

RESOLUTION

The Directors and Members of the CAW Inner City Football League that this is for the youth first, last, and always, solemnly resolve it. Any attempt by a coach, league official, parents, or spectators to circumvent or violate these rules is inexcusable misconduct, and will result in a fine, probation, suspension from the league participation, or a combination of all three, determined by CAW Inner City Football League eligible voting membership.

*****Unless specifically noted, all rules apply to cheerleading and football coaches, participations, parents, and spectators.

RULE 1: UNDERSTANDING THE RULES.

- A. Each member of the coaching staff and each C.A.W.I.C.F.L. representative must have a thorough understanding of all C.A.W.I.C.F.L. rules. And agree to abide by all provisions of these rules and be willing to accept any penalties that may be imposed as a result of violations of the rules.
- B. Each head coach must complete a certification seminar approved by the C.A.W.I.C.F.L. Board.
- C. The rules in this Rule Book are subject to change. The C.A.W.I.C.F.L. Representative is responsible for advising the Head Coach of each team of any rule changes.

RULE 2: AGE DIVISIONS.

C.A.W.I.C.F.L. is an aged-based football and cheerleading association. Many football participants vary tremendously in height and weight even within the same age categories. Those participants in cheerleading also have varying degrees of skill based upon their age level. All participants in C.A.W.I.C.F.L. football and cheerleading must participate at their age level irrespective of their size or other physical attributes or limitations.

Divisions:	Age:
Pee-Wee	8U years old as of Aug. 1st
Jr. Varsity	10U years old as of Aug. 1 st
Varsity	12U years old as of Aug. 1 st
Travel	14U years old as of Aug. 1 st

- A. The cheerleading squads can cheer for any division regardless of age.
- B. If there is a cheerleading Mascot, they must be five years of age as of (and including) August 1st. The Mascot must be attending kindergarten. A mascot may cheer with any age group.

RULE 3: BOUNDARIES/RECRUITING.

- A. C.A.W.I.C.F.L. has no boundaries. This is a citywide football league and we will take participants from all over the city. However, we are trying to build are core participants from the inner city.

RULE 4: REGISTRATION.

- A. C.A.W.I.C.F.L. shall conduct a minimum of two football registration dates as approved by the C.A.W.I.C.F.L. membership.
- B. The dates and times of registration shall be determined by the C.A.W.I.C.F.L. membership.
- C. C.A.W.I.C.F.L. shall conduct a late registration and the date and time will be determined by the C.A.W.I.C.F.L. membership.
- D. Registration fees are the responsibility of the parent/guardian.
- E. A participant can't play in a regular season game if they haven't paid in full their registration fees. This includes cheerleaders.

RULE 5: PRACTICE (Team indicates football and cheerleading teams)

- A. A practice shall be no longer than 2 hours with a maximum of 10 hours per week. Monday through Saturday prior to the start of the school year or the start of the football season which ever comes first.
- B. No team shall practice more than 3 days per week after the start of the school year or the start of the season. Each practice will only be 2 hours long. This is a maximum of six hours per week.
- C. The first 2 weeks of football practice is for conditioning purposes. All players must complete at least seven days of conditioning prior to practicing in pads.
- D. Practice time starts when the team is assembled and stops when the team is dismissed. Any gathering of the team for the purpose of improving football/cheerleading skills or knowledge constitutes a practice.
- E. No Sunday practices.

RULE 6: TEAM COMPOSITION

- A. In order to compete in C.A.W.I.C.F.L. a football team must have a minimum of 16 certified players for Varsity, Jr. Varsity, and Pee Wee teams.
- B. Each team will have at least 16 players and no more than 25 players. More players may be added but this will come from the C.A.W.I.C.F.L. voting committee.
- C. No additional players will be added after the first quarter of the season.

- D. The coaching staff of each team can have a maximum of seven certified adult coaches and one certified adult trainer for practices and on the sidelines on game day. This is for Pee-Wee 8U, Jr. Varsity 10U, and Varsity 12U teams.
- E. If a person is not on the coaching staff, they are not allowed on the sideline with the team. If found guilty of this there will be an unsportsmanlike conduct penalty on that team.

RULE 7: UNIFORM AND EQUIPMENT

- A. Each participant must have a full uniform including: a helmet with an approved face guard; shoulder pads; pants with thigh, knee, hip, and butt pads; soft mouthpiece or teeth protector, and numbered team jersey. Shoes with screw in cleats are permitted in all divisions provided there is no exposed metal on the cleats.
- B. No jewelry will be worn during practice or games by football players except for Medical ID.
- C. It is the responsibility of the head coach of each team to ensure that all participants are properly equipped. It is the responsibility of each head coach to make sure that all the football equipment is turned in at the end of the football season. All the football equipment must be turned in to the Equipment Manager.

RULE 8: PLAYING RULES

- A. **Field Size:**
 - 1. The Pee-Wee 8U, Jr. Varsity 10U, and Varsity 12U Divisions will play on a regulation high school field 100 yards from goal line to goal line and 53 yards from sideline to sideline.
- B. **Game Times:**
 - 1. The Pee-Wee 8U and Jr. Varsity 10U Divisions will play 7 minutes quarters. Half time will be 5 minutes. Each team will get 2 timeouts each half.
 - 2. No game official will be allowed to change the length of quarters or half time to make up time.
 - 3. The play clock for Pee-Wee 8U and Jr. Varsity 10U Divisions will be 35 seconds.
 - 4. The Varsity 12U Division will play 8-minute quarters. Half time will be 5 minutes. Each time will get 2 timeouts each.
 - 5. The play clock for the Varsity 12U Division will be 30 seconds.
- C. **Clock Operation:**
 - 1. The play clock will start on the change of possession once the ball and the down-markers are set. The game clock will start with the snap of the football. The play and game clock will stop after an incomplete pass. The play clock will start when the ball is set. The game clock will start on the snap of the ball. When the ball carrier is tackled out of bounds the game clock will stop. When the ball and down-markers are set the play clock will start. The game clock will start on the snap of the ball.

2. Any time the point differential in a game becomes 21 points or greater, the official will indicate to the head coaches and the clock operator that the game clock will run continuously. If the point differential drops below the 21-point margin, regular clock management will resume. During continuous clock operation, the official crew chief will stop the clock during a time out, in the case of an injury, or at his discretion (i.e. penalty interpretation).

D. Kickoff:

1. In each division the kickoff will be from the 40-yard line.
2. They will be able to execute onside kicks. This is for all divisions.
3. In the Pee-Wee 8U Division each team will have the choice to kick off or not. If a team chooses not to kick off the receiving team will start their offensive series at the 30-yard line.

E. Penalties:

1. High schools' rules will be used for each division.

F. Extra Points:

1. In each division the extra points will be played from the 3-yard line.
2. One point will be awarded for a run or pass.
3. Two points will be awarded for a field goal.

G. Coaches:

1. In the Pee-Wee Division 8U, we will allow only one coach on the field during the game.
2. In the Jr. Varsity 10U and Varsity 12U coaches will not be allowed on the field during the game.
3. The coach is permitted to use headphones.
4. When the teams are ready to start the play, the coaches must be deeper than their deepest player on their side of the ball.

H. Punting:

1. In the Pee-Wee Division 8U, the team punting has the option to punt the ball or move the ball 30 yards down field. If the team elects to punt, there won't be a rush. There doesn't have to be a snap to the punter. The ref will hand him the ball. No one on the punting team can go until the ball is punted.
2. In the Jr. Varsity Division 10U, there are 2 options. (1) If the ball is snapped to the punter then the punt is live. (2) If the punter is handed the ball by the ref to punt then the punt isn't live, no one can move until the ball is punted.
3. In the Varsity Division 12U, the punts are live.
4. No one can line up over the center.
5. A fake punt can be performed only when the punt is live.
6. The ball must be snapped to the punter. If the snap is over the punter's head the play will be blown dead. There will be a change of possession and the ball will be placed at the location of the punter, this is in the Jr. Varsity division only.

I. Weight Divisions:

1. In the Pee-Wee Division 8U, a player who can advance the ball must not weigh over 95lbs with equipment on.
2. In the Jr. Varsity Division 10U, a player who can advance the ball must not weigh over 115lbs with equipment on.
3. In the Varsity Division 12U, a player who can advance the ball must not weigh over 135lbs with equipment on.
4. Every player in each division who can't advance the ball must have a strip down the middle of their helmet.

J. Coin-Toss-Ceremony:

1. All 3 divisions will have a coin toss ceremony.
2. There is no limit of captains a team can have.
3. In all 3 divisions there are three calls that can be made; (1) kick, (2) receive, and (3) defer.
 - a. If you win the coin toss and you choose to defer until the second half that means you get the choice to kick or receive in the second half.
 - b. If defer is chosen by the team winning the coin toss ceremony the losing team must chose to kick or receive at the start of the game.

K. Miscellaneous:

1. Rules regarding jersey numbers and corresponding playing positions will not be enforced. However, coaches should attempt to conform. Jersey numbers should be assigned to a player for the entire season.
2. The coaches and players box for all three divisions will be from the 30-yard line to the 30-yard line.

L. Field Goals:

1. Field goals are worth 3 points.
2. Field goals are live kicks in the Jr. Varsity 10U and Varsity 12U Divisions only.
3. The defensive team can only advance a missed field goal if it is caught in the air.
4. If the field goal team misses a field goal, try on 3rd down and misses it they have 4th down to run another play. If the 3rd down field goal kick is missed and the defensive team catches it in the air, then it is a turnover and the defense can advance the ball.
5. If the offensive team misses the field goal on 4th down, then there will be a change of possession and the new line of scrimmage will be where the field goal attempt was made not the line of scrimmage.

M. Books:

1. Books for every team at every age division must be at the game field before the game starts.
2. Books must be checked before every game. This must be done by a certified coach from each team and a certified board member.
3. Books must be checked a half hour prior to the start of the game.

4. Each team at every level must have 2 books during weigh in. One book will be kept by the C.A.W.I.C.F.L. Board and the second book will be kept by the team. There will be a sign off sheet by a board member and the head coach of each team.

N. OVERTIME:

1. In the regular season a maximum of one overtime period will be allowed. If at the end of the overtime period the contest is still tied, the contest will be considered a tie.
2. To start the overtime period there will be a coin toss to determine who will start on offense and defense. Each team will get an opportunity to score on offense.
3. Extra points and field goals are the same as in the regulation game.
4. In the regular season the teams will start the overtime period from the 10-yard line.
5. In the playoffs the overtime period will continue until we have a winner.
6. In the playoffs each team will start from the 10-yard line. At the end of each overtime period the ball will move back 5-yards. The ball will go no farther than the 20-yard line. At the start of the second overtime period the teams will be allowed to get first downs.

O. TIE BREAKER:

1. In the event of a tie at the end of the regular season (two or more teams having the same record) this is how C.A.W.I.C.Y.F.L. will break the tie.
2. The first way will be points allowed. Which team has given up the fewest points during the season?
3. The second way will be points scored. Which team has scored the most points during the season?
4. The third and final way will be to flip a coin. This will be done with the heads of each team, the Commissioner of Football Operations for C.A.W.I.C.Y.F.L., and the Director of Operations for C.A.W.I.C.Y.F.L.