

2019 CSAA SPECIAL RULES

Football rules are the same as the National Federation of State High School Association with the following exceptions or interpretations:

Field The field shall be 270 ft. by 130 ft., including the end zones. It shall be divided by marks of 53ft. from each of the sidelines. The cross bar shall be 18ft. 6 in, measured from the inside of the upright.

Footballs The balls shall be:

- **8th Grade Wilson TDY**
- **6th Grade Wilson TDJ**
- **4th Grade Wilson K2**

Jersey Numbers The recommended numbering system does not apply.

Coaches: Teams are limited to eight (8) adult coaches on the sideline during all games, including Toy Bowl games. 1st offense = warning – 2nd offense = Head Coach suspended for one game. During the Toy Bowl game, = unsportsmanlike against head coach

Overweight Players

- Overweight players must have a 4" x 8" "X" on the back of their helmet. It must contrast in color.
- On offense overweight players must occupy an interior lineman position only. He must be covered up by an underweight player on the end of the LOS. Penalty: 5 yards from previous spot.
- On defense an overweight player may occupy any position, except on a scrimmage kick he cannot be in a deep position to receive the kick.
- On a free kick (Kick-Off or a Kick-Off after a safety) an overweight player may only occupy the first line of the receiving team. This is ten yards from the kick-off line. Penalty: 5 yards from previous spot.
- If an overweight player catches or recovers a free kick the ball is blown dead at the spot, they cannot advance the ball.
- An overweight player on defense may advance an opponent's fumble, backward or forward pass.
- An overweight player on offense **may not** advance a teammates fumble.
- On a live scrimmage kick (punt, extra-point or field goal) if the kicker is overweight then you may then have two more over weight players in the backfield for protection. If there is one overweight player in the backfield there will be no fakes the ball must be kicked (no rugby style punts with an overweight kicker). If there is a bad snap he may move to recover the ball and then kick. He cannot move to avoid a defensive rush or move to improve to his kicking position. In this case the ball is blown dead at the spot.

Blocking You can cut block in between the tackle to tackle box on your initial surge only in the 6th & 8th grade divisions.
In the 3rd and 4th grade divisions no cut blocking, all blocks must be above the waist.

Quarters The quarters in all divisions are eight (8) minutes long. Half time 8 minutes

Revised 7/18/19

Mercy Rule – 2nd Half

6th & 8th Grade

When a team is leading by 24 points in the 2nd half, the clock will continue to run for the remainder of the game even if the lead is cut below the 24 points.

4th Grade Only

When a team is leading by 21 points in the 2nd half, the clock will continue to run for the remainder of the game even if the lead is cut below the 21 points.

When a team is up by 21 points or more in the second half, neither team can blitz their players. Penalty is unsportsmanlike against head coach. This can also be reviewed by the CSAA office & or the Football Director for penalties in the next or future games.

Overtime Procedure

6th & 8th Grade Divisions: If the score is tied at the end of regulation play you must play overtime until the tie is broken. Start with the coin flip. Coin flip winner can choose offense or defense. Since both teams are on the same side of our fields the offensive team plays offense on their own end of the field, so the only choices are offense or defense. A team may decline to play offense at their end of the field. (Mud, etc...). 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.

4th Grade Division: NO OVERTIME

Kicking Game

The free kick lines:

Kick-Off from the 25 yard line

Safety, kick from the 15 yard line

Free Kick goes out of bounds, 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 the kick off (normal 25 yard line)

6th Grade #2 League Kicking Game – No Kicking

No Kick-Offs, ball will be placed at the 15 yard line

No Punts, when a team confirms it is punting, the ball will be advanced 20 yards from the LOS, but the ball can't be moved inside the 10 yard line so it could be less than 20 yards.

4th Grade Kicking Game – No Kicking

No Kick-Offs, ball will be placed at the 15 yard line

No Punts, when a team confirms it is punting, the ball will be advanced 20 yards from the LOS, but the ball can't be moved inside the 10 yard line so it could be less than 20 yards.

3rd & 4th Grade and 6th Grade #2 leagues Special Rules

Blitzing –

LINEBACKERS (not all D Linemen) has to be 4 yards from line of scrimmage and if they blitz it must be outside the guards.

Linebackers cannot walk up to the LOS to blitz, they must start from 4 yards back. They cannot blitz the “A” gaps.

Unsportsmanlike Penalty against coach 10 yard

2nd Unsportsmanlike coach ejected

If a team is up by 21 points neither team can blitz.

There is NO nose Guard/Tackle – No one over the center

All D Linemen must be in a 2 technique. The Center / Guard foot split cannot be over 12 inches. Defensive Lineman must line up on the helmet of the guard (2 Technique).

Must be in a three point or four point stance inside the tackle box (Tackle to Tackle). DE can be in a two point stance. AFTER THE SNAP, D LINE CAN ANGLE IN TO FILL A GAPS.

Delay of game penalty 5 yards

One Coach per team on the field. (3rd & 4th only)

After the Offense breaks the huddle, BOTH coaches on the field CAN NOT TALK TO PLAYERS, CALL OUT PLAYS, PUSH PLAYERS TOWARD PLAY ETC. Sideline coaches can still talk out to the players to make adjustments etc.

FIRST OFFENSE GETS A WARNING.

2ND OFFENSE, YOU LOSE YOUR COACH ON THE FIELD FOR THE REST OF THE GAME.

This will be a major point of emphasis and enforced during games.

Defense:

May have up to 6 players on the LOS, from tight end to tight end.

Again LB's cannot walk up.

Unsportsmanlike Penalty against coach 10 yard

2nd Unsportsmanlike coach ejected

Offense:

No QB sneaks from under center. Under center the QB may run outside the guards. From shotgun the QB may run the ball anywhere.

Offense cannot run unbalance line.

You must have three players on each side of the center. If the defense cannot have a nose guard, they cannot shift on unbalance.

Unsportsmanlike Penalty against coach 10 yard

2nd Unsportsmanlike coach ejected

End of - 3rd & 4th Grade and 6th Grade #2 leagues Special Rules

Revised 7/18/19

Scoring

Touchdown: 6 points

Safety: 2 Points

Extra Point (6th & 8th Grade). Ball shall be placed on the 3 yard line

- 1 point for a run or pass
- 2 points for a kick

Extra Point (4th Grade & 6th Grade #2) Ball shall be placed on the 3 yard line

- 1 point for a run
- 2 points for a pass

Penalties

All 15 yard penalties are 10 yards.

All 10-yard penalties are 5 yards. Holding and illegal use of hands is a 5 yard penalty

All 5-yard penalties remain 5 yards

The penalty for an overweight infraction shall be administered from the previous spot.

Sideline or Field profanity, 10 yard unsportsmanlike penalty. (NO WARNING)

ELIGIBILITY:

8TH GRADE - If a player is 15 years old before August 1, 2019, or is in the 9th grade or over, he is ineligible for CSAA Grade School Sports.

6TH GRADE - If a player is 13 years old before August 1, 2019, 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 player is 11 years old before August 1, 2019, 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 player is eligible for 6th grade competition. He MAY NOT play for the 8th grade teams.

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

1st and 2nd graders are **NOT** allowed to play 3rd or 4th grade CSAA tackle football.

Outside Football Leagues - Anyone playing on a CSAA team is ineligible to play or practice with/for another/outside team at any time from the official start of CSAA practice in July until the conclusion of their current CSAA season. Any CSAA student-athlete playing football for another/outside team is automatically ineligible for CSAA play and the CSAA team will forfeit **all** games where the ineligible player participated. This includes being listed on the CSAA team roster or being involved in any practices or dressing for games. The player violating the rule could also be suspended from participation in other CSAA sports or suspended the following football season.

Eligibility Certification Form:

Every player must have a CSAA student athlete Eligibility Certification Form completed in the SI Play system before they are eligible to play or participate in any OTA's (Organized Team Activities), including games. Every parish/school is responsible for ensuring the form is completed in the electronic system. Merged programs must communicate to be sure each player has the form on file at the home parish/school and that the form is approved by the AD/Pastor of the school or parish they attend.

Rosters:

Your roster **must** be current in the SI Play system. This must occur even with merged programs. Failure to do so will result in forfeiture of all games and suspension of the head coach, until your roster is in the CSAA office. Ineligible players participating in regular season games could mean being banned from the playoffs. Any additions to your roster during the season must be added to the SI Play system roster.

If a new addition is underweight and he is going to be eligible to run, catch or throw the ball, he must go to the CSAA office to be officially weighed in **before** he is allowed on the practice field. The new player must also have an Eligibility Certification Form completed before practicing. No matter when he starts he has to make the beginning weight limit. Players can be added up to the last game of the regular season.

6th & 8th Grade Weight Limits:

	Dates	8 th	6 th	
Weigh-in	August 12-15, 2019	140	115	
100 yard Jamb	August 18, 2019	141	116	
Jamboree	August 25, 2019	142	117	
Holiday	September 01, 2019 (No Games)	143	118	
Week 1	September 08, 2019	144	119	
Week 2	September 15, 2019	145	120	
Week 3	September 22, 2019	146	121	
Week 4	September 29, 2019	147	122	
Week 5	October 6, 2019	148	123	
Week 6	October 13, 2019	149	124	
Week 7	October 20, 2019	150	125	
Play-Offs	October 27, 2019	150	125	
Toy Bowl	November 2 - 3, 2019	150	125	

2019 CSAA SPECIAL RULES

3rd & 4th Grade Weight Limits:

	Dates	4 th		4 th
Week 1	September 15, 2019 (Official Weigh-in)	95		95
Week 2	September 22, 2019	96		96
Week 3	September 29, 2019	97		97
Week 4	October 6, 2019	98		98
Week 5	October 13, 2019	99		99
Week 6	October 20, 2019	100		100
Week 7	October 27, 2019	101		101

Weigh-In Information:

If an under-weight player is added to the roster he **may not** practice with the team until he has been officially weighed in at the CSAA office and has the proper forms on file. Please make an Appointment to weigh in if this occurs. Overweight players may not practice until they have been added to the official roster, and have the proper forms on file with the parish through SI Play. Additions must be approved by the CSAA office or the CSAA Football Director.

Official Weigh-In

We are planning to come to your place for 6th grade & 8th grade official weigh-in for 2019. Below are the dates and times.

Monday Aug 12, 2019	@ St. Martha 6:00 pm Central Catholic Shamrocks	@Holy Trinity 7:00 pm St. Matthews Catholic	
Tuesday Aug 13, 2019	@St. Bernard 6:00 pm AGR /SE Catholic	@ St. Michael 7:00 pm St. Michael/St. Patrick	
Wednesday Aug 14, 2019	@St. Mary 6:00 pm St. Mary/St. Aloysius	@ St. Margaret Mary or St. Albert 7:00 pm Lyndon Catholic	
Thursday Aug 15, 2019	@St. Lawrence 6:00 pm Notre Dame Academy		

Revised 7/18/19

Weigh-In before every game

- All backs and ends must be weighed in before each game, no earlier than 1 hour and no later than 30 minutes before game time. 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.
- A coach from opposing team may be present for the weigh-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 weigh-in.
- At all weigh-ins, no player will be stripped beyond their under garments.
- 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 the boy for life.

Pre-Game

Teams cannot assemble more than an hour before their scheduled game time.

Example: If you play at 1:00 pm, the earliest time to have your team there is 12:00 pm.

Protest

There will be no protest in league, play-off or Toy Bowl games.

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 CSAA before being allowed to participate in any game.

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.
- **Teams may videotape their team's games only**
- The trading of game tapes is permitted.

TOY BOWL SIDELINE PASSES

Toy Bowl sideline passes will be limited to the coaches listed on the final rosters of the Toy Bowl teams. Each Toy Bowl team will also receive two extra sideline passes.
(Water boys)

NEW: Each team will be allowed to have only one **NON-PROFESSIONAL** camera person (video or still) on the sideline during the Toy Bowl. No teams will be allowed to video the Toy Bowl game from the press box.

2019 CSAA Football Practice Rules

Practices

- **7/29/18 1st Day of Practice for 6th & 8th Grade**

Regulations for the Weeks of 7/29/19 – 8/18/19

8th 2 hours per practice 4 days a week

6th 2 hours per practice 3 days a week

Practices 1 & 2 Helmets only

Practices 3 & 4 full pads NO Live contact

Practice 5 and beyond - full pads

Regulations for the Weeks of 8/19/19 – 11/1/19

8th 2 hours per practice 3 days a week

6th 1 1/2 Hours per practice 2 days a week Full + 1 Day Helmets only

7/29/19 – 9/23/19

Practices cannot start before 5:30 pm, except for Saturday morning walk thru' s.
Saturday mornings practices must end by 11:00 am and this practice time is still under the heat guide lines.

- **8/19/19 1st Day of Practice for 3rd & 4th Grade**

Regulations for the Weeks of 8/19/19 – 11/1/19

3rd & 4th 1 1/2 hours per practice 2 days a week

Practices 1 & 2 Helmets only

Practice 3 full pads NO Live contact

Practice 4 and beyond - full pads

USA Football

USA Football's national initiative to help make the sport of football better and safer.

A comprehensive collection of resources, programs, applications and promotions to create change and to address the complex challenges of player's health and safety in youth and high school football.

KEY COMPONENT

- Education & Certification
- Equipment Fitting
- Concussion Recognition & Awareness
- Heat & Hydration
- Shoulder Tackling
- Blocking

All CSAA coaches will be required to complete & pass the Level 1 Tackle Coaching Education Program from USA Football. This 2 ½ hour online course covers all the "Key Components" mentioned above



CSAA Football Meeting

One person from each program must attend meeting

Topics:

KFOA New Rules

CSAA Special Rules

Divisions

Date: July 17th 2019 Wednesday

Location: CSAA Office

Time: 6:30 p.m. – 8:00 p.m.