

Optimist Football Rules and Guide Lines

We are here for the kids. Their safety is Number 1 on our list

1. Sportsmanship is REQUIRED. Coaches more than the kids, remember you are the grownup!
2. No one will play both the big and little teams. Every kid, regardless of talent should get equal play time. If your team numbers to not allow this, then players playing both teams will not carry the ball.
3. On Defense: Only 5 players can engage/blitz at one time. If this becomes an issue we will institute penalties. This limit goes away inside the 10 yard line!
4. Small teams play 1st and 3rd quarters, big teams, 2nd and 4th.
5. Kicking Game: No matter what quarter, big team kicks to big team. Kick Off will start with first games.
6. Punting: No rush on punts. You will have 2 punters, one for each size team.
7. While playing at Optimist Field, only one coach past the 50 yd line.
8. No Visual score will be kept.
9. Coaches on field for 1st two weeks ONLY. If needed after that, must be by mutual agreement of coaches.
10. No player will play on two different teams (IE Optimist and a school team). We are not affiliated with the schools in any way, shape or form. Due to liability, we can not participate with school teams, in practice, games, etc.
11. Quarters will be 8 min. Normal football time.

Remember, we are here to teach the kids the basic fundamentals of football and to keep them interested in playing for the long term. It's not all about winning. Coach with class, sportsmanship, and enthusiasm.