

# CLPFA General Rules of Play

1. Each player on the team shall play a minimum of 6 plays. These may be offense, defense, special teams, or any combination of the three.
2. Jr. Division – 6 minute quarters with a 40 second play clock enforced.  
Sr. Division – 8 minute quarters with a 30 second play clock enforced.
3. Practices shall be no longer than 2 hours in length. All players should attend all practices to remain eligible to participate in games.
4. Practice is 3 days per week. .
5. No player shall be required to practice on the day of a varsity game.
6. All players shall participate in 4 contact practices before playing in their first game.
7. All players shall have a written consent form (application) on file with the league from their parent or guardian before they practice or play in a game.
8. Yearly registration fees shall be determined by the Board.
9. Once a player is placed on a team, he shall play for that team unless he is traded to another team by mutual consent of the coaches, player agent, and president. Transfer of players should normally be to allow relatives to play on the same team or to allow balance of potential.
10. League Boundaries shall be confined to Charlestown, Oregon, Washington, and Bethlehem Townships. Any registration outside these boundaries shall be subject to league approval.
11. There shall be one (1) Head Coach and up to three (3) Assistant Coaches per team. Only the team's coaches will be allowed on the field. All others shall remain in the stands.
12. The Head Coach of each team shall be responsible for not only his actions, but for the actions of his Assistant Coaches and players as well. Any Coach or player showing unsportsmanlike conduct, profanity, or other misbehavior will be subject for dismissal from the League. They shall be notified to appear before the Board for a fair hearing. The decision of the Board shall be final.
13. Helmets with face-guards and pads shall be worn at all times during games or contact practices.
14. Mouth-pieces shall be worn at all games and practices.
15. Sneakers and rubber cleated shoes only. NO METAL SPIKES.
16. Uniforms, Helmets, and pads will be issued into the custody of the player's parents who will assume responsibility for them.
17. No team shall play or scrimmage against any team other than of their own age group.
18. Any player who throws a helmet is automatically ejected from the game, that team will also receive a 15 yard penalty. Any repeat of this infraction by the same player will result in the expulsion from the League.

## **19. Definition of Senior Division**

The Senior Division shall be players in the 5<sup>th</sup> and 6<sup>th</sup> grades. The cut-off age regardless of grade is 12 years old. If there is a deviation from this rule a notice must be sent and approved by other teams that we will be playing against during the season.

## **20. Definition of Junior Division**

The Junior Division shall be players in the 3<sup>rd</sup> and 4<sup>th</sup> grades. The only exception to this rule is that a 2<sup>nd</sup> grader shall be allowed to play if he is 8 years old and is approved by the Board.

21. Any player who is ejected from the game due to ANY UNSPORTSMAN-LIKE conduct, shall sit out his/her next scheduled game.

## **22. Heat Index Restrictions**

- No practice or game will be cancelled prior to the scheduled start time due to heat index. Coaches and players should show up as normal and if the decision is made to cancel the event they will receive notification once they arrive.

- If the heat index is at 100 to 105, pads and helmets will not be allowed during the practice and extra water breaks and rest periods must be allowed.
- If the heat index is at 106 or higher practices will be canceled at the start time of the event.
- <http://content.usatoday.com/weather/CityForecast.htm?txtSearchCriteria=47111> will be used to determine whether or not practice/game will take place. There have been problems with different stations stating different heat indexes, so this will be the only source we will utilize going forward.
- If a practice is canceled ALL teams (Flag, Jr., & Sr.) will not be allowed to practice (no exceptions).

Any exception to this shall be voted on by the Board.