

# DIABLO FOOTHILL ATHLETIC LEAGUE

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## FOOTBALL GUIDELINES

### 1. SEASON

- 1.1 Starting Dates:
  - 1.1.1 Varsity, JV and Freshman football practice may begin on the Monday following the Thursday 14 weeks prior to Thanksgiving.
- 1.2 Maximum number of competitions: 10 games plus one scrimmage.
  - 1.2.1 One game per week is allowed during the season, except in the case of a postponed game.
- 1.3 Practice defined:
  - 1.3.1 No high school staff shall conduct organized, instructional football sessions in which the potential members of the high school football team are participants, demonstrators, or coaches, prior to the official starting date of practice.
  - 1.3.2 Spring football practice will consist of:
    - 1.3.2.1 10 days maximum, 2 hours per day, to be completed before final exams.
    - 1.3.2.2 No pads are allowed, but helmets and cleats may be used.
- 1.4 Scrimmage Defined:
  - 1.4.1 No team shall participate in an interscholastic scrimmage before the tenth day of team practice.
  - 1.4.2 Scrimmage is a practice where:
    - 1.4.2.1 The teams alternate in carrying the ball,
    - 1.4.2.2 Down are not counted,
    - 1.4.2.3 No score is kept,
    - 1.4.2.4 The coaches are on the field directing play,
    - 1.4.2.5 Punt returns or kickoff returns are not allowed.

### 2. CONTEST INFORMATION

- 2.1 Starting Times: Varsity 7:00, JV 4:30, Frosh 5:00 PM.
  - 2.1.1 Where home teams have no lights, the starting time for frosh games may be changed to 4:00 pm, with mutual consent of both principals.
- 2.2 Days of Play:
  - 2.2.1 Varsity games are played primarily on Friday.
  - 2.2.2 Saturday and Thursday are alternate game days.
  - 2.2.3 Frosh games are played on Thursdays.
- 2.3 Game Format: Varsity 12 minutes quarters, JV/Frosh 10 minute quarters.
- 2.4 Game Location:
  - 2.4.1 JV games are played prior to the Varsity, at the same site, on the same day/date.
  - 2.4.2 Frosh games are played at the opposite site and on the day preceding the Varsity and JV.
- 2.5 A fifth quarter will be played at the Frosh level, unless both varsity coaches agree not to play at the time of film exchange. If the game situation dictates otherwise, coaches and officials will meet to determine if the fifth quarter will be played.

### 3. PREVAILING RULES

- 3.1 Football games will be conducted under the rules of the National Federation of State High School Athletic Association.
- 3.2 Tie Games:
  - 3.2.1 Varsity football games ending in a tie shall use the 10-yard overtime procedure stated on pages 80-84 in the National Federation High School Rule Book.
  - 3.2.2 Tie games shall be resolved only at the Varsity level and applicable only to Diablo Foothill league games.
- 3.3 Participation:
  - 3.3.1 Seniors may not participate in JV football games.
  - 3.3.2 A player may not compete in two games at two different levels in one week (e.g. both JV and Varsity)
  - 3.3.3 A player may play in two games at the same level if one game is a make-up game (postponed).
- 3.4 There must be adequate markings on the field, according to National Federation High School Rule Book.
- 3.5 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

- 4.1 Mandatory safety equipment shall be used by DFAL teams as defined in the rulebook.
- 4.2 Each school must have two sets of jerseys. At all levels:
  - 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.
    - 4.2.3.1 Referee will decide if a change is necessary.

5. **OFFICIALS**

- 5.1 Contra Costa Athletic Assignors is under contract to the DFAL and will be used exclusively for all 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 CHAMPION**

- 6.1 League Champion
  - 6.1.1 The school with the best league won/lost record will be the league champion.
- 6.2 NCS Representative
  - 6.2.1 The league champion will receive the automatic bid to the NCS Championships.
- 6.3 NCS at-large qualifying
  - 6.3.1 Those teams in the league with the best league records that finish the season in second place or below shall be qualified to apply for NCS at-large berths.

7. **TIE BREAKER FORMAT**

- 7.1 All tie breakers
  - 7.1.1 Winner of head-to-head play.
  - 7.1.2 Absorb the record of teams to which you lost in the league.
  - 7.1.3 Absorb the first pre-season opponent's record.
  - 7.1.4 In all other situations resulting in ties that cannot be broken, the commissioner will conduct a coin flip within 15 hours of the final football game. The winner of the coin flip will represent the DFAL in the NCS playoffs.

8. **ALL LEAGUE SELECTION**

- 8.1 All-league nominations shall be brought to the post-season meeting.
- 8.2 Each team has seven nominations, plus one more nomination for each league win.
- 8.3 A list of the nominated players will be distributed at the coaches meeting. From this list, each coach votes for one first team and one second team selection.
- 8.4 Coaches may **not** vote for their own player(s).
- 8.5 Votes are to be designated on the official Diablo Foothill All League voting sheet and brought to the All League meeting or mailed to the football chairman prior to the meeting.
- 8.6 Coaches are to vote for the best player at each position. Use film review and scouting reports to assist your choices.
- 8.7 Third highest vote at each position will be designated Honorable Mention.
- 8.8 A coach may nominate a kicker and/or punter without using an allotted nomination.
- 8.9 A coach may nominate a player who he feels, in his opinion, is a highly deserving player even though he may not have enough nominations. The idea is to select the best and most deserving All League player at each position.

9. **FILM EXCHANGE**

- 9.1 Teams must exchange game films of the two preceding 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