

CENTRAL OKLAHOMA FOOTBALL LEAGUE (COFL)

2022 Rules & Regulations

I. ADMINISTRATIVE ORGANIZATION:

All administrative and policy making functions of the Central Oklahoma Football League (COFL) shall be under the supervision of a ruling body known as the commission.

The commission shall consist of two representatives from each of the following organizations: Putnam City Optimist, Deer Creek Optimist, Mustang Optimist, El Reno Optimist.

It shall be the roll of the league President to designate the duties and responsibilities of the other members and the officers of the commission. Other Commission officers include the Vice-President, Secretary, and Treasure.

II. DUTIES OF THE COMMISSION;

It shall be the duty of the Commission to:

- A. Approve the admission of teams and coaches in the COFL.
- B. Establish and enforce the rules of sportsmanship and ethical conduct of coaches and players.
- C. Establish and enforce game rules and regulations and establish rules pertaining to player eligibility.
- D. Provide and maintain game fields for all scheduled league games.
- E. Provide officials, game balls and chain sets for scheduled league games. Three officials, a referee, linesman and umpire will be provided; no game can be played with less than two of these officials present.
- F. Develop league play brackets in cases where the number of teams requires more than one bracket within an Age Group. Schedule all league games, including postponed games if necessary.
- G. Serve as the judicial body of the COFL. The Commission shall have the authority to suspend or permanently remove from the league play any team, coach, or player who shall, in the opinion of the Commission, be guilty of conduct prejudicial to the aims and purposes of the Commission and the COFL. Unsportsmanlike conduct of coached, players or spectators before, during or after any game will be cause for ejection the park and possible suspension of the offenders from the league. Reinstatement will be approved by a majority vote of the commission.
- H. Provide each coach with a means of completing all required documentation and the required due dates for these documents which includes:
 1. Roster
 2. Weigh-In Form

3. Picture Form
4. Background Check/Status Form
5. Concussion Awareness Training

It is the responsibility of each coach to complete all documents in the time frame required by the Commission.

- I. Provide each coach, prior to his/her team's first game, a schedule showing the date, time and field location for games to be played in the league competition.
- J. The Commission will be responsible for providing player and coach ID Cards (coaches must provide head shot pictures at the required time).
- K. The Commission will be responsible for player weigh-ins. This procedure is covered in section IX.
- L. Provide each representative of the Commission with weekly team standing within the COFL during the playing season.
- M. Provide suitable placement awards in all age divisions. Individual awards will be awarded by the COFL for first, second and third places in each division.
- N. It shall be the responsibility of the Commission to take such action to these rules and regulations as the Commission deems necessary.
- O. Weekly meetings will be held once the season begins.

III. LEAGUE ORGANIZATION, AFFILIATION & PLAYER ELIGIBILITY

- A. LEAGUE ORGANIZATION: The COFL shall consist of 6 leagues divided into age groups as follows:

6 & Under – Cannot be 7 before May 1st of the current year.
7 & Under – Cannot be 8 before May 1st of the current year
8 & Under – Cannot be 9 before May 1st of the current year.
9 & Under – Cannot be 10 before May 1st of the current year.
10 & Under – Cannot be 11 before May 1st of the current year.
11 & Under – Cannot be 12 before May 1st of the current year.
**In the 11 & Under only – Players that will be 12 years old between September 1st and April 30th of the current year, and in the 6th grade, shall be allowed to play on the 11-year-old teams. Each of these age exemptions shall be approved, individually, by the COFL board for team assignments. Proof of grade and age shall be Birth Certificate and 5th grade report card shall be presented at time of COFL board review.
- B. AFFILIATION FEE: A \$250.00 fee per team will be paid by each individual organization to the COFL.
- C. PLAYER ELIGIBILITY: Player(s) age eligibility will be based on their age as of April 30th of the current year. Players cannot play for more than one (1) team in any other league (exception being school football). Participation in other leagues shall result in automatic suspension from the COFL

- D. No player shall be allowed to play up more than one (1) year of his/her age group.

IV. COACHES ‘ AND PARENTS’ CODE OF ETHICS

- A. In order to coach in the COFL any coach must support the purposes of the COFL and must abide by the rules of the Commission. Coaches and Parents are required to read and sign page two (2) of the COFL roster and abide by these guidelines

V. TEAM & INDIVIDUAL PLAYER RULES

- A. Team Rosters:
 - 1. No team shall have a roster of more than thirty (30) players but must maintain a minimum of fifteen (15) players. Their team roster must be completely filled out before a team or player will be certified for league play.
 - 2. Any change(s) to an approved roster, after the league season starts, must be approved by the individual league representative and presented to the COFL Commission prior to the teams’ next game.
 - 3. A player transferring from one team to another must have the consent of all Head Coaches involved and the approval of the Commission.
 - 4. Participation of illegal or ineligible players will result in automatic forfeit of all affected games and could result in probation or suspension of the Coach and/or player from the COFL.
 - 5. Final rosters are due by the date scheduled for the Pre-Season Round Robin each year. Each coach shall provide six (6) copies of the two (2) page roster to their representative.
 - 6. Players may be added on to rosters until the start of the season. After the season starts, rosters are locked. A player may be added after the season starts with board approval for the following reasons:
 - a. The team drops below the fifteen (15) player minimum.
 - b. A player moves into the area and was not playing on any Metro Oklahoma City team.
- B. Team tryouts are a violation of the COFL rules. Any coach/team found to be having tryouts shall be subject to disciplinary action by the Commission.
- C. No one but players and coaches (maximum of five (5) coaches) are allowed on the sidelines. All coaches must wear ID Cards in plain sight during all games.
- D. Coaches ID Cards will be checked at the beginning of Game along with the players.

VI. SCHOLASTIC EMPHASIS

- A. Players shall be encouraged to maintain, at a minimum, an average scholastic record it will be the coach’s responsibility to see that this policy is communicated to parents and is an important factor.

VII. COACH(S) RESPONSIBILITIES

- A. SPORTSMANSHIP AND GAME CONDUCT:

A recommended coaches meeting will be held prior to each session. Each team should have a representative at that meeting. Information covered at the meeting is important to all teams, clarification to rules and other items may be covered.

B. EJECTION FROM A GAME:

1. Any coach or player ejected from a game or sanctioned tournament shall serve a one game suspension. The coach must turn the coach/player COFL card over to a game official immediately at the time of the ejection. Ejection requires the coach/player to leave the playing complex. Failure to turn over COFL card or failure to leave the complex will result in immediate forfeiture of the game in progress. Coaches under suspension may be requested to appear before the Commission prior to reinstatement.
2. Any coach/player ejected for the second time from league play, in the same season will be suspended for the remainder of the season. Only a vote of the Commission can reinstate the said coach/player.
3. It is the head coaches' responsibility to have player cards in their possession at all times during a game.

C. TEAM EJECTIONS:

Any team suspended or removed from any organization will not be allowed to play in the league without approval of the Commission.

D. FORMING A NEW TEAM

A coach cannot break off of any existing team and coach a team that would compete in the existing teams are group for one year.

E. SIDELINE WARNINGS

Teams will receive team sideline warnings for the first offense of a coach not properly displaying a coach's pass and for having too many people on the team sidelines. Any combination of a second sideline violation will result in the following:

1. A second sideline violation of failure to properly display a coach's pass will result in the offending coach being removed from the facility for the remainder of the game.
2. If the second violation is a result of having too many people on the sideline, the head coach will be removed from the facility for the remainder of that game.

VIII. SEASON / OSSAA RULES / EQUIPMENT RULES / PLAYING RULES

A. SEASON

- 1) Practice shall start the third (3rd) Monday of July
*** practice with no pads for strength and conditioning OK prior**
- 2) League schedule will consist of a minimum of eight (8) games. The season will run from Mid - August to early November.
- 3) A mandatory Round Robin will be played for all teams. Failure to play in the Round Robin will result in the team not being scheduled in league play.

B. NFHS RULES

- 1) Rules regarding footwear apply to the COFL.
- 2) Number rules for offensive players is waived.
- 3) Mouthpieces must be worn during all play.
- 4) Playing fields will be approximately 240' long by 120' wide with appropriate end zones.

Fields will be marked in eight (8) yard intervals.

5) All facemask penalties will be twelve (12) yards.

6) ***League plays by sub varsity rules except where there are age exceptions.**

C. EQUIPMENT RULES

1) Game balls

a) 6's, 7's, 8's & 9's will use the Wilson K2 or the Nike Spiral 1000 Pee Wee or UA 395

b) 10 & 11's will use the Wilson TDJ or the Nike Spiral 1000 Jr or UA 495

c) The team on offense will provide the game ball as specified above.

d) No other sizes or brands will be allowed. Should there be any discrepancy on the ball being presented for use, by either team, the field will provide a game ball.

2) Chains

a) First down chains will be eight (8) yards in length.

D. PLAYING RULES

1) Penalties will be four (4) yards, eight (8) yards and twelve (12) yards.

2) Extra point will be one (1) for run, two (2) for pass.

3) *** Game times**

a) **6's, 7's, 8's, 9's, 10's and 11's will play eight (8) minute quarters.**

b) No running clock unless both teams agree or 40-point lead after half.

d) Point Deficit Rule: at any time, after half time a deficit of 40 points is reached, the losing coach will have the option of continuing the game to the end of the third quarter. If the deficit is still forty (40) points the game is over. When the forty (40) point deficit is reached rule **VIII.D.3** may be used (running clock to complete the 3rd quarter).

e) Overtime – 10-yard overtime procedure will be used. If the score is still tied after two (2) of these procedures the ball will be placed on the 50-yard line. Each team will be given a series of downs. The game will be decided first (1st) by score, or second (2nd) by yards advanced.

f) Half times will be 7 minutes; the final 2 minutes of halftime is intended to be used as a warm up period.

4) *** Any team that forfeits game will owe the hosting organization \$200.00.**

E. AGE SPECIFIC RULES

1) Automatic punt for 6, 7 & 8 year olds. Upon notification to the official an un-timed down for the purpose of an automatic punt will be allowed. Ball advancement will be 16-yards or half the distance to the goal line with change of possession.

2) Blitzing for 6, 7 & 8 year olds. A defensive player cannot blitz (shoot) between the offensive guards from a standing position. Penalty will be 12-yards and automatic first down.

3) On field coaching for 6, 7 & 8 year olds. Once coach will be allowed in the huddle with his/her team, offense and defense. Once the huddle is broken, the coach must remain a minimum of 10-yards from scrimmage. Penalty will be a 4-yard delay of game.

4) Time between plays for 6 and 7 year olds only. The delay of game will be extended to 30 seconds for 6's and 7's.

5) Kick and kick returns for 7 & 8 year olds; more than one (1) coach will be allowed on the field to aid in the alignment of players for the kick. Once the ball is whistled in play, only one coach should be on the field for each team.

6) There will be NO kickoffs for 6's. Play will start from the opposing teams 30-yard line after all scores, beginning of the game and after the half.

- 7) Age 6, 7 and 8 there is NO A gap blitzing, if your defensive lineman line up over the center, they must go A gap. No lineman is allowed to be over the center if he is in shotgun.
- 8) Time allowed between plays for 6, 7 and 8 is 35 seconds. Time allowed for 9, 10 and 11 is 25 seconds.
- 9) Players the age of 9, 10 and 11 can line up over a center that is in shotgun, however may not make contact until the center's head is fully recovered.

F. WEIGHT EXCEPTIONS

- 1) The following chart defines weight exceptions:

Age	Ball handlers weight max	Line weight	Exceptions per team
6's	85lbs	UNLIMITED	8
7's	95lbs	UNLIMITED	8
8's	110lbs	UNLIMITED	8
9's	UNLIMITED	UNLIMITED	8 – 120LB limit
10's	UNLIMITED	UNLIMITED	8 – 135lb limit
11's	UNLIMITED	UNLIMITED	8 – 150lb limit

- 2) A player over the ball handlers weight must have helmet striped.
- 3) All players in excess of ball handlers weight will be restricted to a tackle-to-tackle position for both offense and defense. Defensive position will be a down position (three of four point).
- 4) A defensive weight exception may start play with his inside should being no farther out than the outside shoulder of the offensive tackle.
- 5) A weigh exception on offense cannot be uncovered.
- 6) Weight exceptions can advance the ball in the case of a turnover only.
- 7) Weight exception are allowed to kick off, but not punt.
- 8) In the 9, 10 or 11-year-old age, a weight exception can play any position on the field, offense or defense. Each team can still carry only 8 weight exceptions on the roster.

IX. PLAYER AND TEAM CERTIFICATION

- A. Each team must have six (6) copies of the final roster (front and back) with names in alphabetical order. Rosters shall be filled using the on-line forms provided by the COFL. Rosters are due the day of the Pre-Season Round Robin and should be turned into each teams individual Commissioner.
- B. Teams should provide a head shot picture of each player and coach by August 1st. The COFL will provide ID cards prior to the team's first scheduled game
- C. Each team shall have a properly completed weigh-in sheet completed prior to scheduled team weigh-in date. This form is provided by the COFL on-line.
- D. Each team shall bring all player birth certificates to the players' weigh-in.
- E. Each player will be allowed on the scales **ONLY ONCE**. Players may wear as little or as much clothing as they like during weigh-in.
- F. Player and team certification is complete when the team has meet the following:
 - 1) Provided a birth certificate for each player
 - 2) Provided a head shot picture of each player and coach with the properly completed picture form.

Prior to the team's first game, confirm the ID card has been received for each player and coach.

- 3) Turned in eight (8) copies of a properly completed roster, typed and signed by each parent and coach.
- 4) Properly completed a weigh-in sheet and all players are weighed in.

X. PROTEST PROCEDURE

- A. Protest on interpretation or violation of the COFL rules can be made.
- B. Protest involving participation of illegal and/or ineligible players can be made.
- C. No protest of Officials' judgment or game schedules can be made.
- D. Coach must notify the Field Coordinator or Official of his protest before leaving that complex. Within 24 hours, a typed protest, along with a \$100 protest fee, must be turned into the association coordinator.
- E. The association coordinator will notify the COFL President.
- F. Notification of all parties involved will be handled by the COFL.
- G. The President will call for an informational meeting within seven (7) days of the written protest.
- H. After review of all information, the protest fee will be returned if the protest is upheld. Should the protest be denied the protest fee is forfeited.

XI. MISCELLANEOUS

- A. No heaters are allowed inside the complexes
- B. No person cameras or recorders are allowed on the sidelines. Professionals, approved by the COFL, are allowed on the sidelines.
- C. No ice chests are allowed inside complex.
- D. No boom boxes are allowed inside complex.
- E. Chain workers must be over the age of 16-years old.

CHANGE SHEET

6/13 AND June 20, 2007

- IIIa – added 6yr olds

- VII A – reworded Pre-Season meeting attendance requirement
- VII b 1) – reworded mandatory coach appearance at board meeting following game ejection
- VIIIb – added 5 – facemask penalty rule
- VIIIc – added 6yr olds
- VIId – added 6yr olds
- VIIIe 1) – added 6yr olds
- VIIIe 2) – removed the free kick rule for 7's and 8's
- VIIIe 3) – added 6yr olds • VIIIe 4) – added 6yr olds
- VIIIe 5) – added 6yr olds
- VIIIe 7) – added 6yr old kickoff rule
- VIIIf – added 6yr olds to weight chart

7/1/09

- VIIb 1 and 3 added language on coach and player ejections
- VIIIf 1) – new player stripper weights

7/6/11

- VIIe – added sideline violation rule
- VIIIc 1) a and b, - added the use of Nike equivalent game balls
- VIIIc 1) c – added offense provides their own ball
- VIIIc 1) d – field will provide ball if there is an issue
- VIIIf 2) – allowed offensive strippers to start from a two-point stance
- Va5 and IXf3 – changed the number of roster copies needed from 6 to 8
- VIId3 – added f length of halftime, intended warm up period
- IIIA – added the allowance of 12-year olds, meeting specified requirements, to play 11 & under

7/12/2016

- VIIIc 1) ab – game balls adjusted qualified football for age divisions on all age divisions
- VIId – adjusted 40-point deficit rule
- VIIIf – adjusted weight on 9's and upped the weight limit on 11's
- VIIIf8 – added age divisions on weight exception and omitted (140lb)

6/28/2018

- VIID 3) B – all ages will play 8 minute quarters
- XIC – no ice chest allowed in complex
- XID – no boom boxes allowed in complex
- XIE – chain workers must be over age of 16-years old
- VD – coaches' ID cards will be checked at the beginning of game along with players

9/30/2018

- VIIIA – added practice with no pads for strength and conditioning OK prior
- VIIIB 6) – added league plays by sub varsity rules except where there are age exceptions
- VIID 3) – combined A & B for eight (8) minute quarters for each age division
- VIII 4) – added forfeit fees

10-14-20

- VIIIe 7) - added A gap clarification

- VIIIe 8) – added time allowed between plays
- VIIIe 9) - added 9, 10 & 11 clarification on lining up shotgun

7-13-22

- IIIa - Updated age restrictions for 11 & Under age group
- Va 1) - Updated team player limits
- VIIf 1) - Updated weight restrictions