

OPS REC LEAGUE FOOTBALL RULES AND REGULATIONS

MISSION STATEMENT

OPS Youth Football Leagues focus on building passion and excitement for the game of football in a controlled environment. Winning is important, but not paramount. Equal participation is a key focus, as well as teaching the game of football and its various positions through practices and games.

The foremost goal of OPS Youth Football is for every athlete and parent to leave any session of our program feeling it was worth it, that the knowledge and experience gained made an impact in how they view the game compared to when they arrived.

FIELD PARAMETERS (for outdoors at Plex North)

- Each game will be held on one of the outdoor grass fields at The Plex North. One game will be played per field.
- Two first downs per possession. All possessions will begin at the 40 yard line. First downs will be at the 25 and 10 yard lines. Achieving a first down in three plays or less resets the downs. Not scoring or picking up a conversion within three plays results in a turnover on downs.
- Players are marked down the first instance in which they are touched with **TWO (2)** hands on any part of the body.

TEAM MEMBERS

- Teams can have max of 5 players on the field at once.
- Each play begins with the quarterback leaned over with the ball in his hand(s) in a “hike” position. Similar to a shotgun.
- No snapping of any kind.
- The side official will be responsible for setting or re-positioning the football at the line of scrimmage.

COACHES

- Each team has a maximum of 2 coaches. Only coaches are allowed in the designated team area during games.
- One offensive coach may be in the huddle with players between plays but must stand behind and aside the play to avoid interference. Defensive coaches are allowed on the field if needs arise.

OFFICIALS

- Each game will have a minimum of two (2) OPS-approved officials. Positions are referee/field judge and back judge.
- Each game will have a **FIELD MANAGER** to assist with issues that arise. The field manager will also be responsible for making sure score is updated. He/she will also be in communication with officials.
- All officials calls are FINAL. OPS will NOT overturn or challenge any rulings by officials.
- Any issues with the score MUST be brought to the attention of the officials and OPS field manager at the time they arise, NOT at the end of the game.

GAME TIMES

- Teams must be on site and ready to start on time. If a team is late or cannot start on time, the game clock will begin and whatever time is left on the clock will be where the game starts. The team that is late will begin on defense.
- Games are played with two halves of 20 minutes each, running clock. Game time will be kept by field manager and WILL NOT stop unless in the event of an injury or a timeout.
- Play clock is set at 35 seconds once ball is placed and will be enforced.
- Teams are allowed one 30-second timeout per half. This will stop the game clock and reset the play clock.

OVERTIME

- Each team will be given one play from midfield. Longest gain from scrimmage is awarded 3 points and the win.
- On **CHAMPIONSHIP SATURDAY**, teams will each get one possession from the 10-yard line with three downs to attempt to score. On conversions, teams may elect to go for one from the 3-yard line or for two from the 10-yard line.
- Beginning in the third overtime, teams are **REQUIRED** to go for two.
- Overtime periods are not timed.
- Each team is awarded one timeout during overtime period.

SCORING

- Six (6) points for a touchdown
- One (1) point for a PAT from 3-yard line
- Two (2) points for a PAT from 10-yard line
- Three (3) points for an interception. Interceptions cannot be returned.
- NO points awarded for defensive stops.
- Turnover on a PAT is a dead ball

PENALTIES

Offense

- False Start = Loss of Down
- Delay of Game = Loss of Down
- Each team will have 35 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.
- Pass interference = 5-yard penalty and loss of down
- No penalty may be assessed in excess of the 40-yard line. If a penalty would move the offense beyond the 40-yard line, the offensive team shall be charged with a loss of down.
- **FOUR-SECOND RULE (Six seconds for Age 7-8 Division):** If the referee sees that the clock has exceeded 4 seconds without a pass being thrown, the play is blown dead. The ball should be returned to the original line of scrimmage with loss of down. **NOTE:** Officials WILL be counting 4 seconds verbally on all fields.

Defense

- Offside = 5-yard penalty
- Defensive Holding = 5-yard penalty
- Defensive pass interference = spot foul (1st down at the spot).
- If defensive pass interference occurs in the end zone, it will result in a first down at the 1-yard line.

- Any dead ball penalty on the defense AFTER a change of possession would result in a loss of down for that team's offense when they begin their ensuing possession.

- Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and then must cover. Excessive or prolonged contact will result in a "tack on" penalty at the end of the play (5-yard penalty).

NOTE: Officials will be directed to call games with a firm attention to detail. **NO taunting or unsportsmanlike behavior will be tolerated.**

TURNOVERS/DEAD BALLS

- Receiver is legally down when touched below the neck with **BOTH** hands. Excessive and purposeful force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards.

Players **CAN AND WILL** be expelled from league if ruled unsportsmanlike & flagrant.

- Fumbles that hit the ground are dead balls at the spot with the last team retaining possession.

- The QB is allowed 4 seconds to throw the ball at age 9-10 and above (age 7-8: 6 count). Time starts on the snap and stops as soon as the QB releases the ball. If release is under 4 seconds, the play continues. Play is blown dead after 4 seconds.

- Interceptions may not be returned – 3 points are awarded on interception.

- The offense must gain at least a first down or score in the first 3 or less plays or the defense takes over. No 4th downs. (3) downs in all zones.

APPEALS

- There will be **NO** unsportsmanlike behavior tolerated when it comes to coaches, players or fans arguing a call, either with officials, team managers or any OPS event staff. Coaches may discuss calls and the score in an adult manner with officials, but will carry themselves in a mature and respectable manner.

ADDITIONAL RULES

- No kicking or punting, laterals, blitzing or blocking

- No quarterback runs. Hand-offs allowed.

- Once a team is up by 30 points, that team is only allowed to run. If the game dips below a 30-point margin, passes are allowed again.

- Once the QB hands off, defenders can cross the line of scrimmage, NOT before.

BEHAVIOR

- Teams and programs competing in OPS events will be held to the highest standard of Optimum Performance Sports and Lutheran Health Network. All attendees are subject to disciplinary action and expulsion from the event and the facility based on their behavior.
- No taunting, vulgarity or trash talking permitted. Teams will be assessed an immediate penalty if either takes place. Celebrate with YOUR team, NOT in the face of the opponent.
- Any singular player, coach or fan that involves himself/herself in any kind of disruptive behavior deemed extreme will be removed from the event and the facility.
- Any team or group that involves itself collectively in any kind of disruptive behavior deemed extreme will be immediately dismissed from the league. NO refunds will be given.

PLAYBOOKS

- Coaches have autonomy to build their own playbooks. However, they are limited in the amount of plays in the playbook for each age group.

Plays that can be run to both sides of the field count as just ONE play in your playbook.

Max plays in playbook per age division

- Age 7-8:** 8
- Age 9-10:** 10
- Age 11-12:** 12
- Age 13-14:** 15

SAFETY

- Cleats are encouraged
- Mouthpieces are not mandatory but HIGHLY suggested. Even in a touch league, collisions do happen.

SKILLS FOCUS PER AGE GROUP

The development of young football players is predicated on teaching the fundamental aspects of the game. It begins early. OPS strives to make training and developing kids as consistent as possible.

Priorities for each age division are as follows:

Age 7-8

- Kids are beginning to come into their own – focus on refining the fundamentals

- Will have some first-timers to the sport. Do not lose sight of the fact that you're a teacher first and foremost
- Give feedback! Kids at this age begin to seek praise and acceptance, no matter the skill level

Age 9-10

- Most of these kids have had experience playing football before. Focus on the elements to which they will need at the middle school level
- Begin to hold the kids accountable
- Keep the positive momentum going by adding to the foundation of skill work

Age 11-12

- Competitiveness truly comes to the forefront around this age
- Challenge your kids without setting unrealistic expectations
- This is arguably the most important age when it comes to sport. Make it a GREAT experience and these kids can truly take off in terms of their love of the game.
- Continue to hammer on winning with class and losing with grace. Life is full of wins and losses. How YOU handle the results of the games will set the expectation for how your kids handle results.

Age 13-14

- The fundamental building blocks have been laid and refined for years at this age for most kids.
- These kids are searching for their personal identity. Be a great role model. In some cases, you may be the only one a kid has.
- Improvement is paramount. Soon, these kids will enter the unforgiving setting of high school.

FOOTBALL SIZE TO BE UTILIZED

Age 7-8: Pee Wee

Age 9-10: Junior

Age 11-12: Junior

Age 13-14: Youth

Questions? Concerns? Contact Justin Kenny at (260) 580-1082 or skenny@lhn.net