

**ARTICLE 21:
Football**

21.1 GENERAL INFORMATION

21.1.1 The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Football Rules and Regulations. These rules shall govern unless noted below.

21.1.2 All discrepancies will be ruled upon by any of the following individuals: League Director, Director of Officials and/or Football Commissioner.

21.1.3 Football rosters: Football teams may have an unlimited number of players in uniform on the sideline.

21.2 COACHING

21.2.1 Coaches who are not certified, will forfeit all games coached.

21.3 HOME TEAM RESPONSIBILITIES

21.3.1 The home team is responsible for providing the following for ALL home games:

21.3.1.1 Emergency Trained Official. This may include an EMT, Athletic Trainer or Team Doctor. Games will NOT be played if a qualified medical person is not available.

21.3.1.2 Uniformed Police Officer/Licensed Security Guard. (High School)

21.3.1.3 Chain Crew - Three crew members are needed. They should be over the age of 18 and be available to meet with officials 15 minutes prior to game time.

21.3.1.4 Scoreboard Operator if scoreboard is available. Individuals must be an adult (18+).

21.3.1.5 Officials – teams outside of the Phoenix Metropolitan area and as identified by the CAA Director are responsible for assigning their own game official(s).

21.4 EQUIPMENT, UNIFORM AND FIELD GUIDELINES

21.4.1 BALL. Wilson is the official game ball and must be used.

21.4.2 FIELD

21.4.2.1 For 8-man games, the field dimensions must be either 100' x 40' or 80' x 40', whatever is available for the home team.

21.4.2.2 If portable lights are needed, a minimum of 8 light towers is required for a 100-yard field or a minimum of 6 light towers for a 80—yard field. Preferably there should be some-sort of padding on the side facing the field and they should be positioned at least 5 yards off the sidelines with the hitch pointed parallel to the sideline.

21.4.2.3 Junior High - 11-man football, the field must be set-up for 11-man dimensions.
100(L) X 53(W)

21.4.3 UNIFORMS.

21.4.3.1 Home teams will wear DARK colored jerseys; Away teams shall wear white jerseys.

21.4.3.2. NUMBERING 4.4.3.2.1 8-Man has no numbering restrictions.

21.4.3.3 Players must wear mouthguards. Mouthguards can be clear and must be of any visible color. Fang mouthguards are allowed but cannot be painted on “blood”.

21.4.3.4 CASTS. The umpire should check all casts during pregame. Casts should be padded with at least 1/2“ of protective padding. Doctor's notes are no longer required to be given to officials.

21.4.3.5 The Head Coach will verify prior to the game that all of his players are legally equipped. Once this verification has been made to the referee, any violation of the legal or mandatory player equipment rule is a 15-yard unsportsmanlike foul charged to the Head Coach. .

21.5 HIGH SCHOOL GAME TIME AND LATE ARRIVAL

21.5.1 10 minute grace period from posted game time

21.5.2 Games are scheduled for four (4) Twelve-minute quarters.

21.5.3 Games will have a modified clock. Clock will restart on the Ready-For-Play whistle after a dead ball play.

21.5.3.1 EXCEPTION: After a change of possession, the clock will start on the SNAP.

21.5.4 Regular NFHS Timing rules will apply for the final 2 minutes of the 2nd and 4th quarters.

21.5.5 Halftime will be 12 minutes with the clock starting once the teams have left the playing field area.

21.5.6 Officials will be responsible for ensuring that there is a 3-minute warm-up period posted on the clock and the clock starts immediately after the halftime intermission period expires. Head coach is responsible for the team being on the field for the mandatory warm-up period.

21.5.7 The CAA has the following MERCY RULE:

21.5.7.1 There will be a running clock after a team takes a 35-point lead anytime after the first half, until the other team either ties or takes the lead. The clock will STOP for team timeouts and injuries only.

21.6 JUNIOR HIGH SCHOOL GAME TIME AND LATE ARRIVAL

21.6.1 Game Time is Forfeit time.

21.6.2 Games are scheduled for four (4) Ten - minute quarters.

21.6.3 Regular NFHS Timing rules will apply for the entire game.

21.6.4 Halftime will be 10 minutes + 3 minute warm-up, with the clock starting once the teams have left the playing field area.

21.6.5 Officials will be responsible for ensuring that there is a 3-minute warm-up period posted on the clock and the clock starts immediately after the halftime intermission period expires. Head coach is responsible for the team being on the field for the mandatory warm-up period.

21.6.6 The CAA has the following MERCY RULE:

There will be a running clock after a team takes a 35-point lead anytime after the first half, until the other team either ties or takes the lead. The clock will STOP for team timeouts and injuries only.

21.7 SPORTSMANSHIP AND EJECTION - Refer to Article 12

21.8 POSTSEASON INFORMATION

21.8.1 Tournament brackets will be created according to standings and as approved by the League.

21.8.1.1 CAA will host all Semi-Final and State Championship Games:

21.8.1.1.1 Play-in games are hosted by the higher seed..

21.8.1.2 8- Man Football - Division 1 & 2 will use field dimensions of 100' x 40'.

21.8.1.2.1 Junior Football - Regulation 11 man football field per NFHS.

21.8.3 Wilson is the official league game ball and will be used for all CAA tournament games.

21.9 SEASONAL INFORMATION & REGULATIONS AND PRACTICE AND SCRIMMAGE GUIDELINES.

21.9.1 Teams are required to follow these regulations and guidelines during the off-season.

21.9.2 Refer to CAA Football Rules and Regulations on CAA Website.