

## 2018 CSAA Football 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:

- **8<sup>th</sup> Grade Wilson TDY**
- **6<sup>th</sup> Grade Wilson TDJ**
- **4<sup>th</sup> 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. 1<sup>st</sup> offense = warning – 2<sup>nd</sup> 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 6<sup>th</sup> & 8<sup>th</sup> grade divisions.  
In the 3<sup>rd</sup> and 4<sup>th</sup> grade divisions no cut blocking, all blocks must be above the waist.

## **2018 CSAA Football Special Rules**

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

### **Mercy Rule – 2<sup>nd</sup> Half**

#### **6<sup>th</sup> & 8<sup>th</sup> Grade**

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

#### **4<sup>th</sup> Grade Only**

When a team is leading by 21 points in the 2<sup>nd</sup> 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**

**6<sup>th</sup> & 8<sup>th</sup> 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.

**4<sup>th</sup> 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)

#### **4<sup>th</sup> 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.

## **2018 CSAA Football Special Rules**

### **3rd & 4th Grade 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.**

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 cannot walk LB's 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 Special Rules**

Revised 5/9/18

## **2018 CSAA Football Special Rules**

### **Scoring**

**Touchdown:** 6 points

**Safety:** 2 Points

**Extra Point (6<sup>th</sup> & 8<sup>th</sup> Grade).** Ball shall be placed on the 3 yard line

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

**Extra Point (4<sup>th</sup> Grade)** 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, 2018, or is in the 9<sup>th</sup> grade or over, he is ineligible for CSAA Grade School Sports.

**6TH GRADE** - If a player is 13 years old before August 1, 2018, or is in the 7<sup>th</sup> grade or over, even if he is of the correct age, he is ineligible for the 6<sup>th</sup> grade competition. He must play with the 7<sup>th</sup> & 8<sup>th</sup> grade.

**4TH GRADE** - If a player is 11 years old before August 1, 2018, or is in the 5<sup>th</sup> grade or over, even if he is of the correct age, he is ineligible for the 4<sup>th</sup> grade competition. He must play with the 5<sup>th</sup> & 6<sup>th</sup> grade

If a player is eligible for 6<sup>th</sup> grade competition. He MAY NOT play for the 8<sup>th</sup> grade teams.

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

1<sup>st</sup> and 2<sup>nd</sup> graders are **NOT** allowed to play 3<sup>rd</sup> or 4<sup>th</sup> 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.

## 2018 CSAA Football Special Rules

### **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.

### **Weight Limits:**

	<b>Dates</b>	<b>8<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>4<sup>th</sup></b>
Weigh-in	August 12, 2018	140	115	95
Jamboree	August 19, 2018	141	116	96
Week 1	August 26, 2018	142	117	97
Holiday	September 2, 2018	143	118	98
Week 2	September 09, 2018	144	119	99
Week 3	September 16, 2018	145	120	100
Week 4	September 24, 2018	146	121	101
Week 5	September 30, 2018	147	122	102
Week 6	October 7, 2018	148	123	103
Week 7	October 14, 2018	149	125	104
Play-Offs #1	October 21, 2018	149	125	104
Play-Offs #2	October 28, 2018	149	125	104
Toy Bowl	November 3 - 4, 2018	149	125	

## 2018 CSAA Football Special Rules

### Weigh-In Information:

#### 2018 Weigh-In Rule

If a player cannot make it to the official weigh-in on 8/12/18 they must weigh-in on either August 1<sup>st</sup> or August 8<sup>th</sup> between 9:00am and 1:00pm at the CSAA office located at 1949 Goldsmith Lane #101, Louisville, KY 40218. If you need to weigh-in at the CSAA office, you must come one of these designated times. If an under-weight roster player misses the official weigh-in at St. Martha and does not weigh-in on one of these assigned dates at the CSAA office they are an "X" player for the 2018 season. 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** is Sunday August 12, 2018 at St. Martha Gym.

4:00 PM	NDA	St. Albert/SMM	
4:30 PM	Holy Trinity	St. Bernard/St. Edward	
5:00 PM	St. Mary/St. Aloysius	St. Michael/St. Patrick	
5:30 PM	Central Catholic Shamrocks	AGR	
6:00 PM			
6:30 PM			

### 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.

Revised 5/9/18

## **2018 CSAA Football Special Rules**

### **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.

## 2018 CSAA Football Special Rules

### 2018 CSAA Football Practice Rules

#### Practices

➤ **7/23/18 1st Day of Practice for 4<sup>th</sup>, 6<sup>th</sup> & 8<sup>th</sup> Grade**

**Regulations for the Week of 7/23/18 – 7/27/18**

6<sup>th</sup> & 8<sup>th</sup>      2 hours per practice      4 days a week

Practices 1 & 2 Helmets only

Practices 3 & 4 Helmets and Shoulder pads

4<sup>th</sup> Grade      2 hours per practice      3 days a week

Practices 1 & 2 Helmets only

Practices 3 Helmets and Shoulder pads

**Regulations for the Week of 7/30/18 – 8/3/18**

8<sup>th</sup> & 6<sup>th</sup>      2 hours per practice      4 days a week

Practices 1 & 2 full pads NO Live contact

Practice 3 and beyond - full pads

4<sup>th</sup> Grade      2 hours per practice      3 days a week

Practice 1 & 2 full pads NO Live contact

Practice #3 of week three and beyond - full pads

➤ **7/23/18 – 8/12/18 – Summer Practices**

8<sup>th</sup> grade      2 hours per practice      4 days a week

6<sup>th</sup> grade      2 hours per practice      4 days a week

4<sup>th</sup> grade      2 hours per practice      3 days a week

➤ **8/13/18 – 11/4/18 – School Practices**

Only three practices on a school night (Mon.-Thurs).

8<sup>th</sup> grade      2 hours per practice      3 days a week (Full Pads)

1 day (helmets only)

6<sup>th</sup> grade      1 ½ hours per practice,      3 days a week (Full Pads)

1 day (helmets only)

4<sup>th</sup> grade      1 ½ hours per practice,      2 days a week (Full Pads)

1 day a week (helmets only)

➤ **7/23/18 – 9/21/18**

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.



## **2018 CSAA Football Special Rules**

### **USA Football**

Heads Up Football is 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.

### **Official Weigh-In**

**Date: Sunday August 12, 2018**

**Location: St. Martha GYM**

**Weigh-in Times:**

4:00 PM	NDA	St. Albert/SMM	
4:30 PM	Holy Trinity	St. Bernard/St. Edward	
5:00 PM	St. Mary/St. Aloysius	St. Michael/St. Patrick	
5:30 PM	Central Catholic Shamrocks	AGR	
6:00 PM			
6:30 PM			

### **Mandatory All Coaches Meeting**

**KFOA Rules Clinic & CSAA Special Rules Clinic**

**Date: June 2, 2018 &/or June 23, 2018**

**Location: St. Gabriel GYM**

**Time: 9:00 a.m. – Noon**

**All coaches in all divisions must attend one of these meetings**

**There will be a sign – in sheet**

**2018 8<sup>th</sup> Grade Classic**

## **2018 CSAA Football Special Rules**

The 8<sup>th</sup> grade Classic is for all 8<sup>th</sup> players that are not playing in a 2018 Toy Bowl game. This game is a chance to thank them for playing CSAA football. All 8<sup>th</sup> grade players are invited to participate. They will be coached by 8<sup>th</sup> grade CSAA head coaches from each team that has been eliminated from the playoffs. Teams will be divided by the CSAA Football Director. We will be playing under modified rules.

**Date:** November 4, 2018

**Location:** Trinity High School

**Game Time:** 1:00 P.M.

**Players:** All 8<sup>th</sup> grade CSAA Football Players not playing in the Toy Bowl

**Teams:** Two Teams (Blue & Grey)

**Coaches:** All 8<sup>th</sup> Grade CSAA HC whose team are not playing in the Toy Bowl Game

**Format:** Four (4) Extended Quarters

**Meeting All Players & Coaches:** Monday 10/29/18 at St. Martha 6:30 pm

**Practices:** Tuesday (10/30/18) & Thursday (11/1/18) 6:00 pm – 8:00 pm @ St. Xavier High School