



2017 NFHS FOOTBALL RULES POWERPOINT

National Federation of State
High School Associations



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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



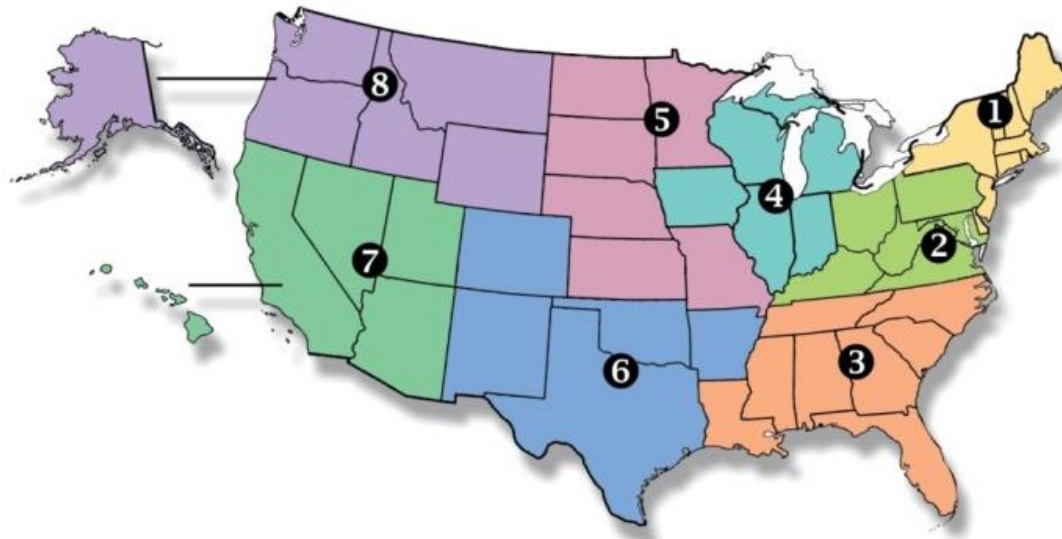
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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.



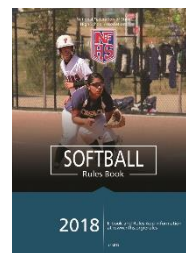
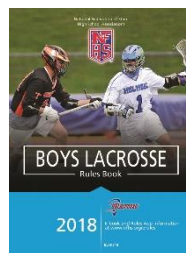
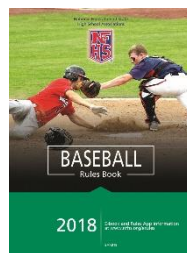
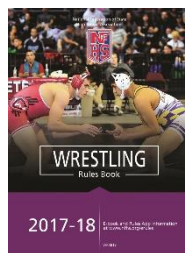
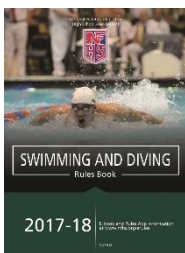
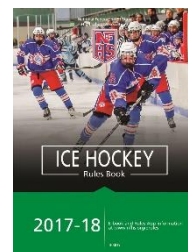
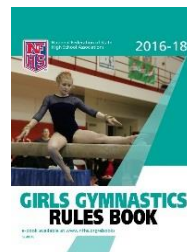
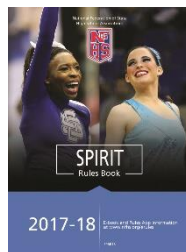
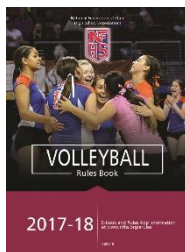
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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 7.8 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 NFHS Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Mark Koski
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James Weaver
Boys and Girls
Lacrosse and Spirit



Theresa Wynns
Basketball and
Soccer



Dan Schuster
Ice Hockey





2017 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.



PERMISSIBLE ITEMS ON BALLS

RULE 1-3-1h (NEW)

The ball may contain only the following permissible items:

Ball manufacturer's name and/or logo;

School name, logo and/or mascot;

Conference name and/or logo; State association name and/or logos; and

NFHS name and/or logos.

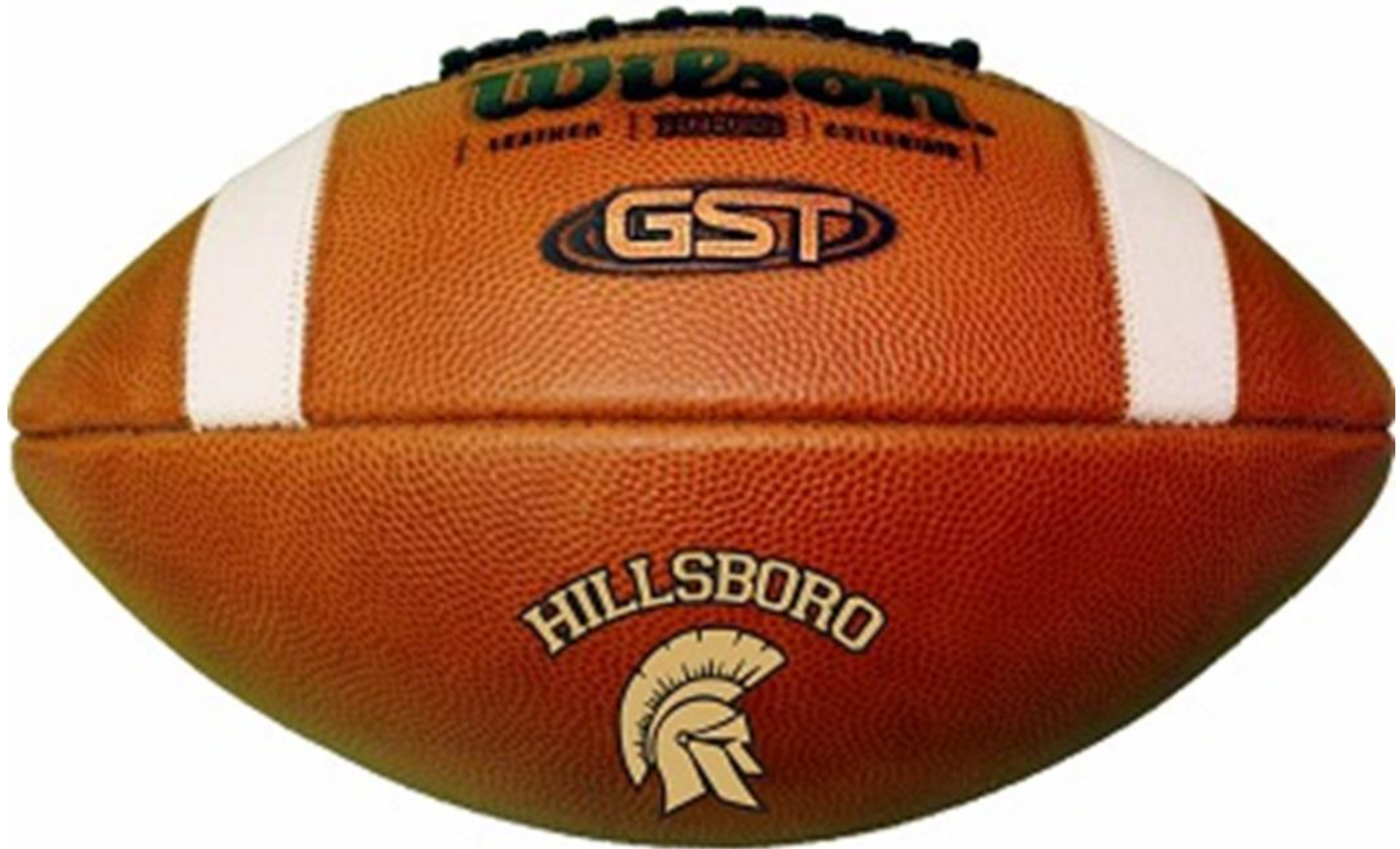


NFHS PARTNER



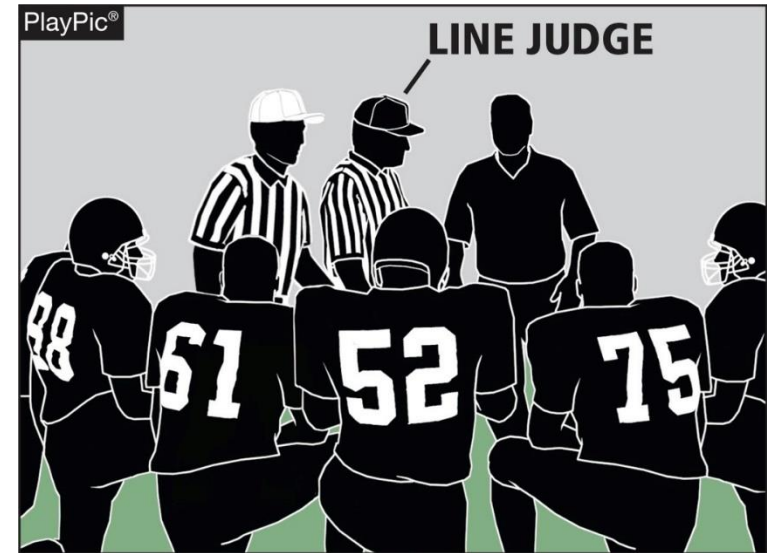


SCHOOL NAME AND LOGO ON FOOTBALL



COACHES' VERIFICATION RULES 1-5-1a(2) NOTE; 1-5-4

A crew member other than the umpire may accompany the referee to the pregame meeting with the head coaches, during which the coach verifies his team is legally equipped. Any questions regarding legality of a player's equipment shall be resolved by the umpire.



HOME TEAM JERSEYS

RULE 1-5-1(b)3

- The home jersey is to be a dark color that clearly contrasts with white. The home jersey on the left (A) is currently legal. The home jersey on the right (B) will be illegal when the rule takes effect in 2021.



HOME TEAM JERSEYS

RULE 1-5-1(b)3





HOME TEAM JERSEYS

RULE 1-5-1(b)3





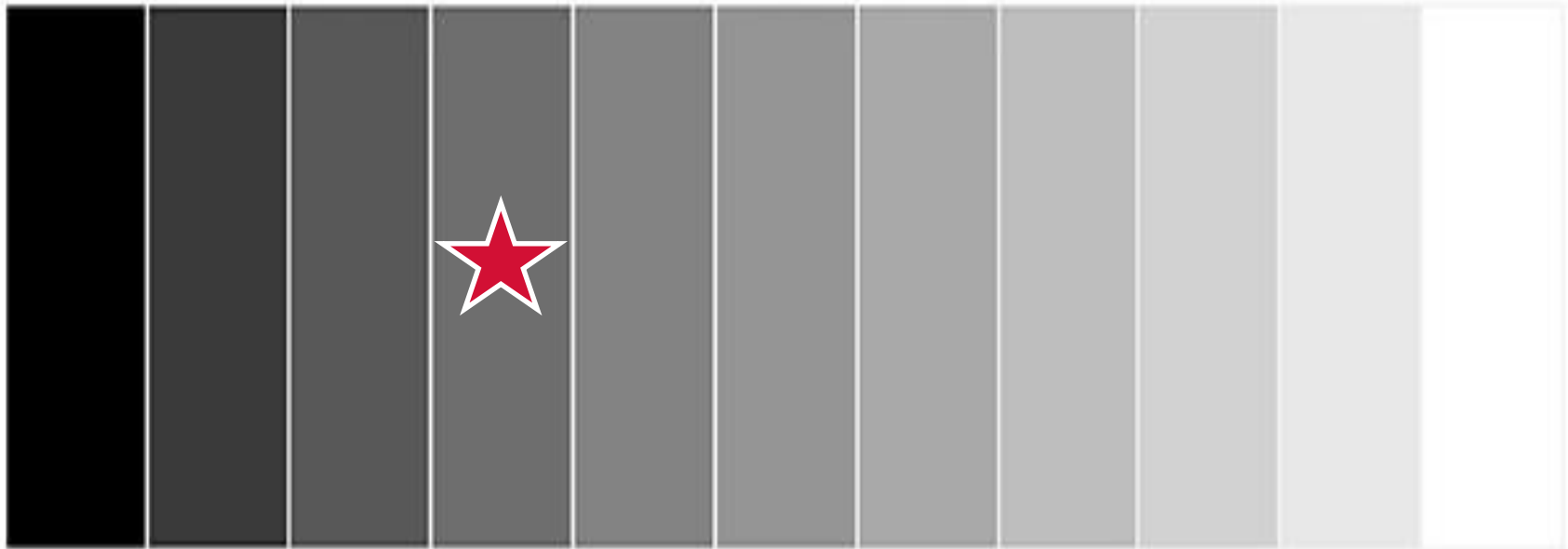
HOME TEAM JERSEYS RULE 1-5-1(b)3





HOME TEAM JERSEYS GRAY COLOR SPECTRUM CHART

100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%



HOME TEAM JERSEYS RULE 1-5-1(b)3

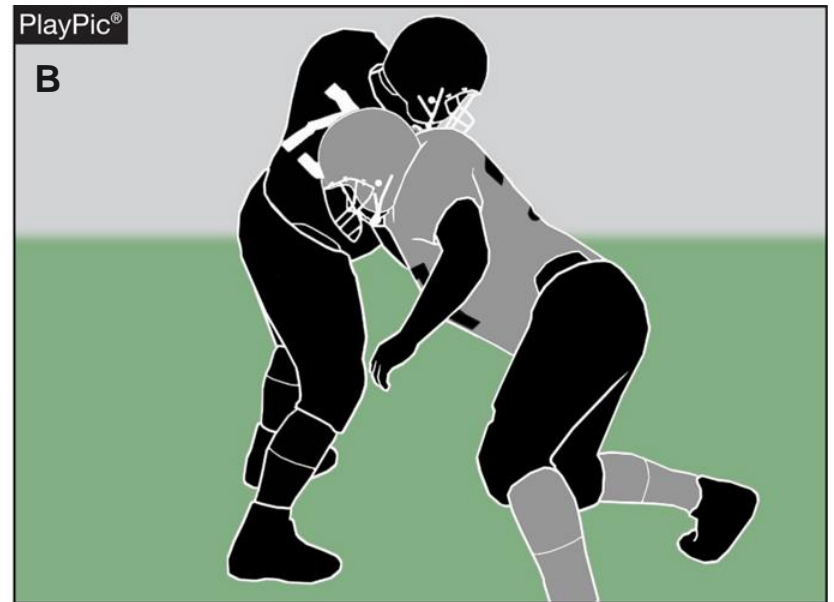
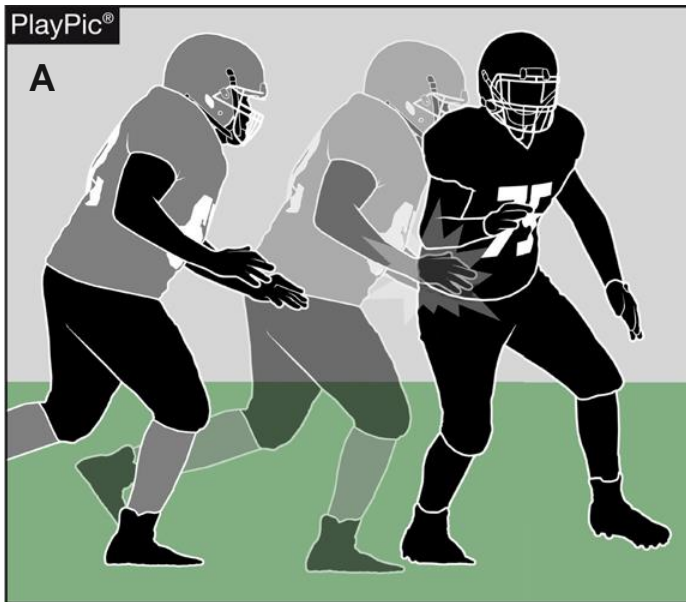
Beginning with the 2021 season, the home team jerseys in the PlayPic will be illegal. **NOTE:** Rules 1-5-1b(2)e and 1-5-1b(3)e: The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.



BLINDSIDE BLOCK

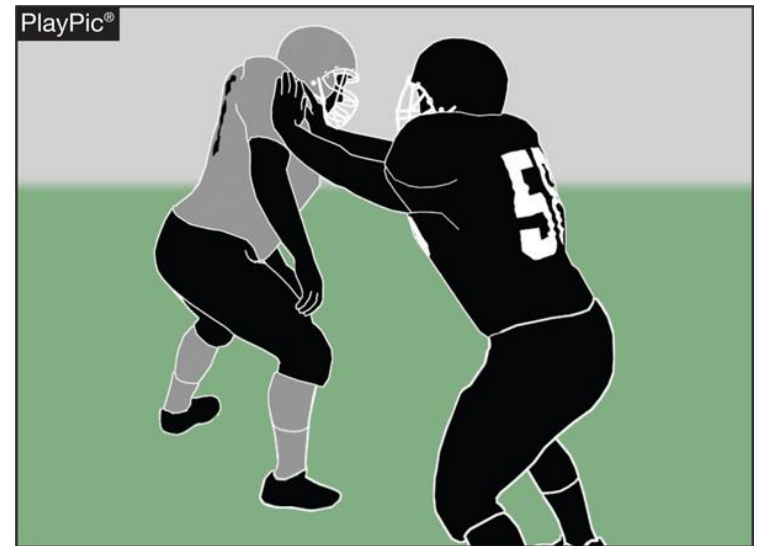
RULES 2-3-10 (NEW); 9-4-3n (NEW); 9-4 PENALTY (NEW)

- A blindside block is a block against an opponent other than the runner, who does not see the blocker approaching.



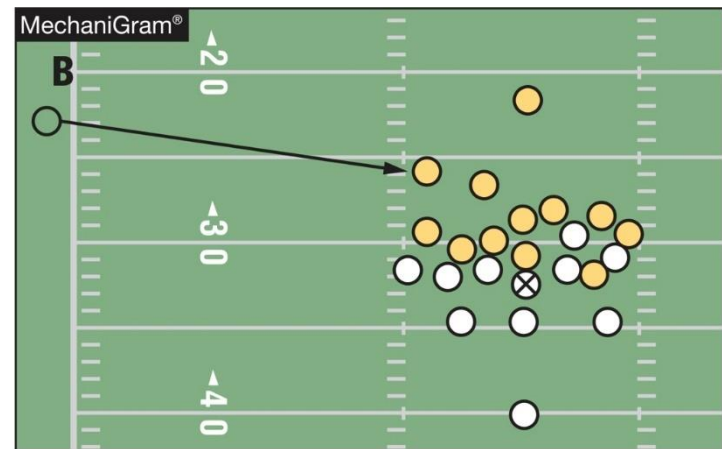
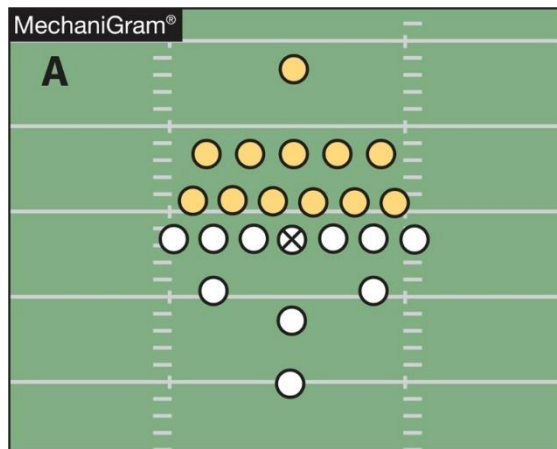
BLINDSIDE BLOCK RULES 2-3-10 (NEW); 9-4-3n (NEW); 9-4 PENALTY (NEW)

- A blindside block is a block outside of the free-blocking zone against an opponent other than the runner who does not have a reasonable opportunity to see the blocker approaching. As seen in the PlayPic, a blindside block with forceful contact initiated with open hands is legal, inside or outside of the free-blocking zone.



PSK ENFORCEMENT RULE 2-16-2h

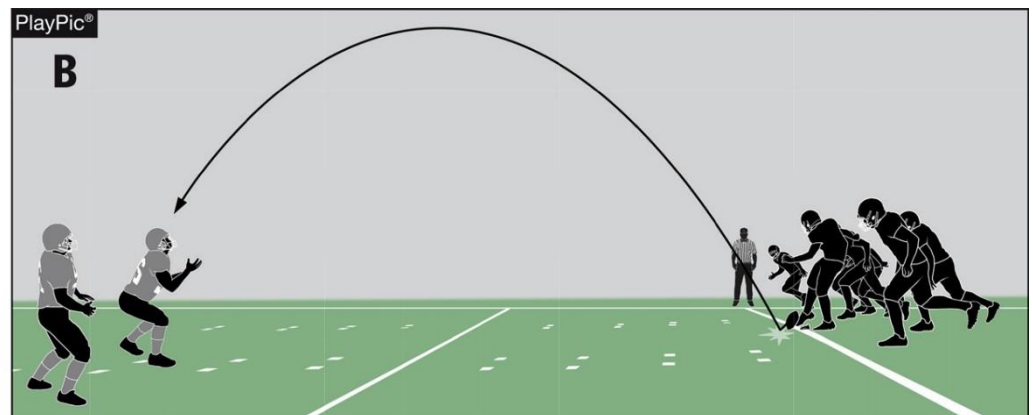
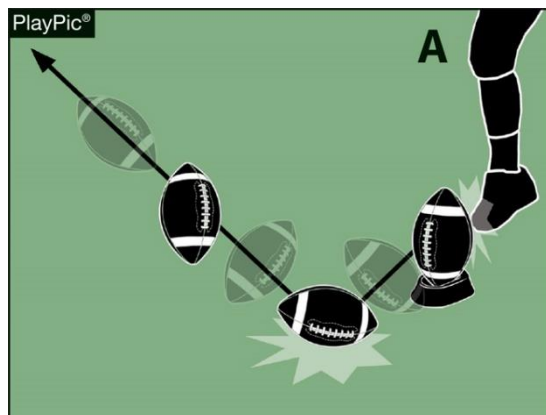
- Illegal substitution and illegal participation fouls by R occurring at the snap (MechaniGram A) are enforced from the previous spot. Illegal participation fouls by team R occurring during the kick (MechaniGram B) are enforced under post-scrimmage kick enforcement.



POP-UP KICK

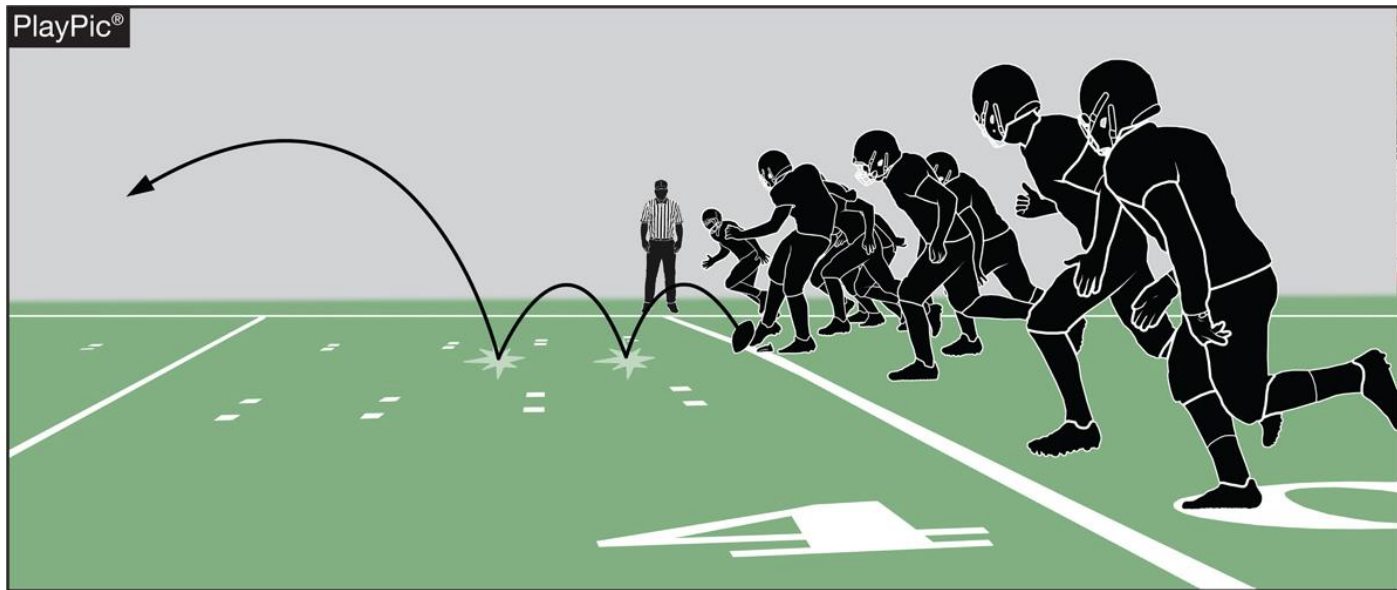
RULES 2-24-10 (NEW); 6-1-11 (NEW); 6-1 PENALTY (NEW)

- A pop-up kick is a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee. Such kicks will be penalized as a dead-ball foul.



POP-UP KICK RULES 2-24-10 (NEW); 6-1-11 (NEW); 6-1 PENALTY (NEW)

- A kick in which the kicker drives the ball into the ground to create two or three low bounces then one high, arching bounce is legal.



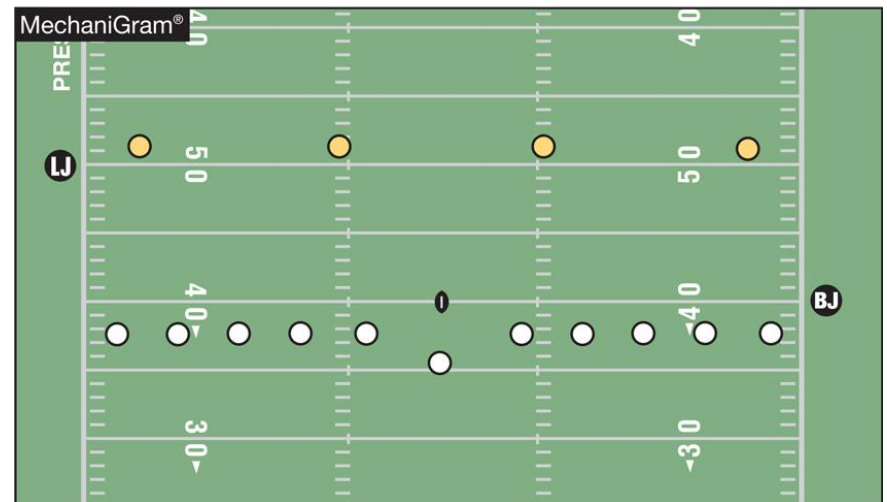
POP-UP KICK RULES 2-24-10 (NEW); 6-1-11 (NEW); 6-1 PENALTY (NEW)

- A free kick in which the ball is dribbled along the ground is legal.



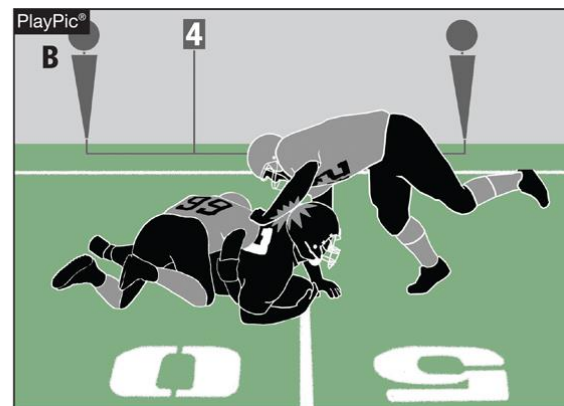
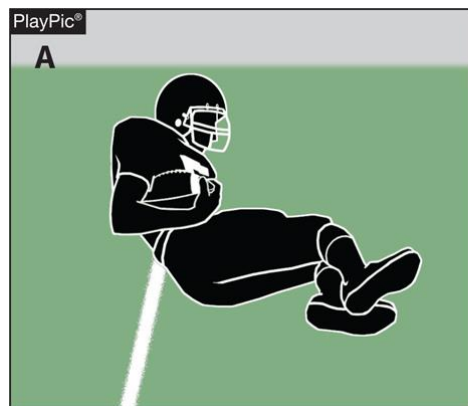
MECHANICS FOR POP-UP KICKS

- The game official on K's free-kick line (back judge in crew of 5, head linesman in crew of 4) is primary for judging a pop-up kick. The game official on R's free-kick line (line judge in crews of 5 or 4) is secondary.



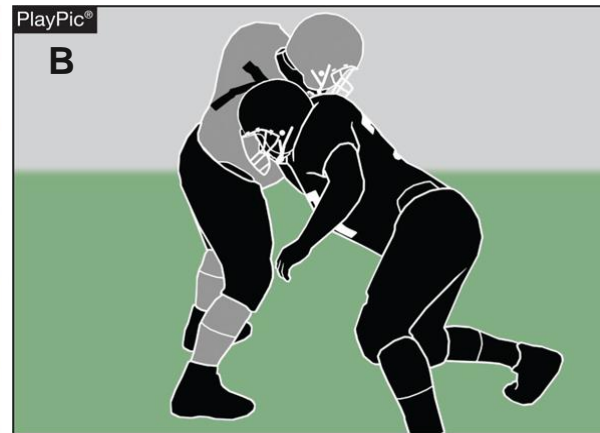
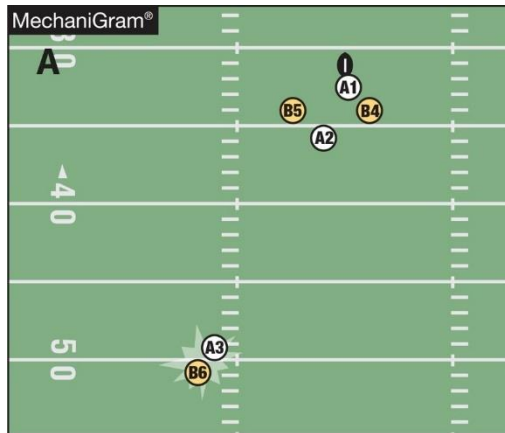
DEFENSELESS PLAYER RULE 2-32-16

- A player on the ground including a runner who has obviously given himself up and is sliding feet-first (PlayPic A) and a runner already in the grasp of a tackler and whose forward progress has been stopped (PlayPic B), are defenseless players.



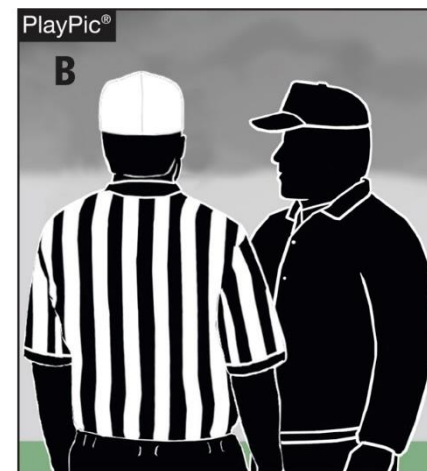
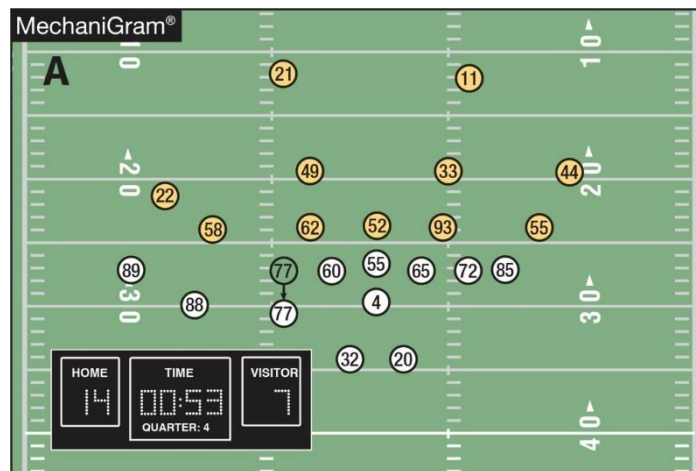
DEFENSELESS PLAYER RULE 2-32-16

A player obviously out of the play or not in the immediate vicinity of the runner (MechaniGram A) and a player who receives a blindside block with forceful contact not initiated with open hands (PlayPic B) are defenseless players.



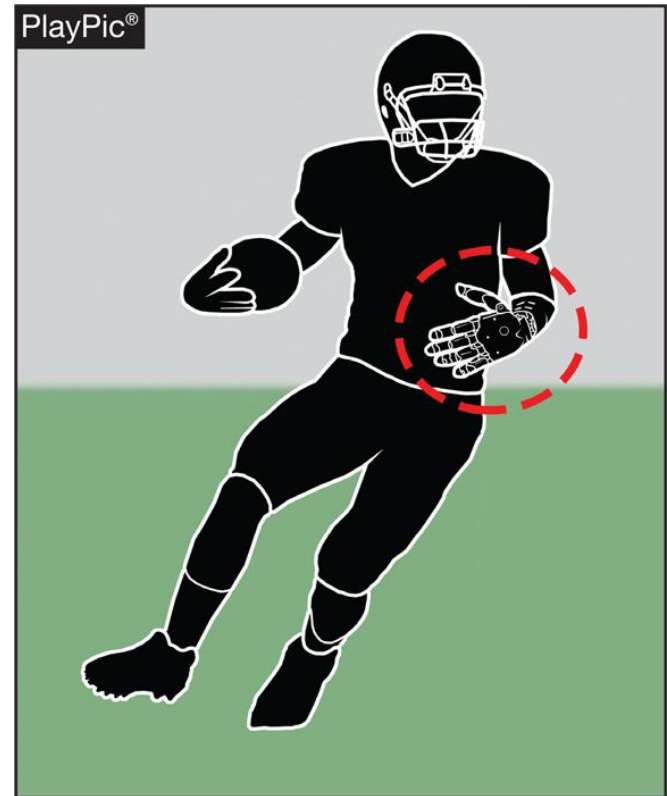
GAME CLOCK OPTION RULE 3-4-7 (NEW)

- 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).



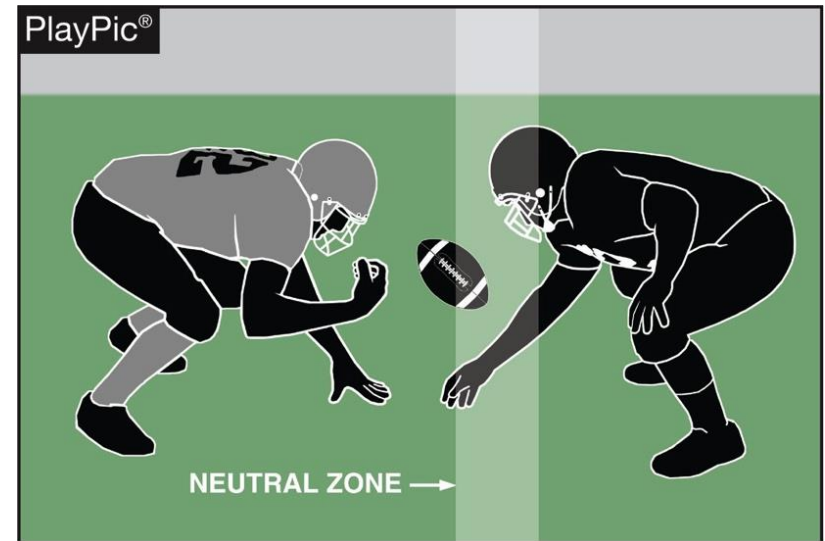
DEAD BALL, DOWN ENDS RULE 4-2-2I (NEW)

- The player has a prosthetic arm. If the prosthetic limb comes completely off the runner, the ball becomes dead and the down ends.



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.





2017 NFHS FOOTBALL EDITORIAL CHANGES



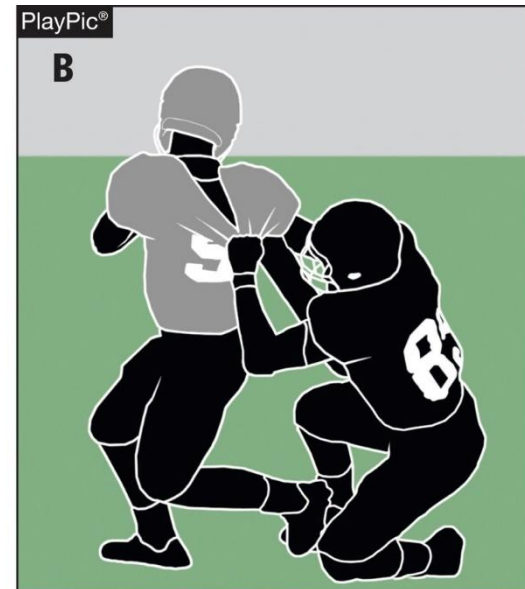
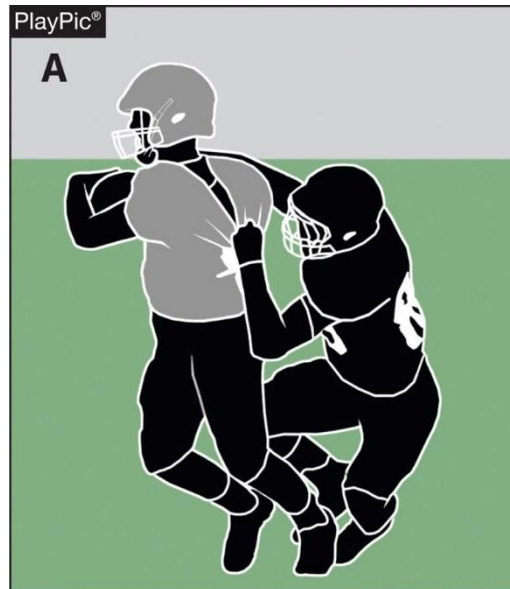
ELECTRONIC EQUIPMENT RULES 1-5-3c(2); 1-6-1; 1-6-2

- Electronic signage used to signal plays or other information from the sideline is illegal.



ILLEGAL HORSE-COLLAR TACKLE RULE 9-4-3K

- No player or nonplayer shall grab the inside back or side collar of either the shoulder pads or the jersey of the runner and subsequently pull that opponent to the ground.





2017 NFHS FOOTBALL EDITORIAL CHANGES

Facilities Statement	A new statement from the NFHS on facilities used for high school athletics was added to the front of the 2017 NFHS Football Rules Book.
1-3-2	Deleted “game” before “ball.”
1-5-1a(1), 1-5-1a(2) NOTE, 1-5-2b, 1-5-3b(6)	Deleted “test” before “standard.”
1-5-5	Added new rules references.
2-5-3	Deleted Article 3.
2-41-3	Updated the rules reference to Rule 5-3-4 in the EXCEPTION.
2-41-5	Added new rules references.





2017 NFHS FOOTBALL EDITORIAL CHANGES

3-4-8	Previous Article 7 became a new Article 8.
3-5-7f	Deleted “game” before “ball.”
3-5-8b(2)	Added a hyphen to “time-out.”
3-5-10b, c	Removed the page numbers for the Appendix reference.
4-2-2k	Clarified when the helmet comes completely off the runner.
7-5-6a	Changed “include” to “including.”





2017 NFHS FOOTBALL EDITORIAL CHANGES

9-3 PENALTY	Changed the official signal to (S30) for blocking a kicker or place-kicker holder.
9-8-1h	Added new rules references.
10-5-1c	Changed rules reference.
FOOTBALL FUNDAMENTALS – VI-2	Further clarified a scrimmage kick on a try.
PENALTY SUMMARY	Updated rules references and added “Blindside Block” and “Hurdle an Opponent” to the PENALTY SUMMARY.
INDEX	Added “Blindside Block” and Pop-up kick” to the Index.





2017 NFHS FOOTBALL POINTS OF EMPHASIS





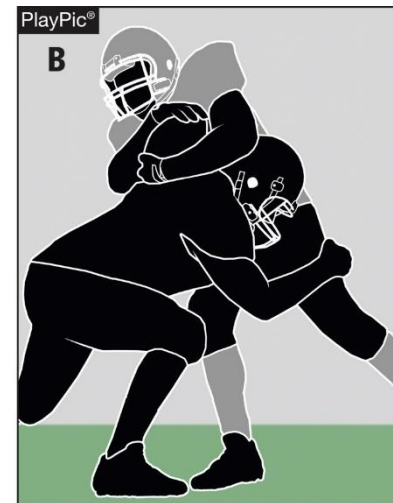
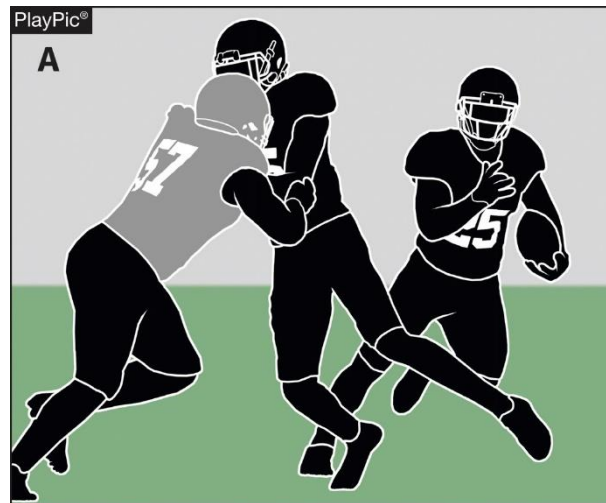
2017 NFHS FOOTBALL POINTS OF EMPHASIS

- 1. Responsibility on Players to Avoid Illegal Contact**
- 2. Illegal Helmet Contact**
- 3. Sideline Management and Control, Professional Communication Between Coaches and Game Officials**
- 4. Proper Enforcement of Penalties for Violations of the Equipment Rules**



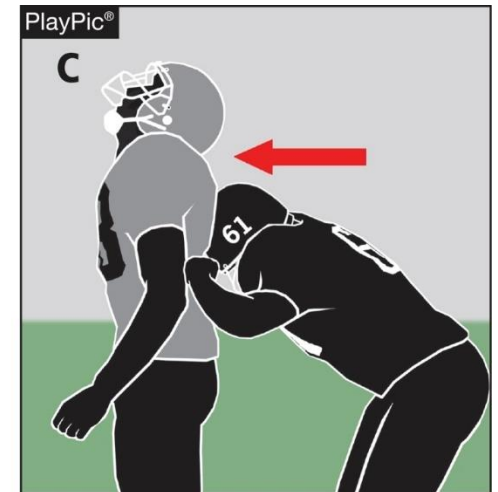
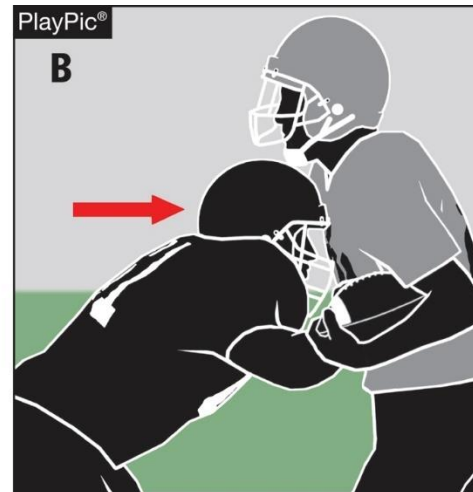
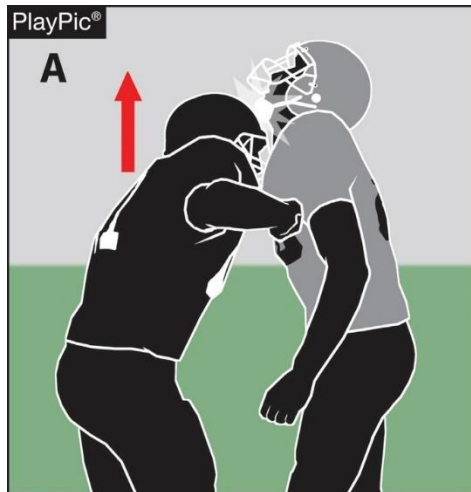
RESPONSIBILITY ON PLAYERS TO AVOID ILLEGAL CONTACT

While it is imperative for coaches to continue teaching players how to avoid illegal contact, players are ultimately responsible for using legal blocking (PlayPic A) and tackling (PlayPic B) techniques.



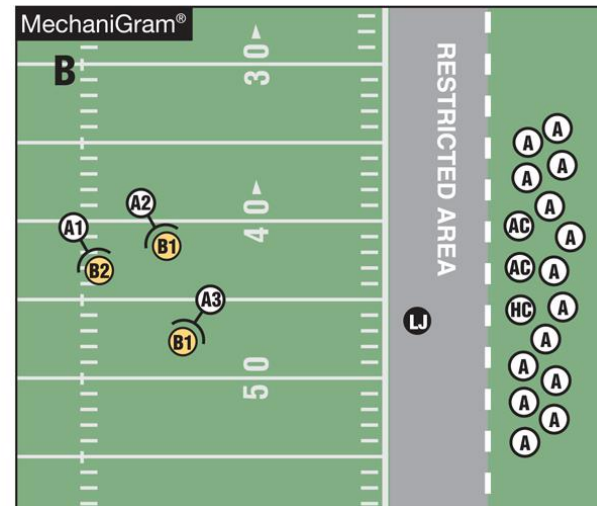
ILLEGAL HELMET CONTACT

One of the biggest steps in reducing injuries is eliminating direct helmet-to-helmet contact and any other contact both with and to the helmet. Butt blocking (PlayPic A), face tackling (PlayPic B) and spearing (PlayPic C) are illegal.



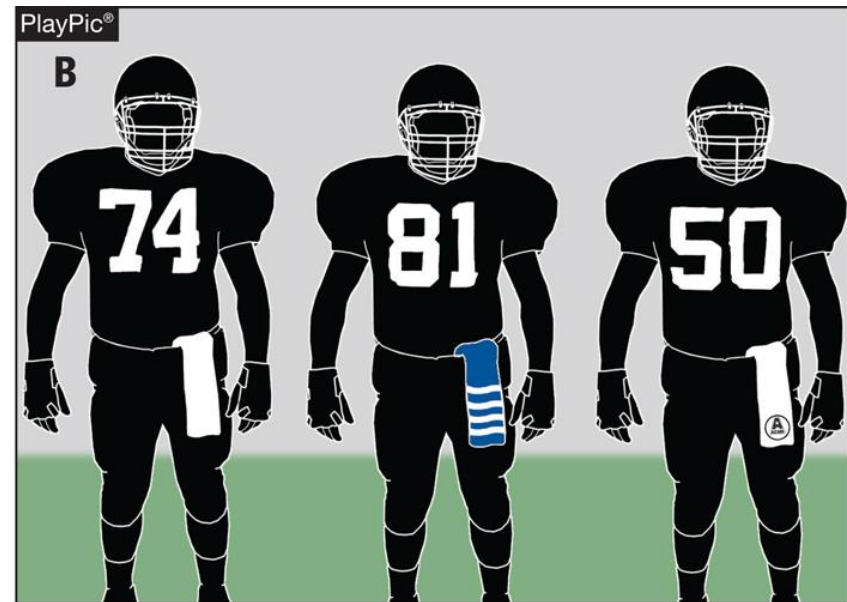
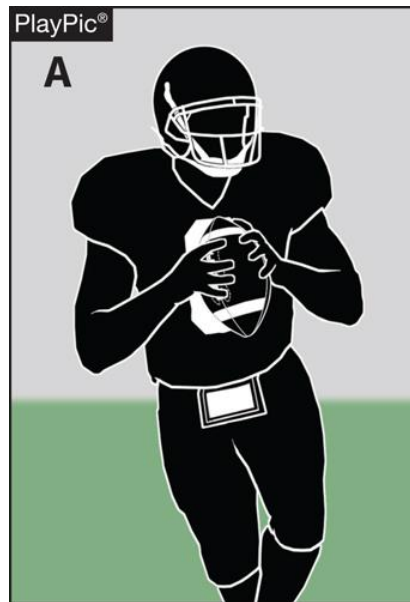
SIDELINE MANAGEMENT AND CONTROL, PROFESSIONAL COMMUNICATION BETWEEN COACHES AND GAME OFFICIALS

Effective enforcement of sideline rules begins with respectfully communicating expectations before the game (PlayPic A). Game officials are expected to enforce rules regarding the coaches area (MechaniGram B).



PROPER ENFORCEMENT OF PENALTIES FOR VIOLATIONS OF EQUIPMENT RULES

- Examples of illegal equipment include play cards not worn on the wrist or arm (PlayPic A) and towels that are not the same solid color (PlayPic B).



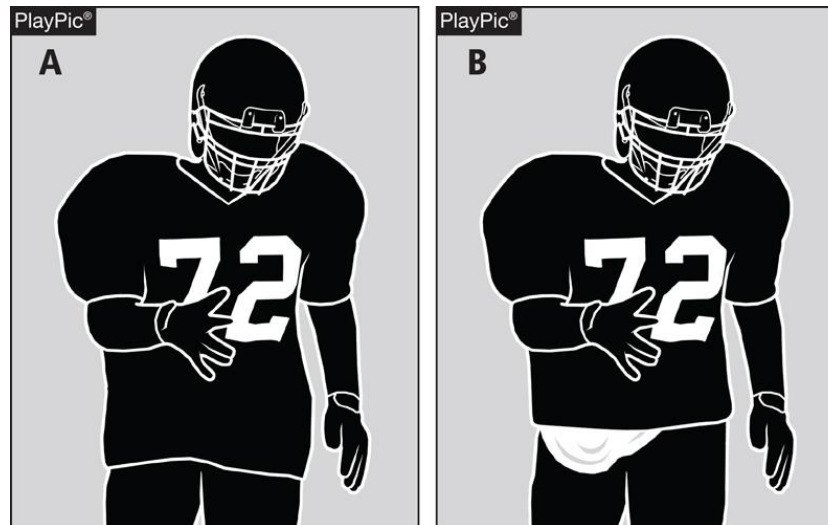


2017 NFHS FOOTBALL RULES REMINDERS



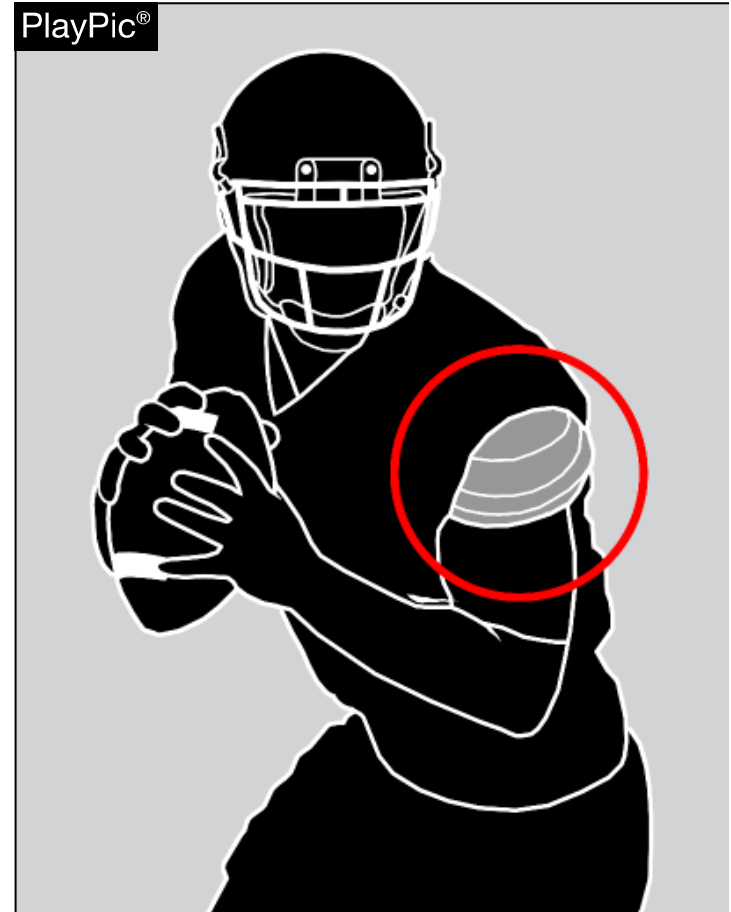
PLAYER EQUIPMENT RULE 1-5-1b(1)

These jerseys are illegal. In PlayPic A, the jersey is longer than the top of the pants; thus it must be tucked in. In PlayPic B, the shirt beneath the jersey and the jersey must be tucked in.



EQUIPMENT RULE 1-5-1b(1)

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

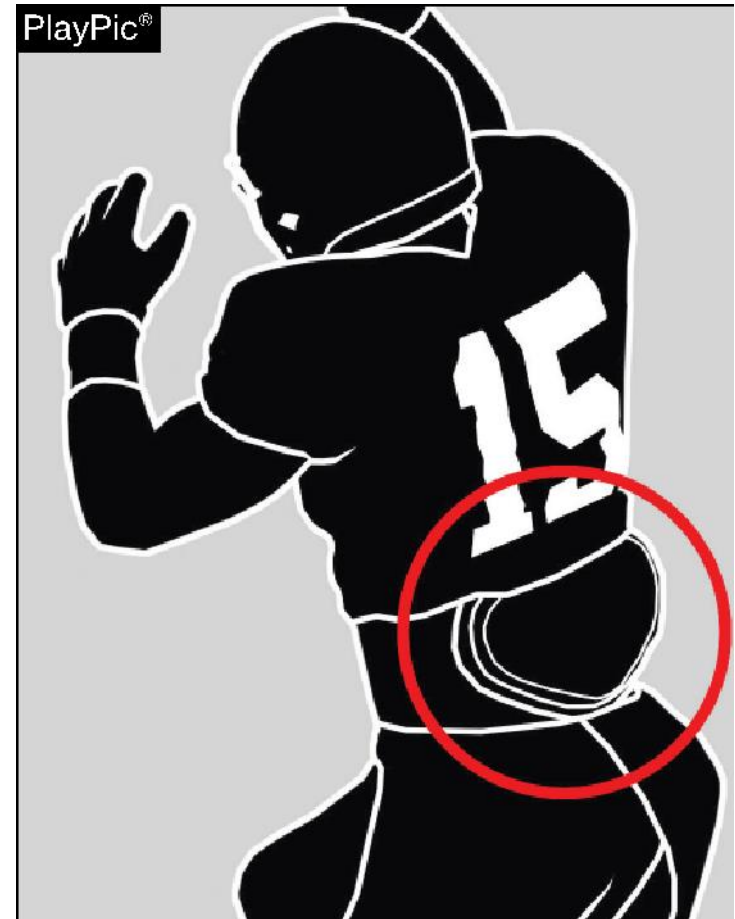


ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)



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.

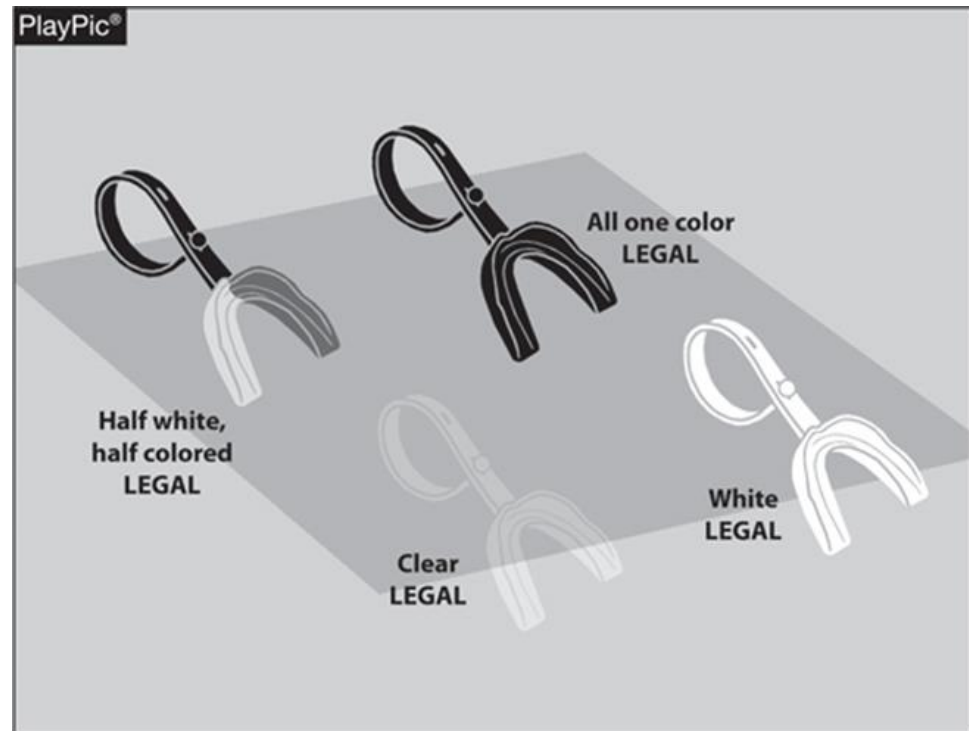


ILLEGAL FOOTBALL JERSEY AND PANT (BACK PAD AND KNEES NOT COVERED)



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

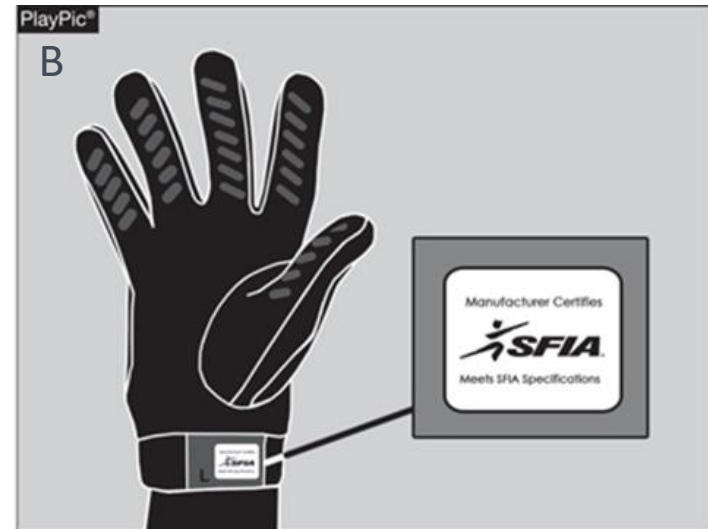
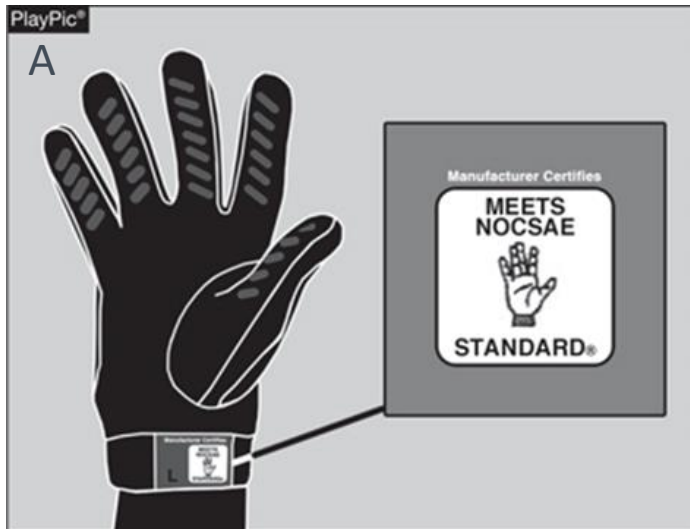
- Tooth and mouth protectors that are completely clear or completely white are legal.



GLOVES

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

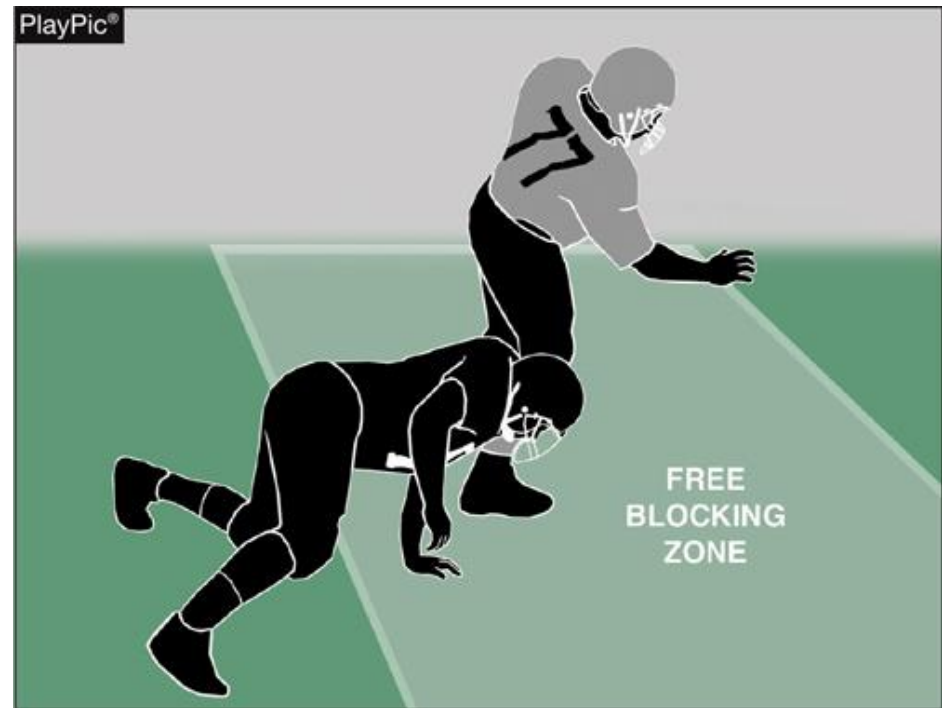
- Gloves are now required to carry either the National Operating Committee on Standards for Athletic Equipment (NOCSAE) seal (PlayPic A) or the Sports and Fitness Industry Association (SFIA) seal (PlayPic B). The seals must be visible and appear legibly on the exterior wrist opening of the glove.



CLIPPING

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

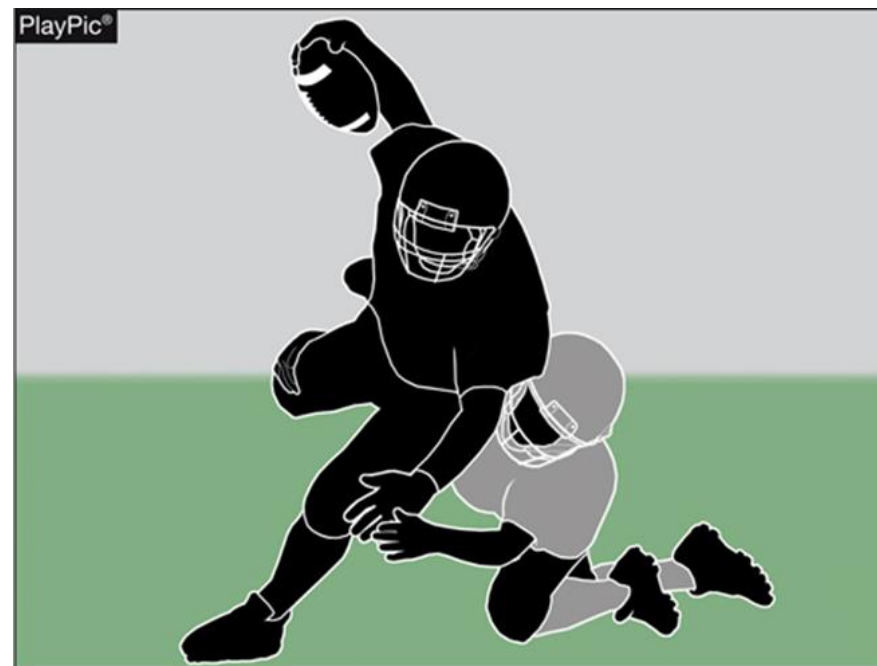
- The exception that allowed clipping in the free-blocking zone has been eliminated.



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.





2017 NFHS FOOTBALL INFORMATION



2018 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM

Due:

November 1, 2017

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





ADDITIONAL NFHS FOOTBALL INFORMATION

- **2017 NFHS Football Rules Online State Interpreters Meeting**
 - July 18, 2017 – 2:00 pm. (Eastern Time)
- **2018 NFHS Football Rule Change Proposal Online Form Due**
 - November 1, 2017
- **2018 NFHS Football Rules Committee Meeting**
 - January 19-21, 2018
 - Indianapolis, IN
- **2018 NFHS In-Person Football Rules Interpreters Meeting**
 - July 22-23, 2018
 - Indianapolis, IN



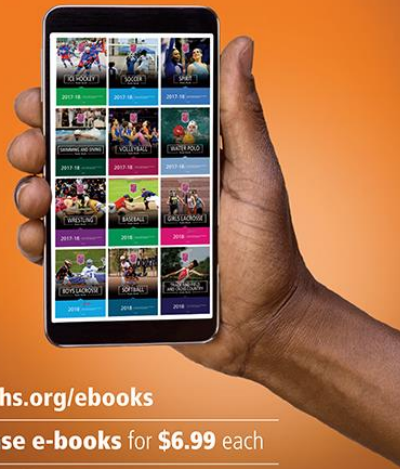
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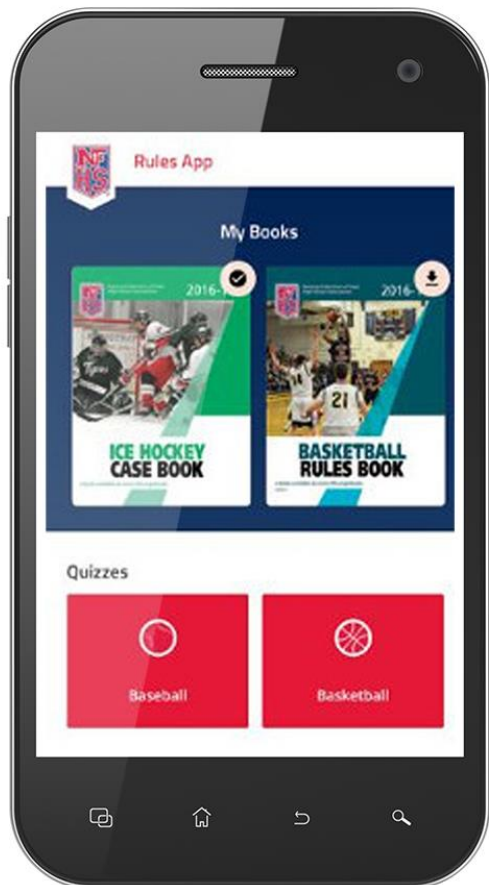
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 - www.nfhs.org/erules for more information





2017 NFHS OFFICIALS EDUCATION



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 NFHS Sideline website. At the top, there is a green header with the text "NFHS FOOTBALL OFFICIATING" and "SIDELINE" in large white letters. Below the header is a search bar with a magnifying glass icon. The main content area is divided into three columns. The left column is titled "Football Rules Information" and lists several articles: "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 "2015 Official Football Signals". The middle column is titled "Welcome" and features a photo of Bob Colgate, the NFHS Director of Sports and Sports Medicine, with a "More" button. The right column is titled "Sport Specific Information" and lists various sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, Water Polo, and Wrestling. Each sport name is in a blue button with a right-pointing arrow.



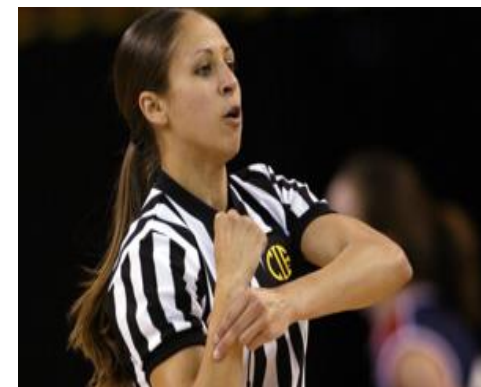
NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- 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 OFFICIALS EDUCATION COURSE AND VIDEOS

- Additional courses available in...
 - Officiating Basketball
 - Officiating Volleyball: Ball Handling
 - Umpiring Softball
- Courses Coming Soon...
 - Officiating Swimming and Diving
 - Officiating Soccer: Fouls and Misconduct





NFHS LEARNING CENTER

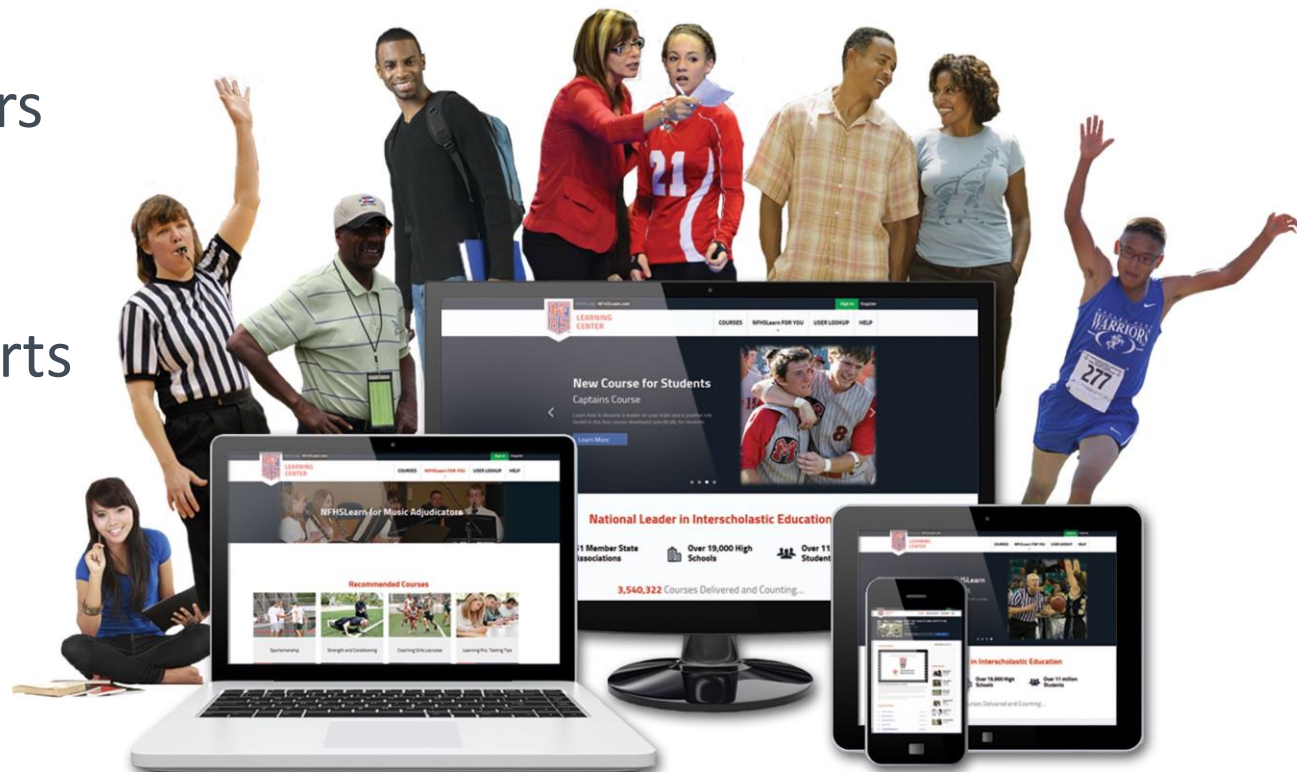


NFHS LEARNING CENTER

WWW.NFHSLEARN.COM

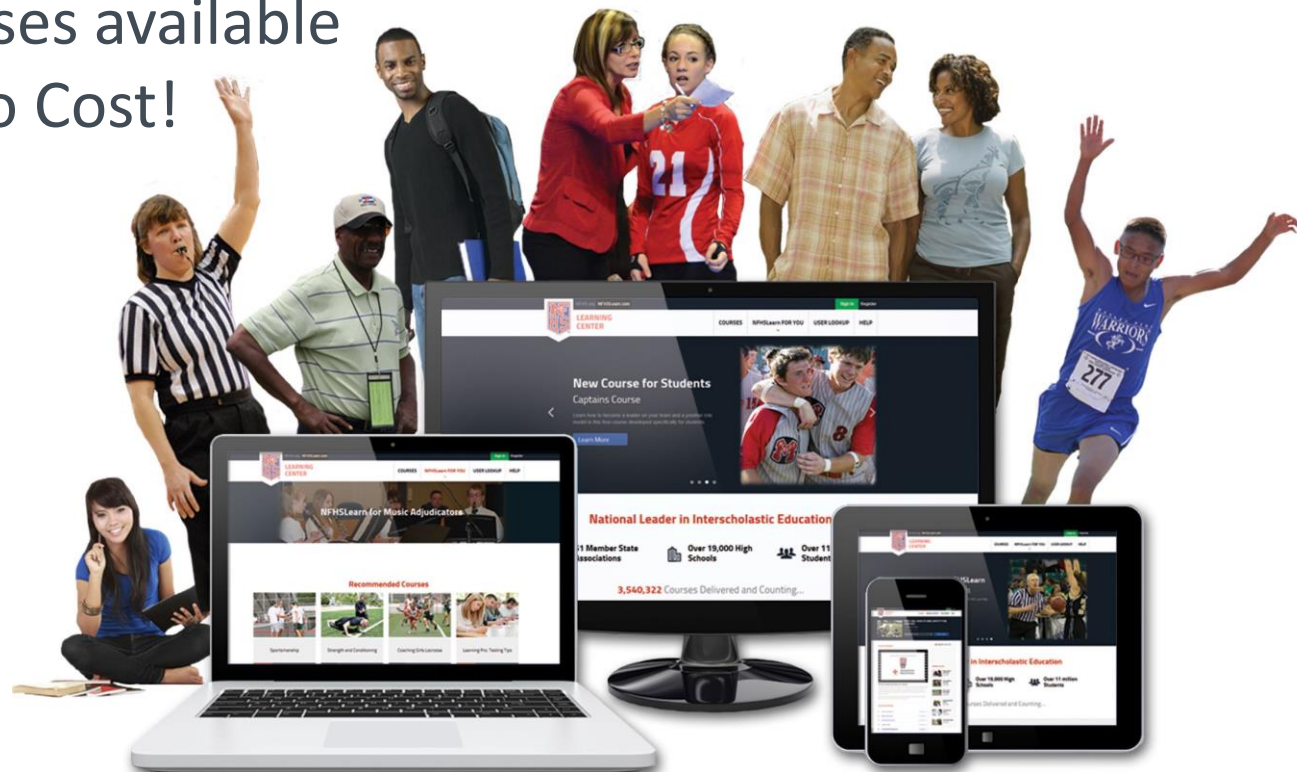
Professional Development For ALL

- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts



NFHS LEARNING CENTER WWW.NFHSLEARN.COM

- Over 1.2 Million courses delivered in 2016
- Over 5 Million courses since 2007 launch
- Over 50 courses available
- Over 20 at No Cost!



FREE COURSES | OVER 20 AVAILABLE!

WWW.NFHSLEARN.COM

Examples of FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Social Media
- Introduction to Interscholastic Music
- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Sports Nutrition
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility



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 protocols
- List the steps a player should use to return to active play safely after a concussion

Units

- Concussion Overview
- The Problem
- Your Responsibility



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

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
2017-18 NFHS
Rules Book**



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



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



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
- Offensive Team Skills
- Defensive Team Skills
- Special Teams





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.



www.NFHSnetwork.com



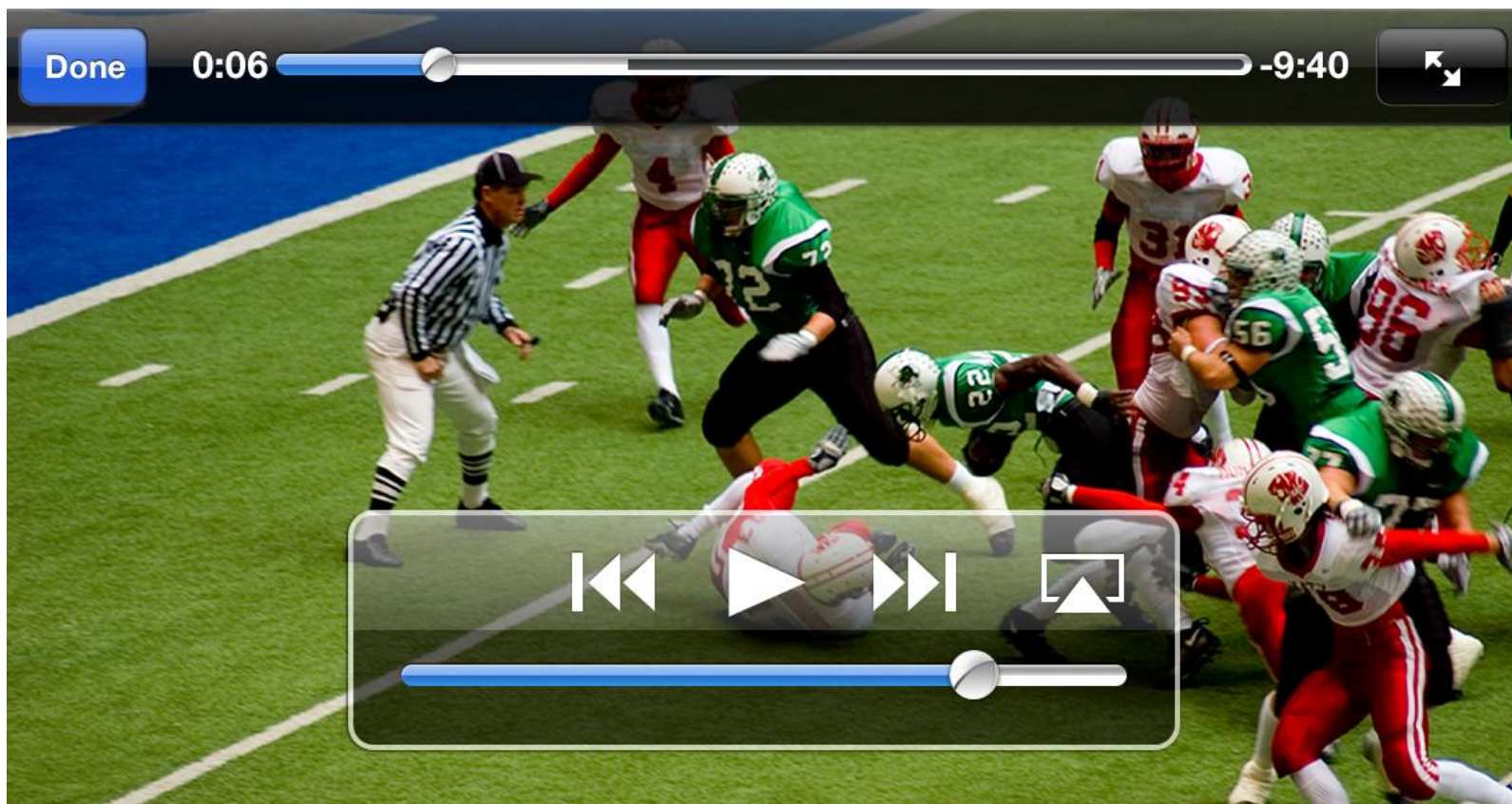
27 DIFFERENT SPORTS AND ACTIVITIES



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

