

2025 CSAA Football Special Rules

The 7th & 8th Grade Division will play on regulation 100-yard fields again in 2025.

All divisions will follow the 2025 National Federation of State High School Association (NFHS) rules with the following exceptions or interpretations:

Field Size

3rd/4th & 5th/6th Grade - 270 ft. by 130 ft., including the end zones. Hash marks will be 43.4 ft. from each of the sidelines. The cross bar shall be 18ft. 6 in, measured from the inside of the upright.

7th & 8th Grade - 360ft. by 160 ft. including the end zones. Hash marks will be 53.4 ft. from each of the sidelines.

Footballs

Mandated CSAA Footballs:

- **8th Grade Wilson TDY (Leather or Composite)**
- **6th Grade Wilson TDJ (Leather or Composite)**
- **4th Grade Wilson K2 (Leather or Composite)**
- **Teams will Play offense with your own ball (Mandated CSAA Footballs)**

Teams switching balls for kicking must be switched in a timely manner or the Ref may refuse the switch.

The Jersey Numbers NFHS recommended numbering system does not apply.

Coaches

Teams are limited to eight (8) adult coaches on the sideline during all games. Will be enforced in 2025.

Coin Toss:

Team Captains (maximum of 4) and the Head Coach from each team are required to attend coin toss.

Head Coaches:

Only head coaches can communicate with the officials. Assistant Coaches questioning or yelling at officials will get an unsportsmanlike penalty charged to the head coach. Two such penalties lead to an ejection from the game and suspension of the next one.

Overweight Players

- Overweight players are required to wear a 4" x 8" contrasting colored "X" on the back of their helmet.
- Overweight players must play as interior linemen and be covered by an underweight player at the end of the line of scrimmage. Penalty: 5 yards from the previous spot.
- On defense, an overweight player can play any position but cannot receive a scrimmage kick.
- On a free kick (Kick-Off or Kick-Off after safety), a player exceeding the weight limit may only occupy the first line of the receiving team, which is ten yards from the kick-off line. Penalty: 5-yard penalty from the previous spot.
- If an overweight player catches or recovers a free kick, the ball is declared dead at that spot, and they are not permitted to advance it.
- A defensive player may advance an opponent's fumble or backward/forward pass.

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- An overweight player on offense **may not** advance a teammates fumble.
- For live scrimmage kicks (punt, extra-point, or field goal) with an overweight kicker, you may have up to two additional overweight players in the backfield for protection. If one overweight player is present, no fakes are permitted—the ball must be kicked straight. The overweight kicker can recover from a bad snap and kick but cannot avoid rushes or improve his position. The play is dead at the spot if he moves to do so.

Blocking

You can cut block in between the tackle-to-tackle box on your initial surge only in the 6th & 8th grade divisions. In the 3rd and 4th grade divisions no cut blocking, all blocks must be above the waist.

Quarters

The quarters in all divisions are eight (8) minutes long. Half time 8 minutes.

Mercy Rule

6th & 8th Grade: When a team is leading by 24 points in the 2nd half, the clock will continue to run for the remainder of the game even if the lead is cut below 24 points.

4th Grade: When a team is leading by 21 points in the 2nd half, the clock will continue to run for the remainder of the game even if the lead is cut below 21 points. When a team is up by 21 points or more in the second half, neither team can blitz their players. The penalty is unsportsmanlike against head coach. This can also be reviewed by the CSAA office & or the Football Director for penalties in the next or future games.

Overtime Procedure 6th & 8th Grade Divisions:

If the score is tied at the end of regulation, play overtime until the tie is broken. Start with a coin flip. The winner chooses offense or defense. The offensive team plays on their own end of the field. Teams can decline playing offense due to conditions like mud. In the first overtime, it starts from the defensive team's 10-yard line. In the second overtime, it starts from the defensive team's 5-yard line. Continue from the 5-yard line until a winner emerges. 4th Grade Division: **NO OVERTIME**

Kicking Game

The free kick lines:

Kick-Off from the 25-yard line (40 yd 8th)

Safety, kick from the 15-yard line (20 yd 8th)

Free Kick goes out of bounds, three options:

- 1) Re-Kick with a 5-yard penalty
- 2) Take the ball where it went out of bounds.
- 3) 20 Yard penalty from the spot of the kickoff (normal 25-yard line)

4th Grade Kicking Game – No Kicking

No Kick-Offs, the ball will be placed at the 15-yard line.

No Punts, when a team confirms it is punting, the ball will be advanced 20 yards from the LOS, but the ball can't be moved inside the 10-yard line so it could be less than 20 yards.

3rd & 4th Grade League Special Rules

Blitzing –

LINEBACKERS must be 4 yards from the line of scrimmage and can only blitz outside the guards. They cannot approach the line to blitz and must start from 4 yards back, avoiding “A” gaps. Penalties for unsportsmanlike conduct: 10 yards for the first offense, coach ejection for the second. Teams leading by 21 points cannot blitz.

There is NO nose Guard/Tackle—no player over the center. Defensive linemen must be in a 2 technique with no more than 12 inches between the center and guard. Linemen must align on the guard's helmet (2 Technique) and be in a 3 or 4-point stance within the tackle box.

Defensive ends can use a 2-point stance. After the snap, D-line can angle to fill A gaps. Delay of game penalty: 5 yards.

One Coach per team on the field. (3rd & 4th only)

After the offense breaks the huddle, coaches on the field can talk to players and call out plays but cannot push players. Sideline coaches can also give adjustments.

Defense:

May have up to 6 players on the LOS, from tight end to tight end. LB's cannot walk up.

Unsportsmanlike Penalty against coach 10-yard 2nd Unsportsmanlike coach ejected.

Offense:

No QB sneaks from under the center. Under center the QB may run outside the guards. From the shotgun the QB may run the ball anywhere. Offense cannot run unbalanced line. You must have three players on each side of the center. If the defense cannot have a nose guard, they cannot shift on unbalance. Unsportsmanlike Penalty against coach 10-yard 2nd Unsportsmanlike coach ejected.

Offense may only have 7 players on the LOS.

E T G C G T E (OK)

E T G C G T E (OK)

E T G C G T E (OK)

HB HB (OK)

E T T G C G T E (NOPE)

Scoring

Touchdown: 6 points

Safety: 2 Points Extra Point (6th & 8th Grade). The ball shall be placed on the 3-yard line.

➤ 1 point for a run or pass

➤ 2 points for a kick

Extra Point (4th Grade & 6th Grade) Ball shall be placed on the 3-yard line.

➤ 1 point for a run

➤ 2 points for a pass

Penalties

4th & 6th Grade.

All 15-yard penalties are 10 yards.

All 10-yard penalties are 5 yards. Holding and illegal use of hands is a 5-yard penalty. All 5-yard penalties remain 5 yards. The penalty for an overweight infraction shall be administered from the previous spot. Sideline or Field profanity, 10-yard unsportsmanlike penalty. (NO WARNING)

ELIGIBILITY:

8TH GRADE - If a player is 15 years old before August 1, 2025, or is in the 9th grade or over, he is ineligible for CSAA Grade School Sports.

6TH GRADE - If a player is 13 years old before August 1, 2025, or is in the 7th grade or over, even if he is of the correct age, he is ineligible for the 6th grade competition. He must play with the 7th & 8th grade.

4TH GRADE - If a player is 11 years old before August 1, 2025, or is in the 5th grade or over, even if he is of the correct age, he is ineligible for the 4th grade competition. He must play with the 5th & 6th grade.

If a player is eligible for 6th grade competition. He MAY NOT play for the 8th grade teams.

If a player is eligible for 4th grade competition. He MAY NOT play for the 6th grade teams.

1st and 2nd graders are NOT allowed to play 3rd or 4th grade CSAA tackle football.

Outside Football Leagues:

CSAA team members cannot play or practice with other teams from the start of CSAA practice in July until their season ends. Any football player joining another team will make their CSAA team forfeit games involving them. This includes roster listing, practice participation, or game dressing. The player may be suspended from other CSAA sports or the next football season.

CSAA GameDay Eligibility Certification:

Players must be registered on CSAA GameDay and approved by the home school parish AD before starting practice or playing CSAA football. Each parish/school must ensure registration is complete and accurate. Merged programs must verify that each player's form is filed and approved by the AD/Pastor of their school or parish.

Rosters:

Your roster must be up to date in the CSAA GameDay system, including merged programs. Failure to comply results in forfeiture of games and suspension of the head coach until updated. Ineligible players in regular season games risk playoff bans. Additions during the season must be entered into the CSAA GameDay system. Underweight players eligible to run, catch or throw must be officially weighed by CSAA before practicing. New players must be approved by the home school parish AD and meet weight limits before joining. Players can be added at any time before the last regular season game.

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6th & 8th Grade Weight Limits: (THIS WILL NOT BE REVISITED AGAIN UNTIL 2031)

	Dates	8 th	6 th	
Weigh-in	August 18 – 21, 2025	145	115	
Week 1	August 24, 2025			
Holiday	August 31, 2025 (No Games)			
Week 2	September 7, 2025			
Week 3	September 14, 2025			
Week 4	September 21, 2025			
Week 5	September 28, 2025			
Week 6	October 05, 2025	155	125	
Week -	October 12, 2025, Fall Break No Games			
Week 7	October 19, 2025			
Play-Offs	October 26, 2025			
Toy Bowl	November 1 - 23, 2025			

3rd & 4th Grade Weight Limits:

	Dates	4 th		4 th
Weigh-in	August 18 – 21, 2025	100		100
Week 1	September 7, 2025			
Week 2	September 14, 2025			
Week 3	September 21, 2025			
Week 4	September 28, 2025			
Week 5	October 05, 2025			
Week -	October 12, 2025, Fall Break No Games			
Week 6	October 19, 2025			

Weigh-In Information:

After the official weigh-in date, New players added to your roster that are Underweight must be officially weighed by a CSAA representative before they can start practice. Set an appointment with the CSAA office for weighing in. Overweight players can only practice after being added to the official roster and submitting the proper forms via CSAA GameDay. Approvals are needed from the home school/parish AD and the CSAA office or Football Director.

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Official Weigh-In

We will conduct weigh-ins for all grades (4th, 6th, and 8th) at your location in 2025. Please have your weigh-in sheet ready. The second weigh-in will be for 6th and 8th grades only (125 and 155 lbs.).

Monday Aug 18, 2025	@St. Lawrence 6:00 pm Notre Dame Academy	@ St. Albert 6:30 pm Lyndon Catholic	Holy Trinity 7:00 pm St. Matthews Catholic
Tuesday Aug 19, 2025	@ St. Michael 6:00 pm St. Michael/St. Patrick	@ St. Aloysius 6:45 pm St. Mary/St. Aloysius	
Wednesday Aug 20, 2025	@ St. Martha 6:00 pm Central Catholic Shamrocks	@St. Bernard 6:45 pm SE Catholic	
Monday Sept 29, 2025	@St. Lawrence 6:00 pm Notre Dame Academy	@ St. Albert 6:30 pm Lyndon Catholic	@Holy Trinity 7:00 pm St. Matthews Catholic
Tuesday Sept 30, 2025	@ St. Michael 6:00 pm St. Michael/St. Patrick	@ St. Aloysius 6:45 pm St. Mary/St. Aloysius	
Wednesday Oct 1, 2025	@ St. Martha 6:00 pm Central Catholic Shamrocks	@St. Bernard 6:45 pm SE Catholic	

8th, 6th and 4th Grade weigh in rule for 2025:

8th Grade: At the official weigh-in for your team if a player weighs in less than **132 lbs.** then that player does not have to weigh in for the rest of the year. If a player weighs between **133 lbs.** and **145 lbs** then they will have to re-weigh in the week of Sep 29-Oct 1 (**155 lbs.**)

6th Grade: At the official weigh-in for your team if a player weighs in less than **105 lbs.** then that player does not have to weigh in for the rest of the year. If a player weighs between **106 lbs. and 115 lbs then** they will have to re-weigh in the week of Sep 29-Oct 1 (**125 lbs.**)

4th Grade: At the official weigh-in for your team if a player weighs in less than **100 lbs**, they are underweight for the year.

Weigh-In before week 6 game for 6th & 8th Grades: September 29 – October 1

- Designated backs and ends that weighed in over 105 lbs./133 lbs. but under 115/145 on official weigh in date, must weigh in between September 29 – October 1 and must be at/under 125/155 lbs. We will be visiting your location for the second weigh-in date this year.
- No player may strip down beyond shorts or a football type undergarment during the weigh in process
- “Sweating” any player down to make the weight limit is absolutely prohibited. Anyone taking part in this type of activity will be dealt with severely.

Pre-Game:

Teams cannot assemble more than an hour before their scheduled game time. Example: If you play at 1:00 pm, the earliest time to have your team there is 12:00 pm.

Protest:

There will be no protest for league, play-off, or Toy Bowl games.

- **Disqualification of players and coaches:**

If a player or coach is ejected from a game, he is automatically suspended for one game and must be reinstated by the CSAA before being allowed to participate in any game.

Videotaping games:

- A team may have its game videotaped for practice or personal purpose; however, no videotaping of any other teams or games will be permitted for scouting.
- Teams may videotape their own team's games only.
- Trading game video is permitted.

Toy Bowl Sideline Passes: Toy Bowl sideline passes will be limited to the 8 coaches listed on the final rosters of the Toy Bowl participants. Each Toy Bowl team will also receive two extra sideline passes. (Water boys, etc.)

Toy Bowl Video: Each team will be allowed to have only one camera person (video or still) on the sideline or press box during the Toy Bowl Games.

2025 CSAA Football Practice Rules

Practice Regulations:

➤ 7/21/25 1st Day of Practice for 6th & 8th Grade

Regulations for the Weeks of 7/21/25– 8/10/25

8th - 2 hours per practice 4 days a week

6th - 2 hours per practice 3 days a week

Practices 1 & 2 Helmets only

Practices 3 & 4 full pads NO Live contact

Practice 5 and beyond - full pads

Regulations for the Weeks of 8/11/25 – 11/2/25

8th - 2 hours per practice 3 days a week + 1 Helmets only (1 Hour)

6th - 1.5 Hours per practice 3 days a week + 1 Helmets only (1 Hour)

Practices cannot start before 5:30 pm, except for Saturday morning walk thru' s. Saturday mornings practices must end by 11:00 am and this practice time is still under the heat guidelines.

➤ 7/28/25 1st Day of Practice for 3rd & 4th Grade

Regulations for the Weeks of 7/28/25 – 10/26/25

3rd & 4th 1 ½ hours per practice 3 days a week

Practices 1 & 2 Helmets only

Practice 3 full pads NO Live contact

Practice 4 and beyond - full pads