

2018-2019 MIDDLE SCHOOL ATHLETICS

FOOTBALL RULES AND GUIDELINES

- All teams will practice five (5) days a week, two (2) hours per day.
- Each individual **must have a minimum of eight (8) practice days** before the first competition.
- **The first three (3) days of practice for each football player shall be without shoulder pads. The first three (3) days of practice for each individual player, there is NO CONTACT. (WIAA Regulation 57.2.0 and 57.64.0)**
- Should a player begin practice any time after the first official day of practice, that individual player may not wear shoulder pads nor be allowed to be involved in those drills or practices in which there is “contact” until all required safety pads are worn.

COMPETITION

- **Varsity** will consist of one team comprised of 7th and 8th grade students (Do not cut below 50).

Please note, if a student is cut from a team and would like to turn out for another sport during the same season, they will abide by WIAA rule 17.12.3 which states:

Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- School issued uniforms will include school colors, school names, and number. **PLEASE NOTE:** If uniforms are damaged and/or lost the student will be responsible for the cost of the replacement.
- All eligible participants should be given equal consideration for playing time over the course of the season based on coach’s discretion. Factors for playing time may include but are not limited to, skill, effort, attitude, attendance, behavior in school or any combination of the preceding.

EQUIPMENT

- Metal cleats will NOT be allowed (No exceptions). Participants will compete on synthetic surfaces and well as grass surfaces.
- Mouth guards are required.
- Players are required to use school-issued helmets ONLY.
- Coaches are required to have a First Aid kit with them at all practices and games
- Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team

RULE CLARIFICATIONS

- A football player is eligible to compete in up to four (4) quarters of play during any three-day period of the football season. A team shall be allowed one (1) week during the season to play two (2) contests.
- Games will consist of eight (8) minute quarters. Half-time will consist of ten (10) minutes.
- All regulation ties will be broken using a modified version of the Kansas Tie-Breaker. Both teams will have an opportunity to score starting at the 25-yard line. If the score remains tied after two series, the game will be called a tie and the result of the game will go to the point system: Win = 3pts, Tie = 1pt, Loss = 0pts
- A 5th quarter will be played if both teams have enough qualified participants and if there is enough light to play safely. The 5th quarter is for players who were not starters and played in three (3) quarters or less of the regular contest. No player who started the game on offense or defense is eligible to play in the 5th quarter.
 - The 5th quarter will not be timed.
 - The 5th quarter will not include kick offs, punts, tries or field goals.
 - Teams will start each possession on their 25-yard line. After any turnover or failure to advance on downs, the ball will be returned to the 25-yard line.
 - Each team will get one 10-possession offensive series, with the visiting team starting on offense.
 - No score will be kept and results will not affect the outcome of the game.
- Beginning in the second half, when the point differential is 40 points or greater, the game clock shall run continuously for the remainder of the game except for an official's time-out, a charged team time-out, time between quarters, or a score

CHAMPIONSHIP INFORMATION

- The top four (4) finishing teams in the regular season will be invited to participate in a season-ending championship.
- In the event of a tie in the standings, seeds will be determined using the following:
 - Overall winning percentage
 - Head-to-head result (regular season only)
 - Point differential allowed in ONLY the designated games involving the tied teams.
 - Point differential allowed in the games involving the highest ranked.
 - Point differential allowed in the games involving the next highest ranked.
 - i.e. if tied for 1st examine point differential for 2nd place team, 3rd place team and so on.
 - Coin flip
- The championship team will be presented with a perpetual trophy to be displayed in the school.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2016 Rules.