

**CATHOLIC SCHOOL ATHLETIC ASSOCIATION**  
**2019-2020 FOOTBALL RULES**

**1) STUDENT ELIGIBILITY:**

- A) A participant must be a student of the school that the team represents. (Exception for mergers between schools approved by CSAA League Manager.)
- B) Players must be eligible under Baton Rouge Diocesan Catholic Schools Office academic standards. In addition, it is suggested that the respective principals declare ineligible any player who has not shown sufficient application in his schoolwork.
- C) Player participation:
  - 1. A player may be listed on only one roster; participation on more than one team is prohibited.
  - 2. Each principal shall be responsible for the eligibility of all players submitted on the team roster.
  - 3. Participation in any league game by an ineligible player shall result in a forfeit by the team with the ineligible player with possible further sanctions from the CSAA.

**2) LEAGUES:**

- A) Fourth (4<sup>th</sup>) Grade Eligibility: Open to any boy enrolled at the school or school who has merged with school submitting the roster who has not advanced beyond the fourth (4<sup>th</sup>) grade who will be at least eight (8) on **August 1<sup>st</sup>** of the current school year, and has not reached the age of eleven (11) prior to **August 1<sup>st</sup>** of the current school year.
- B) Sixth (6<sup>th</sup>) Grade Eligibility: Open to any boy enrolled at the school or school who has merged with school submitting the roster who has not advanced beyond the sixth (6<sup>th</sup>) grade who will be at least ten (10) on **August 1<sup>st</sup>** of the current school year, and has not reached the age of thirteen (13) prior to **August 1<sup>st</sup>** of the current school year.
- C) Eighth (8<sup>th</sup>) Grade Eligibility: Open to any boy enrolled at the school or school who has merged with school submitting the roster who has not advanced beyond the eighth (8<sup>th</sup>) grade and who has not reached the age of fifteen (15) prior to **August 1<sup>st</sup>** of the current school year. A boy may participate in the CSAA program as an eighth (8<sup>th</sup>) grade student only once in a sport. Therefore, a boy repeating the eighth (8<sup>th</sup>) grade may participate only if the boy did not previously participate in the CSAA as an eighth (8<sup>th</sup>) grader in football.

**3) WEIGH-IN:**

- A) All players must weigh-in.
- B) The official weigh-in day for each school shall be set by the League Manager in cooperation with participating schools.
- C) Any player who is unable to make the official weigh-in must make an appointment with the League Manager to be weighed prior to the jamboree in order to be eligible to participate.

- D) Any player not weighed in by the deadline shall be ineligible to participate until weighed-in.
- E) Only one official weight will be taken for each player on the weigh-in day and no player will be permitted to leave the immediate area of the scale once he has stepped onto the scale until the official weight has been taken.
- F) Weight Limit Restriction: Any player who exceeds the established weight limit for each league (see below) at the weigh-in date set by the league office will be designated as a “RESTRICTED PLAYER” whose participation in games will be limited by, and be subject to RULE 5(F).

<b>LEAGUE</b>	<b>WEIGHT LIMIT</b>
<b>4<sup>TH</sup> GRADE</b>	<b>120 POUNDS</b>
<b>6<sup>TH</sup> GRADE</b>	<b>140 POUNDS</b>
<b>8<sup>TH</sup> GRADE</b>	<b>150 POUNDS</b>

- G) A player added to the roster after the weigh-in date must be weighed by the League Manager before he is eligible to participate.

**4) EQUIPMENT:**

- A) Players must be properly equipped with mandatory pads, helmet, shoes, etc., as per NFHS rules with the following notes:

1. Shoes: Shoes with removable cleats are prohibited. Non-removable cleats can be worn on shoes made of canvas, leather, or synthetic material. Tennis shoes which may be cleat-less may be worn. Soles of shoes may be rubber or composition material.
2. Helmets and face masks: NOCSAE test standard equipment is recommended. Member school administrations must approve equipment used. Helmets shall be secured by a properly fastened chin strap with four snaps.

- B) Jerseys:

1. There is no jersey numeral restriction or requirement based on the position(s) played.
2. Each player shall be numbered 1 through 99 inclusive. The numbers shall be at least ten (10”) inches on the back and eight (8”) inches on the front. The recommended offensive formation numbering of players is as follows:
 

OFFENSIVE BACKS	= 1-49
CENTERS	= 50-59
GUARDS	= 60-69
TACKLES	= 70-79
ENDS	= 80-99
3. A team jersey designed to be worn inside of the pants shall be tucked inside the pants. Players that do not conform to this policy will be directed to leave the game by an official.
4. If a player wears an undershirt, it shall be plain with hemmed sleeves and of like color to the predominant color of the jersey. Players that do not conform to this policy will be directed to leave the game by an official.

- C) Official game balls will be provided by the CSAA and furnished by the home school.

1. Fourth (4<sup>th</sup>) grade play – NIKE VAPOR STRIKE PEE WEE SIZE 6

2. Sixth (6<sup>th</sup>) grade play - WILSON 1382 K2 PEE WEE
3. Eighth (8<sup>th</sup>) grade play - WILSON 1300 TDY YOUTH

D) Chains and down indicator equipment must have protective caps on the posts—either rubber caps, tape, or any material that will cover sharp edges.

**5) PLAYING RULES:**

A) Except as provided in these rules, all rules will be in compliance with the National Federation of State High Schools Football Rules.

B) Sixth (6<sup>th</sup>) and Eighth (8<sup>th</sup>) grade games will consist of four 8-minute quarters. Fourth (4<sup>th</sup>) grade games will consist of four 7-minute quarters. No overtime periods will be played in sixth (6<sup>th</sup>) and fourth (4<sup>th</sup>) grade football. No game will start prior to its scheduled start time.

C) Points after touchdowns shall be scored as follows with the placement of the ball for the extra point attempt being at the option of the offensive team:

1. One (1) point if the ball is kicked or carried over the goal line from the one and one half-yard line.
2. Two (2) points if the ball is carried over the goal line from the three-yard line. A kick from the three-yard line is not allowed.

D) During regular season play, officials will call one water break at the midpoint of each quarter for all games.

E) Once a football contest gets to a 21-point spread or more, the officials will be instructed to run the clock continuously with the following exceptions:

1. The clock will stop during any timeout (whether official or called by either team) or after a team scores, including any try for extra point. In these situations, regular clock procedures will be observed.
2. In the event that the point spread returns to less than 21 points, regulation clock procedures will once again be administered.

F) A RESTRICTED PLAYER is subject to the following rules:

1. When in a game, a RESTRICTED PLAYER must wear a helmet with a 1" HELMET STRIPE PROVIDED BY THE CSAA ACROSS THE BOTTOM OF THE HELMET FROM EAR HOLE TO EAR HOLE as provided in Rule 4(A)3. Violation of this rule shall be unsportsmanlike conduct.
2. A restricted player, subject to these rules, may participate in all plays from scrimmage, including punts. A RESTRICTED PLAYER MAY NOT PARTICIPATE DURING A FREE KICK ON EITHER TEAM, NEITHER THE KICKING TEAM NOR THE RECEIVING TEAM.
3. A restricted player must have at least one hand on the ground, on the line of scrimmage, at the snap of the ball. Violation of this rule shall be illegal formation.
4. On both the offensive and defensive lines, restricted players must be positioned in the "free-blocking zone," that is the area on the line of scrimmage limited to four yards on either side of the football placement. Violation of this rule shall be illegal formation.

5. A restricted player may not receive any pass, forward or backward (excludes interceptions), nor receive a handoff. If positioned on the end of the offensive line legally, a restricted player cannot go downfield on a forward pass that crosses the line of scrimmage. Violation of these provisions shall

be either an illegal receiver downfield, or illegal touching if receiving pass/handoff, or offensive pass interference if blocking downfield.

6. A restricted player gaining possession of a live ball will immediately cause the ball to become dead. A restricted player who intercepts or recovers any loose ball (muff, fumble, pass, or punt) should immediately go to the ground. Violation of this rule shall be either delay of game or unsportsmanlike conduct.
7. The first penalty for each team concerning a restricted player will constitute a warning to the coach of that team. Multiple penalties for violation of restricted player rules may result in the ejection of the head coach.

G) The Head Coach is responsible for the conduct and behavior of all persons in the team's bench area. At the request of the Site Supervisor, the Head Coach should address the conduct of their students and fans.

H) An automatic one-game suspension will be imposed on players or coaches ejected from a league game. The suspension will be implemented at the next league game played by that team. When a coach is ejected from a game, the coach may not participate in another game that same day. Someone who is certified by that member school will be required to assume that responsibility. The ejected player or coach is required to meet with the League Manager before being allowed to return from suspension. Following a review of the incident, the League Manager may further sanction individuals or schools in the matter.

I) Only registered coaches and players, officials, and members of the chain crew are permitted within the playing area during competition. The playing area includes all areas inside the restraining barrier.

## 6) **PRACTICE:**

A) Spring practice is prohibited. However, during the summer months when school is not in session, and with the approval of the school principal, voluntary team practices are allowed. No football gear, helmets or pads of any kind, are to be worn during these activities and the students cannot be required to attend in order to participate on the school team.

B) The first day for organized football practice is Mon, Aug 5<sup>th</sup>. The following start-up practice schedule is **recommended**:

1. The first five (5) days that a team practices should be in shorts, without pads. Helmets are permitted.
2. The next five (5) days that a team practices should be in shorts. Helmets and shoulder pads are permitted.

C) The first day teams are allowed to practice in full pads is Mon, Aug 19<sup>th</sup>.

D) Daily practice shall be limited to no more than two hours.

E) Teams shall not practice during the school's examination period.

F) After the league jamboree contests, practices must be eliminated on at least one school day per week (MONDAY THROUGH THURSDAY) and are discouraged on Saturdays and Sundays.

G) Team practice during any period other than that permitted by the CSAA is prohibited.

## 7) **SCHEDULING:**

A) The League Manager, with the counsel of the CSAA Advisory Council, shall draft each league schedule.

B) The CSAA Jamboree will be scheduled on the Sunday prior to the start of the regular season (Sept 8<sup>th</sup>). Unless a school requests otherwise, all 6<sup>th</sup> and 8<sup>th</sup> grade league teams will participate in the league jamboree. The League Manager will determine Jamboree sites.

C) Participating teams may schedule other games, but these games may not conflict with the regular CSAA games, including the jamboree.

D) **PROCEDURE FOR RESCHEDULING GAMES**

1) The authority for schedule changes or game cancellations will be the Principal of each participating school. Principals are advised to show all consideration to the opposing school and cooperation with the League Manager when making such a decision.

2) Whenever there is a schedule change, the League Manager **must** be notified immediately and given the following information:

a) Who is requesting the schedule change and why.

b) All schools involved in the schedule change.

c) When the game is rescheduled for.

3) Rescheduling shall be the responsibility of the schools involved. When there is a conflict with the original schedule, both teams should work together to find a suitable time to reschedule a contest. The League Manager will be of assistance to the participating schools when possible.

4) The game(s) should be rescheduled on an available host site date based on the availability of the opponent to play on that date. If no alternate date can be agreed to, a visiting school requesting the schedule change will be required to pay a \$100 Loss of Revenue Fee to the home school. This fee may be waived by the League Manager if there are extenuating circumstances.

5) Whenever a game is rescheduled, the **home school** is responsible for informing the visiting school and the officials of the change in game time and date.

E) The League Manager has the authority to reschedule games due to errors made in the original league schedule.

F) Postponement of games: The Site Supervisor and Game Officials will decide if the field is in playing condition. If the field is not playable, the League Manager will notify the teams involved of a rescheduled date. He will also notify the Assignment Secretary of Officials. If a game is in progress when inclement weather occurs, the game will be completed at the discretion of the officials. If a game is postponed or suspended, the League Manager will notify the competing teams as to the replay or completion of the game within 48 hours.

G) Schools may host or play in bowl games, but play must not conflict with regularly scheduled CSAA play. The CSAA does not assume authority or responsibility for school participation in bowl games; the authority and responsibility rests with the host school.

8) **OFFICIALS:**

A) Four (4) on-field officials will be assigned by the CSAA for all regular season games. A game will be played if only three (3) officials are available. All officials will have on-field responsibility.

B) Each official shall acknowledge a pre-game meeting with the Site Supervisor to review a checklist of CSAA enforced rules by his signature on the pay sheet.

- C) A certified clock operator must be used to manage the scoreboard clock. The clock operator must: (1) be at least 18 years of age; (2) be designated by the host school; and (3) follow guidelines provided by the Site Supervisor. If no certified clock operator is available, the scoreboard clock will not be used, and time will be kept by an on-field official.
- D) The host site must provide a qualified 3-person crew consisting of two adults or high school students from the home team and one adult or high school student from the visiting team as designated by the head coaches of the respective teams, to man the chains and down marker equipment. This crew is designated as part of the official game management and as such cannot have communication with coaches or direct comments to players or officials.
- E) A schedule of fees to be paid to officials will be provided to host schools by the League Manager. This fee will be paid on site immediately following the activity at the host site.
- F) Any complaints regarding officials should be forwarded to the League Manager in writing by the principal.

**9) SITE SUPERVISOR'S DUTIES:**

- A) Open the facility one hour prior to the first game time.
- B) Make sure the field meets mandatory league specifications and is ready for league play at the scheduled time, including the following responsibilities:
  1. Schools shall maintain proper grass cutting and fire ant removal maintenance.
  2. The field shall be properly marked with the official lines required.
  3. Chains and down marker equipment must be available.
- C) Introduce yourself to the Game Officials and advise them that you are the Site Supervisor. Hold a pre-game meeting with the officials to review a checklist of CSAA enforced rules and provide game balls to them. Outline the procedure that will be used to pay the officials following the activity.
- D) Check with game officials for prompt starting of games and be prepared to discuss with them calling off the game in the event of a storm, lightning, etc.
- E) Introduce yourself to the visiting coaches. Show them where facilities for their team's use are located.
- F) Do not start any game prior to its scheduled start time. Game officials cannot waive this guideline.
- G) Provide a ten-minute halftime for each game. As the host school controls the use of the field at halftime, advise officials and both head coaches how the field will be used during that time (dance team, cheerleaders, warm-ups, etc.).
- H) Provide refreshments for the officials at the host school bench or a designated area during halftime.
- I) Have access to field lights, if any, in the event they may be needed.
- J) Be prepared to handle any emergency or disturbances which may occur at the field. The host management is responsible for spectator behavior, insofar as it can reasonably be expected to control the spectators. When a spectator becomes unruly or interferes with the orderly progress of the game, the referee shall suspend the play until the host management resolves the situation and the game can proceed in an orderly

manner. In the event someone must be removed from the premises due to his or her ejection, the referee shall suspend play until the offender(s) can be removed from the premises by the host management. The host management may request the coach or AD of the visiting team to assist in this process. In the event the offender(s) refuses to leave the premises within three minutes of being asked, the game will be ended and a report made to the League Manager. Any violent gestures by the offender(s) shall result in a call to local law enforcement to escort the person off the premises. ALL EJECTIONS MUST BE REPORTED TO THE LEAGUE MANAGER AND A GAME REPORT FILED WITHIN 24 HOURS.

K) Provide for the collection of admission. When collected, current league policy must be followed. Four (\$4.00) dollars for adults and high school students – 8<sup>th</sup> grade & under, no charge. Current league passes are to be honored at league games only.

L) A game report form must be filled out at host sites for each event held at a member site. These forms are to remain with the member school hosting the event until ten days after the regular season has ended. At that time, the game reports may be discarded. Member schools are required to file game reports with the League Manager within 24 hours if there is an ejection or any other unsportsmanlike conduct by a player, coach, or spectator observed by game officials or game management. These infractions will be reported to the athletic personnel of the offending school.

**10) FORFEITS:**

Failure to play a scheduled game will result in a forfeit. If by the visiting team, a forfeit fee will be charged for each scheduled game forfeited. A forfeit fee EQUAL TO THE COST TO THE HOST SITE IN OFFICIALS FEES AND AN ADDITIONAL \$100 LOSS OF REVENUE PENALTY will be imposed. As to collection, the League Manager will receive notice of the forfeit from the home school. The report will include the amount of games forfeited and the school which caused the forfeit to occur. The CSAA will then collect the fees from that school and forward to the host school. Forfeited games are not required to be rescheduled, but the schools involved may do so at a later date. The forfeit fee may be waived by the League Manager if there are extenuating circumstances.

**11) PROTESTS:**

A) There shall be no protest made of an official's judgment.

B) Please refer to Section IX, Protests/Complaints/Appeals in the CSAA Handbook which outlines how to address a complaint concerning a CSAA issue.

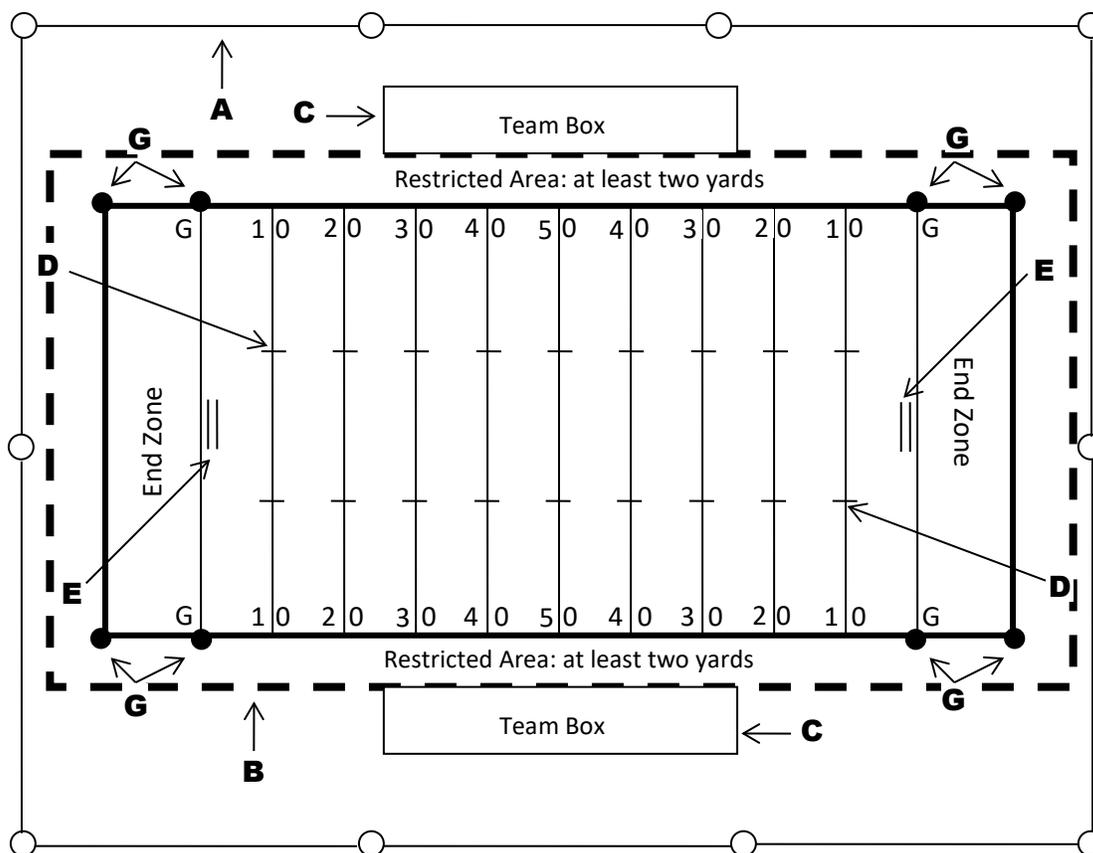
**12) SANCTIONS:**

Sanctions will be imposed for violation of league guidelines, rules, regulations, policies, or procedures. Refer to Section VIII, Sanctions in the CSAA Handbook for more details.

**13) MANDATORY SPECIFICATIONS FOR HOST SITES—CSAA FOOTBALL:**

(see diagram below)

- A) A restraining barrier (fence, rope, rail, etc.) must be placed around the playing field. It must be distanced as far away from the playing field as possible. All fans must remain outside the barrier. No fans are allowed on the sidelines inside the barrier.
- B) A restricted area must be marked at least TWO yards all around the playing field – NO ONE (including administrators, coaches, players, cheerleaders, athletic trainers, etc.) is allowed in this area while the ball is live.
- C) Team box must be marked at the 25-yard line. Team benches are required.
- E) Official hash marks must be marked 53'4" from each sideline.
- F) Two extra point lines must be marked from the goal lines – 1.5 yards (1 point) and 3 yards (2 points)
- G) Goal Posts are not required, but if present, they must be padded.
- H) Pylons must mark all four corners of the end zones.
- I) A scoreboard with electronic game clock, if available, must be operated only by school certified persons.



**SPECIAL RULES FOR 4<sup>TH</sup> GRADE FOOTBALL (updated 12/3/2018)**

- A) There will be no kickoffs. The ball will be placed on the opponent's 35-yard line to begin the offensive series after a score. For a safety, the ball will be placed on the opponent's 45-yard line.

B) There will be no punting. A team that has reached fourth down has the option to either go for the first down or they may choose to give the ball up and “punt.” This “punt” will result in the ball being moved 25 yards down the field for the opponent to start its offensive series. This ball will never be placed inside the 20-yard line to begin a series.

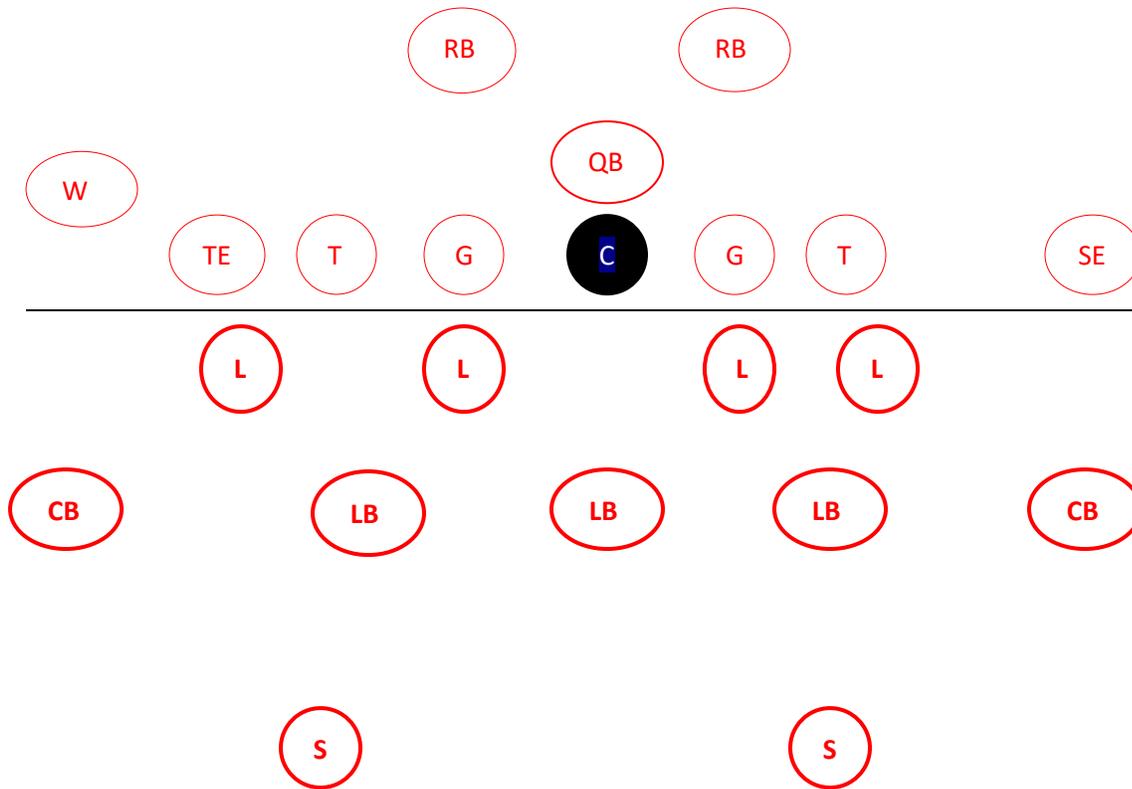
C) Permitted Defenses—4-3 (see diagram on next page):

1. The defensive alignment will have four down linemen (two interior linemen and two defensive ends) in a 3- or 4-point stance. The interior linemen will be lined up no closer together than head-up the guards and they must be inside of the defensive ends. **No defensive lineman can ever be lined up head-up the center or in the center-guard gap (A gap).** The defensive ends must line up outside of the interior linemen but no wider than head-up the tight end, or where the tight end would normally line up in an open set.
2. The three inside linebackers shall be aligned at least five yards from the line of scrimmage and inside the tight ends, or where the tight end would normally line up in an open set. The inside linebackers cannot be stacked directly behind the linemen.
3. Cornerbacks shall be a minimum of five yards from the line of scrimmage and must be outside of the tight end, or where the tight end would normally line up in an open set.
4. Safeties shall be a minimum of ten yards from the line of scrimmage at the snap of the ball.
5. All linebackers, safeties, and cornerbacks shall maintain their permitted positioning before the offensive snap and may not be moving forward prior to the snap.
6. Whenever the offensive team begins a play on or inside of the 5-yard line, the linebackers, cornerbacks, and safeties can move forward to where they are positioned at any depth in the endzone. However, these players still must maintain their proper alignment with respect to the offensive players.
7. Violation of these defensive rules will result in a 5-yard penalty.

D) Permitted Offenses

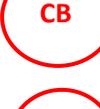
1. The offense must have three linemen on each side of the center in a 3- or 4-point stance. (Exception: split ends may line up in a 2-point stance.)
2. The following backfield formations are legal: I Backs, Split Backs, Power I, Single Wing, Slot, and Shotgun.
3. The following formations are not allowed: Double Wing, Unbalanced Line, Man in Motion, Twins or Trips, and any other formation not listed in #2 above. (For our league, twins and trips is when more than one receiver is lined up outside of the tight end, or where the tight end normally lines up in an open set.)
4. Violation of these offensive rules will result in a 5-yard penalty.

## Diagram of 4-3 Defensive Formation:



1

*Diagram Key:*

-  ----- **Down Linemen**
-  ----- **Linebackers 5 yard behind lineman**
-  ----- **Cornerbacks at least 5 yards off of the line of scrimmage.**
-  ----- **Safeties at least 10 yards off of the line of scrimmage**