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**Subject:** OL / OL restrictions.

Ethics Committee. Please review as i will be sending this out. This is an explanation of the LO/OL rule STJFL have.

The offensive line consists of the [center](#), who is responsible for snapping the ball into play, two [guards](#) who flank the center, and two [offensive tackles](#) who flank the guards. In addition, a full offensive line may also include a [tight end](#) outside one or both of the tackles.

## ARTICLE XI: WEIGHT DIVISIONS, AGES AND REGISTRATION

### Section 5:

*Line Only "LO" - If a player exceeds the maximum running back weight they will be considered a Line Only "LO" player and be restricted to a down lineman position tackle to tackle on offense, between the tackles on defense, and line of scrimmage kick off receive only. The player cannot cover or play head up on the center one yard off of the ball but must play in either gap. The player may pull as a lead blocking lineman as long as they started on the line of scrimmage. The player may not advance the ball under any circumstances and the ball will be blown dead at the point of possession. The player's helmet and certification card must be marked accordingly.*

*Offense Line "OL" - If a player exceeds the maximum LO weight, they will be considered an Offense Line Only "OL" player and be restricted to a down lineman position tackle to tackle on offense only. The player may NOT play on defense or special teams and may NOT pull as a lead blocking lineman. The player may not advance the ball under any circumstances and the ball will be blown dead at the point of possession. The player's helmet and certification card must be marked accordingly.*

Conclusion:

Therefore, an LO/OL cannot play pass the second position player from the center as by definition the player that flanks the 2nd player is a TE & therefore not "tackle to tackle on offense" as stated in our rules.

*Also, remember an OL/LO cannot play outside these restrictions including but not limited to:*

- 1). On the kickoff team, including the kicker.*
- 2). As a punter*
- 3) As a place kicker on an extra point attempt.*
- 4). As a place kicker on a Field Goal attempt.*

*Please share this with all your coaches especially if they run an "unbalanced" offensive line. We will be enforcing this rule during the playoffs.*

Thank you,

Juan Gonzales

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