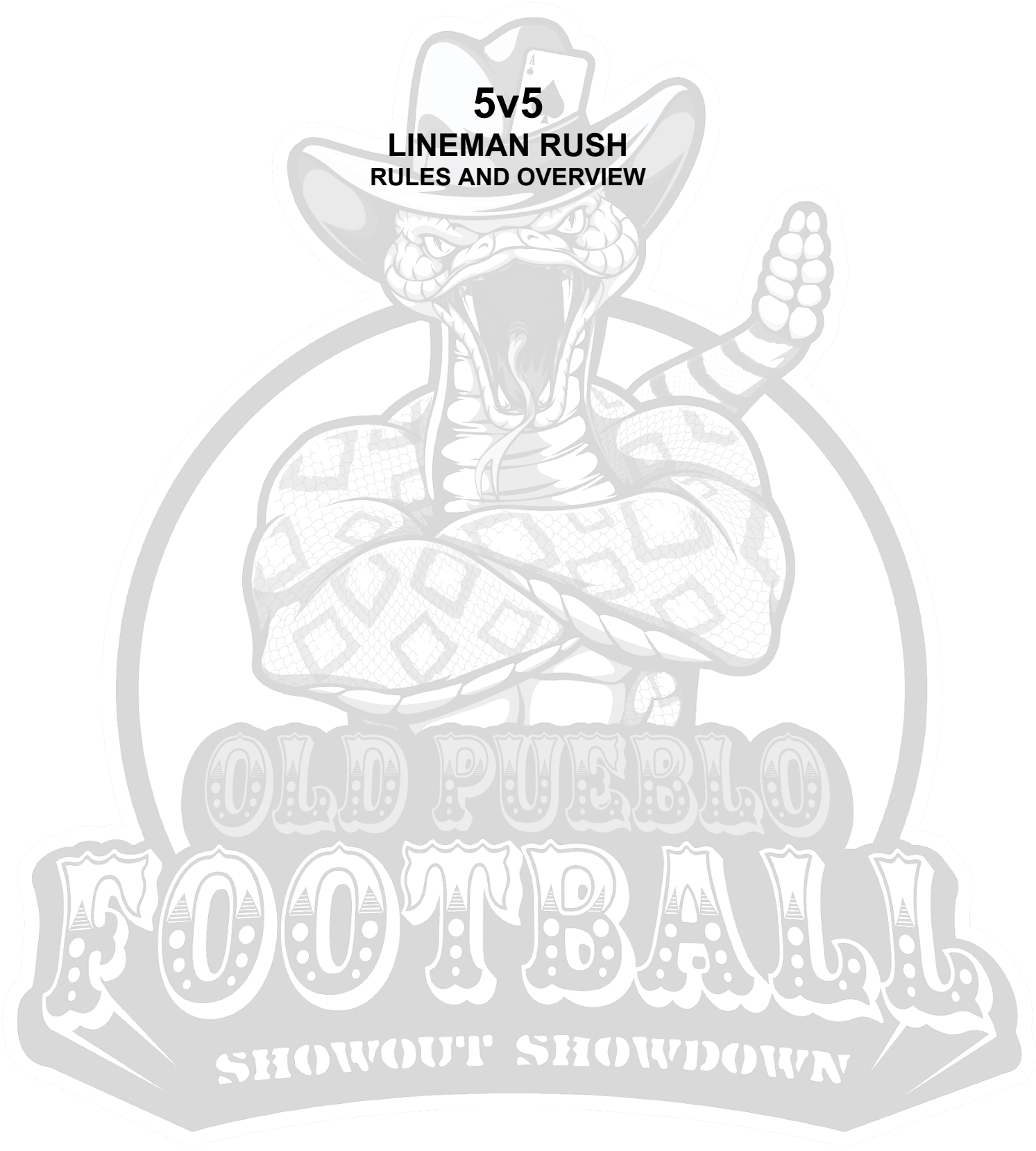
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RULES AND OVERVIEW



OLD PUEBLO FOOTBALL

CODE OF CONDUCT

This document establishes expectations for conduct from athletes, parents, coaches, and spectators at all Old Pueblo Football (OPF) events. OPF operates as a **family-first, safety-first league**. Participation constitutes agreement to comply with this Code of Conduct and all rules contained herein.

ZERO TOLERANCE NOTICE

OPF enforces a **ZERO TOLERANCE** policy for misconduct. Violations may result in immediate removal from the venue, removal for the remainder of the day (minimum), suspension(s) of any duration, discipline applied to associated athletes, and suspension without refund.
NO REFUNDS WILL BE ISSUED for disciplinary removals or suspensions.
Final disciplinary authority rests with **OPF Administration**.

Code of Conduct – Players

Players must demonstrate sportsmanship, respect officials and opponents, follow safety rules, avoid profanity or threats, arrive prepared, and represent OPF positively at all times.

Code of Conduct – Parents & Spectators

Spectators must prioritize youth safety, respect officials and coaches, avoid profanity or harassment, remain outside restricted competition areas, and understand that misconduct may result in discipline applied to associated athletes.

Code of Conduct – Coaches

Coaches must prioritize safety and development, comply with league rules, maintain respectful communication with officials, and ensure team-affiliated spectators comply with OPF standards.

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IMPORTANT INFORMATION

Old Pueblo Football operates differently than many traditional football leagues. Participation constitutes agreement to all rules, enforcement standards, and disciplinary authority contained in this rulebook.

Final Authority & No Appeals

There are **no protests or appeals** of judgment calls. Rule interpretation and enforcement decisions made by officials or OPF Administration are **final**.

Weather & Safety Authority

OPF reserves the right to delay, modify, suspend, or cancel matches due to weather, field conditions, or safety concerns. These decisions are final and not subject to appeal. No refunds will be issued for weather- or safety-related interruptions.

Refund Policy

Once a player has participated in a match, no refunds will be issued. Special circumstance requests must be submitted to info@opfaz.com. All decisions are at OPF discretion.

SECTION 1 – GAME FORMAT & FIELD SETUP

1.1 Format is **5-on-5 linemen-only** competition.
1.2 Players align with approximately **2 feet of spacing**, consistent with tackle football structure.
1.3 Each rep is a **1-on-1 engagement**. No double teams.
1.4 The objective is to **protect or reach the simulated quarterback**.

Field Specifications

- Field Length: **15–20 yards**
- Field Width: **15–20 yards**
- Simulated QB positioned approximately **5 yards** from the line of scrimmage

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SECTION 2 – MATCH STRUCTURE & REPS

2.1 Match length is **twenty (20) minutes**, running clock.
2.2 There are **no halves and no halftime**.
2.3 First possession is determined by:

- First team to arrive, **or**
- Coin flip, rock-paper-scissors, or shadow boxing at referee discretion

2.4 Each athlete receives **two (2) reps**, then teams rotate offense and defense.
2.5 Reset time between reps is **ten (10) seconds**.
2.6 Each rep has a **four (4) second maximum duration**.

Rep Start

2.7 Referee signals when offense is clear to begin.
2.8 Rep begins on **offensive lineman movement**.
2.9 Referee whistle ends the rep and is final.

SECTION 3 – SCORING

Offensive Scoring

3.1 Hold the defender for the full four (4) seconds – one (1) point.
3.2 DOMINATE REP – two (2) points: pancake the defender, or drive the defender out of the gap or off balance.

Defensive Scoring

3.3 Touch the bag within four (4) seconds – one (1) point.
3.4 DOMINATE REP – two (2) points: touch the bag in two (2) seconds or less.
3.5 Points are awarded on every rep. No ties.

All scoring determinations are made by the referee and are final.

SECTION 4 – SUBSTITUTIONS & ROSTERS

4.1 **Substitutions are only permitted when offense/defense rotations occur.**
4.2 No mid-rep substitutions except for injury.
4.3 Injured players are out for the remainder of the match unless approved by the **Head Official**.

Rosters

4.4 Recommended maximum roster size is **twelve (12) players**.
4.5 Teams may split rosters to form a second team **at no additional cost**.
4.6 Rosters may not be shared between teams in the same division.

SECTION 5 – PENALTIES & PERSONAL FOULS

Penalties (Point Deduction)

5.1 The following penalties result in a point deduction: offsides, holding, and hands to the face (progressive enforcement).

Personal Fouls

5.2 Personal fouls are attacking below the waist (cut or chop blocking) and tripping.
5.3 Personal foul progression: 1st offense – warning; 2nd offense – player ejected.
5.4 Spitting results in immediate ejection.
5.5 Two personal fouls in one day result in suspension for the remainder of the day.

Head and Neck Contact

5.6 Head or neck contact, including head butting: 1st offense – warning; 2nd offense – point deduction; 3rd offense – player ejected.
5.7 Intentional head or neck contact may result in permanent ejection.

Unsportsmanlike Conduct

5.8 Each unsportsmanlike conduct penalty is a five (5) point deduction.
5.9 Three (3) unsportsmanlike penalties in one match result in forfeit.

SECTION 6 – OFFICIATING & AUTHORITY

6.1 Minimum of **two (2) referees per match**.
6.2 One referee maintains official scoring.
6.3 One referee manages timing and rep control.
6.4 If no audible timer is available, a handheld **4-second timer** will be used.
6.5 Officials may reposition as needed for safety and visibility.
6.6 Officials enforce a safety halo around the field at all times. Spectators must stay behind the line.

SECTION 7 – DIVISIONS & ELIGIBILITY

Divisions:

- 8U
- 9U
- 10U
- 11U
- 12U
- 13/14U
- High School

Athletes may play **up** a division but may not play down.
Athletes may participate on multiple teams **only if in different divisions**.
Age cutoff is July 1 of the active school year. High school athletes (grades 9–12) must play in the High School division, regardless of age, and may not play in 13/14U or any younger division.

SECTION 8 – SAFETY & EQUIPMENT

8.1 Every player must wear a full-coverage soft-shell helmet at all times on the field, including warm-ups. The helmet must pad the top, sides and back of the head. Ring or headband styles and open-crown caps do not meet this rule.
8.2 Hard-shell (tackle) football helmets are not permitted.
8.3 Helmets must fit snugly, be in good condition (no tears, exposed foam or broken straps) and be worn as the manufacturer intends. Officials decide whether a helmet is acceptable.
8.4 Headgear is personal equipment and may not be shared.
8.5 Approved headgear is available for purchase from OPF. Players may also buy approved headgear from any retailer.
8.6 Headgear is checked at check-in. No approved headgear, no play.

8.7 If a helmet comes off during a rep, the rep is whistled dead. The player may not return until the helmet is refitted.
8.8 Mouthpieces are required.
8.9 Molded rubber or plastic cleats only. No metal spikes.
8.10 Officials may remove any player deemed unsafe immediately.
8.11 Any player showing signs of a concussion is removed for the rest of the day and may not return to OPF play until OPF receives written clearance from a licensed health care provider.
8.12 Headgear may reduce impact forces but does not prevent concussions or other head injuries.

SECTION 9 – SCHEDULING & ATTENDANCE

9.1 All special scheduling requests (dates or times a team cannot play) must be submitted when the team is created at registration so they can be built into the schedule.
9.2 Failure to notify OPF of an absence that impacts scheduling may result in a **$100 schedule-impact fee**.
9.3 Weekly check-in and wristbands are mandatory.
9.4 The full season schedule is published at least two (2) weeks before the first game so teams and families can plan. Once published, the schedule is final.
9.5 Conflicts reported after team creation but before the season schedule is posted will be worked into the schedule or made up where possible. Once the schedule is posted, a team that cannot play a scheduled match forfeits it. The opposing team's missed match is not rescheduled, and OPF does not owe a makeup match or refund.

SECTION 10 – SPORTSMANSHIP & DISCIPLINE

10.1 Celebrations must be brief and not directed at opponents.
10.2 Taunting, profanity, or confrontations are prohibited.
10.3 Spectator misconduct applies to affiliated athletes.
10.4 Zero tolerance enforcement applies at all times.

OPF reserves the right to amend or clarify rules during the season for safety or operational reasons. Updates will be communicated through official OPF channels.