

2023 NYSPHSAA APPROVED FOOTBALL RULE CHANGES

DISQUALIFICATION PENALTY FOR TARGETING: As of 2022, a player ejected for “Targeting” will sit the remainder of the half in which the foul occurred and an additional two halves. Remember this only applies to those players ejected for “Targeting”.

START DATE: As of 2023, the official start date for football will be the Saturday of Week 7. That date this year is Saturday August 19th.

8 MAN FOOTBALL: Individual sections may allow any size school to participate in 8 Man Football during the regular season. ONLY Class C & D schools will be permitted to participate in the postseason.

CLASSIFICATIONS: Take effect in 2023.

AA- 1025 and above

A-665-1024

B-385-664

C-261-384

D-260 and below

OFFICIALS: The alternate official scheduled for the NYSPHSAA semi and final contests will now be added to the field to make a six man crew. (Additional year for pilot)

NYSPHSAA OFFICIAL BALL: Spalding Alpha

COMBINED PRACTICE GUIDELINES: A combined practice between two or more schools is designed to increase competition during a controlled instructional situation.

A combined practice **MUST** conform to the following:

(Day6-10)

- a) Coaches are to instruct their own players.
- b) “Full Live” contact is permitted but not required.
- c) Athletes/Teams may not participate in a combined practice unless they have previously completed five (5) days of practice.
- d) While working on team situational aspects, drills may not exceed nine (9) players from either team. This will allow for teams to conduct a 7 v 7 period for skill positions or it may be designed to focus an inside run package to emphasize offensive/defensive line play.
- e) Schools using more than nine (9) players in a team drill will be in violation of this rule.

(Post Day 10)

- f) Teams/athletes will follow all guidelines listed above with exception to letter D. Since teams have now met the legal requirement to scrimmage, they may line up in 11 v 11 situations provided they adhere to all scrimmage rules including the Two (2) nights rest period.
- g) If schools participate in a combined practice on or after Day 13, they must adhere to the "Football Contact Limitations" rule listed as #8 in the NYSPHSAA Handbook Sports Standards Section under Football.

FIRST 2 DAYS OF PRACTICE: The first two (2) days of practice must be non contact, without the use of personal protective equipment and mechanical blocking devices. (May 2023) The use of cones, ropes, ladders, step- over dummies, soft hand shields and similar devices as teaching aids is permissible.

A football player shall be permitted to participate in both the JV and Varsity football games for his school without violating the nights rest rule and maximum number of contests. The following requirements must be met: (July 2020)

1. The player shall participate in 10 or less plays on one of the two contests
2. There will be a TWO NIGHT rest period between the two contests.

NYSPHSAA Football Rules:

1. With Section approval a contestant (or team) may participate in no more than ten (10) interschool football contests, excluding sectional championships. For those sections involved in the state championship three additional games are permitted for a total of fourteen (14) games for the season: (1) game for regionals, (1) game for semifinals, and (1) game for championships. (May 2020)

2. Interscholar contacts (both scrimmages and contests) in football shall be permitted only in those schools which have an adequate number of students on the squad who are physically fit, eligible and prepared for each game as follows: Eleven (11) man football – sixteen (16) or more: eight (8) or nine (9) man football – twelve (12) or more; six (6) man football – twelve (12) or more.

Rules: NFHS

Maximum Number of games: 10

Practice Requirements: Number of practices to represent school: 10 (individual)

Nights rest between contests: 4 nights (2 nights for scrimmage)

Individual contests limitation per day: 1 contest

Scrimmage limitations per day: 1 scrimmage