

OPTIMIST FOOTBALL RULES and GUIDELINES 2018

SAFETY IS **THE** NUMBER 1 PRIORITY, FUN IS NUMBER 2

- **Sportsmanship is REQUIRED.** Coaches must remember to be the adult at **ALL TIMES**.
- **EVERYONE**, regardless of talent will get an equal opportunity to play.
- The LITTLE TEAM plays 1st and 3rd quarters and the BIG TEAM plays 2nd and 4th quarter.
- OPTIMIST FOOTBALL QUARTERS WILL BE 8 MINUTES.
- **NO ONE** will play a skill position on both the LITTLE TEAM and the BIG TEAM.
- ONLY 5 players can blitz on LITTLE TEAM (except inside the 10 yard line.)
- ONLY 6 players can blitz on BIG TEAM (except inside the 10 yard line.)
- **NO PUNTING:** the ball will be walked off 25 yards from the line of scrimmage. If you are inside 25 yards of the goal line the ball will be placed on the 10 yard line.
- **NO KICK OFF:** the ball will be placed on the 20 yard line at the start of the game, after every score and the beginning of 3rd quarter.
- **ONLY ONE COACH** is allowed across the 50 yard line on the sideline for the LITTLE TEAM.
- **NO COACHES** are allowed across the 50 yard line on the sideline for the BIG TEAM after the first week.
- For the first 2 weeks **ONLY ONE COACH** will be allowed on the field for the LITTLE TEAM at a time.
(After 2 weeks **NO COACHES** are allowed on the field.)
- For the first week **ONLY ONE COACH** will be allowed on the field for the BIG TEAM at a time.
(After 1 week **NO COACHES** are allowed on the field.)

ANY modifications to the rules must be approved by the commissioner and agreed upon by both coaches before the start of the game.