



KEY PARTS OF FOOTBALL PLAYER LIMITATION POLICY

- PLAYERS ARE STILL LIMITED TO PARTICIPATING IN TWO GAMES EACH WEEK. (FRIDAY – THURSDAY)
- PLAYERS ARE STILL NOT ALLOWED TO PARTICIPATE IN LIVE CONTACT OR THUD IN PRACTICE ON THE DAY PRIOR TO OR THE DAY AFTER A GAME.
- IF PLAYERS PARTICIPATE IN **TWO GAMES ON THE SAME DAY**, THEY ARE ALLOWED TO PARTICIPATE IN **A MAX OF FOUR QUARTERS THAT DAY**.
- IF PLAYERS PARTICIPATE IN **TWO GAMES ON CONSECUTIVE DAYS**, THEY ARE ALLOWED TO PARTICIPATE IN **A MAX OF FOUR QUARTERS IN THOSE TWO GAMES**.
- PARTICIPATING IN ONE PLAY COUNTS AS PARTICIPATING IN A QUARTER.

SOME EXAMPLES OF PLAYER PARTICIPATION – IF A PLAYER PARTICIPATES IN BOTH OF THESE GAMES

- **VARSITY ON FRIDAY & JV/SOPHOMORE ON SATURDAY** = PLAYERS WILL BE ABLE TO PARTICIPATE IN A MAX OF **FOUR TOTAL QUARTERS** WITHIN THESE TWO GAMES.
- **SOPHOMORE PRELIM. & VARSITY ON FRIDAY** = PLAYERS WILL BE ABLE TO PARTICIPATE IN A MAX OF **FOUR TOTAL QUARTERS** WITHIN THESE TWO GAMES.
- **FRESHMAN ‘A’ & FRESHMAN ‘B’ ON SATURDAY** = PLAYERS WILL BE ABLE TO PARTICIPATE IN A MAX OF **FOUR TOTAL QUARTERS** WITHIN THESE TWO GAMES.
- **VARSITY ON FRIDAY & JV ON MONDAY** = PLAYERS WILL BE ABLE TO PARTICIPATE IN A MAX OF **EIGHT TOTAL QUARTERS** WITHIN THESE TWO GAMES.
- **JV ON MONDAY & FRESHMAN ON THURSDAY** = PLAYERS WILL BE ABLE TO PARTICIPATE IN A MAX OF **EIGHT TOTAL QUARTERS** WITHIN THESE TWO GAMES.

PLAYERS WHO **ONLY** KICK, PUNT, OR HOLD FOR PATs & FIELD GOALS ARE ALLOWED TO PARTICIPATE IN TWO COMPLETE GAMES (EIGHT QUARTERS) IN A WEEK, EVEN IF THOSE GAMES ARE ON THE SAME DAY OR ON CONSECUTIVE DAYS.

IF A PLAYER **ONLY** KICKS, PUNTS, OR HOLDS FOR PATs & FIELD GOALS IN A VARSITY GAME ON A FRIDAY, THAT PLAYER IS ALLOWED TO PLAY ALL FOUR QUARTERS (AT ANY POSITION) IN A PRELIM. GAME ON FRIDAY OR ALL FOUR QUARTERS (AT ANY POSITION) IN A NON-VARSITY GAME ON SATURDAY OR MONDAY.