



2025 CONTROLLED FOOTBALL SCRIMMAGE RULES AND REGULATIONS

I. Date

Each football playing school may choose to participate in an inter-school, controlled scrimmage on Friday or Saturday of Week 6 (August 15 or 16, 2025) of the IHSAA calendar. In the event of inclement weather, the scrimmage could be moved to Monday of Week 7 (August 18, 2025).

Only one scrimmage shall be held by a high school. **The scrimmage is considered a varsity interschool event. The controlled Scrimmage will also count as a practice date.** Junior varsity and freshman players may be utilized, providing that they have been included in the practices prior to the scrimmage and that their plays are included as part of the 150-minute time limit. **Players must have full transfer eligibility to participate in the varsity scrimmage.**

II. Contractual Agreement

Schools who choose to participate in a scrimmage must schedule another Indiana team. Schools are implored to use good judgment and attempt to scrimmage against a team that is similar to their squad in numbers and skill level.

There shall be a contract between the two schools which will include the location, time, and any financial arrangement between schools.

Spectator admission into the scrimmage would be an option of the participating schools. Both schools must agree with all financial arrangements prior to the scrimmage.

III. Coaches

Each team may have the head coach and one additional coach in the huddle and on the field during the scrimmage. All other coaches will be on the sideline, in the bleachers or in the press box.

Each team shall have the opportunity to videotape/film the scrimmage. Scouting is not allowed at the scrimmage. **With the permission of the coach of your scrimmage opponent,** the videotape/film of the scrimmage may be exchanged with the first opponent on your regular season schedule. The purpose of the scrimmage is evaluating your own players.

Coaches should communicate with each other prior to the scrimmage to script the number of plays for each unit. This should be done to assure players are competing against players of comparable talent level, and, that players do not participate in excess of the maximum number of plays allowed.

IV. Players

No athlete should be on the field for more than fifteen (15) consecutive plays without a 10-minute rest period. No player shall participate in any more than 48 total plays. Only those players who have participated in **five days of full contact practice** shall be allowed to participate in this scrimmage. Players must have full eligibility as transfer students to participate. **Students with limited eligibility are not permitted to participate.**

V. Kicking Game

Each team will have six kicking plays (i.e. kickoffs, punts or extra points). Fake punts, two-point conversions, etc. are not permitted. The coach of the team on offense shall determine how many of his team's six plays will be devoted to the various facets of the kicking game. (For instance, a coach may choose to devote all of his team's kicking plays to punting rather than including kickoffs and/or extra points.) On kicking plays, there will be live contact, but the kicker shall not be hit by a defensive player.

On punts, there will be no punt return, and the receiver shall not be hit by a player on the punting team. The kicking plays are included in the scrimmage to allow teams to practice the kicking schemes and their downfield coverage. With less than two weeks of practice, kickers and kick receivers are too vulnerable to allow them to be subjected to live contact.

VI. Time Schedule

The maximum amount of time and maximum number of plays in a scrimmage is outlined below.

VII. Officials

A full crew of officials shall be provided by the home team. There will be a running clock. The scoreboard will be utilized for the game clock only. **The 40-second play clock should be used.** No score is to be kept.

The only time the clock will stop will be for an injury. Officials should go through all signals, but the clock operator should not stop the clock for out-of-bounds, incomplete passes, penalties, etc.

1. Administer penalties without delay. If it is an obvious decision (i.e., clipping penalty on offense during a 20-yard run), do not waste time consulting the offended team; simply administer the penalty.
2. When an official throws a flag during a play and a penalty is assessed, the play still counts as one of the plays for that sequence in the scrimmage.

Officials are responsible for seeing that the clock keeps running and that no more than the maximum number of plays are run. This is a very important point. Officials should not allow themselves to be coerced into allowing extra time or plays beyond the specified limits.

Downs and distance may be kept. However, do not waste time with measurements for first down. Referees have good vision, and their judgment on first downs will be accepted.

The scrimmage officials are responsible for enforcing the scrimmage rules. No one has the authority to supersede the official's decision on any aspect of the scrimmage.

2025 FOOTBALL SCRIMMAGE TIME SCHEDULES



OPTION A

20 Minute Warm-Up

15 Plays or 18 Minutes	Team A	-35 Yard Line
15 Plays or 18 Minutes	Team B	-35 Yard Line

4 Minute Break

12 Plays or 15 Minutes	Team A	+30 Yard Line
12 Plays or 15 Minutes	Team B	+30 Yard Line

4 Minute Break

6 Kicking Plays or 8 Minutes	Team A	{ -40 Yard Line for KO & Punts AND/OR +3 Yard Line for PATs
6 Kicking Plays or 8 Minutes	Team B	

4 Minute Break

15 Plays or 18 Minutes	Team A	+35 Yard Line
15 Plays or 18 Minutes	Team B	+35 Yard Line

Total Time for Scrimmage: 150 minutes (including warm-up & breaks) (96 plays maximum)

OPTION B

20 Minute Warm-Up

15 Plays or 18 Minutes	Team A	-35 Yard Line
15 Plays or 18 Minutes	Team B	-35 Yard Line

4 Minute Break

10 Plays or 12 Minutes	Team A	+10 Yard Line
10 Plays or 12 Minutes	Team B	+10 Yard Line

4 Minute Break

12 Plays or 12 Minutes	Team A	+35 Yard Line
12 Plays or 12 Minutes	Team B	+35 Yard Line

2 Minute Transition Break [Entry of reserve players who have not yet played]

8 Plays or 8 Minutes	Team A - RESERVES	-35 Yard Line
8 Plays or 8 Minutes	Team B - RESERVES	-35 Yard Line

4 Minute Break

8 Plays or 8 Minutes	Team A - RESERVES	Yard Line of Choice
8 Plays or 8 Minutes	Team B - RESERVES	Yard Line of Choice

Total Time for Scrimmage: 150 minutes (including warm-up & breaks) (106 plays maximum)

Note: This scrimmage does not involve the kicking game in any way (i.e. punts, kickoffs, extra points).