ARTICLE 24

FOOTBALL
(CO-EDUCATIONAL)

24.1 RULES

24.1.1 Official rules for all football competition shall be those published in the current edition of the National Federation Football Rules Book.

24.1.2 School athletic programs at all levels are subject to disciplinary action when a school team is removed from the field prior to completion of the contest.

24.1.3 The National Federation overtime procedure will be used to resolve ties in all varsity level games in all divisions.

24.1.4 A 2-yard buffer boundary will be established around the football field as per field diagram in NFHS rule book.

24.1.5 FOOTBALL SPEED-UP RULE – Special timing rules will apply anytime a team is ahead of an opponent by 42 or more points in the first half OR 35 or more points in the second half. The game clock will continue to run unless the game is stopped for:

- A team timeout
- An official's timeout (including injury)
- Following a score
- A change in possession
- Following a legal kick play

In the cases listed above, the referee will start the clock on the ready for play signal.

Regular timing rules shall apply in the last two minutes of the game or when the score returns to less than 42 points in the first half. The speed up rule will remain in effect if the score returns to less than 35 points in the second half.

24.2 SEASON OF SPORT

24.2.1 The AIA Standardized Calendar shall be used to identify the starting week for practice, competition and the conclusion of post-season competition.

24.2.2 The season of competition for a school shall conclude with that school's last AIA sanctioned competition.

24.2.3 Fall Season

Practice	no sooner than the	4th week
Season of Competition	begins Wednesday of the	7th week
OR school/conference may opt to use		
Practice	no sooner than the	5th week
Season of Competition	begins Wednesday of the	8th week
OR school/conference may opt to use		
Practice	no sooner than the	6th week
Season of Competition	begins Wednesday of the	9th week
Championship	to be concluded by the	23rd week

24.2.4 No school may schedule a varsity football game prior to Thursday of the first week of competition.

24.2.5 All schools shall complete their regular Conference schedules prior to the post-season tournament.

24.2.6 **Pre-Competition Practice** – Practice shall be conducted in a manner consistent with Bylaw 43.6 – Heat Acclimatization Protocol.

24.2.7 **Contact Rule**

Pre-Season – During the preseason, no more than ½ of the practice time may be contact practice.

Regular Season – During the regular season, no more than 1/3 of practice time may be contact practice.

Definition of Contact – Padded athletes in contact with each other.

(Section 24.2 cont'd on next page)

The following drills are not permitted;

1. Any drill that promotes one-on-one tests of strength within an artificially confined area that does not permit the defensive player to angle their approach, shed the blocker, or otherwise avoid unnecessary direct contact;
2. Any Bull Rush drill in which players begin more than four yards apart. If used for instructional purposes, the drill should be conducted only at walk-through or no greater than one-half speed;
3. Any head-on blocking or tackling drill in which players line up more than four yards apart. These drills should not be conducted at full speed and, if used for teaching, should be limited to walk-through or no greater than one-half speed; and
4. Drills such as, but not limited to, Bull in the Ring/King of the Circle, Oklahoma Drill, and Offensive Line/Defensive Line In-Line Run Blocking/Board Drill that create unnecessary head-on collisions or emphasize vertical displacement without an opportunity for the defender to evade the block, should be eliminated from practice or modified to be conducted only at walk-through or no greater than one-half speed.

24.3 PRE-COMPETITION PRACTICE (Please refer to Bylaw 24.2.6 and 43.6)

24.3.1 One preseason interschool varsity scrimmage may be held; this scrimmage is considered a practice and shall not count toward the allowable number of games.

24.3.1.1 The varsity scrimmage shall be scheduled the week prior to the AIA date of competition; individual players must have participated in at least ten practice sessions and completed the requirements of AIA Bylaw 43.6 – Heat Acclimatization.

24.3.1.2 The following guidelines shall be used:

- Scrimmage is open to the public, charging admission is at the discretion of the host school;
- Scoreboards shall not be used;
- No official score may be kept (recorded) or reported;
- Game uniforms may be worn; numbered jerseys may be used;
- There shall be at least four (4) AIA officials on the field;
- Unlimited substitution and re-entry of players;
- Coaching is permitted during play;
- Timeouts are unlimited;
- Other adjustments mutually agreed upon by coaches and officials before the scrimmage begins; adjustments cannot be less restrictive than the guidelines or sport policy.

24.3.1.3 Limits:

24.3.1.3.1 There are no: Kickoffs
Punts
Bands, Spiritlines, etc.

24.3.1.3.2 There are 60 offensive plays for each team conducted in the following manner:

- On offense, one team starts and has ten plays in a row starting from their own 40 yard line.
- If the offense scores, the ball comes back to the 40 yard line until the ten plays are used.
- An accepted foul will give the offensive team the right to replay the down.
- A down is over if the defensive team gains possession of the ball.
- The second team will have ten offensive plays; this continues until each team has 60 offensive plays. The teams may elect to run fewer than 60 offensive plays if agreed upon by both coaches.
- Coaches exchange information on their basic offenses and defenses so that players will be to align themselves at the start of each play.

24.3.1.3.3 Schools may hold multi-school scrimmages while adhering to Article 24.3.

24.4 SCHEDULES

24.4.1 If scheduling difficulties occur, schedules may be increased by one game. The additional game shall be approved by the AIA Executive Board.

24.5 NUMBER OF GAMES IN SEASON

24.5.1 No school shall schedule more than ten varsity games.

24.5.2 No school shall schedule more than nine junior varsity or freshman games per team.

24.5.3 No player shall participate in more than five (5) quarters per week, excluding qualifying and post-season tournaments.

24.5.3.1 EXCEPTION: 2A and 1A schools, because of their limited enrollment, may permit a player to participate in 50% more matches or games than the regularly scheduled matches or games per season, excluding qualifying and post-season tournaments.
Example: If a school scheduled 20 games or matches, each player could participate in 50% more games or matches for a total of 30.

EXCEPTION: 3A players may participate in 6 quarters per week during the regular season.

24.6 CONTEST PARTICIPATION

24.6.1 When a student enters an interscholastic contest, regardless of the length of time, it shall be considered participation in the interscholastic contest.

24.7 COACHES / COACHING

24.7.1 Except as provided in 24.8.1, the AIA shall not have regulations concerning coaches coaching their own school teams outside of the AIA defined season of sport.

24.7.2 Coaches / Players - Game participation outside the season of sport between coaches and players of a single school for fund raising or entertainment purposes will not jeopardize the eligibility of any high school player.

24.7.3 Attendance shall be voluntary and no student athlete shall be prohibited from participating on the team for failing to attend the out-of-season activity.

24.8 OUT-OF-SEASON FOOTBALL ACTIVITIES

24.8.1 Instruction is limited to non-contact activities and the only school equipment which may not be used out-of-season is helmets and shoulder pads.

24.8.2 School Transportation - School provided transportation for activities is a local option.

24.8.3 With school district governing board approval, weight training or other activities may be conducted in school athletic facilities.

24.8.4 Self-compliance, under the responsibility of the school principal, must be practiced.

24.9 SPRING FOOTBALL INSTRUCTION

24.9.1 A coach may instruct candidates for the high school's football squad for 18 practices, commencing on the 43rd week of the AIA standardized calendar and concluding in the 46th week.

24.9.2 Student athletes attending spring football instructions shall have parental or legal guardian consent and a current physical examination on file. It is recommended that insurance coverage be provided as stated in Article 14, Section 14.15.

24.9.3 Attendance at spring football instructions shall be voluntary and no student athlete shall be prohibited from participating on the football squad for failing to attend the out-of-season football instructions.

24.10 POST-SEASON TOURNAMENTS

24.10.1 Post-Season Tournaments

NOTE: See Article 12 for additional post-season tournament rules.

(Section 24.10 cont'd on next page)

24.10.1.1 Dates and Sites

24.10.1.1.1 The AIA Executive Board shall determine the dates and sites of post-season tournaments.

24.10.1.2 There shall be team post-season tournaments as determined by the AIA Executive Board.

24.10.1.2.1 Schools must play a minimum of eight (8) games in order to qualify for post season play.
EXCEPTION – 1A schools must play a minimum of six (6) games in order to qualify for post season play.

24.10.1.3 Single elimination tournaments shall be used.

24.10.2 Awards – The AIA shall be responsible for the purchase and standardization of all post-season tournament awards. *(See Article 13, Section 1)*.

24.10.3 Practice on Site - A practice or competition on the site of the Post-Season Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Post-Season Championship, except in the case of the host school.

DETERMINATION: *The host school may practice at the site only if that is their regular practice site. (Ex. Bd. 10/77)*

24.10.4 Protests

24.10.4.1 In the event of a question or a protest during a post-season tournament, the decision of the AIA Sports Administrator shall be final as indicated in the current edition of the National Federation Football Rules Book.

24.10.4.2 Regular season protests, if any, will be handled as indicated in the current edition of the National Federation Football Rules Book.

24.10.5 Unmanned aerial systems at AIA post season events

24.10.5.1 The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any persons at all AIA post season events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

24.11 UNIFIED FLAG FOOTBALL a joint effort between the Arizona Interscholastic Association (AIA) and Special Olympics of Arizona (SOAZ) to incorporate Unified programs in AIA member schools recognizing and offering opportunities for SOAZ athletes and partners to compete in an AIA sanctioned activity. Unified Flag Football programs shall be administered by each participating member school and follow the requirements per AIA Bylaws for eligibility, rules and program administration.

24.11.1 Official rules for Unified flag football shall be those published by SOAZ and the AIA prior to each season, as approved by the AIA Executive Board. See Article 35.