

CATHOLIC YOUTH ORGANIZATION

Monroe CYO

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 seven (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:
1. 5/6th Grade (B Level): The game will be composed of four (4) six minute (8:00) quarters with an eight minute (8:00) half-time period during regular season games. All games will be a stop and go clock unless a twenty-one (21) point deficit is reached in the second half, at which time a running clock shall be used until the deficit returns to less than twenty-one (21) points. A running clock runs at all times except during a team time-out, an injury, or the end of the third quarter.
 2. 7/8th Grade (A Level): The game will be composed of four (4) eight minute (10:00) quarters with an eight minute (8:00) half-time period. All games will be a stop and go clock unless a twenty-one (21) point deficit is reached in the second half, at which time a running clock shall be used until the deficit returns to less than twenty-one (21) points. A running clock runs at all times except during a team time-out, an injury, or the end of the third quarter.
- F. Overtime:

1. 5/6th Grade (B Level): No overtime period allotted for 5/6th Grade B Level regular season games. For Championship round games, the B Level will follow the overtime rule for the A Level and will extend playing time to resolve time games (see procedure in National Federation Rule Book).
 2. 7/8th Grade (A Level): 7/8th Grade A Level regular season and Championship round games will extend playing time to resolve tie games (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 twenty-one (21) point lead. A team that is trailing a game by twenty-one (21) or more points in the fourth quarter is required to enter and keep six (6) substitutes in the game unless the lead is reduced to less than twenty-one (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 B Level Only): With four (4) minutes or less to play in the 4th quarter and a team has attained a lead of seventeen (17) points or more, the game is complete. At the time, both teams must insert all non-starters into a defensive or offensive position for the remaining minutes of play.
- I. Kick Off Rule (5/6th Grade B Level Only): There will be no kick-offs. The team receiving the ball will put the ball in play from their own thirty-five (35) yard line. **Exception: If there is a change of possession as a result of a safety, the ball will be put in play from their opponent's forty-five (45) yard line (net of 20 yards).**
- J. Punt rule (5/6th Grade B Level Only): **If a team elects to punt the football, that team will have the option of kicking the ball as is normally done OR informing the referee of their intention to punt. Instead of kicking the ball, the referee will spot the ball 25 yards from the previous line of scrimmage to begin the change of possession.**

- K. Point After Tries (5/6th Grade B Level Only): After a touchdown is scored, the referee will ask the scoring team to declare whether they will run a play for an extra point or will attempt a kick for two extra points. If a run is chosen, the play will proceed according to the normal rules governing a P.A.T. play. If a kick is chosen, it will be an uncontested kick. The ball must be snapped with the offensive and defensive lines in their normal holding positions, but neither line may release. If the snap from the center causes the holder to alter the normal holding position the extra point try will become dead and declared no good. If the nonkicking team crosses the line of scrimmage during the try, they will be declared offside and the kicking team will choose to take the penalty or the result of the play. If they accept the penalty, they will again declare their choice of running or kicking the PAT.

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 pad, 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 press box 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 170 pounds for 7/8th Grade A Division football and 130 pounds for 5/6th Grade B Division football.

2. A league-wide weigh-in will be used to determine weights for all Monroe CYO football players. All players will be weighed-in during the pre-season weigh-in day (or at one and only one of the pre-season weigh-ins if held on more than one day) and those within five (5) pounds of, or over, the weight limits shall also weigh-in during the mid-season weigh-in day. This rule was adopted to prevent the weigh-loss tactic which could be harmful to youth athletes. The pre-season and mid-season weigh-ins will govern all Monroe CYO regular season and championship round games. A separate weigh-in may be required one-half (1/2) hour before any games involving Detroit CYO team, including but not limited to the Prep Bowl day contest.
3. **ONLY the Weigh-In Official (or Game Referee when applicable) 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 socks, but not 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 **170** pounds for 7/8th Grade A Division teams and in excess of 130 pounds for 5/6th Grade B Division teams **WILL** be eligible to participate in Monroe County CYO regular and championship round games in a limited capacity:
 - a. Such over-limit players may participate as an Offensive Lineman, including on extra point tries. **AT NO TIME SHALL AN OVER-LIMIT PLAYER LINE UP MORE THAN TWO POSITIONS FROM THE CENTER (PLAYER SNAPPING THE BALL). For example, this is legal, T-G-C-G-T. However, this is not legal, G-C-G-T-T. The assumption here is that all five players listed are over limit. In the non-legal example, if the tackle furthest from the center is under limit, it would be legal.**
 - b. Such over-limit players may also participate as a Defensive Lineman (tackle-to-tackle), including on point tries, and must be lined up on the line of scrimmage prior to, and at time of, the snap.
 - c. No over-limit player may advance the ball. The play will be declared and whistled dead whenever an over-limit gains possession of the ball.
 - d. No over-limit player may participate in any kick-off (kicking or receiving teams).
 - e. Any player that exceeds the weight limit shall have an identifying decal placed on his helmet and shall be identifiable by that decal at all times while in the game.
 - f. **NO OVER-LIMIT PLAYERS** shall be eligible to play in any contest involving Detroit CYO teams, including but not limited to the Prep Bowl day contests, unless expressly permitted to do so by the Monroe County CYO Director.
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 the weigh-in area. Decision of the officials assigned to the weigh-in will be final. No appeal.
7. Any player who fails to weigh-in at the pre-season weigh-in will be declared overlimit for all games prior to the mid-season weigh-in, and they must report for the mid-

season weigh-in. Any player who is required to attend the mid-season weigh-in shall be declared overlimit for the remainder of the season, including championship round games.

8. Only beam, lever, Health-O-Meter or another type of scale expressly approved by the Monroe County CYO Director are acceptable for use in weigh-ins.
9. The league will provide a scale and ten (10) pound York or similar barbell weight to verify scale accuracy for all weigh-ins. Scale must be located on a hard, flat surface (example: square of wood, cement, etc.).

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 (1 ½) 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.
- 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 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. [Each B Level official \$35.00; Each A Level official \$40.00]
- H. Officials Not Present: In the event that the assigned officials are not present to officiate the game(s), participating teams will continue play with coaches or parents to fill-in for the missing game officials.

- 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 tie (5/6th Grade B Division), and zero (0) points for a loss. Non-league games do not count in division standings.
- K. Roster Limitations: There is no limit as 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/Parent Form and Physical: Each player and his parent(s)/guardian(s) must sign an Assumption of Risk and Sportsmanship Pledge form, in which the parent(s)/Guardian(s) consent to their son/guardian's participation and in which the parent(s)/guardian(s) and player agree to adhere to the CYO sportsmanship pledge. These forms will be furnished by the CYO Office. Each player must also have a physical, with a medical certification to play. Physical forms can be obtained from the CYO Office. Contracts and physicals 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 and his physical form with medical certification to play.
- 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 B Division: There will be a Championship Round at the conclusion of the season for 5/6th Grade B Division teams.
- B. 7/8th Grade A Division: There will be a Championship Round at the conclusion of the season for 7/8th Grade A Division teams.
- C. Division Tie Breaker:
 - 1. Teams will be seeded according to record (points used in B Division if ties involved) during the regular season.
 - 2. If two teams tie, the tie will be broken as follows:
 - a. Head-to-Head record; if still ties, then:
 - b. Head-to-Head margin of victory – maximum of thirteen (13) points; if still tied then:

c. Coin flip.

3. If three teams tie, the tie will be broken as follows:

- a. Head-to-Head record; if only one team remains, that team is declared the winner; if two teams remain, apply two team tie breaker with only the two teams remaining; if all three still tied, then:
- b. Head-to-Head margin of victory – maximum of thirteen (13) points; if only one team remains, that team is declared the winner; if two remain, apply two team tie breaker with only the two teams remaining; if all three still tied, then:
- c. Draw lots of fully break tie, drawing order using alphabetical order of name of team, putting locality following name (e.g. St. Charles, Newport would come before St. John, Monroe; NOT Monroe-St. John before Newport-St. Charles).
- d. A full tie break using the three-way tie breaker will be preferred to having to apply the two-way tie breaker if only one team is declared the winner on any given round.

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, suspension, and expulsion.

Approved at League Football Meeting 7-25-2005; Revised 8-2007; Revised 7-2008; Retained Unchanged 7-2009.
Revisions/retention approved at advisory Committee Meetings 8-2007, 7-2008, 7-2009.
(2007 Experimental Over Limit Defensive Line Rule retained 2008 & 2009;
2008 Experimental B Kick-Off & PAT rules retained 2009;
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Rule changes for 2008 highlighted in green shading
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