

## **Norman Optimist Club**

### **2010 Tackle Football Rules and Regulations**

#### **Playing Time**

Each player shall play one quarter or a minimum of 10 plays. Special team plays (kickoff/Return and Punt/Return) do NOT count as a play.

If a player is being disciplined for missing practice then the player and his parents must be notified before the game. (This should also be implemented fairly for all team members.)

#### **Practice Times**

Teams may practice up to 3 times per week at 1 ½ hour per practice or 2 times per week at 2 ¼ hours per practice. For purposes of this rule, a week will begin on Monday and end on Sunday.

Total weekly practice time should not exceed 4 ½ hours. This does not include games. Practice must end by 8:15PM. Coaches are to report practice site(s) and times to their appropriate League Coordinator.

#### **Playing/Practice Time Compliance Penalties**

Coaches violating the playing time or practice time standards will receive penalties including warning from the Rules Committee up to game or season suspensions.

#### **Choosing Teams**

If there is enough participation for more than one 6<sup>th</sup> Grade team per middle school then each head coach will be allowed to protect their child and 2 assistant coach's kids. If a coach does not have a child in the program, he will receive first pick in the draft.

If both coaches don't know players then players will be drawn out of a hat.

4<sup>th</sup> and 5<sup>th</sup> grade teams are chosen based on the following priorities:

1. Elementary school (if unable to field a full team then...)
2. Middle school fed by the elementary school
3. High school fed by the elementary school
4. City division (East/West)

#### **4<sup>th</sup> Grade Coach on the Field**

One coach will be allowed on the field for the first 3 games. The coach will help with player alignment.

#### **General Rules of Play**

Norman Optimist Clubs adheres to the Oklahoma Secondary Schools Association (OSSA) High School rules. These rules can be obtained from the Norman School Board.

#### **Specific Norman Optimist Club Rules**

In addition to the general rules, the following specific rules will apply:

#### **Official Football**

The Norman Optimist Club uses Nike Spiral Tec footballs for all games. The sizes are as follow:

- 4<sup>th</sup> grade - 1000 Youth
- 5<sup>th</sup> grade - 1000 Junior
- 6<sup>th</sup> grade - 1000 Junior

#### **Weight Limits**

The following are the weight limits for players that will be allowed to carry the football.

- 6<sup>th</sup> Grade = 145 lbs. or under may carry the ball.
- 5<sup>th</sup> Grade = 125 lbs. or under may carry the ball.
- 4<sup>th</sup> Grade = 110 lbs. or under may carry the ball.

All player weights will be determined and recorded at the time of equipment fitting and a complete list for all teams by grade will be available to coaches prior to the first game.

Players over the weight limit may NOT carry the football on a designed play or be aligned in an eligible position with the exception of blocking Tight End.

Kickoffs – players over weight must be on the front line and cannot be deep on punts.

### **Weight Limit Compliance Penalties**

If a successful protest is filed with the football committee, coaches violating the weight limit restrictions will receive a game suspension (during regular season) or forfeit of the game (during the playoffs).

### **Blitz Rule**

4th grade - May rush on the snap but must be in a three (3) point stance inside the tackles.

5th grade - May rush on the snap but must be in a three (3) point stance inside the tackles.

6th grade - blitz is allowed

To help implement this rule, defensive ends may be in a two (2) point stance and rush on the snap. All linebackers and defensive backs must line up at least 3 yards deep.

Linebackers may not be in forward motion before the snap of the ball. If linebackers are closer than 3 yards and move forward on the snap of the ball, it will be considered a blitz. Once the quarterback has received the ball and taken an initial step, linebackers are free to move forward.

Defensive linemen head-up or inside of the tackles must have at least one hand down. If a defensive lineman within the tackles does not have a hand on the ground and moves forward on the snap, it will be considered an illegal blitz.

### **Blitz Penalties**

1<sup>st</sup> offense = 4 yard penalty

2<sup>nd</sup> offense (considered unsportsmanlike conduct) = 12 yard penalty

### **Nose Guard Alignment**

No defensive lineman may line head-up with the center. A defensive lineman may line up in the Guard/Center gap as long as the defensive player's helmet is outside of the center's shoulder pad.

This rule allows a smoother center/quarterback exchange as well a better opportunity for the offense to execute the play.

*\*This rule does NOT apply to the 6<sup>th</sup> grade division.*

### **Alignment Penalties**

1<sup>st</sup> offense = 4 yard penalty

2<sup>nd</sup> offense (considered unsportsmanlike conduct) = 12 yard penalty

### **Punting**

Teams must declare that they are going to punt. In turn, the defense is only allowed to rush 2 players. These 2 players are the ONLY defensive players allowed to cross the line of scrimmage. All other aspects of the play is live (downfield coverage/blocking and return).

If the punting team (through a botched snap or block recovery) advances the ball past the original line of scrimmage a penalty will result. The offense can decide to quick-kick on third down out of a normal formation, but cannot line up in a punting formation.

### **Punting Penalties**

Defense rushes more than 2 players (more than 2 players across the LOS prior to the punt) = 4 yard penalty from line of scrimmage and down over

Offense declares punt but advances ball across the LOS = 4 yard penalty and down over

### **Extra Points**

Extra points will be awarded based on the type of play the offense successfully completes.

- Forward pass = 2 points

- Run = 1 point

The defense does NOT have the opportunity to return turnovers (fumble or interceptions) for points.

### **Overtime**

Regular Season – each team gets 4 plays from the 10 yard line. If the game is still tied then it is counted as a tie.

Post Season – each team gets 4 plays from the 10 yard line. Overtime will be continued until there is a winner.

## **Coaches and Parent Conduct**

There will only be the Head Coach and four (4) Assistants allowed on the side lines during games. Penalty for violation is:

1st offense = 4 yard penalty

2nd offense = (considered unsportsmanlike conduct) 12 yard penalty

Parents will stay behind and inside of the parent line marked on the field. These lines will be 15 yards back and from the 25-25 yard lines.

1st offense = 4 yard penalty

2nd offense = (considered unsportsmanlike conduct) 12 yard penalty

## **Ejections**

Any member of the football committee or League Coordinator may eject a coach or parent. Coaches and parents will respect the officials and the Optimist Football Committee's authority.

Coaches that are ejected two (2) times in a season will be done for the season.

Player's that are ejected two (2) times in a season will be done for the season.

If a coach or a parent is ejected they **WILL NOT** be allowed to re-enter the park until they meet with football committee. The football committee will meet twice (2) a month for a coach/parent ejection meeting.

NOC reserves the right to eject a coach, player or parent for the season on a 1st offense considering the severity of the offense, or any other reason deemed appropriate by the NOC Football Committee.

**2010 Football Committee**

Jerry Ogle

Jerry Henshall

Jamie Parkman

Jeff DisMukes

Jack Ross

Clay Spears

**Head Official**

Tony Malaska

**2010 League Coordinator**

Jerry Ogle

**6th Grade Coordinator**

Jeff DisMukes

**5th Grade Coordinator**

Jamie Parkman

**4th Grade Coordinator**

Jerry Henshall