

**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.

21.1.3.1 A minimum of 13 players is required to start a game for 8-man football

21.1.3.2 A minimum of 17 players is required to start a game for 11-man football

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 professional is unavailable.

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

21.3.1.3 Chain Crew/Ball Person - 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. Wilson WTF1003b GST or WTF1103 GST Prime Football in all regular season, State Playoff, and Championships.

21.4.1.1 High School 11-man must provide 3 game balls for each team unless the same ball is used for both teams because one team is not using a Wilson.

21.4.1.2 High School 8-man and 11-man Junior High can supply 1-3 game balls.

21.4.1.3 Home team will supply 2 ball persons for their sideline when using 3 balls, and the visiting team will supply 1 ball person for their sideline.

21.4.2 FIELD

21.4.2.1 For 8-man games, the field dimensions must be 100' x 40' or 80' x 40', whichever 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 6 light towers for an 80—yard field. Preferably, there should be some padding on the side facing the field, and they should be positioned at least 5 yards off the sidelines, with the hitch pointing 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)

21.4.2.4 11-man High School and 11-man Junior High will use a regulation field per NFHS guidelines, with goalposts.

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 11-man High School has a numbering requirement per NFHS regulations. 8-man High School and 11-man JH do not have a numbering requirement

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 before 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.

21.4.3.6 Absolutely no hoodies are permitted to be worn on the playing field.

21.5 HIGH SCHOOL GAME TIME, LATE ARRIVAL, AND MERCY RULE

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. The 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. The head coach is responsible for ensuring the team is on the field during 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, injuries, and the quarter break.

21.5.7.2 At any point after the first half, if a team takes a 42-point or more lead, that is the final score of the game. From this point forward, there will be no more kickoffs for either team.

21.5.7.3 The team to next put the ball in play will be 25 yds in advance of the Kickoff spot.

- 80 yd field is the 25-yard line.
- 100 yard field is the 35-yard line.
- This is the spot unless moved by a penalty.
- This rule stays in effect regardless of any scoring by either team.
- If the coach of the losing team decides not to complete the game, the coach must provide justification to the league office the following day.

21.6 JUNIOR HIGH SCHOOL GAME TIME AND LATE ARRIVAL

21.6.1 10-minute grace period from posted game 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. The head coach is responsible for ensuring the team is on the field during 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.

21.6.6.1 Once a team has a 42-point lead, that is the final score that is reported; the game will continue with the losing team taking possession of the football 25 yards in advance of the kickoff spot.

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 the State Championship Games:

21.8.1.1.1 All other postseason playoff games are hosted at the higher remaining seed.

21.8.1.2 8-Man Football - field dimensions of 100' x 40'.

21.8.1.2.1 11-man High School and Junior High will use a regulation HFHS field.

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