

**CATHOLIC GRADE SCHOOL CONFERENCE
OF CHICAGOLAND
JV AND VARSITY FOOTBALL RULES
AMENDED AS OF JULY 10, 2017**

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A. ORGANIZATION AND GOVERNANCE

1. The Catholic Grade School Conference of Chicagoland (CGSC) is a duly chartered organization by the State of Illinois. It consists of programs in the Chicago area, which have joined together for the purpose of promoting athletic and social endeavors between member programs.
2. The Conference promotes and organizes sports activities and as such consists of separate and distinct organizations. At the present time, the following are official organizations within the framework of the CGSC: Catholic Varsity Football League and Catholic JV Football League. In addition, various other activities are administered by the Conference.
3. The Conference is administered by an Executive Board (Board) consisting of nine (9) members. For the purpose of continuity, only three (3) of the nine (9) member seats are put up for re-election in any given year. Each term is for a three (3) year period.
4. If a member resigns his term before it is up, the Commissioner will appoint a new member with the Board's consent. A new member will fill out the current term.
5. Requirements for new Board member consist of the following guidelines:
 - a. Current coach of a JV or Varsity football team within the CGSC or
 - b. Current coach of a JV or Varsity baseball team within the CGSC or
 - c. Has been the Athletic Director / Chairperson for the past three (3) years, and
 - d. Is in good standing with the CGSC
6. The process for nominating a new Board member includes submitting a letter to the league Secretary with your request to be put on the ballot at the June meeting. All letters must be received by May 1st of the current year. Elections to the Board are for three (3) year terms. The term of each newly elected member will take effect on January 1st of the year following election unless an open Board seat exists.
7. A Board member may be removed from their position owing to non-performance of duties or by acting in a manner not in the best interests of the league. Two-thirds of the Board must be present to vote on the removal of an existing Board member and such a vote will be taken only as a matter of last resort.
8. In order to vote, each program must sign in prior to the start of the annual summer meeting and each program is entitled to one (1) vote.
9. The Conference Officers will consist of a Commissioner, Secretary and a Treasurer. These Officers will be Board Members and elected by members of the Board, in October of each year, for the governing of the following calendar year. The Commissioner's office is limited to three consecutive one year terms. There must be a one year break in service before this commissioner can be elected again.
10. The Board has been given complete authority in all conference matters by member programs. The Board will act in conjunction with the Commissioner and will serve as his advisory council. The Board is responsible for setting of league fees and approving of new activities associated with the administration of the Conference.
11. Two-thirds (2/3) of the Board must be present for a major rule change. It must be read at least two meetings prior to a vote. The Commissioner can vote on all major rule changes. The following are considered major changes: Change in weights, change in league fees, division alignment, and player eligibility requirement (including program and satellite eligibility rules).
12. The Board has the authority to impose administrative fees, fines, and disciplinary action as outlined in the section below.

13. All Executive Board positions are voluntary and no remuneration is given for services. Actual administrative expenses incurred by Board members (e.g. printing, mailing, meeting costs) may be reimbursed upon approval of the Commissioner.
14. The Commissioner will appoint committees as necessary to properly conduct business.

B. ADMINISTRATIVE FEES, FINES, AND DISCIPLINARY ACTION

1. In matters of discipline, a Board hearing can be convened by the Commissioner or by the other Conference Officers, if the Commissioner is not available. The Board can invoke penalties and/or fines for infractions or can recommend further action to the Commissioner.
2. Schedule of Administrative Fees and Fines:
 - a. Protest Procedure: \$25 to be paid by program filing protest; to be reimbursed to filing program and paid by program in violation if protest is upheld
 - b. Late payment of league fees: \$100
 - c. Late filing of forms for partners or satellites: \$5 per day late
 - d. No volunteer at weigh-in: \$100
 - e. Game rescheduling fee: \$25 per game
 - f. Violation of game site rules: \$100 per incident
3. Disciplinary Action:
 - a. If the Board becomes aware, through observation, a complaint filed, a protest filed, or via any other credible source that a violation of the rules has or may have occurred, it can at its discretion initiate a disciplinary hearing against a program or member of a program organization.
 - b. If the Board finds that a serious violation of the rules has occurred, penalties can include forfeiture of games, probationary period (12 months), suspension (discretionary), or expulsion from the league (12 months). These penalties will carry into playoffs or subsequent season.
 - c. Further serious violations of the rules while on probation will result in expulsion.
 - d. Any coach that is expelled from the CGSC will require the approval from the Board before they can be reinstated. If reinstated, they must re-certify with the league.
 - e. Any time a coach, team, or program is punished, a letter explaining the reason for the punishment will be sent to the appropriate representatives at their program, partners, and satellites.

C. LEAGUE ENTRY

1. A program (see section below, "Program Definition") wishing to become members of the CGSC must submit a formal petition to the Executive Board.
2. Program entrance into the Conference must meet with the approval of the Board.
3. Prior to final acceptance into the league, the pastor of the program applying for membership must meet with the Commissioner and a committee of Board members to review Conference Rules.
4. All new programs that apply to the CGSC and are approved for entry will be ineligible for a satellite parish for 2 years, unless this restriction is waived by the Board of Directors.
5. All schools wishing to apply for a satellite parish must complete in its entirety the CGSC application for the use of a satellite parish (see Satellite Rules).
6. Once accepted, new member programs are placed on a one (1) year probationary period.

D. PROGRAM DEFINITION

1. A program is defined as being comprised of the following:
 - a. The named program school and its parish. A stand-alone parish without a school may serve as a named program.
 - b. Up to 3 named partner schools and / or parishes. A partner school that has a parish will count as 1 named partner.
 - c. The named partners must be approved by both the named program and named partner pastors
 - d. Partners are designed to be long-term in nature (> 2 years) and should be selected carefully by each named program.
 - e. Program Partner forms must be submitted to the league annually for renewal by June 1.
 - f. The Board reserves the right to review and approve all program partnerships annually to ensure that programs are following the rules in substance and spirit
 - g. The named program and its named and approved partners constitute a “program”
 - h. Any named program school or parish that is part of an officially designated diocesan “academy” structure is exempt from the maximum 3 partner rule. The named program and the members of the academy will constitute the program as defined by these rules.
2. If a program is unable to field an appropriate number of players at the junior varsity or varsity levels they may request additional satellite schools and / or parishes to support their roster. If a program utilizes satellites as part of its structure, the entire program is required to follow specific rules as defined below in the section titled Satellite Rules.

E. SATELLITE RULES

1. The Board is responsible for granting annual approval of all satellite applications.
2. Program schools wishing to apply for a satellite parish must complete and submit an application for the use of a satellite parish. A separate application must be completed and submitted for each satellite parish requested.
3. Board approval is contingent upon the prior approval of the pastors of both the requesting program and the requested satellite.
4. Satellite parish applications must be renewed annually by June 1 of the upcoming season.
5. When considering the use of a satellite parish or parishes, the program school should consider the following regarding the use of satellite parishes:
 - a. A program requesting the use of a satellite must first attempt to utilize all the eligible fourth, fifth, sixth, seventh, and eighth graders from its program before applying for a satellite parish.
 - b. If a program utilizes a satellite the total number of players on a roster may not exceed 30 and the total number of players from satellite parishes cannot exceed 50% of the total team roster.
 - c. For teams with ≤ 20 total players (including players from satellite parishes) the Board can waive, at its discretion, the 50% requirement indicated above. (Example: a team has 9 players from its program and 11 players from its satellite parishes).
 - d. If the Board believes that a program is not utilizing all of its eligible players they reserve the right to limit the total roster size to twenty (20) players and/or make ineligible all new satellite players.
 - e. No player from the program may be cut to allow use of a player from a satellite.
7. If a program school stops utilizing a satellite parish, players from that parish who have played in previous seasons are still eligible to play. Proper satellite form completion, submission, and approvals are still required.

F. LEAGUE FEES AND ACCOUNTING

1. League fees include all costs for the officials and referees, plus costs involved in the daily operations of the Conference, such as mailings, playoffs, all-star Games, website, league administrator, etc. The Executive Board will establish entry fees annually.
2. The total league will be communicated to all programs at the annual winter football meeting. A letter of invitation to the annual football meeting will be sent to all programs.
3. The payment schedule, unless otherwise communicated by the league, will be as follows:
 - a. 50% each April 1, 25 % each June 1, and 25% each August 1.
 - b. All fees should be sent to the address provided by the league at the winter meeting and be made payable to the Catholic Grade School Conference.
 - c. All fees are non-refundable at the discretion of the Board.
 - d. Programs may also be required to re-apply for admission into the league and / or removed from the schedule prior to the start of the season.
4. The CGSC shall conduct a yearly audit and any member programs may request a copy.

G. INSURANCE REQUIREMENTS

1. The CGSC requires that all active programs provide the league with a valid Certificate of Insurance in order to participate. This certificate must list a home field site, along with the following entities as additionally insured:

Catholic Grade School Conference of Chicagoland	St. Ignatius High School
St. Rita High School	Notre Dame High School
St. Laurence High School	Marian Catholic
Brother Rice High School	Mt. Carmel High School
Marist High School	Nazareth Academy

2. Other additional insureds may be added during the season as circumstances and playing locations dictate.
3. In addition to the above, all programs should name, as additionally insured, all locations where they may conduct practices, scrimmages or games during the course of the season. All programs are encouraged to list all sites that may be used during the football season.
4. A copy of a current Certificate of Insurance must be submitted to the league prior to each season, but no later than the date of the official weigh-in. The CGSC will keep copies on file in the league office.

H. AWARDS

1. Annually, the Commissioner will appoint a committee to select the recipients of 3 awards:
 - a. Sportsman Award for displaying the attitude and achieving the goals as set forth under the Conference charter.
 - b. Coach of the Year Award.
 - c. Referee award may be presented to selected officials, based on merit, for the annual All-Star game. This is the John W. Krenkel All-Star Award. No official may receive this award more than once.
2. The Mike Lynch Award, a traveling plaque, goes to the CGSC Varsity Football Champion each year. The Varsity Football Champion must participate in the BLUE or RED divisions.

3. The Nicholas Gallo / Frank Volpe Award, a traveling plaque, goes to the CGSC Junior Varsity Football Champion each year. The Junior Varsity Football Champion must participate in the BLUE or RED divisions.
4. The Conference Championship Team name will be added to the traveling plaque.
5. Each regular season division champion will receive a team trophy.
6. The winner of the CGSC Championship and the runner-up team from each level will receive a team trophy along with medallions for all of the players. The winner of the GREEN division championship will receive a team trophy.

I. PROPOSED RULE CHANGES

1. Recommendations for any rule changes to be considered by the Board must be submitted, in writing, within sixty (60) days of the end of the season. Mail or email is acceptable for submission.
2. Recommendations and proposals will be forwarded to all necessary parties whereas a meeting and vote will be taken within ninety (90) days thereafter.
3. A rule can be changed or amended for safety purposes or for the good of the league at any time the Board so recommends.

J. PLAYER ELIGIBILITY

1. CGSC programs will field two (2) football teams: Junior Varsity - primarily grades 4 through 6 / Varsity - primarily grades 7 and 8. In addition, teams may field teams in the Developmental Football administered by the league.
2. A player is eligible if they are enrolled in the named program school, a named partner school, or an approved satellite school.
3. If not enrolled in any of the schools above, a player from a named program parish, a named partner parish, or an approved satellite parish is eligible if they are:
 - a. Baptized catholic **AND**
 - b. The player and their parent(s) or legal guardian(s) are registered in the parish **AND**
 - c. The player is registered in and attends CCD in the parish.
4. The eligibility of a player who changes their school or parish solely for the purpose of playing football may be reviewed and / or challenged at the discretion of the Board.
5. Players are eligible for the JV roster if they:
 - a. Do not reach age thirteen [13] before December 31 of the calendar year of the current season
 - b. Are at the 6th grade school level or below
 - c. Weigh 140 pounds or less at the league weigh in
 - d. Are properly included on the JV roster
 - e. 4th graders on a team's DFL roster will be permitted to participate in Junior Varsity games if necessary owing to the size of the Junior Varsity roster; 4th graders on a team's Junior Varsity roster are not permitted to participate in DFL contests at any time. Any 4th grader on a DFL roster "playing up" is limited to 4 quarters of playing time as defined by the IHSA.
6. Players are eligible for the Varsity roster if they:
 - a. Do not reach age fifteen [15] before December 31 of the calendar year of the current season
 - b. Are at the 8th grade school level or below
 - c. Weigh 200 pounds or less at the league weigh in
 - d. Are properly included on the Varsity roster

7. All eligible players must submit a Consent and Registration Form at the weigh-in and such form must be signed by both of the player's parents or the legal guardian of the player.
8. Players will be listed on the roster of the parish in which they are enrolled and each roster must be signed by the corresponding Pastor. If a satellite parish has been approved by the Board of Directors, then for each parish approved, a separate roster will be required.
9. A player who is otherwise eligible but is not on the official team roster as of the date of the original league weigh-in may petition the Board, in writing, to be added to the roster within 1 week of the original league weigh-in. If the petition is successful, the added player will not be eligible to participate in any league contest until after the scheduled re-weigh prior to the 4th game of the season.
10. A copy of each team roster will be sent back to the parish to verify the signatures of all participants.
11. Failure to have the release forms and team rosters, properly filled out may result in a forfeiture of games, players being ineligible and disciplinary action by the Board.
12. The CGSC Board of Directors, reserves the right at all times to rule on the eligibility of any player who, in the judgment of the Board, has been registered in violation of the spirit or letter of the above rules.

K. GENERAL LEAGUE RULES

1. Programs must be able to field teams at both levels (Junior Varsity and Varsity) in order to be scheduled for competition during the season. Exceptions will be considered by the Board if notification of such a request is made in a timely fashion (e.g. prior to the issuance of the schedule at the annual summer football meeting).
2. Teams and/or their players are not allowed to participate in any other football league.
3. Organized practice shall start on the fourth (4) Monday prior to the first league game.
4. Teams are not allowed to play more than twelve (12) games in a season, excluding controlled scrimmages.
5. Teams shall not engage in any football activity with a non-CGSC team without permission from the Conference Commissioner or any two members on the Board. All programs are encouraged to submit requests prior to the start of the season and to include all potential opponents even if such scrimmages are not yet scheduled.
6. Teams are not eligible to participate in any football activity after the regular season except for the CGSC playoffs and the CGSC Fundamentals and Conditioning Camps.
7. All team personnel that have direct contact with players must be certified by the CGSC before they can coach. All Head Coaches, Assistant Coaches, and other adult supervisors who interact with the players must be certified as having attended Protecting God's Children. All Head Coaches and Assistant Coaches must be USA Football Heads-Up Certified by the CGSC and receive a Coaching Card from the league. The Head Coach is responsible to ensure all coaches are certified.
8. During any team activity, the team must be supervised by an adult, at least 18 years old, who will be responsible for their conduct.
9. A change of head coach (JV or Varsity) at any time during the season will require an official letter, signed by the Athletic Director of the program, notifying the League Secretary of said change. The notification must be made within five (5) days of the change.
10. In the event that the league is comprised of an even number of teams, the league will make every effort to ensure that each team receives an 8 game regular season schedule. Circumstances may arise which will not allow for this to be possible.

L. WEIGH-IN RULES AND PROCEDURES

1. A supervised league weigh-in will be held at a time and location determined by the league.
2. Each program must send at least one certified coach to work at the weigh-in and such coach must be on site from start to finish.
3. A minimum of fifteen (15) eligible players must be on a roster (JV and Varsity) and be at the league weigh-in. The JV minimum number must be comprised of 4th, 5th and 6th graders only. The Varsity minimum number must be comprised of 7th and 8th graders, as well as any 6th graders who were declared for the Varsity roster prior to weighing in.
4. Players are required to wear, at a minimum, gym shorts and tee shirts at all times during the weigh-in.
5. A player must be weighed-in with their team at the designated time on the weigh-in date. Players may be weighed-in prior to or after their team's official weigh-in only due to a death in the family or hospitalization of the player. Documentation approved by the Commissioner is required and the player is ineligible for the next game. Two Board members, not affiliated with the team of the player to be weighed-in, must be present for any weigh-in conducted outside of the official league weigh-in.
6. The weights (in pounds) for determining the number of stripes required are as follows:
 - a. Varsity – up to 140 (None); 141-170 (One); 171-190 (Two); 191-200 (Three) Maximum 200
 - b. JV – up to 110 (None); 111-125 (One); 126-140 (Two); Maximum 140
7. Once a player has officially weighed in, the coach can request one appeal of the result. The player will be immediately taken to an "appeal scale" and re-weighed. A representative from the appealing team will be allowed to observe the appeal weigh-in. At this point the weight is final and official.
8. There is an exception to the above rule in cases where a JV player being weighed is deemed ineligible for competition (i.e., they are above the maximum weight allowed by rule). If the player is within 10 pounds of the maximum weight allowed, the player may re-weigh prior to the 4th game of the season. Varsity level players who are above 200 pounds at the initial weigh-in are ineligible to re-weigh prior to the 4th game of the season.
 - a. If the player is under the maximum weight allowed by rule they shall be eligible to compete in the 4th game of the season.
 - b. If the player is a JV-eligible player (4th, 5th, or 6th grader) and they re-weigh over the maximum weight they will be eligible to move up to the varsity roster for the remainder of the season if their parents give permission in writing
 - c. All players awaiting a re-weigh opportunity may practice with their teams during the weeks leading up to the second weigh-in.
9. Players otherwise eligible to play at the JV level who weigh more than 140 pounds may be moved to the varsity roster if their parents give permission in writing. They must be immediately added to the varsity roster at the weigh-in. If such a player is moved up to the Varsity roster at the initial weigh-in, they forfeit their right to a second weigh-in as outlined in I.7. Players cannot be moved up at the playoff weigh-in. No varsity age/grade player can ever play at the JV level.
10. There will be no mid-season weigh-in. It is the head coach's responsibility to check players' weights to keep them eligible. If a player's weight is challenged at a game, the Commissioner will determine a place and time for the player to be weighed in. (No later than the following day)
11. There will be a playoff weigh-in and meeting on the Monday night immediately following the last regular season game. All rules of the original weigh-in will be followed. Once a stripe is assigned to a player, they cannot lose that stripe at any subsequent weigh-in, including the play-off weigh-in.

12. JV players that weighed ≥ 100 pounds and Varsity players that weighed ≥ 130 pounds at the original league weigh-in must be re-weighed prior to the playoffs.
13. All rosters will be made available to all coaches after both the initial weigh-in and the playoff weigh-in.
14. At the discretion of the Board, or in response to a properly filed protest, any player may be asked to re-weigh at any time during the regular season or play-offs.
15. If a player is found to be over their current weight assignment (non-striper, single striper, double striper), the player adds a stripe, and is ineligible to play in their next game. Double stripers that are found to be over the maximum weight will become ineligible for remainder of the season.

M. GAME TIME AND SITE

1. All games will be scheduled for Sunday unless a program requests a Saturday night schedule.
2. Game times on Sunday will be as follows: DFL (if applicable) 11:30am; Junior Varsity 1:00pm; Varsity 15 minutes following completion of the Junior Varsity game. Each program may make a request to the league to adjust schedules if school / parish rules make this unworkable or for special events.
3. Requests to reschedule a game start time, date, or location after the league schedule has been completed must be approved by the Commissioner.
4. It shall be the responsibility of the home team to contact the visiting coach prior to their game to provide them with game arrangements and travel instructions, especially if changes to the published schedule have been made.
5. The home team is responsible for the playing field and all required accessories for a game.
6. The standard 120 x 53 1/3 yards playing field is required for all CGSC games. All fields must be marked in at least ten-yard intervals.
7. All goal posts must be padded for player protection. All permanent structures must be at least ten yards from the playing field and must also be padded.
8. The home team must provide crowd control equipment, including sideline restraining ropes that run from end to end for both sides of the field. As the head coach you are responsible for having (2) adult marshals in bright identifiable attire on your side of the field, to maintain order and control.
9. Camera operators are not allowed on the playing field, sidelines or behind the end zone during games.
10. Alcoholic beverages, prior, during & after games is strictly prohibited at all CGSC games and game sites. Tailgating activities are strictly prohibited at all CGSC games and game sites. This does not preclude the operation of a concession stand by the home team at CGSC games.
11. The use of profanity is strictly prohibited.
12. The use of tobacco products by coaches or players is strictly prohibited.
13. Every effort is to be made to play the scheduled games regardless of weather conditions. If, however, in the opinion of the game officials, it would be unsafe to play the game, they have the authority to postpone the game. Examples of this would be lightning or a tornado warning. It is possible that the game officials may fail to show up for the games. In these cases both games must be played no later than the following Tuesday. If adequate lights are available, and both coaches agree, a doubleheader may be played. Both the JV & Varsity coaches must agree on a starting time, allowing for enough daylight before sunset. The coaches are to set up the make-up games on the afternoon of the scheduled games if possible prior to releasing the players. The home team of the scheduled game will remain the home team of any field agreed to by both coaches. The scheduled home team head coach is to then immediately notify the game officials and the Commissioner who will also notify the official's

coordinator, assuring that official's will be present for any make-up games. Do Not Rely On The Officials To Automatically Return For The Make-up Games.

14. The home team is responsible to see that the game officials are safely escorted to their cars.
15. The scheduled starting date for the play-offs will not be delayed due to teams failing to make-up their games immediately. Immediately means no later than the Tuesday evening following the scheduled game. If in the opinion of the Commissioner neither team made a serious effort to make-up the game, then a "Worst scenario" will be applied as to the possible outcome for both teams, if either has a chance at the play-offs. If in the opinion of the Commissioner, it is proven that one team made a serious effort to re-schedule the games, and the other team did not, then a forfeit will be granted.

N. PLAYING RULES

1. All games shall be governed by the rules of the NFHSA and those specifically stated in the CGSC rulebook. Each team must have copies of the NFHSA and CGSC rulebooks at each game.
2. Roster Size: A minimum of thirteen (13) eligible players must be in uniform and able to play at a game or that game will be deemed a forfeit by rule. If a team begins the game with 13 or more eligible players but during the course of the contest that number drops below 13 the forfeit rule will apply.
3. Player Equipment:
 - a. All players must be properly equipped with a NOCSAE-approved helmet and face mask, shoulder pads, hip pads, tail pad, kneepads, thigh pads, athletic supporter, pants and jersey. Players not properly equipped will be required to leave the game until they are properly equipped.
 - b. All players are required to wear a colored (not clear) mouthpiece, which must be attached to their helmet. The first mouthpiece violation will result in a warning to the head coach. Further violations will result in a 5-yard penalty.
4. Uniforms: All team jerseys must be the same and be affixed with numbers. If two opposing teams have the same colors, the visiting team shall be required to provide proper distinction.
5. Footballs:
 - a. JV teams may use any leather or composite football that clearly indicates it is suitable for "Junior"; Varsity teams may use any leather or composite football that clearly indicates it is suitable for "Youth".
 - b. Rubber footballs of any kind are prohibited.
 - c. Each team may use their own football. It is a team's responsibility to get its football on and off the field of play if its opponent chooses to use its own ball. As a clarification for all coaches, a team that scores must use the same football used to score on the ensuing extra point try and kick-off.
6. Quarter Times:
 - a. Four (4) quarters in a regulation game.
 - b. Each quarter will be ten (10) minutes of actual playing time in Varsity games.
 - c. Each quarter will be nine (9) minutes of actual playing time in JV games.
7. Intermission Periods:
 - a. Time between quarters will be two (2) minutes in all games.
 - b. The time between the first half and second half will be fifteen (15) minutes in all games.
 - c. During the 15 minutes between games, a JV scrimmage can be played in the first 10 minutes of this break, if properly arranged by the two opposing head coaches. This scrimmage can be held at one end of the field if something is scheduled on the field by the home team.

- d. A four (4) minute warning will be issued at the end of the second and fourth quarters of all games. The time allowed for this warning will be the same as a game timeout. (1 minute)

8. Scoring Values:

Score Type	JV Points Earned	Varsity Points Earned
Touchdown	6 (Six)	6 (Six)
PAT by Kick	3 (Three)	2 (Two)
<i><u>If there is a defensive dead ball foul on any extra point kick and the kick is made, the points will be awarded to the offensive team.</u></i>		
PAT by Run	1 (One)	1 (One)
PAT by Pass (caught in end zone)	2 (Two)	1 (One)
Safety (awarded to opponent)	2 (Two)	2 (Two)
Field Goal	3 (Three)	3 (Three)

9. Free Blocking Zone Rule: Blocking of any kind, anywhere on the field including the area defined as the “free blocking zone” in the Federation rule book, must be initiated above the waist. As an additional clarification and for the safety of players, defensive players may not “submarine” offensive linemen anywhere on the field. (15 yard penalty).
10. Horse Collar Rule: All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey, or the inside collar of the side of the shoulder pads or jersey, and immediately pulling the runner down. This rule does apply to tackling of a runner who is inside the tackle box or to a quarterback who is in the pocket. (15 yard penalty)
11. Dangerous Tackles: All dangerous tackling techniques, including pile drives and whip-around by a player jersey, are strictly prohibited.
12. No player, offensive, defensive, or special teams, may use the crown of their helmet intentionally during the course of any play.
13. In JV games, all infractions prescribed in the NFHS rules as fifteen (15) yard penalties are reduced to ten (10) yard penalties with the exception of unsportsmanlike conduct (15).
14. If there is a defensive dead ball foul on an extra point kick and the kick is made, the points will be awarded to the kicking team.
15. Teams are not permitted the use field phones or any similar equipment for spotters.
16. Forfeits: In the event of a forfeit the offended team will be awarded a 1-0 victory.
17. Resolving a Tied Game: The 10 yard line overtime procedure, as outlined in the NFHS rule book, is to be used to decide the winner of the game if a tie exists after regulation time.
- During the regular season a game will be considered a tie after two [2] overtime series in a JV game and three [3] overtime series in a varsity game
 - During the playoffs no limit will be placed on the number of overtime series to be played as a winner must be determined.
18. Elimination of Kick-Offs:
- At the beginning of each half and after all team scores, the receiving team would take possession of the ball at their own 40 yard line for JV and 35 yard line for Varsity. The only exception to this rule would be after a defensive team safety. In such a situation, the receiving team would take possession at the 40 yard line for JV and 45 yard line for Varsity of their opponent.
 - If, after a score, the team that has just scored wishes to attempt to retain possession of the ball, they can attempt to do so by running one offensive play in place of the traditional on-side kick:

- i. The play will be a live and untimed play from the line of scrimmage.
- ii. The play will be run from the 40 yard line of the team attempting to retain possession. The only exception to this rule would be after a defensive team safety. In such a situation, the placement of the ball would be at the 20 yard line of the team attempting to retain possession.
- iii. If the possessing team gains ≥ 10 yards on the one play they would retain possession at the spot their player was tackled.
- iv. If the possessing team does not gain ≥ 10 yards, the team that would have received the ball takes possession at the spot the opposing player was tackled.
- v. In the event a penalty is assessed on the play, the line to gain does not change. If the penalty is assessed against the team attempting to retain possession that team may determine to cede possession to the defending team. In this situation the spot will be normal position plus the penalty yardage assessed against the team that was attempting to retain possession.
- vi. Attempts to retain possession will be limited to the final 4 minutes of either half.
- vii. A team that is 2 scores ahead may not attempt to retain possession.

O. STRIPER RULES

1. General Striper Rules – JV and Varsity
 - a. All players who are required to have stripes on their helmets (refer to Weigh-In section of rulebook) must have the stripes wrapped laterally and completely around the helmet. The color of the stripes must contrast with all of the other colors of the helmet and cannot be less than one-half inch in width. A player may not participate in the game unless they are properly striped.
 - b. A maximum of five (5) striped players may play at any one time and all on the line of scrimmage and in a set position at the snap. (Dead Ball Foul)
 - c. No more than two (2) multiple strippers may participate on the field at any given time for the offensive team and the defensive team. Each team is allowed to use (2) multiple strippers.
 - d. At varsity level, only 1 multi-striper can be a triple striper designation.
2. Offensive Striper Rules – JV and Varsity
 - a. Offensive strippers may not play in the offensive backfield (including punt plays and field goal tries) and must be on the line of scrimmage in a down set position at the snap of the ball. The down set position for a striped offensive lineman may be a 2, 3 or 4 point stance.
 - b. Offensive single strippers may play no wider than the normal position of the tight end.
 - c. Single strippers playing tight end are not eligible to receive a pass. In the event a player violates this rule, the ball is dead at the point of origin of the snap.
 - d. Offensive double strippers may play no wider than the normal position of an offensive tackle.
 - e. Offensive triple strippers may play no wider than the normal position of an offensive guard.
 - f. Offensive triple strippers may not pull or lead from the line of scrimmage.
 - g. No striper may carry or advance the ball at any time during the game.
3. Defensive Striper Rules – JV and Varsity
 - a. Defensive strippers may not play in the defensive backfield (e.g. linebackers or defensive backs) and must be on the line of scrimmage in a down set position at the snap of the ball. The down set position for a striped defensive lineman may be a 3 or 4 point stance.
 - b. Defensive single strippers may line up no wider than head-up (not outside shaded) on the tight end or over the normal tight-end position.
 - c. Defensive double strippers may line up no wider than head-up (not outside shaded) on the offensive tackle or over the normal position of the offensive tackle.

- d. Defensive triple strikers may line up no wider than head-up (not outside shaded) on the offensive guard or over the normal position of the offensive guard.
 - e. Defensive strikers must play their position in the manner normally played by a player in that line position. They are not to use any contrivance that in effect would violate the spirit of the rule.
 - i. At the snap of the ball the first step must be forward across the neutral zone before assuming a contain position or pursuing a ball carrier in the backfield.
 - ii. If the striker is violating the rule by dropping back and assuming another position to defend against the pass, they will be penalized in violation of the rule, even if they lined up on the line of scrimmage in a down position.
 - iii. If a ball is thrown in their general direction while they are in a normal lineman pursuit they are allowed to intercept the ball, but must fall to the ground with their team then taking possession.
 - iv. They may at any time intercept or block a pass behind the offense's line of scrimmage, but again with the requirement that they immediately fall to the ground after the interception.
4. Special Striker Rules – JV and Varsity
- a. Strikers may kick extra points. If the kick is not attempted the play is dead.
 - b. Strikers are not allowed to kick from scrimmage on field goal plays.
 - d. Violation of striker rules will result in a 5 yard penalty. There will be no warning given. The official's signal shall be the index finger pointing down, with two or three circular motions.

P. COACHING RESPONSIBILITY, PROPER CONDUCT AND SPORTSMANSHIP

1. The head coach is ultimately responsible for their conduct as well as the conduct of their staff, players, and spectators. No coach, player, or anyone associated with a program shall act in an unsportsmanlike manner before, during, or after the game. This includes any act the officials or the league deems to be inappropriate. Anyone violating these rules may be asked to leave the field.
2. The above includes the guidelines provided below, rules outlined in the section Game Time and Site and the rules outlined in the section 30-Point Lead.
3. The head coach is responsible to ensure that all players are properly equipped.
4. Coaches should strive to make every football activity serve as a training ground for life.
5. Coaches must abide by doctor's decision concerning a player's health, injuries, and physical ability to play.
6. Coaches will not criticize an opposing team's players, coaches, or spectators by word or gesture.
7. At the end of each game both teams shall come together and participate in a group prayer led by coaches and / or players from the home team. Following the group prayer both teams and their coaches will meet in the center of the field, forming a single hand shake line in the spirit of good sportsmanship.
8. When scouting an opponent, the head coach and the scouts must notify the head coaches of both teams involved in the game that their game is being scouted. Teams are not allowed to video tape any opponent for scouting purposes.
9. Accept decisions of officials on the field as being fair and called to the best of their ability. The coach must stay off the field and remain under control in order to set a good example.
10. A decision based on judgment should never be questioned. In cases of apparent misinterpretation, the officials must be addressed properly.

11. If a coach is ejected from a game, they will be automatically suspended from their next game, without appeal. This carries over into the playoffs or the following season. A coach that is ejected twice in a season must re-take the Heads-Up certification class before they are allowed to coach again. Teams are subject to forfeitures for violating these rules. If a player is ejected from a game, they will be automatically suspended for a total period of 4 quarters, including the time lost in the game in which the ejection took place (e.g. a player ejected in the 1st quarter of a game cannot return to play until the 2nd quarter of the following game). With respect to player ejections, both coaches and the head referee for the contest must notify the league and the next opponent of the ejected player will be notified.

Q. 25-POINT LEAD / CONCESSION RULES

1. In the event that one team has a lead of 25 or more points in a game at any time, the game officials will enforce a “must concede” rule. At such point, the use of a running clock will be enacted automatically. Once a running clock is enacted the official game score shall be frozen and will be the final score of the game.
2. A head coach can concede the outcome of a contest prior to the running clock rule going into effect. In this circumstance the score of the game will be frozen at the time the concession is made but the clock will operate as under normal circumstances. This will allow both teams to substitute freely without concern for the outcome of the remaining contest.
3. In both situations above the head referee shall call a conference with the head coaches of both teams in order to discuss appropriate adjustments that should include, but not be limited to the following:
 - a. For both teams, refrain from all blitzing on defense
 - b. For the winning team, refrain from trick plays, sweeps, long passes or other types of plays that can be interpreted as trying to “run up the score”
 - c. For both teams, implement substitutions to get second team players into the game. Coaches should do this considering safety first and foremost.
 - d. For either team involved, if an adequate number of second team players are not available, move players into positions where they will have a significantly lower impact on the game.
 - e. With respect to any of the items above, a coach can request a non-charged time out in order to organize his players in order to comply with the overall spirit of this rule in its entirety.

R. PROTEST PROCEDURE

1. The head coach lodging the protest must inform the officials of their intentions before the game is over. The officials must then inform the head coach of the other team. The officials must get the name & number of any & all players that may be involved in the protest.
2. The coach lodging the protest must notify the league office by 7:00 pm on the day of the game.
3. The head coaches or their representatives will appear no later than the following evening. The time and place will be decided by the Commissioner & Executive Board.
4. The Commissioner will appoint representatives to hear the case and to render a decision. The inquiry Board will be comprised of impartial members and will not be from the same section.
5. Judgment calls may not be protested.
6. Protests involving a players age or weights must follow the protest procedure established under this rule. Players being challenged on their weight must be accompanied by their head coach.

S. DIVISION STANDINGS AND PLAYOFF POSITIONING

Prior to the start of each season and in conjunction with the distribution of the league schedule, play-off qualifications and structure will be confirmed with all member programs.

T. TIE-BREAKER PROCEDURES

In the event of a tie in the determination of division standings, the determination of wildcard teams, or the seeding of playoff teams, the following tie-breaker method shall be applied:

1. The primary tiebreaker is head-to-head competition with preference going to the winner of the game between the tied teams. If more than two (2) teams are tied, this tie-breaker will only be used if all of the teams played one another during the season.
2. If a tie still exists, the team with the highest winning percentage against its divisional opponents will be given preference in the tie.
3. If a tie still exists and the tied teams had cross-over opponents, the team with a better record against cross-over opponents (measured by winning percentage) will be given preference in the tie.
4. If a tie still exists a coin flip will be used to determine playoff seeding.
5. The only exception to the method of tiebreaking described above is in the case of two undefeated teams. In this case the team with the higher number of wins shall be given seeding preference (e.g. 8-0 is seeded higher than 7-0).

U. INJURY REPORTING AND CONCUSSION RULES

1. The CGSC requests that all teams report their injuries to the League Office. This information will be collected weekly, for statistical purposes only, and all information will be kept confidential.
2. All information shall be used to help determine where new rules may be necessary.
3. The following information will be asked for in the report. Serious player injuries, such as stitches, breaks, concussions, separations or dental, that were sustained in football practice or game should be reported the injury form.
4. Any player who shows signs, symptoms, or behaviors associated with a concussion MUST be removed from the game and may not return to play in said game. If a player is removed from a game for concussion like symptoms that player will not be allowed to participate in practices or games until cleared by an appropriate health care professional and a written medical release is submitted to the league office.

V. ALL-STAR GAME RULES

1. The CGSC will sponsor an annual 8th grade All-Star game to be held the Saturday or Sunday immediately following the weekend of the championship games.
2. General Game Rules
 - a. All Star players are selected by their respective teams, not by the league.
 - b. All-Star head coaches must use all the players with equal playing time. This means setting up two offensive teams and two defensive teams so that all the All-Stars play both ways. Playing time can be reduced for a player that misses practice for unexcused time, such as participating in another sport. Example: If a player misses one third of the practices their playing time can be reduced by one third. If a player misses two or more unexcused practices, they do not have to play, or receive an All-Star jersey.

- c. The All-Star head coach is allowed to pick one coach from their staff, but the other three coaches, must be picked from the other program teams assigned to that team. In addition, one CGSC Board Member will be assigned to each team to answer any questions and to monitor that all rules are being followed. All programs are to be represented in the game.
 - d. You may have more than two multi-strippers (double or triple) on the offensive line as long as they line up no wider than the offensive tackle on offense
 - e. You may have more than two double strippers on the defensive line as long as they align head up in a square up position on the offensive tackle.
 - f. A limit of seven strippers on offense, and six on defense, can play on at one time.
 - g. All other stripper rules remain the same for the All-Star game.
 - h. No more than (8) eight total hours of practice time is allowed. Practice can start on the Monday after the championship game. The head coach will be asked to secure a practice field and set practice times that are good for all those involved with the team.
 - i. All CGSC rules and NFHSA rules apply, except as specifically stated in these rules.
2. Specific Rules - Offense
- a. Offensive formations are limited only by the requirement that the center, guards, and tackles must be line up in a traditional 5-man alignment
3. Specific Rules - Defense
- a. Defensive formations are limited only by the requirement that there be 4, 5, or 6 down linemen declared at the snap of the ball. This rule is removed when a team is defending inside their own 10 yard line and employing a goal line defense
 - b. Blitzing is not permitted. Linebackers, cornerbacks, and safeties must line up in a normal position.

W. FUNDAMENTALS AND CONDITIONING CAMPS

Prior to the official start of a season any CGSC member program may run pre-season fundamentals / conditioning camps subject to the following rules:

1. Camp dates may be scheduled between the 3rd week of April and/or the 3rd week of July
2. Camp dates must be Monday through Saturday (No Sundays)
3. Total camp time cannot exceed 24 hours
4. Camps must be supervised by CGSC Certified Coaches
5. Players may not wear any football equipment other than cleats
6. Physical contact is not allowed but footballs, cones, bags, etc. may be used for non-contact activities
7. CGSC "Summer Heat Rules" must be followed
8. A permission form, signed by the program pastor, must be submitted to the league with the specific camp dates and times. Any changes, once submitted, must be approved by the Commissioner.

X. DEVELOPMENTAL FOOTBALL LEAGUE (DFL) – RULES IN SEPARATE DOCUMENT