



C.S.A.A. SPECIAL FOOTBALL RULES

Football rules are the same as the National Federation of State High School Associations with the following exception or interpretations.

RULE 1: Section 1 - The field shall be 270 ft. by 130 ft., including the end zones. It shall be divided by marks 43 ft. 4 ins. From the sideline. The cross bar shall be 18ft. 6 ins. As measured from the inside of the upright.

Section 2 - The ball shall be: **8th WILSON TDY, 6th WILSON TDJ, 4th WILSON K2.**

Section 3 - The recommended numbering system does not apply.

Section 4 - Overweight Players:

- A. - Overweight players must have a 4" x 8" X on their helmet. It must contrast in color and be put on the back of the helmet.
- B. - On offense overweight players must occupy an interior lineman position only.
Penalty: Live ball foul. 5 yards from previous spot. (S 19)
- C. - On defense an overweight player may occupy any position, except he cannot be in a position to receive a deep scrimmage kick.
Penalty: Live ball foul. 5 yards from previous spot (S 19)
- D. - On a free kick(Kick-off, or a kick off after safety) an overweight player must be positioned within 5 yards of the receiving teams restraining line. He must remain in the zone until the ball is kicked.
Penalty: Live ball foul. 5 yards from previous spot (S 19)
- E. On a free kick an overweight player catches or recovers a free kick, the ball is dead at that Spot.
- F. An overweight player on defense may advance an opponents fumble, backward pass or intercepted forward pass.
- G. An overweight player on offense may catch or recover a teammates fumble or backward pass but cannot advance.
- H. - On any scrimmage down (Includes a field goal attempt and try) one overweight Player may line up in the backfield. HE MUST BE IN A POSITION TO KICK AND MUST KICK. If there is a bad snap he may move to recover and kick. He cannot move to avoid a defensive rush or otherwise move to improve his position. In this case the ball is blown dead at that spot.

RULE 2: Section 3 – **CUT** Blocking – Tackle to Tackle box, **initial surge only.**
4th Grade no Cut Blocking, everything must be above the waist

RULE 3: Section 1 - The quarters in the 8th grade division shall be 8 (eight) minutes long.
The quarters in the 6th grade division shall be 8 (eight) minutes long.
The quarters in the 4th grade division shall be 8 (eight) minutes long.

Section 2 - OVERTIME PROCEDURE - At the end of regulation time, if the score is tied, you must play overtime until the tie is broken. The first overtime the ball will be put in play, first and goal on the defensive team's 10-yard line. The second overtime, the ball will be put in play, first and goal, on the defensive team's 5-yard line. Overtimes will continue from the 5 Yard line until a winner is declared.

A coin toss will be in the center of the field. The winner of the toss shall be given his choice of defense or offense first, or designating the end of the field at which the ball will be put in play for this set of downs. (**EXCEPTION: If both teams are located on the same side of the field, then the team on offense MUST hold their series of downs on their end of the field. After the first team holds their series of downs the teams will switch ends of the field.**)

This will be repeated for each series of downs as long as needed.) The loser of the coin toss will have his choice of the other options. A team may decline to play offense at their end of the field. (mud, etc...)

4th Grade overtime: ONE OVERTIME ONLY The only overtime the ball will be put in play, first and goal on the defensive team's 10-yard line. If the 1 overtime ends in a tie, game is declared a tie.

OVERTIME PROCEDURE RULEBOOK PAGE 87.

RULE 6: Section 1 - The free kick line shall be:
A. - 25 yard line for a kickoff
B. - 15-yard line after a safety.

Section 2 - A free kick out of bounds, receiving team now has three options.

1. - Re-kick with a 5-yard penalty.
2. - Take the ball where it went out of bounds.
3. - 20 yard penalty from the spot of kick of kick off (normal 25 yard line)

4th Grade only : Punt: Offensive team must declare to the referee; no snap required; NO FAKE PUNTS; Defense is not allowed to rush and at least 5 members of the receiving team must remain on the LOS until the ball is kicked; Punt must occur between the offensive tackles; Ball becomes live after it cross the line of scrimmage (LOS); If the ball fails to cross the LOS /or contacts one of the 5 or more defensive players or offensive players on the LOS, then you must re-kick.

RULE 8: Section 3 - The ball shall be placed on the **3 yard line**. During a try, a team may score 1 point from what would be a touchdown or 2 points for a **extra point kick** or safety.

RUN - 1 point PASS – 1 point KICK – 2 points

4th Grade Only - The ball shall be placed on the 3 yard line. During a try, a team may score 1 point for a Run or 2 points for a Forward PASS.

RUN - 1 point Forward PASS – 2 points

Section 5 - The 15 yard line shall be used.

RULE 10: All 15 yard penalties are 10 yards.

All 10-yard penalties are 5 yards. **HOLDING AND ILLEGAL USE OF THE HANDS IS A 5 YARD PENALTY.** All 5-yard penalties remain 5 yards.

Section 4 - the penalty for an overweight infraction shall be administered from the previous spot.

MERCY RULE – 2ND HALF – When a team is leading by 32 points, the clock will continue to run.

SIDELINE OR FIELD PROFANITY: For the 2011 season this will be a point of emphasis, 10 yard unsportsmanlike penalty.
(NO WARNING)

BODY PAINTING: FACE PAINTING, TEMPORARY TATTOOS OR BODY PAINTING OF ANY KIND, INCLUDING PAINT IN THE HAIR IS **NOT ALLOWED.**

GENERAL SPECIAL FOOTBALL RULES

ELIGIBILITY: 8TH GRADE - If a boy is 15 years old before August 1, 2011, or is in the 9th grade or over, he is ineligible for C.S.A. A Grade School Sports.

6TH GRADE - If a boy is 13 years old before August 1, 2011, or is in the 7th grade or over, even if he is of the correct age, he is ineligible for the 6th grade competition. He must play with the 7th & 8th grade.

4TH GRADE - If a boy is 11 years old before August 1, 2011, or is in the 5th grade or over, even if he is of the correct age, he is ineligible for the 4th grade competition. He must play with the 5th & 6th grade

If a boy is eligible for 6th grade competition. He **MAY NOT** play for the 8th grade teams.

If a boy is eligible for 4th grade competition. He **MAY NOT** play for the 6th grade teams.

If you play for a team in the CSAA league you are NOT allowed to play in another league.

CONTRACTS: Every player must have a contract signed by the parent and priest manager before he can participate in the game. If he goes to a public school or another parish, let this and the grade he is in be stated on the contract. Your athletic director has all contracts. If your team has been consolidated with other parishes, those players must have contracts signed from their own parishes/schools and priest manager.

ROSTERS: A roster must be IN THE C.S.A.A. office by **AUGUST 8TH**. (NOT IN THE MAIL) Failure to do so will result in forfeiture of all games and suspension of the head coach, until it is in the C.S.A.A. OFFICE.

AFTER THIS DATE, ANY ADDITIONS TO THE ROSTERS MUST BE IN WRITING AND APPROVED BY THE C.S.A.A. BEFORE THEY ARE ALLOWED TO PARTICIPATE.

WEIGHT LIMITS:

The weight limit will increase 1 lb. Each week, till the end of the season

<u>Weight Limit</u>	<u>Dates</u>	<u>8th</u>	<u>6th</u>	<u>4th</u>
<u>Weigh-ins</u>	<u>August 15, 2011</u>	<u>130 lb</u>	<u>105 lb</u>	<u>85 lb</u>
<u>Jamobree</u>	<u>August 20-21, 2011</u>	<u>130 lb</u>	<u>105 lb</u>	<u>85 lb</u>
<u>Week 1</u>	<u>August 27-28, 2011</u>	<u>131 lb</u>	<u>106 lb</u>	<u>86 lb</u>
<u>Holiday</u>	<u>September 3 - 4, 2011</u>	<u>132 lb</u>	<u>107 lb</u>	<u>87 lb</u>
<u>Week 2</u>	<u>September 10-11, 2011</u>	<u>133 lb</u>	<u>108 lb</u>	<u>88 lb</u>
<u>Week 3</u>	<u>September 17-18, 2011</u>	<u>134 lb</u>	<u>109 lb</u>	<u>89 lb</u>
<u>Week 4</u>	<u>September 24-25, 2011</u>	<u>135 lb</u>	<u>110 lb</u>	<u>90 lb</u>
<u>Week 5</u>	<u>October 1-2, 2011</u>	<u>136 lb</u>	<u>111 lb</u>	<u>91 lb</u>
<u>Bye Week</u>	<u>October 8-9, 2011</u>	<u>137 lb</u>	<u>112 lb</u>	<u>92 lb</u>
<u>Week 6</u>	<u>October 15-16, 2011</u>	<u>138 lb</u>	<u>113 lb</u>	<u>93 lb</u>
<u>Rest of the season</u>		<u>138 lb</u>	<u>113 lb</u>	<u>93 lb</u>

WEIGH-IN BEFORE EACH GAME:

A coach from opposing team may be present for the weight in, it is not mandatory. It is the responsibility of the opposing coach to tell the field manager he wants to be present at the weight in.

All backs and ends will be weighed in before each game, no earlier than 1 hour and no later than 30 minutes before game time. - **NO EXCEPTION.** A coach can be present, but is not obligated to be present for weigh-ins. If a back or end exceeds the maximum weight before a game, HE IS NO LONGER ELIGIBLE TO BE AN OFFENSIVE BACK OR OFFENSIVE END FOR THE REMAINDER OF THE SEASON. If there is any intentional violation of this rule or any other rule on the part of the coach, he will be subject to penalties as provided in the C.S.A.A. Handbook, Article #33.

THIS YEAR FOR ALL WEIGH-INS, NO PLAYER WILL BE STRIPPED BEYOND THEIR UNDER GARMENT.

The practice of sweating a boy down will be dealt with severely. PHYSICALLY AT THIS TIME OF A YOUNG BOY'S LIFE, HE IS DOING MOST OF HIS GROWING. YOU COULD, FOR THE SAKE OF WINNING A FOOTBALL GAME, HURT THIS BOY FOR LIFE.

TEAMS CAN NOT ASSEMBLE MORE THAN ONE HOUR BEFORE THERE SCHEDULED GAME TIME. IF YOU PLAY AT 2:00 P.M. THE EARLIEST TIME TO HAVE YOUR TEAM THERE IS 1:00 P.M.

PROTEST: There will be no protest in league, play-offs or Toy Bowls.

DISQUALIFICATION OF PLAYERS AND COACHES:

If a player or coach is ejected from a game he is automatically suspended for one game and must be reinstated by the C.S.A.A. before being allowed to participate in any game.

TOY BOWL SIDELINE PASSES: Toy Bowl sideline passes will be limited to coaches listed on the rosters of teams in the 2010 Toy Bowl game. Each team in the Toy Bowl will also receive two extra sideline passes.

VIDEOTAPING OF GAMES: A team may have its game videotaped for practice or personal purpose however; no videotaping of any other games will be permitted for scouting. Only a team's own games may be video taped. The trading of tapes is permitted.

PRACTICES:

1. Practices will not start before July 25th.
2. Practice will be four days a week.
3. July 25th – July 29th The first two days of practice can be in helmets and shorts only.
The next two days of practice can be in helmets, shorts and shoulder pads.
4. August 1st – 5th The first two days of practice in full equipment - No live blocking or tackling.
The next two-day will be full practice.
5. July 25th – Aug 19th Practice for the 6th grade can be two hours.
6. August 8th – 19th 6th & 8th Four days of full practice. 4th grade 3 days of full practice
7. August 22nd – Nov 4th 6th & 8th Practices will be limited to three (3) days a week in pads, and one (1) day Without pads. 4th Practices will be limited to Two (2) days a week in pads (1 ½ hrs each day), and one (1) day Without pads (One Hour).

8TH GRADE practices will not exceed two (2) hours and only three practices on a school night (Mon.-Thurs).

6TH GRADE practices will not exceed one and one-half (1 ½) hours and only three practices on a school night (Mon. - Thurs.).

4th Grade practices: July 25th - August 19th 3 (Three) practices a week 1 ½ hours per practice

After August 19th 2 practices a week in full pads for 1 ½ hours and 1 day with-out pads for 1 hour

July 25, 2011 through October 1st, 2011 Practices can not start until 5:30 pm, except for Saturday morning walk thru's. Saturday mornings practices must end by 11:00 am and this time is still under the heat guide lines.

October 3, 2011 thought the end of the season practices can not start until 4:30 pm except for Saturday morning walk thru's. Saturday mornings practices must end by 11:00 am and this time is still under the heat guide lines.

July 26, 2011 until school is started for students, teams may practice in the early mornings. These pre-school early morning practices must be completed by 11:00 am. Saturday mornings practices must end by 11:00 am and this time is still under the heat guide lines.

DATES TO REMEMBER:

- July 25th – July 29th The first two days of practice can be in helmets and shorts only.
The next two days of practice can be in helmets, shorts and shoulder pads.
- August 1st – 5th The first two days of practice in full equipment - No live blocking or tackling.
The next two-day will be full practice.
- July 25th – Aug 19th Practice for the 6th grade can be two hours.
- August 8th - 19th 6th & 8th Four days of full practice. 4th grade 3 days of full practice
- August 23rd 6th & 8th Practices will be limited to three (3) days a week in pads, and one (1) day Without pads. 4th grade Practices will be limited to Two (2) days a week in pads (1 ½ hrs each day), and one (1) day Without pads (One Hour).
- 8TH GRADE practices will not exceed **two (2) hours** and only three practices on a school night (Mon.-Thurs).
- 6TH GRADE practices will not exceed **one and one-half (1 ½)** hours and only three practices on a school night (Mon. - Thurs.).
- 4TH GRADE practices: July 26th - August 20th 3 (Three) practices a week 1 ½ hours per practice
- After August 20th 4th grade 2 practices a week in full pads for 1 ½ hours and 1 day with-out pads for 1 hour

August 15TH - Weigh-ins at St. Martha 6TH grade from 5:30 P.M. – 6:30 P.M.
8TH grade from 6:00 P.M. – 7:00 P.M.

- THERE WILL BE NO 6th / 8th PRACTICE ON MONDAY AUGUST 15, 2011