

# **2023 NFHS FOOTBALL RULES POWERPOINT**

National Federation of State High School Associations



Copyright© 2023 National Federation of State High School Associations. All Rights Reserved.

This copyrighted power point is presented by the NFHS. This material shall only be reproduced or distributed by member state associations for teaching and training purposes. Distribution to the public is prohibited without the express written consent from the NFHS. Please contact Davis Whitfield, COO at <u>dwhitfield@nfhs.org</u> with requests.





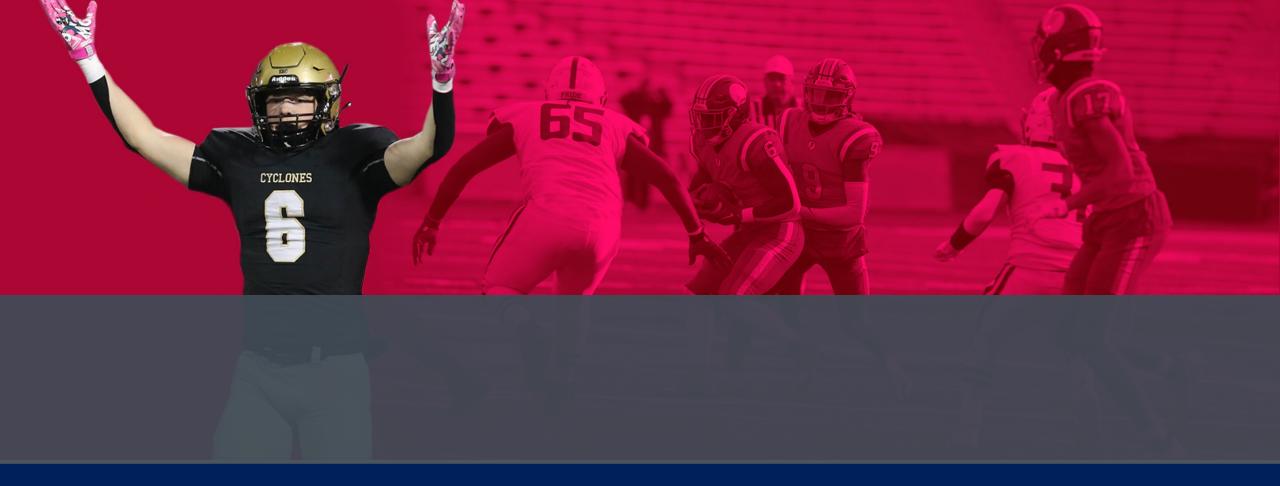
- Adirondack
- Capital District
- Central Hudson
- Champlain
- Elmira
- Finger Lakes
- Long Island
- Mohawk Valley
- PSAL
- Rochester

- St. Lawrence
- Southern Tier
- Southwestern
- Suffolk
- Syracuse
- Tri-Valley
- Watertown
- Westchester
- Western New York



# **2023 NFHS FOOTBALL RULES CHANGES**







NFHS

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 the respective 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. <u>No other model football rules</u> <u>interpretations should be considered</u>.

## **NFHS FOOTBALL RULES BOOK CHANGES**

- Page 54, Rule 5-2-4a should cite "10-4-2 EXCEPTION"
  - not 10-2-4 EXCEPTION since such an exception doesn't exist
- Page 82, 10-4-7 should cite "After a change of possession, ...
  - 10-4-2d covers when there is no change of possession

#### Page 83, TABLE 10-4

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REFERENCE
В	Behind Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot End of the Run or Related Run	10-4-5f
В	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot End of the Run or Related Run	10-4-5f



### **NFHS FOOTBALL CASE BOOK CHANGE**

#### • Page 75, 9.2.1 SITUATION J:

• On a successful try for point by kick, the interior linemen of K all reached across and grasped the teammate immediately to their inside after the snap.

**RULING:** Interlocked blocking, 10-yard penalty from the <u>previous spot</u> spot of the foul since this spot is probably behind the basic spot. (10-4-2)

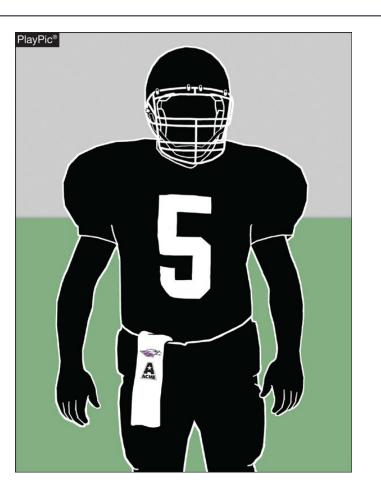


#### Rule Change

### RULE 1-5-3a(5)a 4, 5 (NEW) UNIFORM ADORNMENTS - TOWELS

It is legal for a player to have one moisture-absorbing solid-colored towel that has no more than one visible manufacturer's logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension; and has no more than one school logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension.

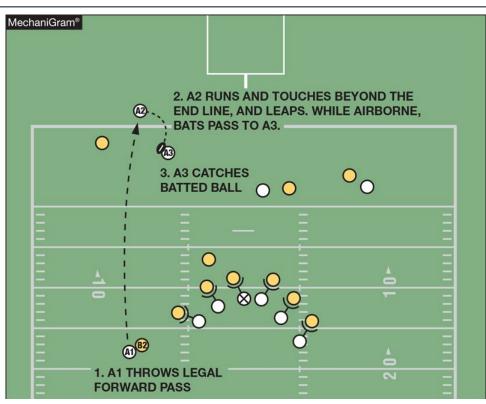
Towels do not have to be the same solid color for each player.







#### RULE 2-29-1 PLAYER OUT OF BOUNDS



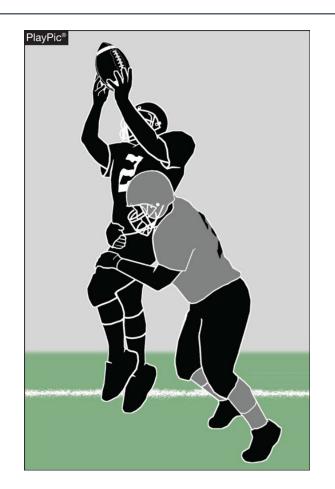


A2 is out of bounds as he has not had any body part touch inbounds. Therefore, when A2 intentionally touches the ball after being out of bounds, he has caused the ball to become dead. The pass is incomplete and A2 is guilty of illegal participation.



## RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

The receiver is not defenseless because the opponent is attempting to tackle by wrapping arm(s) around the receiver.



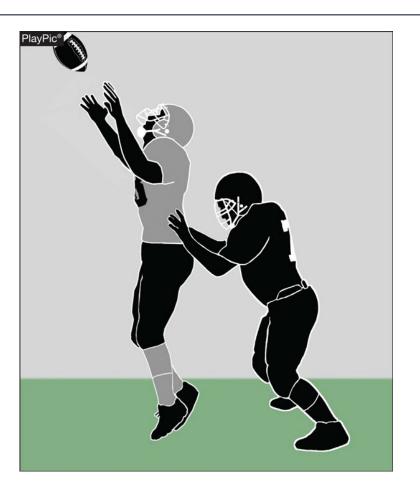


#### **Rule Change**



## RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

The receiver is not defenseless even if the contact by the opponent is forceful because the contact is initiated with open hands. The contact could be pass interference, however.



#### Rule Change



NFHS

## RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

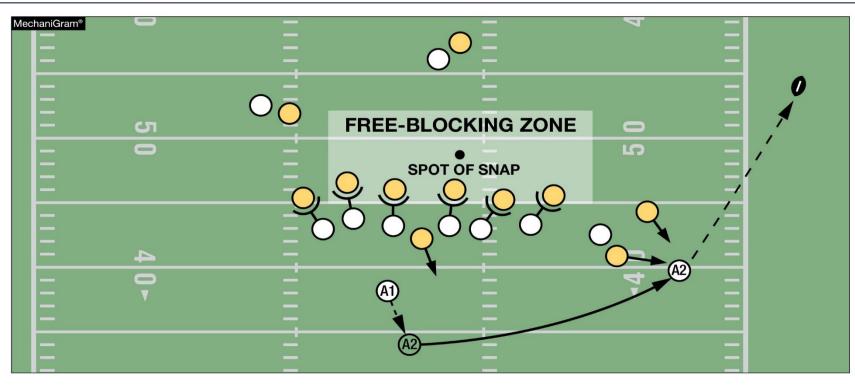
The receiver is not defenseless because of the incidental contact as a result of the defender making a play on the ball.





#### RULE 7-5-2d EXCEPTION 2a, c (NEW), TABLE 7-5-2 d EXCEPTION 2a, c (NEW),

#### TABLE 7-5 (1) d EXCEPTION 2a, c (NEW) INTENTIONAL GROUNDING EXCEPTION





This is a foul for intentional grounding since A2 is the second player to possess the ball. Only the player who possessed the ball after the snap ends may take advantage of the intentional grounding exception. The passer must be the only player to possess the ball after the snap ends.



#### Rule Change



The additional penalty for intentional pass interference as illustrated in PlayPic A has been deleted. The Team B player in the gray jersey will be penalized 15 yards for the pass interference foul committed in PlayPic B.

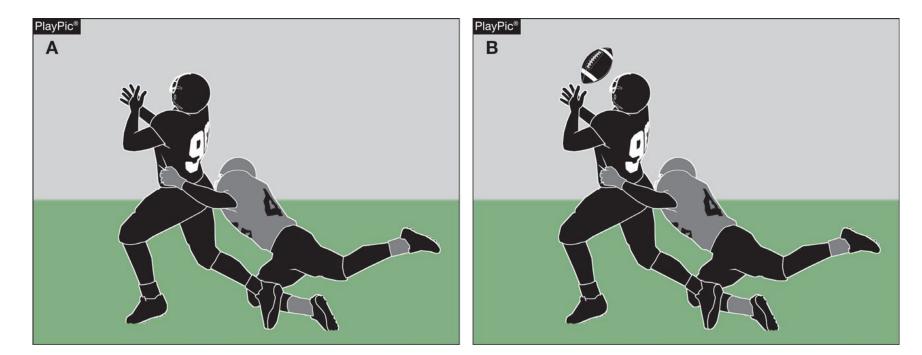


TABLE 7-5 2c (DELETED), 7-5 PENALTY

**INTENTIONAL PASS INTERFERENCE** 

#### RULE 10-4, TABLE 10-4 (NEW), 10-6 (DELETED) BASIC SPOT

#### SUMMARY OF MANY FOULS THAT CAN OCCUR DURING RUNNING PLAYS AND THEIR PENALTIES AND BASIC SPOTS UNLESS OTHERWISE SPECIFIED BY RULE

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REFERENCE
A	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
A	Behind Line of Scrimmage	Beyond Line of Scrimmage	Previous Spot	10-4-2e
А	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2f
А	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Behind End of Run or Related Run –	10-4-4d
			Spot of Foul	
А	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Advance of End of Run or Related Run	10-4-5e
			<ul> <li>– Succeeding Spot</li> </ul>	
В	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
В	Behind Line of Scrimmage	Beyond Line of Scrimmage	End of the Run or Related Run	10-4-5f
В	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
В	Beyond Line of Scrimmage	Beyond Line of Scrimmage	End of the Run or Related Run	10-4-5f



**NOTE:** The basic spot is the spot of the foul when A commits any foul in his end zone for which the penalty is accepted (8-5-2c).

## **RULE 10-4 AND TABLE 10-4 CLARIFICATION**

In compiling the multitude of changes to Rule 10 necessitated by the discussion around the proposed 2023 NFHS football rules change that was approved unanimously, there remains two additional clarifications to be made for coaches, administrators and game officials for the upcoming 2023 high school football season.

To summarize, if on-field game situations involving a loss of possession create a conflict between the end of the run or related run and the succeeding spot, game officials should apply the standard related to the end of the run as intended by the cleanup in Rule 10-4-8. This does not apply to fouls as detailed in Rule 10-4-5a through 10-4-5d which explicitly call for succeeding spot enforcement (the spot where the ball will next be put in play per Rule 2-41-10). Rule 2-41-9b will help clarify those situations in which conflict might exist.

# RULE 10-4 AND TABLE 10-4 CLARIFICATION – (PLAY SITUATIONS)

**PLAY 1:** A first and ten on A's 40. The runner runs to B's 40 where he fumbles the ball forward and out of bounds at B's 30. During the run (before the fumble), A11 commits a holding foul at B's 38. **RULING:** The holding penalty is enforced from the end of the run (B's 40 - the fumble spot). A first and ten at the 50.

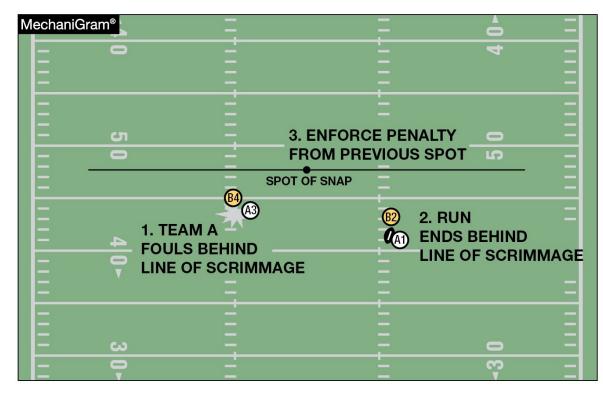
**PLAY 2:** A first and ten on A's 40. The runner runs to B's 40 where he fumbles the ball forward and out of bounds at B's 30. During the run, B18 commits a face mask foul anywhere on the field. **RULING:** The penalty for illegal face mask is enforced from the end of the run (B's 40 - fumble spot). A first and ten on B's 25.



**PLAY 3:** A first and ten on A's 40. The runner runs to B's 40 where he fumbles the ball forward and **B RECOVERS** at B's 30. During the run, B11 commits a face mask foul anywhere on the field. **RULING:** The penalty for illegal face mask is enforced from the end of the run (B's 40 - fumble spot). A first and ten on B's 25.



#### RULE 10-4-2d BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

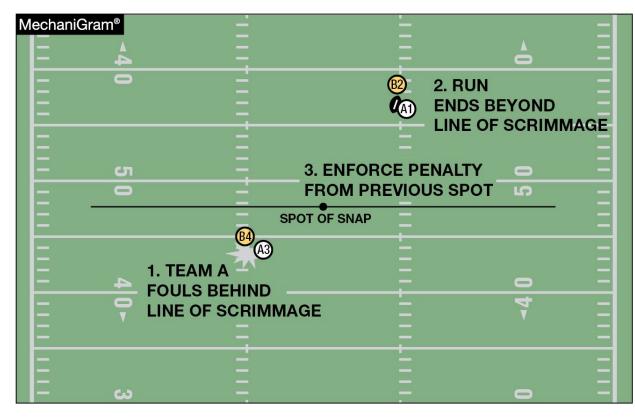




The basic spot is the previous spot for a foul by A when the run or related run ends behind the line of scrimmage where there is no change of possession.



#### RULE 10-4-2e BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

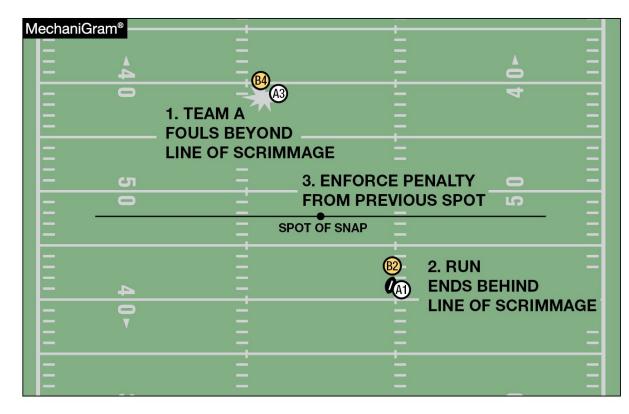




The basic spot is the previous spot for a foul by A that occurs behind the line of scrimmage when the run or related run ends beyond the line of scrimmage.



#### **RULE 10-4-2f** BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

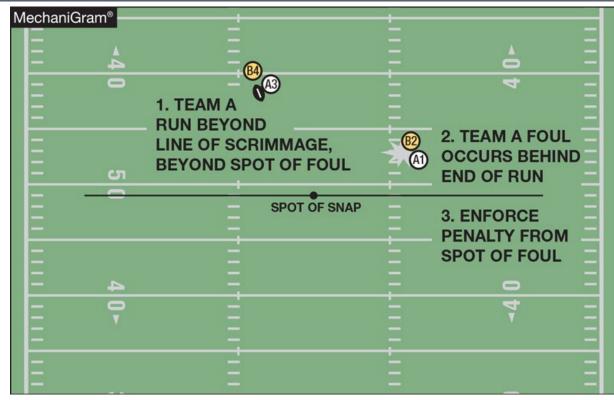




The basic spot is the previous spot for a foul that occurs beyond the line of scrimmage when the run or related run ends behind the line of scrimmage.



#### RULE 10-4-4d BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

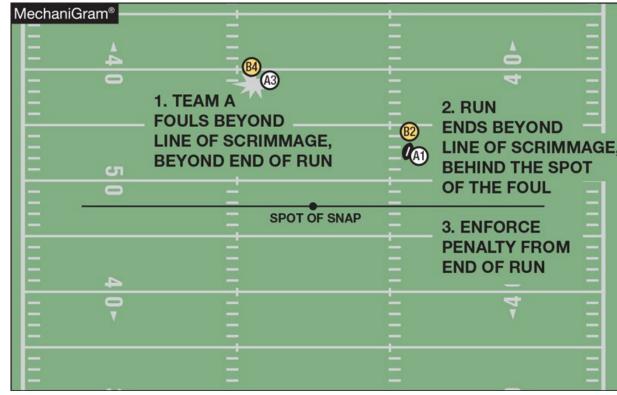




The basic spot is the spot of the foul by A that occurs beyond the line of scrimmage during a running play as defined in 10-3-2 when the run or related run ends beyond the line of scrimmage and the foul occurs behind the end of the run or related run.



#### RULE 10-4-5e BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

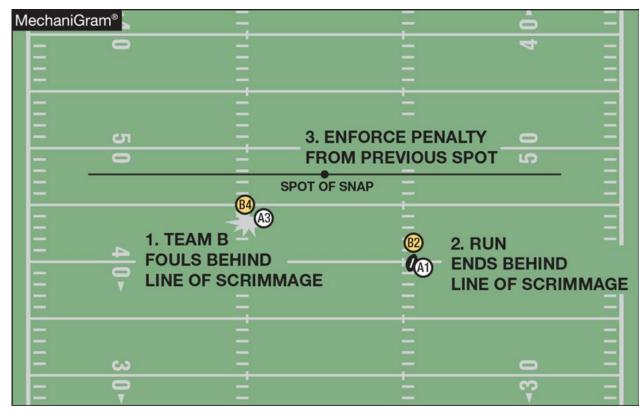




The basic spot is the spot of the foul for a foul by A that occurs beyond the line of scrimmage during a running play as defined in 10-3-2 when the run or related run ends beyond the line of scrimmage and the foul occurs in advance of the end of the run or related run.



#### RULE 10-4-2d BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

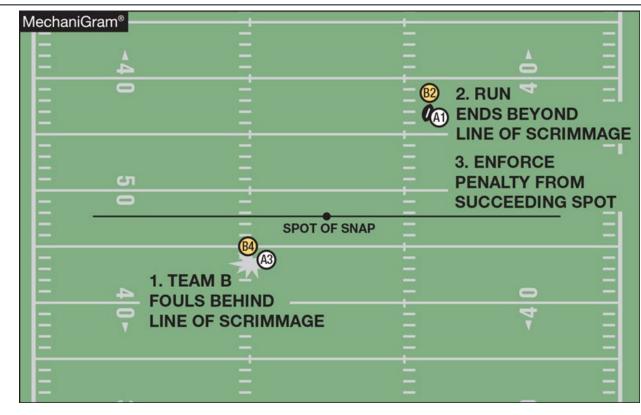




The basic spot is the previous spot for a foul by B when the run or related run ends behind the line of scrimmage where there is no change of possession.



#### RULE 10-4-5f BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

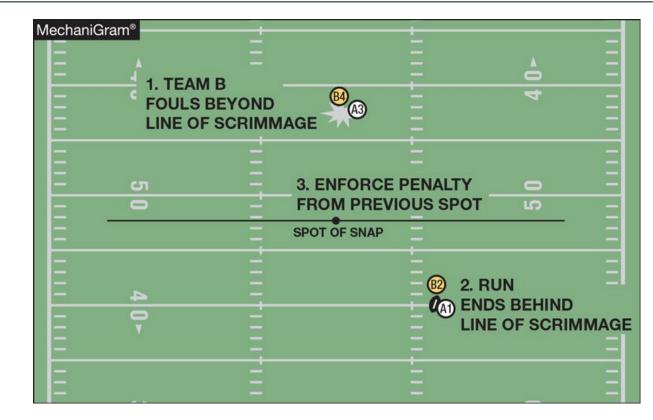




The basic spot is the succeeding spot for a foul by B when the run or related run ends beyond the line of scrimmage.



#### RULE 10-4-2d BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

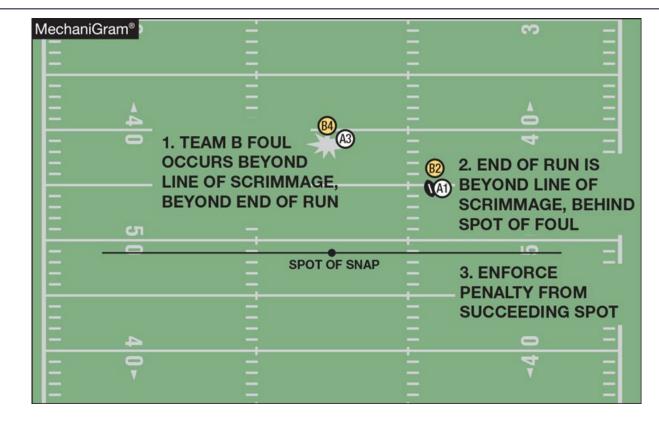




The basic spot is the previous spot for a foul by B when the run or related run ends behind the line of scrimmage where there is no change of possession.

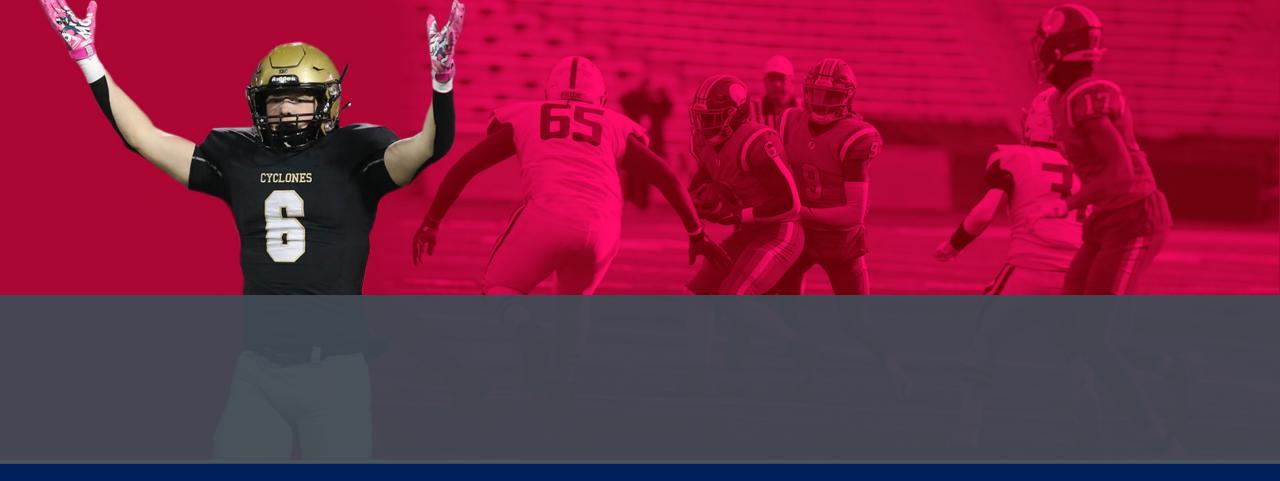


#### RULE 10-4-5f BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT





The basic spot is the succeeding spot for a foul by B when the run or related run ends beyond the line of scrimmage and the foul occurs beyond the end of the run.



## **2023 NFHS FOOTBALL EDITORIAL CHANGES**





NFHS

## **2023 NFHS FOOTBALL EDITORIAL CHANGES**

1-1-7, 1-1-9, 1-3-2, 1-3-7 NOTE, TABLE 1-7 (6), 9-5-1, 9-8-1, RESOLVING TIED GAMES – 3-1	Changed the words "contest(s)" to "games(s)".
TABLE 1-7	Removed the state association accommodation reference.
1-8	Created a new SECTION 8 for State Association Accommodations.
3-6-1b(1)	Added further clarification that game officials need to be in position when the ball is marked ready for play.
TABLE 7-5 (1) d EXCEPTION 2	Corrected a misspelling.
FOOTBALL FUNDAMENTALS - II-2	Grammar correction.
FOOTBALL FUNDAMENTALS - X-3	Clarified basic spot per Rule 10-4.





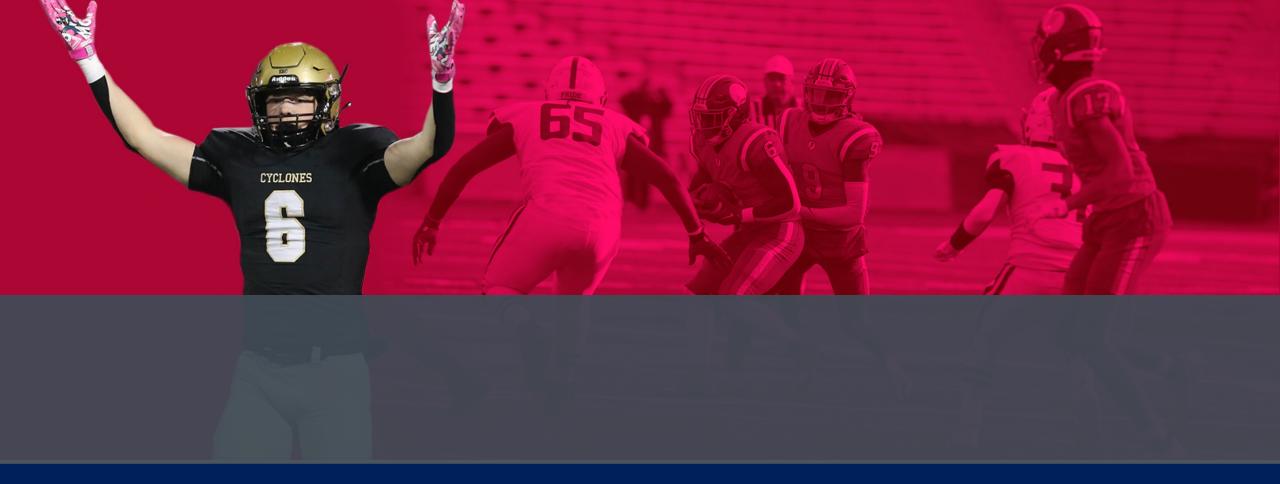
## **2023 NFHS FOOTBALL EDITORIAL CHANGES**

FOOTBALL FUNDAMENTALS - X-5	Updated the total number of illegal passes.
NINE-, Eight- AND SIX- PLAYER RULES DIFFERENCES – RULES 2 and 7	Revised the rules differences based off of 2023 NFHS Football Rules Changes.
PENALTY SUMMARY	Updated the rules references for "Delay of Game" and removed the penalty reference for "Intentional Pass Interference."
INDEX	Updated the Index with new rules references.

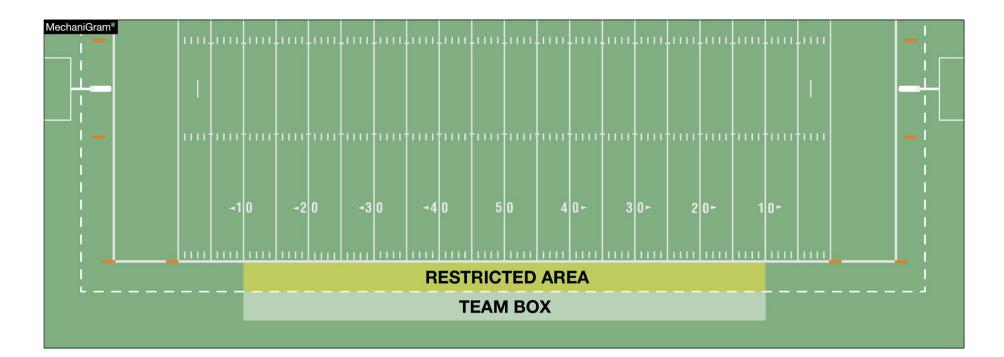


# **2023 NFHS FOOTBALL RULES REMINDERS**





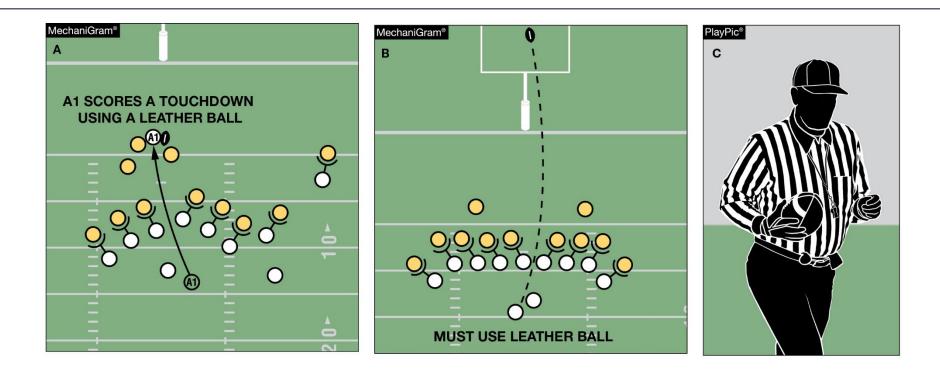
## TEAM BOXES RULE 1-2-3g NOTES 3. (NEW), TABLE 1-7 (3.) (NEW)





It is permissible for state associations to approve an extension of the team box and to determine the individuals who may be in the extended area, provided such extension is the same for both teams.





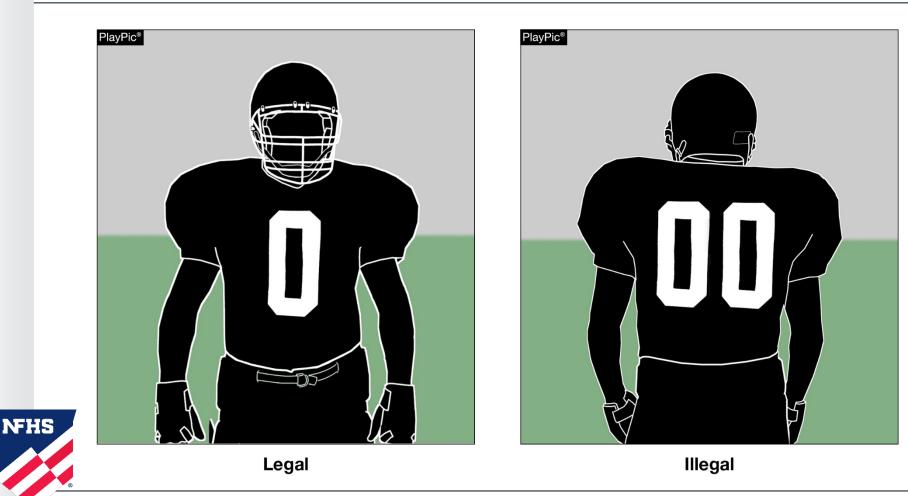


Any game official may order the ball changed between downs. Unless the ball is ordered changed by the Referee or another game official, Team A scoring a touchdown with one ball (MechaniGram A) may not request a different ball for the try (MechaniGram B) but may use a different approved ball for the ensuing free kick (PlayPic C).



#### **Rules Reminder**

#### JERSEY NUMBERS RULE 1-4-3, FIGURE 1-4-2, RULE 1-5-1c(1), RULE 7-2-5b EXCEPTIONS, RULE 7-5-6a

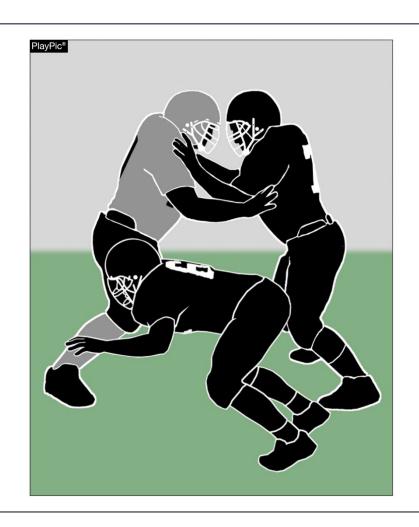


Each player shall be numbered 0 though 99 inclusive. Any number preceded by the digit zero such as "00" is illegal.

www.nfhs.org



#### CHOP BLOCK RULE 2-3-8

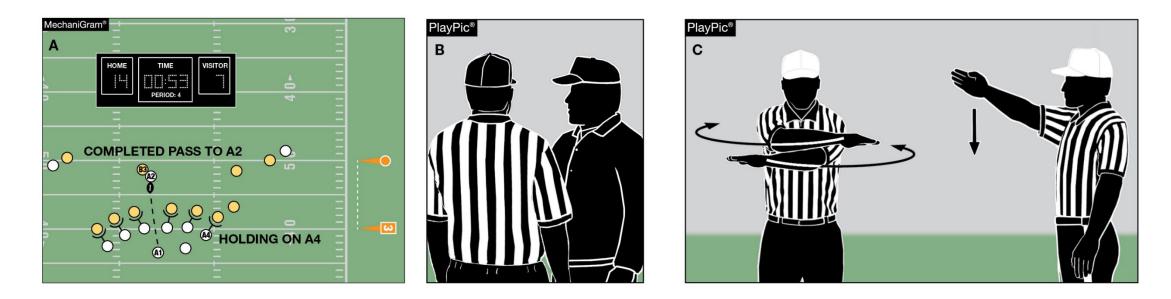


A chop block is combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.





#### GAME CLOCK OPTION RULE 3-4-7

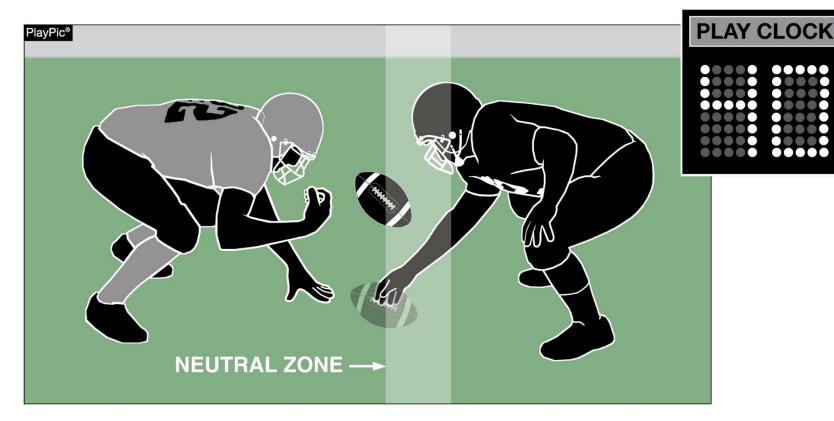


When a foul is committed with less than two minutes remaining in either half, the offended team has the option to start the game clock on the snap. In MechaniGram A, Team B trails when Team A fouls. Team B's coach is consulted (PlayPic B), choosing to decline the penalty and have the clock started on the snap (PlayPic C).





#### PLAY CLOCK RULE 3-6-1a(1)e EXCEPTION 2. (NEW)

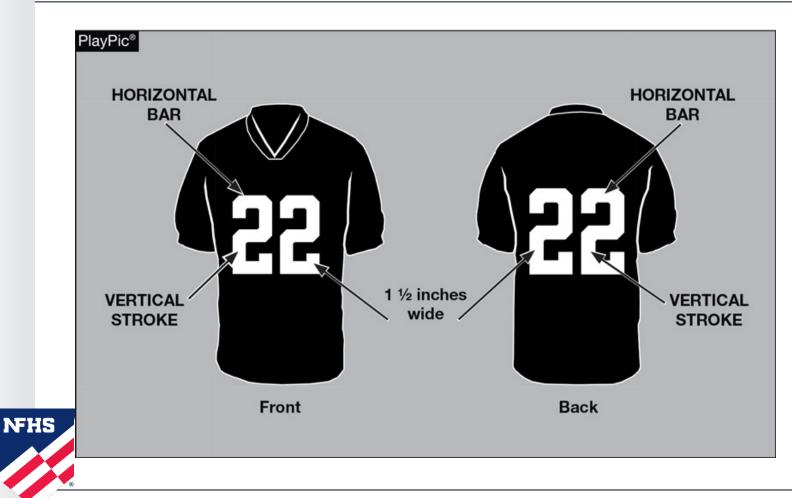


When the clock is stopped due to Rule 3-5-7i and Team B is the only team to foul, the play clock will be set to 40 seconds.



#### 

#### FOOTBALL JERSEY NUMBERS RULE 1-5-1c(3)



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1 1/2 – inches wide.

www.nfhs.org

#### 2024 - FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.

#### 2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



The style of the numbers on all four of these jerseys are legal now and will be in 2024 too.



\_

#### 2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



The style of the numbers on these jerseys are legal through the 2023 season. The following four types of number designs will be illegal in 2024.

NFHS



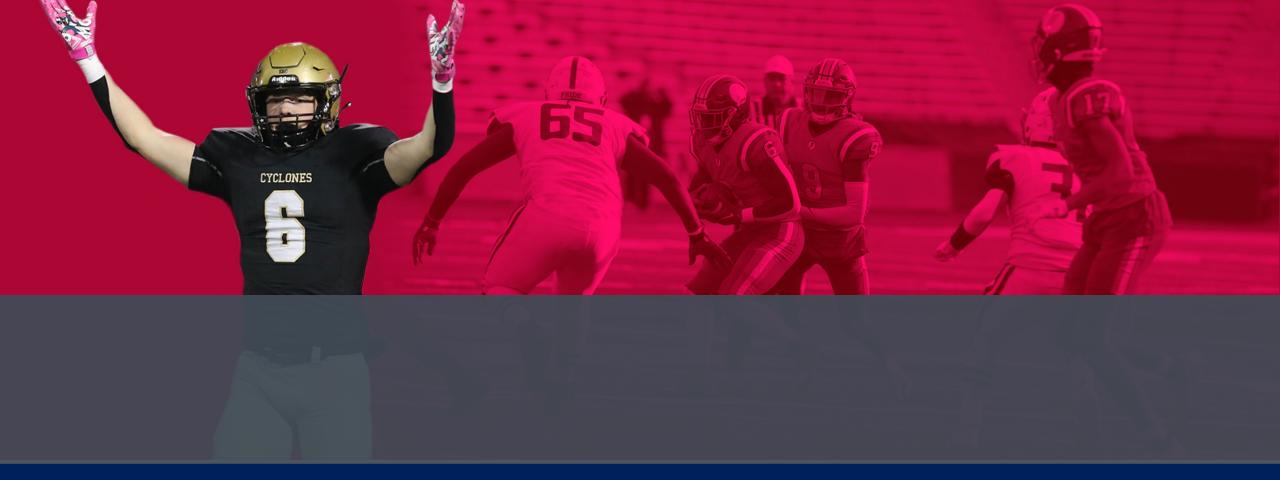




✓ The style of the numbers on these jerseys are legal through the 2023 season.



The dark number without the border do not clearly contrast with the jersey and thus will not be legal come 2024.



# **2023 NFHS FOOTBALL POINTS OF EMPHASIS**



## **2023 NFHS FOOTBALL POINTS OF EMPHASIS**

- **1. Helping the Runner**
- 2. Communication Between Coaches and Game Officials
- 3. Game Management







NFH

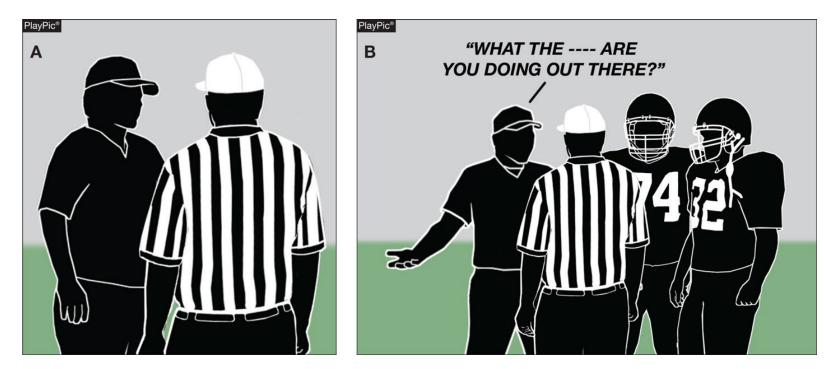
# **HELPING THE RUNNER**

Rule changes have been made at higher levels allowing offensive teams to pile in behind and directly push the runner. Similar plays are trickling down to the high school level. Allowing teams to help the runner by illegal techniques swings the balance heavily in favor of the offense. Pushing the pile is legal; direct contact and pushing, pulling, lifting of the runner is not.





## **COMMUNICATION BETWEEN COACHES AND GAME OFFICIALS**





Game officials must actively listen to what a coach is saying, then respond factually and unemotionally (PlayPic A). If coaches show little respect for game officials and make derogatory comments, their players will likely treat game officials similarly (PlayPic B).



# **GAME MANAGEMENT**

Each school community must take pride in hosting an athletic contest or event. Beginning with the arrival of players, game officials and spectators, each school must have a purposeful plan to address any and all expected issues, as well as the unforeseen. Meeting and greeting the visiting team is certainly the beginning of good sportsmanship. Clearly communicated information, such as parking information, location of ticket booths and entry gates, when given to the visitors is another step in assuring a great experience for all participants.







### 2022-2023 NFHS FOOTBALL GAME OFFICIALS MANUAL





- The NFHS Game Officials Manual outlines the mechanics followed by the NYSACFO.
- Wings are Allowed to Change Sides of Field after Halftime
  - Should it be Employed if the Stadium Clock is <u>NOT</u> official?
  - Officials Involved Need to be Comfortable with Mid-game Change of Position

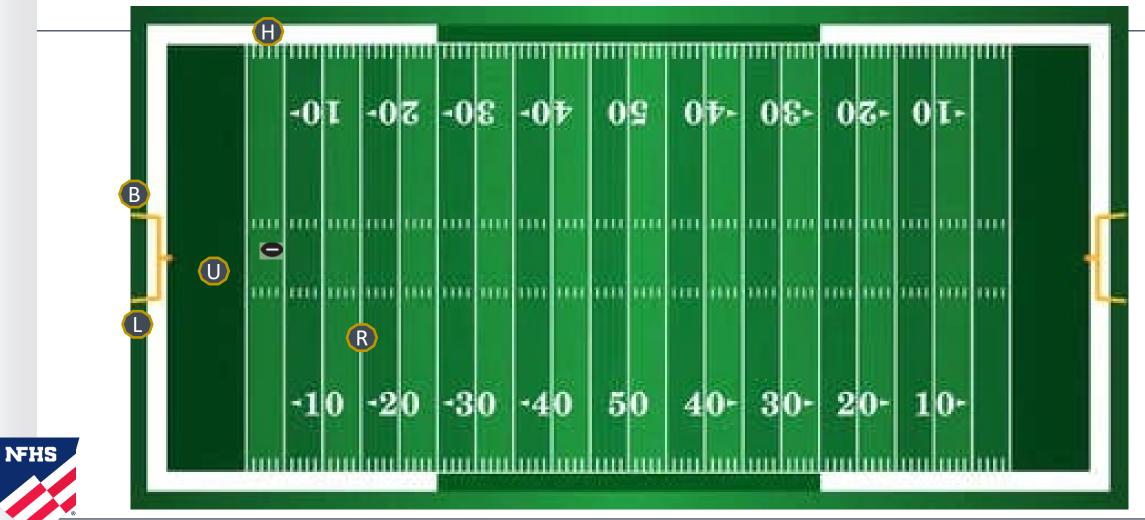




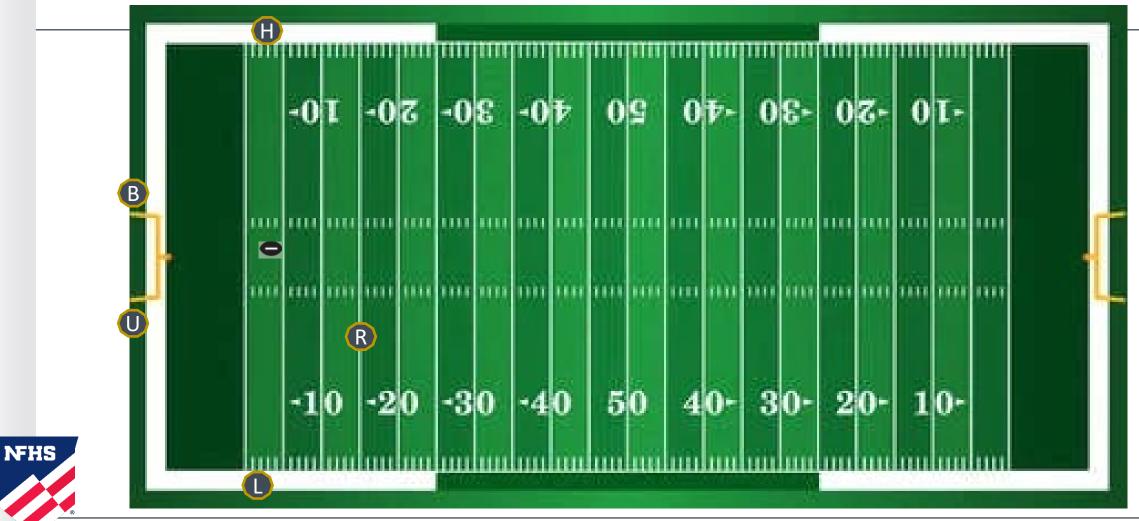
- The NFHS Game Officials Manual outlines the mechanics followed by the NYSACFO.
- For PAT or FG with snap occurring from the 5-yard line and in, U can go under the goal post and wings remain in regular position



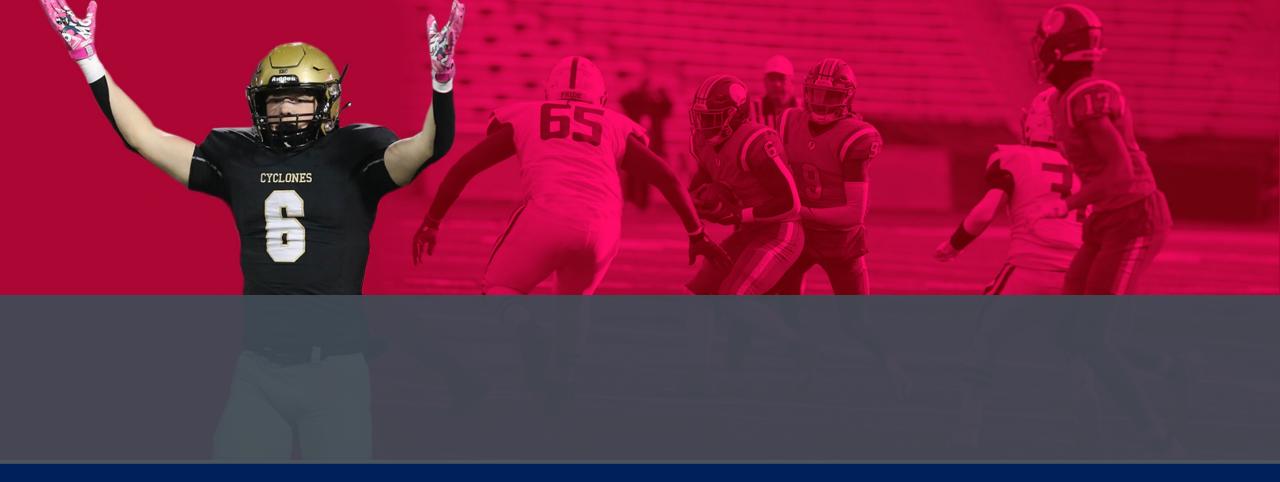
### PAT & FG NFHS MECHANIC BALL SPOTTED AT OR INSIDE THE 5-YARD LINE



#### PAT & FG ALTERNATIVE MECHANIC BALL SPOTTED AT OR INSIDE THE 5-YARD LINE



www.nfhs.org



# **2023 FOOTBALL EQUIPMENT ITEMS**



### **FOOTBALL HELMET COVERS**

Permissible by current NFHS football rules





#### SAFR PRO TECH



# **Q-COLLAR**

- The FDA has authorized marketing of a new device intended to be worn around the neck of athletes aged 13 years and older during sports activities to aid in the protection of the brain from the potential effects associated with repetitive subconcussive head impacts. The non-invasive device is called the Q-Collar.
- From a medical perspective, <u>the NFHS SMAC consents to this device being worn</u> by interscholastic athletes.
- The respective NFHS Rules Committees will determine if the Q-Collar will be permissible based on sport-by-sport risk assessments.





#### HIGH SCHOOL FOOTBALL EQUIPMENT ISSUES









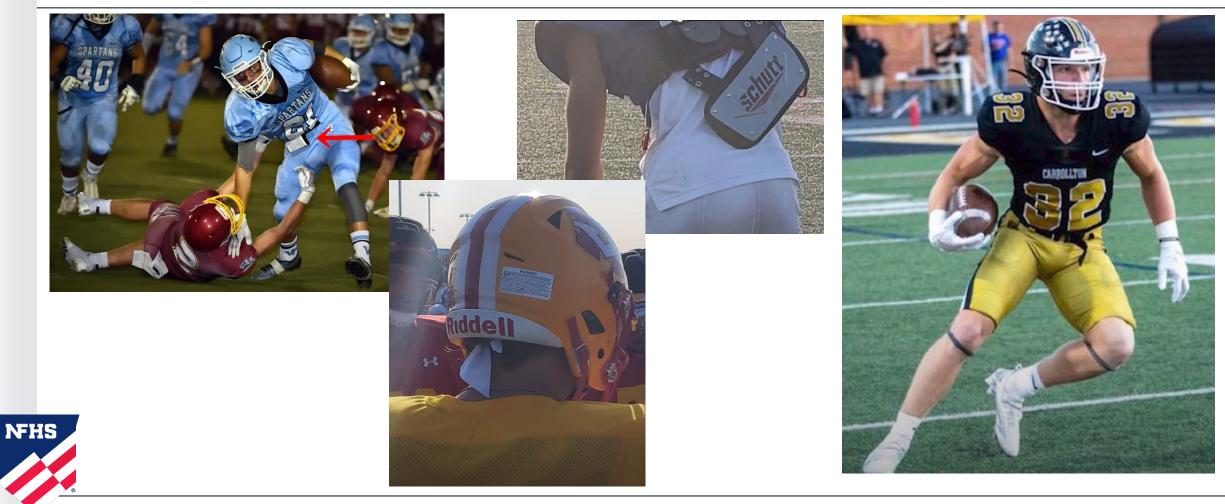


#### NYSPHSAA FOOTBALL EQUIPMENT ISSUES

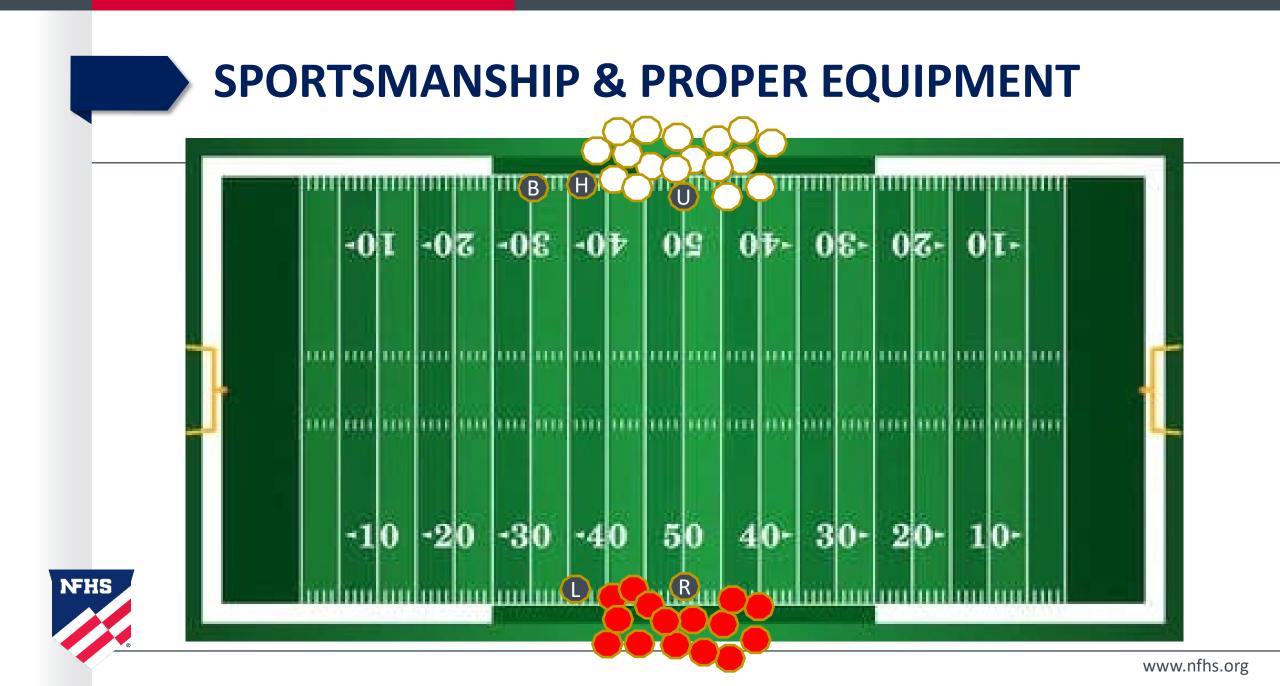


www.nfhs.org

#### NYSPHSAA HIGH SCHOOL FOOTBALL EQUIPMENT ISSUES



www.nfhs.org

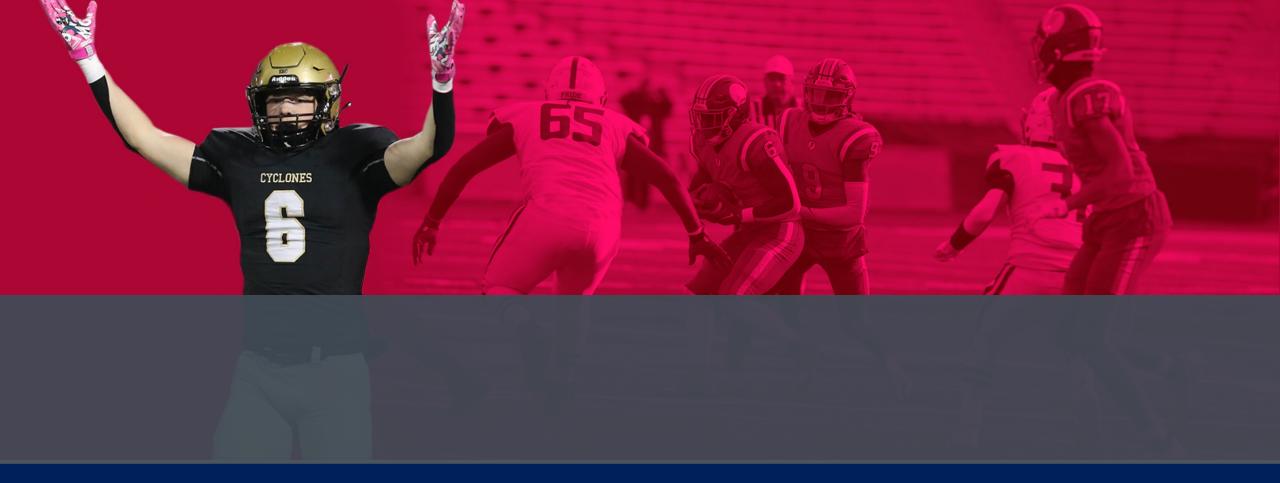


## **PROPER EQUIPMENT DISCUSSION**

- Prior to the game the R and U will address the team on their respective sideline with the NYSPHSAA Sportsmanship Statement.
- Following the Sportsmanship Statement and before the Coin Toss, the players will be advised by the R/U that their coach has verified that they are proper and legally equipped.
  - Improper (1-5-2)/Illegal (1-5-3, 9-8-1h) equipment includes, but is not limited to the following:
    - Knee pads not covering the knees (Improper)
    - Eye shade that is not a solid stroke (Illegal)
    - Moisture-absorbing sweatbands not worn at the base of the wrist (Illegal)
    - Play cards not worn on the wrist or arm (Illegal)
    - Eyeshields not clear without the presence of any tint (100% clear) (Illegal)



 Players will need to correct any improper or illegal equipment prior to the game, otherwise they will be sent off for at least one play, potentially with penalty.



# **CLOSING REMARKS**





