

## **Football Regular Season Rules 2022-2023**

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 result of a bona fide change of residence, 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.