

National Federation of State  
High School Associations



**2014**

**NFHS**

# **Football Rules Changes**



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# NFHS Football Rules

Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.





# Game Officials' Authority

## Rule 1-1-7

RULE CHANGE



Game officials have authority if a state association has a policy that game officials' authority begins more than 30 minutes before the game.



# Targeting

Rules 2-20-2 (NEW); 9-4-3m (NEW)  
**EXAMPLE: SHOULDER TO THE HEAD**

RULE CHANGE



Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. Targeting may be called for contact against any opponent, including the runner.

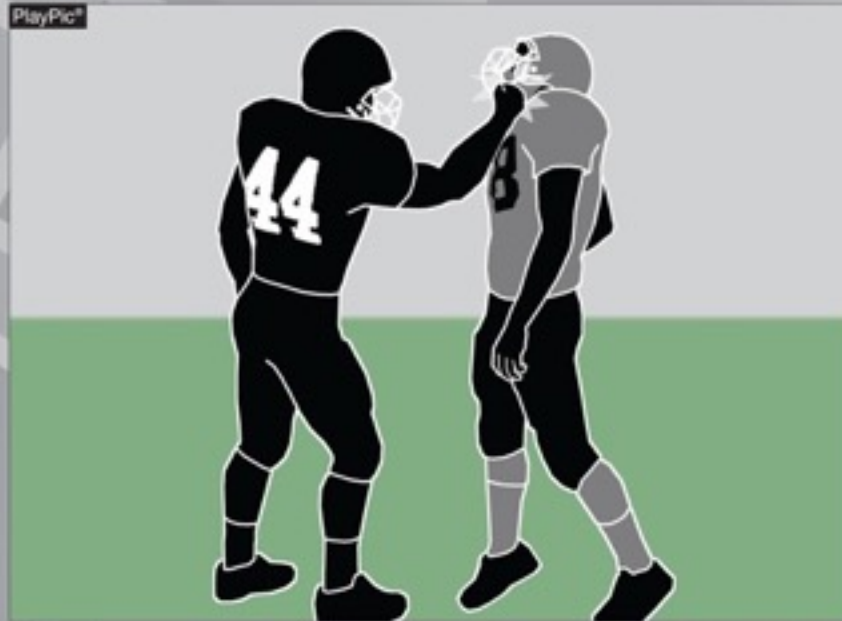


RULE CHANGE

# Targeting

## Rules 2-20-2 (NEW); 9-4-3m (NEW)

### EXAMPLE: FIST TO THE HEAD



Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. Targeting may be called for contact against any opponent, including the runner.





RULE CHANGE

# Targeting

## Rules 2-20-2 (NEW); 9-4-3m (NEW)

### EXAMPLE: ELBOW TO THE HEAD



Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. Targeting may be called for contact against any opponent, including the runner.



# Targeting

## Rules 2-20-2 (NEW); 9-4-3m (NEW)

### EXAMPLE: FOREARM TO THE NECK

RULE CHANGE



Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. Targeting may be called for contact against any opponent, including the runner.



# Targeting

## Rules 2-20-2 (NEW); 9-4-3m (NEW)

RULE CHANGE



A blow to the helmet by two linemen in the free blocking zone is not necessarily a targeting foul.





# Targeting Targeting

## Rule 9-4-3m (NEW)

### Illegal Personal Contact



Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. Targeting may be called for contact against any opponent, including the runner. Note that the passer in this play is also a defenseless player. Targeting is a 15-yard penalty for illegal personal contact.

RULE CHANGE



# Illegal Kick Status Rule 2-24-9



When the ball is illegally kicked, the ball retains its original status. The player in PlayPic A fumbles and the player in PlayPic B kicks the loose ball. The ball remains a fumble.

RULE CHANGE

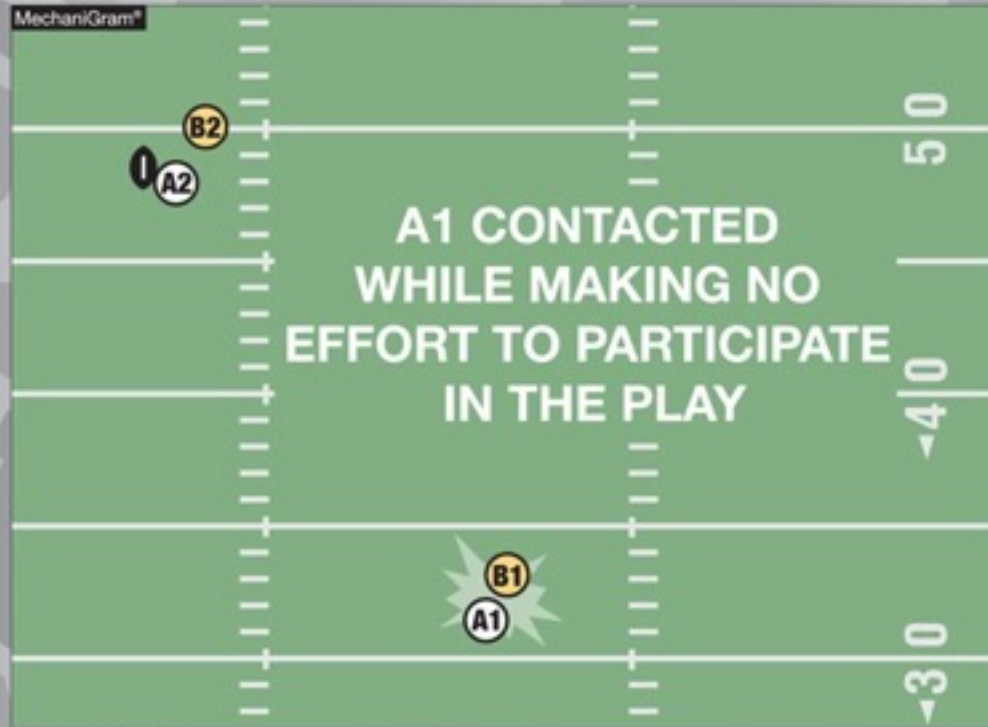
REFEREE



# Defenseless Player

## Rules 2-32-16 (NEW); 9-4-3i(3)

RULE CHANGE



A new definition for a defenseless player has been added. A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.



# Defenseless Player

## Rules 2-32-16 (NEW); 9-4-3i(3)

### EXAMPLE: OUT OF THE PLAY

RULE CHANGE



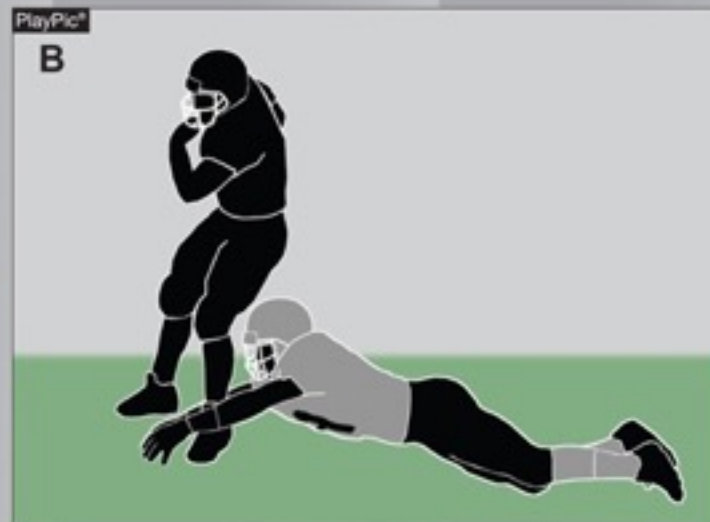
B6 has chosen not to participate further and is obviously out of the play. He is considered to be defenseless.



# Defenseless Player

## Rules 2-32-16 (NEW); 9-4-3i(3)

### EXAMPLE: KICKER



After a kick (PlayPic A), a kicker who has not had a reasonable amount of time to regain his balance after the kick (PlayPic B) is a defenseless player.

RULE CHANGE





# Defenseless Player

## Rules 2-32-16 (NEW); 9-4-3i(3)

### EXAMPLE: PASS RECEIVER



A pass receiver attempting to catch a pass, or a pass receiver who has clearly relaxed when the player has missed the pass or feels he can no longer catch the pass, is considered defenseless.

RULE CHANGE



# Defenseless Player

## Rules 2-32-16 (NEW); 9-4-3i(3)

### EXAMPLE: KICK RECEIVER

RULE CHANGE



A kick receiver attempting to catch or recover the ball is considered defenseless.

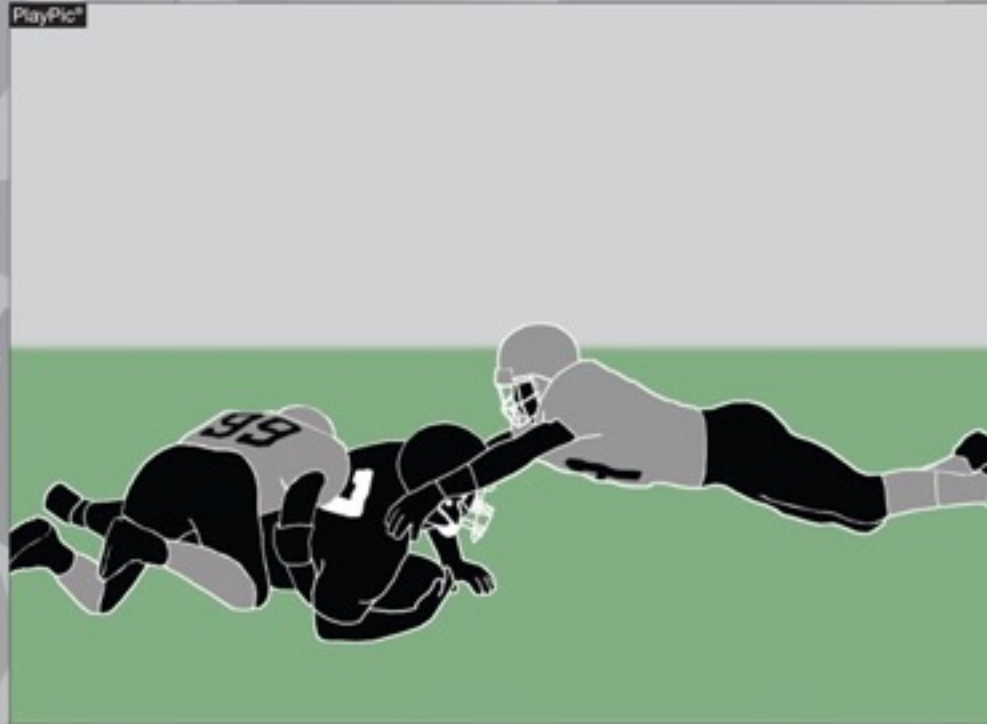


# Defenseless Player

## Rules 2-32-16 (NEW); 9-4-3i(3)

### EXAMPLE: PLAYER ON THE GROUND

RULE CHANGE



A player who is on the ground is considered defenseless.

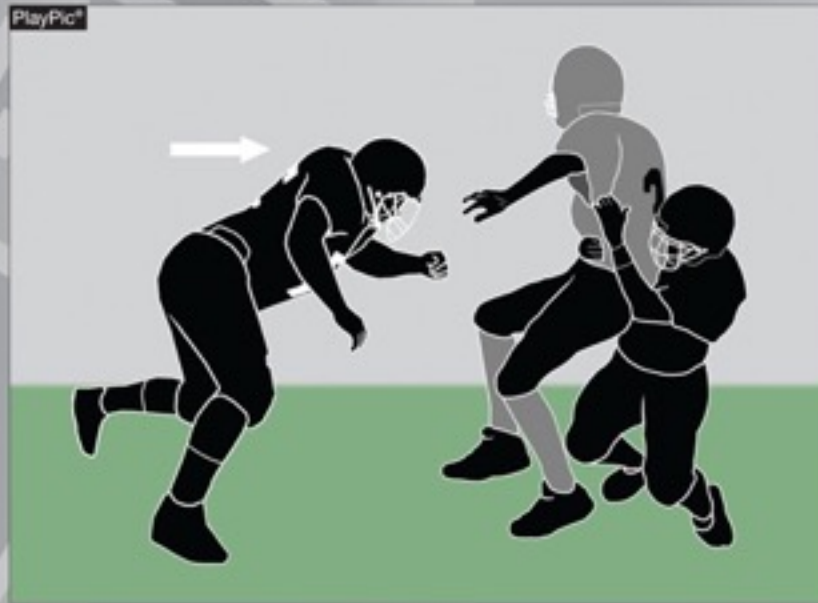


# Defenseless Player

Rules 2-32-16 (NEW); 9-4-3i(3)

## EXAMPLE: FORWARD PROGRESS STOPPED

RULE CHANGE



A runner already in the grasp of an opponent and whose forward progress has been stopped is defenseless. Contact on the runner could also be considered targeting.

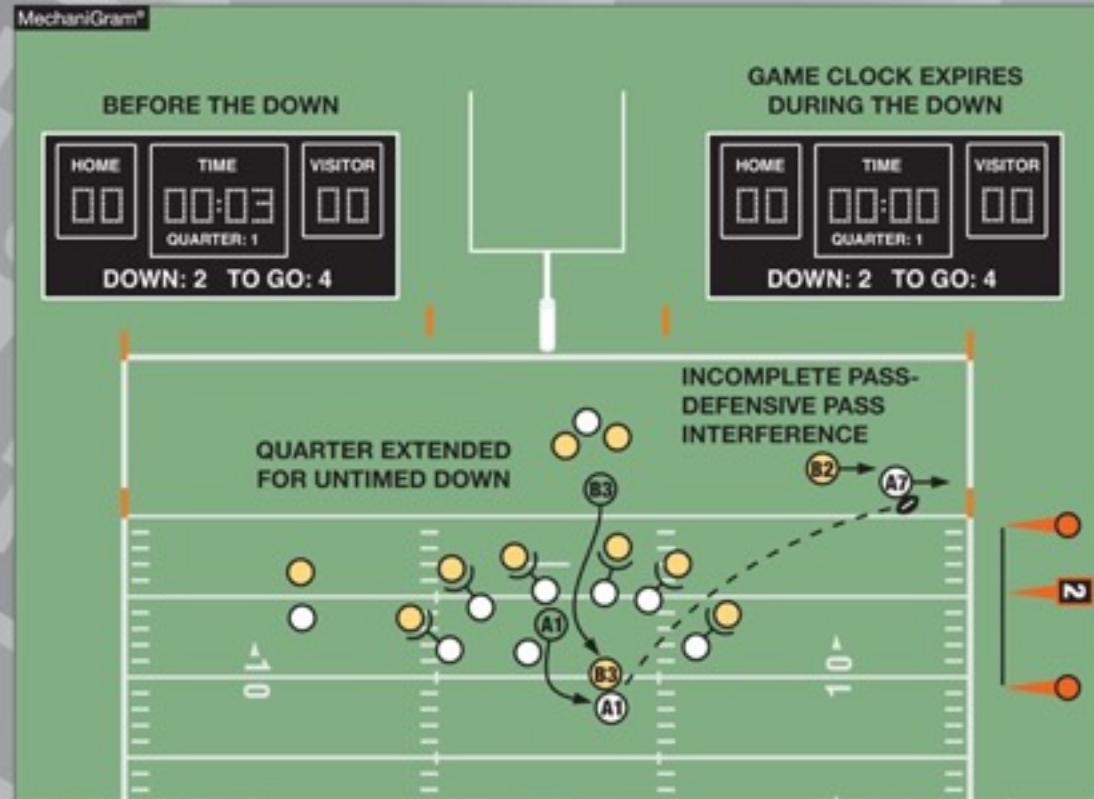






# Untimed Down Rules 3-3-3; 3-3-4

RULE CHANGE

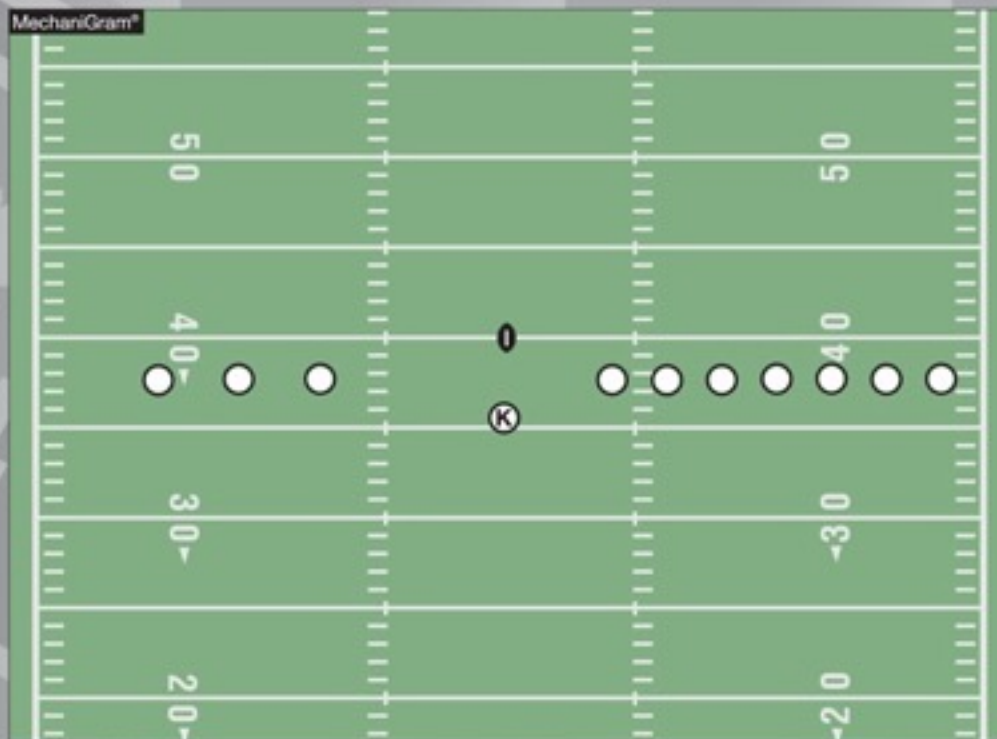


Team B commits a live-ball foul and time for the period expires during the down. If the penalty is accepted, the period is extended for an untimed down.



# Free-Kick Formation

## Rules 6-1-3b (NEW); 6-1-3c (NEW)



After the ready-for-play has been signaled and until the ball is kicked for a free kick, team K must have at least four players on either side of the kicker. As shown in the MechaniGram, K is guilty of a dead-ball foul.

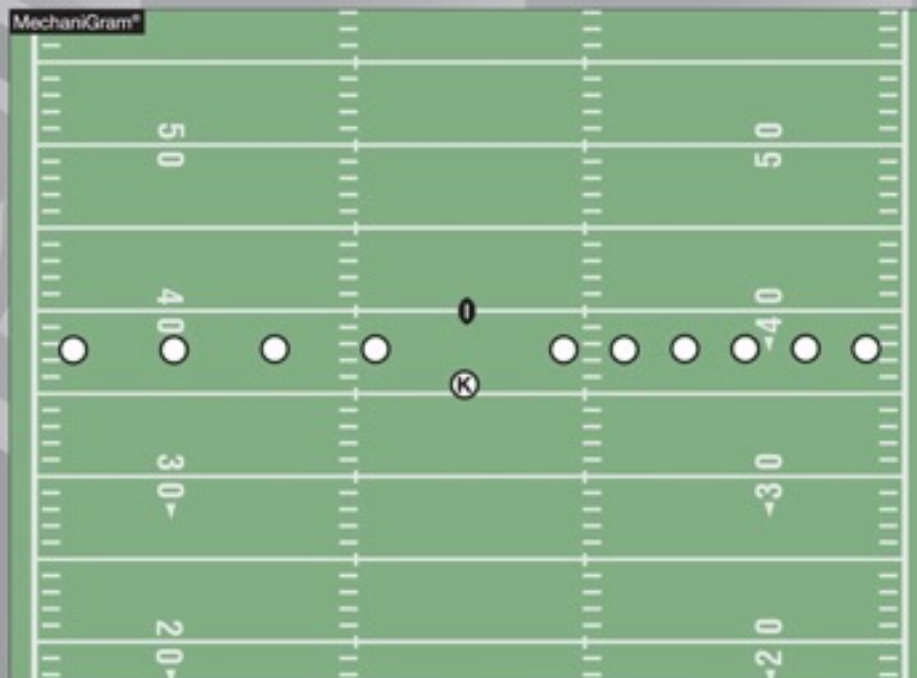
RULE CHANGE

REFEREE



# Free-Kick Formation

## Rules 6-1-3b (NEW); 6-1-3c (NEW)



On a free kick, from the time the ready-for-play is signaled until the ball is kicked, no K player other than the kicker may be more than five yards from his free-kick line. The formation in the MechaniGram becomes legal when the ball has been declared ready-for-play.

RULE CHANGE

REFEREE



# Free-Kick Formation

## Rules 6-1-3b (NEW); 6-1-3c (NEW)



The formation in the MechaniGram becomes illegal when the ball has been declared ready-for-play. K3, K4, K5 and K6 are all more than five yards from their free kick line. No K players, with the exception of the kicker may be more than five yards behind the kicking team's free kick line. A player satisfies this rule when no foot is on or beyond the line five yards behind K's free kick. If one player is more than five yards behind the restraining line and any other player kicks the ball, it is a foul.

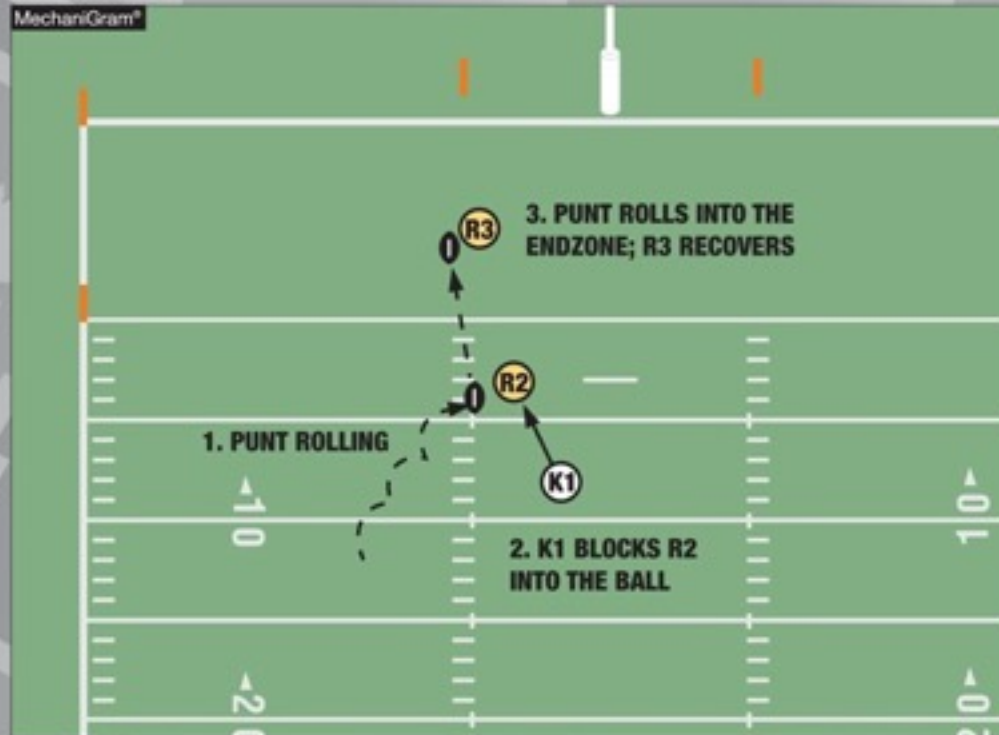




# Force

## Rule 8-5-1b (NEW)

RULE CHANGE



K1 blocks R2 into the ball. The accidental touching of a loose ball by a player who was blocked into the ball by an opponent is ignored and does not constitute a new force. The result of this play is a touchback.





# Roughing the Passer

## Rule 9-4-4



No defensive player shall charge into, or commit any illegal personal contact foul listed in Rule 9-4-3 against the passer who is standing still or fading back, because he is considered out of the play after the pass and has not moved to participate in the play. Grasping of the face mask is considered roughing the passer.

RULE CHANGE

REFEREE



# **2014 Football Editorial Changes**

# 2014 NFHS Football Editorial Changes

➤ <b>Field Diagrams</b>	Adjusted the pylon locations in the end zone.
➤ <b>1-1-8</b>	Changed “jurisdiction” to “authority.”
➤ <b>1-2-3I</b>	Standardized the rules language on advertising and/or commercial markings on the field of play.
➤ <b>1-3-5b</b>	Added “head” before “linesman.”
➤ <b>1-5 NOTE</b>	Deleted SGMA as a reference.
➤ <b>1-5-1d(5)</b>	Clarified the rules language on the tooth and mouth protector.
➤ <b>1-5-3c(4) NOTE</b>	Added a new Note under the eyeshield rules language.
➤ <b>Table 1-7 (2.)</b>	Added a new state association adoption dealing with game officials’ authority.



# 2014 NFHS Football Editorial Changes

➤ <b>2-1 Heading</b>	Changed the section heading to “Status of Ball – Dead, Live, Loose.”
➤ <b>2-8</b>	Added rules references into the encroachment definition.
➤ <b>2-20 Heading</b>	Changed the section heading to “Helmet Contact – Illegal, Targeting.”
➤ <b>2-24-3</b>	Removed the word “legal” from the free-kick definition.
➤ <b>2-24-4</b>	Clarified the definition for a scrimmage kick.
➤ <b>3-4-4j (NEW)</b>	Added a new situation for when the clock shall be stopped.
➤ <b>3-5-10b</b>	Updated the reference document from Appendix B in the rules book.



# 2014 NFHS Football Editorial Changes

➤ <b>3-6-2g (NEW)</b>	Added a new situation under delay of game.
➤ <b>5-3-2</b>	Added “head” before “linesman.”
➤ <b>6-1-8</b>	Clarified a free kick that goes out of bounds.
➤ <b>6-1 PENALTY</b>	Added Art. 3a, b, c under the encroachment penalty.
➤ <b>6-5 PENALTY</b>	Revised the officials signal under the blocking after giving a valid or invalid signal penalty.
➤ <b>7-2-4</b>	Clarified the description for a legal snap.
➤ <b>8-3-6b</b>	Clarified the rules language dealing with a down that is replayed after enforcement during an unsuccessful try.
➤ <b>8-5-1a</b>	Reorganized the rules language dealing with force.





# 2014 NFHS Football Editorial Changes

<b>9-4 PENALTY</b>	Clarified the rules articles with regard to the disqualification penalty if flagrant.
➤ <b>9-8-1m</b>	Standardized the rules language dealing with illegal equipment.
➤ <b>9-8 PENALTY</b>	Added a nonplayer foul for illegal equipment.
➤ <b>10-1-6, 7</b>	Clarification from a 2013 rules change.
➤ <b>Football Fund. II-5</b>	Clarified when the period is to be extended.
➤ <b>Resolving Tied Games – 3-1</b>	Added “head” before “linesman.”
➤ <b>Resolving Tied Games – 5-2-1</b>	Clarification from a 2013 rules change.



# 2014 NFHS Football Editorial Changes

➤ <b>Resolving Tied Games – 3.1.1 Situation P</b>	Clarification from a 2013 rules change.
➤ <b>Nine-, Eight- and Six-Player Rules Differences</b>	Standardized the General Rules Language and also updated the rules on free-kick formations based on the 2014 rules changes.
➤ <b>Official Football Signals - #24</b>	This official signal will now also be used for Targeting.
➤ <b>Penalty Summary</b>	Revised the Penalty Summary to reflect the 2014 NFHS football rules changes.





# **2014**

# **Football**

# **Points of Emphasis**

# 2014 NFHS

## Football Points of Emphasis

1. High School Football – State of the Game
2. Risk Minimization



# High School Football – State of the Game





# High School Football – State of the Game



# Risk Minimization





# Risk Minimization



# Risk Minimization





# **2014**

# **Football**

# **Rules Reminders**





# Coaches' Field Equipment

## Rule 1-6



LEGAL



ILLEGAL

Communication devices may be used by coaches and nonplayers as in PlayPic A. It is illegal to use those devices to communicate with players inside the 9-yard marks, as in PlayPic B.



# Coaches' Field Equipment Rule 1-6



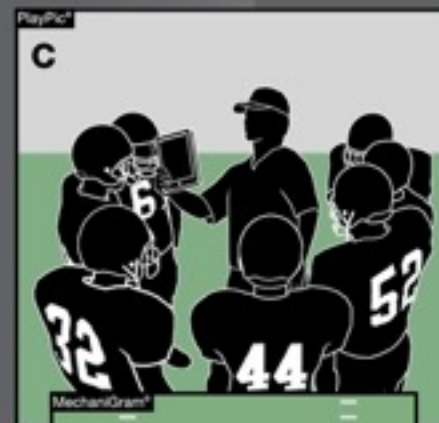
LEGAL

Outside 9-yard mark  
conference



LEGAL

Inside 9-yard mark  
conference (coach  
use only)



ILLEGAL

Inside 9-yard mark  
conference (coach  
and athlete use)

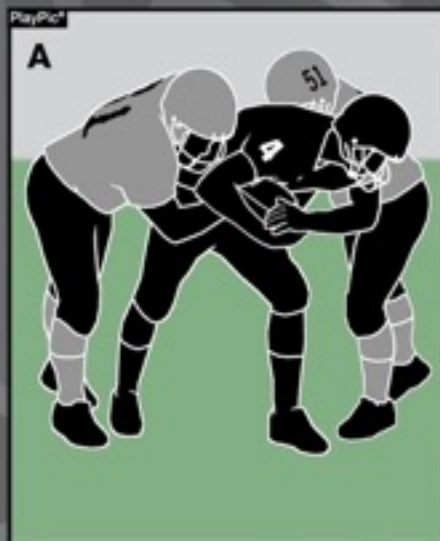
RULE CHANGE

REFEREE

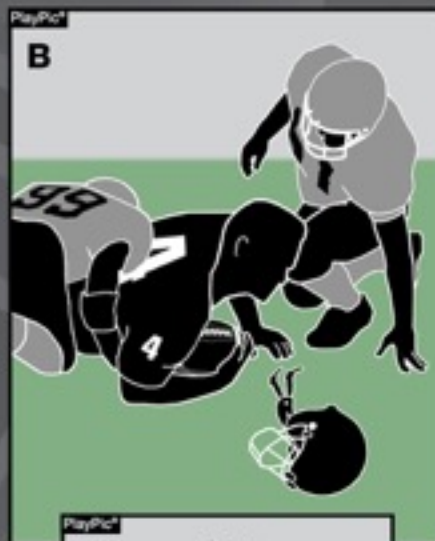


# Helmet Comes Off

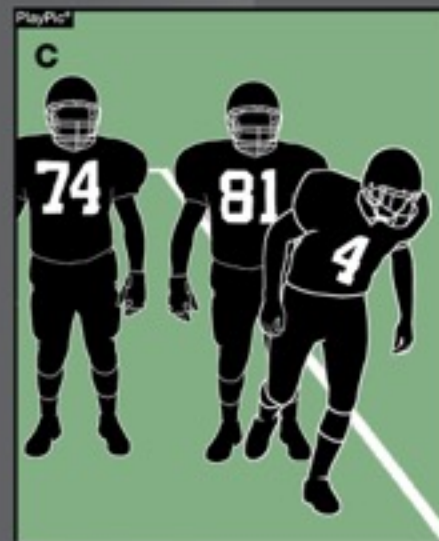
## Rule 3-5-10d



Runner's forward progress stopped



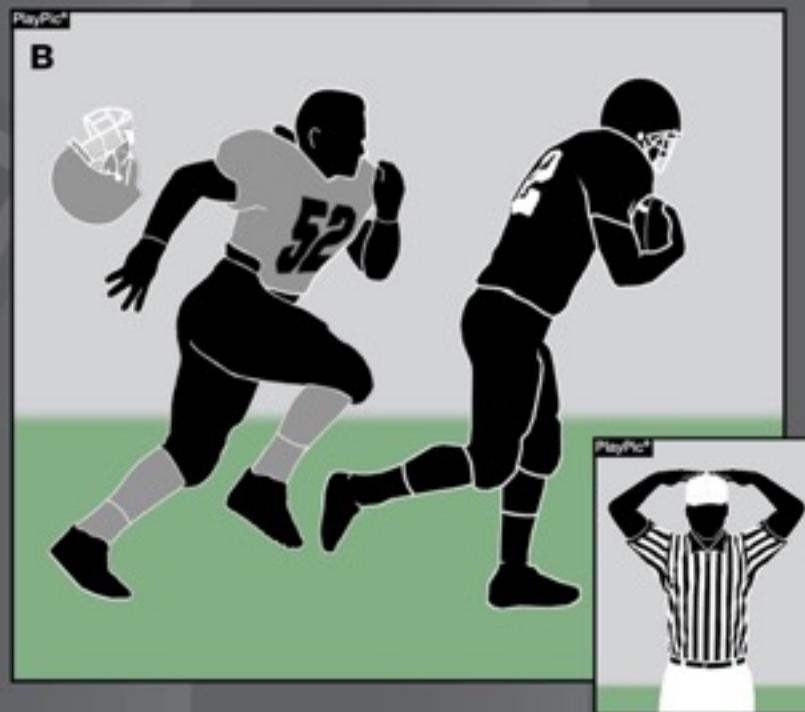
Runner's helmet comes off as part of subsequent dead-ball action;  
official's time-out



Player must leave for one down if the helmet came completely off without being directly attributable to a foul by the opponent



# Illegal Participation Rule 9-6-4g



If a player whose helmet comes completely off during a down continues to participate beyond the immediate action in which the player is engaged, it is a foul for illegal participation.

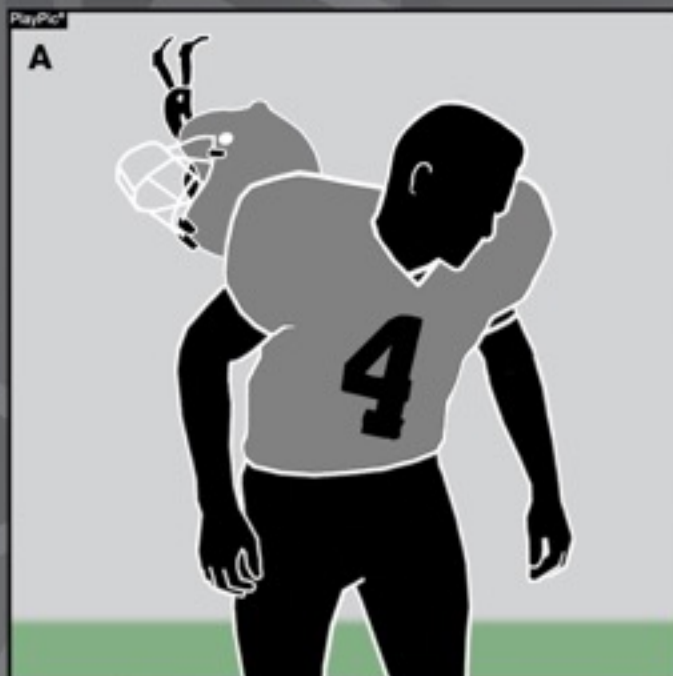
RULE CHANGE

REFEREE





# Illegal Personal Contact Rule 9-4-3I



It is a personal foul if a player or nonplayer initiates contact with an opposing player whose helmet has come completely off.

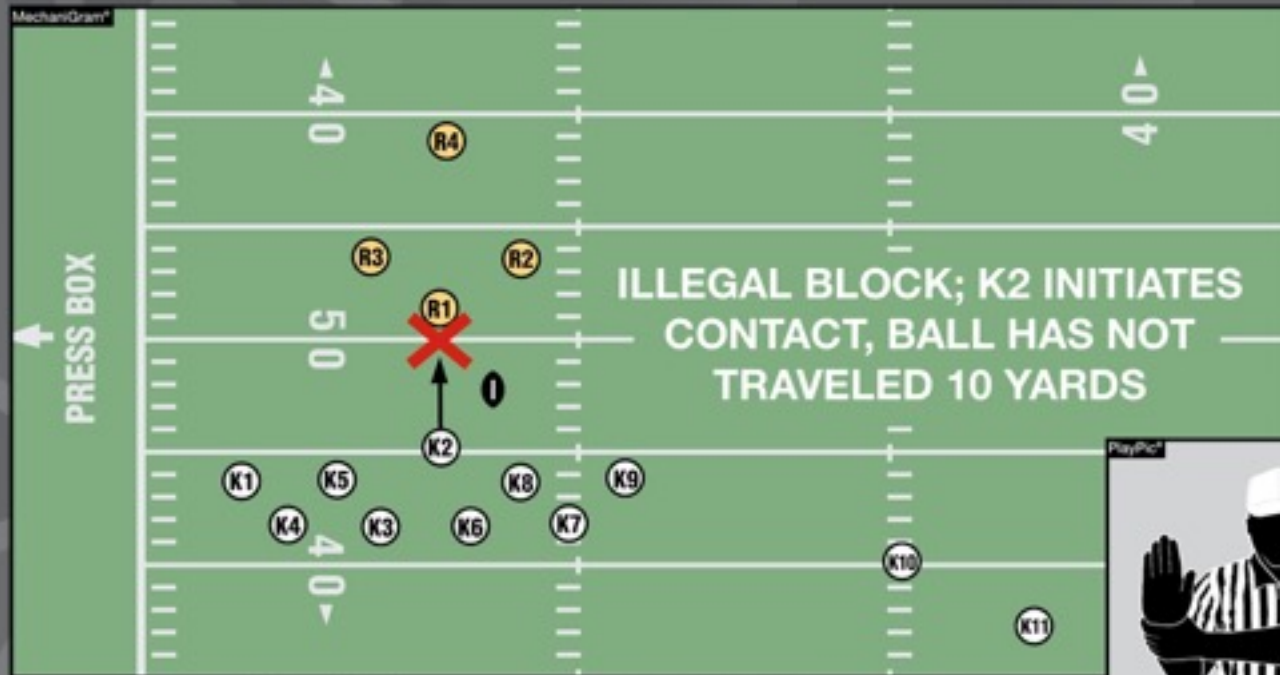
RULE CHANGE

REFEREE





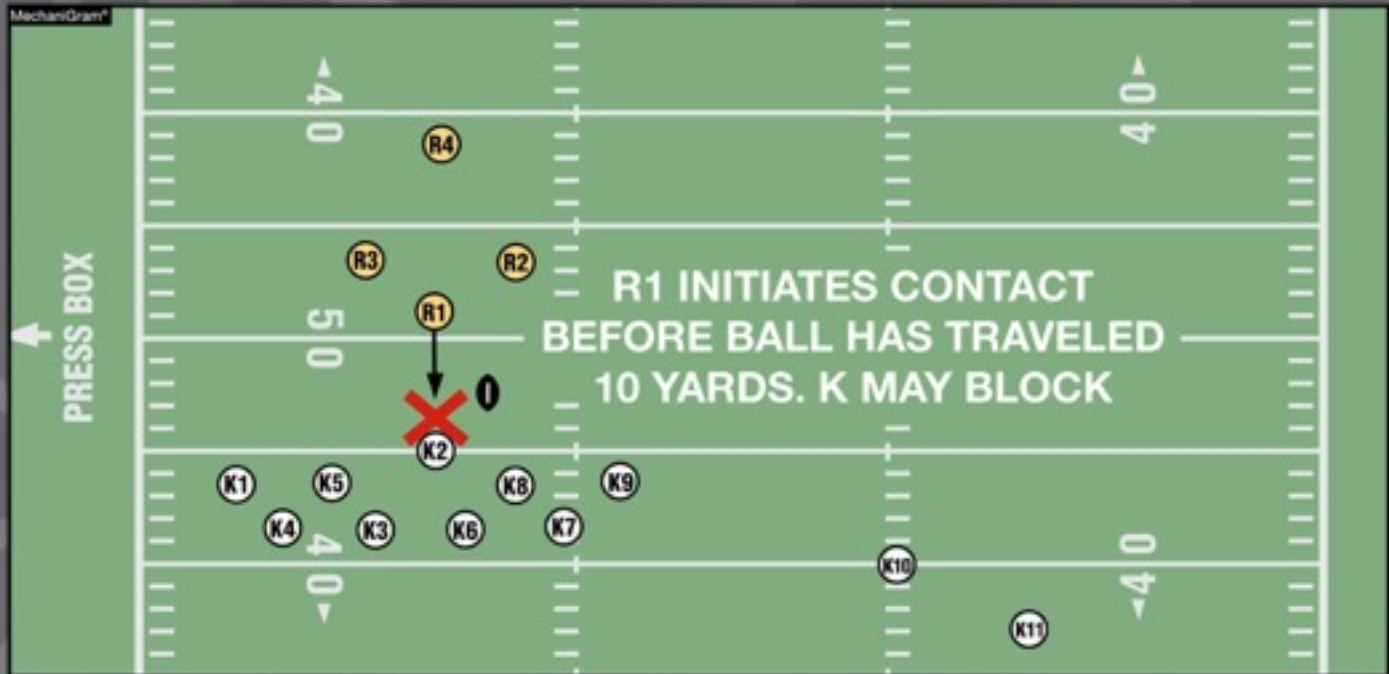
# Illegal Blocking Rule 9-3-8c



No member of the kicking team shall initiate contact to (block) an opponent until the legal kick has traveled 10 yards; or the kicking team is eligible to recover a free-kicked ball. The signal for illegal blocks is seen in the inset.



# Illegal Blocking Rule 9-3-8c



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

National Federation of State  
High School Associations



# **2014-15**

# **NFHS**

# **Football Information**

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# 2015 NFHS Football Rule Change Proposal Form

**Due:**

**November 1, 2014**

***Must be submitted to your  
state association office for  
approval.***



 National Federation of State High School Associations 2015 Football Rule Change Proposal Form Deadline for Proposal: November 1, 2014 E-mail to <a href="mailto:bcolgate@nfhs.org">bcolgate@nfhs.org</a>					
Proposal initiated by _____					
E-mail _____		Phone _____		Cell _____	
Address _____		City _____		State _____ Zip _____	
<b>Directions:</b> 1. Only one proposal per page. 2. It is expected all proposals be submitted as a Word document to the NFHS. 3. State the proposals clearly and concisely. 4. Word the proposal exactly as you want it to appear in the rules book. 5. Provide a short rationale stating the problem and explaining the benefit of the proposal. 6. If not on state association staff, e-mail this form directly to your State High School Association office.					
Page _____	Rule _____	Section _____	Article _____	Penalty _____	
Suggested Change (Underlining shows additions, <del>deletions</del> shows deletions)					
Rationale (Be clear and concise in your rationale to support rule change)					
Other Rules Affected					
Page _____	Rule _____	Section _____	Article _____	Penalty _____	
Page _____	Rule _____	Section _____	Article _____	Penalty _____	
<hr/>					
For State Association use only Select State Association					
Submitted by _____		<input type="checkbox"/> Executive Director <input type="checkbox"/> Sport Administrator <input type="checkbox"/> Rules Committee Member			
This rule proposal has been reviewed and forwarded by the state chief executive officer.*		<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A for Committee Member			
<small>*This rule proposal, if submitted by a committee member, does not require the review of the State Association Executive Director or his/her designee.</small>					



# Concussion In Sports - What You Need To Know



1

2

3

<< PREVIOUS

NEXT >>

PLAY

Unit 1: Concussion Overview

Introduction

What is a concussion?

What happens to the brain?

Unit 2: The Problem

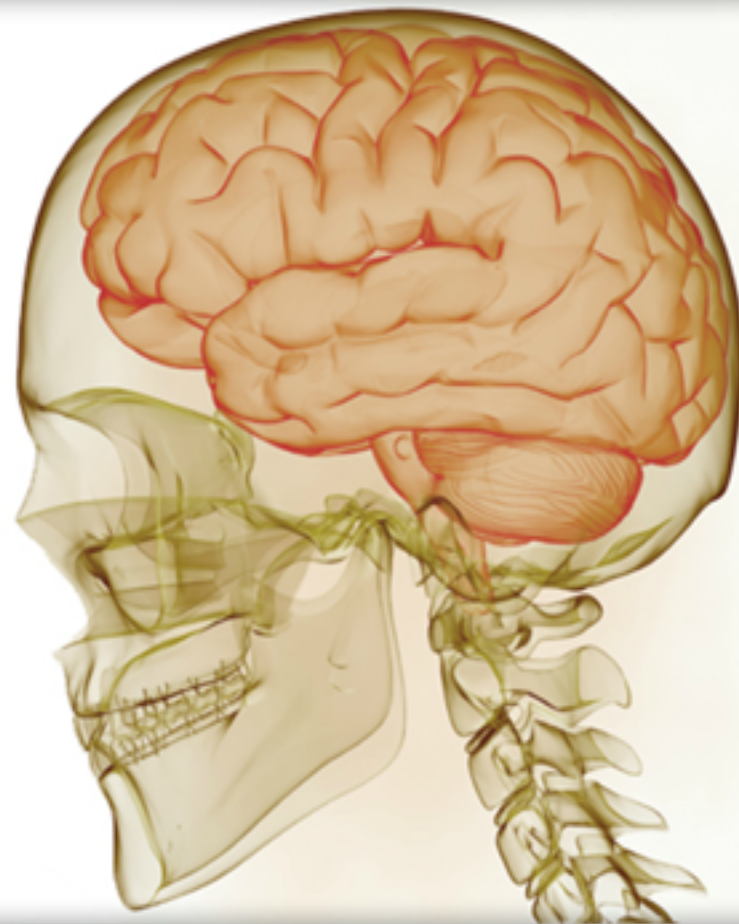
Unit 3: Your Responsibility

Unit 4: Review

Course Evaluation

## Concussions affect 4 Areas of Functionality

- The way the person feels
  - May cause headache or fatigue
- How they think
  - May affect memory or concentration
- Change in emotions
  - May become irritable or sad
- Problems with sleep
  - Trouble falling asleep



TRANSCRIPT


RESOURCES

A concussion affects the brain in 4 separate areas of function: the way the person feels, how they think, their emotions, and problems with sleep.



# NFHS Suggested Guidelines for Management of Concussion in Sports

National Federation of State  
High School Associations



## Suggested Guidelines for Management of Concussion in Sports

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

**Common Signs and Symptoms of Concussion Include:**

<ul style="list-style-type: none"><li>• Appears dazed or stunned</li><li>• Is confused about assignment or position</li><li>• Forgets an instruction</li><li>• Is unsure of game, score or opponent</li><li>• Moves clumsily</li><li>• Answers questions slowly</li><li>• Loses consciousness (even briefly)</li><li>• Shows mood, behavior or personality changes</li><li>• Can't recall events prior to hit or fall</li><li>• Can't recall events after hit or fall</li></ul>	<ul style="list-style-type: none"><li>• Headaches or "pressure" in head</li><li>• Nausea or vomiting</li><li>• Balance problems or dizziness</li><li>• Double or blurry vision</li><li>• Sensitivity to light</li><li>• Sensitivity to noise</li><li>• Feeling sluggish, hazy, foggy or groggy</li><li>• Concentration or memory problems</li><li>• Confusion</li><li>• Does not "feel right" or is "feeling down"</li></ul>
---	--

**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 at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at [www.nfhs.org](http://www.nfhs.org).

Revised and Approved October 2013

**In the Appendix  
in all of the  
2014-15 NFHS  
Rules Book**





# A Guide to Heat Acclimatization & Heat Illness Prevention

Course Introduction

1 2

PREVIOUS

NEXT

PLAY

Fundamentals

Overview

Introduction

Start Slow, Then Progress

Allow For Individual Conditioning

Medical Status

Adjust Intensity and Rest

Start Sessions Adequately Hydrated

Recognize Signs Early

Recognize More Serious Signs

Have An Emergency Action Plan

Review

Course Exam

Conclusion

## Higher risk for heat illness:

- High intensity outdoor sports in hot & humid weather

35 high school football players died of exertional heat stroke between 1995 and 2010.



### TRANSCRIPT

### RESOURCES

Heat illness is the leading cause of preventable death in high school athletics. Students participating in high-intensity outdoor sports during the summer months are at the greatest risk. Football has received the most attention due to the number and severity of heat illnesses. In fact the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of heat stroke between 1995 and 2010.





# A Guide To Sports Nutrition

1

PREVIOUS

NEXT

PAUSE

Course Introduction

Nutrition

Unit Introduction

Unit Objectives

General Nutrition

Changing Eating Habits

Special Diets and Issues

Summary

Quiz

Supplements

Conclusion

## UNIT OBJECTIVES:

- Highlight nutrition key points to help improve physical performance.
- Emphasize the importance of proper fueling for physical activity, pre- and post-workout.
- Provide real-world effective advice for helping your students to make better food decisions.
- Underscore male- and female-specific issues surrounding the topic of nutrition.
- Clarify the warning signs for eating disorders and disordered eating.



CONTINUE >>

TRANSCRIPT

RESOURCES







## Fundamentals of Coaching Football

USA Football FUNDAMENTALS OF COACHING FOOTBALL

You are logged in as Dan Schuster LOGOUT | HELP

Intro 1 2 PLAY 13

Unit 1: All Player Skills  
Unit 1 Objectives  
Catching Skills  
Tackling Skills  
Unit 1 Test  
Unit 2: Offensive Team Skills  
Unit 3: Defensive Team Skills  
Unit 4: Special Teams  
Course Final Remarks

### Tackling Introduction

remember everything  
you taught him

TRANSCRIPT RESOURCES DIAGRAMS & ANIMATIONS

Tackling is a vital skill for every football player. A punter may need to tackle a return man on the other team. A wide receiver might find himself in a position to tackle following an interception. Such situations happen all the time.

Young players often have a fear of tackling, but by mastering safe technique and lots of practice, players will build confidence, ability and the desire to make the tackle.

A great tackler has his eyes focused on the ball carrier, who is trying to outrun or outmaneuver him. And along the way he is aware of the action in front and to the side of him... shedding blockers and anticipating what the ball carrier will do next.

- Content developed by USA Football
- Cost of the course is \$50
- Available at [NFHSLearn.com](http://NFHSLearn.com)

USA Football FUNDAMENTALS OF COACHING FOOTBALL

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Unit 3 Objectives: Defensive Team Skills

While the offensive team has the job of advancing the ball down the field and putting points on the scoreboard, the defensive players' challenge is to prevent the other team from scoring, score if they can, and get the ball back for their offense.

A good defensive team will have a big influence on the outcome of the game. The defensive team is divided into three position groups.

TRANSCRIPT RESOURCES DIAGRAMS & ANIMATIONS

# Interscholastic Officiating



[www.nfhsofficials.com](http://www.nfhsofficials.com)

- Introduction to skills and concepts used as an official
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: basics of becoming and staying an official, science of officiating, art of officiating, how to combine these skills for successful officiating
- Course is FREE to any NFHS Officials Association member
- Non-members course is \$20
- Contact NFHS Officials Department for details (317.972.6900)



# Additional NFHS Information

- **2015 NFHS Football Rule Change Proposal Form Due**
  - November 1, 2014
- **2015 NFHS Football Rules Committee Meeting**
  - January 23-25, 2015
  - Indianapolis, IN
- **2015 NFHS Football Rules Online State Interpreters Meeting**
  - July 21, 2015 – 2:00 pm. (Eastern Standard Time)
- **E-mail addresses:**
  - Bob Colgate - [bcolgate@nfhs.org](mailto:bcolgate@nfhs.org)
  - Kim Adams - [kadams@nfhs.org](mailto:kadams@nfhs.org)



# **The following are available in an NFHS PowerPoint Presentation:**

- **Baseball**
- **Basketball**
- **Football**
- **Girls Gymnastics**
- **Volleyball**
- **Track and Field**
- **Soccer**
- **Softball**
- **Swimming & Diving**
- **Wrestling**
- **Boys Lacrosse**
- **Spirit**



**To order copies please contact: *The NFHS Office***  
***Phone: 317.822.5731 or Fax your Request to 317.822.5700***

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**Thank You!**  
**[www.nfhs.org](http://www.nfhs.org)**



Take Part. Get Set For Life.™