

# Football

<b>June 11, 2018</b>	<i>State Football Rules Clinic, Summer Coaches' Clinic, Myrtle Beach</i>	<b>August 1, 2018</b>	<i>JV &amp; B-Team Schedules Due</i>
<b>June 5 - July 22</b>	<i>Summer Football Work-out window. 12 total work-outs. No more than twice a week. No contact.</i>	<b>August 10, 11</b>	<i>SECIS Football Kick-off. Birmingham, Alabama</i>
<b>Online Clinic available 7-1-18</b>	<i>State Football Rules Clinic</i>	<b>November 2, 9 November 16, 17</b>	<i>State Football Play-offs Championship Weekend</i>
<b>July 26, 2018</b>	<i>First Practice Date</i>	<b>December 1, 2018</b>	<i>North-South All-Star Football</i>

## Rules and SCISA Policies

- National Federation Rules** shall be the official rules unless SCISA has an otherwise stated policy.
- State Football Rules** Clinic. Each football playing school must be represented at a State Rules Clinic or complete the online clinic.
- Mercy Rule.** The Head Coach of a team trailing by 30 points or more may request a running clock at the beginning of the 3rd or 4th quarters. If a team is 40 points or more behind, a running clock shall be used at the start of the 3rd and/or 4th quarter. The clock shall run except during time-outs, following scores, injuries, and change of possession.
- Noise Makers:** Noise makers **are not** prohibited at SCISA football games. **Whistles or air horns are prohibited.** Anything that simulates an official's whistle or a horn on the scoreboard shall not be allowed. School officials must assist in monitoring students and spirit groups to insure that students are positively supporting their team, NOT harassing the opponents. If this happens, school officials must step in. **Game officials must concentrate on the game, not activity in the stands.**
- All football playing schools shall have **Lightning Detection Device** or subscribe to a **Lightning Detection Service** and have it on-site to assist game management with inclement weather decisions and/or stoppage/resumption of play.
- Each football playing school shall have an **emersion tub or the equivalent available.**
- Wednesday Conference Call:** The two AD's for each Friday night's football game shall conduct a conference call by noon on Wednesday to discuss the upcoming game. A review of any severe weather forecast or national, state or local events which could impact the game should be discussed. The game can be moved to Thursday by mutual agreement due to weather forecast or the site/date changed due to a significant event impacting the game as scheduled.
- Event Security/Game Management:**
  - A **Designated Representative** is required of both teams (see Article XIII, Section V). They shall be introduced/identified to the referee prior to the game and introduced by the PA during pre-game announcements. The Home School Designated Representative and/or game security should escort the officials from the field. The Designated Representative is an important person in providing a safe and sportsmanlike playing environment.
  - Uniformed Police Officer:** It is recommended that all schools utilize uniformed police officers to assist with event security. It is mandatory for all **Class AAA schools** shall provide a uniformed police officer at all varsity football games.

## Mandatory Policies and Coaching Requirement

- All schools shall have a written **Concussion Policy** and a written **Heat and Athletic Participation Policy.** These policies will include the education of coaches, players, and parents about the dangers, warning signs, and symptoms of both concussions and heat related illnesses. The plans will also include medical evaluation, suspension from play and return to play/practice protocols. In addition, every coach must complete an online **Concussion Course (CDC or NFHS)** before the first practice, every year. Annually, every coach must also complete the NFHS online course, **Heat Illness Prevention.**
- The **Head Coach** shall be **CPR certified.**
- All coaches will complete the following NFHS courses:
  - Annually (every year): **Concussion In Sports; Heat Illness Prevention**
  - Every two years (after initially completing a course):
    - NFHS Sportsmanship Course; Bullying, Hazing and Inappropriate Behaviors;**
    - Engaging Effectively with Parents; Sudden Cardiac Arrest**
  - All First Year Head Coaches will complete the NFHS Course: **Fundamentals of Coaching**
  - Recommended NFHS Courses: Blocking and Defeating Blocks, Shoulder Tackling and Equipment Fitting  
First Aid, Health, and Safety for Coaches
- WBG T Requirement:** all schools will be required to use a **wet bulb globe thermometer** to determine safe conditions for practice or competition during times of high heat and humidity.
- \*NEW - Beginning with the 2019-20 school year, all coaches will be CPR and AED certified.

**Game and Practice Information**

1. Games will be played in quarters as follows: Varsity - 12 min.; JV - 10 min.; B-Team - 8 min.
2. No game at any level may end in a tie. The (NF) Ten Yard Line Overtime procedure shall be used.
3. A student may participate in only one football game each calendar week. Exception: *If a postponed game is scheduled for the following Monday, then a student may participate in two games (Monday & then Friday) playing at the same Level (playing 2 JV or 2 varsity games).* **Definition of participation is dressed in team uniform and on the sideline.**

**Organized Practice**

An **organized practice** in football is defined as an athletic situation involving **a coach and 5 or more players** where instruction, correction, drills, and/or skills associated with that sport are taking place. An organized practice can only take place during: the defined season, spring practice, or as one of the 12 summer workouts.

**Football Defined Season:** July 26, 2018 - last game played (week 10 if team fails to advance to the playoffs).

**Football Spring Practice:** Football Teams are allowed up to ten (10) days in the Spring for organized practice. Last date for spring practice is June 1, 2018.

**Football Summer Workouts:** June 3, 2019 - July 27, 2019 (Closed: June 7 & 8; one week for July 4th; July 28-31).

**Spring Practice Guidelines**

1. Football Teams are allowed up to ten (10) days in the Spring for organized practice. Last date for spring practice is June 1, 2018.
2. Spring practice shall be restricted to no more than two (2) hours of total contact time. (*Contact time: practice, drills, conditioning, video, weight room...*)
3. All athletes participating in spring practice must have a valid *Physical, Agreement for Participation, Warning of Inherent Risk and Student-Parent Concussion Awareness* forms on file.
4. **Football Spring Practice Guidelines:**
  - **Days 1 & 2:** helmets only. Practice sleds and ground dummies may be used. No hand/arm shields or stand-up dummies.
  - **Days 3 & 4:** a minimum of two days in helmets and shoulder pads. Hand/arm shields or stand-up and stand-up dummies permitted. Full contact is prohibited.
  - After the mandatory four day gradual/acclimation period, a school may conduct up to **TWO DAYS** of FULL PADS and FULL CONTACT. The purpose of allowing full contact is for an opportunity to teach proper tackling form and fundamentals. Teams are prohibited from scrimmaging (this includes inter-squad or against other teams).
  - If a team utilizes the full ten days, the remaining four allowable days can be any combination of helmets only or any combination of pads but Full Player-to-Player Contact is prohibited.

Note: Spring sports athletes joining spring football practice after the start of spring practice must still complete the four (4) day helmets, helmets and shoulder pad acclimation period schedule before being permitted to participate in full contact activities.

**Summer Workouts Guidelines**

Summer schedule runs from June 3 - July 27, 2019

- ◇ Teams are limited to twelve (12) total practices/games. Teams shall not have more than two (2) practices/games per week which last no more than 1 1/2 hours per practice.
- ◇ Camp: Teams attending a camp during this period will count the number of days at camp against the 12 total practices.
- ◇ Football is restricted from contact. Air type or foam filled dummies are permitted.
- ◇ Closed Dates: Coaches' Clinic weekend (June 7 & 8); One week associated with July 4th; July 28-31, 2019.
- ◇ Passing Leagues/Games. Players may not wear padding during 7 on 7 passing league competitions. Players may wear helmets, pants, jersey, shoes and socks.

# Football Practice Policies 2018

- ◆ First Day for Fall Football Practice: Thursday, July 26.
- ◆ SCISA requires a five (5) day acclimatization period.
  - First two days - helmets only.
  - 3rd & 4th days - helmet & shoulder pads only.
  - 5th Day: Full Pads/Full contact). - 3 days of full pads required before conducting a scrimmage.
- ◆ **WBGT Requirement:** all schools will be required to use a **wet bulb globe thermometer** to determine safe conditions for practice or competition during times of high heat and humidity.
- ◆ A team cannot have more than three (3) hours of total contact time. This includes: on-field practice & conditioning. Exception: Weight room training only (not to include conditioning).
- ◆ A school **may not** conduct multiple on-field practice sessions on the same day (no two-a-days).  
*What is permitted: A team starts practice at 6:00 AM. The team breaks practice after 90 minutes later at 7:30 AM for 30 minutes. The team has 30 minutes of "chalk board" time or some other activity and then returns to field for 60 minutes of practice. LEGAL. Practice started at 6:00 AM and ended at 9:00 AM, within the 3 hours of total contact time.*
- ◆ Scrimmages:
  1. A team may schedule the next scrimmage on the third day following a scrimmage if the first scrimmage is followed by two days of recovery with NO practice either day.
  2. A team may schedule the next scrimmage on the fourth day following a scrimmage in other cases.
- ◆ During the school year, football practice/preparation shall not exceed three (3) hours of total contact time which includes: film sessions, weight training, and on-field practice.
- ◆ It is recognized that preseason practices may require more full-contact time than practices occurring in the regular season to allow for teaching fundamentals with sufficient repetition to prepare for the season. Coaches are encouraged to introduce contact through a progressive manner to ensure they are using proper technique before full-contact (Thud & Live Action) drills are allowed.
- ◆ The following schedule shall be in effect starting on August 20 through the end of the football season (playoffs included).
  1. Practices with Contact cannot be scheduled for more than two days in a week.
  2. Contact drills and activities shall be limited to no more than thirty-five (35) minutes during a practice.
  3. Total "contact" time is limited to no more than seventy (70) minutes per week.

## Football Season Guidelines

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Penalty: these practice restrictions are a part of an comprehensive plan to minimize student injury. Failure to comply with these rules shall result in a \$500 Fine and at least a one game suspension for the Head Coach.

## Game and Practice Information

## Football Season Guidelines

# Levels of Contact

Levels of Contact focuses on varying intensity levels throughout practices to build player confidence, ensure their safety and prevent both physical and mental exhaustion. Five intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

CONTACT	INTENSITY	DESCRIPTION
Air	0	Players run a drill unopposed without contact.
Bags	1	Drill is run against a bag or another soft-contact surface.
Control	2	Drill is run at assigned speed until the moment of contact; one player is pre-determined the 'winner' by the coach. Contact remains above the waist and players stay on their feet.
Thud	3	Drill is run at assigned speed to competitive speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
Live Action	4	Drill is run in game-like conditions and is the only time that players are taken to the ground.

## Full-contact consists of both "Thud" and "Live Action"

The first three levels of Contact "Air," "Bags," and "Control" are considered no- or controlled-contact, and thus no limitations are placed on their use in practice.

By definition, "Thud" involves initiation of contact at full speed with no pre-determined winner, but no take-down to the ground. Initial contact, particularly with linemen, is just as physical with "Thud" as with "Live Action."

"Live Action" likely carries a higher injury risk to the body than does "Thud."

The purpose of these guidelines is to provide football coaches with guidelines to establish consistent methods designed to limit the chance for injury during structured practice sessions. SCISA is committed to advancing player safety to protect the health and well-being of every child. In addition to coaching education, a key element of player health and safety is the responsibility of all coaches to conduct organized practices and teach proper fundamentals in a safe environment.

The following practice restrictions are designed to enhance player safety. On practice fields across America, coaches are recognizing the importance of conducting smarter, safer practices by limiting the amount of full contact.

We remain committed to adopting the best evidence-based practices. We recognize that even with the latest research available, there is no clear consensus in this area. Accordingly, we will update these recommendations and guidelines in accordance with the evidence. Ideally, this emerging data will help us understand the potential for long-term adverse cognitive, emotional and/or neurological effects from concussions and/or other repeated head contact without associated symptoms. Based on what is known about concussions today, the guiding principles in developing these recommendations were to reasonably limit head contact and thus concussion risk (USA Football).

## Officials and Game Management Personnel

1. SCISA certified officials must be used in all games. SCISA assigns a 5-Man crew to all varsity games, a 4-Man crew for all JV and B-Team games. A 6-Man crew may be requested for any or all games during the regular season.
2. The ECO (clock operator) may be furnished by the Home Team. Otherwise, SCISA will assign an ECO. A school provided ECO shall meet with the referee at least **30 minutes prior** to the start of the game. Failure to do so could result in: A. The home team no longer being allowed to provide an ECO or B. The home team shall start the game with a Delay of Game penalty. **25 second clock operator:** if used, must be assigned or approved by SCISA.
3. The **chain crew** must meet with the officials at least **15 minutes prior to kick-off**. Failure to do so could result in the home team starting the game with a Delay of Game penalty. **Varsity Chain Crew:** *four mature adults*.
4. A 6-Man crew plus an ECO will be assigned to all play-off games.
5. Mark-offs: A school may mark-off up to three (3) officials in any given sport, but only two of these officials may be from the same district. An official who is listed on a school's mark-off list shall not work a contest involving that school regardless of whether the game is a home, away or play-off game. (see Mark-off Form)
6. Dressing Room: The Host School must provide adequate dressing facilities for the officials. Adequate facilities are clean and sanitary and include chairs, showers, hot water, and a room that can be locked.
7. **End of Game Procedure:** Host School Administration or the Designated Representative will meet the officials on the field immediately after the game and escort them to their vehicle or assigned on-site dressing room.

## Home/Host Team Responsibilities

1. **Dressing Rooms:** The Host School must provide adequate dressing facilities for the officials and visiting team. Adequate facilities are clean and sanitary and include chairs, showers, hot water, and a room that can be locked. A school is responsible, within reason, for their clothing, but not for jewelry or money.
2. **Playing Field:**
  - A. The Home Team shall provide a safe playing field with properly padded goal posts, adequate lighting, and a restraining fence/rope that controls and restricts access to the entire playing field by spectators. The field must be properly marked.
  - B. The Home Administration is responsible for deciding if weather conditions are unfavorable (under normal weather conditions) or if the field is unplayable. If this determination is made, the visiting team, the SCISA Office, and the officials must be notified. If the officials are not notified before they leave, they must be paid mileage. The game shall be rescheduled for the next playable day (Saturday or Monday - when conditions that postponed play are no longer an issue).
  - C. The Home Administration shall police the sidelines and grandstand areas. Spirit groups/flag bearers must remain on their respective sides.
3. **Public Address Announcer:** The public address announcer is a vital member of the game management team. He or she should be provided with at least the following guidelines:
  - A. All Public Address Announcers should begin all athletic contests with a welcome and a sportsmanship statement.
  - B. Introduce each school's Designated Representative and inform the audience that if called upon, they will be assisting game management with safety and sportsmanship rules.
  - C. The Public Address Announcer must be aware that in the event of an emergency (such as dangerous weather) that he/she will be the primary source of information and will be called upon to provide instructions/directions.
  - D. The Public Address Announcer must maintain a professional posture, **showing the same amount of enthusiasm and excitement for Both Teams**. Please remain "unbiased and neutral". A public address announcer is not a "color" commentator. We acknowledge that there will exist some "home flavor" but the accomplishments of all of the children playing should be recognized.
4. **Reporting Game Results:** The Home Team shall report the game results to the news media and to SCISA.

## 8-Man Football Field Requirements

The SCISA adopted 8-Man field is 100 yards in length. End-zones are 10-yards in depth. The field is 40 yards in width with hash-marks at **45** feet from the sidelines. A mark on the top of the number on the playing field is 7 yards from the sideline. A restraining line at least 2-yards outside of the field is required.

## Levels of Competition:

1. **Varsity Teams:** Eligible students in grades **8-12** may participate on a varsity football team.
2. **Junior Varsity Football:** Eligible students in grades **6-9** may participate in junior varsity football.
3. **B-Team / Middle School Football:** Eligible students in grades **5-7** may participate in B-Team football

*Note: See AGE guidelines in Article VII - Eligibility Rules - Team*

## Play-offs and Tie-Breaker Procedures

**Tie Breakers:** Regions shall use the following system to break ties in standings:

- (1) If two teams are tied, the winner of the game between the schools will have the higher standing.
- (2) If three or more teams are tied, and one of the teams has defeated the other two teams, that team will be seeded higher. The point system shall be used to break the remaining tie.
- (3) If after using the Point System, two teams remain tied, the winner of the game between those teams will receive the higher standing.
- (4) If after using the Point System, three or more teams remain tied, the teams will play a round robin using the Ten Yard Line Overtime Procedure. Points scored will accumulate. The team with the most points will receive the higher standing.
- (5) If the Point System determines first and second place, the seasonal game between between the two teams will not be considered (in the case of a three-way or more tie)

## **SCISA Football Point System**

*The Point System applies only to Region Games. The Winner shall receive Ten (10) points for the victory plus one (1) point for each marginal point, not to exceed fifteen (15) points. The loser receives no points.*

## **2018 SCISA Football Playoffs**

- 1) 8-Man, Class A and Class 2A - Top four teams in each region advance to the play-offs.
  - A. The teams are cross-bracketed with Region Champions host the 4th place team for the other region. The second place team in each region shall host the other region's 3rd place team.  
*Region I Champion host Region II 4th Place Team. Region II 2nd place team host Region I 3rd place team.  
Region II Champion host Region I 4th Place Team. Region I 2nd place team host Region II 3rd place team.*
- 2) Class 3A. Top eight (8) teams advance to the play-offs.
  - #1 will host #8, #2 will host #7, #3 will host #6, and #4 will host #5

# SCISA Football

## 2018

### 8-Man Football

#### Region I

Andrew Jackson Academy  
Beaufort Academy  
Cathedral Academy  
Holly Hill Academy  
Palmetto Christian  
Patrick Henry Academy  
St. John's Christian  
*Faith/Ridge Christian*

#### Region II

Calhoun Academy  
Clarendon Hall  
Jefferson Davis  
Laurens Academy  
Richard Winn Academy  
F. Hugh Wardlaw Academy  
W.W. King Academy  
*Tri-Academy*

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## Class A

#### Region I

Carolina Academy  
Christian Academy  
Dillon Christian  
Pee Dee Academy  
The King's Academy  
Thomas Sumter

#### Region II

Bethesda Academy  
Colleton Prep  
Dorchester Academy  
Northside Christian  
Spartanburg Christian  
Thomas Heyward

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## Class AA

#### Region I

Greenwood Christian  
Oakbrook Prep  
Florence Christian  
R.E. Lee Academy  
Trinity-Byrnes Collegiate  
Williamsburg Academy

#### Region II

Hilton Head Christian  
Hilton Head Prep  
John Paul II  
Northwood Academy  
Orangeburg Prep

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## Class AAA

Augusta Christian  
Ben Lippen  
Cardinal Newman  
First Baptist  
Hammond School

Heathwood Hall  
Laurence Manning  
Porter-Gaud  
Pinewood Prep  
Wilson Hall