The Scholarship Rule beginning date for ALL football playing schools is Thursday, August 20th. The first day football players are eligible to play under the scholarship rule is Saturday, September 19th, 2015 at 12:01 AM.

Also, just a reminder that any player may not participate in more than 14 games in any one season, excluding the play-offs. One play equals one quarter which equals one game. In addition, a player may not participate in more than 5 quarters per day, nor play in more than 2 games in any one day. This is particularly important if you play curtain raiser games on Friday night. If a player plays in all 4 quarters of the curtain raiser contest, he may play in only 1 quarter during the varsity contest, regardless of the exceptions granted.
**LEVELS OF CONTACT**

- **1. DRILL:**
  - 30 minutes per day/90 minutes per week
  - Will not be in effect until the week of August 24th.

- **2. DASH:**
  - USA Football Levels of Contact: “Thud” and “Live Action”

- **3. CONTACT:**
  - It is an individual rule, not a team rule.

**CONTACT RULE**

- Will vary from school to school
- Working with USA Football to have a link that will allow you to create a practice plan
- There will be an expectation for coaches to create a more detailed practice plan

**Pre Season Risk Minimization Manual**

- Six Keys to minimize risk for players:
  1. Football Helmet Inspection
  2. Concussion Management
  3. Return to Play Protocol
  4. Levels of Contact
  5. Heat Acclimatization
  6. Hazardous Weather
Post Season Information - 2015
A. No Sister Districts for 2015 Post Season
   1. District Champion will still play District 4th Place Team
   2. District Runner-up will still play District 3rd Place Team
B. 125 mile limitation in effect for 1st Round Contests
   1. Potential for district rematches to occur
C. No 32 team bracket in any of the classes
   1. Pairings will be assigned after each round of play
      a. High district finish will still host
      b. May play a team from a different district in next round
      c. District champions still will not meet until quarterfinal round.

OFFICIALS ANNOUNCEMENTS
BOOK MAILINGS
Football rules books will be mailed out on an every other year basis. All football officials will receive an NFHS Football Rules Book for the 2015 football season.

OFFICIALS ANNOUNCEMENTS
REGISTRATION AND YEARLY REQUIREMENTS
Officials’ registration can be found online. To receive credit for your clinic, rules meeting and examination, you must be registered first. All officials must complete the following each year:
• Register annually
• View an annual on-line rules meeting
• Take and pass an annual on-line exam
• To be post season eligible: Submit all varsity sportsmanship ratings by the due date each year.
• To be post season eligible: Crew chiefs must submit a request from AND schedule for the entire crew by the due date.

OFFICIALS ANNOUNCEMENTS
ANNUAL RULES MEETING
All officials (JH - Varsity) including out-of-state officials, must view an “annual” on-line IHSAA rules meeting. This includes anyone not working but wanting to count this year as a year of service. If you have viewed an on-line football rules meeting in a previous year or in a bordering state this year, you are still required to complete this requirement annually. NOTE: Rules meetings will no longer be held in conjunction with clinics.

The on-line football rules meeting is scheduled to be available from August 3rd through August 27th until 4:00 pm. The IHSAA will be enforcing the 4:00 pm deadline. (Note: the online rules meeting will not be available AFTER August 27th for any re-registering official.)
OFFICIALS ANNOUNCEMENTS

ANNUAL RULES MEETING

In order to receive credit for viewing your on-line rules meeting you must sign in with your IHSAA Officials’ password as well as complete the form at the conclusion of the video; this is very important! You can view your attendance within your “Individual Officials Information” page, moments after you have completed the rules meeting. Print your certificate at the end of the video for your records. This will be the only confirmation you will receive.

Take Part. Get Set For Life.™

OFFICIALS ANNOUNCEMENTS

ANNUAL ONLINE EXAM

All officials (JH – Varsity) including out-of-state officials, must pass an “annual” on-line IHSAA examination. This includes anyone not working but wanting to count this year as a year of service. If you have taken and passed the supervised exam in a previous year or in a bordering state this year, you are still required to take and pass the mandatory annual on-line exam. A passing score of 75% or higher is required.

The on-line football exam is scheduled from August 3rd through August 27th until 4:00 pm. The IHSAA will be enforcing the 4:00 pm deadline. (Note: the online exam will not be available AFTER August 27th for any re-registering official)

You will be given 3 opportunities each season to achieve a passing score of 75% with each time having 50 questions in a different “random” order. It is highly unlikely that all 5 members of your crew will receive the same exam. Once you login to your exam, you will continue to see this same exam each time until you have completely answered all 50 questions and have hit “submit”. If you fail the first attempt, you will be given 50 “different” questions in random order up to 2 more times for a total of 3 times submitting the exam.

NOTE: The IHSAA cannot stress enough that “three times” means “three times.” If you fail after the third attempt, you will not be licensed to officiate contest at the high school level. Please be responsible; follow instructions, use your book(s) and take your time submitting your exam. It is recommended that when you pass your examination, you print your completed score.

Your printed score is your CONFIRMATION of meeting the exam requirement.

Take Part. Get Set For Life.™
OFFICIALS ANNOUNCEMENTS

OFFICIALS CLINIC REQUIREMENT
WHO IS REQUIRED TO ATTEND?

1. New football officials are required to attend an IHSAA state sponsored clinic within three years of their initial registration.
2. High School “Graduating” students are required to attend an IHSAA state sponsored clinic within three years of their graduating year.
3. All officials seeking post season tournament consideration must attend an IHSAA state-sponsored clinic within a 3-year period for as long as you are an official and want to be considered for tournaments.

Please refer to the online “Officials Guide” and preseason mailing for detailed information of the clinic requirements.

OFFICIALS ANNOUNCEMENTS

OFFICIALS CLINICS

Friday, August 7, 2015, (6:15-9:00 PM) Iowa Falls-Aldan High School
Friday, August 7, 2015, (6:15-9:00 PM) Ottumwa High School
Saturday, August 8, 2015, (9:00-11:45 AM) Maquoketa High School
Friday, August 14, 2015, (6:15-9:00 PM) Creston High School
Saturday, August 15, 2015, (9:00-11:45 AM) OA-BCIG High School

FOOTBALL OFFICIALS REQUEST FORM AND SCHEDULE

All “varsity” crews in Iowa must submit a request form “and” schedule. If your crew is scheduled to work even “one” varsity contest this year, the crew chief only must log in to his “Individual Officials Information” page and submit a request form “and” schedule for the entire crew. It is important that the IHSAA is informed of all varsity crews in the state of Iowa. If your crew is “not” interested in working post season, still fill out the form and schedule but in the comment section, make a note that your crew does not want to be considered for post season. This form must be completed by August 27th by 4:00 pm. The IHSAA will enforce this deadline.

EXAMPLE OF WHAT YOUR FORM SHOULD LOOK LIKE (everything should say completed)

- View a 2015 IHSAA Football Rules Meeting
  - Completed
- Take and passed the 2015 Football On-Line Exam
  - Completed
- Submitted the 2014 IHSAA Football Sportsmanship Rating form.
  - Completed
- The CREW CHIEF must have completed the form as well as the crew’s Football Schedule ONLINE by August 27, 2015 by 4:00 pm.
  - BOTH MUST BE COMPLETED
- Schedule: Completed
- Request Form: Completed
- Attend an IHSAA State Sponsored Football Clinic within a 3-year period for as long as you are an official and want to be considered for tournament play-offs.
  - Completed
OFFICIALS ANNOUNCEMENTS
ONLINE EVALUATION OF OFFICIALS

Based on a recommendation from the Officials Advisory Committee and approval from the Board of Control, varsity football coaches or administrators will be provided the opportunity to evaluate varsity officials in three different areas:

1. Professionalism
2. Game Management
3. Rules Knowledge/Mechanics

Ideally, the concept is for officials to use the feedback appropriately to help them professionally for the rest of the season. These evaluations will be available to officials 30 days after the first contest playing date.

These evaluations will not be used by the IHSAA and will have no bearing on post season assignments.

VARSITY TEAM SPORTSMANSHIP RATINGS

Officials are to rate the sportsmanship of each varsity game they officiate. The sportsmanship rating is broken down into three separate categories:

1) Players
2) Coaches
3) Spectators

New for this year is a breakdown of the spectator category into student spectators and adult spectators.

Sportsmanship ratings must be submitted no later than Monday, November 23rd by 4:00 PM. The IHSAA will enforce this deadline. If you officiate any varsity level contests, you must log-in with your password and rate each school. All 5 members of your crew MUST submit their own sportsmanship ratings.

Suggestion: Enter your sportsmanship rating 24-48 hours after each contest instead of waiting until the end of the season.

MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

Beginning with the 2015-2016 school year, ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, “Concussion in Sports” before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.
**CONCUSSIONS**

*Iowa Code Section 280.13C* states, in part,

- “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
- The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.”

**Concussion Recognition & Management**

- Complete information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on “Information on Sports Concussions” on the IHSAA home page.

**CONCUSSIONS**

- **Coach Removal** – Iowa law requires a student’s coach who observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., to remove the student from participation immediately and the student shall not return until the coach, or school’s designated representative, receives written clearance to return from a licensed health care provider.
CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event, including an event that takes place over multiple days.

MOUTH GUARDS

- Current research does not support the theory that mouth guard use minimizes the risk or severity of concussion.
- More expensive, form-fitted mouth guards may protect the teeth better, but there is no research to indicate they protect an athlete from concussions.
- No research to support that special mouth guards can predict when a player is becoming overheated.

Heat Acclimatization and Preventing Heat Illness

- EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.
- Schools and coaches need to know the importance of a formal pre-season heat acclimatization plan.
Heat Acclimatization and Preparing Heat Illness

- Take plenty of water breaks during practice.
- Use the information provided by the IHSAA.
  - Heat and Humidity Gauge
  - Heat Index Chart
  - Urine Color Chart

- Heat-related deaths are preventable if specific steps are taken by coaches and administrators.
  - Develop an Emergency Action Plan
  - Allow student-athletes to acclimatize to heat and humidity
  - Access to water should never be restricted
  - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
  - Practices should be scheduled at times during the day that minimize exposure to heat and humidity
Heat Acclimatization and Preventing Heat Illness

- Use the “BUDDY SYSTEM”
  - Assign student-athletes a “Buddy” and have them monitor each other for signs and symptoms of heat-related problems

- Signs of Possible Heat Stroke
  - Altered consciousness
    - Semi-consciousness, confused, irrational behavior
  - Combative
  - Headache, dizziness, weakness
  - Hot skin – with or without sweating
  - Increased heart and breathing rates
  - Nausea, vomiting or diarrhea

- The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete’s survival!

- Cold water submersion cools the body the fastest!
  - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
  - Can also use a piece of plastic with ice and cold water that is held at the corners
ALL thunderstorms produce lightning and are dangerous. Lightning often strikes as far as 10 miles away from the storm.

Each school should have a lightning safety plan, which includes knowing where teams & spectators will go and how long it will take them to get there safely.

Lightning Guidelines

If thunder is heard, or lightning is seen, immediately suspend the contest or practice and instruct everyone to take safe shelter. Once the contest or practice is suspended due to lightning, wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest or practice.

Complete guidelines regarding lightning safety appear in every NFHS rule book. Remember, lightning kills, play it safe!
Spearing is an act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of their helmet. The shaded area is the crown.

Spearing Rule 2-20-1c

Correcting A Down Rule 5-1-1b (NEW)

In PlayPic A, the down should be second, but the down marker indicator shows third during the down. After the ball is dead, the down marker indicator shows fourth and the other game officials point out the error to the referee (PlayPic B). The referee has the authority to correct the number of the next down prior to the ball becoming live after a new series of downs is awarded (PlayPic C).
Free-Kick Formation
Rule 6-1-4 (NEW)

At the time the ball is kicked, at least four K players must be on each side of the kicker. In the MechaniGram, K is guilty of encroachment, a dead-ball foul.

Free-Kick Formation
Rules 6-1-3; 6-1-4 (NEW);
6-1 PENALTY

In MechaniGram A, K has only three players on one side of the kicker. If K4 shifts to the other side of the kicker by going more than five yards from the free kick line after the ready-for-play signal (MechaniGram B), it is a dead-ball foul for encroachment.

The formation in MechaniGram A is legal. In MechaniGram B K5 (who was not more than five yards behind his free-kick line, kicks the ball. That is a foul. When a player is more than five yards behind the kicking team’s free-kick line, that player is the only player who may legally kick the ball.

The formation in MechaniGram A is legal. In MechaniGram B, when K5 kicks the ball, there are still at least four players on either side of the kicker. There is no foul. K had no player more than five yards behind the kicking team’s free-kick line and had four on either side of the kicker at the time of the kick.
Illegal Personal Contact
Rule 9-4-3g

No player or nonplayer shall make any other contact with an opponent, including a defenseless player, which is deemed unnecessary or excessive and which incites roughness.

Roughing The Passer
Rule 9-4 PENALTY

Number 54 grasps but does not twist, pull or turn the passer’s face mask. The foul is for an incidental face mask, and is not roughing the passer. The penalty is five yards administered under the all-but-one principle, and no automatic first down.

Dead-Ball Penalty Enforcement
Rule 10-2-5

In PlayPic A, the B player hits the runner out-of-bounds, a dead-ball foul. In PlayPic B, two A players commit unsportsmanlike fouls. All fouls occur before the next live ball. One A foul and the B foul offset. The penalty for the remaining A foul is enforced.
Dead-Ball Penalty Enforcement Rule 10-2-5

In PlayPic A, a B player commits a dead-ball personal foul. After the Referee signals and the penalty is enforced, A's coach is flagged for unsportsmanlike conduct (PlayPic B). The fouls do not offset and the penalty for the coach’s foul is also enforced.

In PlayPic A, the A player false starts. In PlayPic B, the B player commits a dead-ball personal foul. Both fouls occur before the next live ball. The penalties do not cancel and are enforced in the order of occurrence.

2015 NFHS Football Points of Emphasis

1. Risk Minimization
2. Facilitating NFHS Football Rules
Facilitating NFHS Football Rules
You’re Almost Finished!

CAUTION: DO NOT STOP THIS PRESENTATION OR CLOSE YOUR BROWSER

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate
One for your records
One for your administrator
One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says: I'm FINISHED Watching the Rules Meeting Video
You will be directed to the verification screen followed by the verification certificate