CIBFL

RULES SUMMARY & POINTS OF EMPHASIS

1. **TIMING RULES**
    a. Clock stops on all dead ball situations and resumes when SPOTTED for play.
    b. EXCEPTION – Final Two Minutes of each HALF are governed by IHSAA Regulations for timing rules.
2. **TIME OUTS**
    a. A DIVISION – 3 TIMEOUTS PER HALF
    b. B & C DIVISION – 2 TIMEOUTS PER HALF
3. **BALL CARRIER WEIGHT RULES**
    a. A DIVISION – players weighing 120 pounds or more are STRIPERS
    b. B DIVISION – players weighing 100 pounds or more are STRIPERS
    c. C DIVISION – SENIOR players weighing more than 80 pounds are STRIPERS
    d. C DIVISION – JUNIOR players weighing more than 70 pounds are STRIPERS
4. **STRIPED PLAYERS**
    a. STRIPED PLAYERS CANNOT advance the ball on OFFENSE or DEFENSE.
    b. A DIVISION
        i. OFFENSE must play CENTER / GUARD / TACKLE
        ii. DEFENSE there are NO RESTRICTIONS; can play any position
    c. B & C DIVISION
        i. Players must play OFFENSIVE or DEFENSIVE LINE & hand must be in ground; STRIPED Defensive Linemen cannot play outside of Offensive Tackles
5. **BLITZ**
    a. A DIVISION – ALLOWED
    b. B & C DIVISION – NOT ALLOWED
        i. B DIVISION – MAXIMUM OF 5 PLAYERS ON THE LINE OF SCRIMMAGE
        ii. CDIVISION – MAXIMUM OF 4 PLAYERS ON THE LINE OF SCRIMMAGE
            1. All other players must be AT LEAST 3 YARDS OFF THE LINE OF SCRIMMAGE UNTIL THE SNAP
        iii. EXCEPTION – If the offense is inside the 10 yard line
6. **KICKOFFS & PUNTS**
    a. A DIVISION – Kickoffs & Punts are LIVE
    b. B & C DIVISION – NO KICKOFFS
        i. B DIVISION – Ball starts play at 30 yard line
        ii. C Division – Ball starts play at 35 yard line
            1. In the event of a safety in B & C Division the ball starts play regularly
    c. B DIVISION – PUNTS are FREE/NO RUSH; Punter has 5 seconds to take snap and punt
    d. C DIVISION – AUTO PUNT if elected will be 25 yards downfield, but no deeper than the 10 yard line
7. **QB RULE – C DIVISION**
    a. QUARTERBACKS ARE NOT ALLOWED TO TAKE A SNAP & RUN BEHIND THE CENTER (QB SNEAK)
    b. QUARTERBACK runs must be "OFF TACKLE" or OUTSIDE THE GUARDS
8. **CHAIN CREWS**
    a. NO COACHING OR CHEERLEADING
9. **IHSAA Rules apply except as noted.**