

DIABLO VALLEY ATHLETIC LEAGUE

CLAYTON VALLEY - COLLEGE PARK - CONCORD HIGH - MT. DIABLO - NORTHGATE - YGNACIO VALLEY -
BEREAN CHRISTIAN

REVISED May 10, 2013

FOOTBALL GUIDELINES

1. SEASON

- 1.1 Starting Dates:
 - 1.1.1 Varsity, JV and Freshman football practice may begin on the Monday following the Thursday 15 weeks prior to Thanksgiving in compliance with the NCS calendar.
- 1.2 Maximum number of competitions: 10 games plus one scrimmage.
 - 1.2.1 One game per week is allowed during the season, except in the case of a postponed game.
- 1.3 Practice defined:
 - 1.3.1 No high school staff shall conduct organized, instructional football sessions in which the potential members of the high school football team are participants, demonstrators, or coaches, prior to the official starting date of practice.
 - 1.3.2 Spring football practice will consist of:
 - 1.3.2.1 10 days maximum, 2 hours per day, to be completed before final exams.
 - 1.3.2.2 No pads are allowed, but helmets and cleats may be used.
- 1.4 Scrimmage Defined:
 - 1.4.1 No team shall participate in an interscholastic scrimmage before the tenth day of team practice.
 - 1.4.2 Scrimmage is a practice where:
 - 1.4.2.1 The teams alternate in carrying the ball,
 - 1.4.2.2 Down are not counted,
 - 1.4.2.3 No score is kept,
 - 1.4.2.4 The coaches are on the field directing play,
 - 1.4.2.5 Punt returns or kickoff returns are not allowed

2. CONTEST INFORMATION

- 2.1 Starting Times: Varsity 7:00, JV 4:30, Frosh 5:00 PM. Friday Varsity only 3:30.
 - 2.1.1 Where home teams have no lights, the starting time for frosh games may be changed to 4:00 pm, and 3:30 after daylight savings time. With mutual consent of both principals.
- 2.2 Days of Play:
 - 2.2.1 Varsity games are played primarily on Friday.
 - 2.2.2 Saturday and Thursday are alternate game days.
 - 2.2.3 Frosh games are played on Thursdays.
- 2.3 Game Format: Varsity 12 minutes quarters, JV/Frosh 10 minute quarters.
- 2.4 Game Location:
 - 2.4.1 JV games are played prior to the Varsity, at the same site, on the same day/date.
 - 2.4.2 Frosh games are played at the opposite site and on the day preceding the Varsity and JV.
- 2.5 A fifth quarter will be played at the Frosh level, unless both varsity coaches agree not to play at the time of preseason meeting. If the game situation dictates otherwise, coaches and officials will meet to determine if the fifth quarter will be played.

3. PREVAILING RULES

- 3.1 Football games will be conducted under the rules of the National Federation of State High School Athletic Association.
- 3.2 Tie Games:
 - 3.2.1 Varsity football games ending in a tie shall use the 10-yard overtime procedure stated on pages 80-84 in the National Federation High School Rule Book.
 - 3.2.2 Tie games shall be resolved only at the Varsity level and applicable only to Diablo Valley league games.
- 3.3 Participation:
 - 3.3.1 Seniors may not participate in JV football games.
 - 3.3.2 A player may not compete in two games at two different levels in one week (e.g. both JV and Varsity)

- 3.3.3 A player may play in two games at the same level if one game is a make-up game (postponed).
- 3.4 There must be adequate markings on the field, according to National Federation High School Rule Book. Including sideline number size, hash marks, coaches box, and field spectator markings.

4. EQUIPMENT

- 4.1 Mandatory safety equipment shall be used by DVAL teams as defined in the rulebook.
- 4.2 Each school must have two sets of jerseys. At all levels:
 - 4.2.1 Visiting team will wear a light colored uniform.
 - 4.2.2 Home team will wear a dark colored uniform.
 - 4.2.3 Home team will change jerseys in the event of a color conflict.
 - 4.2.3.1 Referee will decide if a change is necessary.

5. OFFICIALS

- 5.1 Contra Costa Football Officials Association is under contract to the DVAL and will be used exclusively for all games.
- 5.2 Medical Coverage: There must be a medical doctor, state certified paramedic, or state certified athletic trainer in attendance at all games, provided by the home team unless otherwise pre-arranged by the Athletic Directors.
- 5.3 An adult timer must be provided by the home team for all football games.
- 5.4 A 3 person chain crew is to be provided by the home team.

6. DETERMINATION OF LEAGUE CHAMPION

- 6.1 League Champion
 - 6.1.1 The school with the best league won/lost record will be the league champion.
- 6.2 NCS Representative
 - 6.2.1 The league champion will receive the automatic bid to the NCS Championships.
- 6.3 NCS at-large qualifying
 - 6.3.1 Those teams in the league with the best league records that finish the season in second place or below shall be qualified to apply for NCS at-large berths.

8. ALL LEAGUE SELECTION

- 8.1 All-league nominations shall be brought to the post-season meeting.
- 8.2 Each team has eight nominations, plus two more nomination for each league win.
- 8.3 A list of the nominated players will be distributed at the coaches meeting. From this list, each coach votes for one first team and one second team selection.
- 8.4 Coaches may **not** vote for their own player(s).
- 8.5 Votes are to be designated on the official Diablo Valley All League voting sheet and brought to the All League meeting or mailed to the football chairman prior to the meeting.
- 8.6 Coaches are to vote for the best player at each position. Use film review and scouting reports to assist your choices.
- 8.7 Third highest vote at each position will be designated Honorable Mention.
- 8.8 A coach may nominate a kicker and/or punter without using an allotted nomination.
- 8.9 A coach may nominate a player who he feels, in his opinion, is a highly deserving player even though he may not have enough nominations. The idea is to select the best and most deserving All League player at each position.
- 8.10 Coaches will select a league MVP first, once a student has been designated as the league MVP, they are not eligible for further awards.

9. FILM EXCHANGE

- 9.1 Teams must exchange game films of the two most recent games one week prior to the game.
 - 9.1.1 Film exchange time frame: All exchanges should take place by Saturday 12 Noon, unless it is a Saturday game. The exchange should then take place by Sunday, 12 Noon.

- 9.2 Coaches not following this procedure may cause the game to be forfeited.
- 9.3 Video taping of future opponents is allowed from the stands only.
- 9.4 If no film is available, the coach may go elsewhere to get

Tie Breaker Procedure

The win-loss record(s) of the teams in league play shall determine league seeding for playoff purposes. The league's administrators will determine win-loss records based on previously approved schedules. In the event of a tie, the tie shall be broken using the following procedures:

Tie Between Two Teams

Head-to-head competition in league play among tied teams.

Tie Between Three or More Teams

In all cases of ties involving more than two teams, as each team is removed from the tie, all other tied teams revert back to head-to-head competition based on the number of teams remaining in the tie.

Head-to-head competition in league play among tied teams.

Example of multiple team ties:

Games

Team A defeated Team B and Team C

Team B defeated Team C but lost to Team A

Team C lost to Team A and Team B

Mini Standings

Team A is 2-0

Team B is 1-1

Team C is 0-2

Results

Team A is awarded highest seed.

If applicable, Team B is awarded second highest seed because of head-to-head record against Team C.

If the tie remains – Thirteen (13) point system:

Tied teams will compare their margin of victory with each other in league play. Each team will total their margin of points against the other tied teams with marginal points being the difference in the scores of a game. Winning teams will add the margin of points while losing teams will subtract the margin of points. No more than thirteen (13) points will be added or subtracted in any league game. The team with the highest number of marginal points will be awarded the best possible seed. If there is a tie for highest marginal points, then those tied teams shall revert back to head-to-head to break the tie. Once a team is eliminated, refer back to head-to-head for the remaining teams.

Example of 13-point system:

Games

Team A defeated Team B, 23-7

Team B defeated Team C, 21-16

Team C defeated Team A, 10-9

Mini-Standings

Marginal points for A +12

Marginal points for B -8

Marginal points for C -4

If the tie remains – Defensive points allowed between tied teams

Each tied team will total their defensive points allowed up to but not more than thirteen (13) points for each league game with the tied teams. The team with the lowest total is awarded the highest seed. If there is a tie for the lowest defensive point total, the tied teams shall revert back to head-to-head to break the tie. Once one team is eliminated, revert back to head-to-head for the remaining teams.

Example of defensive points with 13-point rule:

Games

Team A defeated Team B, 20-7
Team B defeated Team C, 20-18
Team C defeated Team A, 6-3

Mini-Standings

Team A's total defensive points allowed, 13
Team B's total defensive points allowed, 26
Team C's total defensive points allowed, 16

Results

Team A is awarded highest seed.
If applicable, Team B is awarded second highest seed because of head-to-head record against Team C.

If the tie remains – Defensive points allowed between league teams

Each tied team will total their defensive points allowed in all league games up to but not more than thirteen (13) points. The team with the lowest total is awarded the highest seed. If there is a tie for the lowest defensive point total, the tied teams shall revert back to head-to-head to break the tie. Once one team is eliminated, revert back to head-to-head for the remaining teams.

If the tie remains – Defensive points allowed between tied teams with NO 13-point rule

Each tied team will add their total defensive points allowed for each league game with the other tied teams. The team with the lowest total is awarded the highest seed. If there is a tie for the lowest defensive point total, the tied teams shall revert back to head-to-head to break the tie. Once one team is eliminated, revert back to head-to-head for the remaining teams.

Example of defensive points with 13-point rule:

Games

Team A defeated Team B, 20-7
Team B defeated Team C, 20-18
Team C defeated Team A, 6-3

Mini-Standings

Team A's total defensive points allowed, 13
Team B's total defensive points allowed, 38
Team C's total defensive points allowed, 23

Results

Team A is awarded highest seed.
If applicable, Team B is awarded second highest seed because of head-to-head record against Team C.

If the tie remains – Defensive points allowed between league teams with NO 13-point rule

Each tied team will add their total defensive points allowed for each league game. The team with the lowest total is awarded the highest seed. If there is

a tie for the lowest defensive point total, the tied teams shall revert back to head-to-head to break the tie. Once one team is eliminated, revert back to head-to-head for the remaining teams.

If the above procedures do not break the tie, the following procedures will be used:
A coin flip will be conducted by the league commissioner from the affected league at a site to be determined by the league commissioner and attended by the principal and/or athletic director of the affected schools.