

2013

HANDBOOK

FOR

**Osseo Football Association (OFA)
Brooklyn Park Athletic Association (BPAA)
Brooklyn Center Youth Football (BCYF)**

**YOUTH FOOTBALL LEAGUE
2nd & 3rd GRADE**

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PART 1

2013 CONTACT INFORMATION

Website Coordinator:

LEAGUE WEBSITES: www.osseofootball.org

www.eteamz.com/bpaafotball/

AREA DIRECTORS 2013

1. OFA 2nd/3rd & 4th Grade Director
Dean Stolp
dean.stolp@osseofootball.org

OFA President
Brian Williams
brian.williams@osseofootball.org

2. BPAA 2nd & 3rd Grade Commissioner
Jonathan Courtney
763-742-0103
jcourt22@yahoo.com

BPAA Football President
Bobby Jackson
bjjackson@comcast.net

3. BCYF Director
David Merfeld
612-581-0061
bcyf2013@gmail.com

PART 2

OFA-BPAA-BCYF YOUTH FOOTBALL LEAGUE RULES, POLICIES, AND PROCEDURES

1. Introduction - The OFA-BPAA-BCYF Football League is an informal association of neighboring communities located in ISD 279, organized with the intent to provide a football league for youths in 2nd & 3rd grades.

2. Philosophy and League Functions – The league is organized with the intent to promote, organize and coordinate the activities of its member communities with the goal of enhancing the quality of football in ISD 279. The league is an informal organization, and operates with a minimum of rules, regulations, policies and procedures. League members believe that the focus of the league should be on providing youths with the opportunity to play football, teaching core fundamentals of the game, providing a platform for character development, having fun and increasing overall participation in the sport.

The basic operating functions of the league are summarized as follows:

2.1 Provide a simple and functional framework that allows teams from OFA, BPAA and BCYF to play each other.

2.2 Establish a uniform set of playing rules and provide training for referees to maintain consistency in the enforcement of playing rules.

2.3 Develop and maintain game schedules for each grade division among the participating communities.

2.4 Provide a mechanism and authority for receiving, investigating, and settling disputes. All complaints must be directed to OFA, BPAA and/or BCYF Grade Level Directors/Commissioners. A 24-hour “cooling off” period must pass before submitting a dispute.

OFA-BPAA-BCYF PLAYING RULES

1. Composition of Divisions and Teams – The league will, initially, have one (1) grade division, 2nd – 3rd grade (one division). Participants must play in their appropriate grade division. Participating communities are prohibited from turning down participants based upon ability, and “hand picked teams”, “select teams”, “all-star teams” and teams with participants outside a community’s High School boundaries are prohibited. Communities that field more than one team in a division must construct their teams based upon geography/school/neighborhood or an equi-draft system. Community representatives are responsible for the composition of their teams and assuring that all players are properly registered and equipped.

2. Weight Restrictions - The restrictions on the weight of ball carriers are as follows:

2nd – 3rd grade: 85 pounds

These weights must be verified no earlier than the player's community's last regularly scheduled registration date. **Players over these weight limits must have a black, orange or red stripe affixed to the full length of their helmet.** These players may not line up in the offensive backfield or at wide receiver. They may line up at tight end, and may receive a pass from the tight end position. They cannot run the ball from the tight end position. Weight restricted players must play on the front line on a kickoff receiving team. Weight restricted players may only run the ball in the following circumstances:

- a. Fumble Recovery
- b. Pass Interception
- c. Kickoff Return from the front line, provided there is no lateral or handoff.

Each community representative must provide complete rosters, including the names and weights of all players. Community representatives are required to submit this information to the Commissioner or another community representative if requested to do so. If a team believes that an opponent has allowed an overweight player to carry the ball, the team must have its community representative contact the community representative of the opposing team after completion of the game. The individual community representatives of the communities involved will then arrange for a weigh-in. If the player in question weighs-in more than four (4) pounds over the ball carrier limits described above, the game will be forfeited and the player in question will be prohibited from carrying the ball in subsequent games. All violations of the weight restriction rules must be reported to the OFA, BPAA and BCYF Football President/Director.

3. Game Administration - The following procedures apply to the administration of league games:

3.1 The "host team" (the team at whose field the game is being played at) is responsible for having the field in playable condition, having the field marked properly, and having the chains out. The host team is also responsible for providing and paying for a minimum of two qualified officials. This responsibility is for **all games scheduled at the host site on a particular date, regardless of whether or not the host has teams participating in all of the scheduled games.**

3.1 The league requires that both teams occupy the same sideline, and that all fans and the chain gang occupy the opposite sideline. Each team may occupy the area from the 20 yard line to the 45 yard line on their half of the sideline. The team listed second on the schedule is responsible for providing the chain gang. The chain gang must work the entire game (no changing at halftime).

3.2 Games may be postponed before the teams have arrived at the field only by the community representative of the host team, and only for inclement weather or unplayable field conditions. In the event a community representative elects to postpone a game before the participating teams have arrived at the field, the community representative must notify the community representatives and coaches of all other teams affected by the postponement. Once a game has started, the decision to postpone a game may only be made by the game officials. Coaches and community representatives of teams who have had games postponed must contact the associated Grade Level Director/Commissioners to reschedule the game.

3.4 Coaches and community representatives are responsible for the behavior of their respective players, coaches and fans. Coaches are prohibited from smoking during games or

practices, and alcohol consumption by coaches, officials and spectators is prohibited at games or practices. **Unsportsmanlike or abusive behavior will not be tolerated. The OFA, BPAA and BCYF reserve the right to suspend or ban players, coaches, and spectators who exhibit unsportsmanlike or abusive behavior.** Game officials have the authority to order an ejected player or coach, or any spectator exhibiting unsportsmanlike or abusive behavior, from the game premises. Failure to abide by such an order will result in immediate forfeit of the game by the offending team.

3.5 Both coaches of each game are responsible for reporting the game score to the league Webmaster.

3.6 Playoff formats will vary from year to year based upon weather, time constraints, and the number of teams in each grade division. The Grade Level Directors/Commissioners will determine the playoff format in early October. The league believes in simple, short playoff formats and does not provide trophies or awards for either regular season or playoff champions. Participating communities are free to provide whatever awards their community feels are appropriate for their teams and players.

4. Modifications to Playing Rules - In general, National Federation rules apply to all games with the following modifications:

4.1 *Playing Field* – The playing field for the 2nd – 3rd grade division is 100 yards long. All major penalties on the 100-yard field are ten (10) yards instead of fifteen (15) yards, except for unsportsmanlike conduct, which shall remain at fifteen (15) yards on the 80-yard field.

4.2 *Declared Punts* – All 4th down punts must be declared, and the officials will acknowledge the declared punt to both teams and their respective coaches. When a 4th down punt is declared, the official will move the ball ten (10) yards up the field, in lieu of an actual punt and possession will change team. Any team backed up inside their own 20-yard line may elect, on 4th down only, to declare a “red zone punt” and move the ball twenty-five (25) yards up the field, in lieu of an actual punt. This rule has been instituted in the interest of player safety.

4.3 *Kickoff* – Kickoffs occur only at the start of each half, from the thirty-five (35) yard line following a touchdown or a safety, the ball is placed at the opposite thirty-five (35) yard line. No intentional onside kicks are allowed (i.e. kicking the top of the ball). No unbalanced lines are allowed on kickoffs.

4.4 *Coach on Field* - Each team may have two (2) coaches on the field and/or in the huddle. During games, a maximum of one (1) Head Coach, one (1) Assistant Coach and two (2) Parent Assistants are allowed to be on the field/sideline area. All other parents must be on the sideline opposite the teams. All BPAA Coaches must display their official Coach lanyard.

4.5 *Other Modifications to Penalties* – Officials will assess penalties for improper equipment, such as no mouth guard and undone chinstrap, after one (1) team warning. Subsequent infractions to a team will result in five (5) yard penalties. Referees are instructed to use discretion when assessing penalties for too many players on the field. If the official determines that a player was making an honest effort to get off the field and the extra player did

not affect the play, the official can elect not to penalize the offending team. Assessed penalties for too many players shall be ten (10) yards.

4.6 Extra Points – All extra points will be played from the two (2) yard line. Teams receive two (2) points for a forward pass and one (1) point for a run. No kicks are allowed.

4.7 Modifications to Timing Rules – Games will consist of four (4) fifteen (15) minute quarters. The quarters will be **running time**, with the following exceptions:

- a. Injuries. The clock will stop until the injured player has been cleared from the field and both teams are ready to play.
- b. Scores. The clock will stop after a team scores a touchdown, and will remain stopped until completion of the extra point. The clock will start again immediately after completion of the extra point. In the event of a safety, the clock shall stop when the safety occurs and will remain stopped until the ball is touched after the free kick.
- c. Official time outs to discuss rules interpretations with coaches. The clock will be stopped until the conference is completed and both teams are ready to play. In no event shall any such conference take more than one (1) minute.
- d. Team time outs. Each team has three (3) time outs per half. The clock will be stopped until the next snap after the time out.
- e. **The last one (1) minute of each half** will be “book rule” stop time.
- f. In the event one team is seventeen (17) or more points ahead at any time in the game, the clock shall continue to run **in all circumstances except team time outs and injuries**. This modification shall continue until the team behind cuts the deficit to less than seventeen (17) points.
- g. Halftime shall be no more than five (5) minutes and quarter breaks shall be no more than one (1) minute. Officials have the discretion to reduce the length of halftime if the officials determine the game is running behind schedule.
- h. In instances of extremely warm weather, regardless of the actual heat index, the officials have the discretion to lengthen play stoppages for time outs and quarter breaks for the purpose of allowing players extra time for hydration. Officials may, at their discretion, also stop play mid-quarter for an extra hydration break. Coaches are encouraged to discuss this issue with officials before the game starts on extremely warm days.
- i. On offense, teams are allowed 40 seconds in the huddle. Officials will issue one (1) warning. Subsequent infractions will result in a five (5) yard penalty.

4.8 Size of Footballs – The 2nd – 3rd grade division will use a “Pee Wee” size football (Wilson K2).

4.9 Playing Time – Teams are required to play all players in at least half (1/2) of each game. Teams shall have no more than 22 players. Teams with 22 or fewer players should therefore start each player on either offense or defense. **Coaches are required to provide the opposing coach with a copy of his/her roster and line-up before each game and notify the opposing coach if he intends to limit one or more of his/her players participation for any reason.** Further, no player is allowed to play more than one-half (1/2) of the game in the offensive backfield. Offensive backfield is defined as Quarterback (QB) and any running back position (i.e. Halfback, Tailback, I-back, Fullback, H-back, Wingback, Flanker, etc.). The Grade Level Directors/Commissioners will investigate complaints that coaches are not abiding by the spirit and intent of this rule. ***The OFA-BPAA-BCYF reserves the right to forfeit games and ban coaches, and teams, which are not abiding by the spirit and intent of this rule.***

4.10 Overtime – In the event of a tie game at the end of regulation time, only one (1) overtime period shall be played. If the game remains a tie after one (1) overtime period, it shall be recorded as a tie game, unless the game is a playoff game. Tie playoff games shall be played out until one team wins. National federation rules govern overtime play except that the teams shall not switch ends of the field at the end of each series.

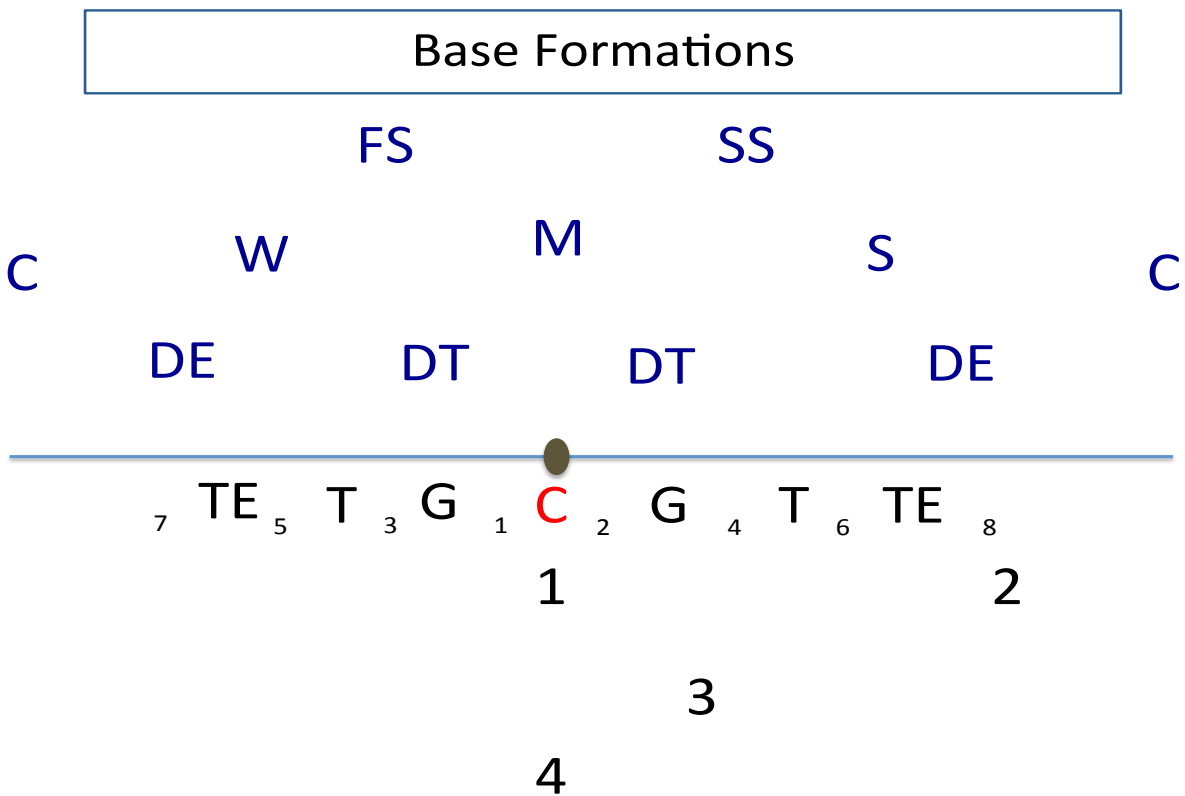
4.11 Restrictions on Defenses – The following restrictions apply to defenses.

- a. ***Blitzing and stunting is not allowed.*** An initial blitzing infraction will result in a warning, with a second infraction resulting in a delayed dead ball ten (10) yard penalty. This will be an automatic penalty; no option of taking the play or the penalty. A third infraction will result in placement of the ball on the opposing 10-yard line, first and goal.
- b. The defense must line up in a 4-3-4 alignment in accordance with the attached diagram. No defensive player is allowed to line up on the offensive Center (i.e. no Noseguards).
- c. All defensive line positions must be “head-up”, no gap alignment. First step must be directly toward the offensive player. No “shooting the gap”.
- d. All linebackers in the 4-3-4 alignments must be 5 yards off the ball. Middle linebacker must line up on the Center. Outside linebackers must line up on the outside shoulder of the Tight Ends. Cornerbacks must be 3 yards off the ball and be 3 yards outside the Defensive Ends (3 and 3).
- e. Backside Cornerback may not cross the line of scrimmage until a handoff is made, or the Quarterback is outside the Tackle.
- f. All Safeties must be 7 yards deep, lined up on the offensive Tackles.

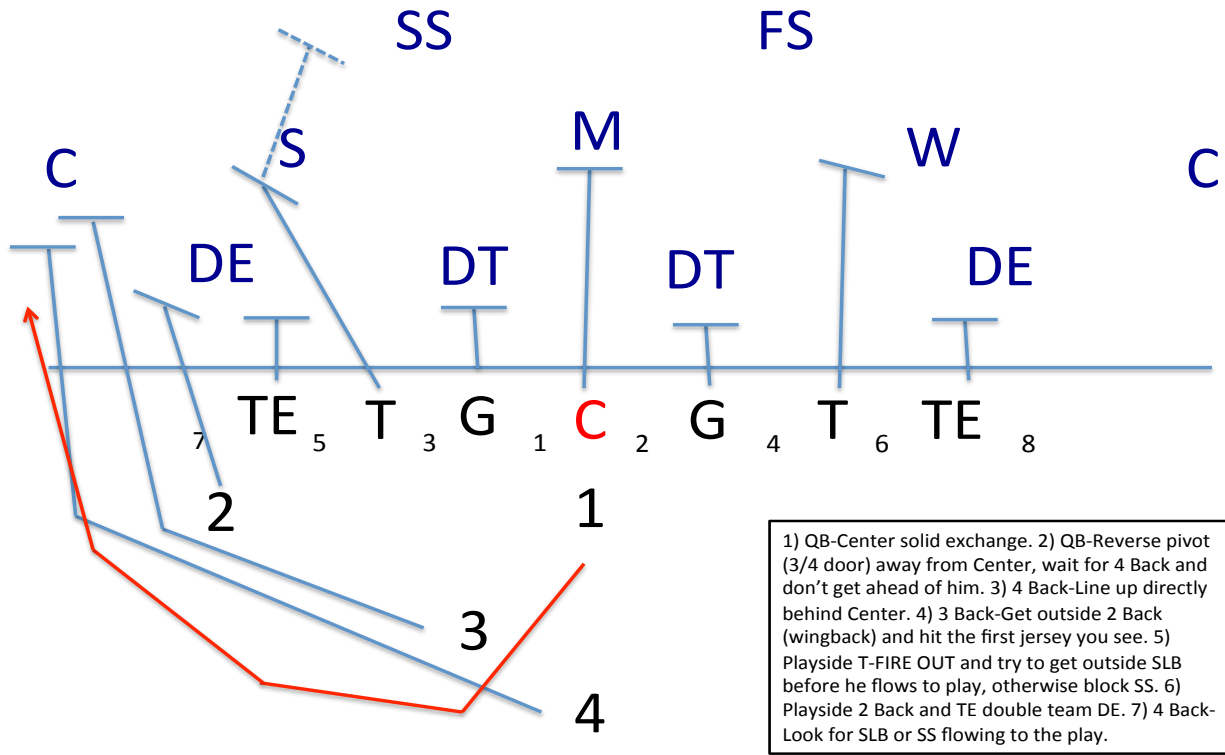
- g. For goaline situations, all Linebackers are allowed to line up 2 yards off the ball and Safeties can now line up to 5 yards off the ball. Blitzing restrictions still apply.

4.12 Restrictions on Offenses – All offensive formations are required to have seven (7) players on the line of scrimmage, and three (3) players on the line of scrimmage on each side of the center, with at least two players lining up adjacent to each side of the center. In other words, no “unbalanced” lines.

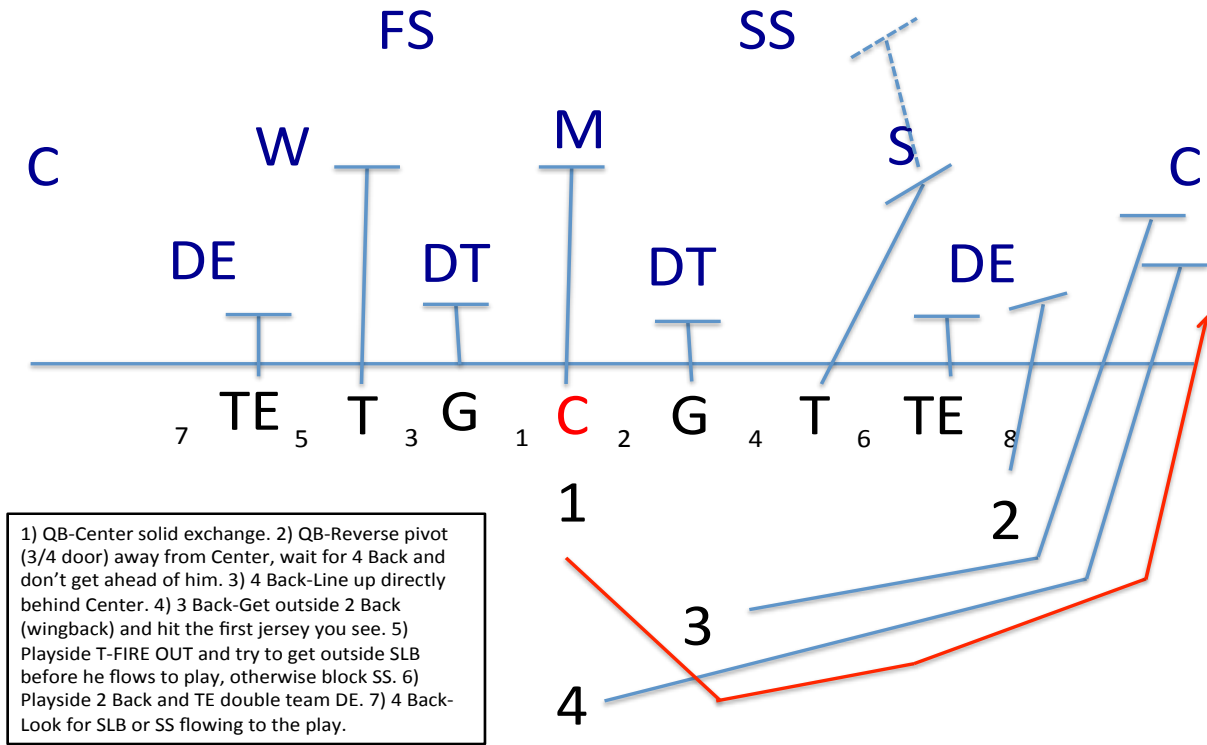
- a. **Offensive line splits** - must be no longer than arms length (players must be able to touch finger-tips with arms fully extended). We recommend starting with teaching shorter splits (one foot width between players).
- b. **Limited formations & playbook** – during the first 4 games of the season, the number of formations will be limited to one (offset I, with double tight ends, see below diagram) and plays limited to 10 total plays, as described below. This is in the interest of simplicity and keeping the focus on the teaching of fundamental blocking and tackling skills. During the second 4 games of the season, coaches may introduce a maximum of one additional formation and 4 additional plays (2 plays, run each direction) for a total of 14 plays.



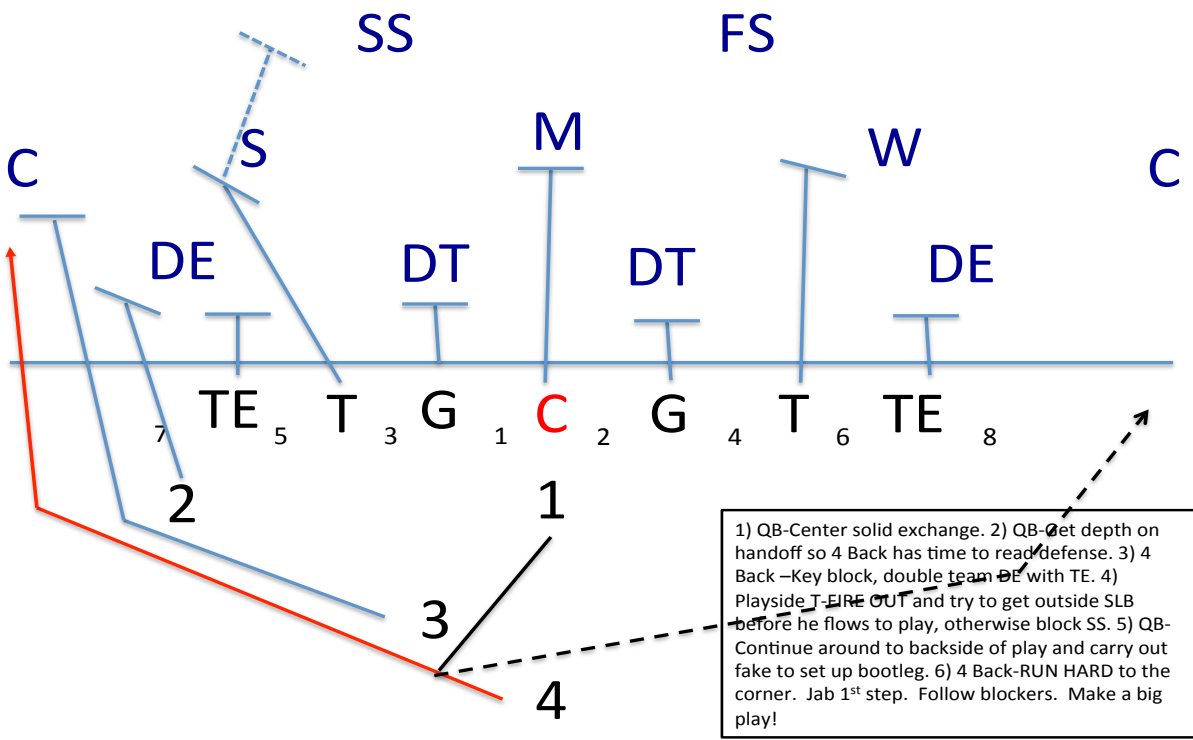
Strong Left 17 Sweep



Strong Right 18 Sweep

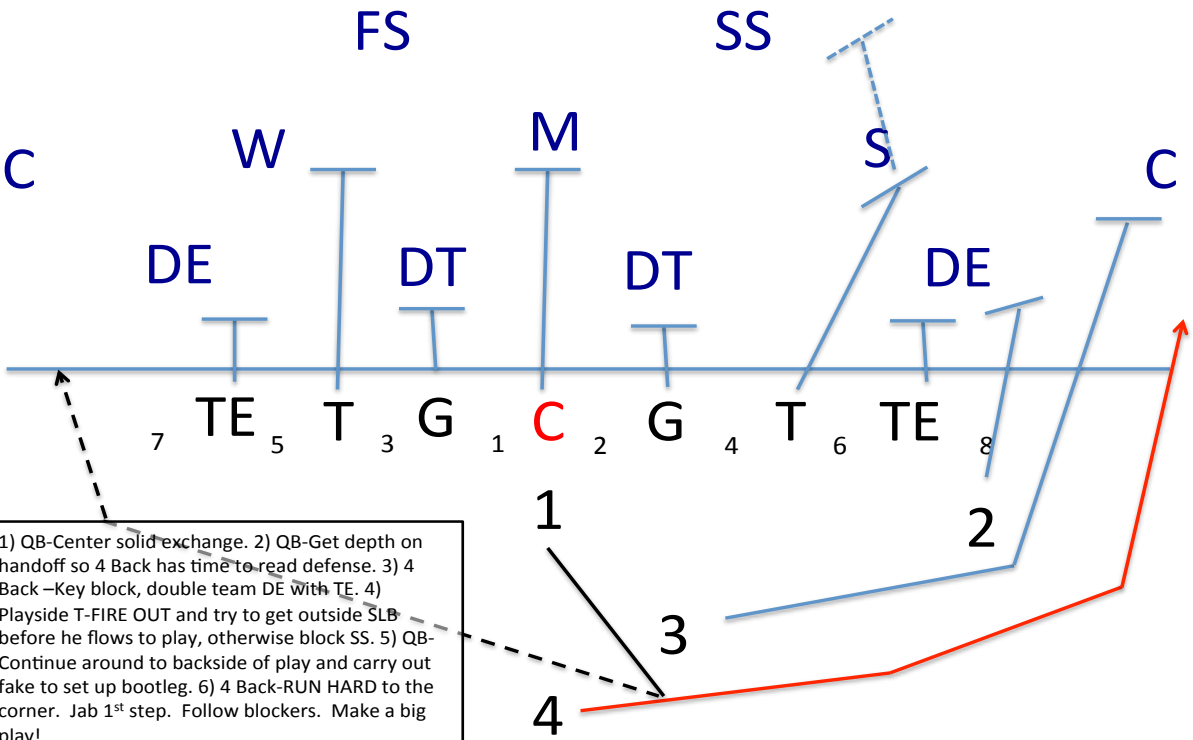


Strong Left 47 Sweep



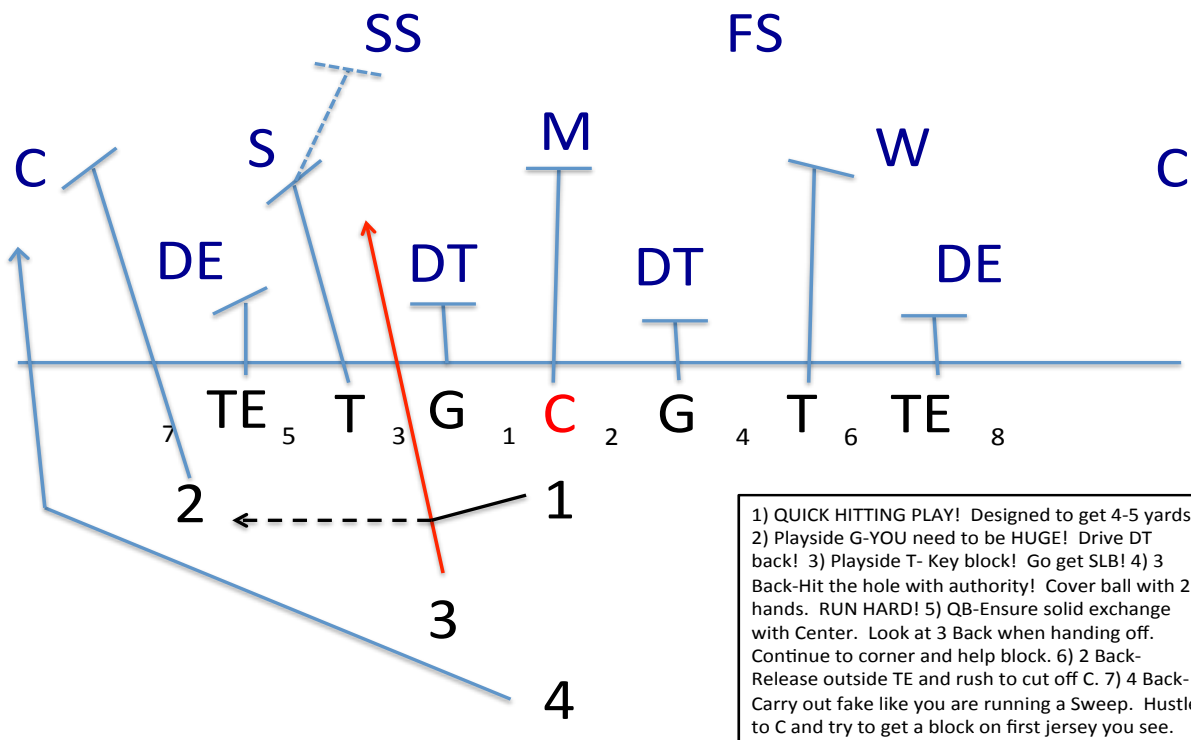
1) QB-Center solid exchange. 2) QB-Get depth on handoff so 4 Back has time to read defense. 3) 4 Back -Key block, double team DE with TE. 4) Playside T-FIRE OUT and try to get outside SLB before he flows to play, otherwise block SS. 5) QB-Continue around to backside of play and carry out fake to set up bootleg. 6) 4 Back-RUN HARD to the corner. Jab 1st step. Follow blockers. Make a big play!

Strong Right 48 Sweep



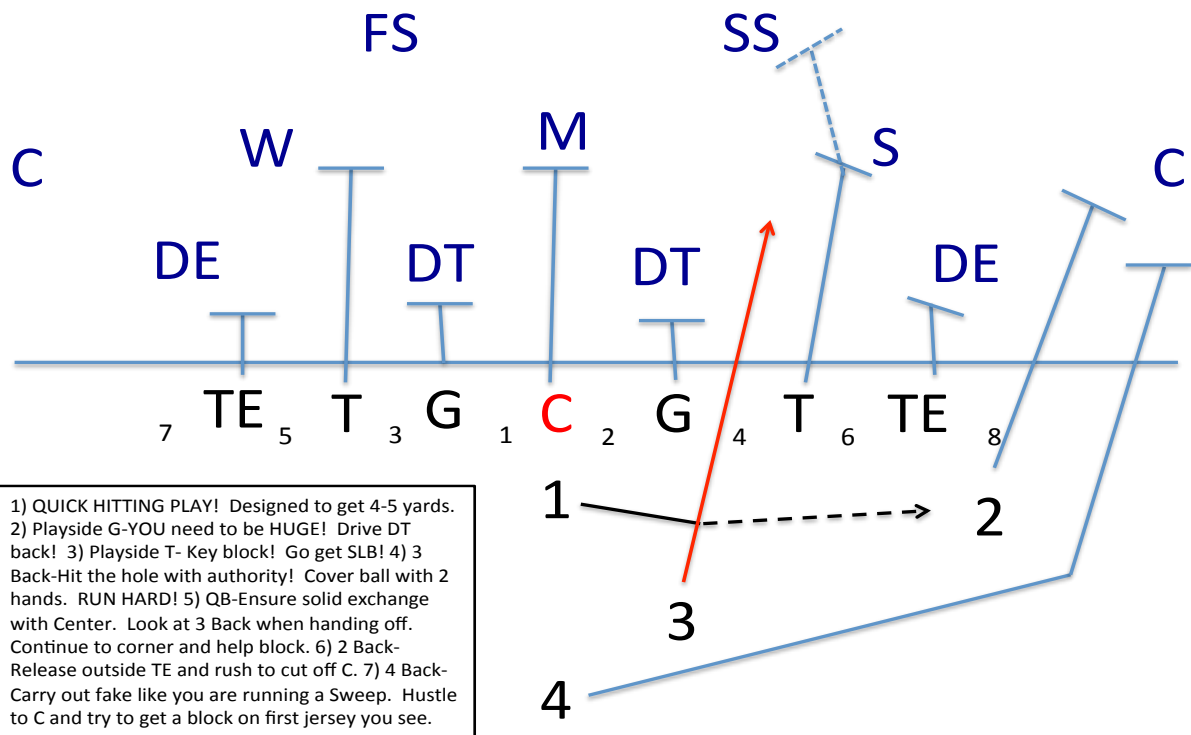
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Strong Left 33 Dive



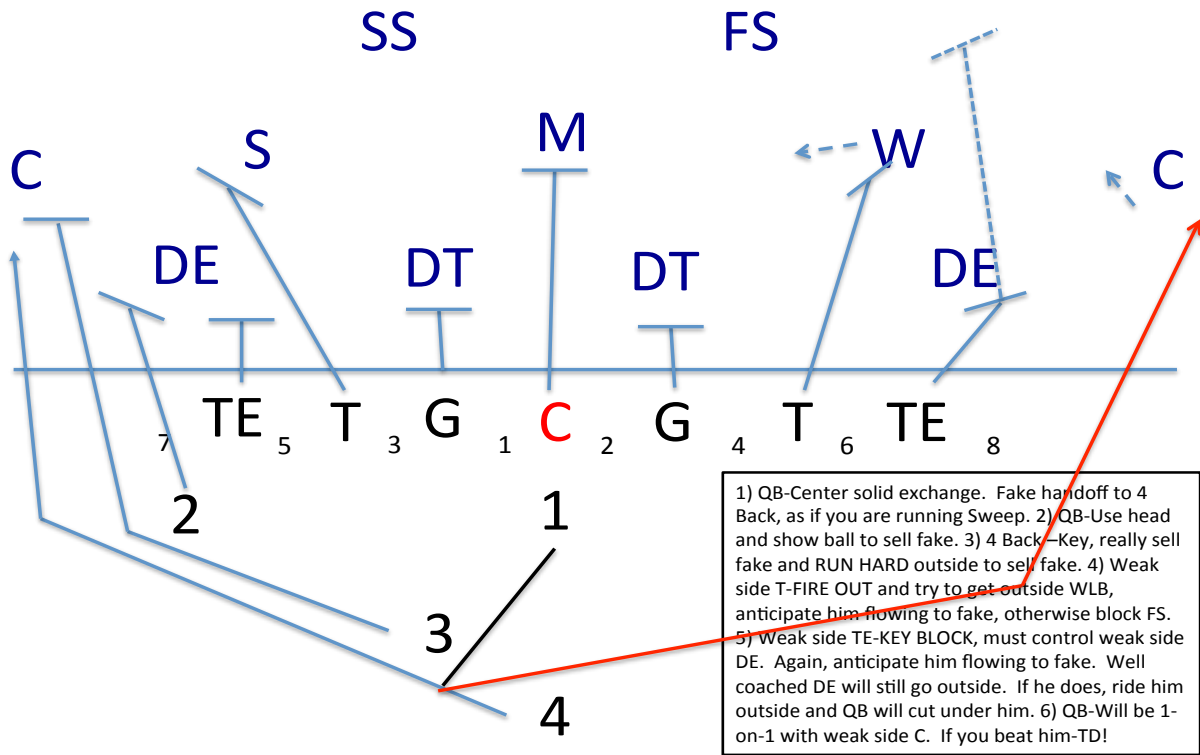
- 1) QUICK HITTING PLAY! Designed to get 4-5 yards.
- 2) Playside G-YOU need to be HUGE! Drive DT back!
- 3) Playside T- Key block! Go get SLB!
- 4) 3 Back-Hit the hole with authority! Cover ball with 2 hands. RUN HARD!
- 5) QB-Ensure solid exchange with Center. Look at 3 Back when handing off. Continue to corner and help block.
- 6) 2 Back-Release outside TE and rush to cut off C.
- 7) 4 Back-Carry out fake like you are running a Sweep. Hustle to C and try to get a block on first jersey you see.

Strong Right 34 Dive

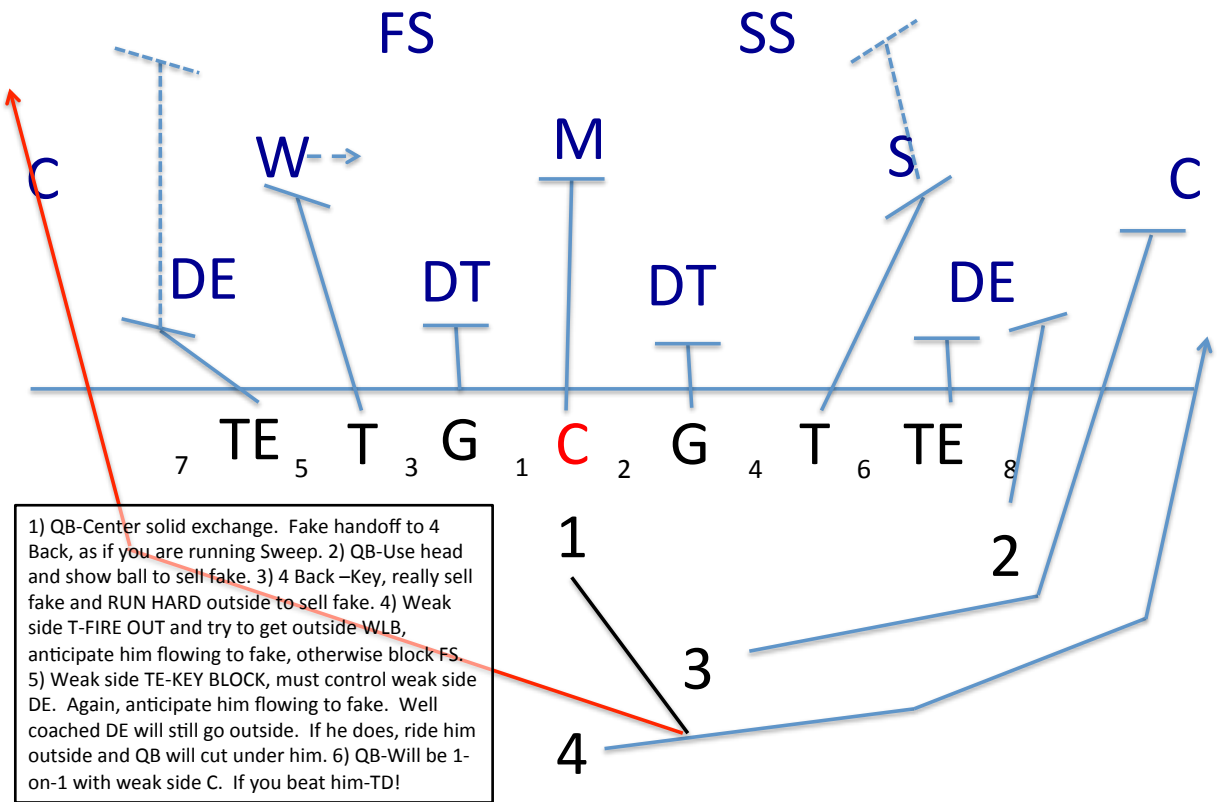


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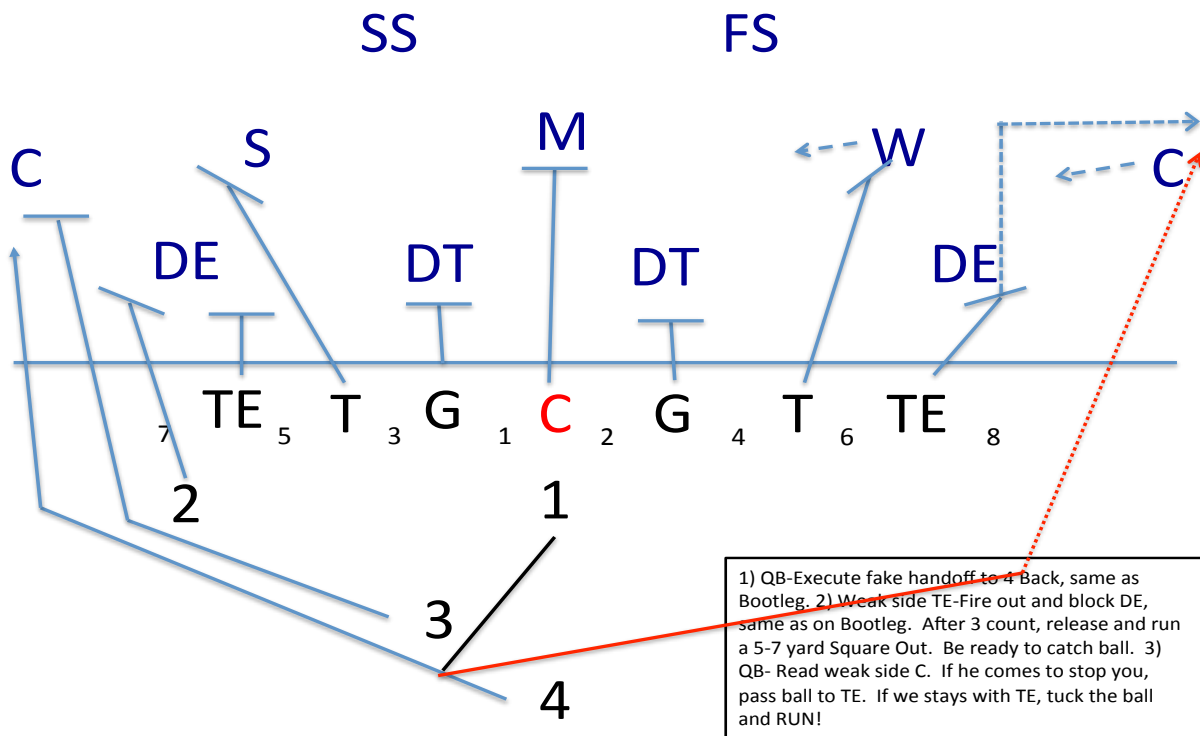
Strong Left 18 Bootleg



Strong Right 17 Bootleg



Strong Left 18 Bootleg Pass



Strong Right 17 Bootleg Pass

