

		FOOTBALL	
		Schedules	
	Varsity games shall be scheduled for Friday or Saturday. Evening junior varsity contests shall begin at 4:30 PM. There shall be a minimum of one-half hour between the JV and varsity games and the varsity games shall not start before 7:00 PM. Afternoon JV contests shall begin at 11:30 AM. There shall be a minimum of one-half hour between the JV and varsity game and the varsity game shall not start before 2 PM. Alternative times/days are permissible with the consent of the two school Principals or designees involved.		
	The schedules shall be established using a scheduling matrix by the commissioners. The four leagues will be called (RE 1: Adobe, RE 2: Valley, RE 3: Bay, RE 4: Mountain.) While creating the schedules the commissioners will take into consideration a balance between what is best for the individual schools and the league as a whole. Consideration may be given to historical and or geographic rivalries. This schedule will be in effect for two years, with the home and away contests reversed in the second year. After the second year, numbers will be redrawn, and new schedules developed using a scheduling matrix.		
		Practice	
	All CIF and NCS practice rules MUST be followed.		
	The first day of practice shall be determined by the current NCS Calendar.		
	Teams are allowed no more than 18 hours of practice time per week and no more than four hours in a single day. a. Double-day practices shall not be held on consecutive days and must include a minimum of three (3) hours of rest between practices. b. No practice may be held following the conclusion of a contest. c. Any competition day counts as three hours toward the allowable weekly and daily practice hours no matter the length of the contest.		
	<p>CIF Rule 2001:</p> <p>A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice will be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).</p> <p>B. Football teams are limited to two days per week of full contact practice, with <u>no more than 45 minutes of full contact on each of those days during the season of sport.</u> For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full-contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action are conducted that involves collisions at game speed where players execute tackles and other activities that are typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football.</p> <p>C. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds, and football shoes. (Approved April 2015 Federated Council)</p>		
		Game Administration	
	The National Federation Football Rules Book is the governing authority in football, except for those CIF/NCS modifications and/or adoptions.		
	The home school will be responsible for a three-person chain and box crew for all football games. Adults should be used for varsity games.		

	The home team shall wear dark jerseys and the visiting team shall wear light jerseys unless other arrangements are made in advance.
	Officials
	The Redwood Empire Football Conference will use officials from the North Bay Officials Organization.
	Timers in football for league games shall be qualified adults who have demonstrated previous competency.
	<u>It is mandatory for the home team to provide a doctor, paramedic, certified athletic trainer, or EMT (21 years of age or older) who shall be present on the field for all football games from the beginning to the end of the game. No game may start without the presence of one of these medical personnel.</u>
	Equipment
	A National Federation-approved football shall be used.
	League & Playoffs
	The winner of each league will be the team with the most wins in league play and shall receive the automatic entry into the NCS Championships. In case of a tie at the end of the league season, tied teams will be declared co-champions and the following criteria will be used, one at a time and in the order listed to determine which team will receive the automatic entry to the North Coast Section Championships: <ol style="list-style-type: none"> 1. Head-to-head in league contests versus the teams involved in the tie. 2. Tie-breaking numbers will be drawn before the beginning of the season.
	All ties will be played off, using the regulations outlined in the NFHS rulebook. The winner of the tie-breaker will be declared the winner of the game.
5.804	All-league selection <ol style="list-style-type: none"> 1. Players are nominated for first team or second team by their coaches/ADs before the all-league meeting. (Each league commissioner will determine the date/time) Nominations will be due to the respective commissioner 3 days before this meeting. 2. There shall be no more than 26 members on the first team and 26 members on the second team. Special awards will be nominated and voted upon first. These shall include offensive player of the year, defensive player of the year, specialist of the year, and lineman of the year. On offense, it is suggested that there be one quarterback, two running backs, three wide receivers, one tight end, and six linemen. On defense, it is suggested that there be four defensive backs, five defensive linemen, and four linebackers.
	Video scouting is allowed at all levels but is limited to the bleacher area. There shall not be access to the press box area or where the participating schools are filming.
	Visiting teams should not arrive at sites more than one hour prior to the scheduled time of the contest.
	"Senior Night" celebrations should be limited in a way so as not to unfairly delay the start of the game.
	Teams will exchange their previous two contests with their upcoming opponent by noon the day following their contest (or bye) each week.

	A complaint form will be available for situations that cannot be resolved by the schools involved. The commissioner of the involved league will work with the schools for resolution. If needed, the other commissioners may be included. Each league's (MCAL,NBL,VVL) current president will be part of a conference appeals panel along with the league commissioners to rule on complaints/appeals that can not be settled by the schools involved or the commissioners.
	Any expenses associated with a RE Fb league will be covered by that league commissioner's home league.
	NCS participation fees will be covered and then billed to schools by the teams' home leagues.