



2016 NFHS FOOTBALL RULES CHANGES



NFHS FOOTBALL RULES

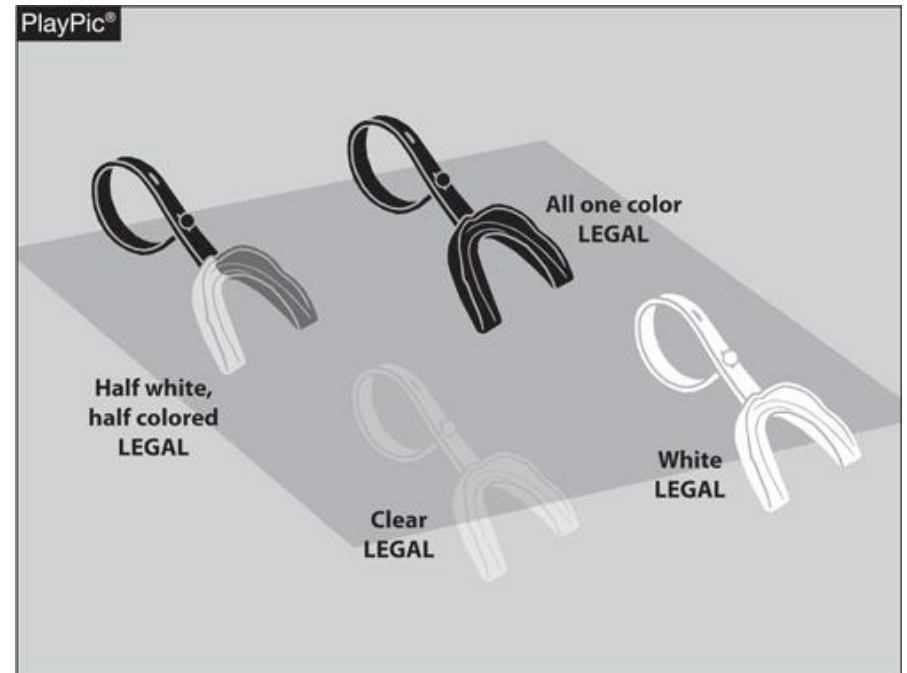
Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter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



TOOTH AND MOUTH PROTECTORS RULE 1-5-1d(5)a

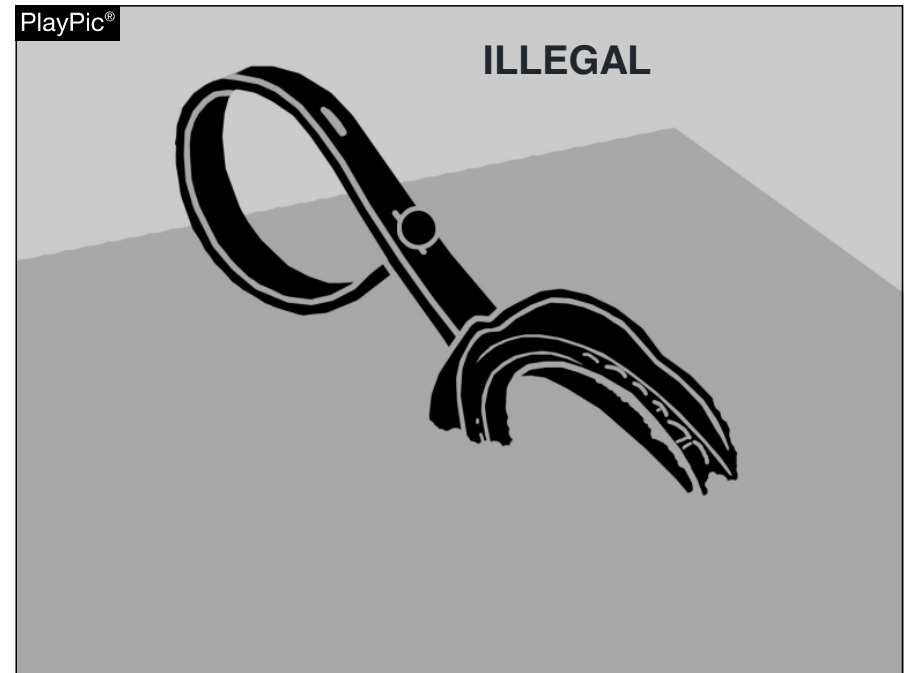
- Tooth and mouth protectors that are completely clear or completely white are no longer illegal.



TOOTH AND MOUTH PROTECTORS

RULE 1-5-1d(5)a

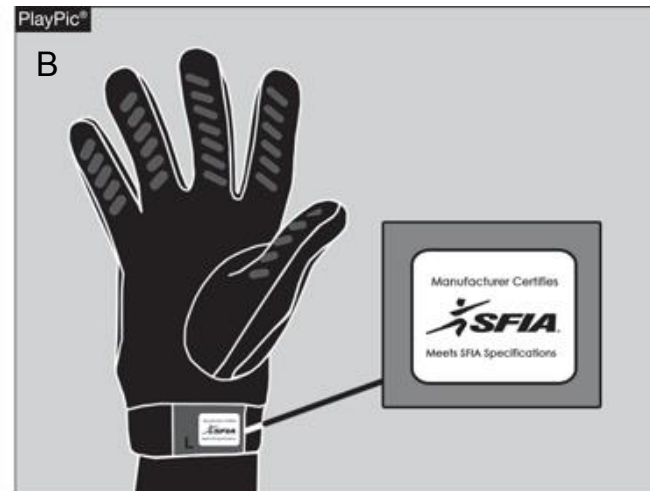
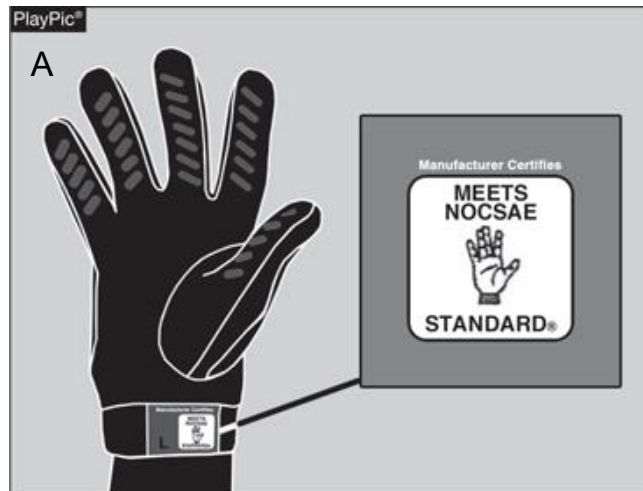
- Tooth and mouth protectors that have been chewed or altered so they no longer provide the necessary protection must be replaced.



GLOVES

RULES 1-5 NOTE, 1-5-2b

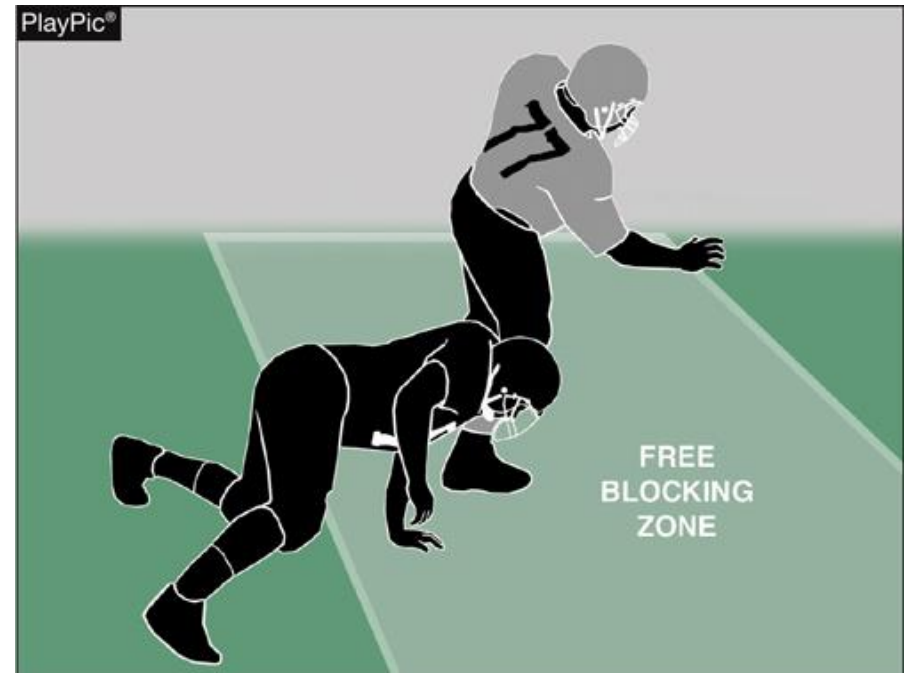
- Gloves are now required to carry either the National Operating Committee on Standards for Athletic Equipment (NOCSAE) seal (PlayPic A) or the new Sports and Fitness Industry Association (SFIA) seal (PlayPic B). The seals must be visible and appear legibly on the exterior wrist opening of the glove.



CLIPPING

RULES 2-17, 9-3-6, 9-3 PENALTY

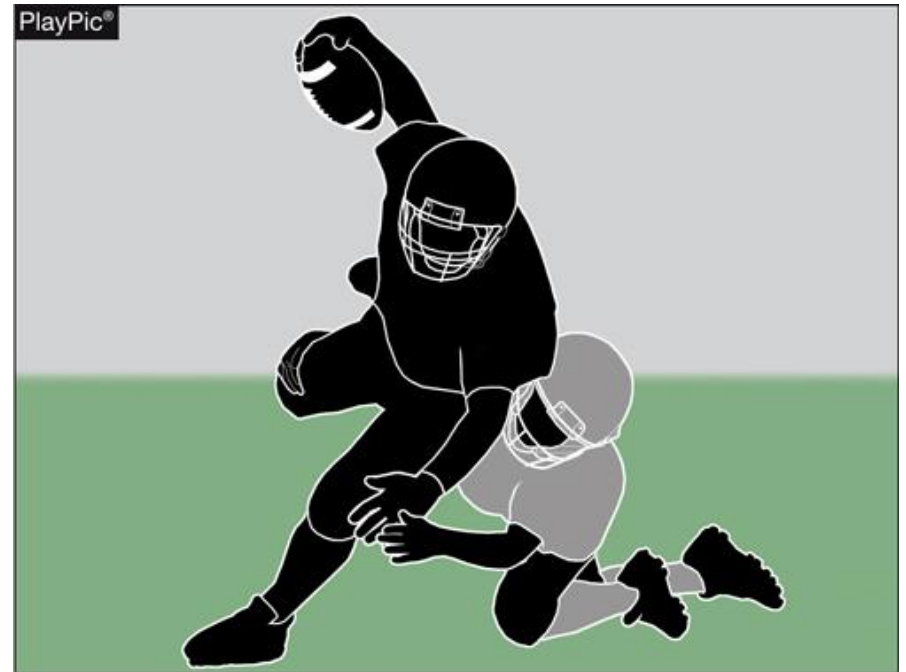
- The exception that allowed clipping in the free-blocking zone has been eliminated.



CLIPPING

RULES 2-17, 9-3-6, 9-3 PENALTY

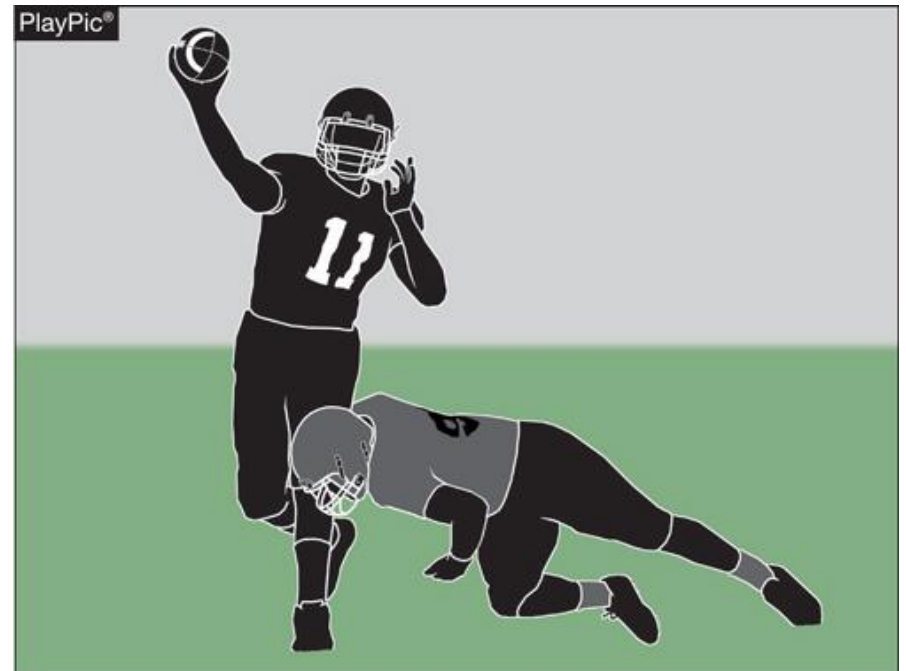
- It is still legal to clip a player who is a runner or is pretending to be a runner.



CLIPPING

RULES 2-17, 9-3-6, 9-3 PENALTY

- Clipping, blocking below the waist and blocking in the back are legal methods of bringing down a runner or a player pretending to be a runner.





2016 NFHS FOOTBALL EDITORIAL CHANGES



EQUIPMENT RULE 1-5-1b(1)

- Shoulder pads and hard surface auxiliary attachments must be completely covered by a jersey.



ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)



ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)



EQUIPMENT RULE 1-5-1b(1)

- Back pads and hard surface auxiliary attachments must be completely covered by a jersey. Jerseys shall be long enough to reach the top of the pants and shall be tucked in if longer.



ILLEGAL FOOTBALL JERSEY (BACK PAD NOT COVERED)



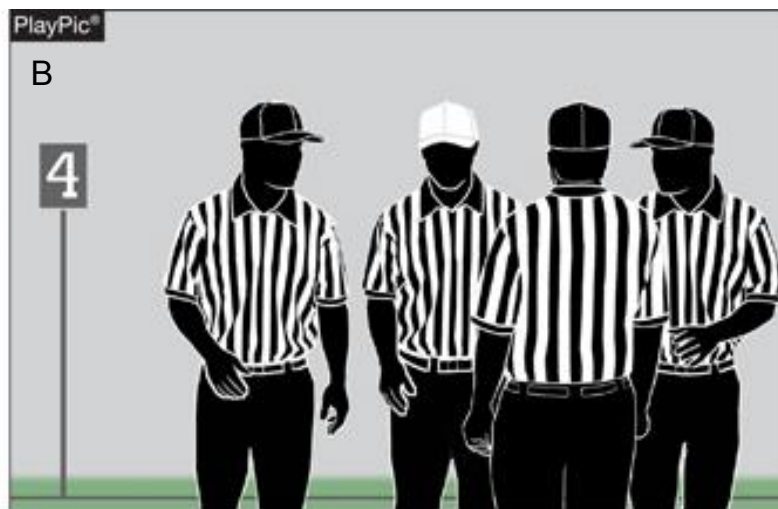
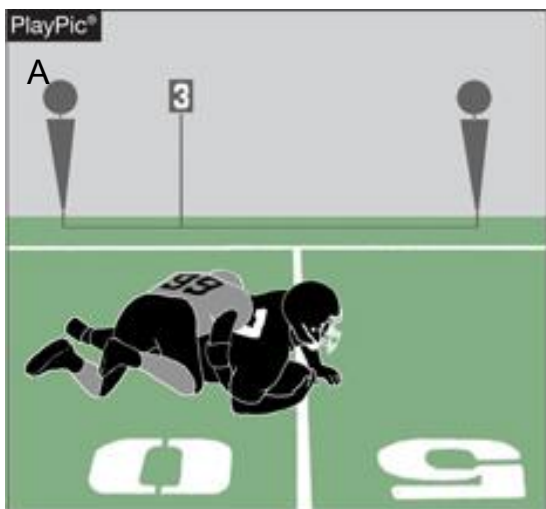
FOOTBALL JERSEYS RULES 1-5-1b(2)a, (3)a

- The front and back of the football jersey may contain the school name, school logo, school nickname or player name (PlayPic A). Team nicknames such as seen on the jersey in PlayPic B are illegal.



CORRECTING A DOWN ERROR RULE 5-1-1b

- The referee shall correct the number of the next down prior to the ball becoming live after a new series of downs is awarded and prior to the declaration of the end of any period.



2016 NFHS FOOTBALL EDITORIAL CHANGES

1-5-3a(1)a	Added “manufacturer’s” before “logo/trademark or reference” to further clarify.
2-38	Added “legal” before “snap” to further clarify.
4-3-2	Deleted “hash mark” in reference to the inbounds spot.
7-5 PENALTY	Updated the rules reference on intentional grounding.
9-3-5	Deleted “clip” from the exception in the rule.
9-4-3h	Corrected the spelling on “face mask.”
9-4 PENALTY	Added “15 yards” into the Penalty under “Unintentional contact with a game official in the restricted area.”





2016 NFHS FOOTBALL EDITORIAL CHANGES

9-5-1a	Clarified the language in the NOTE.
9-8-1a	Clarified the language in the NOTE.
10-2-5	Added “penalties for unsportsmanlike, nonplayer or” into the heading for ART. 5.
10-5-1a	Updated the rules reference.
PENALTY SUMMARY	Updated the rules reference for Clipping to 9-3-6.





2016 NFHS FOOTBALL POINTS OF EMPHASIS



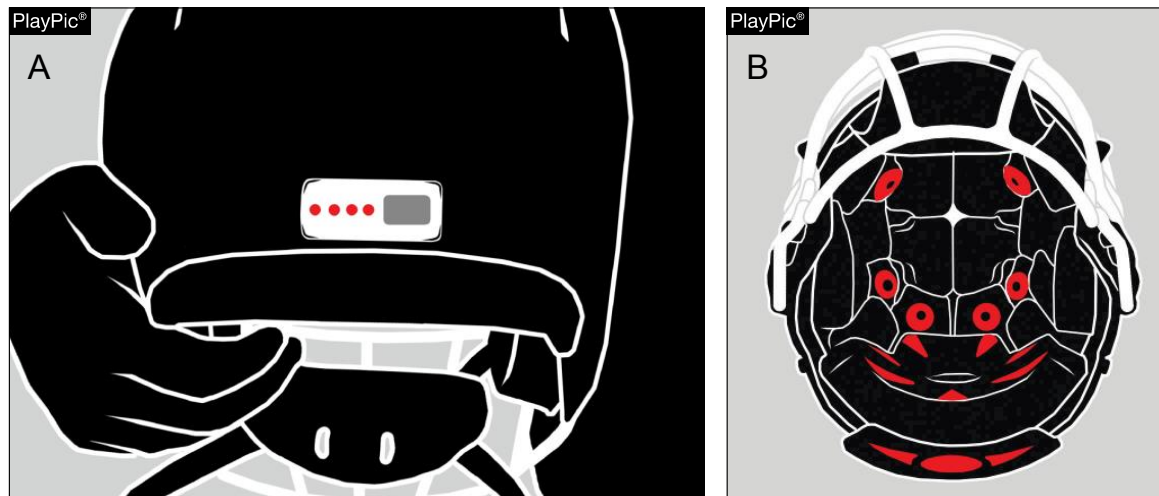
2016 NFHS FOOTBALL POINTS OF EMPHASIS

1. Risk Minimization
2. Legal and Illegal Blocks
3. Legal Jerseys, Pants and Pads
4. Unfair Acts



RISK MINIMIZATION

- Players, parents, coaches, and administrators need to be careful not to use unproven technology such as impact sensors, to diagnose a concussion, or even as a tool to decide if a concussion should or should not be suspected.



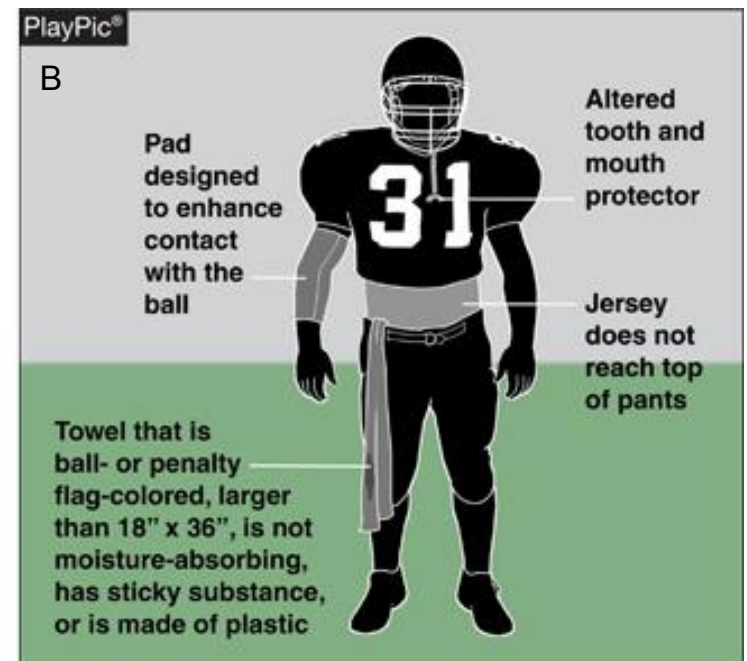
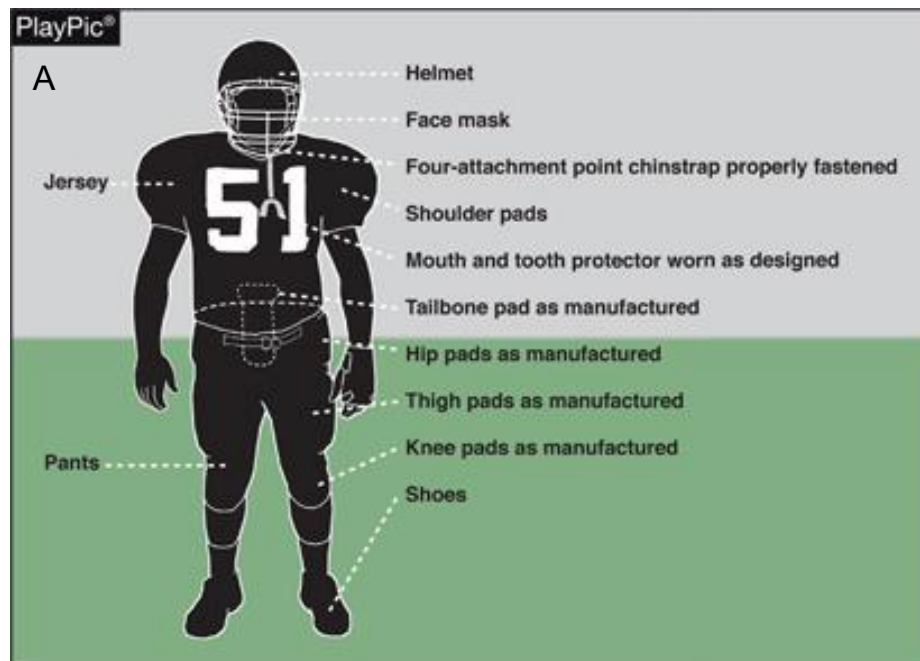
LEGAL AND ILLEGAL BLOCKS

- Illegal blocks such as chop blocks (PlayPic A) are not to be taught and must be penalized. Legal techniques such as low-low combination blocks in the free-blocking zone (PlayPic B) are effective and minimize risk.



LEGAL JERSEYS, PANTS AND PADS

- The player in PlayPic A is wearing the required uniform and equipment. Examples of illegal pads, equipment or uniform are seen in PlayPic B.



ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)



ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)

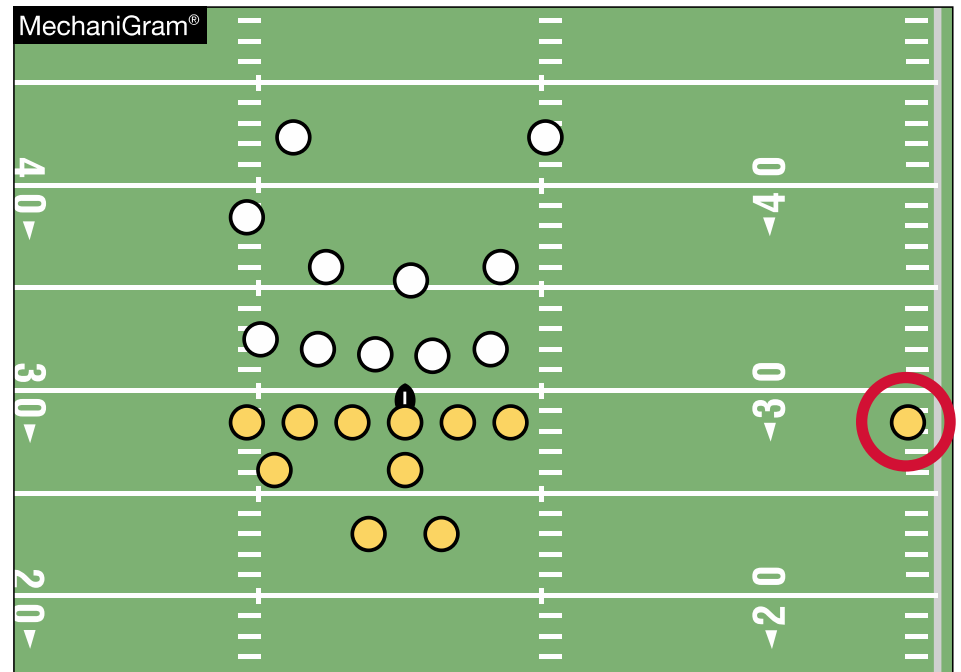


ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)



UNFAIR ACTS

- Acts such as the “hide-out play” depicted in the MechaniGram are illegal.



UNFAIR ACTS





2016 NFHS FOOTBALL RULES REMINDERS

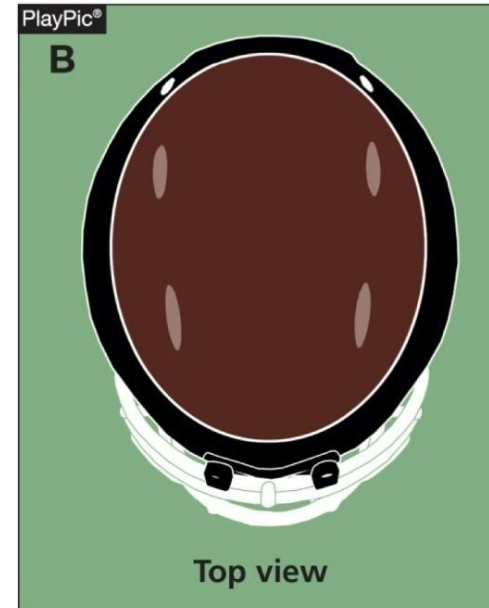
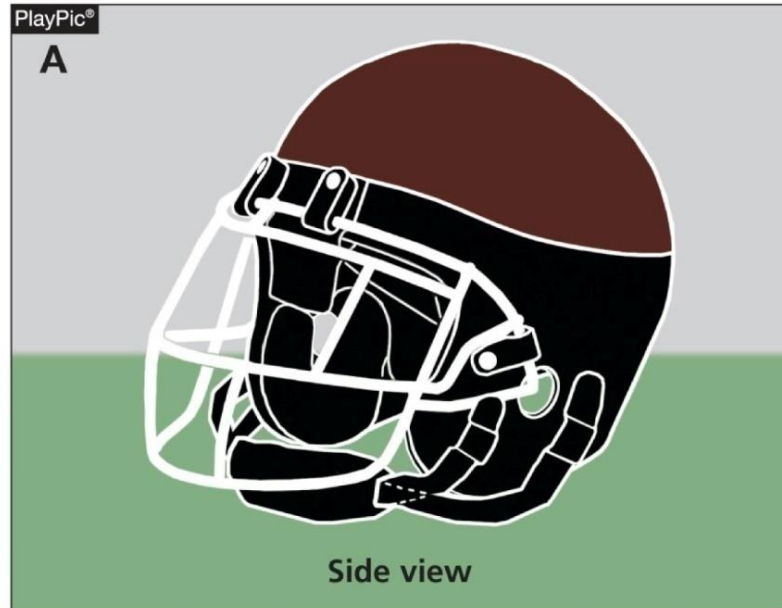


**RULE
CHANGE**

Spearing Rule 2-20-1c



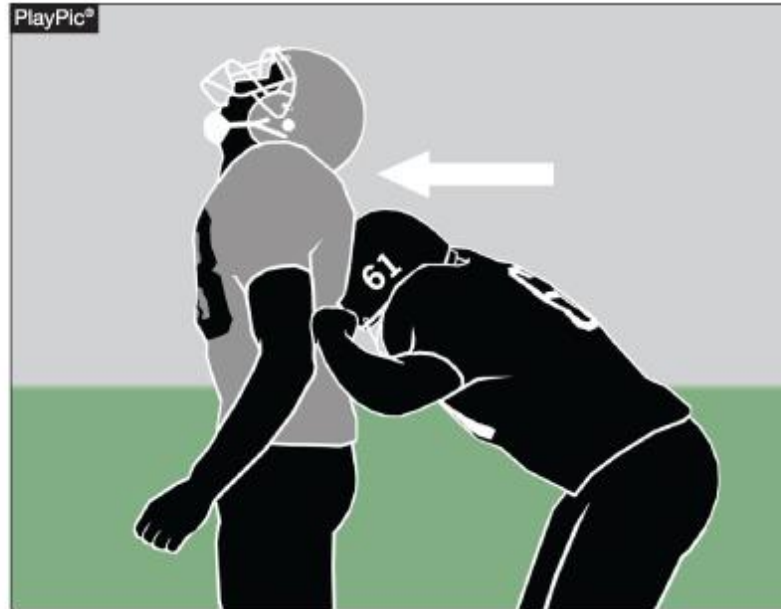
NFHS PARTNER



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.

**RULE
CHANGE**

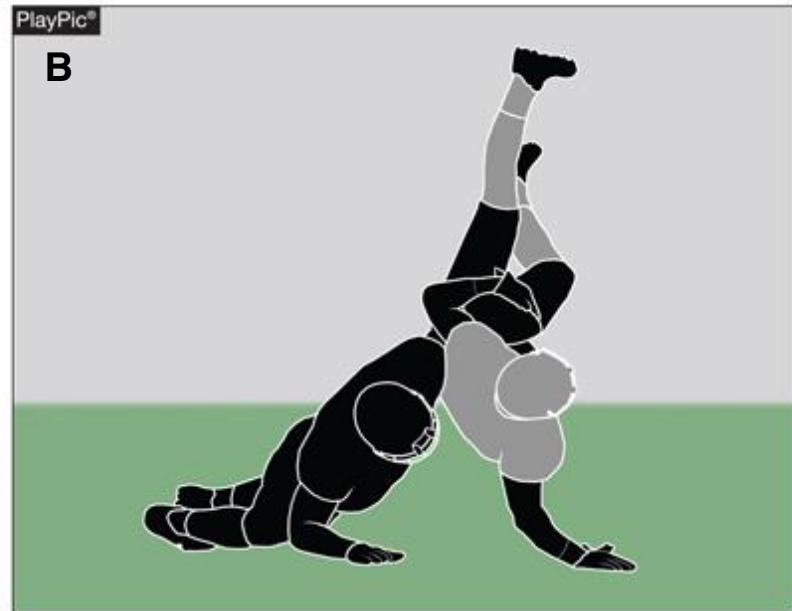
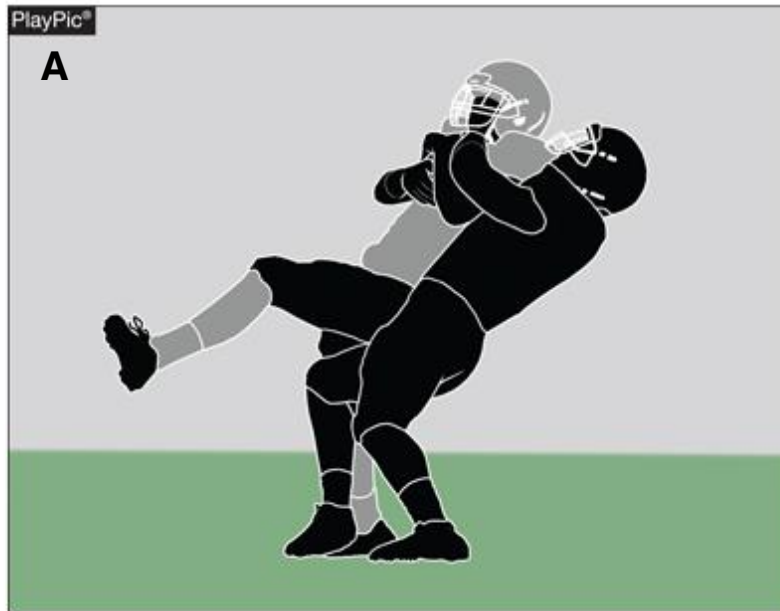
Spearing Rule 2-20-1c



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.

**RULE
CHANGE**

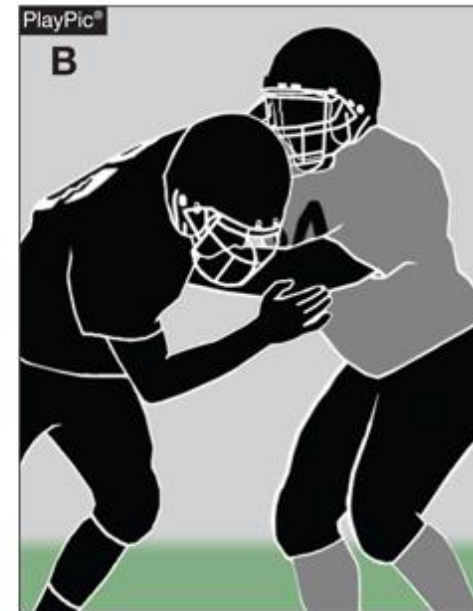
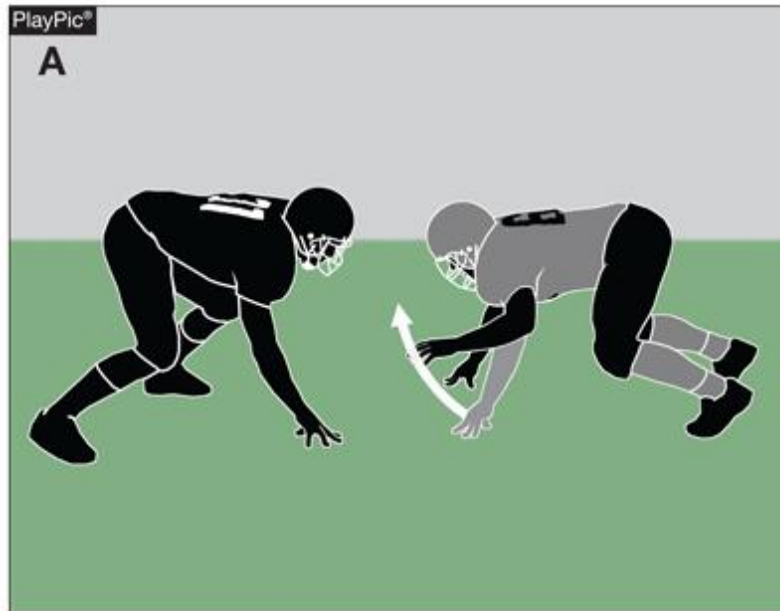
Illegal Personal Contact Rule 9-4-3g



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.

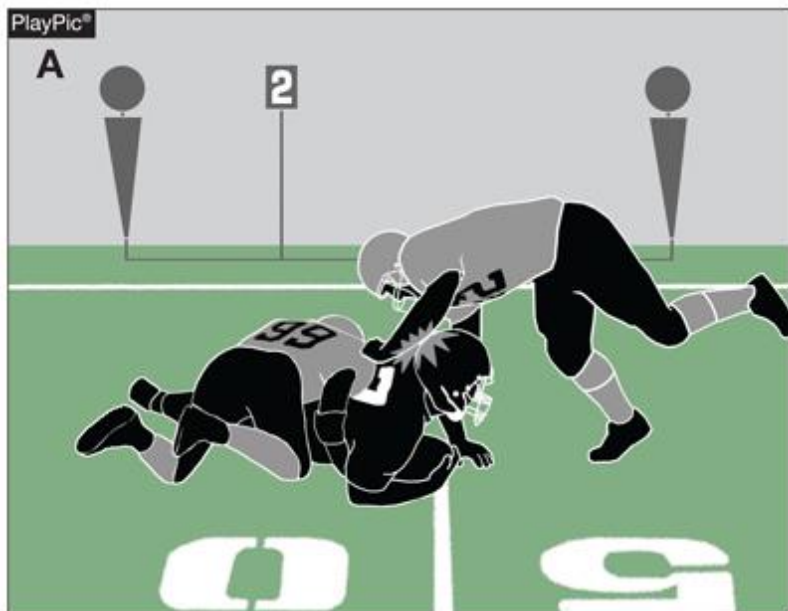
**RULE
CHANGE**

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.

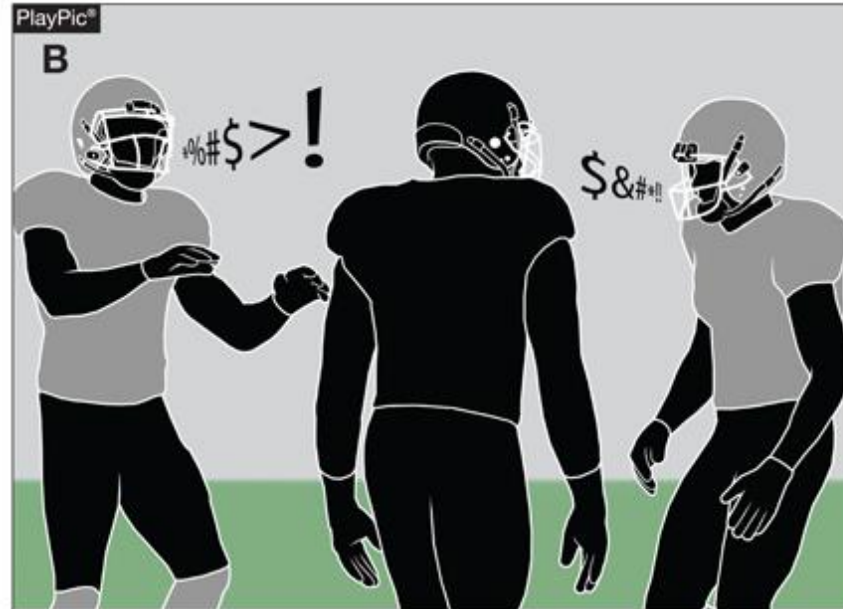
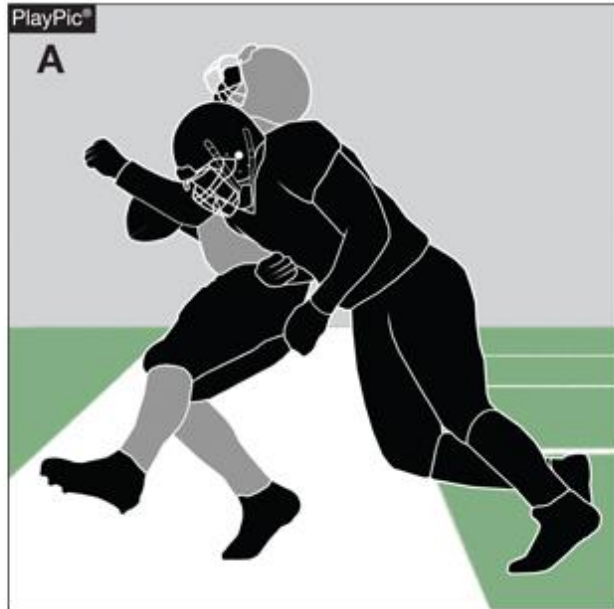
Dead-Ball Penalty Enforcement Rule 10-2-5



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.

**RULE
CHANGE**

Dead-Ball Penalty Enforcement Rule 10-2-5

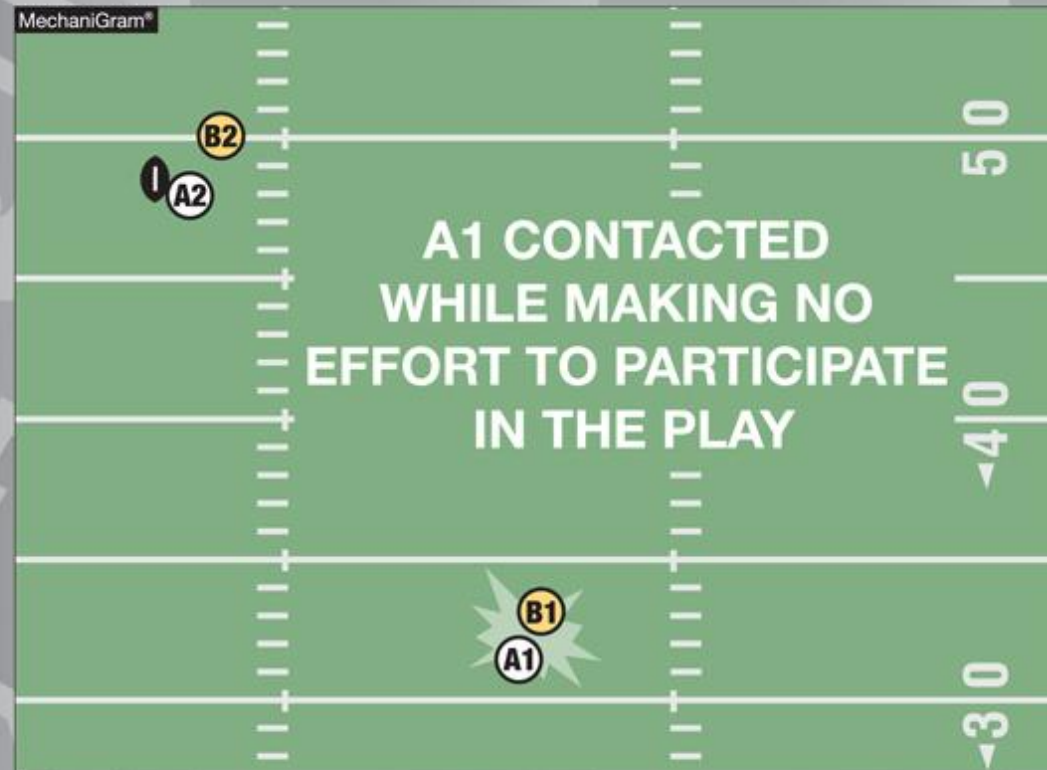


In PlayPic A, the B player hits the runner out-of-bounds, a dead-ball foul. In PlayPic B, two A players commit unsportsmanlike fouls. All fouls occur before the next live ball. One A foul and the B foul offset. The penalty for the remaining A foul is enforced.



Defenseless Player

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



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.

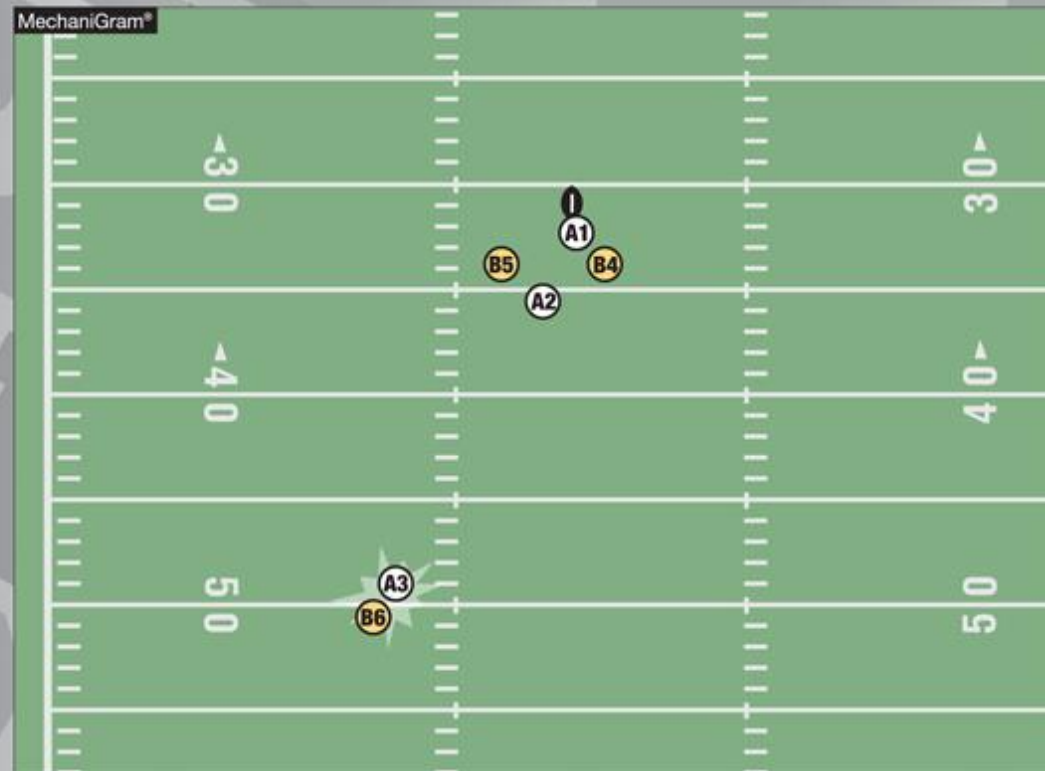


RULE CHANGE

Defenseless Player

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

EXAMPLE: OUT OF THE PLAY



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

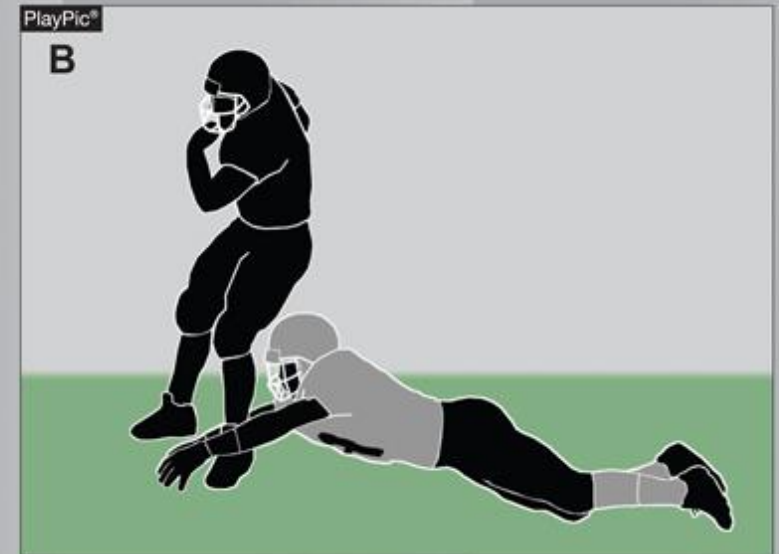


Defenseless Player

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

EXAMPLE: KICKER

RULE CHANGE



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



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.

REFEREE



RULE CHANGE

Defenseless Player

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

EXAMPLE: KICK RECEIVER



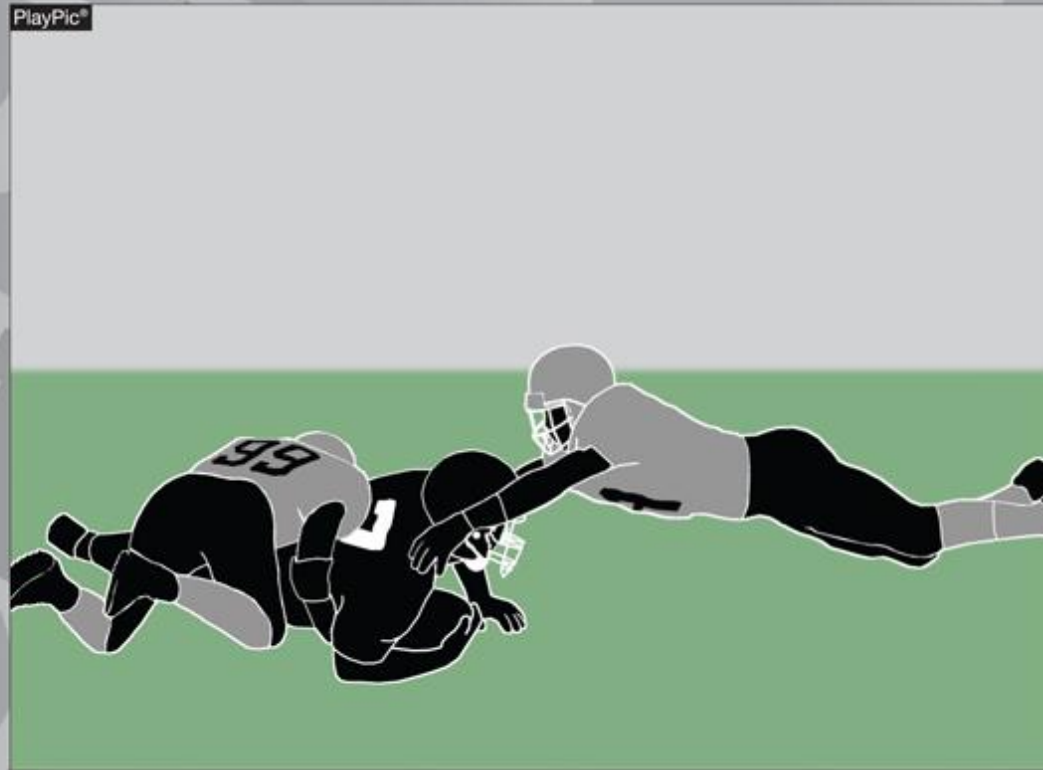
A kick receiver attempting to catch or recover the ball is considered defenseless.



Defenseless Player

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

EXAMPLE: PLAYER ON THE GROUND



A player who is on the ground is considered defenseless.



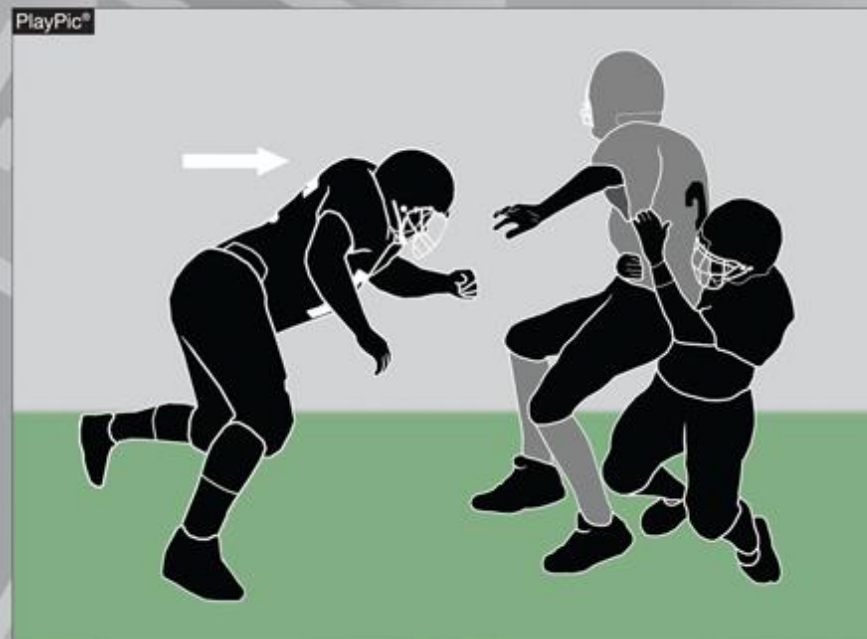
RULE CHANGE

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 or spearing.



2016 NFHS FOOTBALL INFORMATION




2017 NFHS FOOTBALL RULE CHANGE PROPOSAL FORM

Due:

November 1, 2016

**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, 2016
E-mail to: bcolgate@nfhs.org

Proposal submitted by

E-mail Phone Cell

Address City State Zip

Directions:

1. Request all proposals be submitted as a Word document to the NFHS.
2. Only one proposal per page.
3. Proposals must be stated 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, why the rule should be changed/added, etc.
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; ~~strikethrough~~ shows deletions)

Rationale (Be clear and concise in your rationale to support rule change)

Other Rules Affected

Page	Rule	Section	Article	Penalty
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For State Association use only

State Association

Submitted by ☐ Executive Director ☐ Sport Rules Committee Member

This rule proposal has been reviewed and forwarded by the state chief executive officer.* ☐ Yes ☐ No ☐ N/A for Committee

*This rule proposal, if submitted by a committee member, does not require the review of the State Association Executive Director or his/her designee.





ADDITIONAL NFHS FOOTBALL INFORMATION

- **2016 NFHS Football Rules Online State Interpreters Meeting**
 - July 19, 2016 – 2:00 pm. (Eastern Time)
- **2017 NFHS Football Rule Change Proposal Form Due**
 - November 1, 2016
- **2017 NFHS Football Rules Committee Meeting**
 - January 20-22, 2017
 - Indianapolis, IN
- **2017 NFHS Football Rules Online State Interpreters Meeting**
 - July 18, 2017 – 2:00 pm. (Eastern Time)





NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-football.arbitersports.com/front/105409/Site>

- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations

The screenshot shows the 'SIDELINE' homepage for NFHS Football Officiating. The header features a green banner with the text 'NFHS FOOTBALL OFFICIATING | SIDELINE'. Below the banner is a search bar. The main content area is divided into three columns. The left column, titled 'Football Rules Information', lists links for '2015 Football Rules Interpretations', 'Comments on the 2015 Football Rules Changes', '2015 Football Rules Changes', 'High School Football Rules Changes Continue Focus on Risk Minimization', and 'Football Resources' (which includes '2015 Official Football Signals', '2015 Football Line-to-gain and Timers Instructions', '2015 Football Jersey Rules', and '2015 Football Points of Emphasis'). The middle column, titled 'Welcome', features a photo of Bob Colgate, NFHS Director of Sports and Sports Medicine, and a welcome message. The right column, titled 'Sport Specific Information', lists various sports with expandable buttons: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, Water Polo, and Wrestling.



NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- 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
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



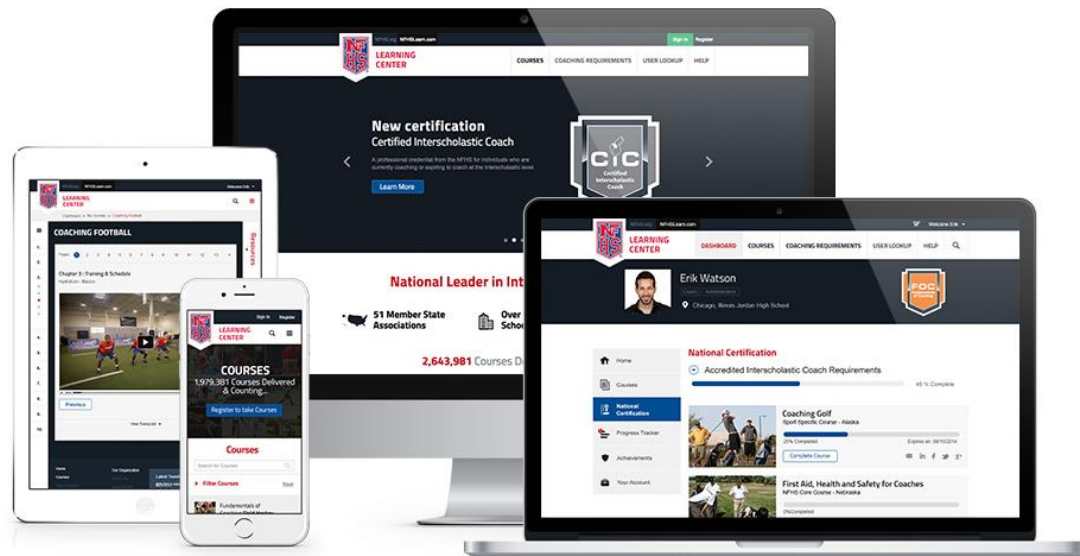


NFHS LEARNING CENTER



THE NFHS LEARNING CENTER

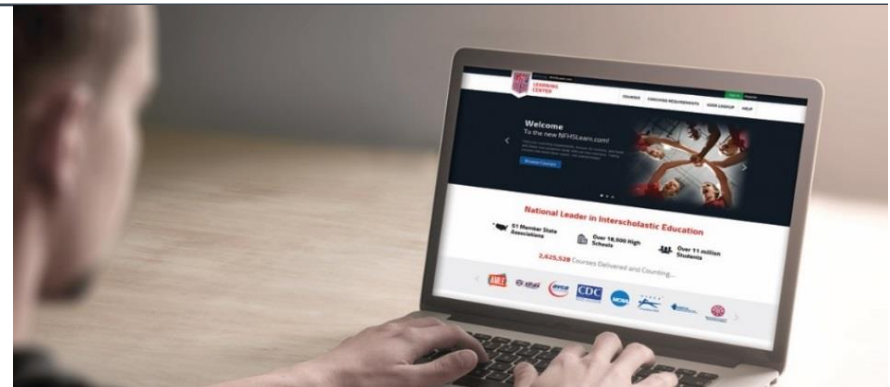
- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



WWW.NFHSLEARN.COM

- Register on NFHSLearn.com and receive the following great benefits:

- Immediate access to all 18 NFHS free courses
- Opportunity to receive email updates on your sport, upcoming courses and much more
- Access coursework 24/7/365
- Access completion certificates 24/7/365



NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



National Coach Certification Program





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!

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.

Revised and Approved October 2013

**In the Appendix
in all of the
2016-17 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)



Sudden Cardiac Arrest



Course Objectives

- Understand what sudden cardiac arrest is
- Recognize the warning signs and symptoms of sudden cardiac arrest
- Learn what to do if a player collapses during physical activity

Units

- Introduction
- Sudden Cardiac Arrest
- Post Test

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

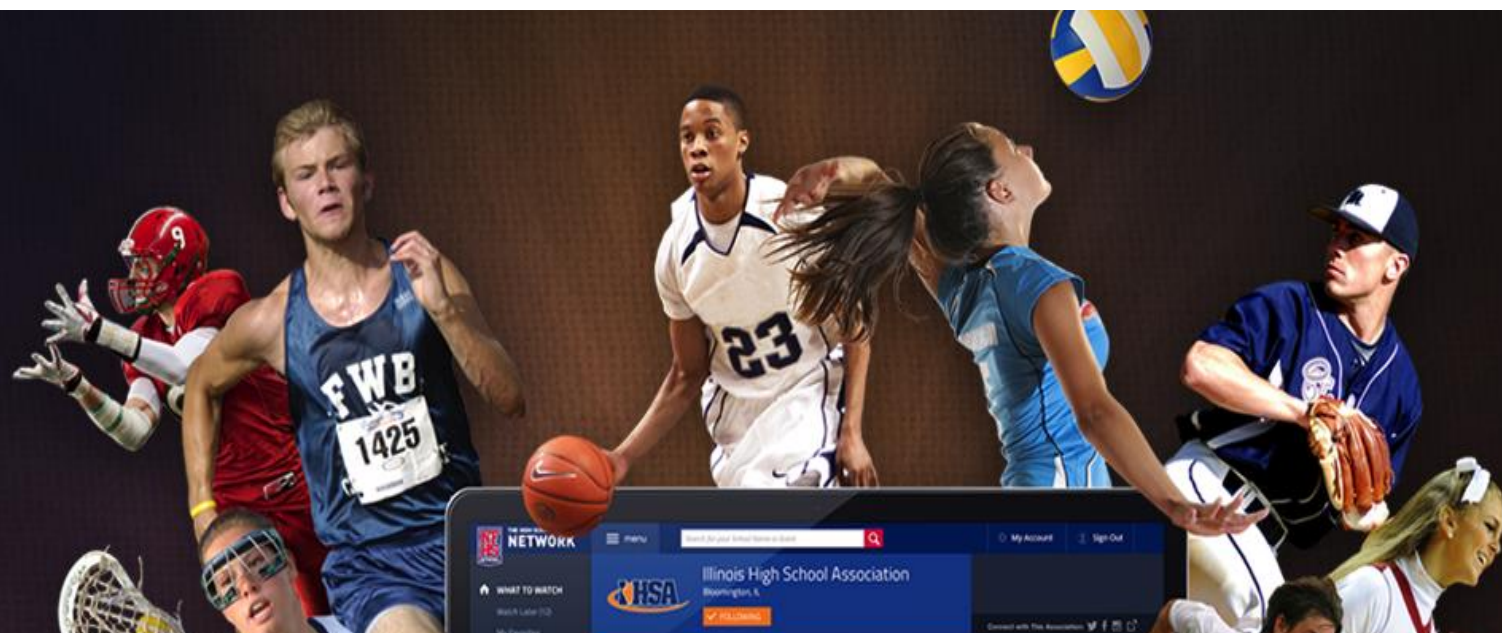
Course Objectives

- 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)



NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



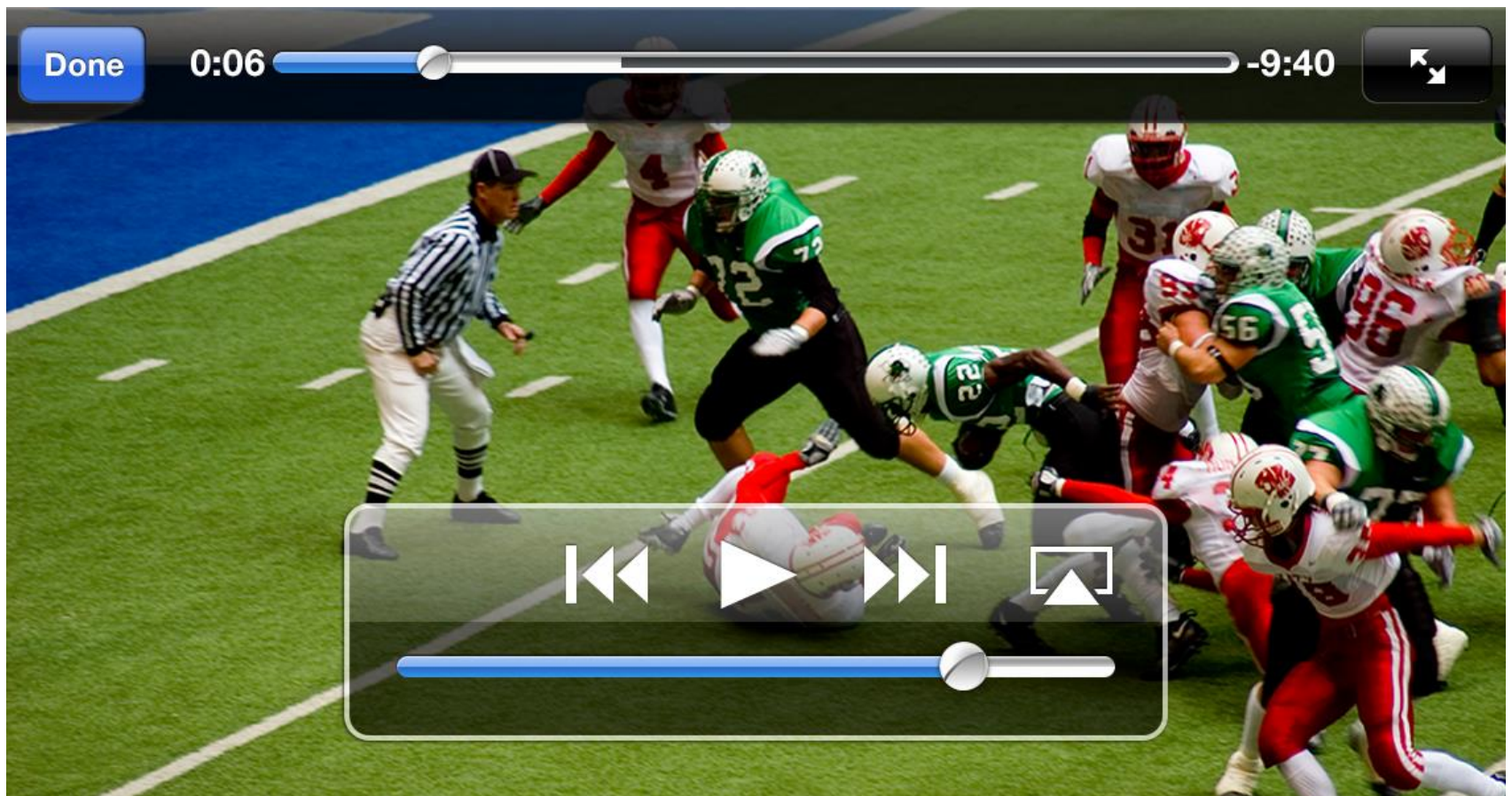
27 DIFFERENT SPORTS AND ACTIVITIES



3 MILLION UNIQUE VIEWERS

NFHS NETWORK

- View from mobile...



THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

www.nfhs.org | www.nfhslearn.com

