

CATHOLIC SCHOOL ATHLETIC ASSOCIATION
2016-2017 FOOTBALL RULES

1) STUDENT ELIGIBILITY:

- A) A participant must be a student of the school that the team represents. (Exception for mergers between schools approved by CSAA Advisory Council.)
- B) Players must be eligible under Diocesan School Office academic standards. In addition, it is suggested that the respective principals declare ineligible any player who has not shown sufficient application in his schoolwork.
- C) Player participation:
 - 1. A player may be listed on only one roster, so participation on more than one team is prohibited.
 - 2. Each principal shall be responsible for the eligibility of all players submitted on the team roster.
 - 3. Participation in any league game by an ineligible player shall result in a forfeit by the team with the ineligible player with possible further sanctions from the CSAA Board.

2) LEAGUES:

- A) Fourth (4th) Grade Eligibility: Open to any boy enrolled at the school or school who has merged with school submitting the roster who has not advanced beyond the fourth (4th) grade who will be at least eight (8) on September 30th of the current school year, and has not reached his eleventh (11th) birthday prior to September 1st of the current school year.
- B) Sixth (6th) Grade Eligibility: Open to any boy enrolled at the school or school who has merged with school submitting the roster who has not advanced beyond the sixth (6th) grade who will be at least ten (10) on September 30th of the current school year, and has not reached his thirteenth (13th) birthday prior to September 1st of the current school year.
- C) Eighth (8th) Grade Eligibility: Open to any boy enrolled at the school or school who has merged with school submitting the roster who has not advanced beyond the eighth (8th) grade who has not reached his fifteenth (15th) birthday prior to September 1st of the current school year. A boy may participate in the CSAA program as an eighth (8th) grade student only once in a sport. Therefore, a boy repeating the eighth (8th) grade may participate only if the boy did not previously participate in the CSAA as an eighth (8th) grader in football.

3) WEIGH-IN:

- A) All players must weigh-in.
- B) The official weigh-in day for each school shall be set by the League Manager in cooperation with participating schools.

- C) Any player who will be unable to make an official weigh-in must make an appointment with the League Manager to be weighed prior to the official weigh-in day, but no more than seven (7) days prior to the official weigh-in day.
- D) Any player not weighed in by the deadline shall be considered an addition to the roster (G below).
- E) Only one (1) official weight will be taken for each player on the weigh-in day and no player will be permitted to leave the immediate area of the scale once he has stepped onto the scale until the official weight has been taken.
- F) Weight Limit Restriction: Any player who exceeds the established weight limit for each league (see below) at the weigh-in date set by the league office will be designated as a “RESTRICTED PLAYER” whose participation in games will be limited by, and be subject to RULE 5(F).

LEAGUE	WEIGHT LIMIT
4 TH GRADE	120 POUNDS
6 TH GRADE	140 POUNDS
8 TH GRADE	150 POUNDS

- G) Players added to the roster after the weigh-in date will be noted as RESTRICTED PLAYERS if they weigh more than the Weight Limit. All forms, fees, and a written request from the principal must accompany the proposed addition to the roster. The League Manager will conduct the weigh-in.

4) EQUIPMENT:

- A) Players must be properly equipped with mandatory pads, helmet, shoes, etc., as per NFHS rules with the following notes:
 1. Shoes: Shoes with removable cleats are prohibited. Non-removable cleats can be worn on shoes made of canvas, leather, or synthetic. Tennis shoes which may be cleat-less may be worn. Soles of shoes may be rubber or composition material.
 2. Helmets and face masks: NOCSAE test standard equipment is recommended. Member school administrations have to approve equipment used. Helmets shall be secured by a properly fastened chin strap with four snaps.
 3. A RESTRICTED PLAYER must wear a helmet with 1” HELMET STRIPE PROVIDED BY THE CSAA ACROSS THE BOTTOM OF THE HELMET FROM EAR HOLE TO EAR HOLE. THE STRIPE WILL BE PROVIDED TO THE TEAM AT WEIGH-IN’
 4. Mouth piece: CLEAR and/or WHITE are illegal colors.
- B) Jerseys:
 1. There is no jersey numeral restriction or requirement based on the position(s) played.
 2. Each player shall be numbered 1 through 99 inclusive. The numbers shall be at least ten (10”) inches on the back and eight (8”) inches on the front. The recommended offensive formation numbering of players is as follows:

OFFENSIVE BACKS	= 1-49
CENTERS	= 50-59
GUARDS	= 60-69

TACKLES	= 70-79
ENDS	= 80-99

3. A team jersey designed to be worn inside of the pants shall be tucked inside the pants. Players that do not conform to this policy can be directed to leave the game by an official.
 4. If a player wears an undershirt, it shall be plain with hemmed sleeves and of like color to the predominant color of the jersey. Players that do not conform to this policy can be directed to leave the game by an official.
- C) Official game balls will be provided by the CSAA and furnished by the home school.
1. Fourth (4th) grade play – NIKE SPIRAL TECH-PEE WEE SIZE 6
 2. Sixth (6th) grade play - WILSON GST-PEE WEE
 3. Eighth (8th) grade play - WILSON GST-YOUTH
- D) Chains and down indicator equipment must have protective caps on the post—either rubber caps, tape, or any material that will cover sharp edges.

5) **PLAYING RULES:**

- A) Except as provided in these rules, all rules will be in compliance with the National Federation of State High Schools Football Rules.
- B) Sixth (6th) and Eighth (8th) grade games will consist of four (4) eight (8) minute quarters. Fourth (4th) grade games will consist of four (4) six (6) minute quarters. No overtime period(s) will be played in sixth (6th) and fourth (4th) grade football. No game will start prior to its scheduled start time.
- C) Points after touchdowns shall be scored as follows with the placement of the ball for the extra point attempt being at the option of the offensive team:
1. One (1) point if the ball is kicked or carried over the goal line from the one and one-half (1.5)-yard line.
 2. Two (2) points if the ball is carried over the goal line from the three (3)-yard line. A kick from the three (3)-yard line is not allowed.
- D) During regular season play, officials will call one (1) water break at the midpoint of each quarter of all games in September.
- E) Once a football contest gets to a 21 point spread or more, the officials will be instructed to run the clock continuously with the following exceptions:
1. The clock will stop if any timeout (whether official or called by either team) is called or a team scores, including any try for extra points. In these situations, regular clock procedures will be observed.
 2. In the event that the point spread returns to less than 21 points, regulation clock procedures will once again be administered.
- F) A RESTRICTED PLAYER is subject to the following rules:
1. When in a game, a RESTRICTED PLAYER must wear a helmet with a 1” HELMET STRIPE PROVIDED BY THE CSAA ACROSS THE BOTTOM OF THE HELMET FROM EAR HOLE TO EAR HOLE as provided in Rule 4(A)3. Violation of this rule shall be unsportsmanlike conduct.
 2. A restricted player, subject to these rules, may participate in all plays from

scrimmage, including punts. A RESTRICTED PLAYER MAY NOT PARTICIPATE DURING A FREE KICK ON EITHER TEAM, NEITHER THE KICKING TEAM NOR THE RECEIVING TEAM.

3. A restricted player must have at least one (1) hand on the ground, on the line of scrimmage, at the snap of the ball. Violation of this rule shall be illegal formation.
 4. On both the offensive and defensive lines, restricted players must be positioned in the “free-blocking zone,” that is the area on the line of scrimmage limited to four (4) yards on either side of the football placement. Violation of this rule shall be illegal formation.
 5. A restricted player may not receive any pass, forward or backward (excludes interceptions), nor receive a handoff. If positioned on the end of the offensive line legally, a restricted player cannot go downfield on a forward pass that crosses the line of scrimmage. Violation of these provisions shall be either an illegal receiver downfield, or illegal touching if receiving pass/handoff, or offensive pass interference if blocking downfield.
 6. A restricted player gaining possession of a live ball will immediately cause the ball to become dead. A restricted player who intercepts or recovers any loose ball (muff, fumble, pass, punt, or kick) should immediately go to the ground. Violation of this rule shall be either delay of game or unsportsmanlike conduct.
 7. In addition, the first penalty for each team will constitute a warning to the coach of that team.
 8. Multiple penalties for violation of restricted player rules may result in the ejection of the head coach.
- G) The head coach is responsible for the conduct and behavior of all persons in the team’s bench area. At the request of the site supervisor, head coach should address the conduct of their students and fans.
- H) An automatic one (1) game suspension will be imposed on players or coaches ejected from a league game. The suspension will be implemented at the next league game played by that team. When a coach is ejected from a game, the coach may not participate in another game that same day. Someone who is certified by that member school will be required to assume that responsibility. Following a review of the incident, the CSAA Board may further sanction individuals or schools in the matter.
- I) Only registered coaches and players, officials, and members of the chain crew are permitted within the playing area during competition. The playing area includes all area inside the restraining barrier.

6) PRACTICE:

- A) Spring practice is prohibited.
- B) No multiple player football activity should take place between August 1st and the first day of practice for the fall sports program (Mon, Aug 8th).
- C) The following start-up practices are mandatory:
 1. The first five (5) days that a team practices must be in shorts, without pads. Helmets are permitted.
 2. The next five (5) days that a team practices must be in shorts. Helmets and shoulder pads are permitted.
 3. The “First Day of Practice with Full Gear” is the day established by the CSAA Board

as the first day that teams can practice in full pads (Mon, Aug 22nd).

- D) Daily practice shall be limited to no more than two hours.
- E) Teams shall not practice during the schools' examination period. [Diocesan School Board Directive]
- F) After the league jamboree contest, practices must be eliminated at least one school day per week (MONDAY THROUGH THURSDAY) and are discouraged on Saturdays and Sundays.
- G) Team practice during any period other than that permitted by the CSAA is prohibited.

7) **SCHEDULING:**

- A) The League Manager, upon the approval of the CSAA Board, shall draft each league schedule.
- B) The CSAA Jamboree will be scheduled on the Sunday prior to the start of the regular season (Sept 11th). All league teams will participate in the league jamboree. The CSAA Board will determine Jamboree sites.
- C) Participating teams may schedule other games, but these games may not conflict with the regular CSAA games, including the jamboree.
- D) The authority for schedule changes or game cancellations will be with the principal of each participating school. Principals are advised to show all consideration and cooperation with the league office when making such a decision.
- E) The League Director must be notified immediately at the time of a schedule change. The notification to the League Director should be clear regarding who is making the request, host or visitor team. There will be a schedule change fee in the amount of twenty (\$20.00) dollars per scheduled site. For each scheduled date changed, the twenty (\$20.00) dollar change fee will be paid to the CSAA by the school requesting the change.
- F) The League Director has the authority to reschedule games due to errors made in the original league schedule.
- G) Postponement of games: The site supervisor and/or officials will decide if the field is in playing condition. If the field is not playable, the League Manager shall notify the teams involved of a rescheduled date. He will also notify the Assignment Secretary of Officials. If a game is in progress when inclement weather occurs, the game will be completed at the discretion of the officials. If a game is postponed or suspended, the league office will notify the competing teams as to the replay or completion of the game within forty-eight (48) hours.
- H) Schools may host or play in bowl games, but play must not be in conflict with regularly scheduled CSAA play. The CSAA does not assume authority or responsibility for school participation in bowl games; the authority and responsibility rests with the host school.

8) OFFICIALS:

- A) Four (4) on-field officials will be assigned by the CSAA for all sixth (6th) and eighth (8th) grade regular season games. A game will be played if only three (3) officials are available. Three (3) on-field officials will be assigned by the CSAA for all fourth (4th) grade regular season games. All officials will have on-field responsibility.
- B) A league certified clock operator must be used to manage the scoreboard clock. The clock operator must: (1) be at least eighteen (18) years of age; (2) be designated by the host school; and (3) follow guidelines provided by the league office. If no league certified clock operator is available, the scoreboard clock will not be used, and time will be kept by an on-field official.
- C) The host site must provide a qualified three (3)-person crew consisting of two adults or high school students from the home team and one adult or high school student from the visiting team as designated by the head coaches of the respective teams, to man the chains and down marker equipment. This crew is designated as part of the official game management and as such cannot have communication with coaches or direct comments to players or on-field officials.
- D) A schedule of fees to be paid to officials will be provided to host schools by the League Manager. This fee will be paid on site following the activity at the host site.
- E) Any complaints regarding officials should be forwarded to the League Manager in writing by the principal.
- F) EACH OFFICIAL SHALL ACKNOWLEDGE THE PRE-GAME MEETING WITH THE SITE SUPERVISOR TO REVIEW A CHECK LIST OF CSAA ENFORCED RULES BY HIS/HER SIGNATURE ON THE PAY SHEET.

9) SITE SUPERVISOR'S DUTIES:

- A) Open the facility one (1) hour prior to the first game time.
- B) Make sure the field meets mandatory league specifications and is ready for league play at the scheduled time, including the following responsibilities:
 - 1. Schools shall maintain proper grass cutting and fire ant removal maintenance.
 - 2. The field shall be properly marked with the official lines required.
 - 3. Chains and down marker equipment must be available.
- C) Advise officials that you are site supervisor, HOLD A PRE-GAME MEETING WITH THE OFFICIALS TO REVIEW A CHECK LIST OF CSAA ENFORCED RULES, and provide game balls to the officials. Outline the procedure that will be used to pay the officials following the activity.
- D) Check with game officials for prompt starting of games and be prepared to discuss with them calling off the game in the event of a storm, lightning, etc.
- E) Do not start any game prior to its scheduled start time. Game officials cannot waive this guideline.

- F) Provide a ten (10) minute halftime for each game. As the host school controls the use of the field at halftime, advise officials and both head coaches how the field will be used at halftime (dance team, cheerleaders, warm-ups, etc.).
- G) Provide refreshments for the officials at the host school bench during halftime.
- H) Have access to field lights, if any, in the event they may be needed.
- I) Be prepared to handle any emergency or disturbances which may occur at the field. The host management is responsible for spectator behavior, insofar as it can reasonably be expected to control the spectators. When a spectator becomes unruly or interferes with the orderly progress of the game or match, the referee shall suspend the play until the host management resolves the situation and the game can proceed in an orderly manner. In the event someone must be removed from the premises due to his/her ejection, the referee shall suspend play until the offender[s] can be removed from the premises by the host management. The host management may request the coach or AD of the offending team to assist in this process. In the event the offender[s] refuses to leave the premises within three (3) minutes of being asked, the game/match will be ended and a report made to the league office. Any violent gestures by the offender(s) shall result in a call to local law enforcement to escort the person off the premises.
- J) Provide for the collection of admission. When collected, current league policy must be followed. Four (\$4.00) dollars for adults and high school students – eighth (8th) grade & under, no charge). Current league passes are to be honored at league games only.
- K) Game report form must be filled out at host sites for each event held at a member site. These forms are to remain with the member school hosting the event until ten (10) days after the regular season has ended. At that time, the game reports may be discarded. The League Manager will contact the school to file a copy of a game report in the event a controversy occurs. Member schools are required to file game reports with the League Manager if any of the following occurs by a player, coach, or spectator: technical fouls, yellow or red cards, ejections or any other unsportsmanlike conduct served by game officials or game management. These infractions will be reported to the athletic personnel of the offending school.

10) FORFEITS:

Failure to play a scheduled game will result in a forfeit. If by the visiting team, a forfeit fee will be charged for each scheduled game/match forfeited. A forfeit fee EQUAL TO THE COST TO THE HOST SITE IN OFFICIALS FEES AND AN ADDITIONAL \$100 LOSS OF REVENUE PENALTY will be imposed. As to collection, the League Manager or will receive notice of the forfeit from the home school. The report will include the amount of games forfeited and the school which caused the forfeit to occur. The CSAA will then collect the fees from that school and forward to the host school. Forfeited games are not required to be rescheduled, but the schools involved may do so at a later date

11) PROTESTS:

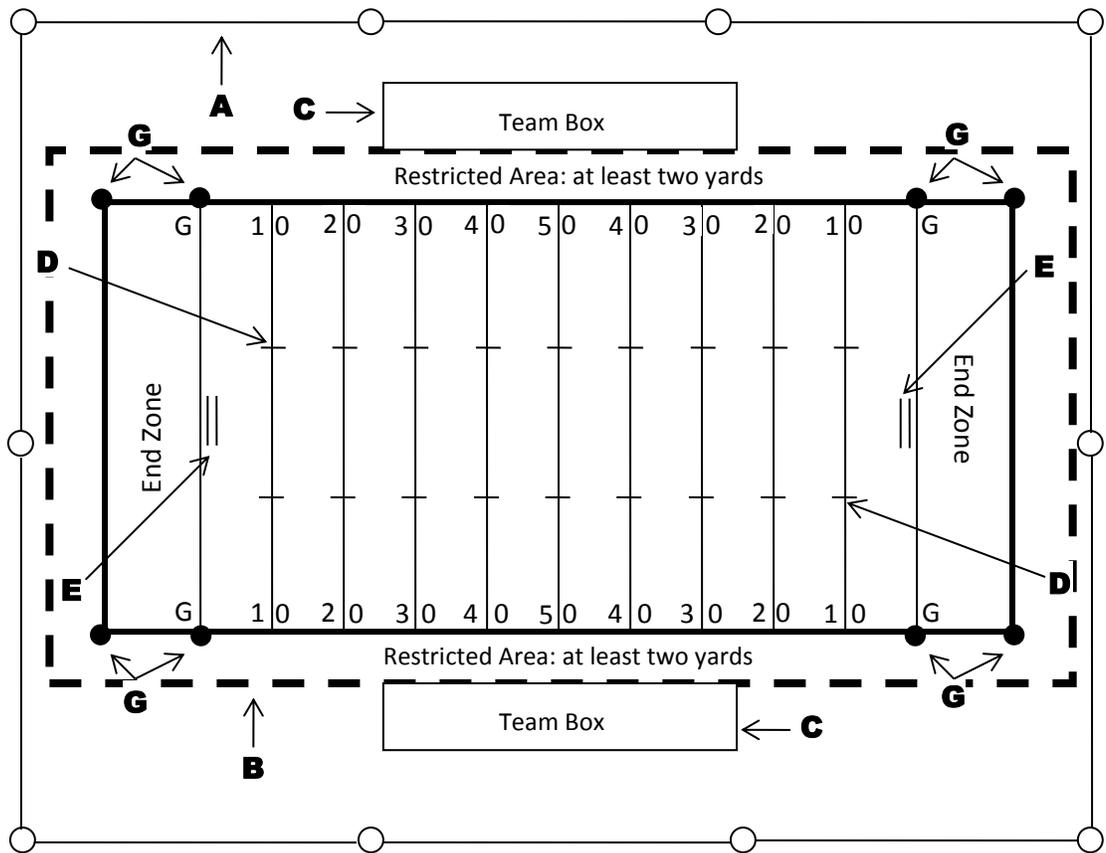
- A) There shall be no protest made of an official's judgment.
- B) Please refer to the Protest/Complaint/Appeal Procedure of the CSAA Guidelines which outlines how to address a complaint concerning a CSAA issue.

12) SANCTIONS:

Sanctions will be imposed for violation of league guidelines, rules, regulations, policies, or procedures.

13) MANDATORY SPECIFICATIONS FOR HOST SITES—CSAA FOOTBALL:

- A) A restraining barrier (fence, rope, rail, etc.) must be placed around the playing field. It must be distanced as far away from the playing field as possible. All fans must remain outside the barrier. No fans are allowed on the sidelines inside the barrier.
- B) A restricted area must be marked at least TWO yards all around the playing field – NO ONE (including administrators, coaches, players, cheerleaders, athletic trainers, etc.) is allowed in this area while the ball is live.
- C) Team box must be marked at the 25 yard line. Team benches are required.
- D) Official hash marks must be marked 53'4" from each sideline.
- E) Two extra point lines must be marked from the goal lines – 1.5 yards (1 point) and 3 yards (2 points)
- F) Goal Posts are not required, but if present, they must be padded.
- G) Pylons must mark all four corners of the end zones.
- H) A scoreboard with electronic game clock, if available, must be operated only by school certified persons.



14) SPECIAL RULES FOR FOURTH (4TH) GRADE FOOTBALL

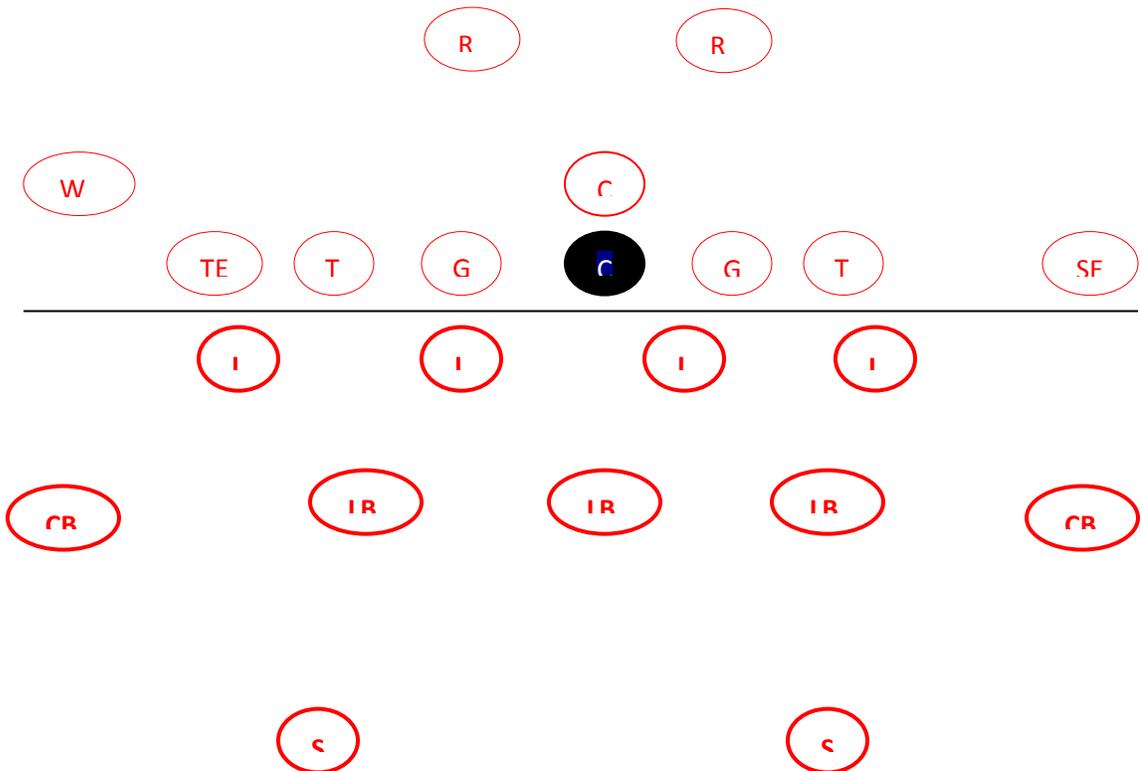
- A) There will be no kickoffs. The ball will be placed on the opponent's 35-yard line to begin the offensive series after a score. For a safety, the ball will be placed on the opponent's 45-yard line.
- B) There will be no punting. A team that has reached fourth down has the option to either go for the first down or they may choose to give the ball up and "punt." This "punt" will result in the ball being moved 25 yards down the field for the opponent to start its offensive series. This ball will never be placed inside the 20 yard line to begin a series.
- C) Permitted Defenses—4-3 (see diagram below):
1. A defensive alignment that contains four linemen in a 3- or 4-point stance and three inside linebackers. The three inside linebackers shall be aligned at least five yards from the line of scrimmage and inside the offensive tackles, but not in a position so as to be stacked directly behind the linemen.
 2. Cornerbacks shall be a minimum of five yards from the line of scrimmage and safeties shall be a minimum of ten yards from the line of scrimmage at the snap of the ball. Defensive backs cannot stack behind defensive linemen.
 3. All linebackers, safeties, and cornerbacks shall maintain their permitted positioning prior to the offensive snap and may not be moving forward in any manner prior to the snap.
 4. Violation of these defensive rules will result in a 15-yard penalty and an automatic

first down for the offense.

D) Permitted Offenses

1. Only the formations listed below with a two receiver (tight end, split end, or wide receiver) set may be used:
 - a) Power "I"
 - b) Wishbone
 - c) Split backfield (single wing or slot)
 - d) "I"
 - e) Shotgun
2. The formations listed below are not allowed:
 - a) Double wing
 - b) Man in motion
 - c) Unbalanced line
 - d) Twins or Trips
3. Violation of these offensive rules will result in a 5-yard penalty.

Diagram of 4-3 Defensive Formation:



DEFENSE

Diagram Key:



----- **Down Linemen**



----- **Linebackers 5 yard behind lineman**



----- **Cornerbacks at least 5 yards off of the line of
scrimmage.**



----- **Safeties at least 10 yards off of the line of scrimmage**