SPORT GUIDELINES
FLAG FOOTBALL

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,
Mt. Diablo, Northgate, Ygnacio Valley

APPROVED MAY 14, 2024

1. **SEASON**
   - 1.1 Flag Football is a Fall Sport, as defined by NCS.
   - 1.2 Starting dates for practice will be determined by NCS.

2. **CONTEST INFORMATION**
   - 2.1 Games will be played on Mondays and Wednesdays with single game at 7:00p, double headers at 6:00 and 7:30p, while triple headers at 5:30, 6:45 and 8:00p (exception when games played at fields without lights).
   - 2.2 Per NCS By-Laws; Maximum number of contests: 24.
   - 2.3 Per NCS By-Laws; Maximum number of scrimmages: 2.

3. **RULES**
   - 3.1 Contests will be conducted according to the rules of the California Interscholastic Federation to be superseded by the NCS, and DAL rules and guidelines.
   - 3.2 Varsity (only) games ending in a tie shall use the 20-yard overtime procedure stated in the California Interscholastic Federation Rule Book.
   - 3.3 Seniors may not participate in JV football games unless approved by a vote of the Principals and/or AD's.
   - 3.4 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice

4. **EQUIPMENT AND UNIFORMS**
   - 4.1 Mandatory safety equipment shall be used by all DAL Football teams as defined in the CIF rulebook.
     - 4.1.1 It is MANDATORY that all players wear a mouthpiece
     - 4.1.2 Softshell helmets may be worn to protect the head. All headgear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.
     - 4.1.3 All flags must be in compliance with the requirements outlined in the CIF Rules Book
       - 4.1.3.1 A one-piece flag belt without any knots
       - 4.1.3.2 One flag on each hip (2 flags total)
       - 4.1.3.3 Flag size is 2" wide by 15" length (a flag with no more than 5% variability will be legal)
       - 4.1.3.4 Flags MUST be removable from the belt
       - 4.1.3.5 All "pop" flags must be designated by the manufacturer to be for YOUTH. Any flag designated by the manufacturer to be an "adult" pop flag will be illegal.
       - 4.1.3.6 Flags may not be altered in width or length (from their original manufactured size) and may have no tape on them.
       - 4.1.3.7 All flag attachments must be unalerted from the original manufacturer's design
       - 4.1.3.8 The officials of each contest will have the final rule for that contest as to the legality of all flags, belts, and attachments
       - 4.1.3.9 Play cards or other foreign attachments may not be worn on the flag belt
       - 4.1.3.10 All players must be wearing 2 flags before the ball becomes live. Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for the Delay of Game. Flags must be a contrasting color to the pants or shorts.

     Penalty, Delay of Game, 5 yards, Dead Ball Foul. NOTE: Games will not be played unless both teams have the appropriate flags. Officials will ensure that all participants are properly equipped to begin the contest.

   - 4.2 At all levels, each school must have two sets of jerseys.
     - 4.2.1 Visiting team will wear a light colored uniform.
     - 4.2.2 Home team will wear a dark colored uniform.
     - 4.2.3 Visiting team will change jerseys in the event of a color conflict. (Referee will decide if a change is necessary.

5. **OFFICIALS**
   5.1 Contra Costa Athletic Assignors is under contract to the DAL and will be used exclusively for all home DAL games.
      5.1.1 It is recommended that there will be 3-5 officials for DAL games
   5.2 Medical Coverage: It is recommended there be a medical doctor, state certified paramedic, or state certified athletic trainer in attendance at all games.

6. DETERMINATION OF LEAGUE OR DIVISION CHAMPIONS
   6.1 League or Division Champion:
      6.1.2 The League or Division Champion will be the team with the best overall record over the course of the league or division schedule.
      6.1.3 If there is a tie for first place, the tied teams will be Co-Champions.
      6.1.4 Ties, for the purposes of NCS qualification and DAL Tournament Seeding (If Applicable), will be resolved using the tie-breaking criteria. (See 6.2)
   6.2 Criteria used to break ties:
      1. Head to Head.
      2. Ladder Finish. Which is defined as comparing each team's record against the other teams in the league based on the league schedule, starting with the highest ranked team and continuing down the ladder until the tie is broken.
      3. In a 3 way tie (or more) once the initial tie is broken, it will revert back to the 1st tiebreaker with the remaining schools.
      4. Lottery. If the coach or designee is not present at the pre-season coaches meeting, that school will receive the last number. If there are more than one coach or designee absent, the commissioner will draw numbers for the absentees after the initial lottery.

7. NCS QUALIFYING AND AT LARGE REPRESENTATION
   7.1 The automatic representative to NCS will be the League/Division Champion or the winner of the tiebreaker.
   7.2 Any other qualified team may apply for an NCS At-Large Berth.

8. MVP AND ALL LEAGUE SELECTION PROCESS
   8.1. There will be 2 MVPs selected, one for offense and one for defense.
      8.1.1. The MVP vote will be done first.
      8.1.2. Coaches **CAN** nominate their own player for MVP. Each coach will receive an opportunity to explain their nomination.
      8.1.3. Coaches **CAN** vote for their own players for MVP.
      8.1.4. If there is a tie in MVP voting, the tie is attempted to be broken once. If then still a tie, Co-MVPs will be named. If there are Co-MVPS, one spot will be taken away from the 1st Team All-League.
      8.1.5. MVP is **SEPARATE** from 1st Team All-League, the MVPs will not be on the 1st Team All-League list.
   8.2. Coaches will receive a number of All-League Nominations based upon their finish in league play. Ties in order of finish will result in that amount of nominations being split between the tied teams.
      8.2.1. If 13 teams in one division (1st, 2nd, 3rd and HM ALL DAL):
         1st Place = 7 Nominations
         2nd-3rd Place = 6 Nominations
         4th-5th Place = 5 Nominations
         6th-7th Place = 4 Nominations
         8th-9th Place = 3 Nominations
         10th-11th Place = 2 Nominations
         12th-13th Place = 1 Nominations
   8.3. Nominations must be submitted digitally **BEFORE** the postseason meeting.
   8.4. Each All-League team will consist of 8 players. The teams will be composed of the top players in the league as voted on by the coaches, regardless of position. The voting process for the teams will take place as follows:
      8.4.1. Coaches will receive 8 votes for each All-League Team. Coaches **CANNOT** vote for their own players. Coaches **MUST** use all of their votes.
      8.4.2. Coaches will vote for 1st Team All-League, this will be done by a secret ballot process. Once the results are tabulated, the 8 athletes who receive the most votes will be taken off of the nomination list and be placed on 1st Team All-League. Coaches will then conduct a new vote for 2nd Team All-League based on the remaining names, none of the votes from the first round of voting will carry over towards the second round. The same process will then be completed for 3rd Team All-League.

8.4.3. If there is a two-way tie for the last spot of an All-League Team, an additional selection will be added to that team. If there is a three-way or more tie for the last spot, the coaches will revote between those tied players for the last spot.

8.4.4. If an athlete receives at least one vote throughout this process, they will be placed on the Honorable Mention List.

8.4.5. After the voting process has been completed, If they choose to, each coach can also add one more athlete to the Honorable Mention List. The Honorable Mention List is not published by the DAL.

8.4.6. If a school is not represented at the postseason meeting, their nominations will be taken off of the list for voting. However, the present schools can have a roundtable discussion BEFORE the voting process begins and elect any member of that school's nominations to an All DAL team. This is up to the discretion of the schools present and would require a majority vote. These elections are **NOT** in addition to the maximum number for each All-League Team, they would be taking a spot that could have been given to another athlete from a school that is present at the meeting.

8.5. Any athlete who cannot finish the season because they are deemed academically or behaviorally ineligible at their school will not be eligible for All-League consideration.