

Colonial League
Football Rules and Regulations

Revised December 13, 2011

1. The visiting team will wear light jerseys and the home team will wear dark jerseys for varsity games. Teams will wear the same color jersey for JV games that were worn in Friday or Saturday's varsity contest.
2. A JV and Junior High school schedule will be sponsored by the League.
3. Duration of all sub-varsity contests shall be by National Federation Rules. Junior High school games will have 8 minute quarters, junior varsity games will have 10 minute quarters and varsity games will have 12 minute quarters.
4. The visiting band shall perform pre game and the home team band shall perform at half-time. It is recommended that both teams vacate the field twenty minutes prior to kickoff in order to leave adequate time for the pre game band performance. The half-time intermission will be a maximum of twenty minutes in duration. The official coin toss will take place thirty minutes prior to kickoff. A ceremonial coin toss should be five minutes prior to kickoff followed by the National Anthem. No other pre game ceremony will be permitted following the Anthem. No Alma Mater after the National Anthem.
5. The Colonial League prohibits the use of tobacco/and or tobacco products by participating and non participating team personnel, including coaches during any interscholastic athletic contest at any level of competition.
6. Start Times: Varsity: 7:00 PM Evenings, 1:30 PM afternoons, 2:30 PM SAT Days
JV and MS single Games: 4:00 PM
JV and MS Doubleheaders: 4:30 PM JR High, 5:45 PM JV
7. Rule- Home team is required to call the game summaries to the Express-Times, Morning Call and Leighton Times News.
8. The selection of an All League Team will follow the Colonial League Format. There shall be thirteen players selected to the All League Offensive team and thirteen players selected to the All- League Defensive Team. A second team and honorable mention designees will also be named.

The Offensive Team shall consist of: 1 Center, 2 Guards, 2 Tackles, 1 Tight End, 2 Wide Receivers, 1 Quarterback, 2 Running Backs, 1 kicker and 1 athlete.

The Defensive Team shall consist of: 2 Interior Defensive Linemen, 2 Defensive Ends, 2 Inside Linebackers, 2 Outside Linebackers, 4 Defensive Backs and 1 Punter.

All League Selection Process:

- A. Coaches can vote for nominees from their bye team.
 - B. If a tie occurs for a first team position, the player with more first team votes will be named to the first team.
 - C. Players will receive two points for a first team vote and one point for a second team vote.
 - D. Ties for second team will not be broken.
 - E. The athlete position is a skill position player to be selected by the coaches the night of their meeting, from the list of submitted nominations. The selection will be based on a nominated player who may not fit any of the established offensive positions or deserves first team recognition but may have been left off the team.
 - F. Any nominated player who receives at least three votes or a first team vote from another school will earn honorable mention.
 - G. If a coach nominates more than one player at the same position, they should nominate their best player first, followed by the second best etc. This order will be reflected on the ballot.
9. Home Team Courtesy: AD/ Designee should meet the visiting team on arrival to address Locker room, security, and share any other pertinent information.
10. Video Taping/ Coaches Communication; Every effort should be made to provide equal accommodations to visiting team as are available to the home team.
11. All JV games should be played on a Monday and a non doubleheader middle school game should be played on a Tuesday.