

### 5th & 6th Grade CYO FOOTBALL RULES

- 1 The CYO will follow the National Federation of State High School football rules except for:
- 2 Games will be played in four 15-minute quarters, no break after the first and third, 10 minutes for half time. Teams will change ends at half time only. Schools should provide a stopwatch. Clock will run non-stop until the last two minutes of each half where it will stop for incomplete passes or player out-of-bounds.
- 3 Three time-outs per half, if requested, not to exceed one minute each.
- 4 GAME BALL: All CYO Football games should be played with a legitimate, properly inflated, official NFSA branded football. The leagues approves the NIKE brand 'J' . If a team does not have an acceptable ball as viewed by the 2 coaches and referee, the referee can enforce the use of 2 balls from one team that meets the ball rules and is properly inflated.
- 5 This is a 5th & 6th grade league but may bring up 4th graders to fill a team at a school's discretion
- 6 A player cannot play both CYO 5th & 6th and 7th & 8th. They can, however, move up during the season but then they can not return to the 5th & 6th level.
- 7 A player must be taken out for at least one play when a time-out for injury is taken.
- 8 Only one coach, offensive or defensive, is permitted on the field at any time.
- 9 Roster must be completed and returned to the CYO office by the CYO scheduled date.
- 10 Huddle time is limited to 30 seconds from start to end of the huddle. A warning will be given.
- 11 If a game is stopped because of dangerous weather, it will be restarted from that point as soon as possible.
- 12 Weight Limit: All backs and ends, offense and defense must weigh 115 lbs or less. This will be determined at the start of the season, without equipment, at the scheduled weigh in day.  
An "X" will be placed on helmets of all boys exceeding 115 lbs. at the start of the season. The "X" needs to be placed front to back and ear hole to ear hole.  
  
Any "X" player over 115 lbs. may not advance the ball, may not pull to lead in blocking, must block straight ahead, and may not hand off the ball. The ball is considered dead on advancement. The kick off man or punter may be over 115 lbs.  
  
CYO football will follow the Nation Federation rule book, except for that the ball becomes dead as soon as possessed by an 'X' player. 'X' players are required to start each play on the line and in the free blocking zone. 'X' players no longer need to be covered. Pulling is not allowed by an 'X' player. 'X' players are not allowed to screen block outside the free blocking zone. Defensive "X" man needs to be in a three or four point stance and must start play in the free blocking zone between tackles on the line of scrimmage. ANY Violation of this rule is downing the ball at the point of infraction and a 15 yard penalty.
- 13 Kickoff is at the 40 yard line.
- 14 ADMINSTRATION AND MISCELLANEOUS: The CYO Constitution and CYO Policy will govern all matters of eligibility, regulation and disciplinary matters. CYO Officers will address any disputes and issues not addressed here.