

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. 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 — No organized practice for seniors, juniors or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.

3. STARTING DATES FOR FRESHMEN — No organized practice for Freshmen may begin until the Wednesday after the other levels begin practice.

4. COACHING STAFF LIMITS — The maximum number of coaches, paid or volunteer, for football is 12.

5. 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 and 1 Scrimmage
 - Junior Varsity: 10 and 1 Scrimmage
 - Freshman: 9 and 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

6. 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.

7. SCRIMMAGES

- A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged. Further, teams alternate in carrying the ball, downs are not counted, score is not kept, and the coaches are on the field directing play.
- B. A scrimmage shall not involve any costs whatsoever.
- C. All scrimmages must be listed on a school's official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. Scrimmages may be scouted and are open to the public.
- F. No school shall participate in an interscholastic scrimmage before the 10th day of team practice for that particular school.

8. 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.

9. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of lower classification after the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves to The Varsity: Once League play begins, a player on a lower-level team may be moved to the varsity team on a temporary basis. Specific approval from the Commissioner must be obtained in advance. The maximum number of contests for the season for that player cannot be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

10. 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.

11. 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.

12. TIES

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

13. 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.

14. 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.

15. 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.

16. 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.”

17. 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.

18. SPRING PRACTICE

- A. Teams can have five (5) days of spring practice between May 1st and the second Saturday in June (start of summer). Actual dates for this spring practice will be determined by each school. Contact drills cannot be done during spring practice, including no helmets.

19. SUMMER PRACTICE

- A. Schools are permitted fifteen (15) days or 30 hours between the second Saturday of June and July 31st to conduct summer practice.
- B. Summer passing tournaments and team camps may be part of the 15 days allowed for summer practice. Summer passing tournaments count one day of practice for each day of participation.
- C. Conditioning, including weight training, is exempt from the 15 day limits during the summer.
- D. No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities. Only the following equipment is allowed: football, bags, blocking sleds and football shoes. If allowed by the Section, a team may participate in air and bags/blocking drills while attending a team camp. Please consult Section and School District rules regarding the use of the aforementioned school equipment in the off-season. Team camps are considered practice. Only the following equipment is allowed: football, bags, blocking sleds and football shoes. If allowed by the Section, a team may participate in air and bags/blocking sled drills while attending team camp. Please consult Section and School District rules regarding the use of the aforementioned school equipment in

the off-season. 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.

20. ALL-LEAGUE TEAM

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