

Ben Davis Cadet Football Association Rules

RULES OF PLAY

I. AGE & GRADE ELIGIBILITY AND PLAYER DOCUMENTATION REQUIREMENTS

Age & Grade Eligibility

The following is a breakdown for age and grade per each division: Players must be in the grade that they are playing in. An example of what **will not be allowed** is: A player who meets the age requirements, but who is in a grade above. Example: Johnny was not 10 yrs old prior to Aug 1st. However Johnny is in the 4th grade currently. Johnny cannot play in the 3rd Grade Minor tournament. He must play in the Minor 4th grade tournament.

K- 2nd Grade: Must be in Kindergarten 1st or 2nd grade **and** cannot be 9 years of age prior to June 1, of current year football season.

Minor Division: 3rd And 4th Grade: Must be in 3rd or 4th grade **and** not be 11 years of age prior to June 1 of the current year football season

Major Division: 5th and 6th Grade: Must be in either 5th or 6th grade **and** not be 13 years of age prior to June 1, of the current year football season

Player Documentation Requirements

1. Age Verification: Every player must have a copy of a **birth certificate** to verify age.
2. Grade Verification: The team must be able to verify the grade that the athlete is in. This can be done in two ways:
 - a. A report card showing the boy's name and grade in school. (Could be last year's report card)
 - b. A grade verification sheet with school information, name, and grade.

The purpose of these documents is to verify that each player is playing in the correct grade bracket.

Team Roster Requirement – For teams playing in BDCFA league there will be an official team roster sheet that must be completed before the team shows up to weigh in. This roster should include:

- Player Name
- Jersey Number
- Birth Date
- Grade
- Open spot for Weigh-In Information

Check In Requirement - The Team Roster, Birth Certificate and Grade Verification document must be provided either prior to checking in or **During the Weigh-In** prior to first game.

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Other Player and Team Eligibility Requirements

- This league is designed for in house teams. Once a player is on a team roster he may not play for any other team. The following types of teams are not permitted to play in the in house league: IEFA Teams (Or any player that has played on an IEFA team this year), any Pop Warner Teams, travel teams or any teams that have played as part of a school program.
- In most cases, any team that has played together the entire year is not allowed to play. (The BDCFA board reserves the right to review this on a case by case basis)
- In order for a player to play on a particular team, he must have played in the league that he is representing the entire year.
- After weigh in players cannot be added to your roster. If a player does not get weighed in with his team and plays, that team will be disqualified for all future games

THERE WILL BE **NO EXCEPTIONS** TO THE TEAM ROSTER AND DOCUMENTATION REQUIREMENTS

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II. WEIGHT

The following is a break down for running weight, striper weights, and maximum weights per division. Any player over the maximum weight is **NOT ELIGIBLE TO PARTICIPATE** for safety reasons.

Players will be weighed in by an official of the tournament prior to their first game.

***** You are not required to be weighed in wearing your equipment. *****

Division	Maximum Running Weight	Single Striper Weight	Double Striper Weight	Maximum Weight
2 nd Grade	75 lb	75.01 to 135 lb	N/A	Over 135 lb
3 rd Grade	90 lb	90.01 to 145 lb	N/A	Over 145 lb
4 th Grade	100 lb	100.01 to 150 lb	150.01 to 165 lb	Over 165 lb
5 th Grade	115 lb	115.01 to 185 lb	185.01 lb and Up	N/A
6 th Grade	120 lb	120.01 to 185 lb	185.01 lb and Up	N/A

Helmet Striping Requirements - All boys exceeding the ball carrying weight at the official weigh-in shall have their helmets marked with a two-inch wide tape stripe four inches long. Tape shall be of a distinctive contrasting color so as to be readily identifiable by the game official and to distinguish them as ineligible ball carriers.

Single Striper:

- a. OFFENSE - A single striper is not eligible to carry or receive the football at anytime. A single striper may only play in the offensive center, guard or tackle positions. A single striper must ALWAYS be covered up by an offensive end.
- b. DEFENSE – A single striper may play ANY defensive position. In the event possession is gained by a player over the ball carrying weight, the ball is to be blown dead immediately.

Double Striper:

- a. OFFENSE - A double striper is not eligible to carry or receive the football at anytime. A double striper may only play in the offensive center, guard or tackle positions. A double striper must ALWAYS be covered up by an offensive end.
- b. DEFENSE – A double striper MAY NOT play any defensive position.

Players over ball carrying weight **ARE** allowed to kick, punt, and hold for PAT's and field goals.

A TEAM WITH A SINGLE OR DOUBLE STRIPER WHO IS DETERMINED TO BE PLAYING IN AN INELIGIBLE POSITION WILL BE PENALIZED 5 YARDS BY THE OFFICIALS

FAILURE TO PROPERLY STRIPE A PLAYER (NO STRIPES ON HELMET) SHALL RESULT IN FORFEIT OF THE GAME OR DISQUALIFICATION FROM FUTURE GAMES.

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III. FIELD OF PLAY

1. All games will be played on a 100yard field. *The ball will be placed* on the 40yard line for all kickoffs.
2. The President, Vice President or Commissioner may rule the playing field “unsuitable for play – hazardous to the safety of playing personnel”.

Games will be rescheduled.
3. Only players and coaches may be on the sidelines and must stay between the two thirty (30) yard lines. A maximum of five (5) coaches and one (1) team dad/mom may be on the designated sideline at any given time of the competition of the teams. Only the Head Coach or an Assistant Coach shall be allowed on the field of play. The Field Referee and/or the Officer of the Day will issue a single warning for violation of this rule. A fifteen (15) yard penalty will be assessed to the violating team for next and each subsequent infraction.
4. A neutral zone will be marked along each sideline and end zones. Parent and non-players will not be permitted to enter this neutral zone during play.
5. If two games are scheduled for any team, there must be at least 75 minutes in between games.
6. We reserve the right to change game times or add games to any day of the week if weather conditions dictate. Locations may vary as well due to weather conditions.

IV. Game PLAY

1. Except for specified rules, all games will be played in accordance with the Indiana High School Athletic Association (IHSAA) rules.
2. Each quarter will be ten (10) minutes long with a maximum of five (5) minutes between halves. All games, except for the championship games, will be a rolling clock with exception of timeouts and the last 2 minutes of the 4th quarter. The championship games and the last 2 minutes of the 4th quarter of all other games will be played in accordance with IHSAA rules.
3. Games will be played with a minimum of 2 officials present. Championship games may be played with 3 officials. If only one (1) official is available for scheduled games, an appointed Board member, or like representative agreed upon by both coaches, will act as the second official.
4. Each team is allowed three (3) time-outs per half, excluding official time-outs for injuries. Any player injured during a play causing an official's time-out must sit out for at least the next play. A player continuously injured will upon the decision of the Officer of the Day and an observing Board member is required to immediately discontinue play. If an injury requires medical treatment, a licensed medical doctor's release will be required before the player will be allowed to return to participation.

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5. Coaches On the Field

- For K- 2nd, Minors 3rd/4th Grade – **One** coach may be **on the field** to assist in calling plays and alignment of players. Once the offensive and defensive huddles are broken, the coaches **on the field** will give **NO FURTHER INSTRUCTIONS**. Penalty of ten (10) yards each and every infraction will be assessed. Sideline coaches **are** allowed to give instruction after the huddle is broken.
- 5th & 6th Grade Coaches **are not** allowed on the field to call plays. They may only go out on the field during time outs. They are allowed to give instruction from the sideline.

6. Kickoff Rule

- There will be NO kickoff for K - 2nd Grade. The ball will be placed on the 35 yd line at the beginning of each half and after all touchdowns. In the event of a safety, the ball will be placed on the nearest 45 yard line (i.e. the 45 yd line of the defending team)
- Normal high school kickoff rules will apply for Minors and Majors Divisions (4th, 5th and 6th grade)

7. Punt Rule

Walk off Punt Rule

- K-2 and Minors Divisions (k-2nd and 3rd/4th grade may utilize the walk off punt rule. The offensive coach must inform the officials that they are electing to walk off punt. 25 yards will be marked off by the officials. In no case, may the ball be placed inside the 20 yard line on a declared punt. For example, if the offensive team has the ball on the defending team's 25 yard line and elects to punt – the ball would be placed on the 20 yard line (not the 5 yard line).

Normal Punt Rules

- All grades may follow the normal punt rules, however, Majors Division (5th and 6th grade) are required to utilize the normal punt rule.
- A fourth (4th) down punt rule will be enforced. Prior to the snap of the ball, the referee and defensive team must be notified of the punt. The punting team may elect to snap the ball or to have the punter hold the ball prior to the Referee's whistle.
- If the punting team elects to snap the ball, the defense may rush and the punting team may punt or execute a run or pass play to attempt a first down.
- If the punting team elects NOT to snap the ball. The punter will hold the ball until the referee's whistle. The punter will have five (5) seconds to punt the ball. The punting team's players may NOT advance downfield **until the ball has been kicked.**
- The defensive team may not rush the ball and must keep eight players within five

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(5) yards of the line of scrimmage until the ball is kicked.

- If the ball is not kicked within five (5) seconds of the referee's whistle or an offensive player crosses the line of scrimmage before the ball is kicked, a five (5) yard penalty will be assessed to the offensive team and the down will be replayed.
8. Punters, kickers, and holders may exceed the ball carrying weight but advancement of the ball by either a run or a pass by such a punter or kicker is not allowed per Section II of the Rules of Play. Any player over running weight cannot advance the ball.
9. A score for an extra point conversion after a touchdown will be awarded in the following manner:
- If the ball is placed on the three (3) yard line, one (1) point will be awarded for the advancement of the ball over the goal line;
 - If the ball is placed on the five (5) yard line, two (2) points will be awarded for advancement of the ball over the goal line.
 - If the ball is placed on the three (3) yard line and spotted on the ten (10) yard line, two (2) points will be awarded for a kick through the uprights.
10. Field Goal or PAT Kicking Rule
- On any attempted field goal or extra point kick, the offensive team will have five (5) seconds to kick the ball. The holder must spot the ball directly behind the center.
 - In the K-2nd Division and Minors Divisions (3rd/4th Grade) the defensive unit will not be allowed to rush and the offensive team will not be allowed to snap the ball. If the ball is not kicked in five (5) seconds, the ball will be blown dead and loss of possession will occur. If the field goal attempt is unsuccessful, the ball will be brought out to the 20-yard line. If the line of scrimmage is outside the 20-yard line and the field goal attempt is unsuccessful, the ball will be brought back to the original line of scrimmage.
 - In the Majors Division (5th and 6th Grade), if a team **does not snap** the ball, (a) the ball will be placed next to the holder, (b) the referee will blow the whistle, at which point the ball may be picked up by the holder and the defense may rush the kicker.
 - In the Majors Division (5th and 6th Grade), if a team **elects to snap** the ball for an extra point, the defense may rush the ball. If a snap is elected, the offense may attempt a run or pass for two extra points.
 - In the Majors Division (5th and 6th Grade), if you choose to kick the ball for 2 points, **without snapping the ball** and the ball does not get kicked (e.g. fumbled, etc.). The play is dead. **NO POINTS**
11. OVERTIME - A game tied at the end of regulation will continue under the overtime format. At the end of regulation time, a two (2) minute official's time out will be called. During this time out, team captains will meet with the officials for a coin flip to determine which team will have possession. The overtime periods will be in accordance with the IHSAA rules. If after the first overtime period, the score remains tied, a second overtime period will be played. All games will be played until there is a winner

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V. CODE OF CONDUCT – PARTICIPANTS

1. Each player and coach will conduct themselves in a sportsmanlike manner at all times.
2. Fighting on the field will cause the player or players to be expelled from the current game **and the next game as well.**
3. Swearing or arguing by a participant will not be tolerated at any time. The referee or coach may request the individual to leave the field and a fifteen (15) yard penalty may be assessed. The Board of Directors for possible additional action will review a situation of a player or coach being removed from the game.
4. Any coach or player that is ejected from a game for unsportsmanlike conduct other than fighting as defined in item V.2. above, will also be suspended from the team's next game.
5. There will be no electronic communication equipment on the field allowed for communicating between coaches and/or players , parents and coaches This includes the use of cell phones.

vi. CODE OF CONDUCT – PARENTS

1. Parents and non-players are not permitted to enter the neutral zone as marked along the sidelines and end zones.
2. Swearing, physical or verbal abuse by a parent will not be tolerated at any time. The referee, coach or Officer of the Day may request the individual to leave the field and a fifteen (15) yard penalty may be assessed.
3. Physical violence or verbal abuse by non-participants toward anyone will not be tolerated and the offender will be asked not to participate or attend games.
4. ***No air horns will be allowed at the facility.***
5. ***Noise makers or any device that is disruptive to the offense play calling will not be allowed, after the huddle has broken.***

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SPECIFIC 2nd Grade Tournament Rules

The following rules have been designed to provide a safe and fair playing environment for the K-2nd grade teams. Any rules not specifically defined below will follow the rules for 3rd-6th Grade teams defined above.

1. KICKOFF RULE – There will be NO kickoff for 2nd Grade. The ball will be placed on the 35 yd line at the beginning of each half and after all touchdowns.
2. PUNT RULE - There will be NO punt in 2nd Grade. Rather, there will be a 25yd walk off rule. The offensive coach must declare that the offensive team intends to punt. In no case, may the ball be placed inside the 20 yard line on a declared punt. For example, if the offensive team has the ball on the defending team's 25 yard line and elects to punt – the ball would be placed on the 20 yard line (not the 5 yard line).
3. SAFETY RULE - In the event a safety occurs in 2nd Grade, the ball shall be placed on nearest 45 yd line (i.e. the 45 yard line of the defending team).
4. DEFENSIVE ALIGNMENT RULES:
 - There will be NO nose guard allowed on defense on ANY down, including Goal line or 4th down situations.
 - Interior Defensive Linemen (excluding Defensive Ends) must line up in a 3 or 4 point stance position (i.e. they may not be standing)
 - Interior Defensive Linemen must align HEAD UP on the offensive guards and/or tackles, as applicable. There will be NO lining up in “A”, “B” or “C” gaps EXCEPT on 4th down or Goal line situation (inside 10 yd line). Defensive players may “shoot” the gaps upon the snap of the ball in all situations.
 - Defensive Ends may line up either Head Up or in and Outside Shade position.
 - Linebackers must line up behind the defensive line and give 1 yard of daylight. They may blitz upon the snap of the ball, but cannot “walk up” into a gap prior to the snap.
 - GOALLINE / 4th DOWN RULE – Interior defensive lineman may line up in the gaps (“A”, “B”, “C” gap) in a goal line (inside the 10 yd line) or 4th down situation. There is still NO nose guard permitted.