

## Central Wisconsin Football League Rules

1. All games are to be played under WIAA Rules for football except for the following additions and/or guidelines.
2. 5<sup>th</sup>/6<sup>th</sup> grade games will play: (4) 10:00 quarters, 3<sup>rd</sup>/4<sup>th</sup> games will play (4) 8:00 quarters, with each having a 5-minute half time.
  - a. Overtime rules: There will be no overtimes, games will end in a tie.
3. Scoring is same as standard scoring except and kicking point after TD = 2 and running or passing point after TD = 1.
4. Age requirements
  - a. No player in the 3<sup>rd</sup> & 4<sup>th</sup> grade level may turn 11 before September 1 of the season they are enrolled in.
  - b. No player in the 5<sup>th</sup> & 6<sup>th</sup> grade level may turn 13 before September 1 of the season they are enrolled in.
  - c. A 3<sup>rd</sup> & 4<sup>th</sup> grade player may not play in the 5<sup>th</sup> & 6<sup>th</sup> grade level unless written permission is received from the player's parents/guardian. Once a player moves up, he/she may not move back down to the 3<sup>rd</sup> & 4<sup>th</sup> grade level.
  - d. At no time may a child under the 3<sup>rd</sup> grade or over 6<sup>th</sup> grade be allowed to play.
5. Mandatory play rule
  - a. All players must participate in a minimum of 12 plays from scrimmage.
6. Equipment
  - a. Balls must be junior size football. 3<sup>rd</sup> & 4<sup>th</sup> grade teams may use pee wee size football. Teams will supply their own ball for offense, it is your responsibility to have enough balls for play, due to weather or damage.
  - b. Shoes may be molded rubber cleated athletic shoes or other athletic shoe are required (no metal cleats).
  - c. No electrical communication devices are allowed.
7. Practice
  - a. Practice can start any time after the 1<sup>st</sup> of August.
  - b. Prior to the first game, 10 hours maximum of practice per week is allowed, with no more than 2 ½ hours per day.
  - c. After the first game, 6 hours maximum of practice per week is allowed, with no more than 2 hours per day.
  - d. Maximum of 30 minutes of full contact at each practice, 60 minutes each week.
8. Offense
  - a. The offense must align with 2 interior linemen on each side of the center – no unbalanced lines. In grades 3-4 the center may turn the ball sideways to snap.
  - b. Offensive lineman can remain in a two-point stance and are not required to be in a three or four point stance. Lineman must remain still prior to the snap of the ball.
  - c. There shall be no blocking below the waist by any player on the field including the defensive team in the event of a turnover. Infraction shall result in 15 yard personal foul penalty.
  - d. 3<sup>rd</sup>/4<sup>th</sup> grade Coaches can be on the field for offense & defense the 1<sup>st</sup> two weeks of the season.
9. Weight rules
  - a. By September 1st, each community must send a TEAM roster to the league commissioner with the team's name, player name, weight, grade and jersey number. Please share the roster with the weights to ALL coaches, along with the weekly updated weights.
  - b. On September 1st, 3<sup>rd</sup>/4<sup>th</sup> grade players that weigh more than 100 lbs. (t-shirt/shorts), or any 5<sup>th</sup>/6<sup>th</sup> grade player that weighs more than 140 lbs. (t-shirt/shorts), can't catch or carry the ball on offense and will be restricted to center, guard or tackle on offense.
  - c. If a player in t-shirt & shorts weighs between 90-100 lbs.(3<sup>rd</sup>/4<sup>th</sup>), or 130-140 lbs. (5<sup>th</sup>/6<sup>th</sup>) the player shall be weighed by weekly by a board representative (not a coach) at the last practice of each week during the season. IF the player remains under weight of 100 lbs. (3<sup>rd</sup>/4<sup>th</sup>), or 140 lbs. (5<sup>th</sup>/6<sup>th</sup>) for the season, the player can catch/carry the ball on offense. Once the player exceeds the 100 lb. weight (3<sup>rd</sup>/4<sup>th</sup>) or 140 lb. weight limit (5<sup>th</sup>/6<sup>th</sup>), at any point during the season, the player is deemed ineligible to catch/carry the ball. The updated weekly weights should be sent to the league commissioner by Friday at midnight.
  - d. If a team with a player over the weight limit is caught, catching or carrying the ball, ALL points scored by that player are forfeited, and the coach and player are suspended for the next game. If a 2<sup>nd</sup> offense occurs, the coach and player are removed from the league.
  - e. There will be no minimum and maximum weight rules other than the ball carrier rules discussed previously.
10. Lopsided score rules.

- a. Running clock in the second half if the score differential is 24 or more points.
  - b. If the score differential is 18 or more points, the following rules apply:
    - i. If Team A scores, there is not a kickoff and Team B gets the ball at Team A's 40-yard line.
    - ii. If Team B scores and the point differential remains. Team A will get the get ball at Team A's 20-yard line.
    - iii. The team ahead CANNOT pass the ball, until the point differential goes below 18 points.
    - iv. If a team is ahead by 12 or more points, they can no longer perform an on-side kick.
11. Player scoring rules.
- a. On offense, a player can "score" a maximum of 2 times per half, and a total of 3 times per game. Once the "scoring" criteria is met, the player should be removed from QB, RB, WR/TE and should NOT touch, carry, or pass the ball. Extra point are "dead ball" plays, and do NOT count toward the scoring criteria. A QB throwing a touchdown does not count toward the "scoring" criteria. A "score" is defined as the player that crosses the goal line. If a team violates the rule, the coach is suspended for the next game, and the team forfeits the game.
  - b. If the player meets the above criteria plays special teams, the ball is "dead" and is spotted where the player touched the ball.
12. Defense
- a. All defenses must play a 4-man front, consisting of 2 defensive linemen lined head up on the guards, two ends/tackles lined up no closer than the outside shoulder of the tight end or tackle if there is no tight end. All other players must line up a minimum of 3 yards off the line of scrimmage.
  - b. Inside the 3-yard line, the defense may play a 7-man front with all offensive linemen covered head up.
  - c. NO forward movement towards the line of scrimmage prior to the snap of the ball may be made by any defensive player whose intent is to gain an unfair advantage (i.e.: Linebackers and/or Defensive Backs getting a running start and trying to time the snap of the ball). There must be discernible pause to a defensive player's forward movement prior to the snap of the ball. Linebackers and/or Defensive Backs that step forward on a 2-count must stop and try to get back into position.
  - d. No defensive player shall use disconcerting acts or words prior to the snap in an attempt to interfere with the offense signals or movements (2022 NFHS rule 7-2 art. 9)      Penalty –5 yards.
13. Special Team Plays
- a. All punts, field goals, and kicking PATs are dead ball.
    - i. On punts, if the ball is mishandled on the snap, the punter may retrieve the ball before punting the ball.
    - ii. The defensive team shall maintain their normal defensive alignment with a minimum of (8) total defensive players within (10) yards of the line of scrimmage.
    - iii. On field goals or kicked PATs, the holder should line up at least 7 yards behind the line of scrimmage, the referee will hand him the ball (or it can be snapped if the team prefers). The holder & kicker must be lined up behind the center as if the ball were snapped to them.
  - b. The defense line can put their hands in the straight up in the air, they cannot wave them nor should they jump up & down.
  - c. There must be a balanced line on all kick-offs, with 5 players on each side of the kicker.
  - d. All players over the maximum weight should be on the front line (10 yards from the ball) on the kickoff receiving team. Suggestion: Coaches - Tell those players to fall on the ball and not return the kick-off.
14. Flagrant or Unsportsmanlike Conduct
- a. Game Disqualification Penalty - A player who is disqualified for flagrant or unsportsmanlike conduct must miss at least the next full game.
    - i. Unsportsmanlike Conduct - Any act that disrespects the game, opponents, or officials. This includes taunting, using inappropriate language or gestures, or showing poor sportsmanship before, during, or after a play.
    - ii. Flagrant Foul - A severe act that puts others at risk of injury or shows extreme disrespect—such as striking, kicking, or repeated foul behavior. These actions go beyond normal play and are always taken seriously.
      - i. The defensive team shall maintain their normal defensive alignment with a minimum of (8) total defensive players within (10) yards of the line of scrimmage
      - ii. On field goals or kicked PATs, the holder should line up at least 7 yards behind the line of scrimmage, the referee will hand him the ball (or it can be snapped if the team prefers). The holder & kicker must be lined up behind the center as if the ball were snapped to them.
  - b. Personal Foul - A safety-related rule violation involving physical contact—such as hitting too high, face tackling, late hits, or unnecessary

- c. Assault or Physical Contact with an Official - Any player who intentionally spits on, hits, slaps, kicks, pushes, or makes aggressive contact with an official will be immediately ineligible for the remainder of the season.
15. Referees
- a. Minimum of a 3-member officiating team is required.
  - b. Minimum of 2 WIAA officials per game.
16. Site control / Participation Conduct
- a. The home team shall have someone to be in charge of site control (board member, nongame participating coach). This person shall be responsible for dealing with any misconduct on the part of coaches, players, fans, field problems and be in charge of overall game day procedures.
  - b. The person in charge of site control may not have a child participant in the game they are overseeing or be an active coach. The site control person should wear a neon or very visible vest/shirt to designate that they are the site control so they can be found easily.
  - c. Coaches, players, parents and spirit leaders must act in an acceptable manner. You are responsible for children and you need to be a role model. Any misconduct by a coach, player, parent or spirit leader that is disrespectful of, or detrimental to, the welfare of the players, cheerleaders, officials, spectators or league officials shall be subject to disciplinary action by the Board of Directors.

**An ejection of a coach or player for any reason will be subject to a Central WI. Football Board of Directors review and the appropriate disciplinary action will be administered (including suspension and/or expulsion from the league).**