

2025 CYO Football Parish Weigh-In Schedule

Date: Saturday, August 16, 2025

Site: CYO Office, 580 East Stevens Street

All team weigh-ins will be at the CYO Office at 580 East Stevens Street. Please be sure to take your team to the appropriate site listed below. **All Parish teams arrive together at the weigh-in site at the scheduled time.**

9:00 AM	St. Michael, Indy and Westside Catholic
9:10	St. Malachy and Eastside Catholic
9:20	St. Jude and Johnson County Catholic
9:30	South Central and St. Barnabas
9:40	Nativity and St. Luke
9:50	Immaculate Heart and Christ the King
10:00	St. Matthew and St. Pius X
10:10	OL Mount Carmel and OL Grace
10:20	St. Louis de Montfort and St. Maria Goretti
10:30	St. Simon

Special Reminders for Weigh-In:

1. All Parishes are asked to follow the assigned time above. Please note that weigh-ins are being conducted on Saturday, August 16, 2025, for all parish teams. All team members must weigh-in on August 16th.
2. All parish teams in the Cadet, 56 and 34 leagues are to report at the same time to the CYO Office.
3. All players must be included on the **Team Weigh-in Form** and must be weighed.
4. A player's weight at the official weigh-in will determine the weight class in which that player may participate for the entire season. There will be a second weigh-in after the third game of the regular season on Tuesday, September 23rd for all players weighing within five pounds of moving into a higher weight category. Players will receive a five-pound allowance on the date of the second weigh in.
5. An official weigh-in may only take place 3 days prior to the official weigh-in date as set by the CYO Office. If a player is unable to attend the weigh-in on August 16th, he can come to the CYO Office during the following times for a weigh-in:

Wednesday, August 13th 1:00-4:30

Thursday, August 14th 1:00-4:30

****Please note that Friday, August 15th is a Holy Day of Obligation and weigh-ins are not allowed.**

6. If a player is not weighed by the CYO Office at the official weigh-in on Saturday, August 16, 2025, he will not be allowed to dress for the first regular season game following his weigh-in. The CYO Office must approve any exceptions to this rule. Petitions for the exception must be made in writing to the CYO Office.
7. Upon arriving at the CYO Office for your team weigh-in you are asked to do the following:
 - A. Line-up your team in a single file line in the order listed on your team weigh-in form and ask them to stay in this line until they have completed their weigh-in. No team will be allowed to enter the building to weigh-in without a completed team weigh-in form. Give the team weigh-in form to the CYO Official at the scale at the time of your weigh-in.
 - B. Upon entering the CYO building, instruct your players to remove their football cleats if they are wearing them and carry them into the gym where the weigh-ins will be conducted. No one will be allowed to walk on the gym floor wearing football cleats. Players do not have to remove gym shoes or sandals before entering the gym, only football cleats.
 - C. Players will not be allowed to strip down to their under shorts to weigh in. Players must be weighed in wearing a minimum of gym shorts.
 - D. Players wearing football uniforms do not need to strip down to their gym shorts unless you believe they are close to not making a specific weight. If players are over a specific weight they can strip down to their gym shorts at the time of weighing in.
 - E. If your parish will be fielding more than one team in a league (34, 56 or Cadet), the teams will be weighed in as separate teams. You must group your players together as a team and line them up properly before you are allowed to enter the building.
 - F. Following their weigh-in, players should be instructed to sit together as a team as quietly and orderly as possible until all team players have been weighed. We ask that all coaches be responsible for the proper behavior of their players so that the weigh-in process can be facilitated as quickly as possible. Approximately 80 teams will be weighed in on weigh-in day and we need the cooperation of everyone for the process to be conducted as smoothly as possible.

Thanks for your attention to the guidelines and details outlined above. Please be sure that all parish teams in all leagues report to the CYO Office at their assigned time. We look forward to seeing all of you on Saturday, August 16th.



Catholic Youth Organization
Football Player Weigh-in Form/Roster

All Players on team must be
on Weigh-In Roster. If not at
weigh-ins need approx
weight but will still
needs to weigh-in at CYO

Team _____

League 4th

34

3rd

56

Cadet

Coach _____

Players Name (First Last)	School	Parish	Grade	Weight	RE-Weigh	Classifications
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						

**NOTE: All players must be enrolled at a Catholic School or Parish. A copy of this
form will be sent to each of the schools and Parishes listed above for verification.**

CYO 34 Rookie Tackle Football League Rules - 3

Section IV - Placement of Football Teams into Leagues

Football is a contact sport where players of many sizes, weights and abilities participate together. The CYO believes that to ensure the best on field competition and safety, teams should be paired together into leagues and divisions based on the physical size of the teams.

Therefore, the CYO uses the following criteria when pairing teams together for league competition. This information is gathered at the preseason weigh-in for all teams. After team weigh-ins the statistics are compiled and compared with all other teams in the league so that teams are paired together, as best as possible, by like or similar size.

Criteria used for Pairing Teams into The A and AA Leagues

- A. Each player on a roster is worth 1 point.
- B. Each upperclassman on the roster is worth 2 points. For the 34 league, upperclassmen are 4th graders.
- C. Each 2 striper on the roster is worth 3 points.
- D. Each 3 striper on the roster is worth 2 points.
- E. Each impact player on the roster is worth 1 point. An impact player is a player that is within 3 pounds of the maximum weight for a non-striper and a 2 striper.
- F. The size of the school is worth 0 to 10 points. (10 points for the biggest schools – above 500 students, 5 points for the mid-range schools – 350 to 500 students and 0 points for the smallest schools – under 350 students).

Each of these individual criteria for each team are then added together to get a total for each team. The number of teams in the league are then divided in half and the teams with the highest point total are placed in the AA league and the remaining teams are placed in the A league.

The following limited chart will serve as an example of the team placement process:

Parish	Players x 1	Upperclassmen x 2	2 Stripers x 3	3 Stripers x 2	Impact x 1	School Size x 1	Total
St. Walter	25	18	5	4	3	10	97
St. William	23	15	3	2	4	5	75
St. George	21	13	2	4	2	0	63
St. Anna	20	16	6	3	1	10	87

Using the total points for these 4 teams based on their team make-up St. Walter (97) and St. Anna (87) would be placed in the AA league and St. William (75) and St. George (63) would be placed in the A league.

CYO Rookie Tackle Football 7-Player Rules - 10

7-Player Rules

Rookie Tackle uses the NFHS rule book as a base and employs the following adjustments for 7-player football.

1. Because of the “all players, all positions, all skills philosophy,” there are no restrictions on jersey numbers or player positions.
 - A. Not all players may play every position every game or even through the course of the entire season. All players should have a least one offensive and defensive line positions as well as one offensive and one defensive backfield position to play each game.
 - B. In practice, players should learn all skills of all positions for developmental purposes in accordance with the Football Development Model principles.

Weight Restrictions

Players who weigh over 100 pounds will be strikers and will wear stripes on their helmets. On the helmet of any player over 100 pounds will be two strips of adhesive tape, each strip at least 10 inches in length, will be placed on the top of the helmet in the form of a cross. The two strips of tape should cross each other as near as possible to the top center of the helmet. For easy visibility for officials and coaches, fluorescent colored tape should be used as a contrast with the team's jersey and helmet color.

At the initial weigh-in, all players weighing within five pounds of moving into a higher weight category will be required to be re-weighed after the third game of the regular season on a date announced by the CYO Office. Players will receive a five-pound allowance on the date of the second weigh-in.

Strikers are not allowed to carry the ball as a runner in the 34 Rookie Tackle League, but a striker may play quarterback and can pass the football. The moment a striped quarterback tucks the ball to run the ball, the officials will whistle the play dead and replace the ball for the next play at the previous line of scrimmage. A striker may line up as a receiver and catch a pass, however, as soon as the catch is made the officials will whistle the play dead and mark the spot for the next play. A striker can catch the ball in the end zone for a touchdown.

In the CYO 34 Rookie Tackle League as soon as a player scores two touchdowns in a game they are not allowed to carry the ball again, either with a rush or by catching a pass. If a team does not follow this policy and allows that player to carry the ball after his second touchdown, it will result in a loss of down and the ball will be brought back to the original line of scrimmage. If a player intentionally steps out of bounds to avoid scoring, that play will count as a score for the offense and that player. Coaches should keep track of all player scores.

However, players who have scored two touchdowns can still carry the ball or catch and score on the extra point attempts after a touchdown. There is no limit on the PAT attempts for ball carriers, even after scoring two touchdowns.

Section V- Special Playing Rules (Continued)

2. At the start of the first and third quarters, and after any touchdown or field goal other than the exception above, the ball will be put in play on the offensive team's 40-yard line.
3. Following a safety, the ball will be put in play on the defensive team's 40-yard line.

J. Minimum Playing Time Rule for All CYO Football Leagues

The following rule is intended to ensure that all participants, regardless of their skill level, are given the opportunity to play a minimum of time in every game. When a young person signs up to play in the CYO program they expect, and have the right, to participate in all the games. Coaches need to respect all the young athletes if they are to have a rewarding experience in sports. These guidelines were developed in order to maximize the potential benefits of sports participation. ATHLETES FIRST - WINNING SECOND!

1. This rule is in effect for all CYO Football regular season and playoff games.
2. The CYO does not permit the cutting of players from team rosters.
3. All players listed on the official team roster must play a minimum of 24 quarters during the season. Participation in a quarter is defined as participating in one offensive or defensive snap in that quarter. Special teams' plays do not count toward player participation in a quarter.
4. An assistant coach or team parent should be assigned to monitor the participation of players at each game.
5. Coaches do have the prerogative to exclude a child from being in uniform and included on the game roster because of a disciplinary situation, absenteeism, personal, etc. In these cases, it is strongly recommended that the reasons for exclusion be discussed with the parents.
6. Any coach who knowingly violates this rule is subject to probation or suspension for a portion or all of the season. In addition, flagrant violations may be reported to the CYO Athletics Policy Committee for appropriate action.

Section VI - Weight Class Information

A. There are three distinct weight categories in the 56 League:

1. Up to and including 115 pounds;
2. Above 115 pounds up to and including 145 pounds; and,
3. Above 145 pounds;

B. For categories 2 and 3 listed above, the following special helmet identification rules apply:

1. On the helmet of any player above 115 pounds, but not exceeding 145 pounds at the first weigh-in, two strips of adhesive tape, each strip at least 10 inches in length, are to be taped to the helmet in the form of a cross. The two strips should cross each other as near as possible to the top center of the helmet. For easy visibility for officials and coaches, fluorescent colored tape should be used as a contrast with a team's jersey and helmet color. All such players are hereafter designated as two-strippers.
2. On the helmet of any player above 145 pounds, at the first weigh-in, two strips of adhesive tape are to be applied as in 1 above. Then, a third strip is to be taped at about forehead level all the way around the helmet.

This will enable game officials to quickly identify players in this special category. All such players are hereafter designated as three-strippers.

3. At the initial weigh-in, all players weighing within five pounds of moving into a higher weight category will be required to be re-weighed after the third game of the regular season on a date announced by the CYO Office. Players will receive a five-pound allowance on the date of the second weigh-in.

C. There are three distinct weight categories in the Cadet League:

1. Up to and including 150 pounds;
2. Above 150 pounds and up to 175 pounds; and,
3. Above 175 pounds.

D. For categories 2 and 3 listed above, the following special helmet identification rules apply:

1. On the helmet of any player above 150 pounds, but not exceeding 175 pounds at the first weigh-in, two strips of adhesive tape, each strip at least 10 inches in length, are to be taped to the helmet in the form of a cross. The two strips should cross each other as near as possible to the top center of the helmet. For easy visibility for officials and coaches, fluorescent colored tape should be used as a contrast with a team's jersey and helmet color. All such players are hereafter designated as two-strippers.
2. On the helmet of any player above 175 pounds at the first weigh-in, two strips of adhesive tape are to be applied as in 1 above. Then, a third strip is to be taped at about forehead level all the way around the helmet. This will enable game officials to quickly identify players in this special category. All such players are hereafter designated as three strippers.
3. At the initial weigh-in, all players weighing within five pounds of moving into a higher weight category will be required to be re-weighed after the third game of the regular season on a date announced by the CYO Office. Players will receive a five-pound allowance on the date of the second weigh-in.

Section VII- General Weigh-In Information

- A. All players must be weighed in by CYO officials before they are eligible to participate.
- B. A player's weight at the official weigh-in will determine the weight class in which that player will participate for the entire season. The only exception to this rule is if a player who is subject to being re-weighed, is overweight on the date of the second re-weigh and must move up into a higher weight category.
- C. Any player not weighed by CYO officials at the official weigh-in is subject to being ineligible for the first regular season game following his official weigh-in.

Section VIII - General Restrictions Involving Striped Players in The CYO Leagues

- A. A striped player may never line up in the offensive backfield or at an offensive receiver position and by rule are never eligible to carry the ball or catch a pass. If a striped player is lined up on the end of an offensive formation, such as unbalanced line, he must be flanked to the outside by a non-striped player lined up on the line of scrimmage. (Exception, see F below)

- B. A player who is ineligible to carry the ball must play in the front line on the receiving team for all kickoffs. A striped player of the receiving team may receive the kickoff; however, the ball becomes dead as soon as a striped receiving team member secures possession of the ball.
- C. A striped player may not receive a lateral pass from another player at any time. If a lateral is attempted to a striped player, the ball shall be declared dead by the officials at the point where the striper first touched the ball, provided he gains and retains possession of the ball. If the striped player fails to gain possession of or fumbles the lateral, the ball shall not be declared dead by the officials until either team has possession.
- D. A striper is never permitted to carry the ball. The ball always shall be declared dead when secured by a striped player, whether on offense, defense, kicking or receiving.
- E. A striped player may not return a punt. A striped player may line up to receive a punt but may only make a fair catch.
- F. A striped player may be in the backfield on offense only if he attempts to kick an extra point; if he attempts to kick a field goal; or if he punts. In any of these cases, if the kick is not attempted by this striper, the ball is dead. In the case of a punt or field goal attempt, if the ball is not kicked due to an errant or fumbled snap, the ball always is blown dead either at the point of first touching by the kicker or holder, or at the conclusion of a loose ball scramble as long as the ball is not ahead of the point of first touching by the kicker or holder.
 - 1. A two or three-striper attempting the punt may receive the ball either from the quarterback (who is under the center) or on a direct snap from the center.
 - 2. Remember that only one striper is allowed in the backfield, and he must be the punter or kicker.
- G. If a fumble or backward pass is caught or recovered by any player, he may advance unless he is a striped player.

An intercepted pass may be advanced by a non-striped player only. No striped player may ever advance a ball.

Section IX - Specific Alignment Restrictions Involving Striped Players

A. 56 and Cadet Leagues striper alignment restrictions are as follows:

- 1. Two stripers may not line up in the offensive backfield or at an offensive end position.
- 2. Three stripers may not line up in the offensive backfield, offensive end, linebacker, defensive secondary positions or at a defensive position on the line of scrimmage wider than the outside shoulder of the offensive tackle. In the absence of an offensive tackle the player may not line up wider than where the offensive tackle would normally line up. Three stripers must always line up in a three or four-point stance on the line of scrimmage.

Important Dates for All CYO Football Leagues

Monday, August 11	1st Football Non-Contact Practice
Wednesday, August 13	1st Football Contact Practice
Saturday, August 16	Preseason Weigh-ins
Monday, August 18	Cadet Coaches Meeting 5:30 PM @ CYO Center
Tuesday, August 19	34 Coaches Meeting 5:30 PM @ CYO Center
September 6-7	1st Regular Season Games
Friday, September 12	Deadline for Roster Addition
Tuesday, September 23	Second weigh-in for players in 34, 56, and Cadet Leagues that weighed within five pounds of moving into a higher weight category at the initial preseason weigh-in
October 18-19	1st Round of Tournament for 34, 56 and Cadet Leagues
Saturday, October 25	Semi-Final Round of Tournament for 34 Leagues
Sunday, October 26	Semi-Final Round of Tournament for 56 and Cadet Leagues
Saturday, November 1	Championship Tournament Games for 34 and 56 Leagues
Sunday, November 2	Championship Tournament Games for Cadet and 56 Leagues