

FOOTBALL

I. General Information

- A. The schedule will be set up by the conference secretary. This schedule must be approved by the athletic directors at the meeting that immediately follows each Football season. League members must comply with this schedule unless specific schools by mutual agreement select another date. These schools will play each other one game per year for a championship.
- B. Teams will alternate the location of their games, home and away, every other year.
- C. The League will have a two-year revolving schedule. The teams scheduled for the first game will exchange home and home dates for 2 years. This will become the last game for the following two years. All other games will be moved ahead one week.
- D. Videotaping
 - 1. All film exchange copies must be done on 1st generation tapes.
 - 2. Each team must have 2 films ready to exchange. The exchange must be done by 9:00 pm on Sunday of the week of the game. (Opponents may request a tape(s) via mail/ meeting as early as 12 days before the game.)
 - 3. Opponents may choose any game films they wish.
 - 4. If an opponent requests to tape a specific conference opponent's game, they are allowed to with the following specifications:
 - a. They must clearly communicate with that conference team's athletic director and head football coach.
 - b. They may not tape more than 2 games.
 - c. Each time they tape, it counts towards the total of 2 exchange tapes.
 - 5. The PSL does not allow member schools to provide film or scouting reports to opponents of other member schools during IHSA playoffs.

II. Rules

A. Officials

- 1. Five registered, state certified officials are to be assigned for each game.
- 2. The home team should endeavor to assign experienced people to take charge of the sideline chain, down marker, and clock.

B. Starting Time

- 1. The starting time will be set by the home team; this will have been approved by the athletic directors following the previous football season. Suggested times are 10:45 for Frosh-Soph and 1:00 P.M. for Varsity. If a school has lights and wishes to play on Friday times will be 5:00 and 7:00 P.M.
- 2. Any time that two teams cannot agree on a starting time, the time will be set by a majority vote of the athletic directors.
- 3. Playing Time
 - Length of Periods
 - a. Frosh-Soph: four 10-minute periods.
 - b.. Varsity: four 12-minute periods.
 - c.. Length of time between periods:
 - i. One minute between quarters.
 - ii. 15 minutes between halves - this could be lengthened for

Homecoming and Parents Day.

4. The length of time between games will be determined by mutual agreement of the opposing coaches (usually 20 minutes or the published starting time).
- C. Preparing the field for games—the playing field will be lined with minimal markings as indicated in the National Federation Rule Book.
- D. Uniforms—the home team will wear colored (dark) jerseys and the visiting team will wear white jerseys unless otherwise agreed upon by the athletic directors.
- E. Locker room and game facilities
1. The home team should be able to provide locker facilities for the visiting team. This means adequate space to dress before games, a place to go during half-time, and a place to shower after the game.
 2. There should be an adequate number of benches for the team's reserves to sit on during the game.
 3. The visiting team should leave the locker room in a clean condition following the game. There should be no damage to property or pilfering of articles from the locker room. Visiting coaches are not to leave the locker room until inspected by the home school.
 4. Only players, coaches, and officials directly associated with the team should be allowed in the locker rooms. Visiting teams should not allow their friends and spectators accompany them into the locker area.
- F. Medical Procedure
1. The home team must have a trained medical personnel available to give immediate attention to injured players from either team.
 2. The home team must have a stretcher available.
 3. The home team must have an immediate access to ambulance and hospital service. It is advisable to have the telephone numbers for those services tagged to the first aid kit.
- G. Awards - see Common to All Sports
- H. Exchange of Rosters and Eligibility Sheets
1. Teams will exchange rosters by mail one week prior to their scheduled game. The information on the roster should be as recommended by the IHSA.
 2. The following information should be on the roster: each player's name (first and last), his jersey in numerical order, and his height, weight, age, year in school, and position as recommended by the IHSA..
- I. Practice Sessions - follow IHSA rules on this matter.
- J. Ties---method should follow those of the IHSA.
- K. All-League Team
1. There will be a meeting of head Football coaches during the week immediately following the completion of the season to select an All-League champion team.
 2. The team will be composed of 22 players, the first place team will have 7 members, second place 5 members, third place 4 members, fourth place 3 members, fifth place 2 members, and sixth place 1 member. Voting would occur for punter and kicker. For publication in papers, players will be listed by school. If a coach does not feel he has enough quality players for his allotment, he may give his extra pick to another coach.