

## 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. Each game will consist of (4) 10:00 quarters and 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. Lopsided score rules.

Any time Team A is ahead of Team B by 24 or more points, the following guidelines shall be observed.

  - b. Following Team A scores, Team B gets the ball at Team A's 40 yard line.
  - c. Following Team B scores, Team A gets the ball at Team A's 20 yard line.
  - d. Running clock in the second half is score differential is 24 or more points.
  - e. The team who is ahead using the above rules may not pass the ball.
  - f. Any time a team is ahead by 12 or more points they can no longer on-side kick on the kick-off.
5. Mandatory play rule
  - a. All players must participate in a minimum of 12 plays from scrimmage.
6. Age requirements
  - f. 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.
  - g. 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.
  - h. 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.
  - i. At no time may a child under the 3<sup>rd</sup> grade or over 6<sup>th</sup> grade be allowed to play.
7. Equipment
  - j. Balls must be junior size football. 3rd & 4th 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.
  - k. Shoes may be molded rubber cleated athletic shoes or other athletic shoe are required (no metal cleats).
  - l. No electrical communication devices are allowed.
8. Practice
  - m. Practice can start anytime after the 1<sup>st</sup> of August.

- n. Prior to the first game, 10 hours maximum of practice per week is allowed, with no more than 2 ½ hours per day.
- o. After the first game, 6 hours maximum of practice per week is allowed, with no more than 2 hours per day.

#### 9. Referees

- p. Minimum of a 3 member officiating team is required.
- q. Minimum of 2 WIAA officials per game.

#### 10. Offense

- r. 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.
- s. Delay of game. In the 3<sup>rd</sup> & 4<sup>th</sup> grade level there should 35 seconds between plays once the ball has been spotted by the referee. In the 5<sup>th</sup> & 6<sup>th</sup> grade level there should be 30 seconds between plays. The referee should give 1 warning to each team before calling the delay of game. The referee should use a hand motion when counting so that the coaches are aware of the timeframe.

#### 11. Defense

- a. All defenses must play a 5 man front, consisting of a nose guard lined head up on the center, two tackles that must line up head up on the offensive tackles and two ends that must line 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 is allowed by the defense before the snap of the ball. There must be a discernible pause to a defensive player's movement prior to the snap of the ball. If a defensive player is moving forward before the snap of the ball, the team is given 1 warning and then the team will be penalized for defensive encroachment, which is a 5 yard penalty.

#### 12. Special Team Plays

- a. All punts, field goals, and kicking PATs are dead ball. On punts, field goals, and kicking PATs if the ball is mishandled on the snap, the punter or holder may retrieve the ball and then line up at least 5 yards behind the line of scrimmage and kick the ball.
- b. The defense line can put there hands in the air (not waveing them) but can not jump up & down.
- c. There must be a balanced line on all kick-offs, with 5 players on each side of the kicker.

#### 13. Weight rules

- a. The teams must weigh each kid prior to the first game of the season. If a child is 100 lbs. or more on grades 3-4 the player will be restricted to center, guard and tackle on offense and may not carry the ball on a designed play. If a child is 150lbs or more on grades 5-6 the player will be restricted to center, guard and tackle on offense and may not carry the ball on a designed play.
- b. The preseason weight will enforced for full season.
- c. No player over the maximum weight may line up more than 15 yards from the ball on the kickoff receiving team.
- d. There will be no minimum and maximum weight rules other than the ball carrier rules discussed previously.

14. Site control

- e. The home team shall have someone to be in charge of site control (board member, non game 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.
- f. The person in charge of site control may not have a child participant in the game they are overseeing or be an active coach.

Rev 7/5/09