

FOOTBALL

1. FORMAT OF COMPETITION

1.1. The League shall be divided into five divisions Bay, DeAnza, El Camino, Ocean, and Lake. The divisions shall be determined by strength of program, recommended by the coaches, approved by the Board of Managers and reviewed annually. The Bay and DeAnza divisions shall be CCS designated "A" divisions. The Ocean and the El Camino divisions shall be CCS designated "B" divisions. The Lake shall be a CCS designated "C" division.

2. RULES

2.1. National Federation of High School Associations.

3. NUMBER OF CONTESTS

3.1. Varsity and JV – Ten (10) and one controlled scrimmage.

4. STARTING DATES

4.1. The first day of interschool competition is determined by CIF Rule 1301 "There shall be no football games until the squad has had fourteen (14) days of practice before the first game. Each individual student on the team must have at least ten (10) days of practice before being allowed to compete in a game or scrimmage."

4.2. A scrimmage counts as a practice day.

4.3. Issuance of equipment and physicals prior to the first day of practice is permitted.

5. DEFINITION OF PRACTICE/SCRIMMAGE

5.1. See PAL Bylaws, Article IV, Section 2 and Section 3.

5.2. Physicals, issuing of equipment, team pictures and team management meetings may occur beyond the two and one-half (2½) hours limitation.

5.3. Eight (8) double days of practice are allowed prior to first day of classes. No consecutive double days of practice are allowed.

6. STARTING TIME FOR CONTESTS

6.1. Afternoon contests: Sept. 3:15pm, Oct. 3:00pm, Nov. 2:45 pm.

6.2. Night games - 7:00pm in the North 7:30 in the South

6.3. Double headers, JV - 4:00pm V 7:00pm in the North/4:30pm and 7:30pm in the South

6.4. Saturday football games may start no earlier than 11:00 AM or as mutually agreed by principals. JV 11:00am V 2:00pm

6.5. When Varsity and JV games are split, both contests to be assigned to same host school

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

7.1. Adults should be assigned to all scoring/timing and chain crew responsibilities.

8. LEAGUE STRUCTURE/PROCESS

8.1. Our 32 schools shall be placed into 5 divisions by the leagues scheduling committee. The committee will be composed of 3 representatives from the traditional PAL schools, 3 representatives from the traditional SCVAL schools, and 1 representative from the traditional WBAL schools.

- 8.2. Each year, based on the criteria below and assessed by the coaches committee, each of the teams will be ranked 1-32.
 - 8.2.1. Varsity 1st team all-league and MVP players from all levels that are retuning.
 - 8.2.2. Returning players on the varsity roster at the close of the previous season.
 - 8.2.3. Varsity league team record/standing for current season (0.5 multiple added for De Anza and Bay division standings). In future years, the multipliers will be 1 for the A divisions and .5 for the B divisions.
 - 8.2.4. JV league team records/standings for the current season (0.5 multiple added for DeAnza and Bay division standings). In future years, the multipliers will be 1 for the A Divisions and .5 for the B divisions.
 - 8.2.5. Program size based on the number of players on the roster at the last game of the regular season, exclusive of freshman and seniors.
 - 8.2.6. Cal Preps.com will be used as the prior year external ranking system.
 - 8.2.7. If a tie occurs for #12 or #24, the CCS tie breaker for at large entry or seeding will be used.
- 8.3. Using information and data from coaches (including 3 to 5 year Cal Preps rankings), there will be an opportunity for the committee to vote on misplacements and adjust teams. There must be a two-thirds vote for any movement to take place.
- 8.4. Once the top 12 teams (A division) are selected, they will be arranged by geography. The southernmost schools will be called the DeAnza division and the northernmost schools will be called the Bay division.
- 8.5. Once the next 12 teams (B Division) are selected they will be arranged geographically. The southernmost schools will be called the El Camino division and the northernmost schools will be called the Ocean Division.
- 8.6. The remaining 8 schools will be called the Lake division.
- 8.7. In the case of a geographical tie, schools will be placed in such a way as to create the most balance between to two divisions at the same level.

9. TRADITIONAL GAMES

- 9.1. Aragon vs. Hillsdale
- 9.2. Lynbrook vs. Saratoga
- 9.3. Burlingame vs. San Mateo
- 9.4. Wilcox vs. Santa Clara
- 9.5. Capuchino vs. Mills
- 9.6. Los Altos vs. Mt. View
- 9.7. El Camino vs. South San Francisco
- 9.8. Cupertino vs. Monte Vista
- 9.9. Menlo School vs. Sacred Heart Prep
- 9.10. Homestead vs. Fremont
- 9.11. Sequoia vs. Carlmont

10. TIE LEAGUE STANDINGS - All ties must be broken and standings set prior to the playoffs. The procedures listed below will be followed in order until the tie situation is resolved.

- 10.1. Won-lost versus each other.
- 10.2. Won-lost versus teams above in standing in order of finish.

10.3. Won-lost versus teams below in the standing in order of finish.

10.4. Highest # of CCS Power Points

11. PLAYOFFS

11.1. The top 4 finishers in the Bay and DeAnza divisions, the top 2 finishers in the Ocean and El Camino divisions and the top finisher in the Lake division shall enter the CCS Football Playoffs as the league's automatic qualifiers. If an automatic qualifier chooses to not participate in the CCS Play-offs, the next team in rank order from the division will be offered the automatic qualifying berth. This procedure will continue until the automatic qualifying berths are filled.

11.2. At large berths from all divisions (Bay, DeAnza, Ocean, El Camino, and Lake) shall be determined by CCS Power Points and not by order of finish in the teams respective divisional standings. Ties for CCS Power Point will be broken by the tie breaking procedure in the football bylaws, Section 9.

12. POST SEASON TOURNAMENTS

12.1. Neither pre or post season games shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers, CCS and CIF.

13. ALL-LEAGUE SELECTION PROCEDURE - Nominations (1 per position plus bonus picks for league wins) to be sent to league reps a minimum of 24 hours prior to the PAL football evaluation meeting.

13.1. Meeting may have to be moved a day or two later than traditional date.

13.2. Information required:

13.2.1. School

13.2.2. Jersey number

13.2.3. First and last names

13.2.4. Position (offense or defense...not both); a coach wishing to nominate a player on offense and defense must submit player twice using two of the allotted nominations.

13.2.5. Height

13.2.6. Weight

13.2.7. Grade

13.3. League reps compile nominations on a ballot prior to PAL evaluation meeting.

13.4. Coaches nominate (must appear on ballot) and vote for:

13.4.1. PAL Offensive Player of the Year

13.4.2. PAL Defensive Player of the Year

13.4.3. PAL Utility Player of the Year

13.4.4. PAL Special Teams Player of the Year

13.4.5. PAL Coach of the Year

13.5. Coaches receive ballots and vote at evaluation meeting:

13.5.1. 14 offensive votes per coach (1 per nominee)

13.5.1.1. Vote for 1 quarterback

13.5.1.2. Vote for 3 running backs

13.5.1.3. Vote for 5 offensive linemen

13.5.1.4. Vote for 1 tight end

13.5.1.5. Vote for 4 wide receivers

13.5.1.6. Vote for 1 place kicker

13.5.2. 13 defensive votes per coach (1 per nominee)

13.5.3. Vote for 4 defensive linemen

13.5.4. Vote for 4 linebackers

13.5.5. Vote for 4 defensive backs

13.5.6. Vote for 1 punter

13.6. Voting and result guidelines:

13.6.1. Coaches may vote for their own players.

13.6.2. Coaches must vote for the offensive and defensive players of the year as a 1st team all-leaguer.

13.6.3. Players receiving the greatest number of votes will be awarded 1st team status.

13.6.4. If a tie exists for the final allotted slot for a position, the tiebreaker shall be awarded to the team that finished higher in the PAL standings.

13.6.5. Players not receiving the greatest number of votes in each position will be awarded 2nd team status.

13.6.6. If the number of nominees equals the number of allotted slots for a position, there will be no vote and all nominees will be accorded 1st team status.

13.6.7. The following awards will be earned by the highest vote in each position. When two positions are combined, a second vote may be required. The tie-breaker will once again be the higher finisher in PAL standings:

13.6.7.1. PAL Offensive Back of the Year (quarterbacks & running backs)

13.6.7.2. PAL Offensive Lineman of the Year

13.6.7.3. PAL Receiver of the Year (wide receivers & tight ends)

13.6.7.4. PAL Defensive Lineman of the Year

13.6.7.5. PAL Linebacker of the Year

13.6.7.6. PAL Defensive Back of the Year

13.6.8. PAL all-league results will not be released to media until all PAL teams have concluded their participation in the CCS playoffs.

14. AWARDS - Authorized Peninsula League awards include:

14.1. Certificates recognizing "all-league selections," to be made available by the Peninsula Athletic League Commissioner's office, in addition to championship plaques for each division.

15. SPECIAL RULINGS

15.1. The Peninsula Athletic League is an "open roster" league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed the allowable game limit of 10 games. Athletes may not participate in two levels of play on the same day.

15.2. Number of officials per contest: Varsity 5, JV/FS 4, Freshman 4.

- 15.3. The PAL shall use the NFHS tie breaking system to resolve all Varsity league games ending in ties. It shall also be in effect for interdivisional traditional rivalry games, that are not league games.
- 15.4. Varsity and JV football games shall be scheduled home/home as opposed to home/away.
- 15.5. Athletes turning 17 before the first day of fall practice are not eligible for JV play in the sport of football.
- 15.6. Mandatory division crossover contests DO NOT COUNT in division standings.

16. SPORTS CHAIRPERSONS

- 16.1. The football chairpersons shall serve for a minimum of two (2) years.
- 16.2. The football chairpersons shall be selected or appointed from each division.
- 16.3. The duties of the chairpersons:
 - 16.3.1. Shall notify the commissioner of all sport committee meetings.
 - 16.3.2. Shall call a meeting of all the league football coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.
 - 16.3.3. Shall call a meeting of all-league football coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
 - 16.3.4. Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.
 - 16.3.5. Shall represent their division on the CCS Football Committee.

17. MISCELLANEOUS

- 17.1. All appeals to be handled by: Bay, Ocean, Lake (PAL) DeAnza, El Camino, Lake (SCVAL)
- 17.2. Medical coverage at football games - No game will start without authorized medical personnel in attendance. His/her decision concerning the ability of an injured player to return to the game shall be final.
- 17.3. No football game (scrimmage or actual contest) will start without a medical doctor or a licensed practitioner in attendance. The practitioner should be a paramedic or an equivalent person who has had training in treatment techniques or emergency medicine. The definition of equivalent person is: and emergency medical technician (EMT), a licensed athletic trainer or a medical intern. therapists, school nurses and/or other personnel may be designated as equivalent person" only if they are individually licensed as paramedics, EMT's or medical interns."
- 17.4. When two schools play a game on a neutral field administrative details are the responsibility of the assigned home team.
- 17.5. Jerseys of the opposing teams shall be of contrasting colors. The home team shall wear its dark jerseys and the visiting team shall wear its white colored jerseys. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.
- 17.6. Spring practice may begin at the conclusion of the PAL spring schedules or one week earlier in order to provide two weeks of practice prior to the start of a school's "dead week". Football practices shall not exceed ten (10) school days, with a maximum of two hours per session, which includes

classroom and/or on the field. Protective equipment is not allowed.

- 17.7.** Filming for the purpose of scouting an opponent is allowed only in places from which you can legally scout. No scouting from inside the curbed area of the track or the end zone area.
- 17.8.** PAL playoff teams must provide a minimum of 2 of their last 3 games to their CCS playoff opponent in an mutual film exchange.
- 17.9.** It is understood that PAL schools are not to exchange game films with teams outside of the league.
- 17.10.** During the CCS playoff seeding process, in the event of a tie for the 40th spot between a PAL Bay, DeAnza, Ocean, El Camino, and Lake teams that have not played each other, the highest division will be given the spot.
- 17.11.** In the event that a contest cannot be played on a Friday, that contest will be moved to Thursday unless another day is mutually agreed upon by the two schools. For schools without lights, the default day will be Saturday. No school will be required to play on a Thursday following a Saturday contest.