FOOTBALL BY-LAWS

1. OFFICIAL RULES

Football games shall be played in accordance with the rules as defined in the current edition of the National Federation Football Rule Book. (The Board of Managers may authorize modification of these rules)

2. CLASSIFICATION

Official competition shall be conducted in Varsity and Junior Varsity Football. JV teams can be comprised of Freshmen, Sophomores and Juniors. NO SENIORS are allowed to participate on the JV level. (11/26/18)

3. PRACTICE LIMITATIONS

1. Practice limitations outlined in Article 17 of the Constitution shall be in effect.
   1.1 Physical examinations and issuance of equipment may take place prior to the official starting date.

2. Taken directly from CCS By-laws, Article V Approved Sports (08/18/10)

PRACTICE

1. Interscholastic practice during the school year is defined as:

a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR

b. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR

c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR

d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.

2. Any single practice session shall be no longer than 3 hours in length

3. There shall be a minimum of 2 hours between any two-practice sessions in a single day.

4. **STARTING DATES FOR PRACTICE** - in the Central Coast Section, the following practice start-dates are established for all member school teams and individual student-athletes:

a. FALL SPORTS:

(1) The 1st day of practice shall be no earlier than the Friday of the 6th week of the annual NFHS/CCS Official Calendar: (August 10, 2012)

(2) No sport shall have more than 54 hours of practice time before the contest start date (September 2, 2010) established by the CCS in Article V, Section 3.H following.

(3) Spring Football- (12/02/10)
(a) In the sport of football only, schools will be allowed no more than 10 days and no more than 20 hours of

spring practice, wearing only cleats **and helmets** beginning no earlier than May 1st.

a.1 Protective equipment shall not be worn during spring practice.

(b) No tryouts may be conducted during spring football practice.

(c) Spring Football may not implicitly or explicitly mandated by the coach or anyone else associated with the school or the program.

2.1 Taken directly from the CIF Constitution and By-laws (08/10/10)

ARTICLE 190 FOOTBALL

1901. **NUMBER OF PRACTICE DAYS; NO SUNDAY PRACTICE**

There shall be no football games until the squad 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 may be determined by each Section.) No Sunday practice is permitted (See Bylaw 309 for exception).

1902. **SCRIMMAGE LIMITATIONS**

No individual student shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. Scrimmage is defined as practice where the teams alternate in carrying the ball, downs are not counted, no score is kept and the coaches are on the field directing play.

4. GAME LIMITATIONS

1. Each team shall be limited to a maximum of ten (10) games plus one (1) scrimmage and 1 Jamboree (12/2009) per season, plus CCS playoffs.

Scrimmage: No school shall participate in an inter-school scrimmage before the tenth day of team practice for that particular school. Scrimmage is defined as practice where the teams alternate in carrying the ball, downs are not counted, no score is kept, and the coaches are on the field directing the play. (CIF Constitution, Article 13, Rule 1302)

5. RESCHEDULED GAMES

With the home school initiating, it shall be up to the two schools concerned to reschedule any rained-out League contest (in order of the schedule), and is to be played within five (5) school days. Any variation shall be approved by the League Commissioner.

6. PLAYER REGULATIONS

1. A high school football team of whatsoever classification or name shall not play more than two games in any 8-day period. (CIF 1905, Article 190)

2. Official competition will be held at the VARSITY and JUNIOR VARSITY (JV) levels. Juniors, sophomores, and freshmen are eligible for JV competition. NO seniors are allowed to play JV, regardless of age. (11/26/18).

3. There is unlimited movement between levels throughout the season. Players are allowed to be moved between levels during league play. (11/26/18)

4. In non league games when playing a JV team juniors may participate in that game. (12/2/05)

5. An athlete may not participate against a particular school in more than one official classification during a school week of a regularly scheduled game. (11-26-02)

6. No football player may wear bandannas and/or other colored garment that is not part of the team's uniform. (4-99)

7. GAME TIMES

1. The home school shall determine the time and site of the game (12/02/04) (moved from #9 General Regulations 08/18/10)

2. Night game start times to be 4:30pm for JV and ***7:15pm for Varsity***. ***(11/18/22)***

8. GAME MANAGEMENT REGULATIONS

1. Varsity teams will play twelve (12) minute quarters; JV teams will play ten (10) minute quarters.

2. Administrators will be assigned to supervise all Varsity contests.

3. The home team shall wear dark jerseys, the visiting team shall wear white.

4. Medical personnel must be present before a game may be started, and must remain on the field during the course of the contest. The first priority is to have a doctor in attendance. If a doctor is unavailable, a medical technician (EMT), registered nurse, paramedic, military medic, or a certified trainer may be used.

   4.1 A standby ambulance is also recommended, but does not meet the requirements for medical supervision.

5. The coach of the home team shall notify the opposing team of any unnatural playing conditions.

6. There shall be no more than thirty (30) minutes between the preliminary game and the second game, unless both schools agree to a longer time.

7. Timing of football games shall be under the supervision of a qualified adult. (11-17-94)

8. The playing field and the area immediately adjacent to it shall be restricted to team members, coaches, managers, officials, and other individuals necessary for conducting the game.

   8.1 Student assistants shall wear distinctive costumes for easy identification.

   8.2 All scouting must be done from the stands. No scouts are allowed to stand at the end zone or on the sidelines.

9. The playing field must be cleared a minimum of five (5) minutes prior to the kickoff, so pre game ceremonies may be conducted.

10. Homecoming half-time may be extended to 20 minutes with the permission of both principals.

11. For night games it is recommended that a minimum of 10 banks of portable lights be located as near to the field as possible. (12/2/04)

12. It is recommended that prior to game day schools should clarify with the opponent the pre game routine, press box procedures and available facilities. (12/2/05)

13. Participating visiting teams shall be granted field access and allowed to record using endzone cameras. Teams with endzone cameras are not required to share this film but can do so at their discretion. (11/17/16)

14. GAME WARM-UP AREAS

Teams will use the 45-yard lines into the endzones for warmups, leaving a 10-yard buffer zone between teams. (11/22/24)

9. GENERAL REGULATIONS

1. Prior to the first League game, a Frosh/Soph and Varsity roster shall be sent to each League school. (11-17-94)

   1.1 The roster shall include each player's name, age, height, weight, year in school, and uniform number(s) for home and away jerseys.

   1.2 Film exchange is mandatory. (11/20/07)

2. Postponed games shall be played the next day.

   2.1 If a Friday game is postponed, it shall be played on Saturday. If it is necessary to postpone the Saturday contest, it shall be reset for the following Monday.

   2.2 Games in progress will resume at the point of postponement.

   3.3 A postponed game in progress may be considered official by mutual consent of the two head coaches.

10. PASSES AND PROFITS

1. At their discretion, individual member schools are authorized to issue school passes. These passes will be honored only for home contests played on the campus of the issuing school; they shall be readily distinguished from the official League passes.

2. All football game profits will stay at the home school.

11. SCOUTING

1. Using films taken of another team's practice session is prohibited.
2. Players shall not visit the practice sessions of another school.
3. Video taping of athletic contests will be allowed. (11/14/17)

12. CCS QUALIFIERS

1. CCS Representatives: ***(9/18/26)***

   The five automatic CCS berths will be awarded as follows:
   Top TWO (2) finishers in Mt. Hamilton - North Division.
   Top TWO (2) finishers in Mt. Hamilton - South Division.
   One (1) to the Santa Teresa Division Champion.
   NOTE: The West Valley Division will be entered into the CCS Division VI 4-team bracket.

2. Play-off tie breaker:

   In case of a tie for any of the Automatic Qualifiers the following will apply:

   1. Head to head competition

2. Record against common opponents above the teams in the league standings
3. ~~CCS Power Points *(before the CalPreps adjustments for playoffs)*~~ ***Official HSRatings (9/22/2026)***
4. Coin Toss (11/21/00)

*****In the case of three or more teams tied for any CCS automatic qualifiers, the above tie-breakers will be used. Once the tie is broken, the remaining teams will start over, beginning with #1 head-to-head. This process will continue until all ties are broken. (11/19/23)***

3. If an automatic qualifier chooses not to attend the section tournament, that place will move to the next team in line in our league. (05/26/06)

4. In the case of CCS entry, if two or more BVAL teams are tied in CCS Power Points for an at-large CCS berth, the following tie-breakers will be followed (11/18/14):
    1. Head to head competition
    2. Record against common opponents
    3. Team from higher division will be put up for at-large CCS berth first.

13. **TEN YARD TIE-BREAKER SYSTEM**

The below rules govern the 10 yard tie breaker. This system will always be used when a tie occurs at the end of the game. The results of the tie-breaker will determine the winner who will receive a win and the opponent who will receive a loss in League standings. There will be no ties in League play. (12/2009)

FOOTBALL TIE BREAKER POLICIES

The ten-yard line tie breaker system recommended in the National Federation Football Rule Book will be used in all BVAL League and CCS Playoff contests. (12/2009)

RESOLVING TIED GAMES

An overtime period is untamed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.

1. When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, determine the number of the second half time-outs remaining for each team, and discuss how penalties (if any) will be assessed to start the overtime procedure. At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located and the line judge will go to the other team. They will inform the coaches of the number of time-outs each team has remaining and any special penalty enforcement's that apply.

2. At the coin toss in the center of the field the visiting-team's captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.

3. Each team shall be permitted one additional time-out during each overtime period (a series for Team A and a series for Team B) plus any unused second-half regulation game time-outs. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.

4. To start the overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 10-yard line (15-yard line for six-player football) anywhere between the in bounds lines. The first offensive team shall have a series of four downs. That series shall be terminated by any score by the offensive team or if the defensive team has possession of the ball.

If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying.

A field-goal attempt is permitted during any down.

If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of down is ended.

After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 10-yard line anywhere between the in bounds lines. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes. At the subsequent meeting of teams captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.

5. If a safety is scored by the offensive team, the succeeding spot will be the 10-yard line in possession of the team that was on defense, provided the defensive team has not had its series of downs (the temporary overtime score is: Team A-2; Team B-0).

When the defensive team gains possession of the ball, the down and series immediately end for the offensive team.

6. The offensive team shall be awarded a new series of downs when any one of the following occurs:
   a. Penalty for defensive pass interference is accepted.
   b. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone.
   c. Defensive team is guilty of roughing the kicker, place-kicker, place-kick holder, snapper or passer.

6.1: The line to gain is always the goal line.

6.2: If the defensive team scores a safety or touchdown, the game is ended.

6-3: No try will be attempted if the winner of the game has been determined.

7.A **10-YARD LINE OVERTIME PROCEDURE INTERPRETATIONS**

Play: With the score B-14 and A-8, a pass from A1 is complete to A2 in B's end zone. During the down there is holding by B2. This was the last play of the fourth period. Will the penalty for the foul during the touchdown be administered on the try?

Ruling: No. The penalty is automatically declined and the touchdown counts.

7.B **Play:** On fourth down in overtime play. Team A scores a touchdown. After the score, but before the try, B1 commits an unsportsmanlike foul.
Ruling: The penalty is enforced from the succeeding spot on the try. Non player fouls, non player unsportsmanlike fouls and dead-ball fouls are penalized on the succeeding spot.

7.C **Play:** During the last timed down on the fourth period A1 advances for a touchdown making the score B-22 and A-20. On the try A2 passes complete to A3 in the end zone. Following the try B1 commits an unsportsmanlike foul.
Ruling: The penalty for the foul by B1 after the successful try will be administered from the succeeding spot to begin overtime play.

7.C.1 **Comment:** In this situation the referee should explain to the captains at the time of the coin toss the fact the penalty will be administered on the first series of downs in the overtime. The place from which the ball will be put in play for each team could have an effect on the choice made by the winner of the toss.

7.D **Play:** When the regulation game ends in a tie, the teams use the recommended tie-breaking procedure. Team A wins the toss and elects to take the ball. A1 scores on the third down. After A1 crosses the goal line: (a) A2 clips B1; or (b) B1 strikes A2. Ruling: Dead-ball fouls in both (a) and (b). The score counts and the penalties in both (a) and (b) are enforced on the try, because that is the succeeding spot.

8.A **Play:** On third and 4 in overtime play,Team B recovers a fumble or intercepts a pass.

Ruling: The down ends as soon B1 recovers or intercepts. In both cases the series of downs is ended for Team A.

8.B **Play:** On third and 6 in overtime play Team A attempts a field goal. The attempt is not successful and Team B recovers on the 1-yard line.
Ruling: The down ends when B1 recovers. The series is ended for Team A.

8.C **Play:** In overtime play with third and goal from B's 4-yard line, B1 interferes during a forward pass.
Ruling: If the penalty is accepted it will be first and goal for Team A on B's 2-yard line.

8.D **Play:** In overtime play on second down from the 8-yard line, B1 commits pass interference.
Ruling: First down for Team A on the 4-yard line in the penalty is accepted.

8.F **Play:** (a) On second; or (b) fourth down and 9, A1 interferes on an incomplete forward pass.
Ruling: In (a) it is A's ball third down from its 24-yard line. In (b) B will decline the penalty and take the ball on the 10-yard line.

8.G **Play**: At the end of the regulation game the score is tied, 7-7. It was previously announced that the recommended tie-breaking procedure would be followed. Immediately after the last down of the fourth period A1 strikes B1. Ruling: A1 will be disqualified and may not participate during the overtime period. The penalty for A1's foul will be administered from the succeeding spot. If Team B is the first to put the ball in play it will be from the 5-yard line. If Team A is the first to put the ball in play it will be from the 25-yard line.
PREFACE: When "11 players" is used in the ruled book it should be understood 11 would be replaced with the number of players participating (six, eight, nine).

NOTE: Applies to nine-player, eight -player and six-player Rule 3 and 8. When one team is 45 or more points

ahead at the end of the first half or it it secures such a lead during the second half, the game is ended immediately or state associations may establish guidelines to use a running clock when the point differential is reached.

14. MANDATORY GAME FILM EXCHANGE PROGRAM. (2007)

Who: All BVAL Football programs

Why: As more schools have or are anticipating installing lights at their sights, scouting will become problematic. Most teams will be playing games simultaneously, making live scouting nearly impossible. Also it is a fact that film exchange is a common practice at nearly every level of football, nearly everywhere.

On the Thursday the week before a scheduled league game, coaches will make their most recent game available to next week's opponents via ~~Hudl~~ ***an online video exchange service such as Hudl, Krossover, etc***. By 10:00am on the Saturday before the scheduled league contest, coaches will make that week's game (Friday night) available to next week's opponents via ~~Hudl~~ ***an online video exchange service such as Hudl, Krossover, etc***. This keeps the total films required at two, but now opponents will have the two most recent games. ~~(11/17/15)~~ ***(11/26/18)***

Details:

- Films shall be your high view from the middle of the stands/press box shot and should be unedited. If there is a problem with your own copy of your game film then it is your responsibility to secure a copy from that game's opponent to exchange. ***If there is no press box or "best angle" access to the visiting team, and the home team is filming from the press box area, the home team will share the film. (11/22/24)***
- These rules are minimum guidelines that must be followed by all schools. Coaches may, through mutual agreement, decide to meet elsewhere or at different dates/times to exchange films. This may only be done if both coaches agree, otherwise the Thursday at 12:00 and pick up by 3:00 shall be used.
- Coaches are expected to meet these minimum guidelines without fail. Cooperation, honesty, and integrity are key. Please be part of the solution, not the problem and meet all your obligations in a timely manner. Communication between coaches is strongly advised and phone numbers shall be exchanged at the pre-season meeting in September.
- This policy and these procedures will be reviewed at our post-season meeting in November at which time they will be modified as necessary. For the 2007 season we should all strive to meet them and give the film exchange program a chance.

15. ALL LEAGUE AWARDS (UPDATED 10/6/2022)

Section 1: All-League Selections - JV and VARSITY

Each division is ***REQUIRED*** to use this formula for both JV and VARSITY All-League selections.

6-team divisions will have 24 total 1st team members and 24 total 2nd team members.

7-team divisions will have 25 total 1st team members and 25 total 2nd team members.

8-team divisions will have 26 total 1st team members and 26 total 2nd team members.

PLACE	1st Team	2nd Team
1st	6	5
2nd	5	5
3rd	4	5
4th	4	4

5th	3	3
6th	2	2
7th (if 7-team division)	1	1
8th (if 8-team division)	1	1

Section 2: SPECIAL AWARDS - VARSITY ONLY

- Special awards are limited to 5 and are not to be included in the 1st team (these are considered "over and above" the 1st team recognitions.) MVP, SR, JR, SOPH and FRESH of the year are automatically included in 1st team and do not need to be added/listed as such.
- In the case of a tie in the league standings, extra certificates will be provided to equal the exact finish amount (i.e.: if 2 teams tie for 2nd place, both teams will receive the number of all league certificates that the formula states the 2nd place should receive.)
- Honorable Mention awards will be pre-printed (with "Honorable Mention") and be limited to 2 TOTAL per program (NOT 2 for JV AND 2 for Varsity; 2 TOTAL) These awards will not be recorded by the BVAL.
- If you choose to give Co-MVP, Co-SR, etc., you must give up one of your remaining special awards. **You cannot give up an all-league spot for a Co-spot.**

Section 3: FOOTBALL SPECIFIC AWARDS - VARSITY ONLY

Each division will also award the following honors. These honors will be printed on an all-league certificate. **LIMIT ONE PER POSITION.**

Outstanding Offensive Player
Outstanding Defensive Player
Outstanding Offensive Lineman
Outstanding Defensive Lineman
Outstanding Offensive Back
Outstanding Defensive Back
Outstanding Receiver
Outstanding Linebacker
Utility/Special Team Player of the Year