2023 CYO TACKLE FOOTBALL RULEBOOK
- (Rules are subject to change going forward. Any updates will be placed here)

1. Official Junior High Rules for all aspects of the game except for what is mentioned below in items.
2. 8 minute quarters with traditional clock
3. No Special Teams - 30 yds. for punt - start series from 30 yd. line
4. 125 lbs. or less can be a ball carrier - 126 lbs. plus can't be a ball carrier......if a player 126 lbs. plus intercepts a pass or recovers a fumble then they can advance the ball. No designed plays in which a fumble is allowed so the 126 plus can pick up the ball such as a fumblerooski. This type of play is allowed for the right size players.
5. Recognizable defenses – 5-2, 4-3, etc.
6. Defense must be in 3 or 4 pt. stance unless outside shoulder or more from the offensive player on the end of the line on each side.
7. Linebackers must play from at least 3 yds. from the line of scrimmage.
8. If team is losing by 28 then running clock will be used but only in 2nd half
9. No Coaches allowed on the field.