

Football

1. The regulation ball for varsity football will be the Spaulding J-5-Y or Wilson TDY.
2. The regulation ball for junior varsity will be the Wilson TDJ, Wilson TDY, or Spaulding J-5-Y.
3. No other balls may be used for football unless they are approved at the 1st quarterly meeting by the S.P.A.L.
4. Ball carriers (including offensive ends, blocking backs, and punt or kickoff returners) will have a weight limit as follows: (Revised: August 1997)
 - a. Varsity players in AAAA schools cannot weigh over 160 pounds. (exception: a ball carrier may gain a grace amount of 5 pounds after the first game, not to exceed 165 pounds at any time.)
 - b. Varsity players in other divisions cannot weigh over 150 pounds. (exception: a ball carrier may gain a grace amount of 5 pounds after the first game, not to exceed 155 pounds at any time.)
 - c. Junior varsity players cannot weigh over 135 pounds. (exception: a ball carrier may gain a grace amount of 5 pounds after the first game, not to exceed 140 pounds at any time.)
5. There will be no weight limits for other players.
6. Protests concerning weight limits of any ball carrier must be made to the Executive Secretary within twenty-four (24) hours. This must be followed by a written statement and protest fee. The Executive Secretary will then set up a meeting for the two coaches of the schools involved and the player in question. (See Rules and Regulations, Article VI, section 6.)
7. Varsity and junior varsity games will consist of four 8-minute quarters, with a 10- minute halftime.
8. The scoreboard will be the official clock. In the event of scoreboard failure or the lack of a scoreboard, the official time will be kept by an official on the field.
9. Numbers on jerseys will not have to conform to any rules.
10. Mercy Rule - If a team is ahead by 30 or more points at halftime, the losing coach may choose to make clock a running clock. At 35 points or more after halftime, the clock automatically becomes a running clock.
11. During playoffs, host schools will be allowed to determine game day and time within normal and customary limits.
12. The Kansas method will be used in case of tied games at the end of regulation time.