

SHORE / GREATER MIDDLESEX CONFERENCE FOOTBALL RULES AND REGULATIONS

1. NFHS rules and NJSIAA modifications shall govern all games with the additions and exceptions as may be herein set forth
2. It is strongly recommended that a doctor or first-aid squad be available at all varsity games.
3. Postponements shall be made no later than three (3) hours prior to game time. It is strongly recommended that postponed games be played the following day at a mutually agreed upon time.
4. The electronic scoreboard shall be the official time and must be operated by a certified official. If the clock is inoperative or becomes inoperative at any time during the game, the official shall move to the field and continue his duties.
5. It is recommended that a chain crew be officials or at minimum, adults and shall wear uniformed vests supplied by the home team.
6. The home school shall reserve seats for the visiting band
7. All sub-varsity games shall be of ten minute quarters.
8. The Shore / GMC Conference football film exchange rule is mandatory. Elements of the rule are as follows:
 - a. All scrimmages and games may be scouted and filmed
 - b. Scouting or Filming opponents practices is **PROHIBITED**
 - c. It is mandatory for a **minimum of two** (2) films or videos to be exchanged between competing coaches.
 1. First regular season game: Game Scrimmage and 1 other scrimmage
 2. Second regular season game: game scrimmage and first game
 3. Other regular season games: Two (2) games of coaches choice
 - d. Films and videos may be requested one week prior to the schools upcoming contest (except when a school has a bye week – then the exchange must take place following the last regularly scheduled game of the team that has been scheduled the bye week.).
 - e. Coaches will be able to request any two (2) films or videos of games played that year. More films may be exchanged with the mutual consent of the

two competing coaches. Responsibility of contact falls on the head coach of the home team for the upcoming game. Format of the game film must be decided on prior to the meeting. If there is a disagreement of the format VHS is mandatory.

f. Film exchange will be of the sideline view.

g. Film exchange must be made by Sunday 6PM

9. Home team should provide a comparable area for the visiting team's coaches. Each school shall provide a desirable vantage point for a two member film crew and at least one visiting coach

10. No coaches are permitted in the end zone during the game.

11. Cameras are permissible in the end zone, however the person or persons filming is not permitted to communicate with any member of the coaching staff during the game or at halftime.

12. There shall be a minimum of five (5) carded officials for each of the varsity games.

13. Junior Varsity games shall be played the Monday following the varsity game at the **OPPOSITE** site and shall wear the **SAME** color jersey as the varsity game of that week.

14. Freshmen games shall be played the Thursday, Friday or Saturday morning prior to the varsity game at the **OPPOSITE** site and shall wear the **SAME** color jersey as the varsity game of that week.

15. Pre-Game:

- A. Teams must leave the field 25 minutes prior to game time.
- B. Visiting Bands shall perform at the conclusion of the pre-game warm-ups and must conclude their performance 10 minutes prior to the scheduled game time.
- C. Teams shall return to the field 10 minutes prior to game time.
- D. The introduction of starting line-ups shall begin 10 minutes prior to scheduled game time.
- E. The home team shall present the colors and the home team band shall play The National Anthem from the bleachers.

16. Half-Time

When teams leave the field: **10-20 minutes**

15 minutes is normal. It may be increased to a maximum of 20 minutes, provided opponents have been notified no later than 5 minutes prior to the game.

By mutual agreement of the opposing coaches, the intermission may be reduced to a minimum of 10 minutes.

Mandatory Warm-up activity following intermission: **3 minutes**

(The game officials are responsible for ensuring that there is a 3 minute warm-up period posted on the clock for the use of the coaches **immediately after halftime intermission expires**. The head coach is responsible for his team being on the field for the mandatory warm-up time at the end of the scheduled halftime intermission.)

17. Post-Game

- A. Victory marches are prohibited.
- B. Both teams shall exit the field in an orderly sportsmanlike manner

18. The athletic directors will have open lines of communication. Any questions or concerns should be communicated **BEFORE** the athletic event.

19. GMC passes, Shore Conference passes and faculty ID's will be accepted as complimentary entry into football games.

