

2008 CYO FOOTBALL RULES

I. CYO FOOTBALL

Football is offered to grade school boys in the 5th through 8th grades. NO 4th graders will be considered regardless of their size. Girls are not permitted to play in the CYO football league.

II. FEES

The fees for this year are \$25.00 per player and \$150.00 per team. All fees are due by Tuesday, September 2nd (**NOT at the weigh-in**). Payment MUST be made in the form of one check rather than a group of checks and/or cash from individual parents.

III. DATES

Monday, July 28th	- Coaches' organizational meeting & re-certification at Central Catholic High School @ 7:00 PM
Monday, August 11th	- First day of practice for conditioning (only helmets may be worn).
Friday, August 15th	- <i>Feast of the Assumption of Mary – NO PRACTICE ALLOWED (unless permission has been granted by the parish pastor)</i>
Monday, August 18th	- First day of full practice.
Tuesday, August 26th	- Weigh-in & Round Robin schedules will be posted on the CYO website
Tuesday, September 2nd	- Deadline for team rosters and all team & player fees
Wednesday, September 3rd	- CYO Fall Sports Mass (for all Junior teams) 6:30 pm @ Rosary Cathedral
Saturday, September 6th	- Weigh-in at the Catholic Office Building (1933 Spielbusch) from 8:30 am to 12:30 pm. Each team will be assigned a specific time.
Sunday, September 7th	- ROUND ROBIN at the University of Toledo - Glass Bowl Stadium.
Tuesday, September 9th	- Week one of the league schedule will be posted by 5:00 PM
Wednesday, September 10th	- Entire league schedule will be posted by 5:00 PM
Sundays, September 14, 21, 28	- League games *
Sundays, October 5, 12, 19, 26	- League games *
	* League games will also be played on Saturday afternoons
Friday, October 3rd	- Deadline to submit a team photo for the Toy Bowl program
Saturday, November 1st	- Junior TOY BOWL @ Central Catholic High School (3 games)
Sunday, November 2nd	- Cadet TOY BOWL @ Central Catholic High School (3 games)
Wednesday, November 5th	- CYO Fall Sports Banquet at The Pinnacle

IV. SITE OF THE GAMES

- A. The league games will be played at the Monsignor Schmit CYO Athletic Complex (555 S. Holland-Sylvania Road, between Hill Avenue and Angola Road). Bellevue Immaculate Conception will also host three league dates in Bellevue.
- B. Teams are not allowed to practice and/or scrimmage at the Monsignor Schmit Complex unless a permit has been issued through the CYO office. Permits are issued at a charge of \$20 (for one field for 1 1/2 hours).
- C. Some general complex guidelines:
 1. There will be an admission charge for all league games (students = 50¢; adults = \$1; family = \$2)
 2. No pets will be allowed in the complex.
 3. The use of tobacco will not be permitted inside the complex.
 4. Alcohol is prohibited both inside the complex, as well as in the parking lot. Anyone found to be in violation of this rule will be banned from the complex for at least one year.
 5. Restrooms and concessions will be available at the complex.
 6. There is some bleacher seating available on each field.
- D. There is a Lightning Predictor in operation at the CYO Athletic Complex. If the warning horn sounds during a game, all games in progress will be canceled immediately. Everyone should proceed to their cars and leave the complex. Canceled games will be picked up from the point at which they were stopped at a later date which will be determined by the CYO office. Any games which are scheduled to be played later in the day after the warning horn has sounded will remain "on as scheduled" unless the "all clear" has not sounded.

V. TRAINER

Each Saturday & Sunday there will be a certified trainer stationed in the press box at the complex to work with any injured players. The serious injuries are referred to either the trainer or a hospital. The problem most frequently encountered is players getting the wind knocked out of them. All coaches and parents are asked for their cooperation in allowing the trainers to deal with all injuries. If there is any doubt about the injury, the player will NOT be moved, and an ambulance will be called to take him to a hospital to receive further examination.

VI. LEAGUE & TOY BOWL SET UP

- A. The teams will be divided into two (2) divisions; cadet (5th & 6th grades) and junior (7th & 8th grades). League assignments will be made by the CYO Director of Athletics, Asst. Director of Athletics and the CYO Football Commissioner. *Coaches will be presented with a league set-up sheet at the weigh-in and will have the opportunity to request a league assignment. There is no guarantee that this request will be honored, but it will be considered.*
- B. Each team will receive 2 points for a league win, 1 point for a league tie and 0 points for a league loss. There may be some games that are indicated on the schedule as crossovers which will NOT count in the league standings.
- C. The following procedure will be used in deciding league or division champions:
 - 1) If two teams finish the season with duplicate records, the team winning the game between the two teams during the regular season will represent the league in the Toy Bowl. Both teams will receive a trophy for being league champions if the tie is for first place.
 - 2) If a tie exists between two teams and cannot be decided by head-to-head match up, a high school overtime will determine the Toy Bowl representative. *This will begin at the 10 yard line.*
 - 3) If a tie exists between two teams that have not played during the regular season, a high school overtime play-off will be necessary. *This will begin at the 10 yard line.*
 - 4) A play-off will also be needed if more than two teams tie and none of the teams involved have defeated the other two teams.
- D. The CYO Director of Athletics, the CYO Assistant Director of Athletics, and the CYO Football Commissioner will determine and set-up any play-off format and schedule that is necessary.
- E. Toy Bowl championship games will conclude the CYO season. There will be three (3) cadet games and three (3) junior games. Game pairings will be determined by the CYO Football Commissioner, the CYO Director of Athletics, and the CYO Assistant Director of Athletics and posted on the CYO website by 12:00 noon on Monday, October 27th.

VII. PARISH COMBINATIONS

The combining of parishes may be done only with the consent of the Director & Asst. Director of CYO Athletics, & the CYO Football Commissioner. *There is a current list of these parish combinations available on the CYO website or at the CYO office. This parish combination list must be followed as it is written. If any amendments are needed because of a parish being unable to field a team the CYO Director of Athletics, with advice from the Assistant Director of CYO Athletics, CYO Football Commissioner and the CYO Advisory Committee will make a decision as to where those kids will be placed. Any proposals to change the current parish combinations must be addressed in writing to the CYO Director of Athletics by the parish athletic director and must be signed by the parish pastor. Parish Athletic Directors and coaches must never assume a combination proposal and/or amendment will be approved.*

VIII. PRACTICE

- A. Meeting for organizational purposes can be held at anytime during the year (such as to obtain players, sizing of equipment, financial assistance and staffing).
- B. No player may participate in any activity (conditioning or practice) prior to having a physical examination.
- C. Practice for conditioning ONLY (without full equipment) may begin on Monday, August 11, 2008. This practice may be only for one hour each day. Chalk-talks may also be held. It is encouraged that the boys be allowed to wear their helmets during conditioning so that they can become accustomed to them before full contact practice begins. Footballs are allowed to be used during these conditioning days.

VIII. PRACTICE (cont'd.)

- D. FOUR DAYS OF CONDITIONING REQUIRED - All football candidates must participate in four (4) days of pre-season physical conditioning prior to any physical contact. Boys who report to conditioning late must still go through these four (4) days. There may be no exceptions made to this rule.
- E. Practice with full pads may begin on August 18, 2008.
- F. Teams do not have to start practice on these days; however under NO circumstances may a team begin practice before the above dates. Any team in violation of this rule will be banned from participation in the Toy Bowl and the coaches will be suspended.
- G. It is mandatory that pre-season practice may not exceed eight (8) hours per week, and once the season begins practice may not exceed six (6) hours per week. *Pre-season practice ends after the weekend of September 14th.* Any coach who is found to be in violation of this rule will be suspended for at least one full week.

IX. WEIGH-IN

- A. All players must weigh-in at the team's scheduled time on Saturday, September 6, 2008 at The Catholic Office Building (1933 Spielbusch) from 8:30 am to 12:30 pm. There will be no exceptions to this unless requests are submitted in writing to the CYO office at least one week in advance and approved.
- B. A schedule for the weigh-in will be posted on the CYO website by the end of the work day on Tuesday, August 26th. Schedules will NOT be mailed to coaches.
- C. Any sweating down, strenuous diets or lengthy practice sessions are forbidden since they jeopardize the health and welfare of the individual player and are contrary to the principles of CYO football. Failure to abide by this rule will result in the suspension of the coach.
- D. Each player must have a player contract with him at the weigh-in complete with all necessary signatures. The player must sign the contract at the weigh-in.
- E. Each player will be allowed one weigh-in. There will not be second chances given for close weights.
- F. Tape will be used to distinguish weight classification which will be distributed at the Round Robin and at the CYO complex. If a player needs to have tape on his helmet and is missed for some reason, it is the coach's responsibility to find a CYO staff member to correct the oversight.
- G. The weight restrictions for any player weighing in after Saturday, September 6th will be five lbs. less than the rules state (e.g.: in the cadet division any player weighing in after 9/6 who weighs 111 lbs. will be red taped).
- H. No player may be added to a CYO football roster after Friday, September 12th.

X. ROUND ROBIN

- A. The Round Robin will be on Sunday, September 7th at The University of Toledo's Glass Bowl Stadium.
- B. A schedule for the Round Robin will be posted on the CYO website by the end of the work day on Tuesday, August 26th. Schedules will NOT be mailed to coaches.
- C. The Round Robin is mandatory for all teams. Failure to participate will result in loss of points in the league standings.
- D. There will be an admission charge of \$1 for students and \$2 for adults for all spectators at the Round Robin. Coaches are asked to inform all parents of the admission charge.
- E. There will be two games going on at the same time on the Glass Bowl field. Each game will be 30 minutes.
- F. The ball will be put into play on the 30 yard line by the second team listed on the Round Robin schedule for each game. That team will run ten offensive plays (PAT's will not count as a play).
- G. If a team scores, turns the ball over or loses the ball on downs, they will begin again on the 30 yard line. They will continue on offense until they've run their ten plays.
- H. After the first team has run ten plays, the second team will take over on offense putting the ball in play from the 30 yard line for ten plays.
- I. After each team has run their ten plays the process will be repeated. This will continue until the 30 minutes has expired.
- J. This will NOT count as a game in the standings.
- K. Any player who did not turn in all appropriate material at the weigh-in will be ineligible to play until the CYO Football Commissioner approves him. **Every eligible player must play in at least five (5) plays at the Round Robin.** *Coaches need to arrive at the Round Robin with a plan in regards to playing time.*

XI. EQUIPMENT

- A. No player may participate in a game without a complete uniform. Helmet with nose guard, shoulder pads, pants, including thigh pads, knee pads and a mouth guards are mandatory. Mouth guards shall be of any readily visible color, other than white or clear.
- B. Coaches must never allow any player to participate in any contact drill without a complete uniform.
- C. Coaches must take time at the beginning of the season to fit all players in their uniform and teach them how to be properly equipped. They must also check players every day to make sure they dress properly. Many times this is taken for granted and increases the risk of injury.
- D. Metal baseball cleats are PROHIBITED. For the safety of the boys who play CYO football IT IS MANDATORY THAT THE ONLY SHOES ALLOWED FOR THE LEAGUE WILL BE TENNIS SHOES OR SHOES WITH MOLDED CLEATS.
- E. All helmets shall be secured with a four-snap chin strap. (This began in the 2006 season).

XII. "ALL PLAY" PARTICIPATION RULE

- A. The CYO Advisory Committee developed an "all play" participation rule for each CYO sport during the 2001-02 year which was implemented during the 2002-03 CYO season. These rules were developed after a series of meetings, as well as input from parish athletic directors.
- B. In the Cadet football leagues all healthy, uniformed players must play at least four (4) non-penalty plays in each half of each game.
- C. In the Junior football leagues all healthy, uniformed players must play at least four (4) non-penalty plays in each game.
- D. A PAT attempt shall not be counted as one of the mandated plays.
- E. If a player is being disciplined by the coach for a team violation (missing practice, fighting at practice,...) the player, as well as the players parents, must be notified by the coach prior to the game.
- F. Any coach who is found to be in violation of the "all play" rule will be suspended for one game.

COMMENT:

There have been complaints made by some parents & opposing coaches that the "all play" rule is being violated. This rule remains in effect for all games throughout the season. Coaches must have a plan before the game begins to make certain that every player is allowed his minimum playing time (as required by the rules).

XIII. GAME RULES FOR BOTH LEAGUES

- A. Current Ohio High School Rules will be observed except where noted in these rules. Eight-minute quarters will be played in both Cadet and Junior leagues.
- B. BALL: The Junior leagues will use the intermediate ball (7 inch). The Cadet leagues will use the intermediate junior ball (6 inch).
- C. ELECTRONIC EQUIPMENT: The use of electronic equipment (such as walkie-talkies) is not permitted during the actual game by any team. Videotape of the actual game cannot be viewed until the completion of that game. ABSOLUTELY NO ONE IS ALLOWED TO STAND ANYWHERE ON THE PLAYING FIELD WHILE VIDEO-TAPING A GAME. If a team uses a ladder to film from it must be at least 15 yards away from the sideline and not interfere with any other game. These rules will remain in effect during the Toy Bowl games.
- D. HOME TEAM: A home team will be designated for each game on the schedule (the first team listed). The home team will take the team bench on the north side of the field (@ the CYO Complex). Coaches may not tell their spectators to remain on the other side of the field. The home team will be responsible for providing three adults to work the down box and chains for that week's game. The head coach should present these people to the officials prior to the game. These three adult volunteers will work on their team's sideline. Coaches should get these volunteers to sign up at their parent's meeting prior to the start of the season. DO NOT wait until you arrive at the game.
- E. PRE-GAME: After the team captains have had their pre-game conference with the game officials, both teams and their coaches, along with their cheerleaders, will meet at mid-field to recite the "CYO Prayer". The players and the coaches from both teams will kneel at mid-field and recite the prayer together. Immediately after the prayer the two teams will face the flag and recite the Pledge of Allegiance.

XIII. GAME RULES FOR BOTH LEAGUES (cont'd.)

- F. KICK-OFFS: There will be no kick-offs in either the Cadet or Junior leagues. In place of the free kick, the receiving team will put the ball in play by a snap. The snap shall be made from the yard line 25 yards from the kicking team's free kick line that would have been used for the free kick subject to any carryover penalties. This modification does NOT apply to scrimmage kicks (punts or placement). This rule will NOT affect the pre-game coin toss.
- G. EXTRA POINTS:
- 1) Two (2) points will be awarded for a successful kick and one (1) point for a successful run or pass. This is for both the Cadet and Junior leagues.
 - 2) Any player may attempt a field goal or extra point regardless if he has tape on his helmet (for a kick only). He may be the only taped player in the backfield during the try for an extra point or field goal. On the extra point, the try will end when the kick is good or it is obvious the try will fail. On the field goal, if the try fails the player with tape must follow the division rules regarding players who wear tape (see Cadet rule I and Junior rule E).
 - 3) On a bad snap or a fake, the taped player in the backfield (the kicker) may not take part in the play as a blocker. A 15 yard penalty and loss of down will result in violation of this rule.
- H. 17 POINT LEAD:
- 1) When a team has obtained a 17-point lead over the opponent, the coach of the winning team must substitute as many players as possible, both offensively and defensively, until the opposing team has reduced the score by less than 17 points. If a team scores a touchdown which gives them a 17 point lead (or greater) they are required to substitute after the PAT attempt.
 - 2) The coach of the team which is trailing may identify two (2) opposing players by number who must be removed from the game. They will inform one of the game officials, who will then notify the leading team's coach. The team in the lead will then be granted a free organizational time-out to make necessary substitutes. The coach of the team in the lead should not run any pass or "trick" plays with a 17 point lead. These two players are the only two which the trailing coach may identify until the lead has been reduced to less than 17 points. If the lead then becomes greater than 17 points again, the trailing coach may choose the same two players, two different players, or one of the same and one new player.
 - 3) There have been some coaches in the past that have substituted a good number of players after building a 17-point lead, but have left their "star" player in the game. The "star" player should be one of the first players removed from the game, not one of the last. Coaches are also not allowed to re-enter their starters when the opposing team is close to scoring in order to protect a shutout.
 - 4) If a game ends with the margin of victory of 17 points or more both head coaches are required to submit a written game report to the CYO office by Wednesday of that week explaining the game. The winning coach must state what they did, after the 17 point lead was obtained, to keep the game fair and fun for everyone. The coach of the losing team must explain what he thought the winning coach did to keep the game fair and fun for everyone. If the winning coach fails to submit this written game report by 5:00 PM on the Wednesday following the game he *may* be suspended for the next game.
 - 5) Violation of this rule may lead to suspension of the coach and/or forfeiture of the game. The suspension of the head coach will be for at least one week, and include all team practices for that week.
- I. UNSPORTSMANLIKE CONDUCT:
- 1) Any coach or player who receives any unsportsmanlike conduct penalty will be ejected from that game. A coach must leave the complex. Any other disruption by that coach will lead to their suspension for the remainder of the season.
 - 2) A second unsportsmanlike conduct penalty during the season will result in a suspension for the remainder of the season.
 - 3) Any verbal abuse toward an official after the game will result in at least a one game suspension. *If you don't have anything good to say ,then don't say anything.*
 - 4) Any physical contact with a game official at any time will result in at least a one year suspension from the CYO program.

XIV. CADET LEAGUE RULES

- A. Backfield players and ends, playing on offense, may not exceed 115 lbs. (no tape).
- B. Players on the defensive line of scrimmage end-to-end, may not exceed 130 lbs. (no black tape). A defensive end may remain standing as long as he is on the line of scrimmage and not lined up past the outside shoulder of the last offensive lineman on his side. All other players on the defense (linebackers & defensive backs) may not exceed 115 lbs. (no tape).
PENALTY FOR VIOLATION: Ejection of the head coach from that game and suspension of the head coach for one week. 2nd offense in the season will lead to the forfeiture of the game.
- C. Weight for the offensive line, tackle-to-tackle is unlimited. The center and the two players on his immediate left and right are the only players who may have tape. If a team plays an unbalanced line they must still follow this rule of only having two taped players on each side of the center. No eligible receiver may be a "taped" (red or black) player. The penalty for this will be 15 yards for the first offense and 15 yards and the ejection of the head coach for the second offense.
- D. A player will be able to play only two (2) years in the Cadet league. This applies only to boys who repeat the 5th or 6th grade.
- E. On punts, there may not be any player with tape on his helmet in the backfield. This includes the punter. No player with black tape on his helmet is permitted on the field during a punt.
- F. The blitzing of defensive players over the offensive center will be illegal. No player may stand on the line of scrimmage and blitz the center / guard gaps. A player who is playing in a "normal" linebacker position (at least three yards off the line of scrimmage) may go through the center / guard gap; however, they may not move any closer to the line of scrimmage until the ball has been snapped. A player who is on the line of scrimmage in a four point stance may enter through the center / guard gap IF they are facing straight ahead. They may NOT line up on an angle toward the quarterback. The penalty for any offense of this rule will be 15 yards and an automatic first down.
- G. Any player who is over 115 lbs. at the time of the CYO weigh-in, who gains control and possession of the ball on offense or defense, may not cause the ball to be advanced. At the time of his control and possession, the ball will be declared down, and the player in possession of the ball shall place his knee on the ground. Any such player who advances the ball will be penalized 15 yards from the spot at which he gained possession of the ball. There shall be a 15 yard penalty for any member of the opposing team who tackles, blocks or shows any unsportsmanlike conduct toward such a player. If said player gains control and possession while his team is on offense, the clock shall stop and all other football rules apply.
- H. Any team in possession of the ball on or inside its own 20-yard line MAY DECLARE a free punt. Normal punting formation must be used. The offensive and defensive line may not release until the ball has been kicked. If there is a bad snap or the snap is fumbled by the punter, the punter must start his punt at the point he retrieves the ball. At least seven (7) defensive linemen must be within five (5) yards of the line of scrimmage. The ball must be snapped in normal punting procedure. The team on offense must tell the official they want a free punt. The official will then notify the defense. If the team on offense does not ask for the free punt, then the regular rules are in effect.
- I. Any team scoring a touchdown may declare a free-try for an extra-point kick. The ball must be snapped with the offensive and defensive lines in their normal positions, but neither line may release. If the snap from center causes the holder to alter the normal holding position, the extra point try will become dead.
NOTE: The referee will ask the scoring team if they are going to kick or run a play. They must tell the referee at that point. The "swinging gate" PAT is not permitted in the cadet football league.
- J. A team on offense (with possession of the ball) may declare a free-try for a field goal at any time. The ball must be snapped with the offensive and defensive lines in their normal positions, but neither line may release. If the snap from the center causes the holder to alter his normal holding position, the field goal try will become dead. If the field goal try is outside the 20-yard line and is no good, the opposing team will put the ball in play from the previous spot where the ball was snapped. If the field goal try is good, regular football rules will be followed.

XV. JUNIOR LEAGUE RULES

- A. Backfield players and ends, playing on the offense, may not exceed 140 lbs. (no tape).
- B. Maximum weight on defense is 160 lbs. (no black tape).
- C. Weight for the offensive line, tackle-to-tackle is unlimited. The center and the two players on his immediate left and right are the only players who may have tape. If a team plays an unbalanced line they must still follow this rule of only having two taped players on each side of the center. No eligible receiver may be a "taped" (red or black) player. The penalty for this will be 15 yards for the first offense and 15 yards and the ejection of the head coach for the second offense.
- D. On punts, there may not be any player with tape on his helmet in the backfield. This includes the punter. No player with black tape on his helmet is permitted on the field during a punt.
- E. Regular offensive rules are in effect during extra point attempts, with the exception of rule XIII, G in the game rules for both leagues. On field goals, offensive lineman may not exceed 160 lbs. (no black tape). The kicker of a field goal is also outlined in XIII, G.
- F. Any player who is over 140 lbs. at the time of the weigh-in, who gains control and possession of the ball on offense or defense may not cause the ball to be advanced. At the time of his control and possession, the ball will be declared down and the player in possession shall place his knee on the ground. Any such player who advances the ball will be penalized 15 yards from the spot at which he gained possession of the ball. There shall be a penalty of 15 yards for any member of the opposing team who tackles, blocks or shows any unsportsmanlike conduct toward such a player. If said player gains control and possession while his team is on offense, the clock shall stop and all other football rules apply.

XVI. TAILGATE PARTIES

Some teams have spectators who like to tailgate before the start of the game, or at the conclusion of the game. **Absolutely no alcoholic beverages are allowed at any playing or practice sites.**

Anyone who violates this rule will be suspended from the CYO program (spectators included), and/or the team which they represent may be forced to forfeit points in the league standings. It is the coach's responsibility to make the parents aware of this prior to the start of the season.

XVII. CONCLUSION

These rules have been adopted for the CYO Football Program by the CYO Staff with input from the league coaches over the years. These rules were written and will be enforced with the health and well being of the athletes as the number one concern.

Youth athletics need coaches who want to teach proper techniques, and follow all rules and guidelines which govern their league. The CYO program will not tolerate any blatant violation of the league rules outlined in this handbook. Any coach and/or team found in violation will be penalized.

Any violation of these rules must be brought to the attention of the CYO Football Commissioner, CYO Director of Athletics, or CYO Assistant Director of Athletics. This should be done according to the procedure set in the protest section of this CYO handbook.

The CYO Football Staff at the present time (7/18/08):

Jeff Mielcarek	- Director of CYO Athletics	Julie Dubielak	- Asst. Director of CYO Athletics
Jake Wiciak	- CYO Football Commissioner	Marty Turner	- CYO Football Staff Volunteer
Shirley Grzecki	- Secretary for CYO Athletics		