

APPENDIX C: MODIFIED 3rd/4th GRADE HIGHLIGHTS AND ADJUSTMENTS

1. 12-minute running clock per quarter
 - The clock will run on all plays regardless of the type of play.
2. The last 2 minutes of the 4th Quarter will be stop clock timing.
 - Stop clock rules are in affect for only the last 2 minutes of the 4th Quarter.
3. The clock will stop for injuries and timeouts.
4. **SUSTITUTION RULE:** All players must play at least one quarter’s worth of time every game. Players may miss practice and show up only to games. If this occurs, the head coach must contact the CSPR staff and document missed practice days prior to invoking any participation penalty. Player involvement is the single most important goal in our Youth Sports Program. **DO NOT JEOPARDIZE PLAYING TIME FOR A VICTORY.**
5. Rookie football teams play on a sixty-yard field. Penalty distance yardage is as follows:

| | Minor Penalties | Major Penalties |
|-------------------|------------------------|------------------------|
| High School: | Five yards | Ten and Fifteen yards |
| CSPR modified to: | Three yards | Six and Nine yards |

6. Kick-offs will occur at the kicking team’s Twenty-yard line.
7. **ONSIDE KICKS:** No onside kicks after being up by 18 points for leading team. Ball must travel Fifteen yards in the air. After trailing by 18 points or more, receiving team may start their offensive possession at the Fifteen-yard line or receive a normal kickoff. This will NOT revert if lead goes under 18 points.
8. **PATCH PLAYER RULES:** Players play on the line of scrimmage and cannot advance the ball via interception, or fumble recovery. There shall not be a nose guard according to the patch player rule.
9. **TEAM BOX:** Coaches and substitutes must always stay in the team box. The team box is the area between the twenty-to-twenty-yard lines, outside the field of play.
10. **Punt:** The head coach must declare if his/her team will punt the ball or go for a first down prior to the ball being marked ready-for-play on fourth down. Defensive teams may not rush the punter and the punting team may not run-down field to cover the punt. The punting team must attempt a long snap for all scrimmage kick situations. After the punt, the ball is marked where the receiving team caught the ball or where the ball is first touched the ground.
11. One coached is allowed on the playing field during the game. The coach may not interfere with the verbal instruction after the ball is snapped. The penalty for such interference is a major foul.
12. Touchbacks will be placed on the offensive team’s fifteen-yard line.
13. Suspended games by weather or any other means at any time from half time into the second half shall be considered a complete game and will not be made up.
14. Intentional Grounding – It is now legal for a passer to intentionally throw an incomplete pass provided he/she has been outside the lateral limits of the free blocking zone and the ball reaches the neutral zone extended. The free blocking zone is a rectangular area extending laterally 4 yards

either side of the spot of the snap and 3 yards behind each line of scrimmage.

15. Blocking below the waist is permitted in the free-blocking zone when all players involved in the blocking are on the line of scrimmage and in the zone at the snap and the contact is immediate and the initial action in the zone at the snap.
16. Mercy rule/Continued Running clock: 24-point lead for a team starts the mercy rule/continued running clock. If in the last 2 minutes of the fourth quarter (stop clock) if any team is ahead by 24 points or more the clock will not stop except for losing team time outs and injuries.
17. Oklahoma Drill: Any variation of the Oklahoma drill is prohibited. Exception 4 vs. 3 or 4 vs. 4 scenarios with multiple running lanes to eliminate straight line contact. Reference this link: ([USA Football National Practice Guidelines for Youth Football](#))

APPENDIX D: MODIFIED 5th GRADE HIGHLIGHTS AND ADJUSTMENTS

- 12-minute running clock per quarter
 - The clock will run on all plays regardless of the type of play.
- The last 2 minutes of the 4th Quarter will be stop clock timing.
 - Stop clock rules are in affect for only the last 2 minutes of the 4th Quarter.
- The clock will stop for injuries and timeouts.
- SUSTITUTION RULE:** All players must play at least one quarter’s worth of time every game. Players may miss practice and show up only to games. If this occurs, the head coach must contact the CSPR staff and document missed practice days prior to invoking any participation penalty. Player involvement is the single most important goal in our Youth Sports Program. **DO NOT JEOPARDIZE PLAYING TIME FOR A VICTORY.**
- Flyweight football teams play on an eighty-yard field. Penalty distance yardage is as follows:

| | Minor Penalties | Major Penalties |
|-------------------|------------------------|------------------------|
| High School: | Five yards | Ten and Fifteen yards |
| CSPR modified to: | Four yards | Eight and Twelve yards |

- Kick-offs will occur at the kicking team’s Thirty-yard line.
- ONSIDE KICKS:** No onside kicks after being up by 18 points or more, receiving team may start their offensive possession at the Twenty-yard line or receive a normal kickoff. This will NOT revert if lead gets less than 18 points.
- PATCH PLAYER RULES:** Players play on the line of scrimmage and cannot advance the ball via interception, or fumble recovery.
- TEAM BOX:** Coaches and substitutes must always stay in the team box. The team box is the area between the Twenty-to-Twenty-yard lines, outside the field of play.
- Touchbacks will be placed on the offensive team’s Twenty-yard line.
- Suspended games by weather or any other means at any time from half time into the second half shall be considered a complete game and will not be made up.
- Intentional Grounding – It is now legal for a passer to intentionally throw an incomplete pass provided he/she has been outside the lateral limits of the free blocking zone and the ball reaches the neutral zone extended. The free blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.
- Blocking below the waist is permitted in the free-blocking zone when all players involved in the blocking are on the line of scrimmage and in the zone at the snap and the contact is immediate and the initial action in the zone at the snap.
- Mercy rule/Continued Running clock: 24-point lead for a team starts the mercy rule/continued running clock. If in the last 2 minutes of the fourth quarter (stop clock) if any team is ahead by 24 points or more the clock will not stop except for losing team time outs and injuries.
- Oklahoma Drill: Any variation of the Oklahoma drill is prohibited. Exception 4 vs. 3 or 4 vs. 4 scenarios with multiple running lanes to eliminate straight line contact. Reference this link: ([USA](#))

[Football National Practice Guidelines for Youth Football](#)

Emphasis: No coaches on the field even before kickoff, player (kicker) must set ball on tee after receiving ball from official.

APPENDIX E: MODIFIED 6th GRADE HIGHLIGHTS AND ADJUSTMENTS

- 12-minute running clock per quarter
 - The clock will run on all plays regardless of the type of play.
- The last 2 minutes of the 4th Quarter will be stop clock timing.
 - Stop clock rules are in affect for only the last 2 minutes of the 4th Quarter.
- The clock will stop for injuries and timeouts.
- SUSTITUTION RULE:** All players must play at least one quarter's worth of time every game. Players may miss practice and show up only to games. If this occurs, the head coach must contact the CSPR staff and document missed practice days prior to invoking any participation penalty. Player involvement is the single most important goal in our Youth Sports Program. **DO NOT JEOPARDIZE PLAYING TIME FOR A VICTORY.**
- Lightweight football teams play on an eighty-yard field. Penalty distance yardage is as follows:

| | Minor Penalties | Major Penalties |
|-------------------|------------------------|------------------------|
| High School: | Five yards | Ten and Fifteen yards |
| CSPR modified to: | Four yards | Eight and Twelve yards |

- Kick-offs will occur at the kicking team's twenty-yard line.
- ONSIDE KICKS:** No onside kicks after being up by 18 points or more, receiving team may start their offensive possession at the twenty-yard line or receive a normal kickoff. This will NOT revert if lead gets less than 18 points.
- PATCH PLAYER RULES:** Players play on the line of scrimmage and cannot advance the ball via interception, or fumble recovery.
- TEAM BOX:** Coaches and substitutes must always stay in the team box. The team box is the area between the twenty-to-twenty-yard lines, outside the field of play.
- Touchbacks will be placed on the offensive team's twenty-yard line.
- Suspended games by weather or any other means at any time from half time into the second half shall be considered a complete game and will not be made up.
- Intentional Grounding – It is now legal for a passer to intentionally throw an incomplete pass provided he/she has been outside the lateral limits of the free blocking zone and the ball reaches the neutral zone extended. The free blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.
- Blocking below the waist is permitted in the free-blocking zone when all players involved in the blocking are on the line of scrimmage and in the zone at the snap and the contact is immediate and the initial action in the zone at the snap.
- Mercy rule/Continued Running clock: 24-point lead for a team starts the mercy rule/continued running clock. If in the last 2 minutes of the fourth quarter (stop clock) if any team is ahead by 24 points or more the clock will not stop except for losing team time outs and injuries.
- Oklahoma Drill: Any variation of the Oklahoma drill is prohibited. Exception 4 vs. 3 or 4 vs. 4 scenarios with multiple running lanes to eliminate straight line contact. Reference this link: [\(USA Football National Practice Guidelines for Youth Football\)](#)

Emphasis: No coaches on the field even before kickoff, player (kicker) must set ball on tee after receiving ball from official.

APPENDIX F: MODIFIED 7th GRADE HIGHLIGHTS AND ADJUSTMENTS

1. 8 minute stopped clock, per quarter.
2. The clock will stop for injuries and timeouts.
3. **SUSTITUTION RULE:** All players must play at least one quarter's worth of time every game. Players may miss practice and show up only to games. If this occurs, the head coach must contact the CSPR staff and document missed practice days prior to invoking any participation penalty. Player involvement is the single most important goal in our Youth Sports Program. **DO NOT JEOPARDIZE PLAYING TIME FOR A VICTORY.**
4. Middleweight football teams play on a one-hundred-yard field. Penalty distance yardage is as follows:

| | Minor Penalties | Major Penalties |
|--------------|------------------------|------------------------|
| High School: | Five yards | Ten and Fifteen yards |

5. Kick-offs will occur at the kicking team's forty-yard line.
6. **TEAM BOX:** Coaches and substitutes must always stay in the team box. The team box is the area between the twenty-five-to-twenty-five-yard lines, outside the field of play.
7. Touchbacks will be placed on the offensive team's twenty-yard line.
8. Suspended games by weather or any other means at any time from halftime into the second half shall be considered a complete game and will not be made up.
9. Mercy rule/Continued Running clock: 28-point lead for a team starts the mercy rule/continued running clock. The clock will only stop for time outs and injuries.
10. Intentional Grounding – It is now legal for a passer to intentionally throw an incomplete pass provided he/she has been outside the lateral limits of the free blocking zone and the ball reaches the neutral zone extended. The free blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.
11. Blocking below the waist is permitted in the free-blocking zone when all players involved in the blocking are on the line of scrimmage and in the zone at the snap and the contact is immediate and the initial action in the zone at the snap.
12. Oklahoma Drill: Any variation of the Oklahoma drill is prohibited. Exception 4 vs. 3 or 4 vs. 4 scenarios with multiple running lanes to eliminate straight line contact. Reference this link: ([USA Football National Practice Guidelines for Youth Football](#))

APPENDIX G: MODIFIED 8th GRADE HIGHLIGHTS AND ADJUSTMENTS

1. 8 minute stopped clock, per quarter
2. The clock will stop for injuries and timeouts.
3. **SUSTITUTION RULE:** All players must play at least one quarter's worth of time every game. Players may miss practice and show up only to games. If this occurs, the head coach must contact the CSPR staff and document missed practice days prior to invoking any participation penalty. Player involvement is the single most important goal in our Youth Sports Program. **DO NOT JEOPARDIZE PLAYING TIME FOR A VICTORY.**
4. Heavyweight football teams play on a one-hundred-yard field. Penalty distance yardage is as follows:

| | Minor Penalties | Major Penalties |
|--------------|------------------------|------------------------|
| High School: | Five yards | Ten and Fifteen yards |

5. Kick-offs will occur at the kicking team's forty-yard line.
6. **TEAM BOX:** Coaches and substitutes must always stay in the team box. The team box is the area between the twenty-five-to-twenty-five-yard lines, outside the field of play.
7. Touchbacks will be placed on the offensive team's twenty-yard line.
8. Suspended games by weather or any other means at any time from half time into the second half shall be considered a complete game and will not be made up.
9. Mercy rule/Continued Running clock: 28-point lead for a team starts the mercy rule/continued running clock. The clock will only stop for time outs and injuries.
10. Intentional Grounding – It is now legal for a passer to intentionally throw an incomplete pass provided he/she has been outside the lateral limits of the free blocking zone and the ball reaches the neutral zone extended. The free blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.
11. Blocking below the waist is permitted in the free-blocking zone when all players involved in the blocking are on the line of scrimmage and in the zone at the snap and the contact is immediate and the initial action in the zone at the snap.
12. Oklahoma Drill: Any variation of the Oklahoma drill is prohibited. Exception 4 vs. 3 or 4 vs. 4 scenarios with multiple running lanes to eliminate straight line contact. Reference this link: ([USA Football National Practice Guidelines for Youth Football](#))