

# North Coast Football

## League Rules

*Last Edited (10-29-19)*

1. The National Federation of State High School Associations rule book will be the official rule book. We will also follow the OSAA handbook for issues not addressed in our league SOP's.
  - a. Exception:
    - i. No overtime shall be played in case of a tie at the conclusion of four quarters.
    - ii. On punt, no contact with center shall be made until his head is up.
2. All games will begin at 4:00 pm unless mutually agreed between the schools involved.
3. Games will consist of four 8-minute quarters, with an 8-minute halftime. Quarters may be changed to 10-minute quarters if agreed upon by the coaches before the start of the game.
4. The maximum number of league games per grade level shall be seven.
5. No football games shall be played until nine days of practice have been completed.
6. A minimum of three certified officials shall be required for all games.
7. Postponed games that can be rescheduled during the same week as the original schedule may be made up. However, if that is not possible, the game should be canceled due to scheduling restrictions. As a general rule, teams should not play more than one game per week.
8. It is strongly recommended that all games have someone in attendance trained in first aid.
9. An intermediate size football shall be used.
10. *One coach may be on the field during the 7th grade game (for organizational purposes).*
11. The home team will wear dark colored jerseys while the visiting team will wear white or light-colored jerseys. Exceptions will be made by mutual consent of the schools involved.
12. Neither team shall be allowed to communicate from a press box or other vantage point directly with their team. This includes electronic, verbal, written, or any other form of communication during the game.
13. *No 8th grader shall play on a 7th grade team unless by notification of the opposing coach and/or athletic director prior to the game. If an 8th grader is playing on the 7th grade team, the player will not be an "impact player" who makes a difference in the game.*
14. Coaches should make every effort to allow each individual of the team an amount of playing time that is appropriate.
15. If coaches agree, full special teams (punts and kickoffs) will take place. If coaches cannot agree on special teams, there will be no special teams and the ball will be placed at their own 40-yard line after touchdown or field goal. In place of punts, the ball will be moved 35 yards from the spot. In the case of replacing the onside kick, it will be 4 and 10 from the opposing 40-yard line. If a first down is reached, the drive shall continue.