

COLONIAL LEAGUE
FOOTBALL RULES AND REGULATIONS

1. The visiting team shall wear light jerseys and the home team shall wear dark jerseys.
2. A JV schedule and a middle school schedule shall be sponsored by the League.
3. Duration of all sub-varsity games shall be by Federation rules, middle school will have 8 minute quarters, JV 10 minute, and Varsity 12 minute.
4. The visiting band shall perform pre-game and the home band shall perform at half-time. It is recommended that both teams vacate the field twenty minutes prior to kick-off 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 30 minutes prior to kick off. The ceremonial coin toss should be five minutes prior to kick-off followed by the National Anthem. No other pre-game ceremony will be permitted following the Anthem. No Alma Mater after 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 interscholastic athletic competition.

6.	<u>Saturdays</u>	<u>Evenings</u>	<u>Afternoons</u>
Starting Times	1:30 p.m.	7:00	4:00DST-3:30EST
J.V. & Jr. High – Single Game		7:00	4:00DST-3:30EST
Double Header		6.30	5:00

7. Rule - Home team is required to call the game summaries to the Express-Times, Morning Call, and Lehigh Valley 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. In addition, a Second Team and Honorable Mention designees will be named.

The Offensive Team shall consist of: 1 Center, 2 Guards, 2 Tackles, 1 Tight End, 2 Wide Receivers, 1 Quarterback, 3 Running Backs and 1 Kicker.

The Defensive Team shall consist of: 3 Interior Defensive Linemen, 2 Defensive Ends/Outside Linebackers, 4 Linebackers, 3 Defensive Backs and 1 Punter.

COLONIAL LEAGUE
FOOTBALL RULES AND REGULATIONS

The 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 receive two points for a first team vote and one point for second team.
 - D. Ties for second team will not be broken.
 - E. Any nominated player who receives at least one vote from another school will earn Honorable Mention.
 - F. If a coach nominates more than one player at the same position, they should nominate their best player first, followed by second best, etc. This order will be reflected on the ballots.
9. Host team courtesy - AD/Designee should meet the team upon arrival (locker rooms, security, etc.).
10. Telephone/Video Taping - Every effort should be made to provide equal accommodations to visiting team as is available to home team.

All JV games should be played on Monday and a non-double header middle school game should be played on Tuesday.