



SPORT GUIDELINES

FOOTBALL

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

Approved: April 13, 2023

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. (Or 5:00 and 7:30 as determined by the home team.)
 - 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will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.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 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. 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: 1st place: 7 nominations, 2nd place: 5 nominations, 3rd place: 4 nominations; 4th place: 3 nominations, 5th place: 2 nominations, 6th 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.