

Central Oregon Recreation League  
Youth Tackle Football League  
5<sup>th</sup>/6<sup>th</sup> Grade Division  
8-Man Football  
Player Weight and Game Rules  
Updated August 2019

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 pounds and under, this includes quarterback. Defensive safety needs to be under 130 pounds also. Players over 130 pounds can play Linebacker.
  - Deadline September 1st.
  - A player weight roster will be sent to all other districts, prior to first game.
- 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:

- Field Width from top of numbers to top of numbers. Shorter in Length by 20 yards. G,10,20,30,40,30,20,10, G. exp. Th 50 yard should become the 40-yard line, 10-yard line become goal line. Field is 80 yards x 36 yards

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 can be recovered, but not advanced. The team that recovers the fumble will take possession at the spot of the recovery.

### 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 eligible receivers on the line of scrimmage. Eligible receivers include WR,TE,RB.
- 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). Coaches' preference.
- 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.).
- Silent snap counts are allowed.
- QB is eligible to run the ball. QB sneaks between center and guard are not allowed.

### Defensive Formations:

- Defenses need to have the same number of players inside the box as the offense, cannot have a numerical advantage. Box is considered from offensive guard to offensive guard
- 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 box, at least 8 yards off the line of scrimmage, unless covering an eligible receiver which needs to be 5 yards off LOS.
- Only ONE linebacker (those players lined up 5 yards off the line of scrimmage in the box) is allowed to blitz or cross LOS before ball is handed off.
  - If QB runs ball outside pocket (between guards) Both Linebackers can cross LOS
  - If QB is in pass pocket (between guards) only 1 Linebacker can cross the LOS
- 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 or any other DB will lineup across from an eligible receiver. The DB has the option of playing off the ball or close to the line.
- 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 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. If player is over the weight limit, the ball is dead at the spot resulting in a change of possession

### Game Timing:

- Time will be kept on scoreboard or clock visible to coaches/players and officials
- 2 – 24-minute halves running clock - stop clock during time-outs only and Injuries.
- 3-5 minute half-time, will be adjusted to stay on time schedule.
- Each team is allowed one 60-second time-out per half.
- Teams will change direction only at each half.
- 35-second play clock will be in effect

### 1st Down Markers / 4<sup>th</sup> down:

- Full Chain crew – traditional Football set up. 4 down to get 10 yards for a first down
- Ball marked on hashes or near the center of the field on all plays. Traditional football
- 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, exception moving kids to correct positions/alignment. Coaching after snap will result in warning, after that penalty will be enforced 5-yard and automatic 1<sup>st</sup> down for each infraction. All other coaches are to be on the 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 box crew 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 between 30 yards line and 3 yards from sideline. Coaches have the responsibility to police their sidelines.

### Substitution

- Free substitution of players is allowed during a dead ball.

### 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 will not be tolerated. There are many ways to keep this from becoming a concern. Coaches who violate this rule maybe subject to dismissal from the program. Remember we want kids on both sides to have a good experience. A win is a win. Let our 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, shall be conducted with full protective gear on. Practices without protective equipment may involve Blocking/tackling pads. 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 full contact allowed between coaches and players.
- Please follow OSAA air advisory for smoky conditions. Must be inside if air quality is over 100 as determined by Oregon DEQ.

### Minimum & Maximum Play Rule:

- Players are required to play at least 1/3 of all plays. \*District dependant.
- 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.
- For Communities that have 2 or more teams. Players are limited to playing for one team. Players cannot play in more than one game each week. If a player plays 1 play in a game, it is considered a full game.

### 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, Sponsor on back.
- **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 if it is a junior size ball.

## Penalties:

Some of the common penalties are listed below:

Coaching after snap of ball 5 yards- automatic 1st down

### 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 5  
Intentional grounding 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

### 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.

Central Oregon Recreation League (CORL)  
Member Parks and Recreation Districts

Representative – Shawna Hicks, Madras Aquatic Center & Recreation District

Representative – Kassidy Vaughan, Sisters Parks and Rec District

Representative – Trey Gray, LaPine Parks and Rec District

Representative – Mike Tracy, Crook County Parks and Rec District

