

ARTICLE TWO FOOTBALL

2.1 GAMES

There will be a maximum of ten (10) Varsity, JV and Freshman games each season.

2.2 STARTING TIMES

Evening games:

- JV - 5:15pm
- Varsity - 7:30pm, or after a 20-minute warm-up.
- If a game is played on a Saturday the start time will be at the discretion of the Home team.
- Freshman contests will be played on Thursdays at the discretion of the home school.

2.3 TIMER

An adult timer will be used at all games. An adult chain crew is to be furnished by the home team.

Playing time will be:

- Varsity - 12 minute quarters
- JV - 10 minute quarters
- Freshman - 10 minute quarters

2.4 ROSTERS

Head Coaches or Athletic Directors will supply accurate rosters to opponent for program inserts and announcers.

2.5 PHYSICIANS

The host team will endeavor to furnish physicians or medical personnel (EMT) at all contests.

2.6 OFFICIALS:

Varsity, JV and Freshman games will follow Section guidelines.

2.7 GAME BALL

The game ball used in all contests must have NFHS stamping. For playoff contests, teams will use the ball of choice as determined by the CIF- Sac Joaquin Section.

2.8 BAND AND HALFTIME

The home team will furnish the band and field entertainment. The visiting team may bring their band. Halftime routines by visitors will be by mutual agreement. Halftime will be extended a maximum of five minutes when needed. There will be no pregame routines apart from the National Anthem.

2.9 JERSEY COLORS

The home team will wear dark colors and the visiting team will wear light colors. Change will be permitted by mutual agreement or refer to NFHS rulebook.

2.10 PLAYER PASSES

Host school is responsible for procedures regarding players entering and exiting the locker rooms/stadium.

2.11 TEAMS

Varsity rosters can be students in grades 9-12

- a. See CIF SJS bylaw 2000 for a 14-year-old wanting to play Varsity football

JV rosters can be students in grades 9-12

2.12 SCRIMMAGES

Section Bylaw 2002: No individual student shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. Scrimmage is defined as practice where the teams alternate in carrying the ball, downs are not counted, no score is kept, and the coaches are on the field directing the play. (NOTE: In accordance with State Commissioner's interpretation –#29– a team could schedule a football scrimmage on the 10th day of practice.)

2.13 LEAGUE SCHEDULE

There will be a two-year schedule. This site will be revised on even numbered years. Efforts will be made to avoid teams having to play 3 away or 3 home games in a row.

2.14 LEAGUE CHAMPION

The league champion will be determined on the basis of win-loss record. In the event of a tie, we will reference the tiebreaker criteria in CIF SJS bylaw 2007.11

2.15 POSTPONEMENTS AND MAKEUP GAMES

In the event of a postponement or makeup game. The Athletic Directors from both schools will work together to reschedule the contest. Refer to SJS Bylaw 2205 for number of games limitation.

2.16 CHANGE IN PLAYER STATUS:

Our league will follow Section Bylaw 501D.g

An athlete being eligible in all respects –academic, age and grade level competition – move from one athletic classification to another (varsity, junior varsity, etc.). However, they may not compete in more than one classification in one day.

Reference SJS Bylaw 1206

2.17 SPRING FOOTBALL PRACTICE:

Section Bylaw 2003: A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice unless so authorized by the appropriate CIF Section.

2003.1 SUMMER:

Sac-Joaquin Section schools may conduct summer conditioning sessions in all sports. Conditioning is limited to weight training, conditioning, and skill development. The following equipment will be permitted during summer football provided it is used in a safe manner: balls; air dummies; stand-up dummies; blocking sleds; tackling dummies; blocking shields and blocking aprons. Helmets, shoulder pads and leg pads are prohibited. All other summer activities are limited to the approval of the individual school districts and/or leagues.

2003.2 TEAM CAMPS:

The following equipment will be permitted at team camps provided it is used in a safe manner; balls, air dummies; blocking sleds; tackling dummies; blocking shields and blocking aprons. Helmets, shoulder pads and leg pads are PROHIBITED. Also, all provisions Ed Code 35179.1 and 48475 (AB 2127) must be adhered to.

NOTES: 1. Individual camps are not affected by this bylaw as long as the member school's equipment is not used.

2003.4 LIMITED PERIOD:

For those teams choosing to conduct activities under the guideline of the Limited Period, the following equipment will be permitted, during the designated Limited Periods, provided it is used in a safe manner; balls; air dummies; stand-up dummies; blocking sleds; tackling dummies; blocking shields and blocking aprons. Helmets, shoulder pads and leg pads are prohibited. (See Bylaw 504.9).

2003.5

Five days of acclimatization are required before pads are allowed. The five days of acclimatization cannot take place prior to the date determined by the CIF Section. Acclimatization sessions are considered practice, and they may include various facets of football training (teaching techniques, chalk talks, pass patterns, calisthenics, etc.) but may not include any body contact such as blocking and tackling. Football helmets, football shoes, footballs, blocking sleds/dummies and hand shields can be used during the acclimatization period. The five days of the acclimatization period must be held at the school's regular practice fields. No workouts will be permitted at beaches, mountain resorts or military sites. Following the five-day acclimatization period, teams must abide by the guidelines in Bylaw 2001.B. (See chart on page 86.)

Section Bylaw 2004: SPRING FOOTBALL PRACTICE/JUNIOR HIGH SCHOOL STUDENTS

Eighth and ninth grade students from an elementary or junior high school may not take part in the spring football practice at the high school (See Bylaw 303 for multi-school exception). A high school coach may not conduct a football practice session at a separate junior high school.

2.18 SPOTTERS AND SCOUTING:

Equal facilities for spotters and cameramen will be furnished at all games.

Section Bylaw 501.6: The use of a filming device for the purpose of scouting an opponent is allowed from the sideline bleachers only. Filming an opponent at practice sessions or intra-squad scrimmages is prohibited.

2.19 TIES:

Section By-Law 2006.1: All varsity games (non-league, league and playoffs) involving Sac-Joaquin Section schools that end in a tie at the end of regulation will be played to a conclusion (a winner and loser) using the 25-yard line overtime procedure as stated in the National Federation Rules Book.

2.20 SECTION PLAYOFFS:

See Universal Tie Breaker Procedure Section Rule 2007.11.

2.21 EXCHANGE OF FILMS:

Film exchange for scouting purposes should take place on Saturday. Opponents may request any 2 game films with a view from the press box.

2.22 PRACTICE ALLOWANCE:

We will refer to CIF SJS Bylaw 506 for clarification regarding duration of practice both daily and weekly and what constitutes a practice and a contest.

2.23 ACCLIMATIZATION:

We will refer to CIF SJS Bylaw 2203.5 and 2207.3 for CIF State and CIF Section regulations on the implementation of full contact drills during practice.

2.24 MERCY RULE

2.24-1 Section rule 2208: At the conclusion of the third quarter or any point thereafter, if there is a point differential of 35 or more points, a running clock shall be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an officials' timeout. This bylaw applies to all levels of play.

2.25 All League Awards

All-League players, for MEL Sports, will be selected by a process approved by the Board of Managers (BOM) and conducted by the Athletic Director in charge of each sport. See General Bylaw 1.3-3 for more information.

Last Revision: August 28th, 2025