TEXAS CHRISTIAN ATHLETIC LEAGUE
Official Football Athletic Plan
January 2023 Revision

ALL FOOTBALL "RULES OF THE GAME" SHALL BE GOVERNED BY THE NCAA. UIL CONTEST RULES WILL APPLY WITH THE SUPERCEDING EXCEPTIONS STATED HEREIN. THE FOLLOWING ARE THE T★CAL POLICIES AND GUIDELINES FOR MEMBER SCHOOL PARTICIPATION IN THE FOOTBALL PLATFORM.

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General Athletic Contest Rules

1. **The purposes of the athletic program for the participant schools are:**
2. to assist, advise and aid the member schools in organizing and conducting interschool athletics;
3. to devise and prepare eligibility rules that will equalize and stimulate wholesome competition between schools/organizations of similar size, and reinforce the curriculum;
4. to regulate competition so that students, schools/organizations, and their fans can secure the greatest educational, social, recreational and aesthetic benefits from the contests;
5. to reinforce the concept to all participant schools/organizations that athletics is an integral part of the educational program;
6. to preserve the game for the overall benefit of the contestant and not sacrifice the contestant to the game;
7. to promote the spirit of good sportsmanship and fair play in all contests;
8. to promote among the players, schools/organizations and fans a spirit of friendly rivalry and a respect for the rules; and
9. to forward the concept of accepting decisions of sports officials without protest and treating officials as co-partners in the educational process of competition

10. **SCHOOL AUTHORITY**.

10.1. Responsibility for the proper administration, contracts, arrangements, control and scheduling of athletic contests in all member schools/organizations shall be under the supervision of the superintendent or a designated administrator.

11. **COACH OR ADULT SUPERVISOR**. No student shall represent his or her school at any time in connection with T★CAL competition unless accompanied by a coach or another appointed member of the school faculty.

12. **RULES, VIOLATIONS & PENALTIES.** T★CAL expects each member school to abide by the rules, policies and guidelines within this document. Each member school is expected to act with integrity and self-regulate in accordance with the rules, guidelines and policies.

12.1. Violations

12.1.1. Self-Report. In the event that a school/organization does not abide by the rules, guidelines and policies, it is expected to promptly self-report the incident to the Football Commissioner and the District Executive Committee (DEC) or to the Texas Christian Athletic League Executive Office Enforcement Branch (TCALEB)

12.1.2. Reporting from Another School/Organization In the event that a school/organization does not abide by the rules, guidelines and policies, another school/organization may report the incident to the Football

Commissioner and the District Alignment & Rules Committee (DEC) or to the TCAL executive office enforcement branch .

12.2. Investigation & Determination of Facts. The Football Commissioner and the DEC shall work jointly to review any reported violation and determine the appropriate record of facts. Upon completion of said review a summary report of findings will be sent to TCAL executive office enforcement branch.

12.3. Discipline. Violations of the T★CAL rules, guidelines and policies are subject to league administered disciplinary actions including; but not limited to, game forfeiture, monetary fines, disqualification of post-season play, probation and expulsion from T★CAL. Disciplinary action may be assigned to individuals (Defined as staff, student athletes and any individual associated with and/or representing a TCAL member institution) as well as schools/organizations as appropriate.

12.4. Assessment of Discipline. The Football Commissioner and the DEC shall jointly determine a recommendation for the appropriate discipline(s)() based on the facts of the specific incident and any history that would be applicable. The recommended discipline(s) shall be forwarded to the TCALEB for approval and subsequent execution.

12.5. Upon receipt of assessed discipline the receiving institution shall have a period of 10 business days to submit an appeal to the TCALEB. An appeal will be reviewed by the TCALEB and the TCAL executive board. The football commissioner will be notified that an appeal has been initiated and is under assessment, and will receive subsequent notification of the executive board's final determination. Completion of the specified appeal process or failure to execute an appeal within the mandated suspense renders the decision final.

12.6. Records. The official record of the investigation and the resulting determination shall be kept on file in the TCAL office. The football commissioner will receive a copy and forward to the DEC as requested.

13. DEC COMMITTEE and CHAIR

13.1. The District (DEC) is made up of individual Football Coach and/or Athletic Directors which are members of Texas Christian Athletic League (T-CAL).

13.2. The DEC Committee shall be responsible for the approval of members schools being organized into various local districts and regions presented by the Executive Board.

13.3. The DEC Committee shall be responsible for the implementation of any new rules and/or regulations developed within the DEC or within the Executive Board.

13.4. The DEC Committee shall review the Football plan and suggest changes, improvements, and new rules by April 1st of the previous year in which the changes shall be implemented. These suggested changes shall be voted on by the DEC as a whole or the general membership as a whole dependent upon the nature of the rule and its relationship to the general by-laws.

14. Post-Game Mid Field Meetings

14.1. At the conclusion of every TCAL game, both teams shall meet in the middle of the field for a short talk led by a representative from each school and or student-athletes.

14.2. This shall be done in regular season and throughout the playoffs.

15. THE DEC

15.1. The DEC Chair

15.1.1. The DEC Committee shall be led by the DEC Chairperson which is nominated and confirmed from and by current DEC members

15.1.2. The DEC Chair shall be responsible for the scheduling of conference calls, meetings, and communication between the DEC and TCAL Staff.

15.1.3. The DEC Chair shall be a representative of the Football DEC committee to the Executive Board and the Board of Directors during meetings in which Football is discussed (primarily the Summer Coach / Administrators Workshop)

15.1.4. The DEC Chair shall be in regular contact with the TCAL Athletic and/or Executive Director and shall communicate in writing (by email) to other DEC members in matters concerning the Football DEC.

15.1.5. Shall oversee and be an ex-officio member of any boards, committees, or special Football related groups whose membership is comprised of DEC members (i.e. Football Rules Committee, Post Season Committee, and Development Committee).

15.1.6. Shall be one of the five members of the Football Rules Committee.

15.1.7. Shall represent recommendations to the Executive Board and General Membership formulated by the Football DEC committee.

15.1.8. The DEC Chair shall be nominated and voted upon by the current DEC members and shall serve a two-year term to be limited to one re-election.

16. Football Commissioner

16.1. The Football Commissioner shall be nominated and confirmed from and by the current DEC committee.

16.2. The Football Commissioner shall be oversee the growth, organization, communication, and health of the Football Program within TCAL.

16.3. The Football Commissioner shall be a member of the TCAL Athletic Board which shall meet a minimum of twice per year.

16.4. Shall be in regular contact with the Football Coaches within TCAL and shall represent their needs to the DEC and Executive Board.

16.5. Shall oversee all Football Committees (Rules, Post Season, and Development) and shall meet regular and in unison with the Football DEC chair and Executive Board members.

16.6. Shall organize a meeting in February of each year at a central location for all Football Coaches within the membership.

16.7. Shall work with the TCAL Athletic Director in order to establish committees, better organize events, and maximize exposure of Football players and programs within TCAL.

16.8. Shall work with local Football Chairs in order to development TCAL Football in local areas;

16.9. shall work with Athletic Director and DEC Chair to approve and recommend new Football programs to TCAL.

Division & District Alignment

17. ***Enrollment Figures***. Each January, the T★CAL office shall obtain enrollment data from participant T★CAL member schools and home school programs (grades 8-11). The enrollment figures shall be used to determine the appropriate Division classification.

17.1. ***Average Boys Only enrollment figures*** shall be used in determining the classifications as appropriate for Football.

17.2. **Classifications**

17.2.1. 35 boys and below Division II

17.2.2. 36 boys and up Division I

17.2.3. 60 boys and up 11MAN

18. Roster limitations:

19. Division 1, 6-Man Football – 25

20. Division 2, 6-Man Football – 16

21. Homeschool Participation (revised 4/16)

21.1.1. Homeschool students are allowed to participate with member schools. Beginning in the 24-25 season no more than 2 Homeschool students may participate on a team.

21.1.2. If a member school allows for players from a local Home school organization to play on their team the enrollment numbers shall be included and the school shall be placed the correct Division.

21.1.3. Students enrolled in schools currently being governed by a state recognized organization including but not limited to; University Interscholastic League (UIL), Texas Association of Private and Parochial Schools (TAPPS), and Texas Christian Athletic Federation (TCAF), are not allowed to participate in T★CAL football programs unless their school receives membership status in T★CAL.

21.2. ***Multiple Disabilities*** Students who are officially designated as having multiple disabilities may be excluded from the enrollment figures submitted for reclassification purposes. The district committee must approve and submit this request to the Executive Board.

21.3. ***Hardship Recourse***. In the event a school's enrollment numbers change significantly after January but prior to August, the school may petition the T★CAL Football Commissioner and DEC for hardship recourse.

21.4. ***8th Grade participation***: Only Division II schools may incorporate 8th graders onto their football team. 8th graders playing on a varsity team MAY NOT participate on the Junior High Team during the same week.

21.4.1. <u>If enrollment decreases</u> – Schools may request to be moved from

Division I to Division II. Post Season eligibility will be considered based on the schedule played in the upcoming season.

21.5. <u>If enrollment increases</u> – Schools have experience a significant increase in enrollment MUST declare this to the State Athletic Committee so that appropriate adjustments can be considered. A significant increase is defined as one where the resulting Average Boys Only enrollment is at or greater than the number defined for separating the two Divisions (see section on Divisions).

22. ***Regions***. The entire school membership for T★CAL in each Division shall be divided into four Regions for the purpose of Post Season play (i.e. Regions 1, 2, 3 & 4).

22.1. Another primary determination factor for assigning a Division for each School or Home school organization shall be the Average Boys Only enrollment figures for grades 8-11.

22.1.1. If this figure is greater than 35, the school or home school program shall participate in DI six-man football.

22.1.2. Schools or home school programs with a boy enrollment count of 35 or less shall participate in DII six-man football.

22.2. T★CAL reserves the right to consider other factors in determining the appropriate Division assignment for each School or Home school organization. Non enrollment factors that may be considered, as appropriate, are "Preparatory" status of a private school or geographical and population coverage of a Home school organization.

22.3. Ultimately, T★CAL's desire is to have approximately equal number of schools between the Divisions with reasonable geographic representation.

22.4. A DII school may choose/petition to play in D1.

22.5. Any school may request to be elevated one Division level due to extreme travel concerns provided notification is submitted to the League office simultaneously with enrollment figures.

23. ***Districts***. Districts shall be finalized by the annual football meeting. Any new Districts must be submitted by the Football Commissioner and approved by the Executive Board no later than the annual League meeting.

23.1. Districting shall be based on the Division and geographic locations of the member schools

23.2. Districting shall require a minimum of 2 schools and a maximum of 5 schools

23.3. Districting shall attempt to prevent frequent, lengthy travel

23.4. Districting shall attempt to preserve rivalries when possible

23.5. Districting shall be reviewed semi-annually. During this review any school shall present information for consideration to be set in a different district.

23.6. A member school may be designated as an "At-Large" classification in the event the school's location does not allow them to be a meaningful participant in an established District due to extreme travel.

24. ***Scheduling of District Games***. Each T★CAL team is to schedule a game with each team within its District. It will be the win-loss record within District play that becomes a primary determination of Post Season play eligible teams.

24.1. Beginning in 2022, T★CAL teams are expected to make scheduling efforts for their district opponents as much as possible without canceling a game with non district schools that would jeopardize the reputation of the T★CAL school or the T★CAL League. .

Eligibility

25. ***Consecutive Years***. A student may participate in T★CAL contests during a normal program of high school courses. This participation typically occurs over a period of four consecutive calendar years after the student first enrolls in the ninth grade. In exceptional cases an eighth grader may participate with a high school team as a member of the Varsity roster thereby eventually participate a total of 5 years (assuming other eligibility requirements are met).

25.1. Every consideration should be given by the school/program to maintain the safety of the eighth grade student on the field of a Varsity contact sport.

25.2. In the event that an eighth grader is participating in a high school program a signed waiver must be on file at the state office, prior to said student participating in any aspect of the program.

26. ***Age Requirements*****:**

26.1. A student may not be 19 years of age on or before Sept 1 of each calendar year.

26.2. A birth certificate attested by the appropriate official is the best evidence of the date of birth. If this evidence is not available, other credible evidence of the date of birth may be considered.

27. ***Academics***. Schools/Organizations are expected to monitor their students and ensure that academics are a primary pursuit in student life and athletics are secondary to academics.

27.1. Schools/Organization shall ensure students achieve and maintain a passing grade (e.g. 70 in the scale of 100) in order to maintain eligibility for athletics.

27.2. Students are allowed to have a grade below 70 in a single class and remain eligible so long as the coach concurs that it is in the best interest of the student to remain eligible.

27.3. Students that fail to maintain a 70 in two or more classes are academically ineligible for athletic games until which time the school/organization reviews their academic performance and determines the student is no longer below a 70 grade performance. This period of review shall not come any sooner than three weeks after ineligible status is identified.

27.4. Schools/Organizations reserve the right to hold their students to higher academic requirements for eligibility if desired.

28. ***Challenge of Eligibility***. If a student's eligibility to compete in a T★CAL contest is questioned, the student has the burden in any proceeding to establish that he or she is eligible.

29. ***INDIVIDUAL REPORT FORMS***. It shall be the responsibility of each school to keep on

file the following required annual forms for each student who participates in any practice, scrimmage, or game.

29.1. *Medical*. Upon entering high school and during his Junior year, a *MEDICAL HISTORY* and *PHYSICAL EXAMINATION* form must be completed by each student. A standardized form is available from the T★CAL website, which school officials may furnish to physicians if they wish. This form is to be kept on file in the school office. The form is not to be sent to the T★CAL office unless requested.

29.2. *Parent or Guardian Permit.* An annual participation Permit signed by the student's parent or guardian is required and kept on file in the school office. Since it provides parent's permission for travel, etc., the coach may keep a copy with him/her. THE FORM IS NOT TO BE SENT TO THE T★CAL OFFICE UNLESS REQUESTED.

29.3. *Rules Acknowledgment - Student*. An annual T★CAL Rules Acknowledgment Form signed by the student and the student's parent or guardian is required and kept on file in the school office. THE FORM IS NOT TO BE SENT TO THE T★CAL OFFICE UNLESS REQUESTED.

29.4. *Rules Acknowledgment - Coaches*. An annual T★CAL Rules Acknowledgment Form signed by each team's coach is required and kept on file in the school office. THE FORM SHALL BE SENT TO THE T★CAL FOOTBALL COMMISSIONER.

Transfer Rule & Transfer Students

30. The T★CAL **Transfer Rule** has been developed to protect, not inhibit students who wish to participate in interscholastic competition.

31. The **Transfer Rule** is preventative and is devised to eliminate the incentive to transfer schools once a student (family) has initially enrolled in and attended a school of their choice.

32. The **Transfer Rule** is designed to protect students who have previously participated in interscholastic competition at any school from being replaced by students who transfer for athletic or other purposes, including the affects of student, or family, shopping for schools or being recruited for athletic purposes.

33. The **Transfer Rule** encourages fair play, discourages the abuses of overenthusiastic promotion of school programs, and protects the integrity of interscholastic athletic programs for both member schools and the T★CAL organization.

33.1.1. ***Previous Participation at a Different School***. Refer to T★CAL bylaws section 8.02 sections a-c. If a student participated in a sport in either sub-varsity (JV) or varsity in the 9th, 10th, 11th, or 12th grade during the current school year, or 9th, 10th or 11th grade during the previous school year **at another school**, that student must have a Previous Athletic Participation (Transfer Form) completed and approved by the Football Commissioner before the student can compete at the varsity level at the new school.

33.1.2. Home school students, by nature, have more options to affiliate with multiple organizations in respect to their school academic objectives. Home school MAY NOT transfer from one organization to another in one school year. ***Transfer Procedures***-Parent and student shall complete and sign Part A of the Transfer Form. Part A should not be sent to the previous school.

33.1.3. Receiving School shall complete the top portion of the Transfer Form Part B. This information includes: (All information shall be typed)

33.1.3.1. Student Name
33.1.3.2. Student Address
33.1.3.3. City
33.1.3.4. Former City
33.1.3.5. Former School
33.1.3.6. Enrollment Date
33.1.3.7. Date of First Attendance at new school
33.1.3.8. Grade Level
33.1.3.9. Parent(s) Name

33.2. Print a legible Transfer Form

33.2.1. Parent signs the Certification of Parent.

33.2.2. Administrator of the Receiving School completes and signs the **Certification of New School**.

33.3. The Parent is responsible for having the **Former School Release and Certifying Statement** signed by the Head Administrator and Athletic Director of the former school.

33.4. Parent returns the **completed** form to the Receiving School athletic director.

33.5. The Receiving School athletic director forwards the completed form (Part A and Part B) to the Football Commissioner who reviews the forms and signs the appropriate blank.

33.6. Denial of eligibility will be based on objective findings only. If there is not a violation of TCAL standards, eligibility will not be denied to preserve an athletic advantage over a member school.

33.7. Appeals will be submitted to the TCALEB within 5 business days. Appeals will be processed as outlined in Section D.

33.8. If the new student did not compete either during the current or the previous school year, a transfer form is not required.

33.9. If the new student transferred from any school (public or private) or Home school Organization, and is in attendance on or before the Monday of Week 3, he/she is eligible to compete in varsity contests upon satisfactory completion of the transfer form approval by the Football Commissioner.

33.10. New students may ONLY practice with the Varsity or Sub-Varsity and play on the Sub-Varsity while the transfer form is being processed. The Four Day Acclimatization Period is required in the same manner as any new player (beginning of the season). A minimum Wait Period of 7 calendar days is required prior to Varsity competition. The Acclimatization Period and the Waiting Period may run concurrently. For example, student transfers to a new (T★CAL) school on September 4th. The student may have a 4 day Acclimatization Period starting on his first day on the field (whichever day that is). The student is also not eligible for Varsity play at a date any earlier than 7 calendar days or September 11th (minimum Waiting Period). The student must receive approval by the Football Commissioner on the 11th or at any date after the 11th BEFORE he competes in a Varsity contest.

33.11. Students who are not enrolled and in attendance at the member school prior to the deadline above may NOT participate in Varsity athletics until the next T★CAL season. The student may practice and participate on the Sub-Varsity level during this time.

33.11.1. New students must be included on the original eligibility form or a supplemental eligibility form found on T★CAL website. The original or supplemental eligibility form, along with the completed transfer form shall be on file with the Football Commissioner and the T★CAL State Office **before** the student is eligible to participate in varsity competition.

33.11.2. *Late Transfer Considerations*. In the event of a "late transfer" (i.e. after September 15th), a school/organization may petition the T★CAL Football Commissioner and DEC to request an exception to the general rule of no transfers after Sept 15th for Varsity competition. This request shall be completed in writing and verbally to present the individual and the circumstances that would create such a need. The Football Commissioner and DEC will review the request and make a final determination.

33.12. When a coach is hired at a new school, a student who transfers to that school shall not be eligible for Varsity competition in a sport for a period of one year if any of the three are true:

33.12.1. A coach in that sport coached or trained the student at the previous school.

33.12.2. A coach in that sport coached or trained the student on an AAU, Select, Club or similar team during the previous 12 months.

33.12.3. A coach in that sport at the new school was directly associated with the AAU, Select, Club or similar team as owner, manager, supervisor or similar position during the previous twelve months.

33.12.4. EXCEPTION: Adopted or birth children are eligible if their parent who is the coach changes schools.

33.13. The student/athlete may remain at the previous school for one year and retain his/her eligibility while there, and after one year transfer to follow the coach and be eligible according to the transfer rule (Section 104) or

33.13.1. Transfer to the new school when the coach changes and be ineligible for varsity athletics for one year in the sports coached by that coach.

33.13.1.1. If the previous school of the student and coach has closed, the above rule does not apply.

33.14. *Post Season Competition Review of Transfer Students* T★CAL may review each school qualifying for the Semi Finals in team events for player eligibility.

33.14.1. A survey may be forwarded to all schools prior to the State Semi-Finals.

33.14.2. Schools shall return the survey by the date indicated by T★CAL.

33.15. *Exceptions for Transfer Students* In the event a member school has an exceptional case for a student and would request it be considered, the school may set up a meeting with the Football Commissioner and the DEC to present its case (both written and verbal) as a matter of exception. The Football Commissioner and DEC will originate a recommendation and forward along with supporting materials to TCALEB for final determination if the student is allowed to participate in Varsity athletics for the current season.

Off Season & Spring Training **(defined as Dec. 1 – May 31)**

NOTE: Due to the 2012 calendar year, full contact practices are approved through December 8 for teams and athletes directly participating in the December 1, State Championships and the December 8, T★CAL Sanctioned All-Star Games ONLY.

34. Accelerated physical education activities, calisthenics, individual football skills, strength training or conditioning exercises may be conducted starting no earlier than **January 1 and ending no later than May 31.**

34.1. These activities shall not exceed one regular classroom period (e.g. 60 minutes per day) or a total of 300 minutes per week.

34.2. Practice may include six-on-six drills **without contact activities or equipment.**

34.3. Allowed equipment is limited to a football, cleated shoes, passing and punting machines and physical education attire.

34.3.1. Air or padded blocking dummies or devices, and other similar devices are prohibited.

35. ***Off-Season School Facility Use****.* Athletes may attend open gyms, facilities and weight rooms. School personnel shall make every effort to see that students understand that participation is strictly voluntary and never required. **Participation shall not be a prerequisite for trying out for a school team**.

35.1. Attendance records may not be kept.

36. Coaches may be present to supervise the facilities and school equipment, if permitted.

37. Coaches may provide specific instruction in sport skills.

38. Weight lifting instruction is permitted and progress charts may be kept.

39. Facilities may be made available to athletes under the following conditions:

39.1. Recreational opportunities receive advance approval by the local school board and administration.

39.2. The dates and times of operation shall be announced, posted or publicized so that every student attending that school is aware of the opportunity.

39.3. Each activity is based on a first come, first served basis.

39.4. School coaches are responsible for notifying student athletes in their sport that their participation is strictly voluntary, never required, and are in no way a prerequisite for making the team or getting more playing time.

39.5. No instruction may be given on a Sunday or during the off-season of a team.

39.6. Someone other than a coach may be appointed to supervise facilities.

39.7. Use of facilities may be restricted to that school's student body. Note: If only members of an athletic team are participating in their sport in an open recreational facility, it could be deemed a violation of off-season regulations.

40. ***Spring Football Workouts*** (optional) may **start no earlier than March 1 and end no later than May 31.**

40.1. In that time frame, teams shall practice up to a **maximum of 2-hours per day, and not more than 8 hrs per week without contact activities or equipment**.

40.2. The maximum length of any single practice session shall not exceed three hours. No more than one practice session per day.

40.3. No contests (games or scrimmages) with other schools are allowed.

41. No Sunday activities unless authorized by T★CAL

Summer (defined as June 1 – July 31)

42. ***Team Workouts*** Coaches or administrators can schedule **Team Workouts between June 1 and third Friday of July.**

42.1. In that time frame, teams shall practice up to a **maximum of 2-hours per day, and not more than 8 hrs per week without contact activities or equipment**. Student initiated/led activities are allowed at any time.

43. ***Summer Tournaments*** Coaches or administrators may organize or schedule 6 on 6 (or 7 on 7) summer tournaments.

43.1. **Coaches are allowed to coach their players in these tournaments.**

44. ***Summer Camps.*** Participation in summer leagues or attendance at summer athletic camps are not considered school workouts even though there may be several members of a T★CAL school playing on one team in a summer league (or attending the same camp).

44.1. T★CAL coaches may coach their own athletes in these leagues or camps.

44.2. Any summer workouts must be voluntary

44.3. Any summer workouts shall not be a prerequisite for trying out for the school team.

45. No Sunday activities

46. ***Summer School Facility Use***. Athletes may attend open gyms, facilities and weight rooms.

46.1. School personnel shall make every effort to see that students understand that participation is strictly voluntary and never required.

46.2. Participation shall not be a prerequisite for trying out for a school team.

46.3. Attendance records may not be kept.

46.4. Coaches may be present to supervise the facilities and school equipment, if permitted.

46.5. **Coaches can provide specific instruction in sport skills.** Weight lifting instruction is permitted and progress charts may be kept.

47. Facilities may be made available to athletes under the following conditions:

47.1. Recreational opportunities receive advance approval by the local school board and administration.

47.2. The dates and times of operation shall be announced, posted or publicized so that every student attending that school is aware of the opportunity.

47.3. Each activity is based on a first come, first served basis.

47.4. School coaches are responsible for notifying student athletes in their sport that their participation is strictly voluntary, never required, and are in no way a prerequisite for making the team or getting more playing time.

47.5. No instruction may be given on a Sunday.

47.6. Someone other than a coach may be appointed to supervise facilities.

47.7. Use of facilities may be restricted to that school's student body.

47.7.1. Note: If only members of an athletic team are participating in their sport in an open recreational facility, it could be deemed a violation of off-season regulations

48. ***Tryouts***. Tryouts are not allowed prior to the first day of practice during Pre-Season.

49. ***Dead Week***, **APPLIES TO ALL SPORTS INCLUDING VOLLEYBALL**. There shall be a "Dead Week" prior to the beginning of T★CAL activities for the new school year. Typically this is the last 7 calendar days for the month of July. No school or team activities may be held during the week.

49.1. The following Activities are examples of what is NOT allowed:

49.1.1. Team Meetings

49.1.2. Team Building Activities

49.1.3. Team Camps

49.1.4. Team Travel / Lodging

49.1.5. Physicals

49.1.6. Open Gyms

49.1.7. Open Weight Rooms

Pre Season (defined as starting Aug 1 until Week Zero Games)

50. ***Four Day Acclimatization Period Requirement***. All student-athletes shall undergo a four-day acclimatization period. This requirement is also for students arriving to the team after the first day of practice.

50.1. The first four days of practice for each student shall be conducted without any contact equipment except helmets. Other contact equipment may be fitted and issued prior to the first day workouts.

50.2. During the first four days, however, only shoes, socks, T-shirts, shorts and helmets may be worn.

50.2.1. During the four-day acclimatization period, no contact activities shall be permitted.

50.2.2. Football equipment is interpreted to mean football shoulder pads, hip pads, thigh pads, shoes, helmets, football pants or any other equipment used primarily in football.

50.2.3. Football practice or training is interpreted to mean any organized instruction in football plays, formations or team skills.

51. ***Prior to the first day of school:***

51.1. ***Practices***.

51.1.1. The maximum length of any single practice session shall not exceed three hours.

51.1.2. Multi workouts per day (e.g. two a days) may start no earlier than **August 1, ending no later than August 13.**

51.1.3. Student-athletes shall not engage in more than a total of five hours of practice activities on those days during which more than one practice is conducted.

51.1.4. On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice. In reference to the minimum one hour rest/recovery time between the end of one practice and the beginning of the next practice, there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field practice or a mandatory conditioning period.

52. When determining how to count times spent as 'practice activities' please consult the following.

What Counts

52.1. Actual on field practice

52.2. Sport specific skill instruction

52.3. Mandatory conditioning

What Doesn't Count

52.4. Meetings

52.5. Weight training

52.6. Film study

52.7. Water breaks

52.8. Rest breaks

52.9. Injury treatment

52.10. Voluntary conditioning

53. ***Scrimmages*** may start no earlier than August 12th and end no later than August 20th, with NO more than one scrimmage per week.

54. ***First Game*** Teams may play their first football game beginning the weekend with the last Thursday in August (Week 0). Teams shall be limited to no more than 10 regular season games. No Sunday activities unless authorized by T★CAL

55. Coaches Training & Certification. All head coaches (in all sports) are expected to complete the A.C.C.O.R.D certification requirements and below listed courses through the NFHS prior to starting practices for the season. August 1 is the deadline for Football Coaches. Any other training courses or clinics are strongly encouraged.

55.1. ***Concussion:*** All coaches should undergo education and utilize available professional development tools regarding the signs and symptoms of concussion and the proper management of athletes with a suspected concussion. It is incumbent upon coaches to lead by example in recognizing the seriousness of all suspected concussions.

55.2. ***Heat Acclimatization:*** All coaches should undergo education and utilize available professional development tools regarding proper approach to Heat Acclimatization.

55.3. ***Sportsmanship:*** All coaches should undergo education and utilize available professional development tools regarding proper approach to Sportsmanship, how it impacts the educational process and your specific role in promoting it at all interscholastic athletic events.

56. ***First Game***: Teams may play regular season football games beginning Week 0. Teams shall be limited to no more than 10 regular season games.

57. No Sunday activities unless authorized by T★CAL.

Regular Season (defined as Week Zero until the week Post Season begins)

58. ***No Sunday activities***

59. ***Practices During the School Year***

59.1. Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.

59.2. Student-athletes shall not engage in multiple practices within the same day.

60. ***Regular Season Games***. No team shall participate in more than one game per week beginning on Week 0 of each season. District Play is expected to be completed between Week 3 – 8. Week 9 can be used as an open date or a date for non district opponents. Week 10 is reserved for the beginning of Post Season play.

61. ***Coach Ejection***. Shall miss the next game and accrue a $200 fine payable to the TCAL office within 1 week of the infraction. Further discipline may result based upon specific circumstances.

62. ***Player Ejection***. Shall miss the next game and accrue a $75 fine payable to the TCAL office within 1 week of the infraction. Further discipline may result based upon specific circumstances.

63. ***Quarter length is 10 minutes***. 2 minutes between quarters and 15 minute halftime.

64. ***Prayer*** Refer to T★CAL bylaws section 9.04 b.

64.1.1. Each contest between T★CAL member schools shall start with a student led prayer "in the name of Jesus" and in accordance with the Christian faith. Post game prayers are required.

64.1.2. When a T★CAL member school is playing a non T★CAL school, the T★CAL school is encouraged to offer to pray before or after the game with the non T★CAL school.

65. ***Maximum Participation in Games - Minimum Time Between Games***. No team or student shall be permitted to take part in more than one game within five calendar days.

65.1. Students shall be limited to participating in not more than 1 full game per week. Example: A team playing Saturday night cannot play again until the following Thursday night. A team playing Monday night could not play any time until Saturday.

65.1.1. Underclassmen (Junior Varsity players) may be allowed to dress out for a second game within a week so long as the student/player does not exceed playing more than the equivalent of 5 quarters of play for the week. Reasonable allowances are made in the event of a game that requires overtime.

66. ***Jerseys – Home & Away.*** Schools/programs playing T★CAL football shall have a Home and an Away jersey.

66.1. All jerseys shall be readable. Dark numbers on dark jerseys or light numbers on light jerseys are not permissible. The opponents and officials must be able to read the number from a distance across the field.

66.2. Exceptions for new programs must be approved by the Football Commissioner.

66.3. Students issued a number at the beginning of the season shall maintain that number through the season (as it is listed in MaxPreps on the Team Roster). If a number change is required (see below) the coach shall then inform future opponents of the change for the remainder of the season. Acceptable reasons for a number change shall be…..

66.3.1. In the event the original uniform is damaged and requires replacement.

66.3.2. In the event a jersey is not available (forgotten, etc.) and a real time replacement is required.

66.4. ***Team Colors***. Home team shall wear colored jerseys and the Visiting team shall wear white unless another arrangement is mutually agreed upon.

67. ***Footballs***. All varsity game balls shall be NFHS approved. Each team may provide their own balls for use when on Offense and during Kick Offs. These balls are subject to the approval of the referees.

68. ***Equipment***. All padded equipment worn in practices and games shall be NOCSAE certified. Helmets shall be reconditioned and certified every two years. Helmets shall be replaced at the end of their expected life (e.g. 10 years) or upon irreparable damage.

69. ***Game Uniforms***. Coaches shall ensure all players are properly equipped to make the game of football as safe as possible. The head coach or his designated representative shall certify to the umpire before the game that all players are equipped according to the mandatory and legal equipment rules. Proper uniforms shall be worn at each scrimmage/game. A team or a player that is in violation is subject to penalties. The first three infractions for failure to wear mandatory equipment or wearing illegal equipment require a charged timeout per infraction. The fourth infraction in a half requires a five-yard penalty.

69.1. Athletes shall not remove their Game Jersey or uniform while inside the playing area during the contest. Removal of one's uniform shall be considered Unsportsmanlike Conduct and subject to sanction. Exceptions are granted for injury or equipment repair.

69.2. The jersey shall be full length and tucked into the pants. The length of jersey becomes an issue of safety when it does not properly cover rib protectors and/or back plates that are attached to the shoulder pads. A hard or abrasive substance that is not covered is an illegal equipment violation.

69.3. All players shall wear and be properly equipped with hip pads, tailbone protector and thigh pads for the player's own protection

69.4. Soft knee pads at least 1 inch thick shall cover the knees and be covered by pants

69.5. Eye Shields. Only eye shields that are completely clear will be allowed.

70. ***Tickets & Admissions***.

70.1. Schools may create school passes or season passes for home games. These passes are applicable only to their regular season home games and are not applicable to another school's game location. T★CAL administrative passes shall be honored.

70.2. Tickets for any regular season game shall be at the discretion of the school.

70.3. Coaches, players and official, primary game personnel (chain gang, ball boy, etc) are excluded from paying admission.

70.4. ***Game Officials*** – UIL Certified, TASO Certified and T★CAL approved Officials shall officiate T★CAL non-district, district and postseason games. Four officials are expected for a Varsity game. A minimum of 3 officials are

required. If less than 3 officials show up, it is at the discretion of the visiting coach whether to play or not. If visiting coach elects to play the game, the game will count without forfeit; otherwise, a scrimmage can be played.

70.5. ***Scheduling & Payments*** The Home team shall schedule officials unless a mutual agreement has been made. The Home team is responsible for making payment to officials, venues and vendors unless a different, mutual agreement has been made.

70.6. ***Failure to Show*** If the officials scheduled by the Home Team fail to show within 60 minutes of the scheduled kick off, the Visitor Team shall have the option to decline to play the game without the penalty of forfeiture. The penalty for failure to provide officials is forfeiture of the game by the responsible team (e.g. the Home team). The Football Commissioner and DEC shall have final determination when there is a question on negligence by the Home team to provide officials.

70.7. ***District Game Contracts*** shall be signed by proper officials from both member schools, and copied to the district rep and the state office by September 1.

70.8. ***Cancellation of District Games*** shall be made only by mutual agreement and with a minimum two week notice. Opponents cancelling games are subject to discipline including forfeiture, $1000.00 fine, T★CAL probation, and possible removal from post-season play as noted on the District Contracts. Appropriate sanctions are at the discretion of the Football Commissioner and the DEC depending on the individual circumstances.

71. ***Tied Games***. The NCAA overtime system shall be used in all varsity games tied at the end of regulation play.

72. ***Prohibited Activities***

72.1. Live animal mascots, cannons, firearms, fireworks, etc. are prohibited at T★CAL athletic contests.

72.2. No dogs or other animals are allowed at T★CAL hosted contests.

72.3. Except in their normal course of business, emergency vehicles shall not flash lights or sound sirens during the game.

72.4. Megaphones may be used only by cheerleaders, in uniform. Megaphones shall not be used on bleachers or surfaces.

72.5. Bands, when permitted, shall play only during time-outs and intermissions. Individual instruments shall not be used as noisemakers.

72.6. No sound systems, other than the one(s) provided by the host school shall be allowed at T★CAL sites or at neutral sites unless mutually agreed.

Any music played shall be Christian based music or theme based music (e.g. Monday Night Football) in accordance with the T★CAL vision and mission.

72.7. Body paint and like decoration shall not be permitted by players or spectators which would be considered poor taste, excessive with the intent to intimidate. Positive school spirit and support are encouraged without interfering with the other school's team and play. Small markings on a player's cheek are considered normal and acceptable.

72.8. Excessive noisemakers, air horns and bullhorns, handheld or otherwise, when used, should not be used in a manner designed to interfere with the other school's team communication or ability compete. In the event such noisemaking devices are brought into question, the presiding referee shall make the final determination as to whether it is excessive or not. Member schools shall abide by the referee's ruling.

72.9. The use of, or appearance of using, any controlled substance (alcohol, drugs, etc.) before, during or after games at contest sites is prohibited by T★CAL.

72.10. Streamers, confetti or other such materials are prohibited.

Videotaping and Filming.

73. *Videotaping/Filming by Schools.*

73.1. It is a violation to videotape or film an athletic contest in which your school or team is not competing unless prior consent of the two schools involved has been obtained.

73.2. A school does not have to obtain permission to film or tape a contest in which it is competing. However, the film or videotape may not be utilized until after the contest has been completed.

73.3. Films and videotapes become the property of the school doing the filming unless by consent of the schools involved in the contest.

74. *Film/Video for Scouting.*

74.1. The film/video belongs to the school that films/tapes a game/scrimmage in which their team is participating, unless mutual agreement of the schools involved, states otherwise. The film/video cannot be used during the game for coaching purposes.

74.2. Exchanging films with an opponent is a recognized, accepted and encouraged practice for scouting purpose. For example; team A is playing team B in game 3 of the season, the coach from A trades his film from game 1 and/or 2 with the coach from team B for his film from game 1 and/or 2. The films are the property of the school doing the filming and they do not have to get permission from anyone to exchange their own property.

74.3. For a coach to contact a team that has played his opponent and arrange to borrow or trade for that film is not a violation. The film is the property of the school that made it legally, since they were involved in the game.

74.4. *Post Season* Schools in the football Post Season play are REQUIRED to exchange 3 quality films/tapes with their opponent (recipient's choice). Film/tape shall be…..

74.4.1. Received by the Opponent no later than 10:00 AM on Monday, before a Friday Game.

74.4.2. In the form of film, disc or electronic copy (all are acceptable)

74.4.3. Deemed "viewable and usable" by the Opponent It shall contain clarity for general use for scouting purposes.

75. *Videotaping/ Filming by Individuals.* Any individual taping or filming shall have permission from the schools involved in the contest and may not obstruct the view of other spectators of the contest.

76. *Commercial Uses.* Use of the films or tapes for commercial purposes shall be approved by all schools involved in the contest.

77. ***Concussions***. Any player who shows signs, symptoms or behaviors associated with a concussion

77.1. Shall be removed from the contest

77.2. Shall not return to play on the same day

77.3. Shall not return (for practice or play) until cleared to play by an appropriate health-care professional as determined by the school administrator.

77.4. Shall obtain written clearance from the appropriate health care professional prior to student participation in any:

77.4.1. Practice

77.4.2. Scrimmage

77.4.3. Game

77.5. All head coaches should undergo education and utilize available professional development tools regarding the signs and symptoms of concussion and the proper management of athletes with a suspected concussion. The NFHS offers a free course "Concussion in Sports: What You Need to Know" available at www.nfhslearn.com.

78. ***Tattoos***. Tattoos shall be covered by tape or the uniform at all times, including while preparing for competition, during competition and for awards presentations.

79. ***Removal from Contest***. Any coach or player ejected from a contest, or football coach receiving three or more 15 yard unsportsmanlike penalties during a contest, shall

79.1. File a report with the T★CAL Football Commissioner on the form located on the T★CAL Website

79.1.1. The form is due the following school day.

79.2. The Opposing Team's Head Coach shall be copied on the filing of the form.

79.3. Schools who fail to properly report an ejection are subject to further sanctions

79.4. Any Student ejected from a contest shall be suspended from the next scheduled contest as shown on the schedule submitted prior to the season to the T★CAL Office. A 2nd ejection within the same season requires the Student to be suspended from the next 2 contests as shown on the schedule. A 3rd ejection within the same season requires the Student to be suspended for the remainder of the season (including post season).

80. Any Coach ejected from a contest shall receive a private reprimand AND shall be suspended from the next scheduled contest as shown on the schedule submitted prior to the season to the T★CAL Office. A 2nd ejection within the same season requires the Coach to receive a public reprimand AND shall be suspended from the next 2 contests as shown on the schedule. A 3rd ejection within the same season requires the Coach to be suspended for the remainder of the season (including post season).

80.1.1. If three ejections, coaches and players combined, are received by a member school during the school year, the athletic director and coaching staff of the member school will be required to meet with the T★CAL Football Commissioner and Executive Committee.

81. A Coach or Player deliberately coming into physical contact with, or threatening to harm an official shall receive a minimum five (5) game suspension.

Post Season Play (defined as Play-Off games)

82. Teams shall have completed a minimum of 6 regular season games in order to be eligible for Post Season play.

83. Post Season Play Duration. The Post Season Play shall begin Week 10 for both Division I and Division II and shall not exceed a maximum of 4 consecutive weeks.

84. 12 Team Brackets. The top 12 teams in each Division shall be eligible for Post Season Play. The Bracket shall be constructed in a manner to determine 4 Regional Champions leading into the Semi Finals. The 12 teams shall consist of the following.

84.1.1. District Champion

84.1.2. District Runner Up

84.1.3. At Large Teams - In order to complete the 12 team bracket, an appropriate number of At Large teams shall be selected by a combination of season record, MaxPreps ranking and other factors as necessary) in order to make 12 teams total. The DEC shall use its best judgment to select the best At Large teams from the pool available.

84.1.4. Post Season Tournament Bracket. The DEC shall prepare a Post Season Tournament bracket at the end of the regular season play. In general, the District Champion shall have a bye during Week 10 prior to hosting their opponent the following weekend.

84.1.5. In the event that a Division has more than 4 districts, the non-bye assigned to a District Champion shall rotate consecutively across all districts so as not to give any district an unfair advantage. The non-bye assignment shall begin with DII, Region 2, District 2 in 2012.

84.1.6. The Higher Seed shall be the Home Team with the seeding determined by District Standing first (Champion being a higher seed than a Runner Up) and then by MaxPreps ranking in the event 2 teams share the same District status (e.g. both District Champions).

84.1.7. The First 2 Rounds of Games shall be played at the site of the "Home Team."

84.1.8. Home team manages all game day activities including the scheduling and payment of the field, referees, concessions, etc.

84.1.9. The date and time for the playoff game shall be agreed to by both schools. Coaches are encouraged to plan ahead, develop and discuss potential sites for likely games/opponents prior to the week of the game.

84.1.10. In the event the location of the 2 schools is greater than 180 miles, a "neutral" site shall be determined and agreed upon by both schools. The "neutral site" shall be approximately half way between the 2 schools.

84.1.11. Playoff sites and times shall be confirmed with both schools and the T★CAL Football Commissioner no later than noon on the Tuesday prior to the game.

84.1.12. In the event the 2 schools are unable to create an agreement by the Tuesday noon deadline, then the T★CAL Football Commissioner shall make a final determination on behalf of the teams.

84.1.13. **The Last 2 Rounds of Games (Semi Finals and Finals)** shall be played at a "central location" designated by T★CAL. T★CAL shall manage all game day activities.

84.1.14. Tickets & Admissions.

84.1.14.1. Playoff locations shall be chosen in a manner to appropriately "size" the location to the expected crowd and to create an admission fee that is reasonable as outlined below.

84.1.14.2. Tickets for post season games shall be determined by the TCAL executive board taking into account the venue, the expense of the event, the impact on expected spectator population and the overall TCAL organizational welfare. This policy is consistent with those procedures used by like organizations and is the guidance that will be applicable to all TCAL activities

84.1.14.3. Coaches, Players and official, primary game personnel (ball boy, etc) are excluded from paying admissions.

84.1.15. Each school shall provide the names of their coaches along

84.1.16. **Region Based Playoffs**. Play off brackets shall be developed with the intent to determine a Regional Champion (similar to UIL). As a result, the first week of the playoff would typically have the Region X District Y Runner Up team hosting an At Large team (possibly from Region X, District Y) with the winner matching up against the Region X District Y Champion team in the second round to determine the Regional Champion and a place in the Semi Finals.

84.1.17. **Semi Finals & State Final**. The four Regional Champions shall play in the Semi Finals and Finals to determine a Division Champion for the T★CAL Football Conference

Post Season Honors (defined as player recognition, All Star game, etc.)

85. Player Honors. The purpose of awarding players is to recognize exceptional talent and performance of an individual player as consistently demonstrated throughout the season.

85.1. A player shall have played in at least 6 regular season games in order to qualify for this recognition.

85.2. Statistics for the individual player shall be maintained at the school's website in MaxPreps.

85.2.1. The statistics shall be kept current (no more than 2weeks old) and shall be as accurate as possible.

85.3. Failure to post statistics as required will disqualify a player

86. <u>All – District Selection and Recognition</u>. After Week 8 of the season but prior to Week 9 games, the District Chair shall convene a meeting (in person or by conference call) for the coaches of the teams within his district. At this meeting, the district coaches shall nominate deserving players for honors and recognition.

86.1. Players shall be selected by consensus of the district coaches.

86.2. Player and team statistics shall be a primary guide but they shall not be used exclusively.

86.3. No one player shall receive recognition for more than 2 different positions.

86.4. The District Chair shall submit the final list of All District honors to the Football Commissioner prior to the middle of Week 10.

86.5. All District Honors shall be announced by the Football Commissioner during Week 11.

86.6. The following All District Honors shall be recognized for 1st Team (12) and for 2nd Team (12) for each District.

86.6.1. 4 utility offensive players

86.6.2. 4 utility defensive players

86.6.3. 1 center (i.e. one that can accurately and reliably snap the ball for punts, PATs, Spread offense and under center)

86.6.4. 1 Quarterback/Spreadback (i.e. an "on the field leader" who can pass the ball and run when necessary)

86.6.5. 1 Kicker (i.e. reliable in PATS, deep kicks, squib kicks and/or onside kicks; best percentage with a minimum/reasonable number of PATs)

86.6.6. 1 Return Specialist (e.g. best yardage percentage per return with a minimum/reasonable number of returns)

87. <u>All – State Selection and Recognition</u>. After Week 9 of the season but prior to Week 10 games, the Football Commissioner shall convene a meeting (in person or by conference call) for the District Chairs of the T★CAL districts within each Division.

87.1. At this meeting, the District Chairs shall review the 1st Team All-District selections as automatic nominations for consideration for All State honor & recognition.

87.2. The Football Commissioner shall determine the appropriate combination of Regions into 2 Super Regions of either a North/South (e.g. Division I) or an East /West configuration (e.g. Division II) for the purposes of the All Star game.

87.3. Each All-State Player shall be selected by consensus of the District Chairs.

87.3.1. No one player shall receive recognition for more than 1 position.

87.3.2. The Football Commissioner shall have final determination in the event a consensus is not reached by the District Chairs.

87.3.3. The Football Commissioner shall submit the final list of All State honors to the T★CAL Executive Committee for informational purposes.

87.4. All State Honors (1st Team, 2nd Team and Honorable Mention) shall be announced by the Football Commissioner during Week 11.

87.5. The following All State Honors shall be recognized for 1st Team (12) and for 2nd Team (12) for each Super Region (e.g. East (12) / West (12) or North (12) / South (12)).

87.5.1. 4 utility offensive players

87.5.2. 4 utility defensive players

87.5.3. 1 center (i.e. one that can accurately and reliably snap the ball for punts, PATs, Spread offense and under center)

87.5.4. 1 Quarterback/Spreadback (i.e. an "on the field leader" who can pass the ball and run when necessary)

87.5.5. 1 Kicker (i.e. reliable in PATS, deep kicks, squib kicks and/or onside kicks; best percentage with a minimum/reasonable number of PATs)

87.5.6. 1 Return Specialist (e.g. best yardage percentage per return with a minimum/reasonable number of returns)

87.6. Each 1st Team All District player considered for All-State honors but not selected for All State for either the 1st Team or 2nd Team shall automatically receive All State Honorable Mention

The All-Star Game is designed to bring together the best talented players in T★CAL Six Man Football at the end of the season in order for them to be recognized and to play on the same field as others of equal recognition.

88. The game shall occur the weekend immediately after the State Finals. Typically this is the first Saturday of December (Week 14).

88.1. The game shall be played at a "central" location so that individuals from various teams share the travel burden. T★CAL shall administer the game.

88.2. One game shall be played for each Division where the matchup is a combination of 4 Regions into a Super Region of either a North/South or an East/West configuration.

88.3. Selections of players for the game shall be from the players previously

named and recognized as 1st Team All-State selections and the 2nd team Quarterback/Spread back (13 total players per Super Regional Team).

88.4. Players from the 2nd Team All-State selections may serve as substitutes for a 1st Team player that is not able to play in the game.

88.5. Selections from the 2nd Team All-State list shall be accomplished by the assigned Coach to one of the All Star teams based on team need and with consideration to broaden team presentation if possible.

88.6. Agreement to play in the All Star game requires the following…

88.6.1. Responsibility for payment (if required) of the All State jersey to the T★CAL office

88.6.2. Participation in the single practice for the All Star team the Friday evening prior to the game (located in the same area of the All Star game)

88.7. Coaches for each All Star Super Regional team shall be based upon the State Champion and the State Runner Up in each Division. Each Coach is encouraged to invite the coaches from another school (possibly from the Semi Finalist) to assist in coaching for the All Star game.

88.8. Coaches are encouraged and expected to provide significant playing opportunities to all players dressed out for the All Star game. The equivalent of a minimum of 1 quarter is expected with as much as 2 quarters as the intended goal for each player.

88.9. Tickets & Admissions.

88.9.1.1. The location for the All-Star game shall be chosen in a manner to appropriately "size" the location to the expected crowd and to create an admission fee that is reasonable as outlined below.

88.9.1.2. Tickets for games shall not exceed

88.9.1.2.1. ADULTS - $20

88.9.1.2.2. STUDENTS (& children) - $15.00

88.9.1.3. Schools may charge less if desired.

88.9.1.4. Coaches, Players and official, primary game personnel (chain gang, ball boy, etc) are excluded from paying admissions.

GENERAL "Football: Rules of the Game", governed by the most recent Official Rule Books released from the NFHS and NCAA Football Rules Committees.

89. T★CAL Six-Man Football Rules are the same as for the NCAA 11-man game except for the following variations:

89.1. Offense must advance 15 yards instead of 10 in four downs.

89.2. Each team has 6 players.

89.3. Unless necessary to use the 11-man field, the six-man field is 80 yards by 40 yards, with the 40 yard line at the center of the field.

89.3.1. Goal post uprights are 25 feet apart and the crossbar is 9 feet above the ground.

89.3.2. Six-man hash marks are two feet outside the goal posts.

89.3.3. Unless the ball is kicked or forward passed, it may not be advanced across the line of scrimmage until after an exchange has been made between the receiver of the snap and another player. If a forward pass is thrown to the snapper, it must travel at least one yard in flight.

89.4. Length of quarter: 10 minutes; between quarters: 2 minutes; between halves: 15 minutes.

89.5. The ball must travel 15 yards on a kickoff or be touched by the receiving team before members of the kicking team are eligible to touch it.

89.6. Kickoff is made from the kicking team's 30 yard line on a six-man field and there must be at least 3 players from the receiving team between the 30 and 35 yard lines.

89.7. At least 3 offensive players shall be on their line of scrimmage at the snap. (See Rule 7 of the NCAA Football Rules and Interpretations Book.)

89.8. Ball may be handed in any direction to a player during a scrimmage down behind the line of scrimmage.

89.9. If a fumble occurs before there has been an exchange or pass and if a player of the offensive team recovers it, he may not carry it beyond the line.

89.10. The ball is dead when a passer catches his own pass and it is ruled as an incomplete forward pass.

89.11. All players are eligible to catch a forward pass, except that a pass is ruled incomplete when caught by the passer. (See 10 above)

89.12. Field goal counts 4 points; try-for point: 2 points if successful through place or drop-kick; one point if successful by pass or run.

89.13. When one team is 45 or more points ahead at the end of the first half or if a team secures a 45 point lead during the second half, the game is ended immediately.

89.14. The team whose goal line is involved shall put the ball in play by a snap on their 20 yard line after a touchback and by a kick-off or punt on their 20 yard line after a safety.

89.15. After a safety, the ball must go at least 15 yards or be touched by the receiving team before members of the kicking team are eligible to touch it.

89.16. Receiving team must have at least 3 players between the 35 and 40 yard lines of the kicking team.

89.17. The 20 yard line will be used as a penetration line.

89.18. If the player receiving the snap advances beyond the line of scrimmage without an exchange, the penalty shall be 5 yards plus loss of down (illegal procedure)

Athletic Codes

The Athletic Code and the Athletic Code for Coaches carry the force of rule. Member schools, participant schools and/or covered school district personnel who violate any of the provisions of these codes will be subject to discipline.

90. ***THE ATHLETIC CODE***. The general Athletic Code means to:

90.1. Play the game in the spirit of fairness and sportsmanship, observing all rules, both in letter and intent.

90.2. Coach and sponsor the teams and individuals without resorting to unethical tactics, trickery which attempts to skirt the rules, or any unfair tactic which detracts from sound educational and citizenship principles.

90.3. Accept decisions of sports and school officials without protest, and without questioning their honesty or integrity.

90.4. Extend protection and courtesy to sports officials from participants, school personnel, and spectators remembering that officials are guests.

90.5. Regard opponents as guests, putting clean play and good sportsmanship above victory at any cost. Win without boast and lose without bitterness.

90.5.1. Victory is important, but the most important thing in sports is striving to excel and the positive feelings it fosters between those who play fair and have no excuse when they lose

90.6. Provide information or evidence as soon as possible regarding eligibility of any contestant or school to the DEC, then to the Football Commissioner.

90.6.1. To withhold information is considered dishonorable and contrary to good sportsmanship. Schools guilty of violating this section may be subject to discipline including disqualification from district honors.

90.7. Not provide inducement for athletic purposes.

90.7.1. Inducement means to encourage a student to change schools for the purpose of participating in T★CAL activities by offering the student or the student's parent cash, waiver of tuition, board or lodging, transportation, a job, or other valuable consideration to induce the student to enroll in a participant school.

90.8. Avoid tampering with students whether the student is enrolled in a T★CAL or other school.

THE ATHLETIC CODE FOR COACHES…. (Subsequent to the Coach's Code of Ethics Form)
The coach's code includes:

91. Coaching Staffs shall wear pants and matching Coaching shirts or Team Apparel.

92. Being aware of, understanding, and following all rules governing the competition for which the coach is responsible.

93. Informing one's immediate supervisor in writing the next school day after a contest if ejected from that contest for unsportsmanlike actions.

94. If given three 15-yard unsportsmanlike penalties during one contest, knowing that such conduct requires automatic discipline.

94.1.1. Abstaining from removing team from contest in protest.

94.1.2. Treating athletes based on what is best for the education, general welfare, and health of the student.

94.1.3. Professional loyalty to other coaches.

94.1.4. Adhering to in season and out of season practice regulations.

94.1.5. Adhering to policies which do not force athletes to specialize or restrict them from participation in other sports.

94.1.6. Allowing students to participate in one school sport without requiring, as a prerequisite, participation in another school sport.

94.1.7. Abstaining from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product.

94.1.7.1. Coaches shall not charge a fee for private instruction to student athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are:

94.1.7.1.1. in grades 9-12;

94.1.7.1.2. from the coach's school

94.1.7.1.3. participating in the sport for which the coach is responsible.

94.1.8. Abstaining from any practice that makes a student feel pressured to participate in non-school activities.

94.1.9. Avoiding any coaching practice which would endanger the welfare or safety of any player.

94.1.10. Emphasizing the academic progress of all participants by a regular, documented check of their academic standing, both in season and out of season.

94.1.11. Scheduling games and practices to avoid unnecessary loss of study or class time

94.1.12. Utilizing the best and most current teaching, coaching, and training methods through affiliation with professional associations and publications.

94.1.13. Abstaining from any practice that solicits teachers to modify a participant student's grade for eligibility purposes.

94.1.14. Avoiding any actions that encourage, condone, or tolerate the use of performance enhancing drugs by any student athlete.

94.1.15. Emphasizing a chemical awareness program that informs and educates students of the damaging effects of anabolic steroids and other illegal drugs.

94.1.16. Disclosing to opposing schools any known conflict of interest with an assigned sports official prior to a contest.

94.1.17. Individuals who are under suspension or are ineligible to coach in recognized athletic leagues (TAPPS, UIL, NCAA, etc.) will be subject to review by the T★CAL board.

94.1.17.1. Said person or persons will not be eligible to participate in T★CAL as Athletic Director, Coach, Assistant Coach or other such capacity, whether paid or unpaid for these services, until cleared and approved by the executive board.

All forms and alignments are kept on the TCAL Website at www.t-cal.org