



PURPOSE

The purpose of this program is to give boys and girls an opportunity to play sports under good adult supervision. The attainment of exceptional athletic skills and the winning of games are secondary; the modeling of good character is the primary goal.

ADMINISTRATIVE ORGANIZATION

Each team in the program should designate an athletic coordinator who serves as organizer and a contact person for the team. Their primary responsibility is to obtain competent coaches.

All accepting responsibility in this program must carry out all rules and regulations and strive to teach good sportsmanship, good health habits and good citizenship. These volunteers should exercise the type of behavior that sets a good example for players. Abuse or embarrassment of any players or team will not be tolerated. All coaches should strive to practice and play all players on their team. The participants should be exposed to game conditions, regardless of wins or losses. The enforcement of playing time is the responsibility of team organizers and/or the booster club.

COACHES

We want to take the opportunity, to thank all our coaches, for the many hours you dedicate to working with the youth. Without you, the sports program could not function successfully.

We appreciate that you are helping to build good character traits in the young people you coach. Thank you for being patient and considerate with the players.

We hope that at the end of the season, you can evaluate your work by answering, "Yes" to the following question: "Did I build good character in the players on my team?"

This manual should be a tool to help you in the quest to build good character. We hope you will find the information helpful.

Thank you,

Parks and Recreation Administration

STEPS TO BECOMING A COACH

All coaches must complete the National Alliance for Youth Sports (NAYS) training for coaches

Step 1: Get Started. You must first complete the registration process which includes providing your contact information and submitting payment. The cost of the Initial Level membership is **\$20**. Once you have completed the registration process, you will be notified of your login information to access the Online Clinic.

Step 2: View the Coaching Youth Sports Video. After you have logged into the Online Clinic, you will begin the course by viewing each section of the Coaching Youth Sports video.

Step 3: Complete the Coaching Youth Sports Exam. This is the first exam to be completed. The exam consists of 15 multiple choice and true/false questions. You will receive immediate notification of your test score.

Step 4: Sign the Coaches Code of Ethics Pledge. After your successful completion of the Coaching Youth Sports exam, you will read and acknowledge (electronically agree to) the Coaches Code of Ethics Pledge.

Step 5: View the Sport Specific Video. After you have completed the Coaching Youth Sports Course, Exam and Code of Ethics Pledge, you will return to the Clinic Menu where you will select your sport specific training. The course covers the fundamentals of the game for the sport selected.

Step 6: Complete the Sport Specific Exam. This is the final part of the training. The exam consists of 10 multiple choice and true/false questions. You will receive immediate notification of your test score. Once you have successfully completed this exam, you are a NYSCA member and qualify to receive all membership benefits including access to your personalized Member Area.

Step 7: Complete Background check in your NAYS

Step 8: Once you complete your online NAYS training you will be mailed a membership card. Bring the membership card to the Parks & Recreation Department; a photo will be taken of you for your coach's ID card.

Coaches must wear ID cards around the neck at the games. If you lose your card, contact the Parks & Recreation Department for a replacement card prior to your game and before 4:00 pm. Coaches without their cards will be removed from the sideline.

COACHING GUIDELINES

I agree as a coach and/or volunteer for my team to always comply with the provisions listed below:

1. To read the sports manual and comply with these rules.
2. To never make abusive or insulting remarks to or about officials of the game, officials of the programs or opposing coaches and players.
3. To hold regularly scheduled practices.
4. **Not to use profanity** around players or consume alcoholic beverages before or during any meeting with the players.
5. At all times I will set a good example of sportsmanship for my players, keeping in mind that the primary goal in this program is to build character and not winning. I will make maximum effort to keep my spectators, parents and fans from razzing the game officials. As the losing coach, I will congratulate the opponents and have my players do the same.
6. I will play all players who practice regularly and with maximum effort, as the situation permits.
7. I will never take my team off the playing field until the game is finished.
8. Reasons for Field Ejection:
 - Using profanity, insulting or vulgar language or gestures
 - Attempting to influence a decision by an official
 - Disrespectfully addressing an official
 - Indicating objections to an Official's decision
 - Using a mechanical device to coach or to attract attention
 - Physical contact with an official
 - The use of mechanical visual-aid equipment, including computers, television, video tape, smart phone and any other electronic device for monitoring, replay, or coaching purposes during the game including intermissions
 - Failure of a team to be ready to play
 - Failure of the head coach, following verification, to have his player(s) wear legal and/or required equipment
 - Be on the field except as a substitute or replaced player
 - Be outside the designated area (i.e., team/coaches' box, bench or dugout)

I understand that the penalty for violation of any of the above is automatic suspension from coaching until reinstated.

GAME DISMISSAL/EJECTION

When a coach or assistant coach is dismissed or ejected from a game; said coach must contact the Sports office to schedule a reinstatement meeting with the Leisure Services Administrator before being permitted to participate further in the youth sports program. It is the coach's responsibility to contact the Sports office and set the meeting. A coach dismissed from a game, may be penalized, by sitting out the next game, suspended for the remainder of the season or may not be reinstated to coach in the Parks & Recreation youth sports program.

If a player or coach is playing (coaching) in two different age divisions and is suspended in one age division; the player or coach cannot play (coach) games in the second age division due to being on suspension. While on suspension a player cannot participate in scheduled Parks & Recreation activities until the suspension has been served and the player or coach is reinstated.

Coaches and assistant coaches may be put on probation until the end of the sports season, at which time a decision will be made as to whether the coach may continue to coach in the Parks & Recreation youth sports program.

CODE OF CONDUCT

The razing of officials, coaches, fans and players is prohibited. Insulting remarks made by spectators, coaches or players to any official and/or staff in the program may result in dismissal from the program as a coach and/or spectator. Facility Supervisors, officials and coaches will work together to keep spectators and fans from creating or inciting inappropriate behavior. **Criminal activity and/or behavior will be reported to the Lawton Police Department.**

PETS, TOBACCO: No dogs or pets allowed in any City Ball Field Complex. No form of tobacco use is permitted on City Ball fields while coaching a youth team.

COACHES ON THE SIDELINE AND OR DUGOUT

Football	4 Coaches on the sideline (including Flag Football)
Volleyball	2 Coaches on the sideline
Basketball	2 Coaches on the sideline
Baseball	4 Coaches in the dugout
Softball	4 Coaches in the dugout
Tee Ball	4 Coaches in the dugout
Coach Pitch	4 Coaches in the dugout

It is the coach's responsibility to keep fans/parents off the sideline. Coaches are required to wear they're Coaches ID during the game. All coaches must have completed a background check and Nays training.

USING AN ILLEGAL PLAYER

Any coach found using illegal players on their team will be automatically suspended from coaching the remainder of the season. If the infraction accrues and/or is discovered at the end of the regular season or playoffs; the suspension will carry to the next coached sport. In addition to being suspended the coach may also be placed on probation by the Parks & Recreation Commission until the end of the athletic season at which time a decision will be made as to whether the coach may continue to coach in the Parks & Recreation youth sports program. Any game an illegal player participates in will be a forfeit. It is the coach's responsibility to ensure all players are registered.

MISCONDUCT (not limited to the following list)

- Penalty for misconduct by players, coaches and/or fans:
- Fighting – One game to lifetime, based on severity of the act
- Profanity – Two games
- Obscene gesture – Two games
- Disrespectfully addressing an official – Two games
- Objecting to an official's decision – One game
- Improper contact with an official – One game to lifetime, based on the severity of the act
- Illegal player – two games and/or immediate dismissal of head coach from coaching in league
- Illegal player – player one game suspension

NOTE: If a player legally playing in two different age divisions is suspended in one age division; the player cannot participate in any games until the suspension has been served and the player is reinstated. When a player is suspended the player is not allowed to participate in any scheduled Parks & Recreation sporting activities. That player will miss games in both age divisions until the suspension is served and the player is reinstated.

Misconduct reports will be filed with the Leisure Services Administrator. Game officials, facility supervisors, Leisure Services Administrator and/or his representative may eject a player, coach or fan from the game or game site, as he or she deems necessary. All other player ejection penalties will be imposed at the discretion of the Leisure Services Administrator. The Sports Leisure Services Administrator is responsible for deciding the level of penalty imposed in cases of misconduct. All players, coaches or fans ejected from a game for misconduct must visit with the Leisure Services Administrator in person before being reinstated for participation. Players must be accompanied by his or her parent or guardian. In considering cases of reports of misconduct by players or coaches, the party or parties shall have the right of a hearing before the Parks & Recreation Commission Rules Committee.

REINSTATEMENT

Coaches must be reinstated by the Leisure Services Administrator before being permitted to participate further in the youth sports program. It is the coach's responsibility to contact the Sports office and set the meeting.

ASSAULT ON AN OFFICIAL

Oklahoma Statutes

Title 21. Crimes and Punishments

§21-650.1. Athletic contests - Assault and battery upon referee, umpire, etc.

Universal Citation: 21 OK Stat § 21-650.1 (2016)

Every person who, without justifiable or excusable cause and with intent to do bodily harm, commits any assault, battery, assault and battery upon the person of a referee, umpire, timekeeper, coach, official, or any person having authority in connection with any amateur or professional athletic contest is guilty of a misdemeanor and is punishable by imprisonment in the county jail not exceeding one (1) year or by a fine not exceeding One Thousand Dollars (\$1,000.00), or by both such fine and imprisonment.

FILING A PROTEST

- A. Coaches' officials conference must be called by coach before protest can be logged. There shall be no protest in coach pitch.
- B. If a protest is made over a playing rule and not a judgment call, the coach should notify the official at that time. If the protest is upheld, the game will be replayed from that point. Check time left to play at that point, also score at time of protest, and then resume play.
- C. Filing a protest:
 1. A protest over a rule may be registered by the head coach or athletic coordinator.
 2. Officials' decisions (judgment calls) are final and are not subject to protest procedures.
 3. Protest (if registered) must be brought to the attention of the official. The official shall enter said protest in the official scorebook at that time. A protest that is registered after a contest will not be considered valid.
 4. A written protest must be filed with the recreation supervisor no later than forty-eight hours after a contest on the official protest form.
 5. Protest must be accompanied by the fee established in the fee schedule. If the ruling is in favor of the protester, the fee will be refunded.
- D. The written protest shall set forth, but is not limited to the following:
 1. Time and place of protest.
 2. Names of teams involved to include coach's name(s).
 3. Name of protester.
 4. Exact nature of protest.
 5. Violation as viewed by the protester.
 6. Action requested by protester.
 7. Signature of head coach and/or athletic coordinator.

PROTEST REVIEW PROCEDURE

- A. The parks and recreation administration Staff will review the protest and will determine:
1. If the protest is legal.
 2. If the protest contents are correctly stated.
 3. What action will be taken.
- B. If either team is not satisfied with the decision of the parks and recreation administration staff ruling, either team may file a request for protest review, and a protest hearing will be scheduled within one week after the date of request by the parks and recreation commission rules committee.

TEAM ORGANIZATIONAL TYPE

The purpose of this section is to define the make-up of each organizational type registering a team.

Booster Club – is defined as a Lawton Public School sanctioned organization or entity. This organizational type must meet all LPS requirements to be sanctioned by LPS. Booster clubs organize teams to allow youth to participate and play on a team.

Club Team – is defined as an organization organizing teams to allow youth to participate and play on a team.

Team Organizer – is defined as an individual, parent or volunteer organizing a team to allow youth to participate and play on a team.

All types may register teams in the Recreational league or in the Competitive league. All organizational types must meet the same criteria for each division's team makeup.

RECREATION LEAGUE PLAYER ELIGIBILITY

A player must meet the age requirement for their age division. A player cannot be over the division age before the age cutoff date. Parents should consider a player's skill level of play when registering.

COMPETITIVE LEAGUE PLAYER ELIGIBILITY

A player must meet the age requirement for their age division. A player cannot be over the division age before the age cutoff date. Parents should consider a player's skill level of play when registering.

Recreational leagues are for players who are learning the game and developing their skills. Recreational leagues will play eight (8) regular season games. At the end of the season awards will be given to the 1st, 2nd and 3rd place league finishers.

Competitive leagues are for players who want to play against players who are more skilled and compete for a championship. Competitive leagues will play eight (8) regular season games and a post season championship tournament. Teams will be season in post season play based on their regular season finish.

AGE CUT OFF

A player cannot be over the required division age on or before the cutoff date. (ex. 10U Division; the player cannot be 11 on or before the cutoff dates listed below)

Flag Football	September 1 of the current year	Divisions: 6U , 8U, 10U, 12U, 14U
Tackle Football	September 1 of the current year	Divisions: 10U, 12U
Volleyball	September 1 of the current year	Divisions: 10U, 12U, 14U
Basketball	September 1 of the current year	Divisions: 6U , 8U, 10U, 12U, 14U
Baseball	May 1 of the current year	Divisions: 6U , 8U, 10U, 12U
Softball	December 31 of the previous year	Divisions: 8U, 10U, 12U

For 6U programs players must be 4 years old on or before the age cutoff date.

FREE AGENT REQUEST

A player needing assistance finding a team can visit www.teamsideline.com/lawton and complete a Free Agent request form. The player will be placed on an existing registered team or on a new team.

MAXIMUM TEAM SIZE

Flag Football	15 players per team
Tackle Football	30 players per team
Volleyball	15 players per team
Basketball	15 player per team
Baseball	No player limit
Softball	No player limit

If you have one to two players over the max team size email recreation@lawtonok.gov to request to add players. Your request will be review and if approved the player will be added to your roster.

BIRTH CERTIFICATES

Birth Certificates may be required to verify players age if questions or concerns arise. Birth certificates made from affidavits are not acceptable unless approved by the Leisure Services Administrator. Birth Certificates may be required on protest of eligibility. Parents should be prepared to present player's birth certificates if requested. If a parent refuses to submit a player's birth certificate, the player is not eligible to play until the age can be verified.

NUMBER OF GAMES

Recreation Leagues - Recreational leagues are for players who are learning the game and developing their skills. Each team will be scheduled for eight (8) regular season games only. At the end of the season play, awards will be given to the 1st, 2nd and 3rd place league finishers.

Competitive Leagues - Competitive leagues are for players who want to play against players who are more skilled and compete for a championship. Competitive leagues will play eight (8) regular season games and a post season championship tournament. Teams will be season in post season play based on their regular season finish.

PLAYER MOVE-UP

Players may move-up **one** age division. **EXAMPLE** – A 8U player or team may move-up one division to the 10U. A move up form must be completed prior to the player's participation in the higher division.

During the season, if a team folds and players want to continue to play; they may petition the Parks & Recreation Department for placement on another team. **After the season begins, no player may move up, move down, or change teams.**

CITY CHAMPIONSHIP TOURNAMENT

Competitive league teams will advance to the playoffs at the end of regular season play. Teams will be seeded into a post tournament bracket based on their regular season record. **TIE BREAKER ANALYSIS** If there is a tie at the end of regular season play, the following tie breaker configurations will be used to break the tie or ties.

- Winning Percentage
- Head-To-Head
- Head-To-Head Differential
- Total Points For
- Total Points Against
- Total Points Differential
- Lowest Number of Forfeits
- Coin Toss

TIE GAMES

Baseball and Softball Games

If the game is tied at the end of regular play, then one additional inning will be played. If still tied, the game will be recorded as a tie game. **NOTE: Additional inning WILL NOT** be played if the time limit has expired: the game will be recorded as a tie game. This rule does not apply to play-offs and championship games.

Basketball Games

If the game is tied at the end of regular play, then an additional 2 minutes will be played. If still tied, the game will be recorded as a tie game. This rule does not apply to play-offs and championship games.

Football Games

At the end of regulation play, if the game is tied, the following overtime procedures will be used.

At the coin toss, the visiting team captain shall be given the privilege of calling the coin before the coin toss. The winner of the toss shall be given the choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss.

Each team shall be permitted one time-out for overtime. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.

To start the overtime, the offensive team shall put the ball in play, 1st and goal on the 5-yard line anywhere between the inbounds lines. The offensive team shall have a series of 4 downs.

If the offensive team scores a touchdown, it is entitled to the opportunity to try for extra points.

Extra points will be:

- A run play is one extra point.
- A pass play is two extra points.

If the defensive team gains possession, the ball becomes dead immediately and the offensive series is ended.

The same end of the field will be used for both possessions in order to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series, it will be declared a tie game. In the playoffs only, the procedure shall be repeated until a winner is declared. There will be an intermission of 2 minutes during which the loser of the coin-toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

RAINOUTS

Visit www.teamsideline.com/lawton to get information on rainouts. Information on rainouts will be posted by 3:00 p.m. if Parks & Recreation staff has determined that games should be cancelled. The Recreation Administrator, Facility Supervisor or game officials may terminate any game due to inclement weather. **RAIN OUT GAMES WILL NOT BE RESCHEDULED.**

LIGHTNING SAFETY FACTS AND PROCEDURE

Lightning Safety Facts:

1. All thunderstorms produce lightning and are dangerous.
2. Lightning often strikes as far as 10 miles away from any rainfall. Many deaths from lightning occur ahead of the storm because people try and wait to the last minute before seeking shelter.
3. You are in danger from lightning if you can hear thunder. If you can hear thunder, lightning is close enough that it could strike your location at any moment. Even when the sky looks blue and clear, be cautious. At least 10% of lightning occurs without visible clouds in the sky. The average distance from one lightning flash to the next in the same thunderstorm is approximately 2 to 3 miles. Therefore, if you are within 2 to 3 miles of a lightning flash, it is conceivable that the next lightning flash could be at your location.
4. Look for dark cloud bases and increasing wind. Every flash of lightning is dangerous, even the first. Head to safety before that first flash. If you hear thunder, head to safety!
5. It is the policy of Lawton Parks and Recreation that the following requirements and procedures be followed with regard to ensuring the safety of everyone attending or participating in a Lawton Youth Sports game in the event of lightning:

Lightning Safety Procedure:

1. Keep an eye on the sky. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
2. Listen for the sound of thunder. If you can hear thunder, go to a safe shelter immediately. **If you “See it, flee it” and if you “Hear it, Clear it”**
3. Postpone activities promptly. Don't wait for rain. Many people take shelter from the rain, but most people struck by lightning are not in the rain!
4. Go quickly to your vehicle. An open garage, baseball dugout or picnic shelter does not provide safety. An enclosed building is the best location to go to. However, if no enclosed building is convenient, get inside your hard-topped all-metal vehicle.
5. Stay away from tall or individual trees, lone objects (light or flag poles), metal objects (metal fences or bleachers), standing pools of water, and open fields. Avoid being the tallest object in a field. Do not take shelter under a single tall tree.
6. If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch to minimize your body surface area.
7. Avoid leaning against vehicles. Get off bicycles and motorcycles.

Decision to Postpone and Resume Game:

1. Allow 30 minutes to pass after the last sound of thunder or flash of lightning before resuming any athletic activity.
2. No consideration will be given to completing the game when making the decision to postpone or resume the game. The only factor that will be considered is the presence/absence of lightning/thunder/threatening skies.

What to do if someone is struck by lightning:

1. Call 9-1-1 or your local ambulance service for help.
2. Get medical attention as quickly as possible

**For questions or more information call the sports office at 580 581-3400
or email recreation@lawtonok.gov**

*Game time is forfeit time! The winning team of a forfeited game will receive fourteen points for the point differential of that game. Teams with less than the required number of participants at the scheduled start

*Each team is required to provide down marker operator.

Team Requirements

A team shall consist of seven (7) players. A team can play with a minimum of 5 players.

The offensive team must have any 4 players on the line of scrimmage at the time of the snap.

Substitutions are allowed between plays and during time outs.

All players must have a player card on file prior to play in a league scheduled game.

The designated team area is located between the 20 yard lines, two yards off the sideline. This area is for all players and a maximum of four coaches.

The spectator area is designated as five yards from the sideline. Spectators are not allowed in the team area.

Equipment and Facilities

All players must wear shoes.

Rubber cleat shoes will be allowed. Open toe, open heel or hard soled shoes will not be allowed. No metal cleats.

Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his or her shorts inside out or tape his or her pockets in order to play.

Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.

Covering Flags: A team will get 2 warnings, and then a **5 yard penalty** will be assessed. (No Warnings will be given).

Flags must detachable from the belt. If the flag does not detach from the belt, the equipment is illegal and the player ejected from the game. If the entire team has illegal equipment the game is a forfeit.

All flag belts must be free of knots. **Penalty:** Unsportsmanlike conduct and ejection from the game.

No pockets on shorts and/or shirts (This is for the safety of the players)

Shirts must be tucked inside the shorts.

Shorts/Pants can't be the same color or close to the same color as the flags

BALL

Each team must provide their own football.

A Pee Wee Football (size 6) will be used for the Jamming Juniors Football League

The referee shall be the sole judge of any ball offered for play and may change the ball during play at his or her discretion. During the game each team must use a legal ball of its choice when in possession.

Equipment such as helmets, billed hats, bandana's, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

Teams must use approved flags. All team members must wear the same color shirt. Shirts must be tucked in the pants or cut off a minimum of 4 inches above the waistline. Shirts may not have pockets and may not be tied in knots. No hooded sweatshirts...if wearing a hooded sweatshirt this will result in an illegal equipment penalty...10 yards. **Each individual flag must detach from the belt.**

PLAYERS MUST USE TRIPLE FLAGS FOR GAME PLAY. INDIVIDUALS FLAGS MUST DETACH FROM THE BELT. IF FLAGS ARE NOT DETACHABLE FROM THE BELT, THE EQUIPMENT IS ILLEGAL AND THE PALYER WILL BE EJECTED FROM THE GAME.



Start of the Game and Timing

Toss of the Coin before the start of the game, the referee will conduct a captain's meeting to toss the coin. The captain winning the toss will have a choice of the following options **to choose whether his or her team will start on offense or defense.**

The captain, not having the first choice of options for a half, shall exercise the remaining option **to choose the end zone his or her team will defend.**

Each team is allowed two (2) time-outs per half.

Quarters – The First and Third Quarters will be a ten minute running clock for the exception of a Player injury, Coaches time-out or Official's time-out. The Second and Fourth Quarters will be a eight minute running clock for the exception of a Player injury, Coaches time-out or Official's time-out. Last two minutes the official will start and stop the clock. **NOTE:** In the event that the two- minute warning is not given, the game will be stopped and the clock reset with time added to make a total of 2 minutes.

After Team A scores a touchdown Team B will begin their offensive drive from their ten-yard line.

Extra points will be:

- A run play is one extra point.
- A pass play is two extra points.

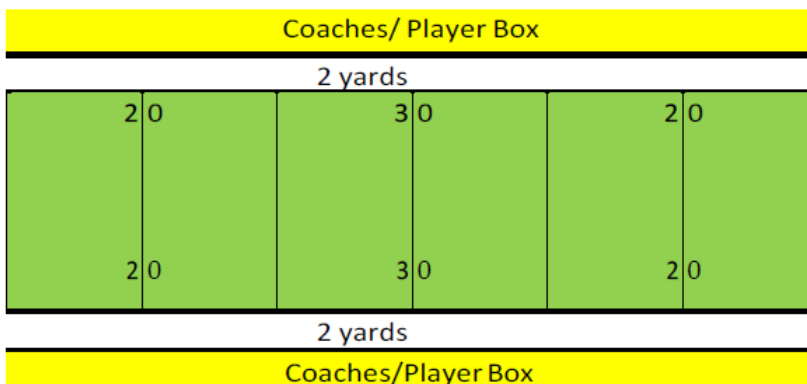
Playing field is 40'X80'.

Unsportsmanlike conduct 15 yard penalty

Hand to the Face 10 yard penalty

All other penalties will be a 5 yard penalty

Coaches and players must remain 2 yards behind the out of bound line in the coaches' box, which is from 20 yard line to 20 yard line.



On 4th down coaches will have the option to go for it or punt. If the coach elects to punt the ball and the ball is on the Offensive this side of the field. The ball will be placed on the Receiving Team 25 yard line. If the ball is on the Receiving side of the field. The ball will be placed on the Receiving Team 10 yard line.

Flag Belt Removal

When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.

If a flag belt inadvertently falls off, a one hand tag between the shoulders and the knees constitutes a capture.

A player may leave their feet to remove a flag. The ball becomes dead when:

A legal deflagging occurs.

- The ball carrier touches the ground with any part of their body other than the hands or feet.
- A fumble hits the ground.
- A snap from the center touches the ground. Official's discretion on the call.
- **Flags must detachable from the belt. If the flag does not detach from the belt, the equipment is illegal and the player ejected from the game. If the entire team has illegal equipment the game is a forfeit.**
- **If a ball carrier's flag is removed by a defender before the carrier receives the ball, the play is still live. The runner is considered captured or down when one of the remaining flags is detached. Penalty: Illegal flag belt removal, 10 yards.**

Direct Path To Score

(Discretion Of The Official) If the ball carrier has a Direct Path To Score. In an attempt to remove the flag from the ball carrier, a defensive player cannot intentionally make contact with the ball carrier with his or her hands or body (tackle); if a defensive player attempting to stop an offensive player holds, push, tackle, trip, knock down or grabs the belt to prevent a touchdown, the ball carrier will be awarded a touchdown. (flagrant offenders will be ejected from the game and possibly suspended for the remainder of the season).

Eligible Receivers' - Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.

Center Before Snap - The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball marker. The ball may be moved with approval by the official due to poor field conditions. The player receiving the snap must be 2 yards from the line of scrimmage during a scrimmage play and 1 yard from the line of scrimmage for a punt. Penalty: Illegal procedure.

Before the Snap - Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.

Legal Catch - For a legal catch, a pass receiver must come down with at least one foot in bounds.

Rushing -The defense must line up behind the defensive marker. The defensive marker is placed 2 yards from the line of scrimmage. This is true even when the offensive team is less than one yard from the end zone or the zone line to gain.

All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each play. The intent of this rule is to eliminate all sleeper or hideout plays. These plays will result in a 10 yard penalty for illegal participation.

Fumbles

Fumbles are dead when the ball touches the ground.

The ball is put into play at the point where the ball first touched the ground.

Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.

A ball fumbled into the offensive team's end zone will result in a safety. If the ball is fumbled into the opponent's end zone the result is a touchback (opponent's ball on their 10 yard line.) The ball is placed on the 10 yard line after a safety.

Screening - Blocking, as in regulation tackle football, is **PROHIBITED!** A screen block shall take place **WITHOUT CONTACT**. The screen blocker shall have his or her hands behind his or her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is **ILLEGAL!!!!** A blocker may use his or her hand or arm to break a fall or retain his or her balance. A player must be on his or her feet before, during, and after screen blocking. Penalty-personal foul, 5 yards.

Flag Belt Removal

Clarification

A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. Penalty: Illegal flag belt removal, 10 yards.

A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. Penalty: defensive pass interference, 5 yards and automatic first down.

A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he or she touches the ball, it is roughing the passer. Penalty: 5 yards and automatic first down. Incidental contact will not be a penalty. Official's discretion.

A player may not fasten his or her flags to his or her uniform or belt other than prescribed in the rules. Penalty: 5 yards and automatic disqualification. The official will check the flags of each person who scores a touchdown or conversion. **Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.**

Pushing or chucking a receiver/defender is not allowed. Penalty: Illegal use of hands. 5 yards.

An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.

An offensive player may not stiff arm or guard his or her flags by blocking them with their hands or the ball.

When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.

All players on the field must wear flags. Failure to do so will result in a five yard penalty, if noticed prior to the ball being snapped. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).

Spiking/Kneeling the ball is considered unsportsmanlike conduct. Penalty: 5 yards.

Visit www.teamsideline.com/lawton to check your team's schedule and scores. For question or concerns email recreator@lawtonok.gov