

AMERICAN RIVERS CONFERENCE SPORT REGULATIONS

FOOTBALL

1. GENERAL

- 1.1. The American Rivers shall sponsor football. The championship shall be determined on a percentage basis according to the number of games won and lost.
- 1.2. The start of football practice shall correspond with the first allowable date permitted by NCAA regulations.
- 1.3. Member institutions must participate in the conference schedule and field teams according to NCAA rules.
- 1.4. The Coordinator of Officials for football will assign seven officials for all games (including home non-conference).
- 1.5. The timer is considered a regular official.
- 1.6. The official NCAA rules shall govern the play of all games. Tie games during the regular season shall be played off according to the NCAA "Tie-breaker playoff plan."
- 1.7. There shall be a travel limit of 65 student-athletes for all away conference games (*adopted for 2013 season*).
- 1.8. In the case of a tie in league standings, the following will be used to determine the automatic qualifier berth in the NCAA playoffs:
 - 1.8.1. Head-to-head competition: The head-to-head will be the cumulative records versus the tied teams.
 - 1.8.2. When head-to-head does not break the tie, the team(s) advancing to the NCAA Championships most recently is (are) eliminated and the criteria returns to head-to-head competition, if necessary.
 - 1.8.3. When head-to-head competition and elimination of the most recent playoff team does not break the tie, a coin flip will determine the automatic qualifier. The American Rivers Commissioner and the Chair of the Management Council shall conduct the coin flip. Other witnesses may be called on to be observers, if necessary.
 - 1.8.4. The tie-breaker process shall always return to head-to-head competition once a team(s) has been eliminated by most recent NCAA playoff competition.
- 1.9. All football teams shall have two sets of jerseys, one set to be dark and the other white. The dark color must be one that contrasts with the color of the ball. The dark color shall be worn at home.
- 1.10. The coaches shall designate a uniform official game ball for the season.
- 1.11. Players' numbers should be listed in the program in numerical order with each school listing the correct numbers for the proper colored jerseys to be worn that week.
- 1.12. American Rivers Conference institutions are prohibited from sending video of conference teams to any non-conference institution except as required by the NCAA postseason video exchange policy.
- 1.13. The football coach chair shall follow alphabetical order starting with Buena Vista University.
 - 1.13.1. The coach chair shall serve a two year term.

2. SCHEDULING

- 2.1. The conference season shall be a single round-robin schedule.
- 2.2. During Daylight Saving Time, all conference football games played in the afternoon shall begin at 1:00p; when time reverts to Standard Time, games on fields without lights shall start at 12:00p (*effective fall 2007*). Start times may be adjusted if mutually agreed upon by each school's athletics administration. Halftime periods for all games shall be 20 minutes in length.
- 2.3. The football schedule for three years in advance will be presented at the joint meeting of the Athletic Directors and Faculty Representatives at the regular Spring Meeting.

3. EVENT MANAGEMENT

- 3.1. Football Pre-Game Protocol
- 3.2. Teams may take the field for warm-ups at their discretion.
 - 12:45p Teams are to be off the playing field
 - 12:45p Starting line-ups are to be announced (visitors followed by home team)
 - 12:55p National Anthem with both teams on the field
 - 12:57p Coin toss
 - 1:00p Kickoff
- 3.3. There shall be a 10-yard no-player zone between the 45-yard lines beginning 60 minutes before kickoff. Each team will utilize the "L" formation, using the length of the field in front of their respective sideline up until 40 minutes prior to kickoff.
- 3.4. The following must be announced at various times during the game:
 - "All artificial noisemakers are prohibited from athletic events except instruments used by music organizations playing at a contest when the game is not in progress. Only signs and banners approved by the Event Manager may be displayed."
- 3.5. The home team shall be responsible for providing a field with sideline markers with numbers indicating yard lines large enough to be seen from the field, placed in proper position on both sides of the field. Goal line flags shall be placed at the goal line corners. Other flags shall be placed as directed by the NCAA rules. Grass shall not be over three inches long on the playing field. The field shall be marked as recommended in the NCAA guide.
- 3.6. Insofar as is possible, the host school in football shall provide a field that is level and shall provide adequate locker room facilities for the visiting team.
- 3.7. Scouting is permitted in any location where spectators are allowed.
- 3.8. Marching bands shall be admitted free to football games.
- 3.9. Four (4) ball persons are to be provided for each game and shall be positioned on each side of the field in order to move along with the linesman and judge. Their duties shall be to get every ball that goes out of bounds and after extra points. Each person is to have a ball..
- 3.10. Each visiting team shall provide its own field phone, and each home team must provide equitable space in the press box for phone usage.
- 3.11. The home player bench shall be on the home side of the field and the visitors' bench on the opposite side.
- 3.12. Institutions shall make available, and the head referee shall utilize, a wireless microphone for the announcement of penalties/infractions for all contests.
- 3.13. The host school shall provide film review capabilities in the officials' locker room or suitable location prior to each contest.

4. ALL-CONFERENCE TEAM — COMPOSITION AND VOTING

- 4.1. In the selection of All-Conference teams, the football coaches shall select two Most Valuable Players (offense and defense), a Coach of the Year, and two teams each consisting of the following: Twelve (12) offensive players (one [1] quarterback, one [1] running back, one [1] receiver, one [1] tight end, five [5] linemen and three [3] players judged to be the most deserving players by the coaches after the mandated selections have been determined); twelve (12) defensive players (three [3] linemen, three [3] linebackers, three [3] defensive backs and three [3] players judged to be the most deserving players by the coaches after the mandated selections have been determined); and three [3] specialists (one [1] punter, one [1] placekicker and one [1] return specialist).
- 4.2. Most Valuable Players shall be nominated as a stand-alone award. The coaches may not vote for their own nominees.
 - 4.2.1. If there is a tie in the vote, it shall be broken by applying the following criteria in order: 1. final league standing; 2. seniority; 3. head-to-head competition; 4. coin flip.
- 4.3. Nominations for the American Rivers All-Conference teams shall be submitted through the conference office online platform by 12:00p on the Monday following the conclusion of regular season play, with discussion and voting taking place via conference call on Wednesday at 9:00a.
 - 4.3.1. Conference call order: Discuss MVP nominees - VOTE, Discuss 1st Team - VOTE, Break Ties, Discuss at-large - VOTE, Discuss 2nd team - VOTE, Break Ties, Discuss at-large - VOTE. The call shall take place on the Wednesday following the conclusion of

the regular season, starting at 9:00am.

4.3.2. Votes shall be submitted through the conference office online platform.

4.3.3. Coaches shall not vote for their own players.

4.4. Any individuals receiving at least two (2) votes at any stage of voting (first team, second team, tiebreakers) that are not named to either All-Conference team shall receive honorable mention.

4.5. The Most Valuable Players, Coach of the Year and First Team All-Conference selections shall be awarded plaques. Second Team All-Conference selections shall receive medals. Honorable mention selections shall receive certificates.

5. VIDEO EXCHANGE

5.1. Football exchange film is to be videotaped. The games will be taped with digital camcorders (miniDV or hard drive) and the exchange shall occur through a web-based exchange system.

5.2. Camcorders must have minimum specifications of 3 CCDs and at least 10X optical zoom. Recommended brands are Panasonic, JVC, Canon, or Sony. These should be a professional grade camcorder as opposed to commercial grade camera. Institutions using miniDV cassettes will use the Panasonic miniDV tapes that record a minimum of one hour of data and be recorded on normal play. It is recommended the video equipment and taping procedures be kept at a temperature of 45 degrees or above.

5.3. Videotaping Procedures

5.3.1. Institutions must use new, previously unrecorded tapes if using miniDV.

5.3.2. American Rivers schools will exchange both the wide (preferably all 22 players, at least all on offense and 10 of 11 on defense) and end zone shots for each game. Specific suggestions for end zone filming:

5.3.2.1. Use tripod in filming.

5.3.2.2. The film will encompass two yards outside the tackle box including the linebackers and running backs in the backfield.

5.3.2.3. Visiting teams may use their own person to film the end zone shots if space allows.

5.3.2.4. The filming of end zone shots may be at the mercy of the equipment and/or weather – if this does arise, the corresponding teams will contact the FB liaison to work out a solution.

5.3.2.5. Both cameras must start as the offense breaks the team huddle. Note: If an offense utilizes no huddle, start the camera with the ready-for-play whistle.

5.3.2.6. The sideline camera should have the down and distance for each play, either the sideline chains or the scoreboard. The camera operator must zoom in on either so they can be identifiable on the videotape.

5.3.2.7. The sideline camera should record a picture of the scoreboard on each change of possession and scoring play.

5.3.2.8. The home school must accommodate the videographer either on top or inside the press box. Filming facilities and accommodations should be the same for both institutions. A power supply must be available to both teams.

5.4. Exchange Policies

5.4.1. The American Rivers Conference shall employ a web-based video exchange system for football.

5.4.2. Teams shall have an equal number of games exchanged for early season games (through week 3) when byes have limited the number of games available for one or both teams.

5.4.2.1. Teams shall exchange the same week's game film.

5.4.2.2. If there is only one game to exchanged and the byes took place on different weeks the teams shall still exchange the those films

5.4.3. Each institution, the American Rivers Coordinator of Officials, and each referee shall have access to the site.

5.4.4. The home team shall upload the files by 8:00a Sunday (or day after the game). For non-conference games, American Rivers institution is responsible.

5.4.5. File must include both wide and end zone shots.

5.4.6. File must include the following data with the video:

- Down
- Distance
- Yard Line
- Offense-Defense-Kicking
- GN/LS (Gain or Loss)
- Quarter

5.4.7. All regular-season games played by American Rivers Conference schools shall be available on the site.

5.4.8. For all conference games, the home team is responsible for uploading the video and data files. If the home team experiences technical difficulties with videotaping, editing, or uploading, it is the responsibility of that institution's head

coach to notify the visiting team's head coach of the situation and request the visiting school on the video in question upload their video into the system. The conference office, football AD liaison and American Rivers Coordinator of Officials should also be contacted.

- 5.4.9. Team rosters and play-by-play shall be retrieved from the institution's website. Coaches shall exchange projected two-deeps for the upcoming weekends game by 8:00a on Monday of the game week via email.
- 5.4.10. The American Rivers Conference Commissioner will take appropriate disciplinary action against conference schools not follow the guidelines and procedures established by these bylaws.
- 5.4.11. A conference member institution shall not provide to a non-conference school video that includes footage of games played between that conference member institution and another conference member also on the non-conference school's schedule. The only exception to this rule is a requirement for video exchange for the team(s) involved in the NCAA Football Championship.