

CENTRAL VALLEY ATHLETIC LEAGUE

FOOTBALL BYLAWS

1. League Members:

El Capitan (Central), Glacier Point (Central), Tenaya (Fresno), Desmond (Madera), Jefferson (Madera), MLK (Madera), Abraham Lincoln (Selma), Reedley (Kings Canyon), Rio Vista (Central), Sanger, Kennedy (Sanger), Dinuba

2. Player Eligibility

- a) Players may compete in one football game per week. A player will be ruled ineligible if he/she is found to be on the roster or identified to be a part of another football team regardless of that teams affiliation or lack there of with the CVAL
- b) Current team rosters will be submitted to the league. All rosters will be verified by school administration prior to submission.
- c) If an ineligible player plays in a CVAL game, that team will forfeit that game, and the player will be ineligible for the remainder of the CVAL season.

3. Coaches:

- a) There will be no coaching outside the coaches area or team box.
- b) Head coaches are responsible for their assistant coaches, player eligibility and seeing that players are properly fitted and equipped.

4. Contacts/Practices:

- a) CVAL will uphold all NFHS rules
- b) Full contact practices are limited to 2 days per week for 45 minutes each day
- c) Three (3) hours per day maximum on-field practice allowed.
- d) Ten (10) hours per week maximum on-field practice is allowed after the Carnival.
- e) Athletes must complete 7 days of practice, with the first 3 being without pads/helmets and 4 days of full pads before the first CVAL Carnival/game. See acclimatization rule on Page 4.

6. League Team Game Responsibilities

- a) Each team's school administrator must be at all games. The administrator will introduce him/herself to the home school

administrator at least 10 minutes prior to the beginning of the 7th grade game.

- a) Each schools' administrator will be responsible for his/her sideline and control of all parents and spectator conduct.
- b) All spectators and parents must remain a minimum of 15 yards from the field and beyond the track (if applicable). Failure to comply may result in removal from premises.
- c) The home team will provide water containers filled with ice and water for both sidelines. The home team will maintain the water level in the containers throughout both games. Teams are responsible for their own water bottles.
- d) Home team will charge admission. (Set prices: adults \$7 and students/seniors \$5.)

7. Time of Games:

- a) 7th Grade games will begin at 9:00 a.m.
- b) 8th Grade games will begin 20 minutes after the conclusion of the 7th grade game, or 11:00 a.m., whatever comes first
- c) 8th Grade will have a minimum of ten minutes to warm up immediately starting at the conclusion of the 7th grade game.
- d) 8 minute quarters; 10 minute half-time with 3-minute warm up
- e) Any change of game time must be mutually agreed upon by both teams. If alternate time is not agreed upon by both teams, game time defaults to regular game times of 9:00 (for 7th grade) and 11:00 (for 8th grade).

8. Championship Games:

- a) The top TWO teams in each division per grade level are seeded in the playoffs.
Championship Seeds will be determined as follows:
 - i. Overall division record
 - ii. Head-to-head record
 - 1. If one game differential with a team with one less/more game, the tie will go to the team who won head to head (i.e., If Team A is 4-3 and Team B is 3-3, but Team B defeated Team A, higher seed goes to Team B)
 - iii. Comparative head to head vs. highest finishing common opponent (division first, then cross-over)
 - iv. Repeat number 3 (iii) until all common opponents are exhausted
 - v. If still tied, a coin flip will be used to break the tie and one team will be knocked out (odd coin out). Now refer to "1" above (last option).

- b) Playoff Game format: 7th Grade and 8th Grade
Division 1 #2 @ Division 2 #1
Division 2 #2 @ Division 1 #1
- c) The Championship game will be held on the Saturday following the playoff games.

For championship game site, use the above criteria for playoff seeding. If both teams are undefeated, a coin flip will determine home site.

7th Grade Game at 9:00am (or time agreed upon by both teams)
8th Grade game at 11:00am (or time agreed upon by both teams)

9. Game Ball:

- a) 7th & 8th teams will use the same size ball. NFHS approved ball.
- b) Wilson GST Youth 12-14 balls will be used for CVAL games.

10. Length of Quarters:

- a) Eight (8) minute quarters.

11. Extra Point Option if No Goal Posts (proposed)

- a) If no goal posts, teams will have the option to go for a 1-point conversion at the 1 yard line, or a 2-point conversion from the 3 yard line.

12. Overtime

- a) All games will follow the CIF Central Section provision which states that all series will start at the 25-yard line and teams do not have to attempt a 2-point conversion following any touchdown scored.

13. Mercy Rule

- a) When at the conclusion of the 3rd quarter or any point thereafter, if there is a point differential of 28 or more points, a running clock shall be instituted for the remainder of the game regardless of score.
- b) At halftime, or anytime thereafter, both coaches may mutually agree to institute a running clock

14. Athletic Trainer:

1. The home team will provide an athletic trainer or healthcare professional for both teams, if available.
2. An AED should be accessible at all times

15. Miscellaneous:

No ice chests or outside food or drink allowed

Cheerleaders are allowed one ice chest for their squad

Rules may change if no snack bar is provided

Acclimatization Rule

2.5 Pre-Season Conditioning /Practice Program

2.5.1 It is MANDATORY for a high school coach to conduct a physical conditioning /practice/ACCLIMATION program for prospective members of his high school football team on DAYS 1 THROUGH 5 , set by the Central Section Board of Managers, NO EARLIER THAN THE FIRST DAY to start FULL PRACTICE. The session, or sessions, may be held in the morning, afternoon, or evening and may only be a MAXIMUM of 4 hours each day.

2.5.2 All such pre-season conditioning /practice/ACCLIMATION drills must be held at the school's regular practice field. No workouts will be permitted at beaches, mountain resorts, or military installations. No meals and/or housing of athletes shall be provided free of charge by the school conducting/ PRACTICE , the pre-season conditioning /practice drills or by any of that school's allied organizations, such as booster clubs, etc.

NO TEAMS WILL BE ALLOWED TO GO TO THE MOUNTAINS; BEACHES; ETC., DURING THE "CONDITIONING TWO WEEK PERIOD" PRIOR TO THE START OF THE SEASON.

2.5.3 Such conditioning /practice/ACCLIMATION may include calisthenics, rule sessions, chalk talks, and game films. DURING DAYS 1 & 2 OF THE ACCLIMATIZATION PERIOD footballs, football shoes, HELMETS will be the only equipment permitted. DURING DAYS 3-5 ONLY HELMETS AND SHOULDER PADS MAY BE WORN. BEGINNING ON THE SIXTH (6th) DAY, ALL PROTECTIVE EQUIPMENT MAY BE WORN AND FULL CONTACT MAY BEGIN.

2.5.3 A ON DAYS 3-5, CONTACT WITH BLOCKING SLEDS AND TACKLING DUMMIES (BAGS) MY BE INITIATED