

2016 GHSA Football Rules Clinic



Click Next to continue at the end of each slide.

GHSA By-Law Changes

- Read the GHSA By-Laws – Football Section
- Note the contact limits for practice and camps
- No Published White Book or Directory this year – download from ghsa.net

GHSA Contact Limitations

Highlights:

- Pre-Season – 135 minutes / week, 45 minutes / day (no more than 2 consecutive days)
- Regular Season – 90 minutes / week, 30 minutes / day (no more than 2 consecutive days)
- In two-a-day practices, only one(1) session can have contact
- Practice Plans and Emergency action plans must be on file and available to the GHSA upon request.

GHSA Contact Camps

- Summer - same contact limits as pre-season contact limitations – except no live-action contact – only “Thud” is allowed
- No player is intentionally taken to the ground – quick whistle
- Five (5) days acclimatization is required prior to camp
- Spring – contact limits will be the same as pre-season
- Spring game between another school can be substituted for final practice

GHSA/NFHS Study

- Contingent on NFHS approval
- Face Guarding without contact will not be considered pass interference – offensive or defensive
- Coaches and officials will be notified if this is approved for this season

GHSA Reminders

- Post-season, until school ends, only one (1) coach and two (2) players are allowed to work together on individual skills
- Follow Concussion Procedures Closely



**2016 NFHS
FOOTBALL
RULES CHANGES**



NFHS FOOTBALL RULES

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

The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.



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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.



Half white, half colored LEGAL
Clear LEGAL
White LEGAL
All one color LEGAL





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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.



ILLEGAL





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Rule Change

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.

A
B

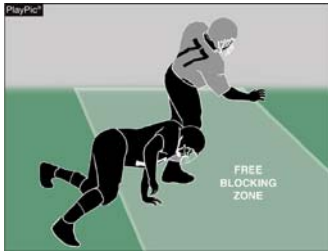


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Rule Change

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

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



FREE BLOCKING ZONE




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Rule Change

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.




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Rule Change

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.



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2016 NFHS
FOOTBALL
EDITORIAL CHANGES

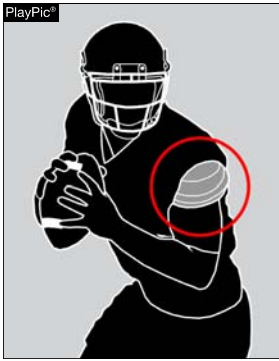


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Editorial Change

EQUIPMENT RULE 1-5-1b(1)

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



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**ILLEGAL FOOTBALL JERSEY
(SHOULDER PAD NOT COVERED)**



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**ILLEGAL FOOTBALL JERSEY
(SHOULDER PAD NOT COVERED)**





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Editorial Change

**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.



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**ILLEGAL FOOTBALL JERSEY
(BACK PAD NOT COVERED)**



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Editorial Change

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

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

PlayPic

LEGAL

PlayPic

ILLEGAL

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Editorial Change

▶ 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.

PlayPic

A

PlayPic

B

PlayPic

C

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▶ 2016 NFHS FOOTBALL EDITORIAL CHANGES

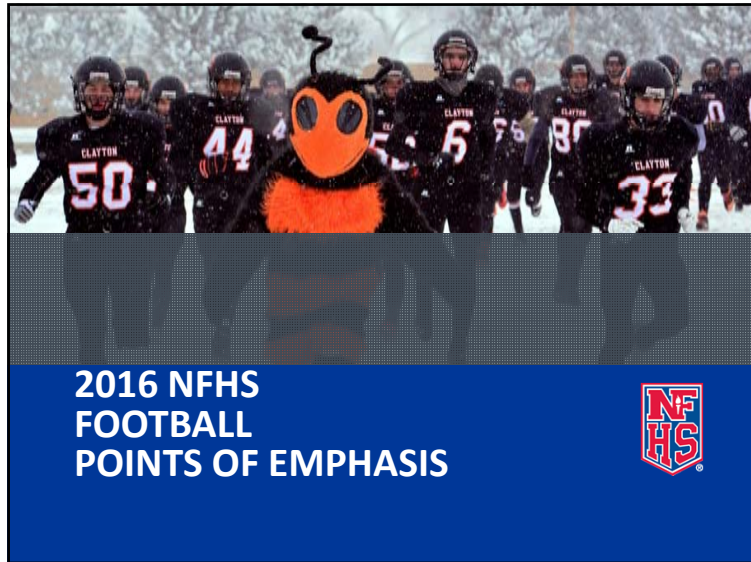
1-5-3a(1)a	Added “manufacturer’s” before “logo/trademark or reference” to further clarify.
2-38	Added “legal” before “snap” to further clarify.
4-3-2	Deleted “hash mark” in reference to the inbounds spot.
7-5 PENALTY	Updated the rules reference on intentional grounding.
9-3-5	Deleted “clip” from the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

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▶ 2016 NFHS FOOTBALL EDITORIAL CHANGES

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

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2016 NFHS FOOTBALL POINTS OF EMPHASIS

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



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Points of Emphasis

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.



PlayPic A




PlayPic B

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Points of Emphasis

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.



PlayPic A
ILLEGAL



PlayPic B
LEGAL

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Points of Emphasis

LEGAL JERSEYS, PANTS AND PADS

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

PlayPic A	PlayPic B

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Points of Emphasis

ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)

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Points of Emphasis

ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)

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Points of Emphasis

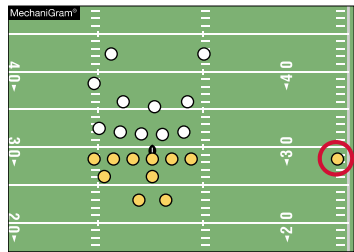
ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)

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Points of Emphasis

UNFAIR ACTS

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



MechaniGram



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Points of Emphasis

UNFAIR ACTS




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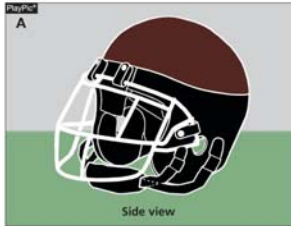


2016 NFHS FOOTBALL RULES REMINDERS

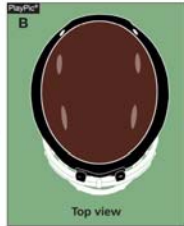


RULE CHANGE

Spearing Rule 2-20-1c



Side view



Top view

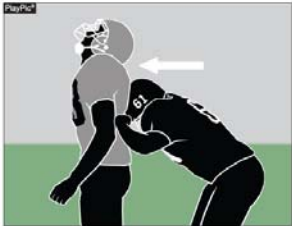
Spearing is an act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of their helmet. The shaded area is the crown.

REFeree

© REFEREE ENTERPRISES INC. 2015

RULE CHANGE

Spearing Rule 2-20-1c



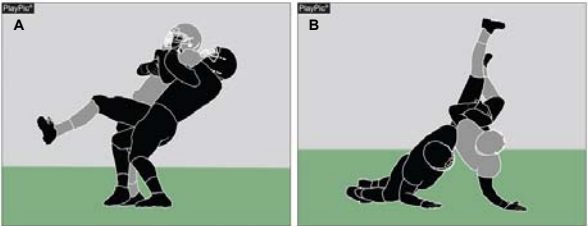
Number 61 is guilty of spearing because the crown (top portion) of their helmet was used to initiate contact against an opponent at the shoulders or below.

REFeree

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RULE CHANGE

Illegal Personal Contact Rule 9-4-3g



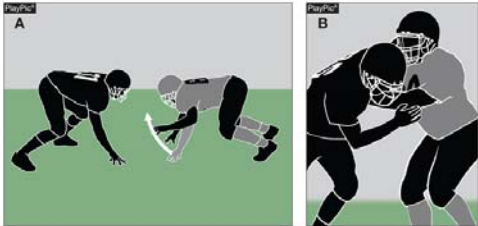
No player or nonplayer shall make any other contact with an opponent, including a defenseless player, which is deemed unnecessary or excessive and which incites roughness.

REFeree

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RULE CHANGE

Dead-Ball Penalty Enforcement Rule 10-2-5



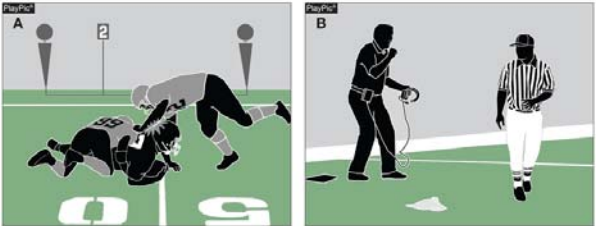
In PlayPic A, the A player false starts. In PlayPic B, the B player commits a dead-ball personal foul. Both fouls occur before the next live ball. The penalties do not cancel and are enforced in the order of occurrence.

REFeree

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RULE CHANGE

Dead-Ball Penalty Enforcement Rule 10-2-5



In PlayPic A, a B player commits a dead-ball personal foul. In PlayPic B, A's coach is flagged for unsportsmanlike conduct. Both fouls occur before the next live ball. The fouls offset and it will be third down.

REFeree

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RULE CHANGE

Dead-Ball Penalty Enforcement Rule 10-2-5

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

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RULE CHANGE

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

A new definition in 2014 for a defenseless player was added. A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.

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RULE CHANGE

Defenseless Player Rules 2-32-16; 9-4-3i(3) EXAMPLE: OUT OF THE PLAY

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

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RULE CHANGE

Defenseless Player Rules 2-32-16; 9-4-3i(3) EXAMPLE: KICKER


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.

REFEREE © REFEREE ENTERPRISES INC. 2014

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Defenseless Player
Rules 2-32-16; 9-4-3i(3)
EXAMPLE: PASS RECEIVER

RULE CHANGE




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.

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Defenseless Player
Rules 2-32-16; 9-4-3i(3)
EXAMPLE: KICK RECEIVER

RULE CHANGE



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

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Defenseless Player
Rules 2-32-16; 9-4-3i(3)
EXAMPLE: PLAYER ON THE GROUND

RULE CHANGE



A player who is on the ground is considered defenseless.

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Defenseless Player
Rules 2-32-16; 9-4-3i(3)
EXAMPLE: FORWARD PROGRESS STOPPED

RULE CHANGE



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.

REFEREE © REFEREE ENTERPRISES INC. 2014





**2016
NFHS FOOTBALL
INFORMATION**



**2017 NFHS FOOTBALL RULE
CHANGE PROPOSAL FORM**

**Due:
November 1, 2016**

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

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**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)



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**NFHS OFFICIALS ASSOCIATION
CENTRAL HUB**




NFHS OFFICIALS ASSOCIATION CENTRAL HUB

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

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



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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



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NFHS LEARNING CENTER



THE NFHS LEARNING CENTER

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



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NFHS FREE COURSES

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




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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



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Heat Illness Prevention

Course Objectives

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among athletes
- Know the importance of a formal pre-season heat acclimatization plan
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing risk factors (e.g., illness, overweight) to keep your athletes safe and performing well
- Know the importance for all staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illness
- Know the importance of, and resources for, establishing an Emergency Action Plan and promptly implementing it in case of suspected EHS or other medical emergency

Units

- Fundamentals
 1. Start Slow, Then Progress
 2. Allow for Individual Conditioning
 3. Adjust Intensity and Rest
 4. Start Sessions Adequately Hydrated
 5. Recognize Signs Early
 6. Recognize More Serious Signs
 7. Have an Emergency Action Plan

More Information at [nfhslearn.com!](http://nfhslearn.com)



Sudden Cardiac Arrest


Course Objectives

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

Units

- Introduction
- Sudden Cardiac Arrest
- Post Test

More Information at [nfhslearn.com!](http://nfhslearn.com)



Sports Nutrition

Course Objectives

- Emphasize the importance of proper fueling for physical activity, pre- and post-workout
- Provide real-world effective advice for helping your students to make better food decisions
- Underscore male-and female-specific issues surrounding the topic of nutrition
- Clarify the warning signs for eating disorders and disordered eating
- To provide an overview about dietary supplements, how they are regulated and how to avoid use of contaminated dietary supplements
- To highlight the risks to athletes who use performance-enhancing drugs, including anabolic-androgenic steroids
- Reinforce the no-drug policy of interscholastic athletics

Units

- Nutrition
- Supplements

More Information at [nfhslearn.com!](http://nfhslearn.com)



Coaching Football

Course Objectives

- Proper hand positioning for catching the ball
- Identify drills for teaching safe tackling techniques
- Teach fundamental Quarterback skills – proper stances, footwork, controlling the snap, securing the ball, drop back and passing
- Teach fundamental Running Back skills – proper stances, taking the handoff, pass protection blocking, route running and receiving
- Teach fundamental Wide Receiver and Tight End skills – proper stances, routes, running and blocking
- Teach Tight End and Offensive Linemen blockings skills – drive block, combination block, double team block and pass rushing blocking
- Teach fundamental Special Teams skills – kickoff technique, cover team, return specialist, extra point and punting

Units


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

More Information at [nfhslearn.com!](http://nfhslearn.com)



NFHS NETWORK

- 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.

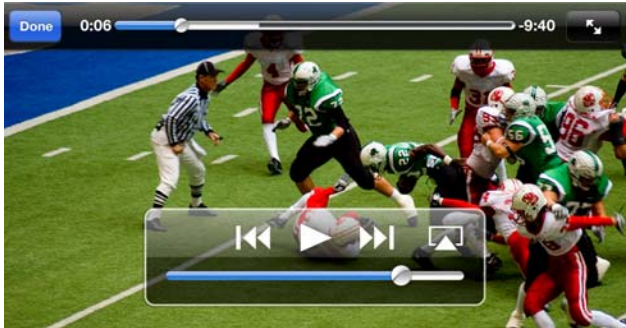


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