


2019 – PR/CSYFL 5TH THRU
8TH GRADE 11 VS. 11
TACKLE FOOTBALL RULES



League Structure

1. 11 vs. 11 Tackle Football following IHSA Football Rule Book with modifications defined in this Rule Book.
2. All players will be officially certified and weighed during the League's registration process
3. Players must play in the school Grade appropriate level.
 - a. Any exceptions must be approved by the Executive Committee provided written request was made.
 - b. If a player is deemed to be unable to protect themselves in their grade appropriate league, they can be placed in a lower league with the approval of the Executive Committee and parent(s).
 - i. Factors such as age, weight, height, ability, player evaluations, and coach recommendations will be taken into consideration.
4. Players over the official league Striper weight must wear a designated marking "stripe" on their helmet.
 - a. 5th & 6th Grade Striper Weight = 115lbs
 - b. 7th & 8th Grade Striper Weight = 135lbs
 - c. The stripe marking must go around the circumference of the players helmet (not front to back) so the player can be easily identified on the playing field
 - d. Once a player's weight is certificated, the player will not be re-weighed unless there is an Executive Committee safety concern.
 - e. If the Executive Committee "challenges" a player's weight and the player is over the allowed weight guidelines, the player will be striped for the balance of the season.
5. League Chain of Command
 - I. League Presidents
 - II. Executive Committee
 - III. Program Director
 - IV. Site manager

Practice Policy

1. Park Ridge and CSYFL legacy/existing pre-game season practice schedule policies/rules will remain unchanged.
2. A maximum of 3 practices per week not totaling more than 6 hours per week during Game season.
3. For player safety, coaches are expected to practice a minimum of 2 practices per week, weather permitting.
4. The first week of practice (three practices) shall be in helmets and shoulder pads ("shells") only with an emphasis on fundamentals.
5. The amount of contact at each practice will be reduced to a maximum of 25% of practice time.
 - a. No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted
 - i. Having two linemen immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead into each other, are both permitted
 - ii. There should be no intentional head-to-head contact

Common Game Rule Adjustments/Modifications

Park Ridge / CSYFL Football adopts all IHSA Football Rules & Regulations with the following exceptions/adjustments:

- ❖ The Executive Committee reserves the right to modify/change rules at any time for the safety of League.

Game Management

General Governance

1. Games will be played in all weather conditions with the exception of lightning.
 - a. In cases where temperatures reach 90° or higher, additional “hydration” timeouts may be given at the referee’s discretion
2. The minimum number of players required for to play a game is 8 vs. 8
3. The Home team will appoint a Site Manager for each game
 - a. They must present for the entire game and be wearing easily identifiable clothing
 - b. They are responsible for crowd control, briefing officials of any special circumstances, and arbitrate disputes between teams
 - c. They are to report any injury or disputes to League Director and Executive BOD’s within 24 hours.
4. Coaches are responsible for:
 - a. Abiding by the Leagues Code of Conduct Policy
 - b. Remaining in coaches’ box during the game.
 - c. Not argue with Officials.
 - d. The behavior of their team and parents.
 - e. Keeping the sideline clear of garbage.
 - f. Exchanging certified player rosters with opposing team and shaking hands after the game.
5. Parents are not allowed on sidelines during games.
 - a. If no stands are available at game site, parents must be at least 20 feet behind team bench.
6. No alcohol or fire arms are allowed at game sites.

Clock Management

1. Each game shall consist of four (4) twelve (12) minute quarters, with a seven (7) minute half time. This allows 2 minutes for teams to kneel and observe cheerleaders where applicable.
2. During the first (1st) and third (3rd) quarters the clock starts again on the ensuing kick-off.
3. During the second and fourth quarters, in addition to the above, the clock will stop during the last two (2) minutes for an incomplete pass, a run out of bounds, quarterback grounding the ball, and to move the chains after a 1st down (once chains are set, clock starts running).
4. Injuries automatically stop the clock and the injured player must be taken out of the game for at least one (1) play. The clock will start at the snap of the ball.

Timeouts

1. Each team will be allowed 3 timeouts per half.

Overtime

1. IHSA overtime rules apply.
 - a. Not to exceed 3 overtime periods – If the game is not decided at the end of the 3rd overtime period, the game will end in a tie.

Huddles

1. Huddles should be limited to thirty (30) seconds.
 - a. Referees will issue one (1) warning and any further delays will result in a five (5) yard penalty and the clock will stop until the ball is snapped.

Player Equipment

1. If the player is not wearing the proper equipment, the player will not be allowed to play. This includes: Mouth guard, Helmet, Shoulder Pads, and Pads (Knee, Thigh, Tail & Hip)

Sidelines / Spectators

1. A distance of five (5) yards from the sidelines must be maintained by all spectators. This is for the protection of our players and spectators. Coaches should help enforce this rule.

Code of Conduct

1. Every participant; whether player, cheerleader, coach, referee, official, administrator, parent, or spectator, has a responsibility to comply with the Park Ridge and CSYFL Code of Conduct Policy.

Thor Guard

1. Every participant; whether player, cheerleader, coach, referee, official, administrator, parent, or spectator, has a responsibility to comply with the Park Ridge and CSYFL Thor Guard Policy.
 - a. If the Thor Guard activation results in more than a 40 minute delay, the game will be cancelled
 - b. Rescheduling the game will be at the discretion on the Executive Committee

Player Participation

1. On Defense, at the end of every second play, the players on the bench (substitutes) must be inserted into the game.
 - a. Starting QB's are the only exception. They do not have to play defense.
 - b. If a hurry-up offense is used, the Official shall stop the clock and hold the play until the defense has substituted.
2. On offense, no substitutions are required but encouraged.

Striper Rule

1. Striped players must play on the line of scrimmage in a 3pt stance and must line-up no wider than the outside shoulder of the widest offensive lineman / TE.
 - a. Stripers shall be moving forward at the snap of the ball.
 - b. Striped players cannot carry or receive the ball.
 - c. Striped players can intercept a pass and recover fumbles; however they cannot Advance the ball.
 - d. Rule Application: A five-yard penalty
2. Only if the 18pt Rule is in effect, the losing team can request that the opposing team's "dominate"

defensive striped players only play on offense.

- a. A “dominate” defensive striped player is defined as a player that is so disruptive that the opposing offense cannot effectively run a play.

18 Point Differential Rule

1. Any team losing by 18 points or more will automatically get the ball on the fifty (50) yard line on Kickoffs.
2. Winning teams are prohibited from allowing “star” QB’s, or running backs from touching the ball.
 - a. Rule Application: First offense is a warning. A 15-yard penalty will be enforced on subsequent offenses.
3. Winning team cannot run/execute pass plays on offense.
4. Blitzing is not allowed by either team.
5. Winning team is allowed to voluntarily sit “star” players on defense

Offense

1. Quarterback, if not acting as a blocker, is not to be contacted after they complete a hands off or releases pass.
 - a. Rule Application: 15-yard penalty

Turnovers

1. Advancing fumbles or interceptions is allowed, provided player did not recover fumble or intercept a pass with knee or knees touching ground, and the following exceptions:
 - a. Stripers
 - b. Kickoffs if there is no change of possession (IHSA)
 - c. Punt if there is no change of possession (IHSA)

Specific Program Game Rule Adjustments/Modifications

Modification	5 th & 6 th Grade Program	7 th & 8 th Grade Program
Striper Weight	<ul style="list-style-type: none"> • 115lbs 	<ul style="list-style-type: none"> • 135lbs
Defense	<ul style="list-style-type: none"> • Defense cannot line up directly over the Center at any time. <ol style="list-style-type: none"> a. Defensive lineman can shade inside the Offensive Guards, but they cannot line-up directly in the “A” gaps. b. Line Backers can line up “over” the Center with a minimum of 3yds off the ball. <ol style="list-style-type: none"> i. LB’s can read and react to a play in the A gaps, but they should not intentionally “blitz” the A gaps or Center directly. 	<ul style="list-style-type: none"> • IHSA Rules Apply

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Modification	5 th & 6 th Grade Program	7 th & 8 th Grade Program
	<p>ii. Rule Application: 10-yard penalty</p> <ul style="list-style-type: none"> As a result, QB “sneaks” between the offensive Guards is prohibited. 	
<p>Special Teams</p>	<p><u>Kickoffs</u></p> <ul style="list-style-type: none"> Two kickoffs per game: Start of game and after half-time Kickoffs will be from the 40 yard line. No on-side kicks <ol style="list-style-type: none"> The football must be kicked at least 20yds or play will be blown dead immediately with change possession at spot of football. The Kick return team does not have to touch the football if football is kicked less than 20yds Stripers must be on "front" line and in-between hash marks After a score the football will be spotted at the Offensive team’s 35-yard line. Teams will switch ends of field at halftime. <p><u>Punting</u></p> <ul style="list-style-type: none"> There is no “live” punting <ol style="list-style-type: none"> Kicking team can declare a punt and ball will advance 30 yards If kicking team is inside the opposing team’s 40 yard line, the ball will be placed on the opposing team’s 10 yard line. <p><u>Point after TD</u></p> <ul style="list-style-type: none"> Ball is spotted at the 2.5 yard line. <ol style="list-style-type: none"> One (1) point for run. Two (2) points for pass over the goal line, or a kick. If Kicking the PAT, the defense’s alignment must be 	<p><u>Kickoffs</u></p> <ul style="list-style-type: none"> Kickoffs will be from the 40 yard line. Stripers must be on "front" line and in-between hash marks Only the losing team may execute a maximum of 2 on-side kick offs per game within last two (2) minutes of 2nd or 4th quarters. If not an onside kick, the football must be kicked at least 20yds or play will be blown dead immediately with change possession at spot of football. <ol style="list-style-type: none"> The Kick return team does not have to touch the football if football is kicked less than 20yds Teams will switch ends of field at halftime. <p><u>Punting</u></p> <ul style="list-style-type: none"> IHSA Rules Apply <p><u>Point after TD</u></p> <ul style="list-style-type: none"> Ball is spotted at the 2.5 yard line. <ol style="list-style-type: none"> One (1) point for run. Two (2) points for pass over the goal line, or a kick. IHSA rules apply to defense alignment and contact with

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Modification	5 th & 6 th Grade Program	7 th & 8 th Grade Program
	<p>balanced and there will be no contact with the offense’s Center, Placeholder, or Kicker</p> <p><u>Field Goals</u></p> <ul style="list-style-type: none"> • The defense’s alignment must be balanced and there will be no contact with the offense’s Center, Placeholder, or Kicker 	<p>offensive players</p> <p><u>Field Goals</u></p> <ul style="list-style-type: none"> • IHSA Rules Apply