

**BLUE BOOK ARTICLE 200
FOOTBALL**

2000. AGE REQUIREMENT

A student under 15 years of age may not participate in an interscholastic contest or scrimmage against the varsity team of another school. This Bylaw may be waived by Section action provided the Section adopts criteria for such a waiver which shall include, but not be limited to, the following:

- A. Participant must be at least 14 years of age; etc. etc.

2001. NUMBER OF FOOTBALL PRACTICE DAYS; NO SUNDAY PRACTICE; TEAM CAMPS/OTHER OFF-SEASON ACTIVITIES

- A. There shall be no football games until the squad has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each Section.) No Sunday practice is permitted. (See Bylaw 504.M for exception.)
- B. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. For the purposes of this Bylaw, refer to the definition of Live Action as defined by USA Football. (Revised April 2018 Federated Council)
- C. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes. (Approved April 2015 Federated Council)

NOTE: For policies related to definition of full-contact and allowable in-season, off-season and team camp activities please consult the football section in the blue pages and local Section Bylaws.

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

A team is allowed two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days. This includes live action and thud.

A team may participate in air, bags/ blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:

Air – Players run unopposed without bags or any opposition

Bags/Blocking Sleds – Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.

Control – Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.

2002. SCRIMMAGE LIMITATIONS

No individual student shall participate in an interscholastic scrimmage before his/her tenth day of practice for that particular school. Scrimmage is defined as a training session where the teams alternate in carrying the ball, downs are not counted, no score is kept and the coaches are on the field directing the play.

- 2002.1 A team must complete a minimum of 10 days of practice prior to competing in an interscholastic scrimmage or football carnival. Neither the interscholastic scrimmage nor carnival for the team or an individual may be on the tenth day of practice. Two or more sessions in one day count as one day's practice for the team or an individual.

2003. PHYSICAL CONDITIONING PRACTICE

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate CIF Section. The start date for fall football practice, for each individual school, will be determined according to the following formula:

Note: (TBD/A) – Means To Be Determined/Announced

2003.1 Week 0 Games (TBD/A) – The first official day of football practice is (TBD/A). The period of (TBD/A) through (TBD/A) is established as a physical conditioning period for prospective members of a high school team.

2003.2 Week 1 Games (TBD/A) – The first official day of football practice is (TBD/A). The period of (TBD/A) through (TBD/A) is established as a physical conditioning period for prospective members of a high school team.

2003.3 These conditioning periods of (TBD/A) through (TBD/A) (zero week) and (TBD/A) through (TBD/A) (week 1) may include various facets of football training (teaching techniques, chalk talks, pass patterns, etc.) but MAY NOT include any body contact such as tackling or blocking. Football shoes, helmets and footballs will be the only equipment allowed during the conditioning periods of (TBD/A) through (TBD/A) and (TBD/A) through (TBD/A). There will be no equipment used such as blocking or tackling dummies, pads, etc.

Schools will have the option to allow their players to wear full pads on the first day of their fall practice, if their summer dead period is arranged in a way that allows for a minimum of three days of conditioning in helmets, t-shirts and shorts only, prior to their first day of practice

QUESTION: Can a football team conduct a conditioning day on the Sunday prior to the official start of football practice?

ANSWER: No, Sunday practice is not allowed for the use of conditioning days prior to the start of the official football practice as outlined in 2003.1 and 2003.2

2003.4 All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

2003.5 Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.

2003.6 The first official day of practice in full pads is set at:
Week 0 Games – (TBD/A)
Week 1 Games – (TBD/A)

2003.7 The three-week dead period is mandatory

2004. SPRING PRACTICE RESTRICTIONS - 8TH & 9TH GRADERS

Eighth and ninth grade students from an elementary or junior high school may not take part in the spring football practice at the high school (See Bylaw 303 for multi-school exception). A high school coach may not conduct a football practice session at a separate junior high school.

2005. NUMBER OF CONTESTS

A high school football team of whatsoever classification or name shall not play more than two games in any eight-day period. A continued game under National Federation football rules shall not be considered in this limitation.

2006. TIE BREAKER SYSTEM

A Each Section is authorized to establish a tie-breaker system for regular season football games and Section playoff football games. (Revised October 2017 Federated Council)

2006.1 The “25-Yard Tie Breaker System” is authorized for use in the Southern Section for playoffs as follows:

2006.11 Respective leagues have the option of adopting the plan for use.

2006.12 If adopted, then all ties within that league must be resolved with the “25-Yard Tie Breaker System” for playoffs. 2006.13 If adopted, the plan may be used for the varsity, junior varsity or frosh-soph levels, or any combination of these levels.

2006.14 By mutual consent, the plan may be used for non-league contests.

2006.15 The "25-Yard Tie Breaker System" will be used for all levels of CIF Southern Section playoff contests, including the Championship game.

2006.16 The "25-Yard Tie Breaker System" may not be used beyond the last allowable regular playing date to determine entry into the playoffs.

2007. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of football, (Revised to include lacrosse November 2000 Federated Council.)

2008. MERCY RULE

At the conclusion of the third quarter or any point thereafter, if there is a point differential of 35 or more points, a running clock shall be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an officials' timeout. This bylaw applies to all levels of play. (Approved May 2011 Federated Council)

2009. JERSEY COLORS

In all football games played between member schools of the CIF Southern Section, the host team shall wear dark-colored jerseys, and the visiting team will wear white jerseys. If a team has only one set of jerseys, it will be its responsibility to notify opponents in sufficient time in advance of any scheduled contest in order that proper arrangements can be made to make certain that both teams have contrasting colored jerseys.

2010. OFFICIALS ASSIGNMENT PRACTICE

2010.1 The officials for all football games played between Los Angeles Section and Southern Section schools must be appointed by the Los Angeles City Supervisor of Athletics when the game is to be played at the Los Angeles Section schools and by the Southern Section Commissioner of Athletics when the game is to be played at the Southern Section school.

2010.2 By action of the CIF Southern Section Council, FIVE officials will be assigned to all eleven-man Varsity football contests.

2011. NOISEMAKERS PROHIBITED

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

2012. LENGTH OF QUARTERS

The length of the quarters in football games shall be twelve (12) minutes at the varsity, junior varsity, sophomore, Soph-Frosh and freshmen levels. Quarters may be shortened only by mutual consent of both competing schools.

2013. SUNDAY RESTRICTION

A school may not play a football game nor conduct a scrimmage or football practice of any type on Sunday during the season of sport.

QUESTION: May a football squad be assembled on Sunday for a "skill session" or review a game film?

ANSWER: Neither of these activities would be permitted.

QUESTION: Does a meeting on Sunday of a single student with a coach constitute a violation of Bylaw 2013?

ANSWER: Yes, the intent of Bylaw 2013 is to allow no contact with student athletes on Sundays.

QUESTION: What constitutes a scrimmage or practice on Sunday?

ANSWER: Any preparation of an upcoming football game in which a player or players meet with the coach(es) on a Sunday is prohibited.

QUESTION:	If my club/travel team coach is also my high school coach can we meet on Sundays under the guidelines/ parameters of the club/ travel program?
ANSWER:	No, the relationship of the club/ travel team does not release the student and/or coach from the Sunday Contact Rule during the season of sport.

2014. NATIONAL FEDERATION RULES

All football games in the CIF Southern Section will be played under the National Federation rules unless otherwise provided herein.

2015. ORGANIZED TEAM PRACTICE

Organized team practice shall be interpreted as meaning the association of a coach with potential team members for the purpose of learning or practicing the skills of football.

2015.1 See Rule 2003 to determine the start date for organized before and after-school team practice.

2015.2 All football practice sessions should be conducted on the campus or regular home practice field of the school holding the practice.

2016. SCRIMMAGES

A school is permitted one interscholastic scrimmage (at all levels) which may not be held until a team completes a minimum of 10 days of practice prior to the scrimmage. (See Rule 2002)

2016.1 The interscholastic scrimmage (or carnival) must be held prior to the first game of the regular season.

2016.2 An interscholastic scrimmage is a training session where the teams alternate in carrying the ball, no score is kept, and the coaches are on the field directing play.

QUESTION:	Are there other parameters one should be aware of with regard to an interscholastic scrimmage?
ANSWER:	An interscholastic scrimmage is defined as a training session in which students from more than one school participate, any aspect of play is exercised and no score is kept. Only students regularly enrolled in public and private CIF member school, grades 9-12, shall be permitted to participate in a scrimmage. Alumni shall not be permitted to take part other than the one allowable contest where noted in specific sports.

2016.3 Officials may be used, but are not paid.

2016.4 Two (2) or more teams may participate.

2016.5 Interscholastic scrimmages may be held at night by mutual agreement of the two participating schools.

2016.6 Schools are not permitted to charge admission to the scrimmage.

2017. CARNIVALS

All district or league carnivals must be sanctioned by the Commissioner.

2017.1 Such carnivals must include four or more schools from one league or one school district.

2017.2 Officials may be used.

2017.3 Each team will be permitted to participate in a maximum of two regulation 12-minute periods.

2017.4 Admission may be charged, but net receipts may not go to the participating schools. Profits shall be donated to worthy charities or placed in the league treasury to benefit all schools in the league.

2018. STARTING DATES FOR INTERSCHOLASTIC CONTESTS/ "0" WEEK CONTEST

No interscholastic contests (non-league or league) may be scheduled prior to (TBD/A). For information regarding scheduling of a contest prior to (TBD/A), refer to the following guidelines:

2018.1 "0" Week Contest Approval Procedure: If a school chooses to schedule a "0" Week contest, they are required to do the following:

1. Include on the CIF Southern Section Football Practice Information Form the following information:
 - a. The date of the "0" Week contest.
 - b. The dates of the school's bye week - The bye week is from Monday through Saturday. Practices must be conducted without pads. Players are allowed to wear helmets during the bye week, similar to the first three days of the fall conditioning period. (See Rule 2003.3 for further clarification.)

QUESTION: What medical coverage is required for regular season football contests?

ANSWER: The host school shall designate and provide a medical practitioner for all regular season (non-league and league) football contests.

2019. MAXIMUM TEAM CONTESTS

A football team will be permitted to play no more than 10 football games during the season, not including CIF Southern Section playoffs. 8-man football teams will be permitted 9 games.

2020. END OF COMPETITION

All league competition for entries must end on or before (TBD/A), and (TBD/A), for 8-man schools. 11-man schools may compete until (TBD/A) for non-league contests.

QUESTION: Will contest(s) played after the completion of league play and/or submission of league entries impact seeding or rankings?

ANSWER: No, once the league entries have been submitted a school will be seeded and ranked based on a team's results as of (TBD/A) for 11-man and (TBD/A) for 8-man.

2021. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

- 2021.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

- 2021.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the last Friday in May, whichever is first, and prior to start of fall practice (Week 0 Games – (TBD/A), week 1 Games – (TBD/A). No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

- 2021.4 It should be noted that in football only, the following is applicable as part of the high school program.
- (a) High school students participating in summer football practice may wear the following type of clothing or uniform: (1) football shoes; (2) "T" or sweat shirts; (3) trunks or sweat pants; (4) protective equipment for the ears and head. (Football or other hard plastic helmets will not be permitted because of the hazard to other players)
 - (b) The following equipment will be permitted during summer football practice provided it is used in a safe and sane manner: (1) air dummies; (2) stand-up dummies; (3) two or seven-man sleds; (4) tackling dummies; (5) blocking aprons.
 - (c) There shall be no live tackling at any time.

- 2021.5 A student with further high school eligibility may participate during the summer on a touch or flag football team. No CIF Southern Section restrictions shall be placed upon the personnel composition of such a team. A high school football coach may, as an individual, coach such a team.

QUESTION: Can protective gear such as shoulder pads, helmets, etc., be furnished by schools for use at private or public schools or camps?

ANSWER: No. Uniforms or any type of school equipment may not be used.

- 2021.6 A student with further high school eligibility may attend and participate in football activity at any public recreation, private football school or camp. A member of the football coaching staff from the school which the student attends may serve as an instructor at such a camp. A private football camp is defined where there are students from three or more schools in attendance and the camp is not being run by a high school coach who has students in attendance. A team contact camp is defined as a camp in which high school players utilizing helmets and pads participate along with their high school coach(es). Participation in team contact camps is prohibited.

2022. OUTSIDE COMPETITION BY AN INDIVIDUAL

Refer to Article 6 for specific guidelines.

2023. LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport in the same day.

2024. MAXIMUM ATHLETIC CONTESTS IN ONE DAY

All interscholastic contests are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day.

2025. SCHOOL ATTENDANCE

Standards for school attendance are determined by local school governing boards.

2026. COUNTING A TIE GAME

A regulation *called* game with a tie score shall be counted as $\frac{1}{2}$ game won and $\frac{1}{2}$ game lost for each team.

2027. PLAYER CONDUCT

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest and may not attend. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form (post-ejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season.

A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION:	What must be submitted to the Section office before a student can be cleared to rejoin his/her team?
ANSWER:	The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.
QUESTION:	What is meant by attendance at a contest?
ANSWER:	Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.
QUESTION:	What happens when a student engages in Fighting/Assaultive Behavior during an athletic contest that is not observed by game officials?
ANSWER:	In cases when a student engages in Fighting/Assaultive Behavior that is not observed by game officials, it is the expectation of the CIF Southern Section Executive Committee that the building principal of the school involved will impose a minimum one-game suspension for the students who commit such offenses.
QUESTION:	What happens if a student is ejected from the first contest at a tournament when there are two contests on that day?
ANSWER:	When a game ejection of any kind occurs, the student should not be present at the next contest except in situations where supervision is necessary (i.e.: in a tournament). In tournament situations, it is understandable that the student remains in an area where they can be monitored (i.e.: bleachers, stands, etc.) however, they are still ineligible to compete or participate in any way. It is not the expectation that the student leave the facility unsupervised.
QUESTION:	What happens if a student receives a red card, misconduct of any kind, or an ejection during the last game of the season?
ANSWER:	The game suspension(s) carry over to the first game(s) at the beginning of the subsequent season. For example, a sophomore soccer player receives a red card the last game of the 2017 season. He/she will serve a game suspension the first game of 2018 season. Suspensions carry over and must be served before the athlete becomes eligible to compete in that sport. See next Q&A for answers regarding seniors.
QUESTION:	What if a senior (12 th grader) student receives a red card or misconduct during the last game of the season?
ANSWER:	If a senior (12 th grade) student receives a red card, misconduct or any kind, or ejection during the last game of the season, he/she must serve the penalty in the NEXT sport in which he/she participates. If the student does not participate in any other sports, the CIF Office WILL need a letter from the principal indicating the corrective action taken with that student. This letter will be uploaded to the ejection report in CIF-SSHome.

2028. COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served (refer to bylaw 125.1 "Coaches Ejection" and Q&A that follows).

QUESTION:	What is meant by attendance at a contest?
ANSWER:	Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.
QUESTION:	How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?
ANSWER:	A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

2029. PLAYOFFS

Refer to Article 32 (Playoffs) for details regarding playoff information. (Specific information will be contained in sport preview booklet and playoff information bulletins.)

- 2029.2 A licensed medical doctor or the primary health provider designated by the home team as team physician or team doctor shall be in attendance at all playoff games. The fee shall be paid from the gross game receipts.
- 2029.6 The 25-yard tie breaker system may be used by leagues in order to determine entry, not priority, of their schools for playoffs so long as it is provided for in the league constitution and the competition is held no later than the last allowable regular playing date.
- 2029.7 The persons assigned to the "chain crew" responsible for marking down and distance on the field, shall be responsible adults.
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Please Note:

The above document was edited to contain mainly in-season guidelines, not concentrating or containing information that does not affect us (as officials). Also deleted was some out-of-season dates and guidelines.

Concerning Dates: – **TBD/A** means - **To Be Determined/Announced**

This information can be found in the 2019-2020 CIF-SS Blue Book under:
Article 200 – FOOTBALL - on pages 175 thru 183 (the entire document)