

CLPFA Rules

1. Games for 5th and 6th will be four quarters 8 minutes each; clock will stop on all dead balls. Games for 3rd and 4th will be four quarters 6 minutes each; clock will stop on all dead balls. A 40 second play clock for Jr Division and a 30 second play clock for Sr. Division will be in effect.
2. Should a game end in a tie, and extra period shall be played. Following the flip of a coin, each team shall get the ball on the ten yard line. The team then has four plays in which to score. Each team shall have four plays if needed. The on offense has the choice of goals. If neither team scores after each having four offensive plays, the process is repeated.
3. One coach shall be allowed on the field with their team. Coaches on the field cannot instruct adjustments after the ball is snapped and must maintain 15 feet separation during plays.
4. Each team will be allowed 3 time outs per half and on additional time out for each overtime period.

CLPFA Offensive Rules

5. Potential ball carries (backs and receivers) shall not weigh over 120 lbs. in the Senior Division. Potential ball carriers shall not weigh over 105 lbs. in the Junior Division.
6. All players are to be weighed before first game.
7. All overweight players shall have their helmets marked with a black stripe down the center of their helmets from front to back.
8. Overweight players on offense may only recover and down a fumble (players over the weight limit cannot advance the ball in ANY MANNER). The penalty for using an ineligible player to advance the ball is 15 yards.
9. A punter or kicker may be overweight, but he cannot advance the ball other than by kicking even in the case of a bad snap or fumble.
10. Each opposing coach will receive a roster of eligible ball-carriers. If a player is not listed on the roster, they are ineligible to carry the ball.
11. Kickoffs will be from the 50 yard line.
12. On 4th down, the coach must elect to go for the first down or to punt the ball from the line of scrimmage. The ball will be dead at the point of touch by either the offensive or defensive player, a fumble will not constitute as a change of possession, no returns will be allowed. The punter must kick from at least 5 yards behind the line of scrimmage there will be no rush or fakes on punts. On the punting team, the two outside players may release after the ball is snapped and all other players may release after the ball is punted. For the 3rd and 4th grade division the coach may elect to take a automatic 25 yard punt. If an automatic punt is chosen and the ball is 30 yards or less from your goal line the automatic punt will be half the distance from the goal line.
13. An extra point by kicking shall be 2 points, extra point by run / pass shall be 1 point. All extra point attempts will be from the three yard line.

CLPFA Defensive Rules

1. An overweight player **MAY ADVANCE THE BALL** on a recovered fumble or intercepted pass.
2. A team can use a basic 5 or 6 man line at all times with the exception that a team may use a 7 man line when the opposing team gets within their 20 yard line.
3. The defense may be allowed to “Blitz” in the 5th and the grade division. There is no “Blitz” in the 3rd and 4th grade division.