



2010 NFHS FOOTBALL RULES BOOK

ROBERT B. GARDNER, Publisher
Bob Colgate, Editor
NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for disabled athletes, coaches and officials.

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2010 NFHS Football Rules Revisions

(For comments on the 2010 rules revisions, see page 89)

- 1-5-2c** New football glove/hand pad standard implemented for the 2012 season.
- 1-5-3a** Restrictions removed on penalty-marker colored pads or gloves.
- 1-5-3b1, 2, NOTE, 3** Illegal player equipment rule clarified.
- 3-1-2; 1-7** Point differential rule modified for member state associations.
- 3-2-2** Coin toss provisions revised.
- 3-5-10b** Concussion rule revised.
- 3-7-1** Replaced players – replacement timeframe clarified.
- 8-2-2; 8-2-3; 8-2-4 (NEW); 8-2-5; 10-4-5; 10-5-1f; 2-41-10** Penalty options for fouls on scoring plays expanded to include scoring team fouls.
- 9-4-3k** Horse-collar clarified.
- 9-4-8 (NEW)** Penalty defined for unintentional contact between a nonplayer and an official in the restricted area.
- Nine-, Eight- and Six-player Rules** Field markings in nine-, eight- and six-player rule differences adjusted.

Editorial and Other Changes

1-2-3b NOTES 2; 1-2-3e, NOTES 1, 2; 1-2-4; Table 1-3-1, Method of Measuring 1; 1-4-2, Figure; 1-5-1, 2, 3; Table 1-7; 2-6-2b; 2-9-3, 2-10-3; 2-11; 2-16-2b, e; 2-26-4; 2-30; 2-32-10; 2-41-4, 8; 3-3-2; 3-3-4b 2, 4; 3-7 PENALTY; 4-1-4; 4-2-2g; 4-3-2, 3, 4, 5, 6; 5-1-2b; 6-1-2, 4; 6-2-1, 2; 6-5-4, 5; 7-3-2; 7-5-7, 8, 9; 8-3-1, 8; 8-5-4; 9-6-1; 9-6-3; 9-6-4a, d; 9-8-3; FUNDAMENTALS – II-5; IV-2; X-4; Resolving Tied Games - 3.1.1; 5-1-1; NINE-, EIGHT- AND SIX-PLAYER DIFFERENCES – NOTE; OFFICIAL FOOTBALL SIGNALS – 45; PENALTY SUMMARY.

Points of Emphasis

(For complete discussion of the points of emphasis, see page 82.)

1. Concussion Recognition and Management
2. Heat Illness and Hydration
3. Illegal Helmet Contact
4. Assisting the Runner
5. Sportsmanship and Public Address Announcers
6. NFHS Football Officials Manual

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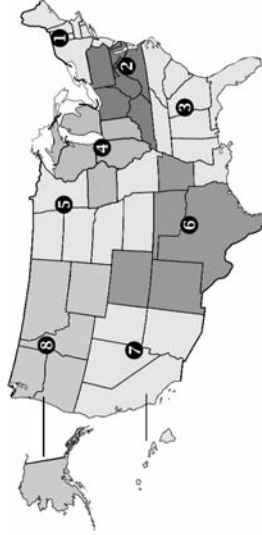
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SHARED RESPONSIBILITY AND FOOTBALL HELMET WARNING STATEMENT

Athletes who participate in the sport of football accept the risk of injuries. However, athletes also have the right to assume that those who are responsible for the conduct of the sport, i.e., administrators, coaches and athletic trainers, have taken reasonable precautions to minimize the risk of significant injury. Refinements in the playing rules, the development of risk minimization guidelines and the establishment of equipment standards have helped to reduce significant injuries. However, to legislate safety via the rules book and equipment standards is never a complete answer. All who are involved with participation in the sport of football share in the responsibility of minimizing the sport's inherent risks.

The coach is responsible for pregame verification that in addition to other required equipment, each player has a helmet which meet National Operating Committee on Standards for Athletic Equipment (NOCSAE) standards when manufactured and that each helmet has an exterior warning label. While important, the fact the athletes are wearing certified helmets is only the first step. The athletes involved must be aware of all the basic principles of head and neck injury prevention.

Helmet Warning Statement

Since 1985, the NOCSAE football helmet standard has required a warning label on the outside of the helmet to inform each player of these risks and responsibilities. The warning label must use language that conveys the following information:

WARNING

NO HELMET CAN PREVENT ALL HEAD OR ANY NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.

DO NOT USE THIS HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF THE FOOTBALL RULES AND SUCH USE CAN RESULT IN SEVERE HEAD OR NECK INJURIES, PARALYSIS OR DEATH TO YOU AND POSSIBLE INJURY TO YOUR OPPONENT.

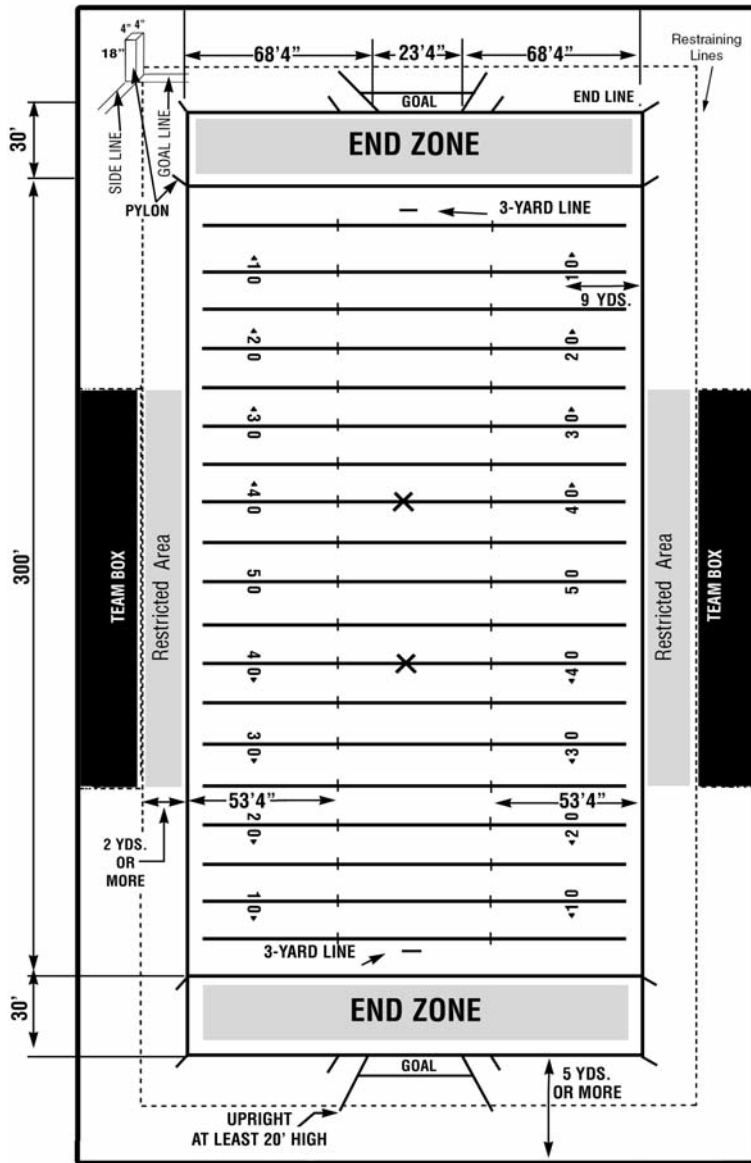
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Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the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

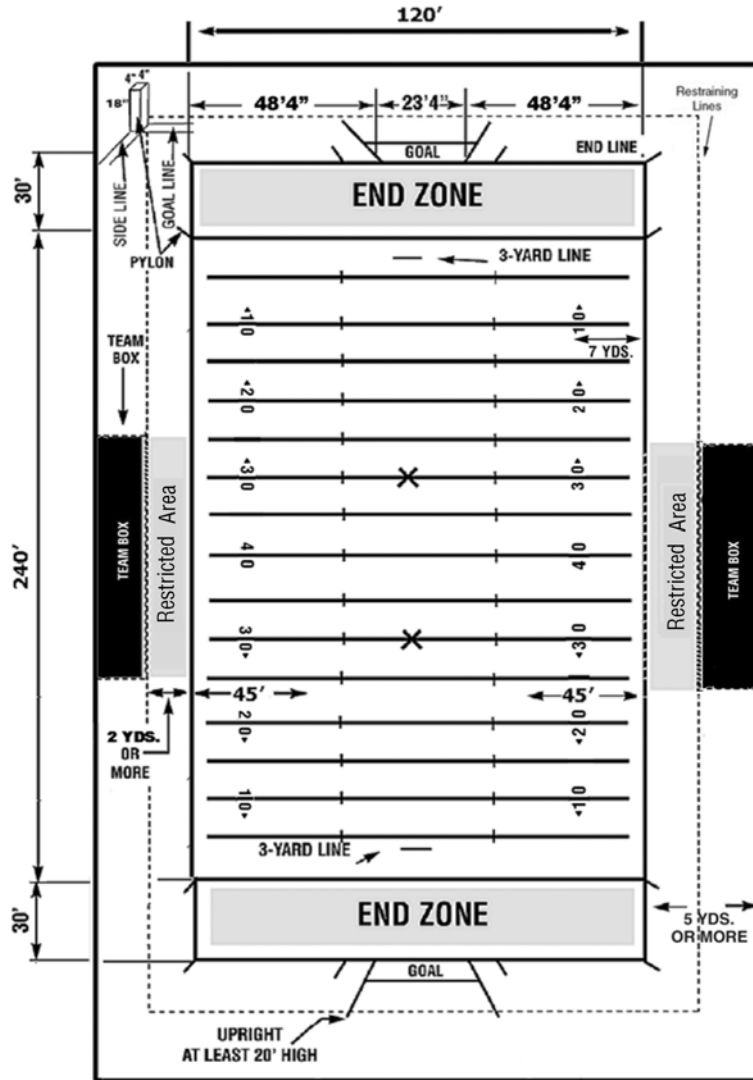
The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

11-player Football Field Diagram



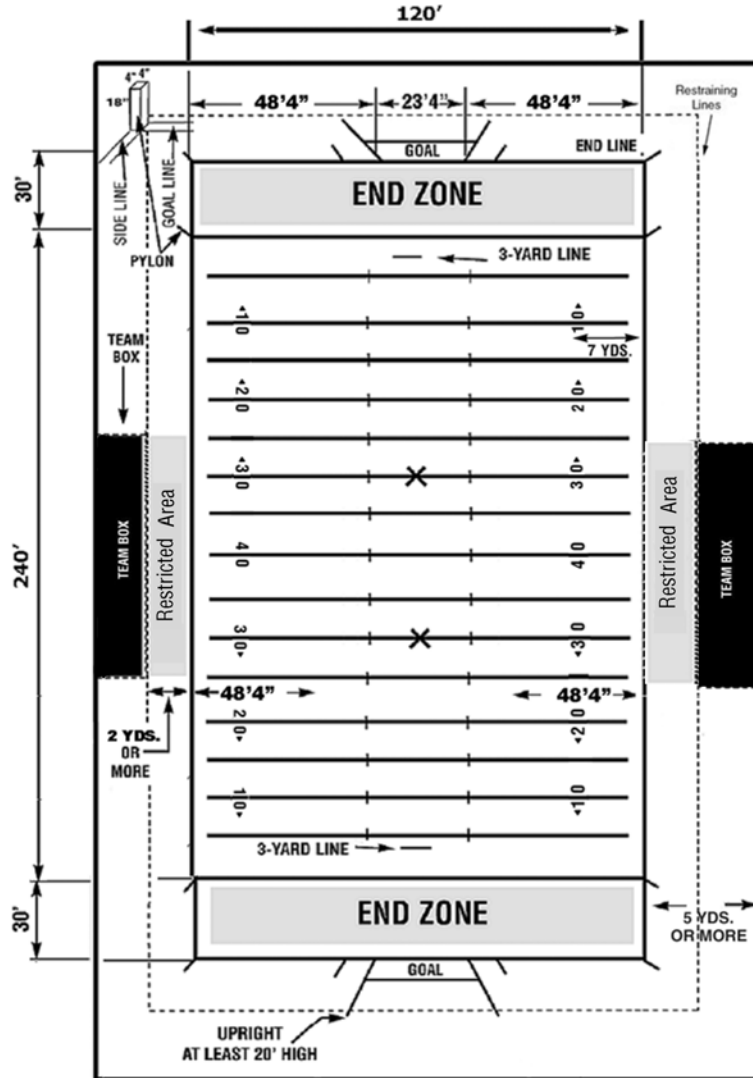
Eight- and Six-player Football Field Diagram

Note: By state association adoption, the dimensions of the field may be altered.



Nine-player Football Field Diagram

Note: By state association adoption, the dimensions of the field may be altered.



Rule **1** *The Game, Field, Players and Equipment*

SECTION 1 THE GAME

ART. 1 . . . It is the object of the game for one team to carry or pass the ball across the opponent's goal line or to kick the ball through the opponent's goal by a place kick or drop kick. The game is won by the team which accumulates the most points.

ART. 2 . . . The game of football is played with an inflated ball by two teams on a rectangular field 360 by 160 feet. While the ball is live, an interval called a down is in progress and the team in possession attempts to advance the ball by carrying, kicking or passing it. If a foul occurs, the penalty loss, if not declined, is enforced during the interval between downs. The team in possession has a series of four downs numbered 1, 2, 3 and 4 to advance the ball to the line to gain, which is usually 10 yards in advance of the spot where the series begins. Points are scored by touchdown, successful try, field goal or safety.

ART. 3 . . . Each team shall begin the game with 11 players, but if it has no substitutes to replace injured or disqualified players, it may continue with fewer.

ART. 4 . . . The game is administered by game officials whose title and duties are stated in the officials' manual.

NOTE: Each state association may determine the number of game officials to be used.

ART. 5 . . . Prior to the game, the referee shall meet with the head coach(es) and captain(s) and explain that everyone is expected to exhibit good sportsmanship throughout the game.

ART. 6 . . . The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.

ART. 7 . . . The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time or as soon thereafter as they are able to be present.

ART. 8 . . . The officials' jurisdiction extends through the referee's declaration of the end of the fourth period or overtime.

ART. 9 . . . The officials shall have the authority to make decisions for infractions of the rules. The use of any replay or television monitoring equipment by the officials in making any decision relating to the game is prohibited.

ART. 10 . . . The referee's decision to forfeit a game is final.

ART. 11 . . . Protests of NFHS rules are not recognized.

SECTION 2 THE FIELD AND MARKINGS

ART. 1 . . . The field shall be a rectangular area with dimensions, lines, zones, goals and markers as shown on the accompanying diagram. There shall be two sidelines running the length of the field along each side that serve as boundary lines for play. It is recommended there be a slope of $\frac{1}{4}$ inch per foot from the center of the field to each sideline. There shall be two goal lines, running parallel to each other and perpendicular to the sidelines. The field of play is the area within the boundary lines, and the goal lines. There shall be two endlines, running parallel to each other, parallel to the goal lines that serve as a boundary line for play.

NOTE: The rise from each sideline to the center of the field is 20 inches when the recommended slope is used.

ART. 2 . . . Yard-line markers, constructed of soft, pliable materials, if placed on the ground, should be no closer than 5 yards to the sideline.

ART. 3 . . . Lines and other markings:

- a. Lines shall be marked with a noncaustic, nontoxic material designed for marking fields such as powdered gypsum, calcium carbonate and liquid aerosol paint. It is recommended that these lines be white. Neither lime, hydrated lime or other chemical derivatives of lime, nor caustic material of any kind may be used for marking football fields.
- b. Yard lines shall be marked with a continuous line every 5 yards beginning and ending 4 inches from each sideline.

NOTES:

1. Game administration may place on the field of play, 4 inches from each sideline, yard-line extensions that should be 24 inches in length and 4 inches in width.
2. If the field of play has a logo in the center or at any other part of the field of play, that logo should not obstruct the visibility of the required marks every five yards. A solid or shadow-bordered 4-inch-wide line is permissible. A shadow line is a line that designates the required 4-inch width by use of a border or outline lines, at least $\frac{1}{4}$ -inch wide which shall lie within the 4-inch width. Shadow lines that are the natural color of the field of play are permissible. The area within these lines need not be one color, but the continuous 4-inch-wide outline must be clearly visible to the officials.
- c. End lines and sidelines shall be continuous lines at least 4 inches wide. All other field dimension lines should be marked 4 inches in width.
- d. A 4-inch-wide restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area, except in stadiums where the total playing enclosure does not permit the restraining line. It is recommended that the restraining line be marked by placing 12-inch-long lines, separated at 24-inch intervals.

NOTE: Game administration may place 4-inch wide and 12-inch long bisecting marks along the restraining line at each 5-yard line between the goal lines.

- e. A series of "hash marks" should be 24 inches in length and 4 inches in width and shall be located 53 feet, 4 inches from and parallel with each sideline dividing the field of play longitudinally in thirds. The lines shall be

marked so that each 5-yard line bisects the hash mark.

NOTES:

1. Game administration may place on the field of play, with the inner edge of the extension in line with the outer edge of the hash mark, yard-line extensions that should be 24 inches in length and 4 inches in width.

2. It is permissible to use college or professional fields with hash marks marked at the distance specified by their respective codes.

- f. Nine-yard marks, 12 inches in length and 4 inches in width, shall be located 9 yards from each sideline. The 9-yard marks shall be marked so that at least each successive 10-yard line bisects the 9-yard marks. These marks shall not be required if the field of play is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 9 yards from the sideline, should be 6 feet in height and 4 feet in width and may include directional arrows next to the yard-line numbers indicating the direction toward the nearest goal line.
- g. Team boxes shall be marked on each side of the field outside the coaches' area between the 25-yard lines for use of coaches, substitutes, athletic trainers, etc., affiliated with the team. The coaches' area is a minimum of a 2-yard belt between the front of the team box and the sideline, and becomes a restricted area when the ball is live.

NOTES:

1. It is permissible for both team boxes to be on the same side of the field, provided each team box is marked between respective 20- and 45-yard lines.

2. It is recommended goal lines and the team box boundaries be marked in a color which contrasts with other field markings and the area between the sidelines and the team box boundaries be solid white or marked with diagonal lines.

- h. Decorative markings in the end zones shall be no closer than 2 feet to the boundary and the goal lines. Advertising and/or commercial markings on the field of play are prohibited.
- i. Measurements shall be from the inside edges of the boundary marks, such marks being out of bounds.
- j. Each goal-line mark shall be entirely in its end zone so the edge toward the field of play and its vertical plane is the actual goal line. The goal line shall extend from sideline to sideline.
- k. A line, 4 inches wide and a minimum of 24 inches in length, shall be centered in the field of play, three yards from each goal line.

ART. 4 . . . A soft, flexible pylon, which is 4 inches square, 18 inches high, either orange, red or yellow in color, and does not constitute a safety hazard, shall be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines, as well as with each intersection of the hash marks extended and shall be placed either 3 feet beyond the end lines or on the end lines. When properly placed, the goal line pylon is out of bounds at the intersection of the sideline and the goal line extended.

ART. 5 . . . The goal:

- a. The goal is the vertical plane midway between the sidelines extending

indefinitely above the inside of the uprights and the front edge of the crossbar and in the same vertical plane as the inside edge of the end line.

- b. The top of the crossbar shall be 10 feet above the ground, measured from the base of each upright to the top of the crossbar at the intersection, or at each end of the crossbar perpendicular to the ground when a single pedestal is used.
- c. The crossbar shall be 23 feet, 4 inches long.
- d. The uprights shall be 23 feet, 4 inches apart inside to inside and each upright may not exceed 4 inches in width.

NOTE: It is permissible to use college or professional fields with goal post uprights set at the width specified by their respective codes.
- e. The uprights shall extend a minimum of 10 feet above the crossbar.
- f. The goal posts shall be padded with resilient, shock absorbing material to a height of at least 6 feet above the ground.
- g. The horizontal crossbar and the uprights above it shall be free from any decorative material except paint which is recommended to be either silver, white or yellow in color. One wind directional streamer may be attached to the top of each upright. Wind directional streamers shall be 4 inches in width, 42 inches in length and either red, orange, or yellow in color.

SECTION 3 GAME EQUIPMENT

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers. For additional information on Equipment Guidelines in Appendix C, see page 101.

ART. 1 . . . The ball shall meet the following specifications:

- a. A tan-colored cover consisting of either pebbled-grain, cowhide or approved composition (leather or rubber) case without corrugations other than those formed by the natural seam grooves and the lace on one of the grooves.
- b. One set of either eight or 12 evenly spaced laces. The length of the lace shall be confined to within $3\frac{3}{4}$ inches from each end of the ball.
- c. A continuous 1-inch white or yellow stripe centered 3 to $3\frac{1}{4}$ inches from each end of the ball. The stripes shall be located only on the two panels adjacent to and perpendicular to the seam upon which the laces are stitched.
- d. Conforms to the shape and dimensions as shown in the diagram.
- e. Weighs between 14 and 15 ounces.
- f. Inflated to a pressure of $12\frac{1}{2}$ to $13\frac{1}{2}$ psi (pounds per square inch) or 878.8 to 949.1 grams per square centimeter.

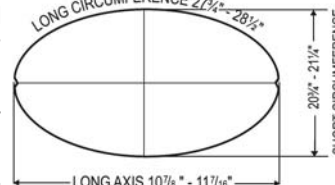


Figure 1-3-1
FOOTBALL DIMENSIONS

- g. The ball shall include the NFHS Authenticating Mark.

The mark can be displayed in either format:
A current list of NFHS authenticated products
can be found on the Web site, www.nfhs.org.



NOTE: By state high school association adoption, the ball to be used in games involving only players below the 9th grade may have dimensions as found in the following table:

**Table 1-3-1
BALL SPECIFICATIONS**

	9th grade and above	8th grade and below
Weight	14 to 15 ounces	12 to 14 ounces
Long circumference	27 ³ / ₄ to 28 ¹ / ₂ inches	26 to 27 inches
Long Axis	10 ⁷ / ₈ to 11 ⁷ / ₁₆ inches	10 to 11 inches
Short circumference	20 ³ / ₄ to 21 ¹ / ₄ inches	19 to 20 inches
Inflation pressure	12 ¹ / ₂ to 13 ¹ / ₂ psi	12 ¹ / ₂ to 13 ¹ / ₂ psi

METHOD OF MEASURING

1. All measurements shall be made after the ball is inflated to 13 psi.
2. The long circumference should be measured 90 degrees from lace around the ends of the ball, over the groove but not in the groove.
3. The long axis should be measured from end to end but not in the nose indentation.
4. The short circumference should be measured around the ball, over the valve, over the lace, but not over a cross lace.

ART. 2 . . . Each team shall provide at least one legal game ball to the referee at the time the game officials assume authority for the contest. Only legal game balls approved by the referee may be used during the contest.

Each team may use any referee-approved ball of its choice to free kick or start a new series of downs. If a touchdown occurs following a change of possession and the scoring team did not put the ball in play, any referee-approved ball may be used for the try.

NOTE: By state association adoption, a specific ball which meets specifications may be mandated for postseason or state playoff competition.

ART. 3 . . . The referee shall decide whether the ball meets specifications. If the field is wet, the referee may order the ball changed between downs.

ART. 4 . . . A kicking tee shall be made of pliable material which elevates the lowest point of the ball no more than 2 inches above the ground.

ART. 5 . . . Either a yardage chain which joins two rods exactly 10 yards apart or any other 10-yard indicator with a visible line-to-gain indicator shall be used as the official line-to-gain equipment. This equipment and a down indicator shall be provided by game management.

- a. The line-to-gain indicator shall be used to fix the line to gain, and the down indicator shall be used to mark the spot of the ball and indicate the number of the down in a series. The game officials shall check the line-to-gain indi-

- c. cator for accuracy prior to the start of the game.
- b. The official line-to-gain and down indicators shall be operated approximately 2 yards outside the sideline opposite the press box, except in stadiums where the total playing enclosure does not permit. If there is no press box, the location will be specified by game management at the request of the linesman. The line-to-gain indicator shall be removed from the sideline when the line to gain is the goal line.
- c. Unofficial auxiliary line-to-gain and down indicators may be used on the sideline opposite the official line-to-gain and down indicators, and shall be operated approximately 2 yards outside the sideline, except in stadiums where the total playing enclosure does not permit.
- d. All line-to-gain and down-indicator rods shall have flat lower ends covered by protective caps.

NOTE: It is recommended that the members of the crew wear distinctive vests or jackets furnished by home or game management.

ART. 6 . . . A timing device referred to as “the game clock” or “the clock” shall be provided by the game management. The operator(s) shall be approved by the referee.

ART. 7 . . . Supplementary equipment to aid in game administration may be used if authorized by the state association.

SECTION 4 PLAYER DESIGNATIONS

ART. 1 . . . Each team shall designate a player as field captain and only he may communicate with officials. His first choice of any offered decision is final, except as in 6-5-4. Decisions involving penalties shall be made before any charged time-out is granted either team.

ART. 2 . . . For convenience, a player is designated by his position on offense during the snap. Figure 1-4-2 shows one of the offensive formations and the recommended numbering of players according to position.

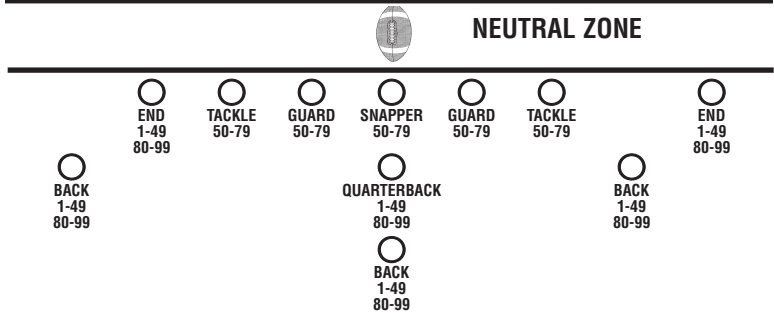


Figure 1-4-2 – RECOMMENDED NUMBERING OF OFFENSIVE TEAM PLAYERS

ART. 3 . . . Each player shall be numbered 1 through 99 inclusive. See 7-2-5.

SECTION 5 PLAYER EQUIPMENT

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers. For additional information on Equipment Guidelines in Appendix C, see page 101.

NOTE: As mentioned in Section 5, under Player Equipment, NOCSAE refers to the National Operating Committee on Standards for Athletic Equipment, while SGMA refers to the Sporting Goods Manufacturers Association.

ART. 1 . . . Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection:

a. **Helmet and Facemask:**

1. A helmet and face mask which met the NOCSAE test standard at the time of manufacture. The face mask shall have a surface covered with resilient material designed to prevent chipping, burrs or abrasiveness and be properly secured to the helmet as designed by the manufacturer.
2. The helmet shall be secured by a properly fastened chin strap with at least four attachment points.

NOTE: All players shall wear helmets that carry a warning label regarding the risk of injury and a manufacturer's or reconitioner's certification indicating satisfaction of NOCSAE test standards. All such reconitioned helmets shall show recertification to indicate satisfaction with the NOCSAE test standard. The coach's pregame verification to the referee and umpire that all players are properly equipped in compliance with the rules includes the exterior warning label.

b. **Jersey:**

1. A jersey, unaltered from the manufacturer's original design/production, with clearly visible and legible Arabic numbers 1-99 inclusive on the front and back which shall be long enough to reach the top of the pants and shall be tucked in if longer.
2. The numbers shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively, and with bars or strokes approximately 1½-inches wide.
3. The color and style of the number shall be the same on the front and back.
4. The body of the number shall be either a color(s) contrasting with the jersey color, or the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
5. Through 2011, players of the opposing teams shall wear jerseys of contrasting colors. Players of the home team shall wear dark jerseys and players of the visiting team shall wear light-colored jerseys. 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.

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number.

6. Beginning in 2012, players of the visiting team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria:

The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be white and shall contain only the listed allowable adornments and accessory patterns in a color(s) that contrasts to white:

- (a) as the jersey number(s) required in 1-5-1-b1 or as the team and/or player name within the body and/or on the shoulders,
- (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
- (c) within the collar, a maximum of 1 inch in width, and/or
- (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any non-white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey). The exception to (d) would be what is stated in (b) above.

7. Beginning in 2012, players of the home team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria:

The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. If white appears in the body of the jersey of the home team, it may only appear:

- (a) as the jersey number(s) required in 1-5-1-b1 or as the team and/or player name within the body and/or on the shoulders,
- (b) either as a decorative stripe placed during production that follows the curve of the raglan sleeve or following the shoulder seam in traditional yoke construction, not to exceed 1 inch at any point within the body of the jersey; or as decorative stripe(s) added in the shoulder area after production, not to exceed 1 inch per stripe and total size of combined stripes not to exceed 3.5 inches,
- (c) within the collar, a maximum of 1 inch in width, and/or
- (d) as a side seam (insert connecting the back of the jersey to the front), a maximum of 4 inches in width but any white color may not appear within the body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to

- the bottom of the jersey). The exception to (d) would be what is stated in (b) above.
- c. Pads and Protective Equipment – The following pads and protective equipment are required of all players:
1. Hip pads and tailbone protector which are unaltered from the manufacturer's original design/production.
 2. Knee pads which are unaltered from the manufacturer's original design/production, which are worn over the knee and under the pants and shall be at least $\frac{1}{2}$ inch thick or $\frac{3}{8}$ inch thick if made of shock absorbing material.
 3. Thigh guards which are unaltered from the manufacturer's original design/production and have any hard surface covered with material such as closed-cell vinyl foam which has a minimum compression resistance of 4-8 pounds for 25-percent compression or other material with equivalent specifications. Thigh guards shall be at least $\frac{1}{4}$ inch thick on the outside surface and at least $\frac{3}{8}$ inch thick on the inside surface and the overlap of the edge.
 4. Pants which completely cover the knees, thigh guards and knee pads and any portion of any knee brace that does not extend below the pants.
 5. Shoes which shall be made of a material which covers the foot (canvas, leather or synthetic) and attached to a firm sole of leather, rubber or composition material which may have cleats or which may be cleatless. Among the items which do not meet these requirements are gymnastic slippers, tennis shoes cut so protection is reduced, ski and logger boots and other apparel not intended for football use:
 - (a) Removable cleats shall conform to the following specifications:
 - (1) Constructed of a material which does not chip or develop a cutting edge. Legal material includes leather, nylon, certain plastics and rubber. Cleats may be tipped with low carbon steel of 1006 material, case hardened to .005-.008 depth and drawn to Rockwell hardness of approximately C55; the use of aluminum or ceramics is not permissible.
 - (2) The base and the tip of the cleat shall be parallel. The free end may be rounded in an arc with a radius of not less than $\frac{7}{16}$ inch provided the overall length is not more than $\frac{1}{2}$ inch measured from the tip of the cleat to the sole of the shoe. The cleat may be attached to a raised platform which is molded to the shoe. The platform may be no more than $\frac{5}{32}$ inch in height and must be wider than the base of the cleat. The widest part of the cleat must be in direct contact with the platform. The $\frac{5}{32}$ -inch raised platform must be wider than the base of the cleat and must extend across the width of the sole to within $\frac{1}{4}$ inch or less of the outer edges of the sole. A single toe cleat does not require a raised platform that extends across the width of the sole. The raised platform of the toe cleat is limit-

- ed to $\frac{5}{32}$ inch or less. The $\frac{5}{32}$ -inch platform is measured from the lowest point of the platform to the sole of the shoe.
- (3) An effective locking device which prevents the exposure of metal posts shall be incorporated.
 - (4) The cleat wall shall be at least $\frac{3}{16}$ inch in diameter.
 - (5) The sides of the cleat shall taper uniformly from a minimum base of $\frac{3}{4}$ inch in diameter to a minimum tip of $\frac{3}{8}$ inch in diameter.
- (b) Nonremovable cleats are limited to studs or projections that do not exceed $\frac{1}{2}$ inch in length measured from the sole of the shoe to the tip of the cleat and which are made with nonabrasive rubber or rubber-type synthetic material that does not have or develop a cutting edge.
6. Shoulder pads and hard surface auxiliary attachments, which shall be fully covered by a jersey.
 7. A tooth and mouth protector (intraoral) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers the posterior teeth with adequate thickness. It is recommended the protector be properly fitted and:
 - (a) Constructed from a model made from an impression of the individual's teeth, or
 - (b) Constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.
 - (c) The tooth and mouth protector shall be of any readily visible color, and may not be:
 - (1) completely white; or
 - (2) completely clear.

ART. 2 . . . The following auxiliary equipment may be worn if sanctioned by the umpire as being soft, nonabrasive, nonhardening material:

- a. Each state association may authorize the use of artificial limbs which in its opinion are no more dangerous to players than the corresponding human limb and do not place an opponent at a disadvantage.
- b. Forearm pads, which may be anchored on each end with athletic tape.
- c. Through the 2011 season, gloves and hand pads, which may be anchored with athletic tape. Gloves, even though modified, must have a securely attached label or stamp (NFHS/NCAA specifications) indicating compliance with test specifications on file with the SGMA as of January 1, 1994, unless made of unaltered plain cloth. Beginning in 2012, gloves, which may be anchored with athletic tape, and even though modified, must meet the NOCSAE test standard at the time of manufacture, unless made of unaltered plain cloth.

NOTES:

1. A glove is a covering for the hand having separate sections for each finger. Pads worn on the hand, but not having separate sections encircling at least part of any finger are not gloves. The thumb is not considered a finger.

2. Non-athletic gloves, worn solely for warmth and made of unaltered plain cloth, and which do not enhance contact with the ball, do not require a label or stamp indicating compliance.
- d. Tape, bandage or support wrap on the hand or forearm to protect an existing injury.

EXCEPTION: Tape, bandage or support wrap(s) not to exceed three thicknesses are legal without inspection or approval.

ART. 3 . . . Illegal equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

- a. The following items related to the Game Uniform:
 1. Any transverse stripe on the sleeve below the elbow.
 2. Slippery or sticky substance of a foreign nature on equipment, towel, uniform, opponent or on an exposed part of the body which affects the ball or an opponent.
 3. Uniform adornments, with the exception of:
 - (a) One unmarked moisture-absorbing white towel, which shall be no less than 4 inches in width and 12 inches in length and no greater than 18 inches in width and 36 inches in length; or
 - (b) Moisture-absorbing sweatbands, when worn on the wrist beginning at the base of the thumb and extending no more than 3 inches toward the elbow.
 4. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
 5. Jerseys and pants that have:
 - (a) A visible logo/trademark or reference exceeding 2¼ square inches and exceeding 2¼ inches in any dimension.
 - (b) More than one manufacturer's logo/trademark or reference on the outside of either item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).
 - (c) Sizing, garment care or other nonlogo labels on the outside of either item.
- b. The following items related to Pads and Padding:
 1. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm unless padded with a closed-cell, slow-recovery foam padding no less than ½" thick.
 2. Knee and ankle braces which are altered from the manufacturer's original design/production.

NOTE: Knee and ankle braces that are unaltered do not require any additional padding.

3. Knee braces worn over the pants.
4. Rib pads and back protectors unless fully covered by a jersey.
5. Plastic material covering protective pads whose edges are not rounded with a radius equal to half the thickness of the plastic.

6. Shin guards that do not meet NOCSAE specifications.
- c. The following items related to Other Illegal Equipment:
 1. An eyeshield attached to the helmet that is not:
 - (a) Constructed of a molded rigid material; or
 - (b) Is not clear without the presence of any tint.
 2. Metal which is projecting or other hard substance on clothes or person.
 3. Ball-colored helmets, jerseys, patches, pads or gloves.
 4. Jerseys, undershirts or exterior arm covers/pads manufactured to enhance contact with the football or opponent.
- d. The following additional items:
 1. Jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
 2. Communication devices, other than those permitted in Rule 1-6-1 and Rule 1-6-2.

NOTES:

1. Each state association may authorize the use of a drum by a team composed of deaf or partially deaf players, in order to establish a rhythmic cadence following the ready-for-play signal.
2. Each state association may authorize the use of a hearing instrument to enhance the efficiency of a required hearing aid prescribed by a licensed medical physician (M.D./D.O.), provided it is not dangerous to the wearer or any other player.
3. Such prohibition does not include the use of computers and/or other electronic devices, which produce reports for the purpose of compiling statistics, including those listed in the NFHS Statisticians Manual. However, the use of computers and/or other electronic devices shall be considered illegal if they are used at any time during the game and can be used to produce play tendencies and other scouting information and such information is given to any member of any team prior to the conclusion of the game.

ART. 4 . . . Prior to the start of the game, the head coach shall be responsible for verifying to the referee and umpire that all of his players are legally equipped and in compliance with these rules. Any questions regarding legality of a player's equipment shall be resolved by the umpire.

ART. 5 . . . When any required player equipment is missing or when illegal equipment is found, correction shall be made before participation. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use. (See 3-5-2b, 5b and 7f)

ART. 6 . . . Each player shall properly wear the mandatory equipment while the ball is live.

PENALTY: Unsportsmanlike conduct (Arts. 2, 3, 5) – (S27) — 15 yards. See 9-8-1h. Failure to properly wear required equipment during a down (Art. 6) – (S27, S23) – 5 yards. See 3-6-2d for failure to properly wear required equipment when the ball is about to become live.

SECTION 6 COACHES FIELD EQUIPMENT

ART. 1 . . . Communication devices, other than audio recorder, Local Area Network (LAN) phones and/or headsets, including but not limited to cellular phones, still photograph(s), film, analog or digital video(s) and/or Internet depictions, shall not be used for coaching purposes during the game or between periods.

ART. 2 . . . LAN phones and/or headsets may be used by coaches, other non-players and players; however, players may use LAN phones and/or headsets only during authorized sideline conferences.

PENALTY: Unsportsmanlike conduct (Arts. 1, 2) – (S27) – 15 yards. See 9-8-1e.

SECTION 7 STATE ASSOCIATION ADOPTIONS

Each state association has the authority to make decisions and provide coverage relative to a number of specific rules and may individually adopt specific coverage relative to the following:

Table 1-7 — Table of State Association Adoptions

- | | |
|---|---|
| 1. Determining the number of game officials to be used in the game. (1-1-4 NOTE) | 10. Establishing a point differential to terminate games or to use a running clock when the point differential is reached. (3-1-2) |
| 2. Determining the size of ball to be used for games with players below 9th grade. (1-3-1 NOTE) | 11. Establishing rules regarding continuation of interrupted games. (3-1-4) |
| 3. Mandating the use of a specific ball for postseason or playoff competition. (1-3-2 NOTE) | 12. Authorizing the use of 10-minute periods for games involving combinations of 9th, 8th and/or 7th grade students. (3-1-5 NOTE 1) |
| 4. Authorizing the use of supplementary equipment to aid in game administration. (1-3-7) | 13. Determining the length of halftimes, provided it is not less than 10 minutes and not more than 20 minutes. (3-1-5 NOTE 2) |
| 5. Authorizing the wearing of a commemorative/memorial patch. (1-5-1b5 NOTE) | 14. Determining when the coin toss is to be held. (3-2-1) |
| 6. Authorizing the use of artificial limbs. (1-5-2a) | 15. Authorizing the use of TV/radio time-out (3-5-7I) |
| 7. Authorizing the use of a drum for rhythmic cadence for deaf or partially deaf teams. (1-5-3d2 NOTE 1) | 16. Designating the 11-player field dimensions as official for nine-, eight- or six-player competition. (Pages 93-95) |
| 8. Authorizing the use of a device to enhance a required hearing aid through a licensed medical physician (M.D./D.O.). (1-5-3d2 NOTE 2) | |
| 9. Establishing a procedure to resolve games tied following the fourth quarter. (3-1-1) | |

Rule **2** *Definitions of Playing Terms*

SECTION 1 BALL – DEAD, LIVE, LOOSE

ART. 1 . . . A dead ball is a ball not in play. The ball is dead during the interval between downs.

ART. 2 . . . A live ball is a ball in play. A ball becomes live when the ball has been legally snapped or free kicked and a down is in progress.

ART. 3 . . . A loose ball is a pass, fumble or a kick. The terms “pass,” “fumble” and “kick” are sometimes used as abbreviations when the ball is loose following the acts of passing, fumbling or kicking the ball. A loose ball which has not yet touched the ground is in flight. A grounded loose ball is one which has touched the ground. Any loose ball continues to be a loose ball until a player secures possession of it or until it becomes dead by rule, whichever comes first.

SECTION 2 BATTING

Batting is intentionally slapping or striking the ball with the arm or hand.

SECTION 3 BLOCKING

ART. 1 . . . Blocking is obstructing an opponent by contacting him with any part of the blocker’s body.

ART. 2 . . . In blocking, a player may contact opponents with the arms or hands provided the technique is legal. The legal techniques are as follows:

- a. Closed or cupped hand technique:
 1. The elbows may be inside or outside the shoulders.
 2. The hands must be closed or cupped with the palms not facing the opponent.
 3. The forearms are extended no more than 45 degrees from the body.
- b. Open hand technique. The hand(s) shall be:
 1. In advance of the elbow.
 2. Inside the frame of the blocker’s body; the frame of the blocker’s body is the front of the body at or below the shoulders.
 3. Inside the frame of the opponent’s body, except when the opponent turns his back to the blocker during the block or after the blocker is committed to his charge. The frame of the opponent’s body is at the shoulders or below other than the back.
 4. At or below the shoulders of the blocker and the opponent, except when the opponent squats, ducks or submarines during the block or after the blocker is committed to his charge.
 5. Open, when the palm(s) are facing the frame of the opponent or when the forearms are extended beyond the 45 degree angle from the body.

ART. 3 . . . The blocker’s hand(s) may not be locked nor may he swing, throw

or flip the elbow or forearm so that it is moving faster than the blocker's shoulders at the time the elbow, forearm or shoulder contacts the opponent. The blocker may not initiate contact with his arm or hand against an opponent above the opponent's shoulder, but he may use his hand or arm to break a fall or maintain his balance.

ART. 4 . . . An offensive player may also use his hands or arms:

- a. When he is a runner, to ward off or push any player.
- b. During a kick, to ward off an opponent who is attempting to block him.
- c. To push, pull or ward off an opponent when the ball is loose if he may legally touch or possess the ball if such contact is not pass interference, a personal foul or illegal use of hands.

ART. 5 . . . A defensive player may also:

- a. Use unlocked hands, hand or arm to ward off an opponent who is blocking him or is attempting to block him.
- b. Push, pull or ward off an opponent in an actual attempt to get at the runner or a loose ball if such contact is not pass interference, a personal foul or illegal use of hands.

NOTE: When a player simulates possession of the ball, reasonable allowance may be made for failure of the defense to discover the deception. This does not cancel the responsibility of any defensive player to exercise reasonable caution in avoiding any unnecessary contact.

ART. 6 . . . When a player on defense uses a hand or arm, the hand must be in advance of the elbow at the time of the contact and at the shoulder or below unless the opponent squats, ducks or submarines.

ART. 7 . . . Blocking below the waist is making initial contact below the waist from the front or side against an opponent other than a runner. Blocking below the waist applies only when the opponent has one or both feet on the ground.

ART. 8 . . . Chop block is a delayed block at the knees or below against an opponent who is in contact with a teammate of the blocker in the free-blocking zone.

ART. 9 . . . Interlocked blocking occurs when one player grasps or encircles a teammate just prior to or while blocking an opponent.

SECTION 4 CATCH

ART. 1 . . . A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he is prevented from returning to the ground inbounds while maintaining possession of the ball.

ART. 2 . . . Catching is always preceded by touching the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.

ART. 3 . . . A simultaneous catch or recovery is a catch or recovery in which there is joint possession of a live ball by opposing players who are inbounds.

SECTION 5 CLIPPING/BLOCKING IN THE BACK

ART. 1 . . . Clipping is a block against an opponent when the initial contact is from behind, at or below the waist, and not against a player who is a runner or pretending to be a runner.

ART. 2 . . . Blocking in the back is a block against an opponent when the initial contact is in the opponent's back, inside the shoulders and below the helmet and above the waist, and not against a player who is a runner or pretending to be a runner.

ART. 3 . . . Such cases shall not be ruled clipping and/or blocking in the back unless the official sees the initial contact. When in doubt, the contact is legal and not from behind. When the contact is ruled to be from behind, and the official has question as to the initial point of contact, it shall be ruled clipping.

SECTION 6 CONFERENCES

ART. 1 . . . Two types of authorized conferences are permitted.

ART. 2 . . . Teams may choose between:

- a. One or more team members and one or more coaches directly in front of the team box within 9 yards of the sideline OR
- b. One coach on the field to confer with no more than 11 players at his team's huddle between the hash marks.

SECTION 7 DOWN – LOSS OF DOWN

ART. 1 . . . A down is action which starts with a legal snap (beginning a scrimmage down) or when the ball is kicked on a free kick (beginning a free-kick down). A down ends when the ball next becomes dead.

ART. 2 . . . Loss of a down is the loss of the right to replay a down.

SECTION 8 ENCROACHMENT

Encroachment occurs when a player is illegally in the neutral zone during the time interval starting when the ball is marked ready for play and until the ball is snapped or free kicked. For the purposes of enforcing encroachment restrictions, an entering substitute is not considered to be a player until he is on his team's side of the neutral zone.

SECTION 9 FAIR CATCH

ART. 1 . . . A fair catch is a catch by a receiver of a free kick in or beyond the neutral zone to the receiver's goal line, or of a scrimmage kick beyond the neutral zone to the receiver's goal line, after a valid signal, under conditions in which the receiver forfeits the right to advance the ball in return for protection from being blocked or tackled by an opponent.

ART. 2 . . . An awarded fair catch occurs when the offended team chooses to

take the ball at the spot of the kick-catching interference rather than accepting the distance penalty from the previous spot and replaying the down.

ART. 3 . . . A valid fair-catch signal is the extending and lateral waving of one arm, at full arm's length above the head, by any R player.

ART. 4 . . . An invalid fair-catch signal is any signal by a receiver before the kick is caught or recovered:

- a. That does not meet the requirements of a valid signal.
- b. After the kick has touched a receiver.
- c. After the kick has touched the ground.

ART. 5 . . . An illegal fair-catch signal is any signal by a runner:

- a. After the kick has been caught.
- b. After the kick has been recovered.

SECTION 10 FIELD AREAS

ART. 1 . . . The field is the area within the boundary lines and the endlines.

ART. 2 . . . The field of play is the area within the boundary lines and the goal lines.

ART. 3 . . . The side zones are the areas bounded by the sidelines, the hash marks and the goal lines.

ART. 4 . . . The end zones are 10 yards in depth and are located at each end of the field between the goal line and the end line. The goal line is in the end zone and a team's end zone is the one it is defending.

SECTION 11 FIGHTING

Fighting is any attempt by a player or nonplayer to strike or engage a player or nonplayer in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent(s) with the arm(s), hand(s), leg(s) or foot (feet), whether or not there is contact.

SECTION 12 FIRST TOUCHING

ART. 1 . . . During a free kick it is first touching if the ball is touched in the field of play by any K player before it crosses R's free-kick line and before it is touched there by any R player.

ART. 2 . . . During a scrimmage kick it is first touching if the ball is touched by any K player in the field of play and beyond the expanded neutral zone before it is touched there by R and before the ball has come to rest.

SECTION 13 FORCE

ART. 1 . . . Force is the result of energy exerted by a player which provides movement of the ball. The term force is used only in connection with the goal line and in only one direction, i.e., from the field of play into the end zone. Initial force results from a carry, fumble, kick, pass or snap. After a fumble, kick or backward

pass has been grounded, a new force may result from a bat, an illegal kick or a muff.

ART. 2 . . . Responsibility for forcing the ball from the field of play across a goal line is attributed to the player who carries, snaps, passes, fumbles or kicks the ball, unless a new force is applied to either a backward pass, kick or fumble that has been grounded.

ART. 3 . . . The muffing or batting of a pass, kick or fumble in flight is not considered a new force.

ART. 4 . . . Force is not a factor:

- a. On kicks going into R's end zone, since these kicks are always a touchback regardless of who supplied the force.
- b. When a backward pass or fumble is declared dead in the end zone of the opponent of the player who passed or fumbled, with no player possession.

SECTION 14 FORMATIONS

ART. 1 . . . A scrimmage formation requires a minimum of seven A players legally on their line at the snap.

ART. 2 . . . A scrimmage kick formation is one in which no player is in position to receive a hand-to-hand snap from between the snapper's legs, and at the snap, either:

- a. A player is in position with a knee on the ground 7 yards or more behind the line of scrimmage, in position to be the holder and receive the long snap and with another player 3 yards or less behind that player in position to attempt a place kick, or
- b. A player is 10 yards or more behind the line of scrimmage and in position to receive the long snap.

ART. 3 . . . A free-kick formation is a formation used for a free-kick down. Following the ready-for-play for a free-kick down and until the ball is kicked:

- a. All R players must be behind their free-kick line.
- b. All K players, other than the kicker and holder, must be behind their free-kick line.

SECTION 15 FORWARD PROGRESS

ART. 1 . . . Forward progress is the end of advancement of the ball in a runner's possession or the forward-most point of the ball when it is fumbled out of bounds toward the opponent's goal and it determines the dead-ball spot.

ART. 2 . . . When an airborne player makes a catch, forward progress is the furthest point of advancement after he possesses the ball if contacted by a defender.

SECTION 16 FOULS AND PENALTIES

ART. 1 . . . A foul is a rule infraction for which a penalty is prescribed.

ART. 2 . . . Types of fouls are:

- a. Dead ball—a foul which occurs in the time interval after a down has ended

- and before the ball is next snapped or free kicked.
- b. Double—one or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed by each team at such a time that the penalties offset.
 - c. Flagrant — a foul so severe or extreme that it places an opponent in danger of serious injury, and/or involves violations that are extremely or persistently vulgar or abusive conduct.
 - d. Live ball—a foul which occurs during a down.
 - e. Multiple—two or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team at such a time that the offended team is permitted a choice of penalties.
 - f. Nonplayer or unsportsmanlike—a noncontact foul while the ball is dead or during the down which is not illegal participation and does not influence the play in progress.
 - g. Player—a foul (other than nonplayer or unsportsmanlike) by a player in the game hereafter referred to as a foul.
 - h. Post-scrimmage kick — a foul by R (other than illegal substitution or participation) when the foul occurs:
 1. During scrimmage kick plays, other than a try or successful field goal.
 2. During a scrimmage kick play in which the ball crosses the expanded neutral zone.
 3. Beyond the expanded neutral zone.
 4. Before the end of a kick.
 5. And K will not be next to put the ball in play.
 - i. Simultaneous with the snap—an act which becomes a foul when the ball is snapped or free kicked.

ART. 3 . . . No foul causes loss of the ball.

ART. 4 . . . No foul causes a live ball to become dead.

ART. 5 . . . A penalty is a result imposed by rule against a team or team member that has committed a foul.

ART. 6 . . . Game situations which produce results somewhat similar to penalties, but which are not classified as fouls are: disqualification of a player, first touching of a kick by K and forfeiture of a game.

SECTION 17 FREE-BLOCKING ZONE — LEGAL BLOCKING BELOW THE WAIST, LEGAL CLIPPING, LEGAL BLOCK IN THE BACK

ART. 1 . . . The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

ART. 2 . . . Blocking below the waist is permitted in the free-blocking zone when the following conditions are met:

- a. All players involved in the blocking are on the line of scrimmage and in the zone at the snap.
- b. The contact is in the zone.

ART. 3 . . . Clipping is permitted in the free-blocking zone when the following conditions are met:

- a. By offensive linemen who are on the line of scrimmage and in the zone at the snap.
- b. Against defensive players who are on the line of scrimmage and in the zone at the snap.
- c. The contact is in the zone.

ART. 4 . . . Blocking in the back is permitted in the free-blocking zone when the following conditions are met:

- a. By offensive linemen who are on the line of scrimmage and in the zone at the snap.
- b. Against defensive players who are in the zone at the snap.
- c. The contact is in the zone.

ART. 5 . . . The free-blocking zone disintegrates and the exception for a player to block below the waist and/or the exception for an offensive lineman to clip and/or block in the back is not to continue after the ball has left the zone.

SECTION 18 FUMBLE

A fumble is any loss of player possession other than by handing, passing or legal kick.

SECTION 19 HANDING

ART. 1 . . . Handing the ball is transferring player possession from one player to a teammate in such a way that the ball is still in contact with the first player when it is touched by the teammate. Handing the ball is not a pass. Loss of player possession by unsuccessful execution of attempted handing is a fumble.

ART. 2 . . . Forward handing occurs when the runner releases the ball when the entire ball is beyond the yard line where the runner is positioned.

ART. 3 . . . Backward handing occurs when the runner releases the ball when any part of the ball is on or behind the yard line where the runner is positioned.

SECTION 20 HELMET CONTACT – ILLEGAL

ART. 1 . . . Illegal helmet contact is an act of initiating contact with the helmet against an opponent. There are several types of illegal helmet contact:

- a. Butt Blocking is an act by an offensive or defensive player who initiates contact against an opponent who is not a ball carrier with the front of his helmet.
- b. Face Tackling is an act by a defensive player who initiates contact with a ball carrier with the front of his helmet.
- c. Spearing is an act by an offensive or defensive player who initiates contact against any opponent with the top of his helmet.

SECTION 21 HUDDLE

A huddle is two or more players of the same team grouped together before a down.

SECTION 22 HURLING

Hurling is an attempt by a player to jump (hurdle) with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body except one or both feet.

SECTION 23 INTERCEPTION

An interception is the catch of an opponent's fumble or pass.

SECTION 24 KICKS

ART. 1 . . . A kick is the intentional striking of the ball with the knee, lower leg or foot.

ART. 2 . . . A kick ends when a player gains possession or when the ball becomes dead while not in player possession.

ART. 3 . . . A free kick is any legal kick which puts the ball in play to start a free-kick down. After the ready-for-play signal and before the kick, each player other than the kicker and holder for a place kick must be behind his free-kick line. A free kick is used for a kickoff, for a kick following a safety, and is used if a free kick is chosen following a fair catch or awarded fair catch.

ART. 4 . . . A scrimmage kick is any legal kick from in or behind the neutral zone. Either a place kick, punt, or drop kick may be used. For a place kick, the ball must be controlled on the ground or on a legal kicking tee by a teammate.

ART. 5 . . . A kickoff is a free kick which puts the ball in play at the beginning of each half of the game, after a successful field goal and after any try. A place kick or a drop kick shall be used for the kickoff.

ART. 6 . . . A drop kick is a legal kick by a player who drops the ball and kicks it when it touches the ground or as it is rising from the ground. A drop kick may be used for a scrimmage kick, a kickoff, a free kick following a safety or for a free kick following a fair catch or awarded fair catch.

ART. 7 . . . A place kick is a legal kick made while the ball is in a fixed position on the ground or on a kicking tee. No material or device may be placed on the ground to improve the kicker's footing. The ball also may be held in position on the ground or on a kicking tee by a place-kick holder who shall be a teammate of the kicker. A place kick may be used for a scrimmage kick, a kickoff, a free kick following a safety or for a free kick following a fair catch or awarded fair catch.

ART. 8 . . . A punt is a legal kick by a player who drops the ball and kicks it before it has touched the ground. A punt may be used for a free kick following a safety or for a scrimmage kick.

ART. 9 . . . An illegal kick is any intentional striking of the ball with the knee, lower leg or foot which does not comply with Articles 3 and 4. When the ball is loose following an illegal kick, it is treated as a fumble.

SECTION 25 LINE OF SCRIMMAGE

ART. 1 . . . The line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line. It is determined when the ball is marked ready for play and remains until the next ready-for-play signal.

ART. 2 . . . An offensive player is on his line of scrimmage when he complies with the position requirements of a lineman.

ART. 3 . . . A defensive player is on his line of scrimmage when he is within 1 yard of his scrimmage line at the snap.

SECTION 26 LINES

ART. 1 . . . The boundary lines are the end lines and sidelines and are out of bounds.

ART. 2 . . . The end line is the outer limit of each end zone.

ART. 3 . . . The goal line is the vertical plane which separates the field of play from the end zone. When related to a live ball in a runner's possession (touching inbounds) while the ball is over the out-of-bounds area, the goal line includes the extension beyond the sidelines. A team's own goal line is the one it is defending.

ART. 4 . . . The hash marks are a series of marks parallel with the sidelines which divide the field of play longitudinally into thirds. The hash marks shall be marked so that they bisect the yard lines.

ART. 5 . . . The line to gain is the yard line established when a new series (first down) is awarded. Unless there is a penalty following the ready-for-play signal, the line to gain is 10 yards in advance of the foremost point of the ball when placed for the first down of the series. If the line to gain extends into the end zone, the goal line is the line to gain.

ART. 6 . . . The sideline is the lateral limit of the field of play and the end zones. It extends from one end line to the other.

ART. 7 . . . A yard line is any line and its vertical plane parallel to the end lines. The yard lines, marked or unmarked, in the field of play are numbered in yards from a team's own goal line to the middle of the field.

ART. 8 . . . A restraining line is a line placed around the outside of the field. No person, including but not limited to, spectators, game administrators or members of the media, shall be allowed within the restraining line. A maximum of three coaches as well as permitted nonplayers are allowed within the restraining line in front of the team box, as provided for in Rule 9-8-3.

SECTION 27 MUFF

A muff is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.

SECTION 28 NEUTRAL ZONE

ART. 1 . . . The neutral zone is the space between the two free-kick lines during a free-kick down and between the two scrimmage lines during a scrimmage down. For a free-kick down, the neutral zone is 10 yards wide and for a scrimmage down it is as wide as the length of the football. It is established when the ball is marked ready for play.

ART. 2 . . . The neutral zone may be expanded following the snap up to a maximum of 2 yards behind the defensive line of scrimmage, in the field of play, during any scrimmage down.

SECTION 29 OUT OF BOUNDS

ART. 1 . . . A player or other person is out of bounds when any part of the person is touching anything, other than another player or game official that is on or outside the sideline or end line.

ART. 2 . . . A ball in player possession is out of bounds when the runner or the ball touches anything, other than another player or game official that is on or outside a sideline or end line.

ART. 3 . . . A loose ball is out of bounds when it touches anything, including a player or game official that is out of bounds.

SECTION 30 PARTICIPATION

Participation is any act or action by a player or nonplayer that has an influence on play.

SECTION 31 PASSING

ART. 1 . . . Passing the ball is throwing a ball that is in player possession. In a pass, the ball travels in flight.

ART. 2 . . . A forward pass is a pass thrown with its initial direction toward the opponent's end line.

NOTE: Prior to releasing the ball on a pass, if the potential passer is contacted, and the ball is released, it is a forward pass if his arm was moving forward on contact.

ART. 3 . . . A forward pass has gone beyond the neutral zone if at any time during the pass, the entire ball is beyond the neutral zone.

ART. 4 . . . A forward pass ends when it is caught, touches the ground or is out of bounds.

ART. 5 . . . A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line.

ART. 6 . . . A backward pass ends when it is caught or recovered or is out of bounds.

SECTION 32 PLAYER DESIGNATIONS

ART. 1 . . . A player is one of the 22 team members who is designated to start

either half of the game or who subsequently replaces another player. A player continues to be a player until a substitute enters the field and indicates to the player that he is replaced, or when the substitute otherwise becomes a player.

ART. 2 . . . A player of A is A1 and teammates are A2 and A3. Other abbreviations are B1 for a player of B, K1 for a player of the kickers and R1 for one of the receivers.

ART. 3 . . . 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.

ART. 4 . . . An offensive blocker is a player who is blocking or in position to block by being between the potential tackler and the runner.

ART. 5 . . . A captain of a team is a player designated to represent his team during:

- a. The pregame and overtime coin toss.
- b. The selection of second half options.
- c. Penalty decisions following a foul.
- d. Ball placement on a try, a kickoff, after a safety, after a fair catch or awarded fair catch, after a touchback and to start an overtime.

ART. 6 . . . A disqualified player is a player barred from further participation in a game.

ART. 7 . . . A holder is a player who controls the ball on the ground or on a kicking tee.

ART. 8 . . . A kicker is any player who legally punts, drop kicks or place kicks. A player becomes a kicker when his knee, lower leg or foot makes contact with the ball. He continues to be the kicker until he has had reasonable opportunity to regain his balance or until after a free kick, he has advanced 5 yards beyond his free-kick line or the kick has touched the ground or any other player.

ART. 9 . . . A lineman is any A player who is facing his opponent's goal line with the line of his shoulders approximately parallel thereto and with his head or foot breaking an imaginary plane drawn parallel to the line of scrimmage through the waist of the snapper when the ball is snapped.

ART. 10 . . . A nonplayer is a coach, athletic trainer, other attendant, a substitute or a replaced player who does not participate by touching the ball, hindering an opponent or influencing the play. See 9-6 for illegal participation.

ART. 11 . . . A passer is a player who throws a legal forward pass. He continues to be a passer until the legal forward pass ends or until he moves to participate in the play.

ART. 12 . . . A replaced player is one who has been notified by a substitute that he is to leave the field. A player is also replaced when the entering substitute becomes a player.

ART. 13 . . . A runner is a player who is in possession of a live ball or is

simulating possession of a live ball.

ART. 14 . . . A snapper is the player who is facing his opponent's goal line with his shoulders approximately parallel thereto and who snaps the ball. In a scrimmage-kick formation, the snapper remains a snapper until he has had a reasonable opportunity to regain his balance and protect himself or until he blocks or moves to otherwise participate in the play.

ART. 15 . . . A substitute is a team member who may replace a player or fill a player vacancy. A substitute becomes a player when he enters the field and communicates with a teammate or an official, enters the huddle, is positioned in a formation or participates in the play. An entering substitute is not considered to be a player for encroachment restrictions until he is on his team's side of the neutral zone. A team member entering the field to fill a player vacancy remains a substitute until he is on his team's side of the neutral zone.

SECTION 33 PLAYS – FOR PENALTY ENFORCEMENT

ART. 1 . . . A loose-ball play is action during:

- a. A free kick or scrimmage kick other than post-scrimmage kick fouls.
- b. A legal forward pass.
- c. A backward pass (including the snap), an illegal kick or fumble made by A from in or behind the neutral zone prior to a change of team possession.
- d. The run or runs which precedes such legal or illegal kick, legal forward pass, backward pass or fumble.

ART. 2 . . . A running play is any action not included in Article 1.

SECTION 34 POSSESSION

ART. 1 . . . A ball in player possession is a live ball held or controlled by a player after it has been handed or snapped to him, or after he has caught or recovered it.

ART. 2 . . . A ball in team possession is a live ball which is in player possession or one which is loose following loss of such player possession. A live ball is always in possession of a team.

ART. 3 . . . A change of possession occurs when the opponent gains player possession during the down.

SECTION 35 READY FOR PLAY

Ready for play signifies the referee has signaled the ball may be put in play by a snap or free kick and the 25-second count is to begin.

SECTION 36 RECOVERY

ART. 1 . . . A recovery is gaining possession of a live ball after it strikes the ground. An airborne player has completed a recovery when he first contacts the ground inbounds with the ball in his possession.

ART. 2 . . . A simultaneous recovery is a recovery where there is joint possession of a live ball by opposing inbounds players.

SECTION 37 RULE

A rule is one of the groups of regulations which govern the game. A rule sometimes states what a player may do, but if there is no such statement for a given act (such as faking a kick), it is assumed that he may do what is not prohibited. In like manner, a rule sometimes states or implies that the ball is dead or that a foul is involved. If it does not, it is assumed that the ball is live and that no foul has occurred. If a foul is mentioned, it is assumed that it is not part of a double or multiple foul unless so stated or implied.

SECTION 38 SCRIMMAGE

Scrimmage is the action of the two teams during a down which begins with a snap.

SECTION 39 SHIFT

A shift is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

SECTION 40 SNAP

ART. 1 . . . A snap is the legal act of passing or handing the ball backward from its position on the ground.

ART. 2 . . . The snap begins when the snapper first moves the ball legally other than in adjustment. In a snap, the movement must be a quick and continuous backward motion of the ball during which the ball immediately leaves the hand(s) of the snapper and touches a back or the ground before it touches an A lineman.

ART. 3 . . . The snap ends when the ball touches the ground or any player.

SECTION 41 SPOTS

ART. 1 . . . The basic spot is a point of reference for penalty enforcement. It is the previous spot for a loose-ball play unless the only accepted penalties meet the requirements of a post-scrimmage kick foul (2-16-2h) and the end of the run for a running play. See 10-4-2b; 10-4-3.

ART. 2 . . . The enforcement spot is the point from which a penalty is enforced.

ART. 3 . . . The dead-ball spot is the spot under the foremost point of the ball when it becomes dead by rule.

EXCEPTION: See 5-3-4.

ART. 4 . . . The inbounds spot is the intersection of the **hash marks** and the yard line:

- a. Through the foremost point of the ball when the ball becomes dead in a side zone.
- b. Through the foremost point of the ball on the sideline between the goal lines when a loose ball goes out of bounds.
- c. Through the spot under the foremost point of the ball in possession of a runner when he crosses the plane of the sideline and goes out of bounds.

NOTE: If a penalty measurement leaves the ball in a side zone, the new inbounds spot is fixed by the yard line through the foremost point of the ball after measurement.

ART. 5 . . . The out-of-bounds spot is where the ball becomes dead because of going out of bounds, as in 4-3-1,2,3.

ART. 6 . . . The post-scrimmage kick spot is the spot where the kick ends. R retains the ball after penalty enforcement from the post-scrimmage kick spot when a post-scrimmage foul occurs. Fouls by R behind the post-scrimmage kick spot are spot fouls.

ART. 7 . . . The previous spot is where the ball was last snapped or free kicked.

ART. 8 . . . The spot of a foul is where the foul occurs. If a foul occurs out of bounds, the spot of the foul is at the intersection of the nearer hash mark and the yard line extended on which the foul occurs.

ART. 9 . . . The spot where a run ends is:

- a. Where the ball becomes dead in the runner's possession,
- b. Where the runner loses player possession if his run is followed by a loose ball, or
- c. The spot of the catch or recovery when the momentum rule is in effect.

ART. 10 . . . The succeeding spot is where the ball would next be snapped or free kicked if a foul had not occurred. When a foul occurs during a down in which a touchdown is scored, as in Rules 8-2-2, 8-2-3, 8-2-4 and 8-2-5, the succeeding spot may, at the option of the offended team, be the subsequent kickoff.

SECTION 42 TACKLING

Tackling is the use of hands, arms, legs or body by a defensive player in his attempt to hold a runner or to bring him to the ground.

SECTION 43 TEAM DESIGNATIONS

ART. 1 . . . The offense is the team which is in possession of the ball. The opponent is the defense.

ART. 2 . . . A is the team which puts the ball in play. The opponent is B.

ART. 3 . . . K is the team which legally kicks the ball during the down. The opponent is R.

ART. 4 . . . Team designations (A and B, K and R) are retained until the ball is next marked ready for play.

SECTION 44 TOUCHING

Touching refers to any contact with the ball, i.e., either by touching or being touched by it. Touching by an official in the field of play or end zone is ignored.

SECTION 45 TRIPPING

Tripping is the use of the lower leg or foot to obstruct an opponent, who is not the runner, below the knee.

Rule **3** *Periods, Time Factors and Substitutions*

SECTION 1 LENGTH OF PERIODS

ART. 1 . . . The clock running time for a game shall be 48 minutes for high schools with periods and intermissions as indicated in Table 3-1.

NOTE: By state association adoption, if, at the end of the fourth period, the teams have identical scores, the tie may be resolved if a method has been approved by the state high school association. This may include extending playing time. The overtime is considered part of the fourth period. An example of an overtime procedure is located in a supplementary section following the rules.

ART. 2 . . . By state association adoption, a point differential may be established whereby if one team has gained the established point differential, the game shall be terminated. A state association may also establish guidelines to use a running clock when the point differential is reached.

ART. 3 . . . A period or periods may be shortened in any emergency by agreement of the opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated.

ART. 4 . . . Games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption, unless the teams agree to terminate the game with the existing score, or as otherwise provided for by state association adoption.

ART. 5 . . . When weather conditions are construed to be hazardous to life or limb of the participants, the crew of officials is authorized to delay or suspend the game.

**Table 3-1
TABLE OF GAME CLOCK TIMES**

PERIOD OF TIMING	CLOCK TIME
<u>First Half:</u> First period	12 minutes
Intermission for changing goals	1 minute
Second period	12 minutes
<u>Intermission:</u> When Teams Leave the Field 15 minutes is normal. It may be increased to a maximum of 20 minutes, provided opponents have been notified no later than 5 minutes prior to the game. By mutual agreement of the opposing coaches, the intermission may be reduced to a minimum of 10 minutes (not including the mandatory warm-up period).	10 to 20 minutes
Mandatory Warm-up Period Following Intermission: (The game officials are responsible for ensuring that there is a three-minute warm-up period posted on the clock and the clock immediately started for use by the coaches immediately after the halftime intermission expires. The head coach is responsible for his team being on the field for mandatory warm-up time at the end of the scheduled halftime intermission.)	3 minutes
<u>Second Half:</u> Third period	12 minutes
Intermission for changing goals	1 minute
Fourth period	12 minutes
Charged Time-outs	1 minute

NOTES:

- Games involving only students below the 9th grade shall be played in eight-minute periods. By state high school association adoption, games involving combinations of 9th grade students with students in the 8th and/or 7th grades may be played in 10-minute periods.
- State high school associations may determine the length of halftimes, provided it is not less than 10 minutes and not more than 20 minutes.

SECTION 2 STARTING A PERIOD — HALF

ART. 1 . . . Each half of the game shall be started by a kickoff. Before the scheduled game starting time, the referee, in the presence of the field captains, shall instruct the visiting captain to give a “heads” or “tails” choice before the coin toss. If the coin toss, or simulated coin toss, is held on the playing field, it shall be held three minutes prior to the scheduled game starting time, or as otherwise specified by individual state associations.

ART. 2 . . . At the coin toss or simulated coin toss conducted three minutes prior to the scheduled starting time on the field of play as in 3-2-1, not more than four captains from each team may be present at the coin toss and only one from each team shall be designated as its spokesperson. All other team personnel must remain outside the field of play unless required to be present at the coin toss per state association policies.

ART. 3 . . . The winner of the toss shall have first choice of options for the first half or to defer and have first choice for the second half. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:

- a. To choose whether his team will kick or receive.
- b. To choose the goal his team will defend.

The captain not having the first choice of options for a half shall exercise the remaining option.

ART. 4 . . . Between the first and second and between the third and fourth periods, the teams shall change goals. Team possession, number of the next down, the relative position of the ball and the line to gain remain unchanged.

SECTION 3 ENDING A PERIOD — HALF

ART. 1 . . . Approximately four minutes before the end of each half, the referee shall notify the field captains and their coaches of the time remaining. If time is not out, the referee shall order the clock stopped while he does this. If an electric field clock is the official timepiece, no notification nor stoppage of the clock is required.

ART. 2 . . . If time for any period expires during a down (clock indicates 0:00), play shall continue until the down ends, even if a mechanical signal is allowed to sound.

ART. 3 . . . A period must be extended by an untimed down if during the last timed down of the period, one of the following occurred:

- a. There was a foul by either team and the penalty is accepted, except for those fouls listed in 3-3-4b.
- b. There was a double foul.
- c. There was an inadvertent whistle.
- d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the fourth period and the point(s) would not affect the outcome of the game or playoff qualifying.

If (a), (b), (c) or (d) occurs during the untimed down, the procedure is repeated.

ART. 4 . . . A period shall not be extended by an untimed down if during the last timed down of the period, one of the following occurs:

- a. When the defense fouls during a successful try/field goal and the offended team accepts the results of the play with enforcement of the penalty from the succeeding spot.

- b. There was a foul by either team and the penalty is accepted for:
 - 1. unsportsmanlike fouls,
 - 2. nonplayer fouls,
 - 3. fouls that specify a loss of down,
 - 4. fouls that are enforced on the subsequent kickoff as in Rule 8-2-2, 8-2-3, 8-2-4 or 8-2-5; or
 - 5. fouls for which enforcement, by rule, result in a safety.

NOTE: The score is cancelled in the event of an accepted penalty that specifies a loss of down.

ART. 5 . . . At the end of each period the referee shall hold the ball in one hand overhead to indicate the period has officially ended, after delaying momentarily to ensure that:

- a. No foul has occurred.
- b. No obvious timing error has occurred.
- c. No request for a coach-referee conference has occurred.
- d. No other irregularity has occurred.

ART. 6 . . . If a dead-ball foul occurs after time expires for any period, the penalty shall be measured from the succeeding spot.

SECTION 4 STARTING AND STOPPING THE CLOCK

ART. 1 . . . The clock shall start for a period:

- a. If a period begins with a free kick when the kick is touched, other than first touching by K.
- b. If a period begins with a snap, when the ball is legally snapped.

ART. 2 . . . The clock shall start with the ready-for-play signal on a down beginning with a snap if the clock was stopped for any reason other than specified in Rule 3-4-3 or an untimed down:

- a. For an official's time-out, other than when B is awarded a new series or either team is awarded a new series following a legal kick.
- b. Because the ball has become dead following any foul provided:
 - 1. There has been no charged time-out during the dead-ball interval.
 - 2. The down is not an extension of a period or a try.
 - 3. The action which caused the down to end did not also cause the clock to be stopped.
- c. Because of an inadvertent whistle.

ART. 3 . . . The clock shall start with the snap or when any free kick is touched, other than first touching by K, if the clock was stopped because:

- a. The ball goes out of bounds.
- b. B is awarded a new series.
- c. Either team is awarded a new series following a legal kick.
- d. The ball becomes dead behind the goal line.
- e. A legal or illegal forward pass is incomplete.
- f. A request for a charged or TV/radio time-out is granted.
- g. A period ends.

- h. A team attempts to consume time illegally.
- i. The penalty for a delay of game foul is accepted.
- j. A fair catch is made.

ART. 4 . . . The clock shall be stopped when:

- a. The down ends following a foul.
- b. An official's time-out is taken.
- c. A charged or TV/radio time-out is granted.
- d. The period ends.
- e. The ball is out of bounds.
- f. A legal or illegal forward pass is incomplete.
- g. A score or touchback occurs.
- h. A fair catch is made.
- i. An inadvertent whistle is sounded.

ART. 5 . . . The clock shall not start on first touching by K.

ART. 6 . . . When a team attempts to conserve or consume time illegally, the referee shall order the clock started or stopped.

ART. 7 . . . The referee shall have authority to correct obvious errors in timing if discovery is prior to the second live ball following the error, unless the period has officially ended as in 3-3-5.

SECTION 5 CHARGED AND OFFICIAL'S TIME-OUTS — INTERMISSIONS

ART. 1 . . . Each team is entitled to three charged team timeouts during each half. Unused first half time-outs cannot be used in the second half. Unused second half time-outs cannot be used in overtime.

ART. 2 . . . A charged team time-out occurs when the ball is dead and:

- a. The request of either a player or the head coach (or head coach's designee) is legally granted. When a decision on a penalty is pending, a time-out shall not be granted to either team until the captain makes his choice.

NOTE: The head coach's designee shall remain in place for the entire game except in case of emergency.

- b. The repair of faulty player equipment requires the assistance of a team attendant or attendants, or which, without the assistance of a team attendant delays the ready-for-play signal for more than 25 seconds.
- c. A time-out is requested and granted for the purpose of reviewing an official's application of a rule which may have been misapplied or misinterpreted. The time-out remains charged to the requesting team, if no change in the ruling results.

ART. 3 . . . A single charged time-out shall not exceed one minute. The referee shall notify the teams within five seconds after the time-out expires and shall mark the ball ready for play. Charged time-outs shall be reduced in length only if both teams are ready to play prior to the 25-second ready-for-play signal by the referee.

ART. 4 . . . Successive charged time-outs may be granted during the same dead-ball period. An official's time-out may follow a charged time-out if it is for

the continuance of a coach-official conference, or if safety is involved. When a team's permissible charged time-outs for the half have been used, its captain and coach should be notified.

ART. 5 . . . After a team has used its permissible charged time-outs for the half, any subsequent request shall be denied unless it is for:

- a. An apparently injured player who is so designated when the request is made.
- b. Necessary repair to player equipment.
- c. The review of a possible misapplication or misinterpretation of a rule.

ART. 6 . . . If repair of equipment without the assistance of a team attendant delays the ready-for-play signal for more than 25 seconds, or requires the assistance of a team attendant(s) and the player's team has used all permissible time-outs, the player shall be replaced for at least one down.

ART. 7 . . . An official's time-out occurs during a dead ball without a time-out being charged to either team:

- a. For measurement of a possible first down.
- b. When a first down is declared.
- c. Following a change of team possession.
- d. When captains and coaches are notified of the time remaining.
- e. For a player who appears to be injured.
- f. For a player in need of equipment repair.
- g. To dry or change the game ball.
- h. For unusual heat or humidity which may create a health risk to the players.
- i. When a coach-referee conference concerning the misapplication of a rule results in the referee altering his ruling. (See 3-5-11)
- j. After a foul, to administer the penalty.
- k. For any unusual delay in getting the ball marked ready for play.
- l. For a TV/radio time-out that is permitted and granted as authorized by state association policy.
- m. For a one-minute intermission between the first and second and the third and fourth periods and following a try, successful field goal or safety and prior to the succeeding free kick.

ART. 8 . . . An authorized conference may be held during a charged time-out or an official's time-out (7h, 7l and 7m only). Only one type of conference may be used by a team during any one time-out.

ART. 9 . . . Unless the clock is already stopped, an official's time-out shall be taken as soon as the ball becomes dead following a change of team possession or whenever the covering official declares the ball dead, and it appears to him the ball has reached the line to gain.

ART. 10 . . . A time-out occurs when:

- a. An apparently injured player is discovered by the official while the ball is dead and the clock is stopped and for whom the ready-for-play signal is delayed, or for whom the clock is stopped. The player shall be replaced for at least one down, unless the halftime or an overtime intermission occurs.

This time-out, if not charged, is an official's time-out.

- b. Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. This time-out, if not charged, is an official's time-out. (See NFHS Suggested Guidelines for Management of Concussion, in Appendix B on page 100)
- c. An official discovers a player who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person. The player shall be directed to leave the game until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. Such player shall be considered an apparently injured player as in Rule 3-5-10a (See NFHS Communicable Disease Procedures, in Appendix E on page 103).

ART. 11 . . . A player, directed by his coach or the head coach, may request and be granted a time-out for the purpose of the coach and the referee reviewing a decision which may have resulted from misapplication or misinterpretation of a rule, provided the request is made prior to the time the ball becomes live following the play to be reviewed, unless the period has officially ended. When a time-out is so granted, the referee will confer with the coach at the sideline in front of his team box in the field of play. If the conference results in the referee altering his ruling, the opposing coach will be notified, the revision made, and the time-out shall be an official's time-out. If the referee's ruling prevails, the time-out remains charged to the team requesting the time-out for the conference.

SECTION 6 BALL READY FOR PLAY AND DELAY

ART. 1 . . . The ball is marked ready for play when, after it has been placed for a down, the referee gives the ready-for-play signal. The 25-second count shall then begin.

ART. 2 . . . Action or inaction which prevents promptness in putting the ball in play is delay of game. This includes:

- a. Failure to snap or free kick within 25 seconds after the ball is marked ready for play.
- b. Unnecessarily carrying the ball after it has become dead or consuming time in failing to unpile at the end of a down.
- c. A coach-referee conference after all the permissible charged time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change in the ruling results.
- d. Failure to properly wear legal or required player equipment when the ball is about to become live.
- e. Snapping or free kicking the ball before it is marked ready for play.
- f. Any other conduct which unduly prolongs the game.

ART. 3 . . . Failure of a team to play within two minutes after being ordered to do so by the referee.

ART. 4 . . . Game management is responsible for clearing the field of play and the end zones at the beginning of each half so play may begin at the scheduled time.

PENALTY: Delay of game – (Arts. 2a,b,c,e,f; 4) – (S7-21); (Art. 2d) – (S7-21-23) – 5 yards; (Art. 3) – forfeiture.

SECTION 7 SUBSTITUTIONS

ART. 1 . . . Between downs any number of eligible substitutes may replace players. Replaced players shall leave the field within three seconds.

ART. 2 . . . A player, replaced player or a substitute is required to leave the field at the side on which his team box is located and go directly to his team box.

ART. 3 . . . During the same dead-ball interval, no substitute shall become a player and then withdraw and no player shall withdraw and re-enter as a substitute unless a penalty is accepted, a dead-ball foul occurs, there is a charged time-out or the period ends.

ART. 4 . . . During a down a replaced player or substitute who attempts unsuccessfully to leave the field and who does not participate in or affect the play, constitutes an illegal substitution.

NOTE: Participation by a replaced player or substitute is illegal participation as in 9-6.

ART. 5 . . . An entering substitute shall be on his team's side of the neutral zone when the ball is snapped or free kicked.

ART. 6 . . . During a down, a replaced player or substitute who enters the field, but does not participate, constitutes illegal substitution.

PENALTY: Illegal substitution (Arts. 1, 2, 3, 4, 5, 6) – (S22); (Arts. 1, 2, 3) dead-ball foul – (S7-22); (Arts. 4, 5) live-ball foul – 5 yards; (Art. 6) nonplayer foul – 5 yards (S22)

Rule **4** *Ball in Play, Dead Ball and Out of Bounds*

SECTION 1 PUTTING THE BALL IN PLAY

ART. 1 . . . To start each half and to resume play after a field goal or after a try, the ball shall be put in play by a kickoff.

ART. 2 . . . A free kick shall also put the ball in play:

- a. After a safety.
- b. When a free-kick down is replayed.
- c. When a free kick is chosen following a fair catch, an awarded fair catch, the replay of a down which follows a fair catch or an awarded fair catch.

ART. 3 . . . A snap shall, if elected, put the ball in play when a free kick is not specified.

ART. 4 . . . A snap or free kick shall be made between the hash marks.

ART. 5 . . . After being put in play, the ball remains live until the down ends.

ART. 6 . . . The ball remains dead and a down is not begun if a snap or free kick is attempted before the ball is marked ready for play, or there is an illegal snap, other snap infraction or a dead-ball foul occurs.

SECTION 2 DEAD BALL AND END OF THE DOWN

ART. 1 . . . An official shall indicate the ball remains dead by sounding his whistle immediately when a foul occurs before a snap or free kick.

ART. 2 . . . The ball becomes dead and the down is ended:

- a. When a runner goes out of bounds, is held so his forward progress is stopped or allows any part of his person other than hand or foot to touch the ground.

EXCEPTIONS:

1. The ball remains live if, at the snap, a place-kick holder with his knee(s) on the ground and with a teammate in kicking position catches or recovers the snap while his knee(s) is on the ground and places the ball for a kick, or if he rises to advance, hand, kick or pass; or

2. The ball remains live if, at the snap, a place-kick holder with his knee(s) on the ground and with a teammate in kicking position rises and catches or recovers an errant snap and immediately returns his knee(s) to the ground and places the ball for a kick or again rises to advance, hand, kick or pass.

NOTE: The ball becomes dead if the place-kick holder muffs the snap or fumbles and recovers after his knees have been off the ground, and he then touches the ground with other than hand or foot while in possession of the ball.

- b. When a live ball goes out of bounds.
- c. When any forward pass (legal or illegal) is incomplete or is simultaneously caught by opposing players.
- d. When any legal free kick or scrimmage kick:
 1. Which is not a scoring attempt or which is a grounded scoring attempt, breaks the plane of R's goal line.
 2. Which is a scoring attempt, while in flight touches a K player in R's end zone, or after breaking the plane of R's goal line has apparently failed.
EXCEPTION: If a scoring attempt kick touches an upright, crossbar, an official or R player in the end zone and caroms through the goal, the touching is ignored and the attempt is successful.
- e. When any loose ball:
 1. Is simultaneously caught or recovered by opposing players.
 2. Is on the ground motionless and no player attempts to secure possession.
 3. Touches, or is touched by, anything inbounds other than a player, substitute, replaced player, an official, the ground or authorized equipment. In this case the ball will be put in play in accordance with the procedure for an inadvertent whistle as in 4-2-3b.

- f. When the kickers catch or recover any free kick anywhere, and when the kickers catch or recover a scrimmage kick beyond the neutral zone and when the kickers are first (i.e., before any touching by the receivers) to touch a scrimmage kick after it has come to rest beyond the neutral zone and between the goal lines.
- g. Following a valid or invalid fair-catch signal given by any R player when a scrimmage kick or free kick is caught or recovered by any R player beyond, in or behind the neutral zone.
- h. When any score occurs.
- i. During a try if B secures possession or as soon as it is apparent that a kick has failed to score.
- j. When an official sounds his whistle inadvertently.
- k. When the helmet comes completely off a player who is in possession of the ball.

ART. 3 . . . An inadvertent whistle ends the down. Inadvertent whistles are administered as follows:

- a. The down shall be replayed if, during a down or during a down in which the penalty for a foul is declined, an inadvertent whistle is sounded while a legal forward pass or snap is in flight, or during a legal kick.
- b. The team last in possession may choose to either put the ball in play where possession was lost or replay the down if, during a down or during a down in which the penalty for a foul is declined, an inadvertent whistle is sounded while the ball is loose following a backward pass, fumble, illegal forward pass or illegal kick.
- c. The team in possession may choose to either accept the results of the play at the dead-ball spot or replay the down if, during a down or during a down in which the penalty for a foul is declined, an inadvertent whistle is sounded while the ball is in player possession.
- d. The penalty shall be administered as determined by the basic spot and takes precedence over inadvertent whistle administration if, during a down, a live-ball foul occurs prior to the inadvertent whistle and the penalty is accepted.

SECTION 3 OUT-OF-BOUNDS AND INBOUNDS SPOTS

ART. 1 . . . When a loose ball goes out of bounds, the out-of-bounds spot is fixed by the yard line where the foremost point of the ball crossed the sideline. When the ball becomes dead in the field of play because of touching a person who is out of bounds, the out-of-bounds spot is fixed by the yard line through the foremost point of the ball.

ART. 2 . . . When the out-of-bounds spot is between the goal lines, the ball shall be put in play at the nearest hash mark to the inbounds spot unless a forward pass is involved. If the out-of-bounds spot is behind a goal line, it is a safety, field goal or touchback. If the ball touches a pylon, it is out of bounds behind the goal line.

ART. 3 . . . When a runner goes out of bounds, the nearest hash mark is fixed by the yard line through the foremost point of the ball at the time the runner crosses the plane of the sideline.

ART. 4 . . . When the ball becomes dead between the hash marks, play is resumed at the dead-ball spot, unless it is a legal forward-pass incompleteness in which case the ball is returned to the previous spot.

ART. 5 . . . When the ball becomes dead in a side zone or is awarded to a team there or is left there by a penalty, play is resumed at the nearest hash mark. This does not apply to:

- a. A legal forward-pass incompleteness.
- b. A replay due to an inadvertent whistle.
- c. A replayed try.
- d. A free kick or snap which follows a fair catch or awarded fair catch in a side zone.

In (a) and (b), the ball is returned to the previous spot.

ART. 6 . . . Before the ready-for-play signal, A may designate the spot from which the ball is put in play anywhere between the hash marks:

- a. For a try.
- b. For a kickoff.
- c. Following a safety.
- d. Following a fair catch.
- e. Following an awarded fair catch.
- f. Following a touchback.
- g. For the start of each series using an overtime procedure.

ART. 7 . . . When a team may designate the spot along the proper yard line from which the ball is to be put in play, it shall have the same privilege if the down is to be replayed or a dead-ball foul occurs.

Rule 5 *Series of Downs, Number of Down and Team Possession After Penalty*

SECTION 1 SERIES OF DOWNS

ART. 1 . . . The team which next puts the ball in play by scrimmage following a free kick, touchback or fair catch is awarded a series of four consecutively numbered downs in which to advance the ball to the line to gain. Each awarded first down starts a new series of four downs.

ART. 2 . . . A new series of downs is awarded:

- a. After a first, second or third down, a new series of downs shall be awarded only after considering the effect of any act during the down other than non-player or unsportsmanlike conduct fouls by A, and any dead-ball foul by B.

- b. After a fourth down, a new series of downs shall be awarded only after considering the effect of any act during the down, except a nonplayer or unsportsmanlike foul.

ART. 3 . . . When a scrimmage down ends with the ball in the field of play or out of bounds between the goal lines, a new series is awarded to:

- a. A, if the ball belongs to A on or beyond the line to gain.
- b. B, if the ball belongs to B at the end of any down.
- c. B, if at the end of the fourth down, the ball belongs to A behind the line to gain.
- d. The team in possession at the end of the down, if there is a change of team possession during the down, unless the penalty is accepted for a non post-scrimmage kick foul which occurred before the change of possession.
- e. R, if K legally kicks during any scrimmage down and the ball is recovered by R, is in joint possession of opponents, goes out of bounds or becomes dead with no player in possession.
- f. The team in possession at the end of the down, if R is the first to touch a scrimmage kick while it is beyond the expanded neutral zone, unless the penalty is accepted for a non post-scrimmage kick foul which occurred before the kick ended.
- g. R at the spot of first touching by K, if K is first to touch the kicked ball beyond the expanded neutral zone before it is touched beyond this zone by R and before it has come to rest.

ART. 4 . . . Unless first touched by R beyond the neutral zone, if the kickers recover a scrimmage kick in or behind the neutral zone, the ball remains live and belongs to K and the down counts.

ART. 5 . . . When a free-kick down ends with the ball in the field of play or out of bounds between the goal lines, a new series is awarded to:

- a. R at the inbounds spot if R touches the kicked ball before it goes out of bounds.
- b. The team in possession of the ball when the down ends if the ball is recovered beyond R's free-kick line with no first touching by K.
- c. R at the spot of recovery if K recovers the kicked ball before it travels the 10 yards to R's free-kick line and before R has touched the ball.
- d. R if there is joint possession by R and K of a recovered kick.
- e. R at the spot of first touching by K if K is the first to touch the kicked ball before it has gone 10 yards.

ART. 6 . . . In Articles 3g and 5e, the right of R to take the ball at the spot of the first touching by K is canceled if R touches the kick and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

SECTION 2 DOWN AND POSSESSION AFTER PENALTY

ART. 1 . . . When a penalty is declined, the number of the next down is the same as if the foul had not occurred. If a double foul occurs during a down, the

number of the next down is the same as that of the down in which the foul occurred. After a distance penalty, the ball belongs to the team in possession at the time of the foul unless it is a 2-16-2h (post-scrimmage kick) foul. Team possession may then change if a new series is awarded.

ART. 2 . . . When a foul occurs during a scrimmage down and before any change of team possession, and before a receiver is first to touch a scrimmage kick while it is beyond the neutral zone, the ball belongs to A or K after enforcement unless it is a 2-16-2h (post-scrimmage kick) foul. The number of the next down is the same as that of the down during which the foul occurred unless penalty acceptance includes a first down or loss of down, or the enforcement or the advance results in a first down. The loss of down aspect of a penalty has no significance following a change of possession or if the line to gain is reached after enforcement.

ART. 3 . . . When a foul occurs prior to a scrimmage down, or simultaneously with the snap, the number of the next down after enforcement is the same as the number established before the foul occurred, unless enforcement for a foul by B results in a first down.

ART. 4 . . . When a foul occurs prior to or during a free-kick down and before any change of team possession, the down which follows enforcement is a free-kick down, unless following a fair catch or an awarded fair catch, a scrimmage down is chosen for the replay.

ART. 5 . . . Following a foul, a series of downs ends when:

- a. The acceptance of the penalty includes the award of a first down.
- b. Acceptance or declination of any penalty leaves A in possession beyond the line-to-gain.
- c. Declination of any penalty leaves A in possession behind the line to gain after fourth down.
- d. Declination of any penalty leaves B in possession.
- e. There is acceptance or declination of the penalty for any foul which occurs after team possession changes during the down.
- f. R is first to touch a scrimmage kick while it is beyond the neutral zone, unless a non-post-scrimmage kick foul occurs before the kick ends and the penalty is accepted.
- g. Acceptance of a penalty on fourth down which carries a loss of down leaves A in possession behind the line to gain.

ART. 6 . . . After a series of downs ends, a new series with first and 10 yards to gain is awarded unless one of the following is involved: a try; a field goal; or a free kick after a safety, fair catch or awarded fair catch. The first down is awarded to the team in possession when the foul occurs unless, declining the penalty leaves the other team in possession, or as in (c) and (f), accepting or declining the penalty leaves the other team in possession after fourth down. (See 5-2-5c, f)

SECTION 3 THE LINE TO GAIN AND MEASUREMENTS

ART. 1 . . . The line to gain is 10 yards in advance of the ball's foremost point when a new series of downs is awarded. When a new series of downs is awarded, the penalties for all fouls (including nonplayer and unsportsmanlike) committed prior to the ready-for-play signal shall be administered before the line to gain is established. The line to gain then remains fixed until the series ends and a new line to gain is established.

ART. 2 . . . The referee may call for the linesman to bring the official line-to-gain equipment on the field for a measurement. Measurement shall be parallel with the sideline and from a convenient yard line to the yard line through the foremost point of the ball when it became dead. The ball shall be placed with its long axis parallel with the sideline before measurement. The inside edge of the foremost rod marks the line to gain when the traditional yardage chain is used.

NOTE: A measurement may be requested by the captain prior to the ball being marked ready for play, but it may be denied if, in the referee's opinion, it is obvious the line to gain has or has not been reached.

ART. 3 . . . To start a new series of downs, the inside edge of the rod nearest the goal of the team which is to snap the ball is set on the yard line through the ball's foremost point. To start a new series of downs after:

- a. A change of team possession, which does not involve a fourth-down incomplete forward pass, a safety or touchback, the foremost point of the ball at the time it became dead becomes the rear point when the direction of the offense is changed.
- b. A fourth-down incomplete forward pass, the ball is placed at the previous spot so the rear point becomes the foremost point.
- c. A safety or touchback, the foremost point of the ball is placed on the 20-yard line.

ART. 4 . . . A ball touching the goal-line plane, when it becomes dead is in the end zone, even though it is moving away from the nearer end line and has its foremost point in the field of play.

Rule 6 *Kicking the Ball and Fair Catch*

SECTION 1 THE KICKOFF AND OTHER FREE KICKS

ART. 1 . . . For any free kick, a free-kick line, corresponding to a scrimmage line, is established for each team. These lines are always 10 yards apart. Unless moved by a penalty, K's free-kick line is:

- a. Its 40-yard line for a kickoff.
- b. Its 20-yard line after a safety.
- c. The yard line through the spot of the catch after a fair catch.

d. The yard line through the spot of an awarded fair catch.

ART. 2 . . . A free kick shall be made from any point between the hash marks and on K's free-kick line. A punt may not be used for a free kick other than after a safety. Once designated, K must kick from that spot. When a punt is used following a safety, the ball must be kicked within one step behind K's free-kick line. In an emergency, such as a pool of water on K's free-kick line, the referee has authority to move the ball to a playable line. In which case, both free-kick lines are moved to compensate.

ART. 3 . . . After the ball is marked ready for play and until it is kicked, no player, other than the kicker and the holder for a place kick may be beyond his free-kick line.

ART. 4 . . . Any receiver may catch or recover a free kick in the field of play and advance, unless an R player has given a valid or invalid fair-catch signal. R may catch or recover a free kick in K's end zone.

ART. 5 . . . If any K player recovers or catches a free kick, the ball becomes dead. It belongs to him unless it is kick-catching interference and R chooses an awarded fair catch or unless it is first touching. Any K player may recover the ball before it goes beyond R's free-kick line if it is touched first by any receiver. Such touching in the neutral zone by R is ignored if it is caused by K pushing or blocking R into contact with the ball or if K muffs the ball into contact with R. Any K player may recover a free kick if it has both touched the ground and goes beyond the plane of R's free-kick line. The two requirements may occur in any order. If a free kick becomes dead inbounds between the goal lines while no player is in possession, or inbounds anywhere while opponents are in joint possession, the ball is awarded to R.

ART. 6 . . . If any K player touches a free kick before it crosses R's free-kick line and before it is touched there by any R player, it is referred to as "first touching of the kick." R may take the ball at the spot of first touching, or any spot if there is more than one spot of first touching, or they may choose to have the ball put in play as determined by the action which follows first touching. Such touching is ignored if it is caused by R pushing or blocking K into contact with the ball. The right of R to take the ball at the spot of first touching by K is canceled if R touches the kick and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

ART. 7 . . . A free kick is not repeated unless:

- a. A foul occurs prior to a change of possession and the penalty acceptance requires a replay of the down.
- b. There is a double foul.
- c. There is an inadvertent whistle during the kick.

ART. 8 . . . A free kick shall not be kicked out of bounds between the goal lines untouched inbounds by R. If it is, R has the following choices:

- a. Accept a 5-yard penalty from the previous spot and have K rekick.

- b. Put the ball in play at the inbounds spot 25 yards beyond the previous spot.
- c. Decline the penalty and put the ball in play at the inbounds spot.

ART. 9 . . . If a free kick goes out of bounds between the goal lines touched inbounds by R, the ball is put in play by R at the inbounds spot.

PENALTY: Free-kick infraction (Art. 2) – (S7-19) – 5 yards; encroachment (Art. 3) – (S7-18) – 5 yards; free kick out of bounds (Art. 8) – (S19) – 5 yards and re-kick, or put it in play at the inbounds spot 25 yards beyond the previous spot.

SECTION 2 SCRIMMAGE KICKS

ART. 1 . . . K may punt, drop kick or place kick from in or behind the neutral zone before team possession has changed. It is not necessary to be in a scrimmage kick formation to execute a legal scrimmage kick. K may not punt, drop kick or place kick from beyond the neutral zone. R may not punt, drop kick or place kick.

ART. 2 . . . Any receiver may catch or recover a scrimmage kick in the field of play and advance, unless it is during a try, or unless any R player has given a valid or invalid fair-catch signal. R may catch or recover a scrimmage kick in K's end zone.

ART. 3 . . . Any K player may catch or recover a scrimmage kick while it is in or behind the neutral zone and advance, unless it is during a try.

ART. 4 . . . Any K player may catch or recover a scrimmage kick while it is beyond the neutral zone or the expanded neutral zone, provided such kick has been touched by a receiver who was clearly beyond the neutral zone at the time of touching. Such touching is ignored if it is caused by K pushing or blocking R into contact with the ball or it is caused by K legally batting or muffing the ball into R. Such catch or recovery by K beyond the neutral zone causes the ball to become dead. (See 6-5-6 EXCEPTION)

ART. 5 . . . When any K player touches a scrimmage kick beyond the expanded neutral zone to R's goal line before it is touched beyond the neutral zone by R and before the ball has come to rest, it is referred to as "first touching of the kick" and the place is the "spot of first touching." Such touching is ignored if it is caused by R pushing or blocking K into contact with the ball.

If any K player touches a scrimmage kick in this manner, R may take the ball at the spot of first touching, or any spot if there is more than one spot of first touching, or they may choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at spot of first touching by K is canceled if R touches the kick and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

ART. 6 . . . The touching of a low scrimmage kick by any player is ignored if the touching is in or behind the expanded neutral zone. The neutral zone shall not be expanded into the end zone.

ART. 7 . . . When any scrimmage kick is out of bounds between the goal lines or becomes dead inbounds between the goal lines while no player is in possession, or inbounds anywhere while opponents are in joint possession, the ball is awarded to R. Following an out-of-bounds kick, the ball is put in play at the inbounds spot unless R chooses a spot of first touching.

PENALTY: Illegal kick (Art. 1) – (S31) – 15 yards.

SECTION 3 TOUCHBACK

ART. 1 . . . It is a touchback if any free kick or scrimmage kick:

- a. Which is not a scoring attempt or which is a grounded three-point field-goal attempt, breaks the plane of R's goal line, unless R chooses a spot of first touching by K.
- b. Which is a three-point field-goal attempt, in flight touches a K player in R's end zone, or after breaking the plane of R's goal line is unsuccessful.

ART. 2 . . . If any free kick or scrimmage kick becomes dead in the kicker's end zone while no player has possession, it is a safety or touchback, as in 8-5-2 and 3.

SECTION 4 SUMMARY OF SCRIMMAGE KICK AND FREE-KICK ACTIVITIES

Table 6-4
RESULT OF ACTIVITIES DURING SCRIMMAGE KICKS AND FREE KICKS

Scrimmage Kick	Free Kick
<ol style="list-style-type: none"> Kick recovered beyond the neutral zone may be advanced only by R. Kick recovered in or behind the neutral zone may be advanced by either team. Kick not recovered by either team belongs to R. Kick jointly recovered by R and K belongs to R. 	<ol style="list-style-type: none"> A kickoff including the kick following a safety, cannot score a field goal. Kick following a fair catch or awarded fair catch may score a field goal. Kick may not be advanced by K. Kick not recovered by either team belongs to R. Kick jointly recovered by R and K belongs to R.
<p>NOTE: K is in team possession during a kick. A kick ends when a player gains possession or when the ball becomes dead by rule. R gains possession of the ball when a player of R catches or recovers the live ball.</p>	
<p>IF THE KICK BECOMES DEAD IN R'S END ZONE</p>	
<p>Touchback in all cases unless a field goal is scored.</p>	
<p>IF THE KICK BECOMES DEAD IN K'S END ZONE</p>	
<p>If the force is:</p> <ol style="list-style-type: none"> The kick or any other new force by K. A new force by R. 	<p>Then the ruling is:</p> <ol style="list-style-type: none"> Safety, if the kick is out of bounds or K has possession, including when the ball is loose or Touchdown if R is in possession. Touchback, if the kick is out of bounds, or K has possession, including when the ball is loose, or Touchdown if R is in possession.

SECTION 5 FAIR CATCH

ART. 1 . . . Any receiver may signal for a fair catch while any legal kick is in flight. Any receiver who has given a valid or invalid fair-catch signal is prohibited from blocking until the kick has ended.

ART. 2 . . . It is a fair catch and the ball is dead if any receiver gives a valid fair-catch signal, as in Article 1, and he catches a free kick in or beyond the neutral zone to R's goal line, or a scrimmage kick beyond the neutral zone to R's goal line.

ART. 3 . . . Only the receiver who gives a valid signal is afforded protection. If, after a receiver signals, the catch is made by a teammate, it is not a fair catch but the ball becomes dead.

ART. 4 . . . The captain may choose to free kick or snap anywhere between the hash marks on the yard line through the spot of the catch when a fair catch is made or through the spot of interference, when a fair catch is awarded. These choices remain if a dead-ball foul occurs prior to the down, or a foul or an inadvertent whistle occurs during the down and the down is replayed.

ART. 5 . . . No receiver may advance the ball after a valid or invalid fair-catch signal has been given by any R player.

ART. 6 . . . While any free kick is in flight in or beyond the neutral zone to the receiver's goal line or any scrimmage kick is in flight beyond the neutral zone to the receiver's goal line, K shall not:

- a. Touch the ball or R, unless blocked into the ball or R, or to ward off a blocker; or
- b. Obstruct R's path to the ball.

This prohibition applies even when no fair-catch signal is given, but it does not apply after a free kick has been touched by a receiver, or after a scrimmage kick has been touched by a receiver who was clearly beyond the neutral zone at the time of touching.

EXCEPTION: K may catch, touch, muff or bat a scrimmage kick in flight beyond the neutral zone if no player of R is in position to catch the ball.

ART. 7 . . . A receiver shall not give an invalid fair-catch signal.

ART. 8 . . . The runner shall not give an illegal fair-catch signal.

PENALTY: Blocking after giving a valid or invalid signal (Art. 1) – (S40) – 15 yards; delay of game (Art. 5) – (S21) – 5 yards; kick-catching interference (Art. 6) – (S33) – 15 yards. For interference, R may accept a 15-yard penalty from the previous spot and a replay of the down or choose to accept the penalty of an awarded fair catch at the spot of the foul. Invalid or illegal fair-catch signal (Arts. 7, 8) – (S32) – 5 yards.

Rule **7** *Snapping, Handing and Passing the Ball*

SECTION 1 BEFORE THE SNAP

ART. 1 . . . The snapper may be over the ball but his feet must be behind the neutral zone and no part of his person, other than a hand(s) on the ball, may be beyond the foremost point of the ball.

ART. 2 . . . The snapper may lift the ball for lateral rotation but may not rotate end-for-end or change the location or fail to keep the long axis of the ball at right angles to the line of scrimmage.

ART. 3 . . . Following the ready-for-play and after touching the ball, the snapper

shall not:

- a. Remove both hands from the ball.
- b. Make any movement that simulates a snap.
- c. Fail to clearly pause before the snap.
- d. Following adjustment, lift or move the ball other than in a legal snap.

ART. 4 . . . An illegal snap or other snap infraction causes the ball to remain dead.

ART. 5 . . . No player, other than the snapper, shall encroach on the neutral zone after the ball is marked ready for play by touching the ball or an opponent or by being in the neutral zone to give defensive signals.

ART. 6 . . . Following the ready-for-play and after the snapper has placed his hand(s) on the ball, encroachment occurs if any other player breaks the plane of the neutral zone.

ART. 7 . . . After the ball is marked ready for play and before the snap begins, no false start shall be made by any A player. It is a false start if:

- a. A shift or feigned charge simulates action at the snap.
- b. Any act is clearly intended to cause B to encroach.
- c. Any A player on his line between the snapper and the player on the end of his line, after having placed a hand(s) on or near the ground, moves his hand(s) or makes any quick movement.

ART. 8 . . . If a false start causes B to encroach, only the false start is penalized.

PENALTY: Encroachment (Arts. 1, 5, 6) – (S7-18); snap infraction (Arts. 2, 3); false start (Art. 7) – (S7-19) – 5 yards.

SECTION 2 FORMATION/POSITION, NUMBERING AND ACTION AT THE SNAP

ART. 1 . . . After the ball is marked ready for play, each player of A who participated in the previous down and each substitute for A must have been, momentarily, between the 9-yard marks, before the snap.

ART. 2 . . . The players on each side of and next to the snapper may lock legs with the snapper, but any other A lineman must have each foot outside the closest foot of the player next to him at the snap. A's players may stand, crouch or kneel.

ART. 3 . . . Of the players of A who are not on their line at the snap only one may penetrate the vertical plane through the waistline of his nearest teammate who is on his line. He must have his hands in position to receive the ball if it is snapped between the snapper's legs but he is not required to receive the snap. Any other player(s) must be in legal position as a back. (See 2-32-3)

ART. 4 . . . A snap shall be such that the ball immediately leaves the hand or hands of the snapper and touches a backfield player or the ground before it touches an A lineman. A scrimmage down must start with a legal snap. An illegal snap causes the ball to remain dead.

ART. 5 . . . Player formation and numbering requirements include:

- a. At the snap, at least seven A players shall be on their line of scrimmage.
- b. At the snap, at least five A players on their line of scrimmage must be numbered 50-79.

EXCEPTIONS:

1. On first, second or third down, when A sets or shifts into a scrimmage-kick formation as in 2-14-2a, the snapper may be a player numbered 1 to 49 or 80 to 99. If Team A has the snapper in the game under this exception, Team A shall have at least four players wearing numbers 50-79 on its line of scrimmage. The snapper in the game under this exception must be between the ends and is an ineligible forward-pass receiver during that down unless the pass is touched by B (7-5-6b).
 2. On fourth down or during a kick try, when A sets or shifts into a scrimmage-kick formation, any A player numbered 1 to 49 or 80 to 99 may take the position of any A player numbered 50 to 79. A player in the game under this exception must assume an initial position on his line of scrimmage between the ends and he remains an ineligible forward-pass receiver during that down unless the pass is touched by B (7-5-6b).
- c. Players of the same team shall not participate during the same down while wearing identical numbers.
 - d. B players may be anywhere on or behind their line of scrimmage.

ART. 6 . . . After a huddle or shift all 11 players of A shall come to an absolute stop and shall remain stationary simultaneously without movement of hands, feet, head or body for at least one second before the snap.

ART. 7 . . . Only one A player may be in motion at the snap and then only if such motion is not toward his opponent's goal line. Except for the player "under the snapper," as outlined in Article 3, the player in motion shall be at least 5 yards behind his line of scrimmage at the snap if he started from any position not clearly behind the line and did not establish himself as a back by stopping for at least one full second while no part of his body is breaking the vertical plane through the waistline of his nearest teammate who is on the line of scrimmage.

ART. 8 . . . Any A player on his line of scrimmage may not advance a planned loose ball in the vicinity of the snapper.

PENALTY: Illegal formation (Arts. 1, 2, 3) – (S19); illegal snap (Art. 4) – (S7-19); illegal numbering (Art. 5) – (S19); illegal shift (Art. 6) – (S20); illegal motion (Art. 7) – (S20); planned loose-ball infraction (Art. 8) – (S19) – 5 yards.

SECTION 3 HANDING THE BALL

ART. 1 . . . Any player may hand the ball backward at any time.

ART. 2 . . . No player may hand the ball forward except during a scrimmage down before a change of possession, provided both players are in or behind the neutral zone and it is to:

- a. A lineman who has clearly faced his end line by moving both feet in a half-turn and is at least 1 yard behind his line when he receives the ball.
- b. A back or a teammate who, at the snap, was on an end of his line and was

not the snapper nor adjacent to the snapper.

ART. 3 . . . During a scrimmage down after a change of team possession, no player may hand the ball forward to a teammate.

PENALTY: Illegal handing (Arts. 2, 3) – (S35-9) – 5 yards – and loss of down. The loss-of-down penalty does not apply when there has been a change of team possession.

SECTION 4 FUMBLE AND BACKWARD PASS

ART. 1 . . . During any down, any player in possession may make a backward pass or may lose player possession through a fumble.

ART. 2 . . . If a fumble or a backward pass is caught or recovered by any player, he may advance.

ART. 3 . . . The ball belongs to the passing or fumbling team unless lost after fourth down if a fumble or a backward pass:

- a. Goes out of bounds between the goal lines; or
- b. Becomes dead inbounds while no player is in possession; or
- c. Becomes dead inbounds while opponents are in joint possession.

ART. 4 . . . If a fumble or a backward pass is out of bounds behind a goal line, the ball belongs to the team defending that goal and the result is either a touch-back or a safety.

SECTION 5 FORWARD-PASS CLASSIFICATION

ART. 1 . . . It is a legal forward pass, if during a scrimmage down and before team possession has changed, a player of A throws the ball with both feet of the passer in or behind the neutral zone when the ball is released. Only one forward pass may be thrown during the down.

ART. 2 . . . An illegal forward pass is a foul. Illegal forward passes include:

- a. A pass after team possession has changed during the down.
- b. A pass from beyond the neutral zone.
- c. A pass intentionally thrown into an area not occupied by an eligible offensive receiver.
- d. A pass intentionally thrown incomplete to save loss of yardage or to conserve time.

EXCEPTION: It is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap.

- e. A second or subsequent forward pass thrown during a down.

Table 7-5-2
SUMMARY OF LEGAL AND ILLEGAL FORWARD PASSES

LEGAL FORWARD PASSES	ILLEGAL FORWARD PASSES
From in or behind the neutral zone.	a. After team possession has changed during the down. b. A pass from beyond the neutral zone. c. A pass intentionally thrown into an area not occupied by an eligible offensive receiver. d. A pass intentionally thrown to save loss of yardage or to conserve time. EXCEPTION: It is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap. e. A second or subsequent forward pass thrown during a down.

ART. 3 . . . If the penalty for an illegal forward pass is accepted, measurement is from the spot of such forward pass. If the offended team declines the distance penalty, it has the choice of having the down counted at the spot of the illegal incomplete forward pass or (if the illegal forward pass is caught or intercepted) of having the ball put in play as determined by the action which followed the catch.

ART. 4 . . . A forward pass, legal or illegal, is complete and the ball may be advanced when caught by any player of A or B. If a forward pass is caught simultaneously by two opponents, the ball becomes dead and belongs to the passing team.

ART. 5 . . . A forward pass, legal or illegal, is incomplete and the ball becomes dead when the pass touches the ground or goes out of bounds. It is also incomplete when a player in the air possesses the pass and alights so that his first contact with the ground or with anything other than a player or game official is on or outside a boundary. When an incompleton occurs the down counts unless the pass is after a change of possession. If the pass is legal, the passing team next snaps the ball at the previous spot, unless lost after fourth down.

Table 7-5-4, 5
SUMMARY OF COMPLETED AND INCOMPLETED FORWARD PASSES

COMPLETED FORWARD PASS	INCOMPLETED FORWARD PASS
a. Pass caught by the passer's eligible receiver; ball remains live. b. Pass caught by the passer's ineligible receiver; ball remains live. c. Any intercepted pass; ball remains live. d. Pass simultaneously caught by opponents; ball becomes dead.	a. Pass which touches the ground. b. Pass which goes out of bounds. c. Pass possessed by a player who is in the air but first touches the ground out of bounds (Ball becomes dead in all of these cases.)

ART. 6 . . . Pass eligibility rules apply only to a legal forward pass. The following players are eligible pass receivers:

- a. All A players eligible by position and number include those who, at the time of the snap, are on the ends of their scrimmage line or legally behind the line (possible total of six) and are numbered 1-49 or 80-99. (See 7-2-5b EXCEPTION 2)
- b. All A players become eligible when B touches a legal forward pass.
- c. All B players are eligible.
- d. A player who is eligible at the start of the down remains eligible throughout the down.

ART. 7 . . . Pass interference restrictions only apply beyond the neutral zone and only if the legal forward pass, untouched by B in or behind the neutral zone, crosses the neutral zone. Pass interference restrictions are in effect for all A and B players until the ball is touched or the pass is incomplete.

ART. 8 . . . Pass interference restrictions on a legal forward pass begin for:

- a. A with the snap.
- b. B when the ball leaves the passer's hand.

ART. 9 . . . Pass interference restrictions on a legal forward pass end for:

- a. All eligible A players when the pass has been touched by any player.
- b. All ineligible A players when B touches the pass, however it is not pass interference for ineligible A players to use hands and arms in a legal block to ward off an opponent.
- c. All B players when the pass has been touched by any player.
- d. All players when the pass is incomplete.

ART. 10 . . . It is forward-pass interference if:

- a. Any player of A or B who is beyond the neutral zone interferes with an eligible opponent's opportunity to move toward, catch or bat the pass.
- b. Any player hinders an opponent's vision without making an attempt to catch, intercept or bat the ball, even though no contact was made.

ART. 11 . . . It is not forward-pass interference if:

- a. Unavoidable contact occurs when two or more eligibles are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.

- b. Contact by A is immediately made on a B lineman and the contact does not continue beyond the expanded neutral zone.
- c. Contact by B is obviously away from the direction of the pass.

ART. 12 . . . Ineligible A players may not advance beyond the expanded neutral zone on a legal forward pass play before a legal forward pass that crosses the neutral zone is in flight. If B touches the pass in or behind the neutral zone, this restriction is terminated. An ineligible is not illegally downfield if, at the snap, he immediately contacts a B lineman and the contact does not continue beyond the expanded neutral zone.

ART. 13 . . . An ineligible A player has illegally touched a forward pass if he bats, muffs or catches a legal forward pass, unless the pass has first been touched by B.

PENALTY: Illegal forward pass (Arts. 2a,b) – (S35); intentional grounding (Arts. 2c,d) –(S36) – 5 yards plus loss of down for (Art. 2b, c, d, e) – (S9). Pass interference (Art. 10) – (S33) – 15 yards plus loss of down if by A – (S9) – if by B, it is first down for A. If the pass interference by either player is intentional, his team shall be penalized an additional 15 yards (S27). Ineligible downfield (Art. 12) – (S37) – 5 yards. Illegal touching (Art. 13) – (S16) – 5 yards plus loss of down.

Table 7-5
SUMMARY OF FOULS THAT CAN OCCUR DURING FORWARD PASS
PLAYS AND THEIR PENALTIES AND ENFORCEMENT SPOTS

FOUL	PENALTY	ENFORCEMENT SPOT
<p>1. ILLEGAL FORWARD PASS</p> <p>a. Pass after team possession has changed during the down.</p> <p>b. Pass from beyond the neutral zone.</p> <p>c. Pass intentionally thrown into an area not occupied by eligible offensive receiver.</p> <p>d. Pass intentionally thrown to save loss of yardage or conserve time.</p> <p>EXCEPTION: It is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap.</p> <p>e. A second or subsequent forward pass during the down</p>	<p>a: Loss of 5 Yards</p> <p>b, c, d and e: Loss of 5 yards and Loss of Down</p>	END OF RUN
<p>2. FORWARD PASS INTERFERENCE</p> <p>Restrictions apply only to a legal pass, untouched by B in or behind the neutral zone which crosses the neutral zone and interference may occur only beyond the neutral zone.</p> <p>a. A hinders B. (Restriction begins with the snap.)</p> <p>b. B hinders A. (Restriction begins when the pass is thrown.)</p> <p>c. Intentional pass interference.</p>	<p>a: Loss of 15 Yards and Loss of Down</p> <p>b: Loss of 15 Yards and First Down</p> <p>c: An Additional 15 Yards</p>	PREVIOUS SPOT "Automatic" SUCCEEDING SPOT
<p>3. INELIGIBLE RECEIVER DOWNFIELD.</p> <p>Ineligible A players may not advance across the expanded neutral zone before a legal forward pass which crosses the neutral zone is in flight unless touched by B in or behind the neutral zone.</p>	Loss of 5 Yards	PREVIOUS SPOT
<p>4. ILLEGAL TOUCHING BY INELIGIBLE</p> <p>A forward pass, batted, muffed or caught by an ineligible A player who is behind, in or beyond the neutral zone.</p>	Loss of 5 Yards and Loss of Down	BASIC SPOT

Rule **8** *Scoring Plays and Touchback*

SECTION 1 POINT VALUES

The game is won by the team which accumulates the most points. Points are scored as follows for:

POINT VALUES	
TOUCHDOWN	6 points
FIELD GOAL	3 points
SAFETY	Points awarded to the opponent 2 points
SUCCESSFUL TRY	
a. Touchdown	2 points
b. Field Goal or Safety	1 point
FORFEITED GAME:	Game score is: Offended Team: 1, Opponent: 0. But if offended team is ahead, the score stands.

SECTION 2 TOUCHDOWN

ART. 1 . . . Possession of a live ball in the opponent's end zone is always a touchdown.

- a. It is a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line.
- b. It is a touchdown when a loose ball is caught or recovered by a player while the ball is on or behind his opponent's goal line.
- c. It is a touchdown when a backward pass or fumble is declared dead in the end zone of the opponent of the player who threw the backward pass or fumbled while no player is in possession (other than because of an inadvertent whistle).

ART. 2 . . . If an opponent of the scoring team commits a foul (other than a foul for which the basic spot is the succeeding spot) during a down in which a touchdown is scored and there was not a change in possession during the down, A may accept the results of the play and choose enforcement of the penalty:

- a. On the try, or
- b. On the subsequent kickoff.

ART. 3 . . . If an opponent of the scoring team commits a foul (other than a foul for which the basic spot is the succeeding spot) during a down in which a touchdown is scored and there was a change of possession during the down, and

such foul occurs after the change of possession, the scoring team may accept the results of the play and choose enforcement of the penalty:

- a. On the try, or
- b. On the subsequent kickoff.

ART. 4 . . . If either team commits an unsportsmanlike conduct or a nonplayer foul during a down in which a touchdown is scored, the opponent may accept the results of the play and choose enforcement of the penalty:

- a. On the try, or
- b. On the subsequent kickoff.

ART. 5 . . . If after a down in which a touchdown is scored, and prior to the initial ready-for-play signal for the try, either team commits any foul for which the basic spot is the succeeding spot, the offended team may accept the penalty and choose enforcement of the penalty:

- a. On the try, or
- b. On the subsequent kickoff.

SECTION 3 TRY

ART. 1 . . . After a touchdown, the scoring team shall attempt a try during which the ball is snapped from a spot designated by A anywhere between the hash marks on B's 3-yard line, unless moved by penalty. This involves a scrimmage down which is neither numbered nor timed.

EXCEPTION: If a touchdown is scored during the last down of the fourth period, the try shall not be attempted unless the point(s) would affect the outcome of the game or play-off qualifying.

ART. 2 . . . The try begins when the ball is marked ready for play. It ends when:

- a. B secures possession.
- b. It is apparent a drop kick or place kick will not score.
- c. The try is successful.
- d. The ball becomes dead for any other reason.

ART. 3 . . . During a try, A may score two points from what would be a touchdown or one point for a field goal or safety by B under rules governing play at other times during the game.

ART. 4 . . . If during a successful try, a loss of down foul by A occurs, there is no score and no replay.

ART. 5 . . . If during a successful try, a foul by B occurs, A is given the choice of:

- a. Accepting the penalty and replaying the down following enforcement; or
- b. Accepting the result of the play and enforcement of the penalty from the succeeding spot.

ART. 6 . . . If during an unsuccessful try, a foul by A occurs, the penalty is obviously declined, the results of the play stand and there is no replay. If B fouls, the down is replayed after enforcement.

ART. 7 . . . If a double foul occurs, the down shall be replayed.

ART. 8 . . . When a try is replayed, the snap may be from any point between the hash marks on the yard line through the spot of the ball.

ART. 9 . . . After a try, the opponent of the scoring team shall designate which team will kick off.

SECTION 4 FIELD GOAL

ART. 1 . . . A field goal is scored as follows:

- a. The field-goal attempt shall be a place kick or a drop kick from scrimmage, or from a free kick following a fair catch, or an awarded fair catch.
- b. The kicked ball shall not touch any player of K beyond the expanded neutral zone or the ground before passing through the goal.
- c. The kicked ball shall pass between the vertical uprights or the inside of the uprights extended and above the crossbar of the opponent's goal.

ART. 2 . . . After a field goal, the opponent of the scoring team shall designate which team will kick off.

ART. 3 . . . If during a successful field goal, a foul by R occurs, K is given the choice of:

- a. Accepting the penalty and replaying the down following enforcement; or
- b. Accepting the result of the play and enforcement of the penalty from the succeeding spot.

SECTION 5 FORCE, SAFETY AND TOUCHBACK

ART. 1 . . . Responsibility for forcing the ball from the field of play across a goal line is attributed to the player who carries, snaps, passes, fumbles or kicks the ball, unless a new force is applied to a grounded backward pass, kick or fumble. The muffing or batting of a pass, kick or fumble in flight is not considered a new force.

ART. 2 . . . It is a safety when:

- a. A runner carries the ball from the field of play to or across his own goal line, and it becomes dead there in his team's possession.

EXCEPTION: When a defensive player intercepts an opponent's forward pass; intercepts or recovers an opponent's fumble or backward pass; or an R player catches or recovers a scrimmage kick or free kick between his 5-yard line and the goal line, and his original momentum carries him into the end zone where the ball is declared dead in his team's possession or it goes out of bounds in the end zone, the ball belongs to the team in possession at the spot where the pass or fumble was intercepted or recovered or the kick was caught or recovered.

- b. A player who is either in the field of play or in his end zone, forces a loose ball from the field of play to or across his goal line by his kick, pass, fumble, snap or by a new force to a grounded loose ball with his muff or bat or illegal kick (when the penalty is declined), provided the ball becomes dead there in his team's possession (including when the ball is declared dead with no player in possession), or the ball is out of bounds when it becomes dead on or behind their goal line. This does not apply to a legal forward pass which becomes incomplete.

- c. A player on offense commits any foul for which the penalty is accepted and enforcement is from a spot in his end zone; or throws an illegal forward pass from his end zone and the penalty is declined in a situation which leaves him in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

ART. 3 . . . It is a touchback when:

- a. Any free kick or scrimmage kick:
1. Which is not a scoring attempt or which is a grounded three-point field-goal attempt, breaks the plane of R's goal line unless R chooses a spot of first touching by K.
 2. Which is a three-point field-goal attempt, in flight touches a K player in R's end zone, or after breaking the plane of R's goal line is unsuccessful.
- b. Any scrimmage kick or free kick becomes dead on or behind K's goal line with the ball in possession of K (including when the ball is declared dead with no player in possession) and the new force is R's muff or bat of the kick after it has touched the ground.
- c. A fumble is the force, or a muff or bat of a backward pass or a fumble after either has touched the ground is the new force, which sends the ball to or across the opponent's goal line and provided such opponent is in team possession or the ball is out of bounds when it becomes dead on or behind its goal line.
- d. A forward pass is intercepted in B's end zone and becomes dead there in B's possession.

ART. 4 . . . The team whose goal line is involved shall put the ball in play anywhere between the hash marks on its 20-yard line by a snap after a touchback and by a free kick after a safety.

Rule 9 *Conduct of Players and Others*

SECTION 1 HELPING THE RUNNER

An offensive player shall not push, pull or lift the runner to assist his forward progress.

PENALTY: Helping the runner (S44) – 5 yards.

SECTION 2 ILLEGAL USE OF HANDS AND HOLDING

ART. 1 . . . An offensive player (except the runner) shall not:

- a. Use a blocking technique which is not permissible by rule. (See 2-3-2, 3)
- b. Grasp or encircle any teammate to form interlocked blocking.
- c. Use his hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent.

ART. 2 . . . The runner may not grasp a teammate.

ART. 3 . . . A defensive player shall not:

- a. Use a technique that is not permissible by rule. (See 2-3-2, 4)
- b. Use his hands to add momentum to the charge of a teammate who is on the line of scrimmage.
- c. Use his hands or arms to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent other than the runner.
- d. Contact an eligible receiver who is no longer a potential blocker.

PENALTY: Illegal use of hands or arms (Arts. 1a, 2, 3a, b, d) – (S42); interlocked blocking (Art. 1b) – (S44); holding (Arts. 1c; 3c) – (S42) – 10 yards.

SECTION 3 ILLEGAL BLOCKING

ART. 1 . . . Blocking by a player either on offense or defense is illegal when it is:

- a. Kick-catching interference.
- b. Forward-pass interference.
- c. A personal foul.

ART. 2 . . . A player shall not block an opponent below the waist except:

- a. In the free-blocking zone when the contact meets the requirements of 2-17.
- b. To tackle a runner or player pretending to be a runner.

ART. 3 . . . A receiver who has given a valid or invalid fair-catch signal shall not block an opponent until the kick has ended.

ART. 4 . . . The kicker or place-kick holder of a free kick may not be blocked before:

- a. He has advanced 5 yards beyond his free-kick line; or
- b. The kick has touched the ground or any other player.

ART. 5 . . . A player shall not clip or block an opponent in the back except:

- a. In the free-blocking zone when the contact meets the requirements of 2-17.
- b. Using hands and arms to contact an opponent above the waist in warding off a blocker, or when attempting to reach a runner, or catch or recover a loose ball which he may legally touch or possess.
- c. To tackle a runner or player pretending to be a runner.

ART. 6 . . . A player shall not chop block.

ART. 7 . . . A player shall not trip an opponent who is not a runner.

PENALTY: Kick Catching Interference (Art. 1a, penalize in accordance with 6-5-6); Forward Pass Interference (Art. 1b, penalize in accordance with 7-5-10); Personal Foul (Art. 1c, penalize in accordance with 9-4); Blocking Below the Waist (Art. 2, S40, 15 yards); Blocking After Signal (Art. 3, S40, 15 yards); Blocking Kicker or Place-Kick Holder (Art. 4, S40, 15 yards); Clipping (Art. 5, S39, 15 yards); Blocking in the Back (Art. 5, S43, 10 yards); Chop Block (Art. 6, S41, 15 yards); Tripping (Art. 7, S46, 15 yards).

Simultaneous Blocks (9-3-6)

BLOCKER 1	BLOCKER 2	RULING
High	Low	Legal Block
Low	Low	Legal Block
High	High	Legal Block

Delayed Blocks

FIRST BLOCK	SECOND BLOCK	RULING
Low	High	Legal Block
High	High	Legal Block
High	Low	Chop Block
Low	Low	Chop Block

SECTION 4 ILLEGAL PERSONAL CONTACT

ART. 1 . . . No player or nonplayer shall fight.

ART. 2 . . . No player or nonplayer shall intentionally contact an official.

ART. 3 . . . No player or nonplayer shall:

- a. Swing the foot, shin or knee into an opponent, nor extend the knee to meet a blocker.
- b. Charge into or throw an opponent to the ground after he is obviously out of the play, or after the ball is clearly dead either in or out of bounds.
- c. Pile on any player who is lying on the ground.
- d. Hurdle an opponent.
- e. Position himself on the shoulders or body of a teammate or opponent to gain an advantage.
- f. Throw a helmet to trip an opponent.
- g. Make any other contact with an opponent which is deemed unnecessary and which incites roughness.
- h. Grasp an opponent's face mask, any edge of a helmet opening or the chin strap.
- i. Initiate illegal helmet contact. (butt block, face tackle or spear)

NOTE: Illegal helmet contact may be considered a flagrant act. Acts to be considered flagrant include, but are not limited to:

1. Illegal helmet contact against an opponent lying on the ground,
2. Illegal helmet contact against an opponent being held up by other players, and/or

3. Illegal helmet-to-helmet contact against a defenseless opponent.
- j. Strike an opponent with his fist, locked hands, forearm or elbow, nor kick or knee him.
- k. Grab the inside back or side collar of the shoulder pads or jersey of the runner and subsequently pull that opponent to the ground (Horse-collar).

ART. 4 . . . Roughing the passer. Defensive players must make a definite effort to avoid charging into a passer, who has thrown the ball from in or behind the neutral zone, after it is clear the ball has been thrown. No defensive player shall charge into the passer who is standing still or fading back, because he is considered out of the play after the pass.

ART. 5 . . . Running into or roughing the kicker or holder. A defensive player shall neither run into the kicker nor holder, which is contact that displaces the kicker or holder without roughing; nor block, tackle or charge into the kicker of a scrimmage kick, or the place-kick holder, other than when:

- a. Contact is unavoidable because it is not reasonably certain that a kick will be made.
- b. The defense touches the kick near the kicker and contact is unavoidable.
- c. Contact is slight and is partially caused by movement of the kicker.
- d. Contact is caused by R being blocked into the kicker or holder by K.

ART. 6 . . . Roughing the snapper. A defensive player shall not charge directly into the snapper when the offensive team is in a scrimmage-kick formation.

ART. 7 . . . No defensive player may use the hand(s) to slap the blocker's head.

ART. 8 . . . Unintentional contact between a nonplayer and an official in the restricted area while the ball is live.

PENALTY: Fighting, intentionally contacting an official, striking, kicking or kneeling. (Arts. 1, 2, 3j) – (S38-47) – 15 yards and disqualification. If a coach is the offender in Article 2, see 9-8 Penalty for disqualification procedure. Other personal fouls (Arts. 3a through g) – (S38) – 15 yards; incidental grasping (Art. 3h) – (S45) – 5 yards; grasping and twisting, turning or pulling the face mask or helmet opening (Art. 3h) – (S38, 45) – 15 yards; illegal helmet contact (Art. 3i) – (S24) – 15 yards; illegal horse-collar (Art. 3k) – (S38, S25) – 15 yards. Roughing passer (Art. 4) – (S34) – 15 yards and a first down from end of last run when last run ends beyond the neutral zone and there has been no change of team possession, or otherwise 15 yards and first down from previous spot; running into kicker/holder (Art. 5) – (S30) – 5 yards from the previous spot; roughing kicker or holder (Art. 5) – (S38, S30) – 15 yards and first down from the previous spot; roughing snapper (Art. 6). – (S38) – 15 yards and first down from the previous spot. Slap to the head (Art. 7) – (S38) – 15 yards. Unintentional contact with an official in the restricted area. Nonplayer foul (Art 8) – (S38-29). For the first offense, 15 yards from the succeeding spot. For the second offense (S38-29-47) – 15 yards from the succeeding spot and disqualification of the head coach. Disqualification also if any foul is flagrant – (S47).

SECTION 5 NONCONTACT UNSPORTSMANLIKE CONDUCT BY PLAYERS

ART. 1 . . . No player shall act in an unsportsmanlike manner once the officials assume authority for the contest. Examples are, but not limited to:

- a. Baiting or taunting acts or words or insignia worn which engenders ill will.
NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- b. Using profanity, insulting or vulgar language or gestures.
- c. Any delayed, excessive or prolonged act by which a player attempts to focus attention upon himself.
- d. Using disconcerting acts or words prior to the snap in an attempt to interfere with A's signals or movements.
- e. Kicking at the ball, other than during a legal kick.
- f. Leaving the field between downs to gain an advantage unless replaced or unless with permission of an official.
- g. Refusing to comply with an official's request.
- h. Using tobacco or smokeless tobacco.

ART. 2 . . . When the ball becomes dead in possession of a player, he shall not:

- a. Intentionally kick the ball.
- b. Spike the ball into the ground.
- c. Throw the ball high into the air or from the field of play or end zone.
- d. Intentionally fail to place the ball on the ground or immediately return it to a nearby official.

PENALTY: Unsportsmanlike conduct (Arts. 1, 2) – (S27) – (S7-27) – if dead ball, 15 yards. Also disqualification if flagrant – (S47). In Article 1a, the player must remove the offending item before he is allowed to participate. The second unsportsmanlike foul results in disqualification. (See 9-8 PENALTY)

SECTION 6 ILLEGAL PARTICIPATION

ART. 1 . . . Prior to a change of possession, or when there is no change of possession, no player of A or K shall go out of bounds and return to the field during the down unless blocked out of bounds by an opponent. If a player is blocked out of bounds by an opponent and returns to the field during the down, he shall return at the first opportunity.

ART. 2 . . . During the down, no player shall intentionally go out of bounds and return.

ART. 3 . . . No replaced player, substitute, coach, athletic trainer or other attendant shall hinder an opponent, touch the ball, influence the play or otherwise participate.

ART. 4 . . . It is illegal participation:

- a. When any player, replaced player, substitute, coach, athletic trainer or other attendant enters and participates during a down.
- b. If an injured player is not replaced for at least one down; unless the half-

time or overtime intermission occurs.

- c. To have 12 or more players participating at the snap or free kick.
- d. To use a player, replaced player, substitute, coach, athletic trainer or other attendant in a substitution or pretended substitution to deceive opponents at or immediately before the snap or free kick.
- e. For a player to be lying on the ground to deceive opponents at or immediately before the snap or free kick.
- f. For a disqualified player to re-enter the game.

PENALTY: Illegal participation (Arts. 1, 2, 3, 4a [live-ball, basic spot]) – (Arts. 4b-f [live-ball, previous spot]) – (S28) – 15 yards.

SECTION 7 ILLEGAL KICKING AND BATTING

ART. 1 . . . No player shall intentionally kick the ball other than as a free or scrimmage kick.

ART. 2 . . . No player shall bat a loose ball other than a pass or a fumble in flight, or a low scrimmage kick in flight which he is attempting to block in or behind the expanded neutral zone.

EXCEPTION: A K player may bat toward his own goal line a grounded scrimmage kick which is beyond the neutral zone and may also bat toward his own goal line a scrimmage kick in flight beyond the neutral zone, if no R player is in position to catch the ball.

ART. 3 . . . Any pass in flight may be batted in any direction, by an eligible receiver unless it is a backward pass batted forward by the passing team.

ART. 4 . . . A ball in player possession shall not be batted forward by a player of the team in possession.

PENALTY: Illegal kicking or batting (Arts. 1, 2, 3, 4) – (S31) – 15 yards.

SECTION 8 NONCONTACT UNSPORTSMANLIKE CONDUCT BY NONPLAYERS

ART. 1 . . . No coach, substitute, athletic trainer or other team attendant shall act in an unsportsmanlike manner once the officials assume authority for the contest. Examples are, but not limited to:

- a. Using profanity, insulting or vulgar language or gestures.
 - NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- b. Attempting to influence a decision by an official.
- c. Disrespectfully addressing an official.
- d. Indicating objections to an official's decision.
- e. Using any illegal communication equipment as outlined in 1-5-3b and 1-6.
- f. Holding an unauthorized conference.
 - NOTE:** Between downs, communications between players and coaches near the sideline are not an unauthorized conference.
- g. The failure of a team to:
 - 1. Be ready to start the first half; and

2. Be on the field following the conclusion of the halftime intermission; or
3. Be ready to start the second half at the conclusion of the mandatory warm-up period.
- h. Failure of the head coach, following verification, to have his player(s) wear or use legal and/or required equipment.
- i. Being on the field except as a substitute or replaced player. (See 3-7-6; 9-6-4a)
- j. Using tobacco or smokeless tobacco.
- k. Being outside the team box, but not on the field. (See 9-8-3)
- l. A substitute who leaves the team box during a fight.

ART. 2 . . . Three attendants, none of whom is a coach, may enter the field to attend their team during a charged time-out or a TV/radio time-out, during the one-minute following a try, a successful field goal or safety, and prior to the succeeding free kick, between periods and during an official's time-out for unusual heat and humidity. During a time-out for injury, the coach and/or such attendants as may be deemed necessary by the referee may, with permission, enter to attend the injured player(s). In no other case, except as in 2-6, shall any nonplayer other than an entering substitute enter without the referee's permission.

ART. 3 . . . A nonplayer shall not be outside his team box unless to become a player or to return as a replaced player. A maximum of three coaches may be in the restricted area. No player, nonplayer or coach shall be in the restricted area when the ball is live.

PENALTY: Nonplayer fouls (Art. 1a through j) – (S27), (S7-27 if dead ball) – 15 yards. Nonplayer foul (Art. 2) – (S19) – 5 yards, unless repeated – or unsportsmanlike – (S27) – 15 yards. (Arts. 1k, 3) – (S15) – First offense-warning. (S7-29) – Second offense – 5 yards, each subsequent offense – (S7-29-27) – 15 yards. (Art. 1l) – (S27-47) – 15 yards and disqualification. (Arts. 1, 2, 3) Any single flagrant foul is disqualification. A second unsportsmanlike foul with a 15-yard penalty results in disqualification. (See 9-5 PENALTY) A disqualified member of the coaching staff shall be removed from the stadium area and be prohibited from any further contact, direct or indirect, with his team during the remainder of the game. For failure to comply, the referee may forfeit the game.

SECTION 9 UNFAIR ACTS

ART. 1 . . . A player or nonplayer or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.

ART. 2 . . . No team shall repeatedly commit fouls which halve the distance to the goal line.

ART. 3 . . . No player shall hide the ball under a jersey.

ART. 4 . . . No player shall use a kicking tee in violation of Rule 1-3-4.

ART. 5 . . . Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game.

PENALTY: Unfair act – the referee enforces any penalty he considers equitable, including the award of a score – (S27). Repeated fouls (Art. 2) – the game may be forfeited. Hiding the ball under a jersey, (Art. 3)(S27) – 15 yards basic spot. Using illegal kicking tee, (Art. 4), (S27) – 15 yards basic spot.

NOTE: The penalties in Rules 9-9-3 and 9-9-4 are not charged to the coach or player for the purpose of unsportsmanlike conduct disqualifications.

Rule **10** *Enforcement of Penalties*

SECTION 1 PROCEDURE AFTER A FOUL

ART. 1 . . . When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. He shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. In case of a double foul, the captains are not consulted since the penalties offset. The captain's choice of options may not be revoked. Decisions involving penalties shall be made before any charged time-out is granted either team.

ART. 2 . . . When a foul occurs during a dead ball between downs or prior to a free kick or snap, the official shall not permit the ball to become alive. The referee shall notify the captains, and the captain of the offended team will be presented with the options and the effect of acceptance or declination on the down and distance to be gained. The captain may accept or decline the penalty.

ART. 3 . . . When a live-ball foul by one team is followed by a dead-ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

ART. 4 . . . When the same team commits a live-ball foul followed by one or more dead-ball fouls, all fouls may be penalized.

ART. 5 . . . Enforcement of a penalty cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the prescribed penalty is greater than this, the ball is placed halfway from the spot of enforcement to the goal line.

ART. 6 . . . The following fouls by A include loss of the right to replay a down:

- a. Illegally handing the ball forward.
- b. Illegal forward pass.
- c. Forward pass interference.
- d. Illegal touching of forward pass by an ineligible.

ART. 7 . . . The following fouls by B give A an automatic first down:

- a. Roughing the kicker or holder.
- b. Roughing the passer.

- c. Roughing the snapper.
- d. Forward pass interference.

SECTION 2 DOUBLE AND MULTIPLE FOULS

ART. 1 . . . It is a double foul if both teams commit fouls, other than unsportsmanlike or nonplayer, during the same live-ball period in which:

- a. There is no change of team possession, unless all fouls committed by R are post-scrimmage kick fouls, or
- b. There is a change of team possession, and the team in possession at the end of the down fouls prior to final change of possession unless all fouls committed by R are post-scrimmage kick fouls, or
- c. There is a change of possession and the team in final possession accepts the penalty for its opponent's foul at any time during the down.

In (a), (b) or (c), the penalties cancel and the down is replayed.

ART. 2 . . . If each team fouls during a down in which there is a change of team possession and the play does not have a post-scrimmage kick foul, the team last gaining possession may retain the ball, provided:

- a. the foul by the team last gaining possession is not prior to the final change of possession, and
- b. the team last gaining possession declines the penalty for its opponent's foul(s), other than a nonplayer or unsportsmanlike foul.

In this case, the team that was not last in possession has no penalty options until the team last in possession has made its penalty decision on the fouls prior to the change of possession. After that decision by the team last in possession, the team not last in possession may decline or accept the penalty by the team last in possession or choose which foul to have enforced in the case that the team last in possession committed more than one foul following the change.

ART. 3 . . . If each team fouls during a down in which there is a change of possession and all R fouls are post-scrimmage kick fouls, then R may retain the ball, provided R declines the penalty for K's foul(s), other than a nonplayer or unsportsmanlike foul. In this case, the team that was not last in possession has no penalty options until the team last in possession has made its penalty decision. After that decision by the team last in possession, the team not last in possession may decline or accept the penalty by the team last in possession or choose which foul to have enforced in the case that the team last in possession committed more than one foul following the change.

ART. 4 . . . When two or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team (multiple fouls), only one penalty may be enforced. The offended captain may choose which one shall be administered, or the captain may decline all penalties. When a team commits a nonplayer or unsportsmanlike foul during that same down, it is administered from the succeeding spot as established by the acceptance or declination of the penalty for the other foul.

ART. 5 . . . Penalties for dead-ball fouls are administered separately and in the order of their occurrence. A dead-ball foul is not coupled with a live-ball foul or another dead-ball foul to create a double or multiple foul.

ART. 6 . . . A foul during a try is not paired with a dead-ball foul to create a double or multiple foul.

SECTION 3 TYPES OF PLAY

ART. 1 . . . A loose-ball play is action during:

- a. A free kick or scrimmage kick, other than those defined in 2-33-1a.
- b. A legal forward pass.
- c. A backward pass (including the snap), illegal kick or fumble made by A from in or behind the neutral zone and prior to a change of team possession.

NOTE: The run(s) which precedes such legal or illegal kick, legal forward pass, backward pass or fumble is (are) considered part of the action during a loose-ball play.

ART. 2 . . . A running play is any action not included under Article 1, other than those defined in 2-33-1a.

ART. 3 . . . The end of the run is:

- a. Where the ball becomes dead in the runner's possession.
- b. Where the runner loses possession if his run is followed by a loose ball.
- c. The spot of the catch or recovery when the momentum rule is in effect.

SECTION 4 BASIC SPOTS

ART. 1 . . . If a foul occurs during a down, the basic spot is determined by the action that occurs during the down. This is the basic spot for penalty enforcement.

ART. 2 . . . The basic spot is the previous spot:

- a. For a foul which occurs simultaneously with the snap or free kick.
- b. For a foul which occurs during a loose ball play, as defined in 10-3-1. See 10-5-5 for special enforcement on roughing the passer.
- c. For a foul which occurs during a down in which a legal kick occurs and an inadvertent whistle ends the down prior to possession by either team.

ART. 3 . . . The basic spot is the spot where the kick ends when R commits a post-scrimmage kick foul (2-16-2h). R fouls behind the post-scrimmage kick spot are spot fouls.

ART. 4 . . . The basic spot is the spot where the related run ends for a foul which occurs during a running play as defined in 10-3-2.

ART. 5 . . . The basic spot is the succeeding spot:

- a. For an unsportsmanlike foul.
- b. For a dead-ball foul.
- c. For a nonplayer foul.
- d. When the final result is a touchback.

NOTE: The succeeding spot may, at the option of the offended team, be the subsequent kickoff as in 8-2-2, 8-2-3, 8-2-4 and 8-2-5.

ART 6 . . . The basic spot is the 20-yard line for fouls by either team when the opponent of the team in possession at the time of the foul is responsible for forcing the ball across the goal line of the team in possession, and the related run ends in the end zone and is followed by a loose ball, regardless of where the loose ball becomes dead.

ART 7 . . . The basic spot is the goal line for fouls, which are committed during running plays by the opponent of the team in possession at the time of the foul when the team in possession is responsible for forcing the ball across its own goal line, and the related run ends in the end zone and is followed by a loose ball, regardless of where the loose ball becomes dead.

SECTION 5 SPECIAL ENFORCEMENT RULES

ART. 1 . . . The following fouls have special enforcement provisions and options for the offended team:

- a. Free kick out of bounds untouched by R. (see 6-1-8)
- b. Kick-catching interference. (see 6-5-6)
- c. Unfair acts. (see 9-9)
- d. A foul by the opponent of the scoring team on a successful try. (see 8-3-5)
- e. A foul by the opponents of the scoring team on a successful field goal. (see 8-4-3)
- f. Fouls that occur during or after a touchdown scoring play. (see 8-2-2, 8-2-3, 8-2-4 and 8-2-5)
- g. Roughing the passer. (see 9-4-4)
- h. Roughing the kicker or holder (see 9-4-5)
- i. Roughing the snapper (see 9-4-6)

ART. 2 . . . The enforcement spot for any foul by the defense is the goal line when the run ends in the end zone and would result in a safety.

ART. 3 . . . The score is nullified if the penalty is accepted for a foul, other than nonplayer or unsportsmanlike, by A which occurs during a down resulting in a successful try, field goal or touchdown.

ART. 4 . . . If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind its goal line, it is a safety.

ART. 5 . . . The enforcement spot is the end of the last run for roughing the passer when the last run ends beyond the neutral zone and there has been no change of team possession.

ART. 6 . . . A disqualified player shall be removed.

SECTION 6 ENFORCEMENT SPOTS, ALL-BUT-ONE PRINCIPLE

Unless otherwise listed in Section 4 and 5, a penalty for a foul occurring during a play is enforced from the basic spot with the exception of a foul by the offense which occurs behind the basic spot during a loose ball play or running play. This particular foul is enforced from the spot of the foul.

FOOTBALL PENALTY

ENFORCEMENT

Enforcement provisions apply to all player fouls. These provisions are not complicated by exceptions or special penalties. By learning a few fundamentals, officials will master the principles of penalty enforcement quickly and without difficulty.

Enforcement philosophy is based on the fact that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot unless the spot is otherwise specified by rule. This one foul is penalized from the spot of the foul. Whenever the ball is live, one of two types of plays is in progress, that is, either a loose-ball play (Fig. 2) or a running play (Figs. 3 and 4). The type of play has no significance unless a foul occurs. If a foul does occur, the officials must know whether it was during a loose-ball play or during a running play, because this immediately determines the basic spot of enforcement unless the spot is otherwise specified by rule.

A loose-ball play is action during:

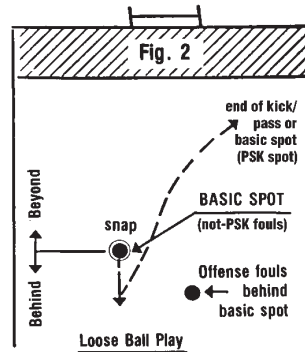
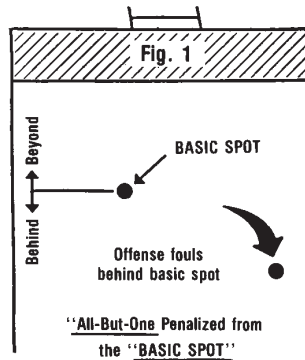
1. A free kick or scrimmage kick other than those defined in 2-33-1a.
2. A legal forward pass.
3. A backward pass (including the snap), illegal kick or fumble made by A from in or behind the neutral zone prior to a change of team possession.

A loose-ball play includes the run(s) which precede such legal or illegal kick, legal forward pass, backward pass or fumble.

If a foul occurs during a loose-ball play, the basic spot is the post-scrimmage kick spot as defined in 2-41-6 if a PSK foul (2-16-2h) occurs, or the previous spot if PSK does not apply. **Play:** K1 punts and between the time of the snap and the time the kick ends, there is a foul by R or K. **Ruling:** The foul is during a loose-ball play, and the previous spot (the same as the spot of the snap) is the basic spot for K's fouls. For R's foul, PSK rules may apply.

A running play is any action which is not a loose-ball play.

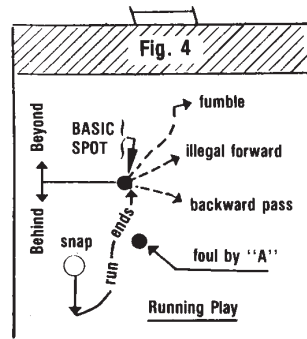
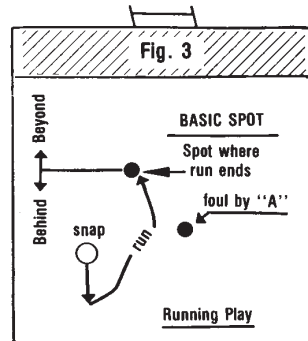
1. In or behind the neutral zone in either of the following:
 - a. It includes a run not followed by a loose ball.
 - b. A run followed by an illegal forward pass.
2. Beyond the neutral zone:



- a. It includes a run.
- b. A run followed by a loose ball, including an illegal forward pass or illegal kick. A run ends when a runner loses possession but the related running play continues until the ball becomes dead or some player again gets possession.

If a foul occurs during a running play, the basic spot is the spot where the run ended. If the runner does not lose possession, the ball becomes dead when the run ends. **Play:** A1 runs to B's 30 where he is downed. During the run there is a foul by A. **Ruling:** The foul is during a running play and the basic spot for enforcement is the spot where the run ended unless the spot is otherwise specified by rule. All fouls except one are penalized from this spot. The foul illustrated is enforced from the spot of the foul, since it is behind the basic spot.

A loose ball may be part of a running play and should not be confused with a loose-ball play. If a foul were to occur (during a running play) while the ball was loose, the basic enforcement spot is the spot where the related run ended, as for any running play. **Play:** A1 receives the snap and runs to B's 30. His run ends when he fumbles, throws an illegal forward pass, or throws a backward pass. Between the time A1 gets possession and the time the loose ball ends, there is a foul by B or A. **Ruling:** The backward pass, fumble or illegal pass by A are not part of the run itself. However, they are part of the entire play, which is a running play. The basic enforcement spot for a foul which occurs during any part of the running play, including the run or while the ball was loose during the play, is the spot where the run ended. When the foul is by the offensive team during the run and the spot of the foul is behind the basic spot, the penalty is from the spot of the foul.



FOOTBALL FUNDAMENTALS**I. POSSESSION**

1. A live ball is always in possession of a team.
2. A live ball is in player possession or is loose.
3. A loose ball is in possession of the team whose player was last in possession.
4. A player in possession of a live ball is a runner.
5. A player cannot fumble before gaining possession.
6. No foul causes loss of the ball.
7. After a distance penalty, the ball belongs to the team which was in possession at the time of the foul according to applicable rules. Team possession may then change if a new series is awarded.
8. Possession of a live ball in the opponent's end zone is always a touchdown.

II. DOWNS

1. A down begins when the ball becomes live and ends when it becomes dead.
2. Whether the next down will be first is determined at the time the ball becomes dead and after considering the effect of any act, except a nonplayer or unsportsmanlike foul, which occurred during the down.
3. If R is first to touch a scrimmage kick beyond the neutral zone, a new series will be awarded the team in possession at end of the down, unless there was a foul before the kick and the penalty was accepted, or there was a double foul or there was an inadvertent whistle during the kick following the touching by R.
4. The only defensive fouls which automatically cause a first down are pass interference, roughing the kicker or place-kick holder, roughing the passer and roughing the snapper.
5. If the penalty is accepted for any live ball foul by either team during the last timed down of a period, the period must be extended by an untimed down, except for unsportsmanlike fouls, nonplayer fouls, fouls that specify a loss of down, or fouls as specified in Rule 3-3-4.
6. No series can ever start on a down other than first.

III. DEAD BALL

1. An official's whistle seldom kills the ball. It is already dead by rule.
2. No live-ball foul causes the ball to become dead.
3. A dead ball may become live only by a legal snap or free kick.
4. Catching is always preceded by touching of the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.

IV. KICKS - GENERAL

1. A kick always ends as soon as any player secures possession.
2. Any R player may catch or recover a kick and advance unless a valid or invalid fair-catch signal has been given by any R player.
3. If a legal kick is caught in or beyond the neutral zone to R's goal line on a free kick and beyond the neutral zone to R's goal line on a scrimmage kick by a receiver after he has signaled for a fair catch, it is a fair catch and the ball becomes dead as soon as it is caught.
4. A fair catch may be made of any free kick which is in or beyond the neutral zone to R's goal line or a scrimmage kick which is beyond the neutral zone to R's goal.
5. Any kick which is not a scoring attempt becomes dead when it breaks the plane of R's goal line.
6. No kick may legally be batted unless it is an attempt to block the kick in or behind the neutral zone, or if a grounded scrimmage kick which is beyond the neutral zone is batted by K toward his own goal line, or if a scrimmage kick in flight beyond the neutral zone is batted by K toward his own goal line or caught by K when no player of R is in position to catch the ball.
7. First touching of a kick by K is always ignored if the penalty is accepted for a foul during the down.

V. FREE KICKS

1. The rules for the three free kicks are the same. Exception: a kickoff or a free kick following a safety cannot score a field goal.
2. Free-kick lines are always 10 yards apart.

3. A free kick is not repeated unless a foul occurs prior to change of possession and the penalty acceptance requires a replay of the down or there was a double foul.

VI. SCRIMMAGE KICKS

1. Touching of a low scrimmage kick by any player is ignored if it occurs in or behind the expanded neutral zone. Such touching may cause the ball to go out of bounds.
2. A scrimmage kick recovered in or behind the neutral zone may be advanced by K or R.

VII. PASSES

1. A player who is eligible at the start of the down remains eligible throughout the down.
2. Offensive interior linemen are prohibited from advancing beyond the neutral zone only during a forward pass which crosses the neutral zone, but may advance after the pass is in flight.
3. A handed ball is not a pass.
4. Any pass in flight may be batted in any direction by an eligible receiver unless it is a backward pass batted forward by the passing team.
5. A forward-pass interference foul can occur only beyond the neutral zone.

VIII. BLOCKING

1. Blocking by either team is permissible, unless it is kick-catching interference or pass interference, a personal foul or an illegal block.

IX. FOULS

1. No live-ball foul causes the official to sound his whistle immediately.
2. A live-ball foul followed by a foul by the opponents after the ball becomes dead is not paired as a double foul.
3. It is a foul to bat any loose ball which has touched the ground, except K may bat a grounded scrimmage kick which is beyond the neutral zone toward his own goal line and may bat a scrimmage kick in flight beyond the neutral zone toward his own goal line when no player of R is in position to catch the ball.
4. A foul during a try is not paired with a dead-ball foul to make a double or multiple foul.
5. A double foul results only when both teams commit fouls, other than unsportsmanlike or nonplayer, during the same live-ball period or if team possession changed during the down and the foul by the team in final possession was prior to the change or if there were a change of possession and the team in final possession accepted the penalty for its opponent's foul.

X. PENALTY MEASUREMENT

1. The distance penalty for any foul may be declined.
2. Penalties are either 5, 10 or 15 yards.
3. Any live-ball foul is penalized according to the all-but-one enforcement principle except:
 - a. Fouls which occur simultaneously with the snap.
 - b. A foul by the opponents of the scoring team during a successful try, field goal or touchdown when the score is accepted.
 - c. A nonplayer or unsportsmanlike foul.
 - d. Roughing the passer when the last run ends beyond the neutral zone and there has been no change of team possession.
4. Penalty enforcement for any dead ball, nonplayer or unsportsmanlike foul is from the succeeding spot unless the foul occurs on a scoring play and the scoring team chooses enforcement on the kickoff per 8-2-2, 8-2-3, 8-2-4 or 8-2-5.
5. The penalty for any one of the five illegal passes is a loss of 5 yards and the down is counted except for a forward pass following change of team possession.
6. The penalty for offensive pass interference includes the loss of down.
7. No penalty directly results in a safety, but if a distance penalty is enforced from behind the offender's goal line toward his end line, it is a safety.
8. The penalty for a live-ball foul by the defensive team is administered from the basic spot, except when that spot is in the end zone.
9. The loss of down aspect of a penalty has no significance following a change of possession or if the line to gain is reached after enforcement.

POINTS OF EMPHASIS**CONCUSSION RECOGNITION AND MANAGEMENT**

Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” on the head, it is now understood that a concussion has the potential to result in death, or short- and long-term changes in brain function. A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body.

The NFHS has been at the forefront of national sports organizations in emphasizing the importance of concussion education, recognition and proper management for the past several years. In 2008, the NFHS Sports Medicine Advisory Committee (SMAC) advocated that a concussed athlete be removed from play and not allowed to return to play on that same day. In 2009, this position was adopted by the leading group of sports medicine experts and the National Football League (NFL).

To highlight the continuing importance of this issue, the NFHS SMAC and each sport’s rules committee has taken the unprecedented step of including Concussion Recognition and Management as a point of emphasis in each NFHS sport rules book for the 2010-11 year. The purpose of this point of emphasis is to explain the change in verbiage in the NFHS Football Rules Book regarding the official’s recognition of a concussed athlete and to emphasize the importance of proper concussion management.

Concussions at all levels of sports have received a great deal of attention in the past few years. Attention has increased even more so over the past year, culminating with the NFL, NCAA and NFHS testifying before the United States Congress about what each organization is doing to protect athletes from concussion.

Change in verbiage

Previous rules books for most sports included language directing officials to remove an athlete from play if “unconscious or apparently unconscious.” That language has been changed to the following:

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

The common signs, symptoms and behaviors of concussed athletes may be found on page 100.

We now know that a person does not have to lose consciousness to suffer a concussion. In fact, according to our most recent data from the High School Reporting Information Online (RIO) and the National High School Sports Related Injury Surveillance Study, only 3.2 percent of all concussed athletes lost consciousness during the 2009 football season.

Given that most concussed athletes do not lose consciousness, yet they often show other common signs, symptoms and behaviors of concussion, the NFHS SMAC strongly believes that officials must be empowered to remove these athletes from play, thus protecting them from potential further injury. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Neither officials, nor coaches, are expected to “diagnose” a concussion, as that is the job of an appropriate health-care professional. The previous rule called upon officials to determine “apparently unconscious” which appeared to expect some level of medical judgment. Officials are now being asked to use their best judgment again in observing the signs, symptoms and behaviors as listed above, but are no longer being asked to make what could be perceived to be a medical opinion. The well-being of the athlete is of paramount concern during any athletic contest. Officials, coaches and administrators are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, players and administrators should also be looking for signs of concussion in all athletes and should immediately remove any suspected concussed athlete from play.

The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play. The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, appropriate health-care professional or other individual designated by school administrators. If an appropriate health-care professional on the sideline determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHOULD NOT be allowed by the coach to return to play. Please see the “NFHS Suggested Guidelines for Management of Concussion in Sports” at www.nfhs.org for further information on sideline management.

The official does not need written permission for an athlete to return nor does the official need to verify the credentials of the appropriate health-care professional. Ensuring compliance with the Suggested Management Guidelines is a health and safety issue and should be the responsibility of the head coach and school administration, NOT the game official.

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.

The suggested guidelines for concussion management fall outside the realm of game management, but are clearly a health and safety issue for coaches and administrators. These guidelines should also be applied to practices and scrimmages. The position of the

NFHS SMAC is that no athlete should return to play or practice on that same day after suffering a concussion. Studies have shown medical professionals that the school-aged brain does not recover quickly enough for a high school athlete to return to activity in such a short time.

An “appropriate health-care professional” must be determined by each member state association and/or school district with respect to state laws and local preferences. Such individuals should be knowledgeable in the evaluation and management of sports-related concussions and may, depending on controlling law, include MDs, DOs and certified athletic trainers.

Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

For further details, please see the “NFHS Suggested Guidelines for Management of Concussion in Sports” at www.nfhs.org.

HEAT ILLNESS AND HYDRATION

Heat illness has frequently been designated as a point of emphasis over the past two decades. The NFHS SMAC and the NFHS Football Rules Committee continue to focus on this issue because 31 high school football players have died from heat-related causes since 1995. This tragic figure includes three high school athletes who died in 2009. It is widely believed that the vast majority of heat-related deaths are preventable if specific steps are taken by coaches and administrators:

- 1. Prior to each season, administrators and coaches should meet with local Emergency Medical Services personnel and develop an Emergency Action Plan** which accounts for all practice and game venues in the event of a medical emergency. (This overview may be found in the 2008 NFHS Sports Medicine Handbook).
- 2. Adequate time should be given at the beginning of each football season to allow athletes to acclimatize to heat and humidity.** This can be accomplished by gradually increasing the duration and intensity of practices over approximately 10 days. Practices should begin in shorts and T-shirts, with helmets and shoulder pads being added over the next few days in a step-wise fashion as football equipment greatly affects the body’s ability to dissipate heat.
- 3. All participants, including athletes, coaches, officials and administrators, should be educated regarding the signs and symptoms of heat-related illness.** (This overview may be found in the 2008 NFHS Sports Medicine Handbook).
- 4. Frequent periods of rest should be given during each practice session and water should be freely available to all participants.** Access to water should never be restrict-

ed during practices or games. Athletes should also be encouraged to take in fluids frequently before and after practices and games. (See NFHS SMAC position statement and recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness).

5. Practices should be scheduled at times during the day that minimize exposure to heat and humidity. Practices should be altered (no pads or helmets) or cancelled in the event of extreme heat or humidity, or a high Heat Index. (See NFHS SMAC position statement and recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness).

ILLEGAL HELMET CONTACT

In response to an alarming number of head and neck injuries resulting in death or paralysis during the 1960s and early 1970s, all forms of initiating contact with the helmet were ruled illegal in 1976. At the same time, coaches emphasized the illegality and danger of such tackling techniques and taught their athletes proper, safer methods of tackling and blocking. While catastrophic cervical spine injuries are still a danger, rates rapidly declined in the late 1970s and have stayed relatively low since that time.

Concussions have come under increasing attention in football during the past several years, garnering attention from television, newspapers and the United States Congress. The NFHS has been at the forefront of national sports organizations in emphasizing the importance of concussion education, recognition and proper management for the past several years. In addition, High School RIO and the National High School Sports Related Injury Surveillance Study provides the NFHS SMAC with information about concussion rates and mechanisms. Among the most concerning concussion data from the 2009 football season were that concussions accounted for 19.3 percent of all injuries reported and 63.1 percent of all concussions resulted from helmet-to-helmet contact!

Currently, illegal helmet contact is defined under NFHS Rule 2-20-1 as an “act of initiating contact with the helmet against an opponent.” There are three specific types of illegal helmet contact:

1. Butt Blocking is an act by an offensive or defensive player who initiates contact against an opponent who is not a ball carrier with the front of his helmet.
2. Face Tackling is an act by a defensive player who initiates contact with a ball carrier with the front of his helmet.
3. Spearing is an act by an offensive or defensive player who initiates contact against any opponent with the top of his helmet.

Clearly, any initiation of contact with the helmet by a player is already deemed an illegal act. However, given the frequency of this type of contact, these illegal methods of initiating contact continue to either be taught or condoned in practices, and are infrequently penalized during games. In light of increasing concerns about the incidence and severity of concussions in football, including the risk of death and long-term disability, the NFHS SMAC and the NFHS Football Rules Committee call upon coaches to insist that players do not ini-

tiate contact with any portion of the helmet against an opponent. Furthermore, officials must recognize and penalize all illegal helmet contact. Only through continual repetition of proper technique in practice including the correction of illegal acts when they occur, AND the consistent penalizing of illegal helmet contact in games will athletes lower the risk of concussion for their opponents and themselves.

ASSISTING THE RUNNER

The NFHS Football Rules Committee develops competitive rules that promote fair play and attempt to minimize risks to student-athletes. Fundamental to this process is the constant evaluation of the rules and how they impact the balance between offense and defense. NFHS Rule 9-1 states: "An offensive player shall not push, pull or lift the runner to assist his forward progress." These acts, whether intentional or not, create an inequity between the offensive and defensive teams and must be penalized without regard to down or field position.

Pushing the pile forward has become more prominent at the high school level. This act alone does not necessarily constitute a violation of Rule 9-1 unless an offensive player is in direct contact with the runner and deliberately attempting to move him forward. Pulling or lifting a runner to assist his forward progress has no place in high school football. The sole reason these acts occur is to give the offensive team an advantage. Football officials are expected to penalize such actions so the balance can be maintained.

SPORTSMANSHIP AND PUBLIC-ADDRESS ANNOUNCERS

The NFHS Football Rules Committee has once again made Sportsmanship a point of emphasis for the 2010 football season and wants to extend the focus to include the public-address announcers who have influence on the sporting atmosphere at all contests. In order for sports to serve a purpose in the educational system, students must obtain positive educational benefits from participation in the game. Players, coaches, officials, cheerleaders, game announcers, students and spectators all play a vital role in the promotion of good sportsmanship. It is essential that all individuals involved understand that the playing field is an extension of the classroom. Therefore, values such as respect for self and others, fairness, self-discipline and responsibility must be an integral part of the high school game. Everyone needs to take a part in developing and implementing these fundamental values by setting and reinforcing clear expectations at practice and on the playing field.

Acts that are intended to engender ill will toward individuals, have no place in the educational activities. The rules clearly outline that unsportsmanlike conduct includes, but is not limited to:

- any "baiting" or "taunting" acts
- acts such as diving into the end zone with no defender present
- excessive face painting or marking of equipment
- inappropriate language that attacks one's ethnicity, race, religion, sex or disability
- use of disconcerting gestures
- one or more back flips
- jump shooting a football as though it were a basketball
- dunking or attempting to dunk a football over the crossbar

- interacting with spectators
- bringing attention to one's self through choreographed movements and displays of symbolic gestures and signs
- standing with crossed arms on chest
- strutting back and forth.

These must be penalized immediately as unsporting acts per the NFHS Football Rules Book.

The rules also extend to any acts or excessive celebrations involving the entire team. Team rituals performed at any time including prior to and following games that are designed to intimidate, embarrass, ridicule or demean others should not be tolerated. Each state association is encouraged to develop policies that clearly define application of the rules to these situations.

Since coaches are the most influential persons in teaching good sportsmanship, one of their fundamental responsibilities is to inspire players to conduct themselves in a manner which best represents the values of high school sports. Coaches must stress respect for opposing players and not tolerate conduct that demeans or embarrasses the opponent.

The public-address announcer contributes in a major way to the atmosphere for the event. This individual should never be an advocate from behind the microphone, and should always remember that this is an educational event that is taking place as an extension of the classroom. An effective public-address announcer is an individual who sets the proper atmosphere for the event by doing advance preparation for the game, having the proper voice quality, knowing the game and officials' signals, knowing when to speak, and maintaining a professional approach to the game at all times. The unseen, but often-heard voice is an important part of the administration and the enjoyment of interscholastic events. To accomplish this, public-address announcers must:

- not attempt to be bigger than the game or event by doing play-by-play or by providing commentary;
- be impartial, with announcements (written or impromptu) being made with no show of favoritism, in a positive, non-disrespectful manner;
- understand that cheers and antics designed to incite the crowd for the purpose of gaining an advantage are inappropriate such as yelling, booing or heckling officials or their calls;
- use proper language at all times;
- treat the opposing coaches, participants, cheerleaders and their fans as guests;
- never criticize players, coaches or officials.

School assemblies involving cheerleaders, pep groups and other student leaders can provide opportunities for informing students and adult spectators of their responsibility to uphold the standards of good sportsmanship conduct before, during and after games.

In summary:

- Individuals, regardless of their roles in athletics, are expected to be aware of their influ-

ence on the behavior of others and act in a responsible manner at all times.

- Coaches, players, cheerleaders, announcers, students, officials and spectators must make an extra effort to model the type of behavior that illustrates the educational values of interscholastic athletics.
- Good sportsmanship maintains an educational perspective and can be exhibited by:
 - understanding the game and following the rules of the contest at all times;
 - managing behavior at all times by exercising self-control;
 - shaking hands with opponents prior to and/or after the contest;
 - appreciating skilled performances regardless of school affiliation;
 - exhibiting respect for officials and accepting and abiding by their decisions;
 - being a good host to opponents;
 - displaying pride in your actions at all time;
 - losing without excuses and winning without boasting.

"Ability may get you to the top, but it takes character to keep you there." – John Wooden

NFHS FOOTBALL OFFICIALS MANUAL

Communication Between Officials and Head Coach

Communication between officials and the head coach is a key to a smoothly run contest. Keeping the head coach informed of penalties, the players who committed them and alerting the coach to players who are pushing the letter and spirit of the rule near the point of being penalized allow both the head coach and the officials to stay focused on the contest rather than being upset with each other. It is also important that officials listen to concerns of the head coach as long as the coach acts professional and reasonable, and concerns are not continual. Sometimes, a coach needs to vent or has a question that can be answered quickly without interrupting the flow of the contest and without demeaning an official. On the other hand, head coaches who want to officiate rather than coach should be dealt with swiftly and in a firm manner. Head coaches have a responsibility to coach their players and to control assistant coaches and team personnel. Officials have a responsibility to officiate. All communication between the two parties should be professional and to the point. When used properly and appropriately, communication aids in the flow of the contest.

Enforcement of Uniform Adornment Rules

Wearing a tinted eye shield, adding tape to a part of the uniform to create a "striping effect," wearing a belt that is so long it hangs down like a towel, sweat bands worn in non-traditional locations, towels that do not comply with the rule specifications or elastic bands worn on the forearms or biceps are all illegal. Both the head coach and the officials are responsible for enforcement of the uniform adornment rules and those rules must be enforced consistently in order to prevent problems from developing with player safety or sportsmanship.

Enforcing that Legal Equipment is Worn Properly

Head coaches and officials should always keep in mind that safety comes first. Required equipment is mandated for the well-being of the players. Coaches and officials must remember that high school players are apt to mimic what they see collegiate or professional players doing on television. Note that what is allowed at those levels by either rule or appli-

cation of rules can be totally different than what is legal in high school. Permitting players to wear knee pads that do not cover the knee is another one such area of concern. Enforcing the NFHS equipment rules is just as important as enforcing a clip or chop block as both of those rules deal with player safety. Ideally, the head coach should shoulder this responsibility because the coach is required to verify that all of the team's players are legally equipped. Officials have the responsibility to penalize the head coach when players are not legally equipped and to prohibit the players from participating until they do become legally equipped. Coaches and officials must work together to make the game as safe as possible for the athletes participating by requiring compliance with equipment rules.

COMMENTS ON THE 2010 RULES REVISIONS

NEW FOOTBALL GLOVE/HAND PAD STANDARD IMPLEMENTED FOR THE 2012 SEASON

(1-5-2c): Beginning in 2012, football gloves and hand pads must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) test standard at the time of manufacture. NOCSAE finalized a new test standard for football gloves and hand pads at the request of the NFHS and NCAA. This standard establishes performance requirements for the friction and adhesion properties and is specifically created to limit the level of stick/tackiness of football gloves to limit the potential aid these devices may have in handling/catching the ball. Until the 2012 playing season, the 1994 test specifications on file with the Sporting Goods Manufacturers Association (SGMA) will be utilized.

RESTRICTIONS REMOVED ON PENALTY-MARKER COLORED PADS OR GLOVES (1-5-3a):

With this change, the committee removed the restriction on penalty-marker colored pads or gloves. The committee felt that even with different shades of yellow being used in both penalty-markers and gloves/pads, there was no impact on the administration of the game.

ILLEGAL PLAYER EQUIPMENT RULE CLARIFIED (1-5-3b1, 2, NOTE, 3):

The committee felt the need to continue to address risk minimization issues and accepted a recommendation from the NFHS Sports Medicine Advisory Committee (SMAC) to revise the authorization procedures and define required padding for casts and braces. This new football playing rule eliminated the language requiring a licensed medical physician (MD/DO) to direct the usage of specific casts and braces in writing. In place of this previous requirement, the rule now only specifies a required thickness for padding over hard and unyielding items, and requires all knee and ankle braces to be used as specified by the manufacturer. The committee concurred with the SMAC recommendation that if these braces were unaltered and worn as intended by the manufacturer, and casts were properly padded within the rules, written authorization should not be required.

POINT DIFFERENTIAL RULE MODIFIED FOR MEMBER STATE ASSOCIATIONS (3-1-2; 1-7):

Member state associations may continue to choose to adopt a procedure to utilize a running clock or terminate a game when a specific point differential is reached. With this change, member state associations that have chosen to adopt such regulations may allow for utilization of the running clock or termination of the game at any point during the game. In order to be consistent for all levels and versions of football, the running clock note list-

ed in the nine-, eight- and six-player rules differences has been deleted. This change does not affect Rule 3-1-3 that allows for mutual agreement by coaches and the referee to shorten a period or terminate the game.

COIN TOSS PROVISIONS REVISED (3-2-2): This change now defines that no more than the four captains per team can be on the field of play for the coin toss or simulated coin toss when it is conducted three minutes prior to the game in accordance with Rule 3-2-1. This also helps ensure that unsporting acts do not occur in conjunction with the coin toss prior to the contest.

CONCUSSION RULE REVISED (3-5-10b): This change stipulates that any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game. The rule also requires that the clearance to return to play be issued by an appropriate health-care professional. See "Suggested Guidelines for the Management of Concussion" on page 100 of the NFHS Football Rules Book.

REPLACED PLAYERS – REPLACEMENT TIMEFRAME CLARIFIED (3-7-1): This rule change clarified when a replaced player is expected to leave the field. The 3-second provision inserted into the rule applies to both teams at all times, and is not impacted by whether or not a team huddles. Upon recognition, the replaced player has 3 seconds to start to his/her bench area. A replaced player is one who has been notified by a substitute that he/she is to leave the field. A player is also replaced when the entering substitute become a player.

PENALTY OPTIONS FOR FOULS ON SCORING PLAYS EXPANDED TO INCLUDE SCORING TEAM FOULS (8-2-2; 8-2-3; 8-2-4 (NEW); 8-2-5; 10-4-5; 10-5-1f; 2-41-10): Six existing articles were refined and a new article created regarding fouls on scoring plays that have succeeding spot enforcement. The revisions now give both teams the same options when a nonplayer or unsportsmanlike conduct foul is committed during a down in which a touchdown is scored. The penalty for these fouls can be enforced either on the subsequent kickoff or on the try (succeeding spot). Rules 2 and 10 were amended to ensure that the provisions in Rule 8 allowing for subsequent kickoff enforcement are consistent with the rest of the rules. Fouls committed after the initial ready for play signal following the touchdown are not affected by this change.

HORSE-COLLAR CLARIFIED (9-4-3K): The committee revised the wording in the definition of a horse-collar to address situations when player possession was lost or the ball became dead by rule after the back or side of the jersey collar/shoulder pads were grasped. Under the previous rule, if the horse-collar occurred out of bounds, in the end zone or after a loss of player possession, a horse-collar foul could not be called as the player was no longer a runner. The wording was modified to ensure that a horse-collar foul could be called even if the runner no longer had possession of the ball or the ball became dead by rule. This change also specified that this (horse-collar) is not a tackle in the above cases, as the player by definition was not a runner.

PENALTY DEFINED FOR UNINTENTIONAL CONTACT BETWEEN A NONPLAYER AND AN OFFICIAL IN THE RESTRICTED AREA (9-4-8 NEW): The purpose of the restricted area is to

provide for the safety of players, nonplayers and officials. The committee action created a new foul for unintentional contact between a nonplayer and an official in the restricted area while the ball is live. In order to stress the importance of keeping the restricted area clear, a 15-yard penalty is assessed at the succeeding spot for the first offense. The second offense results in a 15-yard penalty from the succeeding spot, and disqualification of the head coach. The head coach is expected to ensure compliance with the restricted area provisions. A nonplayer is a coach, athletic trainer, other attendant, substitute or replaced player who does not participate by touching the ball, hindering an opponent or influencing the play.

FIELD MARKINGS IN NINE-, EIGHT- AND SIX-PLAYER RULE DIFFERENCES ADJUSTED:

The committee clarified that in nine-, eight- and six-player games, all players who participated in the previous down and all substitutes must be momentarily between the 7-yard marks if they play on regulation 80-yard fields. Athletic Administrators are reminded to review all field marking placements when using the modified field for nine-, eight- and six-player games.

RESOLVING TIED GAMES

Each state association, in accordance with Rule 3-1-1, may adopt a procedure by which it allows games tied after the fourth quarter to be resolved. The following is one possible procedure which would allow for ties to be broken. This procedure may be accepted as written, amended, or rejected, in whole or part, by each member state association.

An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.

3-1: When the score is tied at the end of the fourth period, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, and discuss how penalties, if any, including any carry-over penalties from the regulation contest will be assessed to start the overtime procedure. (See 8-3-5,6) At the end of the intermission, the linesman will go to the team on the side of the field where the line to gain equipment is located and the line judge will go to the other team. They will inform the coaches of any special penalty enforcements that apply.

3-2-1: At the coin toss in the center of the field the visiting-team's captain shall be given the privilege of choosing "heads" or "tails" before the coin is tossed. The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal. The other team captain will face the offensive captain with his back toward the goal he will defend.

3-5-1: Each team shall be permitted one time-out during each overtime period (a series for A and a series for B). The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.

5-1-1: To start the overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 10-yard line or succeeding spot if carry-over penalty has been administered (15-yard line for six-player football) anywhere between the hash marks. The first offensive team shall have a series of four downs. That series shall be terminated by any score by the offensive team or if the defensive team has possession of the ball.

If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points

would not affect the outcome of the game or playoff qualifying.

A field-goal attempt is permitted during any down.

If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended.

After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 10-yard line anywhere between the hash marks. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first options will be alternated with no coin toss.

5-1-2: If a safety is scored by the offensive team, the succeeding spot will be the 10-yard line in possession of the team that was on defense, provided the defensive team has not had its series of downs (the temporary overtime score is: Team A-2; Team B-0).

When the defensive team gains possession of the ball, the down and series immediately end for the offensive team.

5-2-1: The offensive team shall be awarded a new series of downs when any one of the following occurs:

- a. Penalty for defensive pass interference is accepted.
- b. Offensive team recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by the defensive team beyond the neutral zone.
- c. Defensive team is guilty of roughing the kicker, place-kick holder, snapper or passer.

5-3-1: The line to gain is always the goal line.

8-1: If the defensive team scores a safety or touchdown, the game is ended.

8-3: No try will be attempted if the winner of the game has been determined.

10-4-3a: Post scrimmage kick enforcement is not applicable in this procedure.

RESOLVING TIED GAMES INTERPRETATIONS

(For those state associations utilizing the procedure as written)

3.1.1 SITUATION A: On fourth down in overtime play, A scores a touchdown. After the score, but before the try, B1 commits an unsportsmanlike foul. **Ruling:** The penalty is enforced from the succeeding spot on the try. Nonplayer fouls, nonplayer unsportsmanlike fouls and dead-ball fouls are penalized on the succeeding spot.

3.1.1 SITUATION B: During the last timed down of the fourth period A1 advances for a touchdown making the score B-22 and A-20. On the try A2 passes complete to A3 in the end zone. Following the try B1 commits an unsportsmanlike foul. **Ruling:** The penalty for the foul by B1 after the successful try will be administered from the succeeding spot to begin overtime play. **Comment:** In this situation the referee should explain to the captains at the time of the coin toss the fact the penalty will be administered on the first series of downs in the overtime. The place from which the ball will be put in play for each team could have an effect on the choice made by the winner of the toss.

3.1.1 SITUATION C: When the regulation game ends in a tie, the teams use the recommended tie-breaking procedure. A wins the toss and elects to take the ball. A1 scores on the third down. After A1 crosses the goal line: (a) A2 clips B1; or (b) B1 strikes A2. **Ruling:** Dead-ball fouls in both (a) and (b). The score counts and the penalties in both (a) and (b) are enforced on the try, because that is the succeeding spot.

3.1.1 SITUATION D: On third and 4 in overtime play, B recovers a fumble or intercepts a pass. **Ruling:** The down ends as soon as B1 recovers or intercepts. In both cases the series of downs is ended for A.

3.1.1 SITUATION E: On third and 6 in overtime play Team A attempts a field goal. The attempt is not successful and B recovers on the 1-yard line. **Ruling:** The down ends when B1 recovers. The series is ended for A.

3.1.1 SITUATION F: The fourth quarter ends during a scoring play. During the successful 2-point try, B9 is called for pass interference. A accepts the result of the play, which ties the score and chooses to have the penalty assessed at the succeeding spot. **Ruling:** This is correct. Since A, by rule, can choose succeeding

spot enforcement, and the try was successful, A will likely take enforcement at the succeeding spot to begin overtime. Game officials must be certain to explain the options clearly, not only during penalty administration, but also during the overtime coin toss.

3.1.1 SITUATION G: In overtime play with third and goal from B's 4-yard line, B1 interferes during a forward pass. **Ruling:** If the penalty is accepted it will be first and goal for A on B's 2-yard line.

3.1.1 SITUATION H: In overtime play on second down from the 8-yard line, B1 commits pass interference. **Ruling:** First down for A on the 4-yard line if the penalty is accepted.

3.1.1 SITUATION I: (a) On second; or (b) fourth down and 9, A1 interferes on an incomplete forward pass. **Ruling:** In (a) it is A's ball third down from its 24-yard line. In (b) B will decline the penalty and take the ball on the 10-yard line.

3.1.1 SITUATION J: At the end of the regulation game the score is tied, 7-7. It was previously announced that the recommended tie-breaking procedure would be followed. Immediately after the last down of the fourth period A1 strikes B1. **Ruling:** A1 will be disqualified and may not participate during the overtime period. The penalty for A1's foul will be administered from the succeeding spot. If B is the first to put the ball in play it will be from the 5-yard line. If A is the first to put the ball in play it will be from the 25-yard line.

3.1.1 SITUATION K: At the beginning of the overtime, A wins the toss and elects to go on offense. On first down, B1 intercepts a pass, but then fumbles and A1 recovers. **RULING:** The ball became dead and A's series ended immediately when B1 intercepted. A1 recovered a dead ball. B will put the ball in play to start its series of four downs, first and goal from anywhere between the inbound lines on the 10-yard line.

3.1.1 SITUATION L: During the last timed down of the fourth period, A scores a touchdown to make the score 14-13. During the successful kick try, B1 roughs the kicker/holder. **RULING:** If A accepts the score, the penalty is enforced to start the overtime, if an overtime is played. If A accepts the penalty, the try will be replayed from the 1½-yard line. (2-41-10; 8-3-5)

3.1.1 SITUATION M: During an overtime period, it is fourth and goal from the 6-yard line. During A's unsuccessful field-goal attempt, B1 charges into the place-kick holder. **RULING:** It will be first and goal for A at the 3-yard line following enforcement of the roughing penalty which also includes an automatic first down.

3.1.1 SITUATION N: Following a scoreless first overtime period, the captain of B chooses to play the second overtime period at the opposite end of the field. **RULING:** This is permissible, as it is one of the options to begin each overtime period.

3.1.1 SITUATION O: During the first overtime period, A chooses to go on offense first and scores a touchdown on the third play of the series. During the successful kick try, the holder is roughed by B1. A accepts the successful kick try. **RULING:** Since A accepted the result of the play, B will be penalized from the succeeding spot. B will start its overtime series from the 25-yard line after the penalty for roughing the holder is enforced. (10-5-2)

3.1.1 SITUATION P: In overtime play with fourth and goal from B's 24-yard line, B1 interferes during a legal forward pass. **RULING:** First down and goal for A on the 12-yard line if the penalty is accepted.

NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES

PREFACE: When "11 players" is used in the rules book it should be understood 11 would be replaced with the number of players participating (six, eight, nine).

NOTE: Applies to nine-player, eight-player and six-player Rule 3 and 8. When one team is 45 or more points ahead, the game is ended immediately or state associations may establish guidelines to use a running clock when the point differential is reached.

NINE-PLAYER

RULE 1: Each team has nine players. The field is 80 yards between goal lines and 40 yards wide with 48 feet 4 inches side zones. Seven-yard marks, 12 inches in length and 4 inches in width, shall be located 7 yards from each sideline. The 7-yard marks shall be marked so that at least each 10-yard line bisects the 7-yard marks. These marks shall not be required if the field is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 7 yards from the sideline. By state association adoption, the 11-player field may be designated as official, and the dimensions of the field may be altered.

RULE 2: The free-blocking zone is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

RULE 6: K's free-kick line is its 30-yard line and R's free-kick line is the 40.

- RULE 7:**
- a. At least five A players shall be on the line at the snap and may have any legal jersey number.
 - b. After the ball is marked ready for play, each player of A who participated in the previous down, and each substitute for A must have been, momentarily, between the 7-yard marks, before the snap.
 - c. Each A player (regardless of jersey number) who at the snap was on the end of the scrimmage line (total of two) and each A player who was at the snap was legally behind the scrimmage line (possible total of four) is eligible. There are no numbering requirements.

RULE 10: The basic spot for a foul as in 10-4-6 shall be the 15-yard line.

EIGHT-PLAYER

GENERAL: Eleven-player rules are used for eight-player football with the following modifications.

RULE 1: Each team has 8 players. The field is 80 yards between goal lines and 40 yards wide with 15-yard side zones. Seven-yard marks, 12 inches in length and 4 inches in width, shall be located 7 yards from each sideline. The 7-yard marks shall be marked so that at least each 10-yard line bisects the 7-yard marks. These marks shall not be required if the field is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 7 yards from the sideline. By state association adoption, the 11-player field may be designated as official, and the dimensions of the field may be altered.

RULE 2: The free-blocking zone is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

RULE 6: K's free-kick line is its 30-yard line and R's free-kick line is the 40.

- RULE 7:**
- a. At least five A players shall be on their line at the snap and may have any legal jersey number.
 - b. After the ball is marked ready for play, each player of A who participated in the previous down, and each substitute for A must have been, momentarily, between the 7-yard marks, before the snap.
 - c. Each A player (regardless of jersey number) who at the snap was on an end of the scrimmage line (total of two) and each A player who at the snap was legally behind the scrimmage line (possible total of three) is eligible.

RULE 8: On the eight-player field, the ball is snapped after a touchback and is free kicked after a safety from the 15-yard line.

RULE 10: The basic spot for a foul as in 10-4-6 shall be the 15-yard line.

SIX-PLAYER

GENERAL: Most six-player football rules are the same as for the 11-player game.

RULE 1 and 2: Offense must advance 15 yards instead of 10 in four downs.

RULE 1: Each team has 6 players. The field is 80 yards between goal lines and 40 yards wide with 15-yard side zones. Seven-yard marks, 12 inches in length and 4 inches in width, shall be located 7 yards from each sideline. The 7-yard marks shall be marked so that at least each 10-yard line bisects the 7-yard marks. These marks shall not be required if the field is visibly numbered. If on-the-field numbers are used, the tops of those numbers shall be 7 yards from the sideline. By state association adoption, the 11-player field may be designated as official, and the dimensions of the field may be altered.

RULE 2: The free-blocking zone is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

RULE 2 and 7: Unless the ball is kicked or forward passed, it may not be advanced across the line of scrimmage until after a direct handoff or clear pass has been made by the snap receiver (If a violation occurs, ball is returned to previous spot and the down counts). If a forward pass is thrown to the snapper, it must travel at least 1 yard in flight.

RULE 3: Length of quarters—10 minutes; between quarters—2 minutes; between halves—15 minutes.

RULE 6: K's free-kick line is its 30-yard line and R's free-kick line is the 40.

RULE 7: At least three A players shall be on their line of scrimmage at the snap and may have any legal jersey number.

- RULE 7:**
- a. After the ball is marked ready for play, each player of A who participated in the previous down, and each substitute for A must have been, momentarily, between the 7-yard marks, before the snap.
 - b. After the ready and before the snap, each player of A must momentarily be within 12 yards of the spot of the snap.
 - c. Ball may be handed in any direction during a kickoff down and during a scrimmage down.

after a direct handoff, clear pass, a legal forward pass or kick has been made.

d. If a fumble occurs before there has been a direct handoff or clear pass and if a player of A recovers it, he may not carry it beyond the line.

e. When a passer catches his own pass it is ruled as incomplete unless it was touched by any B player.

f. All players are eligible to catch a forward pass, except that a pass is ruled incomplete when caught by the passer (7-5-4).

RULE 8: a. Field goal counts 4 points. Try for point 2 points if successful through place or drop kick and 1 point if successful by pass or scrimmage.

b. On the six-player field, the ball is snapped after a touchback and is free kicked after a safety from the 15-yard line. Overtime: To start an overtime the ball will be put in play first and goal on B's 15-yard line.























RULE 10: a. If B fouls during a successful kick try, the penalty is automatically enforced from the succeeding spot.

b. The basic spot for a foul as in 10-4-6 shall be the 15-yard line.



**OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE**



<p>1</p>  <p>Ball ready for play *Untimed down</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>	
<p>5</p>  <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Dead ball foul Touchback (move side to side)</p>	<p>8</p>  <p>First down</p>	
<p>9</p>  <p>Loss of down</p>	<p>10</p>  <p>Incomplete forward pass Penalty declined No play, no score Toss option deferred</p>	<p>11</p>  <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p>  <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p>  <p>Disregard flag</p>
<p>14</p>  <p>End of period</p>	<p>15</p>  <p>Sideline warning (NFHS)</p>	<p>16</p>  <p>First touching (NFHS) Illegal touching</p>	<p>17</p>  <p>Uncatchable forward pass (NCAA)</p>	
<p>18</p>  <p>Encroachment (NFHS) Offside defense or free-kick defense (NCAA)</p>	<p>19</p>  <p>False start Illegal formation</p>	<p>20</p>  <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p>  <p>Delay of game</p>	<p>22</p>  <p>Substitution infraction</p>



OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE



23 Failure to wear required equipment	24 Illegal helmet contact	25 Illegal Horse-Collar Tackle	27 Unsportsmanlike conduct Noncontact foul	28 Illegal participation
29 Sideline interference (Face Press Box)	30 Running into or Roughing kicker or holder	31 Illegal batting/kicking (Followed by pointing toward toe for kicking)	32 Invalid fair catch signal (NFHS) Illegal fair catch signal	33 Forward pass interference Kick catching interference
34 Roughing passer	35 Illegal pass/forward handing (Face Press Box)	36 Intentional grounding	37 Ineligible downfield on pass	38 Personal foul
39 Clipping	40 Blocking below waist Illegal block	41 Chop block	42 Holding/obstructing Illegal use of hands/arms	43 Illegal block in the back
44 Helping runner Interlocked blocking	45 Grasping face mask, helmet opening or chin strap	46 Tripping	47 Disqualification	

NOTE: Signal number 26 is for future expansion.

PENALTY SUMMARY

	Reference	Signal
LOSS OF 5 YARDS		
1. Failure to properly wear mandatory player equipment during down.....	1-5-6	27-23
2. Delay of game	3-6-2.5; 6-5-5	7-21
3. Failure to properly wear mandatory player equipment just before snap	3-6-2d	7-21-23
4. Illegal substitution	3-7	22
5. Free-kick infraction.....	6-1-2	7-19
6. Encroachment	6-1-3; 7-1-1, 5, 6	7-18
7. Free kick out of bounds.....	6-1-8	19
8. Invalid or illegal fair-catch signal	6-5-7, 8	32
9. Snap infraction	7-1-2, 3	7-19
10. False Start	7-1-7	7-19
11. Illegal formation.....	7-2-1, 2, 3	19
12. Less than seven players on A's line or numbering violation.....	7-2-5	19
13. Illegal shift or illegal motion	7-2-6, 7	20
14. Planned loose-ball infraction.....	7-2-8	19
15. Illegally handing ball forward (also loss of down)	7-3-2, 3	35-9
16. Illegal forward pass (by A; also loss of down)	7-5-2	35-9
17. Illegal forward pass (by B).....	7-5-2	35
18. Intentional grounding (also loss of down)	7-5-2c, d	36-9
19. Ineligible receiver illegally downfield	7-5-12	37
20. Illegal touching (also loss of down)	7-5-13	16
21. Helping runner	9-1	44
22. Incidental grasping of face mask (or helmet opening or the chin strap)	9-4-3	45
23. Running into kicker/holder	9-4-5	30
24. Sideline interference.....	9-8-1k	7-29
25. Attendant illegally on field	9-8-2	19
26. Nonplayer outside of the team box, but not on field	9-8-3	7-29
LOSS OF 10 YARDS		
1. Illegal blocking technique	9-2-1a; 9-2-3a	42
2. Interlocked blocking	9-2-1b	44
3. Holding	9-2-1c; 9-2-3e	42
4. Runner grasping a teammate.....	9-2-2	42
5. Illegal use of hands or arms.....	9-2-3a, b, d	42
6. Illegal block in the back.....	9-3-5	43
LOSS OF 15 YARDS		
1. Unsportsmanlike conduct by player or nonplayer	1-5-2, 3, 5; 9-5, 9-8-1	27
2. Illegally kicking or batting ball	6-2-1; 9-7	31
3. Illegal block after valid or invalid fair-catch signal.....	6-5-1; 9-3-3	40
4. Kick-catching interference.....	6-5-6	33
5. Forward-pass interference (loss of down if by A - give signal 33 and 9; also first down if by B).....	7-5-10	33
If intentional an additional 15 yards	7-5-10	27
6. Illegal block below waist or on free-kicker or holder	9-3-2, 4	40
7. Clipping	9-3-5	39
8. Chop block	9-3-6	41
9. Tripping	9-3-7	46
10. Illegal personal contact outside restricted area	9-4-3	38
11. Charging into an opponent obviously out of the play.....	9-4-3	38
12. Grasping an opponent's face mask (or any helmet opening or the chin strap).....	9-4-3	38-45
13. Butt block, face tackle or spear.....	9-4-3	24
14. Horse-collar.....	9-4-3	38-25
15. Roughing passer (also first down).....	9-4-4	34
16. Roughing kicker or holder (also first down)	9-4-5	38-30
17. Roughing snapper (also first down)	9-4-6	38
18. Slapping blocker's head	9-4-7	38
19. Illegal participation	9-6	28
20. Sideline interference (third and subsequent)	9-8-1k, 3	7-29-27
21. Nonplayer illegally on field	9-8-3	27
22. Unfair acts	9-9	27
23. Illegal personal contact in restricted area	9-4-8	38-29
DISQUALIFICATION ASSOCIATED WITH CERTAIN 15-YARD PENALTIES		
1. Fighting by player or nonplayer.....	9-4-1	38-47
2. Intentionally contacting an official.....	9-4-2	38-47
3. Striking, kicking, kneeling	9-4-3	38-47
4. Any act if unduly rough or flagrant (give proper signal and follow with 47).....	9-4	47
5. A second unsportsmanlike foul by player or nonplayer	9-5, 8	27-47
6. A substitute leaving team box during a fight.....	9-8-11	27-47

National Federation of State
High School Associations



Mission Statement

The National Federation of State High School Associations serves its members, related professional organizations and students by providing leadership for the administration of education-based interscholastic activities, which support academic achievement, good citizenship and equitable opportunities.

We believe:

- the NFHS is the recognized national authority on interscholastic activity programs.
- interscholastic activity programs enrich each student's educational experience.
- participation in education-based activity programs promotes student academic achievement.
- student participation in interscholastic activity programs is a privilege.
- interscholastic participation develops good citizenship and healthy lifestyles.
- interscholastic activity programs foster involvement of a diverse population.
- interscholastic activity programs promote positive school/community relations.
- the NFHS is the pre-eminent authority on competition rules for interscholastic activity programs.
- national competition rules promote fair play and minimize risks for student participants.
- cooperation among state associations advances their individual and collective well-being.
- properly trained administrators/coaches/directors promote the educational mission of the interscholastic experience.
- properly trained officials/judges enhance interscholastic competition.



Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes- irritable, anxious, or tearful

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.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

October 2009

National Federation of State
High School Associations



Equipment Guidelines

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.

2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

National Federation of State
High School Associations



Guidelines on Handling Contests During Lightning Disturbances

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

Revised October 2007

National Federation of State
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Communicable Disease and Skin Infection Procedures

The risk for blood-borne infectious diseases, such as HIV and Hepatitis B, remains low in sports and to date has not been reported. However, proper precautions are needed to minimize the potential risk of spreading these diseases. In addition to these diseases that can be spread through transmission of bodily fluids only, skin infections that occur due to skin contact with competitors and equipment deserve close oversight, especially considering the emergence of the potentially more serious infection with Methicillin-Resistant Staphylococcus aureus (MRSA). (See position statement on this on NFHS web site and in the third edition of the NFHS Sports Medicine Handbook)

Universal Hygiene Protocol for All Sports

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
- Follow NFHS or state/local guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if in accordance with NFHS, state or local guidelines and is no longer considered contagious.

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.
- Certified Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Revised October 2007

National Federation of State
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Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

National Federation of State
High School Associations



Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the contest and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

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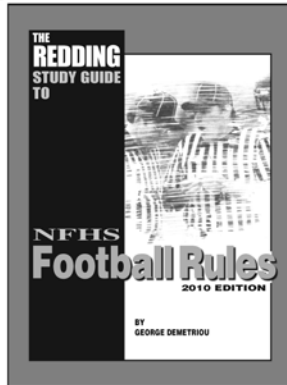
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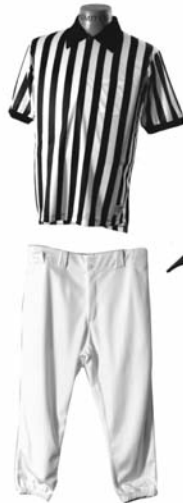
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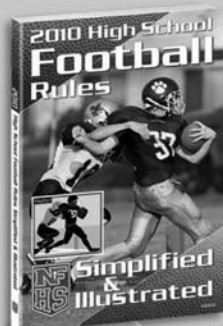
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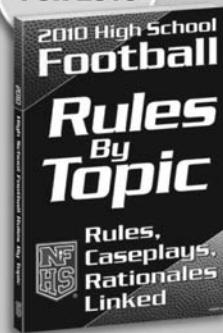


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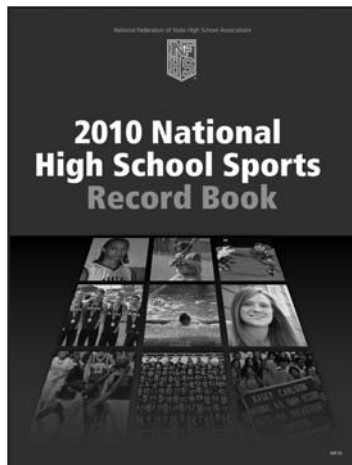
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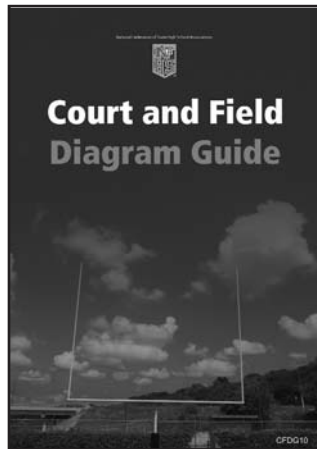
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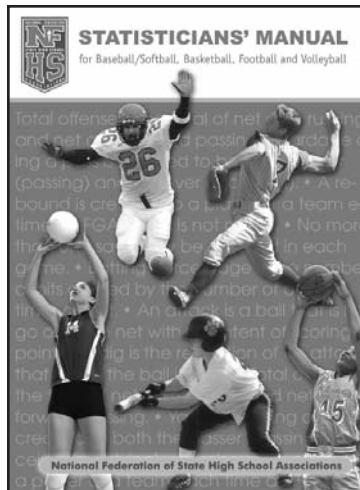
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