

## CHAPTER XIII

### PLAYING RULES

1. Each year the Commissioner will purchase from the National Federation of State High School Athletic Associations Football Rulebook and Case Book for each Association and N.C.F. Board of Director Member. He will also purchase the N.F.H.S. Spirit Rule Book for Cheerleaders for each Association member and the Cheer Board members.
2. With each printing of the NORCALFED Rule Book, the Commissioner will make available to the Deputy Commissioners, ten (10) copies for each Conference, plus five (5) copies for each Association. All additional copies will be Five Dollars (\$5.00) each. All games will be played under the current National Alliance Edition Football Rules Book of the National Federation of State High School Athletic Associations subject to the following modifications.
3. Teams in the Jr. Peewee, Peewee and Jr. Midget divisions must use the junior size ball. Teams in the Midget division must use the intermediate size ball. *(See diagram on page 13.8)*
4. The home team is solely responsible for the preparation of the playing field and all required accessories for the game.
5. The bench area is limited to players, no more than eight (8) coaches, equipment manager, game physician, ambulance attendants, and law enforcement officers. Each team is solely responsible for the presence of other than the aforementioned individuals, game officials and members of the chain and down marker crew in their bench area during a game. Each team is responsible for the exclusion of spectators from the bench area and all points within ten (10) yards of the side lines or end zone lines. The people permitted in the bench area must wear similar identifying shirts or jackets in order that their identity and presence is readily discernible to game officials and/or spectators. The "coaches box" is limited to three (3) in the box per High School Rule Book. Balance of the staff must be behind the "box" in the bench area.
  - a. The game officials will assess a fifteen-(15) yard un-sportsman-like conduct penalty against any team that has in its bench area any individuals other than those authorized above.
  - b. The Commissioner, Assistant Commissioners, Secretary, Treasurer, Deputy Commissioners and Assistant Deputy Commissioners are empowered to direct the attention of game officials to violations of this paragraph.
  - c. Any team found guilty of placing unauthorized individuals in an opponent's bench area will forfeit the game in question, and one position in its final conference win/loss standings. In addition, those persons will be subject to suspension from all NORCALFED activities.

6. The length of quarters for ALL games shall be ten (10) minutes on a stop and go clock. If at any point during the game, both head Coaches feel it would serve the best interest of the players involved, a running clock may be used. North Section CIF guidelines for Varsity shall be used for timing all Midget games. All other divisions shall use Sub-Varsity timing rules.
7. Intermissions between the first and second and third and fourth quarters shall be two (2) minutes and between second and third quarters fifteen (15) minutes. Coaches may hold a conference within the two (2) minute intermission between quarters with one or more players.
8. Each team shall be permitted three (3) time outs per half. Time outs for injuries shall be charged as an official's time out.
9. During a try-for-point a team may score one (1) point from what would be a touchdown and two (2) points from what would be a field goal under rules governing play at other times during the game.
10. A scout, while scouting, must be identifiable. Dressed in team colors and report in as a scout at gate.
11. The eligibility of a player may be challenged prior to the game only at weigh-ins and only in the presence of the weight-masters and the head coaches of the two teams. All teams must have in their possession for examination by the weigh-masters and the opposing team, an identification card for each player on the certified team roster.
12. Once removed by Medical Personnel for an injury, a player must not be allowed to reenter the game without the approval of an Emergency Medical Technician, Registered Nurse or Medical Doctor. Any player or cheerleader injured, seeking medical attention at any medical facility, must submit a medical release to their head coach, advisor, or insurance coordinator before taking part in any practice, scheduled scrimmages, and/or games.
13. All coaches must abide by a doctor's decision in all matters pertaining to a player's health, injuries, and/or physical ability to participate in a game of the NORCALFED program.
14. Spearing will not be tolerated in NORCALFED. It is generally committed by a defensive player who deliberately and maliciously rams the opposing ball carrier with his helmet and face guard; an offensive player may also be guilty of spearing for the improper use of his helmet and face guard. It subjects a guilty player, as determined by game officials to charge of personal foul and unnecessary roughness. Repeated offenses will result in the removal of the offending player from the game at the discretion of the officials. Spearing, if taught by a NORCALFED coach, shall subject such individual to dismissal if found guilty after a hearing.

15. A head coach may request a parent or guardian to remove a player from the team. This action is to be taken only when such disciplinary action is absolutely essential to the welfare of the team, and only in a discreet manner which will not embarrass the player and/or their parents or guardians.
16. During the game, warm-up preceding a game, half-time intermission, and until the team has left the locker room for home, the head coach is fully and directly responsible for actions involving himself, his assistants, and the managers assigned to the bench area and the players. All of the foregoing must accept all of the decisions of the game officials as being fair and called to their best ability. The coach must remain in control of himself at all times in order to set a good example for players and spectators.
17. Coaches or Players EJECTED from a game will be ineligible to participate in the following week's practice and game. Commissioner or Deputy Commissioner may waive the suspension when the referee association notifies him that the infraction does not warrant an additional weeks suspension.
18. Referees shall be given a copy of all specialized NORCALFED rules to insure uniformity of enforcement in each conference-scheduling referee will be requested to provide copies to all referees working all NORCALFED games.
  - a. A game official's decision called on judgment must never be questioned.
  - b. A game official's interpretation of a playing rule may be questioned, but a time out will be charged to the team, and the officials must be treated and addressed as gentlemen.
  - c. Only protests involving rules interpretations or the eligibility of a player may be considered; never the judgment of an official in calling a play. A protested game cannot be replayed.
  - d. Coaches who remove their team from a game before the game is completed, as a protest against officials, forfeit the game relinquish their claims to current Conference championship, and place themselves on suspension until their actions can be heard by the Conference and a decision made. There is no appeal.
  - e. Coaches or any adults whose actions incite spectators to altercations or confrontations involving physical violence, may be suspended for the current and five (5) immediate following years, upon order of the Commissioner. Such an order must be the result of an investigation as provided in Chapter VIII.

- f. Any action involving physical violence in any NORCALFED game, will require three (3) detailed written reports to the Commissioner on the entire incident. One each for the head coach visiting team, head coach home team, and President host Association. All three reports must be forwarded via Certified Mail, return receipt requested, and must be postmarked within 72 hours following the scheduled kick-off time of the game in question.
  - g. The head coaches and Association Presidents who fail to make the report required in “f”, may be suspended immediately on the order of the Commissioner without a hearing. Those teams whose coaches fail to make such a report within the prescribed time, may be denied the right to participate in any games for the balance of the current and immediate following two seasons on the order of the Commissioner without a hearing.
  - h. The report of the Association President must be followed with a second report detailing the findings of facts, itemizing the penalties imposed, and citing the applicable authority for the penalties. This report must be in the hands of the Commissioner thirty (30) hours prior to the next scheduled kick-off time of the two teams involved. The deadline will be the earliest of the two kick-offs, if the times differ. If the report is not made on time, both teams will be suspended without a hearing on the order of the Commissioner, and the suspension will not be terminated until thirty (30) hours after he receives the report.
  - i. The Commissioner may order the temporary suspension, without a hearing, of either team or any of the adults involved, pending a hearing, if he feels that the penalties imposed were not in keeping with the violation.
19. If the score is tied at the end of the regulation time, the 10 yard line overtime procedure will be used, according to the National Alliance Edition Football Rules book of the State High School Athletic Associations known as the Kansas City Plan with the following modifications:
- a. If the score remains tied, the following will go into effect: The ball will be placed at half the distance to the goal (the five yard line) until someone scores. This process will continue at half the distance intervals. There will be an intermission of two (2) minutes during which the loser of the original coin toss will be given the first choice of the options.
  - b. No overtime will be played for any non-league game. Score shall remain tied.

## 20. TEAMS

- a. A team must have sixteen (16) or more players eligible, suited and ready to play at kick-off, or forfeit the game. After conferring with their weigh master, the head coaches of the two teams involved will meet prior to the kick-off and confirm that 1) both teams have met the weigh-in requirements as to number of eligible players, or 2) are playing the game as a forfeit. Any game played as a forfeit shall be on a running clock for safety purposes (fatigue).
- b. A team shall have not less than twenty (20), not more than forty-five (45) players certified to its roster. An Association may not restrict the team sign ups to less than thirty-five (35) players per team for PeeWees, Jr. Midgets, and Midgets. Sign-ups are on a first come, first serve basis with NO CUTTING or TRYOUTS allowed.
- c. An Association may petition the Commissioner for a hardship waiver for any team, of more than sixteen (16) players, who cannot find twenty (20) players to certify. The petition must be presented and approved by the Conference Deputy Commissioner who is convinced all possible options have been used to build the team to twenty (20) players.

## 21. MIGHTY MITES AND JR PEE WEE **(See Appendix K & L)**

### 22. The following procedure is to be followed at pre-game weigh-ins:

- a. Each player must have an official NORCALFED registration card, complete with photo and approved signatures. There will be no exceptions to this requirement.
- b. Pre game weight checks shall be available two (2) hours prior to kickoff. Official game weigh-ins are mandatory at half time of the previous game and will be made available up to kick off time. Jr Pee Wee official weigh-ins shall be one (1) hour prior to kick off. Guest team shall have the option to weigh first providing they are ready. No physical practice allowed prior to weigh-ins. Chalk talk, films, etc. are permitted.
- c. Official game weigh-ins shall be conducted by an authorized representative of each team, appointed and designated by the Association President as the Weigh Master. The weigh masters have the final word in any determination.
- d. The scales should be balanced to the satisfaction of the two weigh-masters prior to either team being weighed, and remain at that setting for both teams. Weigh-masters must remain at the scales room until kick-off, at all games, and especially at Tournament.

- e. Heavy weights who must strip down, may be placed at beginning of book and weighed first, to allow time to dress. The balance of the players of each team will be lined up in alphabetical order and stripped as necessary. The players must have gone to the bathroom. The player must stand on the scale with both feet entirely on the scale and centered. He must be facing forward and stand on the scale until told to step off. If he does not make weight, and has clothing he can remove, he may strip completely and step back on the scale to re-weigh. After every player has weighed, the cards of those who qualified should be dated, initialed by the weigh-masters, and counted to compare with the number of players on the field. For those who did not make weight, their cards should be dated, weight and jersey number recorded and cards initialed. An overweight player will be allowed to wear his jersey and sit on the bench in street clothes.
  - f. Definition of making weight:  
All weigh-ins in NORCALFED must be conducted using an ELECTRONIC SCALE that is properly maintained and calibrated regularly. The host team weigh master will be the sole judge as to access to the scales prior to the official weigh-ins. The host team shall provide the official NCF certified weights (3-50#) to calibrate scales.
  - g. If a player exceeds the maximum weight limit at a pre-game weigh-in, he is ineligible for that game only. A player may not be withheld from a pre-game weigh-in because he was found to be overweight prior to the time set for the pre-game weigh ins.
23. A Conference must declare a game forfeit by any team which suited and/or played a player who was not weighed at the pre-game weigh-in, was declared to be overweight by the weigh-masters at the pre-game weigh-in, or was found to have used devices, medicines or methods, including but not limited to steam rooms or cabinets, rubber or plastic sweat suits, prescriptions by a doctor excepted, to temporarily attain a regular weight. In the event both teams in a game are found to have violated this Paragraph, the Conference must enter that game as a loss to the official Conference win-loss records of both teams. The game cannot be replayed and both teams sacrifice their right to the use of the Kansas City Plan as to that game.
24. The decision of the weigh-masters cannot be appealed. Weigh-masters and/or coaches are prohibited from permitting players who are over-weight to play. If weigh masters are found to have agreed between themselves and/or the coaches to permit overweight players to play the teams involved must be ruled by the Conference to be ineligible for the playoffs during the current season.
25. A Conference must declare a game forfeit by any team that played a player subsequently found to be ineligible.

26. TWENTY-EIGHT POINT RULE - Anytime in a game the point differential is twenty-eight (28) points or more, the game will be played under the rules below. If, at any time, the point differential becomes less than 28 points, normal play shall resume, except as noted below.
- a. Upon the first score which causes the point differential to be 28 points or more, an official time-out shall be called at which time, the Head Coaches, Association Presidents, and Referees shall discuss the rule and the strategy employed to avoid a lopsided score. The team behind shall be awarded the ball on their own forty (40) yard line. If the team which is behind scores, they may choose to a) "Kick off" the ball, or  
b) take the ball at their own 40 yard line with the running clock instituted.
  - b. Head Coach of the team that is ahead under the 28 point rule shall make every effort to call plays on both offense and defense that are conservative in nature.
  - c. The Head Coach of the team that is ahead under the 28 point rule shall **substitute at least six (6) non-starting players on both offense and defense** or show cause based upon roster size.
  - d. The Head Coach of the team that is behind under the 28 point rule may request a running clock at anytime. Such a request cannot be denied.
  - e. Play under the 28 point rule in the fourth (4th) quarter shall be played under a mandatory running clock.
  - f. Once a running clock is instituted, it shall remain in effect for the remainder of the game regardless of the score.
  - g. Any game that ends with a score in which the point differential is more than twenty-eight (28) points shall require the Head Coach of the winning team to submit a written explanation of the events of the game that contributed to the lopsided score and efforts made to avoid the lopsided score. Said report shall be submitted to the Deputy Commissioner within 72 hours of the game. The Deputy Commissioner shall review the written report to determine if there is cause for violation of the Twenty-Eight Point Rule.
  - h. Head Coaches found to have violated the Twenty-Eight Point Rule by causing a lopsided score shall be subject to the following penalties:
    1. First (1st) Offense - One (1) Game Suspension and weeks practice.
    2. Second (2nd) Offense - Three (3) Weeks Suspension from all NorCal Fed related activities.

3. Third (3rd) Offense - Two (2) Year Suspension from all NorCal Fed related activities. After the two years, a conference review of the coaches application shall be conducted prior to issuing another coach's card.

BALL SPECIFICATIONS	MIDGET Intermediate Size	ALL OTHER TEAMS Junior Size
Long Circumference	26 to 27 inches	25 to 26 inches
Long axis	10 to 12 inches	10 to 10.5 inches
Short circumference	19 to 20 inches	18 to 19 inches
Inflation Pressure	10 to 13 pounds	10 to 13 pounds