

Football

Section I - Championship Eligibility

The following schools compete for the conference championship in football: Dickinson, Franklin & Marshall, Gettysburg, Johns Hopkins, Juniata, McDaniel, Moravian, Muhlenberg and Ursinus.

Section II - Football Committee

Chair: Jim Margraff, Johns Hopkins.

Liaison: Dave Wright, Gettysburg.

Section III - Playing Season Regulations

A. Length of Playing Season. The length of an institution's playing season in football shall be limited to a maximum of 18 weeks between the start of preseason practice and the end of the regular playing season. This 18-week period includes preseason practice activities. (*Adopted 1/12/04*)

B. Traditional Segment

1. Preseason Practice. A member institution shall not commence official preseason football practice sessions for the varsity, junior varsity or freshman team before the date that will permit a maximum of 25 practice opportunities before its first scheduled intercollegiate game. (*Revised 4/25/03*)

- a. Practice Opportunities.** In football only, to establish the starting date for preseason practice, the institution shall count one practice opportunity for each day beginning with the opening day of classes and one practice opportunity for each day classes are not in session in the week of the first scheduled intercollegiate contest. Next, the institution shall count practice opportunities on an alternating basis in a two-one-two-one format (i.e., the first of the remaining days is counted as two, the next day is counted as one, the next as two, etc.) up to and including the 20th opportunity. Finally, the institution shall count one practice opportunity for each of the five days prior to the day of the 20th opportunity. The institution shall not count any days during the preseason when all institutional dormitories are closed, the institution's team must leave campus and practice is not conducted.
- b. Sunday.** Sundays prior to the institution's opening day of classes are included in the counting. Sundays subsequent to the institution's opening day of classes are excluded from the counting.
- c. Week.** The "week" of the first scheduled intercollegiate contest is defined as the six days, including or excluding Sunday pursuant to NCAA Bylaw 17.11.2.1.1.1, before the first contest even if one or more of the days fall into different traditional calendar weeks.

DIVISION III FOOTBALL - PRESEASON PRACTICE PERIOD

Day one and two -Single Practice Day- -Acclimatization	Day three and four -Single Practice Day- -Acclimatization	Day five -Single Practice Day- -Acclimatization	Single Practice Days	Multiple Practice Days	Three-hour Recovery Period
Helmets only	Helmets and shoulder pads	Full pads	- No more than three hours of on-field practice activities. - Weight training permitted and need not be counted in hourly on-field practice.	- No more than five hours of on-field practice activities. - Three hours of recovery between the end of the first practice and the start of the last practice.	- No weight training. - No film review. - No walk-through. - Training room treatments and meals permissible.
<i>Multiple practices precluded on consecutive days</i>					
Could a student-athlete report the evening prior to the first day of the five-day acclimatization period and receive lodging and a meal?					YES
Could non-football related meetings (e.g., to sign compliance forms, to administer medical exams) and other non-football related activities (e.g., checking into dorms) be conducted on the day before the first day of the acclimatization period?					YES
Could student-athletes participate in academic orientation activities, the issuance of equipment, squad pictures or other football-related administrative activities on the day before the first day of the acclimatization period?					YES
Could conditioning, speed, strength or agility tests be given prior to the start of the five-day acclimatization period?					NO
Is weightlifting counted as part of the hourly limitations for on-field practice?					NO
Could weight training occur during the three-hour recovery period between practices on days with multiple practices?					NO
Is the five-day acclimatization period included within the 25 practice opportunities?					YES
Is the acclimatization period extended if a day off occurs during this period?					YES
Can student-athletes wear protective equipment (e.g., helmets, shoulder pads) or use equipment related to football (e.g., footballs, blocking sleds) during a walk through?					NO
During the recovery period between practices on days that permit multiple practices, are walk-throughs permitted?					NO
Is it permissible to review film during the three-hour recovery time on multiple practice session days?					NO
Is any student-athlete that reports later in the preseason required to go through the five-day acclimatization period?					YES

- This chart is to be used only as a reference; please check the manual for specific information.

The National Collegiate Athletic Association

2. **First Contest or Date of Competition.** A member institution shall not play its first contest (game) with outside competition prior to the Friday or Saturday 11 weeks before the first round of the NCAA Division III Football Championship.
3. **Maximum Limitations.** An institution shall limit its total regular-season playing schedule with outside competition in any one year to 10 contests, except for those contests excluded in the *NCAA Manual*.
4. **Preseason Scrimmage.** The maximum number of football games shall exclude one informal preseason practice scrimmage that may be conducted during the preseason practice period against outside competition (conducted without publicity or official scoring and provided neither team misses class).

C. **Nontraditional Segment.** An institution is permitted to conduct conditioning and strength training sessions for a period of five consecutive weeks during the nontraditional segment. The Conference permits a maximum of 16 sessions with no more than four sessions in any one week. Pass patterns and position-specific agility drills are permissible, provided there is no simulation of offensive and defensive alignments and student-athletes are not positioned in a manner that simulates football-related competition or practice activities. No missed class time is permitted for these sessions. The use of footballs, helmets, pads, blocking sleds or any other form of sport-related equipment is prohibited. (*Revised 6/4/03*)

Section IV - Rules Governing Championship

- A. **Determining the Conference Champion.** The Conference champion will be based on the best won-lost record in a single round-robin season.
- B. **Ties for First Place.** In case of a tie for first place at the conclusion of the regular season, multiple champions will be named.
- C. **Determining the NCAA Tournament Representative**
 1. Head-to-Head competition;
 2. Results against 3rd place team, 4th place team, etc. until tie is broken;
 3. Strength-of-schedule criteria, as determined by the NCAA Championships Committee formula, for all games;
 - Opponents' Average Winning Percentage (OWP)
 - Opponents' Opponents' Average Winning Percentage (OOWP)

Opponents' Average Winning Percentage (OWP). Take each opponent's regular won-lost percentage against other Division III teams (excluding the results against the team in question) and average the percentages. To calculate: Team A Schedule is as follows:

Opponent	Record	vs Team A	Revised Record	Revised W-L Percentage
Team B	21-7	0-1	21-6	.7778
Team C	11-15	0-1	11-14	.4400
Team D	7-20	0-1	7-19	.2692
Team E	13-13	0-1	13-12	.5200
Team F	23-6	1-0	22-6	.7857
Total			74-56 (.5692)	.5585 (OWP)

Team A's Opponents' Average Winning Percentage = .5585

Opponents' Opponents' Average Winning Percentage (OOWP). The strength of each opponents' schedule is measured by computing the opponents' winning percentage for each opponent, then averaging the percentages. This recognizes the fact that two opponents with similar won-lost records may have played far different schedules (in terms of strength of opponents).

To calculate: Take Team B, C, D, E and F schedules and perform the same calculation as above (OWP). It is important to note that the OOWP will support the OWP (i.e., if Teams A and B have the same OWP of .5692; Team A has a OOWP of .6125 and Team B has a OOWP of .4567; it would indicate team A has the stronger strength of schedule).

4. Team with the fewest overall losses;
5. The most recent team representing the Conference as its automatic qualifier shall be eliminated and the remaining teams shall revert to the Conference's primary tie-breaking criteria (head-to-head competition).

When any secondary criteria separates one or more tied teams, but does not completely break the tie among all teams involved, re-apply the criteria to all groups of teams still tied, starting with the Conference's primary tiebreaker for all sports (head-to-head Centennial competition). (*Adopted 6/2/99; Revised 6/5/02; Revised 6/4/03; Revised 6/1/05*)

Section V - Regulations Governing Competition

All NCAA rules apply unless amended below.

- A. **Starting Times.** Starting times for Centennial Conference games shall be 1 p.m. or 1:30 p.m. on Saturdays, and no later than 7:30 p.m. on Fridays. It is recommended that games during Standard Time begin no later than 1 p.m. In order to avoid overnight trips, start times may be changed upon mutual agreement by both institutions. (*Revised 5/27/09*)
- B. **Official Ball.** The official football for Centennial Conference games is the Wilson 1001.

C. **Sideline Phones.** Two phone lines (one for offense and one for defense) must be provided to the visiting team that are equal to or superior to the quality of the home team phones. No limitation is placed on the number of phones that a team can use.

D. **Scouting.** Live scouting is prohibited of Conference opponents during the regular season. For scouting purposes, it is expected that all imaging that is exchanged:

1. Includes complete games (numerical team roster and play-by-play included);
2. Is of equitable quality;
3. Includes end-zone imaging;
4. For wide (press box side) imaging, the camera should start with the offensive huddle break, or sevens econds before the snap of the ball for no-huddle teams, and must include all 22 players at all times during the play;
5. For end-zone imaging at a recommended height of 25 feet, the camera should show two yards outside the end player on either side of the offensive and defensive line;
6. On the sideline image, down and distance should be shown between each play (yardsticks). The scoreboard should be displayed after each series.
7. DragonFly STORM is the official internet distribution network for the Conference for the 2009 and 2010 seasons.
(Revised 5/27/09)

E. **Suspension of Games.** The sole authority for suspending a game for any reason is the referee. If a game is suspended for severe weather or another unforeseen circumstance before completion of four quarters, the directors of athletics shall work in consultation with the Conference Office about the resumption of the game at a later date or termination of the contest. If the game is suspended due to darkness during an overtime period, the score at the time of suspension will stand and could result in a tie. (Adopted 10/16/96)

F. **Officials.** All Conference games should use seven officials. The Centennial Conference Football Officials Association (CCFOA) is the official assigning unit for Centennial Conference football games for 2008-09-10. (Adopted 6/2/99; Revised 6/9/04; Revised 1/7/07; Revised 5/28/08)

G. **25-Second Clocks.** All Conference stadiums must have two visible 25-second clocks. (Adopted 6/7/00)

H. **Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. (Adopted 6/1/05)

I. **Travel Squad.** Teams may not travel with more than 62 players. Those who do not make the travel squad may not use athletic department-sponsored transportation to attend the contest as a manager, scorekeeper or statistician. An institution that is in violation of this regulation shall automatically forfeit the competition. (Adopted 5/27/09)

Section V - Awards

A. **All-Conference Team.** At the conclusion of the regular season, the conference coaches will select an All-Conference team. The team will comprise of an offensive and defensive team. The offense will generally have (2) Wide Receivers, (1) Tight End, (4) Tackles and Guards, (1) Center, (1) Quarterback, (2) Running Backs and (1) Place-kicker. The defense will generally have (4) Linemen, (4) Linebackers, (4) Backs, (1) Punter and (1) Kick Returner. The coaches will also select an Offensive and Defensive Player of the Year.

1. **Nominations.** Approximately seven days before the conclusion of the regular season, each coach of a participating Conference school should submit nominations of his/her athletes to be considered for All-Centennial status. No Conference-wide limit is made to the number of nominations that can be made for All-Conference consideration, although nominees should be starters or key reserves. Some sport committees may establish maximums for the number of nominees. Only one player may be nominated for Player of the Year status.
2. **Voting Procedure.** Shortly after the conclusion of the regular season, voting for All-Centennial teams should be concluded. Coaches should vote for 1st and 2nd team selections, and a Player of the Year. **No coach can vote for his/her own player!** The completed ballot should be delivered to the Conference Office.
3. **Determination of All-Conference Team.** Two (2) points will be awarded for a 1st team vote and one (1) point for a 2nd team vote. Players with the most points shall be accorded 1st team All-Centennial status. Ties will be broken in favor of the candidate with the highest number of 1st team votes. If the tie is still not broken, additional players may be added to the All-Star team. Any athlete receiving four (4) points will be assured of at least honorable mention status.
4. **Determination of Player of the Year.** For Player of the Year honors, coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches cannot vote for his/her own player.** Ties will not be broken and co-winners will be named.

- 5. Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate one opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. Once again, coaches may not vote for themselves. Ties will not be broken and co-winners will be named.
- B. Weekly Honors.** The Conference Office, in cooperation with the Sports Information Directors committee, will recognize an Offensive, Defensive and Special Teams Player of the Week for individual performances during a selected period. *(Revised 6/9/04)*
- C. Academic Honor Roll.** To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:
1. The student-athlete must be a starter or key reserve on her/his team.
 2. Must be a sophomore or higher in class standing.
 3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.
- D. All-Sportsmanship Team.** All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. *(Adopted 5/30/07)*

Section VI - Calendar

First Contest:	Saturday, September 5
All-CC Nominations Due:	Tuesday, November 10
All-CC Ballot Due:	Monday, November 16
Committee Meeting:	Monday, November 16
NCAA First Round:	Saturday, November 21 at campus sites
NCAA Second Round:	Saturday, November 28 at campus sites
NCAA Quarterfinals:	Saturday, December 5 at campus sites
NCAA Semifinals:	Saturday, December 12 at campus sites
NCAA Final:	Saturday, December 19 at Salem, Va.