

National Federation of State  
High School Associations



# 2011 NFHS Football Rules Changes



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# NFHS Football Rules

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

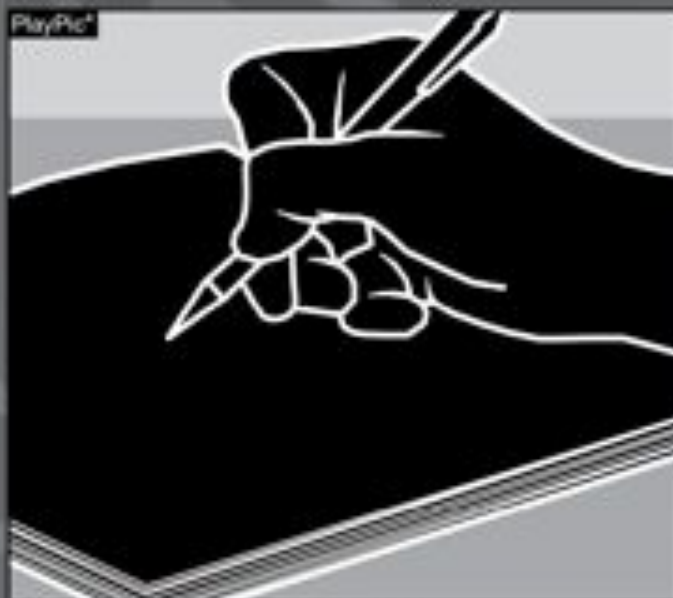
The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.





# Game Officials Administrative Responsibilities

## Rule 1-1-8



The game officials' jurisdiction extends through the referee's declaration of the end of the fourth period or overtime. The game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction. State Associations may intercede in the event of unusual incidents after the officials have signaled the end of the game or in the event that a game is terminated prior to the conclusion of regulation play.



# Thigh Guards

Rule 1-5-1c(4)



Rules regarding thigh guard thickness have been removed. But officials must be sure thigh guards are worn.



## Eye Shade

Rule 1-5-3c(3)



If worn, grease or non-glare strips must be a solid stroke and may not include words, numbers, logos or other symbols. The examples above are not legal.



## Eye Shade

Rule 1-5-3c(3)



Illegal. Eye shade must be a solid stroke under each eye.



## Eye Shade

Rule 1-5-3c(3)

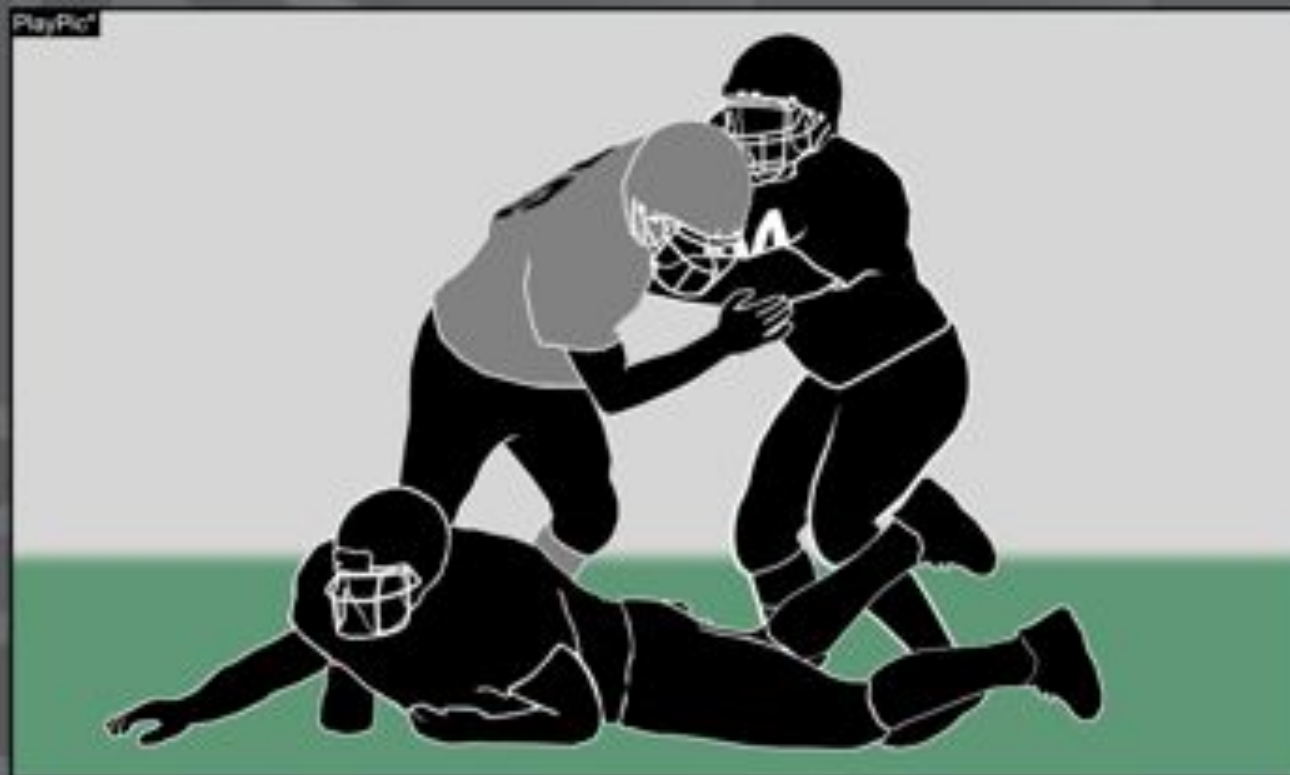


Legal. When worn, eye shade must be a solid stroke. The correct placement for eye shade is the area below and within the width of the eye socket and above the cheekbones.



# Chop Block

Rule 2-3-8



Any high/low combination block with or without delay is a chop block. Low is defined as at or below the knee. The penalty is 15 yards.



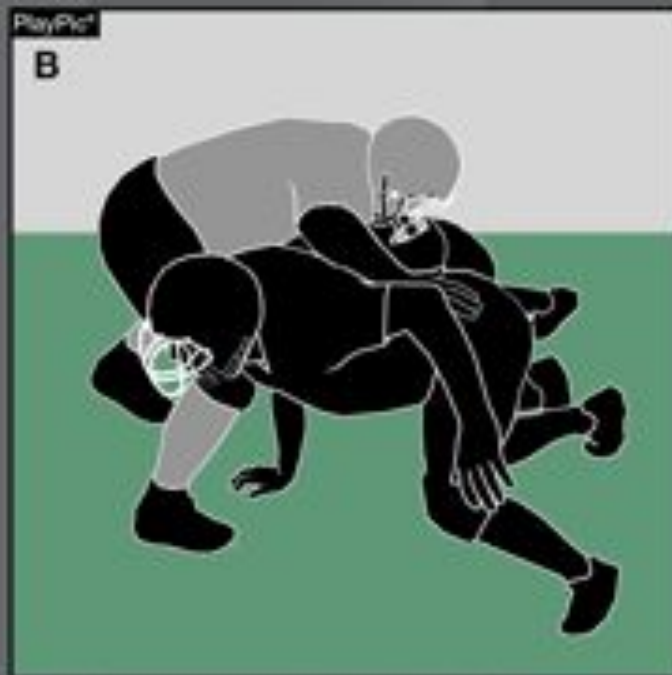


# Chop Block

Rule 2-3-8



The low/low combination block is legal if it occurs in the free-blocking zone when the free-blocking zone exists.



The high/high combination block is legal if it occurs in free-blocking zone when the free-blocking zone exists.



# Coin Toss

## Rule 3-2-2

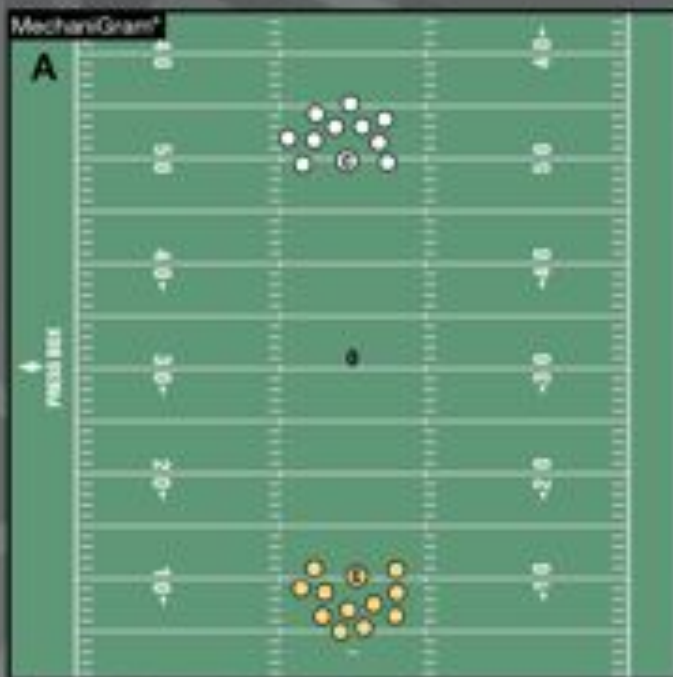


Not more than four team members in game uniform (captains) from each team shall be present for the coin toss. State Association and game management policies govern the presence of non-uniformed individuals at the coin toss, such as special dignitaries or honorees. Penalty is now unsportsmanlike conduct (9-8-1g(3)).



# Authorized Team Conferences

## Rule 2-6-2



The between nine-yard mark conference consists of one coach and 11 players on the field between the hash marks.



The outside nine-yard mark conference consists of one or more team members directly in front of the team box within nine yards of the sideline.



# Authorized Team Conferences

Rules 2-6-2, 3-5-8



When an injury occurs and the referee grants an authorized conference, it must be an outside nine-yard mark conference.

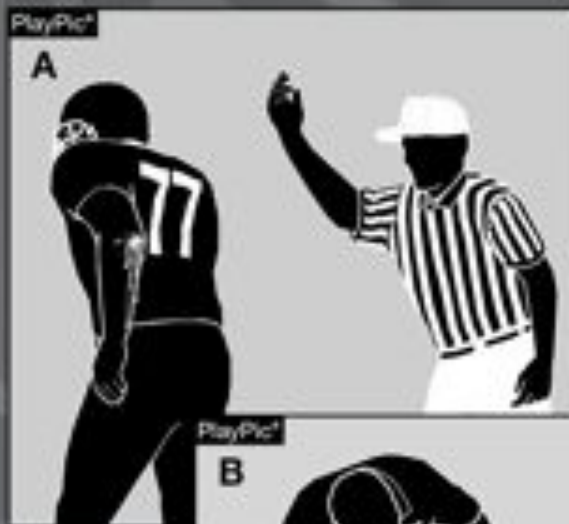


The outside nine-yard mark conference must be conducted away from any injured player to give medical personnel room to work.



# Injured Players

## Rule 3-5-10



Players who are bleeding, have open wound or blood on uniform (PlayPic A) or exhibit signs, symptoms or behaviors consistent with a concussion such as loss of consciousness, headache, dizziness, confusion or balance problems (PlayPic B) shall be immediately removed from the game and remain out for at least one down.

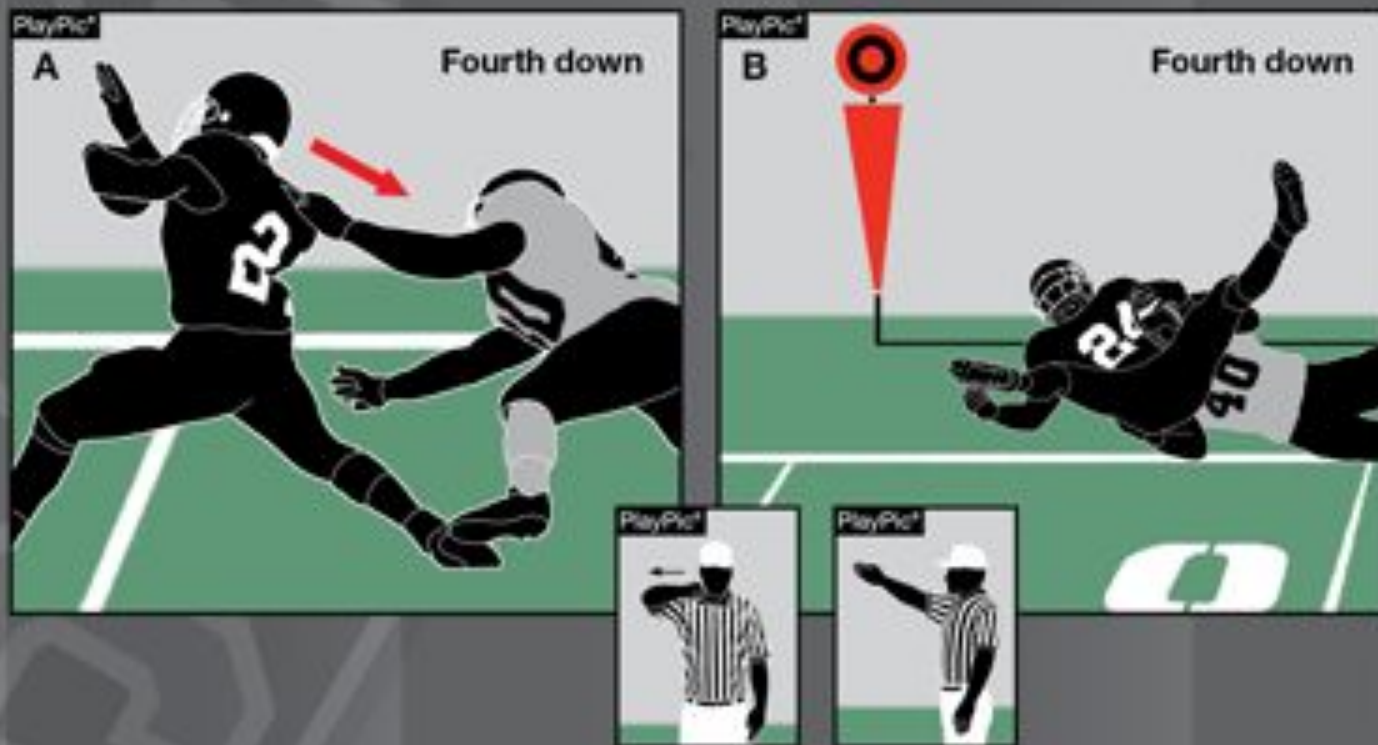
In blood situations, the player may return when the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed.

In concussion situations, the player shall not return to play until cleared by an appropriate health-care professional.



# Horse-Collar Foul

## Rule 9-4-3k



The foul for an illegal horse-collar tackle is treated as a live-ball foul. Though the runner ends up short of the line-to-gain as in PlayPic B, the penalty results in a first down.



# Roughing the Passer

## Rule 9-4 PENALTY

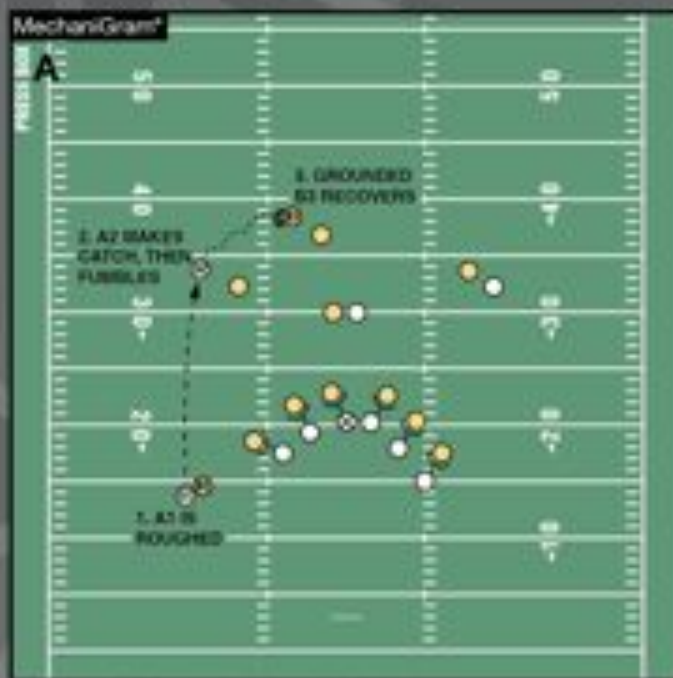


When the passer is roughed and there is no change of possession and the play does not result in a touchback, the penalty is enforced from the dead ball spot provided that spot is beyond the previous spot. In MechaniGram A, that is A's 39-yard line; in MechaniGram B, it is A's 28-yard line.



# Roughing the Passer

## Rule 9-4 PENALTY



If there is a change of possession (MechaniGram A), the play results in a touchback (MechaniGram B) or the ball becomes dead behind the previous spot, the penalty is enforced from the previous spot.





# Illegal Participation

## Rule 9-6-2



It is now illegal participation when a player who intentionally goes out of bounds and, while out of bounds, affects the play, touches the ball or otherwise participates.

# Nine-, Eight- and Six-Player Rules Differences

- The provisions regarding point differential were removed as state association running clock/mercy rules would apply per Rule 3-1-2



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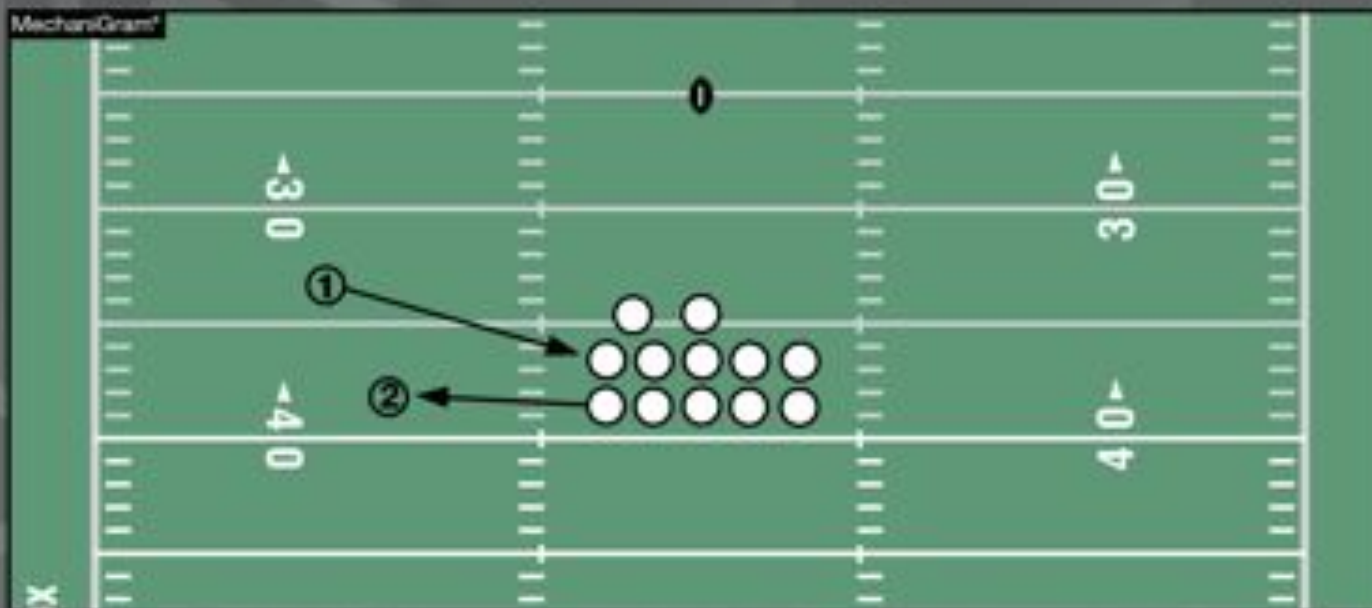
# 2011 Football Editorial Changes

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# Substitutions

## Rule 3-7-1



A replaced player shall begin to leave the field within three seconds. The three seconds begins when a player becomes a replaced player as defined in 2-32-12 and a substitute becomes a player as defined in 2-32-15. It is not a foul to break a huddle with more than 11 players as long as the replaced player begins to leave the field within three seconds.

# 2011 NFHS Football Editorial Changes

<p>➤ <b>1-1-8, 9; 1-2-3b NOTE 2; 1-4-1; 3-1-5; 3-5-2c; 3-5-10a, c; 9-4-2; 9-4-8; 9-4 PENALTY; 9-5-1; 9-5-1f-g; 9-8-1; 9-8-1b-d; Fund. III-1; Penalty Summary</b></p>	<p>Added “game” before “officials.”</p>
<p>➤ <b>1-2-1 NOTE</b></p>	<p>Clarified that no slope is necessary when the field is artificial as the slope is recommended for drainage.</p>
<p>➤ <b>1-5-1b(6)e and NOTE; 1-5-1b(7)e and NOTE</b></p>	<p>Added the allowance for the American Flag on the uniform as a part of the NFHS 2012 football jersey rule.</p>
<p>➤ <b>1-5-1c(3, 5)</b></p>	<p>Formatted the rules language on shoulder pads and tooth and mouth protectors.</p>
<p>➤ <b>1-5-1e</b></p>	<p>Clarified the rules on cleats.</p>



# 2011 NFHS Football Editorial Changes

➤ <b>1-5-2a-c</b>	Formatted the rules language on gloves and pads.
➤ <b>1-5-3a-c</b>	Formatted the rules language on illegal equipment.
➤ <b>1-5-3c(1)</b>	Added exterior arm covers and undershirts to the list of items that cannot be ball-colored.
➤ <b>1-6-1 NOTE</b>	Moved the Note on authorization for use of drum by a team composed of deaf or partially deaf players to Rule 1-6-1.
➤ <b>1-6-2 NOTE</b>	Moved the Note on communication devices to Rule 1-6-2.
➤ <b>1-7 NOTE (NEW)</b>	Added a new NOTE to Rule 1-7 that clarifies that an individual state association may authorize exceptions to the playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs or other unique and extenuating circumstances.



# 2011 NFHS Football Editorial Changes

➤ <b>Table 1-7</b>	Updated the rules references and deleted some state association adoptions that is now covered by the new 1-7 NOTE.
➤ <b>2-16-2f</b>	The definition of nonplayer or unsportsmanlike foul was revised.
➤ <b>2-20-1a-b</b>	Changed the words “ball carrier” to “runner.”
➤ <b>2-26-4</b>	Clarified that the hash marks shall be marked so that they are bisected by the yard lines.
➤ <b>2-32-5a</b>	Added “Limit of four captains in game uniform.”
➤ <b>2-33-2</b>	Added “including the related run as in 2-41-9a.”
➤ <b>2-41-9a</b>	Inserted the related run definition into the rule.
➤ <b>3-2-2</b>	Added “team members in game uniform (captains).”
➤ <b>3-3-6</b>	Added “unless 8-2-5 applies” to the rule.



# 2011 NFHS Football Editorial Changes

➤ <b>3-5-4</b>	Added “referee” to better clarify the type of conference.
➤ <b>3-5-7</b>	Re-organized the listing on official’s time-outs and further clarified who is not charged a time-out.
➤ <b>5-1-3f</b>	Added “or unless 6-2-7 applies” to further clarify.
➤ <b>6-1-4</b>	Added “any” before “R player ” for clarification.
➤ <b>7-5-2c-e</b>	Re-ordered the listing of illegal forward passes.
➤ <b>7-5 PENALTY</b>	Clarified the penalty for an illegal forward pass.
➤ <b>Table 8-1</b>	Re-formatted the Table on Point Values.
➤ <b>8-2-2, 3</b>	Added “(other than unsportsmanlike conduct or a nonplayer foul)” for further clarification.





# 2011 NFHS Football Editorial Changes

➤ <b>Table 9-3-6</b>	A new Table was made for Combination Blocks and the previous Tables were removed.
➤ <b>9-8-1g(2)</b>	Clarified when a team needs to be ready to start the second half.
➤ <b>9-8-1l</b>	Changed the word “leaves” to “leaving.”
➤ <b>9-8-1 PENALTY</b>	Added “Nonplayer fouls charged to the Head Coach.”
➤ <b>10-1-2; Fund. IX-1;</b>	Added “covering” before “official.”
➤ <b>10-5-5</b>	Added “dead ball spot” for roughing the passer with the rules change to 9-4 PENALTY.
➤ <b>Football Penalty Enforcement</b>	Added “the dead ball spot for roughing the passer as in 9-4-4, or the previous spot if these do not apply” for clarification.



# 2011 NFHS Football Editorial Changes

<p>➤ <b>Fund. X-3</b></p>	<p>Added “dead ball spot” to roughing the passer.</p>
<p>➤ <b>Resolving Tied Games – 5-3-1</b></p>	<p>Clarified that the line to gain is always the goal line regardless of whether or not a penalty enforcement places the ball more than 10 yards from the goal line to start a new series.</p>
<p>➤ <b>Nine-, Eight-, and Six-Player Rules Differences</b></p>	<p><b>Rule 2 – (NEW)</b> Added “The Outside the Nine Yard Mark and Between Nine Yard Mark Conferences shall be held outside or between the seven yard marks, respectively.”</p> <p><b>Rule 7 (Six-Player)</b> – Deleted “After the ready and before the snap, each player of A must momentarily be within 12 yards of the spot of the snap.”</p>



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# 2011 Football Points of Emphasis

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# 2011 NFHS Football Point of Emphasis

1. Concussions, Contact Both to and With the Helmet, and Helmet Technology and Proper Helmet Fitting



# Concussions

Appendix B

2011 NFHS Football Rules

Page 96

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## 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
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

### 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](http://www.nfhs.org).

January 2011



See Appendix B  
on Page 96  
of the 2011  
NFHS Football  
Rules Book



**FREE  
COURSE!**

# Concussion in Sports

## What You Need to Know

POINT OF  
**POE**  
Emphasis





# Illegal Helmet Contact



Butt Blocking



Face Tackling



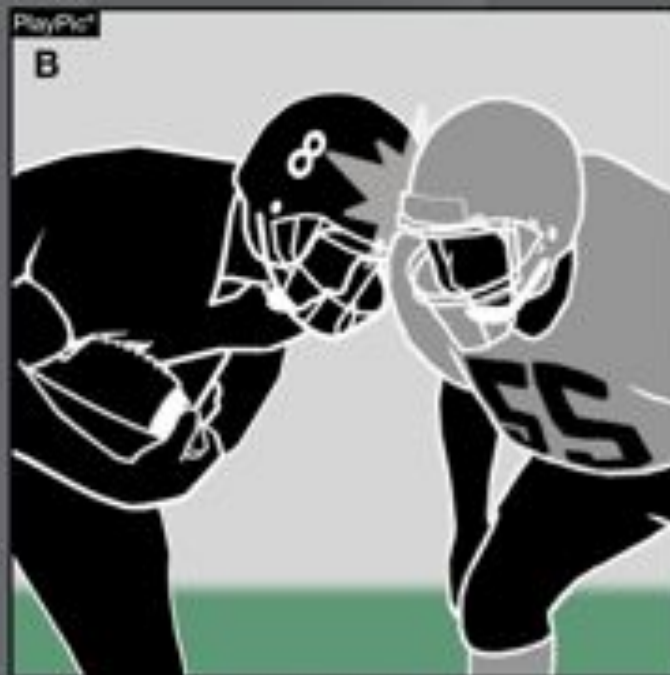
Spearing



## Illegal Helmet Contact



Defender launches and initiates contact with the top of his helmet. That is a foul for spearing or could be illegal personal contact as well.



The rules apply equally to A and B. If the runner initiates contact with the top of his helmet, it is a foul for spearing.







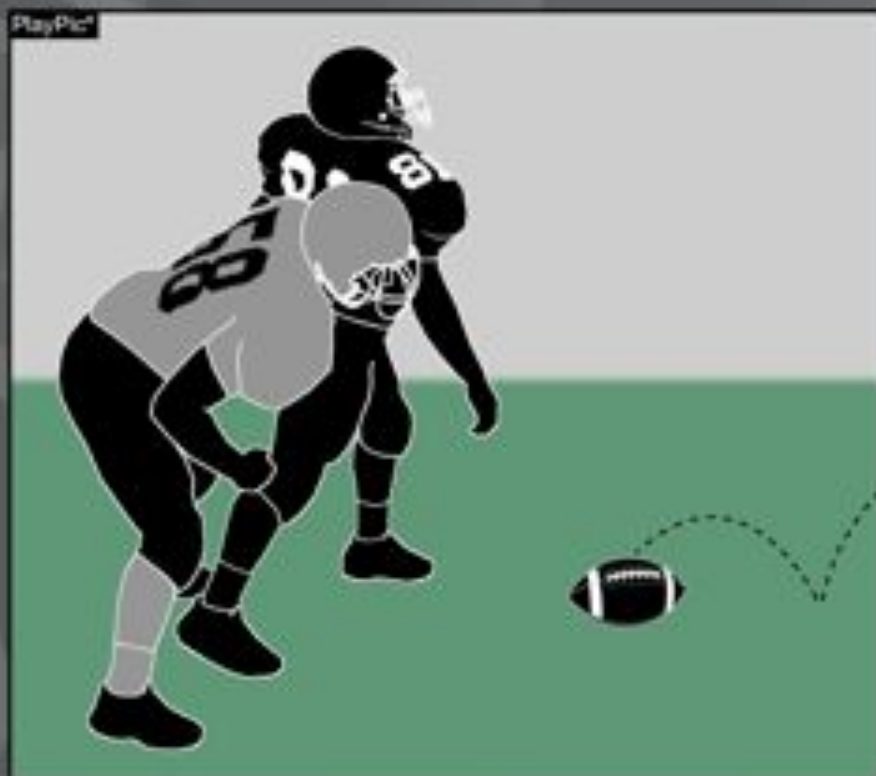
## Personal Fouls



Blows to the head with the forearm, fist, locked hands or elbow must be penalized. If flagrant, the offending player is disqualified.



## Personal Fouls



Contact after the play has ended and/or when a player is defenseless must be penalized. If flagrant, the offender is disqualified.



## Helmet Fitting



All players shall wear properly fitted helmets that carry a warning label regarding the risk of injury and a manufacturer's or reconditioner's certification indicating satisfaction of NOCSAE test standards. All such reconditioned helmets shall show recertification to indicate satisfaction with the NOCSAE test standard.



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# 2011 Football Rules Reminders

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# Field Markings

## Rule 1-2-3b NOTE 2



Shadow line makes field markings visible



# Gloves and Hand Pads Rules 1-5-2 b

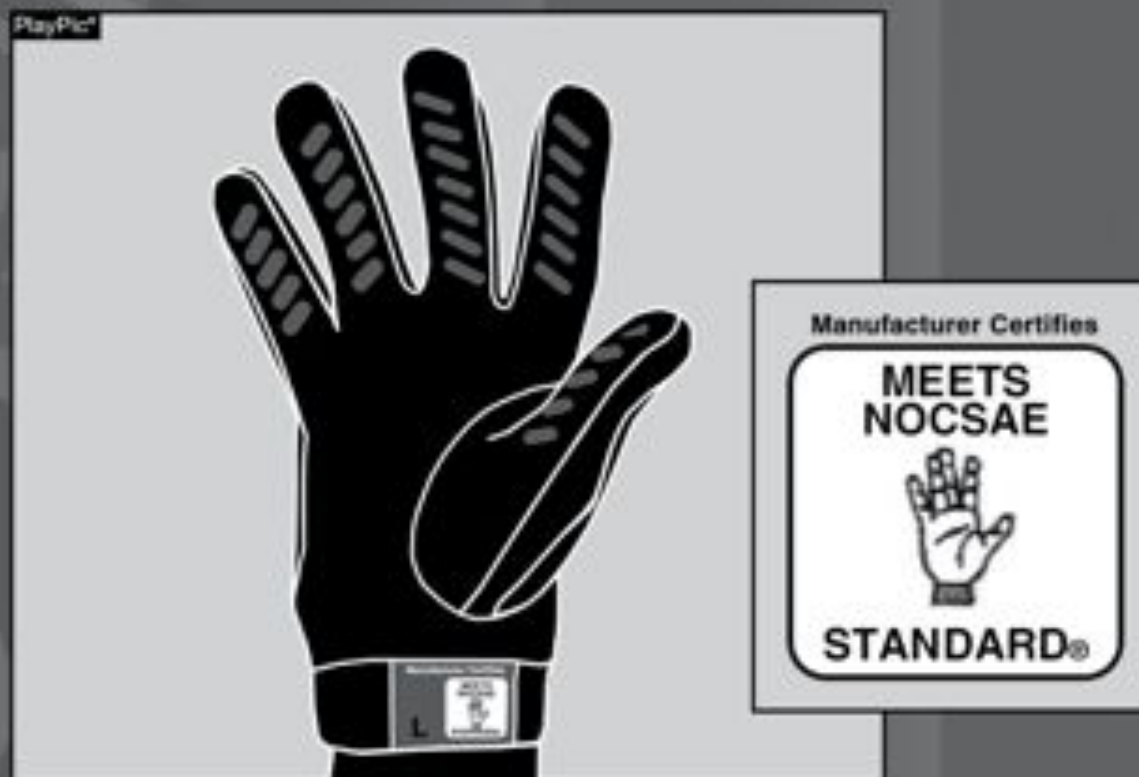


Starting in 2012, gloves (left and center) and hand pads (right) must must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) test standard at the time of manufacture. Until then, they must have a securely attached NFHS/NCAA label or stamp indicating compliance with the test specifications on file with the Sporting Goods Manufacturers Association (SGMA).



# Gloves

## Rule 1-5-2b



Effective in 2012, gloves must carry a permanent, exact replica of the NOCSAE seal. The seal must appear legibly on the exterior wrist opening.



# Casts and Braces

## Rule 1-5-3b1, 1-5-3b3

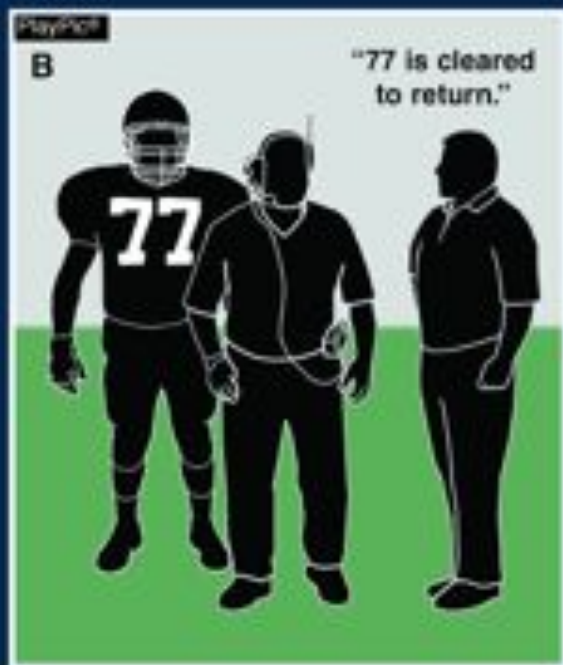
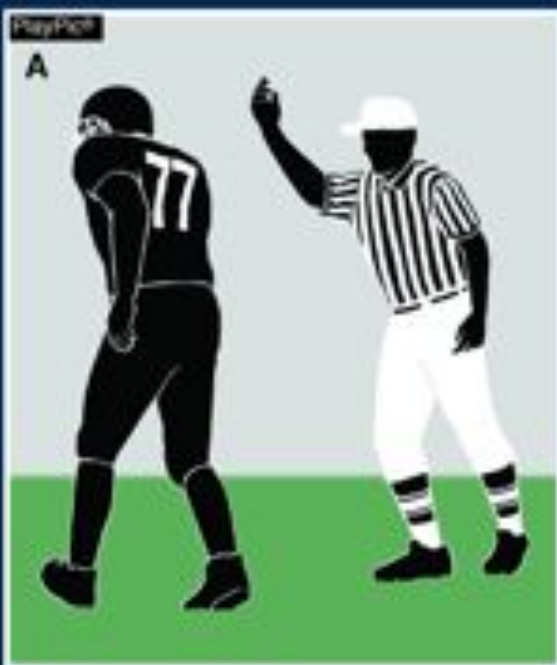


**PlayPic A:** Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch in thickness. **PlayPic B:** The requirement that the umpire receive documentation from a doctor or osteopath that a cast or brace is to protect and injury has been removed. **PlayPic C:** Knee braces may not be worn on top of the pants.





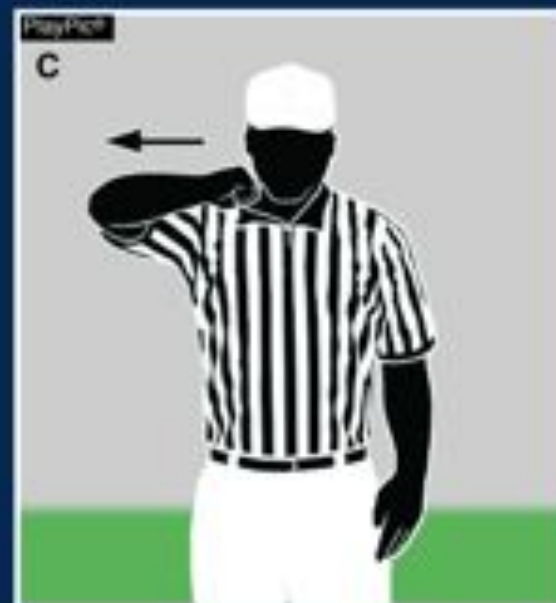
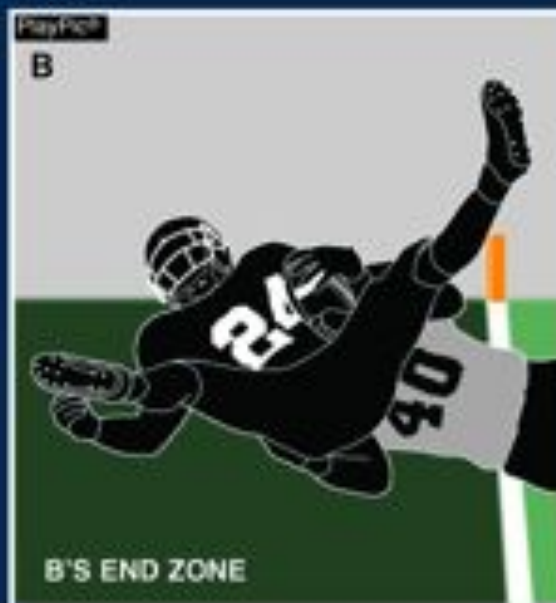
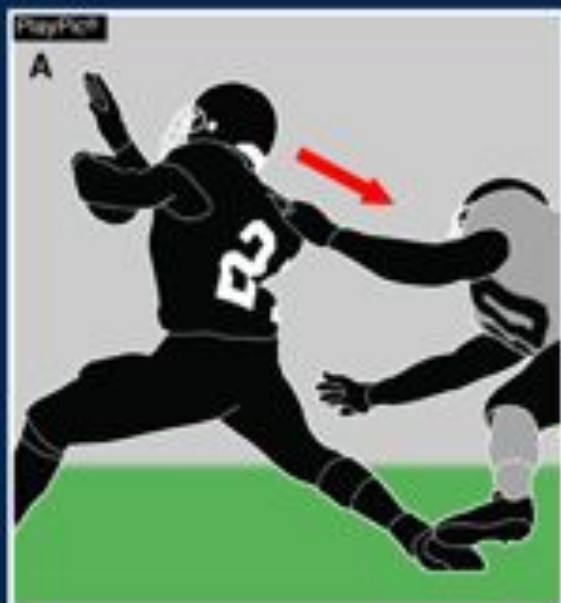
# Concussion Rule 3-5-10b



Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.



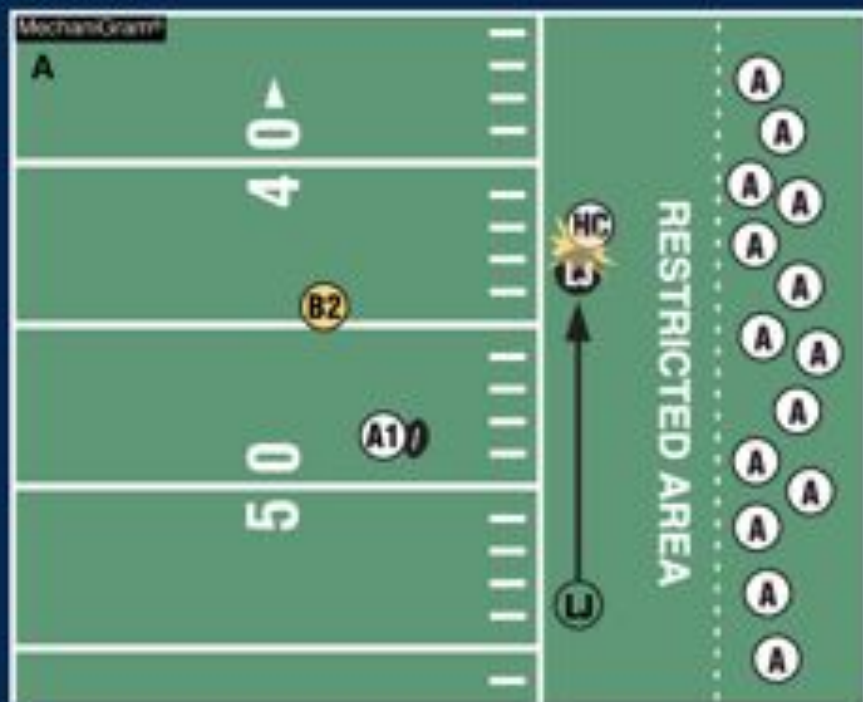
# Horse-Collar Rule 9-4-3k



A horse-collar can be called even if the act is completed after the ball becomes dead by rule.



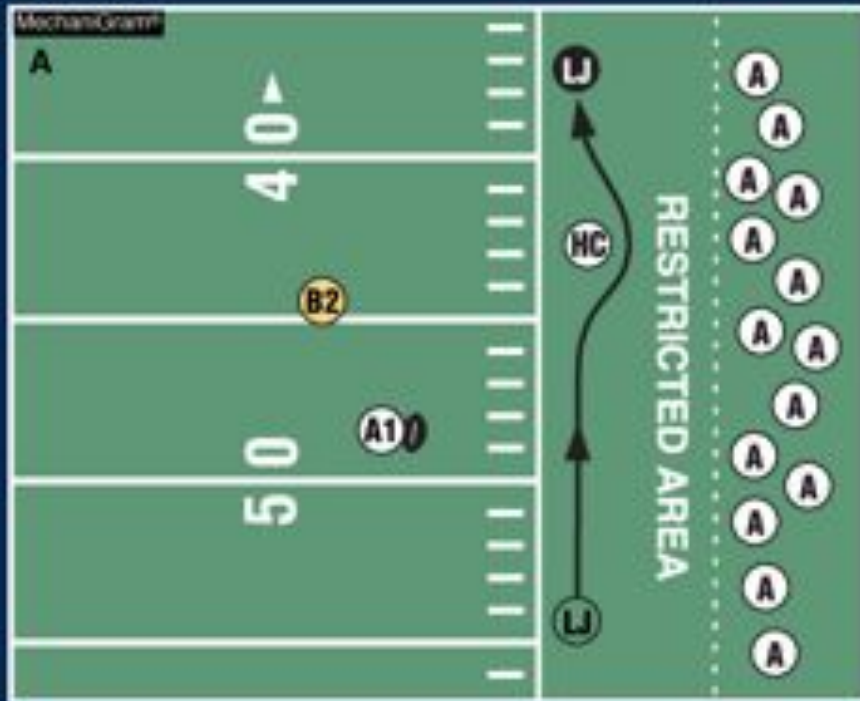
# Unintentional Contact in Restricted Area Rule 9-4-8 PENALTY



If an official and a coach unintentionally collide in the restricted area while the ball is live, the offended team is penalized 15 yards for illegal personal contact. A second offense would result in ejection of the head coach.



# Sideline Interference Rule 9-8-3



If a player, coach or nonplayer is in the restricted zone while the ball is live but does not contact an official, a warning is issued for the first offense. The second instance results in a five-yard penalty and the third offense results in a 15-yard penalty and disqualification of the head coach.



## Football Jerseys Rules 1-5-1b(6), (7) (2012)



**The football jersey rule was revised in 2007 and the implementation date is fall 2012.**

# Legal Football Jerseys

## Rules 1-5-1b(6), (7) (2012)

- Legal Football Jerseys
  - Beginning 2012



# Illegal Football Jerseys

## Rules 1-5-1b(6), (7) (2012)

- Illegal Football Jerseys  
– Beginning 2012



A.



B.



C.



D.



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**2011-12**  
**NFHS**  
**Football Information**

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# 2012 NFHS Football Rule Change Proposal Form

**Due:**

**November 1, 2011**

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



**National Federation of State High School Associations**  
**2012 Football Rule Change Proposal Form**

**Deadline for Proposal: November 1, 2011**

E-mail: To football liaison in your respective State High School Association office.

Proposal submitted by \_\_\_\_\_

**Executive Director's Signature Is Required** \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Directions:

1. **Only one proposal per page.** If additional sheets are needed, please copy.
2. All proposals must be stated **clearly and concisely.**
3. Word the proposal **exactly as you want it to appear in the rules book.**
4. Write a short rationale stating the problem, why the rule should be changed/added, etc.

Page \_\_\_\_\_ Rule \_\_\_\_\_ Section \_\_\_\_\_ Article \_\_\_\_\_

Suggested Change: TYPE or PRINT exactly as you wish the rule to read.  
(Underlining shows additions; ~~slashes~~ shows deletions)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Rationale (Be very clear in your explanation):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other Rules Affected

Page	Rule	Section	Article
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



# Courses Currently Available at [www.nfhslearn.com](http://www.nfhslearn.com)



## Core Courses

Fundamentals of Coaching  
First Aid for Coaches



## Sport-Specific Courses

Soccer | Wrestling | Volleyball | Football  
Basketball | Cheer & Dance | Spirit Safety  
Softball | Track and Field (May 2011)



## Elective Courses

Teaching Sports Skills    Teaching & Modeling Behavior  
Coaching Sports in Middle School  
Engaging Effectively with Parents    NCAA Eligibility



## Free Courses

Concussion in Sports – What You Need to Know  
The Role of the Parent in Sport



# Fundamentals of Coaching Football

The screenshot shows the USA Football website for 'Fundamentals of Coaching Football'. The top navigation bar includes the USA Football logo, the title 'FUNDAMENTALS OF COACHING FOOTBALL', and links for 'LOGOUT' and 'HELP'. Below the navigation bar is a sidebar menu with units: UNIT 1: Coaching Football, UNIT 2: Offensive Skills, UNIT 3: Defensive Skills (highlighted), and UNIT 4: Special Teams. Under UNIT 3, sub-topics include Offensive Line, Linebackers, and Defensive Backs. The main content area features a video player with a coach on a field and the text: 'NFHS Fundamentals of Football was developed in cooperation with the USA Football, National Governing Body and partner of NFHS.' Below the video are three tabs: TRANSCRIPT, RESOURCES, and DIAGRAMS & ANIMATIONS. The TRANSCRIPT tab is active, showing text about teamwork and coaching values.

USA Football

## FUNDAMENTALS OF COACHING FOOTBALL

LOGOUT | HELP

1 2 3 4 5 6 7 8

PREVIOUS | NEXT | PAUSE

UNIT 1: Coaching Football

UNIT 2: Offensive Skills

**UNIT 3: Defensive Skills**

**Offensive Line**

4 and 3 Point Stance

Gap Protection

Lateral Penetrating Charge

Defeating Single Blocks

Pass Rush Techniques

Single Techniques

Combination Pass Rush

**Linebackers**

**Defensive Backs**

UNIT 4: Special Teams

**NFHS Fundamentals of Football was developed in cooperation with the USA Football, National Governing Body and partner of NFHS.**

TRANSCRIPT RESOURCES DIAGRAMS & ANIMATIONS

Football is a team sport. Your team is made up of students, each of whom has talents and abilities that must be evaluated, nurtured and strengthened. As a teacher/coach, you play a significant role in molding these differing skills into a functioning, coordinated and successful team.

Your job is more than just winning games. It's about teaching students the values of sportsmanship, helping them understand how the game is played and communicating your expectations for each practice and competition.

Young players join your team because they want to participate in the great sport of football. No one wants to be left out.



# Additional NFHS Information

- **NFHS Football Rule Change Proposal Form Due**
  - November 1, 2011
- **2012 NFHS Football Rules Committee Meeting**
  - January 20-22, 2012
  - Indianapolis, IN
- **2012 NFHS Football Rules Online State Interpreters Meeting**
  - July 17, 2012 – 2:00 pm. (Eastern Standard Time)
- **E-mail addresses:**
  - [Bob Colgate - bcolgate@nfhs.org](mailto:bcolgate@nfhs.org)
  - [Kim Adams - kadams@nfhs.org](mailto:kadams@nfhs.org)



# The following sports are available in an NFHS PowerPoint Presentation:

- Baseball
- Basketball
- Football
- Girls Gymnastics
- Volleyball
- Track and Field
- Soccer
- Softball
- Swimming & Diving
- Wrestling
- Boys Lacrosse



To order copies please contact: *Carol Ratliff at the NFHS*  
*Phone: 317.822.5731 or Fax your Request to 317.822.5700*

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**Thank You!**

**[www.nfhs.org](http://www.nfhs.org)**

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