



2018 SCIAA HIGH SCHOOL FOOTBALL INFORMATION

All scheduling questions and changes should be sent to:

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All official questions:

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Important Dates

DATES	DESCRIPTION	TIME	LOCATION
July 18 th	TSSAA: Can Start Practice in Helmets & Shoulder Pads		
July 18 th	SCIAA Football Coaches' Meeting	10:00am	SCIAA Office
July 22 nd	TSSAA: Complete Football Acclimation Forms		
July 23 rd	TSSAA First Practice Date Full Pads		
August 1 st	TSSAA: TSSAA Football Meeting	6:00pm	MUS
August 7 th	Jamboree Roster Submissions (Email/Faxed)	3pm	SCIAA Office
August 9 th	SCIAA Football Jamboree	6:30pm	Crump Stadium
August 10 th	SCIAA Football Jamboree	6:30pm	Crump Stadium
August 12 th	JV/Freshman Football Schedule Due		Online
August 17 th	TSSAA First Contest Date & Deadline to File Eligibility & Schedules		
September 6-8 th	Fairground Stadium unavailable due to Southern Heritage Classic		
Black-Out Dates	Fairground Stadium unavailable due to University of Memphis Football Game [(Fri.9/14, 11/23)- (Sat. 9/1, 9/22, 10/6, 11/10)]		
October 8-12 th	SCS Fall Break		
TBA	TMSAA Freshman Football Sectional Championship		TBA
November 2 nd	TSSAA DI First Round		
November 9 th	TSSAA DI Second Round		
November 16 th	TSSAA DI Quarter Finals		
November 23 th	TSSAA DI Semi-Finals		
November 29 th	TSSAA DI 2A, 4A, 6A Blue Cross Bowl		Cookeville, TN
December 1 st	TSSAA DI 1A, 3A, 5A Blue Cross Bowl		Cookeville, TN

THE FIRST DAY OF PRACTICE

Each student-athlete must have a completed Athlete's Health Record (comprised of a cleared pre-participation physical examination, emergency information, informed consent, acknowledgement of risk and authorization to treat signed by parent/guardian) and the Tennessee State Concussion & Sudden Cardiac Law "Information & Signature Form" before he or she can participate in a try-out, practice, or game. Coaches must complete and/or review safe participation courses and requirements i.e. Concussion Training, sudden cardiac, Weather Guidelines (heat & lightning), CPR & First Aid Certification before coaching duties begin.

NEW TSSAA FOOTBALL PRACTICE REGULATIONS

See attachment A

<http://tssaa.org/football-practice-regulations-full-contact/>

TSSAA Heat Policy

No activities will be allowed when the heat index at the location of the activity is in excess of 104 degrees.

This includes practices and contests at any level (HS, MS, JV etc...) and at any location (indoor or outdoor). Schools are required to measure the heat index at the location of its activities associated with sanctioned sports. Schools will need to have the capability to measure heat index at the site(s) where activities take place. * Report non-compliant team(s) to the SCIAA Office.

Tennessee Concussion Law

Tennessee passed the Concussion & sudden Cardiac Prevention Act. This act requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury. Coaches, Student-Athletes and Parents must complete these requirements annually. Additional info: www.sciaa.digitalsports.com/health

PRACTICING ON DISTRICT FIELDS

Games on district fields at district owned stadiums take precedence over practices. Please clear the stadium 60 minutes prior to game time. Clearing the stadium includes all student-athletes, coaches, team followers etc.... Please review the SCIAA website for game times and locations at district stadiums.

FOOTBALL SCHEDULE

TSSAA max number of games is 10. All games must be turned in to the SCIAA and reflected on the SCIAA master schedule available at www.sciaa.digitalsports.com

JAMBOREE

Schools are only allowed to participate in one Jamboree. The SCIAA jamboree is the official jamboree for all SCS schools. Jamboree will consist of **24 min running** clock. Teams should warm up in the end zone 5 minutes prior to the end of the previous contest. Please arrive at least 30 minutes prior to your scheduled time to play. Estimated start times are listed on the schedule. Only TSSAA Championship Cards & Retiree Passes will be accepted.

TICKET PRICE

\$8.00 max. (tickets may be pre-sold at a lesser price at the discretion of the host principal)

For auditing purposes anyone entering the game must have a ticket or SCS ID badge, administrators or retirees I.D. Badge, or TSSAA pass. **Boosters, Concession workers and any other personnel must have a ticket from your school to enter the game.**

Teams, coaching staff including volunteer coaches, auxiliary staff i.e. managers, ball boys etc... should enter the stadium together and in team uniform. All others attempting to enter the game without the team should have a ticket or employee badge (Volunteer Badges do not allow free entry).

DATE & TIME OF GAMES

Football games are traditionally held on Thursday and Friday. Games begin at 7:00pm. All games will start at the designated time unless otherwise indicated in writing through the SCIAA. **To make a game change (dates and/or start times) contact the SCIAA office at minimum 3 days prior to the scheduled event.**

INCLEMENT WEATHER

If a scheduled game is cancelled due to schools closing, please await information from the SCIAA office. If schools are closed on the day of a meeting, the meeting will be rescheduled by the SCIAA office. Schools will be notified of the rescheduled date.

SECURITY PERSONNEL

Security personnel will be assigned to high school games by SCS security (416-5773).

JUNIOR VARSITY/FRESHMAN FOOTBALL

If you want to participate in JV/Freshman Football, you will be responsible for creating your schedule. A great time to schedule games would be at the TSSAA/SCIAA football meetings.

- Please use the following link: <http://1drv.ms/1x0VZJn> to enter your schedule i.e. (date, time, location and opponent etc...)*
- JV games are normally played on Monday. (However at high usage stadiums, games can be played on Mondays (time open), Wednesdays (7pm or later), Thursdays & Fridays (check varsity football schedule for availability) and weekends by request. No games can be played on Tuesday).
- The deadline to submit your schedule and/or request stadiums is Friday, August 11, 2017.
- You will receive confirmation once your schedule location and times have been approved. I will submit this schedule to the Football Officials Assigning Agent.

*Locations and Times are subject to change based on availability.

Instructions on How to upload your JV/Freshman football schedule

- 1) Paste this link in web browser: <http://1drv.ms/1x0VZJn>
- 2) Click '**edit in browser**' at the top of the screen on the left hand side
- 3) Begin Adding games. Enter home team, away team, facility, day, event date and start time
- 4) You are done! The document automatically saves. Exit your browser.

TSSAA FOOTBALL PRACTICE REGULATIONS

Updated March 31, 2015

The following definitions describe the different levels of contact in football practice.

- a. **Full Contact** – Contact which meets the parameters described in Live Action or Thud definitions below.
- b. **Live Action** – Contact at game speed where players execute full tackles at a competitive pace, taking players to the ground.
- c. **Thud** – Same as a Wrap, but the tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

TSSAA/TMSAA Policy for Pre-Season Acclimatization

Helmets and shoulder pads may be worn starting NFHS Week 3. Each individual athlete must practice in helmets and shoulder pads for three days prior to practicing in full pads, regardless of when they start practicing.

Practice Regulations for Football

- 1. Practice in pads may begin NFHS Week 4.
- 2. Practice time in pads may not exceed 3 hours in a single practice.
- 3. If there are multiple practices in pads on a single day, only one session per day should include **full contact**. The total practice time in pads may not exceed 5 hours, with practices separated by at least three hours of rest in a cool environment.
- 4. No student shall participate in multiple practices in pads on consecutive days. Helmets may be worn at any time. A practice would be considered a practice in pads if shoulder pads and/or football pants with or without pads are worn. If weather postpones a practice in pads, the practice may resume after conditions are deemed safe and the remainder of the allotted practice time may be completed.

Limitations for Full Contact Football Practices During the Regular and Post-Season

- 1. **Full Contact** shall be allowed no more than 3 practices per week.
- 2. **Full Contact** in practice shall not last more than 30 minutes per day per group.
- 3. **Full Contact** in practice shall not be permitted on 3 consecutive days.
- 4. No player shall be permitted to participate in more than 8 quarters in one week, on the offensive or defensive side of the ball. Participation on special teams does not count toward the 8 quarter limitation.
- 5. When possible, an athletic trainer should be present at all practices and games.
- 6. An Emergency Action Plan (EAP) with clearly defined written and practiced protocols should be developed and placed at every high school. A customized emergency action plan, can be developed at the following link: <http://www.anyonecansavealife.org/>

SCIAA Football Questionnaire

Name of School	
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Questions	Answer
Are there any changes or updates to your varsity football schedule?	
How do you feel about the current jamboree format?	
What are your suggestions, if any, regarding a new format?	
Any other comments or suggestions?	