



**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION**  
**Football Limitations of Competition &**  
**5-Quarter Allowance**  
**Regulation II, Section 10-A (6)**

Students and teams are subject to the following limitations:

**Football Participation Defined:**

“Participation” means to have entered and competed in a football scrimmage or contest for at least one offensive, defensive, scrimmage kick (punt, FG, PAT) or free kick. Participation in one down, constitutes participation in that quarter.

- For the purposes of this regulation, a “football week” is defined as Wednesday to Tuesday.
  - Wednesday = Day 1      Saturday = Day 4      Monday = Day 6
  - Thursday = Day 2      Sunday = Day 5      Tuesday = Day 7
  - Friday = Day 3
- A team shall participate in no more than:
  - ONE game of interscholastic football in five consecutive calendar days,
  - FOUR interscholastic scrimmages,
  - NINE games in a season, exclusive of the MHSAA tournament.
  - **Example:** *The JV team plays on Wednesday (day 1 of the football week), the JV team would not be eligible to play another game until Monday (day 6 of the football week).*
- A student shall participate in no more than:
  - FOUR interscholastic scrimmages and in no more than,
  - NINE games in a season, exclusive of the MHSAA tournament.

**FIVE QUARTER ALLOWANCE:**

- A student may participate in no more than:
  - FOUR quarters in a day, and...
  - **FIVE quarters in a week.**
    - Five or fewer quarters in a week shall constitute one of the nine allowed games.
    - **Example:** *A student participates in 4 quarters of varsity football on Friday (day 3 of the football week), they would be eligible to participate in another quarter before that football week ends on Tuesday (day 7 of the football week).*
- The 5-quarter allowance is restricted to **high school football teams only.**
- **Special teams’ participation is not exempt from this rule.**
- Overtime is considered an extension of the fourth quarter insofar as this section is concerned.
  - **Example:** *A JV player plays in all four quarters during their JV game. They then enter the game in the 3rd quarter of the varsity contest and reaches their quarter limit for the week. Once the third quarter ends, they may not play in any additional quarters – including any overtime. However, had they entered the game in the 4th quarter of the subsequent varsity contest instead of the 3rd, the student would also be eligible to compete in any overtime period, since overtime is an extension of the 4th period.*

**Penalty Update:**

In May of 2022, the representative council voted to change the penalty for 5-quarter allowance violations to forfeiture of the contest(s) in which the rule violation occurred (varsity or sub-varsity). Additionally, the head coach of the team in which the violation occurred is ineligible for the next day of competition.

***NOTE: The 5-quarter allowance is an individual student rule, while the 1 game in 5 days regulation pertains to the team.***