

SCCPSS 2016 Middle School Football Guidelines

Length of Season: 12 Weeks (August 15th- November 2nd, 2016)

Tryouts Begin: August 10th-12th

Practice Begins: August 15th-17th, 2016 Helmets only
August 18th-22nd Helmets/Shoulder Pads
August 23rd Full pads



Practice Limitations: (as of 6/29/19)

- 1) **Full contact** during practice shall be allowed in no more than three (3) practice days per week;
- 2) **Full contact** during practice shall not be allowed on more than two (2) consecutive days;
- 3) **Full contact** during practice shall be limited to not more than **30** minutes per day;
- 4) **Full contact** during practice shall be limited to not more than **90** minutes per week

Eligibility/Roster Due: September 2, 2016

First Game Date: September 7, 2016

Number of Games: 7 Regular Season

Game Days: Wednesday

Rules: National Federation Football Rules Book (Current Year)

Time: (4) 12 minute running time quarters. The clock shall stop during last 2 minutes of each half. Ten minute half-time

Game time: 4:30 Regular Season and Playoffs/5:30 Championship

Eligibility Requirement: (Ref to page 8 in the Middle School/K8 2015-2016 Athletic Manual)

Playoffs: Top 4 teams. Single Elimination. Ranking will be determined by best record, head to head and/or coin toss.

The kicking game is a vital part of football, and coaches are strongly encouraged to attempt conversions and field goals during game situations.

	Point Value	
Touchdown		6 points
Field Goal		3 points
Safety (points awarded to opponent)		2 points
Successful Try -Points After Touchdown		
A. Touchdown		1 points
B. Field goal or safety		2 point

Tie break procedures for regular season and playoff games:

- A) Four (4) downs from line of scrimmage at the 10 yard line - choice of possession is determined by coin toss.
- B) Each team has four (4) chances to run, throw or kick to advance the ball.
- C) The winner is determined by score or total yards gained.
- D) A turnover, anywhere on the field, is a dead ball and is considered no yards gained
- F) If both teams lose yardage or do not advance the ball, each team will receive another possession. A team cannot win without advancing the ball from the original line of scrimmage.

Home School Coach/AD is responsible for faxing or emailing game scores to district athletics director's office by noon of the day following the game.

Admission Costs: \$5.00 cost for the championship game.

For questions and concerns contact:

- Middle School Athletics - Milton Speight (912) 856-5418
- Football Officials Association - Willie Dorsey (912) 631-4587