

RULES AND REGULATIONS



2024 EDITION

TABLE OF CONTENTS

TITLE	PAGES
GENERAL LEAGUE RULES	3-5
COACHES CODE OF CONDUCT	6-7
PLAYER PARTICIPATION	8
DRAFT	8-9
EQUIPMENT	9-10
GAME RULES	11-16

Section 1 GENERAL LEAGUE RULES

League Structure –The Hilliard Optimist Youth Football League is sponsored by the Hilliard Optimist Club Youth Sports, Inc. and governed by the Hilliard Optimist Football Mini-Board. The Mini-Board consists of a Director and Board Members.

Coaches – *The Hilliard Optimist Youth Football League considers it a privilege to coach in our league and not a right – coaches should always remember this.* **All** coaching positions must be approved by the HOYFL Board.

Volunteering to Coach – Anyone can volunteer to become a coach regardless of game and/or coaching experience by contacting any league official. Head coaches must be at least 21 years of age to volunteer. Assistant coaches must be at least 13 years of age to volunteer with HOYFL.

Volunteer Screenings – To be a Coach and/or Commissioner in the HOYFL volunteers must pass a Volunteer Screening/Background Check. **ABSOLUTELY NO** coaches will be approved without a completed background check on file. This background check must be updated every two years. In addition to coaches, anyone that will oversee a group of youth participants (at practices, events, games, etc.) must also complete a background check. **NOTE:** Any group of participants should be supervised by at least one approved Coach/Volunteer. Coaches are also required to complete an accepted concussion awareness and sudden cardiac awareness training course. Links can be found at Hilliardoptimist.org (Coaches Tab) Coaches must also complete the National Association of Youth Sports Certifications in Coaching Youth Sports and Coaching Youth Football. This should be completed before the first practice. Coaches will be given information on NAYS certification. All certifications and background checks are at no cost to volunteers.

Background checks are completed on-line. This can be accessed through a link from the Hilliard Optimist Club website. Hilliardoptimist.org. (Coaches Tab) Background checks do not apply to volunteers under age 18.

Fundraising – There will be no team fundraisers or solicitation of funds from a player’s parents, of any type, in this league. Fundraising is done as a league, no other fundraisers are allowed (for team gear, equipment, etc.). All teams and players are EQUAL.

Team Purchases – Any purchase for a team must be approved by a League Official. For example, if a coach or parent asks for, or suggests, that parents purchase practice jerseys, **all** team members must be provided the same practice jersey regardless of the parents’ agreement to purchase the jersey.

Uniforms – HOYFL participants must wear the league furnished uniform (jersey) for all games.

Coach Suspensions – Coaches will be suspended for any behavior or actions in direct violation of the HOYFL Coaches Code of Conduct, any League rules or requirements, or any other behavior or actions found to be in detriment to the HOYFL and/or the children served by the league. Suspensions can be administered by any League Assistant Commissioner, Commissioner, Assistant Director, or Director of the League. Minimum suspensions will be for a period of **two weeks** where **NO** contact with the team is

permitted – either at practices or games. During the time of suspension, any actions or attempts to coach at practice or games (verbal or non-verbal communication) will result in a suspension for the remainder of the season.

Appeals against any suspension can be made in writing to the Director who will present the appeal to the HOYFL Mini-Board. Appeals will be decided by the Mini-Board and will be presented at the next meeting following the suspension. If a decision is rendered by the Mini-Board the coach will be notified in writing (via email) of the findings. If a coach is suspended for an entire year, they may petition the league to be reinstated two years after the season the suspension took place. HOYFL Mini-Board meetings are scheduled at least once a month. If a special meeting is required to review any appeals or other urgent league business at least three (3) days written notice is required.

Player Suspensions – A player ejected from a game, for any reason, will not be permitted to practice the following week and will be suspended from the next league game. Any player found to be a repeat offender, or whose actions jeopardize the safety of others can be suspended for the remainder of the season. In addition, players may be suspended if their behavior continually disrupts practices, games or league events.

Petition for Reinstatement of Suspended Players – Parents/guardians may petition the HOYFL MiniBoard (in writing) to review their child’s status for the following season. The letter must contain the following:

- 1) A detailed description of the incident(s) which resulted in the suspension
- 2) Reason why the parent feels the participant should be reinstated

The HOYFL Mini-Board will review the application for reinstatement and vote based on the merits of the petition. During the review process parents/guardians may be asked to attend a HOYFL Mini-Board meeting in order to discuss the behavior of the player. Once the vote is completed and a decision is announced the player in question must wait a period of one (1) year before reapplying for reinstatement if denied.

Practices – Coaches are not permitted to have any contact (other than email and phone notification) with their team prior to the official start of the HOYFL practices (as determined annually by the League). Any contact with the team prior to this date must be approved by the League Director.

Scrimmages Preseason:

Only 2 scrimmages are allowed per team. Preseason is the period after the heat acclimation period and before the first game. Only players that have completed the 5-day heat acclimation may participate in a scrimmage.

Regular season:

Only 4 scrimmages are allowed per team during the regular season.

Scrimmage Limitations: A total of 40 live plays will be allowed during a scrimmage.

Typically, 20 offensive plays per team. However, any combination is allowed.

All practice time limitations are enforced during Scrimmages.

All scrimmages are to be reported to the Director of football or his designee. It is the responsibility of Head coaches to organize scrimmages with other teams, if they desire. Scrimmages will not be scheduled by the league. **A team may not participate in more than one scrimmage per week.**

Number of Practices/Length of Practices – Practices are a maximum of two (2) hours in length. Prior to the start of school teams may have a maximum of five (5) practices per week. Each player is required to complete 5 no contact helmets only practices before they can participate in any padded contact practices. Once school starts practices are limited to a maximum of three (3) per week. Of these three (3) maximum practices, two (2) can be full contact practices (with pads) and one (1) should be a no pads/no contact practice. Only **exception** to this rule is the ability to conduct a third practice in pads by teams that have a bye on the HOYFL game schedule for the week. The length of the practice session shall be at the discretion of the Head Coach as long as it does not exceed two (2) hours in length per day. Once school starts, practices must be completed by 8:30 p.m.

Missed Practices by a Player – Any player that misses two consecutive practices in a week **may** not be permitted to play in that week's game. The benching of a player for missed practices is at the sole discretion of the Head Coach of the applicable team. The Head Coach is responsible for providing written rules for the team prior to any disciplinary action being taken.

If a Coach decides to bench a player for a game the Head Coach must contact their Division Commissioner, other Community Commissioner (when game in question is played against another a team from another community), the opposing Head Coach, and the player's parent(s)/guardian(s) no later than midnight on Thursday of the current week. Any complaints and/or objections must be submitted in writing to the Division Commissioners of all Communities involved eight (8) hours prior to the game or within three (3) days of the incident. **NOTE:** Under no circumstances shall a child be penalized for missing practice due to a school related or religious activity or medical reason (accompanied by a note from a doctor) where prior notification was given.

Length of Season – Season consists of at least (8) games. Each team must complete the schedule of League games.

Concussion Awareness and Procedures – If a player is removed from a game or practice due to concussion or concussion like systems as identified in the U.S. Department of Health and Human Services Centers for Disease Control and Prevention publication "Concussion in Youth Sports", that player may not return to the game or practice. The player may also not return to practice or a game until evaluated by a health care professional. A physician's note must be provided with the date of allowable return to football activities.

Ban of Tobacco Products on School Property – In 2010 the Hilliard City School District implemented a new policy that bans the use of all tobacco products on School District property. Absolutely no smoking or use of other tobacco products on school property is permitted.

Firearms- Firearms, whether legal or otherwise, shall not be permitted at any function of the HOYFL – be it practice, games or other official functions. The only exception to this rule shall be duly sworn local law enforcement officials in the performance of their duties.

Any person, be they Officials, Coaches, participants or spectators found to be carrying, displaying, or otherwise having in their possession a firearm, whether legal or otherwise, shall be banned from participating in the HOYFL.

In addition, appropriate legal action shall be brought against said person by the HOYFL.

Section 2 COACHES CODE OF CONDUCT

- 1) All Coaches shall be required to attend one pre-season league meeting and any and all other meetings deemed necessary by the League. Failure to attend the meetings without proper request for a representative to attend on behalf of the Head Coach may result in that coach losing his/her privilege to coach for the season.
- 2) No Coach is allowed to pull his team off the field and stop play for any reason whatsoever. Coaches removing their teams from the field shall have the game forfeited, shall be suspended for the remainder of the season, and any other penalty as sanctioned by the HOYFL
- 3) All Coaches and players will, in the interest of GOOD SPORTSMANSHIP, shake hands with the opposing team and coaching staff at the end of the game.
- 4) Coaches conduct shall be governed by the following:

A) Coaches shall not engage in any extensive physical contact with players.

B) Coaches shall not use foul or abusive language.

- C) Coaches shall not use tobacco products during practice, games and at league functions.
- D) Coaches shall not give players instructions that are contrary to league rules.
- E) Coaches will address officials in a properly courteous manner. (Likewise, officials will address coaches in a properly courteous manner also.)
- F) Due to the nature and purpose of the League, we will practice ZERO TOLERANCE; that is, a Head Coach or Assistant Coach ejected from a game will be suspended from coaching for a minimum of 2 games and a maximum of 2 seasons. Coach may appeal suspension.
- G) Coaches shall not give any player instructions to fake an injury to allow a substitution or delay a game. This will be considered a flagrant violation of the Coaches Code of Conduct.
- 5) All teams are to attend all League functions, including but not limited to the Optimist Nights held at each Hilliard High School once per season and any functions at the conclusion of the season. One Coach from each team must attend each event unless Commissioner or Director approves request at least 24 hours in advance of event.
- 6) No member of a coaching staff, family of a coaching staff, or non-family member shall be permitted to electronically videotape an opposing team's games for the purposes of scouting. This is youth football, and it is the intent of the HOYFL not to allow any electronic or digital recording of a game with the intent or purpose of scouting. This would include any device that is not paper, pencil, pen, and/or memory. On field use of any electronic or digital device is prohibited during any game or scrimmage. A two-game suspension will be given to the Head Coach for such a violation on the first offense, season suspension for a subsequent violation.
- 7) Teams will be scheduled to assist with the cleaning of the HS football stadiums. Any failure of a team to attend when scheduled could result in the Head Coach losing his/her coaching rights for the remainder of the season and/or the full next season.
- 8) Representatives from teams in the League will be assigned to handle volunteer duties for HOYFL functions such as the Kick-Off Bowl, Baum Bowl, and Annual November Tournament. Any team that does not have a representative show for their team-assigned duties could result in the Head Coach losing his/her coaching rights for the remainder of the season and/or the full next season.
- 9) As Coaches are recognized as League Representatives, whether they are on the field or off, the League expects that they represent themselves and the League wherever they are and at all times. If actions or behavior that is unbecoming of a youth coach are brought to the attention of the HOYFL Mini-Board, the League reserves the right to ask for the resignation and/or removal of the individual as a coach.

The League regards coaching youth as a privilege and any HOYFL Mini-Board member may ask that a Coach not be asked to return the following season, or be asked to step down from their position at any time throughout the year (pre-season, season, post-season, etc.).

Any HOYFL Mini-Board member can ask for a discussion and/or a vote by the voting members of the Mini-Board. A majority vote will then determine the status of the Coach in question.

The Commissioner of the applicable Division will be responsible for informing the Coach that the HOYFL has decided not to ask them to return for the upcoming season.

If it is determined that a Coach should not be permitted to return, the League Director is responsible for informing the Hilliard Optimist Youth Club, Inc. Board by the next regularly scheduled board meeting.

Section 3 PLAYER PARTICIPATION

- 1) All players must have on file with the Program Director a signed permission to play and registration payment receipt prior to any practice or game. Hardship cases may be considered and approved wherein the League will waive payment for any player or players. The decision shall rest with the individual Program Director(s) and will be decided on a case-by-case basis.
- 2) Any child will be eligible to participate if he/she has reached the 5th or 6th grade (Senior) in the current school year and does not turn 13 before August 1st of the football season. For 3rd/4th (Junior) does not turn 11 before August 1st. For Freshman does not turn 9 before August 1st.
- 3) The League Director and Commissioners reserve the right to determine the Division in which a child shall be placed. Generally, 1st and 2nd graders play in the Freshman Division, 3rd and 4th graders play in the Junior Division, and 5th and 6th graders shall play in the Senior Division. Other factors that could determine placement include maturity levels, special needs, experience, age, etc. A Commissioner may place the participant within one (1) year and no more than two (2) years of the written age requirements for the HOYF Divisions at their discretion Exception Rule - Age is taken into consideration over weight.

Section 4 EQUIPMENT

- 1) All players **MUST** always wear protective gear while engaged in contact play – including practice sessions. This shall include helmet, shoulder pads, football pants (with proper knee, thigh, hip, and tail pads) and a mouth guard. Athletic supporters are strongly recommended. Other protection, such as rib pads and arm pads are also permissible if approved in advance by the HOYFL.
- 2) League participants may wear molded football cleats or multi-purpose style shoes. Tennis style shoes are permitted but not recommended. No steel, removable, or molded cleats containing metal are permitted. Participants found to be in violation of the rule will not be permitted to play until league-approved footwear is worn. If participant and/or coaching staff is found to be negligent or is known to have repeated issue with this subject, a suspension can be issued to the participant and/or the Head Coach for such a violation on the first offense and up to, and including, a season suspension (subject to the review of the HOYFL Mini-Board).
- 3) Team uniforms shall not vary from the League provided game jerseys. Teams may use either league provided helmet decals or may supply team specific helmet decals. These decals will not be provided by the league and must be provided to each player regardless of willingness, or ability to pay for specific team decals. Players are required to wear the League furnished game jersey and the player furnished solid, one-color game pants **NOTE:** All players on a team must wear the same color game pants. Any alteration of the uniform (jersey and pants) will result in the removal of the participant. The participant will be permitted to return to the game when and if they are able to meet the League requirement of the uniform. If participant and/or coaching staff is found to be negligent or is known to have repeated issue regarding uniforms, a suspension can be issued to the participant and/or Head Coach for such a violation on the first offense and up to, and including, a season suspension (subject to review by the HOYFL MiniBoard).
- 4) The League shall furnish one approved mouthpiece for each participant prior to the first game of the season. They are designed to be attached to the helmet via the facemask. All participants are required to wear and attach their mouthpiece to their facemask as they were designed. Failure to do so will result in a five (5) yard dead ball penalty and the participant will be declared ineligible until they are fitted with the proper equipment. Participants with a special mouthpiece must report any special needs to the Referee prior to the start of every game. **NOTE:** Ohio High School Rules do not allow clear or white mouthpieces. All participants will be required to wear their mouthpiece during practices and games.
- 5) From time to time, games will be scheduled between teams with like-colored jerseys. In these cases, cover-ups furnished by the League will be worn by the home team. The use of cover-ups will be decided by the Referees prior to kick off or the start of the game. This is not for debate by either team or HOYFL Commissioner and/or Official, rather it is at the sole discretion of the

Referees. If a Coach argues with an Official about the judgment, they will be penalized for unsportsmanlike conduct and a penalty will be assessed to the Head Coach and marked off at the beginning of the game. NOTE: Cover-ups must be returned to the appropriate commissioner on duty at the field immediately following the game.

- 6) The HOYFL furnishes shoulder pads and helmets to all players. If a player chooses to supply their own helmet or shoulder pads, the equipment must first be pre-approved by the League no later than Equipment Pass-Out Day, which occurs before the first scheduled practice of the season. If the player purchased equipment is approved by the League, the parent(s)/guardian(s) of such player must complete a "HOYFL Release of Liability for Parent Purchased Equipment" form available on the league website **before** the player engages in any practice or League activity. This form must be provided to the Director of the HOYFL and kept with League records for that season. The Head Coach is responsible for notifying their division Commissioner of any players who do not receive League equipment and/or show up for practice in other than League supplied equipment. The Head Coach is also responsible for ensuring that players who do not use League furnished equipment have a completed "HOYFL Release of Liability for Parent Purchased Equipment" form before any engagement in League practices and/or games. Failure of the Head Coach to do so will result in an immediate two-week suspension. Repeated failure to do so will result in a season suspension.

Section 5 DRAFT OF PLAYERS

1) Any new player that does not attend the scheduled Evaluations will be placed into the "blind" draft. A) Players assigned to the "blind" draft will be grouped according to age and assigned a letter by the Draft Master from which teams will pick. Under no circumstances will Coaches know the corresponding letter and player until the entire applicable age group has been drafted.

3) Players will return to the same team that they played on the previous year if they are signed up and participation fees are paid prior to the scheduled Draft Day. Exceptions to this include players moving up to a new Division or those that request to be placed on a new team for the upcoming season. Special requests for new team placement must be made in writing to the Director for his/her approval.

3a) In the rare event that a team from the previous season is disbanded due to a decrease in available players in a division, those players returning from the disbanded team will be placed In the blind draft. Decisions related to disbanding a team will be made by the Football Board and will be final.

A) Any player not returning to their same team from the previous season will automatically be placed into the "blind" draft and will not be eligible to be drafted by his/her previous team.

- 4) The draft will be conducted at a special drafting session from a roster of draftees. The draft will be conducted at a time and place designated by the Director of the HOYFL. Players are **not** permitted to be present during the draft.
- 5) Sons of Head Coaches may be withheld from the draft and assigned to their Father's team if so desired (limit – two (2) withholds per team). No Assistant Coaches' children will be assigned to teams.
- 6) The draft will be structured such that each team contains a balance of age groups, same as the Senior Division. To accomplish this, 5th graders will be drafted first, followed by 6th graders. All teams will draft the same number of 5th graders, and then the remaining 5th graders will be lumped in with the 6th graders where you can choose either a 5th or 6th grader.
- 7) For draft purposes teams will be ranked by the previous season's record in ascending order. Ties are broken by head-to-head match-up from the previous season. If not matched-up, tie will be broken by a coin toss.
- 8) In the first round of the draft teams may pick from any age group.
- 9) For the second and subsequent rounds, each team will pick in the same rank order, regardless of number of returning players, until the maximum number of players has been drafted for that team.

Section 6 Game Rules

- 1) Games shall be played on the standard football field as defined under National Federation of High School Associations (NFHS) rules.
- 2) There will be a minimum of two (2) carded OHSAA Officials present for a game to be played.
- 3) Game Format

A. Football

1. The official League football shall be furnished by the HOYFL for each game
2. Official football size is TDY (youth) for Senior and TDJ (junior) for Jr.

B. Game Clock

- 1) The playing time of regular season games shall be four (4) eight (8) minute quarters
 - A) Half time is eight (8) minutes long
 - B) A two (2) minute break will follow each completed quarter
 - C) Time is to be kept according to NFHS rules

2) Once the referee signals the ball ready to play, the Offensive team has twenty five (25) seconds to put the ball into play by snap of the ball.

A) The penalty for delay of putting the ball into play is five (5) yards

B) During the first three (3) games, it will at times take longer for young players to get organized and get the ball into play – the twenty-five second rule is intended to speed up play – there is normally no intent to delay play by these young players. If, in the opinion of game Officials, delay is intended, the Officials may stop the clock until the ball is snapped.

C. Overtime

1. In the event of a tie, a single untimed overtime period will be played under NFHS rules

2. Each team will be given the ball at the ten (10) yard line

3. Teams will be given four (4) downs to score

4. Coin Flip will determine possession Winner will be given the option to choose Offense or Defense

5. Only one (1) overtime period will be played, if the game remains a tie after overtime it is declared a tie.

D. Time Outs

1) Each team in the Senior Division will be allowed three (3) time outs per half – time outs not used in first half cannot be carried forward to the second half

A) Time outs will be one (1) minute in length

B) During a game, the clock will stop in accordance with the National Federation of State High School Associations Rule Book

C) During a time out on the field, and between quarters, the teams must remain on the field and not go to the sidelines: Coaches and water may be brought to the teams; the exception, of course, is at halftime.

i. The Coach on the field and one (1) Coach from the sideline are permitted on the field during time outs.

E. Injury Time Outs

1) An injured player must be removed from the playing field for at least one (1) down

2) The Officials will make the determination of a player is injured – **no exceptions** will be allowed to this rule

F. Penalties

- 1) All penalties will be assessed using NFHS Rules

G. Playing Time

1. Every player must be designated as an **Offensive** or a **Defensive** player before the game and have the appropriate sticker on his/her helmet. (O or X).
2. An offensive player **cannot** be substituted for on offense and must play every offensive snap but can be substituted for on defense.
3. A defense player **cannot** be substituted for on defense and must play every defense snap but can be substituted for on offense.

Coaches will exchange rosters that show jersey # and player designation.

H. Coaches on the Field of Play

- 1) A total of four (6) coaches (1 Head Coach and 5 Assistants) are permitted on the sidelines for each team

- A) Teams are permitted one waterboy/girl for each team
- B) Statisticians are not permitted on the sideline

- 2) Senior Division Coaches shall not be permitted on the field except for an injury time out or a called time out.

- 3) Coaches will coach their teams from the sidelines between the 25-yard markers

- A) Coaches are permitted to relay Offensive plays to the huddle by means of an unhelmeted player

- 4) Jr. and Freshman may have 1 coach on the field during the game. That coach can change with the possession of the ball. i.e. one coach for offense and another goes out for defense.

I. Offensive Formations

1. **All offensive formations must be a commonly used formation in either high school or college - no exceptions.**

A. Offensive formations will be limited to the standard seven (7) man line – proper offensive lineman spacing must be taught (no feet to feet) B. Unbalanced lines are allowed.

C. The Center is protected on a “long snap” or in a shotgun formation during the initial line charge.

1. A shotgun formation is defined as any formation in which the Quarterback is not directly under the Center at the snap of the ball.

D. Within the last two (2) minutes of each half, a “Hurry Up” offense will be permitted if the following three conditions are met.

1. The Officials will allow the Defense every chance to set up before allowing the Offense to snap the ball
2. Once the Offensive team has broken the huddle, the Defense must break and come to the ball
3. If the Offense does not huddle, the Defense is allowed to huddle, but must break when instructed by the Officials

J. Defensive Formations

1. There shall be no more than six (6) Defensive linemen and no less than (3) Defensive linemen on the line
 - A. All linemen are required to be in the down position, except for the two (2) Defensive Ends
 - B. All other Defensive players must be aligned at least three (3) yards from the line of scrimmage at the snap of the ball.
 - i. This rule does not apply between the ten (10) yard line and the goal line that the Defense is defending
 - ii. Violation of this rule will result in a five-yard dead ball penalty

2. Blitzing is not permitted by any player.

- A. Blitzing is defined as a player who was more than one (1) yard off the line of scrimmage at the snap, charging in anticipation of penetrating the line of scrimmage with the snap of the ball.
- B. A Defensive player who has established a position within one (1) yard of the line of scrimmage, irrespective of whether he/she is in a down position, or in an upright or standing position, will not be classified as a blitzer.
- C. Violation of this rule shall be a five (5) yard dead ball penalty.

K. Kick Offs

1. There shall be no Kick Offs in any Division of the HOYFL
2. The ball will be put into play on the thirty (30) yard line
 - A. Only exception to this rule is following a safety, in which the NFHS Rule will be enforced – 25 yard mark off with a 10 second clock run.
3. Clock will start on the snap, rather than on the ready for play signal

L. Punts

1. When a team declares a punt, the Officials will advance the ball thirty (30) yards and ten (10) second clock run.

2. In no case will the ball be advanced beyond the fifteen yard line
3. The punting team will lose possession, turning the ball over to the receiving team 5.
The clock will continue to run while the yardage is marked off, then stop until the ready to play signal is given.

M. Field Goal Attempts

1. Clock will run on field goal attempts
2. Successful field goal awarded three (3) points
3. Offensive Rules
 - a. Can only be attempted if the line of scrimmage is on the 20-yard line or within the 20-yard line
 - b. Running clock with five (5) second limit to kick following snap.
 - c. No “fake” formations are allowed – kicks must be announced (same as punt plays)
 - d. Once a team declares a field goal, possession will change regardless of the outcome.
 - e. Any Offensive player can kick– must be an Offensive player, no substitutions allowed for kick attempt.
 - f. Offense cannot designate spot of the ball for kicking attempt (on hash or middle of field)
4. Defensive Rules
 - a. During the field goal attempts no contact is permitted between Offense and Defense – Defense can stand in place in any formation and can jump and move as well, however no contact can be made.
 - b. Defensive team cannot cross line of scrimmage.
 - c. If contact is made, kick attempt will be retried.
5. Following the attempt, ball will be placed on the thirty (30) yard line to start the next set of downs for the team taking over on Offense

N. Extra Point Attempts

1. Extra Point attempts can be spotted on the 3- or 5-yard line. If spotted on the 5 the attempt is worth 2 points. If spotted on the 3 the attempt is worth 1 point.
2. If you want to kick the extra point it will be spotted on the 3 and worth 2 points.
3. Time will not expire from the clock during extra point attempts.

O. Blow Out Rule

1. If a team gains a 30 point lead the rule will go into effect.
 - a. The Head Official will inform the Head Coaches that the remainder of the game will be played under a running clock.
 - b. The clock will stop only for time outs and injuries.
 - c. If the score falls below 30 points, then the original starting backfield may return and the a normal clock will return.
2. The offensive team will be required to switch out their entire backfield.
 - a. Backfield includes Offensive Ends, Backs and Tight ends.
 - b. No player who handled the ball before the 30-point lead can handle the ball after the 30-point lead. (not including Center)
 - c. If the 30-point lead is the result of a touchdown then the backfield will be changed after the extra point.
3. If the lead should reach 40 points then the score board will be set to read 1-0 for the remainder of the game.

P. Weight Limit

1. HOYFL has no weight exemptions.

Q. Additional Rules

1. The Official Football Rules, published by the National Federation of State High School Athletic Associations and such changes authorized by them shall govern all games
 - a. If a rule is not specifically modified by the League, in writing, by the official league rules or addendum therein, the above listed rulebook shall be followed.

SECTION G – FIELD EQUIPMENT AND CLEAN UP

1. The home team for the first game of the day shall see that the yard markers, chains, and endzone pylons are on the field.
2. The visiting team for all games shall be responsible for supplying personnel for the down markers.
3. The home team shall be responsible for supplying personnel for running the clock during the game.
4. The home team for the last game shall see that the yard markers, the chains, and endzone pylons are properly put away immediately following their game.
5. Both teams playing in the last game on the respective fields shall be responsible for the cleanup of the field and surrounding area (including bleachers). All Trash shall be picked up and placed in trash receptacles.
6. Due to the adverse effect on income from the Concession Stands, tailgating is banned as a practice in this League.

– IF A NON-LEAGUE TEAM IS BEING PLAYED GAME RULES MAY CHANGE TO ACOMIDATE BOTH TEAMS AND LEAGUES

Amendments

If there is any question of the meaning or interpretation of a rule, the Football Board will have the final decision These rules can be changed or added to at any time as the Football Board deems appropriate. The foundation of all decisions is the best interest of all the children playing the sport.