

National Federation of State
High School Associations




2012 NFHS Football Rules Changes



Take Part. Get Set For Life.™

This PowerPoint presentation from the National Federation of State High School Associations (NFHS) covers the following:

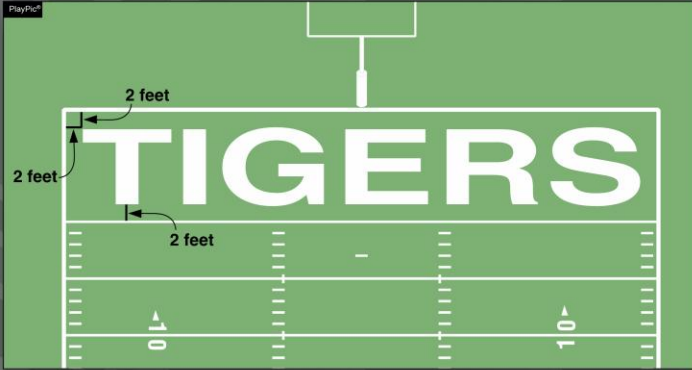
- ✓ 2012 NFHS Football Rules Changes-
- ✓ 2012 NFHS Football Editorial Changes-
- ✓ 2012 NFHS Football Points of Emphasis-
- ✓ 2012 NFHS Football Rules Reminders-
- ✓ 2012-13 NFHS Football Information-



RULE CHANGE

REFEREE

Field Markings Rule 1-2-3h



Decorative markings in the end zones shall be no closer than 2 feet from the boundary and the goal lines.

© REFEREE ENTERPRISES INC. 2012

❖ **Rules Change:**

ART. 3 . . . Lines and other markings:

h. Decorative markings in the end zones shall be no closer than 2 feet from the boundary and the goal lines.

❖ **Case Book:** See SITUATION 1.2.3

**Field Markings
Rule 1-2-3I (New)**

RULE CHANGE



ILLEGAL



LEGAL

Advertising and/or commercial markings, may not obstruct the yard lines, hash marks or nine-yard marks.

© REFEREE ENTERPRISES INC. 2012

❖ **Rules Change:**

ART. 3 . . . Lines and other markings:

I. Advertising and/or commercial markings may not obstruct the yard lines, hash marks or nine-yard marks (seven-yard marks for nine-eight- and six-player).

❖ **Rationale for Change:**

The committee cleared the way for State Associations and their member schools to place corporate advertising and/or commercial markings on the field of play. This advertising is not permitted to obstruct the yard lines, hash marks or nine-yard marks. If needed, shadow lines may be utilized to ensure the visibility of the required marks. Previously, advertising was only allowed in the end zones and outside the field.

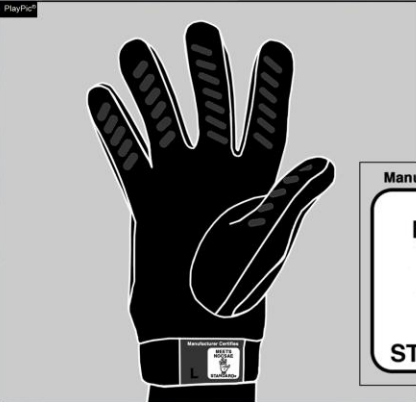
❖ **Case Book:** See SITUATION 1.2.3



RULE CHANGE


REFEREE

Gloves Rule 1-5-2b



Manufacturer Certifies

MEETS
NOCSAE



STANDARD®

Beginning in 2013, gloves must meet the NOCSAE test standard at the time of manufacture with visible stamp as above, unless made of unaltered plain cloth. For 2012, gloves may carry the above stamp or the NFHS/NCAA stamp.

© REFEREE ENTERPRISES INC. 2012

❖ Rules Change:

ART. 2 . . . The following auxiliary equipment may be worn if sanctioned by the umpire as being soft, nonabrasive, nonhardening material:

- a. Forearm pads, which may be anchored on each end with athletic tape.
 - b. Through the 2012 season, gloves and hand pads, which may be anchored with athletic tape. Gloves, even though modified, must have (unless made of unaltered plain cloth):
 1. A securely attached label or stamp (NFHS/NCAA specifications) indicating compliance with test specifications on file with the SGMA as of January 1, 1994, or
 2. A permanent, exact replica of the NOCSAE glove seal (Meets NOCSAE Standard), that must be visible and appear legibly on the exterior wrist opening of the glove.
- Beginning with the 2013 season, gloves, which may be anchored with athletic tape, and even though modified, must meet the NOCSAE test standard at the time of manufacture, unless made of unaltered plain cloth.

NOTES:

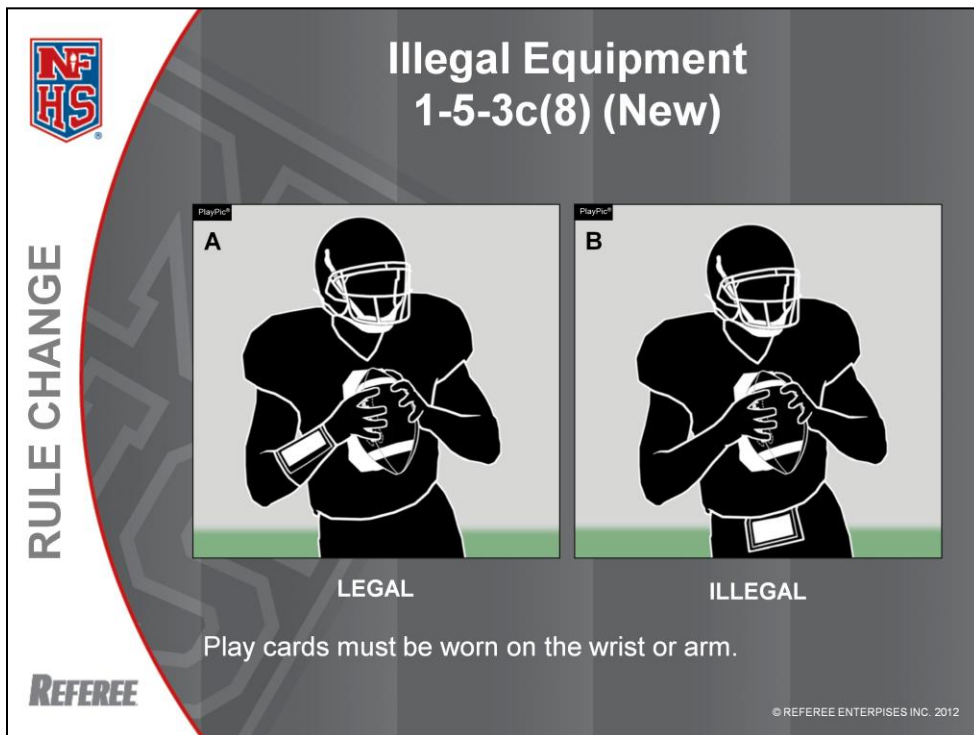
1. A glove is a covering for the hand having separate sections for each finger. Pads worn on the hand, but not having separate sections encircling at least part of any finger are not gloves. The thumb is not considered a finger.
2. Non-athletic gloves, worn solely for warmth and made of unaltered plain cloth, and which do not enhance contact with the ball, do not require a label or stamp indicating compliance.
- c. Tape, bandage or support wrap on the hand or forearm to protect an existing injury.

EXCEPTION: Tape, bandage or support wrap(s) not to exceed three thicknesses are legal without inspection or approval.

❖ Rationale for Change:

The implementation date for the NOCSAE test standard on football gloves was delayed for one year. Beginning with the 2013 season, all football gloves must meet the NOCSAE test standard at the time of manufacture, unless made of unaltered plain cloth.

❖ **Case Book:** See SITUATION 1.5.2C



❖ **Rules Change:**


ART. 3 . . . Illegal equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

- c. The following Other Illegal Equipment:
 - 8. Play cards not worn on the wrist or arm.

❖ **Rationale for Change:**

The committee expanded the list of illegal equipment to include play cards that are not worn on the wrist. The committee had received concerns about players wearing these cards in a location other than the wrist.

❖ **Case Book:** See 1.5.3 COMMENT

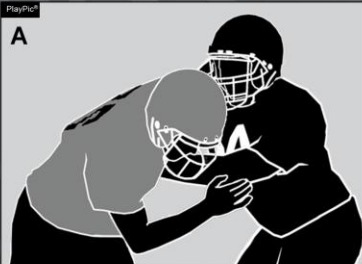


RULE CHANGE


REFEREE

Blocking Below the Waist

Rule 2-3-7



A



B

Contact with an opponent's hand(s) above the waist (PlayPic A) that continues into the body below the waist (PlayPic B) is legal.

© REFEREE ENTERPRISES INC. 2012


❖ **Rules Change:**

ART. 7 . . . Blocking below the waist is making initial contact below the waist from the front or side against an opponent other than a runner. Contact with an opponent's hand(s) below the waist that continues into the body below the waist is considered blocking below the waist. Blocking below the waist applies only when the opponent has one or both feet on the ground.

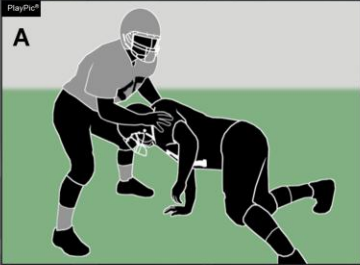
❖ **Rationale for Change:**

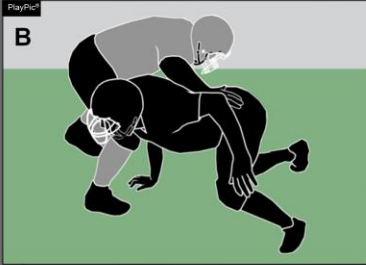
Under a longstanding interpretation, it was not a foul for a player to block below the waist if the hand(s) of the opponent was first contacted below the waist. This revision changes that interpretation and stipulates that such action is a foul.

❖ **Case Book:** See SITUATION 9.3.2D



Blocking Below the Waist Rule 2-3-7

A

B

Contact with an opponent's hand(s) below the waist (PlayPic A) that continues into the body below the waist (PlayPic B) is considered blocking below the waist.

RULE CHANGE


REFEREE

© REFEREE ENTERPRISES INC. 2012

❖ Comment on Slide:

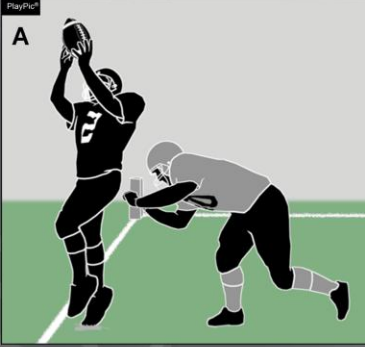
See comments on slide.

RULE CHANGE



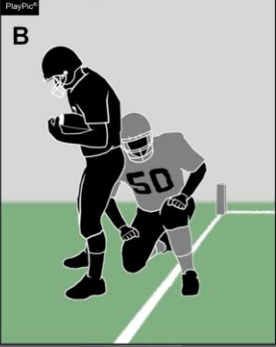
Catch

Rule 2-4-1



A

FOOT TOUCHES INBOUNDS



B

MAINTAINS
POSSESSION:
COMPLETED PASS

A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds while maintaining possession of the ball.

© REFEREE ENTERPRISES INC. 2012

❖ Rules Change:


ART. 1 . . . A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds while maintaining possession of the ball.

❖ Rationale for Change:

Previously, the covering official could have ruled that an airborne player attempting to catch the ball would have come down inbounds, but was prevented from doing so because of contact by an opponent. The revision stipulates that in order to be ruled a catch, a player is required to establish possession of the ball and contact the ground inbounds while maintaining possession, regardless of the opponent's action.


❖ Case Book: See SITUATIONS 4.3.3B, 7.5.4H and 7.5.4I

RULE CHANGE




Catch


Rule 2-4-1



A



B




C

**AIRBORNE
RECEIVER
CONTACTED**

**RECEIVER LANDS
OUT OF BOUNDS:
INCOMPLETE PASS**

Because the receiver did not touch the ground inbounds, the pass is incomplete. The fact the receiver would have come down inbounds if not for the contact is not a factor.




© REFEREE ENTERPRISES INC. 2012

❖ **Comment on Slide:**

See comments on slide.

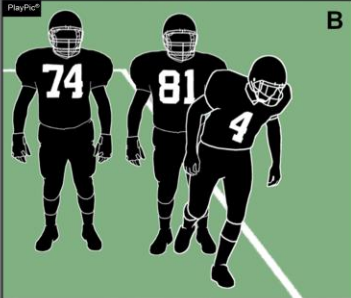
RULE CHANGE



Helmet Comes Off Rule 3-5-10d (New)



A



B

If any player's helmet comes completely off during the down, and it is not due to a foul by the opponent, that player must leave the game for at least one down (unless halftime or an overtime intermission occurs). In such circumstances, an officials' time-out occurs.

© REFEREE ENTERPRISES INC. 2012

❖ Rules Change:


ART. 10 . . . An official's time-out (which is not charged to either team) occurs, and the player shall be replaced for at least one down, unless halftime or an overtime intermission occurs when:

d. The helmet comes completely off during the down without being directly attributable to a foul by an opponent.

❖ Rationale for Change:

The committee reviewed data gathered from multiple states regarding the frequency of helmets coming off during the down. Based on this review, the committee approved a rule change stipulating that if any player's helmet comes off during the down, and it is not due to a foul by the opponent, that player must leave the game for at least one down (unless halftime or an overtime intermission occurs). In such circumstances, an officials' time-out occurs.

❖ Case Book: See SITUATIONS 3.5.10E, 3.5.10F and 3.5.10G



Helmet Comes Off Rule 3-5-10d (New)

RULE CHANGE

A



B



If a player's helmet comes completely off during the down and it is directly attributable to a foul by an opponent, the penalty is enforced but the player need not leave the game.


REFEREE

© REFEREE ENTERPRISES INC. 2012

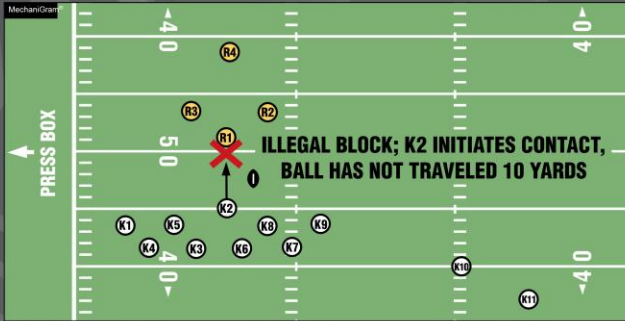
❖ Comment on Slide:

See comments on slide.

RULE CHANGE



Illegal Blocking Rule 9-3-8 (New)



ILLEGAL BLOCK; K2 INITIATES CONTACT,
BALL HAS NOT TRAVELED 10 YARDS

No member of the kicking team shall initiate contact (block) an opponent until the legal kick has traveled 10 yards; or the kicking team is eligible to recover a free kicked ball.

© REFEREE ENTERPRISES INC. 2012

❖ Rules Change:


ART. 8 . . . No member of the kicking team shall initiate contact (block) an opponent until:

- a. The legal kick has traveled 10 yards; or
- b. The kicking team is eligible to recover a free kicked ball.


❖ Rationale for Change:

The committee changed the rule to prohibit members of the kicking team from initiating contact (blocking) against members of the receiving team until the ball has broken the plane of the receiving team's restraining line, or until the kicking team is eligible to recover the free-kick. Kicking team members are permitted to block if blocked by members of the receiving team prior to either of these conditions being met.

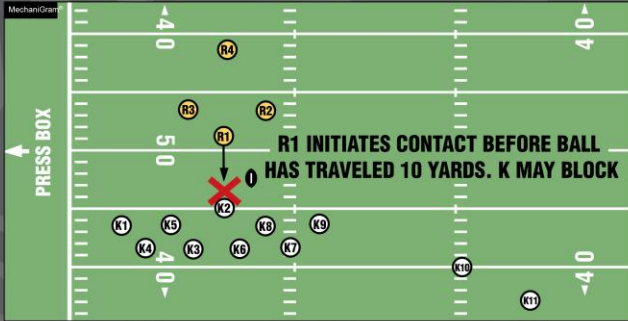
❖ Case Book: See SITUATIONS 9.3.8A and 9.3.8B



RULE CHANGE



Illegal Blocking Rule 9-3-8 (New)




Because R1 has initiated contact with a K player,
all K players may block.


© REFEREE ENTERPRISES INC. 2012

❖ Comment on Slide:

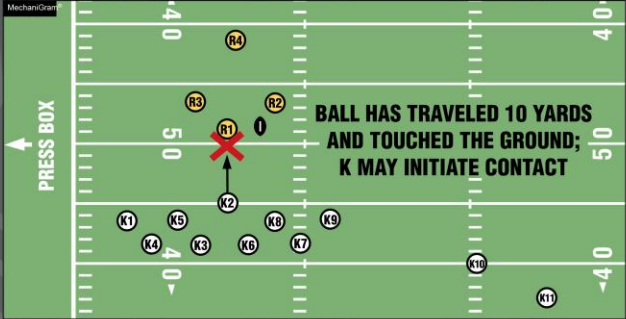
See comments on slide.



RULE CHANGE



Illegal Blocking Rule 9-3-8 (New)



No member of the kicking team shall initiate contact (block) an opponent until:

- The legal kick has traveled 10 yards;
- or
- The kicking team is eligible to recover a free kicked ball.

© REFEREE ENTERPRISES INC. 2012

❖ Comment on Slide:

See comments on slide.



Illegal Personal Contact

Rule 9-4-3h

RULE CHANGE



Grasping an opponent's tooth and mouth protector attached to the face mask is a foul.

REFEREE

© REFEREE ENTERPRISES INC. 2012

❖ **Rules Change:**

ART. 3 . . . No player or nonplayer shall:

h. Grasp an opponent's face mask, any edge of a helmet opening, chin strap, or a tooth and mouth protector attached to the face mask.

❖ **Rationale for Change:**

With this change, the foul for grasping the face mask has been expanded to include grasping the tooth and mouth protector attached to the face mask.

❖ **Case Book:** See SITUATIONS 9.4.3G, 9.4.3H, 9.4.3I and 9.4.3J

RULE CHANGE



Illegal Horse-Collar Tackle Rule 9-4-3k



A



B



C

No player or nonplayer shall grab the inside back or side collar of the shoulder pads or jersey of the runner and subsequently pull (backward or sideward) that opponent to the ground (Horse-collar). The horse collar foul is enforced as a live ball foul.

REFEREE

© REFEREE ENTERPRISES INC. 2012

❖ Rules Change:

ART. 3 . . . No player or nonplayer shall:

k. Grab the inside back or side collar of the shoulder pads or jersey of the runner and subsequently pull (backward or sideward) that opponent to the ground (Horse-collar), even if possession is lost. The horse-collar foul is enforced as a live-ball foul.

❖ Rationale for Change:

The committee clarified the rule by adding the direction in which the opponent was pulled to give guidance to game officials.

❖ Case Book: See SITUATION 9.4.30

National Federation of State
High School Associations



2012 Football Editorial Changes

Take Part. Get Set For Life.™

2012 NFHS Football Editorial Changes



➤ 1-1-4	Updated the title to the NFHS Football Game Officials Manual.
➤ 1-1-8	Added additional language to better clarify the game official's jurisdiction.
➤ 1-2-1	Added additional language to better clarify the slope on a natural grass football field.
➤ 1-2-3e NOTE 2	Further clarified the markings on the field.
➤ 1-2-4	Better defined risk with regards to pylons.
➤ 1-3-1c, g	To codify past interpretations to ensure consistency in product manufacturing.
➤ 1-5-1b, c (NEW)	Clarified rules language for numbers on jerseys and additional clarifications on football jerseys.

❖ Slide Comment:

This slide lists the rules references and a brief description of the football editorial changes that were made to the 2012 NFHS Football Rules Book.

2012 NFHS Football Editorial Changes

	➤ 1-5-2b	Phase in 2012 rules change and allow for full implementation in 2013 on football gloves.
	➤ 1-6-2	Clarification on authorized conferences.
	➤ Table 1-7 (5)	Updated rules references.
	➤ 2-5-3	Added "game" before "official."
	➤ 2-15-1	Clarification on forward progress.
	➤ 2-16-2f	Clarification on nonplayer or unsportsmanlike foul.
	➤ 2-24-3	Added "legal" before "free kick."
	➤ 2-24-4	Added "legal" before "scrimmage kick."
	➤ 2-32-15	Added "game" before "official."
	➤ 2-41-1	Clarified the basic spot definition and rules reference.
	➤ 2-44	Added "game" before "official."

❖ Slide Comment:

This slide lists the rules references and a brief description of the football editorial changes that were made to the 2012 NFHS Football Rules Book.

2012 NFHS Football Editorial Changes



➤ 3-2-2	Clarification to match committee intent and interpretation with the coin toss.
➤ 3-2-3b	Added the word “team” to better clarify.
➤ 3-4-3b	Correct prior omission dealing with the clock.
➤ 3-5-2b	Added a rules reference.
➤ 3-5-5b	Added a rules reference.
➤ 3-5-10b, c	Updated Appendix reference in the rules.
➤ 4-2-1	Added “game” before “official.”
➤ 4-2-2d(2)	Added “game” before “official.”
➤ 4-2-2e(3)	Added “game” before “official.”
➤ 4-2-2j	Added “game” before “official.”

❖ Slide Comment:

This slide lists the rules references and a brief description of the football editorial changes that were made to the 2012 NFHS Football Rules Book.

2012 NFHS Football Editorial Changes

➤ 8-2-2, 3	Changed “on” to “or” to further clarify the rule.
➤ 8-3-6b	Clarified the rules language dealing with an unsuccessful try.
➤ 9-3-8 PENALTY	Added illegal block penalty for Rule 9-3-8.
➤ 9-4-4 PENALTY	Further clarified the penalty for roughing the passer.
➤ 9-5-2d	Added “game” before “official.”
➤ Football Fund. – IX-6	Added a new fundamental statement under Fouls.
➤ Penalty Summary	Updated the Penalty Summary Chart.



❖ Slide Comment:

This slide lists the rules references and a brief description of the football editorial changes that were made to the 2012 NFHS Football Rules Book.

National Federation of State
High School Associations



2012 Football Points of Emphasis

Take Part. Get Set For Life.™

2012 NFHS Football Points of Emphasis

1. Concussions, Contact to and With the Helmet, Helmet Technology and Proper Helmet Fitting-
2. Heat Acclimatization and Preventing Heat Illness-
3. Illegal Shifts Involving the Quarterback-
4. Illegal Blocking Below the Waist-
5. Improper Uniforms-
6. Hurdling-




❖ **Slide Comment:**

The following football points of emphasis was selected by the NFHS Football Rules Committee for the 2012 high school football season. These six football points of emphasis need to be stressed to all coaches, game officials, players, parents, school administrators, appropriate health-care professionals and all others who have an interest in high school football.

Concussions

Page 97 2012 NFHS Football Rules Appendix B

National Federation of State
High School Associations



Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:


<ul style="list-style-type: none"> • headache • foggiess • difficulty concentrating • easily confused • slowed thought processes • difficulty with memory • nausea • lack of energy, tiredness • dizziness, poor balance • blurred vision 	<ul style="list-style-type: none"> • sensitive to light and sounds • mood changes – irritable, anxious or tearful • appears dazed or stunned • confused about assignment • forgets plays • unsure of game, score or opponent • moves clumsily • answers questions slowly • loses consciousness • shows behavior or personality changes
---	--

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion" at www.nfhs.org.

January 2011




**See Appendix B
on Page 97
of the 2012
NFHS Football
Rules Book**

Concussions (Point of Emphasis):

See "Suggested Guidelines for Management of Concussion" in Appendix B on page 97 of the 2012 NFHS Football Rules Book.

Once again, the NFHS Football Rules Committee has chosen to emphasize the head and helmet as a point of emphasis for the 2012 season. Concussions continue to be a focus of attention in football at all levels of competition. The NFHS has been at the forefront of national sports organizations in emphasizing the importance of concussion education, recognition and proper management. Discussion of proper concussion management at all levels of play in all sports has led to the adoption of rules changes and concussion-specific policies by multiple athletic organizations, state associations and school districts. Coaches and game officials need to become familiar with the signs and symptoms of a concussed athlete so that appropriate steps can be taken to safeguard the health and safety of participants.

Athletes must know that they should never try to "tough out" a suspected concussion. Teammates, parents and coaches should never encourage an athlete to "play through" the symptoms of a concussion. In addition, there should never be an attribution of bravery associated with athletes who play despite having concussion signs or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as all coaches and parents. If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at an increased risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal. Governing bodies at all levels of play continue to review and revise playing rules and encourage practices that decrease the risk of concussion. Among the most concerning data from the past several high school football seasons is that concussions continue to account for a high percentage of the injuries reported and that more than half of all concussions were a direct result of helmet-to-helmet contact!

All coaches should undergo education and utilize available professional development tools regarding the signs and symptoms of concussion and the proper management of athletes with a suspected concussion. The NFHS offers the free course "Concussion in Sports: What You Need to Know" that is available at www.nfhslearn.com. The free course is a brief and user-friendly resource not just for coaches, but also for students, parents and other interested persons. Many states have developed their own education programs. It is incumbent upon coaches to lead by example in recognizing the seriousness of all suspected concussions.



**POINT OF
POE
EMPHASIS**

Concussion in Sports

What You Need to Know



Concussion In Sports - What You Need To Know



Unit 1: Concussion Overview

Introduction

What is a concussion?

What happens to the brain?

Unit 2: The Problem

Unit 3: Your Responsibility

Unit 4: Review

Course Evaluation

1 2 3
« PREVIOUS
NEXT »
PLAY

The adolescent brain is particularly vulnerable to injury.



TRANSCRIPT
RESOURCES

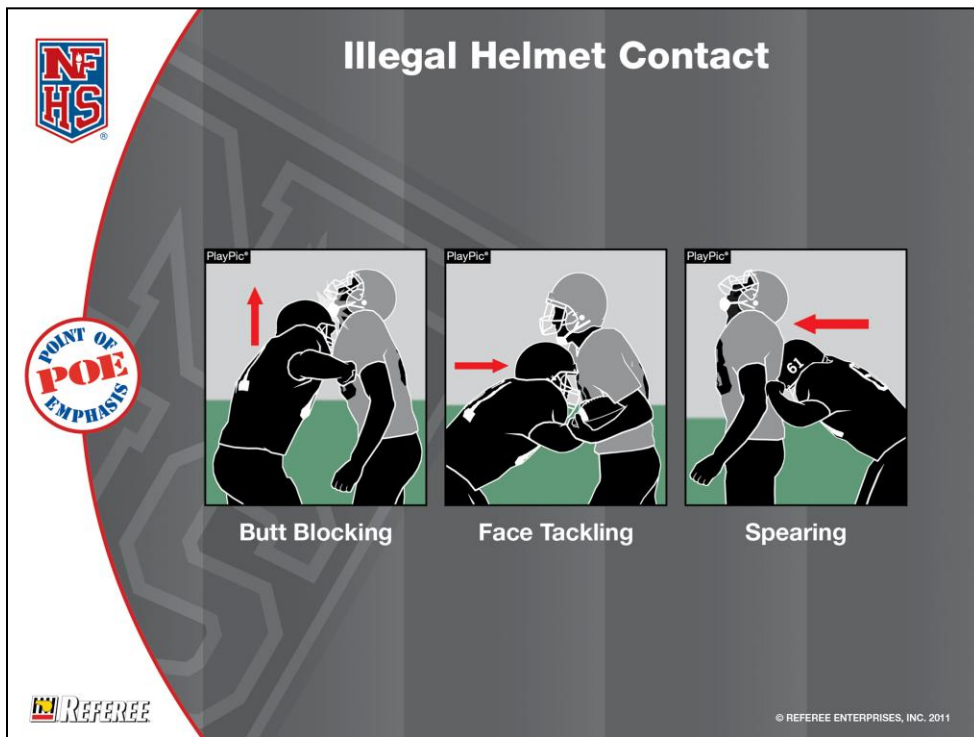
Concussions are of concern in high school sports for two main reasons. First, the adolescent brain is particularly vulnerable to sustaining a concussion and it also takes longer for their brain to heal following a concussion. Secondly, many high schools do not have access to an on-site team physician or athletic trainer. Thus, the coach must be responsible for the health and safety of his or her team.

Concussions (Point of Emphasis):

An NFHS online coach education course – *Concussion in Sports – What You Need to Know* – is now available from the National Federation of State High School Associations (NFHS) at www.nfhslearn.com. This online course is a part of the NFHS Coach Education Program.

Concussion in Sports – What You Need to Know provides a guide to understanding, recognizing and properly managing concussion in high school sports. The NFHS is offering this online course at no cost, although individuals must register for the course at www.nfhslearn.com. The Centers for Disease Control (CDC) has endorsed the course and provided many useful resources.

The 20-minute online course is designed to help educate interscholastic teachers/coaches, game officials, parents and players in the importance of recognizing and responding to sports-related concussions, which pose a particularly high risk for adolescents. Individuals have unlimited access to the course and printable resources, which include a parent's guide to concussion in sports, a coach's guide, an athlete fact sheet and materials for schools to implement a protocol for concussion treatment, up to one year after accessing the course.




Contact to and With the Helmet (Point of Emphasis):

Over the years, the NFHS Football Rules Committee has repeatedly emphasized the need to KEEP THE HEAD OUT OF FOOTBALL because of the potential for catastrophic head and neck injuries. The committee – in its publications for review by coaches and game officials – has specifically targeted some form of helmet review or illegal helmet contact emphasis 24 times since 1980. In the past few years, all levels of football have increased the focus on decreasing the risk of concussion, and it is widely conceded that one of the biggest steps in this effort is to eliminate direct helmet-to-helmet contact and any other contact both with and to the helmet.

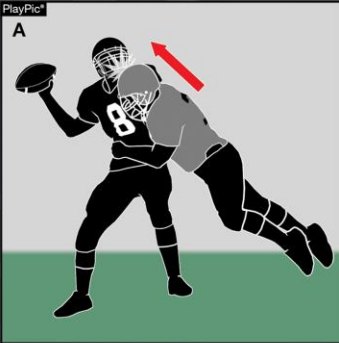
Any initiation of contact with the helmet is illegal; therefore, there must be a focus on enforcing the existing rules. These rules include fouls such as butt blocking, face tackling and spearing (all of which are illegal helmet contact fouls) as well as other acts prohibited by the provisions regarding unnecessary roughness. These types of contact, such as blows to the head by the defender, initiating contact to the head, and helmet-to-helmet contact are all unnecessary to the playing of the game. When in doubt, contact to or with the helmet should be ruled a foul by game officials.

Once again this year, the committee is taking the step to emphasize all types of illegal helmet contact:

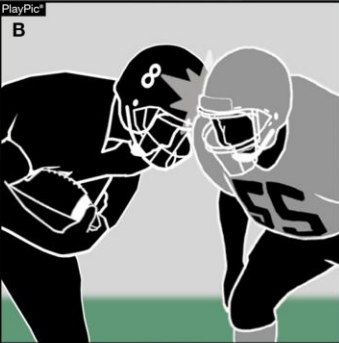
- **Spearing** – an act by an offensive or defensive player who initiates contact against any opponent with the top of his helmet.
- **Face Tackling** – an act by a defensive player who initiates contact with a runner with the front of his helmet.
- **Butt Blocking** – an act by an offensive or defensive player who initiates contact against an opponent who is not a runner with the front of his helmet.




Illegal Helmet Contact



Defender launches and initiates contact with the top of his helmet. That is a foul for spearing or could be illegal personal contact as well.



The rules apply equally to A and B. If the runner initiates contact with the top of his helmet, it is a foul for spearing.



© REFEREE ENTERPRISES, INC. 2011




Contact to and With the Helmet (Point of Emphasis):

The committee is encouraging a renewed emphasis by both coaches and game officials on other types of contact with and to the helmet, which are prohibited by the existing three rules cited on the previous slide, as well as the unnecessary roughness provisions of Rule 9, which include:

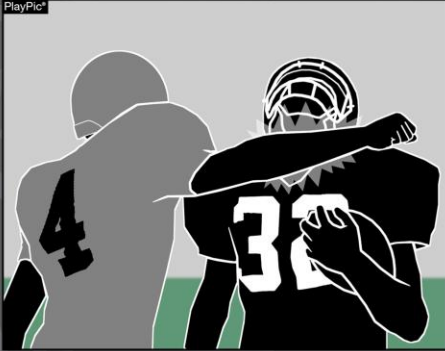
- **Blows to the Head by the Defender** – Any act by a defensive player using the hand(s) to slap the opponent's head is illegal. A blocker may not initiate contact with his arm or hand against an opponent above the opponent's shoulder.
- **Initiating Contact to the Head** – It is illegal for a member of either team to use any other part of the body or equipment to initiate contact to the head. Contact to the helmet of another player could be one of the three specific illegal helmet contact fouls, or it could also be a personal foul for unnecessary roughness as defined by Rule 9-4-3g. This is not limited to acts by the defense (such as the defensive back making the "big hit" on the receiver, or the linebacker making the blow against a back out of the backfield), but such prohibition against contact to the helmet extends to all players on all parts of the field. When in doubt, it should be a foul.
- **Helmet-to-Helmet Contact** – Particularly in light of the recent RIO data findings, initiated acts of helmet-to-helmet contact must be penalized when they occur in contests, and must be corrected immediately if observed in practice. Contact initiated by one player with the helmet to the helmet of another player could be one of the three specific illegal helmet contact fouls, or it could also be a personal foul for unnecessary roughness as defined by Rule 9-4-3g. While inadvertent contact between helmets may occur in close line play or as players are closely engaged, all involved must be aware when the proverbial "line has been crossed," and an illegal act has occurred. When in doubt, it should be ruled a foul.
- **Making Initial Contact with the Defender while Running with the Head Down** – This act by the runner lowering his helmet to spear an opponent is not legal per Rule 9-4-3i, but needs special emphasis to help with risk minimization.

❖ Comment on Slide:

The above example of launching as illustrated in PlayPic A is one of many illegal helmet contact.

Personal Fouls






Blows to the head with the forearm, fist, locked hands or elbow must be penalized. If flagrant, the offending player is disqualified.

© REFEREE ENTERPRISES, INC. 2011


Contact to and With the Helmet (Point of Emphasis):

The illegal act noted on this slide above have no place in the game, and the committee believes that renewed emphasis on getting illegal acts out of the game will improve player safety. When in doubt, these acts should be viewed as illegal. Coaches and game officials must focus on:

- **Teaching** – Coaches must reinforce, through continual repetition, the proper techniques associated with blocking, tackling and running. Game officials must learn to recognize the illegal aspects of these techniques and ensure that study is done by all game officials on the crew and within the local association.
- **Recognition** – Because of the increased focus on head injury, game officials and coaches must realize that helmet-to-helmet and illegal helmet contact fouls need to be consistently recognized and called throughout the game. It is imperative that game officials and coaches also focus not only on the contact **WITH** the helmet, but any contact **TO** the helmet.
- **Calling/Enforcing** – Once recognized, game officials must penalize these illegal acts consistently throughout the game, without warning, regardless of the situation. Whether it is in the first quarter of the first game, or overtime of the state championship, illegal helmet contact must be enforced and must be removed from the game by both game officials and coaches. It is hoped that this simplified approach will be a positive step toward reinforcing player safety!

Helmet Fitting



All players shall wear properly fitted helmets that carry a warning label regarding the risk of injury and a manufacturer's or reconitioner's certification indicating satisfaction of NOCSAE test standards. All such reconitioned helmets shall show recertification to indicate satisfaction with the NOCSAE test standard.

© REFEREE ENTERPRISES, INC. 2011

Helmet Technology and Proper Helmet Fitting (Point of Emphasis):

The heightened concern about concussions and the variety of football helmets available have led participants and coaches to seek a helmet that they believe will best protect a player from concussion. While many new football helmets incorporate innovative materials and designs, no existing football helmet is “concussion proof.” Therefore, it is incumbent upon athletic administrators, coaches, game officials, parents and participants to understand the limitations of all protective equipment, including the helmet. Everyone must realize that a combination of best practices, including but not limited to, repeated instruction on proper tackling and blocking techniques, proper helmet fitting and equipment tracking/recertification procedures, and proper and consistent officiating, are the keys to limiting injury risk and must be emphasized within each program.

Proper helmet fit has been a concern in recent years as anecdotal and documented reports of players having helmets completely dislodged during games continue to mount. To emphasize this point, the NFHS Football Rules Committee has passed a rule for the 2012 season that will require the athlete to leave the game for a single play if the helmet comes off during live ball action, unless the removal is due to a foul by the defense. If no foul is called, then the player must be removed. It is imperative that the athletes take an active role in the proper fitting, wear and use of the helmet and realize the “comfort” shortcuts are not permitted.

Every football helmet manufacturer provides various helmet-fitting pamphlets with each helmet sold, detailing how to properly fit the helmet. If the helmet-fitting pamphlets or other football helmet-related instructions are missing, please contact the respective football helmet manufacturer.

Heat Acclimatization and Preventing Heat Illness

- Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletes.
- Athletes participating in high-intensity, long-duration or repeated same-day practices during the summer months or other hot-weather days pose the greatest risk.
- Football has received the most attention because of the number and severity of exertional heat illnesses.



Heat Acclimatization and Preventing Heat Illness (Point of Emphasis):

Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics. Athletes participating in high-intensity, long duration or repeated same-day practices during the summer months or other hot-weather days pose the greatest risk. Football has received the most attention because of the number and severity of exertional heat illnesses. Notably, the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of EHS between 1995 and 2010. EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.

In the spring of 2012, the NFHS Sports Medicine Advisory Committee (SMAC) released a new position statement "Heat Acclimatization and Heat Illness Prevention." The position statement is intended to provide an outline of "Fundamentals" and may be used as a guiding document by member state associations. Also, the NFHS will release a 20-minute free online course "A Guide to Heat Acclimatization and Heat Illness Prevention" at www.nfhslearn.com, regarding this life-threatening topic. Further and more detailed information will be found within the NFHS online course, as well as the 4th Edition of the NFHS Sports Medicine Handbook, the NFHS SMAC position statement "Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness" and other resources.

The new position statement and online course are intended to reduce the risk and incidence of EHS and the resulting deaths and injuries. The NFHS recognizes that various states and regions of the country have unique climates and an assortment of resources, and that there is no "one-size-fits-all" optimal acclimatization plan. However, the NFHS and the NFHS SMAC strongly encourage member state associations to incorporate all of the "Fundamentals" into any heat acclimatization plan to improve athlete safety. In addition, the online "A Guide to Heat Acclimatization and Heat Illness Prevention" should be required viewing for all coaches.

Heat Acclimatization and Preventing Heat Illness

- The National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of EHS between 1995 and 2010.
- EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.
- Schools and coaches need to know the importance of a formal pre-season heat acclimatization plan.



Heat Acclimatization and Preventing Heat Illness (Point of Emphasis):

Heat Acclimatization and Heat Illness Prevention Keys for Coaches

1. Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
2. Know the importance of a formal pre-season heat acclimatization plan.
3. Know the importance of having and implementing a specific hydration plan, keeping your athletes well hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement.
4. Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
5. Know the importance for all staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
6. Know the importance of, and resources for, establishing an emergency action plan, practicing the aspects of that plan, and promptly implementing it in case of suspected EHS or other medical emergency.

Fundamentals of a Heat Acclimatization Plan

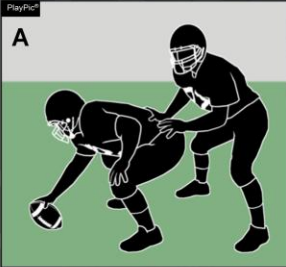
1. Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be "conditioned" in a period of only two to three weeks.
2. Keep each athlete's individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect heat illness risk.
3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
4. Athletes must begin practices and training activities adequately hydrated.
5. Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat accordingly. First aid should not be delayed!
6. Recognize more serious signs of exertional heat-related distress (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.
7. An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.

POINT OF EMPHASIS

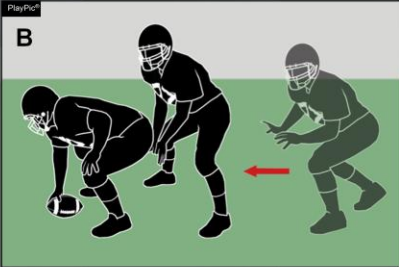


Illegal Shifts Involving the Quarterback Rule 7-2-6

A



B



Moving the hands from one position to a position under the center (PlayPic A) is a shift. In all cases, when a shift has occurred (or multiple shifts), all A players must come to an absolute stop for a full second prior to the snap. The quarterback receiving the snap immediately upon placing the hands under center would be a foul as there was not an absolute stop (PlayPic B).

© REFEREE ENTERPRISES INC. 2012

Illegal Shifts Involving the Quarterback (Point of Emphasis):

As today's offensive formations continue to become more complex, it must be stressed to all coaches and game officials the need to eliminate illegal shifts involving the quarterback. Whenever any player on the offensive team moves to a new position after the ready-for-play signal and before the snap, it is a shift (NFHS Football Rule 2-39). Coaches and game officials must recognize that certain movements by quarterbacks must also be penalized as illegal shifts.

There are several examples of movements by the quarterback that would be considered an illegal shift, such as when all offensive players immediately get into their stance and then the quarterback receives the snap as soon as he/she gets their hands under center. This is illegal because the quarterback needs to be set for one second prior to the snap after the linemen going into stance as this is, in fact, a shift. An illegal-shift foul also occurs when the quarterback first sends a player in motion and after the player is in motion, the quarterback then goes under center to receive the snap.

When all other offensive players are set, movements by the quarterback, other than slightly moving a foot to start another player in motion, must be followed by a pause of one second by everyone on the offense to be considered a legal shift. If the offense is allowed to execute illegal shifts or other movements, teams will gain an advantage not intended by the rules and will disrupt the desired balance between offense and defense.

POINT OF EMPHASIS



Illegal Blocking Below the Waist Rule 2-3-7



When lead blockers who were not on the line of scrimmage at the snap are “cut” by defenders on sweeps or on roll-out passes, it is a violation of the blocking-below-the-waist rule if it occurs by a player who was not originally on the line of scrimmage and occurs outside the free-blocking zone.

© REFEREE ENTERPRISES INC. 2012



Illegal Blocking Below the Waist (Point of Emphasis):

In high school football, there are very specific rules regarding the time and circumstances when blocking below the waist is legal. There continues to be problems with game officials not enforcing these restrictions on who can block, who can be blocked and where/when these blocks can occur. In order for a block below the waist to be legal, the following criteria must be met:

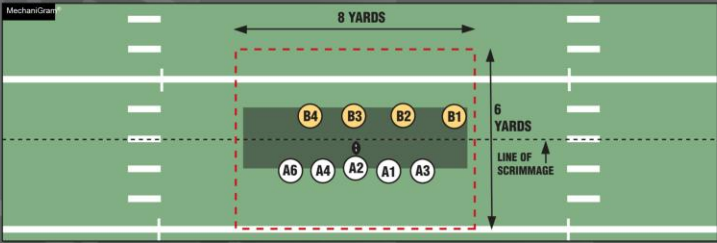
1. Both players must be lined up in the free-blocking zone at the snap and on the line of scrimmage. The free-blocking zone is defined as 3 yards on either side of the line of scrimmage and 4 yards either side of the ball.
2. The contact/block must occur in the free-blocking zone.
3. The ball must still be in the free-blocking zone.

The NFHS Football Rules Committee wants to emphasize several examples where it is important to enforce this rule. When a team is lined up in shotgun formation, the restrictions on blocking below the waist begin the moment that the ball leaves the free-blocking zone. Because a shotgun quarterback is usually positioned more than 3 yards behind the line at the snap, when the ball is snapped the ball very quickly leaves the zone and therefore, the only legal blocks below the waist have to be initiated simultaneously with the snap.

Another common example of an illegal block below the waist is when running backs, who line up in the backfield, are “cut” by defenders on sweeps or on roll-out passes. This is clearly a violation of the blocking-below-the-waist rule because it occurs by a player who was not originally on the line of scrimmage and occurs outside the free-blocking zone.

Remember, players on the line of scrimmage and in the free-blocking zone at the time of the snap can legally block below the waist, but only if the free-blocking zone still exists because the ball has not left the zone. The rule applies equally to the offense and the defense.

POINT OF EMPHASIS



Blocking Below the Waist
Rules 2-3-7, 2-17

Blocking below the waist is legal if:

1. Both players must be lined up in the free-blocking zone at the snap and on the line of scrimmage. The free-blocking zone is defined as 3 yards on either side of the line of scrimmage and 4 yards either side of the ball.
2. The contact/block occurs in the free-blocking zone.
3. The ball is in the free-blocking zone.

REFEREE

© REFEREE ENTERPRISES INC. 2012

Illegal Blocking Below the Waist (Point of Emphasis):

See comments on previous slide.

POINT OF EMPHASIS



Improper Uniforms

Rules 1-5-3a(5), 1-5-3c(4); 1-5-3c(6)



A



B



C



D



E

Among the illegal adornments/equipment are a towel that is not plain white (PlayPic A), sweat bands not worn on the wrist (PlayPic B), tinted eyeshields (PlayPic C) and jewelry (PlayPics D and E).


© REFEREE ENTERPRISES INC. 2012

Improper Uniforms (Point of Emphasis):

Not Properly Wearing Mandatory Player Equipment: Pants not covering the knee – Over the years, the NFHS Football Rules Committee has repeatedly emphasized that player equipment must be worn for the protection of the athletes. One piece of player equipment that continues to be inconsistently enforced is the football pants and the required protection of the knee. The committee is encouraging a renewed focus by both coaches and game officials to make sure that pants are worn properly to completely cover the knee. Coaches need to make sure that equipment handed out to players is properly fitted and continues to properly fit throughout the season.

Wearing Illegal Equipment/Adornments: Uniform Adornments – Common violations or issues include:

- A. Wearing a tinted eye shield** – For purpose of injury prevention and recognition, eye shields attached to the helmets must be clear without the presence of any tint and constructed of a molded rigid material.
- B. Wearing towels that exceed the allowed specifications** – One, white, unmarked moisture-absorbing towel can be worn. Towel width is a minimum of 4 inches and maximum of 18 inches, while the length is a minimum of 12 inches and a maximum of 36 inches.
- C. Wearing sweatbands at an improper location** – Moisture-absorbing sweatbands of any color are allowed to be worn as long as they are worn on the wrist, beginning at the base of the thumb and extending no more than 3 inches toward the elbow.
- D. Wearing bicep bands, neck bands and leg bands** – Any moisture-absorbing or other band worn on any other area of the body beside the wrist, other than for medical reasons, is considered an illegal uniform adornment.
- E. Uncovered shoulder, rib and back protectors** – These protectors are to be fully covered by the jersey in order to be legal.
- F. Altered knee and ankle braces** – As long as knee and ankle braces are unaltered and worn as intended by the manufacturer's original design, no additional padding is required. If any alterations are done from the manufacturer's design and production, or the brace is worn in a manner other than allowed by rule, the brace is illegal.
- G. Wearing jewelry** – Any jewelry other than religious and medical alert medals is considered illegal. Religious medals must be taped and worn under the uniform and medical-alert medals must be taped and may be visible.
- H. Illegal pads and padding** – Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow or upper arm are illegal unless padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick.
- I. Helmets not secured properly** – Helmets must be secured by a properly fastened chinstrap with at least four attachment points.

Coaches and game officials need to be cognizant of the adornments worn by the players, and game officials need to consistently enforce the rules regarding illegal equipment and adornments to prevent further problems from developing with player safety and sportsmanship.



POINT OF EMPHASIS

REFEREE

Hurdling

Rule 2-22; 9-4-3d



ILLEGAL

Hurdling (an attempt by a player to jump (hurdle) with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body except one or both feet) is illegal. Coaches must teach their players of the inherent dangers associated with this illegal act, and game officials must call it when observed.

© REFEREE ENTERPRISES INC. 2012

Hurdling (Point of Emphasis):

In 2012, the committee had requests to change the hurdling rule and eliminate it as a foul. By definition: "Hurdling is an attempt by a player to jump (hurdle) with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body except one or both feet." This is an Illegal Personal Contact Foul (NFHS Football Rule 9-4-3d) and carries a 15-yard penalty. Recently, national and local media have identified some of these plays at the collegiate and professional levels as "spectacular feats" and glorified the individual's athletic ability instead of pointing out the heightened potential for harm. Little regard has been given to the fact that attempting to "hurdle" a defender increases the risk of injury to both the hurdler and tackler! The NFHS SMAC requested that this rule not be changed and backed up its request by showing several incidences where players were severely injured while attempting this act! The NFHS Football Rules Committee concurred with the SMAC and did not change the hurdling rule. In addition, to focus on the dangers associated with hurdling, it has been included as a Point of Emphasis for the 2012 season. The emphasis on this illegal act supports the committee's ongoing attempt to minimize the risk of injuries in high school football. Coaches must teach their players of the inherent dangers associated with this illegal act, and game officials must call it when observed.



National Federation of State
High School Associations



2012 Football Rules Reminders

Take Part. Get Set For Life.™

Football Jerseys Rules 1-5-1b(1-3), 1-5-1c



❖ **Rules Reminder:**

-Please see Rules 1-5-1b(1-3) and 1-5-1c on pages 17-19 of the 2012 NFHS Football Rules Book for the NFHS football jersey rules.

❖ **Comment on Slide:**

- Beginning this season, visiting team's jerseys must be basically white.
- Home team's jerseys will also be restricted in the use of white.
- The issue of the football game jersey went through additional revisions in 2007 in order to provide manufacturers and schools with clarity of the specifications.
- The revised specification still requires that the visiting team's game jersey essentially be white in color and contrast with the home team's game jersey.
- Though the changes were minor in scope, the Committee set the implementation date for 2012 to give schools an opportunity to make the necessary changes during the normal uniform rotation and replacement cycles.

❖ **Case Book:** See SITUATION 1.5.1D



Casts and Braces Rule 1-5-3b1, 1-5-3b3



PlayPic A: Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch in thickness. **PlayPic B:** The requirement that the umpire receive documentation from a doctor or osteopath that a cast or brace is to protect and injury has been removed. **PlayPic C:** Knee braces may not be worn on top of the pants.

© REFEREE ENTERPRISES, INC. 2010

Frame 3

❖ Rules Reminder:

ART. 3 . . . Illegal equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

- b. The following items related to Pads and Padding:
 - 1. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm unless padded with a closed-cell, slow-recovery foam padding no less than $\frac{1}{2}$ " thick.
 - 2. Knee and ankle braces which are altered from the manufacturer's original design/production.


NOTE: Knee and ankle braces that are unaltered do not require any additional padding.

- 3. Knee braces worn over the pants.

❖ Comment on Slide:


The committee in 2010 felt the need to continue to address risk minimization issues and accepted a recommendation from the NFHS Sports Medicine Advisory Committee (SMAC) to revise the authorization procedures and define required padding for casts and braces. This revised football playing rule in 2010 eliminated the language requiring a licensed medical physician (MD/DO) to direct the usage of specific casts and braces in writing. Even though the note is no longer required, the brace may still be disallowed by the umpire if it does not meet the specifications. In place of this previous requirement, the rule now only specifies a required thickness for padding over hard and unyielding items, and requires all knee and ankle braces to be used as specified by the manufacturer. The committee concurred with the SMAC recommendation that if these braces were unaltered and worn as intended by the manufacturer, and casts were properly padded within the rules, written authorization should not be required. The SMAC was concerned that padding braces to comply with the previous rule carried a risk of interfering with the braces' function. The risk of injury to other players from braces which are unaltered and worn as intended by the manufacture is negligible.

❖ Case Book: See SITUATION 1.5.3C




Chop Block

Rule 2-3-8



Any high/low combination block with or without delay is a chop block. Low is defined as at or below the knee. The penalty is 15 yards.



© REFEREE ENTERPRISES, INC. 2011

❖ **Rules Reminder:**

ART. 8 . . . Chop block is a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee) (see Table 9-3-6).

❖ **Comment on Slide:**

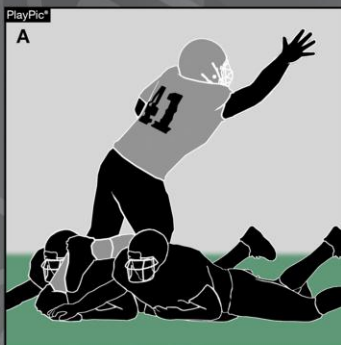
The definition of a chop block was modified by the committee in 2011. The revised language specifies that any combination block where one block is high (above the knee) and one block is low (at or below the knees) constitutes a chop block, with or without a delay between the blocks. The rule change in 2011 also stipulated that a low-low combination block is no longer a chop block.

❖ **Case Book:** See SITUATION 9.3.2B

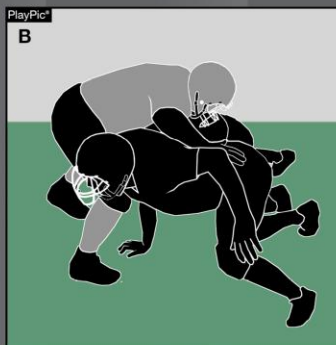


Chop Block

Rule 2-3-8



The low/low combination block is legal if it occurs in the free-blocking zone when the free-blocking zone exists.



The high/high combination block is legal if it occurs in the free-blocking zone when the free-blocking zone exists.



© REFEREE ENTERPRISES, INC. 2011

❖ Rules Reminder:

❖ Comment on Slide:

In PlayPic B, while a high/high block is possible to occur outside the free-blocking zone, game officials and coaches should be reminded that the rules for an illegal block below the waist are more restrictive.



Injured Players

Rule 3-5-10



PlayPic A



PlayPic B

Players who are bleeding, have open wound or blood on uniform (PlayPic A) or exhibit signs, symptoms or behaviors consistent with a concussion such as loss of consciousness, headache, dizziness, confusion or balance problems (PlayPic B) shall be immediately removed from the game and remain out for at least one down.

In blood situations, the player may return when the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed.

In concussion situations, the player shall not return to play until cleared by an appropriate health-care professional.



© REFEREE ENTERPRISES, INC. 2011

❖ **Rules Reminder:**

ART. 10 . . . An official's time-out (which is not charged to either team) occurs, and the player shall be replaced for at least one down, unless halftime or an overtime intermission occurs when:

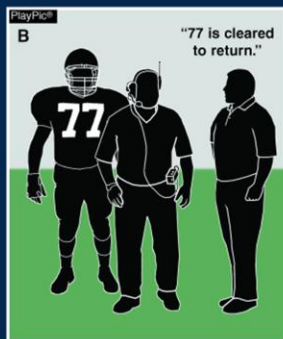
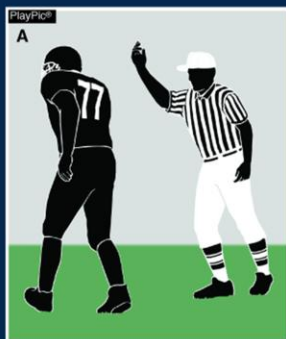
❖ **Comment on Slide:**

The committee in 2011 standardized the rules regarding the replacement of apparently injured players (3-5-10a), players who exhibit concussion signs and symptoms (3-5-10b) and players who are bleeding or have blood on him/herself or the uniform (3-5-10c). Players removed in any of these situations must leave the game for at least one down (unless halftime or the overtime intermission occurs) and comply with the remainder of the applicable rule. The rule also stipulates that the time-out taken in such circumstances constitutes an officials' time-out. Teams cannot take a charged time-out to allow for immediate re-entry of a player.

❖ **Case Book:** See SITUATIONS 3.5.10A-D



Concussion Rule 3-5-10b



Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.

© REFEREE ENTERPRISES, INC. 2010

Frame 6

❖ Rules Reminder:

ART. 10 . . . An official's time-out (which is not charged to either team) occurs, and the player shall be replaced for at least one down, unless halftime or an overtime intermission occurs when:

b. Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. (See *NFHS Suggested Guidelines for Management of Concussion*, in *Appendix B on page 97*)

❖ Comment on Slide:

The committee continues to maintain a focus on primary efforts toward maintaining the highest level of player safety. This 2010 change stipulates that any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game. The rule also requires that the clearance to return to play be issued by an appropriate health-care professional. The previous rule directed game officials to remove an athlete from play if "unconscious or apparently unconscious," which was perceived in some circles as requiring a medical diagnosis. The previous rule also allowed for return to play based solely on written authorization by a medical doctor or osteopath.

****Please review your member state association's Suggested Guidelines for Management of Concussion and their Return to Play policies for football for your particular state. Though the enforcement of all contest rules is the responsibility of game officials, the recognition of the possibly concussed player and the removal of the player from the game is a shared responsibility. All coaches must be aware of the signs, symptoms or behaviors consistent with a concussion and must remove a player from any game or practice if he or she exhibits those signs, symptoms or behaviors.**

(PlayPic A) - The sole role of the game officials is to stop play and immediately remove the player that displays the signs, symptoms or behaviors consistent with a concussion (See *"Suggested Guidelines for the Management of Concussion" on page 97 of the NFHS Football Rules Book*) and the game officials are not involved with return to play decisions.

(PlayPic B) - No specific written authorization needs to be presented to the game officials in order for a player to return to play. Each state association must determine who qualifies as an appropriate health-care professional and may formalize a procedure, including requirements for written certification, for making return to play decisions.

****See Concussion Point of Emphasis** on pages 82-83 of the 2012 NFHS Football Rules Book for more information.

❖ **Case Book:** See SITUATION 3.5.10D

National Federation of State
High School Associations



2012-13 NFHS Football Information

Take Part. Get Set For Life.™

2013 NFHS Football Rule Change Proposal Form

Due:

November 1, 2012

Must be submitted to your state association office for approval.



National Federation of State High School Associations 2013 Football Rule Change Proposal Form Deadline for Proposal: November 1, 2012			
E-mail: To football liaison in your respective State High School Association office.			
Proposal submitted by _____			
Executive Director's Signature Is Required _____			
Daytime Phone _____		Evening Phone _____	
Address _____		City _____ State _____ Zip _____	
Directions:			
1. Only one proposal per page. If additional sheets are needed, please copy.			
2. All proposals must be stated clearly and concisely.			
3. Word the proposal exactly as you want it to appear in the rules book.			
4. Write a short rationale stating the problem, why the rule should be changed/added, etc.			
Page _____	Rule _____	Section _____	Article _____
Suggested Change: TYPE or PRINT exactly as you wish the rule to read (Indicate name address; underline name address)			

Rationale (Be very clear in your explanation):			

Other Rules Affected			
Page _____	Rule _____	Section _____	Article _____
Page _____	Rule _____	Section _____	Article _____
Page _____	Rule _____	Section _____	Article _____

NFHS REMINDER – 2013 NFHS Football Rule Change Proposal Form:

- **ALL** NFHS Football Rule Change Proposal Forms must first go through the state association office and be approved before it can be sent to the NFHS.
- Only member state associations, members of the NFHS Football Rules Committee and the NFHS can submit football rule change proposal forms.



Free Courses at NFHSLearn.com

Concussion in Sports – What You Need to Know
 Over 410,000 courses ordered

The Role of the Parent in Sports
 Sportsmanship

**A Guide to Heat Acclimatization and Heat Illness Prevention
 COMING SOON!**



❖**Slide Comment:**

The NFHS Coach Certification Program and all its courses can be accessed at www.nfhslearn.com. The courses are segmented into four categories: Core courses, Sport-Specific courses, Elective courses and Free courses.

Core courses are typically the courses that are used to fulfill state coaching requirements. Core courses include Fundamentals of Coaching, which informs the coach on his/her role as a coach at the interscholastic level. The other core course is First Aid for Coaches, which is a first aid course developed by the American Red Cross.

Sport-Specific courses highlight the methods to teach the skills and tactics of the sport. The NFHS partners with national organizations to bring coaches the content experts in every sport.

Elective courses go further into detail on content that was introduced in Fundamentals of Coaching.

Free courses are elective courses and are identical to other NFHSLearn courses, but are available at no cost!

Coaches can **Get Certified!** as an Accredited Interscholastic Coach with the NFHS by taking Fundamentals of Coaching, First Aid for Coaches OR its equivalent and a sport-specific course OR Teaching Sports Skills. **Get Certified!** Today!

Pre-Game

- Scoreboard clock set to expire 5 minutes before kickoff
- 30 minutes before kickoff
 - R & U meet with home coach
- 25 minutes before kickoff
 - R & U meet with visiting coach
- 5 minutes before kickoff
 - Coin toss
 - Captains to mid-field, team on sideline
- 2 minutes before kickoff
 - National Anthem
- Kickoff

Halftime

- Teams leave field
 - If both teams exiting same gate only one team at a time
 - Scoreboard clock will be started by Referee
- Both teams back before halftime expires
 - HC responsible for knowing time.
- 3 minute warm-up period starts immediately after halftime ends.
- R/U will ask kicking coach direction he wants to kick.

Coaches Comments

- Pace of game
 - Hurry-up offense
 - We set a pace and maintain it
 - Hustle but don't rush
 - Be sure entire crew is in position before RFP
- Timers

National Federation of State
High School Associations



Thank You!

Take Part. Get Set For Life.™