Football Competition Period Regulations – Per Section 7.15.1.C in the NMAA Handbook

**Competition Period:** A student shall not accumulate more than 8 football experiences within a 5-day period. A football experience is defined as follows:

- Participating in more than one play on offense during a quarter, or
- Participating in more than one play on defense during a quarter

*NOTE* – Special Teams plays do not count towards participation limits / football experiences.

**EXAMPLE:** Student A is on both the Junior Varsity and Varsity Football Teams. The student participates in the JV and Varsity games as follows (FE = Football Experience):

Tuesday, Junior Varsity
1\(^{st}\) Quarter – 2 plays on offense (1 FE), 12 plays on defense (1 FE)
2\(^{nd}\) Quarter – 15 plays on defense (1 FE)
3\(^{rd}\) Quarter – 12 plays on defense (1 FE)
4\(^{th}\) Quarter – 1 play on offense (NOT an FE), 11 plays on defense (1 FE),

**TOTAL FOOTBALL EXPERIENCES = 5**

Friday, Varsity
1\(^{st}\) Quarter – 10 plays on offense (1 FE)
2\(^{nd}\) Quarter – 15 plays on offense (1 FE)
3\(^{rd}\) Quarter – 14 plays on offense (1 FE)
4\(^{th}\) Quarter – Did not play

**TOTAL FOOTBALL EXPERIENCES = 3**

**TOTAL FOOTBALL EXPERIENCES FOR THE 5-DAY PERIOD = 8**

Football Game Limitation Regulations – Per Section 7.15.1.D in the NMAA Handbook

**Game Limitations**

1. **Football Game Definition** - For the purpose of determining the number of games played by an individual, a student-athlete is considered to have played a football game when he/she participates interscholastically in eight or less football experiences in a consecutive five-day period.

*NOTE* - A student-athlete can participate in a maximum of 11 regular season games.

2. Each team is limited to total regular season games as follows:

<table>
<thead>
<tr>
<th>Class</th>
<th>Varsity</th>
<th>Non-Varsity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-Man</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>8-Man &amp; 2A thru 6A</td>
<td>10</td>
<td>9</td>
</tr>
</tbody>
</table>

**Q1:** Our program has several student-athletes that play on both a sub-varsity and varsity team. During the 11-week football contest season, our sub-varsity team plays during our varsity team’s bye week. Can a student-athlete participate in a football contest during all 11 weeks?

**A1:** Yes. Individuals are limited to 11 games per season.