



2010 CYO SUPPLEMENTAL FOOTBALL RULES

August 4	Coaches meeting – 6:30 P.M. – CYO Center
August 1	First day to begin practice
August 12	First day of School
August 26	Team registration forms due. Teams must be submitted on the official forms supplied by the CYO Office. The \$25.00 team fee must accompany the registration form.
September 9	Weigh-in will be held at the Lipscomb Center from 4:00-5:30 P.M. Rosters are due at this time. Senior rosters are due in the CYO Office on this date. Parish Representatives will be sent an invoice for participation fees. Participation fees are \$50.00 per player.
September 11	Season begins.
September 23	Participation fees of \$ 50.00 due to CYO today.
September 23	Last day for additions to roster
December 2	Toy Bowl Mass and Banquet
December 4	63 rd Toy Bowl Classic

All CYO football games will be played according to the current rules of the National Federation of State High School Associations except as noted herein.

RULE 1 – ELIGIBILITY

Divisions of play in the CYO Football League are classified as follows:

- ❖ **BANTAM** - This division includes players in the 2nd grade who are **8 years old or younger** as of **September 1, 2010**. Players must weigh **75 lbs. or less** at the official weigh-in. The maximum weight for a “**striper**” in the Bantam Division is **100 lbs.**

❖ **MIDGET** - This division includes players in the 4th grade and under who are **10 years or younger** as of **September 1, 2010**. Players must weigh **100 lbs. or less**** at the official weigh-in. The maximum weight for a **“striper”** in the Midget Division is **125 lbs.** **** (Midget weight increased 5lbs. – July 10, 2008)**

JUNIOR – This division includes players in the 6th grade and under who are **12 years old or younger** as of **September 1, 2010**. Players must weigh **125 lbs. or less** at the official weigh-in. The maximum weight for a **“striper”** in this division is **160 lbs.****

SENIOR – This division includes players in the 8th grade and under who are **14 years old or younger** as of **September 1, 2010**. Players must weigh **160 lbs or less**** at the official weigh-in. **There is no maximum weight limit in the Senior Division (8/07/06).** **** (Senior weight increased 5lbs – July 10, 2008)**

To be eligible for a parish team, a player must either be:

- a.) enrolled in the participating parish school, or;
- b.) a Catholic not attending the parish school but is enrolled in the parish CCD program and attends classes regularly, **that is, a minimum of 75%;**
- c.) if a player is a registered member of a parish, but attends a different parish school, he/she has the option of playing for either parish. **However, said player must participate for this parish for the entire year. The exception to this will be if the parish/school does not field a team in his/her division.**

To be eligible for a non-parish team the player must be enrolled in the institution he/she represents.

A CYO player may participate on only one CYO team during a sport season.

Additions may be made to the roster up to and including September 23rd 2010 and must be certified in writing to the CYO office by the Parish Representative or Coordinator.

Supplemental players may be used under the following conditions:

- a.) The supplemental players must be a member of a parish, and otherwise eligible but, his/her parish does not field a team in the division.
- b.) Rosters of those teams using supplemental players may not exceed **22 players**
- c.) Supplemental players are subject to the approval of the Executive Director in order to preclude an unfair advantage by one team.
- d.) **Parishes who do not field a team but have players interested in playing need to register the players with the CYO Office for placement on teams.**

Players who exceed the divisional weight limit, but not the maximum weight limit for a "striper" will be eligible to play under the following conditions.

- a.) All players classified as "stripers" must wear a one-inch strip of tape of contrasting color laterally and completely around the helmets.
- b.) A maximum of **three (3) "stripers"** per team may be in the game at any one time, **provided both teams have three (3) stripers available at the game. Should either team have less than three (3) stripers, the maximum number of stripers in the game at one time is two (2).**
- c.) Stripers may not participate on the kick-off.
- d.) A "striper" may not carry the ball offensively or defensively and may play only a line position from tackle to tackle. His widest alignment defensively is the outside shoulder of the offensive tackle.
- e.) "Stripers" must begin each play in the down position (**3 or 4 point stance**) with the first step being forward or lateral.

PENALTY: If an offensive player violates this rule, the ball will be returned to the point of origin and the down counted. If a defensive player violates this rule, the offensive team will have the option of accepting the play or replaying the down.

- f.) **"Stripers" may participate on field goals and extra points, provided a kick is attempted.**
- g.) If "stripers" gain possession of the ball, the ball is ruled "dead" at that point.
- h.) "Stripers" must line up from tackle to tackle and cannot pull round the defensive end to lead sweep, screen type plays or **block on a safety or corner back.**

RULE II – PARTICIPATION

Every child is required to play a minimum of one-quarter of every game in which his team is involved, provided the child has attended practices regularly and has not been a discipline problem. **A player should participate a minimum of eight (8) plays in order to satisfy this requirement.**

***** In the Senior Division only, there is no minimum playing time for players, however, every player must participate in each game.*****

The quarter rule is not a protestable violation by opposing coaches.

When one of the aforementioned impediments applies or when a child is ill or injured, the coach should so note on the scorecard prior to the start of the game. Indicate with a **"D" for disciplinary action** or **"I" for injury or illness**. On the reverse of the card the coach must give the player's name and number and the reason for the disciplinary action or the nature of the injury or illness.

Players who are being disciplined or who have been designated as injured or ill will not be allowed to play and will be considered ineligible for that game. The officials will not

knowingly permit these players to enter the game. However, in any event, the burden of responsibility will rest with the coach.

PENALTY: THE PLAYING OF AN INELIGIBLE PLAYER WILL RESULT IN A FORFEIT WHETHER INTENTIONALLY DONE OR NOT.

RULE III – WEIGH-INS

All players in the **Bantam, Midget and Junior Divisions are required to weigh-in on THURSDAY, SEPTEMBER 9TH, AT THE LIPSCOMB CENTER.** The weighing of players will begin at 4:00 P.M. and end at 5:30 P.M.

No weigh-ins are permitted at the first game, except players in the Senior Division.

On Thursday following the second week of the season, **SEPTEMBER 23TH, FROM 4:00-5:00 P.M.**, a second weigh-in is required of all strikers in the Bantam, Midget and Junior Divisions. Any other player who was **ten (10) pounds or less than their respective divisional weight limit** must weigh also; e.g., any Bantam weighing 56-65 lbs., any Midget weighing 86-95 lbs., and any Junior weighing 116-125 lbs.

Senior players are required to weigh each week prior to their game.

Players in the Junior Division who weigh within **five (5) lbs.** of the divisional weight limits, that is, 120-125 lbs. or 155-160 lbs., must weigh prior to each game.

Official weigh-ins will be held **no sooner than 30 minutes prior to the scheduled game time.** No player will be **officially** weighed before then. **Both coaches must be present at these weigh-ins.**

Opposing coaches will exchange line-up cards at least 15 minutes before each game.

If a player in the Senior Division fails to weigh-in before the line-up cards are exchanged, he cannot play until half-time, unless otherwise agreed upon by **both coaches.**

All players who weigh **eleven (11) pounds or more** under the divisional weight limit (Bantams – 54 lbs.; Midgets – 84 lbs.; Juniors 114 lbs.) will not be required to weigh-in again at any time during the remainder of the season unless requested to do so by the Executive Director.

ONLY ONE ATTEMPT TO MAKE THE DESIGNATED WEIGHT LIMIT IS ALLOWED PER DAY. WEIGH-INS ARE CONDUCTED UNDER THE SUPERVISION OF THE FOOTBALL COACHES ASSOCIATION AND/OR THE CYO STAFF.

There will be no additional weigh-ins for the **Bantam & Midget Divisions** after the third Saturday of the season.

ANY COACH FOUND GUILTY OF ENCOURAGING A PLAYER TO 'SWEAT OFF' WEIGHT WITHOUT THE CONSENT OF THE CHILD'S PARENTS OR OF PLAYING AN OVERWEIGHT PLAYER WILL BE SUBJECT TO SUSPENSION OF NOT LESS THAN ONE (1) YEAR.

WEIGH-IN

To expedite the weigh-in procedure the following procedure should be followed:

- a.) The completed roster containing the player's full name, birth date and uniform number must be presented to the scale monitor. Each coach should bring a copy of the roster for his records since the original will be kept in the CYO Office.

PLEASE TYPE OR PRINT LEGIBLY THE PLAYERS IN NUMERICAL ORDER. LINE UP THE PLAYERS ACCORDINGLY.

- b.) The exact weight of each player must be recorded on the team's roster at the time of the weigh-in.

RULE IV – PLAYERS' EQUIPMENT

A player shall not wear anything, which is dangerous to himself or any other player. Players in all divisions must be fully equipped with mouth guards, helmets, shoulder pads, pants with pads, and shoes without detachable cleats. Metal or metal-tipped cleats are not allowed.

When a player's equipment needs attention, the official may call a time-out and charge it to himself. When the time-out exceeds or is expected to exceed one minute, the player will be asked to leave the game to complete the repairs on the sideline.

All players on a team must have the same color uniforms with identifying numbers on both the front and back of the uniform shirt.

PENALTY: If a player is wearing dangerous or illegal equipment or lacks any of the required equipment, participation is forbidden until corrected to the satisfaction of the referee.

RULE V – DURATION OF THE GAME

A 12-minute running clock will be kept in the Midget Division, however, during the last two (2) minutes of each HALF the clock will be stopped for incomplete passes and out of bounds.

In the **Junior and Senior Divisions** the game consists of 10-minute quarters, the clock will be kept in accordance with the official high school rules.

There will be one-minute breaks between quarters at which time one player may confer with the coach. There will be a ten (10) minute intermission between halves.

Three (3) time-outs are permitted per half. The length of these time-outs will be 1 ½ minutes each.

The game may end after the “ceiling” has been exceeded at the option of the trailing coach. The “ceiling” is defined as a 28-point difference.

In the Midget and Junior Divisions if a regular season game ends in a tie, there will be one overtime period according to AHSAA rules. Each team will have one possession consisting of four (4) plays. The ball will be placed at the opposition's ten-yard line to start.

In the Senior Division if a regular season game ends in a tie, there will be unlimited overtime periods according to AHSAA rules.

RULE VI – OFFICIAL BALL

Each team shall furnish a ball of proper size, quality and condition for each game:

*BANTAM DIVISION	-	Pee Wee Size
MIDGET DIVISION	-	No. 6
JUNIOR DIVISION	-	No. 7
SENIOR DIVISION	-	No. 7

RULE VII – SPECIAL PLAYING RULES

There will be no kick-offs in the Bantam and Midget Division. The ball will be placed 10 yards past midfield towards the **offensive** team's goal.

In the **Bantam Division**, the offense must have five (5) men on the line of scrimmage; the defense can have no more than four (4) men on the line and cannot cover the “center” with a down lineman.

Should a Midget Team declare to punt on any down, they will be given a free punt. On a free punt there will be no rush. The offense will use a tight punt formation (with no wide-

outs) and the defense will have eight (8) men on the line of scrimmage. Neither team will be allowed downfield until the ball has been kicked. The kicker will line five (5) yards behind the center. The referee will hand the ball to the kicker, who will kick from that point. The clock will be stopped from the time a team declares that it will punt until the ball is kicked.

In the Midget Division, the offense can elect to advance the ball twenty (20) yards instead of kicking or otherwise running the play, provided they are on the defensive forty (40) yard line or farther out and have first notified the game official of this decision.

In the Midget Division between the offensive team's goal and the defensive team's twenty (20) yard line there will be a six (6) man defensive line with no defensive player's head up on the offensive center. The remaining players on defense may be in any position but no closer than three (3) yards from the line of scrimmage. Inside the defensive team's twenty (20) yard line any defense is permissible.

PENALTY: A 15-yard penalty will be assessed.

All declared punts inside the 40-yard line will be considered a touchback and brought to the 20-yard line.

Two (2) points will be awarded on P.A.T.

Coaches are required to fill a roster card and present it to the officials, as well as the opposing coaches.

When a player or coach has been ejected from the game because of poor sportsmanship, the player or coach is also suspended from participating in their next game and may be subject to further disciplinary action.

CONDUCT OF RESPONSIBILITY

To be Christian is to be aware of the feelings and rights of others. Each person has the right to demand respect from his fellowman. Likewise, each person has the obligation to show this respect to his fellowman. Your conduct is your responsibility and is a strong indicator of the realness of your person. You are expected to cooperate with the Code of Conduct expected of CYO Coaches at all times as demanded by the philosophy of the Catholic Youth Organization.

PRACTICE TIME

Practice time for the **Senior Division is 6 hours per week.**

All other Divisions are limited to 5 hours per week.

These times do not include stretch and warm-up exercises.