



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

- 1st Quarter – 2 plays on offense (1 FE), 12 plays on defense (1 FE)*
- 2nd Quarter – 15 plays on defense (1 FE)*
- 3rd Quarter – 12 plays on defense (1 FE)*
- 4th Quarter – 1 play on offense (NOT an FE), 11 plays on defense (1 FE),*

TOTAL FOOTBALL EXPERIENCES = 5

Friday, Varsity

- 1st Quarter – 10 plays on offense (1 FE)*
- 2nd Quarter – 15 plays on offense (1 FE)*
- 3rd Quarter – 14 plays on offense (1 FE)*
- 4th 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:

<u>Class</u>	<u>Varsity</u>	<u>Non-Varsity</u>
6- Man	9	8
8-Man & 2A thru 6A	10	9

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.