

**CATHOLIC GRADE SCHOOL CONFERENCE  
OF CHICAGOLAND  
DEVELOPMENTAL FOOTBALL RULES  
AMENDED AS OF AUGUST 26, 2017**

1. A DFL team can be entered only if a program has a JV roster and will play a JV schedule.
2. Teams may only consist of third & fourth graders. No fifth graders will be allowed.
3. Players may only be on one (1) roster. Fourth graders on the DFL roster will be permitted to participate in Junior Varsity (JV) games if necessary owing to the size of the Junior Varsity (JV) roster; fourth graders on the Junior Varsity (JV) roster are not permitted to participate in DFL contests at any time. Any fourth grader on a DFL roster "playing up" is limited to four (4) quarters of playing time as defined by the IHSA.
4. Fielding a DFL team will fulfill the CGSC fourth grade requirement.
5. All DFL players must be eligible per the program and eligibility rules outlined elsewhere.
6. The minimum roster size is twelve (12) players. There is no maximum roster size.
7. Valid CGSC player's waivers & player rosters must be submitted by each DFL team.
8. All DFL players are required to be weighed in at the league weigh in.
9. DFL players are not automatically "grandfathered" for the following season.
10. Practice is limited to three (3) days a week, with a maximum of six (6) hours, up to the first game.
11. After the first game, practice is limited to two (2) days a week with a maximum of four (4) hours.
12. All DFL games are to be played using a Wilson K2 (or equivalent) football. (No rubber footballs)
13. All DFL games will be played using four (4) twelve-minute quarters with a running clock. In no event shall a DFL game exceed a one (1) hour elapsed time limit. No overtime period will be played.
14. Each team is allowed two (2) time outs per half.
15. The maximum playing weight for fourth graders is 110 lbs. There is no maximum playing weight for third grader players. No more than five (5) strippers may play at a time.
16. All players over 95 lbs are required to have a single stripe applied to their helmet.
17. All striped players are required to play on the LOS from a down position.
18. Non-strippers can play any position and are not limited by their weight.
19. All coaches are encouraged to teach their players all aspects of the game.
20. There will be no blitzing or stunting, of any type, on defense. All LB's & DB's should read & react.
21. The defense is never allowed to line up (rush) over the center. The closest the defense may line up near the center is head-up on each guard.
22. Because the defense cannot line up closer than head-up on the guards, the offense may not run any QB sneaks. Any play run through the G-C-G gaps should be by handoff.
23. Each offensive series should last a minimum of four (4) snaps; unless the offense scores in fewer plays.
24. All games should be played on a regulation and properly marked football field.
25. Field marshals are required for all DFL games; restraining ropes are not required for DFL games.
26. Instead of a kick-off, a team will take possession of the football (at the beginning of each half and after each score) at their own 40-yard line to begin the next series of plays.
27. Official referees may be used in DFL games as "game managers". Anyone serving to "officiate" is there only for safety and control of the game, not to coach or to call every penalty.
28. The official CGSC rulebook will cover any rule not specifically outlined here.