



SPORT GUIDELINES for FOOTBALL

ARTICLE I: Season of Competition Information

NAIA 24 Week Rule with KCAC Modifications:

- Per NAIA guidelines, Football shall have a maximum 24-week practice and competition season as established by each member institution. For the KCAC, frequency of play, practice and scheduling policies shall be restricted to the following period of time: beginning on Monday of the week in which August 15 falls and ceasing no later than May 15 per NAIA guidelines.
 1. Frequency of play, practice, and scheduling outside of this period (beginning the Monday of the week in which August 15 falls until May 15 each year) is governed by each member institution and will not be regulated by the NAIA.
 2. Member institutions may be engaged in conditioning activities beginning on August 1 in preparation for the fall season of competition. However, no practice or outside competition is allowed between August 1 and the start of the practice and competition season, which begins on Monday of the week in which August 15 falls.
 3. There shall be no more than three break periods during the 24 weeks. NAIA approved postseason participation shall not be counted as part of the 24-week period. A week is defined as Sunday (12:01 a.m.) through Saturday (11:59 p.m.). Any practice or competition during this period shall constitute one of the 24 weeks permitted.

Specific Rules on Contact:

- Athletic-related contact, which includes practice, conditioning, and/or competition activities, will be limited to 20 hours per week once classes have begun for the fall semester at the specific KCAC institution.
 - Prior to classes beginning for the fall semester, specific to each KCAC institution, the 20 hour contact rule will not apply.

- Each contest, which includes games, exhibitions, and scrimmages, will be counted as 2 hours within the 20 hours of contact during the week.
- For all KCAC teams, there will be one day per week with no athletic-related activities, which includes practice, conditioning, or competition.

Official clarification on contact during spring practice:

- It is the official interpretation of the KCAC Executive Committee that the 15 days of spring practices are to identify full team practices utilizing pads and helmets (a controlled timeframe allowing for physical contact to occur).
- For clarification, football has the same allowable contact as any of our other KCAC athletic programs, however the decision to limit our teams to 15 days of spring practice was to limit contact and out of concern for minimizing risk and prioritizing safety.
- Under this interpretation, instructional sessions are allowable as long as they are conducted within the 24 week NAIA rule and do not violate the KCAC 20 hour per week contact rule. Individual and small group work on the field utilizing a football is also allowable during these time periods as long as there is no physical contact occurring.
- The KCAC structured the full team/helmet / pad time for safety and control reasons (a clear contact vs. non-contact allowance).
- Example: if 13 weeks are used in the fall and then the 15 practices are used in the 35-day window (5 weeks) in the spring, then a team would have 6 weeks to utilize working with their athletes and teaching the game.

ARTICLE II: Sport-Specific Rules for KCAC Football

NAIA Coaching Manual:

- **WEBLINK:** [NAIA Football Coaches' Manual](#)

Sport-Specific Rules for the KCAC:

- KCAC football games should start no earlier than 1:30 p.m. and no later than 7:00 p.m. The times would be set by mutual agreement of both head coaches and both athletic directors. It would be expected that “normal” start times be 7:00 p.m. in September and 1:30 p.m. after October 1.
- The official ball for the National Association of Intercollegiate Athletics is the Rawlings ST-5 Football. The following models of the ST-5 ball are also permitted: Pro-5 and R5.
- Spring Practice:
 - Football is permitted up to 15 days of team practice in the spring within a 35 calendar day (5-week) window, omitting vacation and examination days officially announced on the institution’s calendar and days during which the institution is closed due to inclement weather.

- Football is allowed 3 practices with helmets only; 3 practices in Pro-Pads; 9 discretionary practices in this prescribed order.
- One discretionary practice session may be used as an intra-squad spring game.

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- Under this interpretation, instructional sessions are allowable as long as they are conducted within the 24 week NAIA rule and do not violate the KCAC 20 hour per week contact rule. Individual and small group work on the field utilizing a football is also allowable during these time periods as long as there is no physical contact occurring. The KCAC structured the full team/helmet / pad time for safety and control reasons (a clear contact vs. non-contact allowance).
- For example, if 13 weeks or so are used in the fall and then the 15 practices are used in the 35 day window (5 weeks) in the spring, then a team still has 6 weeks to utilize working with their athletes and teaching the game.

ARTICLE III: Championship Event Information

Automatic Qualifier to the NAIA Football Championship Series:

- Procedure to Determine Qualifiers for the NAIA National Playoffs:
 - The conference champion, as determined by conference win-loss record, will represent the KCAC in the NAIA National playoffs.
 - The conference playoff representative team must be rated among the top 20 in the NAIA national rankings to be eligible.
 - In case of a two-way tie for the championship based on the conference win-loss record, the winner of the head-to-head competition between the two teams will represent the KCAC in the NAIA playoffs.

Tie Breaking Procedures:

- In the case of a three-way tie (or more) for the championship based on the conference win-loss records, the winner of the head-to-head competitions will represent the conference if possible.
 - If this does not produce a clear-cut champion, the first step is to eliminate, one by one, teams who have lost to the next best conference team (as determined by conference win-loss record) in descending order. Teams would be eliminated from the tie until two teams remain so head-to-head competition between them would determine the conference champion and playoff representative.

- If the three teams tied have lost only to each other, the scores of their competitions will be examined. The team with the largest total margin of victory versus the teams in the tie will be the conference champion and playoff representative.
- If an additional step is needed to break a tie, the team with the highest total of accumulated rating points in the national NAIA rankings for the entire season will be the conference champion and playoff representative.

ARTICLE IV: Awards

Team Awards:

- A plaque will be awarded to the Regular Season Champion Team.

All-Conference Team Selection:

- In general, the selection of the KCAC All-Conference Football Team will follow the format of the NAIA All-Conference Official Team Ballot for All-American selection.
- The all-conference selection meeting will be held at the site of the conference champion at noon on the Sunday following the last conference game date to promote the convenience of the conference champion in preparing for the national playoffs.
- Nominations for KCAC team at each position are to be made by each head coach on Wednesday before the selection meeting.
- A ballot for all nominees at each position is cast with coaches ranking the players.
 - Ranks can only be given to the number of players that constitute first and second team for that position.
 - Coaches are not allowed to vote for players from their own teams.
 - Any player receiving a rank during balloting but not ranking high enough to make first or second team status will be automatically placed on the Honorable Mention list. Each coach will be able to designate two players from their own team to receive Honorable Mention.
- All-conference selection for punters, kickers, kick returners and punt returners will be determined by the final conference statistics. Selection of Kickers will be made by kick scoring rankings.
- All players included in ties will be included in that All-Conference Team. For reporting purposes to the NAIA, ties for 1st Team must be broken by an additional ballot excluding the coaches of the players involved in the tie.
- The KCAC All-Conference Football Team will include and voted on in this order:
 - Quarterback**
One each for First & Second Team
Honorable Mentions as Qualified
 - Running Back**
Three each for First & Second Team
Honorable Mentions as qualified

Fullback (not a NAIA recognized position)

One each for First & Second Team
Honorable Mentions as Qualified

Wide Receiver

Three each for First & Second Team
Honorable Mentions as Qualified

Tight End

One each for First & Second Team
Honorable Mentions as Qualified

Offensive Line

Five each for First & Second Team
Honorable Mentions as Qualified

Defensive Line

Four each for First & Second Team
Honorable Mentions as Qualified

Linebacker

Four each for First & Second Team
Honorable Mentions as Qualified

Defensive Back

Four each for First & Second Team
Honorable Mentions as Qualified

Utility Player

One each for First & Second Team
Honorable Mentions as Qualified

Punter

One each for First & Second Team & HM by Statistics

Kicker

One each for First & Second Team & HM by Statistics

Kick Return Specialist

One each for First & Second Team & HM by Statistics

Punt Return Specialist

One each for First & Second Team & HM by Statistics

Other Awards:

- 1 – Player of the Year
- 1 – Offensive Player of the Year
- 1 – Defensive Player of the Year

- 1 – Special Teams Player of the Year
- Top 19 KCAC Players Selection
- 1 – Dr. Ted Kessinger Champion of Character Award winner
- 1 – Assistant Coach-of-the-Year
- 1 – Coach-of-the-Year

ARTICLE V: Duties of the Sport Chair

The duties of the KCAC Football Chair are as follows:

- Help determine the proper policies and procedures at the conference level.
- Serve under the direction of the KCAC Commissioner:
 - Assist the KCAC Commissioner when requested
 - Represent the KCAC coaches to the KCAC Commissioner
 - Keep the KCAC Commissioner informed and updated of proposals and concerns
- Send a copy of the KCAC Football Guidelines to each conference coach prior to the start of the season.
- Chair the meetings of the KCAC Football coaches.

ARTICLE VII: Miscellaneous

Pre-Game Protocol:

- Host institutions should closely follow the recommended procedures as agreed upon by the KCAC Football Coaches and Athletic Directors.
- Pre-Game Protocol:
 - 90 minutes on the clock – Field open to both teams
 - 25 minutes on the clock – Both teams leave the field
 - 10 minutes on the clock – National Anthem is played
 - 7 minutes on the clock – Teams may return to the field
 - 3 minutes on the clock – Coin Flip
 - 0 minutes on the clock – Game is ready to begin with kickoff
 - Note: The 15 minute period between 25 minutes and 10 minutes on the clock before kickoff is the appropriate time for institutions to conduct any announcements, special recognitions, etc., that will not interfere with staying on schedule for the scheduled kickoff.

Half-Time Protocol:

- Host institutions should closely follow the recommended procedures as agreed upon by the KCAC Football Coaches and Athletic Directors.

Media Day:

- To promote the conference, its institutions, the football programs, and the beginning of the conference football season, the KCAC hosts a pre-season media day. The preferable site is centrally located with media that consistently reports and features KCAC activities. Media day includes a luncheon for media, sports information personnel, coaching staffs, officials, and guests followed by a press conference in which each head coach is given an opportunity to provide information about their teams. Following the press conference, coaches and

media vote to establish the pre-season polls. The cost of media day is equally divided among the conference football programs.

NAIA Conference Raters:

- Two coaches are selected by vote of the conference coaches to be members of the NAIA rating committee. The conference raters are confirmed each spring and reported to the conference coordinator and the NAIA.

NAIA Committee Assignments:

- The conference coaches also vote in the spring to confirm or select individuals to represent the conference on other NAIA committees as required. All-American Selection, All-American Scholar-Athlete Selection, Nominating, Play-off Manual, Convention Planning, and Awards & Recognition.