

## FOOTBALL

### **7.00 GOVERNING RULES**

The National Federation rules shall govern all play except where modified by C.I.F. or Sac-Joaquin Section.

### **7.01 CONTACTS**

There will be a maximum of ten (10) freshmen, frosh/soph, and varsity games plus two (2) scrimmages each season.

### **7.02 START DATE**

Starting/Ending date will be designated by the CIF/Sac-Joaquin Section.

### **7.03 START TIME**

All freshmen games on Thursdays will start at 5:30 p.m.

Tripleheaders will start with the freshman game at 3:30 p.m.

Frosh/soph games on Thursdays/Fridays will start at 5:00 p.m.

Varsity games on Friday will start at 7:15 p.m.

Freshmen games on Saturday may start at 9:00 a.m.

Frosh/soph games on Saturday may start at either 11:00 a.m. or 5:00 p.m.

Varsity games on Saturday may start at either 1:00 p.m. or 7:15 p.m.

Half time will be 15 minutes for all games. Homecoming will be 20 minutes if agreed upon by the coaches prior to game time. Halftime may also be 20 minutes for special events.

There will be a twenty-five (25) minute warm-up period between the junior varsity and varsity game, clock with start at the conclusion of the junior varsity game.

### **7.04 PLAYER CLASSIFICATION**

An athlete may, during practice games move from one athletic classification to another but may not compete in more than one classification in one day. In league and section playoff games, the athlete shall only compete at the higher classification where he/she will remain for the duration of the season.

### **7.05 RULES OF THE SPORT**

- A. The host team is responsible for reporting the final results to the Sacramento Bee.
- B. The home team shall wear dark jerseys and the visiting team shall wear light jerseys.
- C. All game balls must bear the National Federation authentication mark.
- D. Three officials will be used for freshmen games and five for frosh/soph and varsity football games.
- E. No game may start until a physician and/or an ambulance, staffed by a paramedic, is in attendance for all freshman, frosh/soph and varsity football games. The home team is responsible for these arrangements.
- F. Adult chain gangs and timers are to be used at all varsity football games.
- G. Each school will provide its own communications system.
- H. Participation of visiting bands at football games will be determined by the two schools involved.

- I. Film exchange for varsity will consist of two games. The films exchanged will be of the games played two and three weeks prior to the scheduled league contest. They will be exchanged by Friday of the week prior to the scheduled league contest. There will be no third party exchange of film without the consent of the coaches involved. Any film exchange for frosh/soph and freshmen will be arranged directly by the parties involved.

#### **7.06 ALL-LEAGUE AWARDS AND SELECTION PROCESS**

Varsity coaches are to meet during the week following the last league football game to select the All-League team and the Coach of the Year with procedures to be developed by the coaches. Thirty-three (33) all-league players will be selected, which will include one offensive, one defensive, one special team, and one all purpose player of the year. A second all-league team will be selected consisting of between twenty-two and thirty-one players (22-31). The second team will not receive an award from the league. One individual per school shall be selected for the Sportsmanship Award (not a member of the all league).

#### **7.07 POST-SEASON QUALIFICATION PROCEDURE**

The win-loss records of teams in league play shall determine seeding into the section playoffs. The league's administrators will determine win-loss records based on previously approved league schedules. In the event of a tie, head to head competition will determine seeding. If this does not resolve it, then the Sac Joaquin Section Universal Tie-Breaker will be used to determine qualification.

#### **7.08 TIED GAMES**

All varsity games (non-conference, conference, and playoff) involving Sac-Joaquin Section schools that end in a tie at the end of regulation, will be played to a conclusion (a winner and a loser) using the ten-yard line overtime procedure as stated in the NFHS rule book.

#### **NOTE: REGARDING USE OF PRESS BOX FACILITY.**

This is a rule of the Delta River League, but not part of the league constitution. One visiting team spotter and one visiting team film person shall be permitted inside the home press box, if one home spotter and one home team film person is permitted inside the home team press box. Similarly, one visiting team spotter and one visiting team film person shall be permitted on top of the press box, if the home team has a spotter and a film person on top of the press box.