

National Federation of State
High School Associations

2020


**Iowa High School
Athletic Association
Football Rules Meeting**




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1

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.




2

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."



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[illegible]

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[illegible]

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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.**

6

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.



7

Return to Learn Protocol- House File 2442

- Personnel of a school district or accredited nonpublic school with enrolled students who participate in an extracurricular interscholastic activity which is a contest in grades seven through twelve shall develop a return-to-learn plan based on guidance developed by the brain injury association of America in cooperation with a student removed from participation in an extracurricular interscholastic activity and diagnosed with a concussion or brain injury, the student's parent or guardian, and the student's licensed health care provider to accommodate the student as the student returns to the classroom.



8

A Guide to Heat Acclimatization & Heat Illness Prevention

Course Introduction 1 2 PREVIOUS NEXT PLAY

Overview

Introduction

Start Slow, Then Progress

Allow For Individual Conditions

Medical Status

Adjust Intensity and Rest

Start Sessions Adequately Hydrated

Recognize Signs Early

Recognize More Serious Signs

Have An Emergency Action Plan

Review

Course Exam

Conclusion

Higher risk for heat illness:

- High intensity outdoor sports in hot & humid weather

35 high school football players died of exertional heat stroke between 1995 and 2010.

TRANSCRIPT RESOURCES

Heat illness is the leading cause of preventable death in high school athletics. Students participating in high-intensity outdoor sports during the summer months are at the greatest risk. Football has received the most attention due to the number and severity of heat illnesses. In fact the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of heat strokes between 1995 and 2010.

9

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.



10

Heat Acclimatization and Preventing Heat Illness

- EHS 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.



11

Heat Acclimatization and Preventing Heat Illness

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



12

Heat & Humidity Pen Cost = \$85 by contacting the IHSAA



13

Heat Acclimatization and Preventing Heat Illness

HEAT INDEX TABLE

How to use the Heat Index Chart:

1. Access the top of the chart for the temperature to be used.
2. Cover the left side of the chart for the relative humidity to be used.
3. Where the temperature and humidity read on the chart is the Heat Index.
4. The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body."

HEAT INDEX TABLE

HEAT INDEX (°F)	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
5%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	149
40%	68	74	79	85	92	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							

HEAT INDEX & POSSIBLE RISK:

- 80-104 degrees: Heat exhaustion, heat cramps, and heatstroke possible with prolonged exposure, avoid strenuous activity. Provide water, shade, and rest.
- 105-124 degrees: Heat exhaustion, heat cramps, and heatstroke likely, and heatstroke possible. Provide water, shade, and rest. Avoid strenuous activity. Provide water, shade, and rest. Avoid strenuous activity.
- 125 degrees and higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

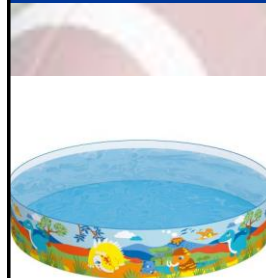
14

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

15

Heat Acclimatization and Preventing Heat Illness



16

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.

17

Lightning Guidelines



18

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Pre Season Risk Minimization Manual

Seven Keys to minimize risk for players:

1. Football Helmet Inspection
2. Concussion Management
3. Return to Play Protocol
4. Return to Learn Protocol
5. Levels of Contact
6. Heat Acclimatization
7. Hazardous Weather



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19

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SCHOLARSHIP RULE IMPLEMENTATION DATE

The Scholarship Rule beginning date for ALL football playing schools is Thursday, August 27th. The first day football players are eligible to play under the scholarship rule is Saturday, September 26th, 2020 at 12:01 AM.




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20

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PRE SEASON INFORMATION

- The first two days of practice will consist of **no person to person contact work of any kind.**
- However, during the first two days of practice, it is permitted to use blocking dummies, hand shields, blocking sleds, and tackling rings for individual drill work.




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21

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PRE SEASON INFORMATION

- 30 minutes per day/90 minutes per week
- Will not be in affect until the week of August 31st.
- USA Football Levels of Contact: "Thud" and "Live Action"
- It is an individual rule, not a team rule.



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22

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REGULAR SEASON INFORMATION

HUDL Video Exchange

Based on a recommendation from the football advisory committee, the IHSAA has created one pool for HUDL video exchange. All IHSAA football playing schools (4A, 3A, 2A, 1A, A, 8 Player) are now part of a single pool. Any school in any class is now able to view video from any of the IHSAA football playing schools throughout the football season. Previous rules regarding video exchange will continue. Coaches are expected to enter their Friday game by 12 PM the following Saturday, or 12 PM the following Sunday if playing on Saturday



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23

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REGULAR SEASON INFORMATION

HUDL Video Exchange


Rationale for this change focused on inconsistencies with non-district contests that involved different classifications and the ability for schools to view and educate themselves regarding schemes throughout the state.



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24

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REGULAR SEASON INFORMATION

National Anthem Protocol

The Iowa Football Coaches Association recommends that during the regular season schools shall be on the field during the playing of the National Anthem.

National Anthem should take place 5 minutes prior to kickoff.

Sample Agenda:


7:00 PM	Kickoff
6:57 PM	Mock Coin Toss
6:55 PM	National Anthem

Additional Time on Field would depend on home team's marching band performance during pregame.
Both teams are required to have 30 minutes of uninterrupted pre game warm up.

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25

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REGULAR SEASON INFORMATION

35 Point Rule- 8 Player Football & 11 Player Football

The 35-point differential rule is in effect for all games played in Iowa, grades 7-12. If there is a 35-point differential **anytime during the contest**, the game will be continued with a running clock. Beginning with the ensuing kick-off when the 35-point differential becomes effective, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.

The clock will run continuously except for the following situations when it will be stopped:


- (1) Anytime a time-out is charged to a team;
- (2) After a score;
- (3) Intermission between first and second quarter;
- (4) Intermission between third and fourth quarter;
- (5) Administration of a penalty;
- (6) Extended injury time-out;
- (7) Anytime officials determine it is necessary for safety reasons.

Anytime the score differential gets below 35 points, regular timing procedures will be used.

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26

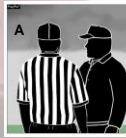
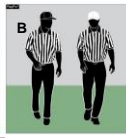
2020 NFHS FOOTBALL RULES CHANGES





27

Designating Team Representative

Rules 1-4-1, 1-4-4 (New), 2-32-5, 3-5-2, 10-1-1, 10-1-2, 10-2-4


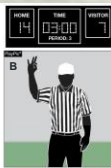
Prior to the game the head coach will notify the referee of the designated representative (coach or player) who will make decisions regarding penalty acceptance or declination (PlayPic A). When a foul occurs, the linesman or line judge will inform the referee as to the penalty decision if the coach is the decision maker (PlayPic B).


28

Halftime Intermission Option Following Weather Delay

RULE 3-1-6c EXCEPTION (NEW)

If weather causes a delay during the last three minutes of the second period, the opposing coaches may mutually agree to shorten the halftime intermission below the 10-minute minimum (PlayPic A). The mandatory 3-minute warm-up must take place before the third period begins (PlayPic B).



29

40-Second Play Clock Clarification

RULES 3-6-1a(1)e EXCEPTIONS 2 and 3 (NEW)

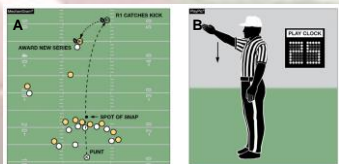



The play clock will be set to 40 seconds when an officials' time-out is initially taken for an injury to a defensive player (PlayPic A) or a defensive player has an equipment issue (PlayPic B).



30

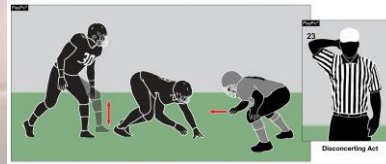
25-Second Play Clock Clarification RULE 3-6-1a(1)f (NEW)



When Team R is awarded a new series after a legal kick (MechaniGram A), the play clock is set to 25 seconds and starts with the ready-for-play signal (PlayPic B).

31

Disconcerting Act Foul and Penalty Reclassified RULES 7-1-9 (NEW), 7-1-9 PENALTY (NEW)



Disconcerting acts or words by the defense has been reclassified from an unsportsmanlike foul to a disconcerting act foul, and the penalty changed from 15 yards to 5 yards. Signal 23 will be used to indicate the foul.

32

Spiking The Ball To Conserve Time 7-5-2e EXCEPTION, TABLE 7-5-2e EXCEPTION, TABLE 7-5e EXCEPTION



The exception to allow a player to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap has been expanded. This exception now includes snaps that are not hand-to-hand.

33

NFHS JERSEY RULES REMINDERS



34

Football Jersey Numbers Rule 1-5-1c



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.

35

Football Jersey Numbers Rules 1-5-1c, 1-5-1c(6) (NEW)



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

36

Football Jersey Numbers RULES 1-5-1c, 1-5-1c(6) (NEW)



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.

CHANGE



37

2020 NFHS FOOTBALL POINTS OF EMPHASIS



38

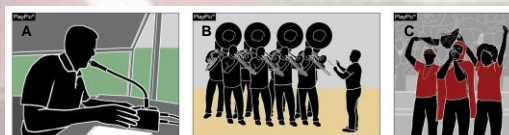
2020 NFHS Football Points of Emphasis

1. Sportsmanship
2. Intentional Grounding
3. Ineligible Downfield and Line of Scrimmage Formation



39

Sportsmanship

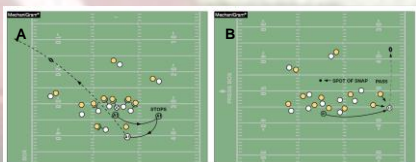


When considering sportsmanship, many may first think only of the game participants (athletes and coaches) within the timeframe of the game. Although players and coaches are the most visible in their displays of sportsmanship, proper sportsmanship also includes public address announcers (PlayPic A), bands (PlayPic B) and spectators (PlayPic C).



40

Intentional Grounding

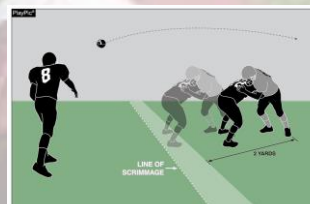


Under NFHS rules, intentional grounding is a foul whenever a forward pass is thrown to prevent a loss of yardage or to conserve time (PlayPic A) or to an area not occupied by an eligible receiver (PlayPic B). High school referees need to be aware of these situations and, with the help of the line judge and linesman, make the correct call under NFHS football rules.



41

Ineligible Downfield

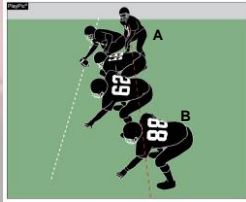


Ineligible A players may not advance beyond the expanded neutral zone on a legal forward pass play before a legal forward pass that crosses the neutral zone is in flight. The neutral zone expands two yards behind the defensive line of scrimmage following the snap. When identifying A players who are illegally downfield it is important to make sure that the A player is clearly beyond the expanded neutral zone (2 yards) at the moment that the pass occurs.



42

Line of Scrimmage Formation



Only one player may not be on the line but still penetrate the vertical plane through the waistline of his nearest teammate who is on the line. This player (A) must be in position to receive a hand-to-hand snap, but does not have to actually receive it. By rule, he is the only player allowed to be positioned in "no man's land" at the snap. All other players not on the line must be clearly positioned as backs. The player marked (B) is in an illegal position.

43

2020-2021 NFHS FOOTBALL GAME OFFICIALS MANUAL

44

2020-2021 NFHS Football Game Officials Manual REMINDERS

- 2020 is a print year for the NFHS Football Game Officials Manual.
- 2020-2021 Game Officials Manual Points of Emphasis (See pages 91-93 of the 2020-2021 NFHS Football Game Officials Manual):
 1. Clock Management Communication
 2. Respectful Communication Between Coaches and Game Officials
 3. Preventing Inequities Due to Illegal Substitution and/or Illegal Formation
 4. Responsibility for Minimizing Risk in the Game

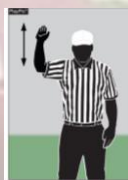
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2020-2021 NFHS Football Game Officials Manual Reminder

- The Game Officials Manual Committee added and/or updated the following items for 2020-2021:
 1. Added new NFHS General Instructions for Football Game and Play Clock Operators
 2. Changed NFHS Official Signal 23 to Disconcerting Act in the signal chart
 3. Updated the Pregame Conference Responsibilities for the Crew
 4. Game officials' uniforms updated
 5. Strongly recommend that Line-to-Gain Crews be adults
 6. The referee should have the ball marked ready for play in three to five seconds following the placement of the ball
 7. In five-person officiating crews, the line judge will now time the game.

46

Reset Play Clock-Signal 17 (NEW) NFHS Official Football Signals



Reset play clock to 25 seconds
(See both hands to reset play clock
Reset to 40 seconds)

47

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

If after viewing this video you have questions, please contact Todd Tharp at ttharp@lahsaa.org

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

48