Are your players ready for the game of life?

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

sss.gov

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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.

www.nfhs.org
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.
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.
The NFHS writes playing rules for 17 sports for boys and girls at the high school level. They publish 4 million pieces of materials annually.

www.nfhs.org
E-books features:

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2016 NFHS FOOTBALL RULES CHANGES
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.
Rule Change

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.
Rule Change

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.
The exception that allowed clipping in the free-blocking zone has been eliminated.
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
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)
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)
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.
<table>
<thead>
<tr>
<th>Rule Reference</th>
<th>Change Description</th>
</tr>
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<tbody>
<tr>
<td>1-5-3a(1)a</td>
<td>Added “manufacturer’s” before “logo/trademark or reference” to further clarify.</td>
</tr>
<tr>
<td>2-38</td>
<td>Added “legal” before “snap” to further clarify.</td>
</tr>
<tr>
<td>4-3-2</td>
<td>Deleted “hash mark” in reference to the inbounds spot.</td>
</tr>
<tr>
<td>7-5 PENALTY</td>
<td>Updated the rules reference on intentional grounding.</td>
</tr>
<tr>
<td>9-3-5</td>
<td>Deleted “clip” from the exception in the rule.</td>
</tr>
<tr>
<td>9-4-3h</td>
<td>Corrected the spelling on “face mask.”</td>
</tr>
<tr>
<td>9-4 PENALTY</td>
<td>Added “15 yards” into the Penalty under “Unintentional contact with a game official in the restricted area.”</td>
</tr>
</tbody>
</table>
## 2016 NFHS FOOTBALL EDITORIAL CHANGES

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>9-5-1a</strong></td>
<td>Clarified the language in the NOTE.</td>
</tr>
<tr>
<td><strong>9-8-1a</strong></td>
<td>Clarified the language in the NOTE.</td>
</tr>
<tr>
<td><strong>10-2-5</strong></td>
<td>Added “penalties for unsportsmanlike, nonplayer or” into the heading for ART. 5.</td>
</tr>
<tr>
<td><strong>10-5-1a</strong></td>
<td>Updated the rules reference.</td>
</tr>
<tr>
<td><strong>PENALTY SUMMARY</strong></td>
<td>Updated the rules reference for Clipping to 9-3-6.</td>
</tr>
</tbody>
</table>
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.
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)
Points of Emphasis

ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)
Points of Emphasis

UNFAIR ACTS

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

UNFAIR ACTS

UNFAIR ACTS
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.
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.
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.
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.
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.
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.
B6 has chosen not to participate further and is obviously out of the play. He is considered to be defenseless.
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.
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.
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.
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.
Due: November 1, 2016

Must be submitted to your state association office for approval.
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

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
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- Course is FREE to NFHS Officials Association members, non-members fee is $20
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- 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
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.
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- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
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- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
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- 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
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www.nfhslearn.com
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

In the Appendix in all of the 2016-17 NFHS Rules Book

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 “pressures” 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
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

Course Objectives

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!
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!
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!
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

More Information at nfhslearn.com!
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.
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