

PCAL SPORTS RULES
FOOTBALL 11-man
(Approved by PCAL Board of Managers March 29 2018)

1.1 Season of Sport; 11-Man

This sport shall be conducted in the Fall season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

The league shall host both 11-man and 8-man Football. These Sports Rules apply to 11-man football with a separate set of 8-man rules.

1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.4 Divisions

League competition in 11-man Football shall be conducted in four divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website.) Those four divisions shall be named as follows: PCAL-Gabilan; PCAL-Mission; PCAL-Cypress; and PCAL-Santa Lucia. The placement of teams into the four divisions shall be determined annually in accordance with the PCAL Division Alignment Policy.

1.5 League Schedules

1.5.1 Round Robin

The league schedule for each Division shall be a single round robin.

1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

1.5.3 Obligation of Schools to Compete According to Schedule

See Article 19 of the PCAL By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

1.6 Contests

The following provisions shall govern all regular season Football contests hosted by a League School.

1.6.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for Football and in accordance with any additional rules set forth in this Section 1.6.

1.6.2 League Contest Start Times

Frosh Only	Thursday – 6:00 PM, Friday – 3:00 PM, Saturday – 11:00 AM
JV	Friday – 5:00 PM

Varsity Friday 7:30 PM

Saturday Game Times (all three levels): 9:00/11:30/2:00 or 3:00/5:00/7:30 PM.

Alternate starting times for any games shall be by mutual agreement of schools concerned.

1.6.3 Host School Responsibilities

The host school shall be responsible for the following:

- a. Providing a safe environment for the student-athletes, coaches, officials and spectators.
- b. Providing a safe playing field. The officials, in conjunction with the home site administration, will be the ones to determine if the playing field is safe for play or not.
- c. Providing team benches for both home and visiting teams.
- d. Keeping non-visiting team personnel away from the visiting team sidelines between the 20 yard lines.
- e. Providing assistance to the visiting school should they request assistance in removing non-visiting team personnel from the visiting sideline.
- f. Providing ice to the visiting team if they do not have their own.

1.6.4 Visiting School Responsibilities

The visiting school shall be responsible for the following:

- a. Providing team rosters for game announcers to the home school at least two days in advance of the contest.
- b. Providing its own ice if at all possible.
- c. Providing assistance to the home school should they request assistance in removing visiting personnel or spectators from the home sideline.
- d. Controlling its own spectators, players and coaches.

1.6.5 Duration of Quarters and Intermissions

- a. Varsity games shall consist of four twelve minute quarters; Frosh and JV games shall consist of four ten minute quarters.
- b. Half time intermission shall normally be 15 minutes. It can be extended to a total of 20 minutes (maximum allowed by NFHS rules) for a special half-time event, provided that notice is given to the other school and to the officials at least 48 hours in advance of game time.
- c. There shall be at least a 15 minute intermission between the Frosh and JV contests and at least a 20 minute intermission between the JV and Varsity contests.
- d. No game shall start before its announced time unless by agreement between school administrators or head coaches of both schools.

1.6.6 Officials

- a. Officials shall be assigned by PSI.
- b. Five officials will be assigned for Varsity contests.
- c. No less than four officials will be assigned for JV and Frosh contests.

1.6.7 Timer and Announcer

- a. The timer for all games shall be a responsible, qualified person.

- b. The game announcer shall be a responsible person. The announcer shall not editorialize, prejudge the decision of officials, or make comments which tend to incite spectators or players or otherwise contribute to the lessening of crowd control.

1.6.8 Equipment

Each school shall be allowed to choose the type of ball they want to use as long as it meets the NFHS standards.

1.6.9 Field Restrictions

The playing field and the area immediately adjacent to it shall be restricted to team members, coaches, managers, and other individuals as approved by the participating schools.

1.6.9 Scouting and Video Exchange

- a. Scouting must be done from the stands. No scouts are allowed to stand in the end zone or on the sidelines unless the general public is also allowed in those areas.
- b. Video taping, exchange or receiving of tape of any contest is permitted. Teams will not give film of PCAL team out of league unless you play that opponent.
- c. A visiting team's video camera shall be placed at a similar vantage point as the home team. Only one video person will be allowed in specified areas.
- d. If only one school uses an end-zone camera, a copy must be provided to the opponent upon request. Game Copy must be made available no later than 24 hours after request for copy is made.
- e. Outside teams video taping a game will not be permitted to tape from an area not occupied by spectators. An example is the end zone at Salinas High School that does not have stands.
- f. Schools are required to provide a minimum of 2 games films. Opponent shall be provided 2 of the last 3 films.
- g. Film exchange shall occur Saturday by noon unless playing Saturday, then Saturday by 11 pm prior to scheduled contest at a mutually agreed upon location.

1.7 Postponed or Suspended Contests

PCAL will follow the CCS provisions and guidelines for postponed or suspended contests.

1.8 League Championship Determination

Each of the Divisions shall have a league champion, determined by the league round robin results. In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In the case of a first place tie between three teams, those teams shall be Tri-Champions of the Division.

1.9 League Qualifiers to the CCS Playoffs

The CCS by-laws for Football set forth the total number of automatic qualifiers to CCS for PCAL. Currently, CCS assigns 4 slots to each "A" league (PCAL-Gabilan), 2 slots for each "B" league, and 1 slot to each "C" league (PCAL-Santa Lucia). As long as PCAL-Mission and PCAL-Cypress are both classified as "B" leagues by CCS, the automatic qualifiers assigned to those

“B” leagues (total of 4) shall be assigned by the league as follows: 3 automatic qualifiers to PCAL-Mission, and 1 automatic qualifier to PCAL-Cypress.

The final league schedule standings determine these qualifiers, and any ties shall be broken in accordance with Article 23 of the PCAL By-Laws.

Any league school seeking to qualify for an At-Large spot in the CCS Football playoffs shall do so in accordance with CCS Football by-laws, and shall be presented by the league at the CCS Football seeding meeting in accordance with the provisions of Article 23 of the PCAL By-Laws.

1.10 All League Selections

Each Division shall have its own All-League selections, with those selections made by the coaches of that Division after the end of the League season. Those selections shall be made and announced in accordance with the provisions of Article 24 of the PCAL By-Laws.

1.11 Levels and Composition of Teams

- a. There shall be three levels of Football available to PCAL schools – Frosh, JV and Varsity.
- b. Movement of individual players up and down between levels may happen at any time during the season without limitation.

1.12 Spring Football Practice

- a. In the sport of football only, schools will be allowed no more than ten days and no more than 20 hours of spring practice, not wearing pads beginning after the last day of PCAL spring league competition.
- b. No tryouts may be conducted during spring football practice.
- c. Spring Football may not implicitly or explicitly be mandated by the coach or anyone else associated with the school or the program.

1.13 Football Jamboree Format

Each PCAL sanctioned Jamboree will have its own format but will follow the CCS Article V guidelines on football jamborees.

End PCAL Football Sports Rules.