



Crossroads Township League (CTL) Rules

The rules and format of all CTL games are a collective decision of the league's Leadership Committee.

The Crossroads Township League (CTL) will be using [NFHS](#) sanctioned rules for all divisions, with the exception of the following modifications:

"Click" on the NFHS icon for 2014 rule changes

- Each Home Team is expected to keep a scorers table where official time and game score sheet should be kept (game score sheet can be found [CLICK HERE](#)).
- All games will be played with 4 - 17 minute running time quarters.
 - *Time will stop only during injury or time out situations.*
 - *All teams are granted 1 - 90 second time out per half or overtime period.*
 - *Time served on penalties will also be running time with 15 seconds added onto the normal penalty time*
- No more than 4 long poles on the field at 1 time.
- Long Pole restrictions
 - Grades 7/8 may use a full length 72" long pole
 - Grades 5/6 may use a modified long pole (no longer than 60")
 - Grade 4 NO long poles.
- A standard 10 yard substitution box will be used, not the new 30 yard NCAA box.
- There will be counts to encourage moving the ball upfield. 20 seconds to cross midfield - 10 seconds to get it into the offensive box. (No counts for Grade 4)
- Substitution horns will be offered on all sideline situations, not endlines. (Grade 4 - Substitution horns will be offered on all sideline or endline situations)
- There will be no "continuation" during flag down situations, whistle will blow when possession is lost.