ball carrier" positions. Local Parks and Recreation Sports staff will administer the weigh-in.
- Ball carrier weight limit is 130 and under lbs, this includes quarterback. Defensive safety needs to be under 130 lbs also.
- All players over the ball carrier weight limit will have their helmet marked with a strip of athletic tape on back, to aid the officials and coaches. No other players may have their helmets marked in any manner except decal.
- There shall be weight limitations per division as pertaining to "ball carrier" positions only.
- For purposes of these rules "ball carrier" shall mean: Any offensive player touching the ball behind or beyond the line of scrimmage. This includes after the snap or on a hand-off or lateral. This includes all personnel in the backfield and/or receiving positions. Blocking backs over the divisions weight limit are not allowed.
- The exception to this rule is the positions of Center, punter or place kicker. Over limit players in these two positions cannot advance the ball past the line of scrimmage (no running, no throwing) Penalty: Dead ball at the spot of the infraction.

Playing Rules:

- The Central Oregon Recreation League and Partners of Youth Tackle Football League will adhere to all rules and regulations as outlined in the current Official National Federation of State High School Associations Rule Book, with the exceptions listed here and ball carrier limits set in this document. All games will be 8 versus 8 unless changed by the Central Oregon Recreation League Representatives.

Field Size:

- (80 x 36 yards) on regulation high school field - Top of #'s to Top of #'s,
G,10,20,30,40,30,20,10, G

Warm-Up:

- Teams will be limited to a 1-hour warm-up before games.

Game Start / After PAT

- Offensive Team will start on own 20-yard line

Fumbles:

- All fumbles are dead at the spot.
- Change of possession may only take place on a forward or backward pass. Defensive players may NOT strip the ball from the ball carrier.

Point after Touchdown:

- One play from the 3-yard line for a point after touchdown. No replays after an offensive penalty.

Offensive Formations:

- The offensive team may NOT snap the ball until the officials deem the defensive team is set and ready to play. If the defense is not ready in a reasonable amount of time (officials' decision) the officials may give the go ahead to snap the ball to the offense.
- There must be exactly 5 players on the line of scrimmage. Check for eligible receivers (the 2 end players on the line of scrimmage are eligible receivers, one on each side).
- Exactly 3 offensive linemen must be used, there must be 1 offensive lineman on either side of the center.
- There must be 2 wide receivers on the line of scrimmage; one on each side of the offensive formation. They must be at least 7 yards but no more than 12 yards outside the guard.
- No guard-eligible formations are allowed.
- All linemen (offensive and defensive) must be in either a 3-point or 2-point stance (hands on knees or forearms on thighs).
- Offensive linemen must be lined up within an arm's length of each other.
- The offense is required to have at least 2 and no more than 3 backs inside the guards including the quarterback when the ball is snapped, no motion plays are allowed.
- One player may shift positions prior to the ball being snapped, however they must become set in their new position for at least 2 seconds before the ball is snapped.
- Ball must be snapped directly to the quarterback. Shotgun is permitted.
- All backs must be inside the box and lined up deeper than the quarterback.
- Any eligible receiver NOT on the line of scrimmage must be lined-up at least 7 yards but no more than 12 yards outside the guards (The exception is those players lined-up in the backfield between the guards.).
- No Silent snap counts are allowed, the ball must be snapped on a verbal command.
- QB can only run the ball from shotgun. Anytime the QB is not under center it is considered shotgun formation.

Defensive Formations:

- Defense need to have the same number of players inside the box as the offense, cannot have a numerical advantage.
- Defense is limited to playing a 2 - 2 alignments (2 linemen and 2 linebackers).
- Linebackers must be at least 5 yards off the line of scrimmage and lined up within the offensive linemen. No forward motion until the ball is snapped.
- At least 2 and no more than 3 cornerbacks must be used with at least one on each side of the defensive formation.
- Safeties must be lined up inside the linebackers, at least 8 yards off the line of scrimmage, unless covering an eligible receiver.
- Only ONE linebacker (those players lined up 5 yards off the line of scrimmage and between the offensive guards) is allowed to blitz.
- No down linemen lined-up over the center
- No gap alignment allowed for Defensive linemen. They must line-up nose-to-nose with the offensive man in front of them and their initial movement must be either forward or slanted (not lateral) while making body to body contact with the offensive lineman directly across from them.
- Cornerbacks must be lined up across from an eligible receiver and at least 5 yards off the line of scrimmage.
- When the ball is spotted inside a team's defensive 10-yard line, linebackers and secondary players will then be allowed to move up behind the defensive linemen, but not on the line of scrimmage. All of the above defensive requirements remain in effect. Any linebacker lined up across from the offensive center must be behind the defensive linemen are NOT allowed to rush in this situation.

Interceptions:

- Interceptions may be returned if the player is under the ball carrier weight limit.

Game Timing:

- Time will be kept on scoreboard or clock visible to coaches/players and officials
- Four 12-minute running time quarters - stop clock during time-outs only
- 5-minute half-time
- Each team is allowed one 60-second time-out per game.
- Teams will change direction only at each half. There will be a 30-second break between quarters (excluding half time).
- 35-second play clock will be in effect

1st Down Markers / 4th down:

- Fixed first down markers will be used at 10-yard intervals. This means teams may have a first down and 4 yards to go or first down and 7 yards, etc.
- Ball marked in or near the center of the field on all plays.
- If it is 4th down and you want to elect to "punt" coach must declare to refs. 4th down will not be played, but advanced 35 yards, or half the distance to the goal and turned over to opposing team.

Coaching:

- One coach is allowed on the field during play. (no coaching after the teams reaches the line of scrimmage). All other coaches on sideline.
- Coaches will make all efforts to keep the game competitive and score close. Find a way to make it a decent match up. If it is one-sided, use the opportunity to play some kids who don't get as much time normally.
- No electronic equipment or cell phones are to be used by the coaches. Penalty: 5 yards, replay the down. Second violation results in coaches being removed from the playing field for the remainder of the game.
- Coaches are not allowed to video tape any game or practice other than their own teams. Any taping must be done from ground level and from the sideline only (not on the field of play).
- Bench Area: The bench area is reserved for players and coaches only. Sidelines are for medical personnel and chain crews only. At no time should parents and/or spectators be allowed to stand in these areas. All players not in the game should remain in the bench area. Coaches have the responsibility to police their sidelines.

Substitution

- Free substitution of players is in effect at all times

Scoring:

- Touchdown 6 points
- Point after (3 yard) 1 point
- Safety 2 points
- Score may be kept if facility has access to Score board.
- Running up the score. This practice will not be tolerated. There are many ways to keep this from becoming a concern. Coaches who violate this rule may be subject to dismissal from the program. Remember we want kids on both sides to have a good experience. A win is a win. Let or goal be to keep games competitive, so all programs benefit.

Practice Limits:

- Practices are limited to 4.5 hours per week and 2 hours per day. A week is defined as Sunday to Saturday on a given week.
- All practices where contact takes place - be it person to person, or person to dummy - shall be conducted with full protective gear on. Coaches are limited to no more than 45 minutes of "contact" per practice.
- It is very important to limit the distance between players during all contact drills. Match players by size and abilities as well. There is never any contact allowed between coaches and players.

Minimum Play Rule:

- Players are required to play at least 1/3 of all plays.
- All players must "start" on either offense or defense.
- Each player who is attending practice on a regular basis, and who is not a continuous discipline problem, must meet the minimum play rule (MPR). Before playing time may be reduced, coaches must first talk with the parents and Local Parks and Rec Sports staff. Playing time is reduced only as a last resort. Players must participate in active plays to count towards their MPR. Taking a knee, etc. is NOT considered an active play. Any play ending in a penalty is not considered an active play.

Equipment:

- **Helmet:** Players may use only the helmet issued to them from the Local Park & Recreation District. Helmets will be worn during all practices and games. No stickers or other objects on helmets please only exception Logo Decal, Weight Stripe
- **Pants:** Players may use only pants issued to them from the Local Park & Recreation District. No exceptions. Pants will be worn during all practices and games.
- **Shoes:** Only molded cleat or internally threaded cleats are allowed. Running and turf shoes are also permitted (no post extending from the shoe).
- **Jewelry:** Any kind of jewelry is strictly prohibited under all circumstances.
- **Eyeglasses:** Should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- **Mouth Guards:** All players are required to use a mouth guard during all practices and games.
- **Other Equipment:** Any other equipment found to be a safety issue by the officials or coaches must be removed by the player(s) immediately
- **Football Size:** Junior size footballs will be provided for use all games and practices by Local Parks and Recreation district. Teams may choose to use their own ball when on offense during games as long as it is a junior size ball.

Penalties:

Some of the common penalties are listed below:

Line of scrimmage

Offside, defensive or offensive	5 yards
Failure to observe 40 second play clock	5 yards
Illegal motion	5 yards
Illegal formation	5 yards
Defensive blitzing	5 yards - Replay the down

Passing

Passer crosses the line of scrimmage	5 yards- loss of down
Intentional grounding	5 yards- loss of down
Offensive pass interference	10 yards - loss of down
Defensive pass interference	10 yards- automatic 1st down

Delay of game

Unnecessary delay of game for any reason	5 yards
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Blocking, Illegal use of hands

Cross body blocking	10 yards
Blocking below the waist	10 yards
Clipping	10 yards
Holding (offense or defense)	10 yards
Interlock blocking	10 yards
Illegal use of hands defense	5 yards
Face masking	10 yards

Points of Emphasis

1. Actions against runners or passers
2. Unnecessary contact between players away from the ball.
3. Illegal contact below the waist
4. Face masking

Ejections:

- In addition to these published rules, no crab or chop blocking, face tackling or spearing techniques shall not be permitted in any circumstance. Players may be ejected for these rules violations.
- Any coach ejected from a game will not be allowed back on the sideline the following week and may be removed from all coaching duties if the Central Oregon Recreation League Representatives feels it is in the best interest of the program.
- Any player, coach or spectator ejected from a game must sit out the remainder of that game and the next scheduled game. Coaches may be dismissed from the program if

their actions warrant. The Central Oregon Recreation League Representatives are solely responsible for this decision. All coaches are volunteers with the Central Oregon Recreation League and partnering Parks and Recreation Districts must follow all program rules, protocols and guidelines.

Flip Mode

- If coaches mutually agree to "Flip Mode" at the beginning of the game. At an established and agreed upon time in the game, the lineman will change to backs/receivers and the backs/receivers will play offensive line. At this point, the defense will do the same, moving d-line to the back row and DB/LB's to d-line
- The point of Flip Mode is **NOT** to gain a tactical advantage. The point is to reward the big fellas and let them handle the rock. Coaches, please make sure your use it as such.

Central Oregon Recreation League Partnering Parks and Recreation Districts

Commissioner - Gregg Markwardt, Madras Aquatic Center & Recreation District

Representative - Gunner Johnson, Sisters Park & Recreation District

Representative - Bo DeForest, La Pine Parks & Recreation / La Pine High School Football Coach

Representatives - Kurt Taylor - Madras High School Football Coach

Representatives - Neil Fendall - Sister High School Football Coach

Gilchrist - Eric Peterson



Thank you to Greg Brady & Bend Parks and Recreation for allowing us to modify their rule book for our league