

2024 NFHS FOOTBALL RULES POWERPOINT





NFHS





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)

- NFHS (located in Indianapolis, IN Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,500 high schools and 12 million student participants.
 - Writes playing rules for 17 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.





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
Basketball, Girls
Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball, Swimming &
Diving and Water Polo



Elliot Hopkins
Baseball and
Wrestling



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



James Weaver Boys Lacrosse and Spirit



Dan Schuster Ice Hockey



NFHS PUBLICATIONS

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











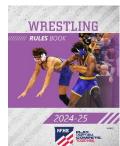


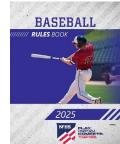


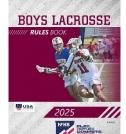




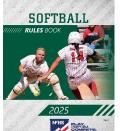












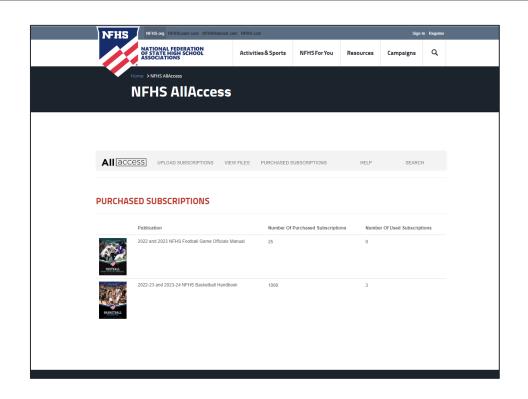








NFHS AllAccess – WEBSITE



- AllAccess is the NFHS Digital Publications Platform that includes:
 - Rules Publications
 - High School Today Magazine
 - Policy Debate Quarterlies
 - Other NFHS Digital Publications
- Website organized for associations and individuals to assign books and manage purchases
- Visit https://allaccess.nfhs.org





NFHS AllAccess – MOBILE APP





Access Via Website or Mobile App:

- View available publications for sale
- View publications assigned to you
- Download books for offline viewing
- Read publications as an e-book
- Available on App Store and Google Play









2024 NFHS FOOTBALL RULES CHANGE





NFHS FOOTBALL RULES

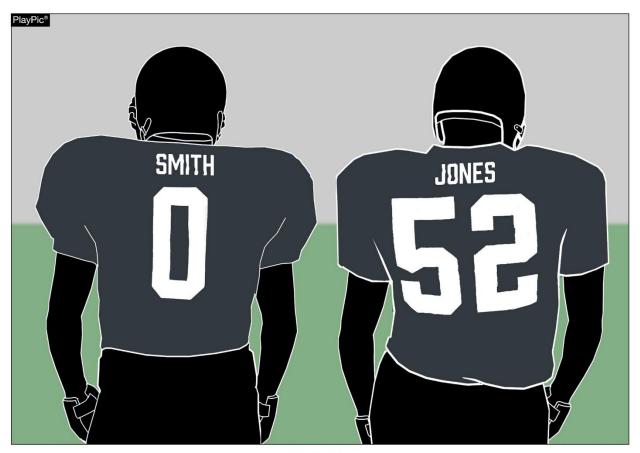
Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter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





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



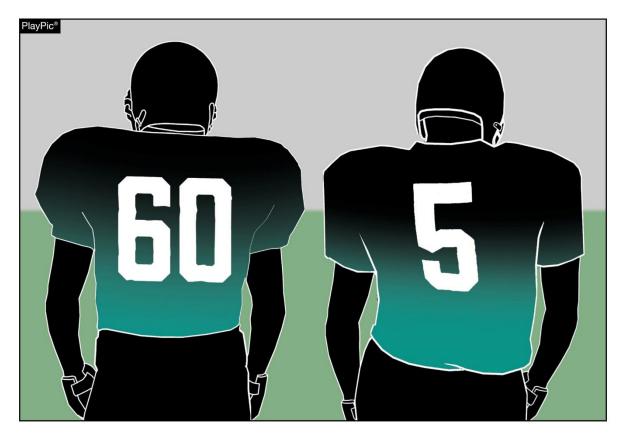
Jerseys of the home team shall all be the same dark color(s) that clearly contrasts to white.



LEGAL



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



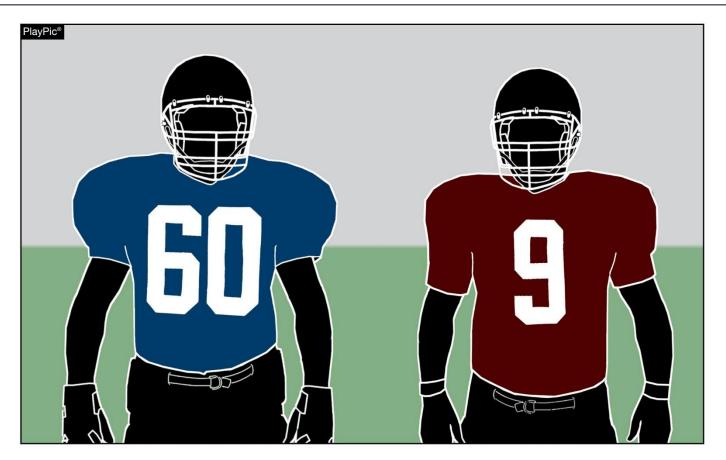
These jerseys are legal because it is the same dark colors. All players on this home team shall wear the same dark colored jerseys in order to comply with the rule.



LEGAL



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

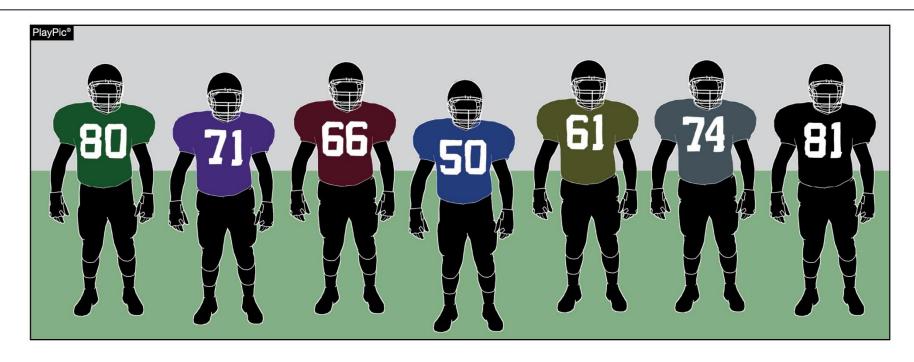


These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.





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





These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.



PIAA ADOPTED

"Any Coach and/or adult Team Personal removed, ejected or disqualified from a Contest who refuses to leave the competition area (out of sight and sound) as directed by the Contest Official will result in a forfeiture of the Contest."

This policy has been adopted by the PIAA Board of Directors in an effort to address poor acting adults who refuse to abide by the applicable rules book and to show support of PIAA officials.

Officials who encounter situations that involve this policy must report the occurrence to the PIAA Officials Department the next business day.





Beginning with the 2024 season:

The Team Box for Players, Coaches and all team personal will revert to having them all be inside the team box between the 25-yard lines.





Enforcement Policy/Procedures- Football Uniform Violations

The enforcement of uniform rules is a shared responsibility of the coaches, players, and officials and through the work of all groups the safety of players can be enhanced. This includes but is not limited to: Knee pads fully covering the knee, Jerseys tucked in or to the belt line of the pants, Eye black one single solid stroke, two mouth pieces, etc. (1-5-1 through 6).

Mechanics:

- During the pre-game private meeting with the head coach the referee and another crew official
 will mention that <u>Player Equipment and Enforcement</u> is a Point of Emphasis this year and their
 help in enforcing and protecting players would be greatly appreciated.
- When viewing warmups, officials need to address any players whose uniforms do not comply with the rules. Officials should note those players' numbers on their game card in the event these same players violate during play. Officials will notify the Head Coach prior to the start of the game. (Officials shall be on the field 30 minutes prior to gametime to observe warmups.)





- At the coaches/captains meeting, again, player safety must be stressed as it relates to uniform violations and that officials are trying to protect players and keep them from injury and within the NFHS rules.
- When officials notice a violation during play the player needs to be notified of the violation and the player's number recorded on game cards. The player is to be removed for one play and the head coach notified. Player shall not return to the game until the violation has been corrected. This is in accordance with Rules 1-5-5, 1-5-6 and 3-5-10(e).
- When the same player is noticed a second time for same violation, send them off and have a conversation with the head coach about the violation prior notification to the player. Remind the head coach that another violation by the same player will result in a UNS on the head coach. Record this violation on game cards. This is in accordance with Rules 1-5-5, 1-5-6 and 3-5-10(e).





- If there is another (third) violation on the same player or if the coach is not responsive to the message above, the head coach will be accessed a UNS and 15-yard penalty in accordance with Rule 9-8-1(h). Record this on official's game cards, this is the first UNS charged to the head coach as it relates to disqualification.
- These are only guidelines/suggestions for officials to use if they see fit. There is nothing that prevents an official from strictly enforcing NFHS Football Rule 9-8-1 as written.

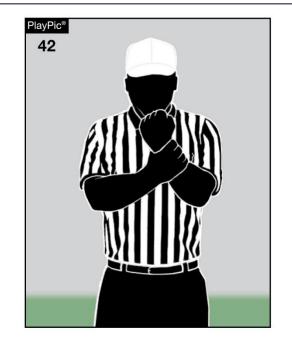


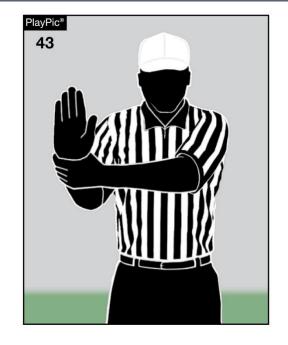






SIGNAL CHART



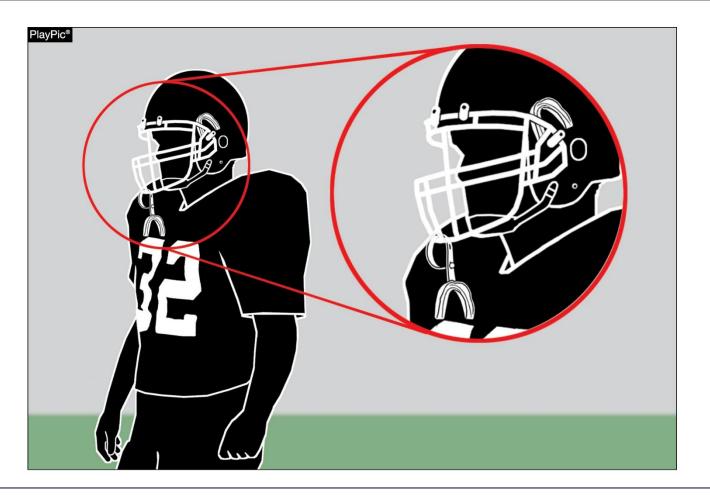




Signal 43 will be used to indicate illegal use of hands/arms as well as illegal block. Signal 42, formerly used for illegal use of hands/arms, will indicate holding only.



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

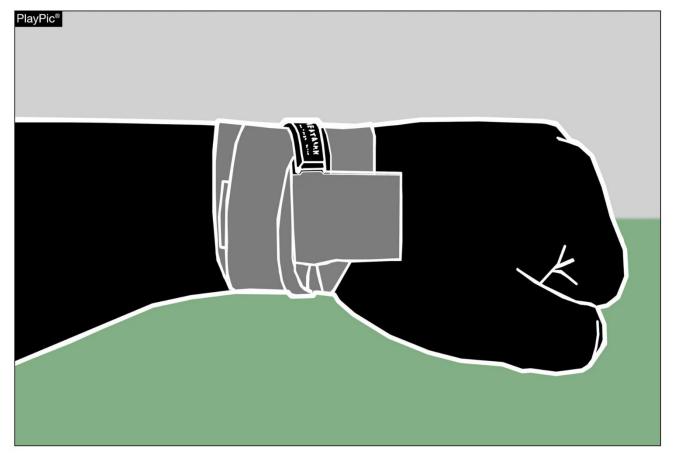


Players may have only one tooth and mouth protector.





ILLEGAL EQUIPMENT RULE 1-5-3c(6)

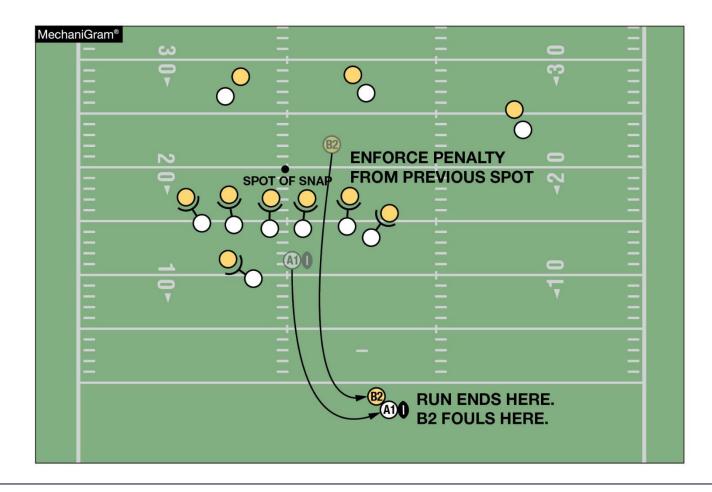


Religious medals and a medical alert such as the one shown in the PlayPic are not considered jewelry. Religious medals or other religious items must be taped to the body and worn under the uniform. A medicalalert indicator must be taped to the body and may be visible.





BASIC SPOTS RULE 10-4-2d

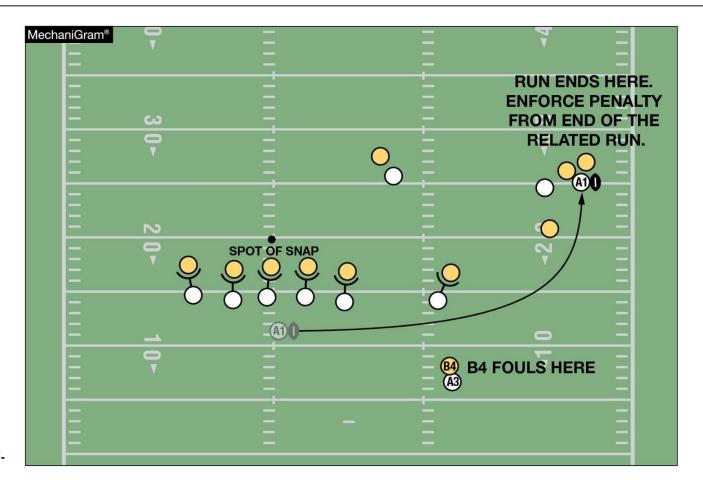


The penalty for this foul is enforced from the previous spot.
Under the old rule, the penalty would have been enforced from the goal line.





BASIC SPOTS RULE 10-4-6a

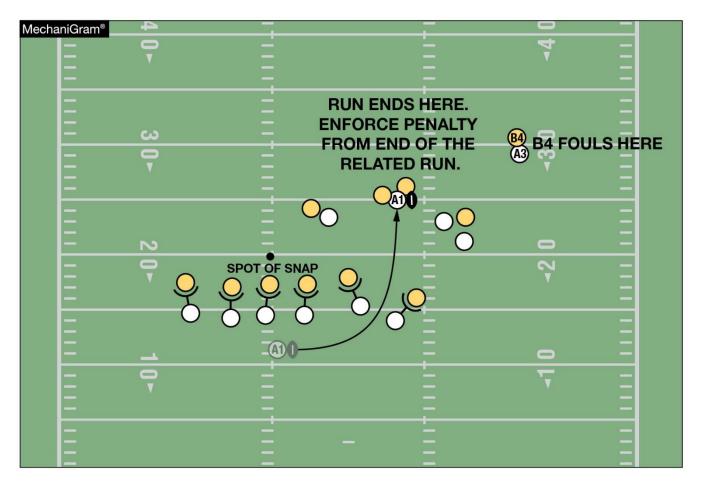


The basic spot is the end of the run or related run for a foul by B when the run or related run ends beyond the line of scrimmage.





BASIC SPOTS RULE 10-4-6a

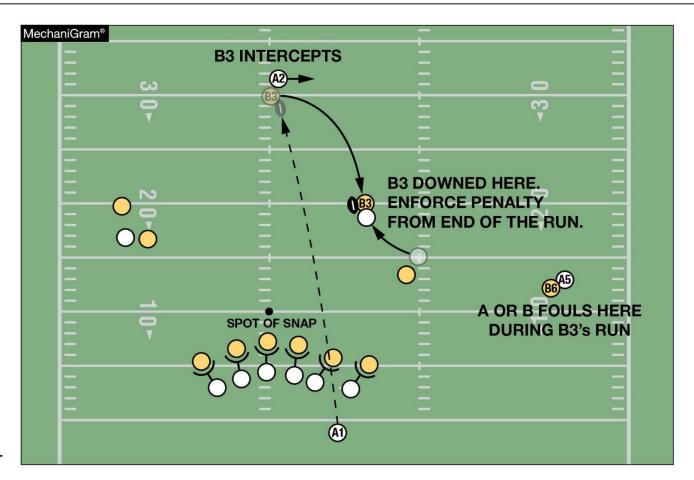


The basic spot is the end of the run or related run when the run or related run ends beyond the line of scrimmage and the foul occurs in advance of the end of the run or related run.





BASIC SPOTS RULE 10-4-6b

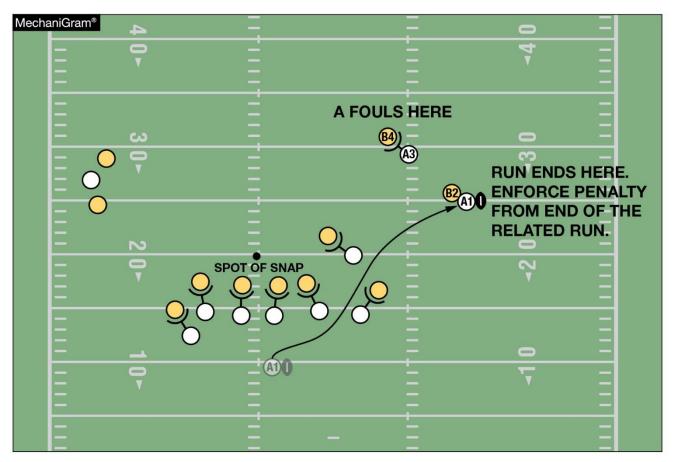


The basic spot is the end of the run or related run for a foul that occurs beyond the end of the run or related run following a change of possession.





BASIC SPOTS RULE 10-4-6c



The basic spot is the end of the run or related run for a foul by A that occurs beyond the line of scrimmage during a running play.





Football Helmet Warning Statement	Added the words "is certified by the Safety Equipment Institute (SEI) to the" to the description of the NOCSAE standards process.
1-3-1b, 1-3-1i(5)	Added further clarification to the description on how the placement of the laces on the ball is measured when being produced and tested.
1-3-1g	Added the new 2024 format image for the NFHS Authenticating Mark.
1-5-1a(1)	Added new Figure 1-5-1a – NOCSAE Standard Logo for helmet.
1-5-1b(2), 1-5-1b(3)	Reformatted the jersey rules for clarification.
1-5-1c(5)	Noted that this rule on jersey numbers takes effect in 2024.
1-5-2b	Added new Figure 1-5-2b — NOCSAE Standard Logo for glove and SFIA Specification Logo for glove.
1-5-3b(6)	Added new Figure 1-5-3b(6) – NOCSAE Standard Logo for shin guard.
TABLE 1-7 (7)	Changed the rules reference in the Table for "Authorize the wearing of a commemorative/memorial patch."





1-8	Further clarified State Association Accommodations.
2-8	Split the definition on Encroachment up into two Articles and updated the rules references within the Rule.
2-32-16	Added further clarification on when a player is no longer defenseless.
5-2-4	Updated the rules reference within the Rule.
7-2 PENALTY	Deleted Art. 5d from the Illegal Numbering Penalty.
TABLE 7-5	Added "or Related Run" to the Enforcement Spot for Illegal Forward Pass.
9-2 PENALTY	Changed the signal reference for "Illegal Use of Hands or Arms" to signal 43.
9-5-1g, 9-8-1j	Further clarified and standardized rules language that has been approved by the NFHS Rules Review Committee for all 2024-25 NFHS Rules Books on alcohol and tobacco.
9-8 PENALTY	Further clarified the responsibility of the head coach within the Penalty.





10-3-1c, NOTE	Deleted letter c and the NOTE in the Rule under a "Loose-Ball Play Action."
10-4	Further clarified Basic Spot.
10-5	Further clarified Special Enforcement Rules and deleted some Articles.
TABLE 10-4	Revised TABLE 10-4.
PENALTY SUMMARY	Updated the signal references in LOSS of 10 YARDS for "Illegal Blocking," "Runner Grasping a Teammate" and "Illegal Use of Hands or Arms" to signal 43.





2024 NFHS FOOTBALL RULES REMINDERS



2024 - FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(5)



Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.



2024 - FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(5)



LEGAL

The white number clearly contrasts with the jersey.



ILLEGAL

The black number does not clearly contrast with the jersey.





LEGAL JERSEY







ILLEGAL JERSEY





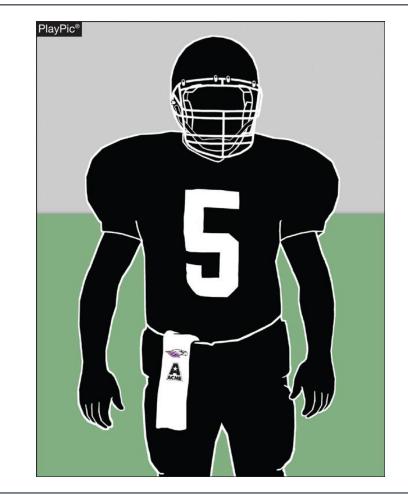


UNIFORM ADORNMENTS - TOWELS RULE 1-5-3a(5)a 4, 5

It is legal for a player to have one moistureabsorbing solid-colored towel that has no more than one visible manufacturer's logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension; and has no more than one school logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension.

Towels do not have to be the same solid color for each player.



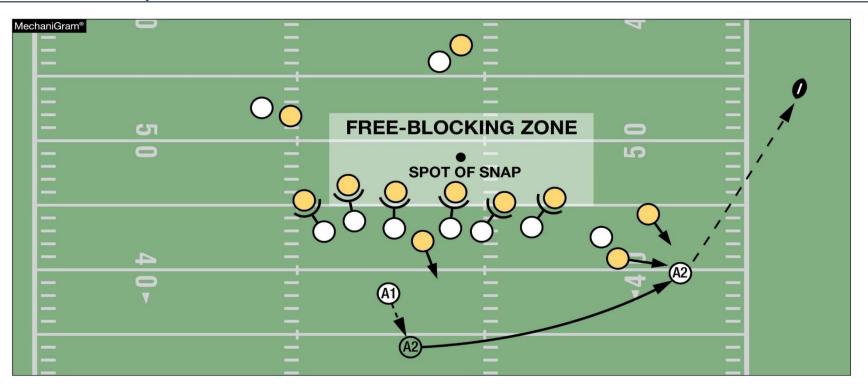




INTENTIONAL GROUNDING EXCEPTION

RULE 7-5-2d EXCEPTION 2a, c, TABLE 7-5-2 d EXCEPTION 2a, c, TABLE 7-5 (1) d

EXCEPTION 2a, c





This is a foul for intentional grounding since A2 is the second player to possess the ball. Only the player who possessed the ball after the snap ends may take advantage of the intentional grounding exception.



NFHS AUTHENTICATING MARK UPDATE



New Logo



Specifications

- Do not use the NFHS Authenticating Mark without prior written approval from the NFHS
- This mark is for use of licensees only.

Minimum size

- Inflatable Balls 2 ½" (Football)
- On a ball, the NFHS logo may be smaller than manufacturer's logo, but should be placed in proximity to the manufacturer's name for easy identification. Allow enough space around the logo so it can be easily recognized as distinct and separate.
- Reproduce the logo only from the vector artwork provided here or on Direct Licensing Hub. Do not copy, scan art electronically or use as a template to redraw the symbol.

Note: If sizing or specifications do not work well in your particular design situation, contact K12 Licensing.



A current list of NFHS authenticated products can be found at www.nfhs.org, Resources, Authenticating Mark

FOOTBALL NFHS AUTHENTICATING MARK



OR









2024 FOOTBALL EQUIPMENT ITEMS





- Not expecting any delays on football equipment being reconditioned and returned to the schools in a timely manner for Fall 2024.
- New 2024 football equipment that was ordered by schools should be delivered as scheduled with no major delays.















FOOTBALL HELMET COVERS

Permissible by current NFHS football rules

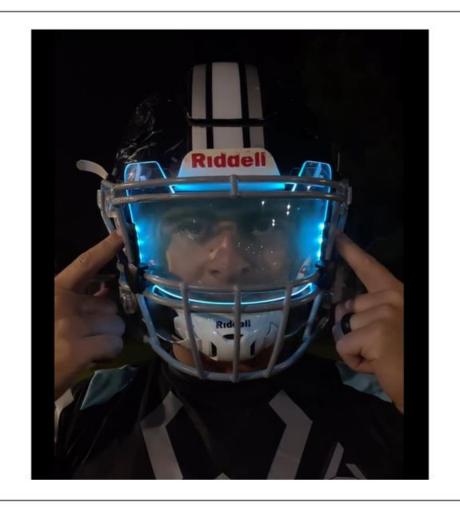








HELMET VISOR THAT LIGHTS UP (ILLEGAL)







2024 NFHS FOOTBALL POINTS OF EMPHASIS





2024 NFHS FOOTBALL POINTS OF EMPHASIS

- 1. Sportsmanship and Altercation Prevention and Protocol
- 2. Player Equipment and Enforcement
- 3. Formations







SPORTSMANSHIP AND ALTERCATION PREVENTION AND PROTOCOL



Coaches must teach, promote, model and set clear standards of behavior for themselves, players and fans. Game officials must fairly and consistently enforce NFHS rules in all aspects related to unsporting behavior by coaches and participants. Everyone involved must clearly understand that education-based athletics is an extension of the classroom and is about more than just winning and losing.





SPORTSMANSHIP AND ALTERCATION PREVENTION AND PROTOCOL

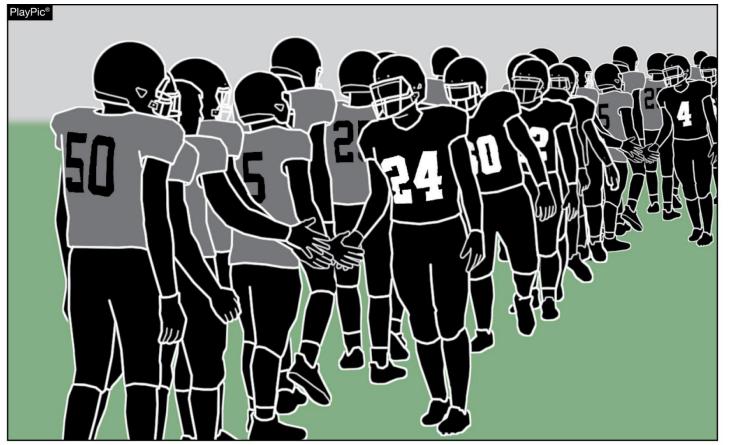


Fights that escalate beyond the initial incident tend to do so because others run toward the fight. Coaches are urged to instruct their team and even practice what to do in case an altercation occurs.





SPORTSMANSHIP AND ALTERCATION PREVENTION AND PROTOCOL

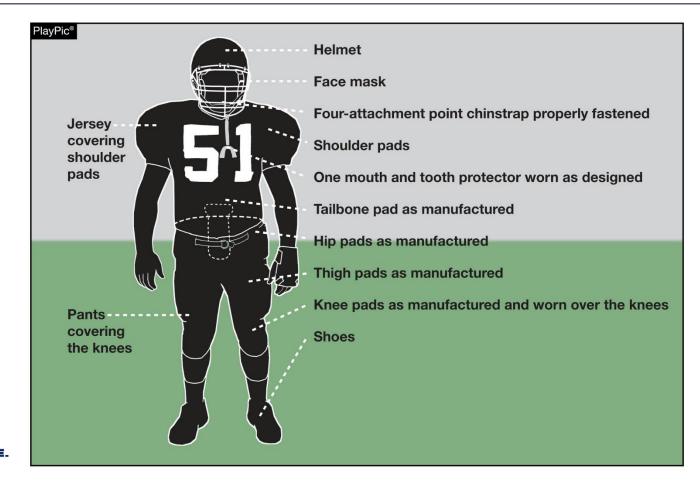


Postgame handshake line protocol should be followed by both teams. Among the points, administrators and security from both schools should be stationed on the field in close proximity to the handshake line. One team should be on the right and the other team should be on the left. Players from one team should not be allowed to walk down both sides of the line.





PLAYER EQUIPMENT AND ENFORCEMENT



To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped.



UNIFORMS





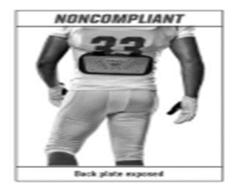








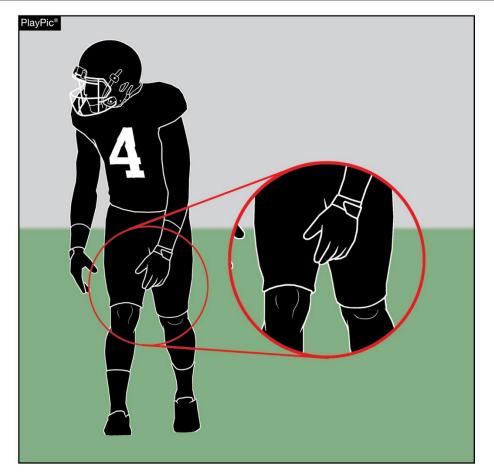








PLAYER EQUIPMENT AND ENFORCEMENT

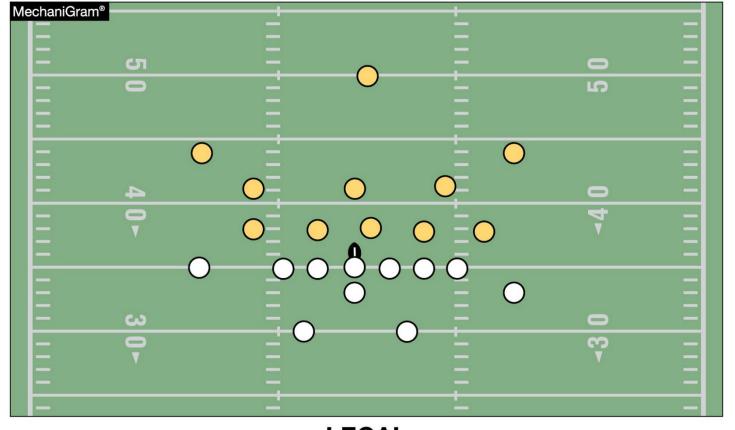


Due to potential injury, it is essential that players only be allowed to participate if their pants and knee pads comply with the rules. Pants must completely cover the knees, and knee pads must be worn over the knee. Game officials should be watchful and proactive in addressing potential equipment, and more specifically, knee pad issues.





FORMATIONS



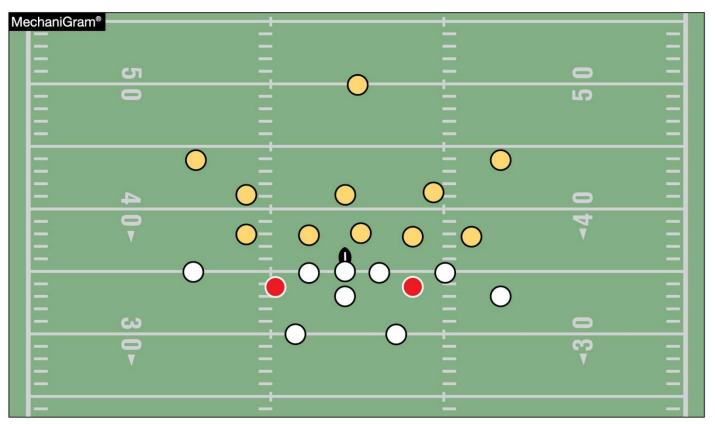


A legal formation has no more than four players in the backfield. A back is any A player who has no part of his body breaking the plane of an imaginary line drawn parallel to the line of scrimmage through the waist of the nearest teammate who is legally on the line, except for the player under the snapper, who is also considered a back.





FORMATIONS



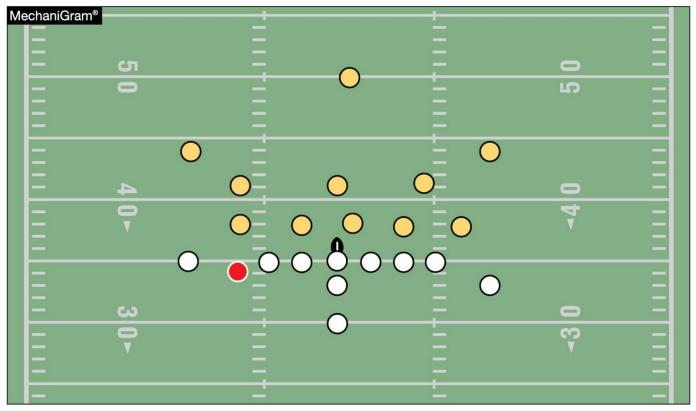
Linemen are legally on the line of scrimmage when they face their opponent's goal line and have head or foot breaking the imaginary plane through the waist of the snapper. It has become fairly common to see guards or tackles line up a yard or two off the ball to aid in pass blocking or pulling.



ILLEGAL - TACKLES OFF THE LINE



FORMATIONS





If an offensive player lines up by intersecting the waistline of the tackle, but not the center, Team A has committed an illegal formation foul because all Team A players must be a lineman or back. Receivers who wish to line up as a back should have "daylight" between the rear end of the nearest lineman and their nearest body part.







2024-25 NFHS FOOTBALL INFORMATION



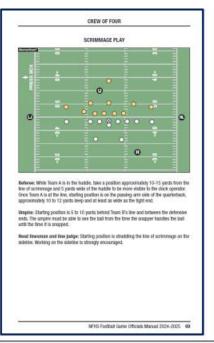


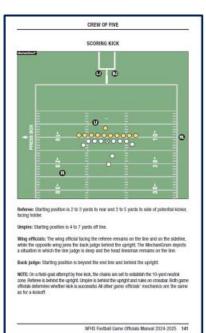
2024-2025 NFHS FOOTBALL GAME OFFICIALS MANUAL

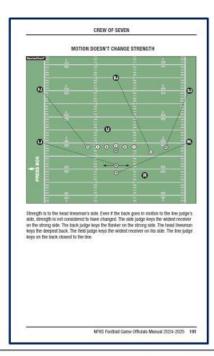
- 2024 was a print year for the NFHS Football Game Officials Manual.
- The 2024-2025 NFHS Football Game Officials Manual was completely redone by the NFHS Football Game Officials Manual Committee.















2025 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM

Due:

November 1, 2024

Must be submitted to your state association office for approval.





2024-25 NFHS FOOTBALL INFORMATION

- 2024 <u>In-Person</u> NFHS Football Rules State Interpreters Meeting
 - June 29, 2024 (NFHS Summer Meeting Boston, MA)
 - 4:00 p.m. (Eastern Time)
- 2024 Online Mid-Season NFHS Football Rules Webinar
 - September 23, 2024
 - 2:00 p.m. (Eastern Time)
- 2025 NFHS Football Rule Change Proposal Form Due
 - November 1, 2024
- 2025 NFHS Football Rules Committee Meeting
 - January 12-14, 2025
 - Indianapolis, Indiana







NFHS SUGGESTED GUIDELINES FOR **MANAGEMENT OF CONCUSSION IN SPORTS**

Page 99

2024 NFHS Football Rules

Appendix B



SUGGESTED GUIDELINES FOR MANAGEMENT OF **CONCUSSION IN SPORTS**

Nausea:

COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE: · Mood, behavior or personality changes;

- · Headache or "pressure" in head;
- Neck pain
- Dizziness
- Dazed or stunned or vacant appearance; Confusion about assignment or position;
- Forgetfulness;

- Slow response to questions;
- Uncertainty of game, score, or opponent;
 - . Emotions of "not feeling right" or "feeling down."
- Activate the Emergency Medical System or Call 9-1-1 if, after a 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,

Can't recall events prior to or after hit or fall:

 Balance problems or dizziness: Double or blurry vision;

· Concentration or memory problems;

 Sensitivity to light or noise; Feeling sluggish, hazy, foggy or groggy;

- restlessness, or agitation; · Loss of consciousness (passed out/knocked out).
- Even a brief loss of consciousness should be taken seriously. Consider activating EMS for prolonged loss of consciousness.

SUGGESTED CONCUSSION MANAGEMENT:

- No athlete should return-to-sport (RTS) 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, RTS should follow a step-wise protocol with provisions for delayed RTS 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 2023

In the Appendix in all of the 2024-25 NFHS **Rules Book**





- Understand what concussions are and their impact
- Recognize the signs and symptoms of a concussion
- Know what medical attention is needed
- Know steps required for safely returning to play



- Exertional Heat Stroke (EHS) is leading preventable cause of death among high school athletes
- Creating a formal pre-season heat acclimatization plan
- The importance of an Emergency Action Plan
- Recognizing the signs and symptoms of dehydration

Sudden Cardiac Arrest NFHS SIMON'S Heart

- The #1 cause of death for student-athletes in the U.S.
- Learn and recognize the warning signs and symptoms of sudden cardiac arrest
- Call 9-1-1, start chest compressions, and send for an A.E.D.



- Providing Immediate and Appropriate Care
- The Importance of Developing an Emergency Action Plan
- The 3 H's HEART, HEAT, HEAD



NFHS OFFICIALS EDUCATION





ALL THINGS OFFICIATING IN ONE PLACE!



The all-in-one, cloud-based NFHS Center for Officials Services (COS) connects everyone associated with officiating. The COS handles registration, assignments, testing, payments, and a host of other features and integrations that consolidate all officiating needs into a single, modern solution. Free to all NFHS state associations, local associations, and assigner groups.

20+ Member States 300,000+ Officials 7,000+ Schools



COS CONTINUED IMPROVEMENTS

Over 200 Updates and New Features in the Past 12 Months!

COMING SOON

- Exam Center Improvements
- Streamlined Registrations and Onboarding
- Expanded Reporting Capabilities for States
- Event/Clinic Registration and Attendance Tracking

Reciprocity

In-State/Out-of-State

Watch for Many More Updates from NFHS!











NFHS LEARNING CENTER





90+ COURSES

60+ FREE COURSES

21 MILLION COURSES DELIVERED

COURSES FOR EVERYONE



Coaches



Students



Administrators



Parents



Officials



Performing Arts







SCHOOL HONOR ROLL

LEVEL 1 COURSES



Fundamentals of Coaching



Concussion in Sports



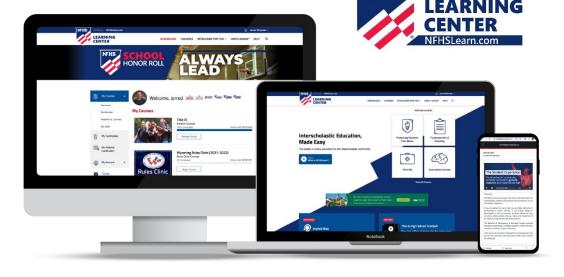
Sudden Cardiac Arrest



Protecting Students from Abuse

OVER 21 MILLION COURSES DELIVERED!

- Concussion in Sports 7.2M+
- Heat Illness Prevention 2.2M+
- Sudden Cardiac Arrest 2.4M+
- Concussion for Students 1.2M+
- The Collapsed Student (2020) 67,550+
- CPR & AED Training (2023) 9,300+
- Sportsmanship 1M+
- Fundamentals of Coaching 928,000+
- First Aid, Health and Safety 418,000+
- Bullying, Hazing and Inappropriate Behaviors 425,000+
- Student Mental Health and Suicide Prevention 250,000+
- Protecting Students from Abuse 250,000+
- Implicit Bias (2021) 96,000+







NFHS NETWORK



NFHS NETWORK

- By 2025, 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





www.NFHSnetwork.com



THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900

www.nfhs.org | www.nfhslearn.com | www.nfhsnetwork.com



