

National Federation of State  
High School Associations



# 2015 NFHS Football Rules Changes



Take Part. Get Set For Life.™

# 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.

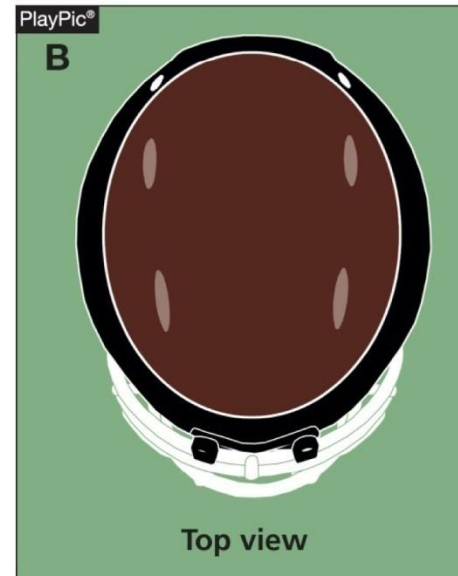
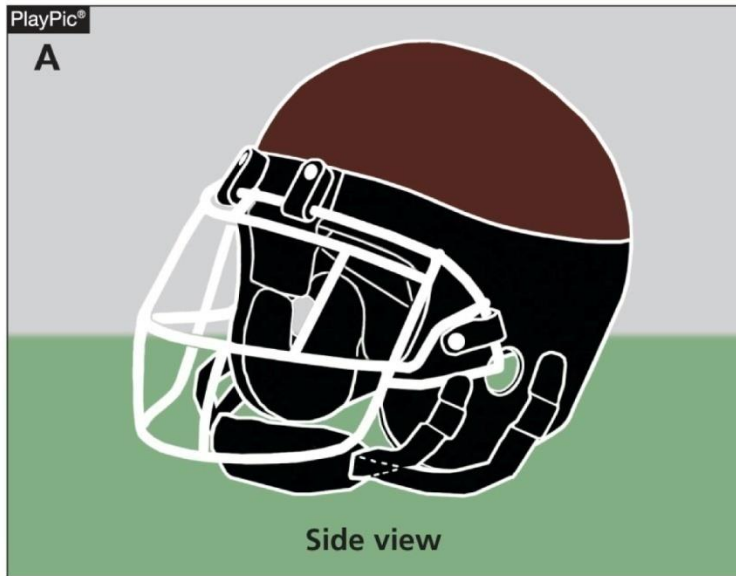
The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.



# Spearing Rule 2-20-1c

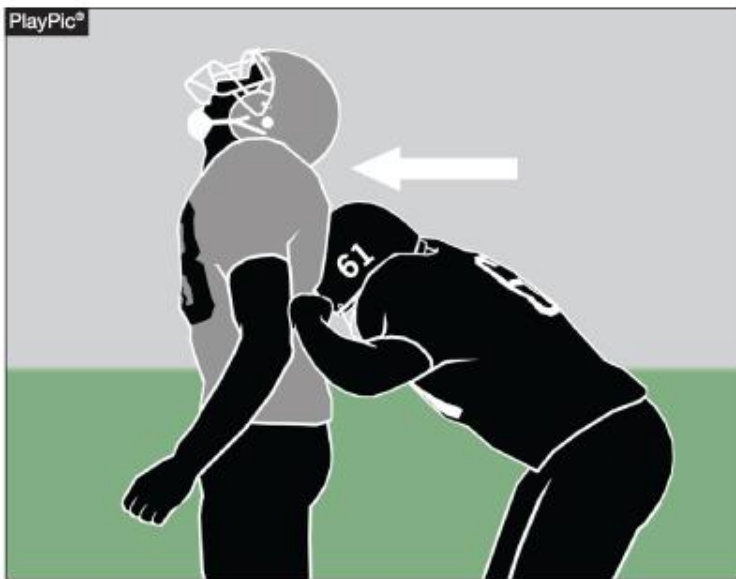


NFHS PARTNER



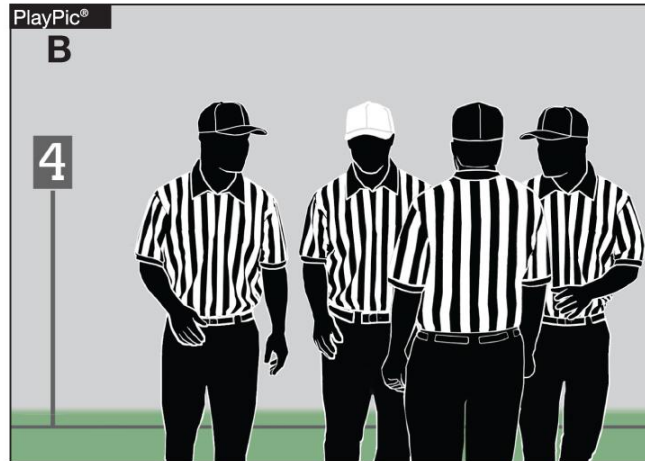
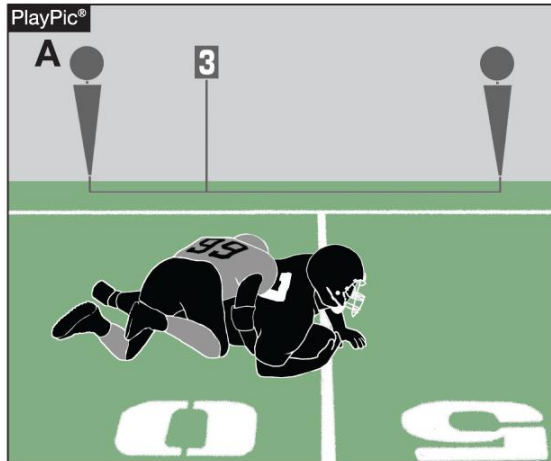
Spearing is an act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of their helmet. The shaded area is the crown.

# Spearing Rule 2-20-1c



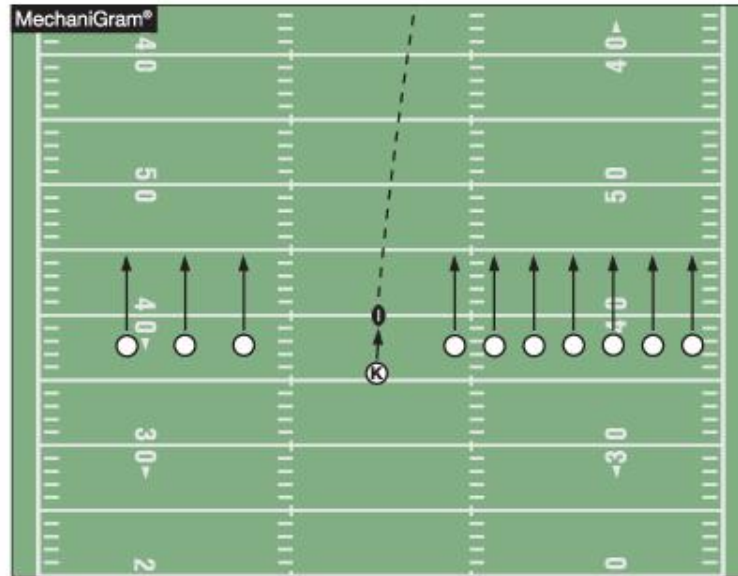
Number 61 is guilty of spearing because the crown (top portion) of their helmet was used to initiate contact against an opponent at the shoulders or below.

# Correcting A Down Rule 5-1-1b (NEW)



In PlayPic A, the down should be second, but the down marker indicator shows third during the down. After the ball is dead, the down marker indicator shows fourth and the other game officials point out the error to the referee (PlayPic B). The referee has the authority to correct the number of the next down prior to the ball becoming live after a new series of downs is awarded (PlayPic C).

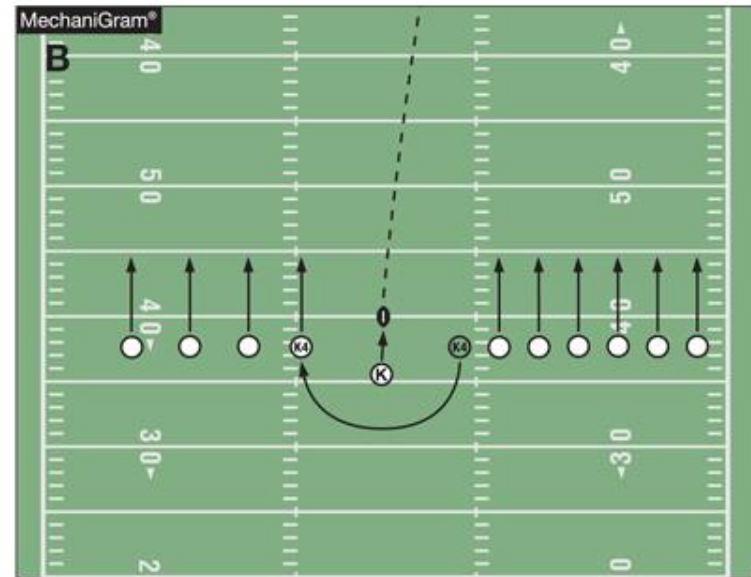
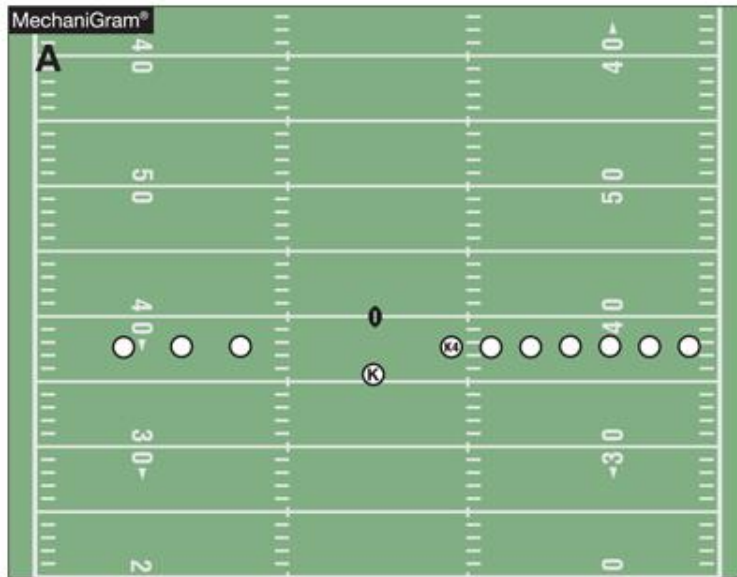
# Free-Kick Formation Rule 6-1-4 (NEW)



At the time the ball is kicked, at least four K players must be on each side of the kicker. In the MechaniGram, K is guilty of encroachment, a dead-ball foul.

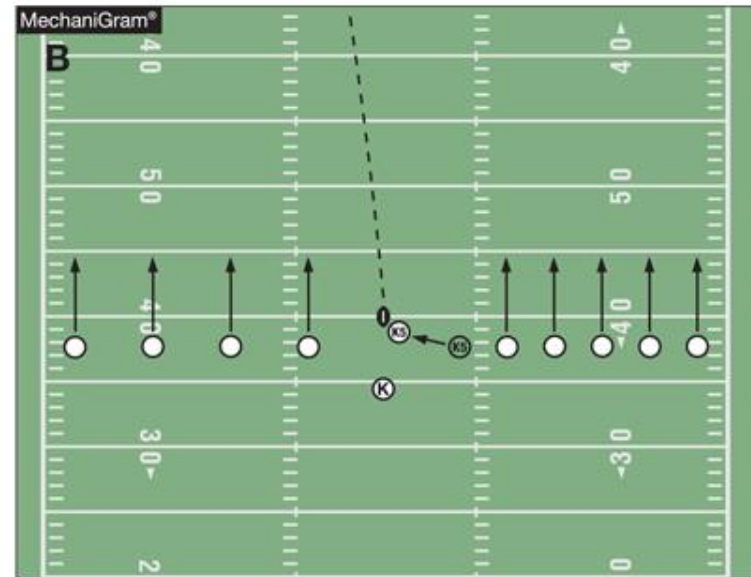
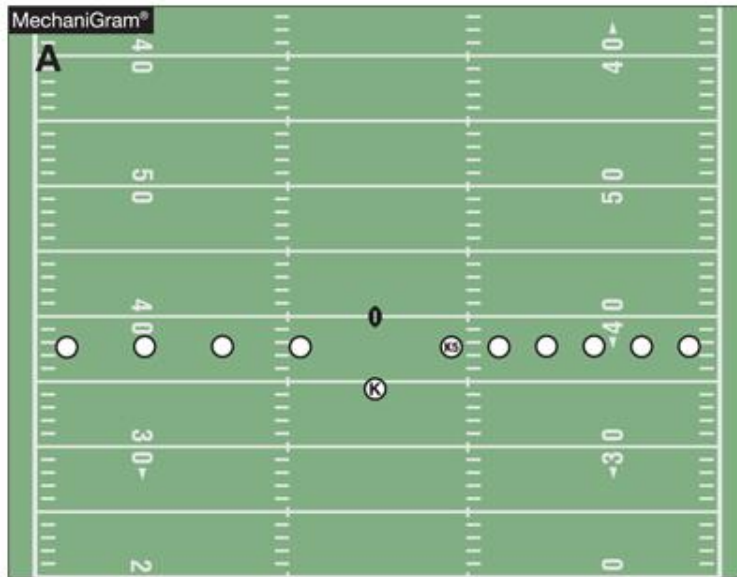


# Free-Kick Formation Rules 6-1-3; 6-1-4 (NEW); 6-1 PENALTY



In MechaniGram A, K has only three players on one side of the kicker. If K4 shifts to the other side of the kicker by going more than five yards from the free kick line after the ready-for-play signal (MechaniGram B), it is a dead-ball foul for encroachment.

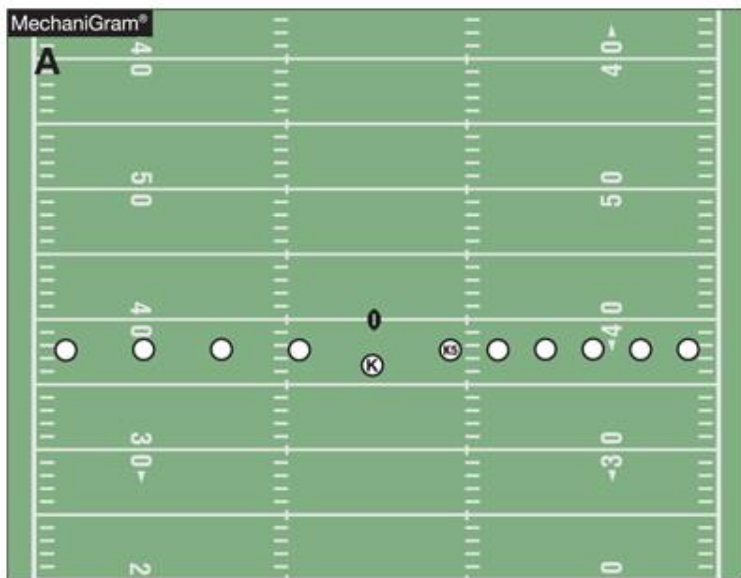
# Free-Kick Formation Rules 6-1-3; 6-1-4 (NEW); 6-1 PENALTY



The formation in MechaniGram A is legal. In MechaniGram B K5 (who was not more than five yards behind his free-kick line, kicks the ball. That is a foul. When a player is more than five yards behind the kicking team's free-kick line, that player is the only player who may legally kick the ball.

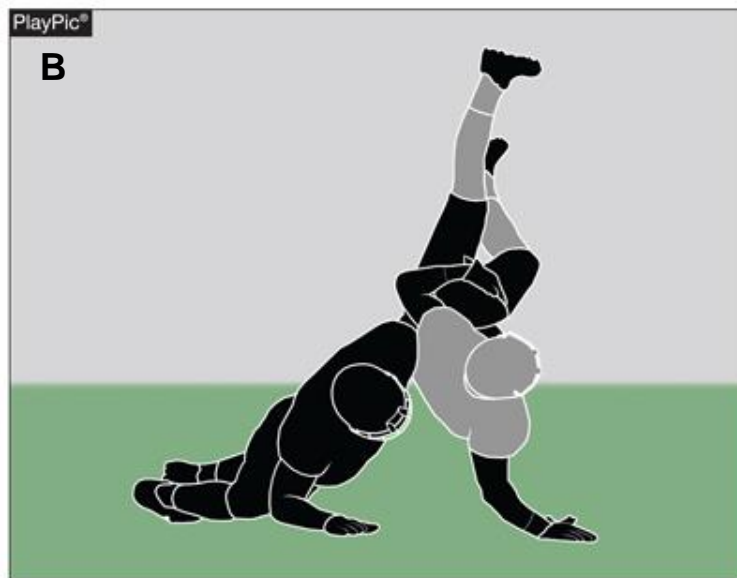


# Free-Kick Formation Rules 6-1-3; 6-1-4 (NEW)



The formation in MechaniGram A is legal. In MechaniGram B, when K5 kicks the ball, there are still at least four players on either side of the kicker. There is no foul. K had no player more than five yards behind the kicking team's free-kick line and had four on either side of the kicker at the time of the kick.

# Illegal Personal Contact Rule 9-4-3g



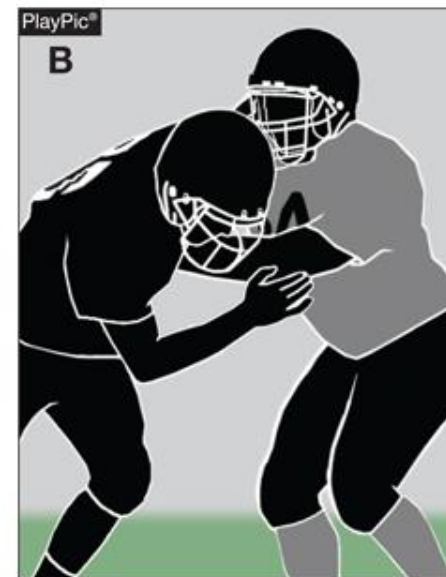
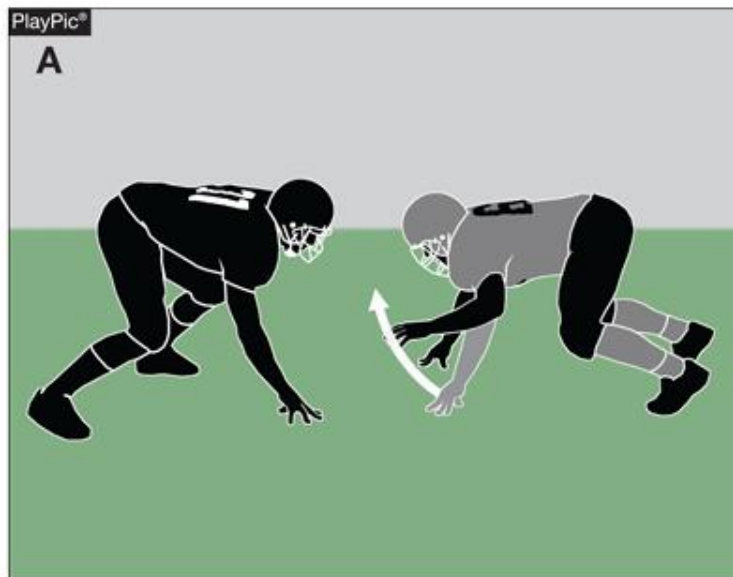
No player or nonplayer shall make any other contact with an opponent, including a defenseless player, which is deemed unnecessary or excessive and which incites roughness.

# **Roughing The Passer Rule 9-4 PENALTY**



Number 54 grasps but does not twist, pull or turn the passer's face mask. The foul is for an incidental face mask, and is not roughing the passer. The penalty is five yards administered under the all-but-one principle, and no automatic first down.

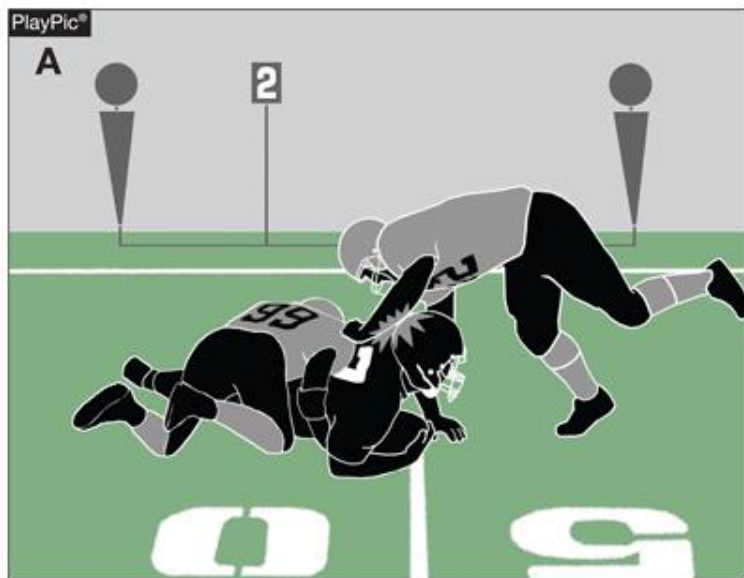
# Dead-Ball Penalty Enforcement Rule 10-2-5



In PlayPic A, the A player false starts. In PlayPic B, the B player commits a dead-ball personal foul. Both fouls occur before the next live ball. The penalties do not cancel and are enforced in the order of occurrence.



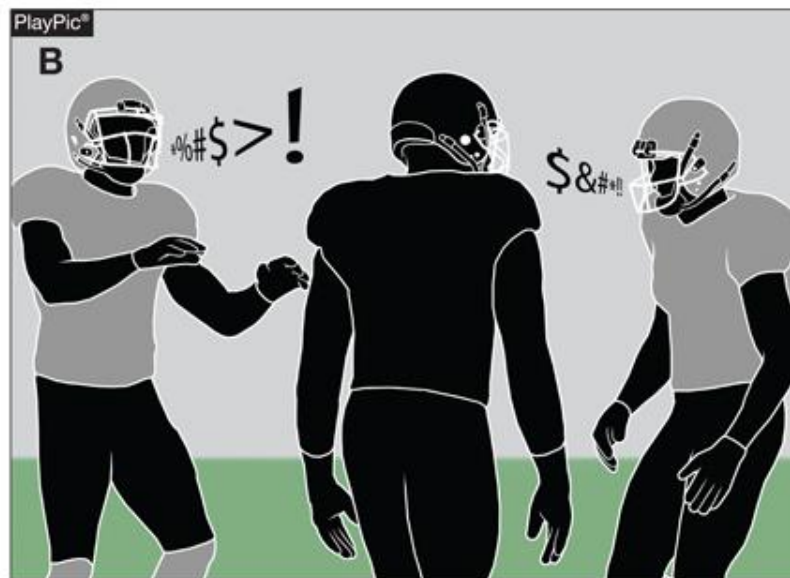
# Dead-Ball Penalty Enforcement Rule 10-2-5



In PlayPic A, a B player commits a dead-ball personal foul. In PlayPic B, A's coach is flagged for unsportsmanlike conduct. Both fouls occur before the next live ball. The fouls offset and it will be third down.

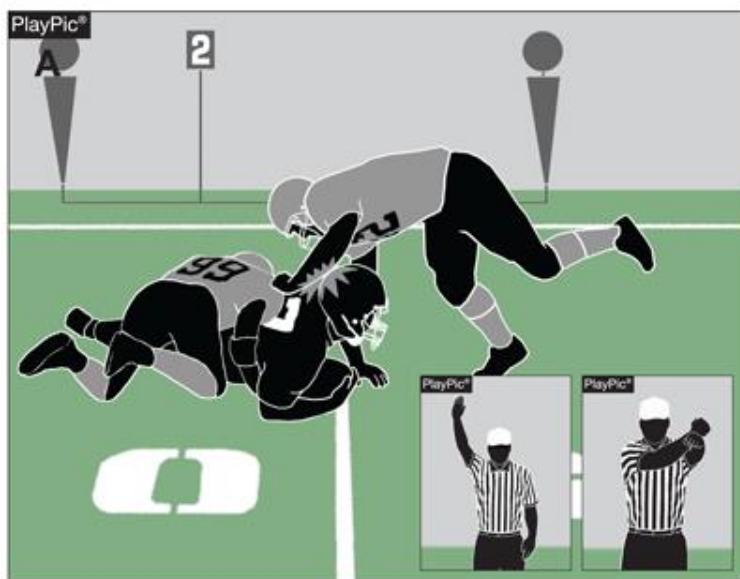


# Dead-Ball Penalty Enforcement Rule 10-2-5



In PlayPic A, the B player hits the runner out-of-bounds, a dead-ball foul. In PlayPic B, two A players commit unsportsmanlike fouls. All fouls occur before the next live ball. One A foul and the B foul offset. The penalty for the remaining A foul is enforced.

# Dead-Ball Penalty Enforcement Rule 10-2-5



In PlayPic A, a B player commits a dead-ball personal foul. After the Referee signals and the penalty is enforced, but before the next live ball, A's coach is flagged for unsportsmanlike conduct (PlayPic B). The fouls do not offset and the penalty for the coach's foul is also enforced. It will be first and 25.

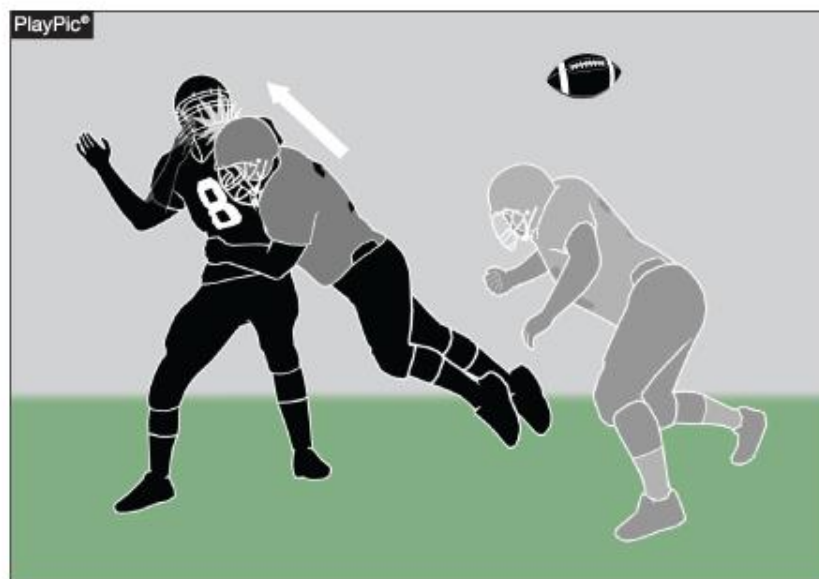
National Federation of State  
High School Associations



# **2015 Football Editorial Changes**

Take Part. Get Set For Life.™

# Targeting Rule 2-20-2



Targeting is an act by any player who takes aim and initiates contact against an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders.

# 2015 NFHS Football Editorial Changes

➤ <b>1-5-1b(2) NOTE and 1-5-1b(3) NOTE</b>	Further clarified and standardized the rules language on the American flag and the use of commemorative or memorial patches on the uniform.
➤ <b>Table 1-7 (8)</b>	Added Rule 1-7 on accommodations to the Table of State Association Adoptions.
➤ <b>2-8</b>	Clarified that Encroachment also occurs when a player violates the free kick restrictions as in 6-1-4.
➤ <b>2-20-1a, b</b>	Clarified the rules language on Butt Blocking and Face Tackling.
➤ <b>3-6, 7 PENALTY</b>	Standardized the PENALTY section.
➤ <b>5-1-1</b>	Changed the format to Rule 5-1-1.





# 2015 NFHS Football Editorial Changes

➤ <b>6-1, 2, 5 PENALTY</b>	Standardized the PENALTY section.
➤ <b>6-5-4c</b>	Further clarified the rules language on the Fair Catch.
➤ <b>7-1, 2, 3, 5 PENALTY</b>	Standardized the PENALTY section.
➤ <b>9-3-1</b>	Added in rules references.
➤ <b>9-2, 3, 4, 5, 6, 7, 8, 9, 10 PENALTY</b>	Standardized the PENALTY section.
➤ <b>9-4-3h</b>	Clarified by adding to the rule, incidental grasping of an opponent's face mask, helmet opening, chin strap or a tooth and mouth protector attached to the face mask.
➤ <b>9-4-3i</b>	Revised the rules language on Illegal Helmet Contact to note that it may be judged by the game official a flagrant act.



# 2015 NFHS Football Editorial Changes

➤ <b>9-8-1m</b>	Deleted.
➤ <b>9-9 (NEW)</b>	Added a new Section on “Failure to Properly Wear Required Equipment.”
➤ <b>10-2-1</b>	Standardized the rules language on a Double Foul.
➤ <b>Football Fund. IX-5</b>	Clarified nonplayer and unsportsmanlike fouls.
➤ <b>Six-Player Rules Differences (Rule 6)</b>	Clarification from a 2014 rules change on free-kick formation.
➤ <b>Penalty Summary</b>	Revised the Penalty Summary to reflect the 2015 NFHS football rules changes.



National Federation of State  
High School Associations



# **2015 Football Points of Emphasis**

Take Part. Get Set For Life.™

# 2015 NFHS

## Football Points of Emphasis

1. Risk Minimization
2. Facilitating NFHS Football Rules



# Risk Minimization





# Risk Minimization





# Risk Minimization





# Facilitating NFHS Football Rules





# Facilitating NFHS Football Rules





# Facilitating NFHS Football Rules





# Facilitating NFHS Football Rules







National Federation of State  
High School Associations



# **2015 Football Rules Reminders**

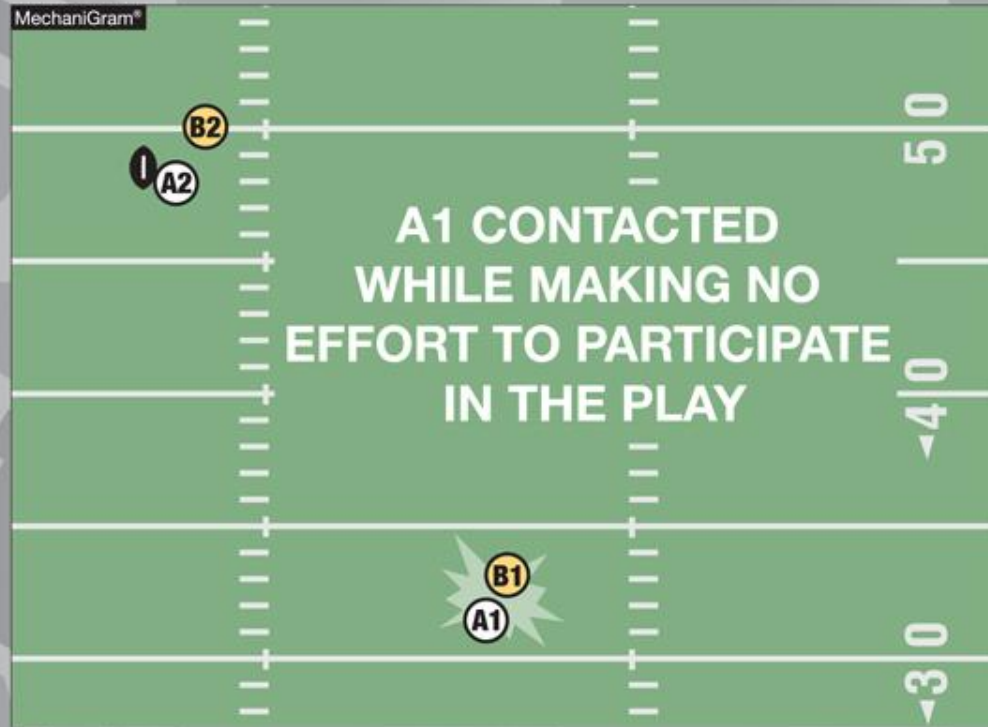
Take Part. Get Set For Life.™



# Defenseless Player

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

RULE CHANGE



A new definition in 2014 for a defenseless player was added. A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.

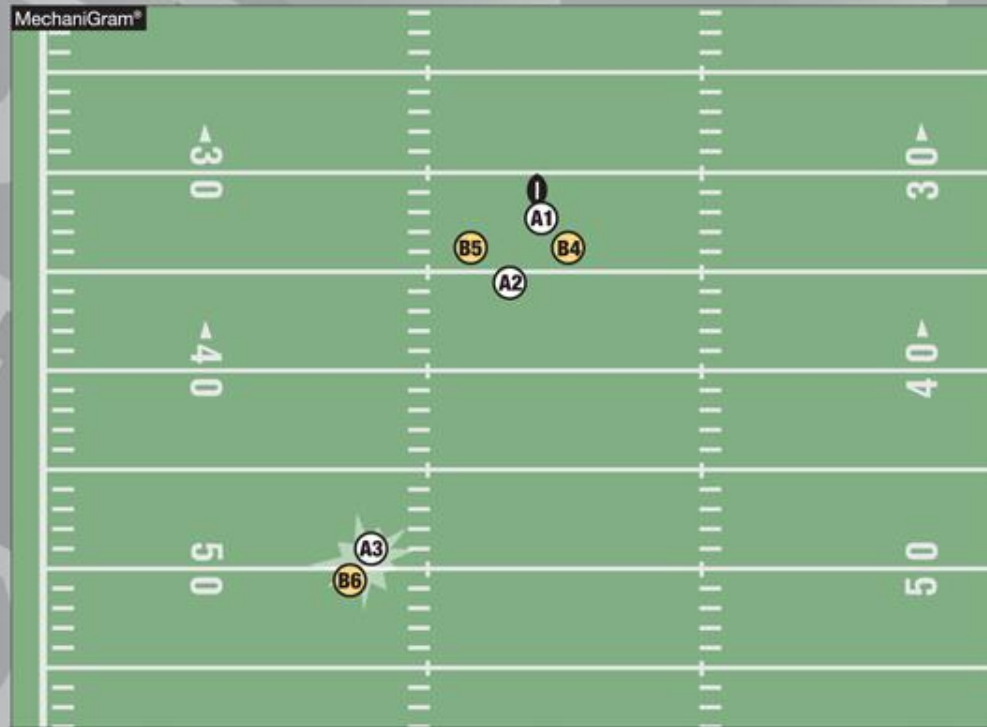


# Defenseless Player

## Rules 2-32-16; 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.

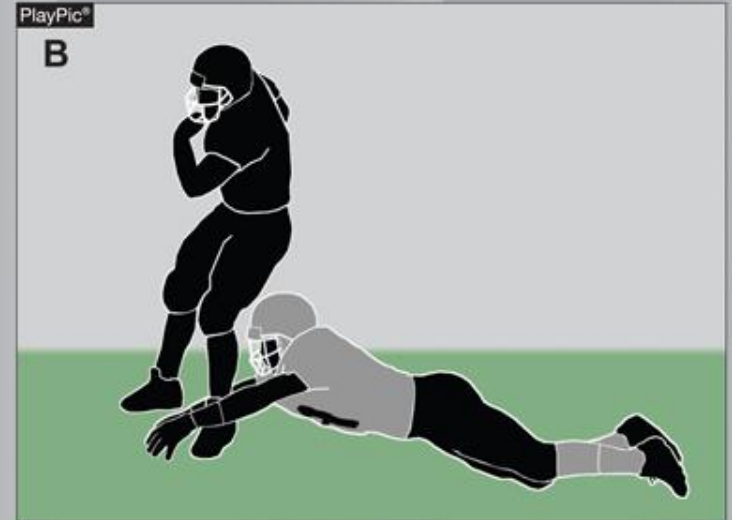




# Defenseless Player

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

### EXAMPLE: PASS RECEIVER

RULE CHANGE



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.



# Defenseless Player

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

### EXAMPLE: KICK RECEIVER

RULE CHANGE



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

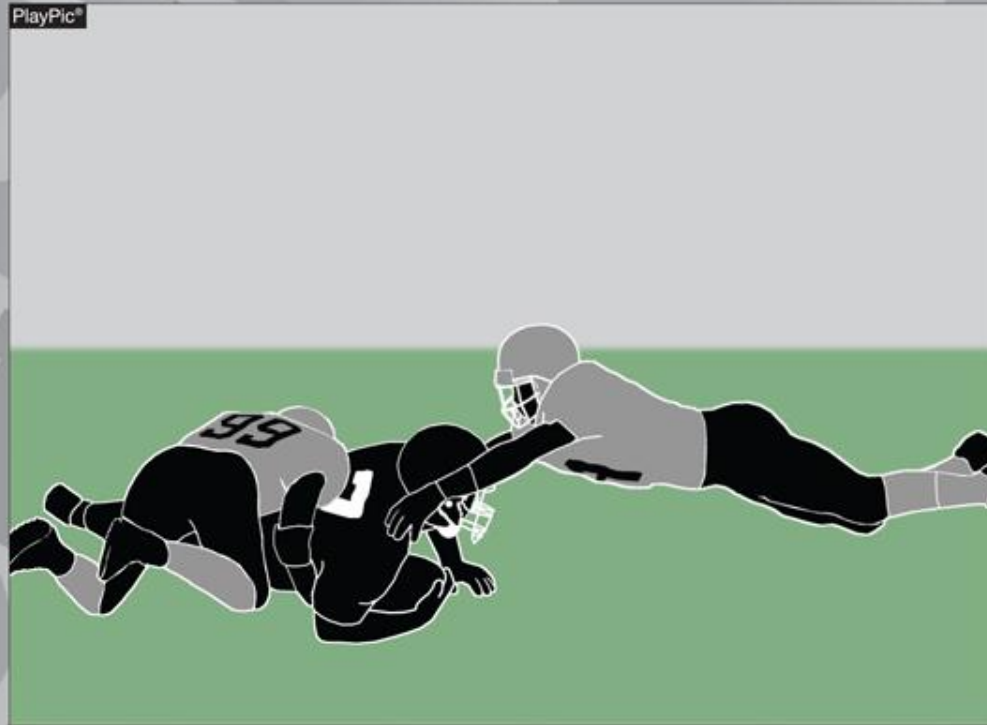


# Defenseless Player

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

### EXAMPLE: PLAYER ON THE GROUND

RULE CHANGE



A player who is on the ground is considered defenseless.



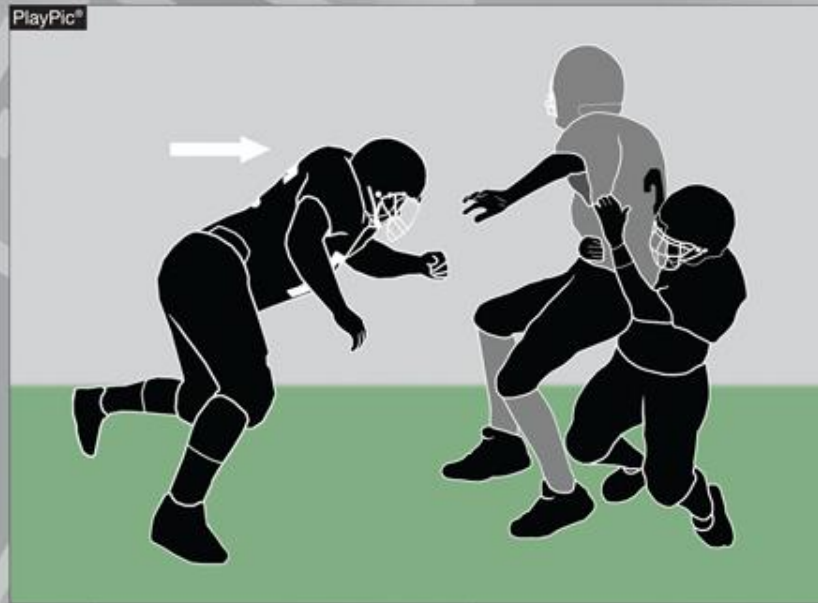
RULE CHANGE

REFEREE

# Defenseless Player

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

### EXAMPLE: FORWARD PROGRESS STOPPED



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.



National Federation of State  
High School Associations



# **2015-16**

# **NFHS**

# **Football Information**

Take Part. Get Set For Life.™

**Are your players ready  
for the game of life?**

All men must register with  
**Selective Service**  
when they turn 18.



**SSS.gov**



Official Sponsor of  
NFHS Football

# 2016 NFHS Football Rule Change Proposal Form


**Due:**

**November 1, 2015**



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



 National Federation of State High School Associations Football Rule Change Proposal Form									
Deadline for Proposal: November 1, 2015 E-mail to: bcolgate@nfhs.org									
Proposal submitted by <Click gray boxes to add text>									
E-mail		Phone			Cell				
Address		City		State		Zip			
<b>Directions:</b> <ol style="list-style-type: none"><li>1. Request all proposals be submitted as a Word document to the NFHS.</li><li>2. Only one proposal per page.</li><li>3. Proposals must be stated clearly and concisely.</li><li>4. Word the proposal exactly as you want it to appear in the rules book.</li><li>5. Provide a short rationale stating the problem, why the rule should be changed/added, etc.</li><li>6. If not on state association staff, e-mail this form directly to your state high school association office.</li></ol>									
Page	Rule	Section	Article	Penalty					
Suggested Change (Underlining shows additions; <del>strike through</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					
Page	Rule	Section	Article	Penalty					
<hr/>									
For State Association use only 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>									

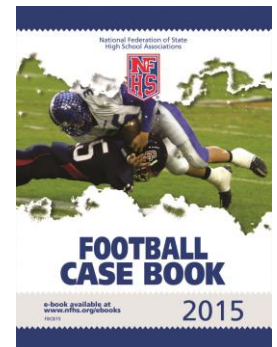
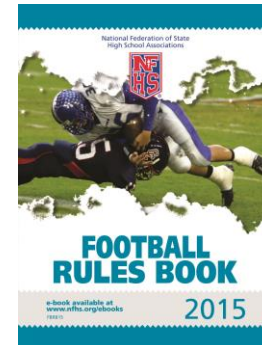
# Additional NFHS Information

- **2016 NFHS Football Rule Change Proposal Form Due**
  - November 1, 2015
- **2016 NFHS Football Rules Committee Meeting**
  - January 22-24, 2016
  - Indianapolis, IN
- **2016 NFHS Football Rules Online State Interpreters Meeting**
  - July 19, 2016 – 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)



# 2015 NFHS Football Rules and Case Book as E-Books

- Electronic Versions of the 2015 NFHS Football Rules and Case Book are now available for purchase as e-books.
- Apple users can visit iTunes for available books.
- Apple, Android and Kindle users can buy e-books from Amazon.com and view them through the Kindle app.
- Price: \$5.99 each
- Visit [www.nfhs.org/ebooks](http://www.nfhs.org/ebooks) for more information.







# Concussion in Sports

## Course Objectives

- Understand what concussions are & their impact on players
- Recognize the complications associated with concussions
- Recognize signs and symptoms of concussion
- Know when additional medical attention is needed
- Understand what your responsibilities are in concussion management
- Understand the proper concussion management

## Units

- Concussion Overview
- The Problem
- Your Responsibility

More Information at [nfhslearn.com](http://nfhslearn.com)!

# 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:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

### 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  
2015-16 NFHS  
Rules Book**



**EAS**  
SPORTS NUTRITION

# Heat Illness Prevention

## Course Objectives

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among athletes
- Know the importance of a formal pre-season heat acclimatization plan
- 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
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing risk factors (e.g., illness, overweight) to keep your athletes safe and performing well
- 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 illness
- Know the importance of, and resources for, establishing an Emergency Action Plan and promptly implementing it in case of suspected EHS or other medical emergency

## Units

- Fundamentals
  1. Start Slow, Then Progress
  2. Allow for Individual Conditioning
  3. Adjust Intensity and Rest
  4. Start Sessions Adequately Hydrated
  5. Recognize Signs Early
  6. Recognize More Serious Signs
  7. Have an Emergency Action Plan

More Information at  
**[nfhslearn.com!](http://nfhslearn.com)**



**EAS**  
SPORTS NUTRITION

# Sports Nutrition

## Course Objectives

- 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
- To provide an overview about dietary supplements, how they are regulated and how to avoid use of contaminated dietary supplements
- To highlight the risks to athletes who use performance-enhancing drugs, including anabolic-androgenic steroids
- Reinforce the no-drug policy of interscholastic athletics

## Units

- Nutrition
- Supplements

More Information at  
**[nfhslearn.com!](http://nfhslearn.com)**





# Coaching Football

## Course Objectives

- Proper hand positioning for catching the ball
- Identify drills for teaching safe tackling techniques
- Teach fundamental Quarterback skills – proper stances, footwork, controlling the snap, securing the ball, drop back and passing
- Teach fundamental Running Back skills – proper stances, taking the handoff, pass protection blocking, route running and receiving
- Teach fundamental Wide Receiver and Tight End skills – proper stances, routes, running and blocking
- Teach Tight End and Offensive Linemen blockings skills – drive block, combination block, double team block and pass rushing blocking
- Teach fundamental Special Teams skills – kickoff technique, cover team, return specialist, extra point and punting

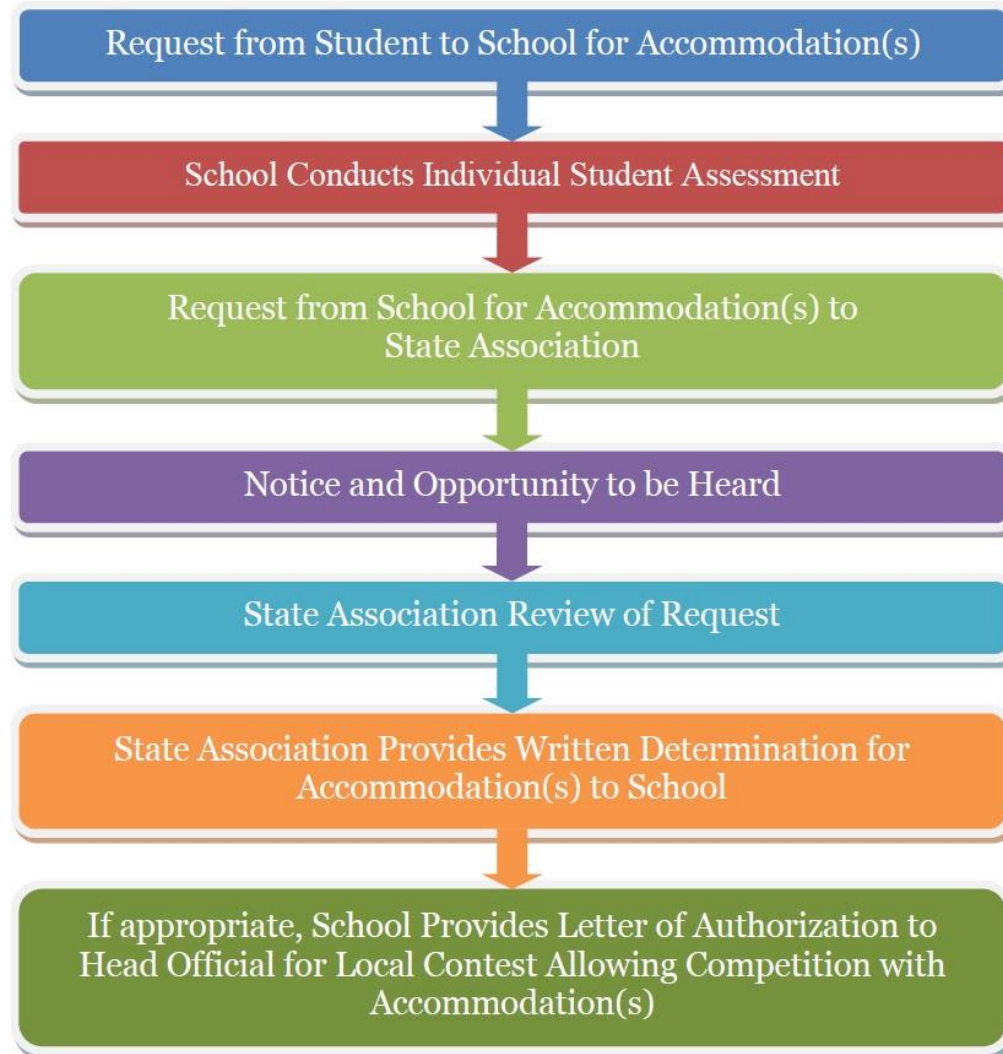
## Units

- All Player Skills
- Defensive Team Skills
- Offensive Team Skills
- Special Teams

More Information at  
[nfhslearn.com!](http://nfhslearn.com!)

# Inclusion of Students with Disabilities

## Guidelines for Schools and State Associations for Consideration of Accommodations





---

**#WeAreHighSchool**





www.NFHSnetwork.com



THE HIGH SCHOOL SPORTS  
**NETWORK**

☰ menu

Buy DVDs

How it Works

👤 Sign In

Join Now

Your High School. Your Team. Your Game. Streaming LIVE.

Find your HIGH SCHOOL EVENTS

Search for your School Name or Event



Looking to watch a live game? Become a Subscriber.

Join Now

Photo: Good Haven High School Lady Bucs - 2012 Girls AAA Championships



THIS IS WHAT  
**FAST FEELS LIKE.**



**SPEEDFORM**  
APOLLO

SHOP NOW ▶

📺 **52 GAMES LIVE NOW** | High school events streaming live now

[MORE LIVE GAMES >](#)





National Federation of State  
High School Associations



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



Take Part. Get Set For Life.™