



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."

3

CONCUSSION RECOGNITION & MANAGEMENT

4

CONCUSSION RECOGNITION & MANAGEMENT

- Additional information on concussions can be found at www.iahsaa.org. Click on "Information on Sports Concussions" on the IHSAA home page.

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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.**

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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.



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CONCUSSIONS

Football:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.



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RETURN TO PLAY PROTOCOL

- **Step 1-** Athlete has received written medical clearance from a licensed health care provider to begin the return-to-play process, AND the athlete is back to regular activities, including school, without experiencing any concussion signs, symptoms, or behaviors for a minimum of 24 hours.
- **Step 2-** Low impact, light aerobic exercise. Walking or stationary cycling at slow to medium pace. No resistance/weight training.
- **Step 3-** Basic exercise, such as running in the gym or on the field. No helmet or other equipment.
- **Step 4-** Noncontact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills) in full equipment. Resistance/weight training may begin.
- **Step 5-** Full contact practice and participation in normal training activities.
- **Step 6-** Contest participation



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RETURN TO PLAY PROTOCOL – FOOTBALL EXAMPLE

This form is a detailed medical clearance document for a football player returning to play after a concussion. It includes sections for 'Return to Play Protocol', 'Return to Play Protocol - Football', and 'Return to Play Protocol - Football Example'. The form contains various checkboxes and fields for medical history, symptoms, and clearance status.



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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.



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SCHOOL CONCUSSION MANAGEMENT PROTOCOL - EXAMPLE

This form is a detailed medical clearance document for a student returning to school after a concussion. It includes sections for 'School Concussion Management Protocol', 'School Concussion Management Protocol - Example', and 'School Concussion Management Protocol - Example'. The form contains various checkboxes and fields for medical history, symptoms, and clearance status.



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EMERGENCY ACTION PLAN (EAP)

- An EAP is necessary for any school and all of the venues within these institutions where athletes exercise. The EAP provides information to ensure response to an emergency is rapid, appropriate, controlled and precise. All personnel involved with the organization of athletic activities share a professional and legal responsibility to ensure that guidelines are in place to manage any emergency that could arise. The EAP defines the standard of care for these situations, and therefore an institution without an EAP can be found to be negligent in cases of catastrophic injuries.
- While health care providers are usually responsible for the writing of this document, all those involved with athletic teams (athletic directors, team physicians, athletic trainers, athletic training students, coaches, strength and conditioning coaches, local EMS services) need to be aware and knowledgeable with its contents. It is best to also involve EMS in the writing of the EAP and have the medical director for the school/university approve its contents



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BENEFITS OF AN EMERGENCY ACTION PLAN

- Risk management strategy: lead to prevention of athletic injury
- Readily prepared for emergency situations
- Ensures that appropriate care is provided in a
- Decrease chance of legal action taking place
- Protects liability of ATC, Coaches & school adn
- Leads to a more effective emergency response



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EAP COMPONENTS

- Emergency Personnel** – Describe the emergency team involved when the EAP is activated and the roles of each person.
- Emergency Communication** – What communication devices are available, where, what number to call in an emergency, specific information and directions to the venue to provide to EMS response team.
- Emergency Equipment** – Location of equipment should be quickly accessible and clearly listed. Equipment needs to be maintained on a regular basis.
- Medical Emergency Transportation** – Describe options and estimated response times for emergency transportation.
- Venue Directions with a Map** – (should be specific to the venue, and provide instructions for easy access to venue)
- Roles of First Responders** – Establish scene safety and immediate care of the athlete, activation of EMS, equipment retrieval, direction of EMS to the scene
- Emergency Action Plan for Non-Medical Emergencies** – These emergencies can refer to the school emergency action plan if one is in place



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Exertional Heat Stroke is the leading cause of preventable death in high school athletics



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HEAT ILLNESS SIGNS & SYMPTOMS

Muscle Cramps	Heat Syncope	Heat Exhaustion	Exertional Heat Stroke
Acute pain, stiffness, visual bulging/roting of affected muscle, prolonged muscle soreness	Fainting, lightheadedness, headache	Headache, dizziness, confusion, disorientation, fatigue, excessive sweating/flushed skin, nausea or vomiting	Nervous system dysfunction (such as confusion) increased heart rate, hyperventilation, low blood pressure
BASIC TREATMENT	BASIC TREATMENT	TREATMENT	TREATMENT
1. Remove athlete from activity 2. Relocate to a shaded area 3. Rehydrate 4. Stretch & ice cramping	1. Remove athlete from activity. Relocate to a shaded area 2. Monitor Vital signs, elevate legs above the heart, cool the skin & rehydrate	1. Assess cognitive function, vital signs, core body temperature 2. Treat the same as heat syncope 3. Cool athlete in cold water immersion or with Tarp 4. If improvement is not made or cognitive function is not regained, activate EMS, Call parent. Cool then Transport	1. Assess cognitive function, vital signs, core body temperature 2. Treat the same as Heat Exhaustion 3. Cool athlete with best practice – whole body immersion in cold tub. If cold tub/tarp not available – shaded or air conditioned facility, applying ice packs to entire body Cool First – Transport Second



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HEAT ILLNESS PREVENTION

- Ensure hydration
 - To ensure hydration, athletes can observe the color of their urine – by using IHSAA Urine Color Chart
 - Encourage drinking throughout practice, in the shade if possible, and throughout the day, especially when having multiple practices.
 - As they become used to exercising in the heat they will sweat more and therefore need to replace a greater amount of fluids during the course of the workout.
 - Encourage drinking both water and fluids containing sodium.
- Wear loose-fitting, absorbent or moisture wicking clothing – during hot or humid conditions minimize the amount of equipment and clothing worn



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HEAT ILLNESS PREVENTION

- Practice and perform conditioning drills at appropriate times during the day, avoiding the hottest part of the day (10am–5pm). Use IHSAA Heat Illness Chart & Heat & Humidity Gauge available through IHSAA
- Slowly progress the amount of time and intensity of conditioning and practices throughout the season.
- Ensure that proper medical coverage is provided and familiar with exertional heat illness (EHI) policies.
- Make sure your policies and procedures are consistent with the best practice guidelines for preseason heat acclimatization adapt individuals to heat gradually over 10–14 day period
- Ensure proper body cooling methods are available, including a cold-water immersion tub, ice towels, access to water, ice, etc. and that this equipment is prepared before practices begin.



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HEAT & HUMIDITY CONTACT THE IHSAA IF INTERESTED



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HEAT INDEX TABLE

This Heat Index Chart is provided for your use. It is not to be used as a substitute for the IHSAA Heat Illness Chart & Heat & Humidity Gauge available through IHSAA.

How to use the Heat Index Chart:

1. Locate the Heat Index Chart on the right side of the page.
2. Locate the Heat Index Chart on the right side of the page.
3. Locate the Heat Index Chart on the right side of the page.

Heat Index	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64	69	75	81	87	93	99	105	111	117	123
10%	65	70	76	82	88	94	100	106	112	118	124
20%	66	72	78	84	90	96	102	108	114	120	126
30%	67	73	79	85	91	97	103	109	115	121	127
40%	68	74	80	86	92	98	104	110	116	122	128
50%	69	75	81	87	93	99	105	111	117	123	129
60%	70	76	82	88	94	100	106	112	118	124	130
70%	71	77	83	89	95	101	107	113	119	125	131
80%	72	78	84	90	96	102	108	114	120	126	132
90%	73	79	85	91	97	103	109	115	121	127	133
100%	74	80	86	92	98	104	110	116	122	128	134

120 degrees & higher: Dangers & health risks are high. Cancel practice for the safety of all players.

DIRECTIONS FOR USING THE HEAT INDEX TABLE

1. Find the Heat Index on the right side of the page.
2. Find the Heat Index on the right side of the page.
3. Find the Heat Index on the right side of the page.



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COLD WATER IMMERSION EQUIPMENT



- Stock Tank
- Small Inflatable Pool
- Tarp
- Coolers with Ice
- Water source
- 3-4 Towels
- Tent for shade
- Pulse Oxygen monitor
- Paper to document vitals



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BEST PRACTICE – COLD WATER IMMERSION

Stock tanks can be filled with ice and cold water before an event or have tub half-filled with water & 3-4 coolers of ice available to prevent having tub cold throughout the day. Designate temporary medical area.

- Water temperature = under 60 degrees F. Ice should always cover the surface of the water
- Just before immersing the heat stroke patient, take vital signs
- Best Practice – rectal thermometer to take core body temperature, other temperature gauges will take an inaccurate reading (check with your school district on policies related to core temperature readings). Continue cooling until patient's rectal temperature lowers to 102 degrees F
- Immerse as much of the body as possible including trunk, both arms, and as much of both legs as possible. If full body coverage is not possible due to tub's size, cover the torso as much as possible
- To keep the athlete's neck and head above water, as assistant may hold the patient under the armpits with a towel or sheet wrapped across the chest and under arms. This will also allow for monitoring of the patient.
- During ice water immersion, water should be continuously circulated or stirred to enhance the water to skin temperature gradient which optimizes cooling. Towels can be used to circulate water.



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TARP ASSISTED COOLING METHOD (TACO)

- Movement of athlete to treatment area
- Assess vital signs & core body temperature with a rectal thermometer – flexible that it stays in during cooling and allows for continuous monitoring of temperature during immersion therapy
- Check airway, breathing, pulse, blood pressure. Assess the level of CNS dysfunction
- Position athlete on standard tarp, held at corners and edges by 4-6 people. To begin treatment by elevating the tarp into the taco shape
- During the TACO treatment (1) gallon of ice & water should be poured on and around the athlete. Ensuring the head & upper chest are above water.
- Volunteers should oscillate tarp to keep the water circulating
- Continue monitoring rectal temperature until returns to 102 degrees F
- After immersion, assist the athlete in exiting the tarp



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COOLING DURATION

- If no rectal temperature is available and Ice water immersion indicated
- Cool for 10-15 minutes and then transport to a medical facility. If after 10-15 minutes the patient's symptoms have not improved, medical/school personnel should use their best judgment as to whether additional cooling time is warranted. If a less effective cooling method is utilized, cooling time should be increase 15-20 minutes
- COOL FIRST, TRANSPORT SECOND



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LIGHTNING GUIDELINES

- ALL thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from the storm.
- If you can hear thunder, you are in danger.
- After the last thunder is heard or cloud to ground lightning is seen, 30 minutes should expire before the game can restart.
- Schools should have a plan in place on where to safely put teams and spectators in case of a thunderstorm.



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LIGHTNING GUIDELINES CONTACT THE IHSAA IF INTERESTED



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PRE-SEASON RISK MINIMIZATION MANUAL

Seven Keys to minimize risk:

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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PRESEASON INFORMATION

- The first two days of practice will consist of **no person to person contact work of any kind**.
- Helmets and mouth pieces may be worn during the first two days of practice.
- The IHSAA recommends that during these two days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilitys, or any other time the players are not doing drill work that the helmets be removed.
- 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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PRESEASON INFORMATION

- During days three, four and five of practice, helmets, mouth pieces, and shoulder pads are allowed. Contact above the waist is permitted, but players should not be brought to the ground. Contact with sleds, dummies, shields, and pads are allowed during days three, four, and five.



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PRESEASON INFORMATION

- Beginning on day six, full person-to-person contact is allowed.
- All these guidelines are team requirements, not individual requirements. If a player shows up for practice on Day 3, the head coach and athletic director will determine the appropriate placement of the individual to begin practice.
- Likewise, if Day 2 of practice is cancelled due to inclement weather, the head coach and athletic director will determine if shoulder pads are worn the next day as Day 3 practice, or will Day 2 practice be observed.



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PRESEASON INFORMATION

- Beginning with practice on Monday, August 22, each **individual player** is limited to 30 minutes of contact per day using the USA Football definitions of levels of contact. In addition, each player is limited to 90 minutes of contact per week using the USA Football definitions of levels of contact.
 - **CONTROL:** Drill is run at assigned speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
 - **CONTROL to GROUND:** Drill is run in game-like conditions and is the only time that players are taken to the ground.
- It is an individual rule, not a team rule.



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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 (5A, 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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SCHOLARSHIP RULE

- Scholarship Rule back into effect
- First competition date Thursday, August 18
- Regain eligibility on September 17
- School districts are permitted to have stricter participation guidelines and may withhold eligibility based on local district academic policies.



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GAME/QUARTER LIMITATION

- A player may dress for no more than two games per day as the maximum, and they may not play in any part of more than five quarters in the two games. A reminder that a player may only participate in 8 quarters per week. A week is defined as Sunday through Saturday. This would count as one game toward the player's game limitation. A player's participation in one or more quarters of a game constitutes a game with the following two exceptions. One play equals one quarter.
 - Exception One: Once a game has reached a 35-point differential, a substitute who enters the game for the first time at that point is not required to count that game toward the 14-game limitation rule; however, participation in this game does count toward the five-quarter limitation rule in which a player may not play in any part of more than five quarters in one day or a total of 8 quarters per week.
 - Exception Two: A player who participates in only free kick downs and scrimmage kick downs during the game is not charged with game participation as it relates to the 14-game player limitation rule **nor do these free kick or scrimmage kick downs count toward the five-quarter, daily/eight quarters weekly rule.**



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REGULAR SEASON REMINDERS

- **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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35 POINT RULE

- 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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POSTSEASON FOOTBALL

- New Wilson Agreement
 - GST NCAA 1003 Official Pattern Leather
 - GST Prime
- IHSAA will not ship footballs out to hosts as they have in the past
- Football will be provided in the UNI-Dome for semifinals and finals if a school doesn't bring three footballs to use
- Schools will be required to provide age-appropriate ball boys during all post season contests.

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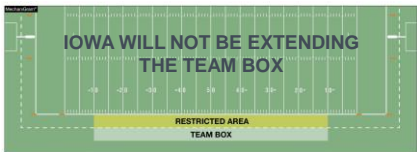
2022 NFHS FOOTBALL RULES CHANGES

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Rule Change

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.

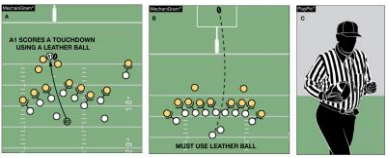
40

Rule Change

GAME BALLS

RULE 1-3-3

- 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).



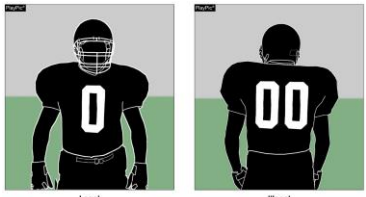
41

Rule Change

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 through 99 inclusive. Any number preceded by the digit zero such as "00" is illegal.



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Rule Change

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.

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Rule Change

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 Mechanism 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).

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Rule Change

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.



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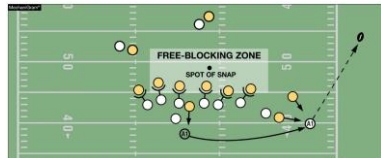
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Rule Change

INTENTIONAL GROUNDING RULE 7-5-2D EXCEPTION 2. (NEW), TABLE 7-5-2, TABLE 7-5

- It is legal for a player to conserve yardage by intentionally throwing an incomplete forward pass if the passer has been beyond the lateral boundary of the free-blocking zone as established at the snap; and the pass reaches the neutral zone, including the extension beyond the sideline.



IOWA IS USING THE SAME RULE THAT WAS PREVIOUSLY USED IN OUR EXPERIMENT.

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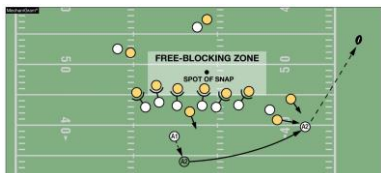
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Rule Change

INTENTIONAL GROUNDING RULE 7-5-2D EXCEPTION 2. (NEW), TABLE 7-5-2, TABLE 7-5


- Illegal. In Iowa, the exception only allows for the player who received the snap to intentionally ground the ball if the proper requirements are met.



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2021 NFHS FOOTBALL RULES REMINDERS

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Rules Reminder

BLOCKING BELOW THE WAIST RULE 2-17-2c

PlayPic A shows two players in the free-blocking zone. PlayPic B shows a block below the waist in the free-blocking zone.

In PlayPic A, both players are in the free-blocking zone and on their lines of scrimmage. In PlayPic B, the block is legal because it is in the zone at the time of the snap, is an immediate, initial action following the snap, and both players began the play on their lines of scrimmage and in the free-blocking zone.

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Rules Reminder

BLOCKING BELOW THE WAIST RULES 2-17-1, 2-17-2, 2-17-4

It is legal for offensive linemen to block below the waist in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap. No. 77 could only block No. 62 below the waist if the block was immediate, initial action following the snap. No. 65 can block No. 93 below the waist even though No. 93 is playing off his shoulder, if the block is an immediate, initial action following the snap. No. 72 could not block No. 55 below the waist at any time during this play.

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Rules Reminder

BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2

PlayPic A shows a block below the waist. PlayPic B shows a block below the waist.

While in the free-blocking zone, the initial contact in PlayPic A is with the hands below the waist. When the blocker finishes the block below the waist as in PlayPic B, it is not a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

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Rules Reminder

BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2

PlayPic A shows a block below the waist. PlayPic B shows a block below the waist.

The initial contact in PlayPic A is above the waist. In PlayPic B, the blocker then loses contact and the blocker starts a new block below the waist, this is a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

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Rules Reminder

BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-2, 9-3-2

The rules regarding blocking below the waist apply equally to both teams. In the PlayPic, the defender goes below the waist outside the free-blocking zone to take out the lead blocker. This is an illegal block by the defender. A block below the waist is only legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

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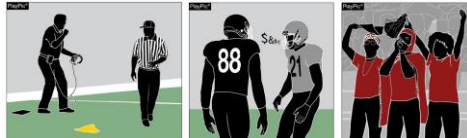
2022 NFHS
FOOTBALL POINTS OF EMPHASIS

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Points of Emphasis

SPORTSMANSHIP



Poor sportsmanship by coaches and players sets a negative tone for fans, game officials and others.


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Points of Emphasis

SPORTSMANSHIP



Fans must not employ language or acts that defames, demeans, abuses, or bullies a competitor, game official, or another fan. Issues with fan behavior should be directly referred to contest management by game officials.

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Points of Emphasis

TARGETING/DEFENSELESS PLAYER

A downed runner is defenseless and cannot protect himself against unnecessary contact (PlayPic A). Once a pass is thrown, a passer is defined as a defenseless player (PlayPic B). A pass receiver attempting to catch a pass, or a pass receiver who has clearly relaxed when the player has missed the pass or feels he can no longer catch the pass, should be considered defenseless (PlayPic C).



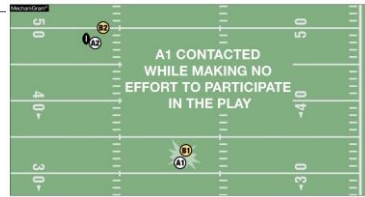
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Points of Emphasis

TARGETING/DEFENSELESS PLAYER



A1 CONTACTED WHILE MAKING NO EFFORT TO PARTICIPATE IN THE PLAY

A1 is obviously out of the play and not in the immediate vicinity of the runner. A1 is by definition defenseless. The contact by B1 is a personal foul.

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Points of Emphasis

LEGAL UNIFORMS/EQUIPMENT

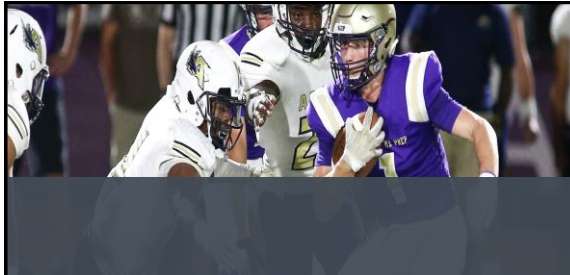
Players who fail to wear required equipment during a down (PlayPic A) must be replaced for one down (PlayPic B).



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2022-2023 NFHS
FOOTBALL GAME OFFICIALS MANUAL

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Manual Change

2022-2023 NFHS FOOTBALL GAME OFFICIALS MANUAL REMINDERS

- 2022 was a print year for the NFHS Football Game Officials Manual.
- The NFHS Football Game Officials Manual Committee added and/or updated the following items for 2022-2023:
 - Added a new section on Seven-Game Officials
 - Updated the Guides for – “When in Question”
 - Added new 2022-2023 Game Officials Manual Points of Emphasis
 - Made minor edits/clarifications to the Manual

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Manual Change

2022-2023 NFHS FOOTBALL GAME OFFICIALS MANUAL COMMITTEE POINTS OF EMPHASIS

- Communication Between Coaches and Game Officials
- Officiating Intentional Grounding
- Free-Kick Mechanics
- Time-Sensitive Situations – End of Second and Fourth Periods



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Manual Change

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).




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OFFICIATING INTENTIONAL GROUNDING

If a passer moves at least three full steps laterally, game officials should strongly consider whether or not the passer has left the free-blocking zone.

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FREE-KICK MECHANICS



Successful coverage of free kicks depends on game officials observing players in their assigned coverage zones. For the traditional deep kick, coverage of the goal line and pylons, downfield movement, return in or away from the game official's position, starting the game clock and likely areas of illegal contact must be covered in the pre-game conference.


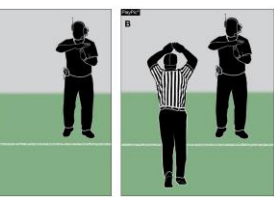
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TIME-SENSITIVE SITUATIONS – END OF SECOND AND FOURTH PERIODS

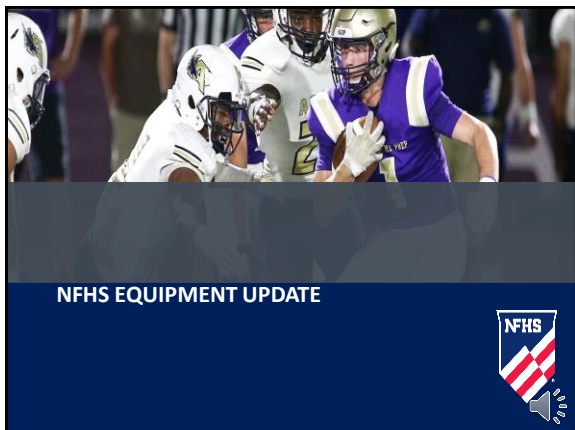



Late in the second or fourth period, game officials should be aware of situations in which coaches may wish to request time-outs. Factors impacting the time remaining in a game include score, field position, available timeouts, injury and penalty timing. A quick glance to the sideline in those situations can save valuable seconds.

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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 sub-concussive head impacts. The non-invasive device is called the Q-Collar.
- From a medical perspective, the NFHS SMAC consents to this device being worn by interscholastic athletes.
- Here is the link for you to research: <https://qcollar.ca/>




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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 1½ – inches wide.

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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.




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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.



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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 Jared Chizek at jchizek@iahsaa.org

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