

High School Rules Will Apply With The Following Exceptions:

1. All players must have a starting position on either offense or defense, special teams position does not count as a starting position. The only exception to this rule is if you have more than 22 players. Then you have to have a rotation of players who share a position. Coaches not using all players, if found to be true, will be by the direction of the Directors of CDAA, and ARAA, removed from at least two games and to publicly apologize to the team and parents before coaching another game. Only exceptions see Rule #2 & #3. Coach can appeal to an appointed board by the association's directors.
2. Fighting: All players involved will be ejected from the game and suspended from the next game. This is a judgment call by the officials of the game the infraction occurred and they can confer with the Directors of ARAA and CDAA they so choose. Coaches will be accountable to contacting their respective association directors of said infraction and to the opposing coach of the next game. Coaches who do not comply with this rule will be subject to the consequences in Rule # 1.
3. Any coach benching a player for a game must notify officials and opposing team before the game or before the next play after an infraction has accrued. Consequences for noncompliance look in Rule #1.
4. Coaches will be responsible for the conduct of his players and fans. If by the judgment of the ref someone is out of line, (warning may be at the pre-game), first time is a warning, second will be an ejection.
5. Coaches or fans that are ejected from a game must leave the park immediately or their team will forfeit the game.
6. Shoes must be of molded plastic or rubber.
7. FIELD SIZE: 3rd & 4th Grade - 40 yds. Wide X 80 yds. Long.
8. Kick-offs- 3rd & 4th at 30 yard line, receiving at the 40-yard line.
9. 3rd & 4th will be 10 minutes running time. Except the last two minutes of each half. The game clock will stop after touchdown or safety. The Refs clock will still be in affect during extra points and kickoffs. So teams have 25 seconds to try an extra point and 25 seconds to kick off once the ball is placed by the refs preceding each play.
10. No one on offense or defense, once in the set position, may move before the snap of the ball. Penalty 5 yards

11. Motion is not allowed and no unbalanced line. Penalty 5 yards.
 12. Penalties in 3rd & 4th grade will be 5 & 10 yards.
 13. No shotgun offense is allowed.
 14. Each team will be allowed 3 time-outs per half, each 90 seconds long.
 15. There will be 4 minutes between halves and 90 seconds between quarters.
 16. Free substitution is allowed.
 17. Any player bringing in a play must remain in for that play.
 18. Extra points will be run or passed in from the 3-yard line. For a pass 2 points, for a run 1 point.
 19. Touchback-ball will be placed on the 20 YD. line.
 20. Safety -2PTS and a free kick from the 20 YD. line and receive from the 30 YD. line.
 21. Punting- a team must declare punt. Punters must punt from normal position, between tackles and be kicking the ball at least 5 yards behind the line of scrimmage. NO ONE on offense or defense moves till the ball is punted. Penalty 5 yards
 22. Defense will play a (4-5-2); 4 defensive lineman, 5 linebackers & 2 D – backs
- No other formation will be allowed. Penalty 5 yards
23. On Defense the 4 D linemen are on the line of scrimmage in a 3-point or 4-point stance. Linebackers will be a minimum 2 yards off the line of scrimmage and D- Backs 5 yds. Off the line. (See attachment)
 24. Interior offensive and defensive linemen must use 3 or 4-point stance. Penalty 5 yards.
 25. Weight limits - 3rd & 4th grade players over 90 lbs in Pads will be designated by a “Red Stripe” on their helmet and not be able to advance the ball or play a position on offense that is designed to advance the ball. The players will weigh-in with all equipment. Typical uniform helmet, mouth guard, shoulder pads, jersey, pants with pads, athletic supporter with cup, socks and rubber molded cleats. Weigh-ins will be before the first game of the season.

Once a player is given a “Red Stripe” it cannot be removed for the rest of that year. If a coach is found to remove the stripe or change jerseys the team will be eliminated from Mini Bowl participation. A list of “Red Stripes” will be given to both associations

26. No player shall enter a game with out proper notification. Penalty - illegal player forfeit of the game, Score of said game will be 8 – 0. Referees will make this call.

27. Red stripe players may line up only from tight end to tight end on offense, but not Split-end. Any turnover, kick- off or punt may be controlled, but not be advanced by a red stripe player. Ball will be blown dead when possession is established.

28. Coaches and players may travel the full length of the field, goal line to goal line, but not in end zone area.

29. No alcohol or tobacco at any game or practice.

30. All ties in league play will be decided on head-to-head play, and then defensive points allowed and then last, with the flip of coin.

31. The Head coach will accompany team captains to the center of the field at the beginning of each game. This coach will have all communication with game officials.

32. In the event of a tie game, High School rules apply in play-off games. League games will allow one overtime from the 10-yard line. Each overtime allows each team 1 time out in addition to timeouts not used in 2nd half.

33. NEW THIS YEAR. NO QB SNEAKS BETWEEN THE 10 YARD LINE AND GOAL LINE DUE TO NO ONE OVER THE CENTER.

“Both Coaches must call in score after each game”!!!!!!!!!!!!