

CYO Football Rules

The CYO Football Director shall be appointed by and report to the Hamilton CYO Board of Directors

- a. The CYO Football Director will have final authority on all rules, and any disputes shall be settled at his/her discretion
- b. Coaches and parents are encouraged to attend Hamilton CYO Meetings

General Rules:

1. There will be two (2) divisions.

- a. 5th / 6th grade division
- b. 3rd / 4th grade division
- c. No player may play in both divisions. If a player moves up to 5th / 6th, he can no longer participate in 3rd / 4th division.

2. Player eligibility:

- a. For Parish Teams – All players must attend associated parish day-school or participate in parish REP program
- b. All players and parents must fill out “Hamilton CYO Release Form”
 - i. Final Rosters and individual Release Forms shall be turned into the CYO Football Director on or before “Picture Day”
 - ii. Non Parish Teams will be required to provide a copy of each player’s birth certificate along with “Release Forms”
 - iii. Any players added to roster after “picture day” must be approved by CYO Football Director prior to participation in any game
- c. All players must be in good academic and disciplinary standing with his/her school
 - i. Any player suspended from his/ her school (for any reason) shall not be eligible to participate in any practice or game until he/she is properly reinstated into school
- d. Age requirements:
 - i. Players must be in the proper grade or lower (no 5th grade student may play on 3rd / 4th grade team, no 7th grade student may play on 5th / 6th grade team)
 - ii. No player who turns 11 years of age prior to August 1 will be permitted to play in the 3rd / 4th grade division
 - iii. No player who turns 13 years of age prior to August 1 will be permitted to play in the 5th / 6th grade division

3. Rosters/ weight limits:

- a. Each coach must present a roster of all players and coaches to CYO Football Director on or before Official Weigh-in (“Picture Day”). Each roster shall contain:
 - i. Player First and Last name
 - ii. Jersey Number
 - iii. School Player attends
 - iv. Player weight (to be filled in by CYO representative at official weigh-in)
- b. All coaches must sign “CYO Coach’s Code of Ethics”

- c. Teams may carry an unlimited number of players on the roster, but a 15-player minimum is required per team. If a team goes below the 15-player minimum after the start of the season, they may continue to play the remainder of the schedule.
 - d. Weight limit (in shorts and tee shirt) for running backs and punt return positions shall be:
 - i. 105 lbs 3rd / 4th grade
 - ii. 115 lbs 5th / 6th grade
 - e. Players over the weight limit must play on the line of scrimmage on offense as tight ends or interior linemen
 - i. Such players may catch passes, but may not be spread out as wide receivers (play TE, T, G, or C – may catch passes from TE position or on Tackle Eligible)
 - ii. Such players may not be used as blocking backs
 - iii. Such players may not be used for end around plays
 - iv. A player over the weight limit may advance the ball as the result of a fumble, interception, or “quick kick” (3rd down punt)
 - f. If a player above the weight limit is used to return punts or plays in the back field, the player will be suspended for two (2) games
 - g. Any coach who uses a player above the weight limit in an illegal manner will be suspended for the remainder of the season
- NOTE: Weight limits for ball carriers are intended for safety of all players – coaches are expected to honor these rules. It is extremely difficult for officials to enforce this rule.***

4. Punting:

- a. 3rd/4th grade – teams may declare punt and the ball will be advanced 25 yards – there is no return
- b. 5th/ 6th grade – declared punt (no fake punts)
 - i. Punting team gets “free snap” – no rushing
 - ii. Punting team must keep normal splits (1 arm length) for 7 players on LOS (TE, T, G, C, G, T, TE) – 1 split end may be spread on each side of the ball – punter must punt over his line
 - 1. Punting teams may not “spread out” like a kickoff, and/or have punter kick from line of scrimmage
 - iii. Receiving teams may only drop two (2) players from line of scrimmage
 - 1. Receiving teams may not set up “wedges” before ball is snapped

5. Defensive Formations: Gentlemen’s Agreement among coaches – Officials are not responsible for enforcing – rule is in place to help offenses be more productive

5th / 6th Grade

- a. Basic 5-2 must be played – Nose man must be head’s up on the center, Tackles can line up on tackles or guards, but not in gaps
- b. Two (2) linebackers must be 3 yards deep and may not “stack up” over DTs (line up over guard if DT is on tackle, line up on tackle if DT is on Guard)
- c. Linebackers may not line up in gaps
- d. Two (2) safeties must be at least 7 yards deep
- e. Two (2) cornerbacks must be 3 yards deep (same as LB), and outside ends
- f. Against a spread offence you may:
 - i. Walk ends out to cover slot backs

- ii. Cornerbacks can “press up” on wide outs (don’t have to stay 3 yards deep)
 - iii. Drop a LB to safety to play 3-deep
- g. Inside your own 20 yard line you may play any D you want
 - 3rd / 4th – same as above except:**
 - No “blitzing” – LB, CB, and Safeties should read and react, but not “blitz” a gap at the snap
 - 5-2 must be maintained at all times (even inside 20)

6. Games

- a. No kickoffs – Teams will start with ball at 35 yard line
 - b. Extra Points – 1 point for run or pass, 2 points for kick
 - c. Timed Quarters – 5th / 6th grade to have 8 minute quarters, 3rd/ 4th to have 10 minute running clock quarters (all games will have a 8 minute half time)
 - d. Scoring – If a team has a 3 TD lead (18 points), further scores will not be posted on the scoreboard
 - e. Tie Score
 - i. Each team will have an opportunity to score from a 1st and 10 situation beginning on the opponent’s 20 yard line
 - ii. A coin flip will determine which team begins on offense
 - iii. If still tied after the 1st OT, a 2nd OT will be played
 - iv. If still tied after 2nd OT – the game shall be declared a tie
 - f. **3rd/ 4th Rules** – Coaches will be allowed on the field to help players (In August and September)
 - i. Two (2) Coaches maximum on field – Offensive Coaches must be at least 10 yards from LOS, Defensive Coaches must be 15 yards from LOS
 - ii. Offensive team may have up to (2) substitute players on field (also 10 yards from LOS)
 - 1. INTENT – To allow faster subs, and to work on players “shuttling” plays to QB
 - iii. Beginning in October, all coaches (and substitute players) must be on side lines
7. Practices: May not start before August 1st – No more than four (4) practices per week may be held until school begins. Upon the start of school, no more than three (3) practices may be held per week. A practice is defined as:
- a. Any team training, conditioning, or organized team camps (HS camps excluded)
 - b. Any scrimmage game will count as practice
 - c. Any team found practicing before August 1st or holding more than the maximum number allowed will forfeit a game, and the head coach will be suspended for one week, not being allowed to attend his practice or that week’s game.
8. Unless stated otherwise, games shall be governed by OHHS rules for high school football for the current season.
9. There will be a playoff at the conclusion of the season – Details TBD

FIELD EVENTS: Hamilton CYO Sponsors a Field Event Day Each Year in which players compete in the following events:

Running – 50-yard dash

Passing – 5 passes from 10 yards for accuracy (tire toss)

Distance Passing: 3 throws from the goal line (count the longest)

Kicking – 3 Punts (count the longest)

- Each team may enter two participants in each event.
- Individual players may participate in one (1) or two (2) of events, but not in all three (4)
- Players must wear jerseys while competing in field events
- Awards (1st, 2nd, and 3rd) will be presented during the last week of league play

CYO COACH'S CODE OF ETHICS

- I will lead my players by example, in demonstrating the Christian values of self-restraint, fair play and sportsmanship toward opponents and game officials
- I will recognize referees/officials as the authority in all games and will treat them with respect. I will not complain or argue excessively with officials regarding their decisions during or after an event
- I will treat the parents of players with respect. I will be clear about expectations, goals and policies and will maintain open lines of communication
- I will use positive coaching methods with my players. I will refrain from physical or psychological intimidation, verbal abuse, and conduct that is demeaning to players and others
- I will encourage each player to be a responsible and active member of the team, parish and community
- I will place the emotional and physical well being of my players, as well as their educational obligations, ahead of any personal desire to win
- I will treat each player as an individual, remembering that each is at a different level of emotional, physical, spiritual, and psychological development
- I will do my very best to provide a safe playing environment for my players
- I will do my best to organize practices that are fun and challenging for all my players. I will do my best to schedule these so as NOT to interfere with other parish activities
- I will ensure that I am knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players
- I will use those coaching techniques appropriate for the skill level of the youth I teach. I will spend an equal amount of time coaching individual players regardless of their ability
- I will not be under the influence of or use any form of alcohol, chemicals, or Tobacco products at the CYO athletic contest or practice session. I understand that alcohol and chemicals are NOT permitted anywhere on the premises of a CYO event

I HAVE READ EACH STATEMENT INCLUDED IN THIS DOCUMENT AND, AS A COACH, PLEDGE TO LIVE UP TO THESE PRINCIPLES AS THEY APPLY TO THE PHILOSOPHY OF THE CATHOLIC YOUTH ORGANIZATION OF HAMILTON. I UNDERSTAND THAT MY FAILURE TO UPHOLD ANY OF THE ABOVE PRINCIPLES MAY RESULT IN DISCIPLINARY ACTION AND/OR REMOVAL FROM THE CYO PROGRAM.

Coach's Signature

Assistant Coach's Signature

Date

Process for Alleged Violations of CYO Coaches Code of Conduct:

If a report is made that a coach/volunteer has displayed behavior that goes against the spirit or letter of this Code, it will result in a prompt review process. While an assessment of the situation is being made, it is likely that the volunteer will be asked to step down from their role until the conclusion of the investigation. The review process will include appropriate CYO leadership, appropriate parish Athletic Director(s), the coach(es) involved, as well as parents/players involved, when appropriate. Every effort will be made to hear all sides of the situation, to maintain privacy issues and to render a timely response by CYO. If the volunteer is found to be in violation of the code, appropriate disciplinary actions will be taken by the CYO Board which may result in suspension or dismissal from the program as a coach and may preclude a coach from becoming involved in future CYO programs.