

## PIT BULL RULES – 11 Man

A. The CCYFCL shall use the NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES except as modified below. However, no yardage penalties are assessed during a game and therefore referees will not be used. It is the responsibility of the On-Field Game Moderator, as discussed below, and the coaches to maintain control of the game.

B. Pit Bull teams are required to certify rosters. All players must be a minimum of 5 years of age and must have turned 5 by August 1st prior to the beginning of the season. No player shall be older than 6 years of age prior to August 1st of that season. Players turning 7 after August 2<sup>nd</sup> of the season are permitted. An MVA, out-of-state ID card, Military Dependent ID or CCYFCL-issued Picture ID is required for proof of age. All head coaches shall possess a MVA, out-of-state ID card, Military Dependent ID or CCYFCL-issued picture ID card for all players on his team. All players shall be checked in the presence of the home and visiting head coaches just prior to beginning the game. All players that weighed over 75.9 lbs. at the most recent league weigh-in (cannot run the ball or advance the ball on a fumble and shall be designated with red tape on their helmet).

C. All games have a drop-dead time limit of 90 minutes after the scheduled start time regardless of the game situation at that point. Games will consist of four 16 minute quarters. A quarter is designated as 8 consecutive minutes of offense and 8 consecutive minutes of defense, per team. (i.e., the visiting team begins on offense for 8 consecutive minutes and may run as many plays and score as many touchdowns within these 8 minutes; the visiting team then switches to defense for 8 consecutive minutes, thus completing one quarter). Upon scoring, the offensive team will regain possession at the 40-yard line to continue play until their 8 minutes of offense has expired. The clock runs continuously and is stopped only for injuries, equipment adjustments, attitude adjustments, weather delays or other unexpected events or emergencies. The clock is also stopped at approximately the 4-minute mark of every 8-minute possession for approximately 1 minute to allow teams to make substitutions. Half time intermission is 10 minutes. Cheerleaders may perform a halftime show at Pit Bull games.

D. The home team shall provide a person (preferably a coach or another representative from the Football Program -from another age group team) to control and moderate the game. The On-field Game Moderator will be in charge of blowing the whistle to end play, running the clock on the field (where one is not available on the scoreboard), placing the ball and maintaining control and the pace of the game. This moderator should also let coaches know when their players are continually not abiding by the rules of football such that these actions can be corrected (i.e. face masking, holding, off sides, etc.).

It is recommended that each program appoint an On-field game Moderator for the season for each Pit Bull team to assure consistency and familiarity with the rules.

E. The purpose of this program is instructional only. Therefore, no scores or standings will be kept. Scoreboards are not to show the score during Pit Bull games.

F. Since the program is instructional, players are to play a minimum of 2 quarters of offense AND 2 quarters of defense per game. When team rosters exceed 22 players, no player shall play more than 2

quarters offense and defense except where there is no other alternative (i.e. injury, attitude problems etc.). It is the Head Coach's responsibility to ensure that this rule is followed. Spotting is not required. However, complaints from parents and other coaches in regard to playing time may result in the imposition of spotting, probation, suspension, etc. at the discretion of the CCYFCL Rules Committee.

G. To be consistent, all games should be played on half of a regulation football field with the first play of each drive starting on the opponent's 40-yard line. However, a well-marked (with field paint or cones) reduced-width field is acceptable if a regulation field is not available. The offensive teams of both the home and visiting teams shall drive toward the same end zone (i.e. defensive teams of the home and visiting teams should defend against the same end zone.). Visiting team begins the first and third quarters on offense, and the home team begins the second and fourth quarters on offense.

H. If the offense fumbles the ball or the defense intercepts a pass, the play will be whistled dead and the offense will retain possession. In the case of a fumble behind the line of scrimmage or an interception anywhere in the field of play, the ball will be spotted at the line of scrimmage where the play began. If the fumble occurs past the line of scrimmage, the ball will be spotted at the spot of the fumble. Neither team may advance a fumble or an interception under any condition.

I. The ball is to be placed where the ball is blown down with the exception that there will be no loss of yardage on plays. If the runner is tackled behind the line of scrimmage, the ball is returned to the original line of scrimmage.

J. Once the QB is under center, all coaches must remain 10 yards away from all players. In addition, if a player (especially the one carrying the ball) is moving towards a coach during the play, the coach must move out of the way of the player to maintain a 10-yard distance. Once the ball has been snapped, coaches on the field shall remain silent until the play is whistled dead.

K. No more than 4 coaches per team are allowed on the field during play.

L. No defensive player can play over center or in the guard-center gaps. Defensive guards may not shoot the A gap. Defensive guards must line up on the B gaps (outside shoulder of guards) and tackles must play head up on the offensive tackles respectively to the extent possible depending on offensive alignment and must be in the down position (three or four-point stance). Defensive ends shall line up no wider than the outside shoulder of the Tight ends, or, if faced with an offensive formation of less than 7 down linemen, across from the position the Tight End would occupy in a standard two-tight end formation. Six (6) defensive linemen (no more and no less) must be on the line of scrimmage between one and two yards from the ball; all other players must be at least five (5) yards off the line of scrimmage and must not move forward until the ball is snapped (i.e. no blitzing). When faced with an unbalanced offensive formation, the defensive line may shift to be head up on an offensive lineman and as long as no defensive lineman is over center or in the guard-center gaps. The outermost defensive linemen will be considered defensive ends and may be in an upright stance. The interior defensive linemen must be in the down position (three or four-point stance). These rules apply everywhere on the field including at the goal line. Offensive guards and tackles shall have no more than 18-inch splits. The offense is prohibited from middle Quarterback sneaks as plays.

Note: The Pit Bull program is instructional. The goal is to get the ball snapped and the play executed both defensively and offensively. Defensive coaches shall ensure that their defensive guards are not converging over the center immediately after the snap of the football. This typically results in the ball not being snapped (or snapped incorrectly) and therefore the play not being executed (neither offensively nor defensively). The defensive coach should also encourage the defensive lineman to go on the snap of the ball or movement of the offense, not the cadence. Since there are no penalties at this level, everyone knows the ball is being snapped on the first signal.

M. The head coach is responsible for the conduct of his players and spectators. Unsportsmanlike conduct will not be tolerated and offenders are subject to suspension and/or termination from the CCYFCL.

N. Reference CCYFCL and Cheer SOP for Equipment Requirements. Wilson Mini football size shall be used in games.

O. Games are primarily scheduled on Friday evenings based on field availability and the presence of lights. Changes in schedule do not have to be done through the Instructional Program Director as long as the head coaches from both the visiting and home teams agree on the changes and the changes do not conflict with any other games or teams. The Instructional Program Director will settle any disputes.