

CIF “By State Adoption” 2025

1.1.4—It is recommended that 3 officials officiate the game; 2 or 4 officials may be used in some circumstances, such as a shortage of officials or playoffs.

1.1.9 – No video replay is ever allowed for any foul or official decision during a game

1.2.3.d – A restraining line 2 yards from the sidelines and endlines will be marked

1.2.3.e – Team boxes must be marked

1.2.5.f – Goal posts, while not used, will be padded

1.3.1.a -- The ball will be tan in color

1.2.1.g—Officials will check the inflation and legality of the ball before every contest. The home team should have a pressure gauge and pump available if the officiating crew asks for them.

1.5.1.a – Visitors’ jerseys will be white

1.5.1.c – Tooth and mouth protectors will not have any attachments or protrusions that do not serve to protect the mouth or teeth (to be precise, binkies and Dracula teeth are prohibited)

1.5.1.f – Flags and Flag belts – CIF will continue to use

1. Flags:

- a. A one-piece flag belt without any knots.
- b. One flag on each hip (2 flags total)
- c. Flag size is a minimum of 1.5 X 14 and a maximum of 2 X 16
- d. Flags MUST be removable from the belt.
- e. The flags must be a contrasting color to the pants or shorts.
- f. All flags and flag belts must be worn as intended by the manufacturer.
Officials must ensure that belts and attachments are not worn “inside out,” making it more challenging to de-flag a player.
- g. The manufacturer must designate all “pop” flags as for YOUTH. Any flag the manufacturer specifies as an “adult” pop flag will be illegal.
- h. Flags may not be altered in width or length to influence a player’s ability to de-flag another player, and may not have tape.
- i. All flag attachments may not be altered from the original manufacturer’s design in a way that influences the ability to de-flag a player.

- j. The officials of each contest will determine the legality of all flags, belts, and attachments.
- k. Playing cards or other foreign attachments may not be worn on the flag belt.
- l. All players must wear two flags before the ball becomes live. Failure to properly wear the required player equipment when the ball is about to go live results in a dead-ball penalty for a delay in the game.

By State Adoption

1.7 -- 1. CIF will use field diagram #1

2. Game officials, CIF recommends 2-4 officials

3. Game officials will arrive on the field of play 30 minutes prior to the contest

4. Team boxes will be as in Diagram #1 unless CIF or any CIF section gives an exception. CIF will use “hash marks” to spot the ball. Hash marks can be permanent lines of the field or marked with pylons at the end of each endzone and will be 23’ apart in the center of the field.

5. CIF will not use goal posts

6. CIF does not have an official ball; however, separate CIF sections may have an official ball

7. CIF will not use a kicking tee

8. CIF will use a Down Box at the Line of Scrimmage. A separate marking poll may be held at the line to gain. The down box will be supplied and operated by an adult home team representative.

9. CIF will authorize use of a commemorative patch on a case-by-case basis.

10. (See flag explanation above.)

11. A drum will be used on a case-by-case basis.

12. CIF will use “hash marks” to spot the ball. Hash marks can be permanent lines of the field or marked with pylons at the end of each endzone and will be 23’ apart in the center of the field.

13. (and 3.1.1)

a. Overtime:

- (a) If the 4th quarter ends in a tie, **overtime** will commence for varsity contests.
- (b) For junior varsity and Freshman contests, coaches and game officials will agree before the start of the game whether overtime will be played. If an agreement is not reached prior to the start of the contest, no overtime will be played for JV and Freshman games.
- (c) A coin toss shall decide which team chooses first. The visiting team will call the toss.
- (d) The coin toss winner can choose to be on offense first, defense or select the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and have the first choice of options for subsequent even-numbered extra periods.
- (e) Each team will receive one (1) timeout per extra period (offensive and defensive possession). Unused extra-period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.
- (f) Each extra period shall consist of a two-possession series, with each team putting the ball in play by snapping on the designated 20-yard line (unless relocated by penalty), which becomes the opponent's 20-yard line. The line to gain is always the goal line, regardless of whether a penalty enforcement puts the ball more than 20 yards from the goal line to start a new series of downs.
- (g) Possession series: Each team retains the ball during a possession series until it scores or fails to reach the endzone. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first down if it regains possession after a change of team possession.
- (h) There shall be an equal number of possession series, as described in (f) above, in each extra period, unless Team B scores.
- (i) By the regulation play procedures, teams may attempt a 1-point or a 2-point try after a touchdown is scored.
 - (i) Beginning in the 3rd and subsequent overtime periods, both teams must attempt a 2-point try after a successful score.
- (j) The game clock is not needed during extra periods. Regulation play procedures will keep the 25/40 second play clock in effect.
- (k) The ball is live after a turnover in overtime. Team B may return the ball for a touchdown.
- (l) Fouls During a Try or in Overtime After a Change of Team Possession:
 - (i) A score by a team committing a foul during the down is canceled. Exception: Live-ball fouls are treated as dead-ball fouls.
 - (ii) If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls are canceled, and the down is not repeated.
 - (iii) Penalties against either team are declined by rule.
 - 1. Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead-ball personal fouls, and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (20-yard

line)

14. During the final 2:00 minutes, if the point differential is greater than or equal to 28 points, a running clock will remain for the final two minutes of play. (3.1.2)

15. Should a game be suspended due to weather, daylight, or other reasons, it will be resumed at the next available opportunity from when it was interrupted. (or 3.1.3 and 3.1.4)

16. Halftime will be 5 minutes long unless CIF gives written consent to lengthening. (3.1.6)

17. The coin toss for contests will be held 4:00 minutes before the start of every contest unless arrangements are made between the Referee and the Home School before the day of the competition.

18. CIF will not have TV or Radio timeouts unless authorized by CIF before the game.

19. CIF will not use place kicking.

1.8—Exceptions to uniform regulations will be granted on a case-by-case basis. Any exception to the rule will not fundamentally change the game or endanger a player.

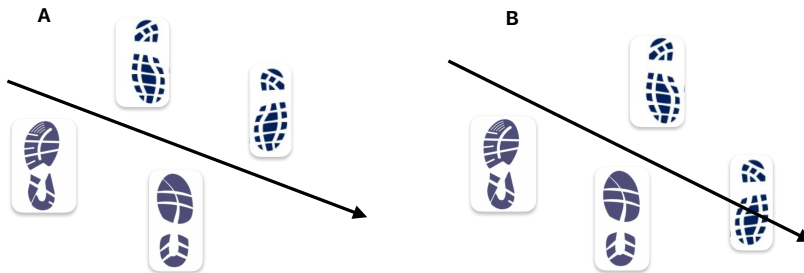
All uniforms are expected to fit properly and not have excess material that can interfere with the flags and a player's ability to grasp a flag. The uniform's fabric mustn't interfere with flags or the connection point of the flag and belt.

When an exception is given to the fit of clothing and the clothing then interferes with the flags or belt, and the defense's ability to de-flag a player, the officials may use a penalty such as flag guarding to create fairness in the contest.

2.3—Blocking: There will be no contact in Screen Blocking. With space and time, the defender is responsible for moving around the screen block, and the screen blocker is responsible for avoiding contact with a defender who has moved past the front line of their body position.

Using the images below, (A) is a legal screen-blocking position when the blocker uses no part of their body to contact the defender; the defender is responsible for avoiding contact. (B) Is an illegal blocking position. Once a foot or leg has passed the front line of

the blocker's position, if the crossing caused no contact with the blocker, the blocker is responsible for avoiding contact. The line is in constant movement with the screen blocker.



2.7 Encroachment –Dead Ball penalty.

2.12 – Formations – CIF interpretation of this rule is related to the foot position of the player receiving the snap. If the feet of the player receiving the snap are 2 yards behind the LOS, it is a legal formation and a legal snap. Officials will not “use a tape measure” to ensure the 2 yards are accurate. This rule does not mean that snaps cannot be “taken under center”. I.e., if the snapper’s body occupies 1 yard of space, the player receiving the snap can keep their feet 1 yard behind and still “take a snap under center”. The intent is to keep multiple players from crowding the center with the intent to deceive as to who will receive the snap.

12.2 & 7.2.2 – Other than the snapper and the person receiving the snap, there are no requirements for offensive formations.

2.13 The progress of a fumble—a fumble that travels forward, out of bounds—will be marked at the spot where the player lost control of the ball.

2.27.4.a – Four (4) captains maximum, all in uniform. Should a captain be injured, they may represent their team as a captain and are held to all player rules (i.e., remaining out of the restricted area).

2.27.9 – A passer is a player who throws a legal forward pass and holds all the protections of a passer, regardless of whether they were the player to receive the snap.

2.34 & 7.1.2 – The snapper’s body must be behind the ball. Snappers may not reposition the ball. The ball must remain with both points of the ball directed at opposite end zones. Snappers may spin the ball slightly to position the laces as they wish. Snappers should insure that the snap is “quick and continuous backward motion”.

3.5.7.c – The officials’ timeout at 2:00 minutes remaining in either half will be a 60-second timeout. The clock will start at the snap of the subsequent play.

3.6.2 – Delay of game on punts will be called when the ball is not snapped within the play clock allotted time, or the kick is not made within 5 seconds of snapping the ball.

4.1.2 & 2.35.3—By state adoption, the ball will be placed on the hash mark nearest to the spot where the play became dead. When hash marks are not permanently marked on the field of play, they will be marked by pylons at the end of each endzone that are 23’ apart.

4.2.2.c – A touch will be used when any player possessing the ball is missing a flag for any reason.

6.1 – CIF will use a declared punt that is a scrimmage kick—the kick must be made from at least 2 yards behind the neutral zone.

7.5.1—To commit an illegal forward pass foul, the passer’s foot or feet must be clearly over the team A restraining line and touching the ground.

7.5.2.d – It will be an Intentional Grounding Foul if no eligible receiver is in the area to catch a legal forward pass.

8.2.1.c – A flag check, as described here, will only be performed if requested by a head coach or an official

8.2.2 – Live Ball Fouls by B on scoring plays will be administered on the Try or the start of the next series.

8.3.3 – Only A may score during a Try. Therefore, all turnovers on points after tries become a dead ball.

8.3.5 – Fouls by B on a successful try may be enforced at the succeeding spot

8.8 – Any fouls by B on an unsuccessful try – Team A may change their previously declared try from the 3 or the 10 yard line.

8.4 – CIF will not use Field Goal. All point after tries will be a scrimmage play from either the 3 or the 10

8.5 – Any change of possession inside the 5-yard line, in which the initial force on the ball carried the ball in player possession across their own goal line, will be a touchback.

8.5.3 & 4 – After a safety, B will next put the ball in play from their 30-yard line; after a touchback,

9.2—The foul of flag guarding is now classified under “illegal use of hands,” as in 9.2.2. To be a foul, contact must be made with the opponent attempting to take the flag.

9.5 – Unsportsmanlike fouls include 9.1.c “celebration after a score or a play” which delays the game or focuses the attention on a single player. (and 9.5.2)

9.7.4 No player will attempt to “batt” (knock or swipe at, dislodge) a ball in player possession

9.8.3 – Up to 3 coaches may be in the restricted area during a dead ball. All coaches and players must vacate the restricted area when the ball is live. Failure to do so can result in an Unsporting conduct foul.