

2019-2020



SCCPSS MS Football Guidelines

Length of Season:	August 12, 2019—November 6, 2019
Tryouts/Practice:	August 12-14, 2019
Helmets Only:	August 19-23, 2019
Helmets/Shoulder Pads:	August 26-28, 2019
Full Gear:	August 29, 2019

Practice Limitations (per NFHS):

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

All paperwork due:	September 3, 2019
Football Jamboree	September 4, 2019
First Game Date:	September 11, 2019
Game Days:	Wednesday
Game Time:	Regular Season and Playoff Games: 4:30 pm Championship Game: 5:00 pm
Number of Contests:	6 regular season games
Playoffs:	Top 4 teams. Single Elimination. Rankings will be determined by (1) best record, (2) head to head, (3) coin toss if needed.
Rules:	NFHS Football Rules
Eligibility Requirement:	Refer to pages 8-11 of SCCPSS MS Athletic Handbook

Games:

1. All games will be played at the Jennifer Ross Complex starting at 4:30 pm.
2. Playoff games will be played at Daffin Park-Morris Field.
3. City Championship game will be played at Memorial Stadium at 5:00 pm.
4. Each game will consist of four 12 minute running time quarters. The clock shall stop during timeouts and the last two minutes of each half. There will be a 10 minute half-time.
5. Cheerleaders and spectators will be in a designated location at each field and are not permitted in the contest area.
6. Cheerleaders should stay in their designated area to cheer with their coaches. No parents are allowed in the designated area.
7. Sunflower seeds and food are not allowed on the field nor playing area. Clear liquids are only allowed on the field and in the playing area.