2013 NFHS Football Rules Changes
Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.
Gloves must meet the NOCSAE test standard at the time of manufacture with visible stamp as above, unless made of unaltered plain cloth.
Towels
Rule 1-5-3a(5)a

Towels shall be one solid color but not ball- or penalty flag-colored and may have no more than one visible manufacturer’s logo/trademark reference that does not exceed 2¼ square inches in any dimension. Not every player has to wear a towel (PlayPic A). But if any player wears a towel, teammates must wear the same, solid color towel. The towels in PlayPic B are illegal.
Communication devices may be used by coaches and nonplayers as in PlayPic A. It is illegal to use those devices to communicate with players inside the 9-yard marks, as in PlayPic B.
Coaches’ Field Equipment
Rule 1-6

Outside 9-yard mark conference

Inside 9-yard mark conference (coach use only)

Inside 9-yard mark conference (coach and athlete use)
A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds while maintaining possession of the ball or having the forward progress of the player in possession stopped while the opponent is carrying the player who is in possession and inbounds.
Catch
Rule 2-4-1

AIRBORNE RECEIVER CONTACTED

RECEIVER BUMPED OUT OF BOUNDS: INCOMPLETE PASS
Helmet Comes Off
Rule 3-5-10d

Runner’s forward progress stopped

Runner’s helmet comes off as part of subsequent dead-ball action; official’s time-out

Player must leave for one down if the helmet came completely off without being directly attributable to a foul by the opponent
If a player whose helmet comes completely off during a down continues to participate beyond the immediate action in which the player is engaged, it is a foul for illegal participation.
Illegal Personal Contact
Rule 9-4-3I (New)

It is a personal foul if a player or nonplayer initiates contact with an opposing player whose helmet has come completely off.
K commits kick-catch interference (MechaniGram A). If R chooses an awarded fair catch, the 15-yard penalty may be enforced from the spot of the awarded fair catch (MechaniGram B).
K commits kick-catching interference (MechaniGram A). R may choose enforcement of the 15-yard penalty from the previous spot and a replay of the down (MechaniGram B).
K commits kick-catching interference (MechaniGram A). R may choose to decline the penalty and take the result of the play (MechaniGram B).
K commits kick-catching interference (MechaniGram A). If R accepts the foul for kick-catching interference, the 15-yard penalty may be enforced from the spot of the foul. R may then choose a free kick (MechaniGram B).
The automatic first down portion of the penalty for defensive pass interference has been removed. When B commits pass interference (MechaniGram A), the down is replayed after enforcement of a 15-yard penalty from the previous spot (MechaniGram B).
The loss of down portion of the penalty for offensive pass interference has been removed. When A commits pass interference (MechaniGram A), the down is replayed after enforcement of a 15-yard penalty from the previous spot (MechaniGram B).
The loss of down portion of the penalty for offensive pass interference has been removed. When A commits pass interference on a successful try (MechaniGram A), the down is replayed after enforcement of a 15-yard penalty from the previous spot (MechaniGram B).
Score on a Try
Rule 8-3-3
No member of the kicking team shall initiate contact to (block) an opponent until the legal kick has traveled 10 yards; or the kicking team is eligible to recover a free-kicked ball. The signal for illegal blocks is seen in the inset.
Illegal Blocking
Rule 9-3-8c (New)

Because R1 has initiated contact with a K player, all K players may block.
2013 Football Editorial Changes
### 2013 NFHS Football Editorial Changes

<table>
<thead>
<tr>
<th>Section</th>
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<tbody>
<tr>
<td><strong>Field Diagrams</strong></td>
<td>Added a statement that the information on the field diagrams in the rules book are suggestive only, except as specifically stated in the rules.</td>
</tr>
<tr>
<td><strong>1-2-3b NOTES 2</strong></td>
<td>Added additional rules language to better clarify that the required marks on the field of play are to be visible and not obstructed.</td>
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<tr>
<td><strong>1-2-3f, l</strong></td>
<td>Standardized the rules language on 9-yard marks.</td>
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<tr>
<td><strong>1-5-2b</strong></td>
<td>Updated the rules language for the 2013 rules change on the football gloves meeting the NOCSAE Standard.</td>
</tr>
<tr>
<td><strong>1-5-3c(2)</strong></td>
<td>Clarified the rules language on the use of communication devices.</td>
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## 2013 NFHS Football Editorial Changes

<table>
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<tr>
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<tr>
<td>1-5, 1-6 PENALTY</td>
<td>Deleted the Penalty from Rule 1 dealing with equipment as it is covered in Rules 3 and 9.</td>
</tr>
<tr>
<td>1-7</td>
<td>Further clarified the rules language dealing with State Association Adoptions.</td>
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<tr>
<td>2-6-2a, b</td>
<td>Standardized the rules language on 9-yard mark conferences.</td>
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<tr>
<td>2-13-2</td>
<td>Reorganized some rules language with regards to Force.</td>
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<tr>
<td>2-32-5b</td>
<td>Reorganized some rules language with regards to a Captain.</td>
</tr>
<tr>
<td>2-34-2</td>
<td>Added “the” before “possession.”</td>
</tr>
<tr>
<td>3-5-8c</td>
<td>Standardized the rules language on 9-yard marks.</td>
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<table>
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<tr>
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<tr>
<td>3-6-3</td>
<td>Added “A team shall play” to clarify when to do so by the referee.</td>
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<tr>
<td>6-5-4</td>
<td>Reorganized the rules language with regards to a free kick after an awarded fair catch.</td>
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<tr>
<td>7-5-2c and Table 7-5-2e</td>
<td>Clarified the rules language dealing with second and subsequent forward pass(es) thrown during a down.</td>
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<tr>
<td>9-3-8</td>
<td>Added “to” before “(block)” in the rules language dealing with a free kick.</td>
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<tr>
<td>9-3 PENALTY</td>
<td>Added “S43” to Illegal Block Penalty description for the game official’s signal.</td>
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<tr>
<td>9-4 PENALTY</td>
<td>Added “chin strap and mouth protector” to the penalty description.</td>
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<tr>
<td>9-6 PENALTY</td>
<td>Added “g” under “Illegal Participation.”</td>
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<tr>
<td>9-8-1f</td>
<td>NOTE</td>
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<tr>
<td>9-8-1g, h</td>
<td>Reorganized the rules language with regards to “failure of a team to” and “equipment verification by the head coach.”</td>
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<tr>
<td>9-8 PENALTY</td>
<td>Clarified the Penalty description on nonplayer fouls.</td>
</tr>
<tr>
<td>10-4-2b</td>
<td>Added a rules reference to Rule 10-5-1b for special enforcement on kick-catching interference.</td>
</tr>
<tr>
<td>10-6</td>
<td>Revised some rules language dealing with Football Penalty Enforcement.</td>
</tr>
<tr>
<td>Football Fundamental II-4</td>
<td>Removed the automatic first down for defensive pass interference.</td>
</tr>
<tr>
<td>Topic</td>
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<tr>
<td>Football Fundamental II-5</td>
<td>Added “Rule” before “3-3-4.”</td>
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<tr>
<td>Football Fundamental IX-6</td>
<td>Added “penalty enforcement” to help clarify the basic spot on a loose-ball play.</td>
</tr>
<tr>
<td>Football Fundamental X-3e</td>
<td>Added a new e. on kick-catch interference.</td>
</tr>
<tr>
<td>Resolving Tied Games – 10-4-3</td>
<td>Changed the rules reference.</td>
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<tr>
<td>Resolving Tied Games – Situations 3.1.1G-I</td>
<td>Revised the situations with the new 2013 rules changes on pass interference.</td>
</tr>
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<tr>
<td>Nine-, Eight- and Six-Player Rules Differences</td>
<td>Standardized the rules language on 7-yard mark conferences.</td>
</tr>
<tr>
<td>PENALTY SUMMARY</td>
<td>Revised the Penalty Summary to reflect the 2013 NFHS football rules changes.</td>
</tr>
<tr>
<td>Official Football Signals - #40</td>
<td>Deleted “Illegal Block” from the text description of the signal.</td>
</tr>
<tr>
<td>Official Football Signals - #43</td>
<td>Deleted “in the back” from the text description of the signal.</td>
</tr>
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</table>
2013 Football Points of Emphasis
2013 NFHS
Football Points of Emphasis

1. Prohibition on Contact to and with the Helmet
2. Reconditioning and Recertification of Football Equipment
3. Free Blocking Zone Enforcement – Consistent Enforcement of Blocking Below the Waist
Prohibition on Contact to and with the Helmet

Defender launches and initiates contact with the top of his helmet. That is a foul for spearing or could be illegal personal contact as well.

The rules apply equally to A and B. If the runner initiates contact with the top of his helmet, it is a foul for spearing.
Prohibition on Contact to and with the Helmet

- Butt Blocking
- Face Tackling
- Spearling
Reconditioning and Recertification of Football Equipment

Point of Emphasis

Reconditioning and Recertification of Football Equipment

Point of Emphasis

Reconditioning and Recertification of Football Equipment

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Reconditioning and Recertification of Football Equipment

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Reconditioning and Recertification of Football Equipment

Point of Emphasis

NFHS
Reconditioning and Recertification of Football Equipment

Reconditioning – The inspection, cleaning, sanitizing, repair/restoration of athletic equipment to the original performance standard.

Recertification – The reconditioning, testing and proper labeling of athletic equipment that has previously met the NOCSAE Standard and recertification standard.
Free-Blocking Zone Enforcement – Consistent Enforcement of Blocking Below the Waist

Blocking below the waist (PlayPic A), blocks in the back (PlayPic B) and clipping (PlayPic C) are only legal while the free-blocking zone is in effect, both players were in the zone at the snap and contact is in the zone; and for blocking below the waist and clipping, both players were on the line of scrimmage at the snap. For blocks in the back, only the offensive player must have been on the line of scrimmage at the snap. The contact becomes illegal when the ball has left the free-blocking zone.
Free-Blocking Zone Enforcement – Consistent Enforcement of Blocking Below the Waist

Blocking below the waist is legal if:

1. Both players must be lined up in the free-blocking zone at the snap and on the line of scrimmage. The free-blocking zone is defined as 3 yards on either side of the line of scrimmage and 4 yards either side of the ball.
2. The contact/block occurs in the free-blocking zone.
3. The ball is in the free-blocking zone.
Free-Blocking Zone Enforcement – Consistent Enforcement of Blocking Below the Waist

When lead blockers who were not on the line of scrimmage at the snap are “cut” by defenders on sweeps or on roll-out passes, it is a violation of the blocking-below-the-waist rule if it occurs by a player who was not originally on the line of scrimmage and occurs outside the free-blocking zone.
2013 Football Rules Reminders
Field Markings
Rule 1-2-3h

Decorative markings in the end zones shall be no closer than 2 feet from the boundary and the goal lines.
Advertising and/or commercial markings, may not obstruct the yard lines, hash marks or nine-yard marks.
Illegal Football Field
Rule 1-2-3b NOTES 2
Illegal Equipment
1-5-3c(8)

Play cards must be worn on the wrist or arm.
Injured Players

Rule 3-5-10

Players who are bleeding, have open wound or blood on uniform (PlayPic A) or exhibit signs, symptoms or behaviors consistent with a concussion such as loss of consciousness, headache, dizziness, confusion or balance problems (PlayPic B) shall be immediately removed from the game and remain out for at least one down.

In blood situations, the player may return when the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed.

In concussion situations, the player shall not return to play until cleared by an appropriate healthcare professional.
Illegal Personal Contact
Rule 9-4-3h

Grasping an opponent’s tooth and mouth protector attached to the face mask is a foul.
Illegal Horse-Collar Tackle
Rule 9-4-3k

No player or nonplayer shall grab the inside back or side collar of the shoulder pads or jersey of the runner and subsequently pull (backward or sideward) that opponent to the ground (Horse-collar). The horse collar foul is enforced as a live-ball foul.
2013-14
NFHS
Football Information
Due:

November 1, 2013

Must be submitted to your state association office for approval.
Concussions affect 4 Areas of Functionality

- The way the person feels
  - May cause headache or fatigue

- How they think
  - May affect memory or concentration

- Change in emotions
  - May become irritable or sad

- Problems with sleep
  - Trouble falling asleep
NFHS Suggested Guidelines for Management of Concussion

In the Appendix in all of the 2013-14 NFHS Rules Book
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.

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 stroke between 1995 and 2010.
UNIT OBJECTIVES:

- Highlight nutrition key points to help improve physical performance.
- Emphasize the importance of proper fueling for physical activity, pre- and post-workout.
- Provide real-world effective advice for helping your students to make better food decisions.
- Underscore male- and female-specific issues surrounding the topic of nutrition.
- Clarify the warning signs for eating disorders and disordered eating.
Fundamentals of Coaching Football

- Content developed by USA Football
- Cost of the course is $50
- Available at NFHSLearn.com
Interscholastic Officiating

- Introduction to skills and concepts used as an official
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: basics of becoming and staying an official, science of officiating, art of officiating, how to combine these skills for successful officiating
- Course is FREE to any NFHS Officials Association member
- Non-members course is $20
- Contact NFHS Officials Department for details (317.972.6900)

www.nfhsofficials.com
Additional NFHS Information

- **NFHS Football Rule Change Proposal Form Due**
  - November 1, 2013

- **2014 NFHS Football Rules Committee Meeting**
  - January 24-26, 2014
  - Indianapolis, IN

- **2014 NFHS Football Rules Online State Interpreters Meeting**
  - July 22, 2014 – 2:00 pm. (Eastern Standard Time)

- **E-mail addresses:**
  - Bob Colgate - bcolgate@nfhs.org
  - Kim Adams - kadams@nfhs.org
The following are available in an NFHS PowerPoint Presentation:

- Baseball
- Basketball
- Football
- Girls Gymnastics
- Volleyball
- Track and Field
- Soccer
- Softball
- Swimming & Diving
- Wrestling
- Boys Lacrosse
- Spirit

To order copies please contact: Carol Ratliff at the NFHS
Phone: 317.822.5731 or Fax your Request to 317.822.5700
Thank You!

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