

Football

1. Practice Schedule/Physician Report
 - a. It is the responsibility of all coaches to ensure that "**For the Sake of God's Children**" policies for Diocese of Wilmington are being followed at practices and games. This includes coaches wearing CYM IDs at practices and games.
 - b. It is recommended, however no longer mandatory, that players be given a physical examination by a physician prior to their first day of practice.
 - c. Practices are NOT to be held on Sunday mornings.
 - d. Practices prior to Labor Day:
 - i. teams may NOT practice more than five (5) days in a week (Monday-Sunday)
 - ii. teams may NOT practice more than five (5) consecutive days (For example Fri/Sat/Sun one week and Mon/Tue/Wed the following week)
 - iii. teams may NOT practice longer than two (2) hours in any one day. Warming up, stretching, water breaks and cool-down activities are to be included in that two (2) hour period.
 - iv. coaches are to closely monitor players for heat related symptoms and provide water breaks every fifteen (15) minutes during practices in August and September.
 - v. when the temperature is above 95 deg. F regardless of the relative humidity, only stretches, walk-throughs and blackboard sessions are permitted because of the high risk of heat related injuries and no equipment (especially helmets) is to be worn.
 - vi. when the sum of the temperature and relative humidity equals or exceeds 170 (For example 85 deg F and 85% relative humidity), only walk-throughs, stretching and blackboard sessions are permitted, again without equipment.
 - vii. For temperature and relative humidity information, coaches are to check on the internet at **www.weather.com** and enter the zip code for the location of the practice.
 - e. During the first five (5) practices:
 - i. practices must be spent on physical conditioning that can include on-field practice and conditioning drills
 - ii. players are NOT to be involved in person to person contact drills
 - iii. players are NOT to wear pads however they can wear helmets
 - f. Football players:
 - i. are NOT to be involved in physical contact prior to their sixth (6th) practice
 - ii. are NOT to be involved in scrimmages prior to the eleventh (11th) practice
 - iii. that arrive after the first team practice may not be involved in physical contact prior to the sixth (6th) practice and may not be involved in scrimmages/games prior to the eleventh (11th) practice.
 - g. After Labor Day (1st Monday in September), football team practices will be restricted to the following:
 - i. All practices must end by 8:30 PM

- ii. Practices may not be held on Mondays for both JV and Varsity teams.
 - iii. JV teams in addition to Monday must also eliminate a 2nd school night (Tuesday, Wednesday or Thursday) practice.
 - iv. VARSITY teams, after the 4th Sunday in September, must also eliminate a 2nd school night (Tuesday, Wednesday or Thursday) practice.
 - h. No team is permitted to play more than one (1) game and/or scrimmage per week (CYM or other) following the first (1st) week of CYM scheduled games. CYM recognizes that playing "B" games on Saturdays allows coaches to play individuals that get minimal playing time during Sunday games. It is the responsibility of the head coach to monitor playing time of all individuals to ensure the safety of each individual.
 - i. It is mandatory that football teams have at least one individual certified in CPR and one individual certified in first aid present at all practices and games. The individual may be a parent, coach or parish volunteer and the certification should be current and should have been completed by an accredited institution (ie. Red Cross, American Heart Association). A person that is certified in both CPR and First Aid is acceptable.
2. Weigh-Ins
- a. All players including linemen must have weight checked and recorded by the CYM Office prior to the beginning of their season.
 - b. Weigh-ins will be held on the Saturday after Labor Day at a time and location announced at the pre-season coaches meeting.
 - i. There will be no weigh-ins prior to the first Saturday after Labor Day. Requesting an exception due to extreme circumstances must be documented and approved by the CYM Football Coordinator and CYM Office.
 - ii. Requests for a make-up after games on the first Sunday after Labor Day must be submitted in writing by the head coach by email to the CYM Football Coordinator detailing the reasons for the request. Make up weigh-ins will be at the discretion of the CYM Football Coordinator.
 - iii. Only special circumstances will be approved and CYM reserves the right to deny the request.
 - c. All players including linemen must appear for weigh-ins wearing game day uniform jersey and must be identified by the head coach or designee.
 - d. The head coach must complete the CYM weigh-in log listing the name of each player, DOB and number of game jersey. If the player has two different numbers or home and away jersey, both must be listed clearly indicating which number for which color jersey.
 - e. Once individuals arrived at the designated site (property) for weigh-ins, it is strictly prohibited for individuals scheduled to weigh in to do any physical activity until after the weigh in is complete. It is the responsibility of the head coach to make sure all parents/guardians of team players are aware of this rule.

- i. Any individual observed by a CYM staff member or representative violating this rule will result in the individual being designated as a lineman for the season – NO EXCEPTIONS!
- f. Once the weight has been recorded, players will be eligible to participate in all regular season games, playoffs and championship games for positions allowing that weight. Weights listed in the CYM Football rules are “Recorded” weights at time of weigh in.

3. Weight Regulations/Helmet Markings

- a. VARSITY - Any player who DOES NOT exceed 130 pounds may play ANY position. Players over 130 pounds will be considered RESTRICTED LINEMAN.
- b. JV – Any player who DOES NOT exceed 91 pounds (BACKFIELD) may play any position. Players who DO NOT exceed 106 pounds (END) may play ANY position EXCEPT OFFENSIVE BACKFIELD. Players over 106 pounds will be considered RESTRICTED LINEMAN.
- c. JV – Any player considered to be an END (91 to 106 pounds) must have a helmet marking of tape running front to back of the helmet that is visible to game officials. It is strongly recommended that the tape run from the front to the back of the helmet with one (1) inch tape of contrasting color to the helmet. ENDS will not be allowed in the offensive backfield at the snap. ENDS must be positioned on the end of the offensive line.

- d. JV & VARSITY - Any player considered to be a RESTRICTED LINEMAN must have a large “X” on the helmet that is visible to the game official. It is strongly recommended that the “X” tape run from the front to the back of the helmet with one (1) inch tape of contrasting color to the helmet.

RESTRICTED LINEMAN must:

- i. **while playing offense, be in the center, guard or offensive tackle position. In addition, “X” men on the offensive line may not be the last individual on that side of the line of scrimmage. In other words, the “X” men on the offensive line must be covered by a “non-X” man. The maximum number of X men allowed to be on the line of scrimmage is 5 (ie Center, 2 Tackles and 2 Guards).**
- ii. **while playing defense, be in a three or four point stance on the line of scrimmage, no further off the line of scrimmage than one (1) foot, and no further outside than head up on the offensive tackle. The defensive player must move forward and cannot move back unless driven back by the offensive player or is in pursuit of the ball.**
- iii. JV RESTRICTED LINEMAN is no longer permitted to play the middle linebacker position.
- iv. **while on the receiving team on a kick-off or free kick after a safety, line up within 5 yards of the receiving team’s restraining (between their 45 and 50 yard lines unless moved by penalty)**
- v. RESTRICTED LINEMAN will be no more than 15 yards away from the spot of the kick-off or free kick.
- e. Violation of sections 3c and 3d:
 - i. **If the game official rules that the helmet marking of a player (or players) is not visible at the time of the snap, the first offense is a 15 yard penalty for Unsportsmanlike Conduct to the head coach.**

- ii. Player(s) in violation must be removed from the game and cannot enter until helmet(s) are properly marked.
- iii. Concerns that helmet markings are not visible to game officials must be addressed by the coach during the game. It is recommended that the head coaches inspect helmet marking of opposing players prior to the start of the game.
- iv. CYM will not consider complaints or protests about helmet markings following games.

f. RESTRICTED LINEMAN is not permitted to run the ball under any circumstances. The ball will be blown dead at the spot of recovery or interception.

4. UNIFORMS AND NUMBERS – During games, players must wear the uniform number listed on the weigh-in log. In the event a change in number is needed due to damage to the uniform, lost jersey, etc. it is the responsibility of the head coach to notify the CYM Football Coordinator by Noon Friday prior to the next game by email and confirm receipt of the email. CYM will send out an email to all CYM head football coaches. In addition, the head coach must notify the head coach of the opposing team of the number change 30 minutes prior to the scheduled start of the game. If there is a number change required during the game, the coach is to notify the officials and opposing coach prior to the player entering the game. An individual found playing with a number different than the one listed on the weigh in log without meeting above notification deadlines will result in the following penalty:
- a. The team in violation will forfeit the game
 - b. The head coach will be suspended two (2) games
 - c. The second offense in a season will result in the team being rules ineligible for varsity playoffs/JV tournament and the head coach will be dismissed from the league.
5. ILLEGAL USE OF A PLAYER - Any player that exceeds the weight limits detailed in Section 3a and 3b fails to display the helmet markings as in Sections 3c and 3d and plays in a regular season or playoff contest may result in a forfeit of that game and disciplinary action taken against the coach.
6. **Game Rules – JV and Varsity contests will be governed by the National Federation of High School Associations published rules for the paying year with the following exceptions and or additions:**
- a. **UNBALANCED LINE - Defensive lineman that are RESTRICTED LINEMAN by weight must line up with the five (5) interior offensive lineman regardless of where they are located on the field. The spot of the ball may not be the center of the line. This does not prevent Defensive Lineman that are NOT RESTRICTED LINEMAN from lining up in front of the snapper or other positions allowed by other CYM Football Rules. Violations will be penalized as under Rule 2f.**
 - b. **The “end around” play is permitted in VARSITY PLAY ONLY as long as the end is not a RESTRICTED LINEMAN. JV is prohibited from using the end around play regardless of weight. Any JV player in the end or tight end position cannot receive the ball behind the line of scrimmage. Violations will be penalized as a live ball 5 yard penalty from the previous spot.**

- c. **A punter, who is a RESTRICTED LINEMAN (Varsity & JV) or END (JV ONLY), may not advance the ball beyond the line of scrimmage. In the event of a bad snap from center or a fumbled snap, the punter may run forward in an attempt to punt the ball. However the punter may not pass the ball or cross the line of scrimmage.** Violations will result in an illegal procedure 5 yard penalty and loss of down.
 - d. **Fake Punt - When a player who is a RESTRICTED LINEMAN (Varsity & JV) or END (JV) is in punt formation, it is a LEGAL play to snap the ball to another player who is NOT a RESTRICTED LINEMAN (Varsity & JV) or END (JV) and that player is permitted to advance the ball, via a pass or run, on a fake punt. No other fake punt play is permitted from THIS FORMATION.** Violations will result in an illegal procedure 5 yard penalty from the previous spot and loss of down. **Other fake punt plays are permitted as long as no RESTRICTED LINEMAN (Varsity & JV) or END (JV) is in punt formation.**
 - e. ROUGHING THE SNAPPER - Federation Rule 9-4-5 reads: "A defensive player shall not charge directly into the snapper when the offensive team is in a scrimmage kick formation." Rule 2-14-1 defines scrimmage kick formation as "a formation with at least one player 7 yards or more behind the neutral zone and no player in position to receive a hand-to-hand snap from between the snapper's legs." This rule applies to punt formations, shot-gun formations and field goal or extra point attempts as long as one player is 7 or more yards behind the neutral zone (line of scrimmage). In all cases the snapper is afforded protection.
 - f. Games will consist of four (4) quarters that are **eight (8) minutes in duration for JV games and ten (10) minutes in duration for Varsity games.** Normal stop clock will be used.
 - g. "B" games will be played the Saturday following regular season game. The home team coach is responsible for coordinating with the visiting team coach.
 - h. In the event a game or games are cancelled due to weather and/or field conditions, rescheduling must be completed no later than Tuesday following the cancelled game. If the game cannot be rescheduled by Tuesday due to scheduling conflicts with school/church events or field availability, the game will not be played.
7. Overtime/Play-offs VARSITY & JV
- a. **All regular season games that end in a tie will play overtime to determine a winner. A maximum of two (2) overtime periods will be played during the regular season.** During an overtime period, each team has the opportunity for an offensive series of downs. **If the score remains tied after two (2) periods, the game will end in a tie.** The overtime format will follow the "10-yard line overtime procedure" as described in the National Federation of State High School rules.
 - b. In Varsity Playoffs, the above overtime procedure will continue until one team wins.
 - c. See "Play-Offs/Tie Breaker" section for tie breaker rules.
- 8 WEATHER CONDITIONS – During August and early Fall, coaches need to be aware of the potential for storms appearing during practices/games.

- a. During the day of your practice, check the Weather Channel for the local forecast
 - b. During the day of your practice, check www.weather.com
 - c. If at the site or your practice/game, you hear thunder or observe lightning, suspend all activities and have everyone return to their cars or seek shelter in a building.
 - d. Wait a minimum of thirty (30) minutes during which thunder is not heard and lightning is not seen before considering resuming the practice/game.
9. ELECTRONIC EQUIPMENT – The use of electronic equipment (cell phone, radio, etc) to communicate with coaches and/or players is strictly prohibited. Violations will result in sanctions to be determined by the Office for Catholic Youth Ministry.

1. Spectators – If playing on a field that does not have a barrier separating spectators from the sideline, each team is required to rope off the bench area at least 10 yards in from the sideline. It is the responsibility of each coach to keep spectators off the sideline and under control.

2. Uniforms and Equipment

- a. The JV Division will use the Wilson Stock #1360 model TDJ. The Varsity Division will use the same “Youth” size football Wilson Stock #1300 model TDY.
- b. All teams must be in uniform and all players must wear equipment that meets the requirements detailed in rule number 1 of the National Federation rulebook.
- c. The home team is responsible for padding goal posts and setting out field markings prior to the start of the game. No game will begin without padding on the posts. If the goal posts are not padded and/or field marking not set up ten (10) minutes after the scheduled start of the game, a forfeit win will be awarded to the visiting team.
- d. All coaches and managers are required to wear a uniform hat/cap and a uniform jacket, sweater or shirt.

3. Restrictions

- a. All coaches and managers are required to remain within their team box. Violations will be penalized as defined in the National Federation Rule 9-9-3, first offense results in a warning, second offense will be a 5 yard penalty and each subsequent offense will result in a 15 yard unsportsmanlike penalty.
- b. The head coach is to identify himself to the head official prior to the start of the game.
- c. Only one (1) coach is permitted on the field of play during a time-out except in the event of an injury.
- d. Only the team captain(s) may speak with the officials during a penalty.
- e. **The home team is responsible for manning the chains and the chains must be on the home side of the field.**