

2016-17 Football Rules Clinic

Mark Dreibelbis, Associate
Commissioner

Tra Waters, Director
Sports and Championships

2016 NFHS FOOTBALL RULES CHANGES

Rule Change



TOGETHER...WE MAKE THE RIGHT CALL SPORTSMANSHIP!

- **Zero Tolerance (all sports) -- Automatic Unsportsmanlike Penalty (15-yard)**
 - **Inappropriate language/profanity**
 - Unsporting foul on the team bench – charged to the Head Coach
 - If directed at an official – immediate ejection
 - 2-game sanction
 - Completion of NFHS “Teaching and Modeling Behavior” course before returning to coaching duties


www.nfhs.org

Rule Change



TOGETHER...WE MAKE THE RIGHT CALL SPORTSMANSHIP!

- **Assistant coaches contesting calls**
 - Unsporting foul on the team bench – charged to the Head Coach
 - 1 of 2 unsporting fouls charged to the Head Coach
 - On 2nd offense, Head Coach is ejected


www.nfhs.org

Rule Change

 **TOGETHER...WE MAKE THE RIGHT CALL
SPORTSMANSHIP!**

- **Any coach/non-player coming onto the playing field to contest a call**
 - Automatic unsporting foul charged to coach/player
 - 1 of 2 allowed for game disqualification
- **Any player displaying verbal or physical dissent to an official**
 - Unsporting 15-yard penalty
 - 1 of 2 allowed for game disqualification



www.nfhs.org

Rule Change

 **TOGETHER...WE MAKE THE RIGHT CALL
SPORTSMANSHIP!**

- **Any physical or verbal display in a negative/demonstrative manner by school administrator**
 - Stop game and warn
 - 2nd offense – Game suspended until administrator leaves the area

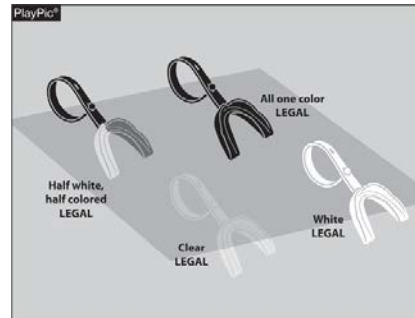


www.nfhs.org

Rule Change

TOOTH AND MOUTH PROTECTORS RULE 1-5-1d(5)a

- Tooth and mouth protectors that are completely clear or completely white are no longer illegal.



www.nfhs.org

Rule Change

TOOTH AND MOUTH PROTECTORS RULE 1-5-1d(5)a

- Tooth and mouth protectors that have been chewed or altered so they no longer provide the necessary protection must be replaced.



www.nfhs.org

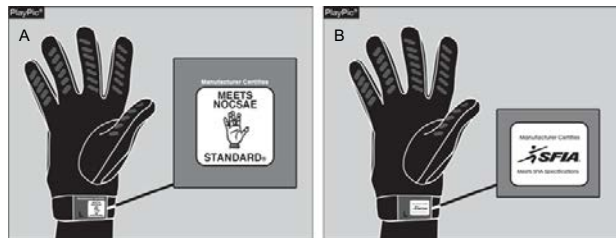
Rule Change



GLOVES

RULES 1-5 NOTE, 1-5-2b

- Gloves are now required to carry either the National Operating Committee on Standards for Athletic Equipment (NOCSAE) seal (PlayPic A) or the new Sports and Fitness Industry Association (SFIA) seal (PlayPic B). The seals must be visible and appear legibly on the exterior wrist opening of the glove.


www.nfhs.org

Rule Change



CLIPPING

RULES 2-17, 9-3-6, 9-3 PENALTY

- The exception that allowed clipping in the free-blocking zone has been eliminated.


www.nfhs.org

Rule Change



CLIPPING RULES 2-17, 9-3-6, 9-3 PENALTY

- It is still legal to clip a player who is a runner or is pretending to be a runner.

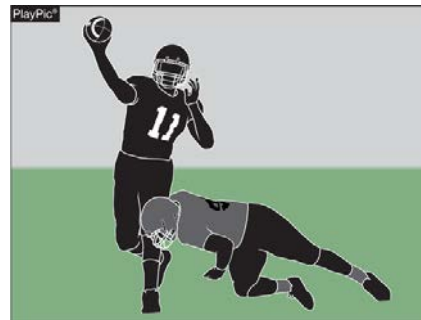

www.nfhs.org

Rule Change



CLIPPING RULES 2-17, 9-3-6, 9-3 PENALTY

- Clipping, blocking below the waist and blocking in the back are legal methods of bringing down a runner or a player pretending to be a runner.

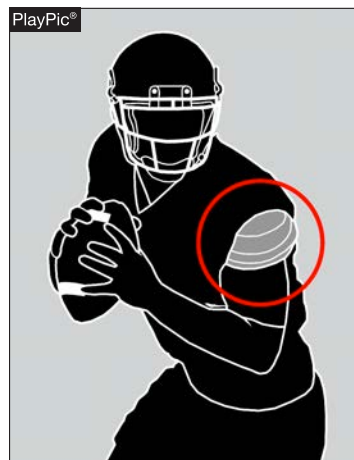

www.nfhs.org



Editorial Change

**EQUIPMENT
RULE 1-5-1b(1)**

- Shoulder pads and hard surface auxiliary attachments must be completely covered by a jersey.



www.nfhs.org

**ILLEGAL FOOTBALL JERSEY
(SHOULDER PAD NOT COVERED)**



www.nfhs.org

**ILLEGAL FOOTBALL JERSEY
(SHOULDER PAD NOT COVERED)**



www.nfhs.org

Editorial Change



EQUIPMENT RULE 1-5-1b(1)

- Back pads and hard surface auxiliary attachments must be completely covered by a jersey. Jerseys shall be long enough to reach the top of the pants and shall be tucked in if longer.

www.nfhs.org

ILLEGAL FOOTBALL JERSEY (BACK PAD NOT COVERED)

www.nfhs.org

Editorial Change



FOOTBALL JERSEYS RULES 1-5-1b(2)a, (3)a

- The front and back of the football jersey may contain the school name, school logo, school nickname or player name (PlayPic A). Team nicknames such as seen on the jersey in PlayPic B are illegal.



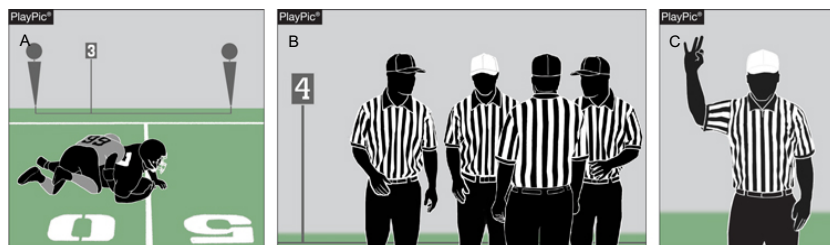
www.nfhs.org

Editorial Change



CORRECTING A DOWN ERROR RULE 5-1-1b

- The referee shall correct the number of the next down prior to the ball becoming live after a new series of downs is awarded and prior to the declaration of the end of any period.



www.nfhs.org



2016 NFHS FOOTBALL EDITORIAL CHANGES

1-5-3a(1)a	Added “manufacturer’s” before “logo/trademark or reference” to further clarify.
2-38	Added “legal” before “snap” to further clarify.
4-3-2	Deleted “hash mark” in reference to the inbounds spot.
7-5 PENALTY	Updated the rules reference on intentional grounding.
9-3-5	Deleted “clip” from the exception in the rule.
9-4-3h	Corrected the spelling on “face mask.”
9-4 PENALTY	Added “15 yards” into the Penalty under “Unintentional contact with a game official in the restricted area.”



www.nfhs.org

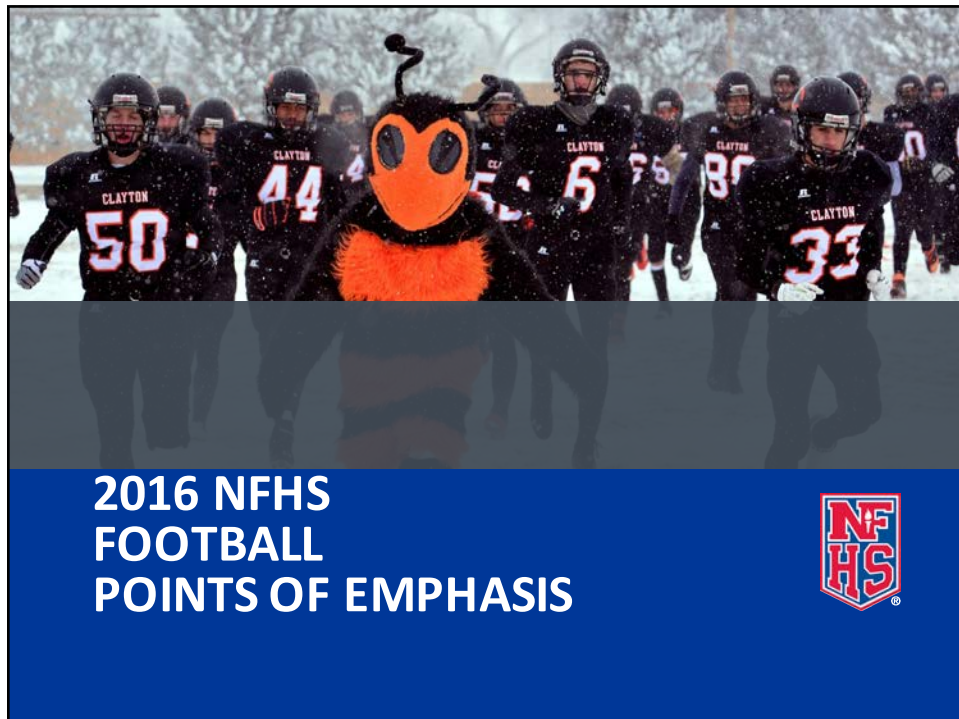


2016 NFHS FOOTBALL EDITORIAL CHANGES

9-5-1a	Clarified the language in the NOTE.
9-8-1a	Clarified the language in the NOTE.
10-2-5	Added “penalties for unsportsmanlike, nonplayer or” into the heading for ART. 5.
10-5-1a	Updated the rules reference.
PENALTY SUMMARY	Updated the rules reference for Clipping to 9-3-6.





www.nfhs.org



**2016 NFHS FOOTBALL
POINTS OF EMPHASIS**

1. Risk Minimization
2. Legal and Illegal Blocks
3. Legal Jerseys, Pants and Pads
4. Unfair Acts

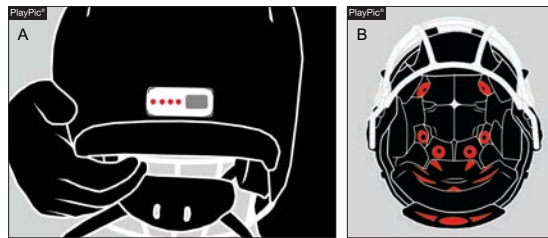


www.nfhs.org

Points of Emphasis

RISK MINIMIZATION

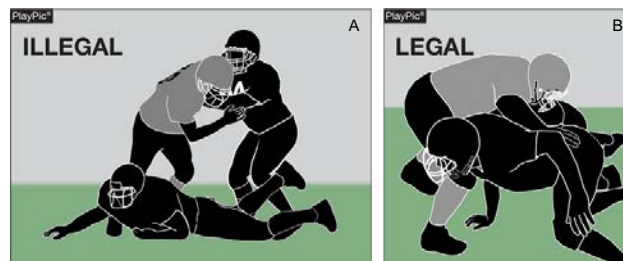
- Players, parents, coaches, and administrators need to be careful not to use unproven technology such as impact sensors, to diagnose a concussion, or even as a tool to decide if a concussion should or should not be suspected.


www.nfhs.org

Points of Emphasis

LEGAL AND ILLEGAL BLOCKS

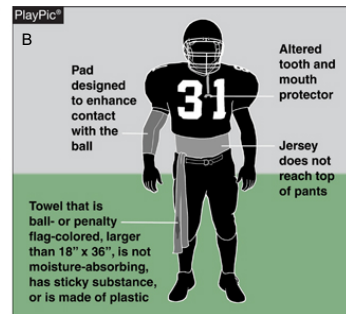
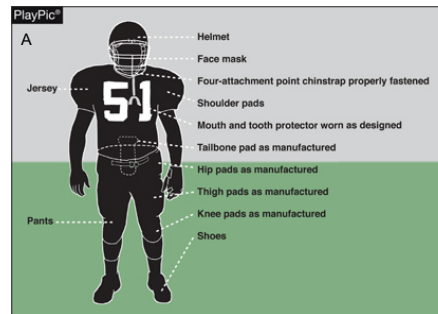
- Illegal blocks such as chop blocks (PlayPic A) are not to be taught and must be penalized. Legal techniques such as low-low combination blocks in the free-blocking zone (PlayPic B) are effective and minimize risk.


www.nfhs.org

Points of Emphasis

LEGAL JERSEYS, PANTS AND PADS

- The player in PlayPic A is wearing the required uniform and equipment. Examples of illegal pads, equipment or uniform are seen in PlayPic B.


www.nfhs.org

Points of Emphasis

ILLEGAL FOOTBALL PANTS (KNEES NOT COVERED)


www.nfhs.org

Points of Emphasis

**ILLEGAL FOOTBALL PANTS
(KNEES NOT COVERED)**www.nfhs.org

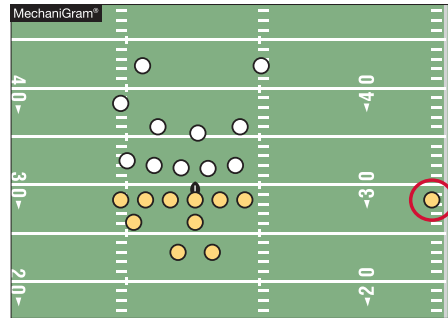
Points of Emphasis

**ILLEGAL FOOTBALL PANTS
(KNEES NOT COVERED)**www.nfhs.org

Points of Emphasis

UNFAIR ACTS

- Acts such as the “hide-out play” depicted in the MechaniGram are illegal.


www.nfhs.org

Points of Emphasis

UNFAIR ACTS


www.nfhs.org

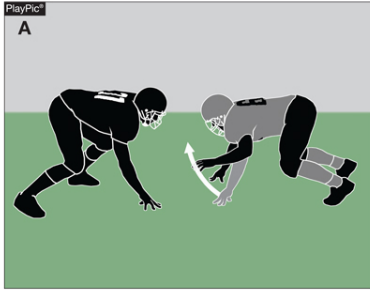
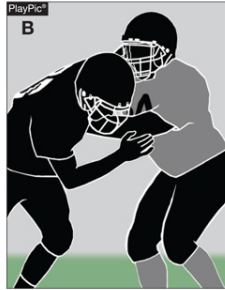


**2016 NFHS
FOOTBALL
RULES REMINDERS**



RULE CHANGE

Dead-Ball Penalty Enforcement Rule 10-2-5


In PlayPic A, the A player false starts. In PlayPic B, the B player commits a dead-ball personal foul. Both fouls occur before the next live ball. The penalties do not cancel and are enforced in the order of occurrence.

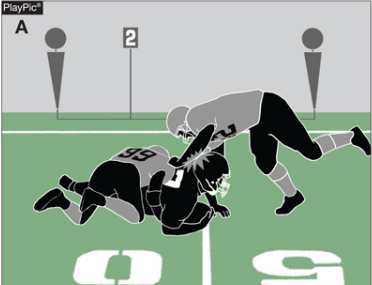

REFEREE

© REFEREE ENTERPRISES INC. 2015

RULE CHANGE

Dead-Ball Penalty Enforcement Rule 10-2-5







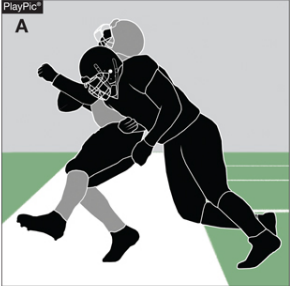
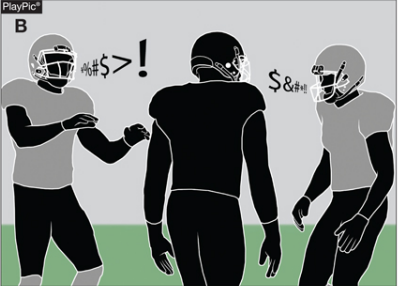
In PlayPic A, a B player commits a dead-ball personal foul. In PlayPic B, A's coach is flagged for unsportsmanlike conduct. Both fouls occur before the next live ball. The fouls offset and it will be third down.

REFEREE © REFEREE ENTERPRISES INC. 2015

RULE CHANGE

Dead-Ball Penalty Enforcement Rule 10-2-5



In PlayPic A, the B player hits the runner out-of-bounds, a dead-ball foul. In PlayPic B, two A players commit unsportsmanlike fouls. All fouls occur before the next live ball. One A foul and the B foul offset. The penalty for the remaining A foul is enforced.

REFEREE © REFEREE ENTERPRISES INC. 2015

RULE CHANGE




Defenseless Player Rules 2-32-16; 9-4-3i(3)



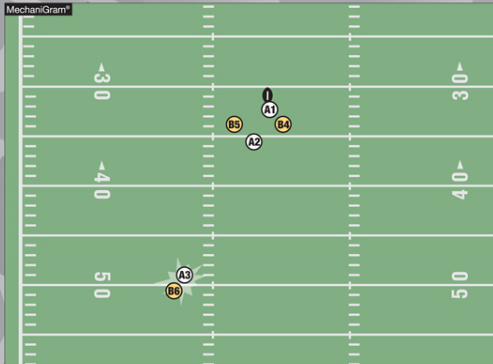
A new definition in 2014 for a defenseless player was added. A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.

© REFEREE ENTERPRISES INC. 2014

RULE CHANGE



Defenseless Player Rules 2-32-16; 9-4-3i(3) EXAMPLE: OUT OF THE PLAY



B6 has chosen not to participate further and is obviously out of the play. He is considered to be defenseless.

© REFEREE ENTERPRISES INC. 2014



Board Approved Items

- ✦ 8-Quarter Rule
 - 1A/2A – 10 Athletes Total
 - 3A/4A – 5 Athletes Total
- ✦ Athletes CANNOT participate in 3 games in a calendar week
 - Monday – Saturday
 - Postponements to Monday, 8-quarter Thursday/Friday
- ✦ Athletes MUST be examined after conclusion of JV game and Pre-Participation paperwork MUST be signed/date by all parties each week and shared with Conference Administrators

Board Approved Items

- ✦ Require two (2) licensed athletic trainers (LAT) or certified 1st Responders to be in attendance at all summer 7-on-7 football contests that have three (3) or more teams in attendance.
- ✦ Heat Acclimatization period for Spring Skill Development & Summer workouts (Tabled)
- ✦ 2017-18: WBGT readings must be taken by the AT/FR or designee not more than 30 minutes before the beginning of practice. Subsequent readings must be taken whenever water/rest breaks are taken or every 30 minutes, whichever comes first.

Board Approved Items

- ✦ Skill Development/Dead Periods
- ✦ Playoff Berths/Qualifications/Seeding
 - 1 year pilot for all sports

Seeding

- ✦ Automatic qualifiers
 - 1st place in a straight conference
 - 1st place in each classification of a split conference
- ✦ At-large qualifiers
 - Best 10-game winning percentage of all non-automatic qualifiers

Seeding

- ✦ Once the 64 team have been determined
 - Divide into 4 groups of 16 based upon the longitude of the school
 - East, Mideast, Midwest, West
- ✦ Seeding
 - Seed all conference champions by 10-game record
 - Then, seed all at-large teams by 10-game record
- ✦ 1 East vs 16 Mideast, 1 West vs 16 Midwest, etc...

Board Approved Items

- ✧ Pre-participation physicals required once every 395 days
- ✧ Require game officials to obtain and record the name of the game day administrator in charge of the event.
 - ✧ If no administrator is available, the Head Coach will be designated as the game day administrator.
 - ✧ Game day administrator will assign staff to monitor thunder/lightning

Board Approved Items

- ✧ Fines for non-compliance maxed at \$2,500.
 - If a school/personnel has been non-compliant earlier in the academic year, the fine(s) are not reduced.
- ✧ \$500 penalty for practicing a student not currently enrolled at school.
- ✧ Sports Wagering Position Statement

Football: Important Dates



First Practice:	August 1 st
First Scrimmage:	August 10 th
First Contest:	August 19 th
Seeding:	November 5 th
State Championships:	December 9-10

UNC, NC State University, Wake Forest University

Sportsmanship

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.

- 
- Wholesome athletic environment
 - Good Sportsmanship > Victory
 - Modest in victory, gracious in defeat
 - Respecting judgment and integrity of game officials
 - Role modeling good behavior

Ejection Policy

- + Fighting
- + Leaving the bench area
- + Flagrant contact
- + Biting
- + Taunting, baiting or spitting toward an opponent or official
- + Profanity
- + Obscene gestures
- + Disrespectfully addressing an official

Inclement/ Hot Weather Guidelines

The following should be considered when scheduling practice:

- + Time of day
- + Intensity level of practice
- + Equipment worn
- + Environmental conditions
- + High Temperature and high humidity create a dangerous situation for athletes. High humidity and low temperature can also cause serious heat-related problems.
- + Water/fluid replacement breaks recommended each 20 or 30 minutes. (depending on practice conditions)
- + Check with your AD on your LEA's and school's policy pertaining to practice on days of extreme heat.



Eligibility

PowerPoint

- ✦ Required viewing for all coaches
- ✦ Should be done with the athletic director
- ✦ Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.

Eligibility

Preseason Meeting

- ✦ Required attendance by all parents
- ✦ Time to share rules, regulations, expectations, philosophy etc.
- ✦ Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- ✦ Eligibility and Authorization

Eligibility

- ✦ Eligibility Checklist
 - Use to ensure school has done its due diligence

Clinic Attendance

Head coaches in football, soccer, volleyball, basketball, wrestling, swimming, baseball, softball, golf, track & field and lacrosse must attend an NCHSAA approved State Rules Clinic.

- ✦ Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- ✦ Can be satisfied at the NC Coaches' Association Clinic being held here in Greensboro—July 18-21

Clinic Attendance

- ✦ If the head coach cannot attend the NCCA clinic or is not hired until afterwards, the requirement can also be met at one of the statewide officials' clinics, which are posted on the NCHSAA Website under clinics. Please note that several volleyball and soccer clinics for officials occur prior to the NCCA Clinic.
- ✦ **Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach**

Coaches' Education

NFHS Fundamentals of Coaching Course

- ★ **All** coaches must have satisfied the requirement prior to first contest.
- ★ Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500

Coaches' Education

Concussion Management Certification

- ★ The **NFHS Concussion Course** (free on-line course) or an equivalent course must be completed annually by all coaches
- ★ **Prior to the first date of practice for that sport**; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine

Gfeller-Waller Concussion Law

Requirements of the Law:

- ✦ Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating “receipt of” Return to Play (RTP) form signed by a physician licensed to practice medicine
 - An up-to-date Emergency Action Plan (EAP)
 - Must be on-file
 - Must be posted
 - Must be updated annually
- ✦ **“When in doubt, sit them out”**

Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- ✦ Appropriate number of AEDs on Campus
- ✦ AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- ✦ Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)

Safety Policy

Effective Aug 1, 2017

That all head and paid coaches must be CPR/AED certified.

Coaches' Education

Accredited Interscholastic Coach (AIC)

- ✦ Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)

Coaches' Education

Certified Interscholastic Coach (CIC)

- ★ Completion of AIC requirements
- ★ Plus:
 - Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)

Sportsmanship

- ★ Teaching & Modeling Behavior Course
 - Required for any coach ejected during a contest
 - Required for any coach who has player (s) ejected for fighting
- ★ NFHS Sportsmanship Course
 - For any ejected/disqualified player
 - Free, on-line course (nfhslearn.com)
- ★ All certificates must be sent to NCHSAA

Transfer Policy

- ✦ If a bona fide change of residence—no transfer waiver necessary
- ✦ Transfer packet with forms are on-line; password protected
- ✦ Work with athletic director to ensure students meet residence rule requirements

THANK YOU

- ✦ Get involved with student services
- ✦ Visit the NCHSAA website often
- ✦ Pick-up your card as you leave today
 - Enter your code into the computer immediately to get credit for attendance
 - Deadline for entry is August 15, 2016
 - Avoid \$400 fine for your school