

2013 GHSA FOOTBALL RULES CLINIC



2013 GHSA BY-LAW CHANGES



HEAT POLICY ADJUSTMENTS

- Policies must be followed during voluntary summer workouts
- WBGT readings should be taken every hour beginning 30 minutes before practice
- If WBGT rises to the 87-89 range, players may continue to wear football pants instead of changing to shorts
- If practice interrupted by severe weather, "clock" may be stopped until practice resumed



WALK-THROUGHS

- No full-speed drills may be held
- During acclimatization practices, a walk-through may be held if there is a 2-hour interval between activities.
- May not be held on days when there are two practices



SUMMER EQUIPMENT WAIVERS

- Team camps emphasizing blocking may petition to allow shoulder pads to be worn.
- Camp administrators must meet written guidelines and get approval of GHSA
- Each coach must verify that all of his players attending an approved camps have had 5 days of acclimatization workouts immediately prior to the camp.



OPTIONAL SPRING PRACTICE

- By February 1st, school must determine whether spring practice will be held.
- If spring practice held, all existing rules and procedures remain in place.
- If spring practice is not held, school may have an extra interscholastic scrimmage in August.
- School changing coaches after February 1st may petition GHSA to change an earlier option.



National Federation of State
High School Associations



2013 NFHS Football Rules Changes

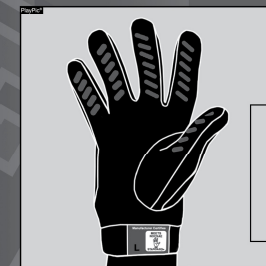


Take Part. Get Set For Life.™

Gloves Rule 1-5-2b



RULE CHANGE



Gloves must meet the NOCSAE test standard at the time of manufacture with visible stamp as above, unless made of unaltered plain cloth.

REFEREE

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Towels
Rule 1-5-3a(5)a

LEGAL

ILLEGAL

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.

REFeree

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Coaches' Field Equipment
Rule 1-6

LEGAL

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.

REFeree

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Coaches' Field Equipment
Rule 1-6

LEGAL

LEGAL

ILLEGAL

Outside 9-yard mark conference

Inside 9-yard mark conference (coach use only)

Inside 9-yard mark conference (coach and athlete use)

REFeree

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Catch
Rule 2-4-1

AIRBORNE RECEIVER CONTACTED


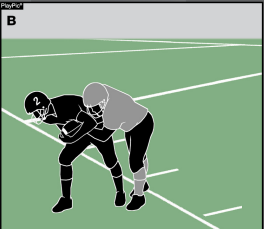
RECEIVER BUMPED OUT OF BOUNDS: INCOMPLETE PASS

REFeree

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Catch
Rule 2-4-1

RULE CHANGE

AIRBORNE RECEIVER CONTACTED; FORWARD PROGRESS STOPPED INBOUNDS

RECEIVER CARRIED OUT OF BOUNDS; COMPLETED PASS

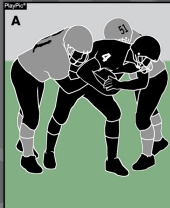
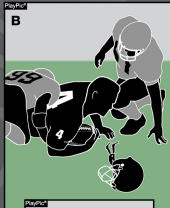
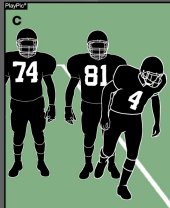
A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds while maintaining possession of the ball or having the forward progress of the player in possession stopped while the opponent is carrying the player who is in possession and inbounds.

REFEREE

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Helmet Comes Off
Rule 3-5-10d

RULE CHANGE

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

REFEREE

© REFEREE ENTERPRISES, INC. 2013

Illegal Participation
Rule 9-6-4g (New)

RULE CHANGE




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.

REFEREE

© REFEREE ENTERPRISES, INC. 2013

Illegal Personal Contact
Rule 9-4-3l (New)

RULE CHANGE




It is a personal foul if a player or nonplayer initiates contact with an opposing player whose helmet has come completely off.

REFEREE

© REFEREE ENTERPRISES, INC. 2013

RULE CHANGE

Kick-Catching Interference Rule 6-5-6 Penalty

K commits kick-catching 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).

REFEREE

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RULE CHANGE

Kick-Catching Interference Rule 6-5-6 Penalty

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).

REFEREE

© REFEREE ENTERPRISES, INC. 2013

RULE CHANGE

Kick-Catching Interference Rule 6-5-6 Penalty

K commits kick-catching interference (MechaniGram A). R may choose to decline the penalty and take the result of the play (MechaniGram B).

REFEREE

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RULE CHANGE

Defensive Pass Interference Rule 7-5-10 Penalty

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).

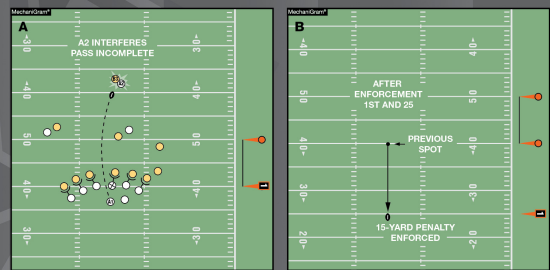
REFEREE

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Offensive Pass Interference Rule 7-5-10 Penalty

RULE CHANGE



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).

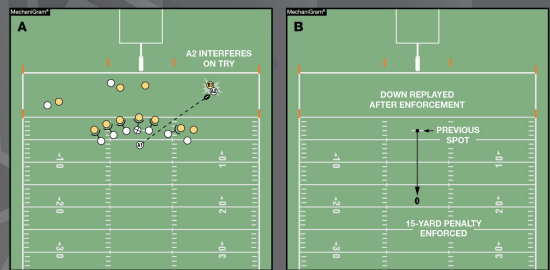
REFEREE

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Offensive Pass Interference Rule 7-5-10 Penalty

RULE CHANGE



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).

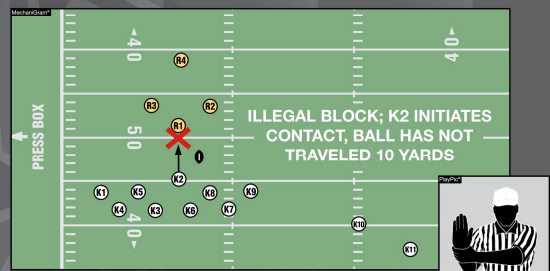
REFEREE

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Illegal Blocking Rule 9-3-8c (New)

RULE CHANGE



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.

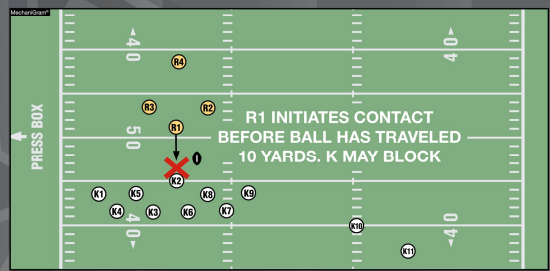
REFEREE

© REFEREE ENTERPRISES, INC. 2013



Illegal Blocking Rule 9-3-8c (New)

RULE CHANGE



Because R1 has initiated contact with a K player, all K players may block.

REFEREE

© REFEREE ENTERPRISES, INC. 2013

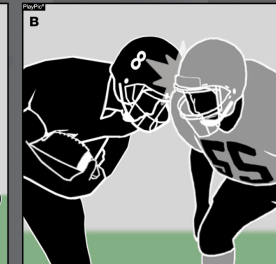
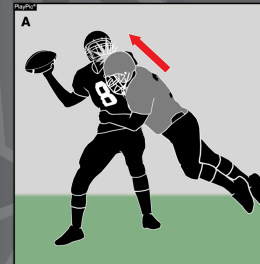
2013 NFHS Football Points of Emphasis

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

POINT OF EMPHASIS



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.

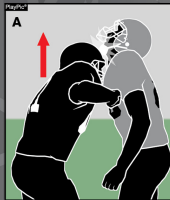
REFEREE

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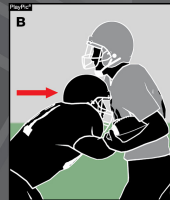


Prohibition on Contact to and with the Helmet

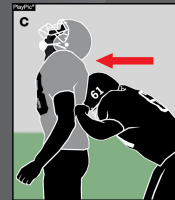
POINT OF EMPHASIS



BUTT BLOCKING



FACE TACKLING



SPEARING

REFEREE

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Reconditioning and Recertification of Football Equipment

POINT OF EMPHASIS



Reconditioning and Recertification of Football Equipment

POINT OF EMPHASIS




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

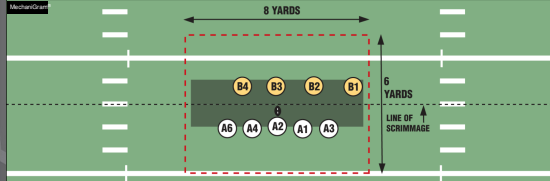


Recertification – The reconditioning, testing and proper labeling of athletic equipment that has previously met the NOCSAE Standard and recertification standard

POINT OF EMPHASIS



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.

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POINT OF EMPHASIS



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.

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National Federation of State High School Associations



2013 Football Rules Reminders

Take Part. Get Set For Life.™

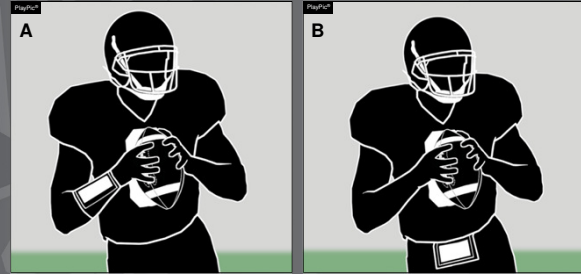
Illegal Football Field Rule 1-2-3b NOTES 2



Illegal Equipment 1-5-3c(8)

RULE CHANGE

REFEREE



LEGAL ILLEGAL

Play cards must be worn on the wrist or arm.

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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 health-care professional.

REFEREE

© REFEREE ENTERPRISES, INC. 2011

Illegal Personal Contact Rule 9-4-3h

RULE CHANGE

REFEREE



Grasping an opponent's tooth and mouth protector attached to the face mask is a foul.

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NE HS

Illegal Horse-Collar Tackle Rule 9-4-3k

RULE CHANGE

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.

REFEREE

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NE HS

A Guide to Heat Acclimatization & Heat Illness Prevention

Course Introduction 1 2 PREVIOUS NEXT PLAY

- Fundamentals
- Overview
- Introduction
- Start Slow, Then Progress
- Allow For Individual Conditionin
- Medical Status
- Adjust Intensity and Rest
- Start Sessions Adequately Hydrate
- Recognize Signs Early
- Recognize More Serious Signs
- Have An Emergency Action Plan
- Review
- Course Exam
- Conclusion

Higher risk for heat illness:

- High intensity outdoor sports in hot & humid weather

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

TRANSCRIPT RESOURCES

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

HAVE A GREAT SEASON!

2013

NE HS **GHSA**