



# Rules of Play

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PO BOX 353, 5185 West County Road 144, Bargersville, IN 46106

# Center Grove Bantam Football League (CGBFL) Rules of Play

## ARTICLE I - Eligibility

### Section 1 - Age

- A. A player should be in the second (2<sup>nd</sup>) through sixth (6<sup>th</sup>) grade and seven (7) years old and not thirteen (13) years of age prior to June 1<sup>st</sup> of that year to be eligible to play tackle football.
- B. Divisions will be defined by the player's grade:

Division	Grades Eligible
Flag	K – 1 <sup>st</sup>
Rookie	1 <sup>st</sup> – 2 <sup>nd</sup>
Minor	3 <sup>rd</sup> – 4 <sup>th</sup>
Majors	5 <sup>th</sup> – 6 <sup>th</sup>

- C. Kindergartner or First (1<sup>st</sup>) grade players may be moved to the Rookies if approved by the Director of Player Personnel, Vice President or President, in addition the player must weigh a minimum of fifty (50) pounds without equipment - no exceptions. Second (2<sup>nd</sup>) grade players may be moved into the Minor Division upon recommendation and approval by the Director of Player Personnel, Vice President, or President. Fourth (4<sup>th</sup>) grade players may be moved into the Major Division with the recommendation and approval by the Director of Player Personnel, Vice President or President.

### Section 2 – Weight

- A. The eligibility of any player weighing less than forty-five (45) pounds without helmet and shoulder pads must be ruled on by the Director of Player Personnel or President.
- B. Any Rookie participant weighing over (120) pounds is eligible to play on offense and defense only between and including the tackle positions. Any Minor participant weighing over (150) pounds is eligible to play on offense and defense only between and including the tackle positions. Any Major participant weighing over (170) pounds is eligible to play on offense and defense only between and including the tackle positions. These players will be identified with 2 red stripes in the front and back of their helmets.

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## Section 3 – Drafts

- A. The Director of Player Personnel will determine the number of teams based upon the number registered for that division. The Director will consist of placing the number “1” placed on the board continue to the right in alphabetical order until all teams are represented with a number and corresponding column. These numbers and columns will be used to conduct the draft slotting of predetermined players, draft position and actual selection process.
- B. Evaluation/Ranking Players
- Evaluate all players on an evaluation sheet being specific as possible. (i.e.: grade, age, experience, weight, 40-yard speed, aggressiveness, tackling, and blocking).
  - All players for each division will be forced ranked and approved by all coaches in that division prior to the draft. These rankings will be separated into two categories: skill players and linemen. All players will be ranked in one of the two categories.
- C. Predetermined Draft Selections
- Coach's Sons
    - Coach's sons will be slotted to the appropriate round as determined by the forced rankings.
    - The coach will not have an additional selection during the round that their son is slotted.
  - Other Predetermined Players
    - Defined as other players that may require them to play on the same team (i.e., brothers, cousins, special circumstances).
    - All players included in this category must be determined prior to the draft and made known to the drafting coaches.
    - All predetermined players must be approved by the Director of Player Personnel that have been predetermined to play for the same team will be drafted by the highest ranked player.
    - Once selected the other player(s) that are associated with the highest ranked player will become selection(s) of that coach. These additional selections will then be slotted to the appropriate round based upon forced rankings. These selections will serve as that coach's selection for that round and no additional selections will be allowed for these rounds.
  - Example: Player A and Player B have been predetermined that they will play on the same team. Player A has been determined by the forced rankings to be a 2<sup>nd</sup> round selection. Player B has been determined by the forced rankings to be a 4<sup>th</sup> round selection. Coach 1 has determined that he would like to select Player A in the 2<sup>nd</sup> round. By doing so he automatically would receive Player B as a 4<sup>th</sup> round selection and would not receive any additional selections for the 2<sup>nd</sup> or 4<sup>th</sup> rounds. Predetermined players that have been forced ranked in the same round will be drafted in the same round and the coach selecting them will automatically lose a draft selection for the subsequent round. Draft Order
  - Coach's sons will be slotted in the appropriate round as determined by the forced rankings. (i.e., a player who was ranked 8<sup>th</sup> in a division of seven teams would be the first selection of the 2<sup>nd</sup> round)
  - Coach's draft position will be determined by the ranking of their son as follows:

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- Skill Players
  - If the coach's son has been determined to be a Skill player as determined in the forced rankings, his draft position will be determined by that ranking in the Skill rounds.
  - If the player is ranked in the first half as compared to the total number of teams, his draft position can only be in the first half.
  - If the player is ranked in the second half as compared to the total number of teams, his draft position can only be in the second half including the first or second selections in the 2<sup>nd</sup> round.
- Lineman
  - If the coach's son has been determined to be a Lineman as determined in the forced rankings, his draft position will be determined by that ranking in the Lineman rounds.
  - If the player is ranked in the first half as compared to the total number of teams, his draft position can only be in the first half.
  - If the player is ranked in the second half as compared to the total number of teams, his draft position can only be in the second half including the first or second selections in the 2<sup>nd</sup> round.
- Once the determination has been made that of the coach's draft position, that order will be reversed for the Skill rounds and Lineman rounds.
- Once all of the coach's sons have been slotted in either the first or second half of the first rounds, a blind draw will be held to determine exact draft position.

### D. Procedure

- The Director of Player Personnel will determine the number of teams based upon the number registered for that division. The draft board will consist of placing the number "1" placed on the board continue to the right in alphabetical order until all teams are represented with a number and corresponding column. These numbers and columns will be used to conduct the draft slotting of predetermined players, draft position and actual selection process.
- The draft format shall be as follows:

Round	Player
1st	Skill
2nd	Skill
3rd	Skill
4th	Skill
5th	Lineman
6th	Skill or Lineman
7 <sup>th</sup> and greater	Skill or Lineman

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- The draft will be a controlled draft where the selections available to the coach will only be those listed on the draft board.
- The draft board will consist of the five highest ranking available players based upon the forced rankings.
- Once a selection has been made the four remaining players will remain on the draft board and the next highest player based upon forced rankings will be added to the list.
- Each draft selection will be subject to a time limit, to be set by the Director of Player Personnel and communicated to the coaches prior to the draft.
- After the last selection of the 4<sup>th</sup> round all skill players will be taken off of the draft board and linemen will be added.
- Linemen will be drafted during the 5<sup>th</sup> round.
- The draft order will be reversed during these rounds as opposed to the first round of the skill player draft. (i.e., if a coach had the last selection in the skill player round the coach would now have the first selection of the linemen.
- If all available linemen are exhausted before the end of the 5<sup>th</sup> round, the highest-ranking skill players will be added.
- Beginning with the 6<sup>th</sup> round all remaining skill players will be added to the draft board and each coach may select either a skill player or a lineman that appears on the five-player draft board.
- If a coach does not have a son in the division for which he is coaching or his son has not been predetermined to be in the first round or first two picks of the second round, they will determine their drafting position via a blind draw.
- If a parent has written into the Director of Player Personnel requesting that their child not play for a particular coach. These requests must be received prior to the draft. That particular coach will be notified of the request prior to the draft and the coach will not be allowed to draft that player.
- The final review of the draft shall be done by the Director of Coaches and the Director of Player Personnel, unless one is in conflict with coaching.

# Sample Draft

[illegible]

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## **Post Season Play**

### **E. Pro Bowl Teams**

- Post season Pro Bowl teams will be formed in each of the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade divisions. There may be more than one team in any grade division.
- A 2<sup>nd</sup> grade team(s) may also be formed depending upon interest, schedules and available Competition. If a 2<sup>nd</sup> grade team is formed, it will be made up of only 2<sup>nd</sup> graders – no K or 1<sup>st</sup> graders are eligible to play on the 2<sup>nd</sup> Grade Pro Bowl team.
- The total number of post season players will be a maximum of eighteen (18) per team. Board may approve exceptions to this limit in special circumstances.
- The parents of all players selected will be responsible for all expenses related to playing on the team with the exception of a helmet and shoulder pads. Parents will provide all transportation to games.
- The Board will approve a league calendar annually that will include an end date in which all football related activities will cease.

### **F. Coaches**

- Coaches will consist of up to one Head Coach, up to four Assistant Coaches, and one Team Parent.
- By the 4th week of the intramural season, coaches from each division must submit their interest in Coaching a Pro Bowl Team to the Director of Coaches. Approval of Pro Bowl Coaches will be determined by the President, Vice President, Director of Coaching, and Director of Player Personnel.
- Head coaches and assistant coaches in the intramural league are allowed to nominate themselves as a Pro Bowl coach. If no Pro Bowl head coach applications are received in a specific grade division then one will be appointed by the Board of Directors.
- The President, Vice President, Director of Coaching and Director of Player Personnel will determine the head coaching position for each grade division. Head coaches will be selected and announced no later the 5th week of the intramural regular season. Once the head coach is determined, they will select the remainder of the coaching staff after the post season team has been selected and posted.
- In grade divisions that have more than one team, the A team coach shall have seniority in regard to pre-selection Pro Bowl team camps, player selections and team color selection.
- In the 2<sup>nd</sup> grade division only, the Division Director will notify all intramural coaches of the league's intent to form a 2<sup>nd</sup> grade team(s) as soon as that determination is made and will ask all those interested in a head coaching position to submit a Pro Bowl Coaching Application.
- The head coach(es) will be selected and announced in as expeditious manner as possible.
- All other requirements listed for the 3<sup>rd</sup>-6<sup>th</sup> grade divisions shall apply.

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## G. Submission of Players

- Each intramural league head coach will select and submit players as Pro Bowl candidates from the opposing team and their team to the Directors of Coaches and Player Personnel each of the first 7 games. Head coaches will submit up to 4 players total from the opposing team (2 line - 1 offense and 1 defense; 2 skill - 1 offense and 1 defense; coaches may submit the same player for both offense and defense if warranted). Head coaches will also submit 1 offensive and 1 defensive player from their own team each game. Coaches are not allowed to submit a nomination for their own children or those under their guardianship.
- The Pro Bowl team head coaches, Director of Coaches, Director of Player Personnel, Vice President, and President act as the 'selection committee' for Pro Bowl rosters. However, all intramural league head coaches, and other designated Board Members will review and support the development of the final list of submissions for consideration for each grade division. In addition, players may be added to the submission list at any time during the remainder of the intramural regular season at the request of their intramural team head coach or the Pro Bowl team head coach and agreed upon by the committee. For those players that are "playing up" a grade division in the intramural league and are submitted for Pro Bowl team consideration they must announce at the time their intention to be considered for either the grade division of their intramural team or the next lower grade division that they typically would have participated.

## H. Selection of Players

- The player selection date will be on or about, but no sooner than, the end of the final week of the intramural regular season. The selection of players for each team will be determined by the following:
  - Pre-season evaluations.
  - Position taken in the most recent intramural league draft.
  - Number of seasons playing in the League
  - The personnel needs for the specific team and position requirements.
  - Season statistics (if available)
- The post season teams will be selected by the Pro Bowl team's head coach, Director of Coaching, Director of Player Personnel, Vice President, and President. All intramural league head coaches, and other designated Board Members may be considered in the selection decisions.
- Team selections will be posted on the CGBFL website.
- Pro Bowl head coaches are expected to evaluate all nominees in the intramural regular season. Evidence of an objective evaluation of said players should be kept by the Pro Bowl head coach and may be requested by the Board of Directors.
- If the head coach fails to objectively evaluate a player(s), the selection committee reserves the right to vote to include or exclude that player(s) on the specific Pro Bowl team. Majority vote carries.
- Players must play for the team for which they were selected. If a player does not want to play for the team for which they were selected, they reserve the right to forfeit their selection and abstain from participating. At that time, the Pro Bowl team selection committee will carry out the described process from above to evaluate and select a replacement player.



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## ***Section 3 – Practices***

- A. Any player shall have a minimum of three (3) contact practices with their team at the beginning of the season before participation in a game. Pre-game warm-up or practice with another team does not constitute a practice. (Exceptions by the Director of Player Personnel and the President).
- B. Any player who has missed more than six (6) consecutive activities (i.e., practices or games) for any reason must have a minimum of two (2) contact practices before participating in a game. Pre-game warm-up does not constitute a practice.
- C. All practices will be held at the CGBFL field.
- D. Practices will be terminated immediately upon directive of the Officer of the Day. Practices will not continue after dusk or with threatening weather.
- E. Practices terminated due to weather that has not lasted longer than 30 minutes (as determined by the Officer of the Day) will not be counted as an activity.
- F. There will be a two (2) hour time limit for practice.
- G. Teams may not practice until one (1) hour prior to their game.
- H. No team can conduct a scrimmage with another team until they have completed two (2) practices and only scrimmage one (1) time during the week.

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## **Section 4 - Activities/Participation**

- A. During the first full week of school and every following week of school, a maximum of three (3) activities (combination of games and practices) will be allowed.
  - i. If the start of the fall school term starts mid-week, the board will decide how many activities will be allowed during that partial school week, with the maximum being four (4).
  - ii. No practice will be permitted on Friday or Sunday. A committee of the President, the Director of Player Personnel and Directors of Coaches can make exception to this rule.
  - iii. Additional outside activities, (i.e., skill sessions, team meetings, etc.) must be approved by the Director of Coaches and unless approved, will be grounds for disciplinary action.
  - iv. Parties are allowed as long as attendance is not required.
- B. For each game, each player on the team roster must be assigned to either an offensive or defensive unit and remain on that unit for the entire game.
  - i. The assigned units must enter the game intact at each change in possession of the ball. The assigned units shall remain in the game until a change in possession of the ball occurs.
  - ii. No free substitution to each player's assigned unit with the following exception. In the case of a player who is assigned to both offensive and defensive units, that player may be substituted with a player who is only assigned to one unit so long as this said player remains on his starting unit for the rest of the game.
  - iii. The penalty for improper substitution will be unsportsmanlike conduct.
- C. The head coach of each team shall have the right to remove a player from game participation for disciplinary reasons (failure to attend practices, games, etc) and may do so by submitting player's name and reason for disciplinary to the Director of Coaching or to the Officer of the Day prior to the game time. Concurrence by the Director of Coaching or the Officer of the Day is required before disciplinary action will be taken.
- D. Any player whose actions may be hazardous to the safety of him or others may be ruled on by the Board of Directors to determine whether or not he may continue participating.
- E. A player shall participate in only one (1) regularly scheduled Center Grove Bantam Football League activity per day.

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## **Section 5 - Junior Trojans**

- A. To be eligible to be selected for the Junior Trojans team, a player should attend tryouts. The Board of Directors will handle exceptions. The IEFA travel team will be selected from the league- registered players by the board approved travel team coaching staff during tryouts prior to the intramural team's draft. No more than twenty-six (30) players will be selected without Board Approval.

## **Section 6 – Walk-Ons**

- A. Walk-ons (players who do not participate in evaluations or the draft) will be assigned to a team via a lottery and conducted by the Director of Player Personnel.
- Participating teams for those players will be those teams whose total number of players is less than the other teams in their division.
  - Walk-ons making weight will be eligible to carry the ball.
  - Walk-ons must be added before the second game of the season, after the game only with Board approval.
  - The team with the fewest players will receive 1st priority when walk-on players are being assigned.
  - A player that is deemed by the Head of Player Personnel as an impact player will be assigned to a team two of the following three board members: Director of Player Personnel, President, Vice President.

## **ARTICLE II - Ball Carrying Weight**

### **Section 1 - Weight Limits**

- A. Ball carrying weight is defined below:

<b>Division</b>	<b>Weight without Equipment</b>
Rookie	70 lbs.
Minor	95 lbs.
Majors	115 lbs.

- B. Players will be offered one final weigh-in opportunity on the last day of evaluations.
- C. A total of two (2) current independent board members must be present during a weigh-in.
- D. Players will get helmet stripes according to the following:

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League	Black Stripe	Red Stripe	2 Red Stripes
Rookie	70 lbs.	85 lbs.	120
Minor	95 lbs.	110 lbs.	150
Majors	115 lbs.	130 lbs.	Over 170 lbs.

- i. Players without a stripe can carry the ball.
  - ii. Players with a black stripe can play Tight End (or another offensive line position but not Split End) and receive the ball (all divisions) and advance it (Major and Minor), however it must be a forward pass beyond the line of scrimmage.
  - iii. Black strikers may not advance the ball on a kick off or on a special team unit other than a pass on a PAT.
  - iv. Players with a red stripe must play on the offensive line, but not at Tight End.
  - v. Players weighing over the ball carrying weight are not eligible to play in the offensive backfield.
  - vi. Players over ball carrying weight will be allowed to hold for PAT's and field goals.
  - vii. In all divisions, players with two (2) red stripes are not allowed to play defensive end.
- E. Defensive players may exceed the ball carrying weight, but in the event, possession is gained by a player over ball carrying weight, the ball is to be blown dead immediately.
- F. For Major and Minor divisions, a black striker may advance the ball on a turnover (i.e., interception or fumble).
- G. In the Major Division only in kicking an extra point or field goal, the offensive team may fake the kick and run or throw the ball, but only if the center snaps the ball to the holder or kicker.
- H. All boys exceeding the ball carrying weight at the official weigh-in shall have their helmets marked front with a two-inch wide tape stripe four inches long on the front and back of the helmet.
- i. Tape shall be of a distinctive contrasting color so as to be readily identifiable by the game official and to distinguish them as ineligible ball carriers.
- I. Indiana High School Athletic Association ([IHSA](#)) numbering system does not apply to Center Grove Bantam Football League.

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## **ARTICLE III - Game Management**

### ***Section 1 - Field of Play***

- A. All rules not specifically mentioned in this document, will defer to the current IHSAA rules for interpretation by the game officials.
- B. Major, Minor and Rookie Division games will be played on a one hundred (100) yard field.
- C. Only players and coaches may be on the sidelines and must stay between the two twenty-fiveyard lines.
  - i. A maximum of three (3) coaches and one (1) team dad (mom) may be on the designated sideline at any given time of the competition of teams.
  - ii. Any other coaches and or statisticians or others must remain out of the designated sideline area during the competition.
  - iii. Only the Head Coach and the Assistant Coach, approved by the Board of Directors, shall be allowed on the field of play. The Field Referee and/or the Officer of the Day will issue a single warning for violation of this rule. A fifteen (15) yard unsportsmanlike conduct penalty will be assessed to the head coach of the violating team for next and each subsequent infraction.
- D. A neutral zone will be marked along each sideline and end zones. Parent and non-players will not be permitted to enter this neutral zone during play.
- E. One Rookie and Minor Division Coach is allowed on the field during the play of the game.
  - i. After the offensive and defensive huddles are broken the Rookie Division Coach on the field may talk to his players for alignment purposes only.
  - ii. Any talking that either gives opposing team strategy or delays the game will result in a five (5) yard delay of game penalty.
- F. When only one (1) official is available for scheduled games, an appointed Board Member, or like representative agreed upon by both coaches, may act as the second official.
- G. The rescheduling of all suspended games shall be the responsibility of the Vice President. The game shall be restarted according to IHSAA rules.

### ***Section 2 - League Champions***

- A. At the conclusion of the regular season for the purpose of awards and recognition, the final won/loss records of all teams participating in a division will determine League Champions.
  - i. In the event of a tie between two or more teams, head-to-head competition will be the determining factor alone. If there was no head-to-head competition during the regular season, a tie will then be declared.
  - ii. For the purpose of seeding teams for the post-season tournament, teams who are tied will be seeded according to their head-to-head regular season game. If it cannot be determined by head-to-head play, seeding will be decided by a blind draw process.

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## ARTICLE IV- Intramural Play

- A. All league games will be played in accordance with the IHSA rules. In addition to the aforementioned rules, the following rules will be applicable in all games.

### **Section 1 - Timing/Game Schedule**

- A. Each game shall consist of four quarters. Each quarter will be eight (8) minutes long with a maximum of eight (8) minutes between halves.

- B. The clock will be stopped for:
- Penalty enforcement
  - Out of bounds
  - First downs
  - Incomplete passes
  - Injury time outs
  - Timeouts
  - During attempt for point after

~~C. Once a team is ahead by eighteen (18) points, any player who previously scored an offensive touchdown for the team is no longer eligible to carry the ball, throw a forward pass, or catch a forward pass, while the lead remains eighteen (18) points. Players whom contribute to the lead only by a 1 or 2 point conversion are still eligible to carry the ball, throw a forward pass, or catch a forward pass during an 18 point lead.~~

D. A player who was a legal ball carrier after the lead became eighteen (18) points and scores a touchdown becomes ineligible to carry the ball, throw a forward pass, or catch a forward pass while the lead remains eighteen (18) points.

E. If the lead drops below eighteen (18) points, all players of ball carrying weight are again eligible to carry the ball.

F. Any player who becomes ineligible to run the ball because of C. or D. above and then runs the ball, other than recovering a fumble by the opposing team or making an interception of a legal forward pass, it will be an unsportsmanlike penalty on the coach. If an ineligible player as defined above scores, the score will be disallowed and the ball return to the previous spot and the unsportsmanlike penalty assessed from the previous spot. If an ineligible player recovers a fumble by his own team, the play shall be dead at the spot of recovery and the ball cannot be advance.

- G. After the ready for play whistle given by a game official, each team shall have 30 seconds to snap the ball; violation of this will result in delay of the game.
- Once offensive and defensive huddles are broken, the coaches on the field – minors only, will give NO FURTHER INSTRUCTIONS THAT GIVES STRATEGY OR DELAYS THE GAME. TALKING FOR ALIGNMENT PURPOSES IS ALLOWED, BUT OFFENSE MUST STILL SNAP THE BALL BEFORE THE PLAY CLOCK EXPIRES. Penalty of five (5) yards for delay of the game each and every infraction will be assessed.
  - The shotgun formation and snap are prohibited in all leagues and should not be run at any time. This formation will be penalized as a live ball foul and 5 yard penalty. Repeated violations of this illegal formation will be penalized as an unsportsmanlike penalty.
  - The double tight end formation is prohibited in all leagues and should not be run at

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any time. This formation will be penalized as a live ball foul and 5 yard penalty. Repeated violations of this illegal formation will be penalized as an unsportsmanlike penalty.

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- H. Each team is allowed two (2) time-outs per half, excluding official time-outs for injuries.
  - i. A team may carry over one time out to second half.
- I. A game tied at the end of regulation will continue under the overtime format.
  - i. At the end of regulation time, a two (2) minute official's time out will be called. During this time out, team captains will meet with the officials for a coin flip to determine which team will have possession.
  - ii. The overtime periods will be in accordance with the IHSA rules. If after the first overtime period, the score remains tied, a second overtime period will be played.
  - iii. If the score remains tied after the second overtime period, the game will end as a tie.
  - iv. During tournament games, overtime periods will continue until there is a winner.

### **Section 2 - Kicking**

- A. Punters, kickers, and holders may exceed the ball carrying weight but advancement of the ball by either a run or a pass by such a punter or kicker is not allowed per Section II of the Rules of Play.
- B. A fourth (4th) down punt rule will be enforced. Prior to the snap of the ball, the referee and defensive team must be notified of the punt.
  - i. In the Rookie league, a 25-yard walk off punt rule will be enforced.
  - ii. In the Minor Division, a 25-yard walk-off punt rule will be enforced.
  - iii. In the Major Division, a 25-yard walk-off punt rule will be enforced
  - iv. If the offensive team is within defensive team's 25- yard line and elects to punt, the ball will be taken ½-the-distance-to-the-goal rather than the walk-off.
  - v. We will have no kickoffs for all divisions and the ball shall be placed on the 35-yard line of the receiving team.
- C. On any attempted field goal or extra point kick:
  - i. Once both teams are set, the official will blow the ball ready for play to signify the start of play. the holder can immediately place the ball on the tee to be kicked.
  - ii. The holder must spot the ball directly behind the center.
  - iii. The defensive unit will not be allowed to rush in the Rookie and Minor Divisions.
  - iv. If the ball is not kicked in five (5) seconds, the ball will be blown dead and loss of possession will occur.
  - v. If the field goal attempt is unsuccessful, the ball will be brought out to the 20-yard line, regardless of where the ball was snapped or kicked from.
  - vi. In the Major Division only, the defense may rush the ball once it has been blown ready by the official or the ball is snapped by the center. The ball may be placed next to the holder or the long snap option may be utilized.
  - vii. The defense must be in the standard 4-3 formation.
- D. NO FIELD GOALS WILL BE ALLOWED DURING OVERTIME, except in the Majors. In the Major Division only (5th and 6th grades) in overtime teams will be allowed to kick a field goal from the 10-yard line or from at least 7 yards back from the spot of the ball.



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- D. There will be no kickoffs for all divisions and the ball shall be placed on the 35-yard line of the receiving team. After a safety, the ball is placed on the 35-yard line of the kicking team, with the receiving team taking possession.

## **Section 3 - Scoring**

- A. A score for an extra point conversion after a touchdown will be awarded in the following manner:
- i. If the ball is placed on the three (3) yard line, one (1) point will be awarded for the advancement of the ball over the goal line;
  - ii. If the ball is placed on the five (5) yard line, two (2) points will be awarded for advancement of the ball over the goal line.
  - iii. If the ball is placed on the three (3) yard line and spotted on the ten (10) yard line, two (2) points will be awarded for a kick through the uprights.

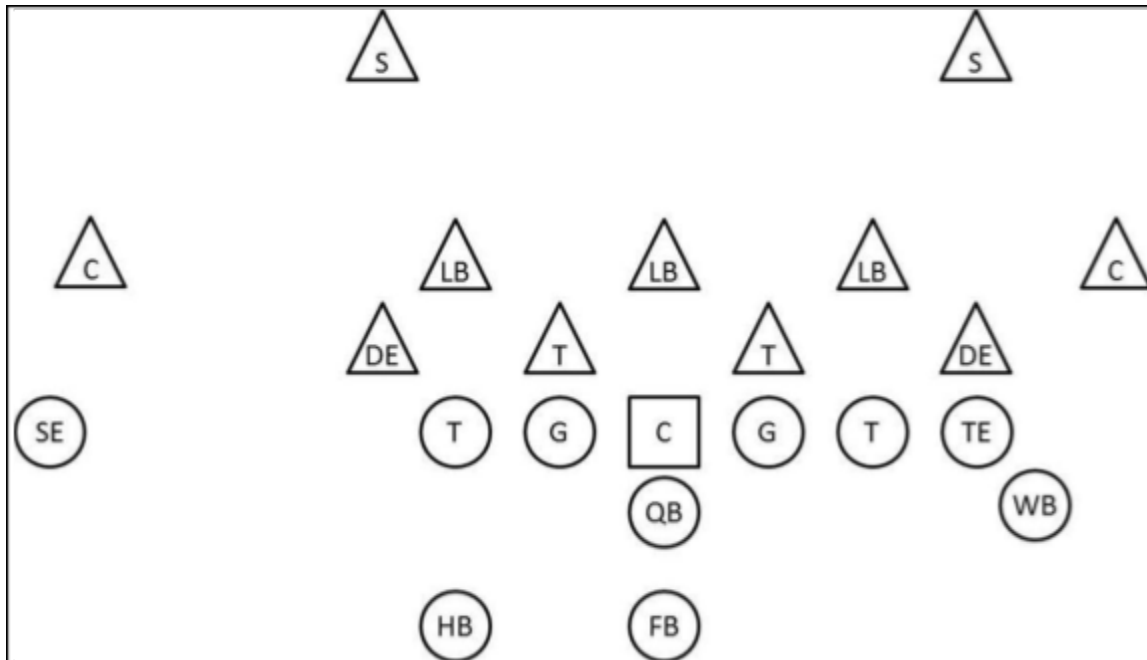
## **Section 4 - Standard Formations**

- A. Standard Defensive Alignment (Rookie, Minor)
- i. Each team must employ a standard "4-3" defense, consisting of 2 down lineman, 2 ends, 3 linebackers, 2 cornerbacks and 2 safeties.
  - ii. This defense must be used on all plays unless an attempt to "kick" has been declared or the situation is such that the defensive team may lawfully invoke the goal line defense (see below).
  - iii. Rookie and Minor coaches on the field, shall remain at least five (5) yards behind the deepest defensive player.
  - iv. Defensive tackles(T) may line up:
    - a. Head up (helmet directly across) from the offensive guard.
    - b. Must be in the down position at all times.
    - c. MUST HAVE SHOULDERS PARALLELL TO THE LINE OF SCRIMMAGE WHILE IN THE DOWN POSITION.
  - v. Defensive ends (E) may line up:
    - a. Head up (helmet directly across) or on the outside shoulder (helmet on the outside, but still within the framework) of the offensive end
    - b. In the case where the end has lined up in a split formation, the defensive end MAY LINE UP HEAD UP OR ON THE OUTSIDE SHOULDER OF THE OFFENSIVE TACKLE OR in the same position that would have been occupied by the end had he lined up next to the tackle.
    - c. Shall be in a down position at all times.
    - d. MUST HAVE SHOULDERS PARALELL TO THE LINE OF SCRIMMAGE WHILE IN THE DOWN POSITION.
  - vi. Linebackers(LB) must:
    - a. Be one (1) yard of daylight between the linemen and the linebackers
    - b. Must line up head up on the offensive lineman directly across from them. Linebacker Positions in Rookie and Minor: OLBs must be head up on the offensive tackles except in the 6-2. There still must be 1 yard of air space between OLBs and defensive linemen. The MLB must be head up or a slight "shade" on the left or right shoulder of the offensive center. There still must be 1 yard of air space between MLB and defensive linemen.
    - c. May not make a forward movement and must maintain their position until the ball is snapped.

## Center Grove Bantam Football League (CGBFL) Rules of Play

- vii. Defensive Cornerbacks (C) must:
  - a. Line up even with linebackers
  - b. Cornerback must stay outside the defensive end.
  - c. May not make forward movement until the snap of the ball, but may move parallel to the line of scrimmage at any time prior to the snap of the ball.
- viii. Safeties (S) must:
  - a. Have at least two (2) yards of daylight between themselves and the linebackers.
  - b. Must be lined up inside of the cornerbacks.
  - c. May not make forward movement until the snap of the ball, but may move parallel to the line of scrimmage at any time prior to the snap of the ball.

Figure 1-Standard Defensive Formation "4-3"



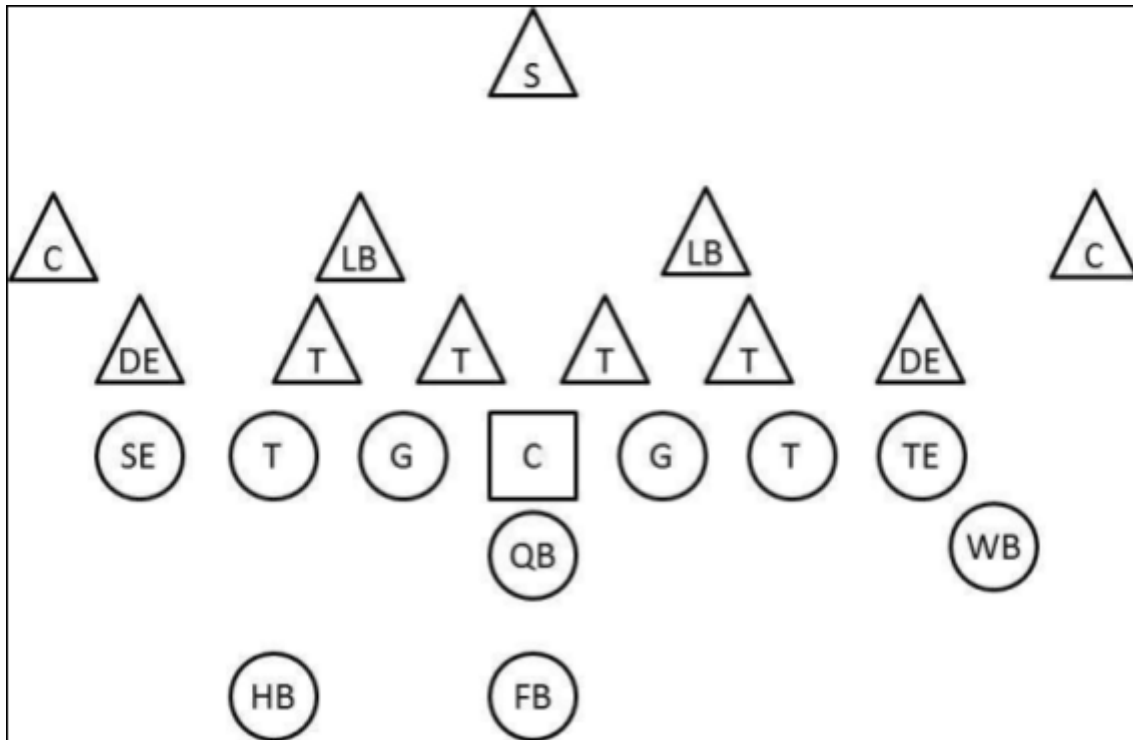
- B. Standard Defensive Alignment Majors Only
- i. Each team must employ a standard "4-3" defense, consisting of 2 down lineman, 2 ends, 3 linebackers, 2 cornerbacks and 2 safeties.
  - ii. May allow defensive tackles (T) to line up anywhere across from the offensive guard as long as the helmet is within the framework of the offensive lineman. Once set in this alignment, the player must remain in the position through the snap of the ball. THE TWO DOWN LINEMEN AND THE TWO DEFENSIVE ENDS MUST HAVE THEIR SHOULDERS PARALELL TO THE LINE OF SCRIMMAGE and be in the down position until the ball is snapped.
  - iii. May allow for a safety to be moved up as an additional linebacker that shall play parallel to the existing linebacker. This player will line up outside the existing linebackers and inside of the cornerback. IF THE SAFTEY MOVES UP TO BE EVEN WITH THE LINEBACKERS, HE MUST NOT BE MOVING FORWARD AT THE SNAP OF THE BALL.

## Center Grove Bantam Football League (CGBFL) Rules of Play

### F. Standard Goal Line Defensive Alignment "6-2"

- i. The standard "6-2" goal line defense may be employed on the 4th down or when the offensive team is on or within the defensive team's ten (10) yard line.
- ii. Two defensive ends will line up head up (directly across) or on the outside shoulder (helmet on the outside, but still within the framework) of the offensive end.
- iii. All other defensive linemen must be between the defensive ends and must be in the down position until the ball is snapped.
- iv. One safety and one LB position will be eliminated for this formation.

Figure 2-Standard Defensive Formation "6-2"



## Center Grove Bantam Football League (CGBFL) Rules of Play

- G. Standard Offensive Alignment:
- i. The backfield must have:
    - a. Two (2) backs within the outside shoulder of the tackle (including the Quarterback)
    - b. All formations must be in accordance to the Center Grove High School system. COMPLIANCE WITH THE CENTER GROVE HIGH SCHOOL SYSTEM WILL BE MONITORED BY THE BOARD OF DIRECTORS. OFFICIALS WILL ONLY ENFORCE THAT THE OFFENSE HAS NO MORE THAN 4 PLAYERS IN THE OFFENSIVE BACKFIELD AND AT LEAST SEVEN PLAYERS ON THE LINE OF SCRIMMAGE.
  - ii. The offensive line must have:
    - a. Five players in the set or down position with lineman splits of no less than two (2) feet and no further than three (3) feet.
    - b. Ends may be split more than two (2) feet except Tight Ends which must have no more than two (2) feet splits. Split End must line up at a minimum of seven (7) yards and no farther than the distance set by the wing official.
    - c. The splits rule will not be in effect during the situations in which a "6-2" defense can be played.
    - d. There may be no unbalanced lines in all divisions.
  - iii. Violations of the standard offensive and defensive alignment will result in a five (5) yard ILLEGAL FORMATION penalty. Repeated violations can result in an unsportsmanlike conduct call.
  - iv. The hole numbering system shall mirror the Center Grove High School system. This system shall be reviewed during the mandatory coaches' clinic.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## ARTICLE V - Equipment

### ***Section 1 - Requirements***

- A. For any contact practice or game, each player must be equipped with the follows:
  - i. Helmet and facemask, which are National Operating Committee on Standards for Athletic Equipment ([NOCSAE](#)) approved.
  - ii. Shoulder pads of good quality.
  - iii. Pants with at least suspension thigh pads, hip pads, tailbone pad and kneepads.
  - iv. Cleats or tennis shoes are required. No metal or metal-tipped cleats are allowed.
  - v. Every player must have a mouthpiece
  - vi. Warning label must be left on helmet.
- B. The League must approve all equipment used by players.
- C. Helmets and shoulder pads may be rented from the League. The League furnishes game jerseys.
- D. A mouthpiece must be in place before the ball is snapped. A warning will be given on the first violation and a five (5) yard penalty may be assessed on subsequent violations.
- E. Any player wearing a hard cast or splint will only be allowed to participate with a physician's Release Form and a referee's approved wrap, per league by-laws.

## ARTICLE VI - Coaches

### ***Section 1 - Coaches' Requirements***

- A. All coaches and assistance coaches must consent to a background check prior to participating in any CGBFL practice or game.
- B. An individual may be a Head coach on only one contact team.
- C. All Rookie, Minor and Major coaches may have a maximum of three (3) assistants after the draft.
- D. The conduct of all coaches must be above reproach at all times. All grievances must be directed to either League President or the Director of Coaches. If a coach receives an unsportsmanlike penalty from a game official, that coach will be removed for the remainder of the game. Coach suspensions will be subject to review by the Director of Officials, Officials Liaison, and Director of coaches, exception for board members (automatic suspension).
- E. The Director of Coaches will try to fairly resolve any grievances received from any coach.
- F. The Director of Coaches may present said grievance at the next Board meeting. The coach or coaches involved in the grievance should be present at such Board meeting. If deemed necessary, either the President or Vice President may call an emergency Board meeting

## Center Grove Bantam Football League (CGBFL) Rules of Play

for action on said grievance.

- G. If for any reason the Director of Coaches does not satisfy any coach concerning his grievance, the coach has the right to present his grievance to the Board of Directors.
- H. Each coach will be responsible for the actions of his players, assistants and players parents.
- I. All coaches will be expected to abide by the Corporation Rules of Play and Code of Conduct.
- J. The Rules of Play will determine practice sessions.
- K. Field maintenance shall be shared responsibility of all coaches and their assistants, including the clearing of all debris from the field and surrounding areas following all scheduled practices and games. Teams playing the last game on a field that day are responsible for cleaning the field and public areas before leaving that day.
- L. All coaches shall be responsible for his team's participation in all league activities.
- M. ALL coaches are required to attend a meeting with Head of Officials to discuss rules of play under IHSA guidelines and CGBFL rules of play. The Head of Officials will conduct three separate meetings, and coaches are required to attend one full meeting.
- N. Coaches are responsible for communicating league information to their teams.
- O. Any outburst of profanity, temper, name calling, abusive language of any sort, at any time, will not be tolerated and appropriate action will be taken by the Officer of the Day or any board member who is present.
- P. Physical violence by a coach toward anyone will result in suspension for the remainder of the season in any capacity.
- Q. The coaches are responsible for assigned players properly entering and leaving the game.
- R. The use of tobacco or alcohol will not be allowed on the field. Pets are not allowed at any time on the fields or sidelines.
- S. The Board will review coach's misconduct and penalties.
- T. Coaches will stay and supervise all players until they have been picked up. This includes games, practices or any other team activity.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## **ARTICLE VII - Cheerleaders**

### ***Section 1 - Eligibility***

- A. Any girl age 5 through the 6th grade is eligible to be a cheerleader.
- B. Every Cheerleader must have a permission slip and emergency form signed by a parent on file with the Director of Cheerleading by the start of Cheer camp.
- C. All cheerleaders will be required to attend cheer camp and a mini football lesson so as to be aware of the sport for which they cheer.
- D. Each squad will have a maximum 10 cheerleaders
- E. Cheer squad assignments will be on a rotation basis to ensure all teams have adequate cheerleaders. Request to be on a certain team or on the same team, as another cheerleader will be taken into consideration. Due to large volume of requests, no request is guaranteed.

### ***Section 2 - Behavior/Code of Conduct***

- A. All cheerleaders will conduct themselves in orderly manner at all times while at the Bantam field for any reason.
- B. Cheerleaders will act in sportsmanlike manner at all times – there will be no booing or lewd language toward another team.
- C. There is to be no arguing or physical fighting of any kind between cheerleaders, players, coached, parents, officials, or fans.
- D. Cheerleaders will follow the etiquette of a football game as defined in the rules of play.
- E. Cheerleaders are expected to be on time to all games.
- F. Cheerleaders are expected to wear a proper uniform to all games.
- G. Zero tolerance reprimand policies apply to cheerleaders as well as players and coaches.
- H. A cheerleader may be benched or expelled for poor conduct. After 3 conduct instances a cheerleader will be asked to leave the league.
- I. In the case of inclement weather – if the game is not cancelled, cheerleaders are expected to cheer.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## ***Section 3 - Practices***

- A. Cheer Coaches are to conduct one practice session per week during the fall season.
- B. Practices should be one hour in duration.
- C. Practices must be held at the Bantam field.
- D. Cheer coaches are to be present and to lead all practices unless an assistant coach is present. At least one adult is to be present at all times.

## ***Section 4 - Uniforms***

- A. Uniforms are to be ordered by the Director of cheerleading.
- B. Uniforms are all purchased from one supplier. Shoes need to be white leather and have good support.
- C. Cheerleaders will need a jacket, turtleneck and pants for games where the weather is colder. These items need to be approved by the Director of Cheerleading.
- D. Cheerleaders are to wear approved uniforms only to all games.
- E. No jewelry is to be worn during games or practices as well as no hard hairpieces, barrettes etc. These items can cause injury to a cheerleader.

## ***Section 5 - Game Etiquette***

- A. When a player is hurt on the field-all cheering stops and cheerleaders are to take a knee quietly until the player is taken off the field.
- B. There is to be no booing or other poor sportsmanship from a cheerleader at any time.
- C. Cheerleaders should cheer during the game – not play or horse around. Breaks are to be given for drinks or as needed for rest at the coach's discretion.
- D. There is to be a cheer captain for each game on a rotating basis. The cheer captain is in charge of which cheers are performed at the game.
- E. All fees due CGBFL are to be paid before the first game. No one will be allowed to cheer until all fees are paid.
- F. After all games-cheerleaders will pick up any trash left by cheerleaders and others and discard items into trashcans provided by the league.



# Center Grove Bantam Football League (CGBFL) Rules of Play

## ***Section 6 - Equipment***

- A. Cheerleaders will need the following items: none of which are provided by the league.
  - i. Uniform
  - ii. Shoes
  - iii. Pom Poms
  - iv. Turtleneck
  - v. Sweatpants
  - vi. Jacket
- B. All equipment is to be approved by the Director of cheerleading
- C. Cheerleaders may wear shorts and t-shirts for practices.

## ***Section 7 - Cheer Coaches***

- A. Cheer Coaches must follow the rules and regulations of the league.
- B. Cheer coaches must be present at all games and practices.
- C. All cheer coaches are to be approved by the Board of Directors and must have a current application on file.
- D. Each head coach is to have an assistant coach to help with duties.
- E. Any grievances with the league must be brought to the director of cheerleading. If needed the director of cheerleading will present grievances to the board.
- F. Cheer coaches are responsible for the conduct and behavior of their cheerleaders and assistant coaches.
- G. Coaches are the liaison between the Director of Cheerleading and cheer parents.
- H. Cheer coaches can and should create cheers, which need to be approved by the director of cheerleading.
- I. Coaches are to conduct themselves in a sportsmanlike manner at all times, yelling or arguing with cheerleaders, players, coaches, officials, and fans will not be tolerated.
- J. Coaches will follow all rules of play.
- K. If a cheerleader is hurt during a practice or game, the coach is to fill out an accident report and turn it in to the Officer of the day and provide a copy to the Director of cheerleading.
- L. Coaches are to go through training with the Director of cheerleading and attend cheer camp with their cheerleaders.
- M. All coaches will take a mini football lesson.
- N. Cheer coaches will communicate with football coaches on game happenings, ideas, etc. as well as the team mom and cheer mom.

## Center Grove Bantam Football League (CGBFL) Rules of Play

- O. Coaches are responsible for teaching cheerleaders the league rules.
- P. The use of tobacco, alcohol, and other drugs is not permitted in or on the field.
- Q. Coaches must stay with cheerleaders after each game and practice until a parent or responsible adult has picked all up.

### ***Section 8 - Parents***

- A. Cheer parents are subject to the same rules as football parents. (See rules of play for football)
- B. Parents can be prohibited from game for poor conduct.

### ***Section 9 - Junior Trojan Cheerleaders***

- A. Junior Trojan cheerleaders will be chosen by a tryout process. You must complete a permission form and attend the tryout to be a cheerleader for the Junior Trojan team.
- B. You must be a 4<sup>th</sup> – 6<sup>th</sup> grader to tryout
- C. Info packets for Junior Trojan tryouts are available from the Director of Cheerleading.
- D. Junior Trojan cheerleaders must follow the same rules and regulations as all other league cheerleaders.

## **ARTICLE VIII - Code of Conduct**

### ***Section 1 - Participants***

- A. Each player and coach will conduct themselves in a sportsmanlike manner at all times.
- B. Fighting on the field will cause the player or players to be expelled from the game as well as the subsequent game and possible subsequent actions may be taken.
- C. Swearing or arguing by a participant will not be tolerated at any time. The Officer of the Day, any Board member present, referee or coach may request the individual to leave the field and a fifteen (15) yard penalty may be assessed. The Board of Directors for possible additional action will review a situation of a player or coach being removed from the game.
- D. Throwing or kicking of any equipment including league equipment may cause suspension of the player from the game.
- E. Players will not be allowed to sit on their helmets.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## **Section 2 - Parents**

- A. Parents and non-players are not permitted to enter the neutral zone as marked along the sidelines and end zones.
- B. Parents are required to furnish transportation to and from practice sessions and games.
- C. Swearing, physical or verbal abuse by a parent will not be tolerated at any time. The referee, coach, Officer of the Day or any Board member present may request the individual to leave the field and a fifteen (15) yard penalty may be assessed.
- D. Physical violence or verbal abuse by non-participants toward anyone will not be tolerated and the offender will be asked not to participate or attend games.
- E. No air horns will be allowed at the facility.
- F. Noise makers or any device that is disruptive to the offense play calling will not be allowed, after the huddle has broken.

## **Section 3 - Additional Penalties**

- A. All teams are required to fulfill their designated time in the concession stand and tower duty, or forfeit a practice or game as decided by the Board of Directors.
- B. The Board has the right to penalize a player(s), coach (es), or team in any manner, which it considers appropriate. The types of penalties include but are not limited to the following:
  - i. Player or coach suspension for any or all of the activities (practice, games)
  - ii. Parents will be prohibited from attending games.
  - iii. Forfeit of games.
  - iv. Loss of practice sessions as directed and/or decided by the Board of Directors for failure to abide by and/or cooperate with League Rules of Play or Code of By-Laws.
- C. Anyone, including coaches and spectators, ejected from the game by a league official, board member or referee must leave the park premises immediately without further discussion, comment or outburst and will serve an automatic one (1) game suspension from participation while the matter of their conduct and the possible need for further sanctions is investigated.
- D. Anyone, including coaches and spectators, ejected from the game by a league official, board member or referee a second time will be banned from league participation pending Board review.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## Article IX – Safety

### **Section 1 – Safety Statement**

- A. In support of the vision of the Center Grove Bantam Football League to become the sport of choice among the children of our community, a safety statement has been adopted to further that vision.
- B. The Center Grove Bantam Football League is committed to providing a safe environment for the players as well as the members of our community attending events at our facilities.

### **Section 2 – Player Safety and Athlete Injuries**

- A. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.
- B. If it is confirmed during the contest by a designated health care professional experienced in evaluating for a concussion that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
- C. In the event the contest continues, and a designated health care professional does NOT clear the athlete for return during said contest, the athlete is subject to the return to play protocol as listed below:
  - i. Only an MD or DO may clear the individual to return to competition.
  - ii. The clearance must be in writing.
  - iii. The clearance may not be on the same date on which the athlete was removed from play.
- D. A medical doctor (MD) or Doctor of Osteopathic Medicine (DO) that holds an unlimited license to practice medicine in the state of Indiana, or; a certified athletic trainer (ATC/L) licensed in the state of Indiana (IHSA National Federation of State High School Associations Rules publications).
- E. Players who exhibit concussion signs and symptoms, and players who are bleeding or have blood on their body or uniform removed in any of these situations must leave the game for at least one down, and the time-out is an officials' time-out, not one charged to the team.
- F. If the helmet comes completely off during the down or subsequent dead-ball action related to the down – and is not directly attributable to a foul by the opponent – the player must leave the game for at least one down, with the exception of halftime or overtime intermission. When this occurs, an official's time-out shall be called.
- G. Cuts shall be covered prior to return to play. Tech kits are available in the concession stand.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## ***Section 3 – On-Site Emergency Medical Services***

### **A. EMS Coverage**

- i. Emergency Medical Services (EMS) coverage will be arranged for large events and game days. The Director of Safety will manage the EMS coverage schedule and provide it to the organization providing coverage. In most cases this will be arranged with the Bargersville Community Fire Department.
- ii. The league will maintain a minimum of three (3) short-range handheld radios. The radios will be issued to the following locations:
  - EMS crew
  - Concession stand
  - Officer of the Day
- iii. In the event of an emergency, the handheld radios may be used to notify the EMS crew. 911 should be used if an EMS crew is no onsite or otherwise unavailable.
- iv. An EMS tech kit will be provided as a supplement to onsite EMS coverage. The EMS tech kit and Automatic External Defibrillator (AED) will be kept at the concession stand. The Director of Safety shall be responsible for maintaining the tech kit.

### **B. Heat Awareness/Heat Precautions**

- i. When necessary, coaches should instruct athletes to do the following:
- ii. Wear net-type jerseys
- iii. Wear T-shirts and shorts, not pads
- iv. Remove helmets when not playing or scrimmaging
- v. Avoid wearing sweatshirts
- vi. Change sweat-soaked clothing

### **C. Appropriate Fluid Intake**

- i. Players should not take salt tablets, but rather salt their food liberally when playing in hot, humid weather.
- ii. Before a competition or practice, players should consume appropriate fluids as follows:
- iii. Two to three hours before a competition or workout, drink 4-5 ounces of appropriate fluid every 10-20 minutes
- iv. One hour before a competition or workout, drink 8 ounces of appropriate fluid
- v. Fifteen minutes before a competition or workout, drink 4-5 ounces of appropriate fluid
- vi. During a competition or workout, drink 4 ounces of appropriate fluid every 10 to 20 minutes.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## D. Treatment of Heat-Related Illnesses

- i. Heat-related illness may progress into heat exhaustion. Signals of heat exhaustion include headache, nausea, or dizziness and weakness. If this happens, the player needs to lie in a cool place, apply cool, wet towels to the body, drink cool water, and monitor his vital signs. In this stage, heat related illness can usually be reversed with prompt care. Often an injured player feels better when he rests in a cool place and drinks cool water.
- ii. If signals are present that the illness is progressing, notify the players parents and call 911 immediately.
- iii. As the illness progresses into heat stroke, a player may have a high body temperature, have red, hot, dry, or moist skin, vomit, lose consciousness, have shallow breathing and/or a weak pulse. A player experiencing respiratory or cardiac arrest needs to receive rescue breathing or CPR.
- iv. To help prevent heat-related illnesses, keep players cool and hydrated. A heat index chart is provided at the end of the document. Coaches and board members can use to determine when conditions warrant the cancellation of an event.

## E. Reporting

- i. A report shall be completed for any injury that meets the following criteria:
  - Transport by ambulance
  - Loss of consciousness
  - Removal from the remainder of the event

If in doubt, the coach or board member should complete a report and forward it to the Director of Safety.

## ***Section 4 – Inclement Weather***

### A. Storm Safety –

#### **Game Management when lighting has been detected**

A 30-second flash-to-bang count corresponds to a distance of six miles, which should provide ample opportunity to remove any athletes from the playing field and get them into a safe shelter. At this time, the game shall be officially suspended from play. The game shall be suspended for at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Any subsequent lightning or thunder after the beginning of the 30- minute count should reset the clock and another count should begin. The combination of the 30-second flash-to-bang count to suspend activity and the 30-minute delay after the last lightning flash to resume activity is commonly referred to as the "30-30 rule."

# Center Grove Bantam Football League (CGBFL) Rules of Play

Numerous resources are available for use when determining if an event should be cancelled. A National Weather Service NOAA (*National Oceanic and Atmospheric Administration*) weather alert radio shall be available in the concession stand. A storm siren has been installed on the property for early notification of weather events. Local news and smartphones can also be used as resources. Any Board member can make the determination to cancel an event. The Director of Safety may be contacted at any time to provide additional information and/or to consult with coaches and Board members at the facility. The determination to suspend an event due to weather will be announced over the PA system, and the coaches will be notified by the Board Officer on duty. As a last resort, an air horn will be available at the concession stand to alert attendees when events are cancelled due to weather. Three (3) short blasts with a five (5) second pause should be used when alerting attendees to leave the facility in the event of an emergency.

## **Lightning**

In the event of a game or practice suspension due to lightning, participants and spectators are encouraged to seek shelter in a substantial enclosed structure with electrical wiring, plumbing, and telephone service which will aid in grounding the structure. Depending on the speed of the ensuing storm, some viable options would include returning home, seeking a nearby business, a local fire station, or other local public buildings. Seeking shelter in a vehicle is a reasonable option for protection from lightning.

## **Tornados**

In the event of a game or practice suspension due to a tornado, participants and spectators are encouraged to leave the facility if enough advanced notice is given to allow time to seek shelter in a substantial enclosed structure. Depending on the speed of the ensuing storm, some viable options would include returning home, seeking a nearby business, a local fire station, or other local public buildings. Seeking shelter in a vehicle is **not** a reasonable option for protection from a tornado.

## **Resuming/rescheduling Events**

All events will normally resume 30 minutes after the last flash of lightning is witnessed or thunder is heard.

If time prohibits the continuation of the event, you will be notified upon your return to the facility or via email if you choose not to return that day.

Coaches are responsible for contacting all players to reschedule practices. Cancelled events will not count toward the maximum number of events for the week. facility or via email if you choose not to return that day.

Coaches are responsible for contacting all players to reschedule practices. Cancelled events will not count toward the maximum number of events for the week.

# Center Grove Bantam Football League (CGBFL) Rules of Play

## **Section 5 – Annual Facility Safety Inspection**

- A. The Director of Safety shall conduct a safety inspection of the facilities each year prior to the start of the fall season. He/she will coordinate with the Director of Operations and the Director of Field Maintenance to perform the inspection and correct any deficiencies. The inspection shall be video recorded as well as a written report complete to keep on file.
- B. Annual fire inspections are usually required by the local fire department. The Board member designated to conduct the inspection with the fire department will be responsible for reporting any deficiencies to the appropriate board member for repair and providing a copy of the inspection report from the fire department to the Director of Safety to keep on file.

## **Section 6 – Facility Vehicles**

- A. The CGBFL utilizes golf carts for various operations at the facilities. Anyone operating a golf cart shall be licensed driver in accordance with insurance company requirements.

## **Section 7 - Officiating**

Process for Officials with Undesired Coach's Behavior

- 1) Official issues a sideline warning to applicable coach's sideline and explains reason for the warning (coach behavior)
- 2) If undesired behavior persists, (coach ) issue Unsportsmanlike Conduct Penalty and again, explain the reason.
- 3) If undesired behavior does not end by coach, stop the game, issue Second Unsportsmanlike Conduct Penalty and expulsion of the coach, request presence of CGBFL Officer of the Day to discuss. Resume game after Coach has left the field.

Note 1: If coach is expelled from competition, official must document per the CGBFL form for a review of next steps by the appropriate CGBFL BOD members and Head of Officials per our by-laws.

Note 2: If the undesired behavior is severe enough as deemed by the official, they can immediately proceed straight to #3 above. There must be sufficient reasoning that this action is warranted.

Process for Officials with Undesired Fan Behavior

- 1) Official should notify coach of the fan(s) on their sideline that is not acting appropriately and the coach shall address the issue.
- 2) If the undesired behavior by the fan(s) persists, issue a sideline warning to the applicable sideline and explain the reason to the coach for the penalty.
- 3) If the undesired behavior does not end by the fan(s), issue an Unsportsmanlike Conduct Penalty on the applicable sideline.
- 4) If undesired behavior does not end by the fan(s), stop the game, issue a second Unsportsmanlike Conduct Penalty and ask the CGBFL BOD Officer of the Day to remove the fan(s) from the sideline. Resume game once fan(s) have left the field.

Note 1: The CGBFL Officer of the Day will document any issue with a fan(s), including removal from the facility for the CGBFL BOD to review next steps, if warranted.

Note 2: Officials shall make best efforts to not get into a dialog/take action with a fan during or after a competition event. However, if an official feels physically threatened, he shall be permitted to defend himself/herself.

Note 3: If the undesired behavior is severe enough as deemed by the officials working the game, they can immediately proceed to #4 above. There must be sufficient reasoning that this action is warranted.

Note 4: If Fan A on a particular sideline exhibits undesired behavior and one of the steps above is taken, and then Fan B exhibits undesired behavior, the officials can proceed to the next step. The actions taken by the officials apply to the entire sideline, not a specific fan.



# Center Grove Bantam Football League (CGBFL) Rules of Play



## Indiana High School Athletic Association HEAT INDEX INFORMATION & CHART

The **heat index (HI)** is an apparent temperature felt by the human body due to the combined effects of temperature and humidity. Most people understand that as the air temperature goes up, so does the heat index. But why does humidity play a role? It's because the body's perspiration cannot evaporate as well when the humidity increases. Therefore, the cooling effects of your sweat are reduced as the humidity rises, and your body is unable to cool itself naturally. Combine high heat and high humidity and you've got trouble!

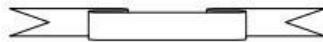
Although it is convenient to use a single number (the heat index) to describe the apparent temperature your body feels, keep in mind that heat and humidity affect every body (and everybody) differently. Several assumptions are used to calculate the heat index. The heat index assumes that the body is:

- 5' 7" tall.
- 147 pounds.
- At 98.6°.
- Clothed in long trousers and a short-sleeved shirt.
- In shade.
- Walking at a speed of 3.1 mph.
- In a breeze of 6 mph.
- Not dripping with sweat.

If any of these factors change, e.g., more exertion, more clothing, and/or more weight, the heat index will change for that individual. For example, if you weigh 250 pounds, are wearing long-sleeved work clothes, and are working outside in the sun, the heat index value you hear reported on the radio is lower than what you are personally feeling.

The rules for minimizing the heat effects are simple:

- Monitor forecasts and advisories for periods of high heat indices.
- Take frequent breaks in the shade.
- Avoid prolonged exertion.
- Drink water often • and drink more than you think you need.



## HEAT INDEX CHART

		Relative Humidity															
Temp.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%				
80	80	80	81	81	82	82	83	84	84	85	86	86	87				
82	81	82	83	84	84	85	86	88	89	90	91	93	95				
84	83	84	85	86	88	89	90	92	94	96	98	100	103				
86	85	87	88	89	91	93	95	97	100	102	105	108	112				
88	88	89	91	93	95	98	100	103	106	110	113	117	121				
90	91	93	95	97	100	103	106	109	113	117	122	127	132				
92	94	96	99	101	105	108	112	116	121	126	131	137	143				
94	97	100	103	106	110	114	119	124	129	135	137	148	155				
96	101	104	108	112	116	121	126	132	135	141	146	160	168				
98	105	109	113	117	123	128	134	138	144	150	157	172	181				
100	109	114	118	124	129	136	141	147	154	161	168	185	195				
102	114	119	124	130	137	143	149	156	164	172	180	199	210				
104	119	124	131	137	144	151	158	166	175	184	193	214	226				
106	124	130	137	145	153	162	172	182	193	204	216	229	243				
108	130	137	144	153	162	172	182	193	205	218	231	245	260				
110	136	143	150	161	171	182	194	206	219	233	247	262	278				

Category	Heat Index	Possible Heat Disorders for People in High Risk Groups
Caution	80-90	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	91-105	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	106-129	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Danger	130 or higher	Heat stroke or sunstroke likely.

## References:

[IHSAA](#)

[IHSAA Heat Illness](#)

[Lighting and Thunder Safety](#)

[National Operating Committee on Standards for Athletic Equipment](#)