

SPAL Football

1. The Varsity regulation ball will be the Spaulding J-5-Y or Wilson TDY.
 2. The Junior Varsity regulation ball will be the Wilson TDJ, Wilson TDY, or Spaulding J-5-Y.
 3. Unless approved by the Executive Committee no other balls may be used for football.
 4. There are no weight limits for players, other than Ball Carriers. Ball Carriers are defined as any offensive player that may carry the football, including blocking backs, offensive ends and receivers and all punt or kickoff returners.
 5. Varsity Ball Carriers cannot exceed 160 pounds. This weight limit extends to blocking backs, offensive ends and receivers and all punt or kickoff returners.
 6. Junior Varsity Ball Carriers cannot exceed 135 pounds. This weight limit extends to blocking backs, offensive ends and receivers and all punt or kickoff returners.
- Note: Athletic Directors and Principals will sign off on all weights for football players, with the exception of any student-athlete within ten pounds of the limits. Student-athletes within ten pounds of the limits must attend a set scheduled weigh-in with the Executive Director (a one hour session on an evening and a one hour session on a Saturday morning in August – to be set at the fall quarterly meeting). A ball carrier will have a grace limit of 5 pounds after the first game but cannot exceed 140 pounds for the Junior Varsity or 165 pounds for the Varsity at any time during the season.*
7. Individual players unable to attend either of two scheduled league weigh-ins because of a legitimate reason may be allowed to be weighed-in on another date solely at the discretion of the Executive Director. A late weigh-in fee of \$25.00 per player will be charged.
 8. Protests concerning Ball Carrier weight limits must be made to the Executive Director within twenty-four hours. This must be followed by a written statement and protest fee. The Executive Director and/or Executive Committee will address the issue with the schools involved and the player in question.
 9. Participation by Ball Carriers exceeding the weight limit may result in forfeiture, fines and suspension from SPAL activities.
 10. All games will consist of four 8-minute quarters, with a 10-minute halftime.
 11. Games will be played using the rules established by the NFHS, with the exception that jerseys numbers do not have to conform to any rules. Games tied at the end of regulation will be completed by the Kansas method. The scoreboard will be the official clock. In the event of scoreboard failure or the lack of a scoreboard, time will be kept by an official on the field.

12. Post season games will be set by mutual agreement, the Executive Director and/or Executive Committee.

13. If a team is ahead by 30 or more points at halftime, the coach of the team behind may choose to have a running clock for the remainder of the game. In the second half should the score differential reach 35 points or more, the game clock *immediately* becomes a running clock for the remainder of the game.

14. (As Revised 7/23/2015) Kicked extra points will be worth 2 points. Extra points that are run or passed into the end zone will be worth 1 point. Both JV (5th and 6th) and Varsity (7th and 8th) have adopted this new rule. The ball will still be placed at the 3-yard line for all extra points unless otherwise determined due to penalty.