

2022 NFHS/NCAA FB Major Rules Differences

NFHS

NCAA

Batting

Can't bat grounded loose ball in any direction, except K may bat scrimmage kick towards own goal line. 10 yd penalty.

Can't bat grounded loose ball backward except in end zone. 10 yd penalty plus loss of down.

Block Below Waist

Legal if immediate, in zone, and all players on line of scrimmage.

Legal with restrictions for A linemen and stationary backs inside tackle box. Legal for stationary B players in tackle box within 1-yd of line of scrimmage on initial charge.

Chop Block

Illegal if above and below waist.

Illegal if above waist and at thigh or below.

Clipping

Illegal if behind and below waist.

Illegal if behind and below knee.

Defensive Pass Interference

15 yard penalty if pass crosses NZ.

Spot foul if under 15 yds. 15 yd penalty if past 15 yds. Automatic 1st down. Pass must be catchable.

Facemask

5 or 15 yd penalty.

15 yd penalty if pulled/turned/twisted.

Fair Catch

Option to free kick or snap. Protection ends when kick is touched by receiver.

Fair catch on free kick inside 25, spot at 25. No option for free kick after fair catch. Protection if R muffs kick and still has an opportunity to complete catch.

False Start

If entire team never comes set penalize as live ball illegal shift.

If entire team never comes set penalize as dead ball false start.

Field Goal Attempt

Unsuccessful FG treated like punt.

Unsuccessful attempt inside 20, spot at 20. Outside 20, spot at previous.

Forward Pass

Initial direction released = forward pass. Legal if both feet in or behind NZ.

Point where pass first touched determines forward or backward. Legal unless passer's entire body past NZ, or unless entire body and ball have been past NZ.

Free Kick Line

K-40. Infractions are dead-ball fouls.

K-35. Infractions are live-ball fouls.

Free-Kick Out of Bounds

Penalty: 5 yds previous and re-kick, 5 yds succeeding, or put in play 25 yds from previous.

Same, except option to put in play is 30 yds from previous.

4th Down Fumble Rule

No 4th down fumble rule. Ball next snapped where dead. Snap.

4th down fumble rule. Forward fumbles returned to spot of fumble. Ready.

Game Clock

Starts on snap when ball dead out of bounds, and also after delay of game penalty. Offended team has option to start on snap if under 2:00 in either half.

Unless under 2:00 in half, starts on ready after dead ball out of bounds. Delay of game penalty only starts on snap if K was in scrimmage kick formation. If offended team is tied or behind in score, option to start on snap if under 2:00 in half.

Illegal Kick Beyond Neutral Zone

Penalty 10 yds from spot and treated as a fumble.

Live-ball foul that causes ball to become dead. Penalty 5 yds from spot and loss of down.

Kick Catch Interference

Interference if any free kick in flight is touched by K.

Interference on free kick only applies if R player is in position to make a catch.

Fouls Against Kicker

Kicker protected until they have a reasonable time to regain balance.

Kicker protected for reasonable time unless they carry ball outside tackle box.

Kicking Tee

2" tee legal for free and place kicks.

1" tee legal for free kicks only.

Kick Into Receiver's End Zone

Touchback when ball breaks plane of R's goal line.

Live unless ball touches ground in end zone before touched by B.

Neutral Zone Infractions

Dead-ball foul.

A: dead ball foul. B: live or dead ball foul.

Offensive Formation

Only snapper and 2 guards may lock legs.

Any linemen may lock legs.

Onside kick

Pop-up kick illegal; dead-ball foul.

Pop-up kick legal. Receiver has fair catch protection.

Overtime

One series from 10 yd line. Ball dead on change of possession.

One series each from 25 yd line. Ball remains live after change of possession.

12 Players Participation

Penalty = 15 yds illegal participation.

Penalty = 5 yds illegal substitution.

Placekick Holder

Holder must rise to pass, etc. Dead-ball.

Holder may legally pass w/knee on ground.

Play Clock

40/25. :25 after TD and free kick.

40/25. :40 after touchdown and free kick.

Player Out of Bounds on Own

A or K = illegal participation. 15 yd penalty.

A: illegal on kick. 5 yd penalty. A: receiver legal unless 1st to touch pass after return. Loss of down previous spot.

Sideline Infractions

1st: Warning 2nd: 5yd 3rd: 15 yd

1st: Warning 2nd: 5yd 3rd: 5yd 4th: 15 yd

Substitutions

Complete w/in 3 seconds. Legal to break huddle with 12 players

Complete w/in 3 seconds. Illegal to break huddle w/12. A must allow B opportunity to sub.

10-Second Runoff

No

Yes, in certain cases under 1:00 in half.

Targeting

Offender not automatically disqualified.

Offender disqualified. Unless with crown of helmet, only applies to defenseless players.

Timeouts

One coach may go to huddle on field.

Only allowed near sideline.

Touchback

Ball placed at 20.

Ball placed at 20. Ball at 25 after free kick.

Try

Ball dead if turnover or kick fails; B can't score.

Ball live after turnover and like a field goal attempt. B may score.

Overbuilt Facemask

Allowed.

Illegal.

Helmets

Can be different colors.

Color must be the same.

Shoes

Required

Not required.

Socks

Not required

Must cover from shoe to bottom of pants.

Towels

Must match among teammates.

Must be white.

Fouls/Penalty Enforcement

Only roughing fouls lead to automatic 1st down. 15 yd penalties cancel if the number of fouls are equal. Unsportsmanlike fouls by players are dead-ball fouls. No option for :10 second runoff.

All personal and unsportsmanlike fouls by B result in automatic first down. HIPI fouls (holding, illegal use of hands, personal foul, or illegal block) behind the neutral zone are enforced from the previous spot. 15 yd penalties cancel if reported to the Referee before enforcement. Unsportsmanlike fouls by players are live-ball fouls. Fouls committed under 1:00 in each half have the potential for a :10 second runoff.



2022 NFHS Rule Changes

1. **Intentional Grounding (ING) Rule 7-5-2 EXCEPTION 2** now permits a player to purposefully throw an incomplete forward pass without warranting an intentional grounding penalty provided the passer is outside of “the pocket” (lateral boundary of the free-blocking zone) and the pass reaches the *neutral zone or the extension of the neutral zone beyond the sideline.*
2. **Chop Block (CHB) Rule 2-3-8** addressed the new definition of a chop block, which is now described as “a 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.*” Previously, the defensive player’s knee was used to determine the high and low components of a chop block.
3. **Player Numbering Rule 1-4-3** was expanded from 1-99 to 0-99. *Players will be able to wear the number 0 as a jersey number starting in 2022,* however any number preceded by the digit zero will be illegal.
4. **Sideline Boxes Rule 1-2-3** State associations now have the option to extend sideline team boxes beyond their traditional 50-yard expanse (between the 25-yard-lines) as long as both teams are allowed to use the same dimensions. This new NOTE attached to Rule 1-2-3g also gives state associations the freedom to decide which individuals can access the extended area.
5. **Clock Management Rule 3-4-7**, any foul committed within the last two minutes of either half will automatically result in the offended team’s option to start the game clock on the snap. Prior to this change, the offended team was required to accept its opponent’s penalty in order to gain control of the game clock.
6. **Clock Management Rule 3-6-1a(1)e**, which clarify the necessary conditions for an abbreviated 25-second play clock after a stoppage in play. This rule now includes an exception for Rule 3-5-7i, mandating that a 40-second play clock be employed following a foul committed only by the defensive team.
7. **Game Equipment Rule 1-3-3** regarding game equipment. Any game official – not just the referee – may order the ball changed between downs.