



ROCKET FOOTBALL

2025 Rules and Guidelines

Welcome to Otsego Rocket Football, our rules and guidelines are established to answer questions and serve as a guiding principle for our program. It is important to note that this is not a governing policy as we belong to the KVRFL (Kalamazoo Valley Rocket Football League), a League made up of 15 local programs, that publishes rules and guidelines governing play in our League. The rules and guidelines herein are a supplement to that policy and serve on how we will conduct ourselves in addition to the KVRFL rules and guidelines. Please see Otsego Rocket Football Director if you would like a copy or see the KVRFL rules and guidelines.

1. Attendance: Attendance at practice and games is mandatory. Unexcused absences at practices will result in missed game play. Consistent absences may result in missed game play or elimination from the team with no refund.
 - All practice and game absences must be communicated as soon as possible prior to the event to the head coach on GameChanger.
 - Keep in mind, we will be adding plays and executables as we progress through the season, missing practices puts that individual's performance at risk, as well as the teams.
2. Behavior: Each player, staff member, and spectators associated with Otsego Rocket Football are expected to act in accordance with the League Policy and incremental policies herein:
 - All parties will act in a positive manner to promote sportsmanship, development, and teamwork at all times. Use of inappropriate language, excessive force, bullying, conduct towards other players, coaches or officials, or unsafe play will not be tolerated.
 - The President, Vice-President, or Rocket Director and/or the Director of other Teams (when we are a visiting team) have the right to remove anyone from the stadium(s) at any time.
 - Any player ejected from a game may serve a 1 game suspension from the time the incident took place pending the severity of the ejection (as determined by the Head Coach and Director).
 - All coaches and administration are volunteers and are to be treated accordingly.
3. Incident Management:
 - Should a player or parent/guardian have an issue, please:

- 1. Bring it to the attention of the respective Head Coach by requesting a private discussion (this can be done directly/1:1 on GameChanger).
 - 2. If the issue is not resolved or the player/parent is uncomfortable addressing it with the coach, please bring it to the Otsego Rocket Football Director either in person or via email – odawgsrocketfootball@gmail.com.
 - 3. A final appeal can be made after discussing with the Director to the Otsego Youth Football Board for potential discussion. Whatever the board decision is, is final.
- Coaches are not babysitters, if you choose to drop off a child and leave games or practices, it is assumed you have planned for the care of your child in the event of an emergency. Coaches cannot make emergency decisions for you.
- 4. Weather:
 - Otsego Rocket Football will follow the MHSAA guidelines for weather policy (heat, threatening weather) for all practices and games. MHSAA guidelines can be found at
 - Heat: MHSAA Heat and Humidity Policy
 - Weather: Weather Guidelines | Administrators | Schools (mhsaa.com)
- 5. Eligibility: To be eligible to play Otsego Rocket Football the following must be met COMPLETELY:
 - Child must be enrolled and attending Otsego Public Schools.
 - Age/Grade
 - In grades 3 or 4 and age 8 prior to August 1st (of current year)
 - A 2nd grader who turns 8 prior to date or weights at least 85 lbs
 - In grades 5 or 6 or age 10 prior to August 1st (of current year)
 - A
 - Max Ball Carrier Weight
 - 3/4th – 100lbs, any child above this will be “red taped”
 - 5/6th – 145lbs, any child above this will be “red taped”
 - “Red Taped” means, the player cannot play a skill position on offense or play off the line of scrimmage on defense – Must be within the offensive box.
 - Practice Requirements
 - All players must participate in a total of 4 (Four) helmet only conditioning practices before they can put on equipment
 - All players must participate in 6 padded, contact practices before they can participate in a game or scrimmage
- 6. Equipment:
 - All helmets are to be white in color and must be NOCSAE approved
 - Game pants are to be White
 - Practice jerseys and pants can be any color (no red practice jerseys)
 - Game jerseys will be provided by the program (these are not to be worn in practice)
 - Footballs are “JUNIOR” Size 7 for 5/6th and “PeeWee” Size 6 for 3/4th
 - Rubber cleats are highly recommended
 - Mouth guards MUST be attached to the face mask of the helmet and must be worn, in the event a child loses his mouthguard and it is not replaced, he cannot play.
 - Ill-fitting or damaged equipment is the responsibility of the parent(s), coaches will try to repair or help the child, but ultimately this is the responsibility of the parent.