

NIAA HANDBOOK – FOOTBALL REGULATIONS

NAC 386.720 Football: Date for beginning practice; end of season; games. (NRS 386.430)

1. The Board shall establish the date upon which a school may begin practicing for a football season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for football.

2. A school shall not participate in a football game that is scheduled during the regular season after the play-offs begin for the league in which the school is aligned pursuant to NAC 386.667.

3. Each post-season football game must be approved by the Board.

4. The Executive Director shall determine the date, time and place for conducting each football play-off game.

5. A school shall not, without the approval of the Board, allow a football team to participate in more than nine games, other than a play-off game that is approved by the Executive Director, during the regular season in which the team participates in football.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

NAC 386.721 Football: Required practice; interschool scrimmages. (NRS 386.430)

1. A school shall not participate in:

(a) An interschool football scrimmage unless the football team for the school completes at least 8 days of team practice, including at least 3 days of noncontact practice pursuant to NAC 386.722.; or

(b) An interschool football game unless the football team completes at least 10 days of team practice, including at least 3 days of noncontact practice pursuant to NAC 386.722.

2. A pupil at a school shall not practice in:

(a) An interschool football scrimmage unless the pupil completes at least 6 days of team practice, including 3 days of noncontact practice pursuant to NAC 386.722; or

(b) An interschool football game unless the pupil competes at least 10 days of team practice, including at least 3 days of noncontact practice pursuant to NAC 386.722.

3. A football team may participate in not more than two interschool scrimmages before the first regularly scheduled game for the football season for the team. The team shall not participate in an interschool scrimmage after completing that game.

4. Each school and each pupil who participates in football as a sanctioned sport shall, before participating in a scheduled interschool football game, complete at least 10 days of team practice, including 3 days of noncontact practice.

5. A school or pupil may count not more than one practice each day toward the total number of practices required pursuant to this section. If the school or pupil completes more than one practice during a day, that day counts as one day of practice for the purposes of this section.

6. As used in this section, "scrimmage" means a practice football game in which:

(a) Each team alternates in carrying the football;

(b) The score is not kept;

(c) The coach of each team is present on the field of play to direct the team for which he is a coach;

(d) Unpaid sports officials are used;

(e) Admission is not charged;

(f) Donations are not accepted or solicited; and

(g) Spectators are not encouraged to attend.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004; eff. 12/29/05)

NAC 386.722 Football: Noncontact practice. (NRS 386.430)

1. Each school that participates in football as a sanctioned sport shall designate the first 3 days of practice for each season in which the school participates in football as a period of noncontact practice. A pupil may use the following equipment during any period of noncontact practice:

- (a) Footballs;
- (b) Helmets;
- (c) Mouth guards;
- (d) Football shoes;
- (e) Shorts; and
- (f) Sweat suits.

2. A pupil who participates in a period of noncontact practice pursuant to subsection 1 shall not:

(a) Use any equipment that is not specified in subsection 1, including, without limitation, pads, blocking dummies, sleds or similar equipment, unless the coach for the pupil authorizes the pupil to use the equipment after determining that the pupil may safely use the equipment; or

(b) Engage in any drill or other activity that is intended to cause physical contact with another pupil during the period of noncontact practice.

3. A school that conducts a noncontact practice pursuant to subsection 1 may count that practice toward the number of practices required before participating in an interschool football game or scrimmage pursuant to NAC 386.721.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

NAC 386.723 Football: Manual of alignment of schools; determination of championship team; play-offs; 45-point mercy rule. (NRS 386.430)

1. As soon as practicable after aligning a school that participates in football as a sanctioned sport within a league pursuant to NAC 386.667, the Board shall include that alignment in a manual prepared by the Association for that purpose.

2. The championship team for each league into which a school is aligned pursuant to NAC 386.667 must be determined in the manner specified by the Board.

3. The Executive Director shall ensure that the first game of the play-offs for a football season is conducted 1 week after each school that participates in the play-offs completes its final football game for that season. If a football game results in a tie score for the game during a regular football season or during a play-off game for that season, each school that participates in the game shall break the tie using the procedure for breaking ties set forth in the rules of football adopted by the National Federation of State High School Associations or its successor organization.

4. Except as otherwise provided in subsection 5, the 45-point mercy rule set forth in the rules of football specified in subsection 3 applies during any football game in which a school uses a team consisting of eight members.

5. The provisions of subsection 4 do not apply to a football game that is conducted during the state tournament for a football season.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

NAC 386.724 Football: Jerseys. (NRS 386.430) Each pupil who participates in a football game shall, if the game:

1. Is conducted at the school where the pupil is enrolled, wear a dark-colored jersey during the game; or

2. Is not conducted at the school where the pupil is enrolled, wear a light-colored jersey during the game.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

NAC 386.725 Football: Limitations on participation by pupil. (NRS 386.430)

1. A pupil who participates in football as a sanctioned sport shall not participate in more than:

- (a) One game of interscholastic football during 5 consecutive days; or
- (b) Nine regular games during a football season.

2. For the purposes of this section, a pupil participates in a football game if he competes in at least one scrimmage down during that game.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

NAC 386.726 Football: Provision of adequate facilities for participants in play-off. (NRS 386.430)

1. Each school that hosts a football play-off shall provide adequate facilities to each team that participates in the play-off. The facilities must be at least equal to the facilities the school provides to its football team and must include, without limitation:

(a) An equal amount of space for spotters and for persons communicating from the sideline of the field of play;

(b) Adequate space to record the play-off on film or videotape;

(c) Portable heaters and any other warming devices; and

(d) Adequate seating for the fans of each visiting team.

2. Each school that fails to provide facilities pursuant to subsection 1 may not host a play-off for 2 years after it fails to provide those facilities.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)