**2025 CYO Supplemental Football Rules**

All CYO football games will be played according to the current rules of the National Federation of State High School Associations except as noted herein.

**ELIGIBILITY**

* D4 includes players in the 3rd & 4th grade who are 10 years or younger as of August 1, 2025. Players must weigh 110 lbs. or less at the weigh-in. Players exceeding **110 lbs**. will be designated a striper.
* D6 includes players in the 5th grade and 6th grade who are 12 years old or younger as of August 1, 2025. Players must weigh **135 lbs**. or less at the weigh-in. Players exceeding **135 lbs**. will be designated a striper.

**STRIPERS**

* All players classified as “stripers” must wear a one-inch strip of tape of contrasting color laterally and completely around the helmets.
* Helmets must be brought to the weigh in.
* If a player is designated a “striper”, the strip of tape will be placed on the helmet at that time by an official of the CYO.
* The tape may be removed when the player’s weight is below that of the striper weight at the time of the optional weigh-in.
* In D4, a maximum of three (3) “stripers per team may be in the game at any one time, provided both teams have three (3) stripers available at the game. Should either team have less than three (3) stripers, the maximum number of stripers in the game at one time is two (2).
* In D6, a maximum of four (4) “stripers” per team may be in the game at any one time, provided both teams have four (4) stripers available at the game. Should either team have less than four (4) stripers, the maximum number of stripers in the game at one time is three (3).
* A “striper” may not carry the ball offensively or defensively and may play only a line position from tackle to tackle.
* **On Offense** 
  1. A striper is NOT allowed to line up outside of the Tackle box - two (2) players from the center in D6 and one (1) player from the center in D4)
  2. A striper is allowed to line up in a two-point stance
  3. A striper is allowed to take a first step backwards
* “Stripers” cannot pull around the defensive end to lead sweeps, screen type plays.
* **PENALTY**: If an offensive player violates this rule, the ball will be returned to the point of origin and the down counted. If a defensive player violates this rule, the offensive team will have the option of accepting the play or replaying the down.
* **On Defense**
* A striper’s widest alignment is head up on the end – two (2) players from the center in D6 and one (1) player from the center in D4 or where the end would line up.
* “Stripers” must begin each play in the down position (3 or 4-point stance) with the first step being forward or lateral.
* A “striper” may recover a fumble but may not advance the ball.
* **PENALTY**: If the offense knowingly gives the ball to a “striper” a 15-yard penalty will be assessed.
* If a “striper” gains possession of the ball, the ball is ruled “dead” at that point.

**DEFENSIVE ALIGNMENT**

* Nose tackles may not line up head up on the Center. In D6, players must be lined up in the A gap. In D4, players must be lined up head up on the tackle.
* Linebackers must be lined up a minimum of 3 yards off the LOS at the time of the snap.
* Cornerbacks must be lined up a minimum of 1 yard off the LOS at the time of the snap.

**PARTICIPATION**

* Every child is required to play a minimum of four (4) plays per half of every game in which his team is involved, provided the child has attended practices regularly and has not been a discipline problem.
* The participation rule is not protestable. However, if a violation of this rule is reported and found to be accurate, the coach will be disciplined by the CYO.
* Players who are being disciplined or who have been designated as injured or ill will not be allowed to play and will be considered ineligible for that game. The officials will not knowingly permit these players to enter the game. However, the burden of responsibility will rest with the coach.
* The maximum number of coaches to be on the sideline is limited to six (6).
* The maximum number of school age mangers to be on the sideline is limited to two (2).
* When a player has been suspended / ejected from the game, the player is suspended from participating in their next contest and may be subject to further disciplinary action. When a coach has been suspended/ ejected from the game, the coach is suspended from coaching in his/her next two contests and may be subject to further disciplinary action.

**PRACTICE TIME**

* Practices are limited to six (6) hours per week.

**PRACTICE**

* Conditioning (Helmets Only, No Ball) may begin on July 21.
* Team Practice may begin on July 30.
* All players are required to have a three-day heat acclimation period regardless of when they start practice (Shorts and helmet only).

**JAMBOREE**

* The preseason jamboree will take place on August 23 at Saint Dominic.

**WEIGH-INS**

* All players are required to weigh-in on a date designated by the CYO.(Players MUST weigh-in prior to their jamboree game in order to participate.)
* Only one attempt to make the designated weight limit is allowed per day. A second optional weigh-in will be provided upon request for those players who are designated stripers at the initial weigh in.
* Weigh-ins are conducted under the supervision of the CYO staff.

**WEIGH-IN PROCEDURE**

* The completed roster containing the player’s full name, birth date and uniform number must be presented to the scale monitor. Each coach should bring a copy of the roster for his records.
* Please type or print legibly the players in numerical order. Line up the players accordingly.
* The exact weight of each player will be recorded on the team’s roster at the time of the weigh-in.

**PLAYERS’ EQUIPMENT**

* A player shall not wear anything which is dangerous to himself or any other player.
* Players in all divisions must be fully equipped with mouth guards, certified helmets, shoulder pads, pants with pads (must be worn below the knee), and shoes without detachable cleats.
* Metal or metal-tipped cleats are not allowed.
* **PENALTY**: If a player is wearing dangerous or illegal equipment or lacks any of the required equipment, participation is forbidden until corrected to the satisfaction of the referee.
* When a player’s equipment needs attention, the official may call a time-out and charge it to himself. When the time-out exceeds or is expected to exceed one minute, the player will be asked to leave the game to complete the repairs on the sideline.
* All players on a team must have the same color uniforms with identifying numbers on both the front and back of the uniform shirt.

**DURATION OF THE GAME**

* In D4 a 10-minute running clock will be kept, however the last two (2) minutes of each HALF the clock will be kept in accordance with the official high school rules.
* In D6 a 12-minute running clock will be kept, however during the last two (2) minutes of each HALF the clock will be kept in accordance with the official high school rules.
* There will be 2-minute breaks between quarters and an eight (8) minute intermission between halves.
* Three (3) time outs are permitted per half. The length of these time-outs will be 2 minutes each.

**SPECIAL TIMING**

* The “ceiling” is defined as a 25-point difference (more than 3 scores). After the ceiling has been reached there will be a running clock for the remainder of the game.
* At the beginning of the game, possesion begins at the 25 yard line for D4 and the 30 yard line for D6.
* At start of each quarter, game clock starts on ready for play whistle.
* Clocks stops after PAT’s. Clock starts on next ready for play whistle after change of possession.
* Punts are advanced thirty (30) yards for D6 and twenty-five (25) for D4. Team has 30 seconds to run a play or declare a punt. Clock stops after punt and starts on next ready for play whistle.
* 30 second play clock
* After timeouts, clock starts on next snap.

**COACHES & CHAIN CREW**

* One (1) coach for offense and one (1) coach for defense allowed on the field No coaching instructing allowed by the coach on the field after the snap.
* Chain crew provided by the home team and will operate on the visiting sideline. Chain crew is considered part of the officiating crew and should not be coaching or speaking with officials in any manner.

**OVERTIME RULE**

* If a regular season game ends in a tie, there will be one overtime period according to AHSAA rules.
* Each team will have one possession consisting of four (4) plays. The ball will be placed at the opposition’s ten-yard line to start.

POST SEASON SEEDING

* Will be determined after the last regular season game.
* If the higher seed cannot be determined through win-loss record the following criteria will determine the higher seed.
* Head-to-Head Competition. If one team has a superior head-to-head record in games played versus other tied teams, that team will be the higher seed.
* Winning Percentage. If (1) fails to determine the higher seed…

The team which has the highest winning percentage against all the other tied teams during regular season play will be designated the higher seed.

The team which had the highest winning percentage against the highest ranked team in the standings not involved in the tie will be determined as the highest seed.

* Coin Flip. If all above methods fail, the higher seed will be determined by a coin flip.

D4 8-Man Rules

Offense

* Each play must include three (3) offensive linemen – a center and two guards, one on either side of the center. These players are ineligible for first touch as the receiver of a pass.
* Quarterback sneaks are prohibited in all situations because the defense is not allowed to have players aligned over the center or in the center-guard A-gap.
* The offense must have five players on the line of scrimmage. No more, no less. The fourth and fifth players can be tight ends, split ends or a combination of the two. Only the two end players on the line of scrimmage are eligible for first touching of a pass.
* There are no unbalanced lines. The split ends / tight ends must be on opposite sides of the center.
* The five offensive players who are not playing guard or center may be deployed in positions at the coach’s discretion as long as two are on the line of scrimmage.
* Multiple running backs, slot receivers, wing backs, etc. are allowed but must also be balanced.
* No trips formations are allowed. Trips is defined as any three players outside the guard-to-guard box on the same side of the ball.
* Motion is allowed as long as it does not form a trips formation.

Defense

* Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive player may line up over the tight end. Two tight ends allow the defense to use four defensive players on the line of scrimmage.
* Defensive lineman must be aligned on the guards and / or tight ends in a head up or outside shade position.
* Nose tackles may not line up head up on the Center. Players must be lined up head up on the tackle.

**Penalties**

* All 15-yard penalties will be enforced 10 yards.

**Field Size**

* Field size is 80 yards long and 45 yards wide.