

14.1 IMPORTANT DATES - Due to COVID-19, all dates below are subject to change.

2020-2021 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 3, 2020	5th	1 st Practice in helmet and appropriate footwear allowed.
Thursday, August 6, 2020	5th	1 st Practice in helmet, shoulder pads and appropriate footwear allowed. (Current medical, history/exam, athletic participation/ Parental permission, and substance misuse forms must be on file.)
Monday, August 10, 2020 - Sunday, August 23, 2020	6th - 8th	On-Site Rules Clinic - Locations to be Announced (Mandatory for all Head Coaches)
Monday, August 10, 2020	6th	1 st Practice in helmet and appropriate footwear for schools that did not begin August 3. (Current medical, history/exam, athletic participation/ Parental permission, and substance misuse forms must be on file.)
Thursday, August 13, 2020	6th	1 st Practice in helmet, shoulder pads and appropriate footwear for schools that did not begin August 3 and August 6.
Thursday, August 13, 2020	6th	Deadline for submitting Application for Jamboree approval
Monday, August 17, 2020	7th	Earliest Scrimmage Allowed (Eligibility must be submitted online)
Tuesday, August 18, 2020	7th	Deadline to submit all-star nominations
Thursday, August 27, 2020 - Saturday, August 29, 2020	8th	Jamborees
Thursday, September 3, 2020	9th	1 st Contest (If jamboree not played, eligibility must be submitted online.)
Monday, October 12, 2020	15th	Deadline for submitting GPAs online for seniors for All-Academic
Saturday, October 24, 2020	16th	Last date to add a game for power rating purposes
Saturday, November 7, 2020	18th	End of Regular Season/District Representatives Named (All Classes)
Sunday, November 8, 2020	19th	Playoff Pairings Announced
Thursday, November 12, 2020 - Saturday, November 14, 2020	19th	Bi-District (Classes) & Regional (Divisions)
Thursday, November 19, 2020 - Saturday, November 21, 2020	20th	Regional (Classes) & Quarterfinals (and Divisions)
Thursday, November 26, 2020 - Saturday, November 28, 2020	21st	Quarterfinals (Classes) & Semifinals (and Divisions)
Thursday, December 3, 2020 - Saturday, December 5, 2020	22nd	Semifinals (Classes <u>and Divisions</u>)
Saturday, December 5, 2020	22nd	Superdome Qualifiers' Meeting (Mandatory for All Classes)

Thursday, December 10, 2020 - Saturday, December 12, 2020	23rd	Non-Select State Championship Finals - Mercedes-Benz Superdome <u>and Select State Championship Finals - Site(s) TBD</u>
Wednesday, January 6, 2021	27th	Deadline to Declare Spring Football Practice Session
Monday, January 11, 2021 - Saturday, February 6, 2021	28th - 31st	Winter Practice - Spring Session
End of Schools' Season - End of School	TBD	Weight training/conditioning permitted. No practice/contests allowed.
Monday, April 26, 2021 - End of School	43rd - End of School	Spring Practice - Spring Session
Monday, May 3, 2021	44th	Deadline for submitting schedules online
Sunday, May 16, 2021	46th	Summer Rules Begin

14.2 CONTEST LIMITS

14.2.1 Pre-Season:

1. A team shall be limited to one fall pre-season scrimmage.
2. A team shall be limited to one jamboree.

14.2.2 Season: A team shall be limited to the following:

1. Ten regular season contests
2. One bowl game per postseason per Bylaw 6.1.7, "Athletic Contests" section.

14.2.3 Calendar Week: A team shall be limited to one contest per week. (Sunday-Saturday)

14.3 GENERAL

14.3.1 Schools shall compete in Classes 5A, 4A, 3A, 2A, and 1A and shall compete in districts as adopted by the LHSAA Executive Committee. The schools in each district shall consist of both select and non-select admission schools. Football schools shall be sub-divided into select admission and non-select admission schools for postseason competition.

14.3.2 For playoff competition, schools that are classified as select schools shall compete in ~~four~~ as determined by the select schools, or a committee chosen from their number. Schools in Class 5A shall compete in Division I; schools in Classes 4A and 3A shall be combined and compete in Division II; schools in Class 2A shall compete in Division III; and, schools in Class 1A shall be compete in Division IV. A select school may choose to compete for postseason play in a division higher than assigned. The declaration to compete in a higher division is sport specific and shall be in effect for two years.

14.3.3 Schools with enrollment numbers that place them in Classes C, B or A will have the option of declaring to participate as a Class C or B school, depending on their enrollment numbers, or as a Class A non-football school. If the choice is to participate in Class A non-football, schools will be required to follow all rules pertaining to Class A. Class A non-football school will not be able to start basketball until the official start date for Class A.

14.3.4 In varsity competition, a visiting team shall furnish the home team with a list of players' full names, jersey numbers, positions, and classifications at least ten days prior to the contest.

14.3.5 A home team shall wear dark jerseys and a visiting team shall wear white jerseys, according to NFHS rules.

14.3.6 All tied games, district, non-district, and playoff games, shall be played until a winner is decided by applying the ten yard overtime procedure as outlined in the NFHS Football Rules Book. *Exception: Beginning with the third extra period, teams scoring a touchdown must attempt a two-point try. A one-point try by Team A will not score a point.*

- 14.3.7** By mutual agreement of the opposing schools' principals, a half time may be extended a maximum of five minutes (15 minute halftime is standard). The home schools' principal shall inform the referee of this extension.
- 14.3.8** During the months of August and September, there shall be a mandatory heat time-out at the six minute mark of every quarter. These time-outs shall be official time-outs and will allow the players to rest briefly and hydrate their bodies.
- 14.3.9** If anyone connected with a school or acting at the instructions or request of anyone connected with one school is detected using any type of radio scanning device or other scanning device to intercept radio and/or wire transmissions from coaches of the opposing school during a game, the offending school shall be ruled ineligible for district play for the season and postseason play and fined \$5,000 along with other penalties that may be assessed under the wholesome competition rule located in Section 5 "Penalty Code".
- 14.4** **ADDING THE SPORT OF FOOTBALL**
- 14.4.1** In a classification year a school which was non-football the preceding year but desires to participate in varsity football the coming season shall notify the LHSAA Executive Director in writing by October 15, which shall be prior to the classification committee's first meeting.
- 14.4.2** A school officially declaring in writing to field a varsity football team for the first time shall be required to post a \$10,000 bond in the name of the LHSAA or deposit \$10,000 with the LHSAA to be held in trust for two years prior to being classified a football school. The bond shall remain in effect for the first two years that the school fields a varsity football team that is placed in a district and competing for postseason play. The bond shall be distributed to schools with signed contracts, should the school cancel the scheduled varsity game(s) for any reason. The Executive Director will determine how the bond money will be distributed to the school(s) affected by the cancellation of a scheduled game.
- 14.5** **DISCONTINUING FOOTBALL**: A school voluntarily discontinuing varsity football shall not resume the sport at the varsity level for two years from the date of discontinuance. The school may resume football at the sub-varsity level only after one calendar year from the date it was discontinued. The forfeit of two or more scheduled games shall be considered discontinuing the sport. When a school discontinues varsity football, its scheduled games shall be null and void, and no game shall count for or against any team for postseason play.
- 14.6** **PRE-SEASON PRACTICE** - Beginning with the first official practice day, teams shall practice a minimum three days in shorts for conditioning purposes. Helmets and shoulder pads may be worn during the three-day conditioning period. Practice in full gear may begin after the three-day conditioning period. Interschool scrimmages may begin with the 7th week of the NFHS calendar and after the minimum three days practice in shorts and minimum three days in full pads.
- 14.7** **SUSPENDED AND CANCELED CONTESTS**
- 14.7.1** The host school principal or designated representative and the head official (referee) shall have mutual authority to delay the start of a game any time weather conditions are considered hazardous to life or limb. The referee, once a game has started, shall have the authority, by rule, to suspend a game any time weather conditions are hazardous to life or limb. If severe weather develops while a game is in progress and the administration feels safety is questionable but the game officials have not acted, the host principal or designated representative shall intervene by informing the referee who shall cause the contest to be suspended.
- 14.7.2** Once the game has been suspended, it shall only be resumed when the principals of both schools or their designated representatives and the referee agree it is safe to do so.
1. If after a delay of a maximum of 45 minutes the hazardous weather has not subsided, the decision to suspend shall be made by the principals of both schools and their designated representatives after consultation with the referee.
 2. If there are extenuating circumstances such as extreme travel distances or a rescheduling problem, the principals of both schools and their designated representatives may ask for an additional 30 minutes of waiting time.
 3. If the principals of both schools or their designated representatives and the referee cannot mutually agree that weather conditions are safe, the game shall be suspended.

- 14.7.3** If opposing schools’ principals and coaches do not agree to call a game a “complete game,” the game shall be completed from the point of suspension as if it were never suspended. A Thursday or Friday night suspended game shall be completed the following day or by mutual agreement on any day before midnight Monday of the following week. A suspended Saturday game may be completed on Sunday by mutual agreement but shall be completed no later than midnight Monday of the following week.
- 14.7.4** If, by mutual agreement, a district game is canceled, the game shall be disregarded for district honors. If, by mutual agreement, a non-district game is canceled, it shall be disregarded in determining power rating of the teams involved in the cancellation.
- 14.8** **DISTRICT PLAY**
- 14.8.1** Each district shall determine its own method for determining its first place playoff representative. In the case of a tie, Bylaw 14.8.5 shall be applied. The district shall set the number of district games a school shall play to be eligible for district honors. If a district consists of five or fewer teams, each member school shall play a minimum of five district games or play a round-robin schedule to be eligible for district honors. If two schools do not play the required number of district games and do not play each other, they shall be ineligible for postseason play. However, a school which agrees in writing to play shall not be penalized by this rule.
- 14.8.2** If a school lacks sufficient district games and another school in the district refuses to play it, the school may present a letter to the LHSAA by September 1 explaining the deficiency. However, if that school is offered a district game on any playing date other than the one on which a district game is already scheduled, it shall be accepted within one year.
- 14.8.3** District first-place representatives shall be named by district committees and reported to the LHSAA by the district chairperson no later than 8:00 p.m. on the Saturday of the 10th playing date. District chairperson(s) are asked to certify automatic qualifiers in the district by 10:00 p.m., Friday, of the 10th playing week. A regular season football game played on the Saturday of the 10th playing date shall not begin after 5:00 p.m.
- 14.8.4** A playoff game shall not be played to break a district tie. If a district championship is tied, all teams shall represent the district in the playoffs. If a division or class has a 16-team bracket and there is a first place tie between three or more teams that played each other during the season, the district constitution shall determine which of the teams shall be the first-place playoff representative. If there is not a tie-breaking rule in the district constitution, then the representative shall be determined by the team with the highest power ranking. The district chairperson shall report these results to the LHSAA by the established deadline.
- 14.8.5** A district with 11 or more teams may subdivide and the games they play in sub-district shall count as district games. Teams in one sub-district may schedule games against the other sub-district’s teams, but the games shall not count as district games. The game between the sub-district winners shall decide the first-place team on the tenth playing date and shall count as a district game.

14.9 **WILDCARD PROGRAM**

CLASS	QUALIFIERS
5A	32
4A	32
3A	32
2A	32
1A	24

DIVISION	QUALIFIERS
I	16
II	16
III	16
IV	16

14.10 CRITERIA FOR WILDCARD SELECTION: Only the team that is certified as the first place representative from the district or all teams that finish in a tie for first-place in the district shall automatically qualify for the state playoffs from that district. In completing the playoff bracket, all other teams qualifying for the state playoffs shall be selected on the basis of the established power rating scheme. Each district shall use Bylaw 14.8.5, to certify its first place team when ties exist. The remainder of the byes on the bracket will be filled with wildcard teams (teams that did not automatically qualify) using the highest power rating in descending order to fill the bracket.

14.11 SEEDING THE BRACKET

14.11.1 Non-select Classes 5A, 4A, 3A and 2A shall be seeded 1-32 and Class 1A shall be seeded 1-24 according to their power rating. All select teams shall be seeded 1-16 according to their power rating.

14.11.2 When two teams have an identical power rating, the following criteria shall be used for seeding purposes:

1. If the two schools played each other during the season, the winning school shall be seeded higher.
2. If the two schools did not play each other during the season, the tie shall be broken by determining each schools strength factor as stated in Bylaw 14.13.1. The school with the higher strength factor will be the higher seed.
3. If a tie exists after applying the above rules, the tie shall be broken by using the following criteria in this order:
 - a. The team(s) with the best won-lost percentage record(s) against all teams, including district and non-district games, in the school's same classification shall be selected for the playoffs.
 - b. The team(s) with the best won-lost percentage record(s) in district play shall be selected for the playoffs.
 - c. The team(s) with the best won-lost percentage record against all teams played shall be selected for the playoffs.

14.11.3 When three or more teams have an identical power rating, the following criteria shall be used for seeding purposes:

1. The tie shall be broken by determining each schools strength factor as stated in Bylaw 14.13.1.
2. If two teams are tied in the strength factor rating and played each other during the season, the team that defeated the other team shall be awarded the higher seeded position.
3. If a tie still exists after applying the above rules, the tie shall be broken by using the following criteria in this order:
 - a. The team(s) with the best won-lost percentage record(s) against all teams, including district and non-district games, in the school's same classification shall be selected for the playoffs.
 - b. The team(s) with the best won-lost percentage record(s) in district play shall be selected for the playoffs.
 - c. The team(s) with the best won-lost percentage record against all teams played shall be selected for the playoffs.

14.12 DETERMINING POWER RATING

14.12.1 The power rating for each school shall be rounded to the nearest hundredth (two decimal places) and be determined as follows:

RESULT OF CONTEST	ADD	ADD
Win (10 points)	Same Class	N/A
	Higher Class	Add 2 points for each class up
	Lower Class	N/A
Loss (0 points)	Same Class	N/A
	Higher Class	Add 2 points for each class up
	Lower Class	N/A
Double Forfeit	Add 1 point to team that defeated both teams forfeiting	
Tie (5 points)	Out of State	Add ½ point if opponents has a tie

14.12.2 A team’s power rating shall be the result of the contest plus any additional points for playing a larger classification plus opponent’s wins divided by the opponent’s games played multiplied by ten to get the total power points of games which is divided by the number of total games played during the regular season rounded to the nearest hundredth (two decimal places). Refer to the LHSAA website for an example of how the power rating is determined.

14.12.3 When a team’s opponent is an out-of-state team, the classification of the out-of-state team shall be determined by verifying the latest enrollment of the team through its state association and applying its enrollment to the enrollment numbers used in classifying LHSAA schools at the last classification meeting.

1. When a school plays an out-of-state school that has a game remaining on its schedule after the LHSAA’s tenth playing date, that game shall not be used in determining the school’s power rating.
2. When a school plays an out-of-state school all contests played that count on their regular season record shall be used to calculate a school’s power rating.
3. If an out-of-state opponent plays more than ten regular season games by the time of the LHSAA’s tenth playing date, only the results of the first ten games it played shall be applied in the LHSAA’s Wild-Card Program.

14.12.4 When a team’s opponent is a junior varsity or “B” team, the result of that game shall not be used in determining the team’s power rating or the strength factor.

14.13 **DETERMINING STRENGTH FACTOR:** The opponent’s strength factor shall be determined by adding the sum of the opponent’s class to the sum of the opponent’s wins and dividing the result by the total number of games played. Refer to the LHSAA website for an example of how the strength factor is determined.

14.14 FOOTBALL PLAYOFFS - NON-SELECT

14.14.1 Playoff games include all games played after the tenth playing date, not including the state championships.

14.14.2 In all rounds of playoff games, the Officials’ Association will be assigned by the LHSAA’s Director of Officials.

14.14.3 Ticket prices shall be set by mutual agreement of participating teams. If an agreement cannot be reached, a coin flip shall be conducted to decide the ticket price.

- 14.14.4** Game time shall be set by mutual agreement. If an agreement cannot be reached, the starting time shall be 7:30 p.m.
- 14.14.5** If a stadium conflict exists and/or a game time cannot be mutually agreed upon, then the home team shall set the starting time. The starting time shall not be before 5:00 p.m. and no later than 8:00 p.m.
- 14.14.6** Unless participating teams mutually agree to play a Thursday night or Saturday night, playoff games shall be played Friday nights. Participating teams shall mutually agree to play a Thursday or Saturday night if stadium conflicts exist Friday night. If a stadium conflict exists Friday night and teams cannot mutually agree to play Thursday or Saturday night, a coin flip shall be conducted to determine if the game shall be played Thursday or Saturday.
- 14.14.7** Schools shall be required to distribute and sell numbered tickets from the first round through the semifinal round for all state football playoff games. Both teams shall possess the right to be directly involved in the collection and accounting for and selling of all tickets. A school shall not be allowed to use season tickets as admission to any playoff game.
- 14.14.8** Through the semifinal round, the home team may use its regularly-used home field as its playoff game site. If the home team chooses to use a field other than its regularly-used home field, opposing schools shall agree to the change.

14.15 **FINANCIAL ARRANGEMENTS – NON-SELECT**

- 14.15.1** The traveling team shall receive \$4.00 per mile, one way, map mileage in all classes.
- 14.15.2** With the exception of contest officials, the home team shall furnish the stadium, ticket sellers, gatekeepers, guards, janitors, advertising, printed tickets, and other items incidental to the game. The cost of these obligations shall not be charged against game receipts. The home team shall maintain concession rights.
- 14.15.3** Gross ticket receipts, including pre-game sales, shall be divided as follows: Teams shall share 50-50 after the following deductions: ten percent of gross ticket receipts, including pre-game sales, shall be paid to the LHSAA before paying for contest officials' travel and fees and visiting team's travel.
- 14.15.4** If gate receipts do not cover the cited expenses, the visiting team shall receive the balance of the receipts after payments to the LHSAA and contest officials. The home team shall not be liable for any traveling team's expenses not covered by gate receipts.
- 14.15.5** When both playoff teams are from the same metropolitan area and play in a municipal stadium (one that is not located at either school's facility, but instead is contracted, scheduled, and rented, and neither school has concession rights) the following shall apply:
1. The LHSAA shall receive ten percent of gross receipts, including pre-game sales, before paying contest officials.
 2. Both teams shall share other necessary expenses.
 3. No travel allowance shall be applied.
 4. Net receipts shall be split 50-50.

14.16 **SUPERDOME PREP CLASSIC – NON-SELECT**

- 14.16.1** The LHSAA shall conduct the state championship finals in the Mercedes-Benz Superdome.
- 14.16.2** The participating schools' principals or their designee and the head coaches shall meet at a designated time at the LHSAA office on the Saturday following the semifinal games to review plans for the Classic and pick up pre-game tickets. Schools failing to attend, shall not be issued a practice time nor receive pre-game tickets.
- 14.16.3** The state championship finals shall be played on the dates listed in Bylaw 14.1, "Important Dates" section.
- 14.16.4** Subject to approval of the Executive Committee, the playing time schedule shall be determined by the Executive Director.

14.16.5 If the LHSAA realizes financial loss after the following expenses have been paid, the loss shall be deducted on a pro-rata basis from the 18 participating teams' guarantees.

1. Superdome rental charges
2. Superdome staffing and game administration charges
3. Superdome ticket-servicing charges
4. Press room charges
5. Ten percent of gross ticket sales to the LHSAA
6. Team expenses

14.16.6 If possible, team guarantee checks shall be mailed to each participating school within 30 days following the LHSAA receiving the funds from the venue:

CLASS	2019 GUARANTEE PER TEAM	2019 TOTAL GUARANTEE
Class 5A	\$11,500	\$23,000
Class 4A	\$10,000	\$20,000
Class 3A	\$8,500	\$17,000
Class 2A	\$7,000	\$14,000
Class 1A	\$5,500	\$11,000

Each participating school shall receive \$5.00 per mile, one way, map mileage in all classes.

14.16.7 Teams participating in the Superdome Classic shall be allowed to use any NFHS authenticated football.

14.17 CHAMPIONSHIP GAME STATE PLAYOFFS - SELECT

14.17.1 Beginning with the ~~2019 season~~ 2020-2021 school year, ~~the home team may use its regularly-used home field as its state championship game site in all Divisions. all rounds of the playoff system shall be a single elimination game. The regional, quarterfinal and semifinal rounds of play shall be at the home of the higher seeded team as determined by the power ranking, in this section. In all divisions, all teams shall be seeded (1-16) according to their power ranking.~~ If the home team chooses to use a field other than its regularly-used home field, opposing schools shall agree to the change.

14.17.2 The Officials' Association will be assigned by the LHSAA's Director of Officials.

14.17.3 Ticket prices shall be set by mutual agreement of participating teams.

14.17.4 Game time for the regional, quarterfinal and semifinal rounds of play, shall be set by mutual agreement. If an agreement cannot be reached, the starting time shall be 7:00 p.m.

14.17.5 Unless participating teams mutually agree to play a Thursday night or Saturday night, playoff games shall be played Friday nights.

14.17.6 Financial Arrangements for a game played at the regularly-used home field of the host team

1. Schools shall be required to distribute and sell numbered tickets for the ~~state championship~~ playoff games. Both teams shall possess the right to be directly involved in the collection and accounting for and selling of all tickets. A school shall not be allowed to use season tickets as admission to the ~~championship~~ playoff games.
2. The traveling team shall receive \$4 per mile, one way, map mileage in all divisions.

3. With the exception of contest officials, the home team shall furnish the stadium, ticket sellers, gatekeepers, guards, security, janitors, advertising, printed tickets, and other items incidental to the game. The cost of these obligations shall not be charged against game receipts.
4. The home team shall maintain rights to 100% of concession sales and souvenir programs.
5. Gross ticket receipts, including pre-game sales, shall be divided as follows: Teams shall share 50-50 after the following deductions: Ten percent of gross ticket receipts, including pre-game sales, shall be paid to the LHSAA before paying for contest officials' travel and fees and visiting team's travel.
6. If gate receipts do not cover the cited expenses, the visiting team shall receive the balance of the receipts after payments to the LHSAA and contest officials. The home team shall not be liable for any traveling team's expenses not covered by gate receipts.

14.17.7 Financial Arrangements for the regional, quarterfinal and semifinal rounds of play, a game played at a mutually agreed upon stadium.

1. Schools shall be required to distribute and sell numbered tickets for the state championship playoff games. Both teams shall possess the right to be directly involved in the collection and accounting for and selling of all tickets. A school shall not be allowed to use season tickets as admission to the championship game.
2. Gross ticket receipts, including pre-game sales, shall be divided as follows: Teams shall share 50-50 after the following deductions:
 - a. Ten percent of gross ticket receipts, including pre-game sales, shall be paid to the LHSAA before paying for contest officials' travel and fees and visiting team's travel.
 - b. Stadium rental charges
 - c. Stadium staffing and game administration charges including security
 - d. Stadium ticket-servicing charges
 - e. Contest officials and officials' travel fees
 - f. The traveling team shall receive \$4.00 per mile, one way, map mileage in all divisions.
3. Concession sales shall be negotiated with the stadium management. The home team shall maintain rights to any profit from concession sales.
4. The home team shall maintain rights to 100% of souvenir program sales.
5. If gate receipts do not cover the cited expenses, the visiting team shall receive the balance of the receipts after payments to the LHSAA and contest officials. The home team shall not be liable for any traveling team's expenses not covered by gate receipts.

14.18 CHAMPIONSHIP GAME - SELECT

14.18.1 Beginning with the 2020-2021 school year, select football teams in all divisions shall compete for the state championship finals at a site or sites selected by the selects schools, or a committee chosen from their number. A tournament director shall be selected who in association with the select schools, or a committee chosen from their number shall organize, administer, and set the championship playing schedule. The championship shall consist of final rounds of play.

14.18.2 The LHSAA shall:

1. Provide state championship trophies for first and second place teams.
2. Provide most valuable player awards.
3. Provide All-Academic certificates for select school honorees.
4. Retain the right to allow title sponsors to assist in the presentation of awards.
5. Retain the right to hang sponsor signage at the stadium provided any such signage does not conflict with exclusive sponsorship of the stadium.

6. Reserve the exclusive right to sell championship game t-shirts, caps, and other souvenir items and shall retain 100% of the sales of souvenir items sold at the championship.

14.18.3 Disbursement of revenue from ticket receipts, after all expenses, including officials' game fees and \$2.00 maintenance fee, have been paid, shall be divided among schools. Participating schools shall be responsible for their own travel expenses, meals, and hotel expenses if necessary.

14.19 SPRING PRACTICE

14.19.1 Spring practice shall be limited to 10 days with or without pads and shall be conducted either Weeks 28 through 31 or beginning Week 43 of the NFHS calendar. Every school shall declare to the LHSAA whether it will participate in spring practice Weeks 28 through 31 or after Week 43, or will not participate in spring at all. A school can participate in either one but not both and cannot split the ten days between the two time periods. Any school choosing not to participate in spring at all, may start their fall practice on Monday of Week 5 of the NFHS calendar and start in full gear on Thursday of Week 5.

14.19.2 Students in grade 8 may participate in spring practice at a member school if the following guidelines are met:

1. The student shall live in the attendance zone of the memberschool.
2. If the student attends a traditional middle/junior high school located outside of his/her home attendance zone for the entire 8th grade year that is located in the attendance zone of the member school.
3. The student must be pre-enrolled at the member school and once pre-enrolled and attends one practice, the student shall have established eligibility at that member school.
4. The member school shall have on file a written statement signed by one or both parents/guardians explaining to them that once the student participates in practice with that school, that school shall become the student's school of eligibility and a subsequent transfer to another LHSAA member school without a corresponding bona-fide move shall cause the student to become ineligible for a period of one calendar year from the date of his/her enrollment.
5. The student shall be registered with the LHSAA prior to participating in a practice.
6. The student shall meet all other LHSAA rules and regulation.
7. The student shall have on file a medical examination, medical history, parental permission, and substance abuse/misuse form on file prior to participating in a practice.

14.19.3 One interschool scrimmage shall be allowed during the ten days of spring practice for Weeks 28-31 or Weeks 43 to end of school.

14.20 SUMMER ACTIVITIES

14.20.1 During the summer months before regular practice, players may meet with coaches for chalk talks and supervised participation in a weight program, calisthenics, conditioning drills, and other drills without pads. Helmets and shoes shall be permitted.

14.20.2 Players may attend summer football camps and clinics but may not participate in any activity while wearing pads.

14.20.3 Student-athletes shall be allowed to wear protective football pads (shoulder pads, hip pads, thigh pads) only during the football sports season in the fall and during the allowable spring practice period. A student-athlete may wear a helmet at any time during the year. Any student-athlete found in violation of this rule may be declared ineligible for interscholastic athletic participation in the sport of football for at least one contest and/or may be declared ineligible for interscholastic athletic participation in the sport of football not to exceed one calendar year.