

# FOOTBALL

## 1. **FORMAT OF COMPETITION**

The League shall be divided into three divisions Bay, Ocean, and Lake. The divisions shall be determined by strength of program, recommended by the coaches and approved by the Board of Managers. The determination of league placement shall be reviewed annually.

## 2. **RULES**

National Federation of High School Associations.

## 3. **NUMBER OF CONTESTS**

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

## 4. **STARTING DATES**

4.1 Starting practice dates shall be determined by the CCS. Teams are not allowed to practice in pads until the Monday following the first day of practice.

4.2 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."

4.3 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 time limitation.

5.3 Eight (8) double days of practice are allowed prior to first day of classes.

## 6. **STARTING TIME FOR CONTESTS**

6.1 Sept. 3:15 PM, Oct. 3:00 PM, Nov. 2:45 PM.

6.2 Night games - 7:30 PM.

6.3 Double headers, JV - 4:30 PM. Varsity 7:30 PM.

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

## 7. **REQUIRED SCORING AND/OR TIMING PERSONNEL**

Shall be an adult.

## 8. **LEAGUE STRUCTURE**

8.1 The Bay shall consist of the top 6 teams in PAL. The Ocean shall consist of teams ranked 7 through 12. The Lake shall consist of teams ranked 13 through 18.

8.2 All divisions shall play a single round of 5 games, finishing with their rival game for a total of 6 games scheduled by the league.

## 9. **TRADITIONAL GAME**

Aragon vs. Hillsdale  
Burlingame vs. San Mateo  
Capuchino vs. Mills  
El Camino vs. South San Francisco  
Half Moon Bay vs. Terra Nova  
Jefferson vs. The King's Academy  
Menlo School vs. Sacred Heart Prep  
Sequoia vs. Carlmont  
Menlo-Atherton vs. Woodside

9.1 All traditional games will be played on the last weekend of the regular league schedule.

## **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

10.4.1 PAL tiebreaker within subdivision shall use the following in determining opponents status outside of league:

7 wins or more = A

6, 5, 4 wins = B

3 wins or less = C

10.5 If a 3 way tie still exists, then won-lost vs. a non-league opponent common to all 3 teams shall be used

10.6 If a two way tie exists at this point, revert to 10.1

10.7 Blind draw by the commissioner to break a 3 way tie.

## **11. PLAYOFFS**

11.1 Division champions from the Bay, Ocean, and Lake along with the second, third, and fourth place teams from the Bay Division and the second place team from the Ocean 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, Ocean, 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 (PAL wins or ties +3) to be faxed to league reps minimum of 48 hours prior to PAL football evaluation meeting.

- 13.1 Meeting may have to be moved a day or two later than traditional date.
- 13.2 Information required:  
 School  
 Jersey number  
 First and last names  
 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.  
 Height  
 Weight  
 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:  
 PAL Offensive Player of the Year  
 PAL Defensive Player of the Year  
 PAL Utility Player of the Year  
 PAL Special Teams Player of the Year  
 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)  
 Vote for 1 quarterback  
 Vote for 3 running backs  
 Vote for 5 offensive linemen  
 Vote for 1 tight end  
 Vote for 4 wide receivers  
 Vote for 1 place kicker  
 13.5.2 13 defensive votes per coach ( 1 per nominee)  
 Vote for 4 defensive linemen  
 Vote for 4 linebackers  
 Vote for 4 defensive backs  
 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 1<sup>st</sup> team all-leaguer.  
 13.6.3 Players receiving the greatest number of votes will be awarded 1<sup>st</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> team status.  
 13.6.7 If the number of nominees is less than the number of allotted slots for a position, nominations will be re-opened prior to voting.  
 13.6.8 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:

PAL Offensive Back of the Year (quarterbacks & running backs)  
PAL Offensive Lineman of the Year  
PAL Receiver of the Year (wide receivers & tight ends)  
PAL Defensive Lineman of the Year  
PAL Linebacker of the Year  
PAL Defensive Back of the Year

13.6.9 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 perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

#### **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. Athletes may not exceed the scheduled league game limits versus league opponents.

15.2 Number of officials per contest: Varsity 5, JV 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.

#### **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 Home school has the prerogative of providing a person to supervise the public address system.

- 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 light color 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 Filming for the purpose of scouting an opponent is allowed only in places from which you can legally scout.
- 17.9 PAL playoff teams must provide a minimum of 2 of their last 3 games to their CCS playoff opponent in an mutual film exchange.
- 17.10 It is understood that PAL schools are not to exchange game films with teams outside of the league with the exception of Bylaw 18.9.
- 17.11 During the CCS playoff seeding process, in the event of a tie for the 40<sup>th</sup> spot between a PAL Bay, Ocean, and Lake teams that have not played each other, the highest division team will be given the spot.

