

Dallas Parochial League

Football Rules & Regulations – 2026

*The DPL uses the following as specific modifications for its football leagues. Otherwise, please refer to the NCAA rules as modified by the UIL for interpretations. Refrain from the use of any controlled substance (alcohol, drugs, etc...) before, during and after the game on or near the site of the event. All decisions on rules will be made final by the DPL Athletic Director.

Prayer: Teams will meet at midfield for a pre-game prayer to be led by the home team.

Eligibility: A player must be enrolled as a full-time student at a **DPL member school**. A player from a school, which does not have a football program at that age level, may participate for another DPL member school but 1st must be approved by the league office and assigned a school to participate in. All teams must indicate the school attended by each player on its' official league roster.

Practice: *Teams may practice in an organized manner as follows:*

1. Strength & Conditioning - shirts/shorts (running, use of weights, footballs, etc...):

No equipment (sleds, tackling dummies, etc..) are to be used during this time frame **Beginning July 1st**

2. Helmets to be issued. Same restrictions regarding equipment as listed above. **Beginning July 15th**

3. Contact Drills & Scrimmages:

Pads to be used no earlier than August 1st. **Beginning August 1st**

Violators: \$500 fine & head coach banned from season.

Football practices are limited to non-contact only until August 1st.

From August 1st up until the first day of school, teams are to be limited to 3 days per week of contact drills, but are unrestricted on total number of days per week that they can meet.

From the first day of school through the end of the season, teams are limited to four (4) meeting days per week, of which, no more than three (3) days can be contact workouts. Should the fourth day be utilized, it must be non-contact in nature and may include a film session.

The "**week**" is defined as Monday through Sunday. The DPL does not limit the length of practices, but schools may at their own discretion. "Contact" is to be defined as player hitting player. The use of sleds or dummies is not considered "**contact**" for purposes of this rule and may therefore; be incorporated into the 4th workout.

A film session is considered a team meeting, and therefore, it does count as a meeting day. However, there is no restriction that would prohibit a combination workout followed / or preceded by film session.

The team's game(s) are not considered a meeting day.

Electronic Devices: The use of any kind of electronic devices (cell phones, walkie talkies, flying drones, etc.....) are not permitted during DPL games. Teams are, however, allowed to film their own games for instructional purposes. Sharing of game film is not allowed for any reason.

Officials: The DPL will provide 4-person crews of officials for each game. Should the athletic directors agree, by majority, to increase this number for play-off games, the league will expand accordingly.

Chain Crew: The designated home team will provide two volunteers, and the visiting team will provide one volunteer for this duty. Chain gang members are strictly prohibited from engaging in any coaching during the game and refrain from cell phone use during this time..

Equipment: Helmet, shoulder pads, thigh pads, hip pads, tail-bone pads, knee pads, approved cleats and a mouthpiece are mandatory for all players. Also, a four-point chinstrap must be worn on each helmet. The home team will wear a dark colored jersey and the visiting team will wear a light colored jersey. Athletic Directors and Coaches should make sure to consult with the opposing team prior to that weekend's games should teams have similar school colors to prevent confusion at game time. Should two teams arrive at a game with like or similar jersey colors, the offending team will be required to wear pinnies. Uniforms are to be consistent with school guidelines and should display only school logos or athletic brand name logos (i.e. Nike or Adidas). This is also the case with accessories such as sleeves and socks.

Tinted visors are no longer permitted, even with a doctor's note. Sunglasses are permitted.

Rosters: Before the start of each game, coaches are to provide a copy of the official roster (with weights included) to the opposing team. Failure to provide a copy of the official roster to the other team PRIOR to the start of the game will result in a loss of a time-out in the first half of the game.

Game Ball: Teams are responsible for supplying game balls to be used when they are on offense.
Varsity: Team Issue Youth or Wilson TDY
JV: Team Issue JV or Wilson TDJ

Ball used must remain consistent throughout the drive including PAT's, Punts, & FG's.

Game Clock: All teams (Varsity & JV) will play 4 x 10 minute quarters. Half time is 15 minutes.

Mercy Rule: If at the beginning of the 3rd quarter, the point margin is 30 points or more, the game clock will stop only for the following:

- Charged Time Outs
- Injury Time Outs
- End of the quarter

Once in place, the running clock remains even if the point margin goes below 30 points during the 3rd or 4th quarter.

Time-Outs: Each team is allotted 3 per half. Consecutively charged team time-outs are no longer allowed in the same dead-ball period.

Scoring: Touchdown = 6 pts.
FG = 3 pts.
Safety (pts awarded to opponent) = 2 pts.
X-pt kicked = 1 pt.
X-pt kicked but blocked and returned = 2 pts
X-pt. Pass or run = 2 pts
X-pt pass or run, if fumbled or intercepted and returned = 2 pts.

Coaches: All teams are limited to a maximum of seven coaches per team. These coaches must remain between the 20 yard lines. Also, these coaches should be dressed in a uniform manner which identifies them as coaches

Team Area and Sideline Restrictions – Other than players, there shall be no more than 7 individuals in the team area, including coaches and trainers. No additional personnel (other than coaches) will be permitted on the sidelines. This includes anyone helping with water bottles/equipment, filming, etc....

Penalties for Team Area and Sideline Restrictions

1st offense, warning to head coach.

2nd and each subsequent offense - **15 yards**

Kicker Clarifications:

If a kicker or punter kicks the ball beyond the neutral zone, a live-ball foul will cause the play to become dead.

If a kicker or punter carries or possesses the ball more than 5 yards past the kicker's initial position at the snap from scrimmage, they lose their kicker's protection.

Weight Restrictions:

Varsity: Players weighing 140.1 lbs or above will wear an "X" on the back of their helmet & play on the line of scrimmage.

JV: Players weighing 110.1 lbs or above will wear an "X" on the back of their helmet & play on the line of scrimmage.

Players that are designated as "X" men, must have an X placed on their helmets. The X must be in a color that is a direct contrast to the color of their helmet and must be large enough so that it is visible from all sides by the officiating crew.

X-Man Restrictions:

An X-man may possess the ball, but they may not advance the ball. If they do advance, the ball will be spotted where possession was gained.

The designated X-Men on offense must be positioned as down linemen. This may include the center, guards, tackles, & blocking tight ends. The term "down lineman" here is sufficient. This allows for a pass blocking technique to be used where the lineman never goes to a 3-point stance, but rather has his elbows resting on his knees.

An eligible receiver must cover all offensive X-Men on the O-Line. An "X" man can be in the "tight end" position, occupying the 3rd spot from the snapper and adjacent to the 2nd position from the snapper. He still must have another player anywhere on the line between him and the sideline.

The designated X-Men on defense must be positioned as down linemen with at least one hand touching the ground at the snap. This may include nose-guard, tackles, or ends. Defensive Ends may be positioned no wider than "hand-shake" distance of the outer-most offensive down-lineman.

An X-man cannot line up in the backfield on any play where there is a snap.

X man is no longer permitted to be on Kick off in any capacity (this includes kicking).

Penalties for X-Man violations:

"X" player violations off the line of scrimmage will result in a dead ball foul with a five (5) yard penalty against the team who violates the rule. *"X" player violations which involve incorrect labeling of helmets or incorrect "X" players as per the team's official roster will result in a \$250 fine, possible suspension of the head coach (to be the Diocesan Athletic Director's discretion), and forfeiture of the game if applicable.

General Clarifications:

All rosters must be set by the midway point of the regular season. Players may not be added to rosters following that point.

If a stationary back is lined up with any part of their body in the tackle box, they may block below the waist within the tackle box until the ball leaves the tackle box. This is only applicable if the initial contact is directed from the front.

The defensive team may legally block below the waist against a presumed-runner (i.e. a fake handoff simulating a change in ball carrier)

Overtime:

Coin toss will determine possession.

The ball will be placed on the 10-yard line, anywhere between the hash marks.

Each team will have four downs to score a TD or kick a FG.

If a FG is attempted and missed before fourth down, the team forfeits the remaining downs.

If the defense returns an interception, fumble, or blocked FG for a TD, they are declared the winner.

The defense can also return the extra point attempt for 2 points and still have an offensive opportunity.

If tied after one overtime, the process will be reversed for the second overtime.

There will be a new coin flip before each odd numbered overtime session.

After the 2nd overtime, teams will be required to go for a 2-point conversion (run or pass) after a touchdown.

There will be no time-outs allowed in the overtime periods.

Post Season Tiebreakers:

Head-to-head competition

Point differential

Coin Flip