

## **Ohio Athletic Committee Youth Tackle Football Rules**

**(Revised 5/9/13)**

### **Section 1: Age & Eligibility**

A. 2<sup>nd</sup>, 3rd, 4th, 5th, and 6th grade boys or girls who attend an Ohio School (Home school students eligible)

(1<sup>st</sup> and 7<sup>th</sup> Graders not eligible)

B. Any student in the 3rd, 4th, 5th, and 6th grade who has not yet reached their 13th (11th 10u) birthday by August 1<sup>st</sup>

C. There are 5 Divisions. The teams are divided into 12 U Gold, Silver and Bronze and 10U Gold and Silver. Tournament Director has right to combine divisions.

### **Section 2: Waiver / Release/ Roster**

A. Head Coach/Team Admin must submit a team roster/waiver form for the State Championships by specified deadline. Note: Head Coach/ Team must have copies to bring to event.

B. All Head Coaches must have in his possession at all times, a signed copy of the waiver and release form for every athlete that will be competing, practicing and traveling with the team. A copy of the waiver can be found in team packet.

C. A copy of the roster from the official weigh in must be given to opposing team coach.

### **Section 3: Coaches Responsibility and Conduct**

A. Each team may have 1 Head Coach and up to 4 non-player personnel admitted free of charge.

B. Coaches must review each player's physical card and be aware of any medical problems a player may have.

C. All head coaches are responsible for the conduct of their assistant coaches, fans and athletes at all times. Any repeated violations may be cause for individual and/or team expulsion from the championships.

D. Only Head Coach and 4 non player personnel may be on the sideline or bench area; coaching must be done from the sideline.

E. A forfeiture of the game may be demanded if at team cannot field the required number of players (11) within 10 minutes of the scheduled game time.

F. Each team is required to supply chain crew workers for each of their games. Home team supplies 2 members and visitor supplies 1 crew member. Home Team will be the team on top of the bracket

G. All head coaches are responsible for the safety and well-being of their players during practice and games.

H. All players, sideline personnel, coaches, stat keepers and water boys must remain in the bench area when not actively engaged on the field of play.

### **Section 4: Weight Limitations**

A. No individual will be accepted if they weigh less than 70lbs (10U 55lbs) unless in the physician's

opinion the player is able to play at their present weight. It is the responsibility of the head coach to get the approval and physicians physical.

B. The weight of a player advancing the ball may not exceed 130lbs (10U 115lbs) as determined by the official weigh in. Ball Carriers are the only athletes that will be weighed in. Weigh-Ins will be conducted as a team and athletes weighed in with shorts and t-shirt.

C. All players that are over 130lbs (10U 115lbs) weight limit will have an X on the back of their helmet to signify they may not advance the ball. Players exceeding 130lbs (10U 115lbs) must immediately ground the ball upon interception/fumble recovery.

D. The weight of all linebackers and defensive backs shall not exceed 130lbs (10U 115lbs)

E. There is no weight limitation of interior linemen, defensive ends offensive centers guards or tackles. Offensive guards regardless of weight can pull.

F. All interior linemen, defensive and offensive, must execute a 3-4 point stance prior to the snap of the ball.

G. Any player over 130lbs (10U 115lbs) placed in the backfield for the purpose of punting must punt

H. No weight limit for athlete playing on the line with their hand in the dirt. Interior lineman are defined as any player on the line from offensive tackle to offensive tackle on either side of the ball. Exception if your defensive end weighs more than 130lbs (10U 115lbs) then he must be in a 3 or 4pt stance.

I. Weigh in information will be in tournament packet.

### **Section 5: Games**

A. All games will consist of 4 quarters; each 8 minutes in length. 8 minutes will be allowed between halves. (30 second play clock between downs)

B. All teams will report to the playing field in time to warm up and be ready to play at their designated times. All games begin with a coaches/official meeting prior to each game for rule discussion and roster exchange.

C. Teams must field 11 players for a game to be played. If a team cannot field 11 players the game will be declared a forfeit.

D. At the start, halves and after touchdowns, the offense will take possession on their own 35 yard line. There are no kick offs.

E. Unsportsmanlike penalties and personal fouls will be 15 yard penalties. When inside the 15 yard line penalties will be assessed as half the distance to the goal line when necessary.

F. Game Balls 10U: Wilson K-2 or its equivalent Baden or MacGregor. 12U: Wilson TDY Baden J5Y, and MacGregor MXY. If a team's opponent uses a different make of ball they have the right to request the use of their opponent's ball.

G. 2 timeouts per half; 1 time out during over-time. There will be a continuous clock when a team is up by 18 points or more. If the point differential falls below 18 points, there will not be a continuous clock.

H. Home team is the team that appears on the top of the bracket

Team A (home)

Team B (visitor)

### **Section: 6 Spectators and Unauthorized Coaches**

- A. A spectator will be defined as any person not being a coach, official or chain worker.
- B. Spectators are strictly forbidden to coach during practice or game.
- C. Team coaches will be officially recognized as those individuals whose names are inscribed on the official team roster.

### **Section 7: Scoring**

- A. A touchdown will score 6 points
- B. No PAT extra point or field goal kicks. After touchdown extra point; 1 point for run, 2 points for pass.
- C. A safety will score 2 points after which the team scoring will put the ball in play at the 35 yard line.
- D. If the point differential is 18 points or more, the clock will run continuously.

### **Section 8: Quarterback Sneak and Blitzing**

- A. The quarterback sneak is allowed
- B. Blitzing is permitted by linebackers. A maximum of two linebackers may blitz at any time. Linebacker blitzes must occur inside the defensive ends. NO linebacker may blitz off the edge (outside the offensive tackles/tight ends), and must be within 4 yards of line of scrimmage. Defensive ends may be standing or in a three/four point stance, but they must declare themselves by alignment which is to be on the line of scrimmage and not to exceed a yard outside the last offensive lineman ("9 technique"). The establishment of defensive ends is in order to determine the width of the "blitzing box" for linebackers. (5 yard Penalty for infraction)
- C. There is no corner blitzing

### **Section 9: Defensive Formations to be used**

- A. All defenses are allowed to be used. A maximum of 6 players on the line of scrimmage.
- On a punt play, no defensive player can line up over the center.

### **Section 10: Offensive Play**

- A. There shall be no more than 2 ball exchanges per play. Any violation of this rule will result in 5 yard penalty. The center to quarterback is not considered an exchange.
- B. One player per play will be allowed to go in motion in all quarters.
- C. Plays may be run out of legal offensive formation and may run the option. No Chop Blocking.
- D. Punting- The punt is considered an offensive play.

- If the offensive team declares they are punting the defensive line must remain at the line of scrimmage. They cannot rush or go down field. The only players active during a declared put are:

- a) The center who snaps the ball
- b) The punter who punts the ball
- c) The 2 gunners who run down field to down the ball if necessary
- d) The receiver who catches or downs the ball

- If the offensive team does not declare a punt the defensive team may rush. Offensive team may still punt or fake punt. If the punt is blocked the ball is dead where recovered. Neither team may advance a blocked punt.

- In the situation of a bad snap, the punter can move from side to side and has to the line of scrimmage to get the punt off-regardless of size of punter.

- The receiving team will be allowed to catch but not advance a punted ball. If the receiving player muffs the ball it is dead where the ball comes to a rest or is downed.

### **Section 11: Ties**

A. There will be no tie games. In the event of a tie after regulation play the game will go into overtime as follows: After a 2 minute break, each team will be given a chance to score. A coin toss will determine who has the first possession of the ball on the 20 yard line. If a turnover occurs any time within the 4 downs, the other team will be given the ball at the same 20 yard line and play will resume 1st down from the 20 yard line. If still a tie after each team has a possession, ball will be placed on 10 yard line.

B. All 2 point conversion attempts will be the same as regulation play. If the score remains tied their will be a 2nd overtime. This will continue until there is a winner.

-In the event of identical records within a Round Robin bracket. For placement purposes, criteria will be given to the team who has given up the least amount of points. If teams have the same amount of points against, 2nd criteria will be points scored.

### **Section 12: Referees**

A. Each game will have 3 referees unless extenuating circumstances occur.

### **Challenge of Eligibility:**

When there is a challenge, the challenging party must submit a challenge fee of \$30.00 to the tournament director before any challenge is heard. If the challenge stands, the fee is returned.

### **Ohio Athletic Committee Sportsmanship Policy**

In the effort to increase the quality of this Ohio Athletic Committee event, we would ask that you as a coach/parent/athlete please read and follow our expectations on Sportsmanship.

- I will show respect for self and others at all times.
- I will respect the officials. Have the willingness to accept and abide by the decisions of the officials.
- I have a basic understanding, and appreciate the rules of the contest.
- I will maintain self-control at all times.
- I recognize and appreciate skill in performance of all participants and tournament staff.

Any un-sportsmanlike conduct by a person present at an OAC event may result in a penalty up to and including a one-year ban from any Ohio Athletic Committee event. If the un-sportsman act is by a coach, parent, family member or anyone connected to a particular athlete the ban could also include the athlete. We will have a zero tolerance for un-sportsmanlike behavior. We ask that

you hold yourself in the highest standard of sportsmanship. Please set an example for the young men/women whom you coach. Please do not put your participant at risk for disqualification due to your behavior.