**MIAA Handbook July 1, 2019 – June 30, 2021**

69. Football

*69.1 High school football shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.*

*69.1.1 Any player disqualified from a contest including but not limited to the following fouls: Targeting an Opponent, Illegal Helmet Contact, or Contact with a Defenseless Player shall not participate in the next scheduled contest per MIAA Handbook Rule 49.3.*

*69.2* A licensed physician, licensed athletic trainer or certified EMS provider must be in attendance and on duty for all interscholastic football games. The medical provider shall be responsible for both teams unless the visiting team has its own medical coverage. This judgment, in accordance with their applicable policies and protocols, will be final with regard to the condition of a player after injury. No player may continue to play against the provider’s professional medical advice. The penalty for violation of this provision is forfeiture of the game.

*69.2.1* The school designated as the home team, or the host site identified with a participating school, must have an AED on site (and accessible) or with their medical provider.

*69.3* MIAA Tie-Breaker Rule.

*69.3.1* The MIAA Football Tie-Breaker Rule, multiple overtime periods: will ensure that the game will not end in a tie.

*69.3.1.1* Additional overtime periods will be used if teams are tied at the end of regulation or succeeding overtime periods.

*69.3.1.2* Each series shall begin at the ten-yard line unless a penalty overrides. First down chains will not be used. It is always goal-to-go. If penalty enforcement calls for an automatic first down, it will be first and goal.

*69.3.1.3* For the first and subsequent tie breaking periods, any team that scores a touchdown must attempt a two point conversion by run or pass from scrimmage.

*69.3.1.4* If there is a change of team possession during the last play of an overtime period (second series), live ball personal fouls or live ball unsportsmanlike conduct fouls by opponents of the team last gaining possession, that occur after the change of possession, gives the team in possession the option of putting the ball in play, where the penalty leaves the ball, for one down free of penalty or penalize as a dead ball foul at the succeeding spot in the subsequent overtime period. This option is exercised only if MIAA Handbook July 1, 2019 – June 30, 2021

66

the team last gaining possession is free of foul during the down.

Example: Second Series - Team B intercepts Team A's pass and, during Team B's run back, Team A commits a personal foul.

Ruling: Team B has the option of extending the overtime period for one down free of penalty, with Team B putting the ball in play where the penalty leaves the ball, provided Team B has not fouled during the down. Or Team B may choose to penalize as a dead ball foul at the succeeding spot in the subsequent overtime period.

*69.4* Scheduling Limitations:

*69.4.1* The regular season shall end on Thanksgiving Day. When it is necessary to postpone the final scheduled game because of inclement weather, it must be played the weekend following Thanksgiving.

*69.4.2* An intra-squad or interschool scrimmage is not to be allowed before the third day of *"Full Contact"* practice.

*69.4.3* The maximum length of periods shall be 12 minutes except when a game ends in a tie, in which case the tie-breaker rule may be used only for varsity games, and if adopted by a majority vote of all schools in the league or by mutual consent in advance of non-league games.

*69.5* Participation Limitations:

I

*69.5.1* The first five days of football practice must be single conditioning and "limited contact" sessions. Daily activities shall be limited to the definitions, equipment, time maximums and limitations described in the MIAA Handbook Preseason Practice Chart and Definitions.

Violations of these rules will result in a letter of censure by the Board of Directors to the Superintendent of Schools and to the Chairman of the School Committee.

*69.5.2* High school football practices prior to the first day of classes must meet the following criteria:

I

*69.5.2.1* During preseason practice, athletes may only participate in full contact – live action drills and game time simulations no more than 60 minutes per athlete per day.

*69.5.2.2* From the Monday before Labor Day (August 26, 2019) through the Saturday before Labor Day (August 31, 2019) a coach may only conduct full contact drills up to 90 minutes. (The intent of this rule is to limit full contact participation of each student to 90 minutes during this six-day period). MIAA Handbook July 1, 2019 – June 30, 2021

67

*69.5.2.3* From Labor Day through the end of the season, including postseason play, a coach may only conduct full contact drills up to 60 minutes per week (90 minutes during a week without a scheduled game). The intent of this rule is to limit full contact participation of each student to 60 minutes during a week of practice (90 minutes during a week without a scheduled game). During this time, full contact is allowed in no more than 2-3 practices per week, no more than 30 minutes per day, and consideration should also be given to limiting full contact on consecutive days.

*69.5.2.4* One day off every week (Definition of a week – MIAA Handbook Rule 34.4: Saturday through Friday, Exception: Thanksgiving and Friday evening games).

*69.5.3* A player must participate in at least 15 football practice days before taking part in a football game.

*69.5.4* Players may not participate in more than equal time (48 minutes) of one game per week. A week will be from Saturday through Friday except for the week of Thanksgiving Day. (The intent of this rule is to limit participation of each student to no more than one game in any six-day period.).