

Central Ohio Youth Football League

Rules and Bylaws

Amended August 22nd, 2022

ARTICLE 1 – GENERAL LEAGUE RULES & REGULATIONS

SECTION 1 – ROSTER SIZE

A. Team Size is limited to no less than 16 and no more than 30

- 1) We feel that more than 32 players diminish the playing time and overall experience for the players.
- 2) At 32 we feel that two teams can be formed that can be competitive in the league.

B. Reserve Players for Low Rosters

- 1) In the event a team's roster drops to 15 or less, they will be permitted to borrow a player from a team of the same school.
- 2) The borrowed player may not play for both teams on the same day.
- 3) Players not to play more than 4 quarters in one day. This excludes Playoffs and Tournaments.
- 4) Consent to borrow a player must come from 4 sources:
 - a) Head Coach of the team that the borrowed player plays on.
 - b) Head Coach of the opposing team that the player will play against
 - c) Parent or guardian of the player being borrowed.
 - d) COYFL Board of Trustees.
- 5) Borrowed player criteria
 - a) Teams should not attempt to use the same players each week.
 - b) Reserve players should also **not** be considered top performing players from the team they are being borrowed from.
 - c) Reserves cannot play against their original team

SECTION 2 – DRAFT / PLAYER LOTTERY

A. Each League board will make all attempts to designate an impartial person(s) to conduct the draft.

B. Each league should strive for competitive balance among their teams. Stacking one team is prohibited.

SECTION 3 - Divisions

A. Junior Division (3rd & 4th Grade)

- 1) 2nd grade players may participate upon board approval
- 2) Players weighing over 145 that have played at least one season may be required to play in the Senior Division at the board's discretion.
- 3) There are no age restrictions

B. Senior Division (5th & 6th Grade)

- 1) 4th grad players may participate upon board approval
- 2) Grade Level - Senior Fifth and Sixth Grade.
- 3) There are not age restrictions.

SECTION 4 – WEIGHT REGULATIONS

A. Junior Division 100 lbs. – Maximum weight allowed to be able to advance the ball and play at a skilled position

B. Senior Division 125 lbs. – Maximum weight allowed to be able to advance the ball and play at a skilled position

C. Striper

- 1) The striper is defined as player that is not eligible to carry the ball based on their weight. Any player that is above the ball advancement weight will be required to where a red stripe across their helmet making it clear to players and coaches and officials that they are above the ball carrying weight
- 2) Stripers must lineup as an interior lineman on the line of scrimmage in a three- or four-point stance
- 3) Offensive Lineman
 - a) Interior lineman shall be defined as those that lineup as a Tackle, Guard or Center
 - b) A Striper may pull but must stay inside of the tackles
- 4) Defensive Linemen
 - a) Interior Defensive Linemen must line up on the line in a 3 or 4-point stance
 - b) They must line up directly across from an Offensive Lineman
 - c) They cannot line up outside of the Offensive Tackle
 - d) They may stunt but must stay between the Offensive Tackles
 - e) Stripers can return an interception or fumble

D. Weigh-ins

- 1) Weigh-ins will be held on the day of the 1st and 4th game of the season
 - a) Game #1 Weigh-in
 - i. All players for each team will be required to weigh-in.
 - ii. The names, number and weight of each player is to be recorded and submitted to the league as an official record
 - b) Game #4 Weigh-in
 - i. Only players that are not strikers will be required to weigh-in
 - ii. Strikers may weigh in if they feel there is a chance, they could make ball advancement weight
 - iii. This will be the final weigh-in for the season which will count toward all post season play.
- 2) Using Google Form; Each player form includes player headshot, grade, team, jersey number, weight
 - a) Forms must be created 1 week prior to first game
 - b) All head coaches will have access and are responsible to assure all players are entered into the system
- 3) Weigh-ins must be complete 30 minutes prior to the game, or the player cannot play. No exceptions.
- 4) Both head coaches for each team must be present during the weigh-ins

SECTION 5 – PRACTICES

- A. A practice is defined as anytime players and coaches meet for drills, scrimmages, practice games or film review.
- B. There are no practices on
 - 1) High School Varsity game days – (typically Fridays)
 - 2) Sundays
- C. Practice duration
 - 1) Before school starts
 - a) No practice shall last longer than 2 hours.
 - b) Non-Game Week - No more than 4 practices in a week
 - c) Game Week – No more than 3 practices in a week
 - 2) After school starts
 - a) No practice shall last longer than 1.5 hours on a weekday
 - b) No practice shall last longer than 2 hours on the weekend
 - c) There can be no more than 3 practices in a week with a game
 - d) There can be no more than 4 practices in a week with no game.
 - e) No Practice will be allowed to begin before 5:15 P.M
 - f) No Practice will be allowed to end after 8:00 P.M
- D. During each practice, there shall be a minimum of a five-minute break each ½ hour that a team practices, at which time the coach shall encourage players to drink liquids.
- E. All players are required to have 8 hours of conditioning prior to any contact with other players
 - 1) The evaluation period counts toward the 8 hours as long as the player has attended all 4 sessions
 - 2) Players that have not met the minimum of 8 hours of conditioning must do so with the team and be separate from any contact drills with the team.

SECTION 6 – GAME FIELD PREP & MAINTENANCE

- A. Each League is to assign a Director of Fields responsible for making sure that the fields are prepared for game day. This includes
 - 1) Lining the fields
 - 2) Placing yard markers & pylons
 - 3) Getting chains and counter out
 - 4) Setting up field goal posts
- B. It is the responsibility of the Director of Fields to have a representative replace themselves for field duty if they cannot attend.
 - 1) Both teams playing each game are responsible for picking up trash along their sidelines at the end of the game.
 - 2) Teams playing the last game are responsible for clean-up and inspection.

ARTICLE 2 – GAME RULES

SECTION 1 – GENERAL GAME RULES

- A. All games shall be played under Ohio High School Athletic Association rules unless otherwise specified by COYFL football rules.
- B. Game Times
 - 1) Quarter is 10 minutes
 - 2) Halftime is 8 minutes
 - 3) Play Clock is 30 seconds
 - 4) 3 timeouts per half
- C. Field Size
 - 1) 100 yards long
 - 2) 10-yard end zone added
 - 3) 3-yard extra point line - 15 yards in length at each end
 - 4) Player's box on each side - 5 yards out going from 25 to 25
 - 5) Goal Post – 10 ft. tall
- D. Football sizes
 - 1) Junior Division – Wilson K2
 - a) This is listed as a Pee-Wee ball
 - b) Junior Division balls should not be smaller than the Wilson K2
 - 2) Senior Division – Wilson TDJ
 - a) This is listed as a Junior ball
 - b) It is 10.5" long, 6" tall and 18.5" round
 - 3) You may use other ball brands, but the size should be comparable to the Wilson TDJ.
 - 4) Senior Division balls should not be smaller than the Wilson TDJ
 - 5) The ball size will be strictly enforced.
- E. The offense will start on their own 35-yard line at the beginning of each half and after all scores.
- F. After a Safety, the ball will be spotted on the Offenses 45-yard line.
- G. In the Junior Division the Center may grip the ball and adjust the long axis parallel to the line of scrimmage.
- H. There are **NO** live kickoffs

SECTION 2 – PLAYER POSITIONS & ROTATION

- A. 10 play minimum
 - 1) 5 before half
 - 2) 5 after half
- B. The player must play in both halves of the game. If they have not met their requirements in the first half, they must play starting the second half till they meet the requirement.
- C. Each Player must have all plays complete before the fourth quarter

SECTION 3 – FIELD GOALS (Senior League Only)

- A. **General Rules**
 - 1) They are live
 - 2) There is no rush in the "A" gaps
 - 3) Kicks can be faked. There are no fakes in the "A" gaps
 - 4) Field goal attempt can be returned if caught in the air outside of the endzone.
 - 5) Penalties
 - a) If a kick is attempted and contact is made to the kicker or placeholder by the defense, then the points attempted will be awarded to the offensive team.
 - i. If the kick is blocked prior to contact, then there will be no penalty.
 - b) "A" gap violation
 - i. Defense – Rushing the "A" gap will result in a 5-yard penalty and automatic first down for offense.
 - ii. Offense – Running through the "A" gap on a fake will result in 5-yard penalty and loss of down against the offense.
 - 6) Switching Sides – Declaring a kick when the offense is facing an end zone with NO goal post. Both teams will move to the opposite side of the field
 - 7) Field Goals
 - a) The offense **MUST** line up in a field goal formation.
 - b) Opting out of a Field Goal formation can only be done if:
 - i. Offense calls a time out

- ii. Defensive penalty
- iii. Offensive penalty
- c) If the offense gets a first down by penalty or fake, play will resume in the current direction (toward the end zone with a goal post).
- d) Change of possession – this will only apply when a team has switched sides to attempt a field goal
- e) When the kicking teams drive is over, the ball will revert to the original direction that the other team would have been in if the switch had not taken place.

SECTION 4 – POINT AFTER TOUCHDOWN (PAT)

- A. All PAT attempts will take place immediately after a touchdown and will be spotted on the 2-yard line.
- B. Game clock will begin after ball is spotted and official blows whistle. There is no game clock
- C. PAT Options are
 - 1) Run = 1 point
 - 2) Pass = 2 points (Pass must be caught past the line of scrimmage)
 - 3) Kick = 2 points - Seniors ONLY

SECTION 5 – PUNTS

- A. There will be No Live Punts in Junior or Senior Divisions.
- B. The alternative will be a Walk-off Punt.
- C. Walk-off Punts can only be declared by the Head Coach to a Referee.
- D. Walk-off Punts:
 - 1) Will be advanced by a Referee no more than 35 yards
 - 2) The spot may not exceed the opposing teams 5-yard line
 - 3) The game clock shall be stopped from the moment a walk-off punt is declared and will resume when the referee spots the ball.

SECTION 6 – Mercy Rule

- A. Once a team is leading by 25 or more points, a running game clock will be started.
- B. The running game clock will only stop if:
 - 1) Time out is called
 - 2) Player injury
 - 3) Change of Possession
 - 4) A Score
 - 5) PAT attempt
 - 6) End of Half or Quarter
 - 7) Referee Discretion
- C. The game clock will resume to normal when the losing team scores bring the lead to less than 25.

SECTION 7 – OVERTIME RULES

- A. Each team will have an offensive possession starting on the opponent's 10-yard line.
- B. If the score is tied after both teams have had an offensive possession (including extra point conversions), the process in Section 7A above are repeated until a winner is determined.
- C. Beginning with the 3rd Overtime period, a team must attempt a 2-point conversion via passing or kicking if a touchdown is scored.
- D. Any situations not specifically addressed in this section shall be governed under the Ohio High School Athletic Association game rules.

SECTION 8 – DEFENSE

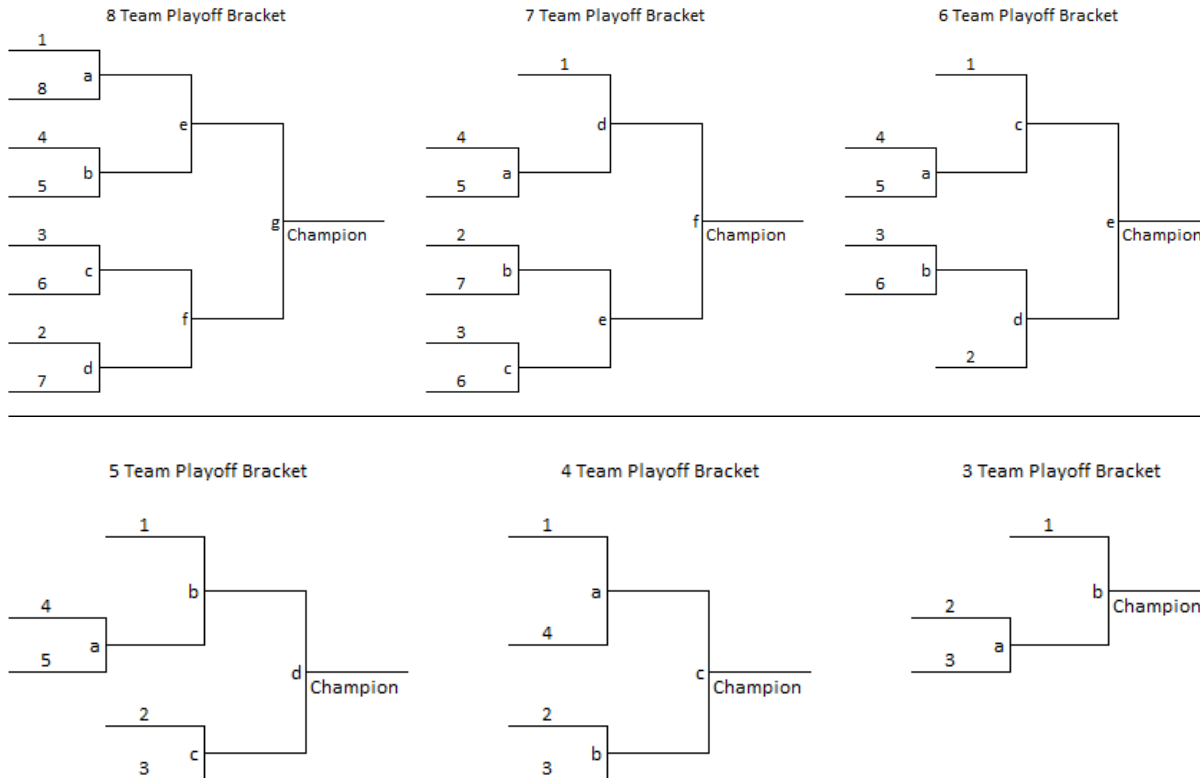
- A. Linebackers must line up 3 yards off the line of scrimmage and are not permitted to line up in the “A” gap (gaps between the offensive center and guard)
- B. Defensive lineman may lineup in the “A” gap but cannot contact the center until they have made a football move.

ARTICLE 3 – PLAYOFF RULES

SECTION 1 – GENERAL PLAYOFF RULES

- A. All teams will make the playoffs.
- B. Playoff and championship games will be determined by the Board of Trustees based on the number of teams in each division and based on the playoff bracket chart below
- C. A division championship is based on all games played amongst COYFL opponents
- D. If, at the end of the regular season, two or more clubs in the same division finish with identical records, the following steps will be taken until the tie is broken. Some of the steps may not be applicable based on number of teams and games played. Steps that are not applicable will be skipped.
 - 1) Best Head-to-Head Record
 - 2) Best Overall Record
 - 3) Combined Rank of PA & PF
 - 4) Fewest Points Allowed
 - 5) Most Points Scored
 - 6) Coin Toss
- E. The higher seeded team shall be the home team throughout the playoffs
- F. Play-off brackets will be single elimination

SECTION 2 - PLAYOFF BRACKET & SEEDING



SECTION 4 – TROPHIES

- A. The Board of Trustees will purchase 1st & 2nd place trophies for teams in both the Junior and Senior Divisions
- B. The trophies should be made available upon the conclusion of the Championship Game

ARTICLE 5 – CODE OF CONDUCT

SECTION 1 – CODE OF CONDUCT

- A. All commissioners, coaches, players, parents, and spectators will conduct themselves in a distinguished, well-mannered character. The Code of Conduct expects displaying fairness, respect, consideration of others, moral character ethical behavior, and good sportsmanship.
- B. If a player or coach is removed from a game because of his/her behavior, the game officials shall notify the league President or a Board of Trustee member. Both coaches will submit an oral or written report of their knowledge of events leading to the expulsion and submit it to the league President with 24 hours. Appropriate action will be taken as outline in Section 3.
- C. If a parent or spectator is asked to leave the playing area, a report shall be submitted to the Board of Trustees for appropriate action. If the parent or spectator can be identified with a team and refuses to leave the playing area, the coaches of said team will be told that the parent or spectator's refusal to leave the playing area will result in a forfeiture of the game. If he/she does not leave, the game will be forfeited.
- D. Filming
 - 1) Filming practices, scrimmages and games is prohibited by individuals that have no direct association with the team that they are filming.
 - 2) Filming is allowed so long as the person filming is off the field of play.

SECTION 2 – CODE OF ETHICS

- A. Coaches are to place the emotional and physical well being of players ahead of personal desires.
- B. Coaches will lead by example, demonstrating fair play and good sportsmanship.
- C. Coaches will provide a safe and healthy playing environment. This means a drug free, tobacco free, and alcohol-free environment.
- D. Coaches will treat all others with respect regardless of age, sex, race, religion, or abilities.
- E. Coaches will not use profanity, abusive language, derogatory statement, and/or gestures.

SECTION 3 – SPORTSMANSHIP

The Central Ohio Youth Football League regards sportsmanship as its highest priority. Participation in the Central Ohio Youth Football League is considered a privilege. While the league encourages competition, our ultimate purpose is to provide instruction and set a positive example for all participants. To that end, the league will not tolerate poor sportsmanship from any participant. All participants in the Central Ohio Youth Football League including players, coaches, parents, cheerleaders, and spectators are always expected to adhere to principles of good sportsmanship and ethical conduct. Any failure to uphold this standard will be addressed by the league's procedures to address misconduct.

- A. All coaches and players are expected to understand and abide by the rules of the league.
- B. Coaches should ensure parents understand the rules of the league by distributing the league's constitution and bylaws at the team's first practice.
- C. Failing to abide by the rules of the league as specified by the league's constitution and bylaws is a form of misconduct.
- D. All participants shall always abstain from the following actions:
 - 1) Foul, obscene, or abusive language
 - 2) Indecent gestures
 - 3) Fighting (Physical contact of any type)
 - 4) Abuse of any kind toward officials
 - 5) Substance abuse (including alcohol)
 - 6) Object throwing
 - 7) Arguing with opposing team coaches or parents
 - 8) Harassing of own or opposing team's players, coaches, or parents
 - 9) Violating written division rules or safety rules
 - 10) Other actions that might be considered disrespectful or contrary to generally accepted standards of good sportsmanship

SECTION 4 – PROCEDURES TO ADDRESS MISCONDUCT

- A. All players, coaches, and parents must sign a code of conduct and are held strictly accountable to Sportsmanship rules of sportsmanship described in Article 2.
- B. Most first-time minor violations to the "Code of Conduct" and "Sportsmanship" should be resolved between individuals or within the team.
- C. Serious violations to the "Code of Conduct" should be immediately reported to the appropriate spotter, commissioner, or league official.

- D. Conflicts that cannot be resolved between individuals or within the team should be directed to a member of Board of Trustees who in turn will notify an officer of the Board.
- E. In cases turned over to the Board for resolution, the Board of Trustees will conduct a thorough review of the situation and may call a special board meeting address serious violation. Such meetings can be called subject to the discretion of the president or by a consensus of the members of the board.

SECTION 5 –PENALTIES

- A. The Board of Trustees will make the final determination of which actions, if any, may be appropriate to the circumstances when misconduct occurs.
- B. If disciplinary actions are necessary for coaches or players for on-field conduct, Ohio High School Athletic Association (OHAA) rules are applied first.
- C. If an egregious violation occurs (including repeat violations), the Board of Trustees League reserves the right to apply additional penalties above and beyond OHSAA rules. The determination of an egregious violation shall occur after an investigation and due process.
- D. Penalties must be approved by no less than two thirds of the Board of Trustees of the Central Ohio Youth Football League. Votes may be made in person or by proxy. In such cases, penalties may include:
 - 1) Players: restriction of play, asked to leave team.
 - 2) Parents: asked to not attend games, barred from games.
 - 3) Coaches: restriction from coaching, barred from coaching (expulsion).
 - 4) Board Members: Relieved of Board Member duties, removal from Board.
- E. The board shall make a written summary of the investigation as well as the penalties approved and provide a copy of the documentation to the violator.

ARTICLE 6 – BOARD OF TRUSTEES

SECTION 1 – STAGGERED TERMS

The appointment of At-Large directors shall be made at an annual meeting and shall normally be for a term of three years. A director may be re-appointed for a one (1), two (2), or three (3) year term, the objective being, insofar as practical, to have no more than one-third (1/3) of the Directors replaced at any one time.

SECTION 2 – COYFL LEAGUE GOVERNANCE

The COYFL Board of Trustees shall consist of the president for each participating organization.

- 1) New Albany Youth Football President
- 2) Bexley Youth Football President
- 3) Big Walnut Youth Football President
- 4) Columbus Academy Youth Football President
- 5) Delaware Youth Football President
- 6) Gahanna Youth Football President
- 7) Olentangy Youth Football President
- 8) Westerville Youth Football President
- 9) Worthington Youth Football President