

SCRIMMAGE INFORMATION

1. Teams may play two scrimmages **prior** to the start of the Regular Season.
2. A preseason scrimmage must be played **prior to the Start Date of the Regular Season.**
3. No scrimmages are allowed during the season against CAA teams or Non-CAA teams.
4. If officials are requested, request must be submitted at least 7 days prior to the scrimmage. Fee will be charged to the home school based on the sport.
5. All sportsmanlike rules and policies are in place. A player ejected from a pre-season scrimmage will be suspended from the school's 1st game of the season.

BASEBALL

- No official score kept.
- Game uniforms shall be worn.
- CAA officials may be used. If officials are to be requested, request must be submitted at least 7 days prior to the scrimmage. Fee will be charged based on the sport.
- TIMING:
 - o HS Scrimmage: Shall consist of no more than 7 innings. (MAX: 120 minutes total time)
 - o JH Scrimmage: Shall consist of no more than 6 innings. (MAX: 105 minutes total time)
- MISCELLANEOUS:
 - o Each pitcher shall throw no more than 15 outs (HS), 12 outs (JH).
 - o Offense and defense shall switch when five runs are scored in one inning.
 - o Unlimited amount of substitutions and re-entry on players.

BASKETBALL

- No official score kept.
- Game uniforms should be worn.
- CAA officials may be used. If officials are to be requested, a request must be submitted at least 7 days prior to the scrimmage. Fees will be charged based on the sport.
- Time-outs are unlimited.
- TIMING:
 - o HS Scrimmages shall be limited to six, 8-minute quarters (48 mins) (MAX: 90 minutes total time)
 - o JH Scrimmages shall be limited to six, 6-minute quarters (36 mins) (MAX: 75 minutes total time)

FOOTBALL

- No official score kept.
- Game uniforms may be worn.
- There shall be at least 4 CAA officials on the field. Official game fees will be charged to Home school.
- A controlled inter school varsity scrimmages may be held before the regular season begins and after 14 days of fall team practices.
 - o All players must have completed the requirements as required to be a CAA student-athlete.
 - o At this controlled scrimmage or Jamboree, there will be NO:
 - Kickoffs
 - Punts
- Teams may play up to 60 offensive plays conducted in the following manner:
 - o On offense, one team starts from their own 40- yard line.
 - o 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 60-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 remain on the field with their teams as well as coaching their positions.
- 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 plays).

SOCCER

- No official score kept.
- Game uniforms shall be worn.
- CAA officials may be used. If officials are to be requested, request must be submitted at least 7 days prior to the scrimmage. Fee will be charged based on the sport.
- One time-out per quarter.
- TIMING:
 - HS Scrimmage shall be limited to THREE (3) 25-minute quarters.
 - JH Scrimmage shall be limited to THREE (3) 15 - minute quarters.

SOFTBALL

- No official score kept.
- Game uniforms shall be worn.
- CAA officials may be used. If officials are to be requested, request must be submitted at least 7 days prior to the scrimmage. Fee will be charged based on the sport.
- TIMING:
 - HS Scrimmage: Shall consist of no more than seven innings. (MAX: 120 minutes total time)
 - JH Scrimmage: Shall consist of no more than six innings. (MAX: 105 minutes total time)
- MISCELLANEOUS:
 - Each pitcher shall throw no more than 15 outs (HS), 12 outs (JH).
 - Offense and defense shall switch when five runs are scored in one inning.
 - Unlimited amount of substitutions and reentry on players.

VOLLEYBALL

- No official score kept.
- Uniforms may not be worn.
- CAA officials may be used. If officials are to be requested, request must be submitted at least 7 days prior to the scrimmage. Fee will be charged based on the sport.
- TIMING:
 - HS Scrimmages shall not exceed 90 minutes total time.
 - JH Scrimmages shall not exceed 60 minutes total time.