



Football Preseason Scrimmage

By-law 5.073

A Football team is allowed to participate in one preseason scrimmage vs. another school's team.

- Friday, August 23 or Saturday, August 24
- The scrimmage must be School A vs. School B - not a jamboree format with multiple schools.
- All levels of each school's program are allowed to participate.
 - Varsity, JV, Sophomore, Freshman.
- Schools are required to hire IHSA licensed Football officials.

Team Limits

- Teams may participate in a maximum of four separate 12-play segments.
 - Two 12-play segments on offense and two 12-play segments on defense
 - Maximum of 48 total plays per level
- Teams are not allowed to run special teams plays – no kickoffs, punts, or field goals.
 - After touchdowns, teams may run extra point tries against air (no defense on the field).
 - Extra point tries do not count toward the total number of plays during the scrimmage.

Individual Limits

- Individual players are allowed to participate in a maximum of 48 plays the day of a scrimmage.
 - Players are allowed to participate in a scrimmage at different levels, but they are still limited to a maximum of 48 total plays.
 - For example: A Sophomore is allowed to participate in the Varsity scrimmage and the JV scrimmage with a maximum of 48 plays between the two levels.
- An individual player is allowed to participate in a preseason scrimmage after completing a minimum of 1½ hours of on-field practice time on eight different days of preseason practice (excluding Sunday and the day of the scrimmage).
- An individual player is not allowed to participate in live contact or Thud in practice the day before or the day after participating in a preseason scrimmage.