



### **CFA Playing Guidelines**

In general, the administrative and playing rules, regulations and procedures pertaining to player participation and eligibility, structure of individual league divisions, game and practice rules, cheerleading rules and other football related activities are covered by the following sources, in this order:

- CFA By-Laws and minutes of Meetings for specific local rules.
- The Official Football Playing rules and regulations as published by the Virginia High School League for the current season.

Any changes to the football or cheerleading guidelines will be coordinated through the Vice President of that program and must be approved by the CFA Board.

### **Anklebiter League - Non-Contact Football Guidelines**

Unless specified, flag football will use traditional football regulations

#### **General Rules**

**Coaches** – The league will not permit more than two (2) approved coaches per team on the playing field at anytime during the game. Coaches should position themselves so they don't interfere with the play.

**Flags** – All players must keep flags on their sides, one on each hip.

**Football** – a CFA approved football.

**Halftime** – There will be a 10 minute halftime for all games.

**Helmets** - All players must wear a league approved helmet.

**Home Field** – CCC – Players' bench will be the scoreboard side of the field.

**Jerseys** – All players must keep their jersey tucked inside the flag belt and wear two flags at all times.

**Mascots** – Must adhere to the sideline spectator boundaries.

**Mouth Guards** – All players must wear a mouth guard that is attached to their helmet. Must be in color so that refs can visibly see the mouth guard as per VHSL rules

**Player Participation** – 10 minutes per half and each player should be given the opportunity to play at an offensive skilled position during the course of the season. The Referee will give a 10 minute warning, to allow teams to make any substitutions if needed.

**Player Scoring** - Once an offensive player scores two scores during a game, he/she cannot line up in one of the skilled offensive positions **NOR** can he/she touch the football for the duration of that same game. Defensive touchdowns do not count toward this number.

**Players** – Each team will field 9 players on both offense and defense.

**Playing Field** – located at Culpeper Community Complex (CCC) - 60 yard playing field

**Playing Time** – Two 20 minute halves with a continuous clock.

**Practice** –

- The 1st day of practice will be held approximately two weeks prior to school starting.
- Practices will be limited to 1 ½ hours. Team meetings with instructional intent are considered practices.
- Prior to school, practices can be held up to 3 times a week.
- After school starts, practices will be held only twice a week.
- No practices will be held on the 1st day of school.
- No practices will be held on Sundays.
- There shall never be more than one (1) practice session allowed on any day.
- On hot days, coaches should use good judgment and keep all participants hydrated.
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**Safety** - No necklaces, bracelets, earrings, long nails, durags or bandanas may be worn at practice or during games.

**Time Outs** – Each team will have two 60 second timeouts per half.

**Visitor Sideline** – responsible for the chains



### Offensive Rules

- The game will begin with a coin toss to decide who will receive the ball first or play defense first.
- The offensive team will start the game from their ten (10) yard line.
- The offensive team has four (4) downs from scrimmage to either score or gain ten yards. If a team gains ten yards, then they will be afforded four new downs.
- If the offensive team fails to gain ten yards or score a touchdown after the third down play, they may go for it on fourth down or may opt to “punt” the ball. If the team decides to punt, the ball is moved up field thirty (30) yards where the opposing team takes over on downs.
- The ball must be snapped from an offensive player before a play can be started. **PENALTY** - five yards.
- Offensive players must keep their arms within their own body when blocking. **PENALTY** – ten yards.
- Offensive players cannot protect his/her flags from a defensive player. **PENALTY** - loss of down.
- The offensive team has forty-five (45) seconds in between plays. Each team will be given one (1) warning during the game. Each subsequent infraction will result in a five-yard **PENALTY**. Intentional delaying of game will result in an unsportsmanlike conduct **PENALTY**.
- Once a touchdown has been scored, the scoring team will have the opportunity to go for a one point conversion from the three (3) yard line.
- If the ball hits the ground during an attempted run, pass or snap, the ball is automatically dead. The ball is spotted where the ball carrier dropped the ball. If the ball doesn't hit the ground, it can be advanced.
- All offensive players are eligible to receive a pass.
- The offense must have a minimum of five (5) players on the line of scrimmage before each snap.
- Stiff arm in torso area only (shoulder to stomach).

### Defensive Rules

- The defensive team may not tackle or knock down any of the opposing players. **PENALTY** – 15 yards. If a player has two infractions during one game, he cannot play defense for remainder of the game.
- The defensive team can line up no more than six players within three yards of the line of scrimmage. The coach is given one (1) warning. **PENALTY** - 15 yards.
- Defensive player may advance an interception and not a fumble. (Remember there are no fumbles)
- No defensive lineman can line up over the center or “shoot the gaps” next to center (1 & 2 holes). One warning will be given to the team. The second infraction will result in a 10 yard **PENALTY**.
- **Safety** – There will be no safeties. If the flag is pulled in the end zone or the ball is dropped in the end zone, it is a loss of down and the ball is spotted on the 3 yard line.

### Mighty Mites, Midget & Bandit League Contact Football Guidelines

**Blitzing/Defensive Positioning** – Any defensive player that goes up to the line of scrimmage between the offensive tackles must be in a down position. Defensive player must maintain a position of 3 yards off the line at the snap of the ball. Failure to comply with the defensive positioning rule will result in an illegal participation penalty of 15 yards.

- **Exception** – Inside the 10 yard line, linebackers may stack behind down lineman.

**Coaches** – Will not be allowed on the playing field except during a timeout or a player injury.

**Extra Points** –

- If a team kicks or passes for the extra point, it will be a 2 point conversion.
- If a team runs the ball in, it will be a 1 point conversion.
- Mighty Mite and Midgets divisions may use a kicking block for extra points

**Field Goals**– 3 points

**Football** –

- **Midget** – A leather Wilson Pee wee Tacklified Football or any comparable football.



- **Mighty Mites**- same as Midgets
- **Bandit** – A leather Wilson TDY Football or any comparable football.

**Halftime** – There will be a 10 minute halftime for all games.

**Home Field** –

- CCC – Players' bench will be the scoreboard side of the field.

**Home Sideline** – is responsible for the scoreboard.

**Mascots** – Must adhere to the sideline spectator boundaries.

**Overtime** – VHSL rules – one team gets the ball at the 10 yard line and they have 4 downs to score (unless the ball is turned over before the 4th down), then the other team gets its chance and this continues until a deciding victory. Each team will get the ball the same number of possessions before a victory is decided. For regular season play, there will be a limit of 3 overtime possessions for each team. If at the end of the third possession for both teams, the score is still tied, the game is considered a tie. For playoff games, a winner must be decided, so there is no limit to the number of possessions that can take place. CFA will provide one VHSL rule book for each Designated Manager binder on the field, if any overtime rules need to be clarified.

**Playing Field** – located at The Culpeper Community Complex (CCC) and Canavan and any additionally board approved football fields

**Playing Time** – Every play is a considered a play, including special teams (Kickoffs, kickoff returns, punts, punt returns, extra points and field goal kicks).

- Each **Midget** quarter will be 8 minutes and each player shall participate in 6 plays per half except for a coach or parental disciplinary action.
- Each **Mighty Mites** quarter will be 8 minutes and each player shall participate in 6 plays per half except for a coach or parental disciplinary action.
- Each **Bandit** quarter will be 10 minutes and each player shall participate in 10 plays per half except for a coach or parental disciplinary action.
- It will be the coach's responsibility to turn in a rotation schedule (playing time sheet) for the amount of plays per player to the CFA Designated Field Manager after the game has ended.
- If there is disciplinary action, an injury or tardiness/absenteeism in which a player cannot fulfill his minimum number of plays per half, this should be documented on the team's playing time sheet.
- The Division Director will take all issues, in which a coach has failed to get a player their required number of plays per half, to the board for penalty resolution.

**Players** – Each team will participate with eleven (11) players on the field each play during the game.

**Practices** –

- The 1st day of practice will be held approximately two weeks prior to school starting.
- Practices will be limited to 2 hours. Team meetings with instructional intent are considered practices.
- Prior to school, practices can be held up to 5 times a week.
- After school starts, **Mighty Mites and Midget** will be held twice a week and **Bandits** will be held 3 times a week.
- No practices will be held on the 1st day of school.
- No practices will be held on Sundays.
- There shall never be more than one (1) practice session allowed on any day.
- The 1st two (2) practices will be helmets only. For the 3rd practice helmets and shoulder pads will be worn. This applies to all players, even late arrivals.
- The 4th day of practice – full gear can be worn.
- On hot days, coaches should use good judgment and keep all participants hydrated.
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**Protests** – No protests are allowed on game situations involving referee judgment calls. Protests must be in writing addressed to the League President within twenty- four (24) hours after completion of the game in question.



**Punting/Kicking – (Mighty Mites, Midget Division Only)**

- The Head Coach must declare a punt/field goal/point after kick to the Referee, no fakes allowed.
- The Offense & Defense will assume the traditional lineups and stances.
- No rush/to block punt/field goal/point after kick will occur.
- Once the ball leaves the punter's/kicker's foot, regular playing rules apply.
- If the punter misses the ball on the 2nd attempt it will be called dead

**Safety** - No necklaces, bracelets, earrings, long nails, durags or bandanas may be worn at practice or during games.

- **Slaughter Rule** – If during a **Mighty Mites, Midget or Bandit** game, a team goes ahead by 19 points or more, the slaughter rule is in effect.
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  - All the leading team's kickoffs will occur from their own 20 yard line.
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  - Any player on the leading team who has scored a touchdown leading up to the slaughter rule and in the slaughter rule will not offensively line up at any eligible receiving positions to include quarterback, running back, wide receiver, flanker, and tight ends.
  - Any player on the leading team who has scored a touchdown leading up to the slaughter rule may not advance the ball offensively except advancing any inadvertent fumbles.
  - Advancing the football offensively is to include rushing or receiving the football.
  - Defensive returns, kickoff returns, and punt returns are not included into the slaughter rule.
  - Each team is responsible for keeping track and documenting who scores all touchdowns for their team on their game play sheets. The head coach will be held responsible if this is not documented on the play sheets.
- **Consequences for any Head Coach who has a player advance the ball offensively in violation of the slaughter rule will be as follows:**
  - **1st Offense** – Game in question will end with a one game suspension being handed down, this includes all practices during this time period, and the game in question will result in a forfeit.
  - **2nd Offense** – Game in question will end with the head coach being removed from the team in a professional manner for the remainder of the season, and the game in question will result in a forfeit..

**Time Between Plays** – There will be only 30 seconds allowed between plays for Mighty Mite, Midget and Bandit divisions.

**Time Outs –**

- Each team will have three 60 second timeouts per half.
- Each team will have one timeout in overtime play.
- Only one coach will address the team on the field per timeout and water will be handled by a non-coach (that is an approved volunteer) or a teammate.

**Two Minute Warning** – At the 2 minute warning (before half & at the end of the game), notification will be given to both coaches from the ref & the game clock will stop for an official 30 second timeout. After the 30 seconds, the 30 second play clock will start and then the game clock will start with the snap of the ball.

**Visitor Sideline** – is responsible for the chains.

**Football Draft**

Drafts for all divisions for both football and cheerleading will be held in late May/early June. Any draft irregularities for any division will be handled by the CFA board.

**Draft Procedures for Anklebiter Division:**

Established teams from previous season will retain those players who sign up and are eligible to participate in the Anklebiter Division (ages 5 –6) based on their age.