

**SAINT JOHN OF THE CROSS
PARISH SCHOOL
2012-2013
FOOTBALL HANDBOOK**

Table of Contents

I	Organizational Alignment	3
	Football Advisory Board	4
II	Roles and Responsibilities - Football Advisory Board	5
III	Philosophy and Mission Statement	7
IV	Code of Conduct	8
V	Coaching Selection	11
VI	Safety	13
VII	Budgeting	15
VIII	Cheerleading	17
VII	Insurance	18
IX	Parochial League Constitution and By-Laws	19

SECTION 1 ORGANIZATIONAL ALIGNMENT

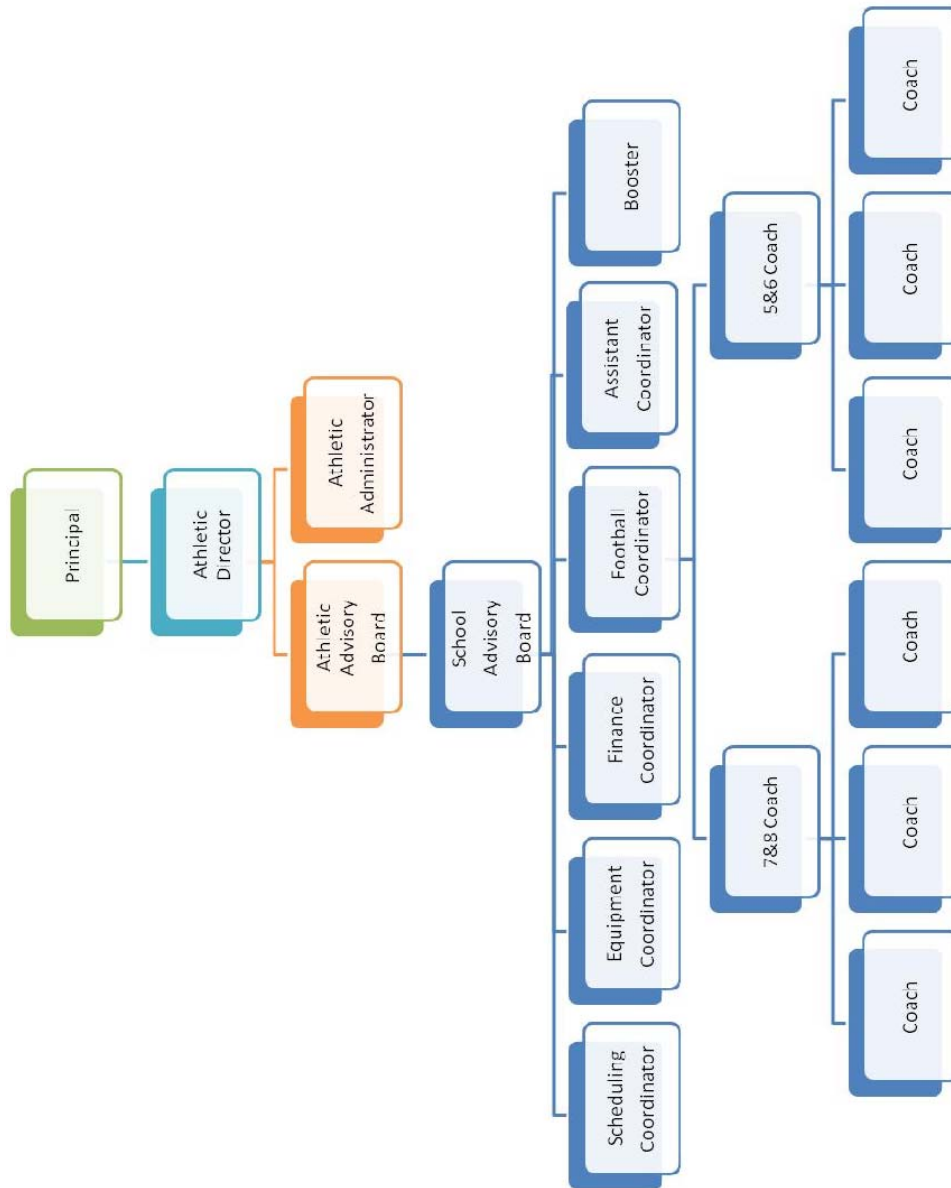
1.1 The Football Advisory Board (FAB). The St. John of the Cross (SJC) Football Advisory Board (“FAB”) will be comprised of eight (8) volunteers who coordinate, administer, coach and raise funds for the Saint John of the Cross football program. The Board will promote an adherence to the highest standards of ethics and will refute a ‘win at all costs’ attitude. The objective of the Board is to provide every interested student an opportunity to participate in parochial league football at a level most appropriate to them, while maximizing the physical, intellectual, social, and spiritual development of each student.

1.2 The SJC Athletic Association (SJAA). The SJAA is a group of volunteers whose purpose is to develop operational policies and procedures that will allow for the effective governance and coordination of St Johns’ athletic programs. The SJAA reports to the St. John’s School Advisory Board and is responsible for overseeing all athletic programs and activities sponsored by the school.

In its role of supporting the football program, the FAB will report to the SJAA and will be responsible for complying with all directives of the SJAA and the Athletic Director. The A.D., or his designate, shall serve as a permanent member of the FAB and shall have the *full* authority under the auspices of the Principal, to direct its actions in accordance with school policy.

1.3 Administration. Administration and accounting functions shall reside with the Athletic Administrative Assistant, subject to the oversight of the SJAA and pursuant to standard policies and procedures for the Athletic Department.

Football Advisory Board



Note: Named positions in this organizational chart are under consideration and are subject to the policy and procedures outlined in the handbook regarding the selection process and Virtus training.

SECTION II ROLES & RESPONSIBILITIES OF THE FOOTBALL ADVISORY BOARD

2.1 Football Coordinator (FC). The Football Coordinator shall oversee all aspects of the football program including budgeting, administration, personnel, safety and logistics. The FC will be a volunteer position and will report directly to the Athletic Director. A critical responsibility of the FC will be the identification of qualified coaches to guide the teams and maintain the high standards of behavior and conduct. The Football Coordinator will be liaison to the Suburban Parochial Football Conference.

2.2 Asst. Football Coordinator (AFC). The Assistant Football Coordinator will be assigned by the FC and will assist the FC in all aspects of the football program including budgeting, administration, personnel, safety and logistics. Among his specific duties, the AFC will be responsible for administering and responding to formal Feedback Forms from parents, coaches or community at large. The AFC will incorporate such requests or comments into the minutes of the FAB meetings as warranted, and shall be singularly responsible for documenting all such input for review by the Board, The Football Coordinator and the Athletic Director.

2.3 Scheduling Coordinator. The Scheduling Coordinator has the overall responsibility for scheduling games, fields, practice times, on-field support personnel, and any administrative requirements of parent, players or coaches. The Scheduling Coordinator will serve as the primary contact between the coaches and the administration as well as the primary liaison to Donna Webster for administrative support (i.e. Virtus training, safety training, etc). The Scheduling Coordinator will not have supervisory authority over the Athletics Administrator, currently Donna Webster. The Scheduling Coordinator will also handle all aspects of game-day concessions and parental support. *For the 2012 season we have a verbal commitment from LT High School A.D. John Grundke to schedule our practices and will seek to formalize a schedule with Nazareth Academy for our home games. Finalizing this will occur upon School Advisory acceptance of the program.*

2.4 Finance Coordinator. The Finance Coordinator has the responsibility for setting the budget for the upcoming fiscal year for presentation to the SAB February meeting, and communicating the details to the FAB, the Athletic Director and the AAB. Responsibilities include ensuring budgets are set and communicated to appropriate members/coordinators and serving as

the primary liaison to Athletic Administrator, who manages the football profit and loss statement and vendor payments and receipts.

2.5 Boosters/Fundraising Coordinator. The Boosters/Fundraising Coordinator has the responsibility for organizing the boosters club and developing and implementing fundraising activities and/or spirit wear that contribute financially to the football program and school at large. It is expressly understood that all fundraising activities will be pre-approved by the Principal, Athletic Director and the School Advisory Board and be conducted in strict accordance with Section VII below.

2.6 Equipment Coordinator. The Equipment Coordinator will be responsible for coordinating all equipment purchases, maintaining the quality and safety of all equipment and coordinating the storage and transportation of all equipment in the off-season. The Equipment Coordinator will work closely with the Budget Coordinator to ensure that all equipment is refurbished each year in accordance with the budget, all pads and field equipment are safety checked annually, and that all equipment purchases are executed as prescribed and approved by the AD and the FC. *Equipment will be stored in an offsite storage facility.*

2.7 Cheerleading Coordinator. **(Position to be added 2013)** The Cheerleading Coordinator shall oversee all aspects of the cheerleading program including budgeting, administration, personnel, safety and logistics. A critical responsibility of the Cheerleading Coordinator will be the identification of qualified coaches to guide the cheerleading teams and maintain the highest standards of behavior and conduct.

SECTION III PHILOSOPHY AND MISSION STATEMENTS

3.1 Commitment. It is assumed that every student-athlete is fully committed to his or her team. The FAB will take the representations in the registration forms seriously and will ask that parents and participants do the same.

3.2 Eligibility. To be eligible to participate in the football program, students must be in good standing both academically and behaviorally. These standards are discussed in the school handbook. School related eligibility requirements are determined, set and enforced by the School Advisory Board and not by the Football Advisory Board. Further, CCD students will be eligible to participate in accordance with Section IV of the Western Suburban Parochial League bylaws.

A. Sports Physical. All student athletes must have a valid sports physical on file pursuant to the current guidelines.

3.3 Code of Conduct. Our student-athletes and all spectators will be expected to conduct themselves in a manner consistent with the goals and the philosophy of our athletic program. This includes, but is not limited to, showing respect at all times to coaches, parents, officials, spectators and all others present at the sporting event. It is also expected that all those present at our games and practices will treat our facility, those of our opponents and our practice fields with respect.

Major discipline problems with students during practices or games where a student represents SJC and which would necessitate serious disciplinary procedures including suspension/ expulsion can and will be enforced by the school. A child can and will miss practices and games for disciplinary reasons at school. The AD will be contacted by the Principal, and in turn, contact the coach of the child's inability to practice/play for a set period of time. Coaches also represent the school and can be requested to step down by the Principal for serious violation of the code of conduct.

SECTION IV CODE OF CONDUCT

4.1. Parents.

- A. **Commitment** – Parents are expected to volunteer as assigned to concessions and an equal and proportionate amount at the season’s Booster’s events
- B. **Code of Conduct** – Parental cooperation and participation is essential to the success of our teams and the program as a whole. To that end, pursuant to the following code of conduct, we expect all parents to:
 - a. Conduct themselves in a manner consistent with the philosophy of the SJC athletic program and its goals at all sporting events
 - b. Players are expected to attend practices and games, and parents are primarily responsible to ensure that this occurs. We ask that parents honor the time commitments a coach makes and advise the coach in advance when a player will be unable to attend. This includes days the child is sick from school.
 - c. Parents are expected to show respect to the coaches, players and referees
 - d. Parents are expected to let the coach “coach” the team during the game and should not relay instructions to their child on what they should be doing. It is very difficult for a child to know whom he or she should listen to – the coach or the parent – particularly when contradictory instructions are given
 - e. The parent may raise any issue or concern with a head or assistant coach. This should be done after a practice or game has been fully completed and preferably away from the field or gym. The 24 hour rule must apply. Please see policy under “communication”. Please see attached feedback form for more details.
 - f. A parent may bring any unresolved issue to the Assistant Football Coordinator, Football Coordinator or Athletic Director. In every case, however, we will ask that the coach be given the first opportunity and a reasonable amount of time to resolve the issue.

4.2 Coaches

- A. **Eligibility** – Individuals are eligible to serve as head or assistant coaches if they have met the following criteria:

- a. Completed “Protecting God’s Children”, and completed a full background check and all applicable requirements as prescribed by the Archdiocese and Saint John of the Cross.
- b. Signed an acknowledgement and agreement to conform to the Coaches Code of Conduct as described below.
- c. Are willing to meet the significant time requirements necessary to plan and attend practice sessions, meetings and games.
- d. Possess knowledge of the game sufficient to instruct and develop players consistent with the philosophy of the Program.

B. Code of Conduct. All coaches are the individuals primarily responsible for implementing the philosophy of our athletic programs, and are the individuals who will have the most impact on our student athletes. With that in mind, we set forth the following code of conduct that our coaches are expected to follow:

- a. Coaches shall conduct themselves at all times in a manner consistent with the philosophy of the SJC program so as to further the goals of the program including the development of the physical, intellectual, social and spiritual aspects of each team member.
- b. Coaches shall use positive reinforcement and constructive encouragement as much as possible and refrain from personal attacks and ridicule of players, parents, coaches, officials and opponents.
- c. Coaches shall at all times conduct themselves in a manner that is in the best interests of the children and the team as a whole.
- d. Coaches shall refrain from the use of profanity and vulgar language.
- e. Coaches shall at all times conduct themselves in a manner reflecting good sportsmanship, and should never embarrass a player, coach, official, parent or opponent.
- f. Coaches shall at all times show respect for the parents of the players, and shall have a process in place where communication can be had between parents and coaches when needed.
- g. Coaches shall never physically or mentally abuse a player
- h. Coaches shall keep abreast of the rules of the game and playing and coaching techniques and shall prepare sufficiently in advance of practices and games so as to make the practice or game as beneficial as possible to the advancement of the goals of the SJC athletic program; and
- i. Coaches shall be familiar with, and abide by, all the playing time rules as well as all league rules.

- j. Major discipline problems with students during practices or games where a student represents SJC and which would necessitate serious disciplinary procedures including suspension/ expulsion can and will be enforced by the school. A child can and will miss practices and games for disciplinary reasons at school. The AD will be contacted by the Principal, and in turn, contact the coach of the child's inability to practice/play for a set period of time. Coaches also represent the school and can be requested to step down by the Principal for serious violation of the code of conduct.

We also ask that our coaches:

- a. Make the sport fun and a vehicle for the total development of the child.
- b. Create an environment that is conducive to learning, supportive, proactive, and characterized by positive reinforcement.
- c. Let the player know what to expect from you and what you expect from them.
- d. Develop team discipline that is internally generated rather than externally imposed.
- e. Focus your efforts on the continuous improvement of all players regardless of ability level.
- f. Do not coach your child to the exclusion of others.
- g. Get to know your players, and help them to get to know you and their teammates.
- h. Listen to your players, so they listen to you.

C. Responsibilities:

- a. Must attend all orientation meetings presented by the FAB.
- b. Conduct a team meeting with the parents at the first practice to clearly set our team expectations and to provide parents with a schedule of practices, games and any administrative meetings (weigh-ins, uniform pick-up, etc).
- c. Notify his/her team of all practices and their locations. Coaches must keep players within their designated practice areas and not be disruptive to other activities taking place in the school.
- d. Notify all parents and the Football Coordinator of any changes or cancellations to schedules by 12:00 noon. Under no circumstances should changes be conveyed between students. Cancellations include all remaining scheduled practices after the season has completed.

- e. Responsible for the distribution and collection of all uniforms. Roster numbers of each player must be provided to the Football Coordinator.
- f. Ensure that all students have been safely picked up by a parent or guardian from all practices and games. At no time should a student be left without supervision.

SECTION V COACHING SELECTION

Football will follow the guidelines for coaching selection as put forth by the Athletic Advisory Board.

SECTION VI SAFETY

6.1 Safety. The safety of the players is the most important responsibility of the FAB and the coaches. To help ensure the health and safety of our young athletes, all coaches will be required to take the online course “Heads Up” developed by the Center for Disease Control. See <http://www.cdc.gov/concussion/HeadsUp/youth.html> for further details.

The CDC developed the *Heads Up: Concussion in Youth Sports* initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The *Heads Up* initiative provides important information on preventing, recognizing, and responding to a concussion.

6.2 On-Staff Medical Attendant. SJC Football will provide on-site medical attention to ensure the health and safety of all players. Volunteer licensed health care providers will be welcomed to provide the game day medical

service. When volunteer health care services are unavailable a professional licensed health care provide will be contracted.

6.3 Equipment. To further ensure the safety of our young athletes SJC Football will provide the highest quality football equipment possible. To guide the FAB in equipment purchases the FAB will utilize the peer reviewed scientific study (published May 2011) by the Virginia Tech Wake Forest National Impact Database. (<http://www.sbes.vt.edu/nid.php>). As new studies become available, the FAB will work to incorporate all new key learnings.

6.4 Adult Football Helmet Ratings - May 2011. A total of 10 adult football helmet models were evaluated using the STAR evaluation system for May 2011 release. All 10 are publicly available at the time of publication. Helmets with lower STAR values provide a reduction in impact compared to helmets with higher STAR values. Based on this, the best overall rating of '5 Stars' has the lowest STAR value. Group rankings are differentiated by statistical significance. **The FAB has committed to a *minimum* overall rating of four stars for the purchase all SJC football equipment.**

5 Stars: Best Available*Significantly better than all others***Riddell Revolution Speed**

STAR Value: 0.297

Cost: \$243.99

4 Stars: Very Good*Significantly better than 3,2,1,NR Star groups
No significant difference between the 5 in this group***Schutt ION 4D**

STAR Value: 0.351

Cost: \$259.95

**Schutt DNA Pro +**

STAR Value: 0.352

Cost: \$169.95

**Xenith X1**

STAR Value: 0.356

Cost: \$299.99

**Riddell Revolution**

STAR Value: 0.362

Cost: \$182.99

**Riddell Revolution IQ**

STAR Value: 0.369

Cost: \$222.99

3 Stars: Good*Significantly better than 2,1,NR Star groups***Schutt Air XP**

STAR Value: 0.434

Cost: \$179.95

2 Stars: Adequate*Significantly better than 1, NR Star groups***Schutt Air Advantage**

STAR Value: 0.678

Cost: \$159.99

1 Star: Marginal*Significantly better than NR group***Riddell VSR4**

STAR Value: 0.791

Cost: Not Applicable
Used helmets were tested
to provide a reference**NR: Not Recommended****Adams A2000 Pro Elite**

STAR Value: 1.700

Cost: \$199.95

SECTION VII BUDGETING

7.1 Budget Submission. The football budget is part of the overall athletic budget. The FAB will work with the Athletic Director in planning the budget for presentation to the School Advisory Board for recommendation to the Principal for approval. Such budget shall provide for all the necessary equipment, fees, salaries, and off site requirements to meet the needs of the program for the year. The budget will detail the necessary reserves to maintain the equipment.

7.2 Budget Approval .The criteria for budget approval shall be as follows:

- A. The football budget is part of the athletic budget, which exists under the umbrella of the school. As such, all monies go through the athletic Administrative Assistant who collects fees, makes deposits, charges the appropriate line items, and writes checks for any expenses incurred by football, in the same manner for all sports within the Athletic Association. Monthly reports shall be generated by the Athletic Administrative Assistant and given to the Athletic Director.
- B. **Reserves.** Any reserves required for necessary equipment, uniforms, etc. will be requested through the Athletic Director and approved by the principal.
- C. **Personnel.** The Athletic Director presently receives a stipend for his job as Athletic Director. With the addition of football to his responsibilities, the football budget will contain a stipend for his additional work. The Athletic Administrative Assistant is employed at the school on an hourly rate. Any additional hours worked spent on football business shall be charged her hourly rate within the football part of the budget.

7.3 Fundraising. The FAB shall be allowed to sponsor one main fundraising event in the fall of each school year to support the ongoing needs of the football program with an anticipated give back to the school of \$20,000. Such event shall be pre-approved by the School Advisory Board and conducted in accordance with parish and school guidelines. Any additional, non-revenue generating “booster” events (homecoming events, pep rallies, etc.), shall also be subject to approval by the School Advisory Board.

7.4 Use of Surplus. Subject to the provisions of Section 7.2, it is assumed that after the first year of operation the fundraising efforts of the FAB will exceed the financial needs of the program. Annually, in conjunction with the budgeting process, the FAB shall identify the specific surplus amount (the amount remaining in the operating account less current and reserve

requirements) to go back to the general fund of the school. The surplus amount shall be approved by the Athletic Director and formally presented to the School Advisory Board in conjunction with the annual budget process.

7.5 Event of Shortage. In the event that the FAB is unable to fund the operations of the Program as prescribed by the pro-forma budget, the Football Coordinator and Athletic Director shall make a recommendation to the School Advisory Board to cease the operation of the Program. In such case, the winding down of the program shall occur as follows:

- A. The balance in the operating account shall be applied to any remaining expenses.
- B. Disposition of all uniforms and equipment shall be made at the discretion of the School Advisory Board, to include liquidation through re-sale or in-kind donation to another program.
- C. All remaining funds in the operating account shall be transferred to the general fund of the school.

7.6 Accounting Controls. All accounting functions for the football and cheerleading programs will be administered through Donna Webster in accordance with standard Athletic Department policies and procedures. A separate Profit and Loss Statement for these programs shall be maintained as described in Sections 7.1 – 7.3 above.

SECTION VIII CHEERLEADING

8.1 Squad Creation. *It is the expectation of the FAB that two cheerleading squads will be added to the athletic program by the fall of 2013. We are in the process of identifying a Cheerleading Coordinator and will work to complete a preliminary squad roster by the close of the 2013 school year.*

8.2 Budgeting. A cheerleading budget will be created at the time of program inception, and subject to participation levels. Cheerleading uniforms and program support will be funded through an annual participation fee, but will be subject to the same provisions as detailed in Section 7 above.

Section VIII Insurance

9.1 Liability Insurance. The SJC Football Program and its volunteers are covered under the Archdiocese of Chicago's liability insurance umbrella.

9.2 Medical Waiver. All participants sign a medical waiver releasing SJC and the Archdiocese of Chicago from any obligations injury or necessary medical attention. (See following medical release)

9.3 Prevention. The policies and procedures set forth by the FAB including the Football Handbook will be reviewed the Archdiocese of Chicago's Risk Manager (and SJC parishioner) to ensure the appropriate levels preventative measures are in place. Specifically, all coaches will not be allowed to transport student athletes to or from any games, practices, or any football functions. For further information regarding insurance, please contact:

ARCHDIOCESE OF CHICAGO

Risk Management - Insurance and Risk

Contact Information

Donald Turlek
Risk Manager
PO Box 1979
Chicago, IL 60690-1979
Telephone: 312-534-8295
Facsimile: 312-534-8392
E-mail: dturlek@archchicago.org

Enclosure (1): Parochial League Constitution and By-Laws

**Suburban Parochial League
Constitution and By-laws**

CONSTITUTION

Article I	Name	Page 1
Article II	Philosophy	Page 1
Article III	Purpose	Page 1
Article IV	Eligibility	Page 1
Article V	Administration	Page 2
Article VI	Meetings	Page 3
Article VII	Voting	Page 4
Article VIII	Amendments	Page 4
Article IX	New Members	Page 4
Article X	Awards	Page 4
Article XI	Expulsion	Page 5
Article XII	Withdraw	Page 5

BY-LAWS

Article I	Contests	Page 6
Article II	Weight Eligibility	Page 7
Article III	Rules Competition	Page 7
Article IV	CCD	Page 10
Article V	JV '5 th ' Quarter	Page 11
Article VI	Sportsmanship	Page 12
Article VII	Contests: Time & Length	Page 12
Article VIII	Equipment & Uniforms	Page 13
Article IX	Field & Weather	Page 14
Article X	Scoring	Page 15

CONSTITUTION**Article I**

Name This association shall be known as the Suburban Parochial Football League (SPFL).

Article II

Philosophy The SPFL is based upon the belief that football is educationally sound and plays an important part in the development of the participant's physical, mental, emotional and moral growth. The SPFL offers experiences through competition and its lead-up activities should enhance the educational programs of the member school.

Article III

Purpose The purpose of the SPFL is to offer those experiences needed to reach the educational objectives of interscholastic athletics as stated in the philosophy of the league. The league shall provide a means for member schools to enhance their instructional program. The SPFL shall provide the participants with opportunities to learn skills and develop moral and emotional patterns beyond those offered in the school. Major emphasis will be placed on learning through competition as well as acquiring the skills of the sport. These activities shall be modified to meet the physical, mental and emotional levels of the participants.

Article IV

Eligibility

Section I All participants of the SPFL must be currently enrolled in respective member school as a full-time student, unless participants qualify as CCD participants hereinafter.

Section II Any participant whose fifteenth (15th) birthday is before August 15th of the current school year shall be declared ineligible for competition.

Article V

Administration

Section I Management of this association shall be vested in the SPFL Board and the respective school athletic directors or designees

Section II The members of the SPFL Board shall be:

- Commissioner
- Secretary
- Treasurer

Section III Commissioner - Appointment and Duties:

a.) The league commissioner office shall be rotated every two (2) years among the member schools. The rotation order and term are listed below.

(Note: Any new members will be added to the end of the rotation list

after their two-year probation period has expired.)

<u>School</u>	<u>Term</u>
St. Francis	'03-'04
St. Cletus	'05-'06
St. Joseph	'07-'08
IC	'09-'10
St. Isaac	'11-'12
Visitation	'13-'14
Sts. Peter & Paul	'15-'16
Our Lady of Peace	'17-'18
St. Joan of Arc	'19-'20
Queen of the Rosary	'21-'22
St. Michael	'23-'24
Sacred Heart	'25-'26

b.) The duties of the Commissioner shall be to:

- 1) Chair all league meetings

- 2) Set-up and appoint member schools' representatives to committees when needed
- 3) Supervise all league functions
- 4) Assist with league weigh-in
- 5) Uphold the league's Constitution/By-Laws

Secretary - Election and Duties:

- a.) The Secretary shall be elected to office every three (3) years by a two-thirds majority vote of the league members.
- b.) The duties of the Secretary shall be to:
 - 1) Assist the Commissioner at all league meetings
 - 2) Take and distribute the minutes for all meetings
 - 3) Validate and distribute all member school's rosters
 - 4) Oversee & assist with league weigh-ins
 - 5) Provide weekly scores and standings for league.
 - 6) Uphold the league's Constitution/By-Laws

Treasurer - Election and Duties:

- a.) The Treasurer shall be elected to office every three (3) years by a two-thirds majority vote of the league members.
- b.) The duties of the Treasurer shall be to:
 - 1) Assist the commissioner at all league meetings
 - 2) Manage and direct the finances of the SPFL - recommend any increase/decrease in annual league fees based on league expenses.
 - 3) Oversee the Head of Officials in charge of assigning referees
 - 4) Assist with league weigh-in
 - 5) Uphold the league's Constitution/By-Laws

Section IV

The Commissioner with the assistance of the Treasurer shall propose to each member school the expense necessary to facilitate the league for the new season. A recommendation of a fee increase or decrease shall be discussed at the fall meeting with voting on the increase/decrease to come in the spring by member schools.

Section V

The athletic directors or a duly appointed designee of each member school shall determine the rules governing eligibility, make any rule change recommendations that are in the best interest of the SPFL, and assist in arranging schedules when necessary.

Article VI

Meetings

Section I

There will be tri-annual meetings of member schools to discuss general league business and set the schedule for the upcoming season. The meetings will be held as follows:

- October (End of regular season)
- May (Prior to end of school year)
- August (Before league weigh-in)

Section II

Special meetings may be called by the Commissioner, Secretary or Treasurer if deemed necessary or by notification of two (2) or more of the league members. The Board shall determine if a special meeting is warranted based on the request. Member schools shall be notified in writing a minimum of seven (7) days before the meeting.

Section III

Each member school must have an authorized representative (designee) empowered to set schedules and vote on proposals at all meetings requested.

- a.) Member schools not represented at league meetings shall be subject to probation for one (1) calendar year
- b.) A second offense while on probation will result in immediate suspension from all league events.

Article VII

Voting

All issues involving the Constitution shall require a two-thirds majority vote while a simple majority vote shall apply to issues involving the By-laws or any general league business.

Article VIII

Amendments

The Constitution/By-Laws shall be amended at the spring meeting only. The 'proposed' amendment(s) must be submitted in the fall or at a 'special' meeting called by the league board. At that time all proposals shall be reviewed by the league members who shall recommend whether to table a proposal until the following October or put it to a vote in the spring. Member schools shall receive in writing the proposal(s) to be voted on at least 120 days before the scheduled spring meeting unless submitted at a 'special' meeting then they must receive it thirty days beforehand.

Article IX

League Organization

Section I The SPFL shall consist of a maximum of sixteen (16) member schools with two eight-team divisions. Divisions will be based upon but not limited to the school's team(s) size, 3 year school enrollment forecast, the overall team/school success, school rivalries and the ability of schools to participate in 'B' games on a regular and ongoing basis

Requests for re-alignment by any league member, by any new member or by the Board must be submitted to the Board in writing at least 120 days prior to the Spring Meeting. Any re-alignment proposal must be submitted to all member schools at least thirty-days before the Spring Meeting and voted on at the Spring Meeting. A two-thirds vote is required at the Spring Meeting to approve a league re-alignment proposal.

New Members

Section II A minimum of two (2) schools must petition and be approved by the league for entry. The league shall not accept one school at a time unless it is to replace any current member who has withdrawn from the league. The league shall accept one new member at a time for each current member that withdraws.

Section III School(s) shall petition the league in writing no later than May 1st. If approved at the spring meeting the new member(s) shall begin participation a minimum of twelve (12) months after approval unless the Board allows immediate participation. Should a member school withdraw the new school would be allowed to immediately assume the schedule of the withdrawn member school for the upcoming season if prepared to do so.

Section IV The league shall review any petition received and vote on acceptance or rejection of the petitioning school(s) at the spring meeting. Notification shall be provided in writing for acceptance or to state the reason(s) for rejection.

Section V New member(s) shall automatically serve a two-year probation period before becoming a permanent member of the league. During the probation new member(s) shall be allowed to partake in all league activities but shall not be able to serve on the board or vote until their probation has expired. While the school is on probation the league shall have the power to reprimand /expel the new member should the integrity of the SPFL and its Constitution/By-Laws be compromised without due process.

Article X

Awards

Section I There shall be a plaque(s) awarded to the team(s) finishing in first place during the regular season at both the JV & Varsity level. Should there be more than one team tied for first place based on final season record (including any "crossover" games), a plaque(s) will be awarded designating co-champions or tri-champions, as appropriate. Should there be more than one conference, first place plaques shall be awarded at both the JV and Varsity level for each conference. A league or conference playoff championship game shall require at a minimum a 1st place trophy.

Section II While there shall be a first place season conference championship award and a conference playoff championship game and award (should there be more than one conference), at the Junior Varsity level the league stresses that this level shall be considered instructional. The league recommends that member schools encourage the younger boys to participate by offering additional playing time (5th quarter/'B' games) and making the experience fun while learning the game.

Section III There shall be an All-Conference Team selection on the Varsity level only. The number of selections per team is as follows:

<u>Place</u>	<u># of Selections</u>
1 st	8
2 nd	7
3 rd	6
4 th	5
5 th	4
6 th	3
7 th & Below	2

The respective school's coaches shall make their team's selections. Certificates will be provided by the league and validated by the commissioner.

Article XI

Expulsion

Section I Any blatant violation of the SPFL Constitution/By-Laws or the spirit of its philosophy shall render the offending school eligible for expulsion.

Section II

Any complaint concerning a member school must be submitted in writing to the board for evaluation and action. Depending on the severity of the complaint the commissioner shall appoint a committee consisting of the secretary, treasurer (unless their respective school(s) is party to the complaint) and two (2) neutral member schools. The committee shall review and investigate the complaint after which recommendations shall be presented to the member schools within thirty (30) days. The commissioner shall notify any party named in writing within fifteen (15) days of receiving the complaint with a copy of the letter forwarded to the school's administrator. The member schools not involved shall vote on one of the recommendations provided by the committee. The vote shall take place at the league's next scheduled meeting or at a special meeting called by the commissioner if deemed necessary. The league's decision shall be binding and the party(s) involved shall abide by the ruling given. There shall be no appeal process.

Article XII**Withdraw**

Any league member wanting to voluntarily withdraw from the SPFL shall make their intentions known in writing to the board at least 180 days (6 months) in advance or until all contractual obligations are met.

BY-LAWS

Article I

Contests

Section I

There shall be contests held at the following levels:

- Junior Varsity (5th & 6th grade)
- Varsity (7th & 8th grade)

Section 1.1

In the event that there are two conferences of teams, the regular season shall consist of seven league games, five games in conference and two out-of-conference 'cross-over' games.

Section II

There shall be a league champion acknowledged when at least five (5) schools participate in the SPFL. A team plaque shall be awarded to the first place team at both the JV & Varsity levels. Should there be more than one conference the first place teams of each conference at both the JV and Varsity level shall be awarded team plaques. An award shall be given to the winner and runner up in any league or conference playoff championship game.

Section III

There shall be a league playoff on Week 8 consisting of a 4-team playoff bracket comprised of the top four finishing teams in each Conference. The winners of the playoff game will play for the Conference Playoff Bowl Championship in Week 9. Every effort shall be made to play the Gold & Silver Playoff Championship Games on a central field.

An end of season game shall be played for all teams not qualified for league playoffs extending the season by one week. The 5th & 6th place teams within each conference will play a consolation game in Week 8. All member schools shall participate in post-season play. Schools not willing to participate shall sit out two (2) years from playoff consideration before regarding eligibility. The playoff pairings will be as follows:

Four Team (One week)

(One Conference)
1 vs. 4 & 2 vs 3
conference
(Winners advance)

Eight Team (Two weeks)

(Two Conferences)
1 vs. 4 & 2 vs. 3 in each
(Winners advance)

Note: The higher seeded team shall be the home team.

Should two teams tie, the higher seeded or 'qualifying' team would be determined by their head-to-head meeting during the season.

If three or more teams tie, the order of finish would be determined by the following tie breaker rule(s):

1. Point Differential, where no more than 16 points are counted for a given game.
2. If more than two teams are still tied, then point differential just for conference games are counted.
3. If more than two teams are still tied, then a coin flip by the League Commissioner will decide the winners.

If three or more teams tie, the order of finish would be determined by the point differential of the games played among those teams. Should a minimum of three teams remain tied (Note: if after determining the point differential among the teams two teams still remain tied then the tiebreaker shall revert to the head-to-head meeting of the two schools during the season) then a coin flip shall be conducted by the Commissioner.

A conference call shall be made to the athletic directors of the schools involved and either the Secretary or Treasurer shall be witness to the event (unless their respective schools are party to the coin flip, then the Commissioner shall appoint a representative of a member school as witness).

- Section IV** Registered Illinois High School Association referees shall be used for all league games. The assignment chairman (Head of Officials) shall provide member schools with a list of all the league referees and rating cards. It will be the responsibility of each member school to rate the referees at both the JV and Varsity level and forward the cards to the Head of Officials each week. Three (3) referees shall work all games including the 5th quarter/'B' game.
- Section V** All league members shall maintain adequate insurance for those players competing on their teams (JV & Varsity). This shall be the responsibility of the individual member schools. The league is not liable for any school that does not obtain proper insurance.
- Section VI** The home team shall either have a paramedic/doctor on site during all contests or have "reasonable" access to medical treatment. (Reasonable shall be defined as within fifteen (15) minutes of the field)
- Section VII** During all contests players, coaches and school personnel (managers, ball boys, athletic directors, etc.) must remain within the 25-yard lines and one yard back from the playing field. (No non-coaching parents are allowed within the 25-yard lines. It is the responsibility of each member school to control its crowd.)
- Section VIII** Should the visiting team be delayed for any reason in arriving at the home team's field the visiting team shall notify the home team at

least fifteen (15) minutes to the start of the game. Otherwise the game shall be ruled a forfeit win for the home team.

Article II

Weight Eligibility

The maximum weight limit for a non-striper is as follows:

Varsity 135 lbs

JV 105 lbs

All other weight requirements will be provided at the spring meeting.

Article III

Rules Competition

Section I

The SPFL shall abide by the Illinois High School Association (IHSA) rules in conjunction with the following league additions:

- A.) There shall be no more than five (5) stripers per team allowed on the field at any one time.

(NOTE: Of the 11 players on the field only 5 can be stripers.)

Penalty: A fifteen (15) yard penalty shall be assessed from the line of scrimmage (LOS) if more than five stripers are on the field at any one time unless it can be rectified before the play starts then no penalty shall be called.

- B.) All stripers shall be marked with a contrasting stripe on the helmet. Stripe shall be a minimum of one (1) inch and cover the circumference of the helmet (from ear-hole to ear-hole in a complete circle). Failure to comply will result in the player being removed from the game and the violating team being charged a timeout. The player can only return once the stripe is in compliance with league rules.

- C.) A striper shall not advance the football under any circumstances (i.e. kick/punt return, fumble recovery, pass interception, pass reception, running, etc.). The player must down the ball immediately at the spot of possession.

Penalty: A fifteen (15) yard penalty shall be assessed from the spot of the infraction when advancing the football.

- D.) Any player classified as a striper will be restricted to the following positions and/or stipulations:

- 1.) Offense center - guard - tackle (non-ball carrying positions)

- 2.) Defense No restriction on position but player must line-up in set position within five (5) yards of the LOS before the ball is snapped.
- 3.) Kickoff No restriction on position (Kicker may be one of the 5 striper on the field.)
- 4.) KO return Must line-up no more than ten (10) yards from the placement of the football by the referee.
- 5.) Pt return No restrictions on position but player(s) must line-up within five (5) yards of LOS before ball is snapped.

Penalty: A fifteen (15) yard penalty shall be assessed from the LOS if a striper:

- a) lines up in an eligible (ball-carrying) position**
- b) is outside the yardage limitations when the ball is snapped**

- 6.) Punt/Place-kick No restrictions unless lining up in an eligible position. Eligible position shall be defined as follows:
- End
 - Blocking Back
 - Punter
 - Holder (Placekick only)
 - Kicker (Placekick only)

If a striper lines up in one of these positions then the ball cannot be advanced under any circumstances except by punting or kicking. Should there be a bad snap or the ball muffed the play shall immediately be whistled dead and the ball shall be placed at the spot it was at when the play ended (referee's determination).

Penalty: A fifteen (15) yard penalty shall be assessed at the spot of the infraction if:

- a) the ball is advanced by a striper**
- b) the ball is advanced by a non-striper when a striper is lined up in an eligible position at the start of the play.**

Section II

A 'slaughter' rule shall be enforced at the Junior Varsity and Varsity level once the point differential between the two teams becomes 24 points or greater. A running clock shall immediately be implemented and will be maintained. Once the point differential drops below 24 the clock will revert back to normal (stopping when required).

Section III

There shall be overtime at the Varsity level and the league shall follow the IHSA format. There shall be no limit on the number of

overtimes. The Junior Varsity will be limited to three overtimes during the regular season but unlimited in tournament play.

Section IV

League rosters shall be turned in to the Secretary 7 days before the initial weigh-in and must contain the following information and completed on the provided template provided by the league. A signed copy must be turned in before initial weigh-ins.

- Player's Name
- Date of Birth
- Grade Level
- Weight
- Jersey Number
- CCD
- School Administrator (or designee) signature
(NOTE: Without signature roster is invalid)

The Secretary shall verify weight, age & CCD eligibility of the players and provide copies of all rosters to each team by the first game of the season. The roster must be complete (all information included) when turned in, otherwise the players for the violating team shall not be weighed until a signed completed roster is provided.

Section V

Protests shall be limited to the following:

- 1.) Ineligible player (due to):
 - a.) Age
 - b.) CCD eligibility
 - c.) Weight (non-striper vs. striper)
- 2.) League rules interpretation
- 3.) Field conditions
- 4.) Correctable error(s) (includes but not limited to clock, score, etc.)

The protesting team must notify the opposition and referees either before or during the game. The protest must be filed with the League Office within 24 hours. The three member board (Commissioner, Secretary, and Treasurer) shall meet within 48 hours to review the protest, consult with the parties involved and issue a ruling. Should one of the board members be a party to the protest, a representative of a member school shall be chosen by one of the officers to serve in their place until a ruling has been given.

Section VI

Member schools shall be limited to four "gatherings" per week once school is in session. "Gatherings" shall be defined as any practice or game or film session. There shall be no restrictions on "gatherings" before the start of school. Please note film sessions will be considered a 'gathering' by the diocese and therefore do count against the four gathering limitation.

Section VII

First day of practice will be voted on at the Spring meeting. All participants are required to participate in a total of twelve (12) practices before the first game in order to be eligible to play. The first three days of practice for all participants must be conducted in helmet and shoes only. Any team in violation of the above shall result in the game/games that the player(s) participated in being forfeited. Please note the SPFL season shall not exceed a maximum of twelve weeks.

Article IV**CCD**

CCD participants shall be allowed on all Silver Division schools when eligible based on their combined enrollment of male students at the 5-6 level and the 7-8 level. The league reserves the right to remove CCD eligibility from any school if the league discovers they have failed to adhere to the rules outlined below. A two (2) year suspension from any new CCD player eligibility will follow any violation determined by the league.

- 1.) CCD eligibility shall be determined by the '50% Test'.
 - a.) The CCD eligible school must provide on an annual basis a complete 'SPFL Information Sheet' indicating school enrollment and the total number of boys at each eligible grade level (5th - 6th - 7th - 8th). The school athletic director and administrator must validate this information.
 - b.) The 5th & 6th grade boys' numbers must be added together (as well as the 7th and 8th grade boys' numbers) to determine the number of eligible players for the JV & Varsity levels.
 - c.) The total number of boys for each level shall be multiplied by 50% to determine the following:
 - If the number so calculated is less than twenty-six (26) that school shall be CCD player eligible.
 - If the number calculated is equal to or greater than twenty-six (26) that school is not eligible for CCD player participation.
 - d.) Each level, JV & Varsity, for each school must qualify separately, however, both levels need not qualify for one level to be CCD eligible at any given school.
- 2.) Each CCD eligible team shall be limited to twenty-six (26) players and no more than 50% of these players can be CCD participants.

- a.) If the school participants are greater than 13 the CCD participants must be reduced accordingly. (e.g., with 16 school players on roster only 10 CCD players will be allowed)
- b.) If the school participants are less than 13 the roster size shall be less than 26 players. (i.e., If 11 school players on roster only 11 CCD players (50%) can participate limiting the roster to 22.)
- 3.) All CCD participants shall be enrolled and attending CCD classes at the eligible school and be members of the parish. A league form must be completed and validated by the RED Administrator. This form must be turned in at each weigh-in to retain CCD eligibility.
- 4.) Any exception to the CCD policy must be requested in writing to the Commissioner a minimum of thirty (30) days before the first league game. The Commissioner shall poll the members at a special meeting for league approval/denial. Exceptions must be requested on an annual basis.
- 5.) Individual player CCD grandfather clause.
- a.) If a player is eligible for CCD participation at a CCD eligible school, and plays one year at that CCD eligible school, that player will be allowed to finish his football career at that school provided he plays every year and is in good standing with the RED, irrespective of whether that school remains a CCD eligible school during the remaining years of that player's grade school career.
- b.) A player who is a school participant and who thereafter transfers to a public school and becomes a CCD eligible player, is granted CCD grandfather status provided he doesn't skip any years of participation and is enrolled in CCD at that parish thereafter.
- c.) CCD eligible schools may exceed the twenty-six player roster maximum by the number of grandfathered players participating on a given team by the number of grandfathered participants. However, no new CCD players may be added while the roster exceeds the twenty-six player maximum.

Sister School

Member schools that have fewer than 26 eligible players by the '50% Test' may elect to partner with a non-league sister school to form one team. Combined enrollment at each

level; JV (5th & 6th) and Varsity (7th & 8th), must be fewer than 40 male students for each school to be eligible for partnership.

School partnership proposals must be brought before the league for a vote at the spring meeting. Enrollment projections for the next four years for each school will be reviewed and considered as part of the proposal. Partnerships will be subject to review every four years.

The combined team will be considered as one (1) team by the SPFL, having one vote on league matters. As a full member of the SPFL, sister schools are subject to all rules and eligibility requirements outlined by the SPFL.

Article V

5th Quarter / B Games

- Section I** A '5th Quarter' or complete 'B Game' shall be played after the JV game with the official start times as described below.
- Section II** 5th Quarter shall be played with a running clock for a minimum of thirty (30) minutes with each team having fifteen (15) minutes on offense & defense.
- Section III** Time between plays (ball put into play by the referee) should not exceed a maximum of thirty (30) seconds. The 'delay of game' penalty shall be enforced by the referee if continually abused.
- Section IV** Only one (1) coach shall be on the field during defense and in the huddle on offense at all times. The other coaches shall be on the sidelines or behind their offensive huddle with the other players/substitutes.
- Section V** Players not currently participating shall remain on the sideline during defense and either on the sideline or approximately ten (10) yards behind the huddle during offense.
- Section VI** Abuse of sections III, IV & V may result in the referees calling the game and/or removing coaches/players from the field. Regular abuse of the above by-laws shall result in league sanctions.
- Section VII** A minimum of five B games will be played at both the junior varsity and varsity level in the Gold Conference while the Silver Conference may play a 5th Quarter or B game if possible. Schools in the Silver Conference are obligated to play a 5th quarter if they have 26-32 eligible players and a B game if they have 33 or greater eligible players. Any school meeting the league requirements but not able

to satisfy the 5th Quarter / B game requirements must notify the Commissioner in writing (e-mail) copying the Head of Officials and opposing school no later than 72 hours before the game. Please note that extenuating circumstances must exist for the Commissioner to grant such a request.

Section VII

5th Quarter and/or B games shall be played on the same day and when possible at the same field as the 'A' games. Unlike 5th Quarter, B Games will follow the same rules as the A games. When B games are scheduled, every effort shall be made by the teams and officials to play a complete B game, including appropriate clock stoppages, provided, however, that the Varsity A game shall not be delayed by more than fifteen (15) minutes.

The times of the games would be as follows:

Game	Day	Evening
JV 'A'	10:00	4:30
JV '5 th Quarter	11:30	6:00
JV 'B'	11:30	6:00
Varsity 'A'	1:00	7:00
Varsity 'B'	2:30	8:30

The Head Official (in charge of assigning referees) must be notified 72 hours in advance if the 5th Quarter will be extended or a 'B' game will be played. If playing a JV 'B' game the game must start at the times noted above so as not to adversely affect the start of the Varsity 'A' game. Also games re-scheduled or played during the week ('B' games) must be scheduled Tuesday or Wednesday due to availability of referees.

Section IX

The Home team shall have the responsibility of contacting the opponent about playing a 5th quarter / B Game. The home team must contact the opposing team no later than the Wednesday night before their scheduled game otherwise the opponent is allowed to schedule 5th quarter / B games with other member schools.

Article VI

Sportsmanship

Section I

All member schools agree to adhere to the highest standard of ethics and shall refute any "win at all cost" philosophy in order to maintain and uphold the Interscholastic Program as educationally and morally sound.

Section II

Member school personnel (includes coaches, players, managers, ball boys, cheerleaders, etc.) and fans shall conduct themselves at

each contest in a manner that does not compromise the integrity and spirit of the SPFL.

Section III

Any coach and/or player ejected from a game (including the "5th" Quarter/'B' games) for unsportsmanlike conduct the following shall occur:

- 1.) *1st ejection: One game suspension
- 2.) *2nd ejection: Two game suspension with hearing

*Any type of physical contact with a referee shall result in an immediate suspension of indefinite length until a hearing can take place.

(*NOTE: The commissioner shall appoint three non-involved member schools who shall review the incident(s) and recommend if additional disciplinary action is needed. The hearing shall take place within 72 hours of notification by the Head of Officials with a recommendation(s) to follow within ten days of the hearing. All non-involved schools shall vote on the recommendation(s) provided.)

Article VII

Contests: Time & Length

Section I

Varsity and Junior Varsity contests shall consist of four quarters and the quarters shall consist of the following minutes:

	<u>Minutes</u>	<u>Quarters</u>	<u>Total Minutes</u>
JV:	Nine (9)	Four (4)	= 36 minutes
Varsity:	Ten (10)	Four (4)	= 40 minutes

Section II

Half-time for both levels shall consist of fifteen (15) minutes with the last three (3) minutes to be for stretching & warming-up as required per IHSA rules.

Section III

Games shall be played weekly. The game times for each level shall be:

	<u>Junior Varsity</u>	<u>Varsity</u>
Day:	10:00am	1:00pm
Night:	4:30pm	7:00pm

(NOTE: 5th quarter shall start no later than 12:00am during the day and by 6:00pm at night. If playing a JV B Game should start no later than 12:00pm and 6:00pm respectively.)

Section IV The varsity teams shall be required to warm-up before their game away from the playing field. Once the JV game has ended the varsity shall have a minimum of five (5) minutes on the field before the start of the game.

Section V The referees shall require a minimum of five (5) minutes between the JV 'A' games & 5th Quarter/B, the 5th/B games & Varsity A games and the Varsity A & B games.

Article VIII

Equipment & Uniforms

Section I All players must wear the following equipment to be eligible for participation:

- 1.) Helmet with faceguard - NOCSE approved
- 2.) Shoulder pads of standard football issue
- 3.) Padded football pants or standard football issue
- 4.) Protective mouthpiece
- 5.) Colored jersey with contrasting numbers
- 6.) Shoes of any football issue (no metal exposed)

(NOTE: Jewelry is not permitted.)

Section II Failure in meeting the minimum equipment requirement shall result in the following:

- 1.) Immediate ejection of the player(s) from the game
- 2.) Fifteen (15) yard penalty assessed against the team

Section III Teams shall have standard uniforms in colors and design. SPFL schools are encouraged to follow IHSA uniform guidelines when purchasing new and/or supplementing existing uniforms. Schools purchasing new uniforms should avoid color/design combination conflicts with existing schools uniforms. SPFL Board recommends schools to submit notification of new uniforms prior to purchase to avoid league conflicts.'

Section IV The number system shall be the same as IHSA. Lineman should be either

50-60-70 and 1-9,10-20-30-40-80-90 may be worn at any other position.

(Note: If there is an issue regarding jersey numbers, due to roster size/shortage of uniforms, coaches must notify the referee and the opposing team of any deviation from the foregoing before the start of the game, especially if a ball carrying position is involved to avoid a possible disqualification.)

Section V All member school's coaching staffs must wear similar shirts while on the sidelines during a game so as to be identifiable to the referees.
(Hats are optional)

Section VI The official league ball for the SPFL is:

J.V.: Leather -- Wilson TDJ
Varsity: Leather ----- Wilson TDY

Article IX

Field and Weather

Section I Home Teams shall provide the following for each game:

- 1.) A lined field every five (5) yards including ten yard field markers, goal, side and end lines.
- 2.) Cones or flags shall mark goal & end lines and hash marks.
- 3.) Linesmen chain, down box and competent persons to work them.
- 4.) Goalpost in each endzone including padding for the pole(s).
- 5.) Acceptable game ball per league requirement: Visiting team shall have the option to accept game ball provided by home team or use their own.

(NOTE: If visiting team decides to use their own ball the home team should provide a ball boy to run the footballs on & off the field for the referees.)

Section II Failure to comply with Section I may be cause for forfeiture of the contest by the home team. Please note that per the Head Official every attempt will be made to play the games with the consensus of all parties (officials & both coaches). But the officials will not compromise the safety of the children if they feel the field conditions are not suitable to play football.

Section III Because the nature of a contest can be unduly influenced by the lack of field markings (yardage) special care must be taken to have them in place on the day of the contest. If the markings are not available

the visiting team has the right to refuse to play the contest but must notify the referees and home team immediately. The home team must pay for the referees and attempt to re-schedule the game by Thursday of that week or forfeit the contest.

NOTE: The following points shall be taken into consideration in the above instance:

- 1.) An act of nature of sufficient time and/or intensity as to render the field unplayable shall be cause for postponement rather than forfeiture though both teams must agree upon the postponement.
- 2.) Vandalism
- 3.) Inclement weather which makes it impossible to have sufficient time to line and mark the field.
- 4.) Inclement weather within a period of five (5) hours preceding start of contest. Field shall be marked before this time.

Section IV

Because of inclement weather, Act of God or if fields are not playable the home team must notify the visiting coach and referees no later than one-half hour prior to 1st game on the day of the contest. It also is the responsibility of the home team to notify the Head Official of the cancellation and to re-schedule the game(s) no later than Thursday of that week otherwise it may be forfeited.

Section V

In the case of lightning occurring during a game, the contest shall be halted for a period not to exceed sixty (60) minutes. If a threat of lightning still exists the schools involved in the contest shall re-schedule the game for during the week but no later than Thursday otherwise it may be forfeited.

NOTE: The contest shall resume at the point it was halted. The home team shall contact the Head of Officials to arrange for referees to be at the contest.

Article X

Scoring

Scoring shall be determined as follows:

- 1.) Touchdown (running/passing/any other method): 6 points
- 2.) Field Goal: 3 points
- 3.) Safety: 2 points
- 4.) Extra-Point Conversion (kicking only): 2 points
- 5.) Extra Point Conversion (any other method): 1 point

Article XI

Pre-Season

League members may conduct non-mandatory supervised summer practices not to exceed a total of twenty-five (25). The practices cannot begin until school is out and must end by the fourth Saturday of the IHSA calendar. Helmet, shoulder pads and football shoes are allowed and may be worn by the players at these practices. Please note any school in violation of these summer practice provisions shall be placed on probation for one year, rendering it ineligible to participate for any conference league or playoff championships. A second violation may result in the offending school being expelled from the league.