



2019 NFHS FOOTBALL RULES POWERPOINT

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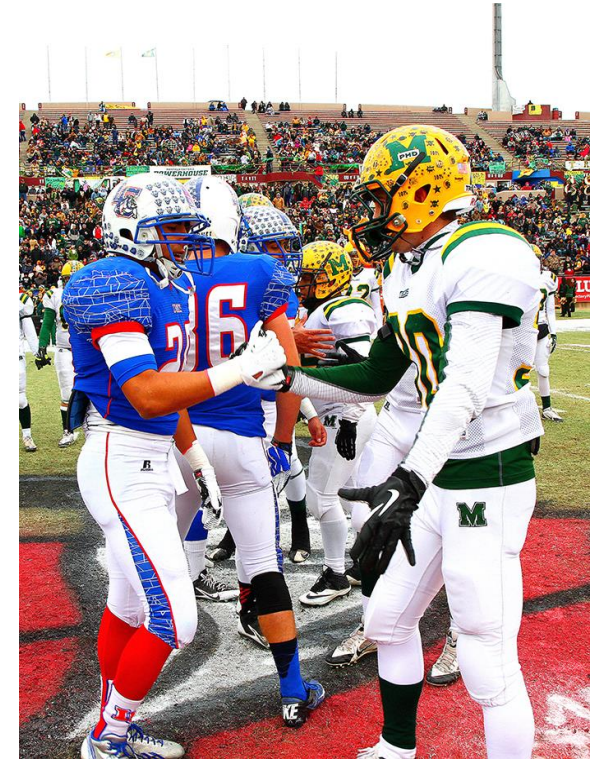


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



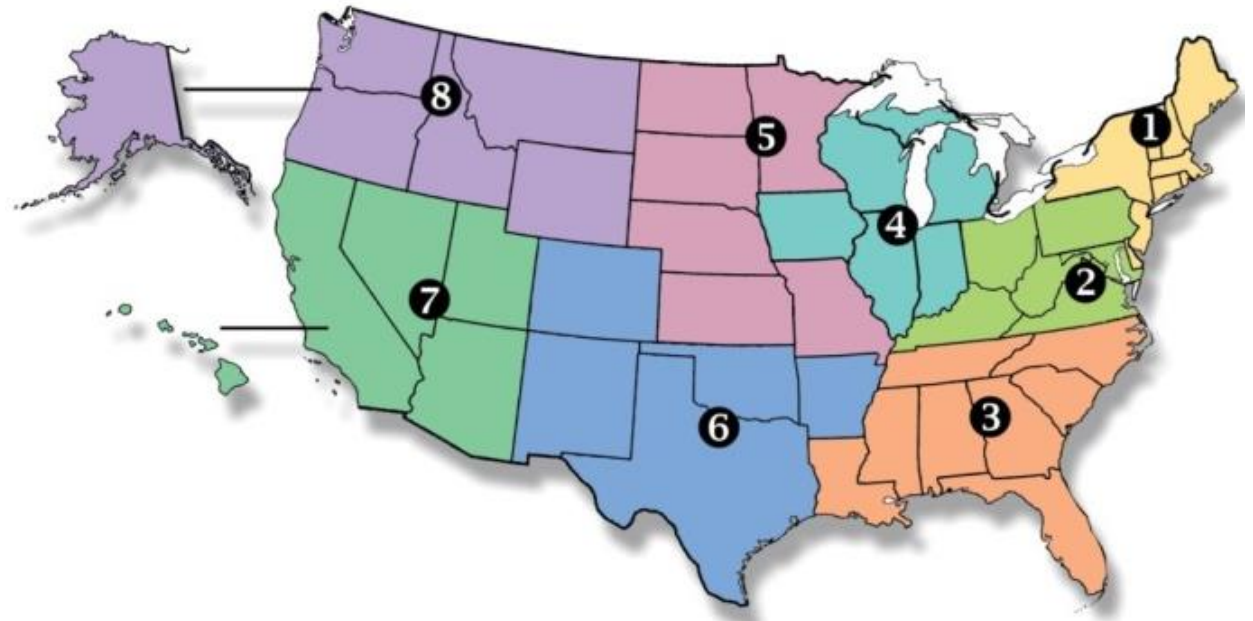
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



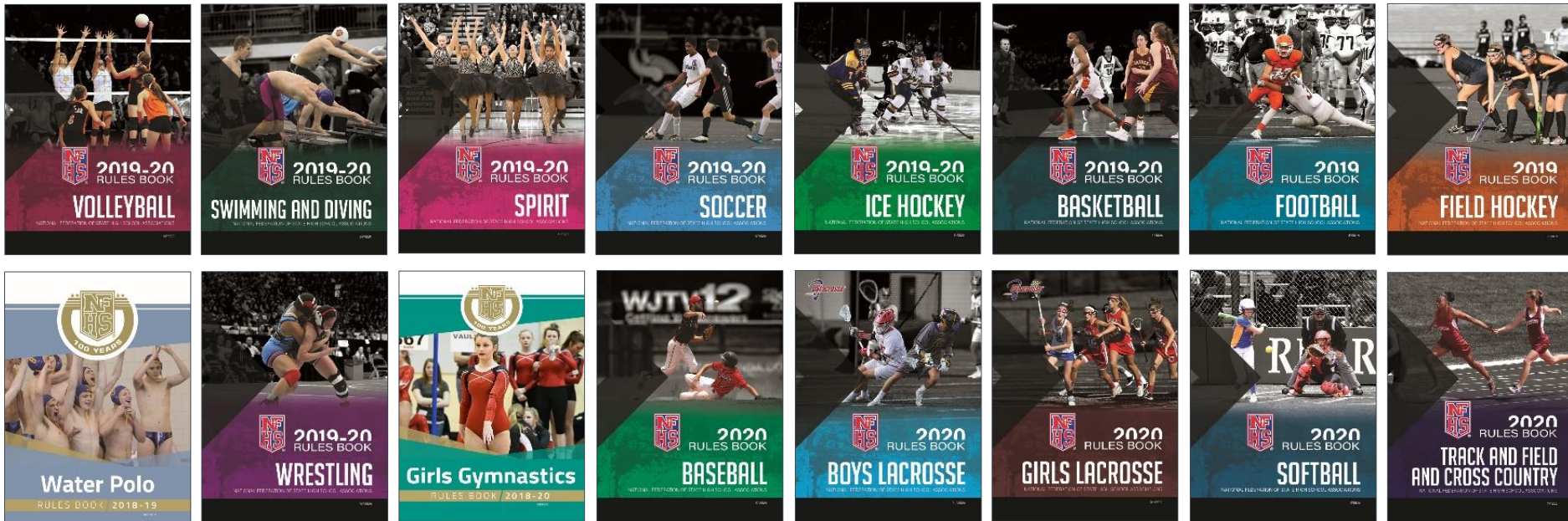
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.9 million in high school sports.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Girls Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



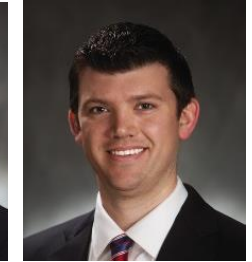
Julie Cochran
Cross Country, Gymnastics,
Field Hockey and
Track & Field



James Weaver
Boys Lacrosse and Spirit



Theresia Wynns
Basketball and
Soccer



Dan Schuster
Ice Hockey





2019 NFHS FOOTBALL RULES CHANGES





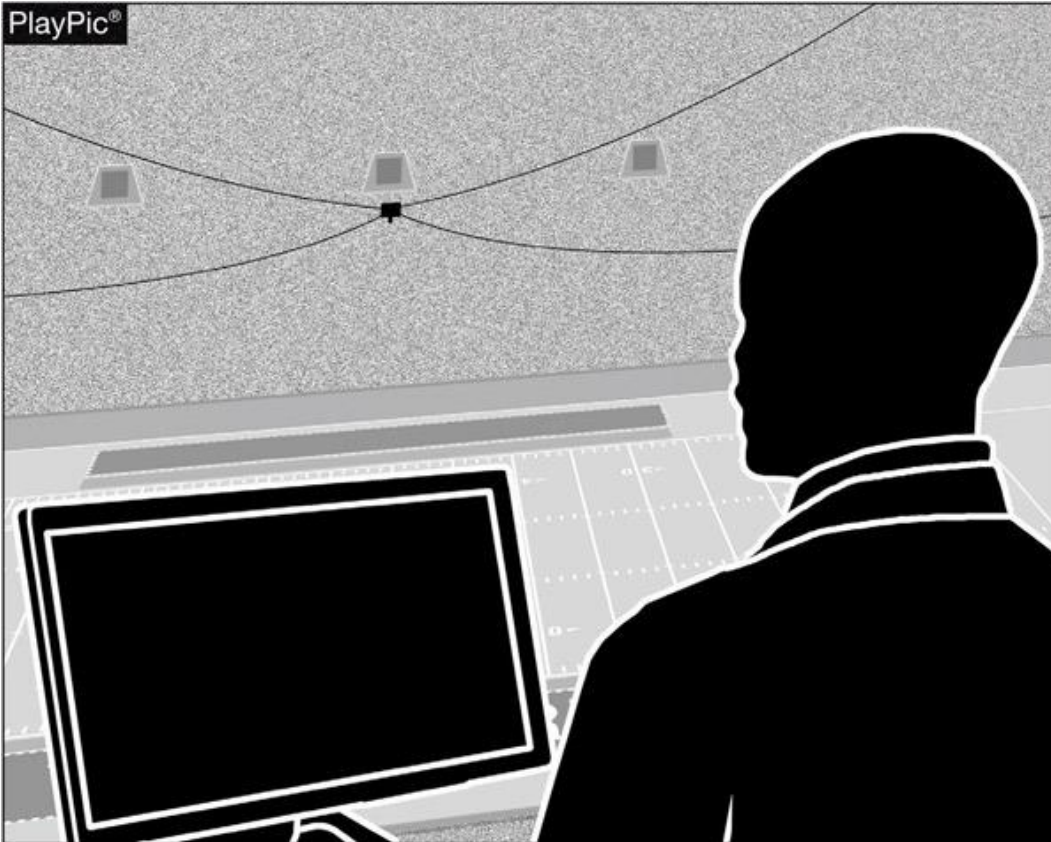
NFHS FOOTBALL RULES

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.



POSTSEASON INSTANT REPLAY RULES 1-3-7 NOTE (NEW), TABLE 1-7 — 1-3-7 NOTE (NEW)



By adoption, state associations may create instant replay procedures that permit game or replay officials to use a replay monitor during state postseason contests to determine if a decision by the on-field game officials is incorrect.

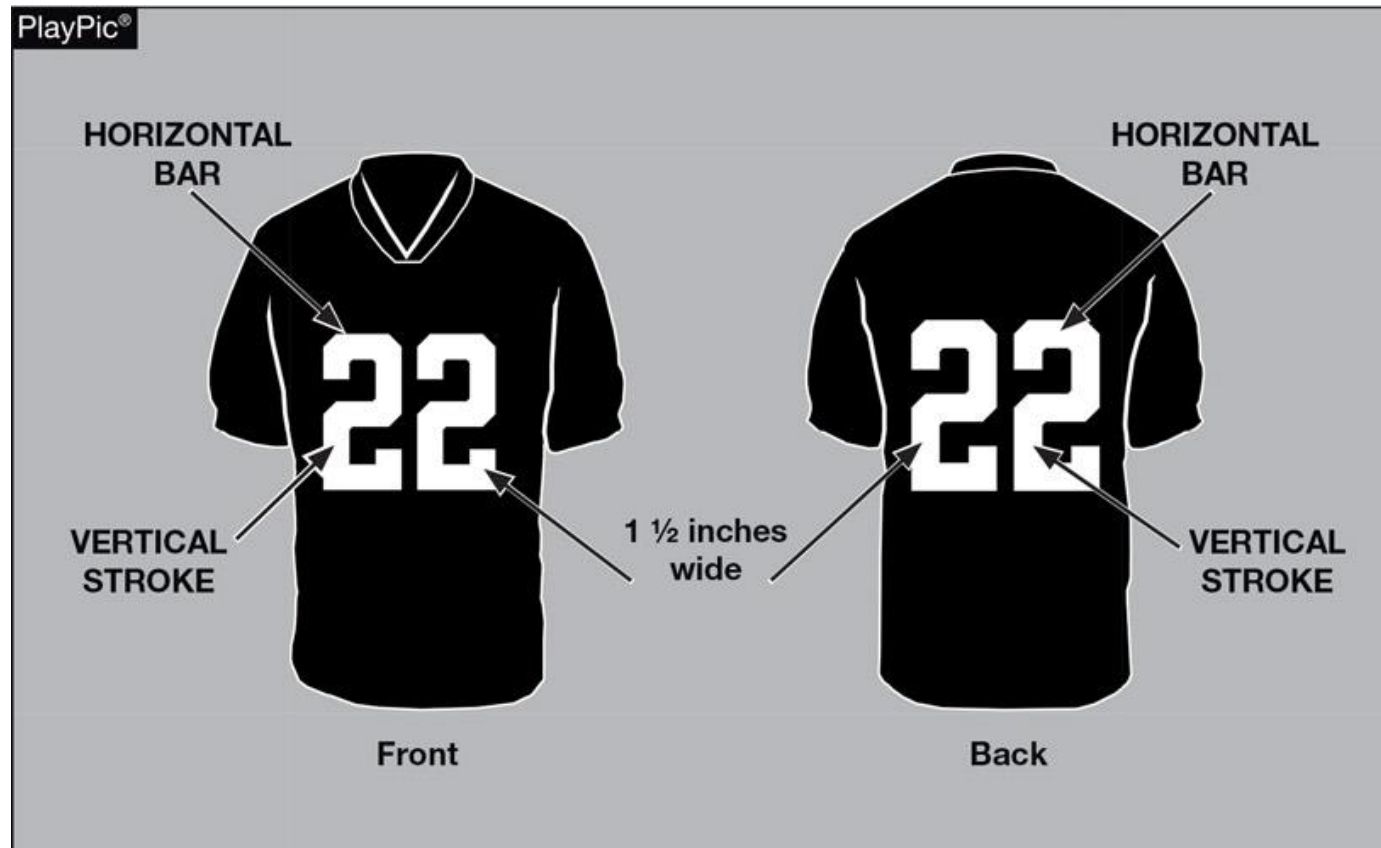


NFHS PARTNER



FOOTBALL JERSEY NUMBERS

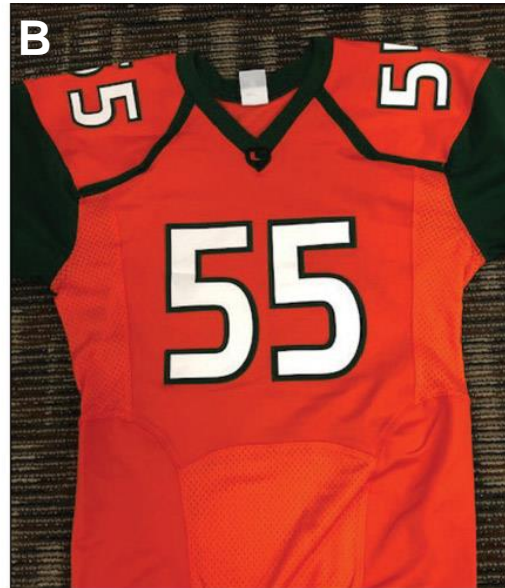
RULE 1-5-1c



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½ – inches wide.



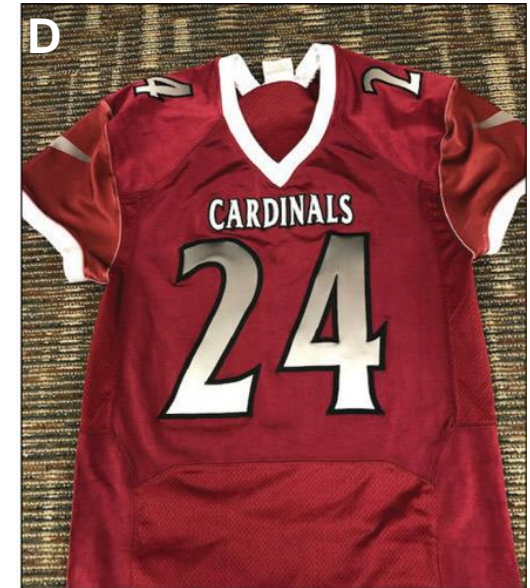
FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6) (NEW)



The style of the numbers on all four of these jerseys are legal now and will be in 2024 as well.



FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6) (NEW)

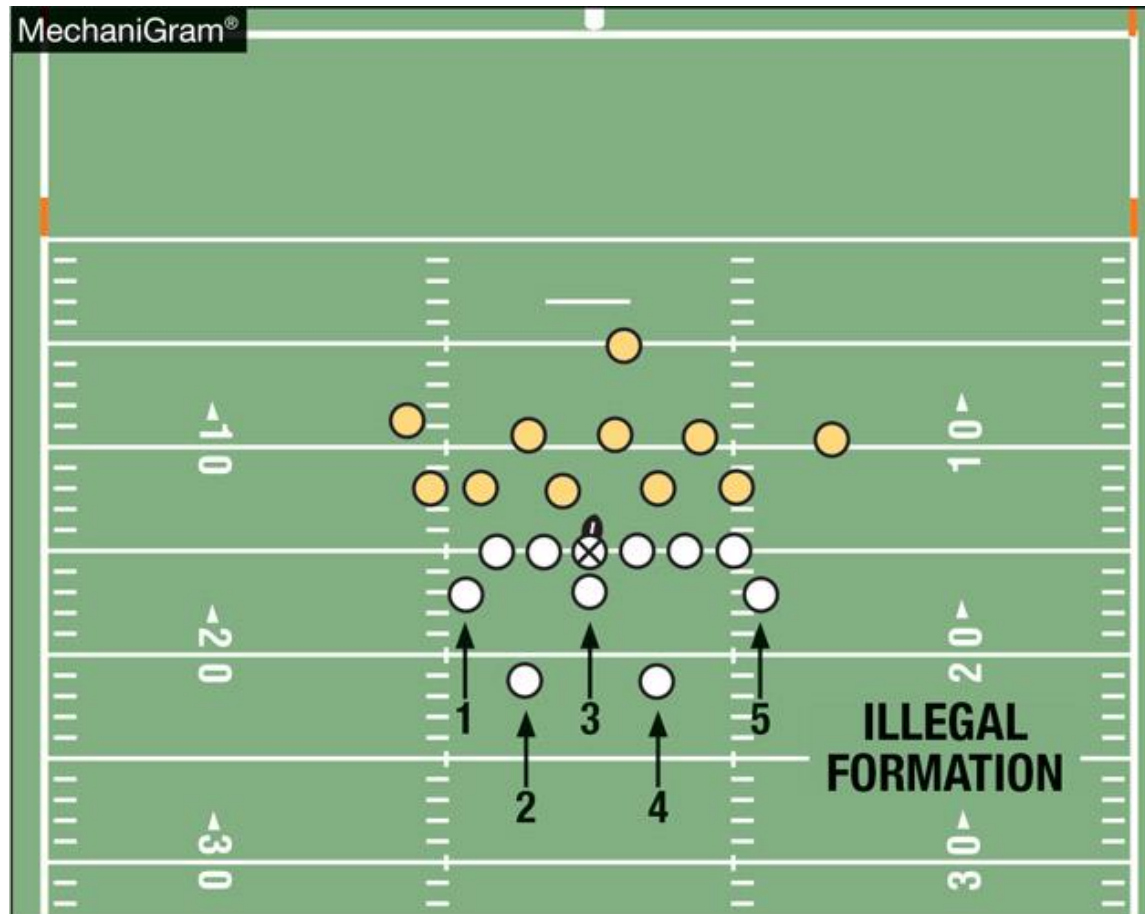


The style of the numbers on these jerseys are legal through the 2023 season. The following four types of number designs will be illegal in 2024.



FORMATION

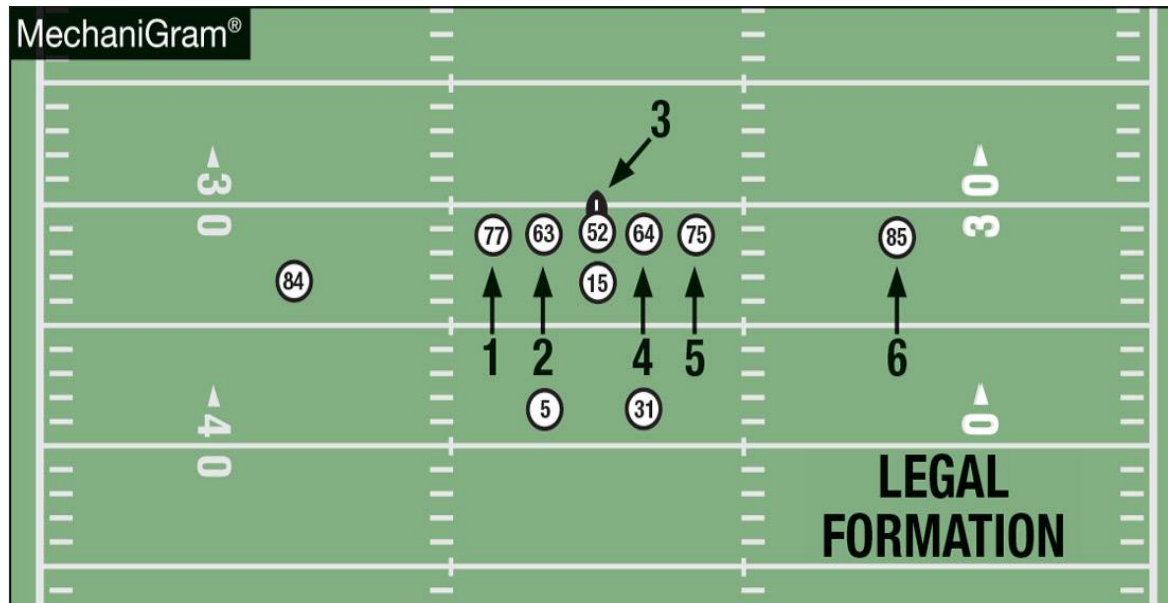
RULES 2-14-1, 7-2-5a



A scrimmage formation requires a minimum of five A players legally on their line and no more than four players behind their line at the snap. This formation would be a foul at the snap.

FORMATION

RULES 2-14-1, 7-2-5a

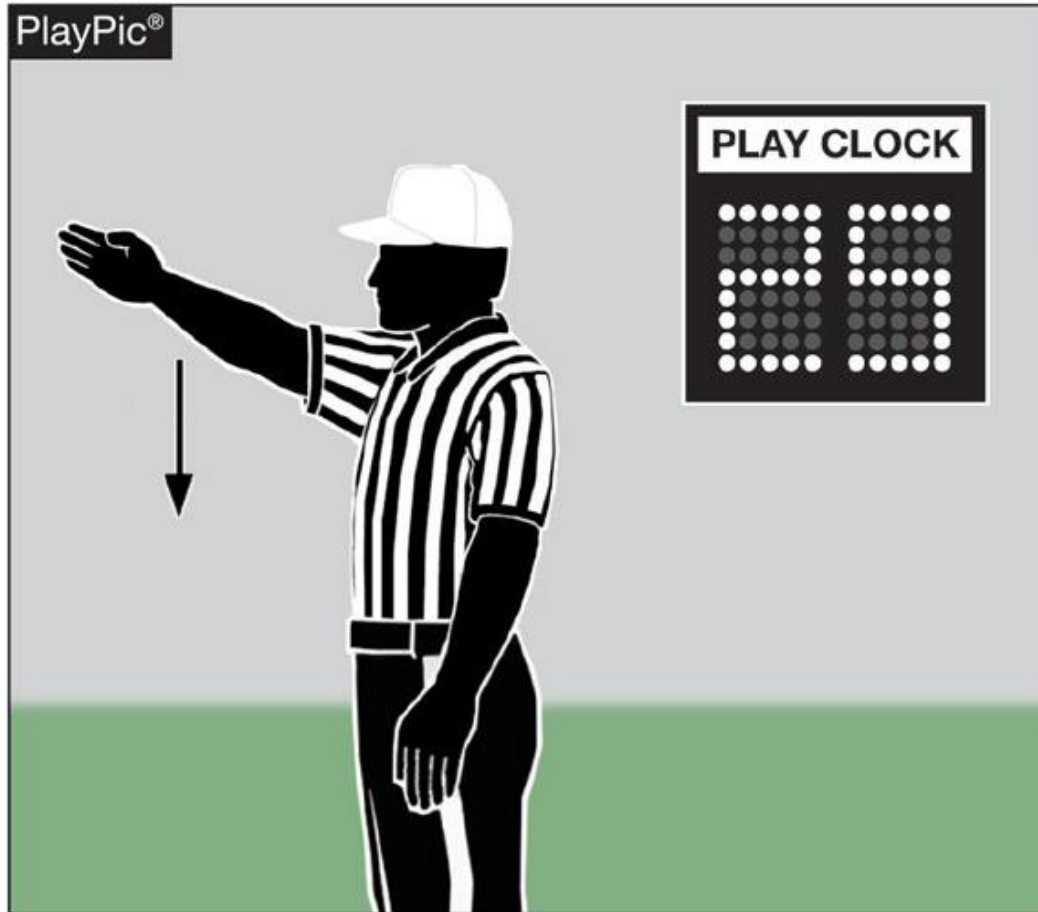


Even though there are only 10 Team A players on the field, because there are at least five linemen properly numbered and no more than four backs, this formation is legal.



PLAY CLOCK

RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



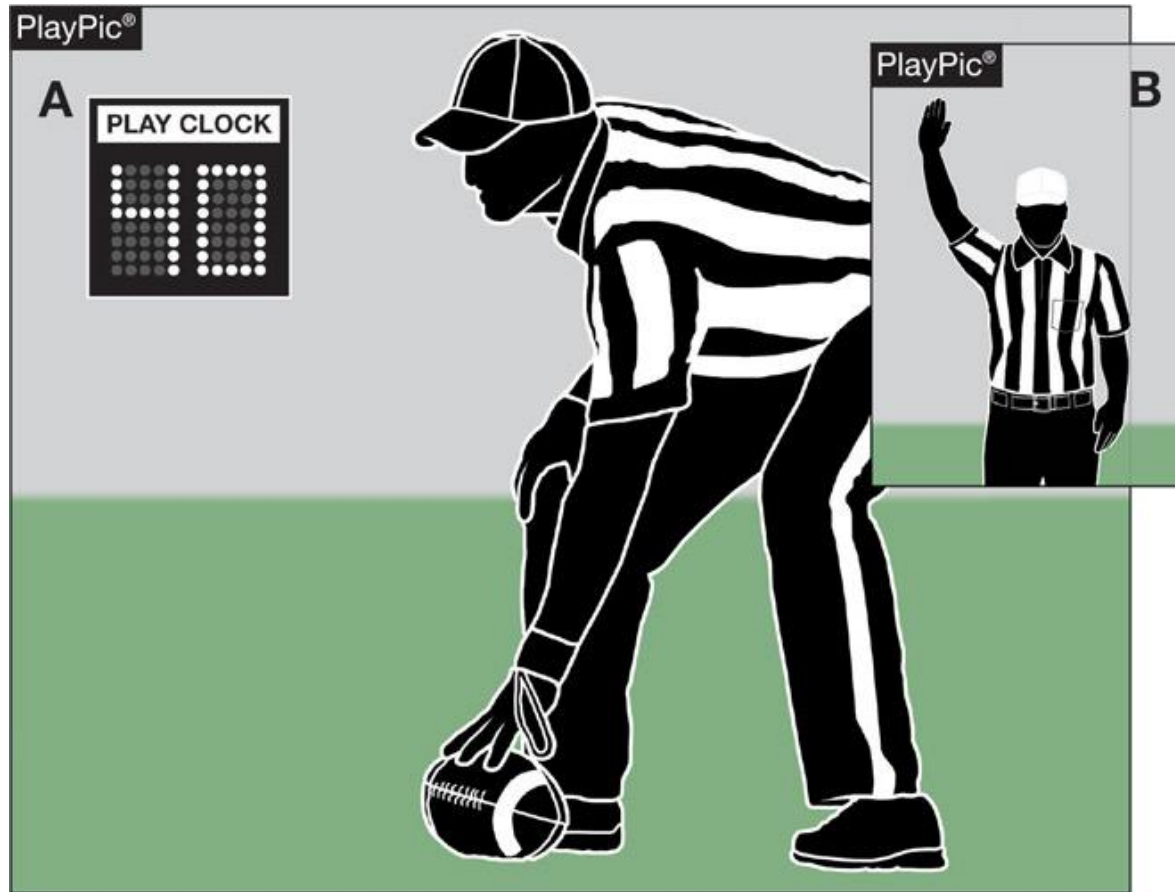
Referee gives ready-for-play signal and 25-second play clock begins before a try following a score; to start a period or overtime series; following administration of an inadvertent whistle; following a charged timeout and following an officials timeout.





PLAY CLOCK

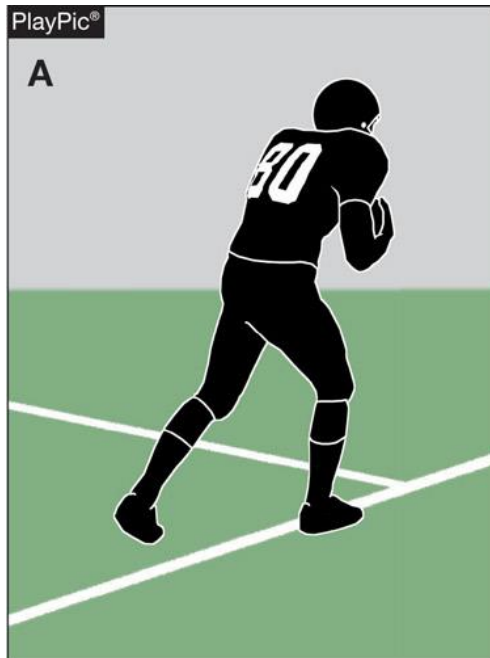
RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



The play clock is set to 40 and is started immediately when a running play ends, team A gains a first down or after an incomplete pass.

PLAY CLOCK

RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



Runner goes out of bounds (PlayPic A). Play clock is set to 40 and is started immediately (PlayPic B). The ball is marked ready for play when the umpire sets the ball and walks away to his position (PlayPic C).



PLAY CLOCK

RULES 2-35, 3-6-1, 3-6-2a, 7-2-1

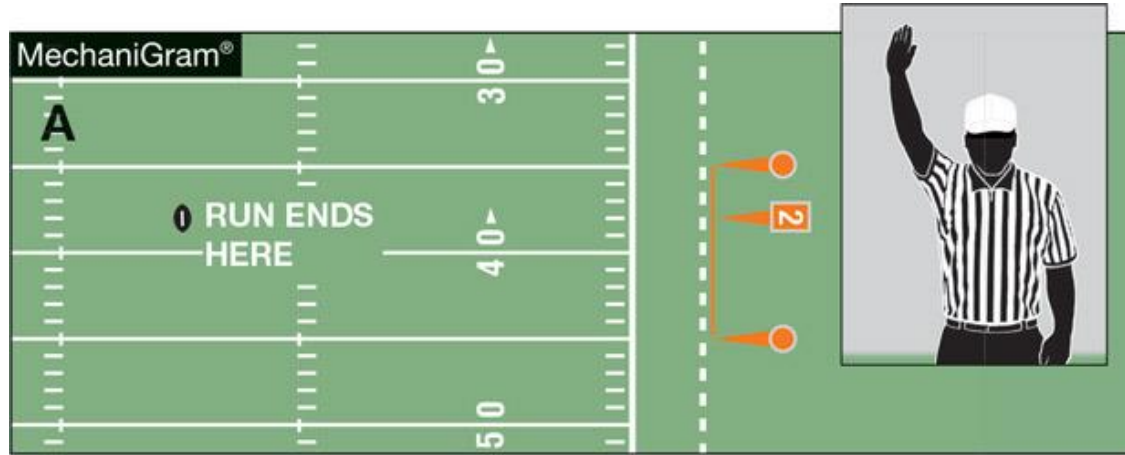


When the 40-second play clock is in force, the ball is considered ready for play when the ball is placed and the umpire has moved to his position.

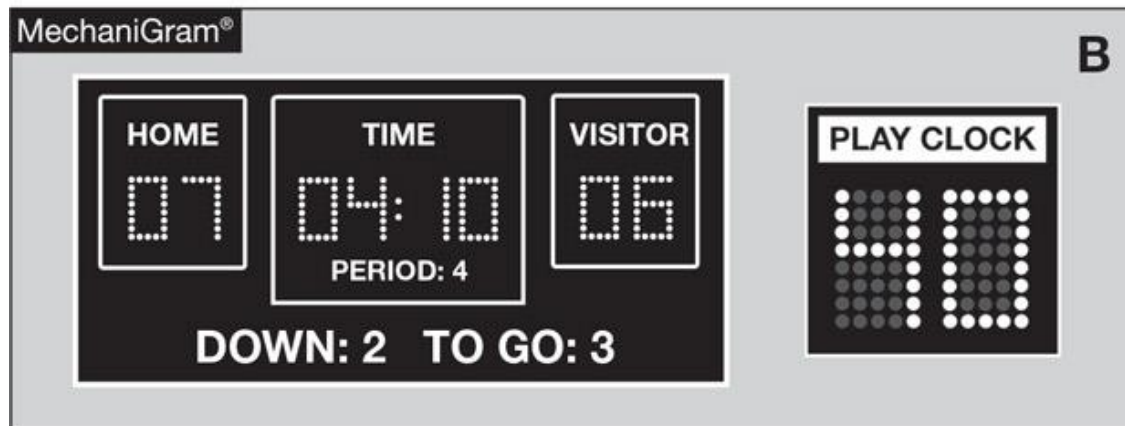


PLAY CLOCK

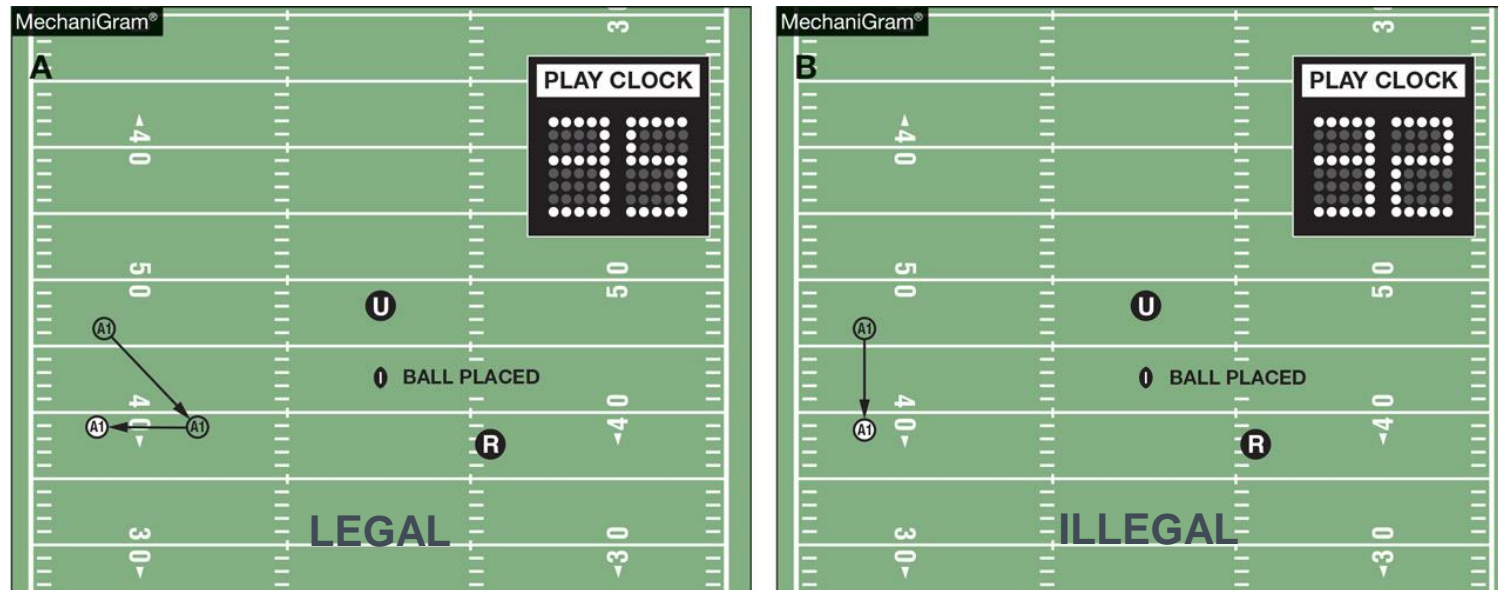
RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



When the covering official declares the ball dead with an upraised arm, the play clock begins its countdown from 40 seconds.

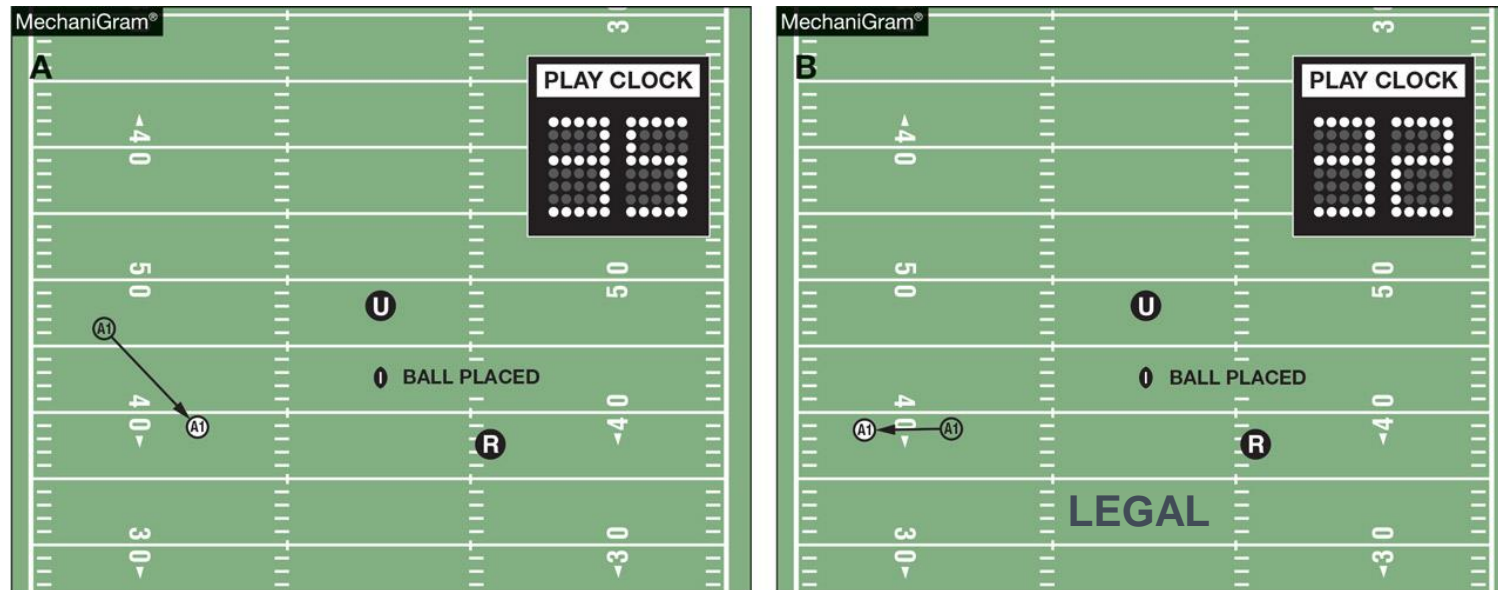


PLAY CLOCK RULE 7-2-1



In MechaniGram A, A1, who was downfield on the previous play, comes back inside the 9-yard marks prior to the umpire setting the ball with 35 seconds on the play clock and then immediately goes outside the marks after the ready-for-play. In MechaniGram B, A1 remains outside the 9-yard marks with 32 seconds on the play clock when the ball is placed by the umpire. The requirement remains in place that all players get inside the 9-yard marks after the ready-for-play and before the snap.

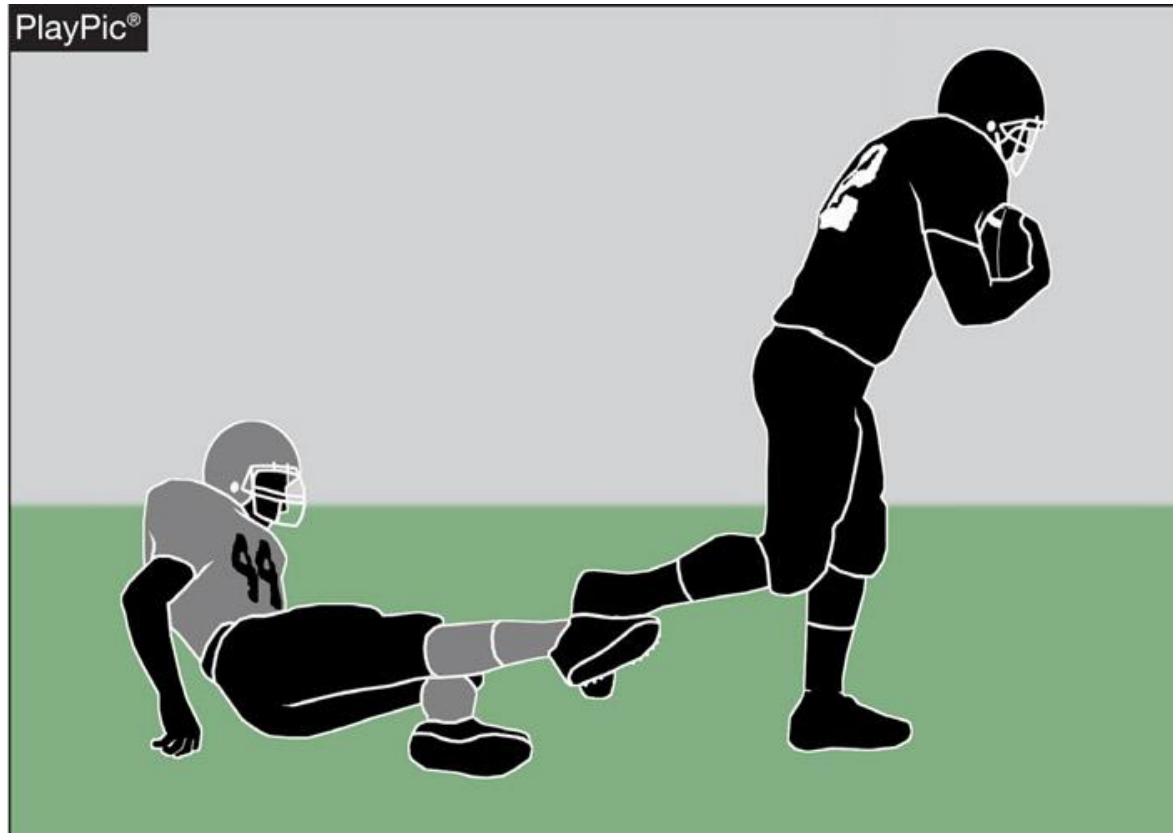
PLAY CLOCK RULE 7-2-1



In MechaniGram A, the ball is placed by the umpire with 35 seconds on the play clock and A1, who was downfield on the previous play, then comes back inside the 9-yard marks. In MechaniGram B, A1 then goes outside the 9-yard marks with 32 seconds on the play clock. That is legal. A1 has met the requirement to be inside the 9-yard marks after the ready-for-play and before the snap.

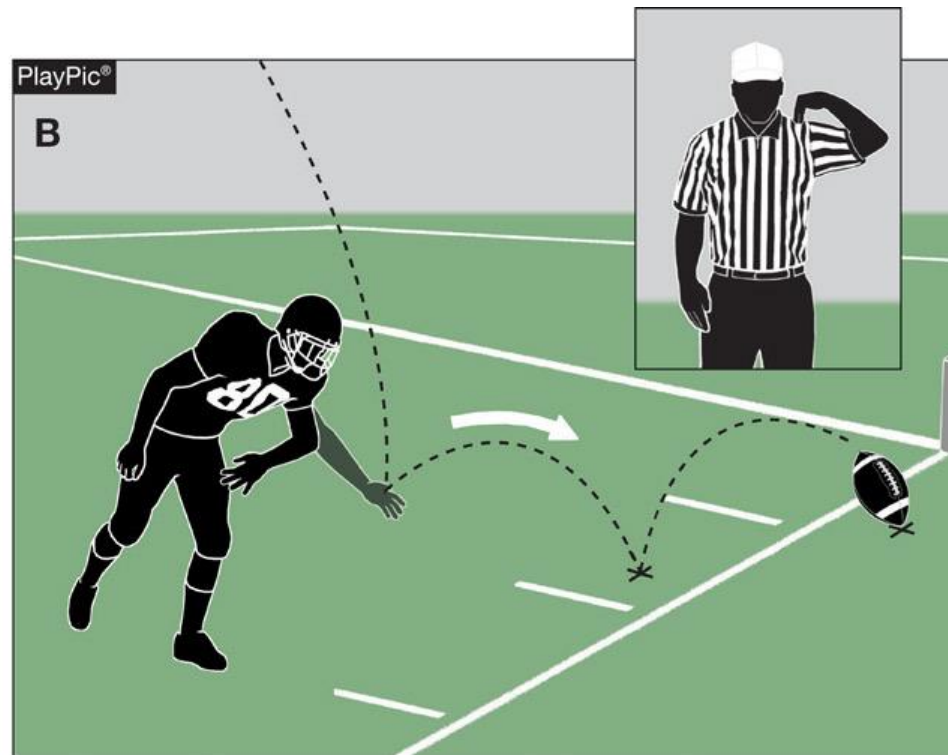
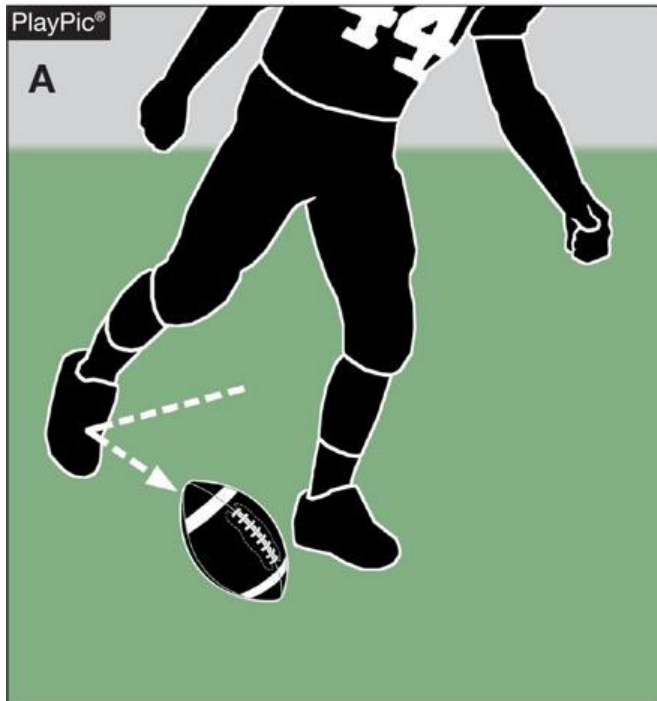
TRIPPING

RULES 2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)



The foul for tripping has been expanded to include the runner. It is now illegal to trip any opponent. Tripping is the intentional use of the lower leg or foot to obstruct an opponent below the knee. The penalty is 15 yards.

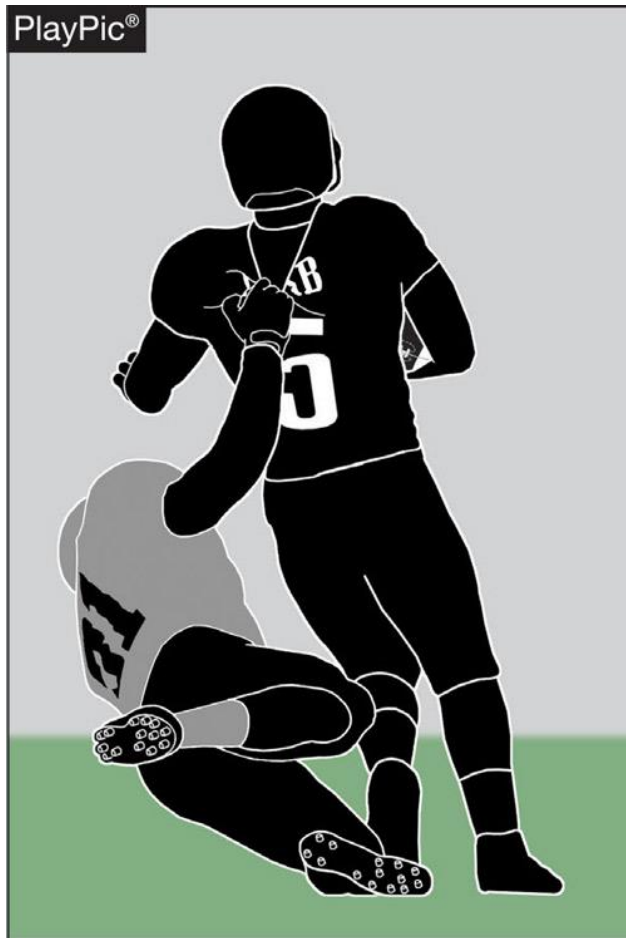
ILLEGAL KICKING AND BATTING RULES 6-2-1 PENALTY, 9-7 PENALTY



The penalties for illegally kicking the ball (PlayPic A) and illegally batting the ball (PlayPic B) have been reduced from 15 yards to 10 yards.

ILLEGAL HORSE-COLLAR TACKLE

RULES 9-4-3k



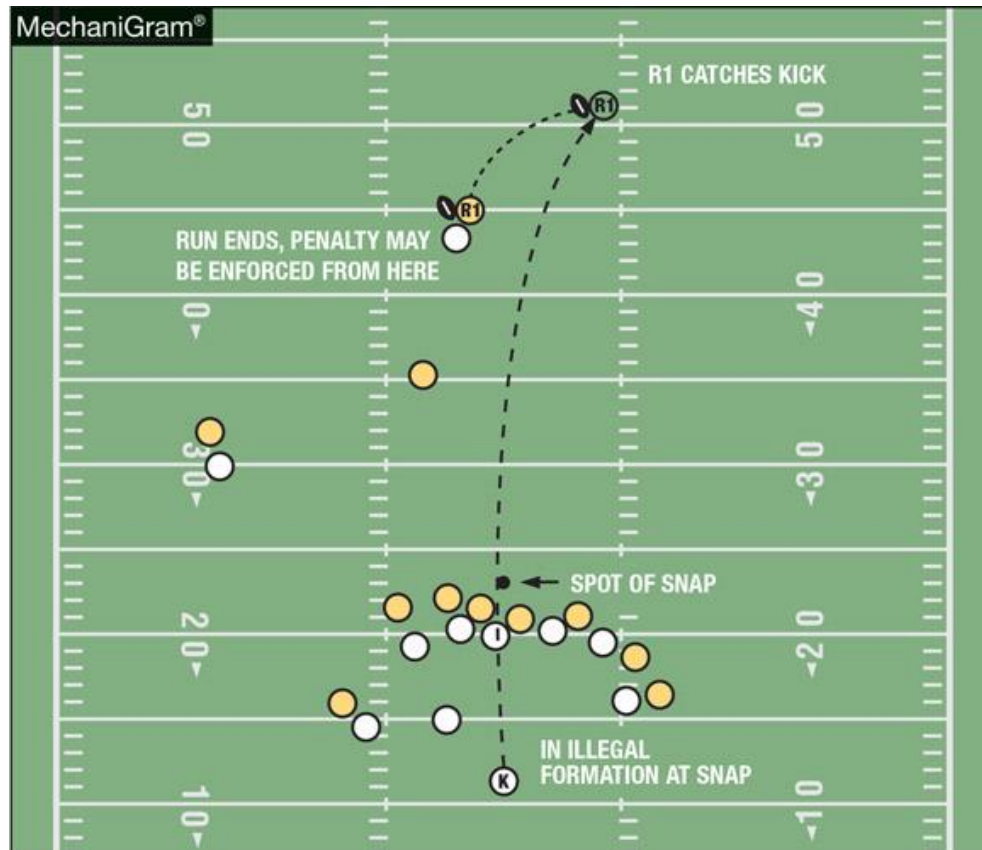
The name plate area (directly below the back collar) has been added to the criteria for an illegal horse-collar tackle. It is a foul to grab the inside back, name plate area or side collar of either the shoulder pads or the jersey of the runner and subsequently pull (backwards or sideward) that opponent to the ground, even if possession is lost. The horse-collar is enforced as a live-ball foul.



2019 NFHS FOOTBALL EDITORIAL CHANGES



PENALTY ENFORCEMENT RULES 5-2-2, 5-2-4, 10-4-2c EXCEPTION, 10-5-1j



Team R may choose penalty enforcement from the succeeding spot for a foul other than kick-catching interference that occurs from the start of a kick down until the kick ends.

2019 NFHS FOOTBALL EDITORIAL CHANGES

1-1-9	Added reference to Rule 1-3-7 NOTE.
1-3-6, 3-1-2, 3-3-1, 3-4, 3-4-1, 3-4-2, 3-4-3, 3-4-4, 3-4-5, 3-5-9,	Added “game” before “clock.”
1-5-5, 9-6-4b	Added “intermission” after “halftime.”
1-6-1 NOTE, 2-24-3, 2-26-5, 3-5-2 NOTE b, 3-5-3, 3-5-6, 4-3-6, 5-3-1,	Deleted “signal” after “ready-for-play.”
Table 1-7	Further clarified some of the state association adoptions.
2-6-2b	Changed “hash” to “9-yard” marks.
2-8, 2-25-1, 2-28-1, 2-43, 3-5-7j, 3-6-2d, 4-1-6, 5-3-2 NOTE, 7-1-5, 7-1-7, 8-3-2,	Deleted “marked” before “ready-for-play.”





2019 NFHS FOOTBALL EDITORIAL CHANGES

Table 3-1, 3-5-10,	Further clarified periods, intermission and the game clock.
3-4-6	Added “game or play” before “clock.”
3-4-8	Clarified timing by adding “by the game or play clock.”
5-2-2, 5-2-4	Further clarified “succeeding spot enforcement.”
6-5-4	Added “next” before “down.”
6-5 PENALTY	Added “S7” to “delay of game.”
7-2-6	Further clarified a huddle and shift.
7-2 PENALTY	Clarified the rules references for the penalties on illegal numbering and illegal formation.
TABLE 7-5-2, TABLE 7-5	Added “incomplete” to better describe a thrown pass.
8-5-2 EXCEPTION	Further clarified that once the ball leaves the end zone, the original momentum is canceled.





2019 NFHS FOOTBALL EDITORIAL CHANGES

9-2-3a	Changed rules reference from “2-3-4” to “2-3-5.”
9-3 PENALTY	Deleted the penalty for “tripping” from 9-3.
9-4 PENALTY	Added the penalty “illegal tripping” to 9-4.
9-9-5 NOTE	Changed the rules references from “9-10-3 and 9-10-4” to “9-9-3 and 9-9-4.”
10-4-2c EXCEPTION	Added “prior to the end of the kick” to further clarify.
10-5-1c	Changed the rules reference from “9-10” to “9-9.”
10-5-1j	Added “prior to the end of the kick” to further clarify.
Resolving Tied Games	In 3-1, added “three-minute” before ‘Intermission.’
Nine-, Eight-, Six-Player Rules Differences	Clarified that at least “three” A players shall be on the line at the snap in both Nine-Player and Eight-Player Rules.
Penalty Summary	Updated rules references and penalty signal numbers. Also, added “Illegal kicking or batting the ball” to the “Loss of 10 Yards” summary.





2019 NFHS FOOTBALL POINTS OF EMPHASIS

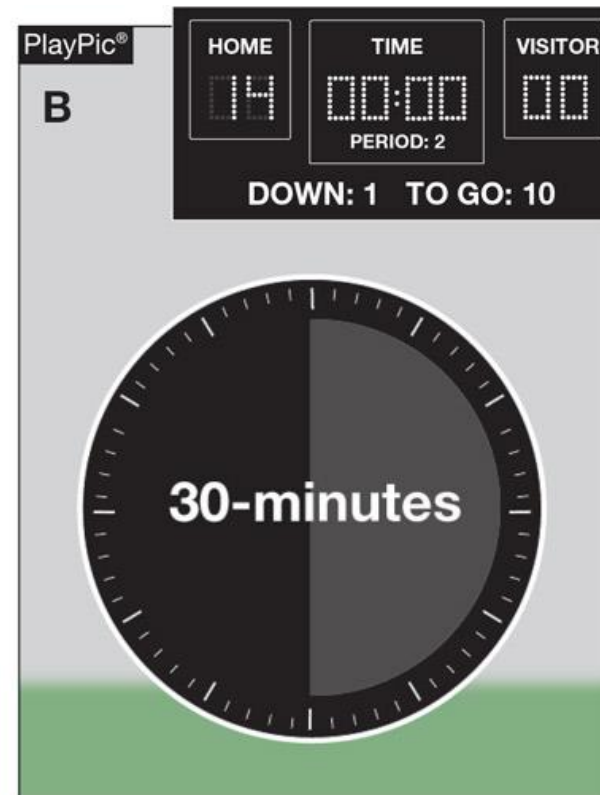
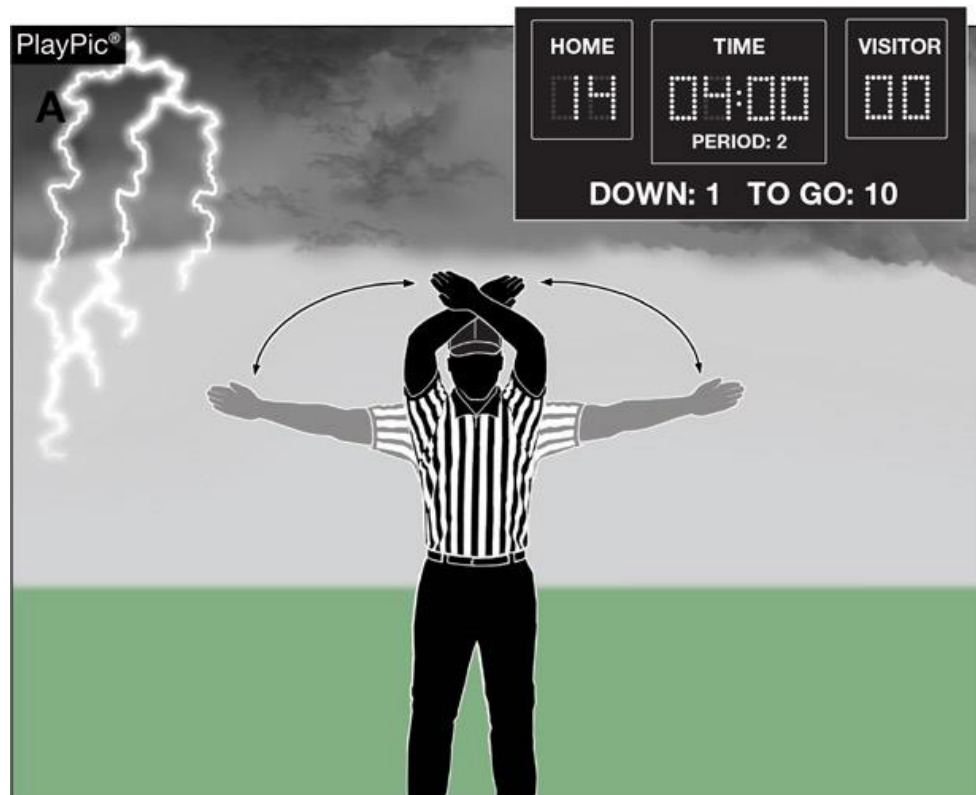


2019 NFHS FOOTBALL POINTS OF EMPHASIS

1. Proper Procedures for Weather Delays
2. Free-Blocking Zone and Legal Blocking

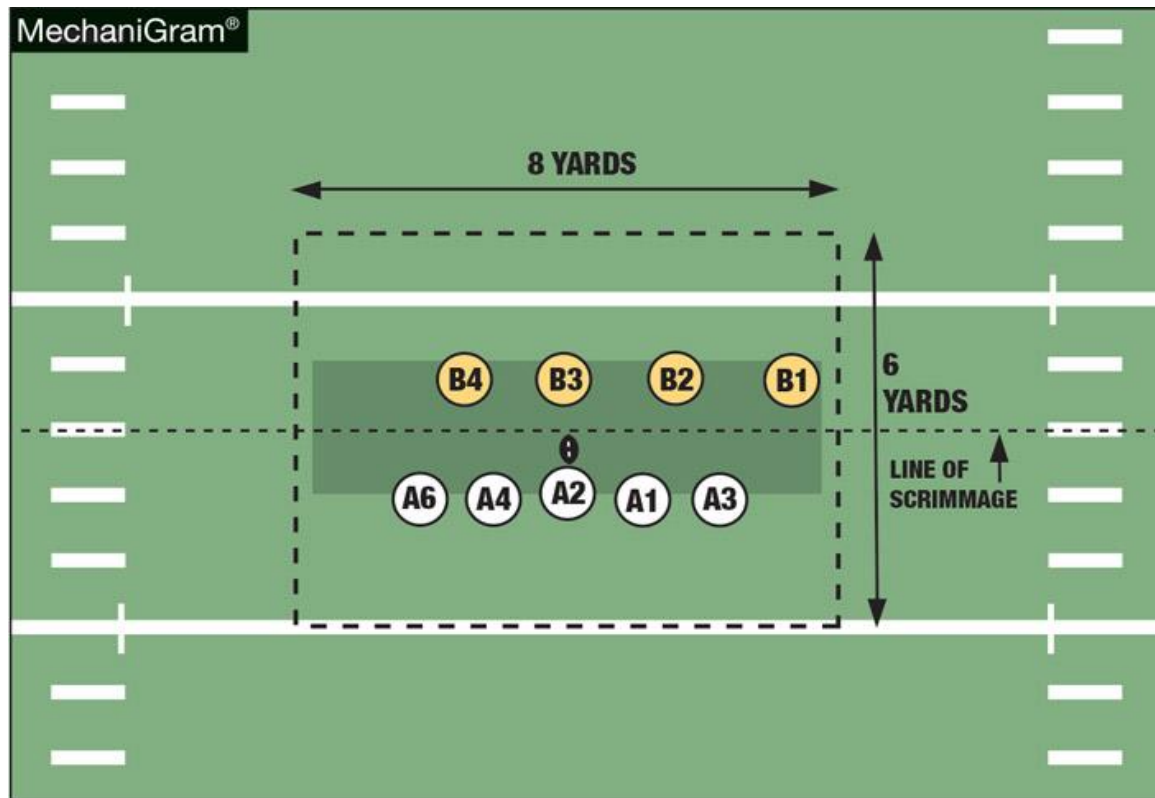


PROPER PROCEDURES FOR WEATHER DELAYS



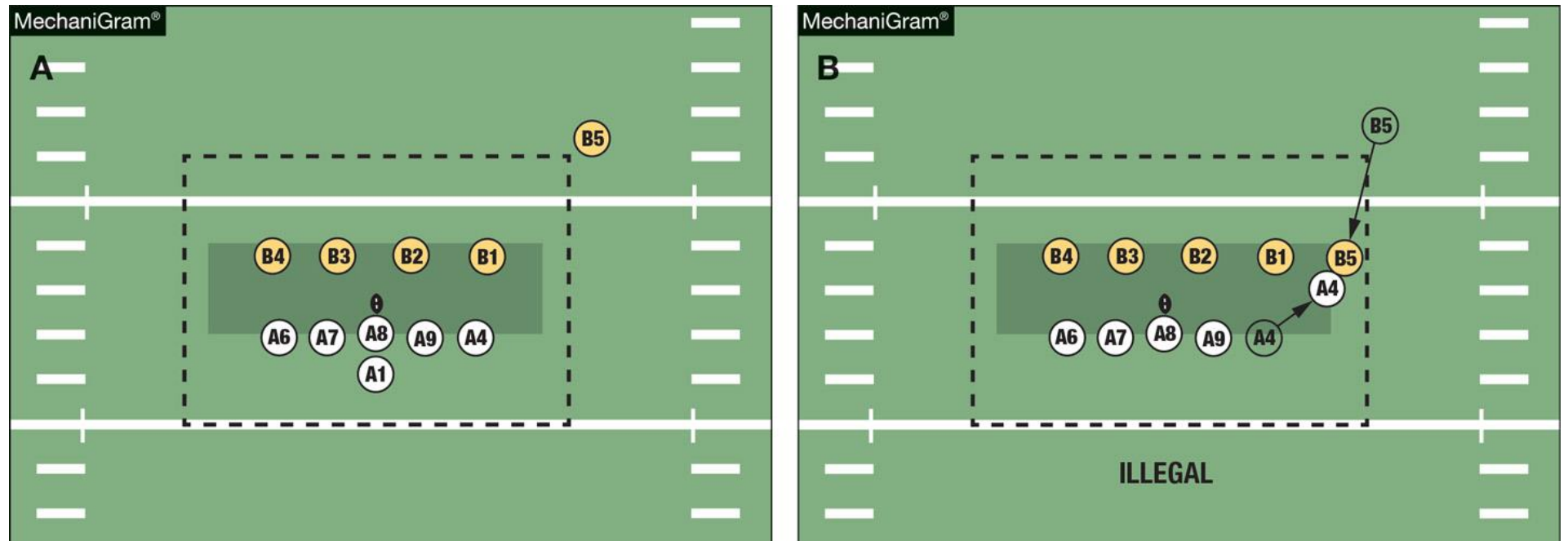
In PlayPic A, game is suspended with 4:00 left in 2nd period due to lightning. In PlayPic B, after 30-minute delay, game resumes and reaches halftime intermission. Halftime Intermission is still required to be at least 10 minutes in length.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



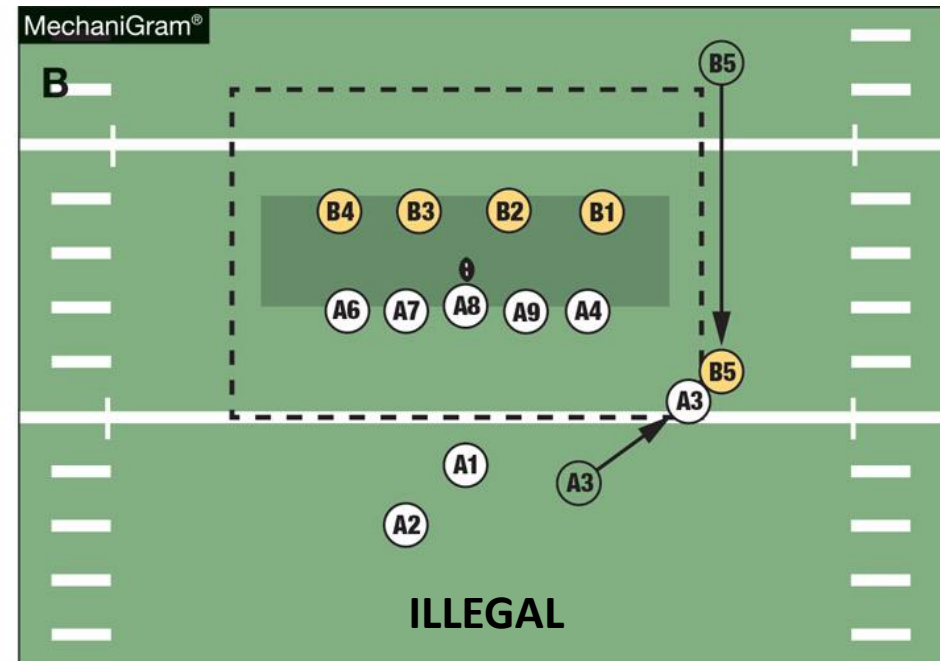
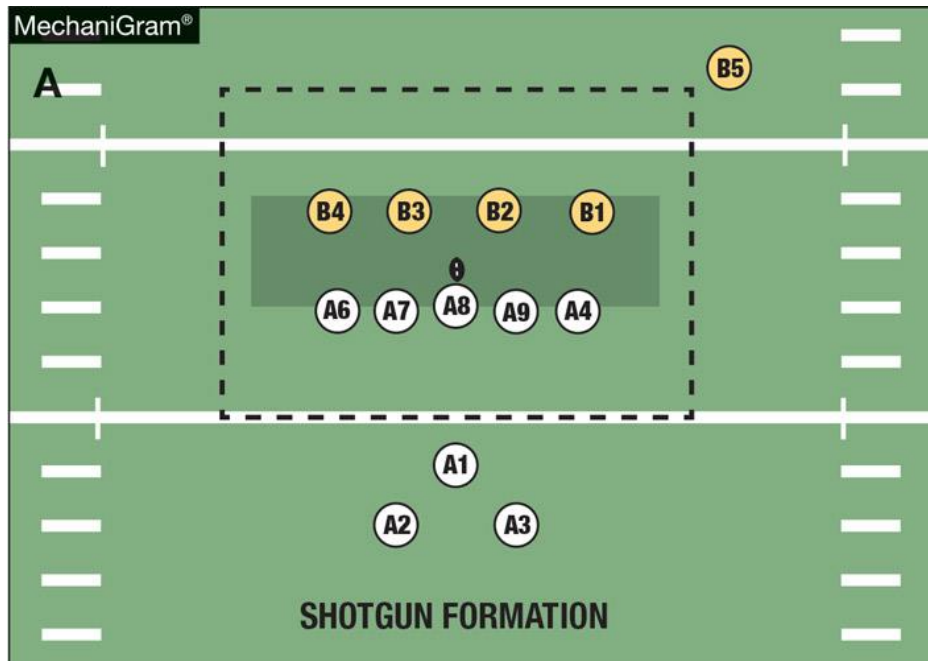
The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



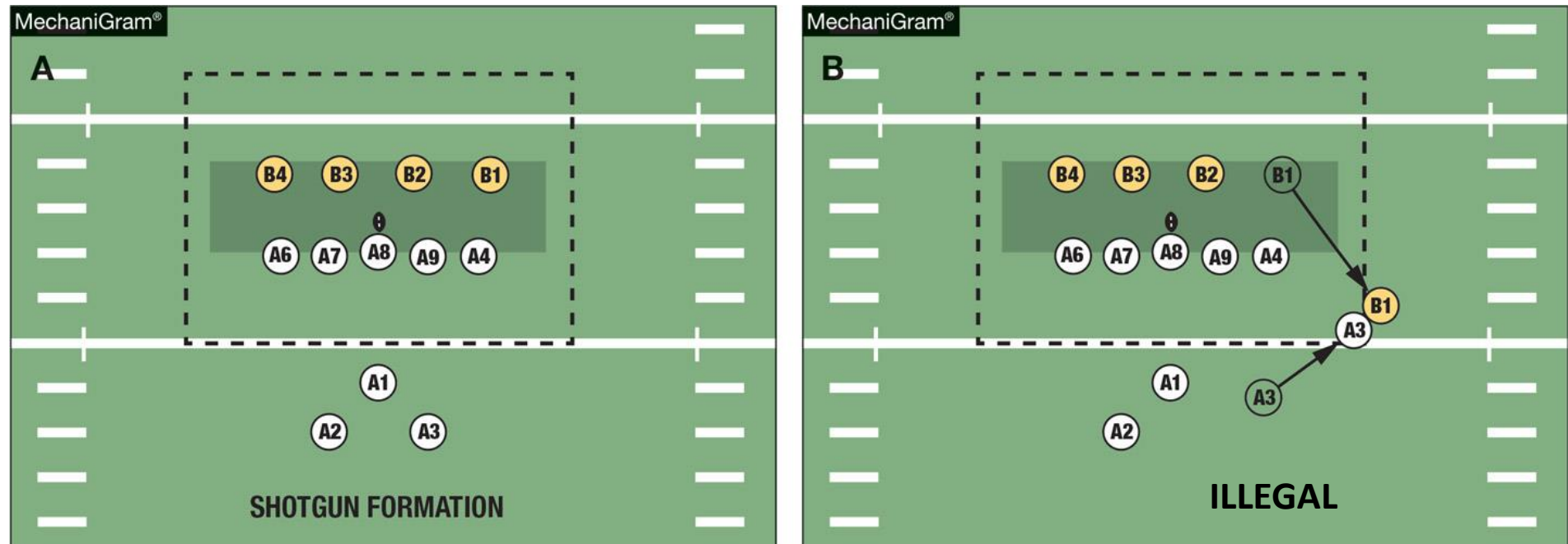
In MechaniGram A, lineman A4 was inside the free-blocking zone at the snap. In MechaniGram B, Blitzing linebacker B5 was not in the free-blocking zone at the snap and was not a lineman. When A4 blocks B5 below the waist, that is a foul.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



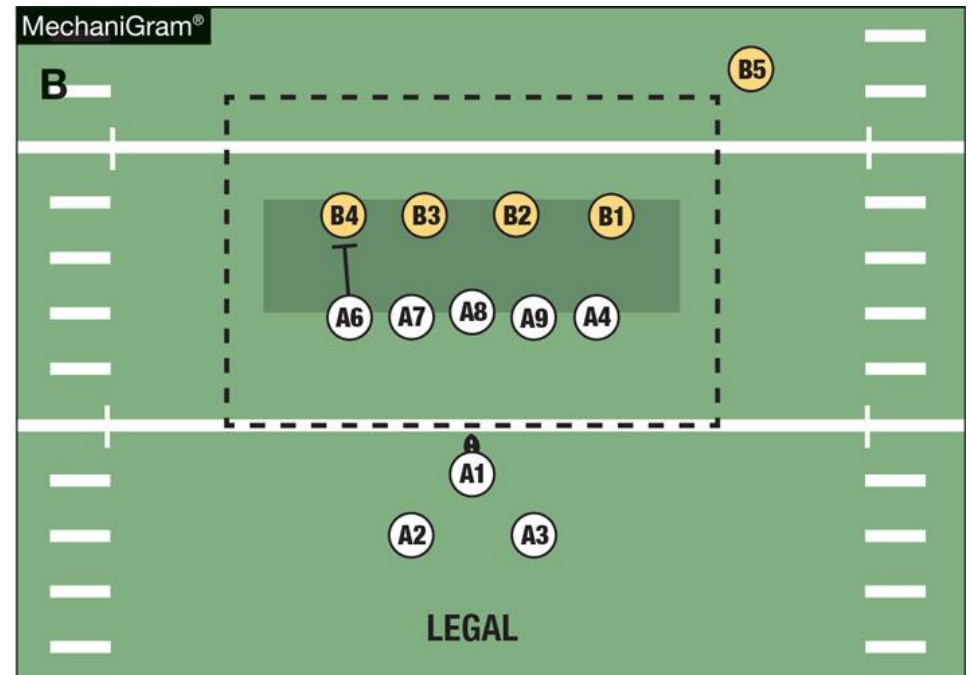
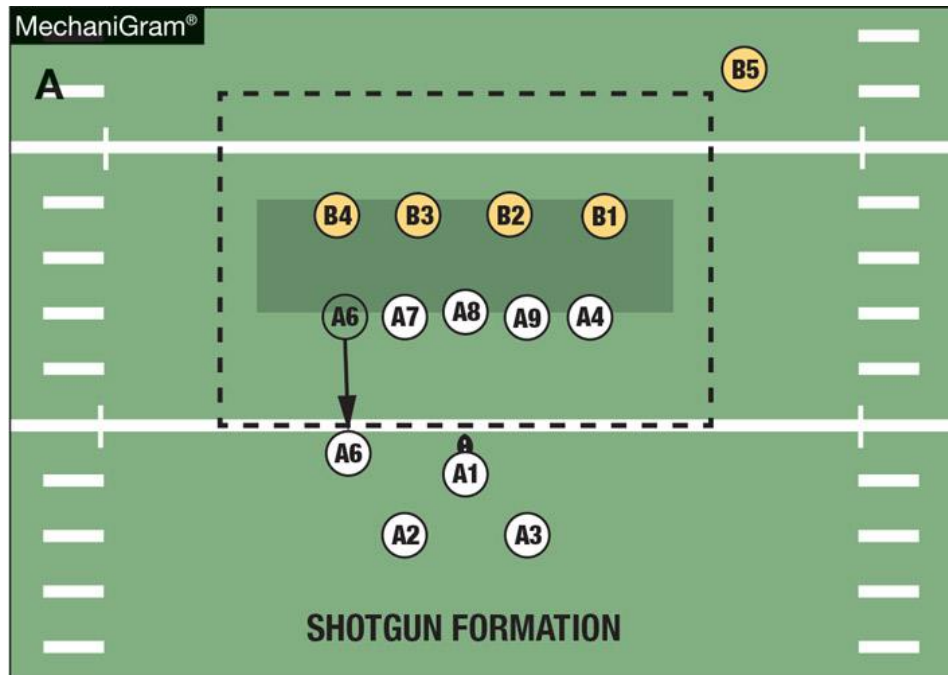
In MechaniGram A, Team A is in shotgun formation. In MechaniGram B, back A3, who was outside the free-blocking zone, is outside the free-blocking zone when he blocks B5, who is also outside the zone, below the waist. That is a foul.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



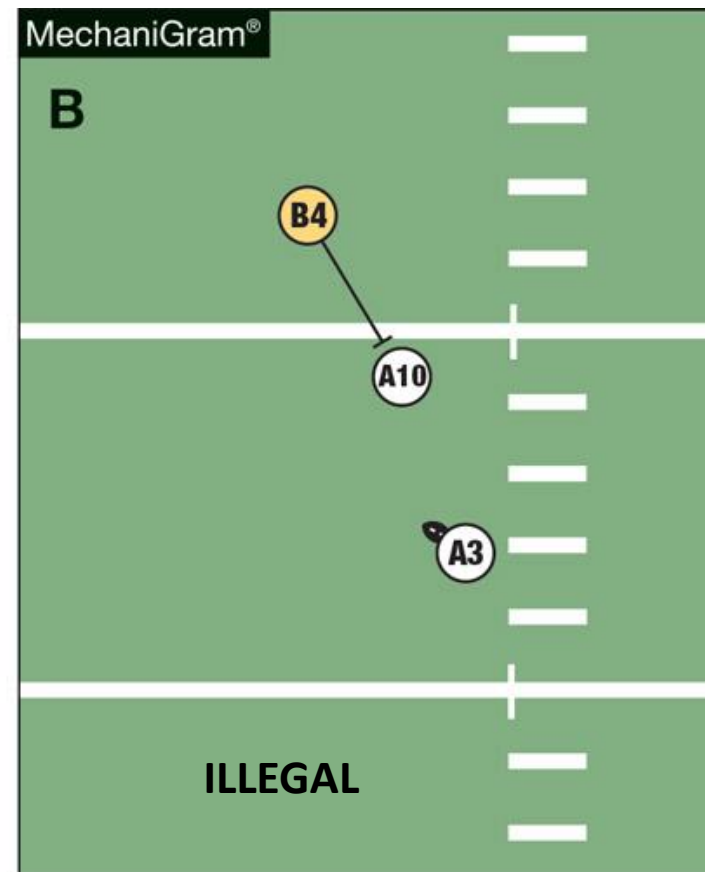
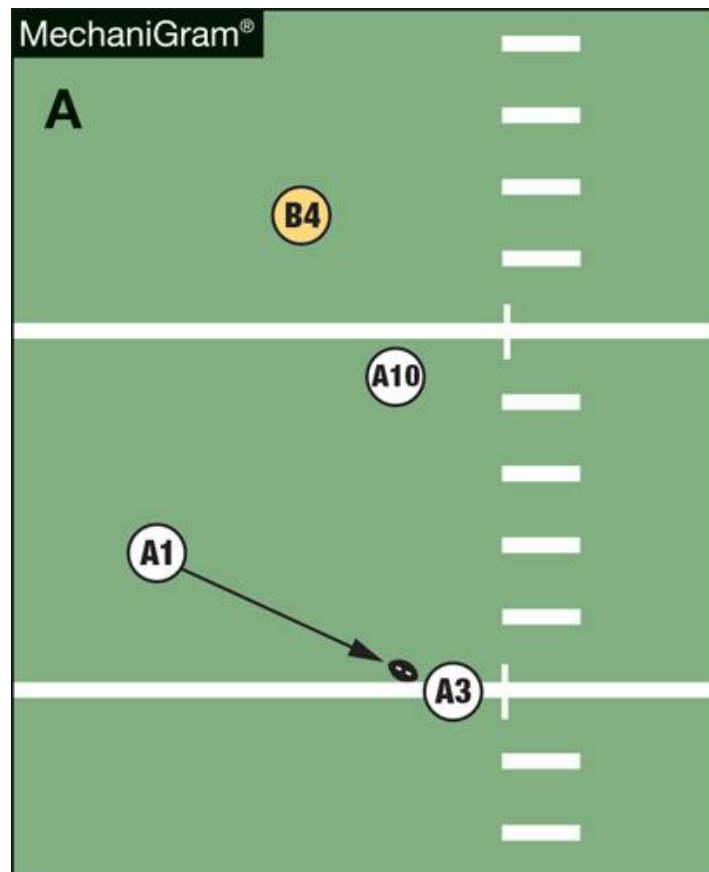
In MechaniGram A, Team A is in shotgun formation. In Mechanigram B, back A3, who was outside the free-blocking zone, is outside the free-blocking zone when he blocks B1 below the waist. That is a foul.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



In Mechanigram A, because A6 did not immediately begin his block on the snap, he may not block below the waist. In Mechanigram B, the initial thrust is simultaneous with the snap. That is a legal block.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



In MechaniGram A, A3 takes a backward pass on a toss sweep with A10 the lead blocker. In MechaniGram B, defender B4 blocks A10 below the waist to free up other defenders. That is a foul.



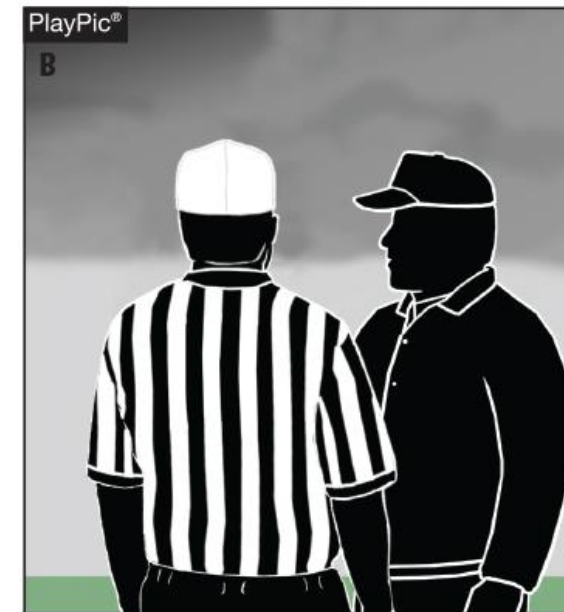
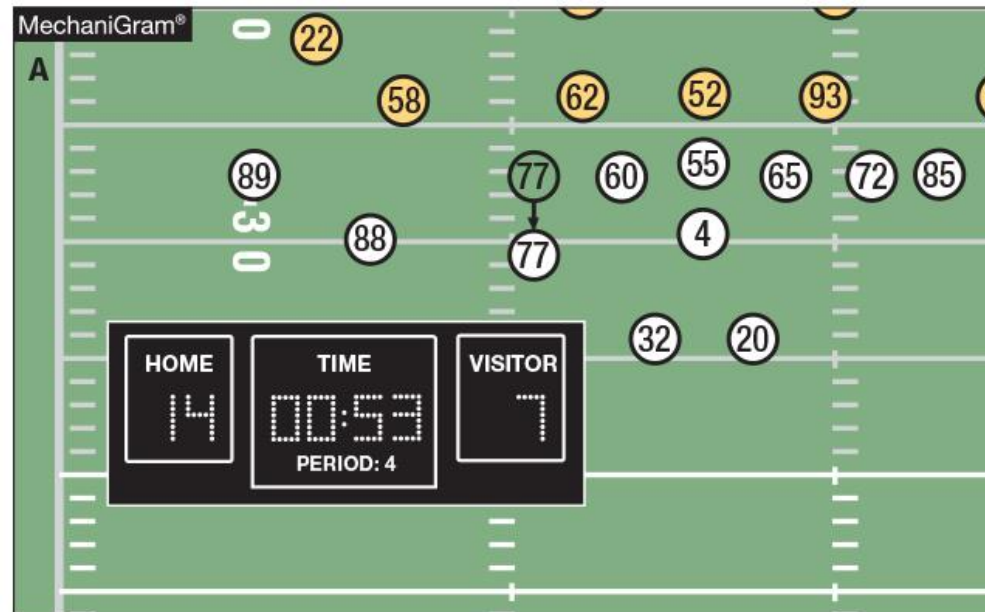
2019 NFHS FOOTBALL RULES REMINDERS



GAME CLOCK OPTION

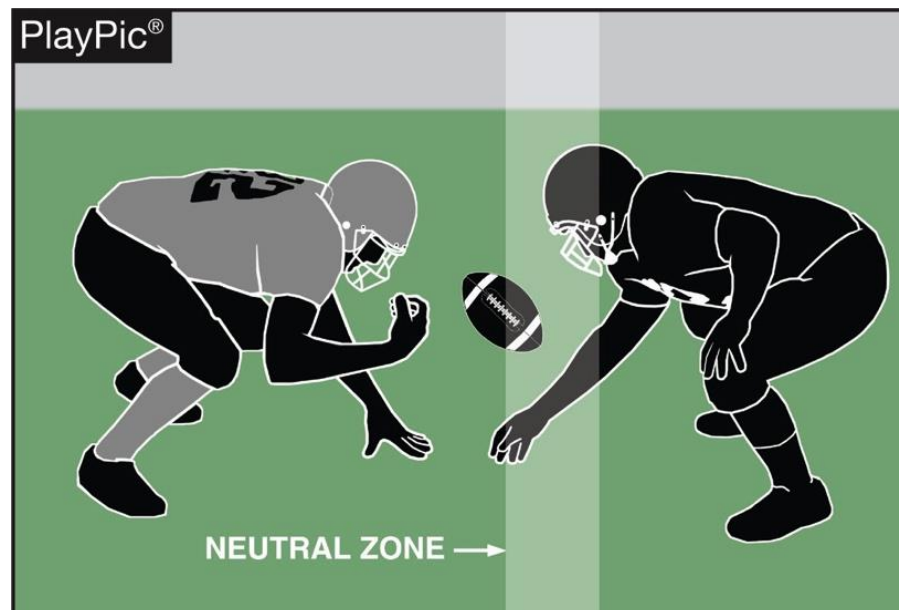
RULE 3-4-7

- With less than 2 minutes left in the half and the game clock running, A false starts (MechaniGram A). The offended team may choose to start the game clock on the snap (PlayPic B).



ENCROACHMENT RULE 7-1-6

- After the ready-for-play signal and after the snapper is in contact with the ball, it is encroachment if a defensive player contacts the ball or the snapper's arms or hands until the snap is completed (Rule 2-40).



PASS INTERFERENCE

RULE 7-5-10

- Face guarding (without contact) in and of itself is no longer considered an act of forward pass interference.





2018-2019 NFHS FOOTBALL GAME OFFICIALS MANUAL



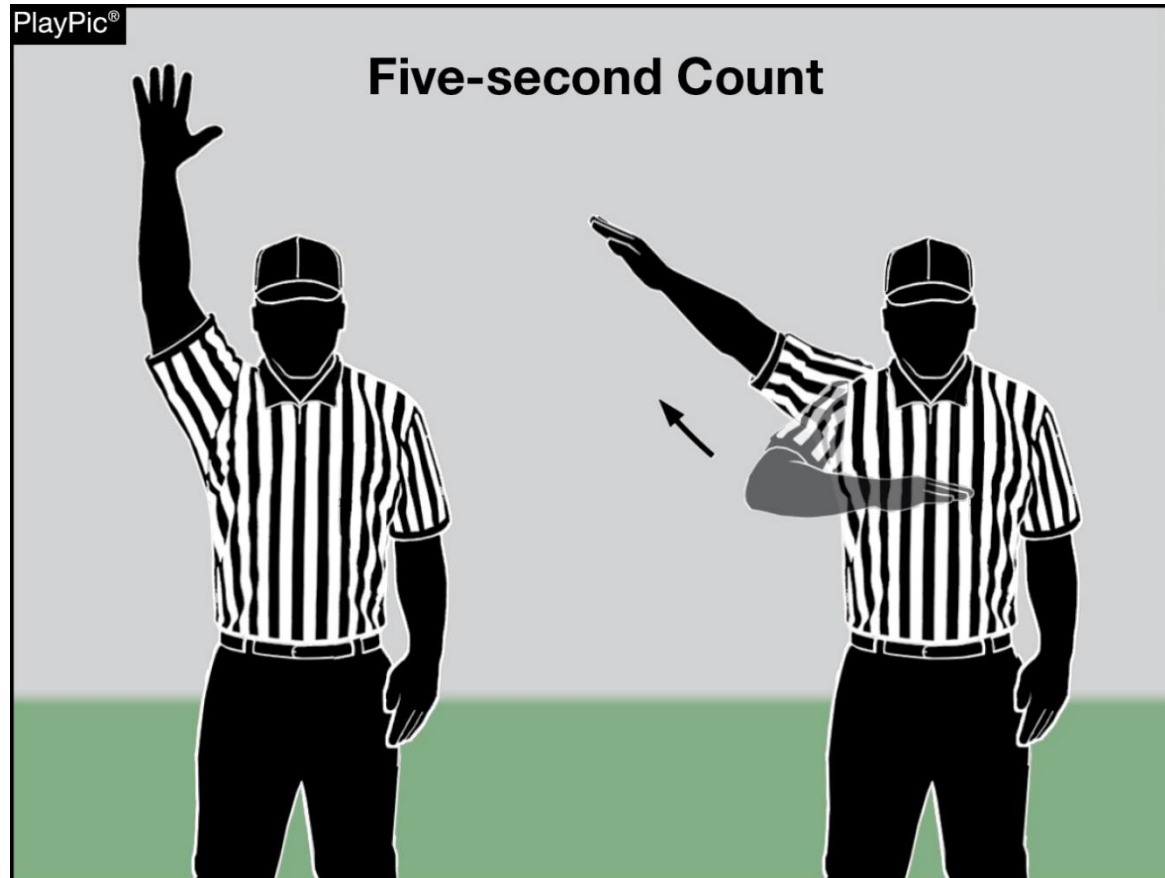


2019 NFHS FOOTBALL GAME OFFICIALS MANUAL REMINDERS

- 2019 is a non-print year for the NFHS Football Game Officials Manual.
- Added in 2018, that some white accents are now allowed on the black football shoe that game officials wear as a part of the game official uniform.
- 2019 Game Officials Manual Points of Emphasis (See pages 86-87 of the 2018-2019 NFHS Football Game Officials Manual):
 1. Equipment Issues to be Addressed
 2. Consistent Pace of Play Throughout the Game
 3. Timing Rules and Procedures
- The Game Officials Manual Committee updated for 2019 the following two items:
 1. NFHS General Instructions for Football Game and Play Clock Operators
 2. NFHS General Instructions for Football Line-To-Gain Crews



UPDATE ON RECOMMENDED CREW COMMUNICATION SIGNALS FOR 2019



Visible count by R (Four-Game Officials Crew) and BJ (Five-Game Officials Crew) of the last five seconds when the on-field 40/25-second play clocks are not utilized.



2019 NFHS FOOTBALL INFORMATION



2020 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM

Due:

November 1, 2019

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





2019-20 NFHS FOOTBALL INFORMATION

- **2019 Online NFHS Football Rules State Interpreters Meeting**
 - July 23, 2019
 - 2:00 p.m. (Eastern Time)
- **2019 Online Midseason NFHS Football Rules Webinar**
 - September 30, 2019
 - 2:00 p.m. (Eastern Time)
- **2020 NFHS Football Rule Change Proposal Form Due**
 - November 1, 2019
- **2020 NFHS Football Rules Committee Meeting**
 - January 12-14, 2020
 - Indianapolis, IN



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations



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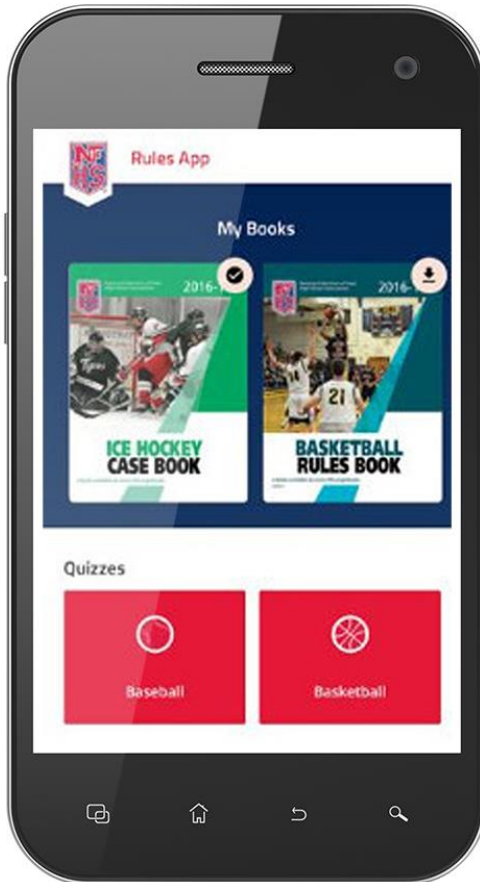
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2019 NFHS OFFICIALS EDUCATION



OFFICIALS EDUCATION

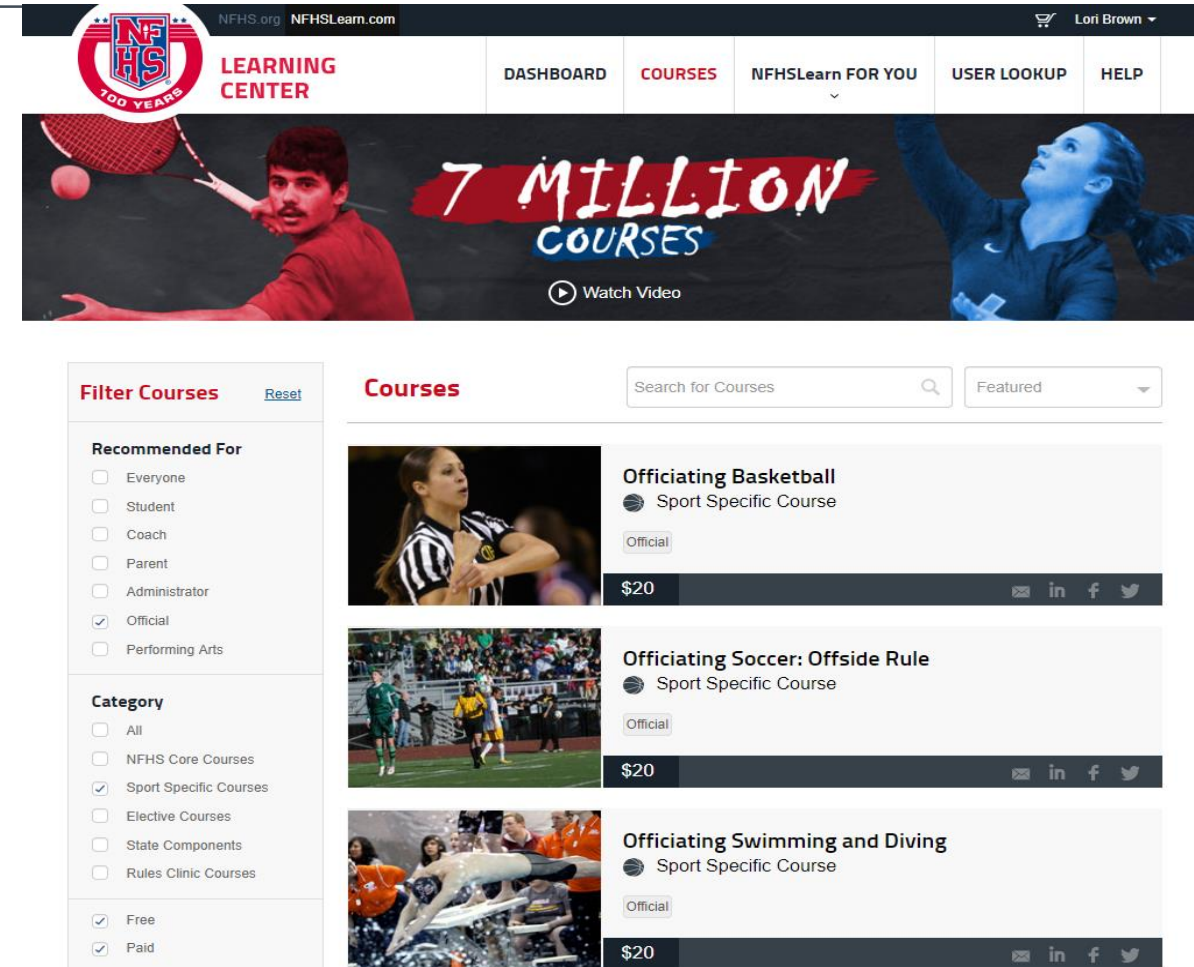
- UPDATED OFFICIALS EDUCATION COURSES AND VIDEO IS LOCATED AT www.NFHSLearn.com



SPORTS-SPECIFIC OFFICIATING COURSES

WWW.NFHSLEARN.COM

- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 20-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results



The screenshot displays the NFHS Learning Center website. At the top, there is a navigation bar with the NFHS logo, the text "NFHS.org NFHSLearn.com", and a user profile "Lori Brown". Below the navigation bar is a banner for "7 MILLION COURSES" featuring a tennis player and a basketball player, with a "Watch Video" button. The main content area is titled "Courses" and includes a search bar and a "Featured" dropdown menu. A "Filter Courses" sidebar on the left allows users to filter by "Recommended For" (Official is selected) and "Category" (Sport Specific Courses is selected). The main list shows three courses: "Officiating Basketball", "Officiating Soccer: Offside Rule", and "Officiating Swimming and Diving", each with a \$20 price tag and social media sharing options.

Filter Courses [Reset](#)

Recommended For

- Everyone
- Student
- Coach
- Parent
- Administrator
- Official
- Performing Arts

Category

- All
- NFHS Core Courses
- Sport Specific Courses
- Elective Courses
- State Components
- Rules Clinic Courses

Free
 Paid

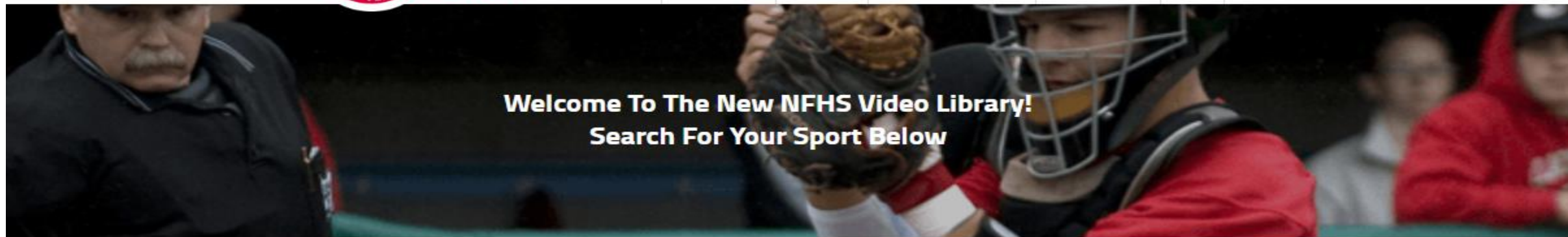
Courses Search for Courses

Officiating Basketball
Sport Specific Course
Official
\$20

Officiating Soccer: Offside Rule
Sport Specific Course
Official
\$20

Officiating Swimming and Diving
Sport Specific Course
Official
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Welcome To The New NFHS Video Library! Search For Your Sport Below

Video Filters

Sort By ▼ Select Categories ▼ Select Sports ▼ Search our videos... 🔍

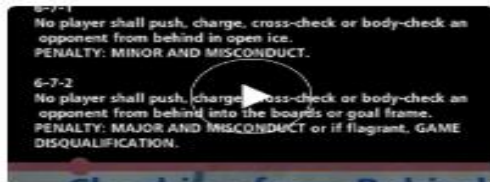
Total videos: 537



Conduct And Interference Baseball



UIL Court Coverage - Center O... Basketball



Ice Hockey Rules Concepts - C... Ice Hockey



NFHS Soccer Rules: Referee Me... Soccer



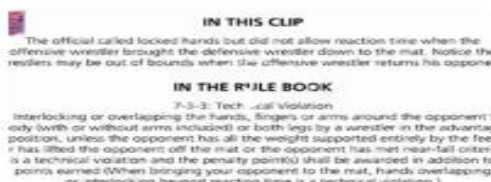
Tracking The Ball As A Hitter Softball



Judging Diving Example: 101A Swimming & Diving



Volleyball Signal 07 - Legal ... Volleyball



Technical Violation Wrestling



Umpire Mechanics Baseball



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 - Coaches
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 - Parents
 - Students
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- Over 1.6 Million courses delivered in 2018
- Over 8.2 Million courses since 2007 launch
- Over 70 courses available
- Over 35 at No Cost!



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- FREE courses include:
 - Bullying, Hazing and Inappropriate Behaviors
 - Student Mental Health and Suicide Prevention
 - Understanding Copyright and Compliance
 - Protecting Students from Abuse
 - Hazing Prevention for Students
 - Coaching Unified Sports
 - ACL Injury Prevention
 - Sportsmanship
 - And many more



Concussion in Sports



Course Objectives

- Understand what concussions are and their impact on players
- Recognize the complications associated with concussions
- Recognize the 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 protocols
- List the steps a player should use to return to active play safely after a concussion

Units

- Concussion Overview
- The Problem
- Your Responsibilities

**4.3 Million
Courses Delivered**

Concussion for Students



Course Objectives

- Understand what concussions are and their impact on players
- Recognize the signs and symptoms of concussions
- Understand how a student should help a teammate who is experiencing a concussion
- Understand what students can do to prevent concussions

Units

- Identification
- Symptoms
- Signs
- What to Do
- Prevention

NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

Page 99

2019 NFHS Football Rules

Appendix B

National Federation of State
High School Associations



SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:

- Dazed or stunned appearance;
- Confusion about assignment or position;
- Forgetfulness;
- Uncertainty of game, score, or opponent;
- Clumsy movements;
- Slow response to questions;
- Mood, behavior or personality changes;
- Can't recall events prior to or after hit or fall;
- Headache or "pressure" in head;
- Nausea;
- Balance problems or dizziness;
- Double or blurry vision;
- Sensitivity to light or noise;
- Feeling sluggish, hazy, foggy or groggy;
- Concentration or memory problems;
- Emotions of "not feeling right" or "feeling down."

Activate the Emergency Medical System or Call 9-1-1 if, after a bump, blow, or jolt to the head or body, an athlete has one or more of these danger signs:

- One pupil larger than the other;
- Drowsiness or inability to wake up;
- A headache that gets worse and does not go away;
- Slurred speech, weakness, numbness, or decreased coordination;
- Repeated vomiting or nausea;
- Convulsions or seizures (shaking or twitching);
- Unusual behavior, increased confusion, restlessness, or agitation;
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

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 as soon as possible.
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 February 2019

**In the Appendix
in all of the
2019-20 NFHS
Rules Book**



Heat Illness Prevention



Course Objectives

- Recognize that Exertional Heat Stroke (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 implementing a specific hydration to keep your athletes well-hydrated
- Understanding that appropriately modifying activities based on environmental heat stress and contributing risk factors is critical to keep your athletes safe and performing well
- Recognize the signs and symptoms of developing heat illness and know how to be prepared and react promptly in the case of a suspected EHS

750,000+ Courses Delivered

Available at nfhslearn.com!

Sudden Cardiac Arrest



SIMON'S Heart

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

750,000+
Courses Delivered

Coaching Football



USA[®]
FOOTBALL

Course Objectives

- Identify drills for teaching safe tackling techniques
- Provide an overview of skills necessary for all players
 - Blocking and Defeating Blocks
 - Shoulder Tackling
 - Catching
- Teach the role and necessary skills of each position
 - Proper stances, footwork, passing, receiving, blocking and **much more**

Units

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

Updated for 2019



NFHS NETWORK



NFHS NETWORK

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



www.NFHSnetwork.com

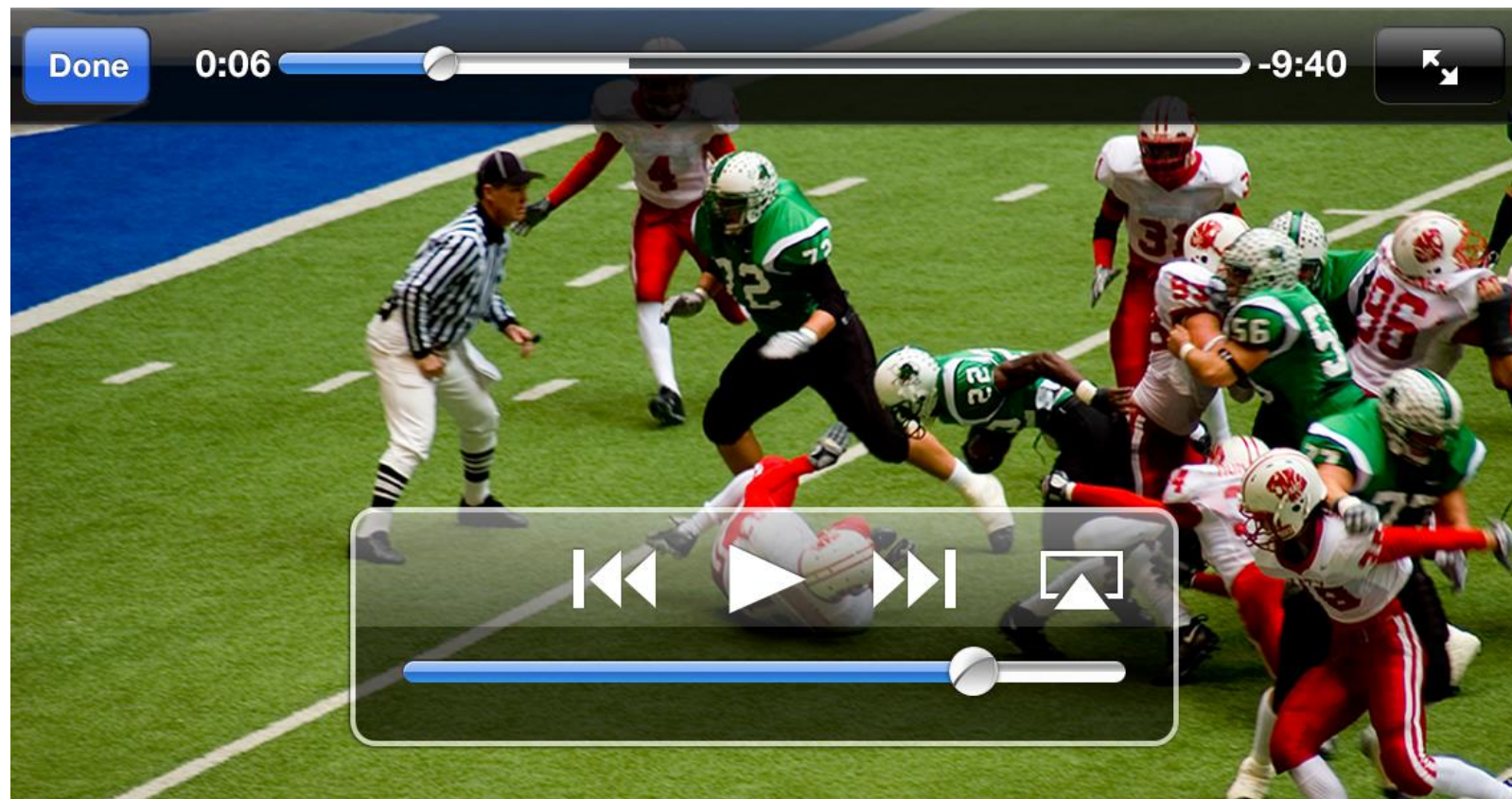


27 DIFFERENT SPORTS AND ACTIVITIES



NFHS NETWORK

- View from mobile...



THANK YOU

National Federation of State High School Associations

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