



## Football

# Sport Handbook – Fall 2025

### **Section 1: Rules**

- A. All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.
- B. The RIIL strongly recommends head coaches/officials obtain a copy of the most recent NFHS Rulebook.

### **Section 2: Mandatory Coaches Certification & Continuing Education**

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through education-based athletic programs.
  - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: [Article 13](#)
- C. Coaches' Certification Website: [Here](#)
- D. Coaching Out of Season Rules: [Article 7, Section 8](#)

### **Section 3: Medical Coverage/Emergency Action Plans**

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
  - a. [Article 2, Section 2.G](#) : In the absence of medical coverage for any home contest in the sport of Football, Ice Hockey, Wrestling, and Lacrosse, the home school Athletic Director shall notify the visiting Athletic Director no later than 48 hours prior to the event.
  - b. Pre-Game Safety Checklist: [Here](#)
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.
- D. The judgment of the medical personnel will be final with regard to the medical condition of a player. No player may continue to play against the medical personnel's advice under any circumstance.
- E. Levels of Medical Coverage:

<b><u>Medical Professional:</u></b>	<p><i>A. Education/Schooling/Training &amp; Licensure</i></p> <p><i>B. Scope of Practice</i></p> <p><i>C. Able to Return to Play</i></p>
<b>Medical Doctors- MD/DO Advanced Practice Provider-NP/PA</b>	<p>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis</p> <p>C. Can they Return to Play – Yes</p>
<b>Athletic Trainer RI Licensed</b>	<p>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
<b>Physical Therapist RI Licensed</b>	<p>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)</p> <p>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</p> <p>C. Can they Return to Play during a game/contest? – NO</p>
<b>Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential &amp; RI Licensed</b>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</p> <p>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</p>
<b>Physical Therapists w/ Sports Certified Specialist (SCS) credential &amp; RI Licensed</b>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
<b>EMT - Basic, Intermediate &amp; Paramedic</b>	<p>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</p> <p>B. Emergency care</p> <p>C. Can they Return to Play during a game/contest? – NO, per RI EMS laws/regulations/protocols</p>
<b>School Nurse (RN)</b>	<p>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</p> <p>B. Emergency care, referral for further treatment/diagnosis</p> <p>C. Can they Return to Play during a game/contest? – NO</p>

- G. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
- When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
  - Rationale:* An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

#### **Section 4: General Regulations for all Sports**

- Heat Acclimatization: [Article 7, Section 3](#)
- Definition of a Game/Scrimmage: [Article 7, Section 2](#)
- Coaching Out of Season Rules: [Article 7, Section 8](#)
- Use of Equipment During the Summer: [Article 6, Section 13](#)
- Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: [Article 12, Section 3](#)
- Loyalty to Home School: [Article 7, Section 7](#)
- National Events: [Article 7, Section 11](#)
- Penalties for Ejections: [Article 6, Section 7](#)
- Protest Procedure: [Article 5](#)

#### **Section 5: Sport Advisory Committee**

- Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.
- Football Sport Advisory Committee Membership:
  - PCOA Representatives: Scott Barr (Classical) & Mike Green (West Warwick).
  - Sport Co-Director: Terry Lynch (South Kingstown).
  - RIIAAA Representatives: Mike Traficante (Cranston), Anthony Ficocelli (North Providence), Dino Campopiano (Pawtucket), Justin Cahoone (Chariho).
  - Coaches Representatives:
    - Josh Lima (Cumb), Kris McCall (Clas), Blake Simpson (Pil), Gennaro Ferraro (Burr).
  - Officials Representative: Bruce Guindon.
- The 2024-25 and 2025-26 Alignment received the following endorsements & approvals:
  - Sport Committee Approval: 01/08/24
  - Survey of all Member Schools: 01/12/24
  - RIIAAA Executive Board Endorsement: 01/19/24
  - Principal's Committee on Athletics Approval: 01/22/2024

## **Section 6: Regular Season:**

### **A. Important Dates:**

#### **a. Scheduling:**

- i. Schedule Confirmation Deadline: Friday, June 6, 2025
- ii. Final Day to add a League Game: Friday, August 8, 2025

#### **b. Preseason:**

- i. Football Start Date: Thursday, August 14, 2025
- ii. Preseason Dates to Schedule a Multi-Team Practice:
  1. Friday, August 22<sup>nd</sup> or Saturday, August 23<sup>rd</sup>
- iii. First Preseason Date to Schedule a Scrimmage: Tuesday, August 26<sup>th</sup>
- iv. Injury Fund Weekend: Friday, September 5<sup>th</sup>

#### **c. Regular Season:**

- i. Weekend #1: Friday, September 12<sup>th</sup>
- ii. Weekend #2: Friday, September 19<sup>th</sup>
- iii. Weekend #3: Friday, September 26<sup>th</sup>
- iv. Weekend #4: Friday, October 3<sup>rd</sup>
- v. Weekend #5: Friday, October 10<sup>th</sup>
- vi. Weekend #6: Friday, October 17<sup>th</sup>
- vii. Weekend #7: Friday, October 24<sup>th</sup>
- viii. Weekend #8: Friday, October 31<sup>st</sup>

#### **d. Postseason Schedule:**

- i. Quarterfinal Weekend: Friday, November 7<sup>th</sup>
- ii. Semifinal Weekend: Friday, November 14<sup>th</sup>
- iii. Championship Weekend: Friday, November 21<sup>st</sup>

#### **e. Thanksgiving: Thursday, November 27, 2025**

**B. Score Reporting for all Regular Season and Postseason League Games:** In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.

**C. It shall be the responsibility of school officials/administrators/supervisors to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of everyone except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.**

D. Divisions:

a. Football has Four (4) Divisions

<b>State Championship Division (Div. 1)</b>	<b>Division 2</b>	<b>Division 3</b>	<b>Division 4</b>
<b><u>10 Teams</u></b>	<b><u>11 Teams</u></b>	<b><u>11 Teams</u></b>	<b><u>10 Teams</u></b>
Barrington	Coventry	Central Flls/BV/AF Co-op	Davies
Bishop Hendricken	East Providence	Classical	EWG/Prout Co-op
Burrillville	Lincoln	Chariho	Hope/SPA Co-op
Central	Middletown	Cranston East	Juanita San./PCD Co-op
Cranston West	Moses Brown	East Greenwich	Narragansett
Cumberland	Mt. Pleasant/T2 Co-op	Johnston	North Smithfield
La Salle	Pawtucket Co-op	Mt. Hope	Smithfield
North Kingstown	South Kingstown	North Providence	Tiverton
Portsmouth	Westerly	Pilgrim	Toll Gate
St. Raphael	West Warwick	Ponaganset	Scituate
	Woonsocket	Rogers	

**E. Game Cap: 9 Regular Season Games prior to the start of the playoffs (not including Thanksgiving)**

- a. Game Cap includes all League and Non-League varsity competitions
- b. Scrimmages are strictly defined in Article 7, Section 2 and must be conducted in full compliance

F. Home teams shall set a date/time for all contests.

- a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit ***a written request*** to the RIIL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**
- b. Once the Home Confirmation Schedule is submitted, changes will not be allowed unless there are extenuating circumstances.
- c. RI Interscholastic Injury Fund:
  - i. The RI Injury Fund is a non-profit organization separate from the RIIL.
    1. Additional information can be found at: <http://www.injuryfund.org/>
  - ii. The purpose of the nonprofit Injury Fund is to establish, raise, maintain and distribute funds to the athletic departments of high schools participating in the Rhode Island Interscholastic League. Distributions will be made to assist athletes, coaches or officials injured in sanctioned interscholastic competitions and practices with their medical expenses that exceed the amount paid by the injured party's primary, required medical insurance. Any and all financial assistance rendered by the RI Injury Fund to RIIL Member Schools shall be given purely on a voluntary basis and in such amounts and in such manner as the Board of Directors in its sole discretion shall determine.

- iii. Non-League competitions scheduled to spread awareness of and benefit the Injury Fund are allowed by RIIL Rules in addition to any stated game caps contained herein.

G. Postponement of Regular Season Varsity Games after the confirmation deadline:

- a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors
- b. Postponed games shall be rescheduled to the next day when the teams, facility, and officials are available.
  - i. Includes weekends and/or school vacations.
  - ii. League games must take precedent over non-league games or lesser events
  - iii. Rescheduled games must be within all other guidelines contained in this handbook and the RIIL Rules & Regulations.
- c. Additional Officials Fees charged for games changed within Two Weeks of original date/time: [Article 6, Section 5](#)

H. Practice Limitations:

- a. Preseason Practice Limitations are also located in Heat Acclimatization: [Article 7, Section 3](#)
- b. Football:
  - i. Days 1 & 2: Helmets only
  - ii. Days 3 - 5: Helmets and Shoulder Pads only
  - iii. Days 6 – 10: Full equipment and intrasquad contact permitted

August Preseason Practice Requirements				
Date:	Practice Day	Max Time	Equipment Progression	Max Contact Level
Thursday, August 14, 2025	1st Day	3 hrs	Helmet Only	Air & Bags
Friday, August 15, 2025	2nd Day	3 hrs	Helmet Only	Air & Bags
Saturday, August 16, 2025	3rd Day	3 hrs	Helmet & Shoulder Pad	Control
Sunday, August 17, 2025	Mandatory Day Off			
Monday, August 18, 2025	4th Day	3 hrs	Helmet & Shoulder Pad	Control
Tuesday, August 19, 2025	5th Day	3 hrs	Helmet & Shoulder Pad	Control
Wednesday, August 20, 2025	6th Day	3 hrs	Full Pads	Live
Thursday, August 21, 2025	7th Day	3 hrs	Full Pads	Live
Friday, August 22, 2025	8th Day	Art.7.3.A (4,5,6)	Full Pads	Live
Saturday, August 23, 2025	9th Day	Art.7.3.A (4,5,6)	Full Pads	Live
Sunday, August 24, 2025	Mandatory Day Off			
Monday, August 25, 2025	10th Day	Art.7.3.A (4,5,6)	Full Pads	Live*
Tuesday, August 26, 2025	Scrimmages Can Begin			

I. Fundamentals for Minimizing Head Impact Exposure and Concussion Risk in Football -

**Recommended, developed and supported by the NFHS Concussion Task Force**

- a. Full-contact should be limited during the regular season. For purposes of these recommendations full-contact consists of both “Thud” and Live Action” using the USA Football definitions of *Levels of Contact*.
- b. Levels of Contact are defined by USA Football in 2023 as: **Air:** Student-athlete runs a drill unopposed without contact. **Bags:** Drill is run with a bag or against another soft contact surface. **Control:** Drill is run at assigned speed until the moment of contact. One student-athlete is pre-determined the winner by the coach. Contact remains above the waist and players stay on their feet throughout the drill. **Control to Ground:** Drill is run at an assigned non-competitive speed until the moment of contact. One student-athletes is pre-determined as the winner. Student-athletes are allowed to take their opponent to the ground in a competitive manner. **Thud:** Drill is run at a competitive speed through the moment of contact. There is not a pre-determined winner. Contact is limited to above the waist. Student-athletes stay on their feet and a quick whistle ends the drill. **Live:** Drill is run at a competitive speed in game-like conditions.
  - i. *Rationale:* By definition, “Thud” involves initiation of contact at full speed with no pre-determined winner, but no take-down to the ground. Accordingly, the task force supports that initial contact, particularly with lineman, is just as violent with “Thud” as with “Live Action.” However, the task force also recognized that “Live Action” likely carries a higher risk for other injuries to the body than does “Thud.” The USA Football Levels of Contact “Air,” “Bags” and “Control” are considered no- or light-contact and thus no limitations are placed on their use.
- c. During the regular season and post season:
  - i. No football player is allowed to participate in more than thirty minutes per day and ninety (90) minutes of full contact practice per week.
  - ii. Full-contact (Live) is allowed in no more than 3 practices per week.
  - iii. Athletes may not participate in games played on consecutive days or on the same day.
  - iv. Practices the day before a game (or scrimmage) shall be limited to Air, Bags, and Control levels of contact.
  - v. Practices conducted the day after a game (or scrimmage) can not include helmets and/or any pads and must be non-contact.
  - vi. *Rationale:* The task force acknowledges that there are insufficient data to specify with certainty a research-validated “best practices” standard for contact limitations. Preliminary High School RIO Injury Surveillance Data suggest these states have seen a statistically significant decrease in concussion rates during practices, with no increase in concussion or other injuries during games.
- d. Pre-season practices may require more full-contact time than practices occurring later in the regular season to allow for teaching fundamentals with sufficient repetition. During pre-season twice-daily practices, only one session per day should include full-contact. While total full-

contact practice days and time limitations may be increased during the pre-season, the emphasis should focus on the proper principles of tackling and blocking during the first several practices, before progressing to “Thud” and “Live Contact”.

- i. *Rationale:* The task force acknowledges regular season practice limitations may need to be revised during the pre-season. This should be done in a specific and systematic manner to allow coaches to spend sufficient time teaching proper tackling and clocking progressions with “Air,” “Bags” and “Control” using the USA Football definition of “Levels of Contact”.
  - ii. *Rationale:* The adolescent brain needs sufficient recovery time following full-contact practices. In addition, concussion signs and/or symptoms may not develop for several hours after the initial injury.
- e. Pre-season acclimatization protocols and regulations regarding heat and hydration take precedent and should always be followed.
- J. Five Days between Varsity games:
  - a. RIIL Rule: During the regular season teams must wait 5 days between games.
  - b. Exception: Prior to the annual Thanksgiving Day game teams must wait 4 days between games.
  - c. NFHS Rules mandate 72 hours between games.
- K. Maximum of Six (6) quarters per week during all Sub-Varsity and Varsity games.
  - a. The football week is designated as Wednesday to Wednesday.
  - b. During this period players are required to play no more than 6 quarters in games scheduled at all levels of play.
- L. Game Ball: The official game ball for the 2024 season shall be the Wilson GST (WTF1003B)
- M. Rosters shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team.
  - a. Rosters must include: name, grade, and jersey number.

## **Section 7: Postseason Qualification & Format:**

**A. League Games Required to Qualify for the Postseason: 7 league games**

**B. Teams will be ranked according to their RPI in all league games**

C. Single Elimination throughout the playoffs

D. Postseason Qualification:

- a. Division 1
  - i. All teams qualify for the playoffs
  - ii. The Top-6 Teams by RPI will compete for the State Championship
    1. Quarterfinals (3 v. 6, 4 v. 5, 1 & 2 bye), Semifinals & Championship
  - iii. Seeds 7-10 by RPI will compete for the Division 1 Bowl Game
    1. Semifinals (7 v. 10, 8 v. 9), & Final
- b. Divisions 2, 3, & 4
  - i. The Top-8 teams qualify for the playoffs
    1. Quarterfinals – Semifinals – Final



E. Postseason Tiebreaker

- a. Playoff Seeding will be determined by a team's RPI as calculated on the MaxPreps website.
- b. RPI Tiebreaker:
  - 1) Head-to-Head result(s) in League Games between the tied teams
  - 2) Winning Percentage in all League Games vs teams in your division
  - 3) Wins in all League Games vs teams in a higher division
  - 4) Win Percentage in all League Games
  - 5) Opponents' Win Percentage
  - 6) Highest-rated win (according to the final RPI standings)
  - 7) Next-highest-rated win (exhaust all possibilities)
  - 8) Coin Toss

F. Halftime – the length of the halftime of RIIL playoff games will not exceed twenty-five (25) minutes.

**Section 8: RIIL Rules & Regulations Specific to Football – Article 19**

A. Uniforms:

- a. Schools shall consult the NFHS Rulebook for specific regulations pertaining to uniforms
- b. In football, the home team shall wear “dark” uniforms, while the away team shall wear “white” uniforms.

B. Use of Legal Cast in Athletic Contests: If the student-athletes' doctor gives clearance to participate with the use of a protective cast that is approved by the Rule of the Game (NFHS), the student-athlete will be required and must have an authorized letter from the doctor which shall be considered valid for a period of six (6) weeks from the date of the letter. (It shall not be necessary for the student-athlete to present a note each week.) At the end of the six (6) week period the student-athlete may provide another doctor's note which shall remain valid for another six (6) weeks from the date of the letter. The school is required to have the doctor's authorization letter for review by the official prior to any RIIL contest.

C. Concussion Education: The RIIL and each school should regularly educate its schools on current state concussion laws and policies and encourage schools to have a written Concussion Management Protocol. Schools should also be encouraged to share this information with coaches, parents, and students annually.

- a. *Rationale:* Many schools experience frequent turnover of Athletic Directors and coaches. Frequent “refreshers” on state concussion laws and policies as well as sample concussion management protocols should be made available to ensure all schools are current on, and prepared for, safe and effective concussion management.

D. Use of Portable Lights at Football

- a. Portable lighting would be allowed at regular season and play-off games. Minimum standard is 6 light towers each side (each tower must have 4-1000 watt bulbs), height 25-30'.

E. Football “Mercy Rule”: In all regular season and playoff games:

- a. If there is a 35-point differential during the 4<sup>th</sup> quarter, the game clock will not be stopped unless there is an injury time out or a regular team time out.

F. The home school shall:

- a. Occupy the Sideline closest to the main spectator area/press box at their home facility
- b. Schedule Saturday games no earlier than 12:00pm unless agreed to by the visiting team
- c. Provide an adult chain crew to assist the assigned officials.
- d. Provide yardage chain and a down indicator in complete conformity with the National Federation of State High School Association Football Rules. The referee shall declare a forfeit for failure to comply with this rule. Should such a forfeit be declared, the home team shall forfeit all points, which it may have earned if the game was played and the visiting team shall be awarded a victory.

## **Section 9: Officials**

- b. RIIL assigned official's authority extends to pre and post-game oversight. Fighting and unsportsmanlike penalties will be within the authority of the officials at all times at the contest site.
- c. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. Duties of the police will be determined and outlined by the home school.
- d. With the assistance of the home team supervision, it shall be the responsibility of the officials to see that benches are cleared of everyone except certified & appointed coaches, team managers, scorers, players, medical personnel, and school designated personnel.
- e. The home team should provide an adult game supervisor at all home events. In particular, an adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify police, and rink representatives to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RIIL office the next day and submit a written report detailing the incident(s).