

CDA JR TACKLE FOOTBALL RULES

We will play by High School rules with the following exceptions:

5th & 6th Grade:

- Kickoffs will start from the 40-yard line
- Extra points WILL NOT be live for 5th grade
- Punts WILL be live for 5th grade
- Punts and Extra Points will be live for 6th grade
- Extra Point Scoring will be:
 - 1 point for a successful run or pass
 - 2 points for a successful kick
- Quarters will be 10 minutes long
- Halftime will be 10 minutes long
- There will be NO ball carrier weight limits

7th & 8th Grade:

- Kickoffs will start from the 40-yard line
- Punts and Extra Points will be live
- Extra Point Scoring will be:
 - 1 point for a successful run or pass
 - 2 points for a successful kick
- Quarters will be 10 minutes long
- Halftime will be 10 minutes long
- There will be NO ball carrier weight limits

All Grades:

- The Chain Crew will be on the home team side of the field, and will be provided by the home team
- At Person Field, the inside of each field will be the home side. (For Clock and Scoreboard purpose)
- When a team is 21 or more points ahead in the second half, a running clock will be imposed at the **loosing coaches' discretion**. At Person Field, if the 2 hour time limit is going to be overrun, a Board Member can impose a running clock.
- Each player will play a minimum of 10 plays, including special teams. (If a player missed practice time or has a discipline problem, this rule can be waived for that week, at the Coaches' discretion)

PRACTICES

Guidelines for Practices:

- All Players must have 3 pad-less practices before a padded practice, No Exceptions
- All Players must have 10 practices before playing in a game, No Exceptions
- 2 hours maximum practice time
- Practices are not allowed on CDA Jr Tackle game fields at Persons Field
- No practices on Sunday allowed
- Parents are not allowed in player area during practices
- There must be a cell phone at all practices in case a player is injured and you need to call 911.

CDA Jr Tackle Games

- 1) Home games are your team's responsibility to provide chain gang and clock keeper
- 2) Must have your team help at least once for field set up and take down
- 3) Your entire sideline (players & parents) is your responsibility. Once you have talked with someone on your sideline who is misbehaving and the problem continues, next time talk to a Board Member on the field and they will have the person escorted off the field
- 4) High School rules apply at the game
- 5) 2 points for PAT (field goal)
- 6) 1 point for a run PAT
- 7) All kicks will be live for all grade levels (5th PAT is no-rush)
- 8) 10 minute quarters
- 9) 10 minute half time
- 10) Football sizes for 5th and 6th grade are junior sized ball and 7th and 8th grade are intermediate sized ball. Size for Fitz League is also junior size.
- 11) Every player must play at least 10 plays per game. Special team plays are included
- 12) Keep parents out of player area on game day
- 13) There must be a cell phone at all games in case you need to call 911
- 14) No schedule changes for games unless approved by the Board

ORGANIZATION

All players are covered by the league's insurance at practice and games. Organize a mandatory team meeting early after the first practice if possible. This will be your opportunity to tell your players and their parents your expectations, rules and responsibilities. Here are a few examples of topics to discuss during your first team meeting:

- The league has a zero tolerance for misbehavior towards referees, players and coaches
- The league has a no tobacco policy on all practice and game fields
- All coaches on your team (including a parent who helps out part time) must fill out a coaching application prior to having any contact with players. This is so the league can perform background checks to protect the players.
- Inform the parents and athletes of CDA Jr Tackles website: www.cdajrtackle.org
- Coaching applications and accident claim forms are available from above site
- Recruit a TEAM MOM!.....They are invaluable and duties may include the following
 - o Collecting/maintaining ALL physicals before the first game
 - o Collecting league commitment forms before the first game
 - o Organizing chain gang and clock keeper schedule for your team
 - o Help coordinate/collect money from Fundraiser
 - o Hand out your team practice schedule and game schedule and assist with coordinating team photos
 - o Scheduling for team's concession responsibilities

* * *TEAM MOM MEETING SCHEDULED FOR MONDAY 8/27/12 AT LCHS AT 7PM* * *