



Osseo-Maple Grove Football Association

2011 Handbook

2011 Osseo-Maple Grove Football Association.

President	Vice-President	Secretary	Treasurer	3/4th Grade Director	5/6th Grade Director	7/8th Grade Director
Tony Rios	Darrell May	Adam Sand	Mark Deinhart	Dean Stolp	Jon Hoff	Brian Williams
President@omgfa.com	VicePresident@omgfa.com	Secretary@omgfa.com	Treasurer@omgfa.com	Director34@omgfa.com	Director56@omgfa.com	Director78@omgfa.com

Mailing Address: OMGFA
P.O Box 1979
Maple Grove, MN 55311

Web Site: www.omgfa.com

E-mail: info@omgfa.com (or individual addresses listed above)

****The OMGFA apparel store will open soon on our web site****

OMGFA

Osseo-Maple Grove Football Association (OMGFA) is a non-profit, 501c3, volunteer-based youth athletic association.

OMGFA welcomes players from all communities in grades 3-8. (2nd graders are also welcome to join the 3rd grade program.)

Board of Directors

The Board of Directors consists of six volunteers who are elected by members of OMGFA and the Treasurer who is appointed annually by the Board.

Elections

The annual election of the Board of Directors will held during the regular scheduled Board meeting in January. A notice of elections is published in the local newspaper at least 15 days prior to the January meeting date.

Membership

Voting membership consists of individuals (parents/guardians of registered players) who have paid the registration fee for the previous year.

Meetings

Monthly OMGFA meetings are held at 8:00 pm on the second Thursday of each month of the year at the Maple Grove Community Center.

Registration Fees (2011 season)

3rd -6th grade: \$100
7th & 8th grade: \$125

Scholarships

A limited number of scholarships are available for families experiencing financial hardship. Eligibility is based on demonstration of need and availability of OMGFA scholarship funds. Contact the President for more information.

Refunds

No refunds will be made after August 1, 2011.

Number of Games:

3rd -6th grade: 8
7th & 8th grade: 8-10

OVERVIEW OF PROGRAM LEVELS

2nd & 3rd Grade

This is a full-contact (tackling) level of football with 11 players on the field per team. Helmets and full pads are required. Games will be played against other OMGFA 3rd grade teams and 3rd grade teams from the Twin Cities North Youth League. Maximum weight for backfield/ball carriers is 90 pounds. **Each team is allowed to have one coach on the field during all games.** Game jerseys and socks are provided. Games will be played at Fernbrook Elementary school in Maple Grove, Other Twin cities North communities TBD and at Osseo High School. An end-of-season game will take place at the Metrodome Mall of America Field.

4th Grade

This is a full-contact (tackling) level of football with 11 players on the field per team. Helmets and full pads are required. Games will be played against other OMGFA 4th grade teams and 4th grade teams from Rogers Area Youth Football Association (RAYFA). Maximum weight for backfield/ball carriers is 95 pounds. **Each team is allowed to have one coach on the field during the first 2 games.** Game jerseys and socks are provided.

5th Grade

This is a full-contact (tackling) level of football with 11 players on the field per team. Helmets and full pads are required. Games will be played against other OMGFA 5th grade teams and 5th grade teams from Rogers Area Youth Football Association (RAYFA). Maximum weight for backfield/ball carriers is 105 pounds. **No team is allowed to have a coach on the field during any games.** Game jerseys and socks are provided. Games will be played at Gleason Fields in Maple Grove, Fernbrook Elementary School in Maple Grove, Osseo High School, and sites TBD in Rogers and Elk River. An end-of-season game will take place at the Metrodome's Mall of America Field.

6th Grade

This is a full-contact (tackling) level of football with 11 players on the field per team. Helmets and full pads are required. Games will be played against other OMGFA 6th grade teams and 6th grade teams from Rogers Area Youth Football Association (RAYFA). Maximum weight for backfield/ball carriers is 120 pounds. **No team is allowed to have a coach on the field during any games.** Game jerseys and socks are provided. Games will be played at Gleason Fields in Maple Grove, Fernbrook Elementary School in Maple Grove, Osseo High School, and sites TBD in Rogers and Elk River. An end-of-season game will take place at the Metrodome's Mall of America Field.

7th & 8th Grade

This is a full-contact (tackling) level of football with 11 players on the field per team. Helmets and full pads are required. Teams will be formed for Unlimited, Light & Mixed divisions. All teams will play in the North Suburban Football League (NSFL) against teams from other NSFL communities. Game jerseys and socks are provided. Games will be played on Sundays at Osseo High School and at sites TBD in the northern suburbs. Playoff games are TBD.

IMPORTANT DATES FOR 2011

The following are important dates for the 2011 season. Please visit the OMGFA web site at www.omgfa.com for additional information and updates.

April

On-Line Registration	April 13-July 31	www.omgfa.com
----------------------	------------------	--

May

Player Weigh-In	May 15, 8:00am-noon	Maple Grove Community Center
Player Weigh-In	May 18, 6:00pm-9:00pm	Maple Grove Community Center

*A pre-season mandatory weigh-in will be held at the Jamboree on August 27th. See below for details.

July

USA Football Coaching School	July 23, 8:00am-1:00pm	Vikings Winter Park Complex
------------------------------	------------------------	-----------------------------

August

Coaches Meeting	August 7, 6:30pm	Maple Grove Community Center
Practices Start (7 th & 8 th grade)	August 9	
Practices Start (3 rd -6 th grade)	August 15	

Coaches Meeting (4th-6th grade) August 24, 8:00pm Rockwood's Grill, Otsego ****MANDATORY**
Jamboree August 27, 8:00am-noon Maple Grove Junior High

Jamboree includes player weigh-ins, team and individual photos, and scrimmages. See below for details.

September

Labor Day	September 5
District 279 schools Starts	September 6
High School Football Youth Night	TBD

October

High School Football Youth Night	TBD
MEA Break (No School)	October 20 & 21
Metrodome Games (3 rd -6 th grade)	October 24-27

COORDINATION WITH OMGHA & OMGBA

OMGFA attempts to structure its program to stay within the traditional football season by not starting any activities until mid to late August and to conclude the season no later than October 31st.

JAMBOREE

OMGFA's annual Jamboree will be held on Saturday, August 27th from 8:00 am to noon at Maple Grove Junior High. This event will involve all OMGFA teams and will include player weigh-ins, team and individual photos, and scrimmages. Event schedules for each team will be provided at the start of the season. Family members and friends are encouraged to attend. This is a rain or shine event and will be cancelled only due to lightning or very heavy rain. In the event of lightning or heavy rain, photo sessions will be moved indoors.

Team & Individual Photos

Photo order forms for each player will be provided by coaches prior to the Jamboree. Players and coaches need to report to their assigned photo session 5 minutes prior to the scheduled time. Players should be dressed in full uniform and have their completed order forms and payment. Coaches should line their players up in jersey number order.

Scrimmages

Each 3rd-6th grade team will play a scrimmage game(s) against another OMGFA teams at the Jamboree. Players must be in full uniform and ready to play at the designated time and location. One coach from each team will be required on the field to perform referee duties.

Concessions

Food and beverages will be available for purchase at the Jamboree.

Mandatory Weigh-in: With our new affiliations we will take another weigh-in @ the Jamboree in order to be consistent with our opponents

METRODOME GAMES

Games

All 3rd-6th grade OMGFA teams will play a final game at the Metrodome. 7th and 8th grade teams may qualify for conference playoff games to be played at the Metrodome. Dates and times of games are TBD.

Player Uniforms

Full uniforms are required, including cleats. Elbow pads are recommended. Locker rooms are not available.

Concessions

A concession stand will be open, but attendees may also bring coolers with non-alcoholic beverages and treats

Warm-ups

Teams may gather at the end zone sidelines (away from the field and benches) for pre-game warm-ups no sooner than 30 minutes prior to game time. Teams must be lined up and ready to play at the 30 yard lines in jersey number order 5 minutes prior to starting time. Players will be announced according to team rosters provided by coaches.

Home Team

Home teams (with higher standing) will be on the **near** sideline, away teams on the **far** sideline.

Coin Toss

A coin toss will be performed prior to game time by a league official, team captains and head coaches.

Field Rules

Only players, coaches, and down-marker volunteers will be allowed on the field. Photos may be taken on the field in the end-zone corners before or after the game by coaches only. Attendees are welcome to take photos from the stands.

Game Rules

Rules are posted on our web site at www.omgfa.com and will be strictly enforced.

PHILOSOPHY OF THE ORGANIZATION

OMGFA exists for the purpose of teaching each child the fundamentals of the sport and providing the framework for the wholesome participation of each child. OMGFA encourages players to have fun while learning. OMGFA believes that to be treated with dignity is each child's right and each adult's responsibility. Coaches and parents shall stress sportsmanship, team spirit, and developing skills more than winning. In addition to learning the fundamentals, players, parents, and coaches should learn and remember how to lose graciously. Coaches and parents shall employ appropriate language when dealing with impressionable youth. Profanity will not be tolerated.

THE SPORTSMAN'S CREED

Player: I will live clean and play hard. I will play for the love of the game. I will win without boasting, lose without excuses, and never quit. I will respect officials and accept their decisions without question. I will never forget that I represent my team.

Coach: I will inspire in the players a love for the game and a desire to win. I will teach them that it is better to lose fairly than to win unfairly. I will lead players and spectators to respect officials by setting a good example. I will try to be the type of person that players want to become.

Parents: We will never "boo" a player, coach or official. We will appreciate a good play no matter who makes it. We know the team gets the blame or praise for their conduct, not just the individuals.

Officials: I know the rules. I will be fair and firm in all decisions. I will call them as I see them, yet not be afraid to correct my own mistakes. I will treat players and coaches courteously and expect the same treatment in return. I know the game is for the players, and will let them have the spotlight.

CODE OF ETHICS

OMGFA Board members, coaches, referees, coordinators and volunteers will:

- Aspire and maintain personal conduct above ethical reproach.
- Maintain a commitment to the highest levels of personal and public integrity. Unethical conduct or actions should be reported to the OMGFA Board of Directors and will be dealt with on an individual basis. Unethical conduct or actions could include, but are not limited to:
 - Any unlawful abusive act or acts against or directed toward a child or children
 - Actual or perceived conflicts of interest
 - Any unlawful act or acts against or directed toward or on behalf of OMGFA and/or OMGFA Board members, coaches, assistant coaches, referees, coordinators, and volunteers of OMGFA

The Board has the authority to immediately remove the person from his/her position with or without a verbal or written warning.

COACHES' RESPONSIBILITIES

A coach is responsible for the development and conduct of all players on the team. A coach's primary function is to teach skills and develop the players socially, psychologically, and physically. Refer to "Coaches Section" for additional information. Coaches are expected to do the following:

- Hold a parent/coach meeting prior to the first practice to explain the rules, goals, and objectives of the team.
- Always be positive and use constructive criticism only.
- Encourage team play and values rather than individual accomplishments.
- Develop players to play a variety of positions within the player's abilities.
- Enforce all rules without favoritism.
- Maintain team discipline.
- Support OMGFA's philosophy.
- Conduct yourself as a role model for the players and the parents.

RULES ENFORCEMENT

Coaches

It is the responsibility of each coach, not the referees, to understand and strictly follow the rules and guidelines of OMGFA and applicable leagues and conferences. Coaches should discuss rules or other concerns with each other before or after games in a professional manner away from the players. Referees are instructed to officiate the games and are not expected to enforce association rules and guidelines. Coaches should confirm game timing and scoring with the referees prior to each game.

Rule Disputes During a Game

Rule disputes with referees or opposing coaches during the game will not be tolerated. The referees will be directed by OMGFA to strictly enforce penalties relating to the following: profanity, abusive language, questioning or arguing calls by coaches, players, spectators or parents. Penalties will be assessed as follows:

- First Offense: 15 Yards, loss of down.
- Second Offense: Ejection (The game will be stopped until the offender has left the property.)

If a coach or player is ejected from a game, s/he will be suspended for at minimum the next game.

Rule Violations

Rule violations should be reported in writing within 48 hours to the President of the Association and grade-level Director. Coaches determined to have violated any OMGFA rules and philosophies will be dismissed.

TEAM ROSTERS

3rd -6th Grade

Team rosters will be formed based on school attendance or neighborhood of residence when possible.

- Teams will have up to 22 players.
- No changes are allowed after the distribution of team rosters.

7th-8th Grade

Team rosters will be formed based on grade level and player weight. Divisions will include the following:

- 7th Grade Unlimited Weight: Rosters may consist of 7th graders only. There is no weight limit.
- 8th Grade Unlimited Weight: Rosters may consist of 8th graders only. There is no weight limit.
- 7th & 8th Grade Combined Weight Limit: Rosters may consist of 7th and 8th graders under 130 pounds. The weight of all players will be verified by the Area Directors and the League Director prior to the start of the season. It is important to note that this Combined "Lights" division is NOT a "B" League. Due to the possible extreme weight difference in players of this age, the Combined "Lights" division has been created to give players who weigh 130 pounds and less an opportunity to play against players their same size. Many of the area's best high school skill position players have come out of this division in years past. OMGFA will field a Combined "Lights" team in 2011.

OMGFA and NSFL highly encourage maintaining a balanced number of players on each team. The total number of players on each team is critical; if too many players are assigned to a particular team, adequate and equal playing time cannot be achieved. If too few players are assigned to each team, the result is too many teams for our limited number of fields. Arrangement of this nature would not meet our goals and, we believe, would not meet the expectations of the players or parents. OMGFA intends to limit the number of players on any one 7th or 8th Grade team to 30.

Our goal is to balance the teams as best we can based on the following:

- Minimum / maximum player requirements
- Position assignments determined based on “Mini-Combine” assessment by the Osseo Senior High Coaching Staff and Jr. High (7th & 8th Grade) Coaches
- Any player over 130 pounds must play in the Unlimited divisions
- Assign players to teams where they have the best opportunity for success

For the 7th & 8th grade program, we will allow a flexible roster, allowing players 130 pounds or less to move between the Unlimited and Combined “Lights” divisions, based on Coaches determination of which division would allow each individual player the best opportunity for success and to have a positive, constructive experience. This could change on a week-by-week basis during the season. The operations and policies of the Association are based on experience and have been developed over time. This is a very difficult task and impossible to satisfy everyone.

ASSOCIATION RULES & GUIDELINES

3rd - 6th Grade Rules

OMGFA rules apply to all games. Teams may also be held to rules of BPAA and RAYFA (see grade level information). Minnesota State High School League football rules apply in situations not covered by OMGFA league rules. OMGFA rules have been developed to ensure the following:

- Fairness to all participants
- The best learning environment for most children
- An experience for children and parents which promotes football as a positive reflection of our community

Any dispute with rules should use the above-mentioned philosophy in solving an issue. Learning and fun should always be the first priority, not the result of a game or a referee’s decision.

7th - 8th Grade Rules

Minnesota State High School League Football rules will govern all play except as noted (see grade level information).

Coaching

- Coaches are selected by the League Directors and approved by the OMGFA Board of Directors.
- Coaches are required to abide by the spirit and overall philosophy of OMGFA and specific grade level rules.
- The head coach and two assistant coaches may have their children as lock selections during roster formation. A coach must attend the mandatory coach’s clinic and receive OMGFA Board approval before coaching any game.
- A coach with previous OMGFA football coaching experience and a positive review from the OMGFA Board has priority selection as a coach in any new season.

Equipment

- Game jerseys and socks are provided by OMGFA. All other equipment including pants w/pads (**black**), shoulder pads, helmet (white) with chin strap, protective cup, molded cleats, mouth guard and practice jersey will be provided by each player.
- Parents/guardians are responsible for the proper fit of all equipment worn by OMGFA players.
- Mouth guards must be worn during all games. Players should not take part in any contact drills during practice without mouth guard protection. Mouth guards are required for all practice contact activities.
- Coaches should monitor whether their players are properly equipped for practices and games. Players not properly equipped may not participate in any form of contact.

Practices

- Practices may not begin until the date indicated in this handbook under “Important Dates”.
- Practices are recommended to last between 1-1½ hours. No practice shall exceed 2 hours.
- Practices will not be conducted in the dark or during severe weather.
- A heat chart will be provided to coaches.

Maximum Football Days

OMGFA defines football days as any OMGFA activity including practices, scrimmages, games, Jamboree, and clinics. The maximum number of football days allowed in a week (Sunday-Saturday) are as follows:

- 2nd & 3rd grade: 4 (5 prior to start of school)
- 4th-6th grade: 4 (5 prior to start of school)
- 7th & 8th grade: 5 (6 prior to start of school)

Weight Restrictions for 3rd -6th Grade

- All backfield positions & tight ends shall have weight restrictions. Backfield positions include all players not on the line of scrimmage (LOS), including punters. Field goal kickers are not restricted. Weight restrictions shall be based on player weight at the time of the Jamboree. A restricted player shall not advance the ball on offense as part of any running play, kick-off return, punt return, fake punt, or fumble advancement. On offense, a restricted player may only run with the ball after catching a **forward** pass. On defense, a restricted player may advance an interception, lateral or fumble recovery.
- Coaches are responsible for verification and identification of restricted players prior to games. Restricted players shall be identified by a five-inch strip of black electrical tape across the back of the helmet. It is the coach's responsibility to ensure that the tape is in place.
- Illegal advancement by a restricted player will result in a 15 yard penalty and loss of down.
- The intentional non-taping or removal of tape from a player's helmet will result in an unsportsmanlike conduct penalty and potential game forfeiture pending review by the League Director.

Fields

- All games shall be played on OMGFA approved fields.
- The Association President or Grade Level Director, in coordination with the Parks and Recreation department, shall be responsible for determining the condition of game fields. Determination of an unplayable field can be made up to game time. Communication will be made as soon as possible. Significant standing water is a good indication the game will be cancelled.

Games

- Games shall be played as scheduled. No changes shall be made without approval from the Association President.
- The head coach and team captains shall meet at the middle of the field for the coin toss before each game. Rule concerns and general sportsmanship issues should be discussed at this time.
- Captains shall be responsible for making decisions related to penalties. Coaches may assist the captains.
- All team rosters will be listed on the OMGFA web site. Coaches shall exchange rosters prior to the start of a game.
- All coaches and players shall remain on the sidelines between the 35-yard lines.

Playing Time Rules for 3rd-6th Grade

- Each player must play in every quarter for the entire quarter.
- Each player must play equally on offense and defense.
- No player may play more than three quarters on defense or offense.
- No player may play more than two quarters in the offensive backfield. If any offensive lineman runs the ball, it will count as one of his two quarters in the backfield.
- In 6th grade, 2 offensive linemen or receivers, non-backfield players, may alternate every play for 4 quarters. This must be every play and only if they are bringing in plays.
- Playing time may be reduced at the discretion of the head coach relating to missing practices or being late for practices or games.

For teams with a roster size that does not allow strict adherence to these rules, the coach must follow the playing time rules as closely as possible.

Playing time Rules for 7th & 8th grade

- Each player must play a minimum of one entire quarter on offense or defense in each half.
- Playing time may be reduced at the discretion of the head coach relating to missing practices or being late for practices or games.

Severe Weather

Play must be suspended immediately upon seeing lightning. Players should seek appropriate shelter and game officials will monitor the situation. While every effort will be made to complete games, delays of 45 minutes will result in cancellation of the game.

Game Cancellation

- Cancellations due to weather and field conditions will be made by officials from the league of the host community.
- A game is considered official after the completion of 3 quarters. If a game is stopped after 3 quarters, it will not be rescheduled. If a game is stopped before 3 quarters are completed, the remainder of the game will be re-scheduled unless both head coaches agree to consider it complete (e.g.; one team has a significant lead.)

Game Rescheduling

- Games can only be rescheduled with the approval of the presidents from each league.
- Games must be rescheduled at least 2 weeks in advance.
- A coach requesting a game to be rescheduled (for reasons other than severe weather) must demonstrate that a valid reason. (For example, a few players being absent will not be considered a valid reason.) for rescheduling a game.

Volunteers

OMGFA relies on the enthusiasm and commitment of many volunteers. If you would like to become involved, please consider the following options:

- Attend a Board meeting held on the 2nd Thursday of every month at the Maple Grove Community Center.
- Contact a Director or Board member for more information.
- Visit our web site @ www.omgfa.com.

GRADE LEVEL INFORMATION 2nd-3rd GRADE

Weight Restrictions

- Offensive back field positions(Quarterback, Running Back or Wide Receiver) shall have the following weight restriction: 90 pounds

Player over the weight limit will receive a Red Strip on their helmet. These players may also line up at Tight End, but cannot run or receive a pass. Red stripped player may only run the ball in the following circumstances:

- a. Fumble Recovery
- b. Pass interception
- c. Kickoff Return from the front line, provide there is no lateral or handoff.

Coin Toss

A coin toss will be performed prior to game time by a referee with team captains and head coaches. The winner of the coin toss will have the choice of kicking, receiving or deferring to the second half.

Coaches on Field

Each team is allowed to have one coach on the field during all games to call plays and position players (offense and defense). During the play, the coach shall remain at least 10 yards from the players and remain silent until the play is over. Let the kids play!

Game Timing

- All Games shall consist of 4 fifteen minute quarters of running time. The clock shall be stop time the last two minutes of each half.
- The clock shall stop after every extra point attempt and begin on the ensuing snap.
- Three time-outs per half. First half time-outs do not carry over to the second half.
- Teams will have 40 seconds to snap the ball between plays. Offenders will be penalized 5-yards from the LOS for delay of game.
- Two-minute time-out between quarters and five minute half time.

In the event one team is seventeen (17) or more points ahead at any time in the game, the clock shall continue to run.

Scoring

Scoring shall be as follows:

Touchdown	6 Points
Safety	2 Points
Extra Point	1 Point Running 2 Points Passing

Offense

- No motion or formation shifts.
- No unbalanced line. Must have a formation of seven players on the line of scrimmage. 1TE mandatory, 2 TE recommended
- Offensive linemen must be aligned with splits no wider than both players' extended arm lengths (i.e must be able to touch the adjacent lineman).

Defense

- Must use 5-4-2 formation. Both Offensive Guards must be uncovered by D-lineman
- Linebackers shall be no closer than 3 yards from the line of scrimmage at the snap.
- Safeties may be no closer than 7 yards from the line of scrimmage except in short yardage (1 yard to go) and goal line (ball at or inside the 3 yard line) they may move up to no closer than 2 yards from the line of scrimmage. Defensive alignment is attached.

Special Teams

- Kick-offs: Only at start of each half. After a score, play starts from the 35 yard line. No on-sides kicks. If attempted, ball goes to offense where recovered.
- Punts: Team must declare when punting. No rushing allowed. No fake punts allowed. Offensive players can't go downfield until the ball is punted. Offense must have five players on the line of scrimmage and no player split beyond the wingback position. Defense must be in normal formation with safeties deep. No long snaps -- referee will hand the ball to the punter, once in place. Play will begin when the ball is punted.

GRADE LEVEL INFORMATION-4th GRADE

Weight Restrictions

- No player in a ball carrying position (quarterback, running backs, receivers, tight ends, punt returner, kick-off returner) can weigh more than 95 pounds without equipment.
- Exceptions include the following: if the ball is turned over, fumbled, intercepted, or if there is an onside kick or a bad punt that goes less than 5 yards.
- Players who are too heavy to carry the ball should be identified with a black X taped to the back of their helmet.

Balls

League issued balls will be used for all games.

Coaches on Field

One coach is allowed on the field for the first two games to call plays and position players (offense and defense). During the play the coach shall remain at least 10 yards from the players and remain silent until the play is over. Let the kids play! A "Coaches Box" will be chalked or coned off on each sideline of all fields. This box will 5 yards deep and will be between the 20 yard lines. ONLY players and coaches will be allowed in this area.

Rules

Except as modified by OMGFA, the National Federation of High School Association rules for the current year shall be the official game rules for all interscholastic contests in which OMGFA members participate.

Coin Toss

A coin toss will be performed prior to game time by a referee with team captains and head coaches. The winner of the coin toss will have the choice of kicking, receiving or deferring to the second half.

Scoring

Scoring shall be as follows:

Touchdown: 6 points

Safety: 2 points

Extra Point: 1 point (running); 2 points (passing)

Game Timing

- All games will consist of 4 twelve minute modified stop time quarters.
- Modified stop time means the clock will stop for change of possession, extra point attempts, penalties, injuries, or measurements. In the last two minutes, time will be stopped for an incomplete pass, running out of bounds, after a touchdown is scored, or for moving down markers.
- Each team will receive 2 time-outs per half. There will be no carry-over of time outs.
- There is no overtime. A tie is a tie.

Kickoff

- The kicking team will set up on the 35 yard line. Exceptions are the 30 yard line in Rogers and the 40 yard line on 100 yard fields.
- The kicking team cannot cross the 35 yard line until the ball has been kicked (if they cross the 35 yard line prior, they are off-sides).
- The receiving team must have 5 players on the opposite 35 yard line.
- If the ball is kicked out of bounds, it is considered a penalty and the receiving team shall have the option to take the ball where it was kicked out of bounds, have the kicking team kick again with a 5 yard penalty, or have the ball spotted at the receiving team's 30 yard line.

Free Kick

- A free kick will occur after a safety. The ball will be placed at the 20 yard line and can be punted or kicked. The set-up shall be the same as for a kickoff.

Punting

- The punting team must notify the defensive team they are choosing to punt.
- The punting team must have 7 players on the LOS.
- The punter must be 3-5 yards behind the LOS.
- The punting team cannot go beyond the LOS until the ball is punted.
- The defensive team must have 5 people on the LOS.
- No player can move or shift until the ball is punted.

Offense

Coaches may run any type of offense as long as it is legal (i.e.; there must be 7 players on the LOS).

Defense

- There must be 6 players on the LOS, which can include defensive backs.
- All other players are required to be at least 3 yards off the LOS.
- The center must remain uncovered.
- Defensive linemen may line up in the gaps between the center and guard. They are not allowed to "crash" the center. Doing so will result in a penalty.
- In a goal line defense, linebackers only may line up one yard off the LOS in a gap. Goal line is defined as when the offense has less than 2 yards to go or are inside the 5 yard line.

Blitzing

- Blitzing is not allowed.

GRADE LEVEL INFORMATION-5th GRADE

Weight Restrictions

- No player in a ball carrying position (quarterback, running backs, receivers, tight ends, punt returner, kick-off returner) can weigh more than 105 pounds without equipment.
- Exceptions include the following: if the ball is turned over, fumbled, intercepted, or if there is an onside kick or a bad punt that goes less than 5 yards.
- Players who are too heavy to carry the ball should be identified with a black X taped to the back of their helmet.

Balls

League issued balls will be used for all games.

Coaches on Field

No coach is allowed on the field during any game. A "Coaches Box" will be chalked or coned off on each sideline of all fields. This box will 5 yards deep and will be between the 20 yard lines. ONLY players and coaches will be allowed in this area.

Rules

Except as modified by OMGFA, the National Federation of High School Association rules for the current year shall be the official game rules for all interscholastic contests in which OMGFA members participate.

Coin Toss

A coin toss will be performed prior to game time by a referee with team captains and head coaches. The winner of the coin toss will have the choice of kicking, receiving or deferring to the second half.

Scoring

Scoring shall be as follows:

Touchdown: 6 points

Safety: 2 points

Extra Point: 1 point (running); 2 points (passing)

Game Timing

- All games will consist of 4 twelve minute modified stop time quarters.
- Modified stop time means the clock will stop for change of possession, extra point attempts, penalties, injuries, or measurements. In the last two minutes, time will be stopped for an incomplete pass, running out of bounds, after a touchdown is scored, or for moving down markers.
- Each team will receive 2 time-outs per half. There will be no carry-over of time outs.
- There is no overtime. A tie is a tie.

Kickoff

- The kicking team will set up on the 35 yard line. Exceptions are the 30 yard line in Rogers and the 40 yard line on 100 yard fields.
- The kicking team cannot cross the 35 yard line until the ball has been kicked (if they cross the 35 yard line prior, they are off-sides).
- The receiving team must have 5 players on the opposite 35 yard line.
- If the ball is kicked out of bounds, it is considered a penalty and the receiving team shall have the option to take the ball where it was kicked out of bounds, have the kicking team kick again with a 5 yard penalty, or have the ball spotted at the receiving team's 30 yard line.

Free Kick

- A free kick will occur after a safety. The ball will be placed at the 20 yard line and can be punted or kicked. The set-up shall be the same as for a kickoff.

Punting

- The punting team must notify the defensive team they are choosing to punt.
- The punting team must have 7 players on the LOS.
- The punter must be 3-5 yards behind the LOS.
- The punting team cannot go beyond the LOS until the ball is punted.
- The defensive team must have 5 people on the LOS.
- No player can move or shift until the ball is punted.

Offense

Coaches may run any type of offense as long as it is legal (i.e.; there must be 7 players on the LOS).

Defense

- There must be 6 players on the LOS, which can include defensive backs.
- All other players are required to be at least 3 yards off the LOS.
- The center must remain uncovered.
- Defensive linemen may line up in the gaps between the center and guard. They are not allowed to "crash" the center. Doing so will result in a penalty.
- In a goal line defense, linebackers only may line up one yard off the LOS in a gap. Goal line is defined as when the offense has less than 2 yards to go or are inside the 5 yard line.

Blitzing

- Blitzing is not allowed.

GRADE LEVEL INFORMATION-6th GRADE

Weight Restrictions

- No player in a ball carrying position (quarterback, running backs, receivers, tight ends, punt returner, kick-off returner) can weigh more than 120 pounds without equipment.
- Exceptions include the following: if the ball is turned over, fumbled, intercepted, or if there is an onside kick or a bad punt that goes less than 5 yards.
- Players who are too heavy to carry the ball should be identified with a black X taped to the back of their helmet.

Balls

League issued balls will be used for all games.

Coaches on Field

No coach is allowed on the field during any game. A "Coaches Box" will be chalked or coned off on each sideline of all fields. This box will 5 yards deep and will be between the 20 yard lines. ONLY players and coaches will be allowed in this area.

Rules

Except as modified by OMGFA, the National Federation of High School Association rules for the current year shall be the official game rules for all interscholastic contests in which OMGFA members participate.

Coin Toss

A coin toss will be performed prior to game time by a referee with team captains and head coaches. The winner of the coin toss will have the choice of kicking, receiving or deferring to the second half.

Scoring

Scoring shall be as follows:

Touchdown: 6 points

Safety: 2 points

Extra Point: 1 point (running); 2 points (passing)

Game Timing

- All games will consist of 4 twelve minute modified stop time quarters.
- Modified stop time means the clock will stop for change of possession, extra point attempts, penalties, injuries, or measurements. In the last two minutes, time will be stopped for an incomplete pass, running out of bounds, after a touchdown is scored, or for moving down markers.
- Each team will receive 2 time-outs per half. There will be no carry-over of time outs.
- There is no overtime. A tie is a tie.

Kicking

No "live" kicking of field goals, extra points or punts is allowed.

Tie

If, at the end of the fourth quarter, the teams have identical scores the tie will be resolved by the "Ten-yard Line Overtime Procedure" as outlined in the National Federation Football Rulebook.

Offense/Defense

National Federation of High School Association rules apply for the current year.

GRADE LEVEL INFORMATION-7th Grade

Rules

- See NSFL Handbook on OMGFA's web site.

Games

- Home games will be played on Sundays at Osseo Senior High.
- Away games will be played at various fields in the northern suburbs. Check schedule for details.

GRADE LEVEL INFORMATION-8th Grade

Rules

- See NSFL Handbook on OMGFA's web site.

Games

- Home games will be played on Sundays at Osseo Senior High.
- Away games will be played at various fields in the northern suburbs. Check schedule for details.

NSFL RULES (for 7th & 8th grade)

National High School Federation Rules apply with the following exceptions:

- All games will consist of 4 ten minute stop time quarters
- The clock will start when the chains are set after a change of possession (unless the clock was stopped because of an incomplete pass or out-of-bounds).
- 2 points will be awarded for a conversion run or pass and 1 point will be awarded for an extra point conversion.
- In the event of a tie, 1 overtime period will be played (unless it is a playoff game). If the game remains tied after 1 overtime, it ends in a tie.
- Teams may use either a regulation or intermediate size ball. Teams may use their own ball when on offense, but are responsible for getting the ball in quickly.
- OMGFA and/or NSFL reserves the right to ban players, coaches or parents for repeated acts of unsportsmanlike or abusive behavior.
- Coaches should meet with officials prior to the game to review the playing rules specific to the age group and to the NSFL.
- There are no restrictions on offenses and defenses (e.g.; motion and blitzing are allowed).
- The home team is responsible for field preparation, lights, chains, and chain gangs. Chain gangs do not switch at halftime.

COACHES SECTION

Getting Started

- Contact players and parents within 2 days of receiving your team roster to let them know they are assigned to your team.
- Select assistant coaches and meet to determine assignments, responsibilities, etc.
- Schedule and plan a parent meeting (before first practice).
- Prepare team season schedule including dates and time for games, practices, events, etc. and distribute to parents.

Parent Meeting

- Introduce all coaches and their responsibilities and assignments.
- Distribute player and coach contact information for all team members.
- Distribute team game and practice schedule.
- Determine best method to communicate with parents (phone, email, etc.)
- Discuss the following:
 - Team goals
 - Policy on missing practices/games, being late for practices/games, etc.
 - Playing time and position assignments
 - Sideline behavior expectations (coaches, players and parents) and good sportsmanship
 - Trash-pickup
 - Parking
 - Snacks/beverages
 - Names and numbers for jerseys
- Recruit at least one Team Manager to assist as needed.

Team Web Page

Individual team web pages are provided on the OMGFA web site. This can be used by teams for coaches contact information, team roster, game and practice schedule, team pictures / logos, etc. A designated representative from each team should request a user name and password via www.omgfa.com.

Reporting Game Scores

Immediately following each game, winning coaches must report game scores on the web site. Standings cannot be updated until all games scores are reported. Your assigned user name and password allows access to report game scores.

Coaching Resources

www.usafootball.com

FAQ

Is OMGFA affiliated with OMGAA, OMGHA or OMGBA?

No. Each of these associations is independent with its own programs, by-laws, boards of directors, etc. However, we try to coordinate our activities with the other associations as needed to avoid schedule conflicts.

Why is registration in May?

We want to avoid conflicts with family vacations, summer camps, etc. during the summer break. This also allows us to get a handle on the number of players and teams for each grade so we can order jerseys and other equipment as well as plan game schedules, select coaches and form teams.

Can girls play for OMGFA?

Yes, girls are welcome.

Can kids that live outside the Osseo-Maple Grove area play for OMGFA?

Yes, all players are welcome.

Can 2nd graders play for OMGFA?

Yes, they are welcome in the 3rd grade program.

How are coaches selected?

Each year head coaches are evaluated based on feedback from referees, other coaches and parents. Coaches that demonstrate and promote the OMGFA philosophy are asked to return. New coaches are selected from registration.

SPONSORS

Each year OMGFA is faced with ever-increasing costs. To those businesses and individuals that have sponsored a team in the past, OMGFA would like to extend a very appreciative "THANK YOU". If you are interested in providing financial support to OMGFA, please contact the President.