

**COLONIAL LEAGUE**  
**FOOTBALL RULES AND REGULATIONS**

1. Varsity contests - The visiting team shall wear white jerseys and the home team shall wear dark jerseys.  
Junior Varsity contests – Teams should wear the same jerseys they wore for the Varsity game on Friday night / Saturday afternoon unless otherwise agree upon prior to the contest.
2. A Varsity, JV, and Middle School / Jr. High 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, junior high will have 10 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 band shall perform at half-time. It is recommended that both teams vacate the field thirty 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 thirty minutes prior to kick off. The referees will summon both teams at a time that is conducive to ensuring both teams are on the field five (5) minutes prior to kickoff. The National Anthem shall be played once both teams enter the field of play (approximately 4 minutes prior to kickoff), followed by the ceremonial coin toss, followed by the kick off. No other pre-game ceremony will be permitted following the Anthem. No Alma Mater after the National Anthem. Alma Maters should be played either prior to the teams entering the field or at the conclusion of the contest.
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. Starting Times:  
Varsity: 7:00 PM Evenings, 1:30 PM Afternoons, 2:30 PM SAT Days  
MS, JH, & JV single Games: 4:00 PM  
MS/JH & JV Doubleheaders: 4:30 PM MS/JH     6:00 PM JV
7. Rule - Home team is required to submit game summaries via the Colonial League Online Statistician Form.
8. Game Tape Procedures:
  - A. All Home Varsity Football Games and Scrimmages (both home & away) must be recorded by Schaf's Video.
  - B. At the conclusion of each Varsity Football Game, both schools are responsible for designating an adult staff member with a laptop to meet the Schaf's Video staff member in the designated location immediately following the game so the digital copy of the game can be downloaded to the laptop of both teams.
    - 1) The Football Chairperson shall compile a master list of the designated video download location for each stadium and a list of adult staff members that will be performing the download. This master list will then be shared with Schaf Video and league member schools prior to the first scrimmage.

C. All schools are required to upload the Schaf's Video digital copy of their most recent contest to their Hudl program and "share" that recording with their next three (3) opponents no later than 9:00 AM the morning after the contest.

- 1) All scrimmages (both home & away), Colonial League Member Schools are required to upload a digital copy of the scrimmage to their Hudl program and "share" that recording with the opponent they just scrimmaged (only if a Colonial League Team) and their next three (3) Colonial League opponents no later than 9:00 AM the morning after the scrimmage.

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.

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

12. Varsity Rosters must include player name, number, grade, position, height, and weight. Varsity Rosters must be sorted in numeric order and emailed to all league schools prior to the first contest of the regular season. Middle School / Jr. High Rosters must include player name, number, and grade. Middle School / Jr. high Rosters must be emailed to all league schools prior to the first contest of the regular season. This was unanimously supported by the coaches

13. Starting in the fall of 2020, the Colonial League has scheduled cooperatively with the Schuylkill League.