At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

FOOTBALL

The purpose of the sport of football in the Oakland Section is to provide student-athletes with a structured and competitive environment where they can develop physical strength, leadership, and teamwork skills. Football teaches discipline, strategy, and resilience, helping students grow both on and off the field. The sport fosters school pride and unity, bringing together diverse communities to support youth achievement and engagement. Through practices and games, student-athletes build character, learn the value of hard work, and gain opportunities for personal and academic advancement, all while representing their schools with integrity and dedication.

TEAMS COMPETING: Castlemont, Fremont, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Monday, July 28, 2025
Pre-Season Meeting - Tuesday, August 5, 2025
1st Allowable Contest - Friday, August 22, 2025
Sit Out Period - Tuesday, September 30, 2025
1st OAL Contest - Friday, October 10, 2025
Post Season Meeting - Monday, November 10, 2025
Section Playoffs - Friday, November 14, 2025
Section Championship - Saturday, November 22, 2025
CIF NorCal - Friday & Saturday, December 5 & 6, 2025
CIF State Championship - Friday & Saturday, December 12 & 13, 2025

CIF STATE and REGIONAL FOOTBALL CHAMPIONSHIP BOWL GAMES
Friday-Saturday, December 5-6, 2025
Regional Sites T.B.D.
Friday-Saturday, December 12-13, 2025
State Sites T.B.D.

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CIF STATE FOOTBALL REGULATIONS

A. Procedure for Team Selection for Regional Games and Qualification for State Football Championship

The Section Commissioners will meet on Sunday, November 30, 2025, to determine the pairings for the CIF Regional Football Championship Bowl Games.

(1) **DIVISIONAL CLASSIFICATIONS**

- **a. The committee will select the top team from the north and the top team from the south, regardless of enrollment. These two teams will advance directly to the CIF State Championship Open Division Bowl Game.**
- **b. Two (2) teams from the North and two (2) teams from the South will be paired in Divisions 1-AA, 1-A, 2-AA, 2-A, 3-AA, 3-A, 4-AA, 4-A, 5-AA, 5-A, 6-AA, 6-A, 7-AA, 7-A. Winners from these NorCal and SoCal Regional games will advance to the CIF State Football Championship representing the above divisions for the title of CIF State Champion. In Division 7-A, depending on the slotting of teams from the Central and Southern Sections and any teams electing to not participate, one or both regions may have a bye directly into the State Championship.**

(2) **PLACEMENT INTO DIVISIONS**

- **a. Only Section champions will be eligible.**
- **b. All teams in the CIF Regional Football Championship Bowl Games will be slotted based on competitive equity considering the criteria listed in (3) below.**
- **c. The Open Division is open to all teams regardless of enrollment that have qualified through their respective section playoffs. The best team from the north and the best team from the south will be selected to participate and will receive byes directly to the CIF State Football Championships Bowl Open Division game.**
- **d. In order to balance the number of teams from the north and the south, teams from the south will be slotted in the north once all of the bowl games participants have been determined. These teams will be selected from the Central Section and/or Southern Section.**

(3) **CRITERIA CONSIDERED FOR DIVISIONAL PLACEMENT AND HOSTING OF REGIONAL GAMES (LISTED IN NO PARTICULAR ORDER)**

- **a. Win-Loss Record (Preseason, League, Section Playoffs)**
- **b. Strength of Schedule (Preseason, League, Section Playoffs)**
- **c. Head-to-Head Competition**
- **d. Common Opponents**
- **e. Opponents Win-Loss Record**
- **f. Various rankings may be consulted when placing teams (i.e. SBLive, Cal-Hi Sports, Cal Preps)**
- **g. Section Rank Order**
- **h. Suitability to represent the State in a Bowl Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.**

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QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams must compete and qualify through their respective CIF Section Championships to participate in CIF State/Regional Championships. Only Section Champions are eligible for selection to the CIF State/Regional Football Championship Bowl Games.

NOTE*: Complete details on the 2025 CIF State Football Championship Bowl Games will be available on the State CIF website (www.cifstate.org) in the handbook approximately 45-60 days prior to the event.*

CIF STATE BYLAW 2201.B. & C. - POLICY

State statute mandates that football teams are limited to two days per week of full-contact practice, with no more than 45 minutes of full-contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All contact practices are prohibited in the off-season which includes team camps. The only equipment allowed in the off-season or at team camps is footballs, bags, blocking sleds and football shoes.

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as a drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no predetermined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the National Federation of State High School Associations (NFHS).

The CIF has developed the following regarding full-contact football practices:

Allowable Activities During the Season of Sport:

- **A team is allowed two days per week of full-contact practice, with no more than 45 minutes of full-contact on each of those days. This includes live action and thud.**
- **A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:**
  - **O Air - Players run unopposed without bags or any opposition.**
  - **O Bags/Blocking Sleds - Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.**
  - **O Control: Drill is run at assigned speed until the moment of contact with a Predetermined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.**
- **For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.**

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Allowable Activities for Team Camps and Other Off-Season Activities:

- **No full contact practice or drills utilizing control are allowed during off-season activities and team camps.**
- **Team camps are considered practice.**
- **If allowed by the Section, a team may participate in air, bags/blocking sleds drills (see above for definitions of these activities) in the off-season or while attending a team camp. A team may only utilize the following equipment in the off-season or at team camps: footballs, bags, blocking sleds and football shoes.**
- **For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.**

Questions and Answers for Bylaw 2201.B. & C.

Q: May teams continue to use Thud as a training drill?
A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?
A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?
A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2201 for the definition of Control.

Q: Is full-contact or control allowed at team camps?
A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. In addition, Bylaw 2201.C. does not allow any equipment at team camps other than footballs, bags, blocking sleds and football shoes so control drills would not be allowable.

Q: May teams attend a full-contact team camp outside of California?
A: No. AB 2127 and CIF Bylaw 2201 apply no matter where the team camp is conducted.

Q: Given the addition of Bylaw 2201.C. may teams attend a team camp that only utilizes activities that are appropriate when no protective equipment is used?
A: Yes. Teams may attend a team camp and participate in drills such as Air, Bags/Blocking Sleds.

Q: May student-athletes wear traditional protective football equipment at team camps and other off-season activities?
A: No. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.

Q: If allowable by the school, school district and local CIF Section, may student-athletes elect to wear soft padded head and shoulder protection?

A: Yes. Soft padded head and shoulder protection is allowable if permitted by the school, school district and local CIF Section.

Q: Are players allowed to attend individual camps and participate in full-contact drills?
A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2201 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?
A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intrasquad scrimmage (i.e.
scrimmage involving one school no matter how many levels of classification), would count against the weekly full contact allowance.

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2025 Football Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Pre-Season Meeting - August 5, 2025
Post-Season Meeting - November 10, 2025

Francisco Navarro	Oakland Section Staff Representative	francisco.navarro@ousd.org
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