

**INTER-CITY CATHOLIC LEAGUE**  
**FOOTBALL RULES AND REGULATIONS**  
**REVISED 2017**

**PLAYING RULES**

**1. I.H.S.A.A. rules will be in effect with the following modifications:**

A. Weight-Limit Regulations

1. There will be one weigh-in. This weigh-in will be conducted before the jamboree on a date determined by the football chairman. (See Weigh-in Procedures Guideline)
  2. Each squad member must be weighed prior to the first game of the season before he is eligible to play. Players who are governed by the offensive or defensive weight limits listed under Articles 4 & 5 must weigh in at **120 lbs or less for the 5<sup>th</sup> & 6<sup>th</sup> grade league**, and **145 lbs. or less for the 7<sup>th</sup> & 8<sup>th</sup> grade league**, at this weigh-in.
  3. In order to assist the officials and coaches in identifying the overweight players, a strip of one inch wide tape, contrasting to the basic color of the helmet, must be worn on the overweight players' helmet stretching across the helmet from ear to ear. Also, two six inch pieces of one inch wide tape, contrasting to the basic color of the helmet, forming an "X" on the back of the helmet, may be used.
  4. Offensive Weight Limit:
    - (a) No player over **120 lbs/145 lbs.** shall play a backfield or end position.
    - (b) No player over **120 lbs/145 lbs.** shall drop into the backfield to pass.
    - (c) A player over **120 lbs/145 lbs.** may punt, kick an extra point or field goal. **No fake punt, extra point, or field goal may be attempted when an overweight player lines up in the kicking formation.** He may not advance the ball by run, pass or lateral.
    - (d) Any player can kick off.
    - (e) No player over **120 lbs/145 lbs.** is eligible to be a ball carrier.
    - (f) If, at any time, a player over **120 lbs/145 lbs.** gains possession of the ball by any means other than specified in Article 4(c), he may lateral to an eligible runner. If he does not lateral, he shall take no more than one step and down the ball.
  5. Defensive Weight Limit:
    - (a) Ends shall be **120 lbs/145 lbs.** or under.
    - (b) Linebackers shall be **120 lbs/145 lbs.** or under.
    - (c) A lineman over **120 lbs/145 lbs.** may pull out of the line and become a linebacker after the ball is snapped.
    - (d) A lineman over **120 lbs/145 lbs.** must line up inside the offensive ends. He must line up and remain on the line of scrimmage until the ball is snapped. His outside shoulder must be even to the offensive ends inside shoulder.
  6. Violation of any of the weight limit regulations noted above shall result in a 15 yard penalty. If a player that was declared over-weight, is caught playing without his stripe during a game, the player will be removed from the game, and not allowed to return until the following game with his stripe back on. The head coach will be suspended for the remaining games of that season. Further discipline will be at the discretion of the ICCL President.
  7. Once a player is weighed-in, he can't be challenged at any point during the season.
- B. If a player during a game receives any combination of 2 unsportsmanlike conduct penalties, or personal fouls, he shall be ejected from the game. If a player is ejected from 2 games during a season, he will be suspended for the remainder of the season.

- C. Quarters shall be 8 minutes in duration. Only three time-outs may be charged to a team during each half. There shall be 8 minutes of rest at half-time. Two minutes between quarters. Varsity will use a 25 second play clock, and the b-team will use a 35 second play clock.
- D. Scoring for extra-points:
  - 1. One point conversion by run or pass.
  - 2. Two points by place kick or drop kick.
- E. There will be no smoking by any coaches or trainers in the coaching area during league games. Also, there will be no profanity, insulting, or vulgar language directed at any players by coaches or trainers before, during, or after a game. Failure to comply with these rules shall result in a one game suspension for the first offense, and expulsion from the league for the second offense.

## 2. ADMINISTRATIVE & MISCELLANEOUS RULES & REGULATIONS

- A. The I.C.C.L. Constitution shall be consulted concerning questions of player eligibility, protest regulations and disciplinary matters.
- B. Supervised football practice shall not start before August 1. The first two days of practice will be used primarily for conditioning (i.e., no pads, but helmets and footballs allowed). Contact with pads can start on the third day. The league expects each coach to be on his honor in following this provision.
- C. Weigh-In Procedures (See Attached Guidelines)
- D. The football chairman will be furnished rosters of all teams identifying players by jersey number, weight and school grade before the first game. It becomes doubly important to communicate roster additions to the football chairman.
- E. Players added to the school squads after the season starts may become eligible to play in League competition by having their names submitted on the League Roster form and being weighed in by the football chairman. Each student shall take part in ten separate days of organized practice before participating in any scheduled athletic contest.
- F. The relative standing of the teams shall be determined on the basis of the point system: two (2) points will be awarded for a win, one (1) point for a tie, and no points for a loss. Thus, the team accumulating the most points at the end of the regular season shall be considered in first place in the standings and so on. In the event of a tie for any place in the standings, the team that won the game between the tying teams during the season shall be awarded the higher place. Point differential will not be used as a tie breaker. If a tie still remains, a coin flip will be used to determine playoff seating. In case of a three way tie, a coin flip shall determine their place in the standings. The odd team will be awarded the higher position, with the remaining 2 spots decided by head to head competition.
- G. Teams will be bracketed in a single elimination format for the playoffs. The surviving two teams shall meet to determine the league champion and runner-up respectively. In case of a tie in any playoff game, the I.H.S.A.A. rules for tie breakers will be employed.

All the teams in the league shall be in the playoffs. Varsity teams finishing first and second during the regular season shall receive 1st Round Byes. The JV Team that finishes the regular season champ will receive the bye for the first round if there are seven teams. The rest of the tournament will be seeded according to the final regular season standings. The winners of the Semi-finals shall meet for the League Championship. The two Varsity teams will represent the I.C.C.L. in the Diocesan Playoffs. The I.C.C.L. Champion will play the C.Y.O. Champion. The runner-up will play the C.Y.O. runner-up. This game will be played the first Sunday in November.

- H. No unauthorized person shall be allowed on the sidelines during the games. The coach of each team will determine who is authorized to stand along the sidelines during their games.

- I. Each team is responsible for complying with the League's Consolidation Guidelines.
- J. In case of a tie in during a playoff or championship game, I.H.S.A.A. Rules for tie breakers will be used. Overtime will continue until a winner is decided. There will be NO OVERTIME played during the regular season.
- K. The Semi-final playoffs will be played on the 2nd to last Sunday in October. The championship games will be played on the last Sunday in October.
- L. There will be no switching of jersey #'s unless the jersey has been damaged or new sets of jerseys have been ordered.
- M. No team will be allowed to video tape a game of another team unless they are playing against that team. Exchanging of tapes between teams is permitted. Also, no electronic devices, such as wireless headsets, or "walkie-talkies" shall be used by any team at any time.
- N. If the referees decide to stop the game, or not let one begin due to weather or un-safe playing conditions, the following procedures will be in place:
- (i) **Regular Season Game** – The game will be considered a TIE.
  - (ii) **Play Off Game** - The team with the best regular season record will advance. If the teams involved have the same record, the team which won the regular season game between the two teams would advance. If the two teams tied during the regular season, a coin toss will determine the winner.
  - (iii) **Championship Game** – Both teams will be declared Co-Champions. If the third quarter has begun, and one team is leading by 9 points or more, that team will be declared the winner of that game. If the lead is 8 points or less, Article 2 (N) (i,ii,iii) will be enforced.

At all instances, the football chairman may attempt to re-schedule any games at his discretion.

- O. The official game ball will be the WILSON GST Youth Size. The NIKE 1000MF will be the bad weather ball.
- P. Junior Varsity A & B-Division teams. Issues and rules:
- Players are limited to 5 quarters per day. One play equals one quarter.
  - There is a limit of 5 sixth graders on a "B" division team.
  - (B Division only) No regular season championship trophy. Win/loss record will be used for playoff seeding only.
  - (B-Division only) If a team acquires a 24 point lead, no further score will be added to the scoreboard.
  - Normal playing rules will be used in all facets of the kicking game.
  - (B- Division only) No coaches allowed on the field, except for the jamboree.
  - (B- Division only) You must play a 5 man front on defense. The remaining 6 players must be lined up at least 3 yards back from the ball. The intent is that we play a normal 5-3, or 5-4 defense. No Blitzing allowed. Remember that the center must have a "nose" man head up on him, not in any gaps. The tackles on defense have to be head up on the offensive tackles, not in the gaps. The guards are to be un-covered. The ends can play head up or shade the outside shoulder of the tight end. If the end is split, he should line up just outside of the tackle on that side. That being said, the defensive line can slant to a gap once the ball is snapped. **But, they have to be lined up accordingly first.**
  - On offense, you must play a balanced line with a tight end. You may play a second tight end, but it needs to be on the opposite side of the other tight end.
  - After you have played your second game, and before you are allowed to play your third game, a separate roster must be turned in to the league director. This roster will designate the players that are on the A and B Division teams. **After the roster is submitted, you may move players from the B division up to the A division. Once they are moved up, they must remain on the A Division team for the remainder of the season.**
  - You may select up to 5 players that can be moved up to the A-Division team for the tournament. They may only be moved up to help fill the roster on the A Division team due to illness, injuries, or academic issues. The league director must approve all requests prior to action being taken.

- Every player on a B division team must play a minimum of 10 plays, and every player on an A division team must play a minimum of 7 plays. Special team plays will count toward this number. Every team will have a person on their sideline keeping track of their teams play count.

Q. Contact Rules

Contact is equal to;

- **Live-** Full go to the ground/whistle.
- **Thud-** Full speed, defense stops the ball carrier without going to the ground; no pre-determined "winner"; defense and offense will stay off the lower body; players stay on their feet; a quick whistle ends the drill.
- **Contact will be limited to a total of 120 combined minutes per week. (Monday-Saturday).** Controlled scrimmages versus other schools, or teams would not count towards this. Obviously, our games would also not count against this either.
- This is a league rule, and it is up to all coaches to follow the rules. Coaches are on their honor, just like the high schools. Hopefully we all would remember that it is for the safety of our children, and that we are supposed to be teachers, leaders, and role models. Also don't forget that we are trying to save football.