



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.

TABLE OF CONTENTS

Subject	Page
General Athletic Contest Rules	2
Division and District Alignment	5
Eligibility	6
Transfer Rules & Transfer Students	8
Off Season & Spring Training	10
Summer	11
Pre Season	13
Coaches Training	14
Regular Season	15
Post Season Play	20
Post Season Honors	22
General Football Game Rules	24
Athletic Codes	25

General Athletic Contest Rules

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

2. SCHOOL AUTHORITY.

- 2.1. 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.

3. **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.

4. **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.

4.1. Violations

- 4.1.1. 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 Alignment & Rules Committee (DARC)
- 4.1.2. 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 (DARC)

- 4.2. Investigation & Determination of Facts. The Football Commissioner and the DARC 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 the DARC.

- 4.3. 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.
- 4.4. Assessment of Discipline. The Football Commissioner and the DARC 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 TCAL executive board for approval and subsequent execution.
- 4.5. Upon receipt of assessed discipline the receiving institution shall have a period of 10 business days to submit an appeal to the DARC. An appeal will be reviewed by 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.
- 4.6. 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 DARC as requested.

5. DARC COMMITTEE and CHAIR

- 5.1. The District Alignment & Rule Committee (DARC) is made up of individual Football Coach and/or Athletic Directors which are members of Texas Christian Athletic League (T-CAL).
- 5.2. Coaches or athletic directors who have an interest in serving may request to be on the DARC or the commissioner may invite them to participate. The aptitude to determine fairness and have a "greater good" mentality are requisites for DARC membership.
 - 5.2.1. You must be in TCAL for a minimum of one year before you may serve on the DARC.
- 5.3. The DARC will consist of representatives from each division with as close to equal representation from each as possible. If there is an even number of members and voting issues are split, the commissioner will have the final vote. If the commissioner creates an even split, the TCAL athletic director will make the deciding vote.
- 5.4. The DARC Committee shall be responsible for the Determining the appropriate division of schools into playing levels as well as league play structure. The goal of league play is to promote continuity within the league by playing as many TCAL games as reasonably possible.
- 5.5. The DARC Committee shall be responsible for the implementation of any new rules and/or regulations developed within the DARC or within the Executive Board.

5.6. The DARC 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 DARC 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.

5.7. The DARC Chair

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

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

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

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

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

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

5.7.7. Shall represent recommendations to the Executive Board and General Membership formulated by the Football DARC committee.

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

6. Football Commissioner

6.1. The Football Commissioner shall be nominated and confirmed from and by the current DARC committee.

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

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

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

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

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

6.7. 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.

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

- 6.9. Shall work with Athletic Director and DARC Chair to approve and recommend new Football programs to TCAL.

Division Alignment

7. **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.
 - 7.1. **Average high school enrollment figures** shall be used in determining the classifications as appropriate for Football. Traditional brick and mortar schools will be placed into divisions every even-numbered calendar year based on average high school student enrollment from the previous two years. If schools have above 104.9 students, they will play eleven man. Schools between 51.5-104.9 students will be placed in six man Division I. Teams under 51.5 students will be six man Division II.
 - 7.2. **“Blended” Teams of Member Schools**
 - 7.2.1. No Blended Teams Shall be allowed
 - 7.2.2. 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.
 - 7.2.3. 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 TCAL.
 - 7.3. **Home school teams** are accepted on a case-by-case basis by the Football Commissioner, then reviewed and approved by the District Alignment & Rules Committee (DARC) and T★CAL Executive Board. Homeschool teams will be placed by default into the eleven man division. If a homeschool team feels they should be playing six man, they may appeal to the DARC providing evidence to support their desired placement. Variables that will be considered when reviewing the appeal include, but are not limited to, current and historical roster numbers, whether or not they field a JV team, and the size of the population area that they pull from.
 - 7.4. **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.
 - 7.5. **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 DARC for hardship recourse.
 - 7.6. **8th Grade participation:** Schools may incorporate 8th graders onto their football team provided the coach has given primary consideration to the safety of the player and feels confident that the player is physically, mentally, and

emotional ready for varsity level football. 8th graders playing on a varsity team MAY NOT participate on the Junior High Team during the same week.

- 7.7. 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.

8. Divisions.

- 8.1.1. 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 or roster numbers of a Home school organization. The Football Commissioner and DARC will review unique situations and make a final determination.
- 8.2. Ideally, any Division shall consist of a minimum of 8 schools that are participating in football.
- 8.3. Ultimately, T★CAL’s desire is to have approximately equal number of schools between the 2 Divisions with reasonable geographic representation.
- 8.4. A DII school may choose/petition to play in D1.
- 8.5. 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.

9. **Scheduling.** Schools must schedule at least two games with opponents within their division in order to be eligible for the playoffs. It is encouraged that schools schedule as many T★CAL opponents as possible, even in different divisions.

- 9.1. Special consideration may be given to new member schools or schools that are geographically isolated.

Eligibility

10. **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).

- 10.1. 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.
- 10.2. 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.

11. Age Requirements:

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

11.2. 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.

12. 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.

12.1.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.

12.2.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.

12.3.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.

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

13. 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.

14. 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.

14.1.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.

14.2.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.**

14.3.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.**

14.4.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

15. The T★CAL **Transfer Rule** has been developed to protect, not inhibit students who wish to participate in interscholastic competition.
 - 15.1. 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.
 - 15.2. 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 effects of student, or family, shopping for schools or being recruited for athletic purposes.
 - 15.3. 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.
16. **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.
 - 16.1. 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.
 - 16.2. **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.
 - 16.2.1. Receiving School shall complete the top portion of the Transfer Form Part B. This information includes: (All information shall be typed)
 - 16.2.1.1. Student Name
 - 16.2.1.2. Student Address
 - 16.2.1.3. City
 - 16.2.1.4. Former City
 - 16.2.1.5. Former School
 - 16.2.1.6. Enrollment Date
 - 16.2.1.7. Date of First Attendance at new school
 - 16.2.1.8. Grade Level
 - 16.2.1.9. Parent(s) Name
 - 16.2.1.10. Print a legible Transfer Form
 - 16.2.2. Parent signs the Certification of Parent.
 - 16.2.3. Administrator of the Receiving School completes and signs the **Certification of New School**.
 - 16.2.4. 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.
 - 16.2.5. Parent returns the **completed** form to the Receiving School athletic director.

- 16.2.6.** 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.
- 16.2.7.** Once the Football Commissioner signs the form, a copy is sent to all of the district member schools and to the T★CAL office.
- 16.2.8.** If any school raises an objection within 7 calendar days from the date they are notified, then a district meeting must be held in order to determine the student's eligibility. The student shall not be eligible until the meeting is held and eligibility affirmed. A simple majority vote shall be conducted by the Football Commissioner.
- 16.2.9.** If the Football Commissioner is involved in the transfer, a third person shall be appointed by the T★CAL office to review the forms and complete the procedure
- 16.3.** 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.
- 16.4.** Appeals will be submitted to the TCALEB within 5 business days. Appeals will be processed as outlined in Section D.
- 16.5.** If the new student did not compete either during the current or the previous school year, a transfer form is not required.
- 16.6.** 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.
- 16.7.** 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 (minimum Waiting Period). The student must receive approval by the Football Commissioner on the Monday of week.
- 16.7.1.** 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.
- 16.8.** Students who are not enrolled and in attendance at the member school prior to the deadline above may NOT participate in Varsity football until the next T★CAL season. The student may practice and participate on the Sub-Varsity level during this time.
- 16.8.1. *Late Transfer Considerations.*** In the event of a "late transfer" (i.e. the after Monday of week 4), a school/organization may petition the T★CAL Football Commissioner and DARC to request an exception to the general rule of no transfers after Monday of week 4 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 DARC will review the request and make a final determination.

- 16.9. 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:
 - 16.9.1. A coach in that sport coached or trained the student at the previous school.
 - 16.9.2. A coach in that sport coached or trained the student on an AAU, Select, Club or similar team during the previous 12 months.
 - 16.9.3. 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.
 - 16.9.4. EXCEPTION: Adopted or birth children are eligible if their parent who is the coach changes schools.
- 16.10. 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
 - 16.10.1. 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.
 - 16.10.1.1. If the previous school of the student and coach has closed, the above rule does not apply. If a homeschool organization has disbanded, the above rule also does not apply.
- 16.11. *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 DARC to present its case (both written and verbal) as a matter of exception. The Football Commissioner and DARC 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.
- 16.12. *Post Season Competition Review of Transfer Students* T★CAL may review each school qualifying for the Semi Finals in team events for player eligibility.
 - 16.12.1. A survey may be forwarded to all schools prior to the State Semi-Finals.
 - 16.12.2. Schools shall return the survey by the date indicated by T★CAL.

Off Season & Spring Training (defined as Jan 1 – May 31)

- 17. 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.**
 - 17.1. These activities shall not exceed one regular classroom period (e.g. 60 minutes per day) or a total of 300 minutes per week.
 - 17.2. Practice may include six-on-six drills **without contact activities or equipment.**
 - 17.3. Allowed equipment is limited to a football, cleated shoes, passing and punting machines and physical education attire.
 - 17.3.1. Air or padded blocking dummies or devices, and other similar devices are prohibited.

- 18. 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.**
- 18.1.** Attendance records may not be kept.
- 19.** Coaches may be present to supervise the facilities and school equipment, if permitted.
- 20. Coaches may provide specific instruction in sport skills.**
- 21.** Weight lifting instruction is permitted and progress charts may be kept.
- 22.** Facilities may be made available to athletes under the following conditions:
- 22.1.** Recreational opportunities receive advance approval by the local school board and administration.
- 22.2.** The dates and times of operation shall be announced, posted or publicized so that every student attending that school is aware of the opportunity.
- 22.3.** Each activity is based on a first come, first served basis.
- 22.4. 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.**
- 22.5.** No instruction may be given on a Sunday or during the off-season of a team.
- 22.6.** Someone other than a coach may be appointed to supervise facilities.
- 22.7.** 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.
- 23. Spring Football Workouts** (optional) may **start no earlier than March 1 and end no later than May 31.**
- 23.1.** No more than 18 practice days of which must be acclimation practices),
- 23.2.** Only one practice session per day
- 23.3.** No practice will exceed 3 hours per day
- 23.4.** A maximum of 12 hours per week of practice during spring training. This includes contact and non-contact activities.
- 23.5. Four Day Acclimatization Practice Requirement.** Each student participating in Spring Training must undergo a four practice acclimatization period. This requirement shall also apply to all students joining the team after the first day of Spring Training practice. The acclimatization period shall include the following;
- 23.5.1.** The first four days of practice for each student shall be conducted without any contact equipment except helmets and no contact activities shall be permitted. Other contact equipment may be fitted and issued prior to the first day workouts.
- 23.6. Contact-** Full contact activities and football equipment are allowed for Spring Training.
- 23.7. Activities-** Football practice or training is interpreted to mean any organized instruction in football plays, formations or team skills.
- 23.8.** No contests (games or scrimmages) with other schools are allowed.
- 23.9.** No Sunday activities unless authorized by TCAL.

Summer (defined as June 1 – July 31)

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

24.1. 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.

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

25.1. Coaches are allowed to coach their players in these tournaments.

26. 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).

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

26.2.Any summer workouts must be voluntary

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

27. No Sunday activities unless authorized by T★CAL

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

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

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

28.3.Attendance records may not be kept.

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

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

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

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

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

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

29.4. 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.

29.5. No instruction may be given on a Sunday.

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

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

29.7.1. 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

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

31. Dead Week, APPLIES TO ALL SPORTS. 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.

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

- 31.1.1.** Team Meetings
- 31.1.2.** Team Building Activities
- 31.1.3.** Team Camps
- 31.1.4.** Team Travel / Lodging
- 31.1.5.** Physicals
- 31.1.6.** Open Gyms
- 31.1.7.** Open Weight Rooms

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

32. *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.

32.1. 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.

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

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

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

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

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

33.1. *Practices.*

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

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

33.1.3. 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.

33.1.4. 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.

34. When determining how to count times spent as ‘practice activities’ please consult the following.

What Counts

- 34.1. Actual on field practice
- 34.2. Sport specific skill instruction
- 34.3. Mandatory conditioning

What Doesn’t Count

- 34.4. Meetings
- 34.5. Weight training
- 34.6. Film study
- 34.7. Water breaks
- 34.8. Rest breaks
- 34.9. Injury treatment
- 34.10. Voluntary conditioning

35. *Scrimmages* may start no earlier than the second Thursday of August and end no later than the third Saturday in August, with NO more than one scrimmage per week.

36. *First Game* Teams may play their first football game beginning the weekend with the last Thursday in August (Week one). Teams shall be limited to no more than 10 regular season games.

37. *No Sunday activities* unless authorized by T★CAL

Coaches Training & Certification.

38. 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.

38.1. **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.

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

38.3. **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.

39. *First Game:* Teams may play regular season football games beginning Week one, which is usually the fourth week of August. Teams shall be limited to no more than 10 regular season games.

40. *No Sunday activities* unless authorized by T★CAL.

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

41. No Sunday activities

42. Practices During the School Year

42.1. Student-athletes shall not engage in more than three hours of practice activities per day.

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

43. Regular Season Games. No team shall participate in more than one game every 5 days and no more than 3 games every 21 days beginning on Week 1 of each season. Week 11 can be used as an open date Week 12 is reserved for the beginning of Post Season play.

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

45. 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 and no more than 3 games every 21 days.

45.1. 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.

45.1.1. 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 per the allowed time between games stated above. **One play in one quarter constitutes a quarter worth of playing time.** Reasonable allowances are made in the event of a game that requires overtime.

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

46.1. 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.

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

46.3. 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 and the commissioner of the change for the remainder of the season. Acceptable reasons for a number change shall be.....

46.3.1. In the event the original uniform is damaged and requires replacement. The opposing coach and referees must be notified at the time of the switch.

46.3.2. In the event a jersey is not available (forgotten, etc.) and a real time replacement is required. The opposing coach must be made aware of any changes prior to the start of the game.

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

- 47. 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.
- 48. 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.
- 49. 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.
- 49.1.** 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.
- 49.2.** 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.
- 49.3.** All players shall wear and be properly equipped with hip pads, tailbone protector and thigh pads for the player's own protection
- 49.4.** Soft knee pads at least 1 inch thick shall cover the knees and be covered by pants
- 49.5.** Eye Shields. Only eye shields that are completely clear will be allowed.
- 50. Final Roster.** Teams must have their final roster entered on Maxpreps no later than the Monday following week 3.
- 50.1.** Teams must also send a final copy of their roster to the commissioner for record keeping. Any changes to jersey numbers (as allowed in section 57) must be updated on Maxpreps and notification must be sent to the commissioner.
- 51. Maxpreps.** Each team is required to keep up-to-date stats on Maxpreps in order to be eligible for post season play, and for players to be nominated for post season honors.
- 51.1.** Stats must be entered no later than the Wednesday following a game.
- 51.2.** A DARC member or the commissioner may print your game statistics periodically throughout the season to keep on record. Any significant changes to these statistics beyond the Wednesday following a game will be considered a violation of the Athletic Code (Section 83)
- 52. Tickets & Admissions.**
- 52.1.** 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.

- 52.2.** Tickets for any regular season game shall be at the discretion of the school.
- 52.3.** Coaches, players and official, primary game personnel (chain gang, ball boy, etc) are excluded from paying admission.
- 52.4. *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.
- 52.5. *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.
- 52.6. *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 DARC shall have final determination when there is a question on negligence by the Home team to provide officials.
- 52.7. *League Game Contracts*** shall be signed by proper officials from both member schools, and copied to the commissioner by September 1.
- 52.8. *Cancellation of League Games*** shall be made only by mutual agreement. 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 *League Contracts*. Appropriate sanctions are at the discretion of the Football Commissioner and the DARC depending on the individual circumstances.
- 52.8.1.** In the event a cancellation is unavoidable, timely communication is expected and will be a primary consideration when the subject of penalties is considered.
- 53. *Tied Games*.** The NCAA overtime system shall be used in all varsity games tied at the end of regulation play.
- 54. *Prohibited Activities***
- 54.1.** Live animal mascots, cannons, firearms, fireworks, etc. are prohibited at T★CAL athletic contests.
- 54.2.** No dogs or other animals are allowed at T★CAL hosted contests.
- 54.3.** Except in their normal course of business, emergency vehicles shall not flash lights or sound sirens during the game.
- 54.4.** Megaphones may be used only by cheerleaders, in uniform. Megaphones shall not be used on bleachers or surfaces.
- 54.5.** Bands, when permitted, shall play only during time-outs and intermissions. Individual instruments shall not be used as noisemakers.
- 54.6.** 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.

- 54.7.** 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.
- 54.8.** 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.
- 54.9.** 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.
- 54.10.** Streamers, confetti or other such materials are prohibited.

Videotaping and Filming.

55. *Videotaping/Filming by Schools.*

- 55.1.** 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.
- 55.2.** 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.
- 55.3.** Films and videotapes become the property of the school doing the filming unless by consent of the schools involved in the contest.

56. *Film/Video for Scouting.*

- 56.1.** 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.
- 56.2.** 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.
- 56.3.** 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.
- 56.4.** *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.....
- 56.4.1.** Received by the Opponent no later than 10:00 AM on Monday, before a Friday Game.
- 56.4.2.** In the form of film, disc or electronic copy (all are acceptable)
- 56.4.3.** Deemed "viewable and usable" by the Opponent It shall contain clarity for general use for scouting purposes.

- 57. *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.
- 58. *Commercial Uses.*** Use of the films or tapes for commercial purposes shall be approved by all schools involved in the contest.
- 59. *Concussions.*** Any player who shows signs, symptoms or behaviors associated with a concussion
- 59.1.** Shall be removed from the contest
 - 59.2.** Shall not return to play on the same day
 - 59.3.** Shall not return (for practice or play) until cleared to play by an appropriate health-care professional as determined by the school administrator.
 - 59.4.** Shall obtain written clearance from the appropriate health care professional prior to student participation in any:
 - 59.4.1.** Practice
 - 59.4.2.** Scrimmage
 - 59.4.3.** Game
 - 59.5.** 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.
- 60. *Tattoos.*** Tattoos shall be covered by tape or the uniform at all times, including while preparing for competition, during competition and for awards presentations.
- 61. *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
- 61.1.** File a report with the T★CAL Football Commissioner on the form located on the T★CAL Website
 - 61.1.1.** The form is due the following school day.
 - 61.2.** The Opposing Team’s Head Coach shall be copied on the filing of the form.
 - 61.3.** Schools who fail to properly report an ejection are subject to further sanctions deemed by the commissioner. If the commissioner’s school is involved, the DARC will be responsible for holding that school accountable and enforcing any sanctions they agree upon.
 - 61.4.** 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).
- 62.** 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).

- 62.1.1.** 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.
- 63.** 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)

64. Eligibility

- 64.1.** Teams shall have completed a minimum of 8 varsity level regular season games in order to be eligible for Post Season play.
- 64.2.** Teams must also update their stats on Maxpreps in a timely manner (see section 62).
- 64.3.** Teams must play at least 2 other TCAL schools within their division.
- 64.3.1.** Exceptions may be made for new teams joining the league or teams who are geographically isolated outside of a reasonable travel distance for the regular season. The DARC will need to approve such exceptions before the beginning of the regular season.

65. Post Season Play Duration. The Post Season Play shall begin Week 12 for both Division I and Division II and shall not exceed a maximum of 4 consecutive weeks.

66. 8 Team Brackets. The top 8 teams in each Division shall be eligible for Post Season Play.

66.1.1. Post Season Tournament Bracket. The DARC shall prepare a Post Season Tournament bracket at the end of the regular season play. The top 8 seeds after week 10 rankings are posted (Maxpreps finalizes rankings the Wednesday after games) will be placed as seeds 1-8 in each division. The DARC will review each team in the top 8 and make sure they have met all of the requirements to be eligible for the post season (section 75). In the event that a team is not eligible, every team will move up a seed and the previously ranked #9 team would move up and have an opportunity to join the post season.

66.1.2. Format. The bracket will be set up in a standard 8 seed single elimination format. In the first round of the playoffs the 1 seed will play the 8 seed, 4v5, 3v6, and 2v7. The winner of the 1v8 will play the winner of the 4v5, etc.

66.1.3. Week 11. The final bracket should be approved by the DARC on the Wednesday of Week 11. Teams may choose to play games during week 11, but they will not count towards their ranking and therefore will not affect their playoff standing.

66.1.4. The Higher Seed shall be the Home Team. Home team manages all game day activities including the scheduling and payment of the field, referees, concessions, etc.

66.1.5. The First Round of Games shall be played at the site of the “Home Team.”

- 66.1.6.** Home team manages all game day activities including the scheduling and payment of the field, referees, concessions, etc.
- 66.1.7.** 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.
- 66.1.8.** 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.
- 66.1.9.** 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.
- 66.1.10.** 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.
- 66.1.11.** **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.
- 66.1.12. Tickets & Admissions.**
- 66.1.12.1.** 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.
- 66.1.12.2.** 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
- 66.1.12.3.** Coaches, Players and official, primary game personnel (ball boy, etc) are excluded from paying admissions.
- 66.1.13.** Each school shall provide the names of their coaches along with their roster and team picture for the state program.
- 66.1.14. Semi Finals & State Final fee-** For the semi-finals, each team participating will need to pay \$275 to offset the cost of facilities, referees, etc. For the finals each team will need to pay \$375.

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

- 67. Player Honors.** The purpose of awarding players is to recognize exceptional talent and performance of an individual player as consistently demonstrated throughout the season.
- 67.1.** A player shall have played in at least 6 regular season games in order to qualify for this recognition.
 - 67.2.** Statistics for the individual player shall be maintained at the school's website in MaxPreps.
 - 67.2.1.** The statistics shall be kept current (no later than the Wednesday that follows a game) and shall be as accurate as possible.
 - 67.3.** Failure to post statistics as required will disqualify a player
- 68. All-State Selection and Recognition.** After Week 10 of the season the DARC shall convene a meeting (in person or by conference call) for the coaches of the teams within each division. At this meeting, the coaches shall nominate deserving players for honors and recognition.
- 68.1.** Each team may only have one school representative on the call and only receives one vote. A school may select an administrator or coach to be present on the call.
 - 68.2.** Players shall be selected by majority vote.
 - 68.3.** Player and team statistics shall be a primary guide but they shall not be used exclusively.
 - 68.4.** No one player shall receive recognition for more than 2 different positions.
 - 68.5.** It is recommended that no player receive more than two recognitions at the first team level.
 - 68.6.** Each division will take 24 players for 1st team, 24 players for 2nd team, and 24 players for honorable mention.
 - 68.6.1.** 7 offensive players
 - 68.6.2.** 7 defensive players
 - 68.6.3.** 2 centers (i.e. one that can accurately and reliably snap the ball for punts, PATs, Spread offense and under center)
 - 68.6.4.** 3 Quarterback/Spreadbacks (i.e. an "on the field leader" who can pass the ball and run when necessary)
 - 68.6.5.** 2 Kickers (i.e. reliable in PATS, deep kicks, squib kicks and/or onside kicks; best percentage with a minimum/reasonable number of PATs)
 - 68.6.6.** 3 Utility Players- (i.e. offensive or defensive standouts that have meaningful statistics in numerous categories)
 - 68.6.7.** Coach of the Year- At least two candidates must be nominated for Coach of the Year from each division. The majority vote-getter will be named Coach of the Year and a runner-up will be named as well. In the event of a tie, the commissioner will have the final vote.
- 69. 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. The game shall occur the weekend immediately after the State Finals. Typically this is the first Saturday of December (Week 15).

- 69.1.** 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.
- 69.2.** One game shall be played for each Division.
- 69.3.** 32 All State players from each division will be invited (by the All Star coaches) to participate in the All Star game with the goal of having 16 players on each divisional team.
 - 69.3.1.** The coaches shall selected as many 1st team and 2nd team players as possible from their division. If there are still positions open after all 1st and 2nd team players have been invited, the coaches may invite honorable mention players.
- 69.4.** The “Coach of the Year” and the runner-up will each coach a team in the All Star game. Each coach is encouraged to invite the coaches from another school to assist in coaching for the All Star game.
 - 69.4.1.**
- 69.5. Combine.** The Friday morning before the All Star game players will be invited to participate in a combine to showcase their skills and talents. It is in the players’ best interest to participate in the combine to improve their draft stock.
- 69.6. Draft.** Immediately following the combine the Coach of the Year and the runner up will conduct a draft to finalize the team that they will coach in the All Star game.
 - 69.6.1.** Coach of the year will have the first pick in the draft.
 - 69.6.2.** The coaches will be expected to look at the overall talents of each player to piece together the most competitive team possible. This may mean that players from their own team will be drafted by another coach. This is encouraged as it will provide a unique and exciting experience for the players and coaches.
- 69.7.** Agreement to play in the All Star game requires the following...
 - 69.7.1.** Responsibility for payment (if required) of the All State jersey to the T★CAL office
 - 69.7.2.** Participation in the combine and 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).
- 69.8. Playing time.** 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.
- 69.9. Tickets & Admissions.**
 - 69.9.1.1.** 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.
 - 69.9.1.2.** Tickets for games shall not exceed
 - 69.9.1.2.1.** ADULTS - \$7.00

- 69.9.1.2.2. STUDENTS (& children) - \$4.00
- 69.9.1.2.3. FAMILY - \$25.00.
- 69.9.1.3.** Schools may charge less if desired.
- 69.9.1.4.** 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.

- 70. T★CAL** Six-Man Football Rules are the same as for the NCAA 11-man game except for the following variations:
- 70.1.** Offense must advance 15 yards instead of 10 in four downs.
 - 70.2.** Each team has 6 players.
 - 70.3.** 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.
 - 70.3.1.** Goal post uprights are 25 feet apart and the crossbar is 9 feet above the ground.
 - 70.3.2.** Six-man hash marks are two feet outside the goal posts.
 - 70.3.3.** 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.
 - 70.4.** Length of quarter: 10 minutes; between quarters: 2 minutes; between halves: 15 minutes.
 - 70.5.** 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.
 - 70.6.** 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.
 - 70.7.** 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.)
 - 70.8.** Ball may be handed in any direction to a player during a scrimmage down behind the line of scrimmage.
 - 70.9.** 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.
 - 70.10.** The ball is dead when a passer catches his own pass and it is ruled as an incomplete forward pass.
 - 70.11.** All players are eligible to catch a forward pass, except that a pass is ruled incomplete when caught by the passer. (See 10 above)
 - 70.12.** 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.
 - 70.13.** 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.

- 70.14.** 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.
- 70.15.** 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.
- 70.16.** Receiving team must have at least 3 players between the 35 and 40 yard lines of the kicking team.
- 70.17.** The 20 yard line will be used as a penetration line.
- 70.18.** 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.

71. THE ATHLETIC CODE. The general Athletic Code means to:

- 71.1.** Play the game in the spirit of fairness and sportsmanship, observing all rules, both in letter and intent.
- 71.2.** 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.
- 71.3.** Accept decisions of sports and school officials without protest, and without questioning their honesty or integrity.
- 71.4.** Extend protection and courtesy to sports officials from participants, school personnel, and spectators remembering that officials are guests.
- 71.5.** Regard opponents as guests, putting clean play and good sportsmanship above victory at any cost. Win without boast and lose without bitterness.
 - 71.5.1.** 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
- 71.6.** Provide information or evidence as soon as possible regarding eligibility of any contestant or school to the DARC, then to the Football Commissioner.
 - 71.6.1.** 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.
- 71.7.** Not provide inducement for athletic purposes.
 - 71.7.1.** 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.

- 71.8.** Avoid tampering with students whether the student is enrolled in a T★CAL or other school.
- 72.** Athletic Code for Coaches- (Subsequent to the Coach's Code of Ethics Form) The coach's code includes
- 72.1.** Coaching Staffs shall wear pants and matching Coaching shirts or Team Apparel.
 - 72.2.** Being aware of, understanding, and following all rules governing the competition for which the coach is responsible.
 - 72.3.** Informing one's immediate supervisor in writing the next school day after a contest if ejected from that contest for unsportsmanlike actions.
 - 72.4.** If given three 15-yard unsportsmanlike penalties during one contest, knowing that such conduct requires automatic discipline.
 - 72.5.** Abstaining from removing team from contest in protest.
 - 72.6.** Treating athletes based on what is best for the education, general welfare, and health of the student.
 - 72.7.** Professional loyalty to other coaches.
 - 72.8.** Adhering to in season and out of season practice regulations.
 - 72.9.** Adhering to policies which do not force athletes to specialize or restrict them from participation in other sports.
 - 72.10.** Allowing students to participate in one school sport without requiring, as a prerequisite, participation in another school sport.
 - 72.11.** 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.
 - 72.12.** 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:
 - 72.12.1.** in grades 9-12;
 - 72.12.2.** from the coach's school
 - 72.12.3.** participating in the sport for which the coach is responsible.
 - 72.13.** Abstaining from any practice that makes a student feel pressured to participate in non-school activities.
 - 72.14.** Avoiding any coaching practice which would endanger the welfare or safety of any player.
 - 72.15.** Emphasizing the academic progress of all participants by a regular, documented check of their academic standing, both in season and out of season.
 - 72.16.** Scheduling games and practices to avoid unnecessary loss of study or class time
 - 72.17.** Utilizing the best and most current teaching, coaching, and training methods through affiliation with professional associations and publications.
 - 72.18.** Abstaining from any practice that solicits teachers to modify a participant student's grade for eligibility purposes.
 - 72.19.** Avoiding any actions that encourage, condone, or tolerate the use of performance enhancing drugs by any student athlete.

- 72.20.** Emphasizing a chemical awareness program that informs and educates students of the damaging effects of anabolic steroids and other illegal drugs.
- 72.21.** Disclosing to opposing schools any known conflict of interest with an assigned sports official prior to a contest.
- 72.22.** 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.
- 72.22.1.1.** 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**