



Football: 8-MAN

Sport Information

Regular Season Information

In-Season Activities

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

Fall Season	Monday, Aug 3, 2026	Friday, November 20, 2026

Game Limits

Football	10 contests plus zero week

Out of Season Activities

- Out of season activities are allowed, but are subject to the following:
 - Dead Periods:
 - Only apply to sports not in season.
 - Out of Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1.
Spring	Starts 1 week prior to the second Monday of February and extends 3 weeks after the second Monday of February.
May	Starts on the spring seeding meeting date and extends through the final spring state championship.

Calendar

- Please read the Heat Acclimatization Policy found on the Health & Safety page on the NCISAA website (under Policies & Procedures).

1st day of practice	Monday, Aug 3, 2026	Conditions 1. and 2. of the Heat Acclimatization Policy must be followed before the first game.
1st scrimmage day	August 14, 2026	Scrimmage is defined by the use of game officials.
Week 0 playing date	Week of August 21, 2026	
Week 1 playing date	Week of August 28, 2026	
Week 2 playing date	Week of September 4, 2026	
Week 3 playing date	Week of September 11, 2026	
Week 4 playing date	Week of September 18, 2026	

Week 5 playing date	Week of September 25, 2026	
Week 6 playing date	Week of October 2, 2026	
Week 7 playing date	Week of October 9, 2026	
Week 8 playing date	Week of October 16, 2026	
Week 9 playing date	Week of October 23, 2026	
Week 10 playing date	Week of October 30, 2026	
1st playoff date	November 6, 2026	
2nd playoff date	November 13, 2026	
Championship	November 20, 2026	

**November 7, 14, and 21 are reserved as alternate dates

Teams

Arendell Parrott Academy	Halifax Academy
Cary Christian School	Lawrence Academy
Faith Christian School	Northeast Academy
John Paul II	Pungo Christian
Rocky Mount Academy	Wake Christian Academy
St. David's School	Lee Christian
Liberty Christian	

Sport Rules

- National Federation of High Schools Rules (NFHS)
 - The NCISAA is an affiliate member of the NFHS.
 - National Federation High School rules apply when NCISAA rules do not cover a particular application.
 - Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are also available for online purchase on the NFHS website.
- A team failing to fulfill a commitment to a playoff berth or other contest scheduled by the NCISAA State Office is subject to:
 - A fine up to \$2,500 payable to the NCISAA State Office and an additional fine of up to \$1,000 payable to their opponent.
 - Serve a one year probation period and will not be eligible to host postseason contests in that sport for the subsequent school year.

Mercy Rule

1. Once a score reaches a point differential of 35 or more by halftime or any point thereafter, the game will resort to a running clock except after scores, charged timeouts, and injuries.
2. The game may be terminated by mutual agreement.
3. The clock will start when the ball is touched after the kickoff.

Postseason Information

Seeding Information:

- a. Opt Out Date- October 4, 2026
- b. Seeding Meeting Date - Saturday, October 31 , 2026

Seeding Criteria

1. Head-to-head results
2. Common opponent results
3. Ratings (MaxPreps) and Strength of schedule (MaxPreps)

Championship Site

The championship site will be at Arendell Parrott Academy.

Dates & Sites

1st Round	2nd Round	Championships
November 6, 2026 @ the higher seed	November 13, 2026 @ the higher seed	November 20, 2026 @ Arendell Parrott

Note: Arbitration concerning time and date will be determined by the NCISAA State Office.

Playoffs

1. Weekday contests will start at 7:00pm (1pm on Saturdays) unless an alternate time is agreed upon by competing schools.
2. 8 teams will qualify for state playoffs.

Sport Rules

1. Once a team has been seeded in the playoffs, a film exchange must take place.
2. The higher seed shall initiate the exchange which should take place on the weekend preceding the contest.
3. VIDEO EXCHANGE: All participating teams must make the previous 2 games accessible via an electronic format.
4. The Executive Director, or designates, will resolve disputes to determine adequate seating or lighting for play-off events provided the Executive Director is notified a minimum of two weeks prior to the potential game date.
5. The following will be determined and the responsibility assigned for each item.
 - o Adequate seating
 - o Police protection
 - o Officials
 - o Scoreboard, clock operator, and gatekeepers
 - o Field marking and preparation
 - o Counting and distributing gate receipts to the NCISAA
 - o Reimbursement for game officials
 - o Responsibility for pre-game publicity
 - o Number of passes for each team
 - o Jersey colors
 - o Alternate date in the event of bad weather
 - o Selection of a person to make a financial report to NCISAA.
 - o Game time and date

Tie-Breaker Rule

1. In the event of a tie game in the playoffs, the tie-breaker rule as approved by the National High School Federation will be used.

Mercy Rule

1. Once a score reaches a 35 or more point differential by halftime or any point thereafter, the game will resort to a running clock except after scores, charged timeouts, and injuries.
2. The game may be terminated by mutual agreement.
3. The clock will start when the ball is touched after the kickoff.

Officials

1. Each playoff contest should be staffed by five officials.
2. For playoff rounds, the host site is responsible for securing officials.
3. For state championships, host schools will work with the NCISAA State Office in securing officials.

Medical Coverage

1. A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.
 - a. The NCISAA does not require an ambulance. Administrators should contact the NCISAA State Office for approval before hiring an ambulance.

Reporting Playoff Scores

Both school administrators are responsible for reporting scores to the NCISAA State Office and posting results in MaxPreps immediately after the conclusion of the contest.

Admission-

Postseason	All Rounds
Adults	\$10.00
Children (8 and under)	Free

***Students in grades 9-12 of participating schools only are admitted free.**

Awards

All-State Voting -

1. Meeting Date: November 23, 2026
2. Meeting Site: The format of the 2026 All-State selection meeting will be a virtual meeting held on the Monday following the State Championship.
3. Each Head Coach (or their designee) will be invited to the all-state meeting and will have **three (3)** minutes to talk about all their school's all-state candidates.
4. Statistical information must be submitted for each student-athlete being considered using the form provided by the State Office. Failure to submit information prior to the established deadline will render the student-athlete ineligible for all-state consideration.
5. There will be no all-conference list submitted to the State Office in advance of the meeting. There will be no predetermined all-state committee.
6. Voting will be done by each head coach (or their designee) who attended the all-state meeting. Voting forms will be sent out to coaches following the meeting.
7. The NCISAA State Office will mail/deliver the All-State medals to the athletic director of the All-State recipient's school.

Team Awards	
Championship Trophy	1
Runner-Up Trophy	1
Individual Gold Medals to Championship Team	30
Individual Silver Medals to Runner-Up Team	30

Individual Awards	
1st Team All State	15

8-MAN FOOTBALL CHAMPIONS:

Year	Champion
1990	Arendell Parrott Academy
1991	Wilson Christian Academy
1992	Lawrence Academy
1993	Harrells Christian Academy
1994	Hobgood Academy
1995	Wake Christian Academy
1996	Wake Christian Academy
1997	Southampton Academy
1998	Wake Christian Academy
1999	Wake Christian Academy
2000	Wake Christian Academy
2001	Halifax Academy
2002	Halifax Academy
2003	Harrells Christian Academy
2004	Southampton Academy
2005	Harrells Christian Academy
2006	St. David's School
2007	Trinity Christian School
2008	Trinity Christian School

2009	Trinity Christian School
2010	Word of God
2011	Word of God
2012	Southampton Academy
2013	Rocky Mount Academy
2014	Rocky Mount Academy
2015	1A - Southampton Academy 2A - Arendell Parrott Academy
2016	1A - Bethel Christian Academy 2A - Arendell Parrott Academy
2017	1A-Northeast/Hobgood 2A- Rocky Mount Academy
2018	Div. I - Faith Christian Div. II- Northeast/Hobgood
2019	Div. I - Grace Christian (Raleigh) Div. II - Halifax Academy
2020	Div. I - Arendell Parrott Academy Div. II - Bethel Christian Academy
2021	Div. I - Cary Christian Div. II - Wayne Christian
2022	Arendell Parrott Academy
2023	Rocky Mount Academy
2024	Cary Christian School
2025	Arendell Parrott Academy