

Central Wisconsin Football League Rules

1. All games are to be played under WIAA Rules for football except for the following additions and/or guidelines.
2. Each game will consist of (4) 10:00 quarters and a 5-minute half time.
 - a. Overtime rules: There will be no overtimes, games will end in a tie.
3. Scoring is same as standard scoring except and kicking point after TD = 2 and running or passing point after TD = 1.
4. Lopsided score rules.

Any time Team A is ahead of Team B by 24 or more points, the following guidelines shall be observed.

 - a. Following Team A scores, Team B gets the ball at Team A's 40-yard line.
 - b. Following Team B scores, Team A gets the ball at Team A's 20-yard line.
 - c. Running clock in the second half is score differential is 24 or more points.
 - d. The team who is ahead using the above rules may not pass the ball.
 - e. Any time a team is ahead by 12 or more points they can no longer on-side kick on the kick-off.
5. Mandatory play rule
 - a. All players must participate in a minimum of 12 plays from scrimmage.
6. Age requirements
 - a. No player in the 3rd & 4th grade level may turn 11 before September 1 of the season they are enrolled in.
 - b. No player in the 5th & 6th grade level may turn 13 before September 1 of the season they are enrolled in.
 - c. A 3rd & 4th grade player may not play in the 5th & 6th grade level unless written permission is received from the player's parents/guardian. Once a player moves up, he/she may not move back down to the 3rd & 4th grade level.
 - d. At no time may a child under the 3rd grade or over 6th grade be allowed to play.
7. Equipment
 - a. Balls must be junior size football. 3rd & 4th grade teams may use pee wee size football. Teams will supply their own ball for offense, it is your responsibility to have enough balls for play, due to weather or damage.
 - b. Shoes may be molded rubber cleated athletic shoes or other athletic shoe are required (no metal cleats).
 - c. No electrical communication devices are allowed.
8. Practice
 - a. Practice can start any time after the 1st of August.
 - b. Prior to the first game, 10 hours maximum of practice per week is allowed, with no more than 2 ½ hours per day.
 - c. After the first game, 6 hours maximum of practice per week is allowed, with no more than 2 hours per day.
 - d. Maximum of 30 minutes of full contact at each practice, 60 minutes each week.
9. Referees
 - a. Minimum of a 3-member officiating team is required.
 - b. Minimum of 2 WIAA officials per game.

10. Offense

- a. The offense must align with 2 interior linemen on each side of the center – no unbalanced lines. In grades 3-4 the center may turn the ball sideways to snap.

11. Defense

- a. All defenses must play a 4-man front, consisting of 2 defensive linemen lined head up on the guards, two ends/tackles lined up no closer than the outside shoulder of the tight end or tackle if there is no tight end. All other players must line up a minimum of 3 yards off the line of scrimmage.
- b. Inside the 3-yard line, the defense may play a 7-man front with all offensive linemen covered head up.
- c. NO forward movement is allowed by the defense before the snap of the ball. There must be a discernible pause to a defensive player's movement prior to the snap of the ball.

12. Special Team Plays

- a. All punts, field goals, and kicking PATs are dead ball. On punts, if the ball is mishandled on the snap, the punter may retrieve the ball before punting the ball. On field goals or kicked PATs, the holder should line up at least 7 yards behind the line of scrimmage, the referee will hand him the ball (or it can be snapped if the team prefers). The holder & kicker must be lined up behind the center as if the ball were snapped to them.
- b. The defense line can put their hands in the straight up in the air. They cannot wave them not can the defense jump up & down.
- c. There must be a balanced line on all kick-offs, with 5 players on each side of the kicker.

13. Weight rules

- a. If a child is 100 lbs. or more on grades 3-4 the player will be restricted to center, guard and tackle on offense and may not carry the ball on a designed play. If a child is 140 lbs. or more on grades 5-6 the player will be restricted to center, guard and tackle on offense and may not carry the ball on a designed play.
- b. Any 3-4 grade player that weighed 90 lbs. or more and any 5-6 grade player that weighed 140 lbs. or more must be reweighed the first week of practice. These weights must be documented and be available if a question comes up. If a team is caught with a player over the weight limit running the ball they will forfeit any points scored by that player.
- c. No player over the maximum weight may line up more than 15 yards from the ball on the kickoff receiving team.
- d. There will be no minimum and maximum weight rules other than the ball carrier rules discussed previously.
- e. Each team must send a list to the league commissioners by September 1st, of the players that exceed the weight limits. The list should include the team name, player name and jersey number. This list should be given to each coach to eliminate weight issues during the games.

14. Site control

- e. The home team shall have someone to be in charge of site control (board member, nongame participating coach). This person shall be responsible for dealing with any misconduct on the part of coaches, players, fans, field problems and be in charge of overall game day procedures.
- f. The person in charge of site control may not have a child participant in the game they are overseeing or be an active coach. The site control person should wear a neon or very visible vest/shirt to designate that they are the site control so they can be found easily.