COACHES INFORMATION

The Scholarship Rule beginning date for ALL football playing schools is Thursday, August 18th. The first day football players are eligible to play under the scholarship rule is Saturday, September 17th, 2016 at 12:01 AM.

CONTACT RULE

• 30 minutes per day/90 minutes per week
• Will not be in affect until the week of August 22nd.
• USA Football Levels of Contact: “Thud” and “Live Action”
• It is an individual rule, not a team rule.

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

Regular Season Information- 2016

District Alignment - Classes 3A, 2A, 1A and A: 7 districts apiece with 8 teams in each district. District champion and District runner-up would automatically qualify and 2 “at-large” teams would be qualify based on set criteria.

Class 4A is now made up of the largest 48 school based on enrollment.

Post Season Information- 2016

Criteria for Determining “at-large” Selection
Anyone who is considered a district champion (anyone in a 3 or 4 way tie)
District record
Head to head competition (District or non-district)
Tie Breaker Point Differential +/- 17
Alphabetical Draw each year - For 2016 we will start with the letter “K” through Z and then A through J.
Post Season Information- 2016

Class 4A and 8 Player: 8 districts apiece. District champion and District runner-up would automatically qualify to create the 16 qualifiers.

The 17-point tiebreaker system is the difference in score between Team A and Team B. EXAMPLE: (Team A--20, Team B--3. Team A gets plus 17 points and Team B gets minus 17 points.) Seventeen points is the maximum number of positive or negative points that a team may receive. This replaces the 13-point tiebreaker previously used.

MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

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. 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.

Heat Acclimatization and Preventing Heat Illness

- **Exertional Heatstroke (EHS)** is the leading cause of preventable death in high school athletes.
- Athletes participating in high-intensity, long-duration or repeated same-day practices during the summer months or other hot-weather days pose the greatest risk.
- Football has received the most attention because of the number and severity of exertional heat illnesses.

- **Higher risk for heat illness:**
  - High intensity outdoor sports in hot & humid weather

Heat Acclimatization and Preventing Heat Illness

- **The National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of EHS between 1995 and 2010.**
- 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 Preventing 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 & Humidity Pen

Cost = $85 by contacting the IHSAA
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

Lightning Guidelines

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.

2016 NFHS Football Rules Changes
**TOOTH AND MOUTH PROTECTORS**

**RULE 1-5-1d(5)a**

Tooth and mouth protectors that are completely clear or completely white are now legal to wear.

**RULE CHANGE**

Tooth and mouth protectors that have been chewed or altered so they no longer provide the necessary protection must be replaced.

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**GLOVES**

**RULES 1-5 NOTE, 1-5-2b**

Gloves are now required to carry either the National Operating Committee on Standards for Athletic Equipment (NOCSAE) seal (PlayPic A) or the new Sports and Fitness Industry Association (SFIA) seal (PlayPic B). The seals must be visible and appear legibly on the exterior wrist opening of the glove.

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**CLIPPING**

**RULES 2-17, 9-3-6, 9-3 penalty**

The exception that allowed clipping in the free-blocking zone has been eliminated.

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**CLIPPING**

**RULES 2-17, 9-3-6, 9-3 penalty**

It is still legal to clip a player who is a runner or is pretending to be a runner.

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**CLIPPING**

**RULES 2-17, 9-3-6, 9-3 penalty**

Clipping, blocking below the waist and blocking in the back are legal methods of bringing down a runner or a player pretending to be a runner.
2016 NFHS FOOTBALL POINTS OF EMPHASIS

1. Risk Minimization
2. Legal and Illegal Blocks
3. Legal Jerseys, Pants and Pads
4. Unfair Acts

RISK MINIMIZATION

- Players, parents, coaches, and administrators need to be careful not to use unproven technology such as impact sensors, to diagnose a concussion, or even as a tool to decide if a concussion should or should not be suspected.

LEGAL AND ILLEGAL BLOCKS

- Illegal blocks such as chop blocks (PlayPic A) are not to be taught and must be penalized. Legal techniques such as low-low combination blocks in the free-blocking zone (PlayPic B) are effective and minimize risk.

LEGAL JERSEYS, PANTS AND PADS

- The player in PlayPic A is wearing the required uniform and equipment. Examples of illegal pads, equipment or uniform are seen in PlayPic B.

FOOTBALL JERSEYS RULES 1-5-1b(2)a, (3)a

- The front and back of the football jersey may contain the school name, school logo, school nickname or player name (PlayPic A). Team nicknames such as seen on the jersey in PlayPic B are illegal.

ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)
Acts such as the “hide-out play” depicted in the MechaniGram are illegal.
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