

The FWCYFL uses the following as specific modifications for its football leagues. Otherwise, please refer to NCAA rules as modified by the UIL for interpretations. All decisions on rules questions will be made final by the FWCYFL Athletic Director.

PRAYER:

Teams will meet at midfield for a pre-game prayer to be lead by the home team.

PLAYER ELIGIBILITY:

A player must be enrolled as a full-time 7th or 8th grade student at a Fort Worth Catholic Diocese school. A player from a school, which does not have a football program at that age level, may participate for another FWCYFL member school. All teams must indicate the school attended by each player on its' official league roster. The FWCYFL will require ALL Players and Parents to sign a code of ethics Athletic Contract. Players will not be allowed to play on two (2) FWCYFL teams.

COACHES:

The FWCYFL board will require ALL Coaches to sign a code of ethics Athletic Contract. Each team must have one individual designated as a head coach. All head coaches selected for participation in FWCYFL activities must be approved by the board.

All teams are limited to a maximum of 5 coaches per team. During games, these coaches must remain in their designated area between the 25 and 50 yard lines. Coaches will only be allowed on the field to help an injured player. All coaches should be dressed in a uniform manner, which identifies them as coaches, and must be wearing their FWCYFL provided lanyards for access to the field. Only coaches, players and statisticians will be allowed on the sidelines – no exceptions (except injury).

The head coach must carry an official team roster to all games, as well as a signed copy of the FWCYFL Coaches code of Ethics Athletic Contract.

It is the responsibility of the head coach for conduct unbecoming to the objectives and goals of FWCYFL for himself/herself, his/her assistant coaches, players and the players' parents.

WEIGHT RESTRICTIONS:

Varsity: (7-8 grades) No weight restriction shall be required for participation in the FWCYFL. Weight restrictions will only be imposed on offensive players whose weight is 150 lbs or above. Weight restricted players will be required to wear a red "X" on the back of their helmet.

X-Man Restrictions:

Offensive weight restricted players are excluded from the backfield and may not handle, catch, or advance the ball except:

1. Kicking off from a tee
2. Blocked Punts
3. Fumbles
4. Kick off and kick off return if kicked directly to the player.

The designated X-Men on offense must be positioned as down linemen. This may include the center, guards, tackles, & blocking tight ends. Any offensive weight restricted player at the time of the snap of the ball must be within one yard of the line of scrimmage. The definition of the line of scrimmage for FWCYFL shall be considered to be one yard from the ball.

Penalties for X-Man violations:

“X” player violations off the line of scrimmage will result in a dead ball foul with a five (5) yard penalty for the offense. “X” player violations, which involve incorrect labeling of helmets or incorrect “X” players as per the team’s official roster, will result in a possible suspension of the head coach (to be the League Commissioner’s discretion), and forfeiture of the game if applicable.

JERSEYS:

- (1) It is recommended that all X-Men wear a jersey number in the 50-79 range.
- (2) It is recommended that all non X-Men who consistently play the line wear a jersey number in the 50-79 range.
- (3) It is recommended that all players who consistently play skill positions wear jersey numbers outside the 50-79 range.

Jersey number assignments as it pertains to weight restricted players, non-weight restricted players and positions are recommended but will not be strongly enforced. Offensive weight restricted players and their positions will be enforced by the Red “X” on the back of their helmets.

- Teams must report to officials when a category 2 player will be an eligible receiver.
- Should injuries require the move of a category 2 player to a skill position for the following week(s) games, the team may make jersey adjustments as necessary within the limits prescribed above. A revised roster must be sent at least one full business day prior to the team’s next game. Jersey changes are not permitted within any given game.

ROSTERS:

Each team must provide an official roster to the board with the players’ weights and jersey numbers documented. If a team has yet to assign game jersey numbers to each player, then it will have until September 15th to assign these and fax the final roster to the League Commissioner’s office. All rosters will be considered complete when they have the following:

1. Team Name
2. Coaches Name & Assistant Coaches Names
3. Player’s Name, Grade Level, Jersey #, Weight, School Attended
4. League Commissioner’s Signature

Copies of each team’s roster will be kept on file at the league office. Coaches may request, via e-mail, an opponent’s roster prior to any game. The requested roster will be faxed within 24 hours.

EQUIPMENT:

Helmet, shoulder pads, thigh pads, hip pads, tailbone pads, knee pads, approved cleats and a mouthpiece are mandatory for all players. Also, a four-point chinstrap must be worn on each helmet.

Note: All boys are required to wear a jock strap, and linemen and linebackers are strongly encouraged to wear a cup. However, the ultimate decision is left up to the parent as to what protection they want their child to have.

No tinted shields allowed on face mask.

PRACTICE:

Teams may practice in an organized manner as follows: Contact Drills & Scrimmages: May begin no earlier than the first day of school, Fall Semester, for all Fort Worth Catholic Diocese Schools. Violators: Head coach banned from season.

- Football practices cannot begin until the first day of school, Fall Semester, for all Fort Worth Catholic Diocese Schools.
- Through the football season, teams can meet 3 days a week; however, they are limited to 2 days per week for contact drills.
- The "week" is defined as Monday through Sunday. The FWCYFL limits practice to 1.5 hours each. "Contact" is to be defined as a player-hitting player. The use of sleds or dummies is not considered "contact" for purposes of this rule, and may therefore; be incorporated into the 3rd workout.
- A film session is considered a team meeting, and therefore, it does count as a meeting day. However, there is no restriction that would prohibit a combination workout followed / or preceded by film session provided the team practice lasts no longer than 1.5 hours.
- The team's game(s) are not considered a meeting day.

PLAYER PARTICIPATION:

Every player shall participate as a player in every game in which he/she is in attendance.

An injured or ill player in attendance at a game shall be allowed in the bench area and shall not be required to play provided he/she is not in full pads.

Each player will play a minimum of seven (7) downs per half (14 minimum per game) in every game in which he/she is in attendance. Kick-off or return teams will count as part of this rule.

Each coach must have the FWCYFL **APPROVED STATISTIC SHEET**. This sheet must record player name, number, game, date, and number of downs per player up to (7) and signature of statistician. FWCYFL officials will randomly check statistic sheets. Each team is required to monitor players are getting a minimum of seven plays per half.

Players will not be allowed to play on two (2) FWCYFL teams during the same season.

Grade Checks: Coaches are responsible for performing grade checks on each player. Grade checks must be performed prior to the second game and then routinely checked every other week. A player failing a subject will be required to sit out for the next upcoming game pursuant to the grade check. Only one missed game per grade check will be enforced. A failing grade is considered a score of 70 or below as per the Fort Worth Catholic Diocese Schools. Failing in any one subject will not prevent the player from practicing with his team.

ADDITION OF PLAYERS:

No player may be added to any roster of an FWCYFL team once the official rosters have been turned into the FWCYFL without the approval of the FWCYFL Board.

GAME RULES:

All games shall be played according to the current NCAA rules as modified by the UIL for interpretations. All decisions on rules questions will be made final by the FWCYFL League Commissioner.

UNIFORMS:

During games, the home team will wear a dark colored jersey and the visiting team will wear a light colored jersey. Should two teams arrive at a game with like or similar jersey colors, the offending team will be required to wear cover-ups.

CHAIN CREW:

The designated home team will provide two volunteers and the visiting team will provide one volunteer for this duty. Chain gang members are strictly prohibited from engaging in any coaching during the game.

GATE ADMISSION:

The designated home team will provide one volunteer to collect entry fees into the game.

CLOCK/SCORE BOARD MANAGEMENT:

The designated home team will provide one volunteer and the visiting team will provide one volunteer to manage the clock/score board during the game.

GAME CLOCK:

All teams will play 4 x 8 minute quarters. Half time is 15 minutes.

Play Clock: 32 seconds will be allowed between plays.

Game forfeit time (15 minutes allowance approved).

TIME-OUTS:

Each team is allotted 3 per half.

GAME BALL:

Both teams are responsible for supplying their Wilson game balls to be used on offense. **JV:** TDY or TDJ or GST

Ball used must remain consistent throughout the drive including PAT's, Punts, & FG's.

SCORING:

- Touchdown = 6 pts.
- FG = 3 pts.
- X-pt kicked, Safety, returned X-pt =2 pts.
- X-pt. Pass / run = 1 pt.

GAME OFFICIALS:

The FWCYFL will provide 3 person crews of officials for each game.

WINNER DETERMINATION:

The team scoring the most points in regulation time shall be judged the winner.

OVERTIME:

If, at the conclusion of regulation play, both teams are tied in score, the game overtime will be continued in the following format:

- Coin toss will determine possession.
- The ball will be placed on the 10-yard line, anywhere between the hash marks.
- Each team will have four downs to score a TD or kick a FG.
- If a FG is attempted and missed before fourth down, the team forfeits the remaining downs.
- If the defense returns an interception, fumble, or blocked FG for a TD, they are declared the winner.
- The defense can also return the extra point attempt for 2 points and still have an offensive opportunity.
- If tied after one overtime, the process will be reversed for the second overtime.
- There will be a new coin flip before each odd numbered overtime session.
- There will be no time-outs allowed in the overtime periods

GAME PROTESTS:

No protest will be allowed. Any and all concerns regarding the game, coaching, players and officials (including all judgment calls and quality of officials) fall under the complaint category and should be reported to the FWCYFL League Commissioner at the conclusion of the game.

MISCELLANEOUS:

- Coaches will be required to strictly adhere to the FWCYFL furnished Play Book. No trick plays, or modified plays that deviate from the Play Book will be allowed.
- All field goals and extra points will have full rush allowed by the defense with the center uncovered.
- NO RUSH by the defense will be allowed on punts.
- No gunners will be allowed on kick offs or punts.
- No releasing until the punt is hit.
- Blocking below the waist: Not allowed on change of possession plays (Kickoffs, Punts, Interceptions, Fumbles).
- Blocking below the waist is allowed on all regular plays.
- Only one blitzing player on defense. Player must blitz from outside the offensive tackle position. NO Blitzing players up the middle.

- Injured player – once removed from a game because of injury, the player must sit out at least one down.
- No running clocks.
- Medications: Coaches cannot administer medications of any kind to players. This includes Tylenol, Bayer, inhalers for asthma and other medications that might be taken orally. Coaches can only provide fluids for dehydration (water, Gatorade, etc...), wraps, bandages and ice. Also Coaches, as a side note - for head injuries, we **DO NOT TOUCH HELMETS**. Instead, please call 911 for Emergency.
- Coaches receive one warning for misconduct, second misconduct results in immediate expulsion from the facility for the remainder of the game.
- Coaches – If ejected from game, under FWCYFL rules, must meet with the League Commissioner in order to regain the privilege of returning to games and assuming the position of coach.
- If a coach is ejected and receives another infraction during the course of the season, he/she is dismissed from league.
- Parents – FWCYFL adopted Yellow/Red Card Zero Tolerance program on unsportsmanlike behavior. Yellow Card warning for misconduct. Second misconduct results in Red Card immediate expulsion from the facility for the remainder of the game.
- Parents – If ejected from game, under this program, must meet with the League Commissioner in order to regain the privilege of returning to games.