

National Federation of State
High School Associations



2015 Football Points of Emphasis

Take Part. Get Set For Life.™

2015 NFHS Football Points of Emphasis

1. Risk Minimization
2. Facilitating NFHS Football Rules



point of
POE
Emphasis

Risk Minimization



point of
POE
Emphasis

Risk Minimization





Risk Minimization

- In summary, here is an analysis of several examples:
- Does a player have a legitimate chance to make a play? – Yes
- Does the player receive a blindside hit? – Yes
- Was the contact unnecessary or excessive?
Yes
- **Ruling:** Foul for personal foul/unnecessary roughness or excessive contact



Risk Mimimization

- Does a player have a legitimate chance to make a play? – Yes
- Does the player receive a blindside hit? – Yes
- Was the contact unnecessary or excessive? – No
- **Ruling:** Legal play.



Risk Minimization

- Does a player have a legitimate chance to make a play? – Yes
- Does the player receive a blindside hit? – No
- Was the contact unnecessary or excessive?
No
- **Ruling:** Legal play.



Risk Minimization

- Does a player have a legitimate chance to make a play? – No
- Does the player receive a blindside hit? – Yes or No
- Was the contact unnecessary or excessive? Yes or No
- **Ruling:** Foul for personal foul/unnecessary roughness or excessive contact.



POINT OF
POE
EMPHASIS

Facilitating NFHS Football Rules



Facilitating NFHS Rules

- The National Federation of State High School Associations (NFHS) football playing rules reflect a national perspective based on decisions that best serve the needs of the sport on a national level. Therefore, the purposes of the playing rules are to:
 1. Minimize risk to participants.
 2. Preserve the sound traditions of the sport.
 3. Standardize competition.
 4. Provide for orderly administration.
 5. Facilitate the decision-making process of officials.
 6. Permit common records.
 7. Provide for evaluating competition.
 8. Maintain a balance between offense and defense.



Facilitating NFHS Rules

- One aspect of coach and official ethics is to teach and officiate the rules within the intent of NFHS Football Rules Book. THE COACH shall master the contest rules and shall teach them to their team members. THE COACH shall not seek an advantage by circumvention of the spirit or letter of the rules. THE OFFICIAL shall master the rules of the game, and also the officiating mechanics necessary to enforce the rules, and shall exercise that responsibility in an impartial, firm and controlled manner.
- Coaching and officiating the rules are extremely important to maintain the integrity of the game, and to minimize risk to the athletes participating in the game.





Free Blocking Zone

- The free-blocking zone is a rectangular area extending laterally four yards either side of the spot of the snap and three yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his or her body is in the zone at the snap. All players involved in the block must be on the line of scrimmage, in the zone at the snap and the contact must take place within the zone. Blocking below the waist is permitted from the time the ball is snapped until the ball leaves the zone. When the free-blocking zone exists, offensive and defensive linemen may block each other below the waist. ***Backs, linebackers and receivers are not permitted to block below the waist.***



point of
PoE
Emphasis

Facilitating NFHS Football Rules



Free Blocking Zone

- ***It is nearly impossible for a lineman in a two-point stance to legally block below the waist in this situation because of the time required for the lineman to drop from an upright position and block an opponent below the waist. For linemen in three- or four-point stances, they must block their opponents immediately after the snap in order for a low block to be legal in this situation.***
- Prior to the snap, game officials should be aware of whether the ball will be snapped hand-to-hand or to a back in shotgun formation, player positioning and alignment, and which players may legally block below the waist.





Team Box -- Restricted Area

- In the excitement of the game, it is not uncommon for substitutes and other nonplayers to move closer to the sideline beyond their team box area. This inevitably causes coaches to move up into restricted areas and closer to the field, often impeding game officials in their duties. Crowding at the sideline puts players, nonplayers, coaches and game officials in danger of severe injury. Game officials and coaches must be aware of this problem and take steps to prevent and correct it.



Team Box -- Restricted Area

- Coaches, substitutes, athletic trainers and others affiliated with the team may be in their team's area, which is out-of-bounds and between the 25-yard lines. Their movements and positions are limited by the sideline, the 25-yard lines, a coaches' area and the team box.



POINT OF
POE
EMPHASIS

Facilitating NFHS Football Rules



Team Box Penalty(s)

- The team box area is outside the field, beyond the restricted area and between the 25-yard lines. All coaches and nonplayers associated with the team may be in this area. A nonplayer may not be outside of this area unless to become a player or return as a replaced player.
- When nonplayers are outside of the team box area, or anyone is in the restricted area while the ball is live, game officials will give a sideline warning to the team involved. A second offense results in a 5-yard penalty. All subsequent offenses result in 15-yard penalties for unsportsmanlike conduct fouls, which are charged to the head coach.



Team Box Penalty(s)

- If a game official unintentionally contacts a coach or other nonplayer in the restricted area while the ball is live, the team is assessed a 15 yard penalty for a nonplayer, illegal personal contact foul. **As a nonplayer foul, the penalty is enforced from the succeeding spot.**
- A second such offense would result in the head coach's disqualification. Unlike a foul for sideline interference (non-contact, Rule 9-8-1k or 9-8-3), no warning or 5-yard penalty is required in this situation.

