

# HIGH SCHOOL & JUNIOR HIGH FOOTBALL

## *Seasonal Information & Regulations and Practice & Scrimmage Guidelines*

### SPRING

- Spring Football may be conducted during the 2<sup>nd</sup> semester of the school year.
- Teams are allowed to practice only 15 times during a 21-day block.
- **NO PADS** but helmets and dummies are permissible.
- It is recommended that all student-athletes have a completed and current physical examination on file along with permission from the student-athlete's legal guardian.
- To be eligible to participate in Spring Football, the student-athlete must
  - Meet all the rules of eligibility during the regular season
  - **Be currently enrolled in your school. Student-athletes anticipating transferring to your school for the upcoming season are NOT allowed to participate in any Spring Football session, either on the field or in meetings.**
- Group sessions are permissible for the showing of films, chalk talk, player/parent meetings and the distribution of printed material.
- These sessions are completely voluntary, and no student-athlete should be denied from participating on the school's teams for not attending these voluntary sessions.
- Teams can participate in up to 2 Spring Passing tournaments.

### SUMMER

- Summer football **activities** are permitted once school is completed and before the 1<sup>st</sup> day of approved football practice.
- During this time-period, coaches may give football instructions to any member of the school's football team. Instructions are limited to non-contact activities and weight training.
- The only school equipment which may be used during the summer season is footballs, kicking tees, dummies and the school's weight room and classrooms (film & meetings).
- Schools must adhere to this practice and self-compliance must be practiced.
- Team may participate in one (1) Summer Passing League and/or 1 Summer Passing Tournament.

### IN-SEASON

- **In-Season practices may begin no earlier than the 4<sup>th</sup> Monday of July.**

#### **A. PRACTICE GUIDELINES**

1. *Full Contact Football Practices Summary:* Canyon Athletic Association (CAA) Bylaws currently do not limit the amount of full-contact practice during the football season. The recommendations below should serve as guidelines regarding the amount of time during which full contact practice (11-on-11 or 8-on-8) is allowed.  
*Rationale:* The proposal seeks to increase the level of health and safety of student-athletes – high school and junior high/middle school – who participate in the sport of football at CAA member schools.  
*Recommendations:* During the regular season, including championship play, the CAA recommends that member schools restrict the amount of full contact football practice (11-on-11 or 8-on-8). The recommendations regarding full contact football practice (11-on-11 or 8-on-8) are as follows:
  - **Players are not allowed to practice in pads (Contact) until they have participated in at least 9 days of in-season practice** (starting the 4<sup>th</sup> Monday of July)
  - From the 2<sup>nd</sup> week of practice until the 1<sup>st</sup> game: **no more than ½ of the practice time may be contact practice.**
  - During season (from 1<sup>st</sup> game until last game): **no more than 1/3 of practice time may be contact practice.**
  - **Definition of Contact – Padded athletes in contact with each other**
2. These guidelines are intended to limit live action and not the number of practices a team may participate in using full pads. A team may participate in "air," "bags," "wrap," and "thud" drills and simulations at any point. The contact levels are defined below. **The CAA makes no recommendation regarding limitations of full contact during football drills involving groups of less than (11-on-11 or 8-on-8).** For the purposes of these recommended guidelines, the following definitions are provided:

- **Full Contact** -- Live game simulations where live action occurs (11-on-11 or 8-on-8).
- **Live Action** – Contact at game speed where players execute full tackles at a competitive pace, taking players to the ground.
- **Air** – Players should run unopposed without bags or any opposition.
- **Bags** – Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- **Wrap** – Drills run at full speed until contact, which is above the waist with the players remaining on their feet. **Thud** – Same as a wrap but the tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

## B. Interschool Scrimmage or Jamboree

- A controlled interschool varsity scrimmages may be held before the regular season begins and after 14 days of fall team practice.
  - All players must have completed the requirements as required to be a CAA student-athlete.
  - At this controlled scrimmage or Jamboree, there will be NO:
    - Kickoffs
    - Punts
    - Scores kept
- Each team may have up to 60 offensive plays conducted in the following manner:
  - On offense, one team starts from their own 40- yard line.
  - Teams may play **ONE** 10 play series from either the 10 or 20-yard line.
  - They will get ten (10) plays in a row. If they score, the ball comes back to the 40- yard line until their ten plays are used up.
    - An accepted foul will give the offensive team the right to replay a down. The down is over if the defensive team gains possession of the ball.
- Each team will get one 30 second timeout during each 10-play session.
- Once Team A has completed their 10 plays, then the other team will have ten offense plays.
- This process will continue until each team has had up to **60 offensive plays.**
- Coaches may remain on the field with their teams as well as coaching their positions.
- There shall be at least 4 CAA officials on the field. Official game fees will be charged to Home school.
- Schools hosting a Jamboree (more than 1 team) must adhere to the above guidelines (Each team will only participate in a total of 60 offensive play).
- All CAA rules apply including if a coach or player gets ejected from the scrimmage he is suspended and not eligible to participate in the 1<sup>st</sup> regular season game.

## OUT-OF-SEASON

- Out-of-season football **activities** are permitted beginning December 1 through the 1<sup>st</sup> day of approved football practice.
- During this time-period, coaches may give football instructions to any member of the school's football team. Instructions are limited to non-contact activities and weight training.
- The only school equipment which may be used during the summer season is footballs, kicking tees, dummies and the school's weight room. **NO HELMETS OR PADS.**
- Schools must adhere to this practice and self-compliance must be practiced.