

PCAL SPORTS RULES
FOOTBALL (8-man)
(As approved by the Board of Managers September 2018)

1.1 Season of Sport

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 8-man football only. There are separate rules for 11-man football.

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

The league shall host an 8-man football single division league that shall be referred to as "PCAL-8 man Football".

1.5 League Schedules

1.5.1 Round Robin

The league schedule shall be a single round robin schedule, as may be decided by the League Board of Managers from year to year.

1.5.2 Preparation and Approval of Schedules

PCAL 8-man football league schedules shall be developed by the League Commissioner after consultation with and input by the schools involved in the league. The League Commissioner shall have final approval authority over this 8-man football schedule, without the need to take to the Athletic Director Councilor Board of Managers as per all other league schedules.

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 8-man 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, including those rules specific to 8 man Football, and in accordance with any additional rules set forth in this Section 1.6.

1.6.2 League Contest Start Times

The contest start times shall be set by the home school with agreement by the visiting school.

1.6.3 Host School Responsibilities

The host school shall be responsible for the following:

The league 8 man football fields shall be 80 yards in length, and any 100 yard fields must be modified to fit the 80 yard regulations. Every effort shall be made to provide adequate facilities and equipment that meet CIF guidelines. Ice should be available on sidelines for each team. The home school shall insure that the sidelines are controlled and kept free of spectators. **[From MTAL]**

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 assistance to the home school should they request assistance in removing visiting personnel or spectators from the home sideline.
- c. 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; 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 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

MTAL: For Varsity 8 man play, there shall be at least three (3) but preferably four (4) officials.

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 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.

1.6.10 Extra Points

There shall be no kicking of extra points after touchdowns. A team scoring a touchdown shall have the option to try for two extra points by trying one play starting from its 3 yard line or for one extra point by trying one play from its 1 ½ yard line. In either case, the play must successfully reach the end zone to score the point(s).

1.6.11 Overtime

Contests shall not end in a tie. The following tie breaker procedure shall be used: The ten-yard line tie breaker system, recommended in the National Federation Football Rule Book, will be used to determine the final outcome in all varsity 8 man Football contests hosted by a PCAL league school.

1.7 Postponed or Suspended Contests

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

1.8 League Championship Determination

The PCAL 8-man Football league champion shall be 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

Currently, there are no CCS playoffs for 8-Man Football.

1.10 All League Selections

All-League 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 two possible levels of 8 man Football available to PCAL schools – 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 8 man Football Rules