

2017 GHSA FOOTBALL RULES CLINIC



www.nfhs.org

GHSA POLICY AND PROCEDURES

- The GHSA Executive Committee has passed a number of rules changes for football for 2017-2018
- Read the Football section of the 2017-2018 GHSA Constitution and By-Laws – pages 67-74
- Available on the GHSA website: www.ghsa.net
- Under Resources, Constitution



www.nfhs.org

POST-SEASON WORKOUTS

- Between the end of season and end of school year, the rule has been changed to allow one (1) coach and four (4) players to work together
- Can only occur at one place at a time



www.nfhs.org

SPRING GAMES

- Can be a jamboree with three (3) teams – with each team playing a half against the other two (2) teams
- Can also be traditional with just two (2) teams
- With either format, a clock must be used and timing must be as a regular game



www.nfhs.org

VARSITY GAMES

- All scheduled varsity games must be played to completion
- If a game cannot be completed as scheduled, teams must agree on when game will be completed and notify the GHSA
- No two (2) hour wait limit or 11:30 curfew



www.nfhs.org

PLAYOFF PROCEDURES

- For Quarterfinals and Semifinals, a universal coin toss will determine whether the top or bottom of the bracket will be the home team for teams with same seed
- Coin toss will occur on Friday after Second round games and again on Friday after Quarterfinal round games
- Review seating requirements for teams hosting Semifinal contests
- One-half of all seating must be offered to visiting team



www.nfhs.org

OFFICIALS SAFETY

- Officials should be escorted to and from the field at half-time and after the game
- Officials should be escorted to their vehicles so as to avoid contact with coaches and fans



www.nfhs.org

DECEPTION

- If the offense attempts to simulate a snap and draw the defense off sides, a penalty should be levied against the offense
- Other examples of deception include hiding a receiver on the sideline so the defense does not cover them



www.nfhs.org



2017 NFHS FOOTBALL RULES CHANGES



Rule Change

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.

LEGAL	ILLEGAL
	
	




www.nfhs.org

Rule Change

SCHOOL NAME AND LOGO ON FOOTBALL

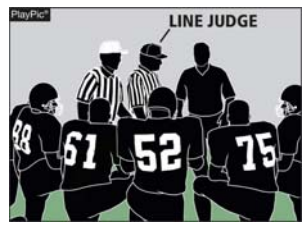




www.nfhs.org

Rule Change

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.

www.nfhs.org

Rule Change

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.



www.nfhs.org

Rule Change


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



www.nfhs.org

Rule Change


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



www.nfhs.org

Rule Change

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



www.nfhs.org

Rule Change

HOME TEAM JERSEYS GRAY COLOR SPECTRUM CHART

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

NFHS www.nfhs.org

Rule Change

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.

NFHS www.nfhs.org

Rule Change

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.

NFHS www.nfhs.org

Rule Change

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.

NFHS www.nfhs.org

Rule Change

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.

www.nfhs.org

Rule Change

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.

www.nfhs.org

Rule Change

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.

www.nfhs.org

Rule Change

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.

www.nfhs.org

Official's Mechanics

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.

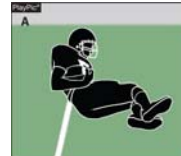





www.nfhs.org

Rule Change

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.








www.nfhs.org

Rule Change

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.

www.nfhs.org

Rule Change

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).





www.nfhs.org

Rule Change

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.

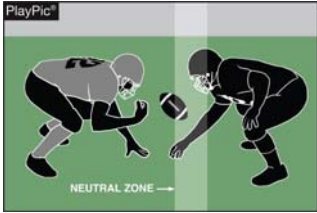


www.nfhs.org

Rule Change

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).



www.nfhs.org

Rule Change

PASS INTERFERENCE RULE 7-5-10

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



www.nfhs.org




2017 NFHS
FOOTBALL EDITORIAL CHANGES



Editorial Change

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.



www.nfhs.org

Editorial Change

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.



www.nfhs.org

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.

www.nfhs.org


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."

www.nfhs.org

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.

 www.nfhs.org



2017 NFHS FOOTBALL POINTS OF EMPHASIS



Points of Emphasis

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.




 www.nfhs.org

Points of Emphasis

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.





 www.nfhs.org

Points of Emphasis

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).

PlayPic A

MechaniGram B

www.nfhs.org

Points of Emphasis

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).

PlayPic A

PlayPic B

www.nfhs.org

2017 NFHS FOOTBALL RULES REMINDERS

Rules Reminder

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.

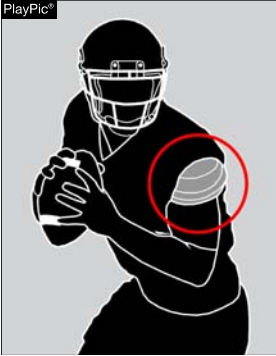
PlayPic A

PlayPic B

www.nfhs.org

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

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



www.nfhs.org


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



www.nfhs.org

**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.



www.nfhs.org

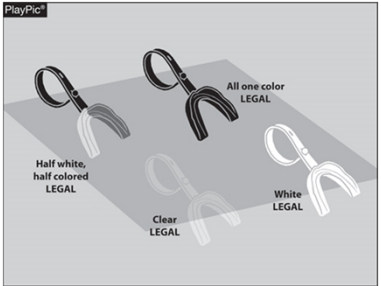
**ILLEGAL FOOTBALL JERSEY AND PANT
(BACK PAD AND KNEES NOT COVERED)**




www.nfhs.org

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

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





www.nfhs.org

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.



PlayPic A




PlayPic B




www.nfhs.org

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

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







www.nfhs.org


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.






www.nfhs.org




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.




www.nfhs.org


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




www.nfhs.org

NFHS RULES BOOK AS E-BOOKS




- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability




www.nfhs.org

NEW NFHS RULES APP



- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



www.nfhs.org

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!




www.nfhs.org

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




www.nfhs.org

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





60 www.nfhs.org

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

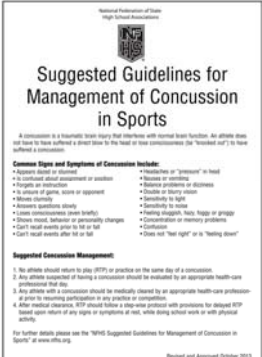
- Identification
- Symptoms
- Signs
- What to do
- Prevention






61 www.nfhs.org

NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS



In the Appendix in all of the 2017-18 NFHS Rules Book



62 www.nfhs.org


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









63 www.nfhs.org


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
 - Start Slow, Then Progress
 - Allow for Individual Conditioning
 - Adjust Intensity and Rest
 - Start Sessions Adequately Hydrated
 - Recognize Signs Early
 - Recognize More Serious Signs
 - Have an Emergency Action Plan





64 www.nfhs.org

 Quiz

Click the Quiz button to edit this object

Question 1 of 4

All NFHS Proposals to change football rules must be in the GHSA office by October 25, so the GHSA can get it prepared by the November 1 deadline.

True

False

Submit