

FOOTBALL RULES AND PROCEDURES

NUMBER OF PARTICIPANTS

A team must have at least 18 members at the start of the season or permission from District Athletic Director in order to compete in a contest.

CHAIN CREWS

Home school will furnish chain crews. It is recommended that parent volunteers be used. Chains will be located on the HOME TEAM sideline.

EQUIPMENT

9th grade will play with a NHFS regulation size football.

Lightweight and Heavyweight teams will play with an intermediate size football.

Mouthpieces will be furnished by players and must be worn during all practices and games.

WEIGHT DIVISIONS

Each junior high school will have one 9th grade team and two teams comprised of 7th and 8th graders

Heavyweight team.116 pounds and over
Lightweight team.115 pounds and under

Athletic Directors will weigh in 7th and 8th grade players during the first week of practice. Numerical team rosters will be sent to the District Athletic Director before the first game.

LENGTH OF QUARTERS

9th grade12 minute quarters
Lightweight and Heavyweight teams . . . 10 minute quarters

PRACTICE

1. Eighth and ninth graders may not participate in full contact drills or contact scrimmages against each other.
2. Eighth and ninth graders must have 4 days of practice without pads. On the fifth day pads may be used.
3. Heavy and Lightweight teams are limited to two hour practices and no “two-a-days” prior to the start of school.

RULE VIOLATIONS

Any protest of a rule violation must be submitted in writing to the District Athletic Director.

TIE GAMES

Games will not end in a tie. The Kansas playoff system will be used to break all ties in games

LEAGUE STANDINGS

1. First, second, third, and fourth place league finishers will participate in a playoff.
2. Winners of the playoff games will play in a championship game.
3. In the event of a tie, league standings will be determined by head to head competition, compare top down competition, Kansas playoff.
4. Highest seed gets choice of sideline in championship game.

PRE-SEASON

No pre-season conditioning or practice prior to the official starting date.

2010 LIGHT/HEAVY FOOTBALL SCHEDULE

PRACTICE BEGINS AUG. 16TH

Week	Day	Date	Time	Lightweight Home Team	Lightweight Away Team	Heavyweight Home Team	Heavyweight Away Team
Week One	Tue	8/31	3:45p	East	Les Bois	Les Bois	East
				North	Riverglen	Riverglen	North
				Hillside	Fairmont	Fairmont	Hillside
				West	South	South	West
Week Two	Wed	9/8	3:45p	East	North	North	East
				Riverglen	Hillside	Hillside	Riverglen
				Fairmont	West	West	Fairmont
				Les Bois	South	South	Les Bois
Week Three	Tue	9/14	3:45p	South	Fairmont	Fairmont	South
				West	Riverglen	Riverglen	West
				Hillside	East	East	Hillside
				Les Bois	North	North	Les Bois
Week Four	Tue	9/21	3:45p	Fairmont	Les Bois	Les Bois	Fairmont
				Riverglen	South	South	Riverglen
				East	West	West	East
				North	Hillside	Hillside	North
Week Five	Tue	9/28	3:45p	Fairmont	Riverglen	Riverglen	Fairmont
				South	East	East	South
				West	North	North	West
				Les Bois	Hillside	Hillside	Les Bois
Week Six	Tue	10/5	3:45p	Riverglen	Les Bois	Les Bois	Riverglen
				East	Fairmont	Fairmont	East
				North	South	South	North
				Hillside	West	West	Hillside
Week Seven	Tue	10/12	3:45p	Riverglen	East	East	Riverglen
				North	Fairmont	Fairmont	North
				South	Hillside	Hillside	South
				Les Bois	West	West	Les Bois

Final Four Playoffs 10/19 3:45p Sites of top two seeds Championship 10/26 Time TBA Site TBA	
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8/16/10

2010/2011 Freshman Football

Day	Date	Boise	Borah	Capital	Timberline
Schedules are subject to change					
Fri.	Aug. 13	1st Day Practice			
Wed.	Sept. 1	Borah (Home)	Boise (Away)		
Thurs.	Sept. 2			Timberline (Away)	Capital (Home)
Wed.	Sept. 8				Caldwell (Home)
Thurs.	Sept. 9	Meridian (Away)	Vallivue (Home)		
Wed.	Sept. 15		Timberline(Home)		Borah (Away)
Thurs.	Sept. 16	Capital (Home)		Boise (Away)	
Wed.	Sept. 22		Caldwell (Away)	Eagle (Home)	Rocky Mtn (Away)
Thurs.	Sept. 23	Vallivue (Home)			
Wed.	Sept. 29	Centennial (Home)	Eagle (Away)		
Thurs.	Sept. 30			Meridian (Home)	Vallivue (Away)
Wed.	Oct. 6	Timberline (Away)			Boise (Home)
Thurs.	Oct. 7		Capital (Home)	Borah (Away)	
Wed.	Oct. 13			Caldwell (Home)	
Thurs.	Oct. 14	Rocky Mtn (Away)	Mtn View (Home)		
Thurs.	Oct. 21	Bye	Meridian (Away)	Mtn View (Away)	Centennial (Home)
Wed.	Oct. 27	Caldwell (Away)			
Thurs.	Oct. 28		Centennial (Away)	Rocky Mtn(Home)	Eagle (Away)