

CHAPTER XII

SCHEDULES, PRACTICES AND GAMES

1. A NORCALFED team shall not schedule, conduct and/or play a controlled or practice scrimmage and/or an exhibition, pre-season, regular season, bye, post-season, championship or bowl game with a non NORCALFED team and/or a team that utilizes a different age and weight divisions.
2. The schedule of all NORCALFED teams including all exhibition, pre-season, regular season, bye, post-season, championship and NORCALFED Tournament games must start on or after the last Saturday of August and must terminate on or before the Sunday proceeding Thanksgiving.
3. All exhibition or post-season games must be scheduled and played with the prior approval of the Commissioner and under the control and supervision of the host Deputy Commissioner. A team that is on probation or suspension by its Conference or NORCALFED is ineligible to play in an exhibition, post-season championship and/or NORCALFED Tournament game.
4. The League schedule shall be completed and distributed at the January membership meeting or as soon thereafter as possible.
 - a. Participation in game schedule and post-season games shall be limited to those Associations whose Federation debts for the previous season and whose affiliation/membership fees for the present season are paid in full by the May meeting.
 - b. The scheduling will provide that each Association will commit its teams to games in given divisions on given weekends (Saturday or Sunday), either away or at home.
 - c. Any Association (town) that fails to provide a team as committed in the scheduling will be fined five hundred dollars (\$500.00) per TEAM by the Commissioner. The fine so levied, when collected, will be paid to the offended Association. The fine must be paid to the Commissioner prior to the next scheduled game, or end of season, whichever occurs first.
 - d. If an Association fails to pay its fine, it may be prohibited from engaging in Tournament play during the present season and from all games in the following season.

- e. In the event of extreme hardship, subject to the approval of the Commissioner, an Association may request to cancel a specific scheduling agreement and avoid the penalty of the five-hundred dollar fine. Said requests must be dated and postmarked prior to the third (3rd) Sunday in August. Such an approval by the Commissioner must be subjected to a mail poll of the Deputy Commissioners except that a letter by the Commissioner and the letter from the Association requesting the cancellation will be substituted for a “complete file of the hearing”.
- f. The Commissioner shall have the power to cancel any inter-conference games of any Association that invoked sub-paragraph 5e of this Article. Such cancellations will be for the sole purpose of adjusting schedules in order that the offended Association will not suffer a bye date by reason of the action of the Association that invoked the provisions of said sub-paragraph. There shall be no appeal from the Commissioner’s cancellation actions under this sub-paragraph.

PRACTICES

- 5. A practice session is defines as any skull session, group conditioning or any other form of training. Practice sessions will not commence earlier than four (4) weeks prior to the third Saturday of August (Jamboree). Split practice sessions will not be allowed. A valid football accident insurance policy must be in force prior to the first practice session of all NORCALFED teams. Years when August has five (5) Saturdays, Jamboree will Be on the fourth (4th) Saturday.
- 6. All coaches, managers, and/or scouts of any kind are prohibited from attending any practice session of any future opponent.
- 7. The following rules shall govern all practice sessions of all NORCALFED teams:
 - a. A physician or individual holding a valid Red Cross First Aid Card must be present.
 - b. At all sessions involving physical contact, all players must wear full protective equipment as required in the current National Alliance Edition Football Rules Book of the National Federation State High School Athletic Association.
 - c. When the practice field temperature is 100 degrees or more, all helmets and shoulder pads shall be removed until temperature has dropped below 100 degrees.
- 8. “No practice session shall exceed two (2) hours in duration, except as in (a) below. All practices shall conclude at or prior to 8:00 p.m. after the start of school.”
 - a. Prior to the reduced practice schedule, an Association may have the option of practicing four (4) days at two and one half (2 1/2) hours each, in lieu of five (5) days at two (2) hours each.

- b. The reduced practice schedule shall begin the week following the first football game of the pre-season. Reduced practice schedule is not more than three (3) two (2) hour practice sessions per week, ending no later than 8:00 p.m.
9. No Mighty Mite player shall be issued gear (except helmets, prior to one (1) week of conditioning practice. No other player shall be issued gear (except helmets) or participate in physical contact until he has experienced ten (10) hours of conditioning practice, (football conditioning, within a football organization) or until the coach feels appropriate conditioning has occurred beyond this minimum time frame. No player may be issued gear or engage in physical contact, when at a weight higher than maximum weight. High Snap Buttons shall be removed from helmets when High Snap chinstraps are not used.
10. Each Association may have a scrimmage event the Saturday prior to Jamboree with no penalty against practice time. If a scrimmage takes place during the week, it will be considered as practice time.
11. Practices are extended to four (4) one and one-half (1 1/2) hours, or three (3) two (2) hour practices for any teams entering NORCALFED Tournament games.

GAMES

12. The following rules shall govern the scheduling of all games for all NORCALFED teams:
 - a. The home team must be responsible for the presence of a game physician, registered nurse, E.M.T., ambulance, or Fire Department. They must be stationed at a designated location, preferably in end zone.
 - b. The home team must employ the services of:
 1. At least three (3) qualified AND One (1) trainee official accredited by the local high school Official's Association. Responsibility for the payment of the Official's services shall be by the Host Association. NORCALFED shall be required to furnish the Official's with copies of NORCALFED Playing Rules.
 2. A trained clock operator at least 16 years of age.
 - c. All games must be scheduled in keeping with all applicable local ordinances and State Laws.
 - d. A period of ninety-four (94) hours must elapse between final gun of a game and the opening kick-off of the immediate following game.
 - e. Night games may be schedules on Fridays and Saturdays only, and must start no later than 6:00 p.m.

- f. A game that is terminated for any reason other than forfeiture may be rescheduled.
 - g. An Association may charge a standard admission fee of \$5.00 per family, \$2.00 per adult, and \$1.00 per child 12 and under.
13. NORCALFED players are not allowed to be named to or take part in “all-star” youth football teams or games. The typical NORCALFED player is too immature to be named on “all star” and such honors with or without game participation are too frequently detrimental to the spirit necessary to a good team or Conference.
 14. The winning of a Conference championship does not of itself guarantee or assure the team a bowl bid or special awards of recognition for the members of the team (disciplinary action-suspension-probation).
 15. At all games, all players shall wear full protective equipment as required in the current National Alliance Edition Football Rules Book of the State High School Athletic Association. EXCEPTION: Metal tipped cleats are prohibited. Sneakers or molded rubber cleat shoes are mandatory. Detachable rubber cleats which are threaded and screw into shoes are acceptable. Game officials will check before each game and no one will participate wearing illegal cleats. Maximum cleat length is 1/2 inch.
 16. A NORCALFED team may schedule post season or Bowl games outside of their Conference, as long written authorization from N.C.F. Board of Directors is obtained prior to event.
 17. Conferences that fail to comply with this Chapter may be denied the right to have any or all of their teams engage in games outside of their Conferences during the current and immediate following season upon the order of the Commissioner.
 18. All host team Presidents are to call the score of game results to their Deputy Commissioner within 24 hours of the end of the game. A fine of One Hundred (\$100.00) dollars shall be imposed for failure to do so.
 19. Football teams shall immediately leave the field after their game so the next team has time to warm up before the start of their game.