

All CTYFL games shall be played in accordance with the National Federation rules as they pertain to high school football with the following exceptions:

**Ball:**

1. Composite and Rubber Balls are allowed at all levels.
2. Mighty Mites: Spaulding J5PW or equivalent.
3. C Squad: Spaulding J5J or equivalent.
4. A and B Squad: Spaulding J5Y or equivalent.

**Timeouts:**

Each team has three timeouts per half with no carry-overs. At MM level there will be a maximum of one (1) minute in between plays to call a play in the offensive huddle. This rule must be enforced.

**Game Clock:**

1. A & B teams shall have 18 min running quarters.
2. C & Mighty Mites teams shall have 16 minute running quarters.
3. For all games, the only clock stoppage shall be injury, team, and referee time outs. The last 2 minutes of the half and game shall be standard stop clock. There shall be a time out/notification when the clock has 2 min left in 1<sup>st</sup> and 2<sup>nd</sup> half.
4. For all games, halftime shall be 10 min maximum.
5. After halftime of C and Mighty Mites games there shall be no meeting of the captains at mid-field, teams shall simply line up for the kick off.
6. **Overtime Procedures** will be the same as the high school federation except teams will be allowed to attempt one or two point conversions during all overtime periods. **NO OVERTIME DURING MIGHTY MITE GAMES.**

**Prohibition Against Crashing Linebackers A-B-C-MM Squads:**

Linebackers may not move forward before the snap of the ball. No player in the defensive backfield may penetrate a line one- (2) yards from the line of scrimmage before the snap of the ball. Infractions of this rule will draw an automatic five (5) yard penalty.

**Scoring** will be as follows:

Touchdown	6 points
Conversion – run or pass	1 point
Conversion - kick	2 points
Field Goal	3 points
Safety	2 points

**Mighty Mite Game Procedure:**

1. Two (2) coaches from each team will be allowed on the field at any given time, and on defense, must be behind the Safety at the beginning of the play.
2. Kickoffs are from the fifty (50) yard line. One team will start the game with a kickoff and the other team will begin the 2<sup>nd</sup> half with a kickoff. After touchdowns, the ball will be placed at the 35 yard line.
3. A team must declare when it will punt. This will be a free kick with no rush or return allowed. No player will be allowed down field. Once punted the ball is considered dead, the ball will be placed at the spot the ball comes to rest, or at a minimum of 10 yards from the line of scrimmage, which ever is further from the original line of scrimmage. A Coach may also just request the 25 yard mark off without punting, but the spot cannot be placed within the opponent's 20 yard line.
4. There will be four (2) warnings per half for minor violations and the referees will explain all violations to the players.
5. All Major Violations will be enforced during the entire game. Major violations are as follows: face masking, clipping, blocks to the back, pass interference, unsportsmanlike conduct and holding.
6. All other violations will be considered Minor violations and the down will be replayed.
7. All other game and CTYFL procedures will apply.
8. A no huddle or hurry up offense will only be allowed in the last four (4) minutes of each half.
9. PAT kicks will be a free kick from the 7 yd line.
10. Offensive plays must be run in 60 seconds or "delay of game" will be called.
11. Teams will switch end zones at halftime only and no overtime.

### **C Squad Game Procedures:**

1. No (0) coach from each team will be allowed on the field
2. Kickoffs will be from the forty- (40) yard line.
3. All violations will be enforced during the entire game as per NFHS rules.
4. A team must declare when it will punt. This will be a free kick with no rush allowed. No player will be allowed down field until the ball is kicked. A Coach may also just request the 25 yard mark off without punting, but the spot cannot be placed within the opponent's 20 yard line.
5. All other game and CTYFL procedures will apply.
6. Teams will switch end zones at halftime only.

### **Article 7 - OFFICIALS**

- A. Officials must always have foremost in mind the welfare of the players.
  1. An official may stop play at any time to explain doubtful points to the players.
  2. An official may bench any tired, winded or injured players at their discretion.
  3. An official CANNOT advance the clock to meet schedules, protect players or avoid letting a one-sided game get out of hand unless approval is obtained from both coaches prior to or during the game.
- B. Game referees are not responsible for determining player eligibility.
- C. Home team is responsible for the paying officials for as many games are played immediately following the game(s).
- D. Visiting team has the first right to do the chains.

### **Article 8 – FIRST AID**

- A. It is mandatory to have an emergency vehicle or communications to an emergency vehicle available at every game
- B. The home team shall automatically forfeit any game for which the person identified in Art 8-C1 is not available at the start of and during each game. An automatic fine of \$50.00 will also be levied against the home team
- C. Athletic Trainer / Emergency Medical Technician – Game Requirements
  1. The home team will supply a certified Athletic Trainer and/or EMT who will be designated as the primary medical responder to any game injury.
  2. No game will begin without the presence of the designated Athletic Trainer and/or EMT.
  3. The Athletic Trainer and/or EMT must have appropriate identification (ID card), which shall be presented to the head coaches and game officials prior to the start of each game upon request.
  4. In lieu of an ambulance being on standby at the game, it is strongly recommended that the dressing, collars, cell phone and/or portable radio, stethoscope, ice packs, blood pressure cuff, airway pack, short splints be provided and on hand.
  5. The Athletic Trainer and/or EMT will position himself and remain visible on either sideline in or near the team box during play of the game.
  6. The Athletic Trainer and/or EMT shall be the primary response to any injury that occurs on the field of play, which requires the game official to stop play or signals a medical timeout. The head coach may accompany the Athletic Trainer and/or EMT onto the field in an observatory capacity only.
  7. Once the designated Athletic Trainer and/or EMT takes the field the decision on whether or not that player returns to the game is the responsibility of this individual. (NO member of either team's coaching staff may function as the designated medical staff person for a contest in which they are the coach of that game).
  8. If a parent refuses medical services, which is deemed as necessary their child is out of the game for the day. If a child is taken to the hospital, and later returns to the field, they must have a doctor's release before resuming play.
  9. All coaches will carry a binder containing all medical and emergency contact information at all times on the sidelines during games and/or practice.

Electronic equipment is allowed on the sideline but cannot be used for replays.

## Article 2: PLAYER QUALIFICATIONS

### 1. **Mighty Mites:**

1. Players must be at least seven (7) years of age as of December 31st of the playing year and cannot turn nine (9) years of age prior to December 31st of the playing year.
2. The maximum weight shall be (115) pounds at game time. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.

### 2. **C Squad:**

1. Players must be 10 years of age, or under, as of Dec. 31st of the playing year.
2. The maximum weight shall be (135) pounds at game time. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.
- 3.

### 3. **B Squad:**

- i) Players must be 12 years of age, or under, as of Dec. 31st of the playing year.
- ii) The maximum weight shall be (161) pounds at game time. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.
- iii)

### 4. **A Squad:**

Players must be 14 years of age, or under, as of Dec. 31<sup>st</sup> of the playing year and may not be enrolled in High School.

The maximum weight shall be (197) pounds at game time. No players shall be allowed to play outside of these weights. (See article 2C for Over-Under Rule) If Digital Scale see Digital Scale Overweight Definition Article 5.

5. All weights shall be determined with players in uniform, including playing shoes, without helmet, shoulder pads, and rib vest. Players not in danger of being overweight need not remove any equipment for weigh in.

#### Over-under Rule:

- a. A player that meets the criteria below, may at his/her option, choose to play down one squad. Ages below are based on CTYFL playing ages.
  - 13 years old **and** less than 106 pounds may play on 'B' squad.
  - 11 years old **and** less than 85 pounds may play on 'C' squad.
  - 9 years old **and** less than 65 pounds may play on the 'MM' squad.

To be eligible, each player must be weighed in before the kick off start of each game, or after kick off **only** if both head coaches agree. **No overweight player shall be allowed to play.** Any player not allowed to play shall remain on the sidelines during the game. Borderline players may remove their shoulder pads, helmet, and rib vest for weigh in. Each player will have the opportunity to step on the scale twice (2) for official weigh-in. Coaches playing over-under players must declare these players to opposing teams and verify they're underweight.

Visiting and Home teams shall be at the playing field one hour before kick-off. Home team coach or his/her designee shall be responsible for showing the visiting team:

Their warm-up area.  
The half time area.  
Introduction to EMT.  
Scheduling weigh in.

Yearly certified counterbalance type scales or Certified Digital Wrestling Scale shall be used for the weigh in. Said scale shall be certified by CTYFL or the State of Connecticut, Bureau of Weights & Measures before the first game or Scale may be certified before each game by the use of 2 – 50lb certified scale weights provided by the home team. Coaches have the right to inspect the scale for accuracy and to “zero” the scale if necessary before the start of the weigh in procedures.

Each player shall weigh in, in accordance with Article 2 Section B of the Rules and Regulations. The maximum gross weight allowable will be that authorized by Article 2 Section B and the Digital Scale Overweight definition below.

**Digital Scale Overweight Definition** – During weigh-in, a player will be deemed overweight and ineligible to play for reasons of excess weight **ONLY IF** the scale, registering weight in tenths, displays the next highest full number pound over the legal weight. (This serves the same function as the counterbalance non-digital scale coming to rest with the upper limit stop.

Any player without proper equipment cannot play.

Scales must be on solid, level slab of concrete or asphalt.

The same or a master “Weigh-In” sheet will be used each week. Failure to have this master copy at weigh in will result in a \$50.00 fine.

At weigh in the “books” need to be present and should be inspected by the opposing coach.

Teams must supply a copy of the CTYFL stamped roster to their opponent at weigh-ins.