



TACKLE FOOTBALL

The National Federation of State High School Associations' Rules and [Kansas State High School Activities Association Rules](#) will be used to govern play. The following exceptions have been approved by the CYO:

1. A minimum of 15 players is required to enter a team in the CYO football program. The team listed as the home team on the schedule shall occupy the sideline opposite the press box or bleachers/primary viewing area; this team shall be responsible for leading the prayer before the game and for supplying the chain crew made up of three people 16 years of age or older.
2. Prior to the first game, each team will submit an official roster to the CYO Office that contains each player's name, jersey number, and official weight, with an "X" clearly marked next to any player exceeding the weight limit. A copy of this exact roster must be exchanged prior to each game by opposing head coaches and submitted with the play count sheets and score sheets following each game. Any changes made from the original roster should be clearly noted with the reason for that change listed next on the roster.
3. **LENGTH OF GAME:** The game shall be divided into four quarters. For 6th, 7th, and 8th grades, each game will consist of 10-minute quarters using a field clock for all games. For 5th each quarter will consist of eighteen (18) plays from scrimmage. A play shall be counted each time the ball is snapped from center from scrimmage; exclusive of kickoffs (including a free kick following a safety); and a try for extra point following a touchdown. The snap of the ball on the last play of the quarter equals time expired. For all grades, teams will have a 30 second play-clock, a 1-minute break between quarters, and a 11-minute half time including a 3-minute warmup. The schedule start time is forfeit time.
4. **GAME RECORD KEEPING 5th -** Qualified persons (one from each team) working in unison, shall perform the following duties:
 - a. Record the number of plays in each quarter.
 - b. Inform the officials when a quarter is completed.
 - c. Record all scores.
 - d. Be responsible for score sheet being turned in to Field Supervisor, promptly after conclusion of the game. Play counter for each team must be together and located on the home team side. Play counts will be tracked on scoreboard. In the event that a facility cannot provide a scoreboard it will be kept on the field.

5. POINT SPREAD: For 6th – 8th grade, anytime a team has a 30 point or more advantage on its opponent in the 4th quarter, the officials shall run the clock with no stoppages but for time outs and player injury, for the remainder of the game. For 5th – 6th grade, when a point spread of 40 points is reached at the end of the third quarter, or at any point during the fourth quarter, the game shall be stopped and declared complete. **For 5th grade, no point spread applies.**
6. The game shall be considered complete, and the results shall stand, if following the first half of play, the CYO director or the game officials stop the game.
7. NO pre-Snap FORWARD movement allowed by any player within two yards of the line of scrimmage. (Movement is defined as FORWARD movement by any player within the two yards limit prior to the snap of the ball to gain momentum.) Penalty: FIVE YARD - illegal procedure.
8. If a defensive player is inside the tackle box and on the line of scrimmage or within the 2-yard limit, they must be in a 3-point or 4-point stance. LB's can stand up in the gaps; but they need to be at least 2 yards off the LOS.
9. ILLEGAL PERSONAL CONTACT – Officials are instructed to use a quick whistle and no player shall:
 - a. Grasp an opponent's face mask or any edge of a helmet opening (5 and 15-yard penalty, judgement call by official. The 5-yard penalty is for an incidental grab of the face mask only - no pull, twist or yank. The 15-yard penalty is for twisting, pulling or yanking on the face mask. Penalty enforcement will be from the end of the run and always beyond the line of scrimmage).
 - b. Grasp an opponent's helmet to tackle an opponent
 - c. Grasp an opponent's helmet to throw the opponent, who is blocking
 - d. Cut Block on the line of scrimmage or initiate a block at or below the knee on any opponent (This includes all forms of cut blocking where a player attempts to engage a block by contacting an opponent's legs at or below the knee.) EXCEPTION: Contact that starts at the waist or above and finishes below the waist or at the knee will be deemed legal as long as contact was maintained throughout the block.
 - e. Spear, which is the intentional use of the helmet in an attempt to punish an opponent. (This includes intentional contact with an opponent at the opponents' upper area of the shoulders and the head with the forearms and helmet.)
 - f. PENALTY: a.; b.; c.; and d. 15-yard penalty (5-yard penalty for incidental face mask); e. 15-yard penalty and disqualification.
10. Only football shoes with molded non-removable cleats or screw-in male plastic cleats without metal ends will be allowed. To be legal, cleats must not exceed ½ inch in length and must be made of rubber type synthetic materials that are not abrasive and do not develop a deep, cutting edge.

11. One overtime period shall be played if the game is tied at the end of regulation. If after one overtime period the game is tied, the game shall end and be recorded as tied. Exception – playoff games – play as many overtime periods as needed to declare a winner. The KSHSAA overtime procedure will be used for any overtime period. Each team gets the ball on the 10 yd line with four plays to score. Winner of coin toss decides who goes first.
12. JAMBOREE: League wide scrimmage, which is mandatory for all teams, will be held the second to last week of August. To participate in the Jamboree all players must weigh in.
13. WEIGHT LIMITS: 5th Grade – 112 lbs; 6th Grade – 126 lbs; 7th Grade – 145 lbs; 8th Grade – 162 lbs; 5th-6th Grade Combination 120 lbs; 7th-8th Grade Combination 153 lbs. Combined grade teams that play in single grade divisions will play at that division's weight limit. Weight Limits will be reviewed every 3 years.
14. WEIGH-IN: All players shall be weighed by the CYO director or his representative at least seven days before the first scheduled game. The first scheduled game, in most seasons, will be the Thursday immediately following Labor Day. Failure to be weighed in by this date will forfeit the individual's ability to participate during that season unless approved by the CFL. The official weigh in will be at the Jamboree. Each player shall be weighed wearing shorts and shirt for the first weigh-in. Players who are not weighed shall not be eligible to compete in the CYO football program.
15. Players who weigh less than 5 pounds under the weight limit at the pre-season weigh-in will be weighed at the scheduled re-weigh. This re-weigh will be scheduled for the week immediately preceding the beginning of the CYO Football Playoffs, with only participants on teams included in these playoffs required to attend. The time and date of this weigh-in will be determined by the Executive Director and communicated to teams within a reasonable amount of time prior to the re-weigh. In addition, with reasonable cause, the Executive Director reserves the right to call one additional, unannounced re-weigh at his discretion.
 - a. Participants who weighed the following amounts during the initial preseason weigh in must re-weigh as described above: 5th Grade – 108-112 lbs; 6th Grade 122-126 lbs; 5/6th Grade – 116-120 lbs; 7th Grade – 141-145 lbs; 8th Grade – 158-162 lbs; 7/8th Grade – 149-153 lbs.
 - b. Players competing in all grades will be allowed a two-pound increase prior to the reweigh that takes place before playoffs. If a player chooses not to reweigh, they become an "X" automatically.
16. Restricted Ball Carrier (X-Head)
 - a. Each team is permitted ONLY six (6) players who exceed the weight limit on the field at any one time.
 - b. Players exceeding the weight limit shall wear a helmet marked with contrasting color that extends the full length and width of the helmet. 2-inch tape or wider to be used on the helmet. Violations of this rule shall make the player ineligible for the contest until the helmet is properly marked.
 - c. Players exceeding the weight limit may intercept passes, receive short kicks and recover

fumbles, but UNDER NO CIRCUMSTANCES SHALL THEY ADVANCE THE BALL MORE THAN A STEP BACKWARD OR Laterally to protect themselves. Violations of this rule shall call for a penalty of fifteen yards from the point of possession. The BALL BECOMES DEAD when any player exceeding the weight limit gains possession, other than to be the kicker. Any player exceeding the weight limit playing any other position than those positions set forth shall constitute an illegal procedure calling for a five-yard penalty.

- d. Offense Restrictions:
 - i) Players exceeding the weight limit may not carry, pass, or receive the football.
 - ii) Players exceeding the weight limit shall be restricted to middle line positions (center, guard, or tackle) on offense. They must be on the line of scrimmage and cannot line up outside of the tight end.
 - iii) No player exceeding the weight limit shall play the end position on the line on offense. They must be covered up by a non X Head on the line of scrimmage.
- e. Offensive Exceptions:
 - i) An offensive player who is a Restricted Ball Carrier may, without advancing the football, recover a fumble or bad snap at any place on the field.
- f. Defense Restrictions.
 - i) Players exceeding the weight limit shall be restricted to line positions on defense.
 - ii) All linemen on defense are required to be in a three- or four-point stance prior to and during the snap of the ball. Failure of a player to be down in a three- or four-point stance shall constitute an illegal procedure calling for a five-yard penalty.
- g. Defense Exception.
 - i) Those players exceeding the weight limit are allowed to line up at the defensive end position. Defensive ends are allowed to line up in the standing position.
- h. Special Teams:
 - i) X Head is permitted to kick, punt or hold for field goal attempts.
 - ii) X Head for kickoff return must be no more than 10 yards off the line of scrimmage of kicking team.

- 17. A Student may not play/practice for another football team during the CYO football season which is posted on the calendar. If a student is found to be playing/practicing for another team during this period, then the TEAM will forfeit all CYO games the individual participated in.
- 18. Practice information and beginning date for conditioning and practice will be listed on the official CYO calendar and made known to Director of Sports Ministry prior to each football season. Practice shall be considered any time the team is together participating in a football activity and shall include viewing of film, drills, and all other football activities related to the team. Teams in fifth through eighth grades are limited to four practice sessions of ninety minutes each or three practice sessions of two hours each per week. A week shall be defined as seven days. For fifth through eighth grades, drills and activities involving "live" physical contact shall be allowed for a maximum of half of each practice (50%). During the remainder of the time, all drills and activities must be non-contact. A 10-minute rest and refreshment period for all players shall occur at the midpoint of practice time. During the remainder of time all drills and activities must be non-contact. For all levels, "live" contact shall be considered

any situation where two participants are coming into contact at a speed greater than one-third normal speed. Practice time shall be defined as total practice time for the team. This excludes a live or controlled scrimmage conducted with another team as allowable in CYO rules. Coach controlled scrimmages or practice games are permissible only with other CYO teams within the same weight class. Any team found to be in violation of these regulations may be subject to forfeiture of games and suspension or expulsion of coaches and/or Director of Sports Ministry.

19. The OFFICIAL BALL used for all CYO Football games will be provided by CYO. Fifth and sixth grades use the Junior ball; seventh and eighth grades use the Youth ball. Teams may choose to use their own ball for their team's offensive possession provided it is the same size and composition as the official CYO ball listed above. If the use of this ball slows the game's progress at any point, officials shall have the right to return to use of the official CYO ball.
20. SIDELINE PERSONNEL: The head coach, assistant coaches, one score keeper, and three chain crew (when assigned) are allowed on the sideline. The head coach shall be liable to suspension if more personnel are present. No one other than the sideline personnel listed in #20, players, trainers, officials and CYO personnel are allowed on the field.
21. FILMING CLARIFICATION: Any team filming games with a drone must make the footage available to the opponent of the game being filmed within 48 hours if requested. Coaches are responsible for informing CYO and opposing teams before the game if they plan to film. Drones must remain outside the boundaries of the field and must not be audible to fans or players. A field supervisor has the authority to stop drone usage at any time if it is deemed to be interfering with the game or spectators. No filming of any kind is permitted on the sidelines during a game.
22. MANDATORY PLAYING TIME: It is the responsibility of the coach to make sure that all players present in uniform be permitted to play a minimum of playing time set forth, unless they are unable to play due to an injury or discipline reason. A member of the coaching staff must notify the scorers prior to the start of the contest of the players unable to play, unless the reason occurs during the game. The scorers shall record reported players unable to play on the back of the score sheet, noting the time reported. 6th-7th-8th grade - Minimum playing time: 8 plays each half to equal a minimum of 16 per game (kick off and extra point try and free kicks count as plays) 5th grade 9 plays each half to equal a minimum of 18 per game (EXCEPTION: If a team has 24 or more players on their roster and has 24 or more players suited up for the game and are physically able to participate then 7 plays each half to equal a minimum of 14 per game shall be the minimum) At least one qualified adult person present on the team's sideline shall complete the official individual play count sheet for all players. The purpose of this form is to keep accurate count of the plays each player participates in in order to comply with the minimum playing time rule. The head coach is responsible for the individual play count form being completed and given to the field supervisor. Failure to submit completed form in a timely manner after the game will result in a warning. The second offense will result in a one game suspension. **Playing time is managed by the parents and the coaches of a team. Opposing coaches have no oversight of opposing team's game management.**

23. **TIEBREAKERS** For football leagues with a playoff that results in a championship game, the following standards shall be used to determine final league standings in case of identical records between two teams: a. Head-to-head competition during regular season b. League Record c. Record against common opponents d. Thirteen (13) Point Tiebreaker Procedure: A 13 point tiebreaker procedure will be used to determine seeds when there are two or more teams still tied after criteria #1 and #2 are not able to break the tie. The total average margin of points each team had in all games prior to week #9 (eight regular season games is the maximum). Marginal points are the point differences in final game score. No team will add or subtract more than thirteen (13) points in any game. No team will add or subtract more than one (1) point in any game which was tied at the end of regulation time and the winning team was eventually determined in overtime. If more than two teams are tied in win-loss percentage and there was no common winner between those teams, then marginal points will be used to establish the first seed from those tied. The tiebreaker process will begin again with the remaining teams. This process will continue until all teams tied have been seeded onto the bracket. e. Coin Flip

Clarification: "League Record" is understood to mean that when two opponents are scheduled to play twice during regular season, the first meeting is considered a part of the league schedule, while the second game is not.

24. **PAT-** 5th/6th/7th/8th grade: 1 point for kick / 2 points for run/pass. It is a live play and can be rushed and faked.
25. 5th grade punting- either no rush on a declared punt or a choice for 20-yard advancement and change of possession. The punt advancement rule is always half the distance to the goal if the ball is inside the 40 yd line. The choice for 20-yard advancement does not count towards play count.
26. If the parish offers a tackle football program and does not have enough participants registered for individual grade teams then the participants may be combined into a fifth/sixth grade team or seventh/eighth grade team. Students shall be permitted to play up one grade ONLY. (A fifth grader may play on a sixth-grade team; a sixth grader may play on a seventh grade team but not a seventh/eighth grade combination team nor an eighth grade team. A seventh grader may play on an eighth-grade team.)
27. No player shall be allowed to play down a grade in tackle football without unanimous approval from opposing schools' Director of Sports Ministry (DSM) and CYO Director. All requests must be presented in writing to the CYO Director and opposing schools' DSM by two weeks prior to submission of rosters.
28. If a parish has fifteen (15) participants or less in a grade level, then that parish shall have the option of combining grade levels as stated above or the parish Director of Sports Ministry may submit a proposed plan of where the participants will be assigned to another parish to compete within participant's grade level.

29. Parishes that combine kids to create football teams must be created within geographic boundaries and consistent throughout all grades within the parishes. These parish groups will be decided by the Director of Sports Ministry. Exceptions can be made for a school outside a group has a small number of players by the Director of CYO. The Director can place them with a certain group.
30. Coach's meeting in August, mandatory attendance for 1 coach per team. Meeting held during preseason.
31. CFL Committee has full authority to move teams to appropriate divisions at any time during the season / player safety.
32. Teams cannot have players from 2 grades below in the division the team is playing in i.e. 8th grade teams cannot have 6th graders
33. ARTICLE VI (SECTION 4): Any player, manager, coach or spectator who is ejected from any contest sponsored by the CYO for any reason other than stated in Section 3, shall be suspended for two (2) games.

Current pods are as follows:

CYO PLKC POD STRUCTURE 2026

POD	PARISH
Brookside	Pembroke Hill, St Elizabeth, St Peter, Visitation
Eastland	Nativity, Presentation, St John LaLande, St Regis
Holy Southern	Corpus Christi, Holy Cross, Holy Spirit, Holy Trinity, Prince of Peace, St John, St Paul
Northeast Joco	Holy Name, John Paul II, Our Lady of Unity, St Agnes, St Ann
Northland	Charles Borromeo Academy, St Andrew, St Gabriel, St James, St Patrick, St Therese
Shawnee Catholic	Christ the King, Good Shepherd, Resurrection, Sacred Heart, St Joseph, St Patrick
Southern Joco	Ascension, Holy Rosary WEA, Nativity, St Michael
Stateline	Cure, St Thomas More