

400 Football

401 GOVERNING BODY

National Federation Rule book is the governing authority in football.
Some modifications may be made by the State CIF, NCS or the MCAL.

402 GENERAL INFORMATION

1. Football is a fall sport with the official league being Varsity and Frosh Soph. A school may opt to have three teams, therefore having three levels: varsity, frosh-soph and freshman.
2. League football is played using a schedule adopted by the athletic directors.
3. Game information:
 - A. Games shall be played as follows:
 1. Varsity teams play on Friday or Saturday.
 2. Frosh & JV games can be played on Thursday, Friday, or Saturday . This will be determined by the home team or mutual agreements between the two schools.
 - B. Times:
 1. Friday & Saturday evening games-- JV @ 4:30 and V @ 7:00; however this can be changed by mutual agreements between the two schools.
 2. Frosh games scheduled on Fridays playing at San Rafael, game time is 5:30.
 3. If the frosh is not playing SR, they will be the first game of a triple header on Saturday. The preliminary game of Saturday will begin at 9:30 am with the JV contest at 11:30 and the varsity game at 2:00.
4. Cancelled or suspended games must be made up by the next available date. It is not necessary to make up non-varsity games after the season has officially ended (i.e., last varsity game date) unless they have a bearing on the league championship.
5. Inclement weather: Home teams will be responsible for canceling games due to inclement weather. All games must be cancelled by 1:00pm.
6. **Only** the athletic director or a site administrator may cancel or reschedule a game.

403 OFFICIALS

The North Bay Officials Association is the organization contracted by the league to assign officials for football.

404 ADMISSION

Admission may be charged at any MCAL contest and it is customary to charge for football games. See general rules for admission price guidelines.

405 LEAGUE RULES & GUIDELINES

1. There will be a fifteen minute half time. Twenty-minutes may be used for homecoming activities if authorized by the officials.
2. The last three minutes of half time are a mandatory warm up period.
3. The referee will not allow the game to begin until the appropriate personnel are present.
4. Medical personnel may be a physician, paramedic, EMT or certified trainer must be present for games and scrimmages. It is required that the medical personnel have a cell phone or radio in case of an emergency.
5. Home school will supply chain crew, medical personnel, officials, and game clock personnel.
6. In Varsity contests ADULTS MUST work the chains, the clock and announce.
7. The home team is responsible for having available a safe and secure locker room for the visiting team for pre-game and half time use.
8. Starting practice date will be determined by NCS.
9. There shall be no football games until after three weeks of practice.
10. The squad must have had at least fourteen days of practice (excluding Sundays) before the first game.
11. Each individual on the team must have had at least ten days of practice before they may be allowed to compete in a scrimmage or game. (Double sessions count as one practice.)
12. Spring football practice shall begin no earlier than the Monday FOUR weeks prior to Memorial and must be completed before spring examinations start.
13. The home team shall wear dark jerseys, and the visiting team shall wear light jerseys unless other arrangements are made in advance.
14. Each team may furnish its own game ball providing it meets specifications.
15. A player shall not be allowed to play on the varsity football team until he has reached his fifteenth birthday unless special CIF permission.
16. A player under fifteen years of age may play on the JV team but not against other varsities. A player who is sixteen years of age on or before June 15 is not eligible for frosh football.
17. Video scouting is allowed at all levels of football and is limited to the bleacher area. There shall not be access to the press box area or where the participating schools are filming.
18. If at the end of regulation play, the score is tied, the National Federation Rulebook tie-breaking format will be used to break the tie for varsity competition. The winner of the tie-breaking play will be considered the game winner.

406 PLAY-OFFS

There are no league play-offs for football.

407 TIE-BREAKING INFORMATION—LEAGUE CHAMPION

Two teams tied for first: Head to head competition.

Three teams tied for first place: The numbers drawn for the fall season will be used to determine who will be the automatic qualifier to the NCS playoffs.

408 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant.

409 ALL LEAGUE (adjusted fall '15)

Football all-league team shall consist of:

- Most Valuable Offensive Player*, Most Valuable Defensive Player*, Most Valuable Lineman*
 - 11 Offense (5 linemen, 2 receivers, 1 tight end, 1 QB, 2 backs)
 - 11 Defense (4 linemen, 4 linebackers, 3 defensive backs)
 - 1 Special Teams, 1 Kicker, 1 Punter
1. Each coach via his athletic director may nominate players from his own team for any and all positions according to the formula presented in #14 to follow.
 - These nominations are to be presented (preferably via email) **no later** than the date announced at the pre season meeting. **Failure to comply with this deadline will result in a coach only receiving four nominations if done before the meeting. Any coach who does not submit their nominations 24 hours before the meeting, will receive one honorable mention position ONLY!**
 - Coaches are asked that they submit the following information when submitting their nominations—a complete roster of all players including: A. Player's name B. Year in school C. Position
 2. *Lineman of the Year---MVP offense---MVP Defense: If you feel you have a player who is qualified to be considered for top honors:
 - Coaches nominate their own player
 - Nominations are due the day you submit your position nominations. Please make sure that you also nominate this player for the position they would be nominated for. If selected the B or L of Y, the player's name will be removed from the original ballot.
 3. No nominations will be honored at the all leagues selection meeting.
 4. The Offensive , Defensive Players of the Year and the Lineman of the Year shall be voted on first prior to any other voting. No discussion, just a vote. (For Offensive, defensive and Lineman of the Year---if there are more then 4 nominees, a pre-vote will be done where all coaches would rank the players nominated and the top 2 will be eligible for the honor.)
 5. After the Player of the Year votes, each coach will be given 1 minute to speak about his players.

6. Each coach ranks the nominated players at each position on a ballot presented to them at the meeting.
7. The top-ranked player(s) in each position is (are) first team all league according to the formula above. The next ranked player(s) in each position is (are) the second team all league. The next player in rank order for each position is Honorable Mention. If a school does not have a player on 1st, 2nd or honorable mention, they will be allowed to submit a name for HM in any position the coach wishes.
8. Coaches voting for Players of the Year* **MAY** vote for their own players.
9. Coaches when ranking players **MAY NOT** vote for their own players.
10. Students are not to be penalized or omitted from consideration on All-League teams because the coach is not present at the meeting.
11. A coach should send a substitute he can not attend the meeting.
12. All league lists will be released as soon as completed by the commissioner.
13. All-League athletes will receive certificates.
14. Nomination formula (maximum a coach may nominate per position):
 - Offense: 8 linemen, 4 receivers, 2 tight ends, 3 backs & 2 QBs
 - Defense: 6 linemen, 6 linebackers & 5 Backs
 - 1 kicker, 1 punter & 2 AP
15. Results of All league balloting will be released by the Commissioner of the League via the MCAL website.