



Commanders Public Relations 2026 Media Access Policy



CREDENTIAL POLICY

The Washington Commanders grant credentials and media access based on merit as guided by the priorities listed below. Because of the limited space available at the Commanders Facility in Ashburn and Northwest Stadium, these priority guidelines are intended to facilitate the most efficient use of space for working media covering the Washington Commanders and the NFL.

Full credential request policies are detailed below. For more information about obtaining media credentials, please contact Sean DeBarbieri and Samantha Fristachi.

The Commanders prioritize outlets in the following order:

1. Broadcast partners, including television and radio personnel responsible for live broadcasts of Washington Commanders games.
2. Local beat reporters who cover the team on a daily basis for large-scale local outlets, including newspapers, wire services, radio stations and television affiliates that cover the Washington Commanders and the NFL on a regular basis.
3. Large-scale national outlets, including national newspapers, magazines, television stations, websites and more.
4. Washington, D.C. metro area community publications and stations.
5. Out-of-town community outlets on specific assignment to cover Commanders personnel of unique interest to the outlet's market (e.g.: a player's hometown newspaper).
6. Blogs, Internet radio and other independent outlets, whose merit and credential consideration is subject to the discretion of Commanders Public Relations.

Policies for visiting scouts are handled separately in accordance with the 2026 Scouting Policy as distributed to all NFL teams prior to the season.

The following guidelines will be observed in granting access:

1. Season credentials will be reserved for organizations that provide consistent and substantial coverage of the Washington Commanders. Please be advised that a season media credential does not guarantee working space in media work areas.
2. With the exception of seasonally credentialed Commanders beat reporters who produce daily on-site reports, all credentials at both locations are approved and issued on a daily and/or game-by-game basis.
3. Passes and credentials are transferable within the same media outlet for use by those serving an editorial function with proper notice and approval by Commanders Public Relations. Passes used by any member of a credentialed outlet without specific editorial assignment or by non-working members of the organization are subject to revocation and will affect all future credentialing decisions by Commanders Public Relations for that outlet.
4. As the result of limited work space, credentials will not be issued to freelance writers or photographers without a specific assignment received in writing by the assigning organization.
5. Credentials may be issued: a) to online entities that are affiliated with a national or regional media organization; or, b) to online entities that host a website that regularly and substantially reports on the National Football League or the Washington Commanders, and employs for that website at least one full-

time permanent employee who writes a substantial majority of all material posted on the site. Priority for these sites will be based on potential audience at the discretion of Commanders Public Relations.

6. Commanders personnel may deny or revoke credentials without notice and an individual shall surrender his/her credential upon request for: noncompliance with the priorities or guidelines set out in this policy; noncompliance with health, safety, or security directives issued regarding Commanders events; and for conduct for which there are reasonable grounds to believe violate state or federal law, or constitute a breach of professional ethics. Any organization that wishes to contest a denial or revocation may: a) request Commanders Public Relations provide a written rationale for the denial or revocation; b) submit a written response to that rationale to the Vice President of Football Communications.

7. Commanders Public Relations reserves the right to change this policy at any time.

Washington Commanders PR:

Football Communications

Sean DeBarbieri, Vice President of Football Communications

Email: Sean.DeBarbieri@commanders.com

Charlie Mule, Director of Football Communications

Email: Charles.Mule@commanders.com

Jerod Carrier, Manager Football Communications

Email: Jerod.Carrier@commanders.com

Samantha Fristachi, Football Communications Coordinator

Email: Samantha.Fristachi@commanders.com

Northwest Stadium:

Commanders PR (Game Day)	301-276-6000
Visiting PR (Game Day)	301-276-6718
Tickets	301-276-6818
	301-276-6050

On the Web:

<https://washington.1rmg.com/>

MEDIA PORTAL/MEDIA GUIDE

The Commanders Public Relations department has a media website (washington.1rmg.com) designed to serve the needs of all media members who cover the organization. The site contains the annual media guide and weekly game guides including stats, rosters, personnel bios and much more.

PRESS INFORMATION

All Commanders press releases and weekly media packets are distributed via e-mail. Please contact the Commanders Public Relations department to be added to the team's email distribution list for all press releases and media advisories.

Media can access the latest league press information from the NFL's media website at www.nflcommunications.com.

Media Access Policy Continued

MEDIA WORKROOM

The media workroom at The Park is located inside the annex building adjacent to the main entrance. The room is available to working media throughout the week. Press conferences, rosters, transcripts and other information will be available in this area.

VIDEO STREAMING

Media availabilities, open practice sessions and other team activities on club premises may not be broadcast live by an individual or media outlet without prior approval from the Washington Commanders. This includes the use of social media applications such as Facebook Live and Periscope among others.

PRACTICE ACCESS

During the regular season, Wednesday-Friday practices will be open to local media who regularly cover the team for designated periods. Upon arrival at the practice facility, please go to the media workroom where a member of the public relations staff will escort you to practice. To request a Commanders Media Credential, email Samantha Fristachi (samantha.fristachi@commanders.com) at least one (1) day prior to your scheduled visit. Any media member without a Commanders Media Credential provided by the Washington Commanders Public Relations department will not be permitted access to the facilities. **NO INFORMATION FROM PRACTICE THAT MAY COMPROMISE THE TEAM'S COMPETITIVE ADVANTAGE IS ALLOWED TO BE DISTRIBUTED VIA ANY MEDIA PLATFORM.** This includes personnel groupings, formations, injury speculation, specific plays, game plan/strategy, player utilization, snap counts, player conduct (like fights or arguments with a coach) and practice drill descriptions and more as judged by Commanders Public Relations. Failure to comply could lead to revocation of credentials.

INJURIES AT PRACTICE

During the course of practice, media may report on practice participation. Media cannot film or report on specifics about players rehabbing away from practice. If an injury occurs during the open shooting portion of practice, media cannot post footage of the injury occurring. Reporting on anything injury adjacent, including a player wearing a brace or frequently speaking to a trainer is prohibited. Failure to comply with this policy could lead to a revocation of credentials.

REPORTING DURING PERIODS WHERE SHOOTING IS DOWN

Media cannot report on any team periods with details that would compromise the team's competitive advantage. Reporting on specific formations, specific plays or route concepts and personnel packages is prohibited. Media can report on practice snap counts and general takeaways from a play. In-season, media cannot report specific practice volume or snap counts. Failure to comply with this policy could lead to a revocation of credentials.

DAN QUINN INTERVIEWS

Head Coach Dan Quinn will conduct a weekly news conference in the Media Annex on Wednesday and Friday during the season. One-on-one requests should be sent to Sean DeBarbieri (sean.debarbieri@commanders.com).

COORDINATOR INTERVIEWS

During the regular season, both the offensive and defensive coordinators will be available after practice on Thursday. The special teams coordinator will be available after practice on Friday if requested. Charlie Mule (charles.mule@commanders.com) serves as the primary media contact for coordinators. All requests for coordinators beyond that time will be evaluated on a case-by-case basis in accordance with the coaches' scheduling availability.

ASSISTANT COACH INTERVIEWS

All requests for assistants must be arranged through the Commanders Public Relations Department with at least 24 hours notice. Position coaches will be available on a rotation after practice on Friday along with one-on-ones per request. Position coaches are available for questions on specific players and the position group only. No position coaches should be contacted directly by telephone (at an office line, at home or by cell phone) or by email. Charlie Mule (charles.mule@commanders.com) serves as the primary media contact for assistant coaches.

PLAYER INTERVIEWS

The Commanders locker room is open to accredited media for specific interview periods after roster cutdown. The locker room is generally open to the media for 45 minutes following practices on Wednesdays, Thursdays and Fridays of normal game weeks. All one-on-one requests should be arranged through the Commanders PR department at least 48 hours in advance. All interviews must be conducted inside the locker room unless additional permission is granted by a Commanders PR staff member. **NO B-ROLL, STILL PHOTOGRAPHY OR LIVE STREAMING IS ALLOWED INSIDE THE LOCKER ROOM.** Interviews to be conducted by phone must be arranged through Commanders PR prior to the day of the scheduled interview. All times are subject to change without prior notice.

GAME CREDENTIALS

Demand for credentials is high, and as such, the size and legitimacy of each media outlet requesting access will be considered on a case-by-case basis and subject to the discretion of Commanders Public Relations. Full details on credentialing decisions are available at the beginning of this policy.

For home games, all requests must be submitted through the team's online credentialing system no later than 5 p.m. ET on Monday of that particular game week.

For away games, all requests must be e-mailed to Samantha Fristachi (samantha.fristachi@commanders.com) and must include attending media members' name, job title and media affiliation no later than 10 days out from the scheduled game.