



FOOTBALL BY-LAWS

ARTICLE I GOVERNING RULES

SECTION 1 The rulebook governing Football shall be the National Federation High School Football Rules (NFHS), with such changes, as the SCVAL may deem advisable.
(<http://www.nfhs.org/ebooks/>)

ARTICLE II CLASSIFICATION

SECTION 1 There shall be two (@) Divisions: the De Anza and the El Camino.

SECTION 2 There shall be two (@) official teams: Frosh/Soph (F/S) and Varsity.

ARTICLE III PRACTICE AND GAME LIMITATION

SECTION 1 Practice

- 1.1** Definition of a practice - 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 and 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)**
 - (E)** Tryouts
- 1.2** Practice is allowed on all days except Sundays.
- 1.3** Fifty-four (54) hours of practice will be allowed from the opening day of practice until the date of the first contact with another school.
- 1.4** Spring practice sessions are allowed in gym clothes and football shoes only, but may include bags. The last regularly scheduled spring athletic practice must end at least one (1) week prior to the completion of the school year. A team may have a maximum of ten (10) practice days.
- 1.5** Ten (10) days of practice will be needed before any player can participate in a contest.
- 1.6** Team can participate in four (4) days of established team camp prior to CCS August dead period.
- 1.7** Teams shall play no more than:

(A) One (1) scrimmage after ten (10) days of practice.

(B) Ten games of Varsity and F/S teams.

- 1.8** When a student plays at the Varsity level in a division game, he/she shall not be allowed to move back to a lower classification during the current season.
- 1.9** A student shall not play Varsity Football until he/she reaches his/her 15th birthday, or if 14 years old, has a doctors note, parent permission and follows all CIF/CCS guidelines.
- 1.10** The CCS tiebreaker will be used in all Varsity games. Frosh/Soph games can end in a tie (no overtime).
- 1.11** Bye dates shall be played against teams from the opposite division unless both schools mutually agree to opt out.
- 1.12** The interdivisional schedule shall be organized to make at least a seven (7) game schedule for both divisions. The bye match will align with standings from the previous year, in each division, for the 7th game. Every attempt will be made to accommodate the traditional games on the bye week, if traditionals lie in opposite divisions.

ARTICLE IV

CCS PLAYOFF REPRESENTATION

SECTION 1

The three highest- ranking teams from the De Anza division and the single highest-ranking team from El Camino division shall receive the four automatic berths into the playoffs.

1.1 Tie Breaking System

(A) If two teams tied, the winner in the game is the league representative.

(B) If three or more teams are tied and head to head competition does not decide league standings, then; the CCS point system will be used. This will determine one team as the league representative. Then head to head breaks the tie between the other two. If, CCS points do not break the three-way tie, (head to head if two still tied), then a blind draw will determine the league representative.

ARTICLE V

GAME MANAGEMENT

SECTION 1

Starting Times

- 1.1** All evening games: F/S 4:30pm; Varsity 7:00pm; Single night games in any classification 7:00pm.
- 1.2** All afternoon games: Varsity games played during the week will start at 3:15pm. After return to standard time (PST), all afternoon games will start at 2:45pm. The F/S game will be played on Thursdays at the same site.
- 1.3** All Saturday games: F/S 11:00am; Varsity 1:30pm. Single Varsity Saturday games will start at 11:00am with the F/S game played at the home school site on the preceding Friday at 3:15pm or 2:45 pm.
- 1.4** Any change in date, time, or location must be mutually agreed upon by both coaches, Athletic Directors and Principals and must follow the SCVAL protocol using the SCVAL "Change of Contest" Form. Whenever possible, changes should be made two weeks after the schedule is confirmed by the Board of Managers (BOM).

- SECTION 2** The timing of the Football games shall be conducted by an adult. There should be a minimum of one (1) adult on the chain gang for the F/S and one (1) but preferably three (3) qualified adults for the Varsity. The visiting team is afforded the opportunity to observe the assigned timekeeper.
- SECTION 3** The home team shall notify its opponent of unnatural playing conditions.
- SECTION 4** Teams shall warm up on the half of the field to the right of their bench unless they mutually agree to switch ends.
- SECTION 5** There shall be a minimum intermission of twenty (20) minutes between preliminary and second game.
- SECTION 6** The home team will wear dark jerseys and the visiting team will wear white unless the two schools mutually agree to change.
- SECTION 7** A school administrator from the home school will assume the responsibility of administrator in charge of the game. They are responsible for the final interpretation of the by-laws. They will also be in charge of keeping the playing field and the area immediately adjacent to it restricted from unwanted persons (both adults and students) as determined by either coach. This would exclude personnel necessary to conduct the game.
- SECTION 8** At all Football games, every attempt should be made to have a doctor in attendance. If this is not possible, however, a certified Athletic Trainer or a certified EMT can be present with an ambulance on call.
- SECTION 9** The Varsity shall play twelve (12) minute quarters and the F/S shall play ten (10) minute quarters.
- SECTION 10** Overmatched, injury/illness circumstances for a modified game. If a team believes they are overmatched or injury/illness situations have taken place, both school Principals with input from the Head Coaches and Athletic Directors can MUTUALLY AGREE and declare a running clock from the beginning of the game and/or a closure to a game once the scoreboard point spread reaches 35 or more points. Both Principals must agree and notify the Commissioner directly of this situation and of the agreement at least the day before the contest.

ARTICLE VI **SPECIAL RULINGS**

- SECTION 1** There must be physical access provided to the three most recent games. Cross division contests must also include access to three (3) game video recordings. This is a mandatory exchange. F/S Coaches shall exchange the most recent game film. If no exchange between F/S coaches is possible, the coach with available film is allowed to obtain film from any other source. Additionally, video recording at any time is allowed and coaches are allowed to obtain video recordings from any other source.
- SECTION 2** If the video recording is not of good quality or missing elements, it must be replaced with one of better quality.

SECTION 3 Digital Video recording(s) must be exchanged (online or in person) by 12:00 noon each Thursday by the visiting team, by mutually agreed upon arrangements. Third and most recent game must be exchanged by 10am Sunday following the game.

SECTION 4 Team personnel from a school may not visit practice sessions at other schools.

SECTION 5 Team rosters and game schedules shall be emailed or scanned and sent one week in advance of the first practice to all schools within the SCVAL. The rosters should be numerical and include player name, height, weight, position, and year. The F/S roster should also be included. All rosters need to be emailed to MaxPreps (rosters@maxpreps.com) one week in advance of the first contest and updated weekly as needed.

ARTICLE VII **LEAGUE CHAIRPERSON(S)**

SECTION 1 A division chairperson shall be elected from each Division by the division’s Football coaches. They should serve a (2) year minimum term.

SECTION 2 The A.D. chair shall call a meeting of all Football coaches, prior to the season, to go over schedules, by-laws, etc. A second meeting shall be called at the end of the season. The meetings will rotate between the De Anza and the El Camino chairperson’s choice. The chairs shall represent the league on the CCS football committee. Both the A.D. and the chairs should confer or meet before the CCS play-off meeting. The A.D. representative is responsible for creating or delegating the creation of the league schedule.

ARTICLE VIII **ALL LEAGUE TEAM**

SECTION 1 All division championship players shall receive SCVAL championship certificates with Division Designation noted.

SECTION 2 A first and second team should be chosen using the following guidelines:

Selection Quotas

<u>OFFENSE</u>	<u>DEFENSE</u>
QB=1-2	DB=4
RB=2-3	LB=4
REC=3-4	DL=4
OL=5-6	K or UTL=1
UTL=1	

- 2.1** MVP, Outstanding Offensive Player, Outstanding Defensive Player, Most Valuable Back and Most Valuable Lineman shall be selected first, then not placed on All-League Team.
- 2.2** Players may only be selected for either offense or defense (not both).
- 2.3** Each coach shall email a list of the nominees to all the other division coaches on the Monday after the last division game.
- 2.4** F/S quota for All League players should be based on placement standings in their division.

- 2.5** The All League Meeting shall take place on the Monday or Tuesday after the end of the regular season.

ARTICLE IX **LEAGUE REALIGNMENT**

SECTION 1 The two (2) divisions will realign every year, based on our current seven (7) and seven (7) divisions.

- 1.1** Eight (8) teams to be evaluated for four (4) spots in the De Anza division.
- (A)** The top three (3) teams of the De Anza division will remain; if they are tied they stay in the De Anza division.
 - (B)** The bottom three (3) teams of El Camino division remain; if they are tied the teams will be evaluated.
 - i.** Based on the criteria below and assessed by the coaches, each of the teams being evaluated will be ranked 8 to 1 in each category. The category points will be added together and the top four (4) teams with the highest point totals will join the De Anza division.
 - ii.** Categories
 - (a)** Varsity all-league, MVP players on each team that are juniors, sophomores, or freshmen.
 - (b)** Junior, sophomore, freshman players on Varsity roster at the last game of the regular season.
 - (c)** Frosh/Soph league team record/standing this year (0.5 multiple added for De Anza division standings)
 - (d)** Program size; number will be based on the team roster at the last game of the regular season, not to include freshmen or seniors.
 - (e)** External ranking system. We will use Calprep information as the external ranking system.
- 1.2** The League Commissioner will determine the two leagues after data is provided from the two (2) division chairpersons after the all-league meetings and by-law recommendation changes have been completed. After Leagues are determined, any El Camino division team can opt up IF a team (by first lowest rank placed in De Anza division 1-7) wishes to move down.
- 1.3** The game schedule will be on a two year cycle. The teams that move in mid-cycle will take each other's schedule.
- 1.4** Board of Managers will make the final decision.

ARTICLE X **MERCY RULE**

SECTION 1 At the conclusion of the second quarter or any point thereafter, if there is a point differential of 35 or more points, a running clock may be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an official's timeout.