

# Central Football League

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## **ARTICLE IV: FOOTBALL RULES**

SECTION 1. Oklahoma High School football rules will be utilized in CFL play with the exception of those noted below: \*Note: These rules will apply to 1st and 2nd grade with the exceptions listed in Article X.

### **OFFICIALS**

SECTION 2. Three licensed officials will be required. Teams may play with two officials if both coaches agree to do so. Licensed officials must be a minimum of 18 years of age.

2A. 2008 Referee fees will be \$35.00 per Ref per Game.

SECTION 3. Teams in the CFL will use our referee coordinator. Games will be scheduled by the Ref-Coordinator. Teams may call to confirm their referees on the Thursday before their game. Listed below will be the procedures concerning issues that might arise during a season: All games will be played as scheduled, if at all possible.

3A. Home team must give a 24-hour notice of cancellation. If this was done two weeks to reschedule at home-team's field. A weather cancellation only requires a 5 hour notice.

3B. No referees show up at the game- Two weeks to reschedule the game (home team's field).

3C. Referees and visiting team show, but home team has cancelled the game for some reason and no call was made in the time needed to cancel stated by the rules- Home team must pay the referees who showed up with no games. Reschedule the game at visiting team's home field, two weeks to reschedule.

3D. Only 2 referees show up at the game-Play-the game with a minimum of 2 licensed officials.

SECTION 9. The half-time period will last no more than 10 minutes for all grades.

9A. Half-time Procedure: Guest cheerleaders and/or drill team. The guest drill team may be excluded from half-time participation by the home team if all performances take longer than 10 minutes combined.

9B. Half-time may be shortened due to weather if both coaches agree to do so.

SECTION 10. Tie games/overtime: Each team will have 4 downs to score starting from the 10 yard line until a winner is determined. There will be a flip to see who goes first. Teams will stay in the same order in the 2nd O.T. and so on.

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SECTION 20. All players who meet the weight limit are allowed to recover and advance the ball on fumbles, interceptions, kickoffs, etc. for players in excess of weight limit, the ball will be blown dead at the point of reception or recovery.

SECTION 21. Coaches will exchange a Weigh-in Roster form and will witness and verify weigh-ins before game time. A weigh-in roster form will consist of the following items:

#1. Team Name

#2. Head Coach: Name and Phone Numbers

#3. Jersey Number(s), list all numbers of that player

#4. Player's Name, Grade and Date of Birth \*\*Numerical order according to the jersey #' s.

SECTION 22. If for any reason a player(s) misses weigh-in and the game has not started: These player(s) may play with the approval of the other "Head Coach".

22A. Once the game has started: player(s) must wait until half-time to weigh in. All players including strippers. Player(s) must be checked in from the weigh-in roster or they are illegal. NOTE: Illegal participation by a player could result in suspensions and a possible forfeiture.

SECTION 23. Strippers must down the ball on on-side kicks. Ball handlers may return the ball, even on-side kicks.

SECTION 24. The weigh-in time for a CfL game will take place 15 minutes before the scheduled start time of that game.

SECTION 27. Rules and restrictions regarding player jersey numbers will not be enforced.

27 A. No team players shall participate at the same time with identical numbers (use tape to make adjustment).

27B. Jerseys cannot be changed during a game unless the opposing team's coach is made aware of the change and number.

27C. A change of a jersey number of a player anytime during the season must be noted on the Weigh-in Roster. All numbers of a certain player must be listed (even if it is for one game) on the weigh-in roster.

Example: Joey started off with #12. He lost his jersey and is wearing #32. Joey for one game cannot find his jersey and coach gives him #45 for that game. On the team's weigh-in roster he will be listed like this- #12, #32, #45 Joey Redmond. The number he wears for that game will be circled.

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SECTION 28. OFFICIAL FOOTBALLS FOR THE CFL. \*\*Wilson or Wilson GST(K2 or TDJ or TDY). These balls can be Composite or Leather. These will be the only balls allowed during games.

1/2 Grade may use a K2 or TDJ ball.

3/4 Grade may use a K2 or TDJ ball.

5/6 Grade may use a TDJ or TDY ball.

NOTE: Each team may choose their own ball size according to the rules but cannot change ball size during the game. You must start, play and finish with the same size ball.

SECTION 29. Coaches on the field of *play*. 1/2 Grade- Two coaches are allowed. No 3/4 Grade- One Coach is allowed. 5/6 Grade- No Coaches are allowed on the field.

29A. Coaches on the field must remain silent once the ball is put in play. There will be a 10 yard penalty if this rule is violated.

## **ARTICLE VI: PROTEST PROCEDURES**

SECTION 1. The referee and the opposing head coach must be notified at the time of infraction that the game is being played under protest.

SECTION 2. The head coach or acting head coach will notify his repetitive that his game was played under protest. The league will need to be notified within 48 hours that a protest is being filed.

SECTION 3. A protest fee of \$50.00 cash will be given to a representative member and the protest will be official. If the protest is won, the protest fee will be refunded. If the protest is lost the protest fee will be forfeited and be placed in the league treasury.

SECTION 4. All protests involving tournament play will be settled by the CFL Representatives.

## **ARTICLE VIII: ATTITUDE AND CONDUCT**

SECTION 1. No Food or Beverages allowed inside the stadium. Player water must come from a water cooler. No Snacks, No Drinks, No Ice Chest inside the stadium. If a team has snacks, they must be distributed outside the stadium. A "Gift Basket" for the cheerleaders is allowed.

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SECTION 2. Press Box Procedure: Rude remarks, bad behavior, or biased announcing will not be permitted at a game. If a board member is in attendance at a game determines that a violation of this rule exists and/or the clock person is not maintaining accurate precision, he may immediately ask for the removal of that person from his duties for the remainder of the game. The board will meet to determine by a vote if future action is necessary. The Penalty will be the decision of the board and can be up to a lifetime suspension from entering any press box. A referee noted protest will be addressed by the CFL Representatives.

SECTION 3. Any assault or verbal abuse, or display of poor sportsmanship by a coach, parent, participation club official or guest at a game will not be tolerated.

3A. Any player ejected from a game will automatically be suspended from the following game. The league representatives will be notified by the officials.

3B. Any coach may be subject to banishment if found to have engaged actively or passively in the violation of the rules embraced by the CFL. Any coach who commits an act of violence against an official, another coach, any player, parent or guardian of any player, or any spectator **will** be banned from coaching in the CFL for life.

## **ARTICLE X:**

### 1<sup>st</sup> and 2<sup>nd</sup> Grade Rules

SECTION 1. 1<sup>st</sup>/2<sup>nd</sup> - Two coaches will be allowed on the field during league and playoff games.

SECTION 2. The 1st and 2nd grade teams will play 11 man football. There are a few rule adjustments, but they will mainly be using the 3rd - 6th grade rules. This will keep the flow of the league going. Referees will all be on the same page as the league. Some of the 1st and 2nd grade special rules are listed below:

2A. Number of Players- If team A can only field 10 players and team "B" can field 11 players: the game will be played (10 on 11) and it will count.

2B. If team A can only field 9 or less players; the game will be played (8 on 8 or 9 on 9) and the game will be a forfeit by the team that cannot field enough players.

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SECTION 3. Kickoffs- There will be no kick-offs. After a score the ball will be placed on the 35 yard line.

SECTION 4. Declared punts or field goals No Fakes or advancements by the offense, no rushing in by the defense, center cannot be hit, ball is dead at the spot when touched by either team.

SECTION 5. Playing time- 10 plays per player (REQUIRED). Please chart your players to confirm they all have played the required amount of plays.

SECTION 6. Weight limit- There is no max weight limit. 75 pounds is the weight limit for ball carriers.

SECTION 7. Center protection- No defense can line up over the center (head-to-head). A defender may play in the gap (i.e.- inside shoulder of offensive guard). The center must have his head raised in the up position after a hike before a defender can hit him. Referees will enforce center protection rule by the example listed above. A personal foul will be the call when this rule is violated. Note: The object of this rule is to allow a clean snap exchange between center and quarterback.

SECTION 8. "Turnovers"

At this level an exchange from Center to QB (QB under the center) that is fumbled. hits the ground is a "dead ball resulting in a loss of down".

8A. If your team fumbles the ball otherwise (exchange- from QB to running back or receiver) and does not recover the ball, it is a turnover!

8B. If a team uses the shotgun formation and the ball hits the ground on the hike. the ball is dead at that spot. Not at the hiked spot but at the spot where the ball hit. Dead Ball lost of down

Note: Section 9 on Blitzing (below) will be up for a vote.....

SECTION 9. No blitzing at the 112 grade level. Only those players on the line in a set position (three-point or four-point stance) can rush. Linebackers may rush after an exchange by the QB, the ball is being advanced forward or the QB is outside of his tackles.

9A. If a QB drops back for a pass only those on the line (set position) may rush.

9B. If the QB rolls out for a pass and is outside of his tackles, everyone may rush in.

SECTION 10. 1/2 Playoffs- Listed in League Rules.

SIDE NOTES:

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- A). The length of the game will be the same as 3rd - 6th grade games.
- B). Any player on the line in a set position may blitz.
- C). Note: there is "No" head to head on the center (center protection rule).
- D). Scoring system will be the same as 3rd/4th grade.