

## **Football Regular Season Rules 2023-2024**

### **SPECIFIC SPORT REGULATIONS**

Section 1 Rules National Federation Football Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the student's first transfer, shall be ineligible to participate in any post-season championship competition at the new school. For football, the Week 1 Competition Start Date will be used.

Section 6 Scrimmages Football scrimmages will be permitted twice per week. Scrimmages during the regular season count toward the allowable number of games.

Section 7 Games Per Nine Days, Per 24-Hour Period It is recommended that a player participates in no more than two football games during any nine-day period; however, a player may not participate in more than one scheduled game during a twenty-four (24) hour period. This includes freshman, sophomore, junior varsity and varsity competition. A team may not play more than two football games in a period of nine days. The 24-hour period begins with the start of the first game until the start of the next contest.

Section 8 Maximum Games A member school may play no more than fourteen (14) games (including regular season scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets).

Section 9 Quarters per Day N/A

Section 10 Postponed/Suspended Games Member schools must play a postponed game no later than Tuesday of the following week (Monday if either team is scheduled to play on the following Friday.) This rule also applies to suspended games which are to be continued according to Conference or NJSIAA procedures.

Section 11 Play-off Games Member schools may, with Executive Committee approval, play play-off games to break a tie for league or conference championships so long as the maximum number of games either school plays during that season does not exceed ten games, including the play-offs. Such play-off must be played no later than ten (10) days after Thanksgiving. This provision is not applicable to the NJSIAA Football Play-off resolution.

Section 12 Tie-Breaking Procedure During the regular season member schools must use the 25 yd. line in the Football Overtime Tie-Breaking Procedure when a scheduled varsity game ends in a tie. If a tie remains after each team has played three (3) series, the results will remain a tie. The procedure may be used at the sub-varsity level when approved by the schools/conference prior to the game.

## GENERAL SPORT REGULATIONS

### Notes:

1. A week is defined as from 12:01 A.M. Sunday to Saturday midnight.
2. A regularly scheduled game is one which has been contracted by mutual consent of the participating schools and approved by their respective Boards of Education and by the schools' Principals.
3. Member schools may schedule games or scrimmages with any school that is academically accredited by its regional accrediting agency and having athletic eligibility standards similar to the New Jersey State Interscholastic Athletic Association. Member schools may schedule regular season games or scrimmages with non-member schools, or with member schools of the New Jersey Association of Independent Schools; however, in such case, any waiver of the NJSIAA eligibility rules must be agreed upon and set forth in the contract. Under this section, competition is limited to teams (or individuals) whose participants are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

*CL 1: Member schools may not compete with "club" teams. Competition is not permitted with teams composed of post-high school students (private schools, junior colleges, colleges) whose participants are beyond the first year of post-high matriculation or are beyond the first year since graduating from high school. All Independent Schools holding dual membership (NJSIAA and NJISAA) must adhere to all regulations provided for by the NJSIAA Constitution, Bylaws and Rules and Regulations and they may not be waived.*

*CL 2: A school is permitted to sponsor only one team at the varsity level. A and B teams at the varsity level are not permitted in any sports.*

*CL 3: All NJSIAA member school athletic teams are bound by NJSIAA rules. No member school may have any team that operates outside of NJSIAA's jurisdiction in any NJSIAA sanctioned sport.*

*CL 4: No member school may engage in athletic competition, scrimmage and/or practice with an out-of-state school which is not a member in good standing of its respective state high school athletic association or has not been approved by the respective association as an affiliate.*

#### 4. Disqualification

- a. Any Student-Athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess.

*CL 1: Once a coach/player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgement call and officials must be certain the act warrants disqualification. All complaints against an official must be directed to the official's Chapter Secretary and the NJSIAA.*

*CL 2: Scrimmages are not considered part of the disqualification rule.*

*CL 3: The National Federation Rules do not permit a wrestler to continue to participate in a tournament if there is a flagrant disqualification. The NJSIAA rule requires a two-match sit-out. Even though the wrestler is not permitted to wrestle in the remainder of that tournament, said wrestler may fulfill the two-match disqualification, provided his team continues to wrestle in scheduled events. **(WRESTLING ONLY)***

*CL 4: A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.*

- b. A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet.
  1. In team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification.
  2. In individual sports the event or events in which the player previously participated while having been disqualified will be forfeited. The team will lose the highest points awarded in each event noted herein.
- c. Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the Student-Athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.
- d. Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football – disqualified for two (2) games; all other sports – four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.

- e. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
- f. Any varsity team accumulating three or more player or coach disqualifications prior to the team's participation in an NJSIAA tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
- g. Single/multiple sports – on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.
- h. Any coach disqualified a second time within 365 days from the date of the first disqualification will be required to appear before the Controversies Committee with the Principal and the Athletic Director.
- i. Any coach who is disqualified and/or has three or more players on a team disqualified during the course of the preceding school year must complete the NFHS Teaching and Modeling Behavior course. This course license must be obtained from NJSIAA with the course completion certificate due to NJSIAA within sixty (60) days of initial NJSIAA notification of the disqualification requirement.
- j. Any player that leaves the bench area during an altercation, whether to intervene or participate, shall be disqualified, and will be subject to the disqualification penalty (automatically disqualified from the next two contests.) Only coaches can leave the bench with the purpose of restraining players and stopping the altercation

*CL 1: Coaches/players who do not fulfill their penalty in a sport at their present school will be disqualified for the same length of time in their subsequent coaching assignment/sport participation at another school.*

*CL 2: Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the offending student.*

*CL 3: Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in the new sport.*