

# CFL PLAYING RULES

In July 2005, the Executive Committee voted to adopt the football playing rules of the National Federation of State High School Associations Rules with modifications.

1. Chain gang crew **MUST** be 16 years old and may not have cell phones. Opposing team may place a representative on the chain. Referees may replace a member of the chain.
2. Jersey numbers do not have to be assigned by position played. Many players play different positions at this level of football. Check in with referee.
3. Coin toss – Winning team may choose to kick, receive, defer.
4. Football size – each team may select their own ball as long as it is NFL regulation size.
5. Timing
  - a. 15 minute quarter
  - b. 2 minute warning 2<sup>nd</sup> and 4<sup>th</sup> quarters
  - c. Change of possession – clock starts on snap
  - d. 1st down – clock will continue to run while chains are moved
  - e. Out of bounds – clock stops until ball is set then re-starts, except in LAST 2 minutes of 2<sup>nd</sup> quarter and LAST 5 minutes of 4<sup>th</sup> quarter when the clock starts on snap
  - f. Incomplete pass – clock starts on snap
  - g. 25 second play clock
6. Length of half-time: 15 minutes with mandatory 3 minute warm-up period .
7. Kick-off/punt may be advanced out of end zone.
8. Kick-off 30 yard line
9. HS hash marks acceptable as most field are already marked. You may use NFL hashes.
10. Missed PAT is dead.
11. Extra point attempt from the 3 yard line.
12. Kicking block 1" or less may be used.
13. Missed field goal take over on the 20 yard line or the line of scrimmage. If ball is inside the 20 (such as the 15), take over at the 20; if attempt from the 35, take over at the 35.

14. Player is down by contact.
15. Pass completion must have both feet in bounds
16. Ball carrier (receiver/runner) – helmet comes off, play is dead
17. Defensive off-sides – player enters neutral zone, play is dead
18. Blocking below the waist – tackle to tackle and 5 yards each side of line (approximate 10x8 yard box)
19. Pass interference
  - a. Defensive pass interference - 15 yard from the line of scrimmage and automatic 1<sup>st</sup> down
  - b. Offensive pass interference - 15 yard and loss of down from line of scrimmage
20. Unsportsmanlike like conduct – referees judgment: warning, flag, then ejection
  - a. Taunting (acts or words that incite the other team, profanity, insulting language or gestures) 15 yards
  - b. Helmet off in taunting manner, ejection- must leave the field and stadium (go to locker room), miss the next game, is reviewable by the commissioner
21. PROTECTING DEEP SNAPPER: cannot hit the deep snapper until he is in an upright position
22. GUNNERS AND CENTER FREE TO GO AFTER SNAP
23. 2 yard halo violation to protect the receiver, MUST GIVE AN OPPORTUNITY TO CATCH THE BALL
  - a. Running into – 5 yard
  - b. Roughing – 15 yard
24. Overtime – NCAA rules
  - a. Coin toss – Winning team may choose to kick, receive, defer.
  - b. Each team will be given an opportunity to score from the 25 yard line.
  - c. After the third overtime, teams must go for 2 points.
25. Waive the consciousness rule, players may wear colored face visors, team and player will make own decision of returning to game.
26. Mercy rule – 35 point difference at any time in game, clock will run continuously. If 35 point margin is reduced, the clock will return to normal operation.