



Oaks Dads' Club

Football Rules and Guidelines

Winter 2025



As adopted and approved for use by the ODC Football Board of Directors

Oaks Dads' Club Football League

Playing Rules for All Divisions

Mission Statement: The mission of Oaks Dads' Club shall be to stimulate, promote and foster activities designed to provide a richer and more wholesome life for the young people of the area.

Article I: Official Rules

- A. These are the Official Rules of the Oaks Dads' Club Football Program.
- B. Any person who is a member in good standing with the ODC Football League may petition the ODC Football Board in writing to resolve any conflict concerning the application and interpretation of these rules. All resulting decisions by the ODC Football Board will be final.
- C. The ODC Football Board President will conduct a parent meeting. At the parent meeting, the ODC Football Board President or a selected representative will explain the program as it affects the child, the team and the parents.
- D. Any adult or child involved in physical violence on ODC property will be automatically removed for the remainder of the season. Any adult or child involved in verbal violence on ODC property will be automatically suspended for a two (2) game period, with the understanding that if it occurs again, they will be removed for the remainder of the season.
- E. Any manager, coach or player that fails to comply with policies herein shall be subject to either forfeit his/her eligibility to participate in the ODC Football program or accept such penalty as deemed proper by the ODC Football Board within their rules.
- F. If a Manager, Coach or Player is ejected from a game, they must serve a minimum of one (1) game suspension and must appear before the ODC Football Board before returning to their next game. They may also appear before an emergency disciplinary committee. The committee shall consist of at least five (5) board members as approved by the ODC Football Board President.
- G. A suspended Manager, Player, or Parent shall not appear on ODC property during their suspension. Together with the Director on Duty, Referees will have discretion to declare a game forfeit if a suspension is not observed.

Article II: Definitions

A. Down

- An attempt by the offensive team to advance the ball. Each team is allowed four downs to either reach the next first down line or score. Failure to advance the required distance within four downs results in a turnover.

B. First Down

- Achieved when the offensive team advances the ball to the designated marker, which resets the down count, giving the offense four additional downs.

C. Line of Scrimmage

- An imaginary line extending across the field where the ball is placed at the start of each play. Players must line up on their respective sides of this line before the snap. Crossing it prematurely results in a penalty.

D. Snap

- The action of passing or handing the ball from the center (or snapper) to the quarterback or another backfield player to start a play.

E. Neutral Zone

- The area between the offensive and defensive lines at the line of scrimmage, usually the width of the ball. Players cannot enter this zone until the ball is snapped.

F. Possession

- Control of the ball by a team. Possession can change due to scoring, a turnover on downs, or a turnover play (like an interception).

G. Dead Ball

- A ball that is out of play, either because the play has ended, or a penalty has stopped the play. The next play will resume from the dead ball spot.

H. Flag Pull

- The defensive action of removing a flag from the ball carrier, signaling that the play is dead and stopping further advancement of the ball.

I. Touchdown

- Achieved when a player in possession of the ball crosses the opponent's goal line or catches the ball in the end zone, awarding the offensive team [X] points.

J. Conversion

- After a touchdown, the scoring team has an opportunity to earn additional points by running or passing the ball into the end zone from a designated spot. Conversion attempts may be worth [1 or 2] points depending on distance.

K. Safety

- Awarded when the offensive team is downed or loses the ball in their own end zone. The defensive team receives [X] points and gains possession.

L. Offside

- A violation where a player crosses the line of scrimmage before the ball is snapped. This results in a [5-yard] penalty against the offending team.

M. Holding

- The illegal act of grabbing an opposing player to impede their movement. Holding results in a [10-yard] penalty.

N. Unsportsmanlike Conduct

- Inappropriate behavior, such as taunting, abusive language, or unnecessary aggression. Unsportsmanlike conduct may result in a [15-yard] penalty or player ejection depending on severity.

O. Game Clock

- The official clock that tracks the game duration. The game clock may be stopped for timeouts, injuries, or official reviews and restarted upon play resumption.

P. Timeout

- A stoppage in play that allows teams to regroup, make substitutions, or discuss strategy. Each team is allowed [X] timeouts per half.

Q. Turnover

- A change of possession, either through a failed fourth-down attempt, interception, or a fumble (if flag football allows fumbling rules).

R. Quarterback (QB)

- The player who receives the snap and initiates offensive plays, either by passing, handing off, or running the ball.

S. Interception

- A defensive player’s catch of a pass intended for an offensive player. Interceptions result in an immediate change of possession.

T. Completion

- A successful forward pass that is caught by an eligible receiver before the ball hits the ground, allowing the play to continue.

U. Incomplete Pass

- A forward pass that touches the ground before being caught, ending the play and returning the ball to the line of scrimmage with one down lost.

Article III: Divisions

V. Players are assigned to divisions based on their age on **August 1st of the current year**, (Playing Age).

<i>Division</i>	<i>Playing Age</i>
Junior PeeWee	6U
PeeWee	8U
Junior Varsity	10U
Varsity	12U
Super Varsity	14U

W. The ODC Football Board shall elect a Division Director for each of the divisions from Board Members in good standing provided they do not have a child in the division.

X. Division Directors shall be responsible for the operation of the program within the division and shall have the necessary authority to execute his/her responsibilities and duties.

Article IV: Managers

A. The ODC Football Board shall make known the need for team Managers (Head Coaches). Applications for coaching shall be submitted to the ODC Football President for approval by the ODC Football Board.

- B. Managers approved by the ODC Football Board shall submit the names of his/her assistant coaches within three (3) days after the first eligible practice to the ODC Football Board for their approval.
- C. The ODC Football Board of Directors may remove a manager or assistant coach. A Division Director may remove any manager in his/her division with the approval of the ODC Football Board.
- D. If a parent deems a manager or assistant coach unfit, they have the right to petition the ODC Football Board to have that manager or assistant coach removed.
- E. Managers are responsible for their fans, players and assistant coaches. Inappropriate behavior will be subject to a warning to the manager by the referee. If the behavior persists following the referee's warning, the referee may eject the fan, player, coach and/or manager exhibiting the behavior and/or assign the team a penalty (up to 15 yards) or loss of points (up to 6 points per infraction). Depending upon the nature and severity of the initial inappropriate behavior, the referee may, at his/her discretion, assign an immediate ejection or penalty without first issuing a warning. If the inappropriate behavior continues following an initial ejection or penalty, the referee may eject the team manager.

Article V: Tryouts

- A. Tryouts will be held at Oaks Dads' Club at times designated by the ODC Football Board.
- B. In the event of postponement due to weather conditions, the League Player Agent will reschedule tryouts to assure a minimum of one (1) tryout per Division unless amended by the ODC Football Board.
- C. Tryouts will be conducted under the supervision of the League Player Agent and/or Division Directors.
- D. Tryouts for different divisions shall not be scheduled to take place during the same time slot.
- E. Any player failing to attend the required number of tryouts shall forfeit his/her eligibility for the draft. Players ineligible for the draft will be placed in a pool from which they will be assigned to a team after all players who attended tryouts are drafted (See Blind Draft).
- F. Any player who participates in any part of tryouts will lose their Contract Player status and be eligible for the draft.

Article VI: Player Selection (Draft)

- A. Prior to the draft, the League Player Agent will confirm the total number of players for each Playing Age that will be participating in each division. The League Player Agent will then determine the minimum number of players of each Playing Age that will be assigned to each team by dividing the total number of players for each Playing Age by the total number of teams in the division (See Appendix I for an example). The remainder will be allocated to each team (one per team) following the draft order until all players of that annual age have been drafted. The Player Agent has the power to force a team to players to keep the ages balanced.
- B. Playing Up: If a parent or guardian feels their child should play in a division above their assigned age, they may petition the ODC Football Board in writing at the time of registration. The request will automatically be approved if:
 - C. The child is within one month of the age cut-off; OR

- D. The child is in a school grade consistent with most players in the division, OR
- E. The child is a contract player for an approved coach.

If the child does not meet one of those requirements, he or she must attend tryouts for the requested division. The ODC Football Board President and/or the Director of the requested division shall make the final decision.

To maintain a fair and just playing level among all teams, should the child be drafted by a team in the division requested, this will be the division in which the child will be required to play in for the remainder of the season. Once drafted, the child will not be permitted to return to the division associated with their age until the next playing season. In no case will a child be allowed to play in a lower division than their assigned age.

- F. Sibling Players who play in the same division will be assigned to the same team unless the parent requests, in writing, that the siblings must be assigned to different teams.

G. Contract Players:

- Contract Players may consist of any registered and eligible player.
- Contract Players shall not attend tryouts. Any Contract Player not registered before the draft will lose his/her Contract Player status with their team. These players will be placed in a Player Pool and will be assigned to a team via the Blind Draft.
- Registered and eligible children of a Manager that are assigned to the team of that Manager shall be considered Contract Players. However, it is not mandatory that registered children of a Manager be assigned to the team of that Manager
- Teams are limited to the following number of contract players according to division:

Division	Max Contract Players
Junior PeeWee	4
PeeWee	4
Junior Varsity	4
Varsity	4
Super Varsity	6

- Sibling Contract Players: In the event that a player is chosen as a Contract Player and has an eligible sibling that must be placed on the same team, both players will count as Contract Players. There may be one exception in the Junior PeeWee division only. If there is a two (2) year playing difference between the siblings in the Junior PeeWee division (ex. 6 year old and 4 year old), the younger sibling may count as a fourth Contract Player and will occupy the 7th draft slot. This exception may be taken once per Junior PeeWee team only.

- H. A parent or guardian has the right to refuse to have their son/daughter drafted by no more than one of the team managers in the division in which their child is playing. Prior to the draft, the parent/guardian is to indicate on the back of the Football Registration card the name of the manager they do not want their child to be drafted by. This information will be kept confidential unless the refused coach drafts the player.

- I. Players will be selected at the ODC Clubhouse or other Board-approved location as soon as possible after the last tryout. Separate Players Selections will be held for all divisions.
- J. Participants at each Division Players Selection shall be limited to the following:
- The team Manager and/or their Board-approved assistant coaches (designated representatives). For Junior PeeWee, there shall be no more than one (1) Manager OR designated representative per team present at each division Players Selection.
 - ODC Football President, League Player Agent, Corporate Scheduler, and/or Division Director.
 - Members of the ODC Football Board who do not have children playing in the division for which players are to be selected.
 - Players and parents (except for cases in which a parent holds one of the approved participant positions listed above) will not be allowed at any Player Selection. In addition, no outside contact will be allowed during the Player Selection for each division.
- K. Each team Manager OR representative will draw for draft positions.
- L. **Snake Draft:** Following the drawn draft order, each Manager will select one (1) player at a time in ascending draft order from the first draft position through the last draft position (ex. 1-8 for Round 1). Then, each Manager will select one (1) player at a time in descending draft order starting from the last draft position through the first draft position (ex. 8-1 for Round 2) and continue this procedure throughout the draft until all players are selected. A new round commences once all teams have made one (1) selection for the given round.
- M. Any Manager who does not attend the draft or send a representative will have his/her team drafted by the league Player Agent or another member of the ODC Football Board who does not have children playing in the division for which players are to be selected.
- N. Any eligible player may be chosen at any time in the draft regardless of age. For example, a 5-year-old may be selected even if 6-year-olds are still available.
- O. Each team's first draft picks shall be occupied by that team's contract players, up to the maximum number for the team's division stated in Article V-D. See the draft order examples in Appendix II for reference.
- P. **Sibling Combinations:** When a player is selected and he/she has an eligible sibling that must be placed on the same team, the younger sibling shall automatically occupy the team's first available draft position for the next round in which their annual age is equal to or greater than the oldest annual age of the players still available to be drafted.
- Q. **Blind Draft:** All players not eligible for the draft will be distributed to teams randomly after all eligible players are picked. When cards are in a face down position, they will be divided by Playing ages. The League Player Agent will ensure that the age disbursement remains equal.
- R. Following player selection, team managers may exchange (trade) drafted players before leaving the place of the draft. No contract players or players not eligible for draft (Blind Draft) may be exchanged.

All player exchanges must be within the same playing age group. All player exchanges must be approved by the League Player Agent and the Division Director.

- S. Prior to or following player selection, coaches will follow the draft order to select team names and uniform colors. Returning coaches in the same division may keep their colors and team names from the previous season regardless of draft position.
- T. **Waitlist:** Players registered after their division is full may register for the division waitlist. Pre-draft, waitlisted players will automatically be activated in the order in which they registered if a space becomes available in their division. Waitlisted players are strongly encouraged to attend tryouts.
- U. **Late Registrations:** Late registered players are registered after the official closing of registration. Pre-draft, late registered players will automatically be activated in their division in the order in which they registered. Late registrations should attend tryouts.
- V. **Post-Draft Canceled/Withdrawn, or No Show/No Call Registrations:** Registration and waitlists shall remain open for a period of two weeks after the draft. After the two week period, a supplementary draft will be held for each division with open spaces. An open space may occur if a) the division was not full at the time of the draft; b) a player/parent withdraws from the season, or c) a player/parent does not attend practice and does not return contact with their coach. In the supplementary draft, the League Player Agent and Division director shall fill the remaining roster spots with late registrants or waitlisted players following the Blind Draft rules under the supervision of the League President.

Article VII: Games, Practice, and Team Meetings

- A. A practice is defined as a meeting among four (4) or more players and a coach or parent.
- B. Practice frequency and duration are generally at the discretion of the head coach; however, there shall be no more than two (2) team meetings per week, excluding re-scheduled games. Team meetings include games, practices and practice games (scrimmages).
- C. Practice sessions shall be limited to two (2) hours each. Sunday practices are permitted after 11:00a.m., but no player shall be penalized for missing a practice. There will be no field assignments issued by Oaks Dads' Club for practices and fields will be available on a first come basis. All practices shall be optional for players.
- D. All teams shall practice, scrimmage and play games only within their own division.
- E. Game schedules shall be prepared under the guidance of the ODC Football President and the ODC Corporate Board. There will be no more than three (3) scheduled games per week, with the exception of rainouts and playoffs.
- F. If time permits, the League Scheduler will reschedule postponed games.
- G. No player may be released from a team for any reason until the League President, the League Player Agent, and the Division Director have approved the release. When a player fails to attend three (3) consecutive team meetings without notifying their coach, the coach shall notify the League Player Agent and Division Director.

Article VIII: Playing Rules and Regulations

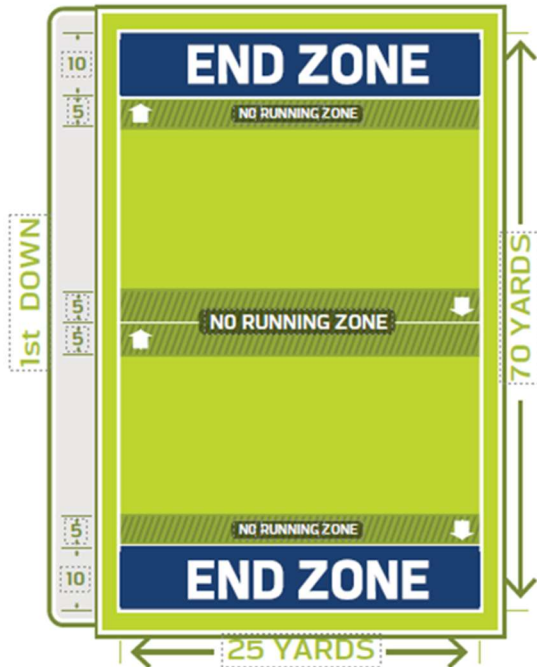
- A. Games are played on a 48-minute continuous clock with two 24-minute halves, unless one team gains a 35-point advantage which will end the game unless teams agree to continue without changing the score. The clock stops for halftime and injuries at the Officials' discretion.
- B. Halftime is 5 minutes.
- C. Each time the ball is spotted, a team has 40 seconds to snap the ball.
- D. Each team has one 60-second timeout per half which will stop play for 60 seconds, the clock will continue to run unless the game clock reaches 2 minutes or is under 2 minutes to the end of that half or the end of the game. They do not carry over. At the conclusion of the timeout the referee will signal when play shall resume, and the play clock shall begin.
- E. At the start of each game, captains from both teams meet at midfield or agreed upon meeting location for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- F. The winner of the coin toss has the choice of offense or defense, and the other team has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- G. The offensive team takes possession of the ball at the starting yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown.
- H. If the offensive team fails to cross midfield, on three (3) downs, and elects to "punt" on 4th down, the possession of the ball changes and the opposition starts its drive from the starting yard line.
- I. If the offensive team goes for it on 4th down and does not cross the midfield, the opposing team will start its possession from the spot and defending teams' offense shall begin their drive toward the endzone and will have 4 downs to score.
- J. Offensive teams SHALL declare 4th down intent; "Play or Punt".
- K. Teams may use a timeout only to change the declaration of "Play" at any time prior to the expiration of the play clock.
- L. If the declaration is "Punt" the ball changes possession and will be placed at the opposing team's starting yard line, 1st down, with NO option to change the declaration.
- M. If the offense goes for it on 4th down, after crossing midfield the ball changes possession and the opposing team will start its possession from the spot and defending teams' offense shall begin their drive toward the endzone .
- N. Possession changes to the team that started the game on defense after halftime.
- O. The games will be played with no more than 12 players on the field at any time. 6 offense vs. 6 defense. Teams may elect to play with 5, but not less.]
- P. Teams may pick up a player to get to 5 players but may not pick up a 6th player if already at 5. No pickups will be allowed during the playoffs. Pick up players shall be current ODC players of the same division or younger and wear their original team's uniform. Pick up players shall only play Defense in the first half of the game and may play offense the second half in any position other than quarterback.

- Q. A child may not be removed from any half unless an injury is sustained, or a player displays a poor attitude.
- R. The Home team shall provide a volunteer to run the clock and scoreboard and the Visitor team shall provide a volunteer to run the official down marker.
- S. The team listed following the at (@) is the Home team. [Clarification: If the schedule shows (vs), the team to the left of the (vs) is the Home team.
- T. The referee(s) shall at any time instruct the head coach of each team of the maximum number of non-players allowed on the sideline. In general, only the head coach and two assistants are allowed. Junior PeeWee division and younger may also have a Team Parent on the sideline.
- U. Games will start at the scheduled time by the referee's watch. All teams must field legal teams by ten (10) minutes after the scheduled game time. In the event a manager cannot field a team by the deadline time, the game will be forfeited, and a loss will be recorded for the incomplete team.
- V. If a game is called due to weather or other hazardous conditions, it is ruled an official game provided 36 minutes has been completed.
- W. All games stopped by an event official for weather or other reasons before the game is declared official are suspended games.
- X. Regular season games that are tied when time expires will be recorded as a 1/2 win and a 1/2 loss.
- Y. Playoff games that are tied when time expires, an overtime period will be used to determine a winner. Overtime format, when applicable, is as follows:
- Z. Home team calls the toss to determine the team that chooses to be on offense or defense first.
- AA. If a second round of overtime must be played, the team that lost the coin toss will choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who choose to be on offense or defense to start out during every round of overtime.
- BB. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
- CC. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
- DD. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- EE. Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
- FF. Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.

- GG. Protesting a game shall never be permitted.
- HH. Discouraging Collisions
 - In the interest of promoting player safety and discouraging collisions, unnecessary roughness penalty may be enforced by the official.

Article IX: The Field

- A. 25 yards wide by 70 yards with two 10-yard endzones
- B. Two (2) No-run zones are in place. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff.
- C. Stepping on the boundary line is considered out of bounds.



- D. Each offensive team going the length of the field approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD). An offensive penalty committed when the line scrimmage of was set in a no run zone will not enable a team to regain the ability to run the ball after the penalty has moved the line of scrimmage out of the original no run zone.

Article X: Scoring

- A. Touchdown: 6 points

- B. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
- C. 1 point PAT is pass only; 2-point PAT can be run or pass.
- D. Interceptions returned for scores are worth six points unless during PAT then they are worth 2 points.
- E. Safety: 2 points
- F. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone
- G. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- H. After one team is ahead by 35 points or more, the game is over. TEAMS may elect to continue but no additional points scored will be added.
- I. Forfeits are scored 35-0 for the winning team.
- J. The coaches, officials and scorekeeper should verify the score sheet.

Article XI: Coaches

- A. Coaches must coach from the sidelines.
- B. A coach must call a timeout to enter the field of play. The first penalty will result in a loss of down or automatic first down. The 2nd penalty will result in the same as above along with the head coach being ejected from the game.
- C. For Junior PeeWee and PeeWee, one coach from each team is permitted to be on the field and 10 yards from the line of scrimmage for both defense and offense.
- D. For JV Varsity and Super Varsity one coach may be permitted to be on the field to provide the offensive plays to the offensive. The Coach may not coach the players once the huddle is broken and remains 5 yards from the line of scrimmage.
- E. Interference by a defensive coach will result in an automatic first down at the spot of the foul.
- F. Interference by an offensive coach will result in a loss of 10 yards from the line of scrimmage and loss of down.

Article XII: Live/Dead Ball

- A. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- B. The official will indicate the neutral zone and line of scrimmage.
- C. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone.

Regarding the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.

D. A player who gains possession of the ball in the air is considered in bounds as long as the first foot or other body part contacts the ground in the field of play with possession.

E. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.

F. Substitutions may be made on any dead ball.

G. Any official can whistle the play dead.

H. Play is ruled “dead” when:

The ball hits the ground.

If the ball hits the ground because of a bad snap, the ball is then placed where the ball hits the ground.

The ball-carrier’s flag is pulled.

The ball-carrier steps out of bounds.

A touchdown, PAT or safety is scored.

The ball-carrier’s knee or arm hits the ground.

The ball-carrier’s flag falls out.

The receiver catches the ball while in possession of one or no flag(s). (breakaway runs or catches not included)

The 7 second pass clock expires.

Inadvertent whistle

Ball-carrier leaves their feet diving or hurdling a player.

NOTE: There are no fumbles, ground contact does not have to be made. If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession. Loss of possession is a DEAD BALL.

I. If an inadvertent whistle occurs the offense has two options:

Take the ball where the whistle blew, and the down is consumed.

Replay the down from the original line of scrimmage.

J. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

K. A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged with a timeout. If the rule is interpreted incorrectly, the timeout will

not be charged, and the proper ruling will be enforced. Officials should ALL agree upon any controversial call to give each team the full benefit of each call.

Article XIII: Running the Ball

- A. Junior PeeWee and PeeWee are permitted to run the ball three times (for each set of down)
- B. Junior Varsity is permitted to run the ball two times (for each set of downs)
- C. Varsity and Super Varsity are permitted to run the ball one time (for each set of downs)
- D. The ball is spotted where the ball is when the flag is pulled.
- E. One quarterback sneak is allowed for each set of downs and this counts as a run. If more than one quarterback sneak is run prior to a new set of downs the ball is spotted at the line of scrimmage with a loss of down.
- F. It is not considered a quarterback sneak on a play in which the quarterback has previously yielded full possession of the ball to another player prior to regaining possession.
- G. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- H. "Center sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
- I. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- J. Once the ball has been handed off, in front, behind or to the side of the quarterback, the seven-second passing clock is eliminated, and all defensive players are eligible to rush.
- K. Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive play to another.
- L. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- M. Runners are not permitted to dive or hurdle any player while advancing the ball.
- N. Ballcarriers may leave their feet, and the play will continue for spinning, jump cuts, QB's progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground, contact is made unnecessary roughness penalty may be enforced by the official.
- O. No blocking or "screening" is allowed at any time.
- P. Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

Q. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Article XIV: Passing the Ball

- A. The quarterback has a 7-second "pass clock." If a pass is not thrown within seven (7) seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- B. All passes must be thrown with one hand from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage. [Clarification: The one hand pass shall be overhand (above the shoulder) and cross the line of scrimmage to be considered a pass attempt. Breaching the line of scrimmage is defined as release of the ball thrown forward with the entire body past the line of scrimmage]
- C. There is no intentional grounding.
- D. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.
- E. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage. (This will be considered a pass attempt)
- F. Shovel passes are allowed but must be received beyond the line of scrimmage. (a shovel pass is not considered a pass attempt)

Article XV: Receiving the Ball

- A. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- B. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- C. A player must have at least one foot or other body part inbounds, contacting the ground first with possession.
- D. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- E. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions. An interception not resulting in a score shall end in the defending team taking offensive position at location of dead ball. If pass is intercepted in opposing teams endzone and not returned, the defending team shall gain possession for its offense at the starting line.

Article XVI: Blitzing the Passer

- F. All players who blitz must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players may blitz the quarterback. Players not blitzing the quarterback may defend on the line of scrimmage.
- G. Teams may blitz one time each each defensive series.
- H. Once the ball is handed off, the seven (7) yard rule no longer is in effect and all defenders may go beyond the line of scrimmage.
- I. A special marker, or the referee, will designate a blitz line seven yards from the line of scrimmage.
- J. A penalty may be called if:

The blitzer leaves the blitz line before the snap and crosses the line of scrimmage before a handoff or pass – illegal blitz (5-yards from the line of scrimmage and first down).
- K. Any defensive player crosses the line of scrimmage before the ball is snapped – off-sides (5-yards from line of scrimmage and first down)
- L. Any defensive player not lined up at the blitz line crosses the line of scrimmage before the ball is passed or handed off – illegal blitz (5-yards from the line of scrimmage and first down).
- M. If the offense draws the blitzer(s) to jump the seven-yard marker prior to the snap of the ball, that blitzer(s) CANNOT blitz during that play. However, any other defender that is seven (7) yards back may blitz instead. Jumping the blitz is not a penalty until the blitzer crosses the line of scrimmage prior to the handoff or passed ball.
- N. The offense cannot impede the blitzer in any way. The blitzer has the right to a clear path to the quarterback, regardless of where they line up prior to the snap.
- O. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage.
- P. The ball will be spotted where the possession of the ball is once the flag is pulled.
- Q. A safety is awarded if the sack takes place in the offensive team's end zone.

Article XVII: Flag Pulling

- A. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- B. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags.
- C. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- D. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands. If a flag falls while a player is on a breakaway run, the play will be considered live.

- E. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- F. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- G. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm, or shoulder or intentionally covering the flags with the football jersey.

Article XVIII: Formations/Substitutions

- A. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to five players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - B. Teams may shift formations prior to the snap if they are set for at least 1 second before the ball is snapped.
 - C. One player at a time may go in motion at least one yard behind the line of scrimmage.
 - D. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
 - E. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands prior to the QB receiving the ball. (shotgun snap)
- Junior PeeWee and PeeWee are allowed to do a direct snap and handoff the ball between QB and Center between the legs of the center.
- F. If the offense substitutes players between downs they will do so immediately after the play and the defense will be given an appropriate amount of time to substitute their players and come set prior to the ball being snapped. The 40 second play clock is still in effect.

Article XIX: Referees

- A. There will a minimum of one (1) referee at games for all divisions.

Article XX: Team Standings

- A. Team standings will be posted weekly by the Division Director or his/her authorized representative.
- B. Team standings are determined by the following hierarchy:
 - 1. Overall record
 - 2. Head-to-head record
 - 3. Points allowed versus division.

4. Point differential versus division.
 5. Coin flip by the Division Director or ODC Football President
- C. Interleague play does not count towards standings.

Article XXI: Equipment and Uniforms

- A. All players must wear league belts and flags. All players MUST wear mouthguards and soft helmets while on the field.
- B. Game balls shall be age specific and provided by each coach for their team.
- C. Players must wear shoes. Cleats are encouraged, however, cleats with exposed metal are not allowed.
- D. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- E. Players must remove all jewelry.
- F. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- G. Pockets and belt loops are not allowed.
- H. Flag belts and flags cannot be the same color as shorts or pants.
- I. Uniform infractions will result in a warning for the team and a player ejection for the 2nd uniform infraction discovery of the game.

CONGRATULATIONS!!! If you have read this far, you are vitally interested in your child's welfare and the ODC Football Program. Best wishes for a safe and successful season.

Appendix I – Player Age Distribution Example

Assume there are 55 registered 8-year-olds and 7 teams in the PeeWee division.

55 divided by 7 = 7 minimum 8-year-olds per team with the remaining 6 players assigned to 6 of the 7 teams following the draft order.

Appendix II – Draft Examples

DIVISION (draft order example)

Team Draft Position	Contract Player (CP) Quantity	Round 1 (1-8)	Round 2 (1-8)	Round 3 (1-8)	Round 4 (1-8)	Round 5 (1-8)	Round 6 (1-8)	Round 7 (1-8)	Round 8 (1-8)	Round 9 (1-8)
1	three	CP	CP	CP	16	17	32	33	48	49
2	three	CP	CP	CP	15	18	31	34	47	50
3	zero	1	4	5	14	19	30	35	46	51
4	one	CP	3	6	13	20	29	36	45	52
5	three	CP	CP	CP	12	21	28	37	44	53
6	two	CP	CP	7	11	22	27	38	43	54
7	three	CP	CP	CP	10	23	26	39	42	55
8	one	CP	2	8	9	24	25	40	41	56

Contract Players (CP) occupy a team’s first draft slots. The draft proceeds sequentially in a snake draft until all draft slots are filled. The number in each box is the draft pick number for that slot.