

CENTRAL TEXAS ATHLETICS

In May 2017, a group of athletic directors from various Christian schools began working on a common set of guidelines through which they can play sports. They used an earlier T.A.L.L.S. league document to establish common playing guidelines for football, volleyball, and basketball.

The following schools are playing with this common set of rules: Immanuel Giddings, St. Paul Serbin, St. Paul Thorndale, 1st Baptist Caldwell, St. Paul Brenham, Grace Brenham, and St. Mary's Taylor.

The Central Texas league is organized for participation in flag football (boys), volleyball (girls), basketball (boys & girls), both at the varsity (8th and under) and junior varsity (4-6) divisions.

COMPETITIVE RULES

Competition will be governed by National Federation High School rules unless over ruled by UIL and/or special conditions agreed upon by athletic directors of Central Texas Athletics.

A set of rules for each specific sport or activity is included in this handbook. Please familiarize yourself with the rules—be a knowledgeable fan!

VOLLEYBALL RULES

1. Serving team must wait for the whistle before serving. (whistle fault)
2. Server must be in the serving area until the ball is contacted by the server. A line fault will be called if the player steps on/over the line before the ball is contacted. The net judge will call line faults. The server may stand anywhere behind the service line (baseline).
3. Ball hitting any part of the boundary line will be ruled IN.
4. Players will be called "in the net" if any part of their body comes in contact with the net, or if they completely cross under the net in an attempt to hit the ball across the net.
5. Substitutions may be made after any point by either team by calling the judges attention to the substitution. Substitutes must go to the side of the court, meet the player coming out, and wait for the official to recognize the substitution.
6. Players may return to the game between the same players as in the start of the game. (Same position)
7. Players may only be substituted into the same person as that when leaving the game, except for Libero.
8. Violation of the substitution rule is loss of serve or loss of point.
9. Games are started by the toss of a coin to determine serve or choice of courts.
10. RALLY SCORING FORMAT: **JUNIOR VARSITY AND VARSITY**
 - 2 out of 3 to 25 (cap at 30); 3rd game to 15 (cap20)
 - The let serve shall be allowed
 - If it hits the net, it's a good serve.
 - Each team shall be allowed two time-outs per game
 - By mutual consent, teams may play the third game of a match even if the same team has won the first two games, provided any student who has not played in the first two games be allowed to play in most of the third game.

11. If each team has one win in a match, the judge will again toss a coin to determine serve.
12. The center of the net shall be no less than 7' and no more than 7' 4¼"
13. Serving line for J.V. is **4 feet** closer to the net.
14. Six players shall be on the court at one time. You can play with a missing player, but the missing person loses the serve point. A team **MUST** have 4 players on the court to play.
15. The game ball must be a leather ball agreed upon by both coaches before the first game.
16. Fingertip sets will be allowed on the first hit after a serve.
17. For the J.V. teams, **after 5 consecutive successful serves** from the J.V. line, the server must give possession to the other team. The only exception will be game point on the sixth serve. (5pts, then roll to the other team. No point on the roll.)
18. Player attire: a player(s) may wear a t-shirt or spandex under uniform but must be the same color and the t-shirts must be hemmed.
19. Varsity teams shall play with a regulation ball. JV teams play with volley lites.

SIX-MAN FOOTBALL RULES

THE GAME, FIELD, PLAYERS AND EQUIPMENT

SECTION 1. GENERAL PROVISIONS

A. The Game

The game will be played between two teams of 6 players each. Five players are required to avoid a default. A team must start if 5 players are present and it is game time. If for any reason a team drops below the minimum number of players (5) it may choose to continue to play. **IN VARSITY GAMES COACHES ARE NOT ALLOWED ON THE FIELD DURING THE GAME.**

B. Team Captains

Each team shall designate to the Referee the team captain or captains. If more than one player is designated, a speaking captain must be selected to make all decisions. The captain's first choice of any penalty option shall be irrevocable. Decisions regarding penalties shall be made before any charged time-out is granted to either team.

C. Persons Subject to the Rules

Team representatives, including players, substitutes, replaced players, coaches, fans, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

D. Equipment

1. Flags – A triple threat belt, red or yellow, squared ends, 15 inches in length. The flags must be a different color than the shorts or pants. Home team will supply **the same style** flags for both teams.
2. Shoes – Soccer style cleat or tennis shoes must be worn.
3. Shirts – Shirts must be worn and tucked into shorts.
4. Football – The ball used for junior varsity games must be junior size. For varsity games, a youth size ball must be used.
5. NO head gear, or sunglasses may be worn!!

E. Scoring

1. Numerical points will be: touchdown= 6, P.A.T.= 1, Safety= 2
2. After a safety, the ball must be kicked/punted from the 22 yard line
3. Intercepted conversions (pat) are **dead balls.**
4. **BALL IS PLACED WHERE IT IS WHEN THE FLAG IS PULLED.**

SECTION 2. The Field

A. Markings (these are the suggestions for fields)

1. The field is 35 yards by 60 yards.
2. The end zones are 7 yards deep.
3. The markings are 15 yards.
4. The kickoff lines are on the 22 yard line.
5. The extra point line is on the 3 yard line from the end zone.

B. Inbounds/Out of Bounds

The lines bounding the sidelines and the end zones are out of bounds in their entirety, and the in-bounds area is bound by the lines. The entire width of each goal line shall be a part of the end zone.

C. Down Marker

A down marker shall be used to indicate the number of the down and placed at the zone line to gain. It shall be operated by one individual representing each team.

D. Playing Time

1. Games shall be played with a running clock. **All** quarters are 10 minutes long, with the clock stopping only for time outs, injuries, referee's timeout and **kickoffs. (5 min. halftime)**
2. A two minute warning is given before the end of the first half.
3. Time outs are 1 minute long, each team has 2 time outs per half.
4. Time outs cannot be carried over and injury time outs may not be charged to the team with the injured player.

E. Substitutions

Players may be substituted at any time between downs. Each substitute shall be in uniform, ready to play, flag belt in position at the time of substitution. **PENALTY: DELAY OF GAME, 3 YARDS FROM PREVIOUS SPOT.**

KICKING THE BALL

A. Scrimmage kick (punt)

Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if he wants a **scrimmage kick** (punt). The referee will then communicate this decision to the defensive team captain. The offense may request a punt on any down. After such announcement, the ball must be kicked. Exception: If a) a team time out is called, or b) a penalty occurs anytime during this down which results in the right of the kicking team to repeat the down again, the Referee must then again ask the offensive captain whether he wants to punt. The snap must be received at least 5 yards back and the kick executed behind the line of scrimmage and within reasonable time. Each team

must have least 3 players on their line of scrimmage at the time of the kick. **PENALTY: ILLEGAL PROCEDURE. 3 YARDS FROM THE PREVIOUS SPOT.** Neither team may cross the scrimmage line until the ball is kicked. A line player may not raise his arms to distract the kicker or block a kick. **PENALTY: ILLEGAL PROCEDURE, 3 YARDS FROM PREVIOUS SPOT.** If the punt is muffed by a player, then strikes the ground, it is dead where the player touched it. .

B. Fair Catch

When a player makes a fair catch, the ball becomes dead where caught and belongs to the receiving team. A valid fair catch is one hand clearly above the head and waving it from side to side. If a player makes a valid fair catch signal and does not touch the ball, he may not screen block. **PENALTY: INVALID FAIR CATCH, 3 YARDS FROM THE POINT OF THE INFRACTION.**

C. Kickoffs

1. Receiving team lines up on the 30 yard with at least 3 men on the mid-field line.
2. No onside kicks or intentional blocking kick offs.
3. Balls kicked out of bounds allows the receiving team to:
 - a. Accept the ball at the point it went out of bounds, or,
 - b. **Re-kick with a 3 yard penalty.**
4. All touchbacks are placed on the 15 yard line.
5. All fumbles on the kick-off, punts, or center snaps are dead balls at the point of contact with the ball. There are no fumble recoveries.
6. Fumbles in the end zone are automatic touchbacks
7. On a kickoff, if the receiving team does not field the ball, it must still be downed by the kicking team.

SNAPPING, HANDLING AND PASSING THE BALL

A. The Scrimmage

1. Snapping - the snap must be between the snapper's legs. The player receiving the snap must be at least 2 yards behind the line of scrimmage at the time he receives the snap. **Penalty: Illegal Procedure, 3 Yards From Line Of Scrimmage.**
2. During the snap, the offensive team must have at least 3 players on their line of scrimmage.
3. Three and four point stances are illegal. **PENALTY: ILLEGAL PROCEDURE, 3 YARDS FROM LINE OF SCRIMMAGE**
4. No offensive player shall make a false start. A false start is any movement simulating the start of a play. **PENALTY: ILLEGAL PROCEDURE, 3 YARDS FROM OF SCRIMMAGE**
5. Encroachment - after the snapper has made his final adjustment of the ball, it is encroachment for any player to break the plane of the line of scrimmage, except the snapper's right to be over the ball. **PENALTY: ENCROACHMENT, 3 YARDS FROM LINE OF SCRIMMAGE, DEAD BALL FOUL**
6. All offensive players must be motionless for one second preceding the snap, except for one player moving parallel to or away from the line of scrimmage. That player must be at least five yards behind the line of scrimmage when the ball is snapped. **PENALTY: ILLEGAL MOTION, 3 YARDS FROM LINE OF SCRIMMAGE.**
7. An offensive player that moves/shift (other than going legally in motion) must stop for one full second before the snap. **PENALTY: ILLEGAL SHIFT, 3 YARDS**

FROM LINE OF SCRIMMAGE.

B. Handing, Passing and Receiving

1. Any player may hand the ball backward at any time.

CONDUCT OF PLAYERS

A. Personal Fouls

1. There shall be no personal fouls committed by players, substitutes and coaches. Personal fouls may include but are not limited to:
 - a. Using fist, foot, knee, or leg to contact an opponent.
 - b. Tackling the ball carrier - automatic ejection
 - c. Steal, attempt to steal, or bat the ball from a player in possession.
 - d. Illegal contact.
 - e. Hurdling
 - f. Unnecessary roughness
 - g. Touching a player or ball carrier with undue force.
 - h. Roughing the passer (automatic first down) - applies only to the player throwing a pass behind the offensive line of scrimmage. If a defender contacts the passer - other than to deflag - in any fashion, whether or not he touches the pass, it is roughing the passer.
 - i. Defensive pass interference.

PENALTY: FOR 1 (A-G) ABOVE: PERSONAL FOUL, 8 YARDS FROM THE PREVIOUS SPOT OR THE POINT OF INFRACTION, WHICHEVER THE TEAM OF CHOICE PICKS.

2. The runner may not:
 - a. Be aided by a teammate (grabbed, pushed or pulled).
 - b. Stiff-arm an opponent.
 - c. Guard their flags by blocking with arms, hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt.

PENALTY: FOR 2 (A-C) ABOVE: FLAG GUARDING, 8 YARDS FROM THE SPOT OF THE FOUL

B. Blocking and Screening

1. Blocking, as in regulation football is prohibited. A player may not use his hands or body to block or ward off an opponent. **PENALTY: PERSONAL FOUL, 8 YARDS FROM THE SPOT OF THE FOUL**
2. Offensive players may protect the runner by **screening**. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have his arms at his side or behind his back **AND MAY NOT SCREEN WITH HIS HANDS**. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use an arm to break his fall or retain balance. Players must remain on both feet before, during, and after screen blocking. No part of the screener's body, except his feet, may be in contact with the ground while screen blocking. **PENALTY: ILLEGAL CONTACT, 8 YARDS FROM THE SPOT OF THE FOUL**
3. Defensive players must avoid the offensive player's screen block and may not grab

or push and offensive player. **PENALTY: PERSONAL FOUL, 8 YARDS FROM THE SPOT OF THE FOUL**

4. The runner may not stiff-arm or lower a shoulder into an opponent. **PENALTY: PERSONAL FOUL, 8 YARDS FROM THE SPOT OF THE FOUL.**
5. Illegal contact between blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge/foul" in basketball). **PENALTY: PERSONAL FOUL, 8 YARDS FORM THE SPOT OF THE FOUL.**

C. Flag Removal

1. Players must have possession of the ball before they can be deflagged or touched legally.
2. When a runner loses his flag belt either accidentally, inadvertently (not removed by grappling or pulling), on purpose, or is deflagged, the play is stopped at the point where the flag came off.
3. In circumstances where the flag is removed illegally, play should continue with the option of the penalty or the result of the play. **PENALTY: PERSONAL FOUL, 8 YARDS FROM THE SPOT OF THE FOUL.**

ALL FLAGRANT OFFENDERS(those who continue a behavior after one warning) WILL BE IMMEDIATELY DISQUALIFIED FROM PLAYING !!

CENTRAL TEXAS BASKETBALL RULES

University Scholastic League (UIL) Rules will be followed with these additions:

1. Varsity game times consist of **four 6-minute quarters** with the clock stopping at all whistles, during all quarters of the contest.
No
2. Junior Varsity game times will be **two 18 minute halves** with the clock running except within the last two minutes of each half.
 - a. Clock does stop throughout the game for timeouts, injuries, and referee discretion.
3. Each game will begin with a jump ball at center court; thereafter all jump balls will be determined by alternating possession.
4. Overtime periods will begin with a jump ball and be 3 minutes in length with stopping clock.
 - a. If a 2nd overtime period is needed, it will be 2 minutes in length and shall begin with a jump ball.
 - b. If a 3rd overtime is needed, it shall be played as "sudden death"—first team to score shall be the winner.
5. **All girls (both varsity and JV) and JV boys will play with the 28.5 size basketball; all varsity boys only will play with a regulation size basketball.**
6. Pressing is allowed at the JV and Varsity level. At a 10 point gap, no pressing is allowed on JV. At a 20 point gap, no pressing is allowed on Varsity.

7. There will be 3 full-time outs and 2 thirty second time outs per game to be used at the coach's discretion. One full-time out will be added for each overtime period. You also have your remaining timeouts that you did not use during the game.
8. Both Varsity and Junior Varsity will incorporate use of the 3 point line.
9. Free throws in all Varsity games will be attempted from the 15 ft. free throw line. The Junior Varsity may move the free throw line 2 ft. close so that free throws may be attempted from 13 ft. The line should be marked, and foot faults will be penalized.
10. A player is allowed 5 personal fouls before disqualification. All technical fouls count as a personal foul.
 - a. Two technical fouls on a player shall result in automatic ejection even if it is the players 5th foul and that player is the last eligible player (ejection can be 1 tech and 1 flagrant).
 - b. If a team has 5 eligible players left and the fifth player receives 5 fouls, the opponent will receive 2 shots and the ball every time that player commits a foul
11. All flagrant fouls are considered technical fouls resulting in two-shots for the opposing team and possession of the ball.
 - a. All break-away fouls are considered flagrant fouls.
12. Bonus free throws begin **after the sixth** team foul (on the seventh). Two shot bonus will occur on the tenth team foul and every team foul thereafter for the half.
13. Player attire: a player may wear a T-shirt or spandex under uniform, **but the t-shirt or spandex worn by players of the same team must be the same color** and the T-shirts must be hemmed. **No arm bands or extra accessories, including sweat bands or shooting sleeves.**

SOFTBALL RULES

We are not currently playing softball, but have left these rules written below from the old T.A.L.L.S. league for future reference, just in case we decide to bring back softball at a future date.

American Softball Association (ASA) Rules for Slow Pitch softball-Mixed Teams will be followed for all softball games with these additions:

1. The JV and varsity teams will be mixed teams **of 10 players** with no more than 5 boys in **any field position.**
2. A maximum of 10 runs per inning may be scored by any **varsity team and a maximum of 5 runs for any JV team** at bat. After the 10th or 5th run in one inning is scored, the umpire will call the inning and change the teams at bat.
3. As per ASA rules, the batters will alternate between male and female batsman. At only the varsity level, if the male is walked, it is the decision of the offensive team whether the next batter, (female) walks or bats.
4. The pitching distance shall be set at 40 feet for both divisions.

5. If a team has a 15 run lead after 3 innings, or a 7 run lead after 5 innings, the game shall be declared completed.
6. A standard 47 compression core (12 inches) ball must be used for both girls and boy in all league games and tournaments.
7. Catchers must wear a softball type mask during and league game or tournament.
8. The second foul ball after strike two is an out.
9. Only league sanctioned bats may be used during any league tournament.

TALLS SOCCER

1. Use size 5 soccer ball.
2. Players must wear shin guards and socks must cover shin guards.
3. No metal cleats or toe cleats .
4. Uniforms must match in color.
5. Twenty minute halves with a 10 minute halftime.
6. A team is composed of no more than 8 players on the field at a time and with no more than 4 boys at a time. **Teams may be allowed to play with the same boy/girl ratio.**
7. In case of a tie, there shall be a 5-minute overtime then a 5 person shoot out if needed until a winner is determined or mutual consent of the two coaches.
8. All other game play (fouls, game stoppage & re-starts, etc.) are subject to International (FIFA) Laws of the Game, unless mutually agreed upon by both coaches.