

# 2011 Boys Football Calendar of Events

## I. Important Dates

Monday, August 8th	First day of practice for conditioning <b>ONLY</b> , helmets may be worn
Sun, August 28 <sup>th</sup>	Coaches organizational meeting – 1 pm St. MARY MAGDALENE CHURCH Hall
WED, Sept. 14 <sup>th</sup> , 4;30-6;30pm Diocesan Office - 1st Floor	All fees, eligibility lists and parent consent forms due
Saturday, September 10th	<b>MANDATORY</b> pre-season Diocesan weigh-in
Sunday, September 18th	Regular season begins

## II. Game Dates

Regular Season Games	Playoff Games	Bowl Games
Sunday, September 18th	Sunday, October 23 <sup>rd</sup>	Saturday, November 5 <sup>th</sup> or
Sunday, September 25 <sup>th</sup>	Sunday, October 30 <sup>th</sup>	Sunday, November 6 <sup>th</sup>
Sunday, October 2 <sup>nd</sup>		
Sunday, October 9 <sup>th</sup>		
Sunday, October 16 <sup>th</sup>		

- NOTE: There may be a few Saturday games or weekday games.
- All 4<sup>th</sup> grade Junior Reserve teams will not have bowl games, but they will play additional regular season games.

# General Rules For All Levels Of Play

## I. National Federation Rules

The National Federation Rules as adopted by the Ohio High School Athletic Association shall be utilized in all situations not specifically covered by the Diocesan Recreation Association's rules. It is strongly suggested that All coaches read and understand the National Federation Rules. If you want to discuss a call with an official, make sure that YOU know the rules.

## II. Length of Games

- A. Each Varsity, Reserve AND Jr. Reserve game shall consist of four (4) eight (8) minute quarters.
- B. The half time period shall be ten (10) minutes in length.

## III. Restraining Line

- A. All spectators must comply with the five (5) yard restraining line.
- B. The offending team will be penalized in accordance with OHSAA rules.

## IV. Chain Keepers

- A. The home team is responsible for securing chain keepers. **Chains on home sidelines.**
- B. The Diocesan Recreation Association highly recommends that **ADULT** chain keepers be used.

## V. Equipment

- A. No player may participate unless completely attired with the following equipment:
  - 1. A helmet
  - 2. A face guard
  - 3. Shoulder pads
  - 4. A mouth piece
  - 5. Pants fitted with hip and kidney protection, thigh pads and knee pads.
- B. Spikes must have plastic, rubber or molded cleats.
- C. Tennis shoes are permissible.

## VI. Practice

- A. Pre-season:
  - 1. At least 2 football coaches **MUST** be present throughout all practice sessions .
  - 2. Mandatory conditioning is required for four (4) days  
**\*\*PLEASE NOTE;** on the fifth (5th) day, full equipment may be worn **BUT NO PERSON ON PERSON** contact permitted until sixth (6th) day.
  - 3. Helmets may be worn, but **NO** pads.
  - 4. Players are to be attired in T-shirts and shorts.
  - 5. Shoulder blocking of dummies or sleds during the first 5 days is **PERMITTED.**
- B. Regular Season:
  - 1. The Diocesan Recreation Association Recommends that no team should spend more than five (5) days on the field per week.
  - 2. In Pre Season five (5) practices.
  - 3. In Regular Season four (4) practices and one (1) game.

# General Rules For All Levels Of Play

## VII. **CAUTION - Heat Problems - CAUTION**

- A. The American Medical Association and the Coaches Association caution that lengthy practice sessions for grade school age players can be detrimental to the health of the individual player and often discourages participation in the sport of football later in life.
- B. Practices in afternoon heat are known to cause serious problems without proper breaks for water.
  - 1. Water must be on the field at all times.
  - 2. Water must be in CONTAINERS since a water fountain is ineffective in emergency situations.
- C. Coaches should limit practices to one and one half (1 1/2) hours in hot weather and allow ample time for water breaks.

## VIII. **Combining Parishes**

- A. Combining parishes requires the consent of the Diocesan Boys Athletic Director.
- B. Official combination of parishes can result in combination of school enrollments and may affect league placement.

## IX. **Diocesan Pre-season Weigh-in**

- A. All players MUST weigh-in.
- B. The weigh-in dates are listed in the "IMPORTANT DATES" section.
- C. Players cannot change to a lighter status than that determined at the pre-season weigh-in.

## X. **Game Time and Home Team Responsibilities**

- A. Most league games are played on Sunday afternoons.
- B. Check schedules for locations and individual starting times.
- C. The HOME team will properly mark the field, provide yard markers, and provide chains.

## XI. **Reporting Scores**

- A. The coach of the WINNING team is to call 276-9373 or e-mail by 8:00 pm the day of the game.
- B. E-Mail is preferred.
- C. In the case of a TIE, The HOME team coach must call in the score.
- D. Coaches calling in the score should also report any ejections (name, jersey number, etc.).
- E. The official score is kept by the referee (**Please verify periodically**).

## XII. **Player Weight Restrictions**

- A. "X" players -
  - 1. May play on offensive line (maximum of 3). See defense exception rule \*
  - 2. No two "X" players can be placed side by side.
  - 3. May play the CENTER position in punt or field goal formation.
  - 4. May place kick, but team cannot advance the ball in any way when an "X" player is in the kicking formation.

## **General Rules For All Levels Of Play**

5. May punt, but team cannot advance the ball in any way when an "X" player is in the punting position.
6. Must drop to the ground immediately if he gains possession of the ball.
7. See rule # 10. about defense for Xers
8. In a kick-try formation (after a touchdown only) 3 Xers may play offensive line and place kick(4 total).
9. May not play in the offensive backfield.
10. **In all levels** One X player may play defense. He must be within one yard of the ball in a down position, between the tackles. He will wear a special jersey. Penalty is five (5) yds. Dead ball. For non compliance
  - B. "Stripe" players -
    1. May not play in the offensive backfield.
    2. May place kick, but team cannot advance the ball in any way when a striper is in the kicking formation.
    3. May punt, but team cannot advance the ball in any way when the striper is in the punting position.
    4. Must drop to the ground immediately if he gains possession of the ball.

### **XIII. Identification of Players**

- A. "X" players will be identified with a large "X" covering the entire back of the helmet.
- B. "Stripe" players will be identified with three (3) parallel one (1) inch stripes on the helmet.
- C. All X, and stripers **MUST WEAR NUMBERS 50 - 79.**

### **XIV. Timeouts**

- A. Each team is permitted three (3) timeouts per half.
- B. Timeouts are **NOT** carried over from the first half if not used.
- C. Two (2) coaches per team are permitted on the field during timeouts.

### **XV. Extra Points**

- A. Two (2) points will be awarded for a successful forward pass or place kick.
- B. One (1) point will be awarded for a successful run.

### **XVI. Kickoffs**

- A. There will be **NO** kickoffs.
- B. The ball will be placed at the offensive teams own 35 yard line in place of a kickoff.
- C. The ball will be placed at mid field following a safety.

### **XVII. Goal Posts**

- A. If goal posts exist at only one end of the field, a team may choose to switch ends in order to place kick.

### **XVIII. Free Punt (Senior Reserve, Reserve and Jr. Reserve only)**

- A. A free punt will be taken anytime a team is inside its own **30 yard line.**
- B. No offensive or defensive player may release down field until the ball has been punted.

# General Rules For All Levels Of Play

- C. The punter must punt the ball from the point of receipt or recovery of the snap regardless of a bad snap, fumble (even if it is snapped out of the end zone it is not a safety on free kick. Ball is picked up and brought back inside the end zone and kicked.) **NO** defensive rush permitted.
- D. The official will warn both teams when a free punt situation arises.
- E. A minimum of five (5) players on the receiving team must be within five (5) yards of the line of scrimmage until the ball is kicked.
- F. Any illegal movement will be dead ball - False start penalty (5 yards).

## **XIX. Participation Rule - Holding Down The Score (Varsity , Reserve and Jr. Reserve)**

- A. Mandatory substitution of all possible players when a team attains a 25 point lead in the second half. It is expected that most skilled players be replaced. **Officials have the authority to enforce this rule . SEE NEW RESERVE AND JR RESERVE RULES AS WELL.**
- B. If a team has a 33 point or more lead during the fourth quarter or at the beginning of the fourth quarter, the remainder of the game will be played with a running clock, stopping only for injuries and timeouts.
- C. Rule "A", would not be in effect if the lead drops under 25 points.

## **XX. Overtime**

- A. Overtime will only be used during playoff games.
- B. The 10-yard overtime procedure will be used.

## **XXI. Game Ball**

- A. Varsity
  - 1. The following Rawlings balls are acceptable: R5Y and TDY (Wilson)
  - 2. The following Baden ball is acceptable: Star
  - 3. Nike
- B. Senior Reserve, Reserve and Jr. Reserve
  - 1. The following Rawlings balls are acceptable: KRBP, R5Y JR, RY JR, PRO 5 JR and the Wilson TD JR.
  - 2. Nike

\*\*\* Commissioner can approve other footballs on request.

## **XXII. Forms**

- A. All eligibility rosters, parent consent cards and fees are due on
- B. **WED. September 14, 2011 4:30pm-6:30 pm Diocesan Office, 197 E. Gay St.**
- C. Parent consent cards must be signed by the participant and one parent.

## **XXIII. Officials Fees**

- A. The Association will attempt to have four (4) officials at every game.
- B. The officials fees will be :
  - 1. \$70.00 each game for Varsity.
  - 2. \$64.00 each game for Reserve and Jr. Reserve, and Sr Reserve
  - 3. See the enclosed chart for fees if less than four (4) officials show up.

## General Rules For All Levels Of Play

4. If there is only one official present, that game will be played only by mutual consent of the two teams and the official. If any of the parties refuse to play, the game will be rescheduled for the next day at a site and time determined by the Director.
- C. ALL payments to officials are to be made in **CASH**, NO checks.
- D. Any team forfeiting a game shall pay the FULL cost of the officials for both teams.

### xxiv. **Participation - All Levels of Play**

- A. THE DRA THIS YEAR WILL BEGIN TO IMPLEMENT SOME NEW PLAYING TIME GUIDELINES.
  - B. All eligible players **MUST** play in each game. Participation rules can be found on next page. Coaches who violate the rules will be subject to the suspension rule (page 4) and forfeiture. (see rule G).
  - C. At the beginning of the fourth quarter, the officials will tell coaches that all players who have not participated, must do so at that point in order to meet the requirement.
  - D. If a player is not going to play in the game, the official must be informed before the game starts. The official must be told the reason the player is not playing, such as, academically ineligible, sick/ill, did not attend practice, absent, suspended by Diocese, discipline.
  - E. Players who participate at an illegal weight status, will cause their team to forfeit.
  - F. If a player is absent at the beginning of the game, the coach will have the option of playing that player.
  - G. If a coach feels an opposing coach has not complied with participation rules by the 4 minute warning of the 4th quarter, said coach may request an official timeout at the 4 minute warning, so that the referee may question the opposing coach. If this request is not made, then no protests concerning game participation will be permitted following the game. If the coach indicates that he has complied and later it can be determined that he did not, then said team will forfeit the game and the coach will be suspended. Obviously these problems can be avoided if all coaches follow the rules. If a coach does request the official time out at the 4 minute warning, there is no consequence for the coach requesting the timeout. It will not count against your team. Remember, this is only an official timeout and coaches are **NOT** permitted on the field to meet with players during this brief stoppage of play.
- A player may not participate in more than 4 quarters on the weekend( one play in a quarter equals a quarter played.) This pertains mainly to administrative rule Viii c-5

### xxv. **Number of Coaches**

- A. HEAD COACH MUST BE 21 YEARS OF AGE OR OLDER
- B. All coaches must have been fingerprinted and had background checks completed. All coaches **MUST** have attended a "**Protecting God's Children Workshop**".
- C. **BEGINNING JUNE 2012 ALL HEAD COACHES MUST HAVE ATTENDED A "PLAY LIKE A CHAMPION" WORKSHOP.**

## FOOTBALL WEIGHTS 2011

### Varsity

175 AND UNDER (UNRESTRICTED)  
176-190 (STRIPER )  
191 + (X ER)

### Senior Reserve

145 AND UNDER (UNRESTRICTED)  
146-160 (STRIPER)  
161 AND OVER (X ER)

### JR, Reserve and Reserve

135 AND UNDER (UNRESTRICTED)  
136-150 (STRIPER)  
151 AND OVER (X ER)

- SOCCER PLAYERS WHO HAVE GONE THROUGH CONDITIONING AND PRACTICES FOR SOCCER CAN COUNT 2 OF THOSE DAYS TOWARD THE FOUR FOOTBALL CONDITIONING DAYS. THEY THEN MUST HAVE THE ONE DAY WITH EQUIPMENT WITHOUT CONTACT. (ACCLIMATION DAY)
- ALL XERS AND STRIPERS MUST WEAR NUMBERS 50-79
- THERE MUST BE 5 PLAYERS NUMBERED 50-79 ON THE OFFENSIVE LINE OF SCRIMMAGE. (see exception in scrimmage kick situations page 58-59 rule book section 7-2-5b.) ALL OFFENSIVE PLAYERS 50-79 ARE INELIGIBLE RECEIVERS ON PASSES. TO BE AN ELIGIBLE RECEIVER YOU MUST WEAR 1- 49 OR 80-99 AND BE ON THE END OF THE LINE OR IN THE BACKFIELD.
- NON- STRIPERS AND NON XERS WHO ARE NUMBERED 50-79 CAN LINEUP IN THE BACKFIELD AND RECEIVE HANDOFFS BUT ARE NOT ELIGIBLE TO RECEIVE FORWARD PASSES.
- IN ALL LEVELS ONE XER MAY PLAY ON DEFENSE WITH THE INITIAL POSITION AT THE SNAP IN A DOWN POSITION WITHIN ONE YARD OF THE BALL BETWEEN THE TACKLES. (ORANGE VEST WILL BE WORN; DIOCESE WILL PROVIDE THE VEST AT WEIGH IN)
- SCHOOLS AND PARISHES MAY CHARGE UP TO A \$1 ADMISSION FEE FOR GAMES.

# VIDEOTAPING , HEADPHONES, PARTICIPATION RULES, AND COIN TOSS.

1. VIDEOTAPING: IT IS PERMISSIBLE FOR PARISH TEAM OR TEAM REPRESENTATIVE TO VIDEOTAPE OR FILM A GAME IN WHICH SAID TEAM IS PARTICIPATING. SUCH VIDEOTAPE OR FILM MAY NOT BE USED FOR COACHING PURPOSES UNTIL GAME IS COMPLETED.

\*IT IS NOT PERMISSIBLE FOR A TEAM OR PARISH TEAM REPRESENTATIVE TO VIDEOTAPE OR FILM GAMES OF OTHER TEAMS WITHOUT WRITTEN CONSENT OF THE PARTICIPATING TEAMS.

\*SPECTATORS CAN FILM GAMES FOR FAMILY OR PRIVATE USE.

\*PARISH TEAMS AND COACHES ARE PERMITTED TO EXCHANGE GAME VIDEOS AND FILMS FOR COACHING AND SCOUTING PURPOSES.

\*VIOLATORS WILL BE SUBJECT TO SUSPENSION RULE.

2. HEADPHONES AND WALKIE TALKIES ARE PERMITTED (EVEN IF BOTH TEAMS DO NOT HAVE ACCESS TO A SET). THE LOCATION OF THE COACH WITH HEADPHONES IS IN PRESS BOX OR NEAR PRESS BOX. IF SUCH LOCATION IS NOT AVAILABLE A STATIONARY LOCATION WILL BE DETERMINED BY REFEREE. (NOT IN CLOSE PROXIMITY TO OPPOSING TEAM'S BENCH)

## 3. PARTICIPATION RULES

ALL ELIGIBLE PLAYERS MUST PARTICIPATE BASED ON THIS SCALE.  
THIS IS BASED ON HOW MANY ELIGIBLE PLAYERS ARE PRESENT FOR THE GAME THAT DAY.

### Varsity

17 OR LESS ELIGIBLE PLAYERS (MINIMUM OF 5 PLAYS)  
18-24 ELIGIBLE PLAYERS (MINIMUM OF 4 PLAYS)  
25 OR MORE ELIGIBLE PLAYERS (MINIMUM OF 3 PLAYS)

### Senior Reserve

17 OR LESS ELIGIBLE PLAYERS (MINIMUM OF 8 PLAYS)  
18-24 ELIGIBLE PLAYERS (MINIMUM OF 7 PLAYS)  
25 OR MORE ELIGIBLE PLAYERS (MINIMUM OF 6 PLAYS)

### Reserve and JR Reserve

ALL PLAYERS MUST PLAY A STARTING POSITION DURING AT LEAST THE ENTIRE FIRST HALF. A STARTING POSITION IS DEFINED AS ONE OF 22 POSITIONS ON OFFENSE OR DEFENSE. IN THE 2<sup>ND</sup> HALF COACHES ARE FREE TO DISTRIBUTE PLAYING TIME AS THEY SEE FIT. IF YOU HAVE 23 OR MORE PLAYERS YOU WILL NEED TO EXTEND THE PLAYING REQUIREMENT TO THE ENTIRE 2<sup>ND</sup> HALF FOR PLAYERS 23 AND ABOVE SO THAT THEY GET ONE FULL HALF IN AT A STARTING POSITION. IF A TEAM ACHIEVES A 25 POINT LEAD OR MORE IN THE 2<sup>ND</sup> HALF, COACHES SHOULD ATTEMPT TO SUBSTITUTE SO AS NOT TO EMBARRASS OPPONENTS. THAT DOESN'T MEAN YOU TELL THE PLAYERS TO STOP TRYING BUT GIVE BACKUP PLAYERS MORE OPPORTUNITIES.

## 4. COIN TOSS

IN JR RESERVE , RESERVE, AND SENIOR RESERVE ONLY. ONE COACH MAY ACCOMPANY THE CAPTAINS TO THE COIN TOSS AND ASSIST WITH THE DECISIONS.

**Diocese of Columbus**  
**Diocesan Recreation Association**  
 197 E. Gay Street  
 Columbus, OH 43215

**FEES FOR THE 2011-2012 SCHOOL YEAR**

**I. General Fees**

Parish Affiliation Fee	Paid Annually	\$25.00
Team League Fee	Paid once per team	\$40.00
Athlete Participation Fee	Paid once per sport	\$10.00
Forfeit Fee	Paid Annually carries over to the next year if not used	\$200.00

**\*SOME FEES ARE DIFFERENT FOR HIGH SCHOOL BASKETBALL**

**II. Officials Fees**

Sport	Level	Cost Per Team	Number of Officials	Cost Per Team if One Official
Volleyball	Jr. Reserve, Reserve, Sr. Res.	\$25.00	2	\$20.00
	Jr. Varsity & Varsity	\$30.00	2	\$25.00
Football	Jr. Res. And Res., Sr. Res.	\$64.00	4	\$50.00
	Jr. Res. and Res., Sr. Res.	\$60.00	3	
	Jr. Res. And Res., Sr. Res.	\$50.00	2	\$55.00
	Varsity	\$70.00	4	
		\$66.00	3	
		\$60.00	2	
Soccer	Jr. Reserve and Res., Sr. Res.	\$32.00	2	\$25.00
	JV and Varsity	\$35.00	2	\$30.00
Basketball	Jr. Reserve, Reserve, Sr. Res.	\$30.00	2	\$25.00
	Jr. Varsity & Varsity	\$35.00	2	\$30.00
	High School	\$35.00	2	\$30.00
Softball	Jr. Reserve, Reserve,	\$25.00	1	\$25.00
	Sr. Reserve, Jr. Varsity & Varsity	\$35.00	2	\$30.00
Baseball	Jr. Reserve & Reserve	\$25.00	1	\$25.00
	Sr. Reserve, Jr. Varsity & Varsity	\$35.00	2	\$30.00

If an assigned official does not show for a game, please inform the Director or Commissioner.

August, 2011