CATHOLIC GRADE SCHOOL CONFERENCE 2012 FOOTBALL MEMBERSHIP

All Saints Academy "SAINTS"	St. Kieran "IRISH"
Infant Jesus of Prague "KINGSMEN"	St. Mary of Riverside "SPARTANS"
Our Lady of the Ridge "ROCKETS"	St. Mary of the Woods "KNIGHTS"
St. Agnes "WILDCATS"	St. Patricia "BOBCATS"
St. Alexander "RAIDERS"	St. Raphael "REDWINGS"
St. Al's/ St. Pat's "CELTICS"	St. Rene "RAIDERS"
St. Ann / C.O.S. "ROUGHRIDERS"	St. Symphorosa "VIKINGS"
St. Gabriel "SHAMROCKS"	St. Thecla "FALCONS"
St. Jerome "LIONS"	

CATHOLIC GRADE SCHOOL CONFERENCE COMMISSIONERS

1970	Tom Brennan	1970
1971	Bud Ekstrom	1971
1972	Jack Hackett	1974
1975	Jack Horner	1977
1978	Nick Gallo	1980
1981	Sal Salato	1981
1982	Ed Chianelli	1984
1985	George Brooks	1987
1988	Ken Blue	1990
1991	Mike Dore	1993
1994	Tim McCarthy	1996
1997	Thomas Gilmartin	1999
2000	Ralph Clinnin	2002
2003	Michael Lynch	2005
2006	Edward Stortz	Current

RECIPIENTS OF THE CATHOLIC GRADE SCHOOL CONFERENCE SPORTSMAN OF THE YEAR

1972 Tom Brennan	1982 Nick Gallo	1992 Tom Gilmartin	2002 Jack Kielbasa
1973 John Tolson	1983 Ken Blue	1993 Marilyn Akey	2003 Ed Stortz
1974 Jack Horner	1984 Jim Krull	1994 Michael Dore	2004 Ed Denk
1975 Jack Hackett	1985 Sal Salato	1995 Dan Sobol	2005 Tim Capparelli
1976 Rich Borsch	1986 Ed Chianelli	1996 Tim McCarthy	2006 Ed Kozak
1977 Jerry Evans	1987 Bill Laird	1997 Gerry Reid	2007 Ralph Clinnin
1978 Ed Korbus	1988 George Brooks	1998 Van Virva	2008 Dan Carpenter
1979 Bud Eckstrom	1989 Michael Lynch	1999 Frank Wellever	2009 Hank Gniadek
1980 Jim Connors	1990 Al Scheel	2000 John Keetley	2010 Butch Bendery
1981 Sam Brucato	1991 Joe Dee	2001 Carol Lynch	2011 Chris Lawler

RECIPIENTS OF THE CATHOLIC GRADE SCHOOL CONFERENCE COACH OF THE YEAR

1984 Dave Costa	1994 John Keetley	2004 Tom Hardiman
1985 Tom Dugan	1995 Pete Gergel	2005 Kevin Biebel
1986 Greg Dillon	1996 John Dee	2006 Ken Klimasz
1987 Ralph Clinnin	1997 Mike Wesolowski	2007 Darryl Pugh
1988 Nick Gallo	1998 Steve Wartman	2008 Mike Savage
1989 Kevin McHugh	1999 Frank Volpe	2009 Tom Doherty
1990 Brian Blue	2000 Pete Balderas	2010 Tom Estock
1991 Bernard Considine	2001 Jeff Garcia	2011 Pat McCarthy
1992 Jim Brown	2002 Mike Dore	
1993 Robert Popp	2003 Lou Jerman	

CATHOLIC GRADE SCHOOL CONFERENCE

OF CHICAGOLAND

FOOTBALL RULES

AMENDED AS OF July 22, 2012

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CGSC FOOTBALL RULES

A. ORGANIZATION AND GOVERNANCE

- 1. The Catholic Grade School Conference of Chicagoland (CGSC or Conference) is a duly chartered organization by the State of Illinois. It consists of certain parishes in the Chicago area, which have collectively formed together for the purpose of promulgating athletic and social endeavors between member parishes.
- 2. The Conference promotes and organizes sports activities and as such consists of separate and distinct organizations. At the present time, the following are official organizations within the framework of the CGSC: Catholic Varsity Football League, Catholic JV Football League, Catholic Varsity Baseball League and Catholic JV Baseball League. In addition, various other activities are administered by the Conference, such as 8th grade football and baseball All-Star games, and coaching clinics for both sports.
- 3. The Conference is administered by an Executive Board (Board) consisting of nine (9) members. For the purpose of continuity, only three (3) of the nine (9) member seats are put up for reelection in any given year. Each term is for a three (3) year period.
- 4. If a member resigns his term before it is up, the Commissioner will appoint a new member with the Board's consent. A new member will fill out the current term.
- 5. Requirements for new Board member consist of the following guidelines:
 - a. Current coach of a JV or Varsity football team within the CGSC or
 - b. Current coach of a JV or Varsity baseball team within the CGSC or
 - c. Has been the Athletic Director / Chairperson for the past three (3) years, and
 - d. Is in good standing with the CGSC
- 6. The process for nominating a new Board member includes submitting a letter to the league Secretary with your request to be put on the ballot at the June meeting. All letters must be received by May 1st of the current year. Elections to the board are for three (3) year terms. The term of each newly elected members, will take effect on January 1st.
- 7. In order to vote, each parish must sign in prior to the start of the June meeting and each parish is entitled to one (1) vote.
- 8. The Conference Officers, will consist of a Commissioner, Secretary and a Treasurer. These Officers will be Board Members and elected by members of the Board, in October of each year, for the governing of the following calendar year. The Commissioner's office is limited to three consecutive one year terms. There must be a one year break in service before this commissioner can be elected again.
- 9. The Board has been given complete authority in all conference matters by member parishes. The Board will act in conjunction with the Commissioner and will serve as his advisory council. The Board is responsible for setting of league fees, interviewing and approving of new sundry activities associated with the administration of the Conference. Two-thirds of the Board must be present for a major rule change. It must be read at least two meetings prior to a vote. The Commissioner can vote on all major rule changes. The following are considered major changes: Change in weights, change in league fees, division alignment, player eligibility requirement, parish school requirements and satellite school requirements.
- 10. In matters of discipline, a Board hearing can be convened by the Commissioner or by the other Conference Officers, if the Commissioner is not available, in relation to a disciplinary matter. The Board can invoke penalties and/or fines for infractions or can recommend further action to the Commissioner.

- 11. All Executive Board positions are voluntary and no remuneration is given for services. Actual administrative expenses incurred by Board members (e.g. printing, mailing, meeting costs) may be reimbursed upon approval of the Commissioner.
- 12. The Commissioner will appoint committees as necessary to properly conduct business.

B. LEAGUE ENTRY

- 1. Entrance into the Conference must meet with the approval of the Board. Parishes wishing to apply for membership must submit a formal petition to the Executive Board.
- 2. After reviewing the formal petition, but prior to final acceptance into the league, the pastor of the parish applying for membership must meet with the Commissioner and a committee of Board members to review Conference Rules.
- 3. All new parishes that apply to the CGSC and are approved for entry will be ineligible for a satellite parish for 2 years, unless this restriction is waived by the Board of Directors.
- 4. All schools wishing to apply for a satellite parish must complete in its' entirety the CGSC application for the use of a satellite parish (see Satellite Rules).
- 5. Once accepted, new member parishes are placed on a one (1) year probationary period.

C. LEAGUE FEES AND ACCOUNTING

- 1. League fees include all costs for the officials and referees, plus costs involved in the daily operations of the Conference, such as mailings, playoffs, all-star Games, website, league administrator, etc. The Executive Board will establish entry fees annually.
- 2. The total league fee and the required first installment will be announced in the letter of invitation to the annual football coaching clinic in the form of a notice.
- 3. A major portion of the league fee required for football participation will be due prior to, but no later than the annual football coaching clinic. This first installment fee is non-refundable.
- 4. The annual clinic is generally held between mid-February and April 1st, prior to the football season. If a clinic is not held, or is held later than April 1the Commissioner has the right to demand the first installment by April 1st. If this portion is not paid by the time of the annual clinic, or on the Commissioner's demand, the team in question automatically has to apply for readmission to the CGSC with a formal letter and a \$100 fine.
- 5. The second and final installment must be paid no later than the June Head Coaches meeting, held during the third week of June. Failure to adhere to the June deadline will result in a **\$100** fine.
- 6. All checks are should be made payable to the CGSC
- 7. The CGSC shall conduct a yearly audit and any member parishes may request a copy.

D. INSURANCE REQUIREMENTS

- A. The CGSC requires that all active parishes provide the league with a valid Certificate of Insurance in order to participate. This certificate must list a home field site, along with the following entities as additionally insured: The Catholic Grade School Conference of Chicagoland; St. Rita High School; St. Laurence High School; Brother Rice High School, Marist High School, and Nazareth Academy.
- B. A copy of a current Certificate of Insurance must be submitted to the league prior to each season, but no later than the date of the official weigh-in. The CGSC will keep copies on file in the league office.

E. PLAYER ELIGIBILITY

- 1. The CGSC consists of Catholic Grade Schools with the ability of fielding two (2) football teams:
 - a. Ir. Varsity representing grades 4 through 6
 - b. Varsity representing grades 7 and 8

- 2. A player is eligible if they are enrolled in:
 - a. The parish school fielding the team
 - b. The parish of the parish school fielding the team
 - c. An approved satellite parish of the parish school fielding the team (see Satellite Rules)
- 3. If a player is not enrolled in the parish school fielding the team, the player and their parent(s) or legal guardian(s) must be registered in the parish or an approved satellite parish of the parish school fielding the team. Players eligible under this rule must be baptized Catholics and attend CCD in their parish.
- 4. No player, registered in a school or parish that is not a CGSC school/parish, will be allowed to play in the CGSC solely by change of registration into a CGSC school/parish or a CGSC approved satellite school/parish.
- 5. Players are eligible for the Varsity roster if they:
 - a. Do not reach age fifteen [15] before December 31 of the calendar year of the current season
 - b. Are at the 8th grade school level or below
 - c. Weigh 190 pounds or less at the league weigh in
 - d. Are properly included on the Varsity roster
- 6. Players are eligible for the JV roster if they:
 - a. Do not reach age fifteen [13] before December 31 of the calendar year of the current season
 - b. Are at the 6th grade school level or below
 - c. Weigh 135 pounds or less at the league weigh in
 - d. Are properly included on the JV roster
- 7. In order to be considered eligible and be placed on a JV or Varsity roster, the CGSC requires player release forms to be signed by both of the player's parents or the legal guardian of such player.
- 8. Players will be listed on the roster of the parish in which they are enrolled and each roster must be signed by the corresponding Pastor. If a satellite parish has been approved by the Board of Directors, then for each parish approved, a separate roster will be required.
- 9. A copy of each team roster will be sent back to the parish to verify the signatures of all participants.
- 10. Failure to have the release forms and team rosters, properly filled out may result in a forfeiture of games, players being ineligible and disciplinary action by the board.
- 11. The CGSC Board of Directors, reserves the right at all times to rule on the eligibility of any player who, in the judgment of the Board, has been registered in violation of the spirit or letter of the above rules.

F. SATELLITE RULES

- 1. The CGSC board is responsible for granting annual approval of all satellite parish applications. Board approval is contingent upon the prior approval the pastors of both the requesting parish school and the requested satellite parish.
- 2. Parish schools wishing to apply for a satellite parish must complete and submit the CGSC application for the use of a satellite parish.
- 3. A separate application must be completed and submitted for each satellite parish requested.
- 4. Satellite parish applications must be renewed annually.
- 5. Applications must be submitted to the league by April 30th of the upcoming season. Late applications are subject to a \$5.00 per day late fee.
- 6. When considering the use of a satellite parish or parishes, the parish school should consider the following addition rules governing the use of satellite parishes:

- a. Any CGSC parish requesting the use of a satellite parish must first attempt to utilize all their eligible fourth, fifth, sixth, seventh, and eighth graders from its parish school and CCD program before applying for a satellite parish.
- b. The total number of players on a team may not exceed 30 with the use of satellite parish and the total number of players from satellite parishes cannot exceed 50% of the total team roster.
- c. If the Board believes that a parish is not utilizing all of its eligible players (see 6.a) they reserve the right to limit the total roster size to twenty (20) players and/or take away all new satellite players.
- d. No player from the parish school may be cut to allow use of a player from a satellite parish.
- 7. If a parish school stops utilizing a satellite parish, players from that parish who have played in previous seasons are still eligible to play. Proper satellite form completion, submission, and approvals are still required.

G. GENERAL LEAGUE RULES

- 1. Teams and/or their players are not allowed to participate in any other football league.
- 2. Organized practice shall start on the fourth (4) Monday prior to the first league game.
- 3. Teams are not allowed to play more than eleven (11) games in a season, excluding controlled scrimmages.
- 4. Teams shall not engage in any football activity with a non-CGSC team without permission from the Conference Commissioner or any two members on the Board.
- 5. Teams are not eligible to participate in any football activity after the regular season except for the CGSC playoffs and the CGSC Fundamentals and Conditioning Camps.
- 6. All team personnel that have direct contact with players must be certified by the CGSC before they can coach. This is the Head Coach's Responsibility. There will be **NO EXCEPTIONS.**
- 7. During any team activity, the team must be supervised by an adult, at least 18 years old, who will be responsible for their conduct.
- C. A change of head coach (JV or Varsity) at any time during the season will require an official letter signed by the Athletic Director of the particular parish notifying the League Secretary of said change. The notification must be made within five (5) days of said change.

H. COACHING RESPONSIBILITY AND CONDUCT

All Head Coaches and Adult Supervisor's Responsibilities

- a. Alcoholic beverages, prior, during & after games is strictly prohibited! This includes spectators!
- b. The use of tobacco products by coaches or players is strictly prohibited!
- c. Refrain from running-up a score against a weaker opponent. This includes keeping your first string offence or defense in the game when you are up by 30 or more points.
- d. Abide by doctor's decision concerning a player's health, injuries, and physical ability to play.
- e. Accept decisions of officials on the field as being fair and called to the best of their ability. The coach must stay off the field and remain under control in order to set a good example.
 - i. A decision based on judgment should never be questioned. In cases of apparent misinterpretation, the officials must be addressed properly.
- ii. If a coach or player is ejected from a game, they will be automatically suspended from their next game, without appeal. This carries over into the playoffs or the following season. A coach that is ejected twice in a season must re-take the ASEP certification class before they are allowed to coach again. Teams are subject to forfeitures for violating these rules.
- f. Head coaches are responsible for the conduct and control of their spectators. Any spectator who becomes a nuisance or is out of control must be asked to leave the field.
- g. Do not criticize an opposing team's players, coaches, or spectators by word or gesture.
- h. Coaches must strive to make every football activity serve as a training ground for life.

- i. The head coach is solely responsible for the conduct of themselves, their staff, and their players, from the time they arrive to the time they depart the field.
- j. The head coach will be held responsible by the CGSC for the conduct of his players, coaches and spectators. The use of profanity is strictly prohibited! The home team must see to it that the visiting team & referees get safely on their way, unharmed & free from harassment.
- k. If any of these rules are violated the coaches or referees may file a letter of complaint with the league's Board of Directors.
- 1. Any coach found guilty, by the Board of Directors, of violating league rules can be expelled from the league for 12 months, placed on probation for a 12 months, or suspended. These penalties will carry into playoffs or following season. If a coach is found guilty of violating league rules while on probation, they will be expelled from the league for at least 12 months.
 - i. Any coach that is expelled from the CGSC will require the approval from the Board of Directors before they can be reinstated. If reinstated, they must re-certify with the league
 - ii. Any time a coach, team, or program is punished a letter explaining the reason for the punishment will be sent to their parish pastor and school principal and to the pastor and principal of any satellite parish that they are affiliated with.
- m. The head coach shall be responsible for him and his staff attending at least one coaching clinic per year. The CGSC runs an annual football coaches clinic which each parish pays for out of its annual league fees and it is recommended that this clinic be attended because each school has already paid for all of their coaches to attend.
- n. The head coach is responsible to ensure that all players are properly equipped.

I. WEIGH-IN RULES AND PROCEDURES

- 1. A supervised league weigh-in will be held at a time and location determined by the league.
- 2. Each parish must supply a representative to work the weigh-in. This person must be a CGSC certified coach and they must be present at the weigh-in from the start to finish. Violation of this rule will result in a \$100 fine.
- 3. A minimum of fifteen (15) eligible players must be on a roster (JV and Varsity) and be at the league weigh-in.
- 4. There will be a player dress code at all weigh-ins. Players are required to wear, at a minimum, gym shorts and tee shirts at all times during the weigh-in.
- 5. A player must be weighed-in with their team at the designated time on the weigh-in date to be eligible to play. Players may be weighed-in after their team's official weigh-in only due to a death in the family or hospitalization of the player. Documentation approved by the Commissioner is required and the player is ineligible for the next game. Two board members, not affiliated with the team of the player to be weighed-in, must be present for any weigh-in conducted after the official league weigh-in.
- 6. Once officially weighed in, a player cannot be weighed-in again at a later time or date in order to make a desired weight. Coaches may appeal a player's weight, once, and it must be at the time the player is weighing in. If a player's weight is appealed, the player will be immediately taken to another scale for a final weigh-in. A representative from the appealing team will be allowed to view the appeal scale. There are no further appeals permitted.
- 7. The weights (in pounds) for determining the number of stripes required are as follows:
 - a. Varsity up to 140 (None); 141-160 (One); 161-185 (Two); 186-190 (Three)
 - b. JV up to 105 (None); 106-115 (One); 116-130 (Two); 131-135 (Three)
- 8. Players otherwise eligible to play at the JV level who weigh more than 135 pounds may be moved to the varsity roster if their parents give permission in writing. They must be immediately added to

- the varsity roster at the weigh-in. Players cannot be moved up at the playoff weigh-in. No varsity age/grade player can ever play at the JV level.
- 9. There will be no mid-season weigh-in. It is the head coach's responsibility to check players' weights to keep them eligible. If a player's weight is challenged at a game, the Commissioner will determine a place and time for the player to be weighed in. (No later than the following day)
- 10. There will be a playoff weigh-in and meeting on the Monday night immediately following the last regular season game. All rules of the original weigh-in will be followed. Once a stripe is assigned to a player, they cannot lose that stripe at any subsequent weigh-in.
- 11. A varsity player will not add a stripe or lose their eligibility if the following weights are made at the weigh-in, 140 lbs. or less, 160 lbs. or less, and 185 lbs. or less, 190 lbs. or less.
- 12. A Jr. Varsity player will not add a stripe or lose their eligibility if the following weights are made at the weigh-in, 105 lbs. or less, 115 lbs. or less, 130 lbs. or less, 135 lbs or less.
- 13. At the discretion of the Commissioner or any member of the Board, any player may be asked to re-weigh at any time during the regular season or play-offs.
- 14. All challenges must follow the Protest Procedure Rule. Each individual player challenged will be considered a separate protest and subject to a \$25 protest fee. If player is found to be over the weight, the player adds a stripe, and is ineligible to play in their next game. Double stripers that are found to be over the maximum weight will become ineligible for remainder of the season. If the challenge is upheld the challenged team must pay the \$25.00 fee.
- 15. JV players that weighed 100-105, 110-115 & 125-135 and Varsity players that weighed 135-140, 155-160 and 180-190 at the original league weigh-in must be re-weighed prior to the playoffs.

J. GAME TIME AND SITE

- 1. Unless otherwise scheduled, all games will start with the JV game at 12:30 p.m. and the Varsity game will start fifteen (15) minutes after the end of the JV game, approximately 2:00 p.m.
- 2. Requests to reschedule a time, date, or location of a CGSC game, after the league schedule has been completed, must be approved by the Commissioner and is subject to \$25 re-scheduling fee.
- 3. It shall be the responsibility of the home team to contact the visiting coach prior to their game to provide them with game arrangements and travel instructions.
- 4. The home team is responsible for the playing field and all required accessories for a game.
- 5. The standard 120 x 53 1/3 yards playing field is required for all CGSC games. All fields must be marked in at least ten-yard intervals.
- 6. All goal posts must be padded for player protection. All permanent structures must be at least ten yards from the playing field and must also be padded.
- 7. Any violation of rules may be cause for a \$100 fine, forfeit, and/or disciplinary action.
- 8. Camera operators are not allowed on the playing field, sidelines or behind the end zone during games.
- 9. Every effort is to be made to play the scheduled games regardless of weather conditions. If, however, in the opinion of the game officials, it would be unsafe to play the game, they have the authority to postpone the game. Examples of this would be lightning or a tornado warning. It is possible that the game officials may fail to show up for the games. In these cases both games must be played no later than the following Tuesday. If adequate lights are available, and both coaches agree, a doubleheader may be played. Both the JV & Varsity coaches must agree on a starting time, allowing for enough daylight before sunset. The coaches are to set up the make-up games on the afternoon of the scheduled games if possible prior to releasing the players. The home team of the scheduled game will remain the home team of any field agreed to by both coaches. The scheduled home team head coach is to then immediately notify the game officials and the Commissioner who will also notify the official's coordinator, assuring that official's will be present for any make-up games. Do Not Rely On The Officials To Automatically Return For The Make-up Games.

10. The scheduled starting date for the play-offs will not be delayed due to teams failing to make-up their games immediately. Immediately means no later than the Tuesday evening following the scheduled game. If in the opinion of the Commissioner neither team made a serious effort to make-up the game, then a "Worst scenario" will be applied as to the possible outcome for both teams, if either has a chance at the play-offs. If in the opinion of the Commissioner, it is proven that one team made a serious effort to re-schedule the games, and the other team did not, then a forfeit will be granted.

K. PLAYING RULES

- 1. All games shall be governed by the rules of the NFHSA and those specifically stated in the CGSC rulebook. Each team <u>must</u> have copies of the NFHSA and CGSC rulebooks at each game.
- 2. Roster Size: A minimum of thirteen (13) eligible players must be in uniform and able to play at a game or that game will be deemed a forfeit by rule. If a team begins the game with 13 or more eligible players but during the course of the contest that number drops below 13 the forfeit rule will apply.
- 3. Player Equipment:
 - a. All players must be properly equipped with a NOCSAE-approved helmet and face mask, shoulder pads, hip pads, tail pad, kneepads, thigh pads, athletic supporter, pants and jersey. Players not properly equipped will be required to leave the game until they are properly equipped.
 - b. All players are required to wear a colored (not clear) mouthpiece, which must be attached to their helmet. The first mouthpiece violation will result in a warning to the head coach. Further violations will result in a 5-yard penalty.
- 4. Uniforms: All team jerseys must be the same and be affixed with numbers. If two opposing teams have the same colors, the visiting team shall be required to provide proper distinction.
- 5. Footballs:
 - a. The following five (5) footballs, including composite balls are the only balls allowed for varsity games: A-Rawlings Pro R5Y B-Baden FX500Y C-Wilson TDY D-Tag Collegiate TFB405 E-Nike 2000Y
 - b. The following five (5) footballs, including composite balls are the only balls allowed for JV games: A-Rawlings Pro 5-JR B-Baden FX500JR C-Wilson TDJ D-Tag Collegiate TFB4104 E-Nike 2000J
 - c. Each team may use their own football. It is a team's responsibility to get its football on and off the field of play if its opponent chooses to use its own ball.
- 6. Quarter Times:
 - a. Four (4) quarters in a regulation game.
 - b. Each quarter will be ten (10) minutes of actual playing time in Varsity games.
 - c. Each quarter will be nine (9) minutes of actual playing time in JV games.
- 7. Intermission Periods:
 - a. Time between quarters will be two (2) minutes in all games.
 - b. The time between the first half and second half will be fifteen (15) minutes in all games.
 - c. During the 15 minutes between games, a JV scrimmage can be played in the first 10 minutes of this break, if properly arranged by the two opposing head coaches. This scrimmage can be held at one end of the field if something is scheduled on the field by the home team.
 - d. A four (4) minute warning will be issued at the end of the second and fourth quarters of all games. The time allowed for this warning will be the same as a game timeout. (1 minute)
- 8. Scoring Values:

Score Type	IV Points Earned	Varsity Points Earned

Touchdown	6 (Six)	6 (Six)
PAT by Kick	3 (Three)	2 (Two)
If there is a defensive dead ball foul on any extra point kick and the kick is made, the points will be		
awarded to the offensive team.		
PAT by Run	1 (One)	1 (One)
PAT by Pass (caught in	2 (Two)	1 (One)
end zone)		
Safety (awarded to	2 (Two)	2 (Two)
opponent)		
Field Goal	3 (Three)	3 (Three)

- 9. Free Blocking Zone Rule: This rule, governing legal blocking below the waist, is the same as NFHSA, except that first contact in CGSC JV or Varsity games must be made above the knee, at least at thigh level. (15 yard penalty).
- 10. Horse Collar Rule: All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey, or the inside collar of the side of the shoulder pads or jersey, and immediately pulling the runner down. This does not apply to tackling of a runner who is inside the tackle box or to a quarterback who is in the pocket. (15 yard penalty)
- 11. In JV games, all infractions prescribed in the NFHSA rules as fifteen (15) yard penalties are reduced to ten (10) yard penalties with the exception of unsportsmanlike conduct, which will remain as fifteen (15).
- 12. If there is a defensive dead ball foul on an extra point kick and the kick is made, the points will be awarded to the kicking team.
- 13. Teams are not permitted the use field phones or any similar equipment for spotters.
- 14. Forfeits: In the event of a forfeit the offended team will be awarded a victory by the score of 1 to 0.
- 15. Resolving a Tied Game: The 10 yard line overtime procedure, as outlined in the NFHSA rule book, is to be used to decide the winner of the game if a tie exists after regulation time.
 - a. During the regular season a game will be considered a tie after two [2] overtime series in a JV game and three [3] overtime series in a varsity game
 - b. During the playoffs no limit will be placed on the number of overtime series to be played as a winner must be determined.

L. STRIPER RULES

- 1. General Striper Rules JV and Varsity
 - a. All players who are required to have stripes on their helmets (refer to Weigh-In section of rulebook) must have the stripes wrapped laterally and completely around the helmet. The color of the stripes must contrast with all of the other colors of the helmet and cannot be less than one-half inch in width. A player may not participate in the game unless they are properly striped.
 - b. A maximum of five (5) striped players may play at any one time and all on the line of scrimmage and in a set position at the snap. (Dead Ball Foul)
 - c. No more than two (2) multi-stripers (double or triple stripers) may participate on the field at any given time for the offensive team and only one (1) may be a triple striper. (Dead Ball Foul)
 - d. No more than two (2) double stripers may participate on the field at any given time for the defensive team. (Dead Ball Foul)

- e. Triple stripers may not play on the defensive side of the ball.
- 2. Offensive Striper Rules JV and Varsity
 - 1. Offensive stripers may not play in the offensive backfield (including punt plays and field goal tries) and must be on the line of scrimmage in a down set position at the snap of the ball. (Dead Ball Foul)
 - 2. Offensive single stripers may play no wider than the normal position of the tight end. (Free Blocking Zone) (Dead Ball Foul)
 - 3. Single stripers playing tight end are not eligible to receive a pass. In the event a player violates this rule, the ball is dead at the point of origin of the snap.
 - 4. Offensive double and triple stripers may play no wider than the normal position of an offensive tackle (Free Blocking Zone). (Dead Ball Foul)
 - 5. No striper may carry or advance the ball at any time during the game.
- 3. Defensive Striper Rules JV and Varsity
 - a. Defensive stripers may not play in the defensive backfield (e.g. linebackers or defensive backs) and must be on the line of scrimmage in a down set position at the snap of the ball. (Dead Ball Foul).
 - b. Defensive single stripers may line up no wider than head-up (not outside shaded) on the tight end or over the normal tight-end position. (**Dead Ball Foul**)
 - c. Defensive double stripers may line up no wider than head-up (not outside shaded) on the offensive tackle or over the normal position of the offensive tackle. (**Dead Ball Foul**)
 - d. Defensive stripers must play their position in the manner normally played by a player in that line position. They are not to use any contrivance that in effect would violate the spirit of the rule.
 - i. At the snap of the ball the first step must be forward across the neutral zone before assuming a contain position or pursuing a ball carrier in the backfield.
 - ii. If the striper is violating the rule by dropping back and assuming another position to defend against the pass, they will be penalized in violation of the rule, even if they lined up on the line of scrimmage in a down position.
 - iii. If a ball is thrown in their general direction while they are in a normal lineman pursuit they are allowed to intercept the ball, but must fall to the ground with their team then taking possession.
 - iv. They may at any time intercept or block a pass behind the offense's line of scrimmage, but again with the requirement that they immediately fall to the ground after the interception.
- 4. Special Striper Rules JV and Varsity
 - a. Stripers may kick extra points. If the kick is not attempted the play is dead.
 - b. Stripers are not allowed to kick from scrimmage on field goal plays.
 - c. Stripers may participate on free kick plays.
 - i. A striper may not line up beyond fifteen (15) yards from the line of a free-kicked ball while a member of a receiving team.
 - ii. In the event a striper handles the ball, the ball is dead at the point of origin of the play on scrimmage plays.
 - iii. If a striper catches the ball on the kickoff, the ball is dead at spot of the catch. If a striper attempts to advance the ball it will result in a 5 yard penalty.
 - iv. A striper may be the kicker on kickoffs at the start of the game, after touchdowns, safeties or the start of the second half. (Dead Ball Foul)
 - d. Violation of striper rules will result in a 5-yd. penalty. There will be No Warning given. The official's signal shall be the index finger pointing down, with two or three circular motions.

M. DEVELOPMENTAL FOOTBALL LEAGUE (DFL)

- 1. A DFL team can be entered only if a program has a JV roster and will play a JV schedule.
- 2. Teams may consist of 3rd & 4th graders. Absolutely no 5th graders will be allowed and all players younger than 3rd grade must be approved by the league office.
- 3. Fielding a DFL team will fulfill the CGSC fourth grade requirement.
- 4. All DFL players must be valid parish students, CCD students or satellite students.
- 5. The minimum roster size is 12 players. There is no maximum roster size.
- 6. Players may only be on one (1) roster. No moving players up or down during the season.
- 7. Valid CGSC player's waivers & player rosters must be submitted by each DFL team.
- 8. All DFL players are required to be weighed in at the league weigh in.
- 9. DFL players are not automatically "grandfathered" for the following season.
- 10. Practice is limited to (3) days a week, with a max of (6) hrs, up to the first game.
- 11. After the first game, practice is limited to (2) days a week with a max of (4) hrs.
- 12. The CGSC will schedule games with a one (1) hour time limit.
- 13. All DFL games are to be played using a Wilson K2 (or equivalent) football.(No rubber footballs)
- 14. All DFL games will be played with (4) twelve-minute quarters with a running clock.
- 15. Each team is allowed two (2) time outs per half.
- 16. There is no maximum playing weight for third grader players.
- 17. The maximum playing weight for fourth graders is 105 lbs.
- 18. All players over 90# are required to have a single stripe applied to their helmet.
- 19. All striped players are required to play on the LOS from a down position.
- 20. Non-stripers can play any position and are not limited by their weight.
- 21. All coaches are encouraged to teach their players all aspects of the game.
- 22. There will be no blitzing or stunting, of any type, on defense.
- 23. The defense is never allowed to line up (rush) over the center.
- 24. All games must be played on a regulation and properly marked football field.
- 25. Field marshals & restraining ropes are not required for DFL games.
- 26. All teams should (optional) include kick offs and punting in their games.
- 27. Official referees may not be used in DFL games. Anyone serving to "officiate" is there only for safety and control of the game, not to coach or to call every penalty.
- 28. There will be no overtime played, if the score is tied at the end of the time allotted.
- 29. The home team will be required to call in the final score
- 30. There will be no playoffs for the Developmental Football League.
- 31. The official CGSC rulebook will cover any rule not specifically outlined here.

N. SPORTSMANSHIP AND PROPER CONDUCT

- 1. Use of a running clock will be enacted automatically when one team has a 30 point or more lead over its opponent at any point during the second half of the game. Once a running clock is enacted the official game score shall be frozen and will be the final score of the game.
- 2. A head coach can concede the outcome of a contest prior to the running clock rule going into effect. In this circumstance the score of the game will be frozen at the time the concession is made but the clock will operate as under normal circumstances. This will allow both teams to substitute freely without concern for the outcome of the remaining contest.
- 3. In both situations above (running clock or concession) the head coaches shall adjust their strategies appropriately. Such adjustments should include, but not be limited to the following:
 - a. For both teams, refrain from all blitzing on defense
 - b. For the winning team, refrain from trick plays, sweeps, long passes or other types of plays that can be interpreted as trying to "run up the score"

- c. For both teams, attempt to get second team players into the game. Coaches should do this considering safety first and foremost.
- 4. Both teams and their coaches are required to meet in the center of the field after the game, forming a single hand shake line in the spirit of good sportsmanship. The purpose of this is to encourage sportsmanship, and to assist in crowd control.
- 5. No coach, player, or anyone associated with a team shall act in an unsportsmanlike manner before, during, or after the game. This includes any act the officials or the league deems to be inappropriate.
- 6. When scouting an opponent, the head coach and the scouts must notify the head coaches of both teams involved in the game that their game is being scouted. Teams are not allowed to video tape any opponent for scouting purposes.

O. CROWD CONTROL

- 1. The CGSC will be each parish responsible for controlling their spectators. The home team must provide crowd control equipment, including sideline restraining ropes that run from end to end for both sides of the field. As the head coach you are responsible for having (2) <u>adult marshals</u> in <u>bright identifiable attire</u> on your side of the field, to maintain order and control.
- 2. The home team is responsible to see that the game officials are safely escorted to their cars.
- 3. Violation of these rules will be cause for a \$100 fine and disciplinary action.

Remember: Crowd Control is the Head Coaches Responsibility!

P. PROTEST PROCEDURE

- 1. The head coach lodging the protest must inform the officials of their intentions before the game is over. The officials must then inform the head coach of the other team. The officials must get the name & number of any & all players that may be involved in the protest.
- 2. The coach lodging the protest must notify the league office by 7:00 pm on the day of the game.
- 3. The head coaches or their representatives will appear no later then the following evening. The time and place will be decided by the Commissioner & Executive Board.
- 4. The Commissioner will appoint representatives to hear the case and to render a decision. The inquiry board will be comprised of impartial members and will not be from the same section.
- 5. Judgment calls may not be protested!
- 6. A fee of \$25.00 will be paid by the protesting team and this money will be placed in the league treasury. The team being protested will pay the fee if the protest is upheld.
- 7. Both teams must have \$25 fee available at hearing. No refunds will be allowed.
- 8. Protests involving a players age or weights must follow the protest procedure established under this rule. Players being challenged on their weight must be accompanied by their head coach.

Q. DIVISION STANDINGS AND PLAYOFF POSITIONING

- 1. Within each division, standings will be determined based upon the winning percentage of each team versus their divisional opponents. Cross-over games are not counted in the determination of divisional standings.
- 2. Eight (8) teams will advance to the playoffs at each level of play (JV and Varsity). The playoff teams will be determined as follows:
 - a. If there are three (3) divisions, the top two (2) teams from each division will advance to the playoffs. If there are two (2) divisions, the top three (2) teams from each division will advance to the playoffs. The formula described in Q.1. above shall apply. These six (6) teams will be seeded #1 #6 in the playoff brackets.

- b. The two (2) teams with the best overall winning percentage that did not qualify for the playoffs based upon their division standing (see Q.2.a) will be awarded the wildcard playoff spots. Cross-over games are counted in the determination of wildcard playoff berths. These two (2) teams will be seeded #7 and #8 in the playoff brackets.
- 3. In determining the two (2) wildcard playoff teams and in the seeding of teams in the playoff brackets, two (2) or more teams could have identical winning percentages. The following method shall be used to break ties:
 - a. The primary tiebreaker is head-to-head competition with preference going to the winner of the game between the tied teams.
 - b. If a tie still exists, the team with the highest winning percentage against its divisional opponents will be given preference in the tie.
 - c. If a tie still exists and the tied teams had cross-over opponents, the team whose cross-over opponents had the highest overall winning percentage will be given preference in the tie.
 - d. If a tie still exists a coin flip will be used to determine playoff seeding.
- 4. The only exception to the method of tiebreaking in Q.3. is in the case of two undefeated teams. In this case the team with the higher number of wins shall be given seeding preference (e.g. 8-0 is seeded higher than 7-0).

R. AWARDS

- 1. An annual Sportsman Award will be presented to one member of the Conference for displaying the attitude and achieving the goals as set forth under the Conference charter. The Commissioner will appoint a panel to select this individual.
- 2. An annual Coach of the Year Award will also be presented. The same method will be used to select this award.
- 3. An annual Referee award may be presented to selected officials, based on merit, for the annual All-Star game. This will be called the John W. Krenkel All-Star Award. No official may receive this award more than once.
- 4. The Mike Lynch Award, which is a traveling plaque, goes to the Varsity Football Champion each year.
- 5. The Nicholas Gallo Award, which is a traveling plaque, goes to the Jr. Varsity Football Champion each year.
- 6. Each division champion will receive a team trophy.
- 7. The winner of the CGSC Championship and the runner-up team will each receive a team trophy along with medallions for all of the players. The Conference Championship Teams name will be added to the traveling plaque.

S. PROPOSED RULE CHANGES

- 1. Within sixty (60) days of the end of the season, any recommendation of change in football for the following year, must be submitted, in writing, to the League Office.
- 2. Recommendations and proposals will be forwarded to all necessary parties whereas a meeting and vote will be taken within ninety (90) days thereafter.
- 3. A rule can be changed or amended for safety purposes or for the good of the league at any time the Board so recommends.

T. INJURY REPORTING AND CONCUSSION RULES

- 1. The CGSC requests that all teams report their injuries to the League Office. This information will be collected weekly, for statistical purposes only, and all information will be kept confidential.
- 2. All information shall be used to help determine where new rules may be necessary.

- 3. The following information will be asked for in the report. Serious player injuries, such as stitches, breaks, concussions, separations or dental, that were sustained in football practice or game should be reported the injury form.
- 4. Any player who shows signs, symptoms, or behaviors associated with a concussion MUST be removed from the game and may not return to play in said game. If a player is removed from a game for concussion like symptoms that player will not be allowed to participate in practices or games until cleared by an appropriate health care professional and a written medical release is submitted to the league office.

U. ALL-STAR GAME RULES

The CGSC will sponsor an annual 8th grade All-Star game to be held the weekend following the date of the championship games. Two teams will be chosen to be matched up as best as possible.

- 1. General Game Rules
 - a. All Star players are selected by their respective teams, not by the league.
 - b. All-Star head coaches must use all the players with equal playing time. This means setting up two offensive teams and two defensive teams so that all the All-Stars play both ways. Playing time can be reduced for a player that misses practice for unexcused time, such as participating in another sport. Example: If a player misses one third of the practices their playing time can be reduced by one third. If a player misses two or more unexcused practices, they do not have to play, or receive an All-Star jersey.
 - c. The All-Star head coach is allowed to pick one coach from their staff, but the other three coaches, must be picked from the other parish teams assigned to that team. In addition, one CGSC Board Member will be assigned to each team to answer any questions and to monitor that all rules are being followed. All parishes are to be represented in the game.
 - d. You may have more than two multi-stripers (double or triple) on the offensive line as long as they line up no wider then the offensive tackle on offense
 - e. You may have more than two double stripers on the defensive line as long as they align head up in a square up position on the offensive tackle.
 - f. A limit of seven stripers on offense, and six on defense, can play on at one time.
 - g. All other striper rules remain the same for the All-Star game.
 - h. No more than (8) eight total hours of practice time is allowed. Practice can start on the Monday after the championship game. The head coach will be asked to secure a practice field and set practice times that are good for all those involved with the team.
 - i. All CGSC rules and NFHSA rules apply, except as specifically stated in these rules.
- 2. Specific Rules Offense
 - 1. Offensive formations are limited only by the requirement that the center, guards, and tackles must be line up in a traditional 5-man alignment
 - 2. Stripers can kick extra points, as per CGSC Rules.
- 3. Specific Rules Defense
 - a. Defensive formations are limited only by the requirement that there be 4, 5, or 6 down linemen declared at the snap of the ball. This rule is removed when a team is defending inside their own 10 yard line and employing a goal line defense
 - b. No blitzing! Linebackers, cornerbacks, and safeties must line up in a normal position.

V. FUNDAMENTALS AND CONDITIONING CAMPS

Prior to the official start of a season any CGSC member parish may run pre-season fundamentals / conditioning camps subject to the following rules:

- Camp dates may be scheduled between the 3rd week of April and the 3rd week of May and/or the 3rd week of June and the 3rd week of July; camp dates must be Monday through Saturday (No Sundays) and the total camp time cannot exceed 24 hours
- Camps must be supervised by CGSC ASEP Certified Coaches
- Players may not wear any football equipment other than cleats
- Physical contact is not allowed but footballs, cones, bags, etc. may be used for non-contact activities
- CGSC "Summer Heat Rules" must be followed

A permission form, signed by the pastor, must be submitted to the league with the specific camp dates and times. Any changes, once submitted, must be approved by the Commissioner. Violation of any of the rules above may lead to C.G.S.C sanctions including forfeiture of games, suspension, and or expulsion from the league.