

Rules & Regulations

I. OFFICIALS:

Three (3) IHSAA certified officials will be utilized for each game. Only those officials that are eligible and certified to referee Iowa High School games will be allowed to officiate league games. No coach, team official or other organizational member will be allowed to officiate a league game unless mutually agreeable to both participating teams. If only two officials are present to officiate a game, the game will be played. The League will provide contracted officials for all games.

II. COACHES:

All coaches must be 21 years of age or older. All coaches are expected to know the rules of Federation Football and teach fair play and sportsmanship to their players through their good example and conduct while on the practice and game fields at all times.

Each head coach and assistant coach must have completed, signed and submitted a Coach's Code of Conduct for league review and approval prior to any involvement, in any capacity, with a League team.

Coaches do not make league policies, however they are expected to follow all rules and regulations. On the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of by-laws or rules infractions or other conduct deemed inappropriate by League Administrators.

Head Coaches are responsible for practice schedules and team compliance with respect to established practice policies and league mandated practice restrictions.

Coaches shall serve from season to season, subject to review and renewal each season by the League Commissioner and Board of Directors.

All coaches will be familiar with and responsible for the administration of the League disciplinary policy as outlined in the Coaches Code of Conduct.

Head Coaches must notify League Administrators of any and all roster changes and/or players that are no longer active in League participation, or have quit, as soon as possible.

III. PRACTICE SCHEDULES:

The season officially starts on a date designated by the League on a yearly basis. **No practice may occur prior to that date** and no conditioning sessions or ‘camps’ are allowed. Equipment handout and other administrative matters and meetings may occur prior to the designated date.

A practice is defined as any organized team activity relating to practice or games, including “chalk-talks” and viewing game films.

No pads will be allowed during the first week of practice, however **helmets may be included**. No player shall be permitted to participate in any practice, conditioning or other activity until all the necessary paperwork has been received in conjunction with established League registration policies.

A one and one half hour per day total practice time limitation will be adhered to. At least one 10-minute break per hour will be provided. During extreme heat, more frequent breaks are strongly encouraged.

Practice sessions will be limited to three (3) per week prior through 9/14. Practices will then be limited to two sessions per week from 9/15 to the end of the season. A week is defined as Sunday through Saturday.

Team parties, watching tape, chalk-talks and other similar activities **do count** as practice sessions.

Practice dates and times will be established by Head Coaches in accordance with these guidelines.

All practices where contact occurs will be conducted with full protective gear utilized.

Pre-game warm-ups will count against weekly practice time if they exceed 45 minutes.

Although at the Head Coach’s discretion, it is recommended that a practice attendance log be maintained for future reference and that parents notify a designated member of the coaching staff concerning an absence by a player prior to the start of a scheduled practice session.

IV. EQUIPMENT:

The NOCSAE Seal of Certification and Warning Label will not be removed from the helmet for any reason.

Chin straps, commercially manufactured forearm and elbow pads approved for football use, gloves, and/or a protective cup will be allowable additions to the teams designated equipment. The only exceptions to this rule involve situations where a player might be required to utilize additional equipment in order to protect an injury, i.e., a knee brace, additional padding to protect a deep bruise, etc. Such exceptions shall be brought to the attention of league administrators for a ruling on acceptability.

Shoes must be of the molded cleat variety. No internally threaded shoes are permissible. Maximum size of the cleat is one and one-half (1 ½) inches measured from the tip of the cleat to the base of the shoe. No all or primarily metal or metal tipped cleats may be worn.

Jewelry of any kind is strictly prohibited under any circumstances.

Glasses should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.

Under no circumstances will any player be allowed to wear bandannas, scarves, or any other type of head covering under the helmet or on any part of the uniform at any time.

All players **MUST wear a mouth protector** at all times during practices. The mouthpiece will be worn at all times during league play and should be attached to the helmet.

The regulation size football for 5th and 6th grades is the Youth ball. The regulation size football for the 3rd and 4th grades is the Pee Wee ball. Game balls are provided for each town one per grade level by the CIYFL.

V. LEAGUE WEIGHT RESTRICTIONS:

There shall be **no maximum weight limitations** per grade or division level **for league participation.**

There **shall be weight limitations** per division level as pertaining **to the ball carrier position** only.

For the purposes of administration of the League, the term ball carrier shall mean: any offensive player touching the ball behind the line of scrimmage after the snap, on the first or any subsequent hand off, or by receipt of any forward pass or legal lateral. By definition this includes personnel in the backfield or receiving positions. Blocking backs over the mandated ball carrier weight limits will not be allowed. Tight ends over the weight limit will be allowed as long as they are not receiving the ball and must be aligned in a tight formation, they can not be split out. These positions include: quarterback, running back, wide receiver, flanker and receiving tight end.

Division classification weight restrictions are as follows:

3rd Grade Division 75 Pounds

4th Grade Division – 85 Pounds

5th Grade Division – 100 pounds

6th Grade Division – 115 pounds

Players exceeding the specified weight limits may advance the ball only in the cases of a pass interception or fumble recovery advancement, provided the restricted player initiated the interception or recovery, if applicable by division rules. The *restricted player initiated* provision prevents a fumble recovery or interception by an approved weight player, who subsequently gives the ball to the restricted player for advancement.

A player's official weight will be recorded weekly, prior to competition at the game site. Players will be weighed in shorts and a t-shirt.

VI. LEAGUE PLAYING RULES:

Except as provided herein, the League will adhere to all rules and regulations as outlined in the current, official **National Federation of State High School Associations Rule Book**. In the event one of the listed League rules is in direct conflict with the current published NFHS rules, League rules shall have preference.

All games will be played on regulation size high school fields.

All participants must be a 3rd, 4th, 5th or 6th grader. A player must be 12 or under on December 1st of the current year to participate on the 5th grade team. A player must be 13 or under on December 1st to participate on the 6th grade team. A copy of a certified birth certificate will be required of all participants. Players may play up to the next grade level, no one should play down unless approved by the League Commissioner and Board of Directors.

No piling, spearing, or face masking on offense or defense. This applies to the runner as well as any other player. Major penalty of 15 yards will be assessed regardless of the intent of the play. Spearing can result in game ejection of offending player under High School Rules.

A player wearing any type of cast including but not limited to a hard plastic, plaster pares or hard splint, will not be allowed to play in a game. Cast or hard splint must be removed and written permission from a doctor stating; child is released to play, must be in the possession of the CIYFL Board Secretary before the child is able to regain practice or game play reinstatement rights.

You **MUST** have seven (7) players on the line of scrimmage for all plays. You may not have more than seven (7) players on the line of scrimmage for all plays.

Gadget plays or Trick plays are not allowed. Penalty for running a play of this nature will result in a 15 yard penalty and loss of down. If the play is run again the coach will be removed from the game with potential of expulsion from the League as voted on by the Board of Directors.

Draft procedures and team placement will be reviewed and implemented by League Administrators on a yearly basis. The CIYFL is not intended to promote dominance by one team and draft procedures will be utilized to address and facilitate an equitable distribution of

players. Following these guidelines communities that are splitting a grade level due to numbers warranting two teams should balance the squads so that teams are of equal strength.

The team listed first on the league schedule is considered the Home team. As such, the designated team **must provide three (3) capable individuals** (preferably adults or older youths) to act as the chain crew. These individuals should be ready to work at least fifteen (15) minutes prior to the scheduled game time and will be placed on the home team's sideline.

There will be four (4) quarters of play in each game, consisting of **ten (10) minutes of continuous running time** in each quarter. Coaches may agree to play **twelve (12) minute quarters** prior to the start of the game. Halftime will be **ten (10) minutes** in duration. During the last two (2) minutes before halftime and the end of the game, standard regulation time will be in effect. **The clock will stop after a score has occurred.** The scoreboard clock will be the official clock, provided that an adult timekeeper operates the clock.

A **thirty-five (35) second play clock** will be in effect for all League games.

Each team is allowed three (3) time outs per half, the duration of which will be (1) minute each. During a charged time out, only one (1) coach [and one (1) non-adult, i.e., a water person] may be on the field and approach the huddle.

The scoring values for games are as follows: touchdown-6 points; point after touchdown **(run)-1 point**; PAT kick(6th Grade)-1 point; PAT **(pass)-2 points**; safety-2 points.

6th Grade Option PAT Kick is allowed. Kicker should approach the ball from an appropriate distance (2 or 3 steps) when attempting the kick. Defense may stand with hands up, but cannot rush the kick.

All coaches and players must remain in the designated sideline box (see 3rd and 4th adjustments).

Each team is allowed to have no more than six (6) League approved coaches on the sidelines during a scheduled League game or scrimmage.

The following **League Specific Rules** will apply to all Scrimmages and Games:

Auto Punt & Auto Kick: Based on participant safety considerations, the League declares all punts as dead ball downs. For sixth (6th) grade, each team needs to declare prior to the game if they will utilize the auto punt system or the manual punt system, once declared this method must be utilized for the entire game. Only sixth (6th) grade may utilize the manual punt.

6th Grade Option

On manual punts the center will snap the ball to the punter, there will be no rush by the defense. The defense will line up normally and may only have two players back to field the punt, the ball will be assumed dead when, a player has received the ball, a player touches the ball and it bounces forward it is dead where it was touched, or the player touches the ball and it goes past them it is dead where it comes to rest. No punt will be allowed to remain inside the opponents' 20 yard line.

Resume with the rules where it states “**Auto Punt**”

“**Auto Punt**”. Upon doing so, the referee will notify the defensive team that an Auto Punt has been elected by the offense. The referee will advance the ball thirty (30) yards, the ball will not be placed inside the opposing teams twenty (20) yard line.

Possessions at the start of each half and subsequent to scores by the opposition, a process normally facilitated by a kickoff and return, will be accomplished instead by the ball being automatically spotted by the referee at the offensive team's own forty (40) yard line.

Center Protected:

The defense will not be allowed to submarine the center or other linemen in any way, deviations from this rule will result in a fifteen (15) yard penalty and a warning to the specified teams coach. If a second infraction takes place the coach and player will be removed from the game.

Defensive Alignment:

All defensive teams must come up in the 5-2 or 5-3 defensive formation (Straight up). The down linemen must be directly across from the two tackles and the center and be in either a 3 or 4 point stance. The defensive ends must be on the outside shoulder of the last player on the line of scrimmage or wing back unless the last person is a wide receiver. The linebackers must be directly behind the down linemen in a 5-3 formation and directly over the offensive guards in a 5-2 formation. Defensive alignments require four distinct levels: 1) Line of scrimmage 2) Linebackers, three (3) yards off of the line of scrimmage 3) Cornerbacks, at least one yard behind the linebackers, and 4) Safety, at least one yard behind cornerbacks. A 6-2 defensive formation can be used inside your own twenty (20) yard line.

No Blitzing or Stunting: **No blitzing is permitted by linebackers or secondary players, Defensive “stunts” are prohibited.** Linebackers must be at least three (3) yards off the line of scrimmage and **must play “read and react”** to the flow of the play. Linebackers will be instructed that they may not immediately rush the line of scrimmage at the snap of the ball with no regard for the flow of the play.

The following defensive positions are positions of emphasis for the 08 CIYFL Season

Linebacker Play Linebackers will line up no closer than 3 yards from the line of scrimmage. During a pass play they **MUST** drop into coverage. Linebackers may not blitz. They may not cross the LOS until the offensive play goes outside the tackle.

Defensive Back Play Defensive backs cannot line up any closer than 4 yards (one yard behind the linebackers) from the line of scrimmage. They may not blitz. They may not cross the LOS until the offensive play goes outside the tackle.

Defensive End Play Defensive ends will be coached to read and react through contact. They may not blitz (blitz defined as direct sprint to the QB or RB in the backfield).

No Motion: Motion employed during any offensive formation and/or play, by any player, is prohibited. This does not preclude offensive backfield formation changes prior to the snap of the ball if all players are set at least (1) second prior to the snap.

Offensive Alignment: Only offensive formations approved by the CIYFL may be utilized. (See approved formations sheet) You may not use a shotgun formation.

The quarterback must be under the center, no more or less than two (2) backs are required in the backfield and must be aligned on or inside the tackles. The wingback will be lined up one (1) yard off of the line of scrimmage and one (1) yard away from the tackle or tight-end.

6th Grade adaptation The wingback may carry the ball on a counter action via the use of an inside handoff or a shuffle pass.

Lines must be balanced.

Receiver formations must be balanced. No multiple receiver formations to one side of the field are permitted, (twins, trips) except in sixth (6th) grade where you may use twins.

Pulling Guards

3rd and 4th Grade – no pulling guards.

5th Grade - You may pull a guard to the play side only, this means if you are going right the right guard has to pull, you can not have the left guard pull.

6th Grade - you may pull any guard.

Screen passes will be allowed.

You may utilize what is called a throw back pass, this is when the play flows to the right and you throw back to the left or vice versa.

Note: The offensive and defensive restrictions imposed should be viewed as a means of providing a semi-controlled environment for the purpose of enhancing instruction of the players and developing their understanding for the fundamentals of the game. These restrictions should NOT be viewed as an opportunity to use bizarre and unconventional defensive and offensive schemes in an attempt to exploit the restrictions.

Minimum Play:

The League strongly promotes the active participation of all players. Unless on disciplinary probation as dictated in the League Codes of Conduct, or Community policies **all players will** be required to **play** in each game, including both offensive and defensive positions. Head Coaches will be held accountable and responsible for this provision. Free substitution of players is in effect at all times.

Fumbles:

Standard NFHS rules apply.

Competitive Adjustment: This rule becomes effective when a team is twenty-four (24) points ahead of an opposing team. When in effect, the clock will run with no stoppage of any sort and the winning team is encouraged to replace their specialty players with reserves for those positions.

VII. OVERTIME:

Rules Governing Overtime Play (Tiebreaker for Championship Games): Follow Iowa High School Rules.

Appropriate awards to signify participation on the teams of the League will be determined by the League on an annual basis. These awards will be presented to all team members, including coaches. No awards will be presented or authorized that signify or recognize individual accomplishment or status.

VIII. INJURIES:

In no event shall a league coach or representative treat injuries sustained by a participant unless of an extremely minor nature which necessitates very basic first aid applications; or, he/she is a licensed medical practitioner. **IT IS MANDATORY THAT A FIRST RESPONDERS OR EMT SERVICE IS AVAILABLE AT ALL GAMES.**

Any participant injured in a game must be withdrawn for at least one (1) play. Any player sustaining a head and/or neck injury must be withdrawn for the remainder of the game.

Any injury in practice or game situations that results in the injured player missing a subsequent game must be reported to League Administrators by a member of the team coaching staff within twenty-four 24 hours. The participant's name, date and time the injury was sustained, any involved players names, nature of the injury and the circumstances involved, must be reported. This provision also applies to injuries deemed serious enough to require medical attention. In this case, the injury should be reported as soon after the occurrence as possible.

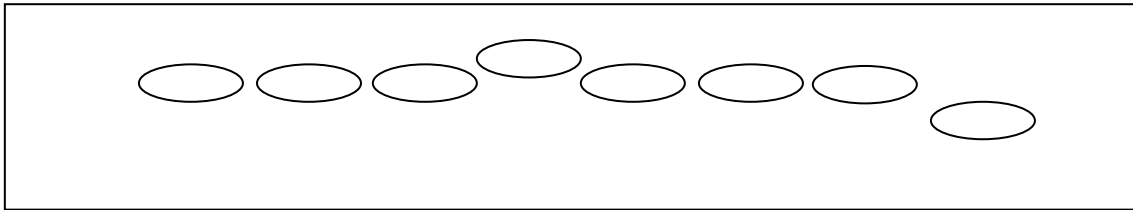
IX. ADMINISTRATIVE REVIEW:

Any situation or circumstance not covered by League Bylaws or League Rules and Regulations, or the official and binding interpretation thereof, shall be referred to League Administrators for a final determination.

3rd 4th Grade Rules Supplement

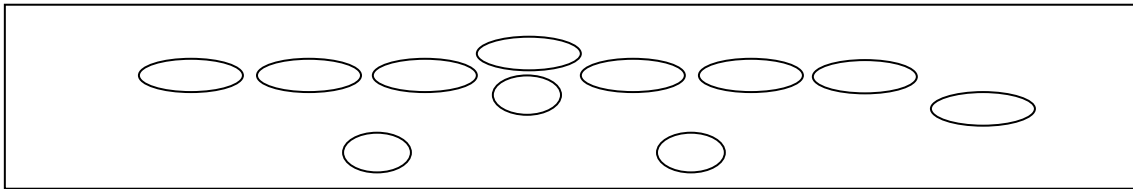
This being most of these players first involvement with organized contact football the board feels that it is important to keep things simple for the players and coaches and allow the focus to be on the fundamentals of football.

Offensive formation – 3rd and 4th Grade teams will utilize a tight wing formation. The Wingback can align on the left or right – here shown on the right

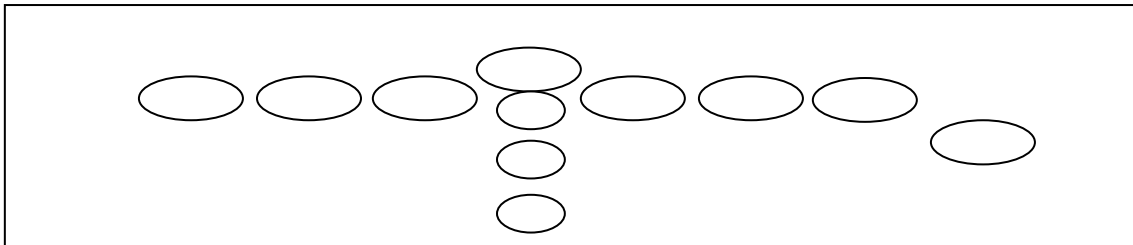


Running backs may be in any of the following configurations:

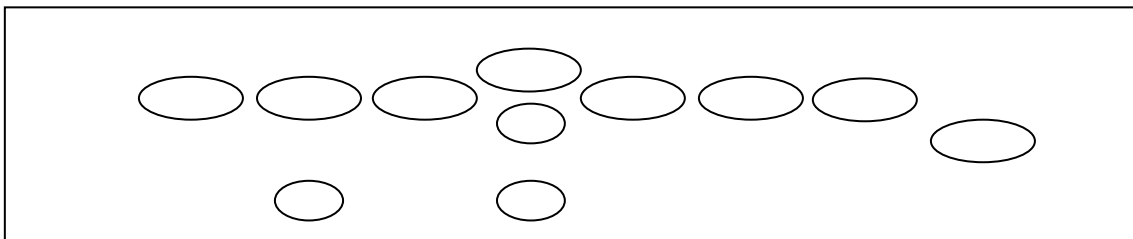
Pro Set



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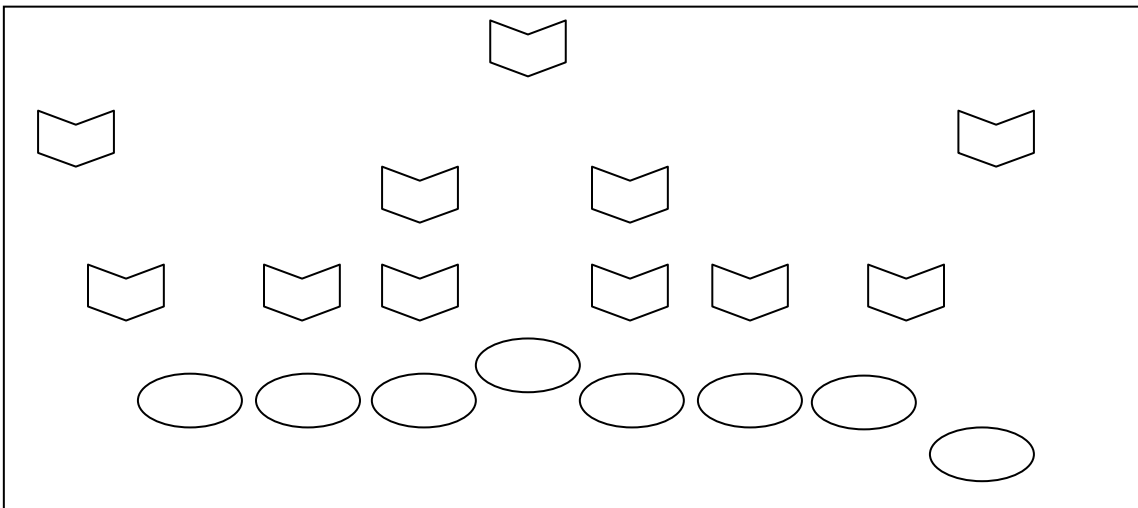
Wing Set



THESE ARE THE ONLY ALLOWABLE FORMATIONS!

Legal plays will follow the guidelines of the 5th grade with one exception:
No quarterback sneaks

Defensive Alignment – The defense will line up in a 6 – 2 – 3 formation, leaving the center uncovered.



NO BLITZING! Defensive linemen will play a straight up technique, no slanting or pinching.

Coaches –

- One coach will be allowed on the field to help organize and coordinate play calling
- Offensive coach may take part in the huddle and even call the play if needed, but once the huddle breaks the only assistance the coach may provide is helping players find their proper alignment
 - At the snap of the ball the coach should be 15 yards behind the play and **MUST BE SILENT** during the play.
- Defensive coach may take part in the huddle and help with alignment of players.
 - At the snap of the ball the coach should be at least 15 yards from the LOS and **MUST BE SILENT** during the play.