4.1 GENERAL INFORMATION

4.1.1 The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Football Rules Book. These rules shall govern unless noted below.

4.1.2 All discrepancies will be ruled upon by the by any of the following individuals: League Director, Director of Officials and/or Football Commissioner.

4.1.3 Football rosters: Football teams may have an unlimited number of players in uniform on the sideline.

4.1.4 VIDEO TAPING ANOTHER SCHOOL’S GAME: It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another schools game without permission could constitute a violation of the copyright law.

4.2 COACHING

4.2.1 Coaches who are not certified, team will forfeit all games coached.

4.3 HOME TEAM RESPONSIBILITIES

4.3.1 The home team is responsible for providing the following for ALL home games:

   4.3.1.1 Emergency Trained Official. This may include an EMT, Athletic Trainer or Team Doctor. Game will NOT be played if a qualified medical person is not available.

   4.3.1.2 Uniformed Police Officer/Licensed Security Guard.

   4.3.1.3 Chain Crew. 3 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.

   4.3.1.4 Scoreboard Operator if scoreboard is available. Individual must be an adult (18+).

   4.3.1.5 Officials – teams outside of the Phoenix Metropolitan area and as identified by the CAA Director are responsible for assigning their own game official(s).

4.3.2 Must enter final game score within 24 hours.

4.3.2.1 Forfeit score. Offended team wins 6-0 unless offended team is ahead scores stands.

4.4 EQUIPMENT, UNIFORM AND FIELD GUIDELINES

4.4.1 **BALL.** Under Armour is the preferred official game ball and should be used. If neither team has an Under Armour ball, then a ball meeting NFHS standards shall be used.

4.4.2 **FIELD.**

   4.4.2.1 For 8-man games, the field dimensions must be either 100’ x 40’ or 80’ x 40’, whatever is available for the home team.

   4.4.2.2 If portable lights are needed, a minimum of 8 light towers is required 100-yard field or a minimum of 6 light towers for a 8—yard field. Preferably there should be some-sore of padding on the side facing the field and they should be positioned are at least 5 yards off the sidelines with the hitch pointed parallel to sideline.

   4.4.2.3 For 11-man games, the field must be set-up for 11-man dimensions.

4.4.3 **UNIFORMS.**

   4.4.3.1 Home team will wear DARK colored jerseys; Away team shall wear white jerseys.

   4.4.3.2. NUMBERING

      4.4.3.2.1 8-Man has no numbering restrictions.

      4.4.3.2.2 11-Man shall follow the NFHS numbering requirements.

4.4.4 Players must wear mouthguards. Mouthguards can be clear and must be of any visible color. Fang mouthguards are allowed but cannot contain painted on “blood”.

4.4.5 CASTS. The umpire should check all casts during pregame. Casts should be padded with at least 1/2” of protective padding. Doctors notes are no longer required to be given to officials.

4.4.6 The Head Coach will verify prior to 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 15-yard unsportsmanlike foul charged to the Head Coach.
4.5 GAME TIME AND LATE ARRIVAL

4.5.1 Game Time is Forfeit time.

4.5.2 Games are scheduled for four (4) Twelve-minute quarters.

4.5.3 Games will have a modified clock. Clock will restart on the **Ready-For-Play** whistle after a dead ball play.

4.5.3.1 EXCEPTION: After a change of possession, the clock will start on the SNAP.

4.5.4 Regular NFHS Timing rules will apply for the final 2 minutes of the 2nd and 4th quarters.

4.5.5 Halftime will be 12 minutes with the clock starting once the teams have left the playing field area.

- Officials will be responsible for ensuring that there is a 3-minute warm-up period posted on the clock and the clock started immediately after the halftime intermission period expires. Head coach is responsible for the team being on the field for the mandatory warm-up period.

4.5.6 The CAA has the following **SPEED-UP RULE**:

- There will be a running clock after a team takes a **35-point lead at ANY TIME** during the game until the other team either ties or takes the lead.

- The clock will **STOP** for team timeouts and injuries.

4.6 SPORTSMANSHIP AND EJECTION

4.6.1 Players who are ejected must immediately leave the bench area if supervised by an adult. If no supervision is available, student-athlete must stay in the bench area with pads off.

4.6.1.1 A player ejected from a contest for any reason shall be subject to the disciplinary action under the Sportsmanship Rule (7.4) under the CAA Constitution.

4.6.2 Coach who is ejected must immediately leave the bench area. If there are no certified school personnel to continue coaching the team, the game will be declared a forfeit.

4.6.2.1 A coach ejected from a contest for any reason shall be subject to the disciplinary action under the Sportsmanship Rule (7.4) under the CAA Constitution.

4.6.3 The school’s AD or administrator must submit a [CAA Ejection Report form](#) to the CAA Executive Director within 24 hours after completion of the game for any player or coach who was ejected.

4.7 POST-SEASON INFORMATION

4.7.1 Tournament brackets will be created according to standings and as approved by League.

4.7.1.1 CAA will host all CAA State Tournament Games.

4.7.1.2 Division 1 & 2 will use field dimensions of 100’ x 40’.

4.7.1.3 **Open** Division will use NFHS field dimensions.

4.7.2 Game time is forfeit time.

4.7.3 Under Armour is the official league game ball and will be used for all CAA tournament games.

4.8 SEASONAL INFORMATION & REGULATIONS AND PRACTICE AND SCRIMMAGE GUIDELINES.

- Teams are required to follow these regulations and guidelines during the off-season.

- This document can be found on the CAA website/Football for more information.