



# SPORT GUIDELINES

## FOOTBALL

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

**Approved: November, 2016**

### 1. Season

- 1.1 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 JV and Varsity games will be played on Fridays: JV's at 4:30 and Varsity at 7:00.
  - 2.1.1 Freshman games will be played on Thursdays. Freshman 5:00.
- 2.2 Per NCS By-Laws; Maximum number of contests: 10.
- 2.3 Per NCS By-Laws; Maximum number of scrimmages: 1.
- 2.4 A "fifth quarter" will be played at the Freshman level, unless both varsity coaches agree not to play by the Wednesday prior to the game by 7:00 PM

### 3. Rules

- 3.1 Contests will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.
- 3.2 Varsity (only) games ending in a tie shall use the 10-yard overtime procedure stated in the National Federation High School 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 rulebook.
- 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 Home 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.
- 5.2 Medical Coverage: There must be a medical doctor, state certified paramedic, or state certified athletic trainer in attendance at all games.
- 5.3 An adult timer must be provided by the home team for all football games.

### 6. Determination of Division Champions

- 6.1 Division Champions will be the team with the best Division won/lost record.
- 6.2 Tie records shall be Division Co-Champions.

**7. North Coast Representation**

- 7.1 The Automatic Representatives to the NCS Football Championships will be the champion from each division.
- 7.2 Two teams tied for the Division Championship; tie breaking criteria will be head to head.
  - 7.2.1 If still tied, the lowest card drawn at the pre-season meeting will determine the Automatic Representative.
- 7.3 Three or more teams tied for the Conference Championship; tie breaking criteria will be head to head.
  - 7.3.1 If three or more teams are still tied, the lowest card drawn at the pre-season meeting will determine the Automatic Representative.
- 7.4 Any other qualified team may apply for an NCS At-Large Berth in their respective NCS Division.

**8. All League Selections**

- 8.1 The All-League Teams from each of the DAL Divisions will consist of the following:
  - 8.1.1 There will be one (1) MVP – Offense and one (1) MVP - Defense. If voting results in a two-way tie, there will be Co-MVP's. If voting results in a three-way tie, coaches will revote on the three tied players.
  - 8.1.2 Eleven (11) First Team players.
  - 8.1.3 Eleven (11) Second Team players
  - 8.1.4 All-league selections will be as follows: Based on division standings: 1<sup>st</sup> place: 7 nominations, 2<sup>nd</sup> place: 5 nominations, 3<sup>rd</sup> place: 4 nominations; 4<sup>th</sup> place: 3 nominations, 5<sup>th</sup> place: 2 nominations, 6<sup>th</sup> place: 1 nomination. There will be 2 Honorable Mention Players per school.
  - 8.1.5 If a team is not represented on the All League Team after the coaches' vote, that coach will put forth one player, that player will be an Honorable Mention Player.
  - 8.1.6 Coaches may not vote for their own players.
- 8.2 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.

**9. Film Exchange**

- 9.1 Teams must exchange game films of the two most recent games one week prior to the game.
  - 9.1.1 Film exchange time frame: All exchanges should take place by Saturday 12 Noon, unless it is a Saturday game. The exchange should then take place by Sunday, 12 Noon.
- 9.2 Coaches not following this procedure may cause the game to be forfeited.
- 9.3 Video taping of future opponents is allowed from the stands only.
- 9.4 If no film is available, the coach may go elsewhere to get film.