

**NASSAU COUNTY PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION
SECTION VIII**



FALL 2026 FOOTBALL BOOKLET

TABLE OF CONTENTS

- I. **Directory**
- II. **Alignment, Schedules and Dates**
- III. **Checklist and Guidelines for Directors and Coaches**
- IV. **Health, Safety & Liability**
- V. **Point System**
- VI. **Awards Nomination Forms & Guidelines**

I.

DIRECTORY

2026 - SECTION VIII FOOTBALL COMMITTEE

[illegible]

N.C.H.S.F.C.A. EXECUTIVE BOARD

President	- Jon Mendreski	- Cold Spring Harbor
1 st V.P.	- Ronnie Pickett	- Floral Park
2 nd V.P.	- Mike Stanley	- Carey
Past President	- Rob Blount	- Oceanside
Past President Emeritus	- Joe Vito	- Roosevelt
Secretary	- Johnny McGuire	- Kenedy Bellmore
Treasurer	- Dan Agovino	- North Shore
Gridiron Dinner Chair	-Russ Pajer	- East Rockaway
Special Projects	- Frank Luisi	- Oceanside (Retired)
Coordinator	- Joe Martillotti	- Lynbrook

2026 – SECTION VIII FOOTBALL COACHES

School	Coach
Baldwin	Mike Robinson
Bethpage	Peter Zito
Calhoun	Nick Rawls
Carey	Mike Stanley
Carle Place	Paul Selhorn
Clarke	Kevin O’Hagan
Cold Spring Harbor	Jon Mendreski
East Meadow	Matt Castaneda
East Rockaway	Russ Pajer
Elmont	Tom Innes
Farmingdale	Buddy Krumenacker
Floral Park	Ronnie Pickett
Freeport	Jimmy Jones
Friends Academy	
Garden City	David Ettinger
Glen Cove	Steve Tripp
Hempstead	Matthew Ali
Herricks/Wheatley	Tom Graef
Hewlett	John Palladino
Hicksville	Ron Modik
Island Trees	Ryan Vinberg
Jericho	Brendan Lahti
Kennedy Bellmore	Johnny McGuire
Lawrence	Akym Land
Levittown Division	Jay Hegi
Locust Valley	Mike Gilbert
Long Beach	Scott Martin

School	Coach
Lynbrook	David Yaker
MacArthur	Robert Fehrenbach
Malverne	Kito Lockwood
Manhasset	Mike Lewis
Massapequa	Kevin Shippas
Mepham	Tom Mazeika
Mineola	Tim Wienclaw
New Hyde Park	Colin Maier
North Shore	Bill Madigan
Oceanside	Rob Blount
Oyster Bay	Andrew Caramico
Plainedge	Rob Shaver
Plainview JFK	Brian Gurney
Port Washington	Kevin Cloghessy
Roslyn	Steven Lipsky
Roosevelt	Joe Vito
Seaford	Mike McHugh
Sewanhaka	George Kasimatis
South Side	Phil Onesto
Syosset	Ray Delucca
Uniondale	Adrian Berry
V.S. Central	Tom Schiavo
V.S. North	Mike Paolillo
V.S. South	Joe Guastafeste
Wantagh	Keith Sachs
Westbury	Savalis Charles
West Hempstead	Dominic Carre

II.

DATES

ALIGNMENT

SCHEDULES

Alignment

The Nassau County HS Football Coaches Association Sport Committee has determined that the alignment philosophy that best addresses the needs of Section VIII football is ability based within enrollment.

- This is done so by seeding teams each year by ability within a four-conference structure.

- Conferences will be determined by the enrollment number starting with the highest enrollment to the lowest.

- The total number of teams in each conference will be decided on by the sport committee based on the number of Section VIII member schools fielding varsity football teams. A schedule of conference alignment rotation is attached below through the year 2036 if a conference needs to have fewer than 14 teams or an odd number of teams.

- In the event of a **tie** in the enrollment, to determine conference placement, the average of 3 years BEDS will be used (the upcoming year plus 2 previous years reported BEDS). If a tie occurs after using the 3 years average, a coin toss will determine the conference placement.

Conference Alignment Rotation 2026-2036

	2026-1	2027-2	2028-3	2029-4
Conference 1	14	12	14	12
Conference 2	12	14	12	14
Conference 3	12	14	12	14
Conference 4	14	12	14	12
	2030-1	2031-2	2032-3	2033-4
Conference 1	14	12	14	12
Conference 2	12	14	12	14
Conference 3	12	14	12	14
Conference 4	14	12	14	12
	2034-1	2035-2	2036-3	
Conference 1	14	12	14	
Conference 2	12	14	12	
Conference 3	12	14	12	
Conference 4	14	12	14	

Discussion points:

*When the 13 team conference comes up it will rotate as follows. 1-4-2-3 (Conf 1 is the next 13 team conference)

*If the 13 team conference is not needed the rotation will freeze then resume when needed again.

*When we have the odd conference we just plug them in and the rotation stays the same.

Playoff Rotation Schedule

	2026	2027	2028	2029	2030
Semis					
Friday	2	1	4	3	2
Saturday AM	4	3	2	1	4
Saturday PM (Sunday AM)	1	2	3	4	1
Sunday	3	4	1	2	3
Finals					
Friday	2&4	1&3	4&2	3&1	2&4
Saturday	1&3	2&4	3&1	4&2	1&3

	2031	2032	2033	2034	2035
Semis					
Friday	1	4	3	2	1
Saturday AM	3	2	1	4	3
Saturday PM (Sunday AM)	2	3	4	1	2
Sunday	4	1	2	3	4
Finals					
Friday	1&3	4&2	3&1	2&4	1&3
Saturday	2&4	3&1	4&2	1&3	2&4
When 2 teams are listed first team plays early					

SECTION VIII FOOTBALL- 2026 SEASON

Start Date: Monday, August 17, 2026
 Practice Requirements 2-3-5
First Scrimmage Date: Friday, August 28th (10 days of practice)
First Game Date: Thursday, September 10th

****Rosh Hashanah begins 9/11 at sundown****

Week 0- Saturday, September 5	@ 1:30 PM
Week 1 - Thursday, September 10	@ 4:30 PM
Week 2 - Saturday, September 19	@ 1:30 PM
Week 3 - Saturday, September 26	@ 1:30 PM
Week 4 - Saturday, October 3	@ 2:00 PM ***SAT
Week 5 - Saturday, October 10	@ 1:30 PM
Week 6 - Saturday, October 17	@ 1:30 PM
Week 7 - Saturday, October 24	@ 1:30 PM
Week 8 - Saturday, October 31	@ 1:30 PM
Week 9 - Saturday, November 7	@ 2:00 PM ***SAT

If schools would like to move a game and cannot agree, the home team will set the date, time and location of the game as is policy in other sports.

JV games will all be scheduled for Mondays. If both teams agree games may be moved to Saturday at 9:15 am.

Quarter Finals play-off games are at higher seed. 8@1, 7@2, 6@3, 5@4

Week 9 Non-playoff Teams-TBD Must declare after week 6

Point Differential Policy-Running clock at a Point Differential of 35 or more points.

Semi-Finals

Friday, November 13 th	Conference 2	4pm and 7:30pm	Hofstra
Saturday, November 14 th	Conference 4	10:30am and 2pm	Hofstra
	Conference 1	5:30 pm	Hofstra
Sunday, November 15 th	Conference 1	10:30 am	Hofstra
	Conference 3	2pm and 5:30pm	Hofstra

Nassau County Finals

Friday, November 20 th	Conference 2 & 4	4pm and 7:30pm	Hofstra
Saturday, November 21 st	Conference 1 & 3	12:30pm and 4:00pm	Hofstra

Long Island Championships

Friday, November 27 th	Conference 2 & 4	12pm and 4:30pm	Hofstra
Saturday, November 28 th	Conference 1 & 3	12pm and 4:30pm	SBU**

**Subject to change

SSECTION VIII Football ALIGNMENT- Fall 2026

Conference 1		Conference 2		Conference 3		Conference 4	
Herricks/Wht/Roslyn	2100	Baldwin	1091	Manhasset	776	VSN	624
Syosset	1769	VS Central	1056	Sewanhaka	773	Lynbrook	624
Freeport	1715	MacArthur	929	Glen Cove	767	Floral Park	623
Uniondale	1575	Jericho	921	Hewlett	765	VSS	606
Massapequa	1442	Calhoun	902	Division	761	North Shore	596
Hempstead	1332	Long Beach	897	Bethpage	744	Lawrence	551
Plainview-JFK	1265	Mepham	888	Elmont	720	Island Trees	489
Farmingdale	1250	Garden City	834	South Side	686	East Rock/WH	485
Hicksville	1235	Carey	825	Clarke	656	Seaford	477
Port Washington	1205	Bellmore JFK	807	Plainedge	644	Locust Valley	447
Oceanside	1173	NHP	782	Mineola	642	Malverne	438
East Meadow	1160	Roosevelt	780	Wantagh	626	OB/Friends	409
Westbury	1130					CSH	335
						CP	317

2025 RESULTS

CONFERENCE I	CONFERENCE II	CONFERENCE III	CONFERENCE IV
1. Massapequa	1. Garden City	1. Wantagh	1. Seaford
2. Oceanside	2. Long Beach	2. Bethpage	2. Plainedge
3. Farmingdale	3. Mepham	3. Carey	3. Lynbrook
4. Syosset	4. East Meadow	4. South Side	4. CSH
5. Port Washington	5. Calhoun	5. Clarke	5. Locust Valley
6. PJFK	6. NHP	6. Floral Park	6. Carle Place
7. Freeport	7. Bellmore JFK	7. Elmont	7. West Hempstead
8. Hempstead	8. Baldwin	8. VSS	8. Malverne
9. Westbury	9. MacArthur	9. VS North	9. Island Trees
10. Herricks/Wheatley	10. Roosevelt	10. Levittown Division	10. North Shore
11. Uniondale	11. Jericho	11. Manhasset	11. Oyster Bay
12. Hicksville	12. Glen Cove	12. Hewlett	12. East Rockaway
	13. VSC	13. Sewanhaka	13. Lawrence
	14. Roslyn/Friends	14. Mineola	

CONFERENCE I
1. Massapequa
2. Oceanside
3. Farmingdale
4. Port Washington
5. Syosset
6. Hempstead
7. East Meadow
8. Plainview JFK
9. Westbury
10. Freeport
11. Herricks/Wheatley/Roslyn
12. Hicksville
13. Uniondale

13 Team Matrix	Conference 1							
Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
4 @ 1	2 @ 7	1 @ 5	C2 @ C1 Seeds 1-6	1 @ 6	2 @ 1	1 @ 7	3 @ 1	1 @ 8
3 @ 2	5 @ 4	8 @ 3		5 @ 2	10 @ 3	4 @ 2	2 @ 9	2 @ 6
13 @ 5	6 @ 13	4 @ 9		3 @ 7	4 @ 11	5 @ 3	6 @ 4	3 @ 4
12 @ 7	11 @ 8	6 @ 12	C1 @ C2 Seeds 7-12	13 @ 8	6 @ 5	8 @ 6	5 @ 10	7 @ 9
10 @ 8	9 @ 10	7 @ 13		9 @ 11	8 @ 12	9 @ 12	7 @ 11	13 @ 10
		10 @ 11		12 @ 10	13 @ 9	11 @ 13	12 @ 13	11 @ 12
BYE - 6, 9, 11	BYE - 1, 3, 12	BYE - 2	BYE - 13	BYE - 4	BYE - 7	BYE - 10	BYE - 8	BYE - 5

CONFERENCE 2
1. Garden City
2. Carey
3. Long Beach
4. Mephram
5. Calhoun
6. NHP
7. MacArthur
8. Bellmore JFK
9. Baldwin
10. Roosevelt
11. Valley Stream Central
12. Jericho

12 Team Matrix	Conference 2						
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
5 @ 1	7 @ 1	C2 @ C1 Seeds 1-6	6 @ 1	1 @ 4	2 @ 1	1 @ 8	1 @ 3
3 @ 2	9 @ 2		2 @ 7	5 @ 2	4 @ 3	6 @ 2	2 @ 4
7 @ 4	8 @ 3		10 @ 3	3 @ 6	8 @ 5	3 @ 5	5 @ 10
12 @ 6	4 @ 5	C1 @ C2 Seeds 7-12	11 @ 4	7 @ 10	6 @ 7	4 @ 9	9 @ 6
10 @ 8	11 @ 6		12 @ 5	8 @ 11	10 @ 9	12 @ 7	7 @ 11
11 @ 9	12 @ 10		9 @ 8	9 @ 12	11 @ 12	10 @ 11	8 @ 12

CONFERENCE 3
1. Southside
2. Plainedge
3. Wantagh
4. Bethpage
5. Elmont
6. Manhasset
7. Clarke
8. Sewanhaka
9. Division
10. Glen Cove
11. Hewlett
12. Mineola

12 Team Matrix	Conference 3						
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
5 @ 1	7 @ 1	C3 @ C4 Seeds 1-6	6 @ 1	1 @ 4	2 @ 1	1 @ 8	1 @ 3
3 @ 2	9 @ 2		2 @ 7	5 @ 2	4 @ 3	6 @ 2	2 @ 4
7 @ 4	8 @ 3		10 @ 3	3 @ 6	8 @ 5	3 @ 5	5 @ 10
12 @ 6	4 @ 5	C4 @ C3 Seeds 7-12	11 @ 4	7 @ 10	6 @ 7	4 @ 9	9 @ 6
10 @ 8	11 @ 6		12 @ 5	8 @ 11	10 @ 9	12 @ 7	7 @ 11
11 @ 9	12 @ 10		9 @ 8	9 @ 12	11 @ 12	10 @ 11	8 @ 12

CONFERENCE 4
1. Seaford
2. Lynbrook
3. Floral Park
4. CSH
5. East Rockaway/West Hempstead
6. Locust Valley
7. Malverne
8. VSN
9. VSS
10. North Shore
11. Carle Place
12. Island Trees
13. Oyster Bay/Friends
14. Lawrence

14 Team Matrix	Conference 4						
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
2 @ 1	1 @ 5	C3 @ C4 Seeds 1-6	6 @ 1	3 @ 2	7 @ 1	4 @ 2	1 @ 8
4 @ 3	6 @ 2		5 @ 3	1 @ 4	2 @ 5	5 @ 12	2 @ 9
5 @ 8	3 @ 8	C4 @ C3 Seeds 7-12	2 @ 7	10 @ 5	11 @ 4	9 @ 6	3 @ 10
7 @ 6	4 @ 7		4 @ 9	7 @ 12	12 @ 13	13 @ 11	5 @ 4
12 @ 9	9 @ 13		13 @ 10	6 @ 11	3 @ 6	1 @ 3	6 @ 13
11 @ 10	10 @ 12	14 @ 13	8 @ 11	13 @ 8	8 @ 9	8 @ 14	14 @ 7
13 @ 14	14 @ 11		12 @ 14	9 @ 14	14 @ 10	10 @ 7	11 @ 12

2026 - IMPORTANT DATES

N.C.H.S.F.C.A. Meetings

August 17th - Coaches' Meeting/Safety Clinic – 7:30PM **Via Zoom**
September 10th - Coaches' Meeting - 7:30 PM Zoom/In person TBD
October 14th - Coaches' Meeting - 7:30 PM @ Clarke HS
November 10th - Coaches' Meeting - 7:00 PM @ Clarke HS

***All Conference and All County Selections – Wednesday, November 10, 2026**

Thorpe/Martone/Kessenich/Piner/Pizzarelli/Snyder National Football Foundation Award nominations are due. Films and thumbnail sketches must also be submitted.

All County Pictures – Submitted via email/Google

Senior Bowl

First Practice:

Monday, November 23, 2026 - @ **TBD** from 6:30PM-8:30PM. All participants and coaches must attend.

Game:

Thursday, November 26, 2026 - @ Mitchell Athletic Complex at 10:00AM.

59th Gridiron Dinner

Wednesday, December 9, 2026 @ Crest Hollow Country Club.

Tickets - \$80.00

7:00 p.m. - Dinner and awards presentations

A ticket is required to attend the huddle and/or the dinner. All County players are guests of the Coaches' Association (N.C.H.S.F.C.A.).

All tickets must be purchased through Gofan.com prior to Wednesday, December 3, 2025.

No cash will be accepted at the door.

For Ticket Information

Contact Gridiron Dinner Chairman, Russ Pajer
email: rpajer@eastrockawayschools.org

College Coaches Huddle TBA

IMPORTANT
GUIDELINES FOR PARTICIPATION IN SECTION VIII FOOTBALL

To maintain the integrity and efficient operation of the Nassau County Football Program, the following procedures will be followed:

1. School districts must notify Section VIII Executive Director in writing (copy to Football Coordinator) if they are unable to field a varsity football team for any reason (austerity or other).
2. If any team drops out on or before **June 1**, that conference will reschedule (according to approved schedules 11,12,13,14,15 teams). Eight (8) game schedule, four (4) team playoff.
3. Should any conference drop below 11 teams on or before **June 1**, a complete realignment of all teams and conferences in Section VIII must take place.
4. If a team drops out after **June 1**, all schedules and conferences will remain intact. All games scheduled against a team that drops out after **June 1**, will be considered a "no contest".
5. If a team starts late (due to budget problems) or doesn't complete their schedule or plays any part of their schedule; the games will count and any unplayed games will be forfeited to the opposing school.
6. If schools combine teams after the seeding meeting and before **June 1**, all conferences that gain a new team must be re-seeded.

PRE-SEASON PRACTICE REGULATION
2-3-5 PRACTICE REGULATION – TEAM
2-3-5 PRACTICE REGULATION – INDIVIDUAL UPDATED JULY 2021

The first (2) two days of practice must be non-contact, without the use of protective equipment and mechanical blocking devices. The use of cones, ropes, ladders, step-over dummies, soft hand shields and similar devices as teaching aids is permissible. Helmets may be worn.

The next three (3) days provide a transition from the conditioning phase to full contact. During this phase players are permitted to wear a helmet and shoulder pads. Blocking dummies, sleds, and similar devices are permitted. During this phase player to player tackling drills, team scrimmaging, running full contact plays, etc. are not permitted.

The following five (5) days **Revised 2019** consist of contact practice with full protective equipment and the use of all training devices. Full player to player contact and team scrimmaging is permitted.

INDIVIDUALS MUST COMPLETE 10 PRACTICES IN ORDER TO REPRESENT THEIR SCHOOL IN A SCRIMMAGE OR CONTEST. *Revised 2019*

GUIDELINES FOR FOOTBALL SCRIMMAGES

As of May 2010, the N.Y.S.P.H.S.A.A. has adopted the following guidelines governing all football scrimmages conducted in New York State:

1. No official score is kept.
2. No definite time is set or kept.
3. Coaches are permitted on the field to provide instruction and make corrections.
4. Different configurations governing possession time and down and situations (than those normally used in a game) may be used to govern play.
5. Unlimited time-outs and stoppages of play are permitted and encouraged for both providing instruction and adequate rest periods.
6. The use of officials would be permitted and encouraged whenever possible for instruction regarding the rules and proper application of rules.
7. No kickoffs are permitted.
8. Punts and extra-point kicks attempts may involve live play until the ball is kicked. Punts may not be advanced, and all fumbled punts and muffs will be blown dead immediately.
9. The total number of plays should be recorded to prevent an individual player from being involved in more than a maximum of 90 live contact plays during the entire scrimmage.
10. No admission may be charged.
11. The participation of student support groups such as cheerleaders, bands, kick lines, etc. are prohibited.

GUIDELINES FOR JUNIOR VARSITY FOOTBALL

Starting Date

Monday, August 17, 2026 - All junior varsity teams are bound by the 2-3-5 practice requirements.

Eligibility

All Section VIII junior varsity teams must consist solely of student athletes in grades 9, 10 & 11. 7th and 8th graders are eligible only by meeting the requirements for Athletic Placement Process.

Schedule

The JV schedule is independent of the varsity schedule for 2026. JV schedules can be found at

[NY - Section 8 - Official Schedule View for Section VIII Athletics](#)

Declaration

THERE IS NO DECLARATION NECESSARY UNLESS YOU ARE NOT GOING TO HAVE A JUNIOR VARSITY TEAM. If this is the case, please notify Joe Martillotti and BOCES, in writing, no later than **September 1st**. The Football Committee will meet to make any necessary adjustments in the junior varsity schedule.

NYSPHSAA 20 YARD LINE OVERTIME PROCEDURE

1. An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity to be on offense. However, an overtime period may include only one offensive possession if the defensive team scores a safety or touchdown.
2. When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, determine the number of the second half time-outs remaining for each time, and discuss how penalties (if any) will be assessed to start the overtime procedure. At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located and the line judge will go to the other team. They will inform the coaches of the number of time-outs each team has remaining and any special penalty enforcement that apply.
3. At the coin toss in the center of the field the visiting team's captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this overtime period. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will **defend**.
4. Each team shall be permitted one additional time-out during each overtime period (A on offense, followed by B on offense). The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.
5. To start the overtime, the offensive team shall put the ball in play, first and 10, on the defensive team's 20-yard line anywhere between the inbounds lines. The first offensive team shall have a series of four downs to either score or gain enough yardage for a 1st down. If the offensive team gains a first down, the possession will continue, with the ball in play as either first and 10, or first and goal if the ball is snapped inside the defensive team's 10-yard line. The offensive possession shall be terminated by any score by the offensive team, or if the defensive team has gained possession of the ball.
6. If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying. A field-goal attempt is permitted during any down. If the offensive team gains possession, the ball becomes dead immediately and the offensive team's possession is ended.
7. After the first team on offense has completed its possession, the first team on defense will become the offensive team with the ball snapped from the same 20-yard line anywhere between the inbounds lines. The same end of the field will be used for possessions by both teams during each overtime period to ensure equal game conditions and conserve time.
8. If the score remains tied after each team has been given one offensive possession in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes between periods. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.
9. If a safety is scored by the offensive team, the succeeding spot will be the 20-yard line in possession of the team that was on defense, provided the defensive team has not already had its offensive series during the period (the temporary overtime score is Team A-2; Team B-0)
10. When the defensive team gains possession of the ball, the possession immediately ends for the offensive team.
11. The offensive team shall be awarded a new series of downs when any one of the following occurs:
 - a. Penalty for defensive pass interference is accepted.
 - b. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone.
 - c. Defensive team is guilty of roughing the passer or roughing the kicker, place-kick holder or snapper during a scrimmage kick (field-goal attempt).
12. If the defensive team scores a safety or touchdown, the game is ended.

**NFHS GENERAL INSTRUCTIONS
FOR FOOTBALL GAME AND PLAY CLOCK OPERATORS**

[2019-football-clock-operators-sheet.pdf](#)

**GENERAL INSTRUCTIONS
FOR FOOTBALL LINE-TO-GAIN CREWS**

[2025-nfhs-general-instructions-for-football-line-to-gain-crews-final-3-10-25.pdf](#)

Rule changes regarding Jersey, Pants and equipment 2024

[nfhs.org/sports-resource-content/football-rules-changes-2024/](#)

NFHS Football Field Diagram

[football field diagrams 2018.pdf](#)

N.C.H.S.F.C.A.

ORGANIZATION RESPONSIBILITIES PROPOSAL

Financial

All teams will contribute the following:

1. One full page ad or the equivalent (i.e. two half pages).
2. At least one person on the staff shall attend the N.C.H.S.F.C.A. Clinic.
3. Each team will provide at least one (1) staff member to sell 50-50 raffles at two separate playoff or championship games (there are 14 games to choose from) a sign-up sheet will be provided prior to the games.
4. Each team will be responsible for participating in the Super Bowl fundraiser.

Helping with your time

All teams will provide at least one staff member to help in one of the following:

1. Coaching the All-Star Game
2. Collect tickets at the All-Star Game (2 people)
3. Sell 50-50 raffles at the All-Star Game (4 people)
4. Assist at the Gridiron Dinner (taking tickets, set up, etc.)
5. Assist at the Clinic
6. Assist with fundraising effort.

Coaches not helping with requirements

7. Not eligible for Honors Committees (i.e., Thorpe, Martone, Piner, etc.)
8. Should not be considered for or continue to be a Football Committee member.
9. No conference scholarships.
10. All County Players Gridiron Ticket will not be covered by the association.

All coaches' responsibilities will be recorded for the season and any penalties will be enforced in the following season. A list for the organization will be provided to the coaches at the seeding meeting for the following year. This will continue each year.

III.

CHECKLIST

&

GUIDELINES

FOR

DIRECTORS &

COACHES

FOOTBALL CHECKLIST FOR ATHLETIC DIRECTORS AND COACHES

1. Two (2) copies of the **numerical rosters** should be forwarded to every team in your conference as soon as possible or at least one week prior to your first game. (One copy to the athletic director and one copy to the coach.)
2. Note the Section VIII Policy (5/29/91) regarding school physicians at football contests (see page 32).
3. **Home teams** wear the colored jerseys - **visiting teams** wear white. Contact the opposing school well in advance in the event of a problem.
4. **Field Conditions** - The Nassau County football officials have reported an increasing number of football fields are being poorly maintained, improperly marked, and in some cases, they have noticed potential hazards exist both on the playing field and on the immediate sidelines.
 - a. Field should be checked and cleared of broken glass, protruding sprinkler heads, and other forms of debris.
 - b. All holes should be filled in and level.
 - c. All holes, drains, pole vault boxes and potential hazards along the sidelines should be covered or removed.
 - d. Each zone marker (red pylons) should be checked. The officials have reported that some are being held up with wooden stakes and metal spikes.
 - e. Down markers and chains with points on the end are illegal.
 - f. Goal post pads are required.
5. **Public address announcements** and programs must include the Section VIII sportsmanship regulations. Also, note Section VIII guidelines for selection and proper conduct of public address announcers. There should be no announcements or play-by-play when the ball is in play.
6. **Any changes in your schedule** (including day of game, time of game, location of game, etc.) requires that the conference coordinator be notified in writing with copies sent to the athletic director and the football coach of all the schools in your conference. This is in addition to notifying BOCES and the football coordinator.
7. **Guidelines Regarding "Kickers"**
The word kicker refers to the position or player designated to perform the act of kicking the football (punt, kickoff, place kick). This player is the same as any other player on the field. He or she must meet all the practice requirements (3-2-6-4 total 15 days) and must be properly instructed, trained and drilled in all the fundamental skills and techniques necessary to safely perform as a football player. This includes blocking, tackling and being blocked or tackled.
8. **Emergency Action Plan** is recommended for all Football coaches.
9. AD's are encouraged to be prepared for any emergency that may arise.

Home Team Responsibilities

1. Properly mark and prepare the playing field (see diagram).
2. Provide locker room and/or adequate toilet facilities, chalkboard, chalk and eraser for both teams. A supervisor must be assigned to escort the visiting team to a locker room with adequate toilet facilities, chalkboard and eraser. The home school must also assign a supervisor to officials and provide the following:
 - a. Adequate and secure parking facilities.
 - b. Private dressing and shower facilities away from coaches and other supervisory personnel with provision for a secure place for clothing and valuables. Upon request of the official, these facilities shall be opened at half time and immediately following the contest.
 - c. Reasonable and proper crowd control with provisions for carrying out home management's responsibilities as called for by contest rules. Also, to include an escort by supervisory personnel at half-time and conclusion of contest to locker room and off school grounds, if necessary.
3. Have a rulebook available on the home sideline.
4. Provide experienced people to work chains and down box for all home games. Designate down box individual in charge of crew and attempt to make crew consistent for all home games. Pay particular attention to having experienced individuals at all levels.
5. Provide a reasonable and safe location for videotaping the game. One visiting team assistant coach (to communicate with the sidelines) and at least one photographer from the visiting team be granted equal access to the same or equal facilities as those provided for the home team. Both functions are considered as vital to the visiting team as they are to the home team. Therefore, an equal facility must be provided for both teams. If the home team fails to provide an equal opportunity for the visiting team, the referee may under Rule 1, Article #3 of the National Federation Rules deny the home team the use of said facilities. (Sect. VIII Policy 6/89).

Videotaping and/or filming from the end zone (10-yard line around the end zone to the 10-yard line) is permitted. This tape or film may not be exchanged with any other school (11/94).
6. Provide adequate supervision for both sidelines. Sidelines should be clear of spectators and all unauthorized personnel. See Section VIII guidelines for crowd control and supervision.
7. Have a supervisor escort visiting team bus to a parking area that will provide for the easiest departure at the conclusion of the contest. Home supervisors must escort visiting team to their bus to insure their departure of school grounds is without incidence.
8. See new Section VIII Policy/Doctors
9. Official Time on Scoreboard - A fifth official may be requested to run the scoreboard clock, therefore, providing for the official time to be kept on the scoreboard clock.
10. Benches should be provided for visiting team. Also, a small table and garbage can.
11. Home team **must** sit on the side with the **most seating**.

Football Point Differential Policy

Section VIII Athletic Programs are educationally based and designed to encourage safety, participation, and sportsmanship in all playing levels. Section VIII feels that this policy will serve to provide a wider range of players with additional playing time while keeping the game competitive.

Once the score of the game reaches a point differential of 35 points or more, the game will be played with a running clock. The clock will run unless the score differential reaches 14 points or less and then official time is kept.

The clock will only stop for the following:

- ❖ Scores
- ❖ Injuries
- ❖ Official Timeout/Injury Timeout
- ❖ Timeouts

Scouting Guidelines (N.C.P.H.S.F.C.A.)

Scouting of scrimmages is permissible only if agreed on by all schools involved. This would require 3rd and 4th party agreement if the schools involved are on each other's schedule.

The use of video equipment for the purpose of scouting is permitted.

End zone video scouting is not permitted.

Film/Video Exchange (N.C.P.H.S.F.C.A.) (Amended 1997)

Video scouting is now permitted at all varsity games and during the final pre-season scrimmage. However, due to the fact that all schools may not be able to video scout a film/video exchange of at least one game film (tape) of "reasonable quality" with a team's next opponent is still mandatory if a tape is requested. A school's refusal to exchange should be reported to the coordinator immediately. If a coach's refusal is substantiated, all teams in that conference will be informed and all teams will be prohibited from exchanging or supplying films to that coach for the remainder of the season. If it occurs in the last game this would apply to the entire next season.

- a. Each coach should get his choice of films from all previous games. It is recommended that the exchange take place on Saturday, if possible. If the teams agree to exchange the most recent game, the exchange should take place by no later than Tuesday evening.
- b. Coaches can agree to exchange more than one film.
- c. Coaches can agree not to exchange film.
- d. Due to TV games and the fact that the mere exchanging of films each week allows for the possibility of multiple opportunities to view an opponent, the N.C.H.S.F.C.A. has agreed to an open exchange with any other coach at any time for any opponent.
- e. "Reasonable quality" means suitable for analysis of offense, defense and kicking game for the purpose of preparation. The "Golden Rule" is, **If you wouldn't want it, don't give it to someone else.**
- f. "End zone" tapes may not be exchanged except between the two schools that appear on the tape (3/95).

***End zone scouting and/or videotaping is permitted by a team participating in the game.**

Section VIII Policy Concerning Doctors in Attendance at Football Games

In an effort to clarify the policy concerning Doctors, EMT's and AMT's in attendance at football games, the following is the policy modification dated 5/29/91 and the reasoning behind it.

The Chief School Officers (6/6/91) and the Athletic Council did not intend to eliminate the policy governing attendance of a physician at football games.

- a. Each member school should be responsible for providing at their home football games a professional medical coverage of their choice. This coverage must consist of a medical doctor, certified EMT or AMT or a NATA certified trainer. If a visiting school insists that a medical doctor be present at football games in which their school district participates in, then it would be the responsibility of the visiting school to assume the obligation to provide and pay for a medical doctor that is sent to the away game if the home school provided medical coverage with other professionals e.g. EMT, AMT or trainer.
- b. All schools should declare in writing prior to the start of the season and no later than two (2) weeks prior to the first scheduled Section VIII game date, what type of coverage their school district will provide for their home football games. This information would be made available to all member schools through the Executive Office of Section VIII. Each school district would then be able to make a decision as to whether or not they wish to send a medical doctor to away games if one is not being provided by the home school.
- c. If a school verifies to the opposing school that they cannot fulfill their obligation of having a physician present, after exhausting all resources and can substantiate their intent, the game may be rescheduled by mutual consent.
- d. If the rescheduling of the game becomes impossibility because undue hardship to either team and all consideration to reschedule were made in good faith and intent, then the scheduled contest will be declared a forfeit in favor of the team that met the requirement necessary to play the game.
- e. Any game on any level that is declared a forfeit may be appealed to the Section Appeals Committee by following the procedure as outlined in the Nassau County Handbook.

Section VIII Policy Re: Communication Equipment (6/89)

When a team uses headphones or walkie-talkies to communicate with the sidelines, it will be the responsibility of each team to see to it that their own system is in working order. As long as both teams have equal access to the same or equal facilities (including electrical supplies), the responsibility for maintaining a team's own communication equipment and/or providing a back-up lies with that team alone. Failure of one team's equipment or the choice of one team to use or not to use communication equipment would not and should not preclude the other team from continuing to use their own.

Postponements and Changes in Games and Contests

(Section VIII Policy Adopted 3/24/80)

- a. When a school cannot meet a scheduled event because of a teacher's strike, job action or austerity, that school will automatically forfeit said event, unless the offended school willingly sets another date. No third-party school should be moved involuntarily from the schedule.
- b. In a situation where the weather or field conditions are questionable, the decision as to whether to play or postpone should be made by the home school chief school officer or designee at least two (2) hours in advance of the scheduled starting time if possible, or if it can be arranged, prior to the visiting team leaving their school. The request of a visiting team for postponement because of hazardous driving conditions must be considered.
- c. If there is a cancellation or postponement, the contest shall be rescheduled on the next available school day or non-school days including Sunday providing both schools agree.
- d. Possible forfeits must be discussed with opposing schools, the county and conference coordinators before any decisions are made. (11/94)

In Case of Adverse Conditions, the Host School Shall:

At least two (2) hours before game time:

- 1) Notify the visiting school - set a new date. Game will be played on first school day after postponement. (Sundays and holidays may be used if agreed to by both schools involved.)
 - 2) Notify the officials - reassign if possible.
 - 3) Notify the Sports Chairman.
- a. Sudden Adverse Weather Just Before the Game:
 - 1) Set a new date before visitors depart.
 - 2) Reassign officials and pay their travel expenses.
 - b. Contest Postponed After Play Has Started:
 - 1) Set new date before visitors depart.
 - 2) Reassign officials - full pay due.
 - c. Officials shall call host school if in doubt.
 - d. Should host team and visiting team be unable to agree upon the definition of adverse weather, at least two (2) hours prior to the start of the contest, the host team shall be responsible for notifying Executive Secretary. The host team shall also contact the Sports Chairman and the President of Section VIII who will designate a postponement committee with the authority to render a decision.
 - e. Should the visiting team or host team refuse to play after following the steps outlined in paragraph 'e', game will be declared a forfeit in favor of the school not at fault, as determined by the committee.
 - f. Rescheduling Varsity Football Games:

Once conference schedules are established, the position of a scheduled game relative to other scheduled games may not be changed. The day the game is scheduled may be changed by agreement of both schools but the relative position of the game on the overall schedule may not be changed.
 - g. Games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score. The time of the contest may be adjusted by the home school.

SECTION VIII FOOTBALL
SPORTSMANSHIP AND PLAYER CONDUCT FOR ALL LEVELS
(VARSITY, JUNIOR VARSITY & JUNIOR HIGH)

Procedures Regarding Player Conduct: In an attempt to emphasize good sportsmanship, which should be part of all high school athletic contests, the Section VIII Football Committee has developed the following procedures (adopted by N.C.H.S.F.C.A. 10/90) (Amended 5/92):

All coaches at all levels shall post in the locker rooms and/or on player bulletin Rule 9 – “Conduct of Players and Others” Sections 4,5,6,7,8 & 9 from the High School Federation Rule Book.

These rules will be reviewed by coaches with the players with a special emphasis on the prevention of unsportsmanlike conduct and behavior.

The following procedures are to be followed in the event of any type of player altercation that may take place during a game. This is part of a cooperative effort between the Nassau County high school football coaches and officials:

- a. The head coach (ONLY) from each team may enter the field of play to assist the officials in bringing volatile situations under control. **The coach should direct his efforts exclusively to his own players.** (In the event of any unusual circumstances, the head coach may designate an assistant to take his place. However, the officials must be notified prior to the start of the contest.)
- b. The assistant coaches are responsible for the remaining player in the bench area. It is their responsibility to see to it that **NO PLAYER** in the bench area, at the time the altercation breaks out, enters the field of play.
- c. All players are to be informed that should any type of altercation break out on the field, **all players not in the game** are automatically confined to the bench area (**NO EXCEPTIONS**).
- d. All players are to be informed that should any type of altercation break out on the field, **all players on the field** should immediately return to their respective team huddles and refrain from **ANY TYPE OF INVOLVEMENT**.
- e. Players involved in fighting and/or other forms of flagrant unsportsmanlike conduct will be subject to disqualification in accordance with the rules. Any additional player becoming involved in the aforementioned acts will likewise be subject to disqualification. **Any player entering the field of play from the bench area during an altercation will automatically be disqualified from the contest.** In addition, all players involved may be subjected to further disciplinary action which could include, but not be limited to, a one (1) game suspension. This will be the decision of the Section VIII Sportsmanship Committee based on a review of written reports from both head coaches and game officials. All decisions are subject to the regular Section VIII appeals process.
- f. All pre-planned or orchestrated celebration by players are prohibited after scoring and at the conclusion of the game. Celebrations that are spontaneous in nature are understandable but should be brought under control as soon as possible by the coaches. At the end of a game, teams should be brought together for the post-game handshake as quickly as possible. (5/92)
- g. All coaches are asked to carefully supervise the post-game handshake. Any unsportsmanlike acts (fighting, etc.) that occur during the post-game handshake carry the same penalty as those that occur during the game, officials will be on the field for the handshake. Please note the handshake is encouraged but not mandated; a school must inform the other team prior to the start of the game if they do not want to have the post-game handshake.
- h. LIAFO (Long Island Association of Football Officials) Sportsmanship Awards will be awarded at the Gridiron Dinner. This is an award for the highest rated team in each conference. These teams will be determined by the results of the ratings for all eight (8) games as per the LIAFO Report Form (see below) turned in by the officiating crew for each game. Each school's results, other than the winner in each conference, will be kept confidential. A school may find out their own rating by contacting Larry Forman, Chairman Sportsmanship Committee LIAFO.

LIAFO SPORTSMANSHIP REPORT

Game Date _____

_____ Vs _____

Score: _____

_____ Cooperation with Officials _____

_____ Sideline Control _____

(team box area, players, assistants)

_____ Coaches' Conduct _____

_____ Player Conduct _____

_____ Game Control _____

_____ Overall Rating _____

Summary Comments: _____

Rating System: 1.0 – 1.9 - Fair

2.0 – 3.4 - Good

3.5 – 4.4 - Very Good

4.5 – 5.0 – Excellent

NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
SECTION VIII of NYSPHSAA, Inc.

Section VIII Sportsmanship Regulations

Type of Offense	Offender	Consequence of First Offense	Consequence of Second Offense	Appeal Amount
Physical	Player	Two Game Suspension	Remainder of Season Suspension	\$250 for Sportsmanship Appeal
	Coach	Remainder of Season Suspension		\$500 for Athletic Council Appeal
	Spectator	Remainder of Season Suspension		
Verbal	Player	Two Game Suspension	Remainder of Season Suspension	
	Coach	Two Game Suspension	Remainder of Season Suspension	
	Spectator	Three Game Suspension	Remainder of Season Suspension	
**Ejection by Rule Violation	Player	Subject to Specific Sport Rule		
Ejection by Unsportsmanlike Behavior	Player	Two Game Suspension	Remainder of Season Suspension	
	Coach	Two Game Suspension	Remainder of Season Suspension	

Pre/Post Game Behavior Will Receive Additional Game(s)	Spectator	Two Game Suspension	Remainder of Season Suspension	
Leaving Bench Area	Player	Two Game Suspension	Remainder of Season Suspension	
	Coach	*One Game Suspension (Two or More Players Leave)	*Pending Review by Sportsmanship Committee	
*Pending review by Sportsmanship Committee				
**Sportsmanship Committee reserves the right to impose any additional consequences for ejections by rule violation				
**Football will abide by the NYS Policy; Sportsmanship Committee can still add additional consequence.				
The Sportsmanship Committee always reserves the right to impose any additional consequences for any unsportsmanlike action				

Approved 9/26/24

NASSAU COUNTY PUBLIC HIGH SCHOOL

ATHLETIC ASSOCIATION

SECTION VIII UNSPORTSMANLIKE BEHAVIOR/INCIDENT/DISQUALIFICATION REPORT

This report is to be completed and submitted by game officials and athletic directors of both schools within 24 hours of the incident and/or violation.

[Forms - Section VIII Athletics](#)

“Tommy Tough” Football Educational & Awareness Safety Standards

Section VIII in its never-ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the stakeholders in Section (*input Section number*) football it is our goal to implement changes that will protect the integrity of the game, minimize risk for players and allow for positive growth. The Section VIII Football Committee, Safety Committee, Athletic Directors, Football Officials Association and the Section (*input Section Number*) Football Coaches Association embrace the following Tommy Tough Football Standards and will begin implementing them in the spring of 2017.

1. Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2017.

Statement- “In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling.”

2. To enlighten and gain support from parents and spectators, make the following announcement (2 or more times) whenever a PA system is available at a football game:

Statement: “The (*insert name of both schools*) school districts salute the Section (*insert Section number*) Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Section (*insert Section number*) football players. We ask all spectators to join the football coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation.”

3. Support the football official’s association in enforcing the NFHS rules and regulations related to the penalties for illegal helmet contact and illegal hits. As per NFHS rules, flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of **targeting, illegal helmet contact** (butt blocking, face tackling and spearing) and **defenseless player hits** (as defined by the NFHS rule book) will result in the appropriate yardage penalty **as well as the player being removed from the field for at least one play.**
4. As per the NYSPHSAA and Section (*insert Section number*) Misconduct Policy, players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest. Repeated infractions may lead to additional penalties.
5. The Section (*insert Section number*) Football Coaches Association pledge their support to the football officials when they call the following NFHS violations- **targeting** (NFHS Rule 2, Section 20, Article 2) **illegal helmet contact** (NFHS Rule 2, Section 20, Article 1), **and defenseless player hits** (NFHS Rule 2, Section 32, Article 16).
6. Support head coaches in the downloading of game film to the Football Officials Association for their review and use in the education and professional growth of all its members.
7. Work with Section (*insert Section number*) Football Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits.
8. Work with our Football Officials Association in the exploration and development of the best possible evaluation programs.
9. Recommend having a **“Player Safety Coach”** on staff, as per USA Football (individual district decision).
10. Recommend supporting and working with USA Football (and/or similar organizations) in their efforts to promote and implement programs that are being created to minimize player risks and benefit all.

We are confident that through the implementation of these strategies and commitment by all who love this great game we can create an even better experience for our student-athletes.

So why name the standards after Thomas Cutinella? Thomas Cutinella was a smart, intelligent, athletic, altruistic young man from the Shoreham Wading River community in NYS, who wanted to serve those around him. He planned on attending West Point and serving this country but lost his life playing the game he loved. The Tommy Tough Standards ‘sing’ his service-oriented song...and the ‘lyrics’ speak to serving others by minimizing risks for all football players.

IV.

HEALTH,

SAFETY

&

LIABILITY

NYSED Guidelines for Concussion Management in the School Setting

[Microsoft Word - Guidelines for Concussion Managefinal.doc](#)

NYSPHSAA Concussion Information/Checklist

[Student Parent Concussion Info \(PDF\) - New York State Public High School Athletic Association](#)

NYSPHSAA THUNDER & LIGHTNING POLICY

[Thunder and Lightning Policy \(PDF\) - New York State Public High School Athletic Association](#)

NYSPHSAA HEAT INDEX PROCEDURES

[Heat Index Procedure \(PDF\) - New York State Public High School Athletic Association](#)

NYSPHSAA WIND CHILL PROCEDURES

[Wind Chill Procedure \(PDF\) - New York State Public High School Athletic Association](#)

NYSPHSAA SAFETY REFERENCES

[Safety - New York State Public High School Athletic Association](#)

NOCSAE HELMET STANDARDS

[PowerPoint Presentation](#)

FOOTBALL HELMET INSPECTION LIST

1. Check helmet fit for agreement with manufacturer's instruction and procedures.
2. Examine shell for cracks and replace any that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, velcro and snaps for breakage, distortion and/or looseness. **Repair as necessary.**
4. Replace face guards that have become misshapen, causing shell distortion and resulting in a poor fit.
5. Examine for helmet completeness and replace any parts which have become damaged such as sweatbands, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper installation and fit.
7. Examine chinstrap for proper adjustment and inspect to see if it is broken or stretched out of shape; also inspect the hardware to see if it needs replacement.
8. Read instructions provided by manufacturer regarding care and maintenance procedures. Also follow these instructions:

Caution: Only paints, waxes, decals or cleaning agents approved by the manufacturer is to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and affect its safety performance

PLAYERS:

Inspect your style of helmet prior to each usage. NEVER WEAR A DAMAGED HELMET

SUSPENSION STYLE

- Check hardware i.e. screws or rivets that may be loose/missing.
- Check webbing for tears in threads, stretching or pulling away at rivet location.
- If crown webbing is adjustable, check that crown rope is properly adjusted and is tied tightly using a square knot.
- Check interior padding for proper placement and good conditions.
- Check foam padding for proper placement and no obvious deterioration.
- Check for cracks in vinyl/rubber covering of air, foam, liquid padded helmets.
- Check that protective system or foam padding has not been altered or removed.
- Check all rivets, screws, velcro and snaps to assure they are properly fastened and holding protective parts.

PADDED STYLE

- Foam/Air/Liquid

If any of the above inspections indicate a need for repair and/or replacement, notify the proper authority. **This is your responsibility.**

PLAYER EQUIPMENT RULES

EXAMPLES OF PLAYER EQUIPMENT WHICH ARE ALWAYS ILLEGAL:

1. Projecting metal or other hard substance on clothes or person.
2. Guards or braces made of material which is "hard" in its final form.
3. Hard knee brace, unless the hinges or any metal, etc. is properly padded.
4. Forearm and hand pads or gloves unless soft, non-abrasive and non-hardening.
5. Tape or bandage on a hand or forearm unless sanctioned by umpire.
6. Hard shin or thigh guards, unless edges and outside are padded properly.
7. Shoes with cleats, studs or projections more than ½" in length.
8. Ball colored helmet, jersey patches or pads without contrasting stripes.
9. Slippery or sticky substances on equipment or exposed part of body.
10. Plastic covering on pads unless edges are properly rounded.
11. Tear-away jerseys.
12. Any equipment which is dangerous or confusing.

Prior to the game, the head coach must verify to the referee in the presence of the umpire, that all his players are equipped in compliance with the rules.

EXPLANATION:

Prior to his verification, the coach may ask the umpire to examine any player equipment about which there is a question of legality. If a player is thereafter found to be playing with illegal equipment or without mandatory equipment, an unsportsmanlike foul will be charged to the head coach.

If an incoming substitute is missing required equipment or if he is wearing illegal equipment, correction must be made before he can participate. An official's time-out is called to permit prompt repair of equipment which becomes illegal or defection through use.

If equipment becomes illegal or defective through play, it may be corrected without attendant assistance during an official's time-out. If this cannot be done, the player must leave the game or call a time-out.

PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU AS A PLAYER CAN HELP MAKE THE GAME SAFER BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL, AND WHICH CAN CAUSE SERIOUS INJURY.
--

THE DUTY TO WARN

Seattle Public Schools - Athletic Department
Chris Thompson vs. Seattle School District Case

I. CHARGES OF THE PLAINTIFF

A. Failure to Warn:

1. Chris Thompson was not adequately warned about dangers of lowering his head when running with the football or making primary contact with the top of his helmet.
2. Chris Thompson was never warned that he could sustain a neck injury by hitting another player with the top of his helmet which could result in him becoming a quadriplegic.
3. Chris Thompson's parent (mother) was never warned or informed of the specific injuries which her son could sustain in football and specifically, she was never told he would become a quadriplegic.
4. Chris Thompson was never informed of the specific anatomical damage which could occur to his neck if he used his head as a primary point of contact.
5. Coaches did not provide enough warning or emphasize specific dangers of lowering the head during practices and games.

B. Failure to Adequately Instruct

1. Failure to utilize written warnings, illustrative charts and safety films in instructing players about the dangers of lowering their heads.
2. Coaches did not use effective drills, or a sufficient variety of instructional methods, to teach players how to run safely with the ball and to ensure that they would not lower their heads.
3. Players were not adequately informed regarding the reason for the "spearing" rule in football.
4. Players were not sufficiently warned, chastised, or penalized if they lowered their head when making contact with another player.
5. Coaches did not inform the players about the Points of Emphasis contained in the **National Federal Football Rule Book** related to the use of the helmet in making primary contact with another player.

TO: Superintendents,
Principals,
District Athletic Directors,
Building Athletic Directors,
Football Coaches (all levels)

FROM: Executive Director

RE: Duty to Warn

DATE: August 28, 2000

It has been brought to our attention that some school districts may not be following the recommendation of our Association and the Football Committee to inform the athletes and their parents of the dangers inherent in the use of the football helmet.

It is strongly recommended by the Association's Superintendents' Board and Executive Committee that school district personnel become familiar with the **Duty to Warn** as stated on page 85 of the Nassau County Public High School Football Handbook.

It is further recommended that all school districts initiate a form indicating that the student has been fully instructed in the proper use of the football helmet and has a full understanding of the dangers involved in its use.

A sample form is enclosed for your consideration.

SAMPLE

WARNING VERIFICATION FORM

Athletes Name: __

(Please print)

This is to certify that I have carefully read and that I fully understand the warning label(s) attached inside and/or outside of the football helmet.

THE LABEL READS:

WARNING

NO HELMET CAN PREVENT ALL HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent.

ON SOME HELMETS THE LABEL WILL READ:

WARNING

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear. **NO HELMET CAN PREVENT SUCH INJURIES.**

I have read and fully understand the proper use of this equipment. My coach has instructed me on the proper techniques used when tackling and blocking.

Player's Signature: __

Parent or Guardian's Signature: __

Date: __

V.

POINT SYSTEM

Power Point Information
Nassau County Football Coaches Association
Website: www.section8football.com

This website contains the latest information regarding Power Points, Standings, Schedules and weekly results of Nassau County Football

*****NEW for 2025 Quadrant points and Bonus points added to the powerpoints*****

Quadrant Points are additional points awarded to winning teams based on the strength of their opponent. Each conference is divided into four quadrants based on seeding. Higher-seeded teams are assigned higher point values, with each lower quadrant decreasing by one point.

When a team wins a game, they earn their usual Power Points plus the Quadrant Points based on the opponent's quadrant. This system rewards teams for beating stronger opponents, making rankings more reflective of actual performance and schedule difficulty.

12 Team Conference				
<i>Quadrant Points</i>	<i>Seed</i>	<i>Total Potential QP's</i>	<i>Bonus Points</i>	<i>Total Potential Points (QP's + Bonus Points)</i>
4	1	21	12	33
	2	21	11	32
	3	20	10	30
3	4	20	9	29
	5	19	8	27
	6	18	7	25
2	7	17	6	23
	8	16	5	21
	9	15	4	19
1	10	15	3	18
	11	14	2	16
	12	14	1	15

13 Team Conference				
<i>Quadrant Points</i>	<i>Seed</i>	<i>Total Potential QP's</i>	<i>Bonus Points</i>	<i>Total Potential Points (QP's + Bonus Points)</i>
4	1	21	13	34
	2	21	12	33
	3	19	11	30
3	4	21	10	31
	5	20	9	29
	6	18	8	26
2	7	17	7	24
	8	15	6	21
	9	13	5	18
1	10	14	4	18
	11	12	3	15
	12	12	2	14
	13	15*	1	16*
				*13 seed has no crossover

14 Team Conference				
<i>Quadrant Points</i>	<i>Seed</i>	<i>Total Potential QP's</i>	<i>Bonus Points</i>	<i>Total Potential Points (QP's + Bonus Points)</i>
4	1	22	14	36
	2	22	13	35
	3	21	12	33
3	4	22	11	33
	5	20	10	30
	6	20	9	29
	7	18	8	26
2	8	17	7	24
	9	14	6	20
	10	15	5	20
	11	13	4	17
1	12	14	3	17
	13	13	2	15
	14	13	1	14

VI.

AWARDS

NOMINATIONS

FORMS

&

GUIDELINES

ALL CONFERENCE/ALL COUNTY SELECTION MEETING

Nassau County Football Coaches' Checklist for every Head Football Coach:

1. Submit All Conference selections as per chart below.
2. Fill out and turn in All County thumbnail sketches for those players you intend to nominate.
3. Fill out and turn in Unsung Hero nomination forms.
4. Vote for Conference Coach of the Year.
5. Vote for Nassau County Coach of the Year.
6. **Email Thorp applications and official transcripts to:**
nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to **HUDL** at **Nassau County Awards**.
7. **Email Martone applications and official transcripts to:** nassaucountyfootballawards@gmail.com.
Submit films for this award as a tape exchange to **HUDL** at **Nassau County Awards**.
8. **Email Piner/Pizzarelli applications and official transcripts to:**
nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to **HUDL** at **Nassau County Awards**.
9. **Email Snyder applications and official transcripts to:** nassaucountyfootballawards@gmail.com.
Submit films for this award as a tape exchange to **HUDL** at **Nassau County Awards**.
10. **For all other awards, hard copy-paper applications must be submitted to your conference coordinator at the start of your conference meeting. Conference coordinators will be checking the applications and verifying that copies of transcripts have been taken out of envelopes and are stapled to each application.** They are:
 - a. Academic All-Conference**
 - b. National Foundation Football Hall of Fame**
 - c. The Kessenich Award**
 - d. Jack Boyle – Asst. Coach of the Year Award**
11. **Due to the time required to prepare these films for the committee meetings, we ask that you submit the films to our HUDL account as soon as possible. The expected time for submission is below:**
If your last game is 11/ – Film is due on.... TBA
If your last game is 11/ – Film is due on...TBA
If your last game is 11/ – Film is due on...TBA
If your last game is 11/ – Film is due on...TBA
12. Know which of your players will play in the Exceptional Senior Game if selected (everyone gets at least one).
13. Submit pictures of your All County players in their dark jersey to Ron Pickett
14. Voting for Rutgers Cup is done by the head coach at the Gridiron Dinner, unless you are directed otherwise.

For complete details see the packet from Frank Luisi, Awards Coordinator, to be presented by email in September for all awards requirements and procedures.

NC FOOTBALL COACHES' ASSOCIATION
ALL CONFERENCE SELECTIONS

First Place Team____7
Second Place Team___6
Third Place_____5
Fourth Place Team___5
Fifth Place Team____4
Sixth Place Team____4
Seventh Place Team___3
Eighth Place Team___3
Ninth Place Team____2
Tenth Place Team____2
Eleventh Place Team___2
Twelfth Place Team___2
Thirteenth Place Team_1
Fourteenth Place Team_1

ALL COUNTY SELECTION PROCESS

14 TEAM CONFERENCE

2 Running Backs
2 Quarterbacks
1 Wide Receiver
2 Offensive Linemen
1 Center
2 Additional Linemen
2 Defensive Linemen
4 Defensive Backs or Linebackers
4 Additional Skills Players
4 At-Large Players (Skills or Linemen)

24 Total Players

12 TEAM CONFERENCE

2 Running Backs
2 Quarterbacks
1 Wide Receiver
3 Offensive Linemen
1 Additional Lineman
2 Defensive Linemen
3 Defensive Backs or Linebackers
3 Additional Skills Players
3 At Large Players

20 Total Players

All-County Honorable Mention – 8 per Conference 1 - 4

- In the event of a tie between 2 players, the tie will be broken by awarding All-County to the player from the higher pre-season seeded team.
- If a conference does not have, for example, only 1 QB that deserves All-County the extra spot would go to additional skills players.

MUST TYPE ALL INFORMATION!

ALL CONFERENCE SELECTION

YEAR _____ **CONFERENCE** _____

School Name _____

School Phone Number _____

Coach's Name _____

Coach's Cell Number _____

No.	Player's Name	Position	Ht.	Wt.	Grade	Phone
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						

MUST TYPE ALL INFORMATION!

ALL-COUNTY THUMBNAIL SKETCH

Due immediately after All County selections are made at the All-League/County selection meeting at BOCES.

1. Name _____

2. School _____

3. Height _____ Weight _____

4. Position _____

5. Class _____

6. Captain or Co-Captain _____

7. Pertinent Information:

(Please write a short appraisal of your player including information such as any personal comments and statistical information such as carries, passes, touchdowns, etc.)

SEEDING REVIEW SHEET

Year_____ Finish_____

Conference_____Record_____

Team_JV Record_____

Last Year's Seeding JV Rec. Year Before_____

Initial Projected Seed for Upcoming Season_____

Numerical Roster of Returning Varsity Players (Circle number if starter)

[illegible]

Complete base offense and defensive formations. Indicate returning starters by placing his number at the position he played this past season. A returning starter is any player who started four or more games or finished the season as a starter.

Offense

Defense

SEEDING REVIEW SHEET (continued)

Varsity Scores Last YearJV Scores Last YearJV Scores Year Before

1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.

If scores are not available, put team and W or L.