

# Article IV – Football

## 1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 1 Definition](#)  
Conditioning and weight training is not considered organized practice.
- B. Practice or team meetings shall not be held on Sundays or Christmas.
- C. Physical exams may be given and equipment issued prior to the starting date, but no actual practice may be held until the starting date. Whenever players appear with any type of protective equipment (excluding shoes) or using any type of equipment designed for contact drills, such as blocking shields, dummies, sleds, etc., it shall be considered a football practice.
- D. All football practice sessions must be conducted on the campus or regular home field of the school holding the practice. No school or its allied organizations, such as booster clubs, may provide housing off campus and/or meals free of charge to athletes during regular football practice prior to the opening of school.

## 2. STARTING DATES — Organized practice for all levels may not begin prior to a date established by the CCS. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 6 Starting Dates for Practice](#)

## 3. COACHING STAFF LIMITS — The maximum number of coaches, paid or volunteer, for football is 14 (fourteen).

- A. 3 Teams: 17 (max including floating coaches) = 7 varsity (max) + 10 lower level
- B. 2 Teams: 13 (max) = 7 varsity (max) + 6 lower level

## 4. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport.  
The game limit for football is:
  - Varsity: 10 +1 Scrimmage
  - Junior Varsity: 10 +1 Scrimmage
  - Freshman: 10 +1 Scrimmage
- B. There shall be a minimum of 14 days of organized practice for the team before the first game.
- C. There shall be a minimum of 10 days of organized practice for the individual boy/girl before he/she may participate in a game.
- D. There shall be a minimum of 10 days of organized practice for the team before the first interscholastic scrimmage is held.
- E. There shall be a minimum of five days of organized practice for the team before the first intrasquad scrimmage is held.
- F. No team shall play more than two games in any eight-day period.
- G. An alumni contest shall not be included in the game limit of any sport.
- H. Games shall not be played on Sundays and Christmas.
- I. All games shall be played according to the National Federation Rules
- J. The length of quarters for League games shall be:
  - Varsity: 12 minutes
  - JV: 10 minutes
  - Freshman: 10 minutes

## 5. STARTING TIMES

Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture. Game times and/or locations can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.

Day	Varsity	JV	Freshman
Weekdays	All teams 3:30 during DST, 3:00 during standard time.		
Saturdays*	1:00	10:00	10:00
ACT/SAT Saturdays*	2:00	11:00	10:15
Nights (Fri or Sat)	7:00	4:00 or 4:30	

\* There must be a minimum of 45 minutes between games on Saturday doubleheaders.

6. SCRIMMAGES [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, G Scrimmages](#)
- A. A Scrimmage is considered a contest per all CIF and CCS bylaws and is defined as (1) an activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND (2) where no score is kept; AND (3) where regulation time is not kept; AND (4) where substitute rules are set aside; AND (5) where coaches are stopping play for instructional purposes, (6) where officials are allowed to be paid, and (7) where admission may be charge to spectators.
  - B. All scrimmages must be listed on a school's official sports schedule if they are scheduled before the season begins.
  - C. Scrimmages may be scouted and are open to the public.
  - D. No school shall participate in an interscholastic scrimmage before the 10th day of team practice for that particular school.
7. SCHEDULE
- A. A single round robin League schedule shall be played each year by each team.
  - B. The League season shall end on the date prescribed by the Central Coast Section.
  - C. The freshman League football schedule shall be the same as the varsity and JV with the sites being opposite.
8. ELIGIBILITY– Student-athletes may move between levels of competition during the season. A student athlete may only participate in one level per day.
- A. Member school's administration must track eligibility and CCS max number of contests may not be exceeded.
  - B. Coaches must have Athletic Department documentation and approval. It is considered a contest when on the roster even if the student-athlete did not play.
  - C. Seniors: Senior athletes are not eligible for junior varsity competition.
9. SPORT-SPECIFIC RULES
- A. Levels of Competition  
There shall be Varsity, Junior Varsity, and Freshman competition.
  - B. Age Requirement
    1. A boy/girl shall be 15 years of age before he/she may play varsity football.
    2. A 14-year-old may play varsity football with the proper paperwork filed and approved with the CCS Office.
  - C. Facilities and Support Staff
    1. All schools shall provide and abide by the Home Game Information Sheet.
    2. The playing field must conform to the current rule book requirements and should have a clock and public address system. A visible electric clock is mandatory for varsity games.
    3. The host school should guarantee a minimum seating allowance of 300 for the visiting school.
    4. The host school shall provide well-trained line crews to assist the officials at the games.
    5. The visiting school may set up its own equipment to facilitate scouting, either a tower or platform. Such equipment shall be easily and immediately disassembled after the game. The home team Athletic Director shall designate where the portable elevation may be located. Any type of elevation used must not be located in front of the spectator stands.
    6. The visiting school may share the home school's existing equipment but must provide its own electrical necessities.
  - D. End Zone Scouting  
Football coaches shall be permitted to scout games from behind the end zone provided that the following regulations are observed:
    1. If there are stands or bleachers in the end zone, the stands or bleachers must be used.
    2. If there is a crowd control rope or barrier inside the track, the coaches must be behind such rope or barrier.

3. If there is a crowd control rope or barrier outside or beyond the track, the coaches may be on the track but without any players or non-coaching persons.
  4. If there are no stands, bleachers, or crowd control ropes, the coaches must be no closer than the track.
- E. Press Box Scouting  
The press box shall not be used for scouting by any League school at any League school's games.
- F. Film Exchange for Scouting  
Schools may exchange game films for the purpose of scouting according to the following guidelines:
1. All schools may capture game footage in any format they choose.
  2. Teams will exchange their last three games via HUDL™ or other platform at all three levels.
  3. The exchange is to take place by Saturday of each week by 8 PM or by the prior arrangement of the coaches involved.

## 10. POSTPONEMENTS

- A. League games shall be played despite rain, poor field conditions, and lack of crowd accommodation, except in the most extreme cases. The principle is that the game itself is the most important factor and that it should always be played as scheduled whenever and wherever possible. Rescheduling football games is most difficult, often impractical, and sometimes impossible. Postponing games until after the season should not be considered a possibility except in the rare case of the last game of the season.
- B. The following policies shall be observed:
1. The home team shall make provisions beforehand for a suitable alternate field to facilitate the rescheduling of games whenever a postponement is necessary, particularly in the case of a rented field.
  2. The visiting team shall fully cooperate with the rescheduling plans of the home team.
  3. A priority in rescheduling games shall be followed whereby a varsity game has precedence over a JV game and a JV game has precedence over a freshman game.
  4. All schools shall be ready to switch home fields in order to facilitate the rescheduling of a game because of poor weather or field conditions.
- C. Postponement and rescheduling of a game because of weather shall be done at the earliest possible time to help minimize the communications problems for officials, spectators, news media, scouting personnel, etc.
- D. For further details, see "General By-Laws/Article IV/Postponements."
- E. Games that are suspended under CCS rules shall be completed based upon the CCS rule that applies to such suspended game.

## 11. TIES

- A. The California Tie-Breaker shall be used only in any varsity game. There is no tie-breaker for JV or freshman games.

## 12. LEAGUE CHAMPIONSHIP

- A. The League champion shall be determined by a point system as follows:
1. Two (2) points for a game won.
  2. One (1) point for a game tied.
  3. Zero (0) points for a game lost.
- B. Since football is in itself peculiar to the playing of ties, there shall be no playoff whenever teams tie for the championship.
- C. In the case of ties for first place on the JV or freshman level, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
- D. For varsity only, in the event that two teams tie for first place, both teams shall be declared co-champions and equal awards shall be given. The team which defeated the other in regular season play shall be designated as the number one representative of the League in the Central Coast Section playoffs. The other team shall be designated as the number two representative of the League in the CCS playoffs.
- E. For varsity only, if three or more teams tie for first place, co-champions shall be declared and equal awards shall be given.

13. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. Multiple ties in the double round standing shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
- B. The following procedure shall be used to break ties in the order as listed:
  - 1. Head-to-head competition involves only contests played within league schedule.
  - 2. Greatest number of wins within the tie.
  - 3. Greatest number of wins above the tie.
  - 4. Greatest number of wins versus the highest-ranked team above the tie.
  - 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
  - 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
- C. Coin Flips or Drawings
  - 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified prior to the drawing.
  - 2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.
  - 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. (If applicable, the nine-game adjustment as per CCS rules shall be used.) If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.

14. CENTRAL COAST SECTION PLAYOFFS

- A. The League champion shall be designated as the #1 representative of the League to the CCS playoffs. Section 13. D. on page 56 clarifies how ties are resolved for the league championship, and representative to CCS.
- B. The second-place team in the final League standings shall be designated as the number two representative of the League in the Central Coast Section playoffs.
- C. Other teams may qualify as nominees to the CCS playoffs in the order of the final League standings.
- D. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.

15. OFFICIALS

- A. Officials for all League games shall be obtained by the host school.
- B. There shall be five officials assigned for each League Varsity game and four officials assigned for each League Junior Varsity or Freshman game.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. If The Required Number Officials Are Not Present
  - 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
  - 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- E. For further details, refer to the General By-Laws Article IV - Special Rulings “Forfeitures” and “Postponements.”

16. GAME CONDUCT

- A. Coach Ejections - While sitting out, the coach may not communicate during a game in any way, including all digital formats, with his/her coaching staff or players.

17. SPRING/SUMMER FOOTBALL

- A. Spring – In the sport of football only, schools will be allowed no more than 10 days and no more than 20 hours of spring practice, wearing only cleats beginning no earlier than May 1<sup>st</sup>. (CCS Bylaw)
- B. Allowable activities for Team Camps and Other Off-Season Activities: (CIF Bylaw)
- No full contact practice or drills utilizing control are allowed during off-season activities and team camps.
  - Team camps are considered practice.
  - A team may participate in air, bags/blocking sleds drills (see definitions of these activities) in the off-season or while attending a team camp. A team may only utilize the following equipment in the off-season or at team camps: footballs, bags, blocking sleds and football shoes.
  - For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.
- C. Spring Football may not implicitly or explicitly be mandated by the coach or anyone else associated with the school or program. (CCS Bylaw)
- D. No tryouts may be conducted during spring football practice. (CCS Bylaw)
- E. During the summer period as defined by the CCS dates, the summer practices or activities shall not be implicitly or explicitly mandated for student athletes to participate. Furthermore, the absence of an athlete during summer practices or activities cannot be a determining factor, implicitly or explicitly, when choosing teams during the season. (CCS Bylaw)

**Definitions: (CIF Bylaw)**

- **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.

**CIF Questions & Answers**

**Q: Is full-contact or control allowed at team camps?**

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. In addition, Bylaw 2201.C. does not allow any equipment at team camps other than footballs, bags, blocking sleds and football shoes so control drills would not be allowable.

**Q: May teams attend a full-contact team camp outside of California?**

A: No. AB 2127 and CIF Bylaw 2201 apply no matter where the team camp is conducted.

**Q: Given the addition of Bylaw 2201.C. may teams attend a team camp that only utilizes activities that are appropriate when no protective equipment is used?**

A: Yes. Teams may attend a team camp and participate in drills such as Air, Bags/Blocking Sleds.

**Q: May student-athletes wear traditional protective football equipment at team camps and other off-season activities?**

A: No. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.

**Q: If allowable by the school, school district and local CIF Section, may student-athletes elect to wear soft padded head and shoulder protection?**

A: Yes. Soft padded head and shoulder protection is allowable if permitted by the school, school district and local CIF Section.

**Q: Are players allowed to attend individual camps and participate in full-contact drills?**

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2201 regarding team camps.

18. ALL-LEAGUE TEAM

Coaches will meet the week after the final League game to select the All-League team

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