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## 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.







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## 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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## CONCUSSION RECOGNITION & MANAGEMENT







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## CONCUSSION RECOGNITION & MANAGEMENT





- Additional information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on "Information on Sports Concussions" on the IHSA 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

A detailed form titled 'Return to Play Protocol - Football Example'. It includes sections for 'Student Information', 'Medical History', 'Injury Details', 'Return to Play Progress', and 'Clearance'. The form is designed to track a student's progress through the return-to-play protocol, with checkboxes for each step and a final section for medical clearance.



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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

A detailed form titled 'School Concussion Management Protocol - Example'. It includes sections for 'Student Information', 'Medical History', 'Injury Details', 'Return to Play Progress', and 'Clearance'. The form is designed to track a student's progress through the return-to-play protocol, with checkboxes for each step and a final section for medical clearance.



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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 timely manner
- Decrease chance of legal action taking place
- Protects liability of ATC, Coaches & school administration
- 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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## 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 21, 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

- All IHSAA football playing schools (5A, 4A, 3A, 2A, 1A, A, 8 Player) are now part of a single HUDL 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 IFCA/IHSAA guidelines still in place.
  - Coaches are expected to enter their Friday game by 12 PM the following Saturday, or 12 PM the following Sunday if playing on Saturday
  - Scrimmage and Week 0 film does not need to be uploaded to the pool
  - All video exchange concerns need to be shared with the IFCA



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## SCHOLARSHIP RULE

- First competition date Thursday, August 17
- Regain eligibility on September 16
- Local districts are permitted to have stricter academic eligibility 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

- Wilson Agreement
  - GST NCAA 1003 Official Pattern Leather
  - GST Prime
- IHSAA will not ship footballs out to hosts
- 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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## 2023 POLICY CHANGES THROUGH ADVISORY COMMITTEE

- Resumption of suspended contest
- Class 3A-5A school being allowed to play after Week 9 if an opponent forfeits a contest
- District losses rather than district record in postseason manual
- 8-player, A, 1A and 2A rankings



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## 2023 NFHS FOOTBALL RULES CHANGES



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### Rule Change

## RULE 1-5-3a(5)a 4, 5 (NEW) UNIFORM ADORNMENTS - TOWELS

It is legal for a player to have one moisture-absorbing solid-colored towel that has no more than one visible manufacturer's logo/trademark reference that does not exceed 2½ square inches and does not exceed 2½ inches in any dimension; and has no more than one school logo/trademark reference that does not exceed 2½ square inches and does not exceed 2½ inches in any dimension.

Towels do not have to be the same solid color for each player.

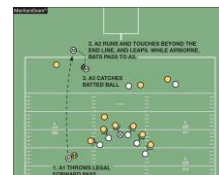


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### Rule Change

## RULE 2-29-1 PLAYER OUT OF BOUNDS



A2 is out of bounds as he has not had any body part touch inbounds. Therefore, when A2 intentionally touches the ball after being out of bounds, he has caused the ball to become dead. The pass is incomplete and A2 is guilty of illegal participation.



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Rule Change

### RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

❖ Examples of defenseless players include, but are not limited to:

- a. A passer;
- b. A receiver attempting to catch a pass who has not had time to clearly become a runner;
- c. The intended receiver of a pass in the action during and immediately following an interception or potential interception;
- d. **A receiver in (b) and (c) above, including the person intercepting the pass, who is forcefully contacted by an opponent and that contact is not:**
  - 1. Incidental contact as a result of making a play on the ball;
  - 2. Initiated with open hands; or
  - 3. An attempt to tackle by wrapping arm(s) around the receiver.
- e. A runner already in the grasp of a tackler and whose forward progress has been stopped;
- f. A kickoff or punt returner attempting to catch or recover a kick, or one who has completed a catch or recovery and has not had time to protect himself or has not clearly become a runner;
- g. A player on the ground including a runner who has obviously given himself up and is sliding feet-first;
- h. A player obviously out of the play or not in the immediate vicinity of the runner;
- i. A player who receives a blindside block with forceful contact not initiated with open hands.


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Rule Change

### RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

The receiver is not defenseless because the opponent is attempting to tackle by wrapping arm(s) around the receiver.



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Rule Change

### RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

The receiver is not defenseless even if the contact by the opponent is forceful because the contact is initiated with open hands. The contact could be pass interference, however.




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Rule Change

### RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS

The receiver is not defenseless because of the incidental contact as a result of the defender making a play on the ball.

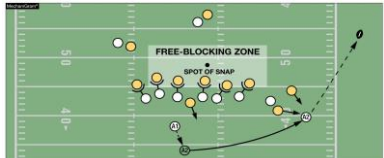


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Rule Change

### RULE 7-5-2d EXCEPTION 2a, c (NEW), TABLE 7-5-2 d EXCEPTION 2a, c (NEW), TABLE 7-5 (1) d EXCEPTION 2a, c (NEW) INTENTIONAL GROUNDING EXCEPTION



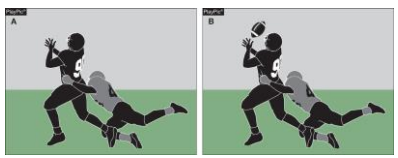
This is a foul for intentional grounding since A2 is the second player to possess the ball. Only the player who possessed the ball after the snap ends may take advantage of the intentional grounding exception.

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Rule Change

### TABLE 7-5-10c (DELETED), 7-5 PENALTY INTENTIONAL PASS INTERFERENCE



The additional penalty for intentional pass interference as illustrated in PlayPic A has been deleted. The Team B player in the gray jersey will be penalized 15 yards for the pass interference foul committed in PlayPic B.

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Rule Change

RULE 10-4, TABLE 10-4 (NEW), 10-6 (DELETED)

BASIC SPOT

SUMMARY OF MANY FOULS THAT CAN OCCUR DURING RUNNING PLAYS AND THEIR PENALTIES AND BASIC SPOTS UNLESS OTHERWISE SPECIFIED BY RULE

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REFERENCE
A	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
A	Behind Line of Scrimmage	Beyond Line of Scrimmage	Previous Spot	10-4-2e
A	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2f
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Behind End of Run or Related Run – Spot of Foul	10-4-4d
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Advance of End of Run or Related Run – Succeeding Spot	10-4-5e
B	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-3d
B	Behind Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f
B	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f

NOTE: The basic spot is the spot of the foul when A commits any foul in his end zone for which the penalty is accepted (9-5-2c).

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Rule Change

RULE 10-4-2d

BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The diagram shows a football field with a foul by Team A (orange) behind the line of scrimmage. The run ends beyond the line of scrimmage. The basic spot for the penalty is the previous spot of the foul.

The basic spot is the previous spot for a foul by A when the run or related run ends behind the line of scrimmage where there is no change of possession.

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Rule Change

RULE 10-4-2e

BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The diagram shows a football field with a foul by Team A (orange) behind the line of scrimmage. The run ends beyond the line of scrimmage. The basic spot for the penalty is the previous spot of the foul.

The basic spot is the previous spot for a foul by A that occurs behind the line of scrimmage when the run or related run ends beyond the line of scrimmage.

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Rule Change

RULE 10-4-2f

BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The diagram shows a football field with a foul by Team A (orange) beyond the line of scrimmage. The run ends behind the line of scrimmage. The basic spot for the penalty is the previous spot of the foul.

The basic spot is the previous spot for a foul that occurs beyond the line of scrimmage when the run or related run ends behind the line of scrimmage.

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Rule Change

RULE 10-4-4d

BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The diagram shows a football field with a foul by Team A (orange) beyond the line of scrimmage during a running play. The run ends beyond the line of scrimmage. The basic spot for the penalty is the spot of the foul.

The basic spot is the spot of the foul by A that occurs beyond the line of scrimmage during a running play as defined in 10-3-2 when the run or related run ends beyond the line of scrimmage and the foul occurs behind the end of the run or related run.

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Rule Change

RULE 10-4-5e

BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The diagram shows a football field with a foul by Team A (orange) beyond the line of scrimmage during a running play. The run ends beyond the line of scrimmage. The basic spot for the penalty is the spot of the foul.

The basic spot is the spot of the foul for a foul by A that occurs beyond the line of scrimmage during a running play as defined in 10-3-2 when the run or related run ends beyond the line of scrimmage and the foul occurs in advance of the end of the run or related run.

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Rule Change

### RULE 10-4-2d BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The basic spot is the previous spot for a foul by B when the run or related run ends behind the line of scrimmage where there is no change of possession.

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Rule Change

### RULE 10-4-5f BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The basic spot is the succeeding spot for a foul by B when the run or related run ends beyond the line of scrimmage.

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Rule Change

### RULE 10-4-2d BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The basic spot is the previous spot for a foul by B when the run or related run ends behind the line of scrimmage where there is no change of possession.

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Rule Change

### RULE 10-4-5f BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

The basic spot is the succeeding spot for a foul by B when the run or related run ends beyond the line of scrimmage and the foul occurs beyond the end of the run.

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Rule Change

### RULE 10-4 AND TABLE 10-4 CLARIFICATION

In compiling the multitude of changes to Rule 10 necessitated by the discussion around the proposed 2023 NFHS football rules change that was approved unanimously, there remains two additional clarifications to be made for coaches, administrators and game officials for the upcoming 2023 high school football season.

*To summarize, if on-field game situations involving a loss of possession create a conflict between the end of the run or related run and the succeeding spot, game officials should apply the standard related to the end of the run as intended by the clean up in Rule 10-4-8. This does not apply to fouls as detailed in Rule 10-4-5a through 10-4-5d which explicitly call for succeeding spot enforcement (the spot where the ball will next be put in play per Rule 2-41-10). Rule 2-41-9b will help clarify those situations in which conflict might exist.*

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Rule Change

### RULE 10-4 AND TABLE 10-4 CLARIFICATION – (PLAY SITUATIONS)

**PLAY 1:** A first and ten on A's 40. The runner runs to B's 40 where he fumbles the ball forward and out of bounds at B's 30. During the run (before the fumble), A11 commits a holding foul at B's 38. **RULING:** The holding penalty is enforced from the end of the run (B's 40 - the fumble spot). A first and ten at the 50.

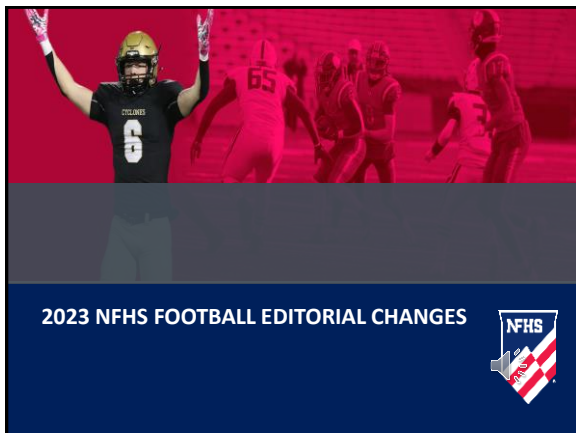
**PLAY 2:** A first and ten on A's 40. The runner runs to B's 40 where he fumbles the ball forward and out of bounds at B's 30. During the run, B18 commits a face mask foul anywhere on the field. **RULING:** The penalty for illegal face mask is enforced from the end of the run (B's 40 - fumble spot). A first and ten on B's 25.

**PLAY 3:** A first and ten on A's 40. The runner runs to B's 40 where he fumbles the ball forward and **B RECOVERS** at B's 30. During the run, B11 commits a face mask foul anywhere on the field. **RULING:** The penalty for illegal face mask is enforced from the end of the run (B's 40 - fumble spot). A first and ten on B's 25.

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Editorial Change

## 2023 NFHS FOOTBALL EDITORIAL CHANGES

1-1-7, 1-1-8, 1-2-2, 1-3-7 NOTE, TABLE 1-7 (6), 9-5-1, 9-8-1, RESOLVING TIED GAMES – 3-1	Changed the words "contest(s)" to "game(s)".
TABLE 1-7	Removed the state association accommodation reference.
1-8	Created a new SECTION 8 for State Association Accommodations.
3-6-10(1)	Added further clarification that game officials need to be in position when the ball is marked ready for play.
TABLE 7-5 (1) d EXCEPTION 2	Corrected a misspelling.
FOOTBALL FUNDAMENTALS – II-2	Grammar correction.
FOOTBALL FUNDAMENTALS – X-3	Clarified basic spot per Rule 10-4.

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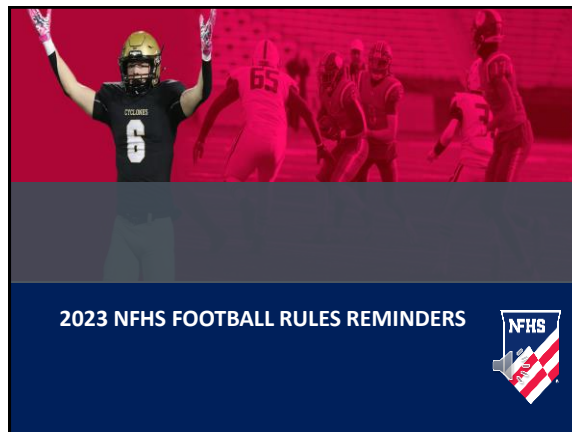
Editorial Change

## 2023 NFHS FOOTBALL EDITORIAL CHANGES

FOOTBALL FUNDAMENTALS – X-5	Updated the total number of illegal passes.
NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES – RULES 2 and 7	Revised the rules differences based off of 2023 NFHS Football Rules Changes.
PENALTY SUMMARY	Updated the rules references for "Delay of Game" and removed the penalty reference for "Intentional Pass Interference."
INDEX	Updated the Index with new rules references.

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Rule Change

## TEAM BOXES

### RULE 1-2-3g NOTES 3. (NEW), TABLE 1-7 (3.) (NEW)

**IOWA WILL NOT BE EXTENDING THE TEAM BOX**

RESTRICTED AREA  
TEAM BOX

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.

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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).

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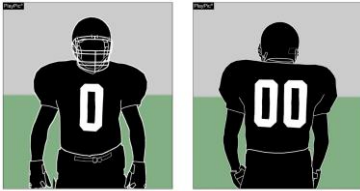
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Rule Change

## 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.



Legal 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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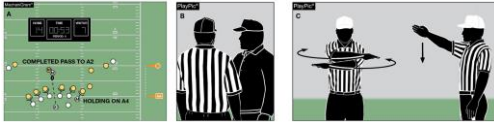
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Rule Change

## 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 Mechanigram 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.



NEUTRAL ZONE

PLAY CLOCK

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## FOOTBALL JERSEY NUMBERS

### RULE 1-5-1c(3)



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.

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## 2024 - FOOTBALL JERSEY NUMBERS

### RULES 1-5-1c; 1-5-1c(6)




Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.

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## 2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)




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

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## 2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)




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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## 2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6)




- ✓ The style of the numbers on these jerseys are legal through the 2023 season.
- ✓ The dark number without the border do not clearly contrast with the jersey and thus will not be legal come 2024.

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## 2023 NFHS FOOTBALL POINTS OF EMPHASIS





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## POINTS OF EMPHASIS HELPING THE RUNNER


Rule changes have been made at higher levels allowing offensive teams to pile in behind and directly push the runner. Similar plays are trickling down to the high school level. Allowing teams to help the runner by illegal techniques swings the balance heavily in favor of the offense. Pushing the pile is legal; direct contact and pushing, pulling, lifting of the runner is not.




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## POINTS OF EMPHASIS 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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## GAME MANAGEMENT

Each school community must take pride in hosting an athletic contest or event. Beginning with the arrival of players, game officials and spectators, each school must have a purposeful plan to address any and all expected issues, as well as the unforeseen. Meeting and greeting the visiting team is certainly the beginning of good sportsmanship. Clearly communicated information, such as parking information, location of ticket booths and entry gates, when given to the visitors is another step in assuring a great experience for all participants.



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