

Cobb Football League Rules

Cobb Football League, Inc.

Revised: August 21, 2025

Rules of Cobb Football League, Inc.

PREAMBLE:

In all cases, these Cobb Football League, Inc. (CFL) Rules shall take precedence over any rule(s) of the individual associations.

Rule Accountability:

- A. These rules will serve as the warning that the head coach is responsible for all aspects of the team and will be the punishable party if violations occur.
- B. Any proven violation of these rules may result in a written warning that will remain as a permanent record of the CFL and/or a one-game suspension. If the violation is serious enough, the punishment could result in fines, a longer suspension, and/or forfeiture of the game.
- C. Any proven second violation of these rules will result in a two-game suspension. If the violation is serious enough, the punishment could result in fines, a longer suspension, and/or forfeiture of the game.
- D. Any proven third violation of these rules will result in termination as a coach for the remainder of the season, and if the violation is serious enough it could result in forfeiture of the game.

Understanding the rules:

- A. Before being accepted as a member of a CFL coaching staff, everyone must have a thorough understanding of all CFL rules and philosophies. The coach must agree to abide by all provisions of these rules and be willing to accept any penalties that may be imposed because of violation of the rules. **Ignorance of the rules is no excuse!**
- B. A representative of the official's association, the CFL President, and other members of the CFL School District Representatives will conduct a certification meeting for all coaches before the beginning of the season. **It is mandatory that at least one coach from each team attend this meeting.**
- C. An official copy of the rules will be available to all head coaches before the first practice of any CFL team. It is the responsibility of School District Representative from each member of the

school and association to ensure that each of their designated head coaches have a copy of the rules and agrees to abide by them.

Liability Waiver

THE CFL SCHOOL DISTRICT REPRESENTATIVES, SCHOOL DISTRICT REPRESENTATIVES, COACHES, TRAINERS, OFFICIALS, OR OTHER SUPERVISORY OR PARTICIPATING PERSONNEL ARE NOT RESPONSIBLE FOR PERSONAL INJURIES OR DAMAGE TO PROPERTY AT ANY CFL SANCTIONED FUNCTION. ALL PARTICIPANT MEMBER SCHOOLS AND ASSOCIATIONS, AND ALL PARTICIPATING INDIVIDUALS SUCH AS PARTICIPANTS, CHEERLEADERS, COACHES, TRAINERS, OFFICIALS, PARENTS, SPECTATORS, ETC., PARTICIPATE AT THEIR OWN RISK AND SHALL NOT HOLD THE CFL OR ANY OF ITS MEMBERS, DIRECTORS, OFFICERS, EMPLOYEES, CONTRACTORS, OR AGENTS RESPONSIBLE FOR ANY PERSONAL INJURIES OR DAMAGE TO PROPERTY.

Title 1. Coaching Staff

- a) The coaching staff for each football team shall consist of one (1) head coach and up to five (5) assistant coaches. The inclusion of a Team Parent /Medical Support Person and Statistician shall serve to limit the number of adults authorized on the sidelines during scheduled games to a maximum of eight (8).
- b) The approval of the head football and head cheerleading coaches will be made from those applications received from the School District Representatives. Selections will be for one season only. All prospective coaches must submit a coaches' application and an annual CFL background check by the date of the team certification in order to be considered for a coaching position.
- c) All Sideline personnel, including but not limited to coaches, team parent, statistician, medical staff, etc., must display a current CFL sideline badge. In order to obtain a CFL sideline badge each volunteer must submit an annual CFL background check. If such person does NOT have his or her badge, he or she is NOT ALLOWED on the sidelines. Anyone on the sidelines without badges, including but not limited to coaches and other adults and team parents, will be asked to leave the sidelines immediately. Failure to do so by a coach may result in the team being penalized 15 yards for unsportsmanlike conduct and ejection of the coach. Failure to do so by anyone else who is not a coach will result in a 15 yard penalty for unsportsmanlike penalty and ejection of the head coach.
- d) The head coach or team parent may photocopy each sideline badge. If a person has forgotten his or her badge, that person must show the Director on Duty (DOD) the photocopy and, if the DOD permits, wear the photocopy on the sidelines. The Director on Duty will have the final say on whether the photocopy is permissible.
- e) Coaches and other volunteer staff (football and cheer) may be removed for any action or behavior, past or present, deemed to be detrimental to the league by a majority vote of the School District Representatives. Such detrimental behavior includes, but is not limited to, posting objectionable material on social media sites or other web sites.

Title 2. Duties of the Coaching Staff

The duties of the coach staff are as follows:

- a) Teaching of the basic fundamentals of the sport, including physical condition of the players, shall be foremost to the teaching of strategy.

- b) Teaching the competitive game in such a manner that the individual player will obtain a thorough knowledge of the correct method of participation, whether or not the skill to compete is in fact obtained.
- c) Responsibility for any practice/game equipment issued by the Equipment Manager.
- d) Coordinate all administrative functions through the Team/Squad Parent to alleviate distractions during practices.
- e) Adhere to practice rules and the addition or cancellations of practices set by the School District Representative and attend any scheduled meetings that the School District Representatives may deem necessary.
- f) Adhere to all these rules and, where applicable, all CFLs bylaws.
- g) Has final selection of player positions, and is responsible for, and has sole authority over, the players from the time they report for an event until they are dismissed or removed by his or her parent. They must see that the parents stay in the bleachers behind the fence during a game and at halftime.
- h) Each **WINNING** team Head Coach is responsible for e-mailing in the score of their game. The scores must be e-mailed to the CFL Web Master and scores@cobbfootball.com before 2 PM the day following the game. Late scores will result in a \$50.00 fine against the offending team. Teams may not play in their next game until the fine has been paid.

Title 3. Conduct

3.1 Coaches and Parents

- a) Once the game begins, the officials have sole authority over the game. Coaches are responsible for the conduct of players and their parents. Coaches must require parents to stay in the bleachers during the game and at half-time. Parents are not allowed on or in the field area at any time during a game or halftime. All coaches are responsible for their own actions and the use of appropriate language. Coaches and parents will not argue with the officials during halftime or after a game. Georgia High School Rules govern play. If a referee ejects a coach or parent from a game, that coach or parent must leave the park immediately. The coach or parent will be suspended from the next team game and barred from the park for that game.
- b) Parents and coaches shall conduct themselves in such a manner as to set a positive example for all children. Participating children should not overhear any discussion about the ability of one child compared to another. The shouting and/or yelling of anything other than encouragement to the players, coaches, linesmen, cheerleaders or officials may constitute grounds for expulsion from the area by local law enforcement officers if required. The loss of a parent's or coach's temper, whether resulting in bodily contact or not, while on the practice field or playing field, especially when it may be witnessed by the players and other children, constitutes grounds for immediate expulsion from the current event. The School District Representatives may approve a permanent expulsion and loss of privileges by a two-thirds (2/3) affirmative vote. All notifications will be in writing.
- c) The head coach, assistant coaches and trainers are responsible for the behavior of the football players/cheerleaders while at practice or in a game situation. If a football player/cheerleader is unable to attend practice or games, then he or she must inform the coach or assistant coach before said practice or game.
- d) Parents are also required to treat the coaching staff with respect. The coaches, Program Directors and the Board of Directors of CFL are **VOLUNTEERS** and perform their duties without monetary

compensation. It takes a great deal of time and energy to perform these duties, many of which are performed behind the scenes that the parents and cheerleaders are unaware of. Parents must show the coaching staff respect and courtesy when confronting them with a situation. If there is a team situation and the parent is not satisfied after speaking with the coach, then the parent should bring the matter to their Program Director. If the parent remains dissatisfied after the Program Director has handled the situation, then the parent should bring the matter to the Vice President Football if your grievance is football related or the Vice President Cheerleading if your grievance is cheer related. If the coach also holds one of these dispute resolution positions, then the parent should bypass that step and move to the next one. If the coach is the Vice President Cheerleading or the Vice President Football, then you should contact the President. All grievances and complaints will be governed by Title 5.

- e) Cow bells, thunder sticks, and shakers (empty plastic bottles, no larger than 20 ounces, filled with beans, rice, and/or glitter) are the only permitted noise-makers. Use of all other noise-makers are not allowed at CFL games. A violation may result in a fine (\$50) to the offending team. Teams may not play in future games until fines are paid.
- f) Use of tobacco, alcohol and profanity by coaches, parents or anyone else at the practice fields or game locations will not be tolerated. Violations may result in a one game suspension and/or \$50 fine to the violator.

3.2 Players and Cheerleaders

- a) Players and cheerleaders should pay close attention to the coaching staffs during practice sessions and competitive events and should refrain from comments other than those beneficial to the event. The use of profanity and vulgarity can be grounds for expulsion from the team/squad.
- b) Players and cheerleaders on the sidelines during a game should not play amongst themselves by tossing balls, roughhousing, talking with parents or other participants and the like.
- c) Football players/cheerleaders are expected to treat their coaches and trainers as they should any other adult authority figure. **Disrespect will not be tolerated.** Parents are expected to attend practice sessions and games to monitor the behavior of their child. The coaches and trainers are not babysitters, nor should they have to contend with an unruly child who is disrupting the performance of the other team members.
- d) All participants **MUST** have a responsible party at all practices and games.
- e) Any participant ejected from a game by the referees will be suspended from participating in the next game. That player/cheerleader may nevertheless be on the sidelines, OUT of uniform, to assist his/her teammates.

Title 4. Disciplinary Action

- a) Disciplinary action includes, but is not limited to, running laps at practice, sitting out a portion or all of a game, or removal from a team/squad.
- b) If a cheerleader has not attended practices or games, and such squad's coach considers the cheerleader unprepared to the point that the cheerleader may place the other team members in an unsafe position during half-time, then that cheerleader, at the coach's discretion, may not be allowed to cheer during said half-time.

- c) Disciplinary action such as striking a child will not be tolerated, and the Vice President should be notified immediately upon such occurrence. The offending coach and/or trainer may be removed from their position and unable to coach with CFL again as outlined in these rules.

Title 4. Protests, Complaints, and Grievances

4.1 Protests

- a) During a game, the head coach or his designated assistant must inform the head referee that the game is being played under protest. After the game, the DOD must be informed that the game was played under protest along with a \$100 fee to the league President within 24 hours of the expired game. If this procedure is followed, the CFL President will call a meeting of the protest committee to consider the protest. All parties involved may be asked to attend the open portion of the meeting. The decision of the protest committee will be made in a closed session and will be final. Any of the committee members who are also involved with the team involved in the protest may participate in the discussions but are prohibited from participating in the closed meeting due to the conflict of interest. After a decision is reached, the league president will receive a report. If the coach initiating the appeal wins the protest, his \$100 will be returned.
- b) All protests shall be filed with the President in writing within 24 hours. No protests will be acted upon without written support of allocations being filed with the President.
- c) The Vice-President will prepare a written decision for all parties involved in the protest.
- d) Should a coach have a question regarding a player's weight from an opposing team, he should approach the Director on Duty and the Director will check the roster book. No official protest is required. This review should take place before or after the game.
- e) No protest concerning the officiating of the game will be heard. If there is a complaint/problem with the conduct of an official, that complaint should be reported to the President.

4.2 Grievances and Complaints

- a) Any incident from a game regarding a coach, parent, or participant that needs to be added to the agenda for the next scheduled CFL meeting must be reported to the CFL representative from the Association involved AND the CFL President by Sunday before the meeting. Failure to make proper notification will result in the incident being tabled until the following meeting with no discussion until that time.
- b) The School District Representatives shall decide all participation grievances and/or complaints, after investigation by the Vice President in order that adequate records of such issues are maintained. All interpretations of the rules shall be in writing and shall be provided to the School District Representatives.
- c) If a parent feels that his/her child is being treated unfairly or is the subject of biased treatment, the parent shall contact the School District Representative. If the issue is not resolved, then the parent shall contact the Vice President and discuss the problem. The Vice President will prepare a written decision for all parties involved in the protest. If the parent is not satisfied with the solution offered by the Vice President, and the parent desires to pursue the matter, then the parent must file a written formal complaint with the School District Representatives by providing the complaint to the Secretary.
- d) Upon receipt of a written formal complaint in accordance with the above procedures, the President shall immediately call a meeting with the School District Representatives, which shall act as a

grievance committee. The President (or his assigned) shall act as the chairman of the grievance committee. If the President is a party to a grievance, then the Vice-President shall act as the chairman of the grievance committee.

- e) Violation of the rules, bylaws, principles of good sportsmanship, or conduct may result in the suspension of privileges for a period of time. Any person suspended by the School District Representatives can only be reinstated by the School District Representatives. The decisions of the School District Representatives are final.
- f) Any coach or parent accused of a violation resulting in a fine, suspension or forfeiture may also request a hearing by the grievance committee, which request must be in the form of a written formal complaint with the School District Representatives filed with the Secretary.

Title 5. Practice Schedule, Rosters, Equipment, Equipment Draw and Turn-In, Uniforms, and Fees

5.1 Practice Schedule

- a) **Football.** Practice schedules will be enforced in all districts. Before the school year starts, teams can practice up to 4 times a week, with each practice being no more than 2 hours long. The first week of practice will be limited to five (5) days for a maximum of two (2) hours per day. The first three (3) days must be in shorts, t-shirts, helmets and cleats. Each player must complete a minimum of two (2) days of practice in shorts, t-shirts, helmets and cleats before practicing in full pads. Teams are allowed a maximum of two (2) days in full pads the first week to complete assessments. Teams may practice (4) days the second week of fall practice, but the 4th practice must be on Saturday ending the 2nd week. Starting the 3rd week of practice, teams are restricted to three (3) practices in full pads per week, with each practice being no more than 2 hours long. Teams are encouraged to have no more than 4 hours of practice and walk-throughs during the school week (Mon-Thurs).
- b) **Scrimmages.** Any scrimmage / jamboree / tournament must be approved in advance by the CFL president. Events with and including non-CFL member teams are prohibited without approval from the CFL President.
- c) **Penalty.** Breaking practice rules includes but is not limited to practicing on Sunday, practicing twice on the same day, habitually practicing over the 2-hour limit, and holding too many practices. Breaking practice rules may result in forfeiture of first win, suspension of head coach, and/or \$100 fine. Teams may not play in future games until all fines are paid.
- d) **Cheerleading.** Practice generally begins no earlier than the last week of July and will extend until the season ends, normally just before Thanksgiving. The coaches will do their best to have practice when all members can attend, but given the busy schedules of families today, they may not be able to accommodate everyone. The time and place for practice sessions will be determined by the head coach. No one should be asked to drive too far for their practices, as long as the practice is in their district, unless they have chosen to cheer "out of district". The usual practices will be 2-3 times/week lasting 1-2 hours per session. Many teams will go to 1 practice per week once the season gets into full swing. This is purely up to the discretion of the coach, as the coach will be the best judge of how much practice each individual team needs. Just because one team in your district goes to one practice does not mean all the teams will go to one practice.

5.2 CFL Practice Policy for Heat and Humidity

Teams must follow the league policy for conducting practices and voluntary conditioning workouts in all times of extremely high heat and/or humidity that will be adhered to by each head coach within the Cobb Youth Football League. The policy shall follow modified guidelines of the American College of Sports Medicine.

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading will be utilized by the league supervisor(s) to ensure that the policy is being followed properly.

WBGT READING	ACTIVITY GUIDELINES
UNDER 82.0	Normal activities.
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully.
87.0 – 89.9	Maximum practice time is 2 hours. Players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during Conditioning activities. Provide at least 4 separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0 – 92.0	Maximum practice time is 1 hour. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 minutes of rest breaks distributed throughout the hour of practice.
OVER 92	No outdoor workouts. Delay practice until a cooler WBGT level is reached.

DEFINITIONS

- PRACTICE:** The period of time that a participant engages in a coach-supervised, league-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.

PENALTIES

- First Offense** – Verbal Warning
- Second Offense** - Teams shall be suspended for their next regularly scheduled practice.

This policy applies only to outdoor practice sessions. Games are not elements of the policy. The nature of football games allows for breaks in the competition; therefore, the policy will not apply to any regular season or post-season games.

What is a wet bulb thermometer and why is it used?

When you are hot, you sweat or perspire. As that perspiration evaporates into the air, it cools the surface of your skin. But for the process to occur, the air around your body has to be able to receive the water vapor. When the humidity is high, more water vapor is present in the air. Therefore, less water can evaporate from your skin. This results in greater discomfort, even without a higher temperature.

The wet bulb temperature is a measure of the amount of moisture, in the form of invisible water vapor, contained in the air. As the name implies it is measured by a standard thermometer whose bulb is covered by a muslin sleeve that has been moistened by pure water.

The principle of the wet bulb thermometer is as follows: water evaporates from the muslin cover passing into the air in the form of invisible water vapor. In so doing it absorbs heat from the thermometer bulb and the mercury it contains. The thermometer therefore indicates a lower temperature than that of the dry bulb thermometer. The difference between the readings of the dry and the wet thermometers is called the depression of the wet bulb.

If the air contains nearly all the moisture it can possibly hold at that time, evaporation from the muslin will be slight and the depression of the wet bulb will be small. However, if the air is very dry, containing little moisture, evaporation will be quite rapid and the depression of the wet bulb will be quite large. In hot, dry desert climates, depressions of over 25°C have been observed, but at sea the depression is seldom more than 5°C. If the air contains all the moisture it can possibly hold at that time, there is no evaporation from the muslin, and the dry and wet bulb thermometers will read the same. When this condition exists, the air is said to be saturated.

The more saturated the air, the harder it is to cool the body. Therefore, if the wet bulb reading shows a high level of moisture, caution must be taken during outdoor activities.

5.3 Certification and Rosters

The CFL and each member association will maintain team rosters, which will consist of player's names, ages, grade, birth dates, birth certificates, jersey numbers and telephone numbers. The head coach is responsible for bringing his team's certification book to every game. Coaches can request to view the certification books with players present thirty minutes prior to the game of the opposing team. If a player arrives prior to the first half ending, the coach will have the option to play him in the 1st half if he chooses. The coach should inform the opposing coach that the player has arrived and show any documentation if requested at halftime. Players that arrive late, but prior to halftime are still required to play a minimum of eight (8) plays if the coach elects to play the late player during the 1st half of the game. Players that arrive at halftime or later, the coach will have the option to play him in the 2nd half if he chooses. If a player arrives at halftime or later, the coach may play him in the 2nd half. If the coaches chooses to play the late player (that arrives at halftime or later), he must play a minimum of 4 plays in the 2nd half. The Coach should notify the opposing coach after the game of any players that showed up after half time and provide an update to the game day report.

If a coach feels that the opposing team's certification book has been altered in an unethical way, the coach can let the referee know prior to the game that the game will be played under protest due to inconsistencies in the certification book. The coach must file a \$100 protest fee within 48 hours of the end of the game. If the team is found in violation of altering the certification books, the protest fee will be

refunded to the coach. The coach in violation will face a \$200 fine and suspension for one week of practice and the following game. A second offense would be suspension from the CFL.

The following will outline the penalties for not having the certification book available prior to game time:

1st Offense - \$75

2nd Offense - \$150

3rd Offense - \$300

Rosters are checked at CFL Certifications. No CFL player will be allowed on the roster, or play for another team, after the official certification without CFL Board approval. No jersey number may be changed after the number is recorded on the official league roster. If a player's jersey is torn or blood-stained during a game, the director on duty, head referee and opposing coach will be notified of the change. The following will outline the maximum number of players per roster without CFL President approval:

K1 – 16 Players

2nd & 3rd Grades – 24 Players

4th Grade – 24 Players

5th Grade – 32 Players

A player may not play on multiple tackle football teams during the CFL Season. A player will be deemed an illegal player and the team will forfeit all games where the illegal player played.

Penalty for changing teams, adding players, or changing numbers without the appropriate CFL approval may result in forfeiture of first win and/or expulsion of the head coach.

5.4 Equipment

- a) A member school or association must provide football equipment to the players in their school or association, including, but not limited to, 1 helmet, 1 set of shoulder pads, and a home and away jersey. The CFL will certify that equipment is passing the league standards each year. Each association is required to re-condition helmets every two (2) years.
- b) Small K-2 (Pee-Wee) ball will be allowed for the 1st Grade, 2nd Grade and 3rd Grade divisions. The 4th and 5th Grade teams will use a "junior" size football such as the Wilson TDJ, Wilson GST Junior, Rawlings Junior ball or balls that are similar in size. All grades are allowed to use a larger ball than the rules outline, but in no case are they allowed to use smaller balls than allowed by the rules.
- c) Mouthpieces are mandatory for football players and must be worn during all games and practices. Mouthpieces may not be white or clear. They must be of a solid color.
- d) Chin straps must be completely snapped during play.
- e) No jewelry will be allowed to be worn by football players during games or practice.
- f) Players may use visors; however they must be clear. Colored or tinted visors will not be allowed.

5.5 Uniforms and Fees

a) Football:

1. Registration for all CFL Football players and cheerleaders will be centralized on the CFL website. The CFL Directors for each program will determine the base registration fees each year. The CFL President will determine each year the amount per participant that will stay with the CFL to cover operating expenses. Referee fees will be withheld from the registration fees of the member associations and included in the annual reconciliation. The referee fees are calculated by determining the total cost of the officials in the regular season and post season. The total cost of the officials is divided pro-rata by the number of teams within each association. The number of cheerleaders in each association is not a factor in determining the amount of the referee fees per association.
 - a. Where a City or County organization is required to host their registration outside of the CFL website, they may do so with approval of the CFL President. All registration information must then be provided to the CFL prior to certification. These organizations are expected to adhere to district guidelines as set forth in these rules. Any intentional violation of CFL by-laws will result in a \$100 fine each incident and subject to league penalties as set forth in these by-laws.
2. The registration fee consists of the cost of playing football in the league as well as providing a minimum one (1) game jersey, hoodie or other item for each player to keep at the end of each season. Each school decides on their player package per year. This does not include a separate deposit required for obtaining equipment.
3. Associations will also provide each player a "white" away jersey to be worn at away games or games where their team is the visitor. Associations will also provide a "Home" (Dark Colored) jersey to each player.
4. Associations will be uniform across all teams at their association. Teams are not allowed to have different color jersey's, helmets, etc.
5. Upon receiving an equipment deposit, your member school will provide 1 helmet (including jaw pads and chin strap), 1 set of shoulder pads, Home & Away game jersey. . Once equipment is returned in good condition, the equipment deposit will be returned.
6. Registration fees and equipment deposits do not include practice jerseys, pants, cleats, mouthpieces or any other pads unless described above. Game pants (if provided) are to be returned with all other issued equipment. Member associations may provide practice jerseys to the players.

b) Cheerleading:

1. Each Member Association will be responsible for the procurement of the Cheer uniforms for their program. The type and manner in which cheer uniforms are provided will depend on each individual association. It will be at the discretion of the Member Association as to whether they require cheerleaders to purchase uniforms or if uniforms will be provided on loan by the Association. Each association will provide items that the cheerleaders will keep after the season. The items are different for each association.
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5.6 Scholarship Participants

Each member association will be responsible for their scholarship participants. The CFL will withhold the annual league fee for each scholarship participant from the association's split of the registration fees for paid participants.

Title 6. Game Conduct

6.1 Game

A game will consist of four eight-minute quarters for all divisions. The scoreboard will reflect an approximation of the official time. The official time will be kept on the field by the head referee. Officials will switch play at the end of the 1st and 3rd quarters. A 10-minute halftime period will be observed. Unless specified, Georgia High School Rules will govern game play. Jerseys or undershirts hanging below the belt must be tucked in per Georgia High School Rules. Morning suggested game times shall be (Note: the actual game times will be outlined in the final schedule):

Game	Begin	End
1	9:00 am	10:45 am
2	10:45 am	12:30 pm
3	12:30 pm	2:15 pm
4	2:15 pm	4:00 pm

Afternoon suggested game times shall be:

Game	Begin	End
1	3:00 pm	4:45 pm
2	4:45 pm	6:30 pm
3	6:30 pm	8:15 pm

Official game certification shall occur a minimum of thirty (30) minutes prior to the beginning of a game.

Rules Clock:

- Quarters are 8 minutes in all grades for the CFL
- Clock is operated per GHSA rules. Clock will start and stop as in a Varsity High School game.

6.2 Chain Crew

The visiting team is responsible for finding people to work the chains. The chain crew is considered part of the officiating crew. There will be **NO CELL PHONES (or other communication devices) ALLOWED ON THE CHAIN CREW**. Talking on a cell phone, texting, or passing on information heard from opposing coaches on the sidelines may result in **FORFEITURE** of the game. The chain crew is to be silent: no interaction with opposing sideline, no cheering, and no talking with (at) officials unless spoken to. Failure to follow these rules will result in immediate removal from the chain crew and/or a 15 yard unsportsmanlike penalty for the home team. **This rule is enforced solely at the referee's discretion.** If a parent is removed from the chain crew, that parent may not work the chains in another game for the rest of the season. The Chain crew will be on the visiting team's sideline during all CFL games.

6.3 Home Games

1. Each member association teams will play a minimum of two (2) games on a High School Football game field during the season.
2. Each member association must play all home playoff games on their respective high school field. If the field is not available, the home team will be allowed to find a CFL approved field where they will be the home team. If the home team is unable to find a field, then the game will be played at the opponent's home field where they (original home team) will be the visiting team. If neither field is available, the CFL will work with the other member associations for find a High School field that is available.

6.4 Coaches on Playing Field

The 1st and 2nd Grade divisions may have two (2) coaches on the field at all times. The 3rd Grade division may have one (1) coach on the field at all times. No coaches are allowed on the field during play for the 4th and 5th Grade divisions. Any coach who is legally on the field may request a time out before a play is underway.

After the offensive team breaks their huddle, both coaches are to remove themselves to a point five (5) yards behind their deepest players and must refrain from any physical contact with the players until the play is completed.

6.5 Extra Point

Following a touchdown, a team may elect a 1 or 2-point conversion. All extra point conversions will be executed from the 3-yard line..

- 2-point conversions can occur in the following ways:

- A scoring pass play from the three (3) yard line. The pass must be a legal forward pass. The pass does not have to be thrown past the line of scrimmage, but must be thrown forward. A pass thrown backwards from the QB is a lateral and not a legal forward pass.
- A successful extra point kick from the 3 yard line (see 6.9 for rules).
- 1-point conversions can occur the following way:
 - A scoring run from the three (3) yard line.

6.6.1 Mercy Rule

At the end of the first half of play. If a team is trailing by 30 points or more, the coach of the trailing team may choose to play the second half with a running clock. Quarters will remain at the ten (10) minutes.

1. If the coach does not exercise the option of the running clock, the third quarter will be played with regulation timing.
2. If a team is trailing by 30 points or more at the end of the 3rd Quarter, the fourth quarter will be a running clock.
3. A running clock means the clock will be stopped only by “TIPS”;
 - (a) T = timeout – during charged timeouts or official’s timeouts.
 - (b) I = injury – during an on-field injury.
 - (c) P = penalty - during deliberations for penalty administration.
 - (d) S= score – after a touchdown and until the ball is kicked off.
4. A game that is reduced in time by use of a running clock shall constitute a “completed” game to meet other by-law considerations.

Any coach, team or program found to be intentionally running up the scores in violation of CFL Conduct and good sportsmanship, will be subject to CFL fines up to \$500, to be reviewed and imposed by the CFL President.

6.7 Kick offs

All teams must execute kick offs at every grade with the exception of K1. Restricted players may not be on the Kick off team with the exception of the kicker. The Kicker may be a restricted player.

6.8 Punting

2nd, 3rd, and 4th Grade Divisions may develop a punter, but a 20-yard mark off will be standard yardage when the head coach calls for a punt (Note: You cannot take a 20-yard mark off by a referee if you are inside the opponent’s 40-yard line). The 5th Grade Division must develop a punter. Referee mark-off is not allowed in 5th Grade Division. . (Note: game clock runs during mark-off of punts.)

In the 2nd, 3rd and 4th Grade Divisions, the defense cannot rush the punter and the offense cannot FAKE the punt. The ball must be snapped a minimum of 6 yards to the punter. If the snap is short, the punter can pick the ball up and walk back to 6 yards from the line of scrimmage and complete the punt.

In the 2nd, 3rd and 4th Grade Divisions, the offense cannot release downfield until the ball is punted.

In the 5th Grade Division, standard GHSA rules apply. The offense can fake the punt and the defense can attempt to block the punt.

Restricted “Striped Players” may be on the punt teams in all divisions but must be in their standard tackle to tackle offensive positions. The restricted players may cover punts and make tackles.

If a Restricted “Striped Player” comes into possession of the ball during the punt, the ball is immediately blown dead.

Restricted “Striped Players” may punt the ball.

6.9 Field Goal/Try

Stripe players may kick the ball. Ball is NOT dead when the holder has a knee down holding the ball for the kick. All snaps over the head of the holder that rolls more than 10 yards from the line of scrimmage will result in a dead ball and the play is unsuccessful. Play will be blown dead if a player tries to advance a mishandled snap. Attempt must be made from a minimum of 6 yards from the line of scrimmage. Once snapped, ball must be lined up behind the center in the traditional placement. Ball may only move laterally a max of 1 yard from the original spot.

Field Goals/Extra Points

The 2nd, 3rd, 4th and 5th Grade Teams may attempt to kick a PAT or Field Goal.

- Offense may NOT fake the kick. Ball must be snapped, but snapper may roll the ball back to the holder.
- Ball must be kicked from a block tee with a holder.
- Defense may distract the kicker at all grades.
- Successful Extra Point kick is worth 2 points.
- Successful Field Goal kick is worth 3 points.

6.10 Overtime

1. There will be a 3-minute intermission between the end of regulation play and the coin toss to start the overtime procedure.
2. The captains will meet for the coin toss, and the winner may choose one of the following:
 - (a) Be on offense first
 - (b) Be on defense first
 - (c) Choose the end of the field on which to play
3. The ball is placed on the 15-yard line and the offense keeps the ball until:

- (a) The ball is turned over on downs NOTE: The team on offense can gain a first down.
- (b) The defense gains possession of the ball (ball is dead immediately)
- (c) The offense scored a touchdown or field goal.
- (d) The offense misses a field goal

4. After the first offensive team completes its possession, the opposing team gets its opportunity from the 15-yard line.
5. If the game remains tied after each team has had an offensive possession, there will be a 2-minute intermission and the team that lost the first coin toss has the first option for the second possession.
6. Before each additional overtime period (i.e., an offensive possession by each team) the original coin toss options are alternated.
7. Beginning with the third overtime period, a team must attempt a 2-point try after a touchdown.
8. Each team is allowed one timeout per overtime period. No timeouts may be carried over from regulation play.
9. Penalty enforcement is handled the same way in overtime as in regulation play.

6.11 Side Line Rule

- a) Georgia High School Rules apply. Coaches and players may stand between the 25-yard markers. The only team member that is allowed past this point is the team statistician and medical person. They must occupy a non-coaching capacity. If it is determined that these individuals are coaching, a 10-yard penalty will be invoked.
- b) **All** sideline personnel must display a current badge provided by CFL, including all coaches, statisticians, cheer coaches, team parents, and medical personnel. Failure to display proper credentials will result in that person being asked to leave the sidelines immediately.

c) Photographers and Videographers

The head coach is responsible for all photographers/videographers on his sideline. All Photographers and Videographers must be approved by the head coach. They do NOT need a badge. They MUST stay between the 20 yard line and the end zone on their own sideline and give at least a 5 yard buffer to the cheerleaders. NO CELL PHONES ALLOWED and they may not cheer or coach. Any interference with the cheerleaders will be handled by the DOD and his/her decision will be final. Failure to follow these rules will result in immediate and permanent removal from the field and/or game forfeiture and/or head coach suspension.

6.12 Press Box Rules

The home teams will allow the visiting teams access to the press box for their coaches and Video Crew. Visiting coaches and video crew will maintain appropriate behavior in the press box. The Director on Duty has the sole authority to remove anyone from the press box.

6.13 Game Admissions

There will be no charges for admission to any regular season games in the CFL. There may be charges for attending CFL Jamborees, CFL playoff games and Championship games.

6.14 Referees

The CFL will estimate annual referee costs for the league and withhold registration funds to cover the annual costs including playoffs for the season. Referee costs will be allocated to member associations based on the number of football teams in the association.

6.15 Scheduling Rules

No change to the schedule is permitted without the approval of the CFL President. Coaches and/or CFL Representatives may NOT reschedule games.

6.16 Center protection rules

Center that are snapping shotgun will be protected by the following:

- a) Shotgun is defined as the QB/RB/Punter/Holder who lines up behind the center a minimum of 2 yards.
- b) If a center is snapping shotgun, any player that is lined up within one yard of the center **cannot** be lined up “Head Up” (0 Technique/0 Shade) of the center. The defenders must be lined up in the A Gaps with their helmets aligned outside of the center’s shoulder pads.
- c) Once the ball has been snapped, the defenders can penetrate the A Gaps located between the Center and the Guards. Defenders are allowed contact with the center as they are penetrating the A Gaps.
- d) Defenders are not allowed to slant directly at the center from the A Gaps at the snap.

6.17 GHSA Rules

If a rule is not covered by the CFL, the CFL will then revert to the current GHSA rules that are in place.

6.18 Required number of players to start a game (September 2020)

A team must have 11 eligible and certified players to start a game no later than 30 minutes from the scheduled game start time. If a team does not have enough players to start the game within 30 minutes of the scheduled game start time, then the team forfeits the game. Once the game is declared a forfeit, no game shall be played.

6.20 CFL 8 Man Football Rules (August 2024 & August 2025)

The CFL may or may not have Divisions that are playing 8 Man football.

The following rules apply when CFL Divisions are playing 8-man football:

Offensive Formation:

- The offense must have a center and two guards, with the guards not lined up more than 1 yard apart.

- The guards must be lined up on opposite sides of the center.
- The offense may have a maximum of 3 backs.

Field Specifications:

- The field is 100 yards long.
- Cones are placed bottom the numbers (where the Lacrosse line is located) to mark the width of the field.

Minimum Plays Rule:

- If an 11-man team plays against an 8-man team, the minimum plays per player for the 11-man team is reduced to 6 plays per player.

Blitzing:

- Blitzing is **NOT** allowed in 8-man football.

Defensive Line Restrictions:

- The defensive line can have a maximum of 4 players on the line of scrimmage. The players may line up in the A gaps.
- If the offense has the QB under center, the defense can line up over the center.

Linebacker- Cornerback -Safety Rules:

- Linebackers, cornerbacks and safeties must be lined up a minimum of 4 yards from the line of Scrimmage

General Rule:

- All other CFL rules apply to 8-man football unless specified otherwise.

6.21 CFL K1 Modified Rules (September 2020)

All K1 Teams will play USA Football Rookie Tackle Rules with the following exceptions:

- a. All “Restricted Players” will follow the rules in Section 8.3.
- b. All Lineman can be in a 2 point or 3 point stance unless they are a “Restricted Player”.
- c. The Clock rules will be the same as outlined in Section 6.1.
- d. Extra points will follow the rules in Section 6.5.

USA Rookie Tackle 8 Man Rules can be found at the following link on the USA Football Website:

<https://assets.usafootball.com/documents/rookietackle/resources/ADM-Rookie-Tackle-8-Player-Rule-Book.pdf>

6.22 2nd Grade Rule Changes (August 2021)

All CFL 2nd Grade games will be played on a 100 yard field, however the width of the field will be “inside the numbers” lined by cones.

- a. The ball will be placed at midfield after each play, not on the hash.
- b. All other CFL rules remain the same for the 2nd Grade Games with the exception for 8 man 2nd Grade Games.

6.23 2nd Grade Rule Changes (August 2025)

Note: This was voted on for 1 year only by the 2nd Grade Coaches and will be revolted in the Spring of 2026.

Defensive Line Rule – 2nd Grade Division

1. **Maximum Number of Defensive Linemen**
 - **11 Man Division** – a defense may have a maximum of 6 defenders on the line of scrimmage (LOS)
 - **8 Man Division** – a defense may have a maximum of 4 defenders on the line of scrimmage (LOS)
2. **Linebacker Alignment**
 - Any defensive players **not on the line of scrimmage (LOS)** must align **at least 4 yards off the line of scrimmage**.

No Blitzing Rule – 2nd Grade Division

1. **Minimum Alignment Depth**
 - All **linebackers, cornerbacks, and safeties** must line up **at least 4 yards off the line of scrimmage** at the snap.
 - Only **defensive linemen** are allowed to line up directly on the line of scrimmage.
2. **No Blitzing Allowed**
 - Linebackers, cornerbacks, and safeties are **not allowed to blitz**.
 - **Definition of a Blitz:**
 - A blitz occurs when a defensive player **rushes immediately at the snap** toward a **pre-determined gap** or offensive player **without first reading the play**.
 - Defenders **must pause to read the play** before attacking the line of scrimmage.
3. **Goal Line Exception**
 - If the offense has the ball **inside the opponent's 4-yard line**, defensive players **not lined up on the line of scrimmage** may align **with their heels on the goal line**.
 - Example:
 - If the ball is on the **2-yard line**, linebackers, cornerbacks, and safeties may line up with their heels **on the goal line**, but **they still cannot blitz**.
4. **Clarification**
 - Defenders **may attack the line of scrimmage** after reading the play, but **they cannot initiate movement at the snap** toward a predetermined gap.
 - If a defensive player reacts to a run or pass **after identifying the play**, this is **not considered a blitz** and is allowed.

Title 7. Player/Cheerleader Participation and Eligibility

7.1 Participation

a) **Football Player.** All players will play a minimum of eight (8) plays for K-3rd grade. Players on the 4th grade and 5th grade teams will play a minimum of four (4) plays.

1. These plays can be earned on offense, defense, kick off team or kick off return (August 2023).
2. In 4th and 5th Grades, special teams including Kick off, Kick off Return, punts, Field Goals and extra point attempts DO NOT count toward the minimum play requirements of four (4) plays
3. Extra Points, Field Goals and punts do not count towards the eight (8) play total in K1, 2nd or 3rd grades. Coaches are strongly urged to play players in consecutive plays or within the same series (August 2023)
4. Each head coach is required to maintain proof throughout the season of each player receiving their minimum plays in each game. If a team is found to be in violation of the minimum play rule, the offense may result in game forfeiture and/or head coach suspension. The investigation may include but is not limited to video tape evidence, parent/coach interviews and anonymous play counting by a School District Representative, CFL Board or a hired 3rd Party. Under NO circumstances is a child to be penalized for reporting lack of playing time.
5. A player may not receive the minimum plays due to discipline reasons or excessive absences at practice, the head coach must notify the parents and file a form with the Director on Duty signed by the parent indicating the reason BEFORE the game begins.
 - a. A team can have a maximum of 10% of the roster on discipline for any one game. The 10% number will be rounded up if the number is .5 or above. For example, if a team has 17 players on the roster, a maximum of 1.7 (rounded to 2 players) can be on discipline per game.
 - b. Players that are on discipline for multiple weeks will be enforced in the following manner:
 - i. 1st Offense – Coach may or may not play player in the game.
 - ii. 2nd Offense - Player can dress out, but jersey must be worn inside out. Player cannot play in the game.
 - iii. 3rd Offense – Player may not dress out or play in the game.
6. Minimum plays may be monitored during playoff and championship games. Failure to provide the minimum plays in ANY playoff games will result in game forfeiture.

b) **Cheerleader.** All cheerleaders will cheer at each game unless he/she is injured or under disciplinary status by the head coach. The coach also has the right to "bench" a cheerleader for all or a portion of a game for missing all the practices in the week before a game. Especially early in the season it is imperative that the cheerleaders attend each and every practice as the coaching staff is attempting to coordinate enough cheers to last an entire game as well as a half-time routine.

7.2 Eligibility

- a) Football players are required to play in the grade they are currently enrolled. Players that wish to play up or down a grade must be approved by the CFL Board.
 - a. Players that are approved to play down a grade by the CFL are "semi-restricted" players with the following rules:
 - i. Player cannot play Quarterback or Running Back on offense.
 - ii. Player cannot run the ball or catch the ball from any position on offense.

- iii. Player can only play defensive line or cornerback on defense. They are not allowed to play linebacker or safety (August 2023).
- iv. If Player comes into possession with the ball, the play is dead at that point.
- b. Players must be approved to play down each year by the CFL.
- c. Player will wear a “CFL” Sticker on their helmet to let the officials and the opposing coach know that the players is playing down a grade.
- d. Player will be noted on Game Day sheet.

b) To be eligible to participate, the player must **not** have reached the following age:

- a. The player must not have reached his **twelfth (12th) birthday prior to September 1**, preceding his year of participation on the **fifth grade team**.
- b. The player must not have reached his **eleventh (11th) birthday prior to September 1**, preceding his year of participation on the **fourth grade team**.
- c. The player must not have reached his **tenth (10th) birthday prior to September 1**, preceding his year of participation on the **third grade team**.
- d. The player must not have reached his **ninth (9th) birthday prior to September 1**, preceding his year of participation on the **2nd grade team**.
- e. The player must not have reached his **eighth (8th) birthday prior to September 1**, preceding his year of participation on the **K/1st grade team**.

c) **Cheerleaders** are recommended to cheer in the grade they are currently enrolled, however Cheerleaders may be allowed to cheer for a different grade based on the approval of the School District Representatives.

Each member association agrees to diligently review birth certificates of all football players and cheerleaders to be certain that Rule No. 8.2 is adhered to without exception. Each member association shall diligently investigate any claim that there has been a violation of Rule 8.2. Any association found in deliberate violation of Rule 8.2 agrees that the penalty for such violation can range from forfeiture of football games played, cheerleading competitions undertaken, to complete expulsion from the CFL.

Title 8. League Divisions, Football Weight Restrictions, League Districts, Drafting of Football Players and Cheerleaders, Playing Out of District/Division

8.1 Football and Cheerleading Divisions

Football & Cheerleading Divisions

- 1. **1st Grade Division**
 - a. Includes Kindergarten students
 - b. The K/1 Division will play “Modified Football/USA Football Rookie Tackle” 8 on 8. There are no 11 on 11 teams for K1.

2. 2nd Grade Division
 - a. There is an optional 8 man league
3. 3rd Grade Division
4. 4th Grade Division
5. 5th Grade Division

8.3 Football Weight Restrictions

Division-Grade	Weights
1 st	Unlimited with restricted weight at 75lbs
2 nd	Unlimited with restricted weight at 85lbs
3 rd	Unlimited with restricted weight at 105lbs
4 th	Unlimited with restricted weight at 115lbs
5 th	Unlimited with restricted weight at 145lbs

- a. A player who is over the weight limit the league designates for his division will wear a stripe on his helmet to indicate to the referee that he must play on the line of scrimmage in a 3- or 4-point stance. If not in a stance, a 5-yard penalty will be called.
- b. On offense, the stripe means that the player must line up on the line of scrimmage from tackle to tackle.
 - a) New Rule – June 2022. Offensive lineman that are restricted are allowed to be in a 2 point stance.
- c. On defense, the stripe means that the player must occupy the line of scrimmage between the outside shoulders of the offensive tackles. The stripe player must start in a 3 or 4 point stance. In the case of an unbalanced line when there is no tackle on the weak side, the stripe player may line up on the OUTSIDE shoulder of the outermost lineman. On the strong side the stripe player may line up no further to the outside than the inside shoulder of the furthest tackle.
- d. On special teams, the stripe means the player can play on the kick return team
- e. No Restricted Players (stripe players) may be on the Kick Off team with the exception of the Kicker
- f. No stripe player is allowed to advance the ball in any way. Once controlled by a stripe player, the ball is "dead".
- g. Stripe players must play in the positions of tackle or inside the line of scrimmage.
- h. It is the responsibility of the head coach to maintain the weight restricted player's stripe on their helmets. Removal of the stripe without the approval of the CFL School District Representatives **may** result in forfeiture of ALL wins the player participated in without the stripe and immediate expulsion of the head coach. In the event it cannot be determined how many games the stripe player participated in, the CFL School District Representatives will determine how many wins will be forfeited. The CFL School District Representatives decision will be final.
- i. The stripe must be two (2) inches in width and must run from front to back down the middle of the helmet

- j. Only approved league personnel may issue or remove stripes.

8.4 Districts

- a) A participant's district is determined by the public high school in which the participant is zoned to attend.
- b) Any player who gives false information or otherwise tries to manipulate the registration process in order to play in a district other than that in which he/she lives will immediately be removed from the league and any registration fees will be forfeited. The School Directors will call an emergency meeting to decide if any or all games in which he/she participated will be forfeited. The only players who may play out of district are those approved by the CFL Board of Directors.
- c) A football team will consist of up to 24-32 players depending on the grade (See Section 6.3). Once a team reaches the max players, any late signups will be placed on a waiting list. If it is determined that a particular division will have enough players for two teams, a draft will occur. The President of the league and his/her officers will notify the School District Representative that a draft will be needed. Drafting rules are contained in Title 15.5. A team may have more than the maximum players per team with the CFL President approval.
- d) A minimum of 14 football players (10 respects 8 man divisions) must be maintained to constitute a team in the Corporation.
- e) A minimum of 11 (8 respects 8 man division) football players must be suited before taking the field or a forfeit will occur.
- f) A cheerleading squad will consist of no more than 20 cheerleaders. Once a team reaches 20 cheerleaders, any late sign-ups will be placed on a waiting list or asked if they would like to fill open positions in other districts. If it is determined that a particular division will have enough football players for two teams, then two cheer teams of up to 20 will be created for that age group in that district. You may request a specific coach, but the only child "protected" will be the coach's child.

8.5 Playing Out of District

- a) Football
 - 1. Any football player who wishes to participate out of district other than the one to which they belong must appeal to the School District Representatives in person with parents. For a child to be considered for playing out of district, there must be an opening in that district. The absence of petitioning child must not affect the minimum number to field a team in the district to which the petitioning child would normally belong, nor may their absence result in the minimum number being met to facilitate a draft, should the need arise.
 - 2. A player can play out of the district if the district the player resides in, has closed the respective registration for that grade level.
 - 3. A player may play out of district if a parent/legal Guardian works for the school system and the player is attending the elementary school that feeds the high school district.
 - 4. A player can play out of the district if the district the player resides in does not have a team at their grade level or if the district does not have a feeder program competing within the CFL. In this instance, they may select which program they would like to join, subject to section 8.5.

5. Each appeal will be taken by the School District Representatives case by case.
6. Once a draft has taken place, no appeals will be heard.
7. After all parties have been heard, the School District Representatives will make a decision.
8. Any player who tries to bypass the above procedure for playing out of district and gives false information or otherwise tries to manipulate the registration process in order to play in a district other than the one in which he/she lives will immediately be removed from the league and any registration fees will be forfeited. The School District Representatives will call an emergency meeting to decide if any or all games in which he/she participated will be forfeited. **The only players who may play out of district are those approved by the CFL Board and those who do not have a feeder team in the CFL.**
9. **Grandfather Rule: If a new school enters the CFL or the CFL Board asks a player to transfer to another district for any reason, those players may choose to continue to play for the out of district school through 5th Grade if they choose to do so. If the player leaves the out of district school, they must return to the district that they reside in.**
 - a. In the event a player is approved to play out of district due to their zoned school / feeder program not fielding a team at their grade level, the grandfather rule shall not apply. Approval will be for one season only.

ALL CFL BOARD DECISIONS WILL BE FINAL.

8.6 Drafting of Football Players

The Drafting of Football players shall take place the weekend after assessments are completed. Each team may freeze up to three (3) players. All freezes must have a freeze protection form signed. Each player will be assessed during the 4 day conditioning period. Each head coach will give each player a score of 1-10, length of jump or a time on each drill. ALL coaches' assessments must be turned in to the President BEFORE the draft can occur. Players must attend at least 2 days of the conditioning period in order to be assessed. Players will be scored on 8 drills then given an overall "grade" of A, B, C, or D. Coaches' children and Freezes not attending assessments will get an automatic "A" score. All others will become hat picks. All Head Coaches must freeze their son/daughter in the draft.

Begin the draft: Head coaches will draw a number from a hat or flip a coin to determine draft order. The coach with the most seniority will draw from the hat first or call the coin flip. Each coach will turn in his freezes and teams will be equalized based on player's scores. Example: Coach picking #1 freezes 2 A's and 2 B's, Coach #2 freezes 2 A's, 1 B and 1 C and Coach #3 freezes 1 A, 2 B's and 1 C.

Coach 1 will pick 1 C
 Coach 2 will pick 1 B
 Coach 3 will pick 1 A before the official draft will start.

Once the teams are equalized, the coach drawing #1 will pick first and the coach with #2 will draw second starting with all "A or B" players. No "C" player may be picked until all "A" players have been chosen. Once all "A" players have been chosen, coaches may pick from remaining "B and C" players. No "D" player may be chosen until all "B" players have been chosen. Hat picks will be chosen once all other players have been selected.

In the event there are more than 2 teams in the draft, the draw will go as follows, starting with the “A and B” players: #1 picks first, #2 second, #3 third (and so on) for the first round. For the second round, the pick order will be reversed, #3 will pick first (or the last team to pick if more than 3 teams) #2 second and #1 third. The rounds will continue reversing the pick order until all the players have been placed on a team.

Trades may only occur at the draft table with all Head Coaches present. Trades may only be at the same level. For example, a team may trade an “A” for a “A” or a “B” for a “B”, but are not allowed to trade players at different levels. There is a maximum of three (3) trades per team.

Brother Rule: When a player is chosen who has a sibling in the same age group, the team selecting the first sibling must choose the 2nd sibling immediately when he becomes available (when there are no higher ranking players left in the draft). For example, Brother 1 is an A player and Brother 2 is a B player. The coach choosing Brother 1 must choose Brother 2 before he may choose any other B, C or D player. In the case of brothers not assessed closely, Brother 1 is an A or B player and Brother 2 is a C (or D) player. The coach choosing Brother 1 must choose Brother 2 as soon as the C (or D) players may be chosen. In the case that a Brother is a freeze, the remaining Brother must be picked as soon as he becomes available when there are no higher-ranking players left in the draft.

Players that arrive after the draft will be placed on teams at the discretion of the District Director. The Director will use his best efforts to ensure that the teams in the age group are as even as possible. The number of players on a team are a factor in deciding which team to place the new player, but not the deciding factor. All Head Coaches involved in players that arrive after the draft must approve the placement of the added player(s). If the coaches are not in agreement, the CFL President will hear from all coaches and make the final decision on the placement of the player(s).

The deadline for players to join a team in the CFL is the Wednesday following the 2nd regular season game. Players arriving after that date, must approved by the CFL President.

8.6a Assessment Equalization Drills for the Draft:

Each district will run the same drills in order to have similar assessments. Each player will be given a score on each of the following 5 drills.

Assessments for players:

Non-Contact Drills

- 1) Broad Jump – Measured in inches.
- 2) 3 Cone Drill - Timed
- 3) Speed (20 Yard Dash) - Timed
- 4) Shuttle Run (5-10-5) - Timed
- 5) Weight

Times will be turned in for each district and Division. Scores will be based on where the player fits within his age group and district. Younger players within an age group will be compared to older players in the same age group since they play together.

Contact Drills for Assessment

- 1) Sumo Blocking Drills (score 1-10)
- 2) Close Quarters Tackling Drills (score 1-10)
- 3) Angle Tackling Drills (score 1-10)
- 4) District Choice Blocking/Tackling Drill (score 1-10)

Players total scores compared against the other players from their district/division will determine with they are rated an A, B, C or D.

The following will outline the breakdown of the allocation of grades per group:

A's – 25%

B's – 35%

C's – 25%

D's – 15%

8.7 Drafting of Cheerleaders

The football players will draft after one week of practice. Once the football teams are drafted the cheer squads will be formed. The School District Representative will supervise the drafting of cheer squads. The cheer draft is not a “performance draft” like the football draft. The purpose of the cheer draft is to try and create balanced squads.

Considerations when preparing to draft teams:

- a) School District Representatives will place all cheerleaders' names and school on index cards and divide by age divisions. When drafting teams, School District Representatives will take into consideration the schools the cheerleaders attend as try to make sure there are cheerleaders from the same schools cheering together to help with carpool etc. School District Representatives may also choose to include on the index card the CFL team cheered for in previous year.
- b) It is recommended that no squad be less than 8 cheerleaders. The School District Representative and Cheer Vice President may choose to combine squads if there are not enough cheerleaders in a division to have a minimum of 8 cheerleaders per squad.
- c) Each squad can protect a maximum of 4 cheerleaders (including children of squad staff). The cheerleaders of Head Coaches, Assistant Coaches and Team Moms will not be part of the draft.
- d) Coaches will try to accommodate specific coach requests if possible. Families typically request a particular coach because of previous experience with a coach or other extracurricular interaction. Accommodating these requests when possible, results in good public relations for the league.

Coaches, Directors and Cheer Vice President will make every attempt to accommodate requests to cheer with friend requests and carpool requests. In addition, cheerleaders with siblings playing football will be placed on a squad that has cheerleading responsibility for the sibling's team. (If there are more football

teams than cheer squads then the cheer squads will be assigned a schedule of games and may not always be cheering for the sibling).

8.8 Rotating of Sideline Cheer Teams

If a division in a district has more football teams than cheer squads then, the Cheer Director for that district may allow for the rotation of cheerleaders to cheer for the football teams within that division. This will mean there may be times that football teams will not have cheerleaders but will ensure each team will have cheerleaders for some of their games.

In the event there is more than one football team in an age group and there are enough girls to form cheer squads for those teams, it will be the Cheer Director's responsibility to find coaches for those cheer teams.

Cheerleaders will not be "guaranteed" that they will cheer for a sibling every game of the season in the event the football teams outnumber the cheer teams.

8.9 Competition Cheer Teams

All districts will have the opportunity to form competition teams if the following criteria are met:

- a) The squads will be divided by age groups. There is no guarantee that siblings will be on the same squad.
- b) Cheer Vice President will select coaches for the competition teams. Coaches must be finalized by August 15th.
- c) Competition rosters must be finalized by August 30th. Parents and cheerleaders interested in competition cheer will be required to sign a "commitment agreement" that states practice attendance requirements for competition cheer requirements.
- d) Competition practice will begin one week after the beginning of sideline cheer and should be no more than 4 hours per week. The week before the competition the squad may practice up to 6 hours.
- e) Parents of competition squads using practice facilities like cheer gyms for will be required to pay gym rental fees. These fees typically run \$5-\$10 per participant per practice depending on the gym.

8.10 Playoffs

COBB FOOTBALL LEAGUE PLAYOFF QUALIFICATIONS

PLAYOFF QUALIFICATION & TIE BREAK PROCEDURE FOR DIVISIONS WITH ONE (1) REGION

To qualify for playoffs, the top eight (8) representatives from each region will enter the post season playoffs. The first place region team shall represent a number one seed, the second place region team shall represent a number two seed, the third place region team shall represent a three seed and the fourth place region team shall represent the fourth seed.

Qualification for playoffs will be based on the following:

- Region Record

The following tie-breaking procedures will be used:

- (a) If the teams played during the regular season, the winner of the game will have the higher placement.
- (b) If the tie remains after "a" has been considered and both teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.

- (c) If there are three or more teams that have tied for region record, winning percentage in the head to head competition will determine placement in the playoffs. See Example 1.
- (d) If a tie remains after (c) has been considered and all teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (e) If the tie remains after both "a", "b", "c" and "d" has been considered and there is a playoff spot for only one team, the two teams(or more if necessary) that are tied will meet in a CFL Tie-Breaker Game(s).
 - A team cannot be eliminated from a playoff spot by a coin flip.
 - A team cannot be eliminated from a playoff spot by winning percentage in the head to head, unless the teams all played each other during the regular season and the data is conclusive.
 - Overall record is not a factor in determining playoff qualification or playoff seeding.

Example 1 – Three teams (A, B, C) are all tied with a 7-1 Region records and have all qualified for a playoff spot. Team A beat Team B, but did not play Team C (1-0). Team B lost to Team A, but beat Team C (1-1). Team C lost to Team B, but did not play Team A (0-1). By head to head winning percentage, Team A would be the highest seed, followed by Team B and finally by Team C.

PLAYOFF QUALIFICATION & TIE BREAK PROCEDURE FOR DIVISIONS WITH TWO (2) REGIONS

To qualify for playoffs, the top four (4) representatives from each region will enter the post season playoffs. The first place region team shall represent a number one seed, the second place region team shall represent a number two seed, the third place region team shall represent a three seed and the fourth place region team shall represent the fourth seed.

Qualification for playoffs will be based on the following:

- Region Record

The following tie-breaking procedures will be used:

- (a) If the teams played during the regular season, the winner of the game will have the higher placement.
- (b) If the tie remains after "a" has been considered and both teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (c) If there are three or more teams that have tied for region record, winning percentage in the head to head competition will determine placement in the playoffs. See Example 1.
- (d) If a tie remains after (c) has been considered and all teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (e) If the tie remains after both "a", "b", "c" and "d" has been considered and there is a playoff spot for only one team, the two teams(or more if necessary) that are tied will meet in a CFL Tie-Breaker Game(s).
 - A team cannot be eliminated from a playoff spot by a coin flip.
 - A team cannot be eliminated from a playoff spot by winning percentage in the head to head, unless the teams all played each other during the regular season and the data is conclusive.
 - Overall record is not a factor in determining playoff qualification or playoff seeding.

Example 1 – Three teams (A, B, C) are all tied with a 7-1 Region records and have all qualified for a playoff spot. Team A beat Team B, but did not play Team C (1-0). Team B lost to Team A, but beat Team C (1-1). Team C lost to Team B, but did not play Team A (0-1). By head to head winning percentage, Team A would be the highest seed, followed by Team B and finally by Team C.

2025 PLAYOFFS

Qualification for playoffs will be based on the following:

- Region Record

The following tie-breaking procedures will be used:

- (a) If the teams played during the regular season, the winner of the game will have the higher placement.
- (b) If the tie remains after "a" has been considered and both teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.

- (c) If there are three or more teams that have tied for region record, winning percentage in the head to head competition will determine placement in the playoffs. See Example 1.
- (d) If a tie remains after (c) has been considered and all teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (e) If the tie remains after both "a", "b", "c" and "d" has been considered and there is a playoff spot for only one team, the two teams(or more if necessary) that are tied will meet in a CFL Tie-Breaker Game(s).
 - A team cannot be eliminated from a playoff spot by a coin flip.
 - A team cannot be eliminated from a playoff spot by winning percentage in the head to head, unless the teams all played each other during the regular season and the data is conclusive.
 - Overall record is not a factor in determining playoff qualification or playoff seeding.

Example 1 – Three teams (A, B, C) are all tied with a 7-1 Region records and have all qualified for a playoff spot. Team A beat Team B, but did not play Team C (1-0). Team B lost to Team A, but beat Team C (1-1). Team C lost to Team B, but did not play Team A (0-1). By head to head winning percentage, Team A would be the highest seed, followed by Team B and finally by Team C.

2025 K/1st Grade Division. TBD

2025 2nd Grade Division – TBD

2025 3rd Grade Division - TBD

2025 4th Grade Division - TBD

2025 5th Grade Division – TBD

PLAYOFF QUALIFICATION & TIE BREAK PROCEDURE FOR DIVISIONS WITH THREE (3) REGIONS

To qualify for playoffs, the top two (2) representatives from each region will enter the post season playoffs. The first place region team shall represent a number one seed and the second place region team shall represent a number two seed for the respective region.

Qualification for playoffs will be based on the following:

- Region Record

The following tie-breaking procedures will be used:

- (a) If the teams played during the regular season, the winner of the game will have the higher placement.
- (b) If the tie remains after "a" has been considered and both teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (c) If there are three or more teams that have tied for region record, winning percentage in the head to head competition will determine placement in the playoffs. See Example 1.
- (d) If a tie remains after (c) has been considered and all teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (e) If the tie remains after both "a", "b", "c" and "d" has been considered and there is a playoff spot for only one team, the two teams(or more if necessary) that are tied will meet in a CFL Tie-Breaker Game(s).
 - A team cannot be eliminated from a playoff spot by a coin flip.
 - A team cannot be eliminated from a playoff spot by winning percentage in the head to head, unless the teams all played each other during the regular season and the data is conclusive.
 - Overall record is not a factor in determining playoff qualification or playoff seeding.

Example 1 – Three teams (A, B, C) are all tied with a 7-1 Region records and have all qualified for a playoff spot. Team A beat Team B, but did not play Team C (1-0). Team B lost to Team A, but beat Team C (1-1). Team C lost to Team B, but did not play Team A (0-1). By head to head winning percentage, Team A would be the highest seed, followed by Team B and finally by Team C.

Wild Card

There will be a total of 2 wild card teams in Divisions with three (3) regions that will qualify for the playoffs. The wild card teams will be awarded based on the following considerations:

- Overall Record
- Head to Head Competition
- CFL Tie Breaker Game(s)

Qualification for determining overall seeding for playoffs in Divisions with three (3) regions:

1. The three Regions will be put into a hat. The first region draw will become the "A Division". The second region drawn will become the "B Division". The final region drawn will become the "C Division"
2. The A Division #1 seed will be the No. 1 seed in the playoffs. The B Division #1 seed will become the No. 2 seed in the playoffs. The C Division #1 seed will become the No. 3 seed in the playoffs.
3. The C Division #2 seed will become the No. 4 seed in the playoffs. The A Division #2 seed will become the No. 5 seed in the playoffs. The B Division #2 seed will become the No. 6 seed in the playoffs.
4. The No. 7 and No. 8 seeds will be the two wild card teams. If the two wild card teams played during the regular season, the winner will be the No. 7 seed in the playoffs and the loser will be the No. 8 seed in the playoffs.
5. If the two wild card teams did not play during the regular season, then the teams will be placed at No. 7 or No. 8 to play against a different region during round 1 of the playoffs.
6. If the two wild card teams did not face their region in round one and they did not play during the regular season, a coin flip will determine which team is No. 7 and No. 8 respectively.

PLAYOFF QUALIFICATION & TIE BREAK PROCEDURE FOR DIVISIONS WITH FOUR (4) REGIONS

To qualify for playoffs, the top two (2) representatives from each region will enter the post season playoffs. The first place region team shall represent a number one seed and the second place region team shall represent a number two seed from their respective region.

Qualification for playoffs will be based on the following:

- Region Record

The following tie-breaking procedures will be used:

- (a) If the teams played during the regular season, the winner of the game will have the higher placement.
- (b) If the tie remains after "a" has been considered and both teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (c) If there are three or more teams that have tied for region record, winning percentage in the head to head competition will determine placement in the playoffs. See Example 1.
- (d) If a tie remains after (c) has been considered and all teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (e) If the tie remains after both "a", "b", "c" and "d" has been considered and there is a playoff spot for only one team, the two teams(or more if necessary) that are tied will meet in a CFL Tie-Breaker Game(s).
 - A team cannot be eliminated from a playoff spot by a coin flip.
 - A team cannot be eliminated from a playoff spot by winning percentage in the head to head, unless the teams all played each other during the regular season and the data is conclusive.
 - Overall record is not a factor in determining playoff qualification or playoff seeding.

Example 1 – Three teams (A, B, C) are all tied with a 7-1 Region records and have all qualified for a playoff spot. Team A beat Team B, but did not play Team C (1-0). Team B lost to Team A, but beat Team C (1-1). Team C lost to Team B, but did not play Team A (0-1). By head to head winning percentage, Team A would be the highest seed, followed by Team B and finally by Team C.

Qualification for determining overall seeding for playoffs in Divisions with four (4) regions:

1. The four (4) Regions will be put into a hat. The first region draw will become the "A Division". The second region drawn will become the "B Division". The third region drawn will become the "C Division" and the final region drawn will become the "D" Division".

2. The A Division #1 seed will be the No. 1 seed in the playoffs. The B Division #1 seed will become the No. 2 seed in the playoffs. The C Division #1 seed will become the No. 3 seed in the playoffs. The D Division #1 seed will become the No. 4 seed in the playoffs.
3. The A Division #2 Seed will become the No. 5 seed, the B Division #2 seed will become the No. 6 seed, the C Division #2 seed will become the No. 7 seed and finally the D Division #2 will become the No. 8 seed in the playoffs.

PLAYOFF QUALIFICATION & TIE BREAK PROCEDURE FOR DIVISIONS WITH 2 REGIONS WITH 2 SUB REGIONS IN EACH REGION

To qualify for playoffs, the top two (2) representatives from each Sub Region will enter the post season playoffs. The first place sub region team shall represent a number one seed and the second place sub region team shall represent a number two seed from their respective sub region.

Qualification for playoffs will be based on the following:

- Sub Region Record

The following tie-breaking procedures will be used:

- (a) If the teams played during the regular season, the winner of the game will have the higher placement.
- (b) If the tie remains after "a" has been considered and both teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (c) If there are three or more teams that have tied for Sub Region record, winning percentage in the head to head competition will determine placement in the playoffs. See Example 1.
- (d) If a tie remains after (c) has been considered and all teams have qualified for a playoff spot, a coin flip will determine the placement of the teams that are tied.
- (e) If the tie remains after both "a", "b", "c" and "d" has been considered and there is a playoff spot for only one team, the two teams(or more if necessary) that are tied will meet in a CFL Tie-Breaker Game(s).
 - A team cannot be eliminated from a playoff spot by a coin flip.
 - A team cannot be eliminated from a playoff spot by winning percentage in the head to head, unless the teams all played each other during the regular season and the data is conclusive.
 - Overall record is not a factor in determining playoff qualification or playoff seeding.

PLAYOFF CROSSOVER FOR DIVISIONS WITH 2 REGIONS AND 2 SUB REGIONS IN EACH REGION

Division 1 Sub Regions shall be Sub Region 1 and Sub Region 2.

Division 2 Sub Regions shall be Sub Region 3 and Sub Region 4

During the first Round of the playoffs, the following cross over games shall occur:

- Sub Region 1 No. 1 seed shall play the No. 2 Seed from Sub Region 3.
- Sub Region 1 No. 2 seed shall play the No. 1 Seed from Sub Region 3.
- Sub Region 2 No. 1 seed shall play the No. 2 Seed from Sub Region 4.
- Sub Region 2 No. 2 seed shall play the No. 1 Seed from Sub Region 4.

See full brackets below for 2nd and 3rd round matchups.

CFL TIE-BREAKER MINI-GAME PROCEDURE

The schools shall meet at a site selected by the President for a playoff on the Monday or Tuesday night after the end of the regular season. The officials will be assigned by the CFL.

1. The games will consist of two ten-minute halves for Division II and Division III. The play begins for the first half with a free kick, and standard game rules and scoring are used. Division I games will consist of two eight-minute halves.
2. There will be a five-minute intermission between the two halves. Play begins for the second half with a free kick.
3. Each team will be given two (2) timeouts for the game. Unused timeouts in the first half may be carried over to the second half.
4. If the score is tied at the end of two overtime periods, the teams will go to the CFL 10-yard overtime procedure.
5. Head to Head competition will determine the order of play. If the teams did not all play each other the winning percentage against the other mini game teams will determine the order of play. If all the team are tied on winning percentage against the other mini game teams, a coin flip will determine the order of play.

Three teams are tied for one open spot:

- a) When three teams are tied for one open spot, the team winning the head to head percentage or coin toss gets a bye -and then plays the winning team of the first Tie-Breaker game.
- b) Example: Team "C" gets a bye
- c) Team "A" plays Team "B"
- d) Team "C" plays the winner of game 1
- e) Winner of game 2 qualifies for the playoffs
- f) When three teams are tied for two open spots, the following format will be used.
- g) Example: Team "C" gets a bye
- h) Team "A" plays Team "B" and the winner qualifies
- i) Team "C" plays the loser of game 1 and the winner qualifies
- j) If Team "C" wins game 2, the regular season winner between Team "C" and the winner of game 1 will have the higher placement.

Four teams are tied for one open spot:

- a) When four teams are tied for one open spot, the pairings will be determined by draw (cross region when possible) and the following format will be used.
- b) Example: Team "A" plays Team "B" in game 1
- c) Team "C" plays Team "D" in game 2
- d) Winner of game 1 plays winner of game 2
- e) Winner of game 3 qualifies.

Four teams are tied for two open spots:

- a) When four teams are tied for two open spots, the pairings will be determined by draws (cross region where possible) and the following format will be used.
- b) Example: Team "A" plays Team "B" in game 1 and the winner qualifies
- c) Team "C" plays Team "D" in game 2 and the winner qualifies
- d) The winner of the regular season game between the two winning teams will have the higher placement or if they did not play a coin flip will determine who the higher seed is.

Five teams are tied for one open spot:

- a) When five teams are tied for one open spot, one team will get a bye based on the head to head percentage against the other teams in the mini playoff game. If there is tie between two or more teams on winning percentage a coin flip will determine the BYE team for the teams that are tied.
- b) The other four teams will be drawn (cross region if possible) to play two mini games.
- c) The two winners of games 1 and 2 will be drawn to see who gets a BYE for Game 3.
- d) Game 3 will be between the BYE team from Round 1 and the winner of Game 1 or 2 that did not draw the BYE.
- e) The winner of Game 3 will play the second BYE team to see which team advances to the playoffs.

Five teams are tied for two open spots:

- a) When five teams are tied for two open spots, one team will get a bye based on the head to head percentage against the other teams in the mini playoff game. If there is tie between two or more teams on winning percentage a coin flip will determine the BYE team for the teams that are tied.
- b) The other four teams will be drawn (cross region if possible) to play two mini games.
- c) The two winners of games 1 and 2 will be drawn to receive the first playoff slot.
- d) The BYE team will play the team that did not draw the playoff spot to determine the final spot in the playoffs.
- e) The winner of the regular season game between the two winning teams will have the higher placement or if they did not play, overall record will determine who the higher seed is. If overall record is tied, a coin flip will determine the higher seed in the playoffs.

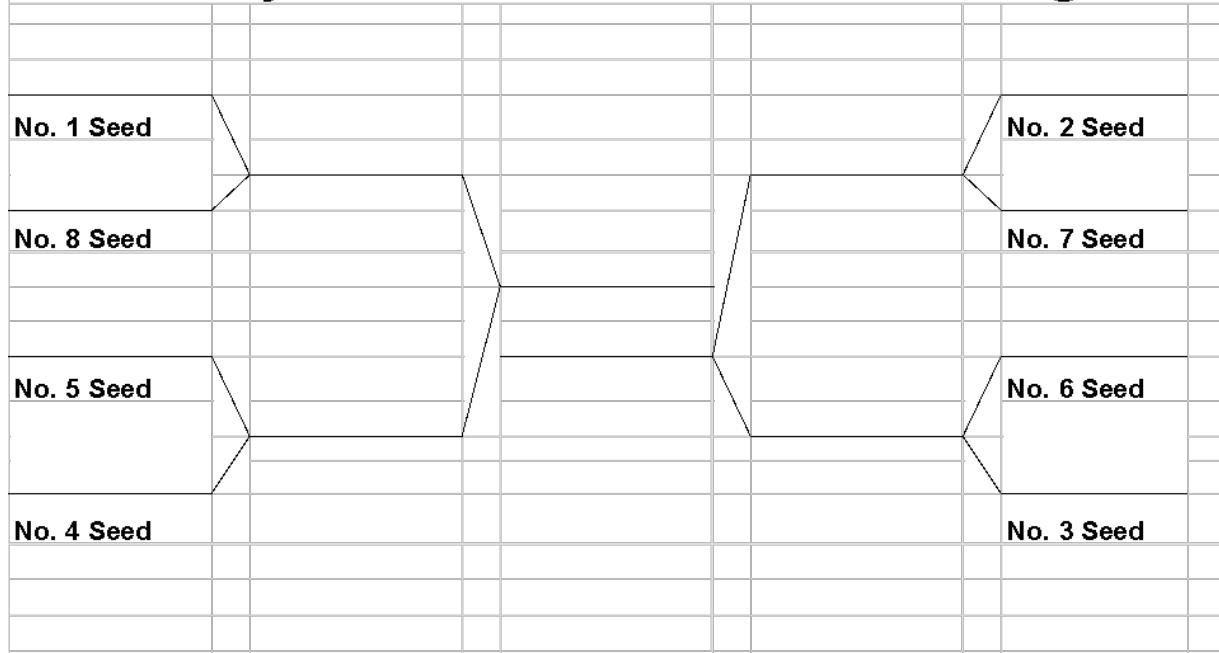
6. When teams play a mini-game tiebreaker on a Monday or Tuesday, their first round playoff game will be scheduled for the following Saturday.

Playoffs

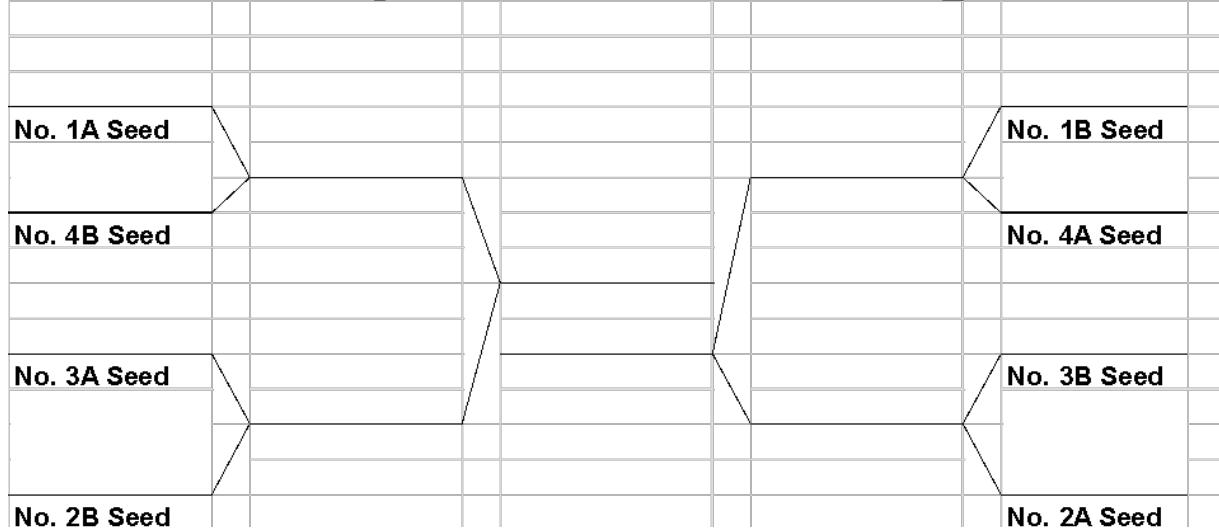
All rounds of games after the end of the regular season are considered part of the playoff structure.

- a) In all rounds but the Finals, the higher seeded team will host. If the teams playing are the same seed, a coin flip will determine the home team.
- b) The President shall determine the game times and locations.
- c) Each Division will have 8 Teams in the playoffs.
- d) The brackets will be the following:

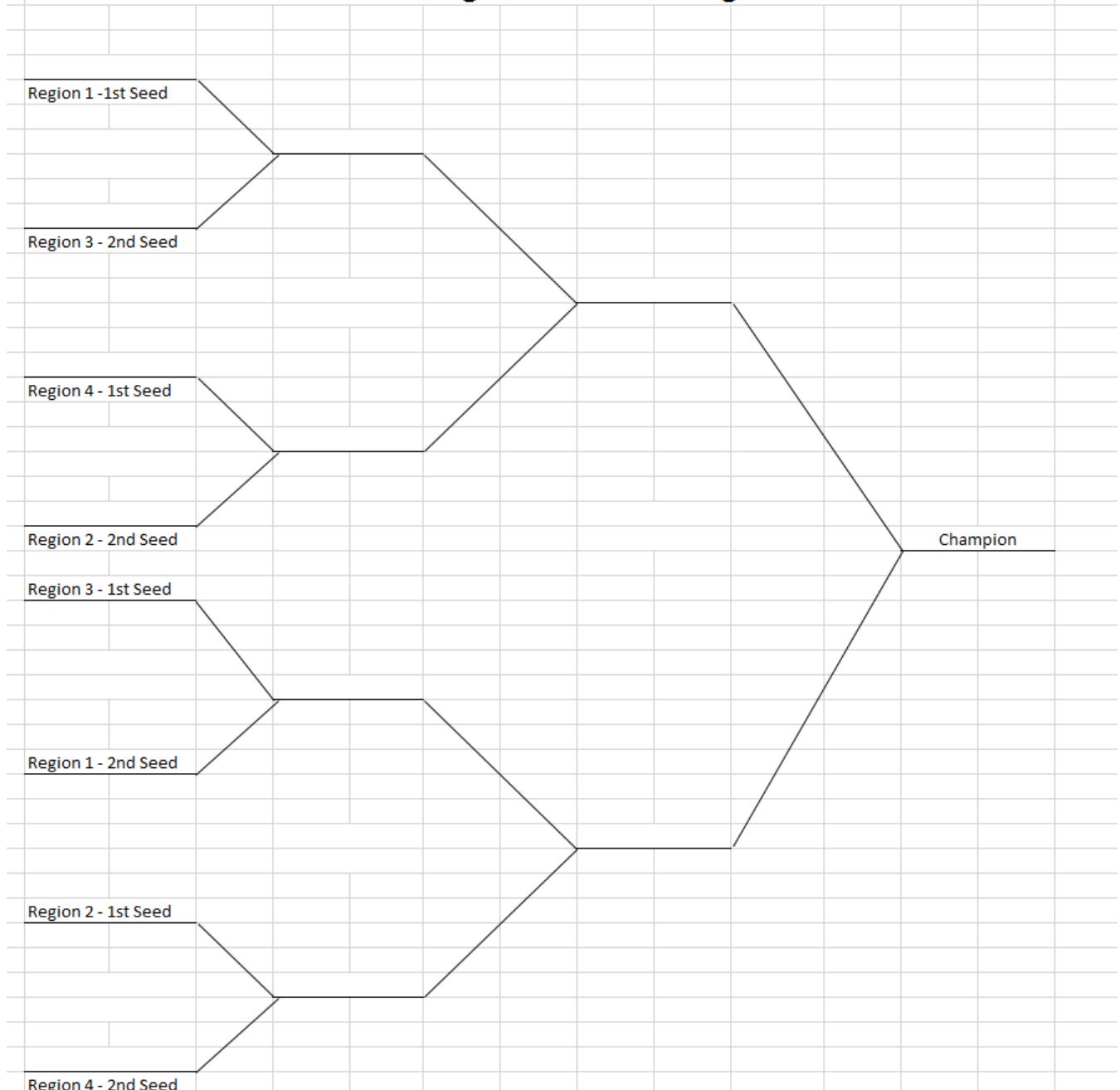
CFL Playoff Brackets - One or Three Regions



CFL Playoff Brackets - Two Regions



Divisions with 2 Regions and 2 Sub Regions



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