

2023 CSAA Football Special Rules

7th & 8th Grade Division will play on regulation 100-yard fields again in 2023.

All divisions will follow the 2023 National Federation of State High School Association (NFHS) rules with the following exceptions or interpretations:

Field Size

3rd/4th & 5th/6th Grade - 270 ft. by 130 ft., including the end zones. Hash marks will be 43.4 ft. from each of the sidelines. The cross bar shall be 18ft. 6 in, measured from the inside of the upright.

7th & 8th Grade - 360ft. by 160 ft. including the end zones. Hash marks will be 53.4 ft. from each of the sidelines.

Footballs Mandated CSAA Footballs:

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

Jersey Numbers NFHS recommended numbering system does not apply.

Coaches Teams are limited to eight (8) adult coaches on the sideline during all games.

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 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.

Mercy Rule

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 24 points.

4th Grade: 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 21 points. When a team is up by 21 points or more in the second half, neither team can blitz their players. The 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 (40 yd 8th)

Safety, kick from the 15-yard line (20 yd 8th)

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 kickoff (normal 25-yard line)

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 League Special Rules

Blitzing –

LINEBACKERS (not all D Linemen) must 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. 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.

Scoring

Touchdown: 6 points

Safety: 2 Points Extra Point (6th & 8th Grade). The 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

4th & 6th Grade.

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, 2023, 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, 2023, 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, 2023, 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 or for any other, or 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 an 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.

CSAA GameDay Eligibility Certification:

Every player must be registered on CSAA GameDay and be approved as eligible by the home school parish AD to be eligible to begin practice or participate in CSAA football in any way.

Every parish/school is responsible for ensuring the registration is completed and accurate 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 CSAA GameDay 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 system. Ineligible players participating in regular season games may mean being banned from the playoffs. Any additions to your roster during the season must be added to the CSAA GameDay system roster. If a new addition is underweight and he is going to be eligible to run, catch or throw the ball, he must schedule an appointment with the CSAA office to be officially weighed in before he is allowed on the practice field. Any new player must also be approved and officially ruled eligible by the home school parish AD before practicing. No matter when he starts, he must make the beginning weight limit. Players may be added to the roster any time prior to the last game of the regular season.

2023 CSAA SPECIAL RULES

6th & 8th Grade Weight Limits:

	Dates	8th	6th	
Weigh-in	August 21 – 24, 2023	140	115	
Week 1	August 27, 2023			
Holiday	September 03, 2023 (No Games)			
Week 2	September 10, 2023			
Week 3	September 17, 2023			
Week 4	September 24, 2023			
Week 5	October 1, 2023			
Week 6	October 08, 2023	150	125	
Week -	October 15, 2023, Fall Break No Games			
Week 7	October 22, 2023			
Play-Offs	October 29, 2023			
Toy Bowl	November 4 - 5, 2023	150	125	

3rd & 4th Grade Weight Limits:

	Dates	4th		4th
Weigh-in	August 21 - 24, 2023	95		95
Week 1	September 10, 2023 (Official Weigh-in)			
Week 2	September 17, 2023			
Week 3	September 24, 2023			
Week 4	October 01, 2023			
Week 5	October 08, 2023	101		101
Week 6	October 15, 2023, Fall Break No Games			
Week 7	October 22, 2023			

Weigh-In Information:

If an underweight player is added to the roster, he **may not** practice with the team until he has been officially weighed in by an official CSAA representative. Please make an Appointment with the CSAA office 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 home school/parish through CSAA GameDay. Additions must be approved by home school/parish AD and the CSAA office or the CSAA Football Director.

2023 CSAA SPECIAL RULES

Official Weigh-In

We are planning to come to your place for ALL Grades weigh-ins (4th, 6th & 8th grade) for 2023. Below are the dates and times. Please have your weigh-in sheet ready.

Monday Aug 21, 2023	@ St. Martha 6:00 pm Central Catholic Shamrocks	@St. Bernard 7:00 pm SE Catholic	
Tuesday Aug 22, 2023	@ St. Michael 6:00 pm St. Michael/St. Patrick	@Holy Trinity 7:00 pm St. Matthews Catholic	
Wednesday Aug 23, 2023	@St. Mary 6:00 pm St. Mary/St. Aloysius	@ St. Margaret Mary 7:00 pm Lyndon Catholic	
Thursday Aug 24, 2023	@St. Lawrence 6:00 pm Notre Dame Academy		

8th, 6th and 4th Grade weigh in rule for 2023:

8th Grade: At the official weigh-in for your team if a player weighs in less than 127 lbs.' then that player does not have to weigh in for the rest of the year. If a player weighs in between 127 lbs.' and 140 lbs then they will have to re-weigh in before their week 5 game (150 lbs.) October 8, 2023, and Toy Bowl game (150 lbs). The weight for week 5 and Toy Bowl will be 150 lbs.

6th Grade: At the official weigh-in for your team if a player weighs in less than 100 lbs.' then that player does not have to weigh in for the rest of the year. If a player weighs in between 100 lbs.' and 115 lbs then they will have to re-weigh in before their week 5 game (125 lbs.) October 8, 2023, and Toy Bowl game (125 lbs.). The weight for week 4 and Toy Bowl will be 125 lbs.

4th Grade: At the official weigh-in for your team if a player weighs in less than 85 lbs.' then that player does not have to weigh in for the rest of the year. If a player weighs in between 85 lbs.' and 95 lbs. then they will have to re-weigh in before their week 5 game (101 lbs.) October 8, 2023,

Weigh-In before week 5 game for All Grades:

- Designated backs and ends must be weighed in before week 5 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.
- No player may strip down beyond shorts or a football type undergarment during the weigh in process
- "Sweating" any player down to make the weight limit is absolutely prohibited. Anyone taking part in this type of activity will be dealt with severely.

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 games:

- A team may have its game videotaped for practice or personal purpose; however, no videotaping of any other teams or games will be permitted for scouting.
- Teams may videotape their own team's games only.
- Trading game video 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 participants. Each Toy Bowl team will also receive two extra sideline passes. (Water boys, etc.)

Toy Bowl Video: 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.

2023 CSAA Football Practice Rules

Practice Regulations:

➤ 7/24/23 1st Day of Practice for 6th & 8th Grade

Regulations for the Weeks of 7/24/23– 8/14/23

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 8/14/23 – 11/5/23

8th - 2 hours per practice 3 days a week + 1 Helmets only (1 Hour)

6th - 1.5 Hours per practice 3 days a week + 1 Helmets only (1 Hour)

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 guidelines.

➤ 8/7/23 1st Day of Practice for 3rd & 4th Grade

Regulations for the Weeks of 8/7/23 – 11/1/23

3rd & 4th 1 ½ hours per practice 3 days a week

Practices 1 & 2 Helmets only

Practice 3 full pads NO Live contact

Practice 4 and beyond - full pads