

CATHOLIC YOUTH ORGANIZATION

FOOTBALL RULES/REGULATIONS

I. PLAYING RULES:

- A. Official Rules: The rules of the CYO Football League are those of the National Federation. It is imperative that each coach have a working knowledge of the National Federation Rule Book in addition to those rules governing CYO Athletics.
- B. Purpose of these Rules: CYO wishes to stress that scores are not to be run-up by winning teams, and also wishes to emphasize that coaches must make every effort to play as many team members as possible in a given game.
- C. Team Minimum: A team must be able to field the minimum number of players (11) at game time or the game is forfeited. If a player is ejected, becomes ill or injured and is unable to finish the game, the team may continue with fewer. However, when on offense, a team must have 7 players on the line of scrimmage.
- D. Game Time: Game time is forfeit time. If one team is not present and ready to play at the time that a contest is scheduled to begin, their opponent may accept a forfeit victory for that contest. Game officials shall sign the score sheet to verify forfeit. No official is required to wait beyond the scheduled game time for a team.
- E. Game Length: The game will be composed of four (4) 10 minute quarters with a 15 minute half-time period.
- F. Overtime:
1. 5/6th Grade: No overtime periods allotted for 5/6th grade games.
 2. 7/8th Grade: 7/8th grade level league games will extend playing time to resolve tie games in league games only (see procedure in National Federation Rule Book). Non-league contests ending in a tie will not be resolved by overtime play but will remain and be recorded as a tie.
- G. Twenty-one Point Rule: After a team has obtained a lead of twenty-one (21) or more points, the coach of the leading team must enter at least six (6) substitutes, and keep these (or other substitutes) on the field at all times until the score has been reduced to less than a (21) point lead. A team that is trailing a game by (21) points in the fourth quarter is required to enter and keep (6) substitutes in the game unless the lead is reduced to less than (21) points. The Athletic Director and Coaching Staff shall be responsible for adherence to this rule.

Penalty: If this rule is violated by the offensive team, the ball goes over to the defensive team at the spot. If violated by the defensive team, the result is a fifteen (15) yard penalty.

1. It is the responsibility of the team that is substituting to notify the officials that they are substituting and who the substitutes are. This will be done by means of an official's time-out.
 2. A team leading by twenty-one (21) points or more is not required to substitute on an extra point attempt that is being kicked, but must on a pass or run attempt.
 3. Two (2) points will be scored for a successful try for point-after a touchdown by place-kick or drop-kick; one (1) point if by run or pass.
 4. Four (4) points will be scored for a successful field goal attempt. (This rule is adopted to encourage the development of the kicking game in CYO Football).
- H. 4th Quarter Rule (5/6th Grade Only): With eight (8) minutes or less to play in the 4th quarter and a team has attained a lead of fourteen (14) points or more, the game is complete. At that time, both teams must insert all non-starters into a defensive or offensive position for the remaining minutes of play.

II. GAME RULES/REGULATIONS:

- A. Playing Field: Home team must provide a marked field with regulation goal posts at each endline. Goal posts must be padded.
- B. Protective Equipment/Uniform: Complete uniform includes helmet, with face guard and mouth protector, shoes, pants, jersey, shoulder pads, hip pads, knee pads, and thigh pads (a protective cup is recommended).
- C. Helmets: Football helmets must be a padded helmet, not suspension, with removable jaw pad. All helmets in use must have the **NOCSAE** stamp of approval.
- D. Regulation Football: An approved youth size football (leather or rubber). The following specifications must be adhered to:
 1. Weight - 12 to 14 ounces
 2. Inflation Pressure - 12.5 to 13.5 pounds
 3. Long Circumference - 26" to 27"
 4. Long Axis - 10" to 11"
 5. Short Circumference - 19" to 20"
 6. The "TDY" by Wilson is an approved ball.
- E. Uniform Jerseys: Jerseys of opposing teams must be of contrasting colors. At least one (1) week prior to the game, the home team management shall notify the opponents of their colors; whereupon, the opponents are responsible for avoidance of similarity of colors. If no such notice is given, the home team must make any required change.
- F. Game Roster: A roster list indicating jersey number and name of each player must be submitted to the opposing coach fifteen (15) minutes prior to the start of the game. The

list should be prepared in numerical sequence. A duplicate copy must be submitted to the official assigned to the game.

G. Weigh-In Procedures:

1. Maximum weight limit is 160 pounds for 7/8th grade football and 125 pounds for 5/6th grade football.
2. The weigh-in will begin at least ½ hour prior to game time.
3. ONLY the Referee is permitted to waive players from the scale. Coaches MAY NOT agree between themselves to waive players.
4. Players MAY step on the scale wearing a t-shirt, gym shorts and no shoes. (In case of inclement weather, players should have sweatpants and a sweatshirt to wear prior to weigh-in).
5. Players weighing-in excess of 160 pounds for 7/8th grade teams will be ineligible to participate in the game (125 pounds for 5/6th grade teams).
6. Players are permitted one, and only one, appearance on the scale. Mutual agreement is prohibited. Interpretation: Player may get off the scale to permit the official to adjust, but may not leave weigh-in area. Decision of the officials assigned to the game will be final. No appeal.
7. Maximum of one (1) representative from each team shall be present at the weigh-in. No coaches from neutral schools are allowed at the weigh-in. The Athletic Director and Coach shall be responsible for adherence to this rule.
8. Only beam, lever, or Health-O-Meter type scales are acceptable for use in weigh-ins.
9. Home team must provide scale and ten (10) pound York or similar barbell weight to verify scale accuracy for weigh-in. Scale must be located on a hard, flat surface (example: square of wood, cement, etc.).
10. Failure to provide proper type scale will result in forfeiture of game.

III. LEAGUE RULES/REGULATIONS:

- A. Pre-Season Practice Length: Practice sessions prior to a team's first game, should not exceed two (2) hours in duration. No more than one (1) session in full equipment is permitted on any given calendar day.
- B. In-Season Practice Length: Practice sessions after a team plays its first game, league or non-league, should not exceed one and one-half (1½) hours. No practice involving contact or scrimmages shall be held the day after any scheduled game.
- C. Pre-Season Scrimmage Limit: Each team is limited to one (1) non-intra squad scrimmage session prior to the first scheduled CYO game. Violation of this one pre-season scrimmage

rule will result in the team being declared ineligible for the Division Championship and the "Prep Bowl" at Ford Field, as well as the Parish/School athletic program being placed on probation.

- D. In-Season Scrimmage Limit: Each team is limited to one (1) non-intra squad scrimmage session per week after the first scheduled CYO game. This scrimmage should not exceed one (1) hour.
- E. Approved Scrimmage Opponents: CYO teams are prohibited from scrimmaging teams that do not adhere to CYO Rules regarding age, grade, and weight respectively. The athletic director and coaching staff shall be responsible for adherence to this rule.
- F. Allowable Games: No CYO football team may play more than eight (8) games, except those two teams playing the CYO Championship game. Football season must be completed by the day of the Championship game.
- G. Officials: CYO will assign MHSAA registered officials for all home games. All officials shall be paid on the field by the home team, prior to the start of the contest. A three (3) man crew will be assigned to all games. (See General Information Sheet For Officials Rate).
- H. Officials Not Present: In the event that the assigned officials are not present to officiate the game(s), participating teams will re-schedule the game(s) with the CYO office after mutually agreeing on date(s) and time(s).
- I. Suspended Games: Games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score.
- J. League Standings: The league standings will be computed on the basis of two (2) points for a win and one (1) point for a tie (5/6th grade), and zero (0) points for a loss. Non-league games do not count in division standings.
- K. Roster Limitations: There is no limit as to the number of players that a team may have. Additional players may be similarly registered (as per CYO eligibility rules) at any time during the regular season.
- L. Player Contract: Each player must sign a player's contract giving age, date of birth, weight, and height. These contracts will be furnished by the CYO Office. Parent and/or guardian must sign as well as the player. Contracts must be in the CYO Office prior to the first game.
- M. Parental/Guardian Consent: Coaches shall not permit a player to engage in practice sessions unless he has returned his signed contract with parental and/or guardian consent.
- N. Insurance: Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. This coverage is in effect if the student has no medical coverage. Information can be obtained through School Principals or Parish Pastors.

IV. PLAY-OFFS:

- A. 5/6th Grade: There are no play-offs for 5/6th grade teams.
- B. 7/8th Grade: The CYO will sponsor a play-off tournament at the conclusion of the season for 7/8th grade teams.
- C. Division Tie Breaker (7/8th Grade Only):
 - 1. If 2 or 3 teams tie for a division title, head to head game results will determine the division champion.
 - 2. If still tied, a play-off game will be held to determine the division champion, time permitting.
 - a. If Team A beat B, and A beat C, then A will be declared champion.
 - b. If Team A beat B, and B beat C, and C beat A, then a three-way play-off will be held, time permitting.
 - 3. The CYO Athletic Program Director determines if a play-off can be held. A coin flip may be used to determine division champion.

Emergency Football 3-way Tie Breaker:

- 1. Margin of victory between tied teams – maximum of 13 points
- 2. Contest of common league opponents up to 13 points
- 3. Last team to appear in Prep Bowl yields, becomes lower place finisher
 - Revert to contest between remaining 2 teams
 - If still tied blind draw or coin flip

V. VIOLATIONS AND PENALTIES:

Violations of CYO rules and regulations shall subject a member Parish/School to any or all but not limited to the following: censure, probation with competition, probation without competition, forfeiture, expulsion.