



2024 IHSSA FOOTBALL RULES MEETING



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HEAT ILLNESS

- Heat illness is the leading cause of preventable death in high school athletes. Heat production during intense exercise is 15 - 20 times greater than at rest and can raise body core temperature 1 – 2 degrees Fahrenheit every 5 minutes unless heat is dissipated.
- The IHSSA, IGHSAA, IHSMA, and IHSSA, under the guidance of the IA Sports Medicine Advisory Committee, have approved the Wet Bulb Globe Thermometer (WBGT) as the recommended measurement practice and device for measuring acceptable heat/humidity levels for practices and contests. The use of WBGT is required throughout the calendar year when the ambient temperature is above 80 degrees (indoors or outdoors).



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TYPES OF HEAT ILLNESS

Condition	Description	Treatment
Heat (Fatigue) Cramps	Painful muscle spasms/cramps that can happen during activity in hot environments. Athletes who sweat a lot may be prone to heat cramps due to fluid and electrolyte losses.	Stop exercising, massage or stretch involved muscle. Replace salt and water loss by drinking a lot of cool, salt-containing fluids. Future cramping may be reduced by improved conditioning, getting more used to exercising in hot temperatures, and drinking more salt-containing fluids.
Heat Exhaustion	A type of heat illness when the body overheats, leading to symptoms like excessive sweating, rapid heart rate, dizziness, faintness, fatigue, low blood pressure with standing, nausea, headache, muscle cramps.	Stop exercising, move to shaded or air-conditioned area. Replace water loss by drinking a lot of cool fluids. If the athlete does not quickly improve or is unable to drink fluids, then the athlete should be immediately taken to the nearest emergency facility.
Heat Stroke	A type of heat illness that includes any of the symptoms of heat exhaustion + symptoms of confusion, disorientation, distress or loss of consciousness. Core (rectal) body temperature should be measured right away by a trained medical professional.	Call 911 or your local emergency number. Begin cooling immediately by cold water immersion technique (see below); don't wait for help to arrive. The athlete needs immediate medical attention.



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WET BULB GLOBE TEMPERATURE

Why Not Heat Index?

- Heat Index is calculated in the shade, considering a standard/average sized person with a normal core temperature walking 3.1 mph
- Even in warm-ups for a practice a student athlete's body temperature rises above normal levels
- Local news weather forecasts, weather apps on phones do NOT provide an accurate temperature. They do not consider all of the variables.

How to Take a WBGT?

- WBGT should be measured every 30 minutes (where the activity is being held)
- The same person should monitor WBGT throughout the event
- WBGT reading at the start of practice/contest is the lowest category directions to follow, if WBGT increases to a higher category modifications will follow that category.
- Individual reactions to heat will vary per athletes and/or position/role
- Schools should have an exertional heat illness emergency action plan
- At-risk athletes should always be monitored closely.



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WET BULB GLOBE TEMPERATURE

WBGT Reading (Range)	Activity Guidelines / Required Modifications for Grades 9-12	WBGT Reading (Range)	Activity Guidelines/Required Modification for Grades 7-8
78.7 - 79.6	Normal activities.	78.7 - 79.6	Normal activities.
79.6 - 84.6	1 separate cool/water breaks (3-5 minutes each) / hour 1 separate rest/water breaks (3-5 minutes each) / hour Monitor at-risk athletes closely Cool water immersion available - see additional info sheet	79.6 - 84.6	1 separate rest/water breaks (3-5 minutes each) / hour Monitor at-risk athletes closely Cool water immersion available - see additional information sheet and Appendix B
84.7 - 87.6	Minimum practice time is 2 hours Reduce equipment for period uniforms Remove all additional equipment (i.e. conditioning footballs) *If WBGT rises to this level during practice, players may continue practicing in limited events	84.7 - 87.6	1 separate rest/water breaks (3-5 minutes each) / hour There must be 20 minutes of rest breaks distributed throughout each hour of practice Cool water immersion available - see additional information sheet and Appendix B CONSENT: RAMPANT ADDITIONAL/DEFERRED TIMEOUTS FOR REST/WATER BREAKS
87.7 - 89.7	Maximum practice time is 2 hours Reduce equipment to half of uniforms No conditioning allowed There must be 20 minutes of rest breaks distributed throughout the one hour of practice Monitor athletes closely Cool water immersion available - see additional info sheet CONSENT: Consider moving activities earlier or postponing Implement additional rest/water breaks for rest/water and shade	87.7 - 89.7	Minimum practice time is 1 hour Shirts/shin/kneebrs only for all activities No conditioning allowed There must be 20 minutes of rest breaks distributed throughout the one hour of practice Monitor at-risk athletes closely Cool water immersion available - see additional information sheet and Appendix B CONSENT: RAMPANT ADDITIONAL/DEFERRED TIMEOUTS FOR REST/WATER BREAKS. Consider allowing/postponing, wear time
> 89.7	No outdoor practices Cancel or delay outdoor practices / continue until lower WBGT is recorded	89.8 or +	No activities No outdoor practices in an unconditioned area CONSENT: CANCEL CONTESTS UNTIL LOWER WBGT IS RECORDED



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WBGT & SPECIAL CONSIDERATIONS

Football Practice

- WBGT **84.7 to 87.6 (ORANGE)**: Helmets, Shoulder Pads and Shorts only should be worn and any additional equipment (e.g. shoulder pads) should be removed for conditioning. If WBGT rises to this level during practice, players may continue to practice in football pants.
- WBGT **87.7 to 89.7 (RED)**: Shorts, t-shirts and footwear only for activities. No conditioning allowed.
- WBGT **89.8 or greater (BLACK)**: No outdoor activities, cancel or delay practices until lower WBGT is recorded

Football Games

- When kick off temperature is **87.7 to 89.7 WBGT (RED)**-A mandatory hydration break should take place at approximately the 5 min mark of the quarter of each quarter.
 - The hydration break will last 3 minutes and all players will remove their helmets and go to the sideline for a break.
- If kick off temperature is at or above **89.8 WBGT or greater (BLACK)**-A mandatory hydration break should take place at approximately the 4 and 8 min mark of the quarter of each quarter.
 - The hydration break will last 3 minutes and all players will remove their helmets and go to the sideline for a break.
 - No coaches allowed on the field.



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COLD WATER IMMERSION

Set-up:

- Acquire a 50-gallon tub, stock tank or kiddie pool (rubber or structural foam)
 - Prior to the start of activity, half-fill with water and ice, keep additional chest coolers of ice next to tub
 - Cool the water to a temperature of 35-59 degrees F
- When an Athlete is in need of Cold Water Immersion:**
- Remove the athlete's equipment and excess clothing
 - Immerse athlete in the tub up to their neck, if possible
 - Place an ice/wet towel over the head and neck
 - Stir/agitate the water continuously, adding more ice throughout the cooling process
 - Cool for a minimum of 20 minutes (based on the average estimated cooling rate of 1 degree per 3 minutes).
 - Continue cooling until an AT or other appropriate medical provider, EMS assumes control of patient & determines transport based on core (rectal) temperature reaches 102 degrees F.



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OTHER METHODS FOR COOLING

Cold Water Immersion Bag

- A cold water immersion bag is a method which uses a combination of ice and cold water are added to an athlete once they have been placed in a cold water immersion bag and seal the bag to reduce core body temperature
- Cool for a minimum of 20 minutes (based on the average estimated cooling rate of 1 degree per 3 minutes).
- Continue cooling until an AT or other appropriate medical provider, EMS assumes control of patient & determines transport based on core (rectal) temperature reaches 102 degrees F.

TACO Method

- Tarp Assisted Cooling Oscillation (TACO) is a method in which a combination of ice and cold water are added to an athlete once they have been placed on a tarp with the edges held up by personnel to create a physical "taco" for the patient to be encased inside.
- Continue cooling until an AT or other appropriate medical provider, EMS assumes control of patient & determines transport based on core (rectal) temperature reaches 102 degrees F.



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MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

- 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 sports 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 injury 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 – twelve. An electronic signature is now allowed on the information sheet



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CONCUSSION RECOGNITION & MANAGEMENT

HEADS UP: Concussion in High School Sports



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CONCUSSION

- 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 (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
- 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 participating immediately and that official or a designated contest official at the contest/event, must receive the written clearance to return from a licensed healthcare 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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CONCUSSION MANAGEMENT

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 – twelve shall develop a return-to-learn plan based on guidance developed by the brain injury association of America in cooperation with an extracurricular interscholastic activity and diagnoses 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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CONCUSSION MANAGEMENT - RTL

Recommendations Available for Physical Activities

Details: See the table below for recommendations for physical activities.

NOTE: All activities should be modified to meet the needs of the student.

1. All activities should be modified to meet the needs of the student.

2. All activities should be modified to meet the needs of the student.

3. All activities should be modified to meet the needs of the student.

4. All activities should be modified to meet the needs of the student.

5. All activities should be modified to meet the needs of the student.

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8. All activities should be modified to meet the needs of the student.

9. All activities should be modified to meet the needs of the student.

10. All activities should be modified to meet the needs of the student.



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CONCUSSION 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 school full time without experiencing 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. No helmet or other equipment, weight training/resistance training (light weight, high reps)
- Step 4** – Non-contact, sport specific training drills (football routes, basketball ball handling drills, batting, fielding, etc). Normal Resistance & Weight training may begin, equipment – partial (helmet only)
- Step 5** – Full Contact practice & participation in normal training activities in full equipment
- Step 6** – Contest participation



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CONCUSSION MANAGEMENT PROTOCOL + FOOTBALL RETURN TO SPORT PROTOCOL



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EMERGENCY ACTION PLAN (EAP)

- An EAP is necessary for any school and all of the venues within these institutions where athlete's participate & compete.
- An Emergency Action Plan (EAP) is a written document detailing the preparations and on-site emergency response for any type of catastrophic injury in the pre-hospital phase
- An EAP outlines and facilitates the immediate actions that must take place in any emergency, ensuring timely care for patient(s) outcomes
- Given that life-threatening emergencies may occur at any time & place, with or without the athletic trainer on site, it is critical that athletic programs not solely rely on a healthcare team members to develop & execute the EAP.
- The first 10 minutes of an emergency response are critical to the patient's outcome.
- To ensure successful development of the EAP, schools and organization should designate an individual to serve as the EAP coordinator. (responsible for the development, facilitating communication, access to emergency equipment, practice, rehearsal, and documentation.



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BENEFITS OF AN EMERGENCY ACTION PLAN

- Risk management strategy: more positive patient outcomes
- Staff is more prepared for emergency situations
- Ensures that appropriate care is provided in a timely manner
- Decrease chance of legal action taking place
- Protects liability of Athletic Trainer, Coaches, and school administration
- Leads to a more effective emergency response



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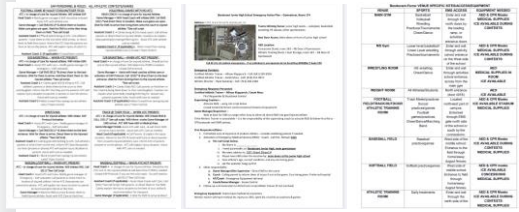
EAP COMPONENTS

- 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 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 the 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.



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EAP EXAMPLE: ROLES/VENUE SPECIFIC



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PRE-EVENT MEDICAL TIMEOUT

- Purpose the medical timeout is to identify all personnel present and what their respective roles will be in the event of a medical emergency involving an athlete on the field of play, cheerleader or possibly a spectator in the stands
 - Home Staff & Visiting Staff
 - Role Delineation (ATC, MD, EMT, Coach, Athletic Director)
 - Venue Specific EAP
 - Identify location of equipment
- Challenges in Communication
- Review, rehearse, and document



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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



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PRE-SEASON RISK MINIMIZATION MANUAL

- Seven Keys to minimize risk:
- Football Helmet Inspection
 - Concussion Management
 - Return to Play Protocol
 - Return to Learn Protocol
 - Levels of Contact
 - Heat Acclimatization
 - 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, agilities, 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 26, 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.
 - **THUD:** 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.
 - **Live:** 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

- Changed to 20 calendar days
- First competition date Thursday, August 22
- Regain eligibility on September 11
- 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; if the game differential falls below 35 points, it still does not count 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
- Footballs 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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2024 POLICY CHANGES THROUGH ADVISORY COMMITTEE

- Any regular season forfeiture due to lack of available players, the school is ineligible for the postseason and 8-Player through Class 2A schools cannot play Week 9
- 17-point tiebreaker for Class 3A and 4A automatic spots
- To allow required weight room sessions to be outside of four-hour window
- Schools may practice either on the Saturday or Sunday following the first allowable scrimmage date
- To allow four teams to scrimmage each other at the same site
- 7-person officiating crews in the semifinals and finals



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2024 POLICY CHANGES THROUGH ADVISORY COMMITTEE

- Host criteria for 8-Player, Class A, Class 1A and Class 2A
- Round of 32
 - No change; district champion and runner-up hosts
- Round of 16
 - District finish, head to head, IHSAA rankings, district losses, alphabet draw
- Quarterfinals
 - Head to head, IHSAA rankings, district finish, district losses, alphabet draw



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DRONES

- Regular season up to host school
- Postseason needs approval from IHSAA
- Need to follow FAA regulations, including but not limited to
 - the small unmanned aircraft does not operate over non-participants who are not under a covered structure or in a stationary covered vehicle (non-participant defined as a person not directly involved in the flight operation)
 - the small unmanned aircraft will pose no undue hazard to other aircraft, people, or property in the event of a loss of control of the aircraft for any reason (§ 107.19)



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MUSIC/ARTIFICIAL SOUND DURING GAME

- The pep/marching band may play during pre-game, halftime, quarter breaks, and time-outs. Once the center is over the ball, there is to be no music played by the pep/marching band, nor any artificial noise, including music, over the public address system.
- Immediately after a down has finished and before the center is over the ball, the band may play during that very quick interval. Pep/marching bands that violate this protocol may subject their team to penalties which could include 5-yard delay of game penalties, all the way to 15-yard unsportsmanlike penalties.



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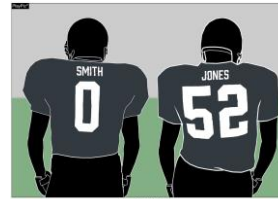
2024 NFHS FOOTBALL RULES CHANGE



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Rule Change

HOME JERSEYS RULE 1-5-1b(3)



LEGAL

Jerseys of the home team shall all be the same dark color(s) that clearly contrasts to white.



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Rule Change

HOME JERSEYS RULE 1-5-1b(3)



LEGAL

These jerseys are legal because it is the same dark colors. All players on this home team shall wear the same dark colored jerseys in order to comply with the rule.

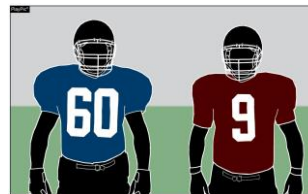


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Rule Change

HOME JERSEYS RULE 1-5-1b(3)



ILLEGAL

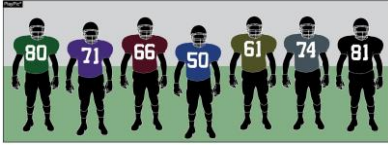
These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.



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HOME JERSEYS RULE 1-5-1b(3)



These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.



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2024 NFHS FOOTBALL RULES REMINDERS



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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 2 1/4 square inches and does not exceed 2 1/4 inches in any dimension; and has no more than one school logo/trademark reference that does not exceed 2 1/4 square inches and does not exceed 2 1/4 inches in any dimension.

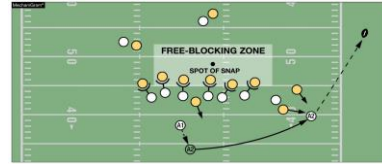
Towels do not have to be the same solid color for each player.



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



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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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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NFHS AUTHENTICATING MARK UPDATE



Current logo



New logo

Specifications

- Do not use the NFHS Authenticating Mark without prior written approval from the NFHS
- This mark is for use of licenses only.

Minimum size

- Inflatable Balls - 2 1/2" (Football)**
 - On a ball, the NFHS logo may be smaller than manufacturer's logo, but should be placed in proximity to the manufacturer's name for easy identification. Allow enough space around the logo so it can be easily recognized as distinct and separate.
 - Reproduce the logo only from the vector artwork provided here or on Direct Licensing Hub. Do not copy, scan art electronically or use as a template to redraw the symbol.

Note: If sizing or specifications do not work well in your particular design situation, contact K12 Licensing.

A current list of NFHS authenticated products can be found at www.nfhs.org/resources, Authenticating Mark

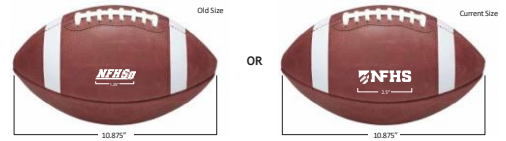


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FOOTBALL NFHS AUTHENTICATING MARK



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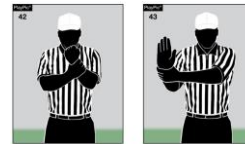
2024 NFHS FOOTBALL EDITORIAL CHANGES



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Editorial Change

SIGNAL CHART



Signal 43 will be used to indicate illegal use of hands/arms as well as illegal block. Signal 42, formerly used for illegal use of hands/arms, will indicate holding only.



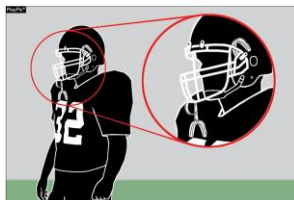
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Editorial Change

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



Players may have only one tooth and mouth protector.



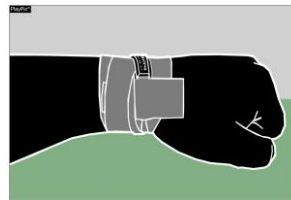
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Editorial Change

ILLEGAL EQUIPMENT RULE 1-5-3c(6)



Religious medals and a medical alert such as the one shown in the PlayPic are not considered jewelry. Religious medals or other religious items must be taped to the body and worn under the uniform. A medical-alert indicator must be taped to the body and may be visible.

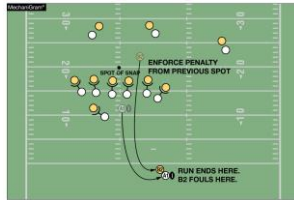


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BASIC SPOTS RULE 10-4-2d



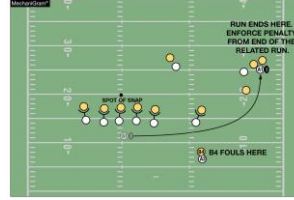
The penalty for this foul is enforced from the previous spot. Under the old rule, the penalty would have been enforced from the goal line.



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BASIC SPOTS RULE 10-4-6a



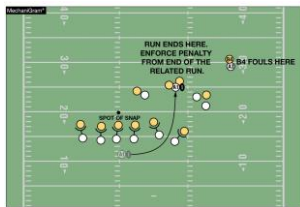
The basic spot is the end of the run or related run for a foul by B when the run or related run ends beyond the line of scrimmage.



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BASIC SPOTS RULE 10-4-6a



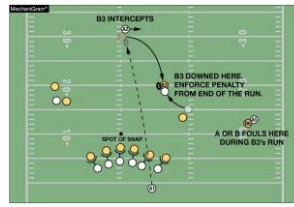
The basic spot is the end of the run or related run when the run or related run ends beyond the line of scrimmage and the foul occurs in advance of the end of the run or related run.



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BASIC SPOTS RULE 10-4-6b



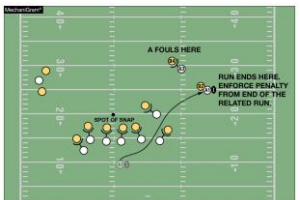
The basic spot is the end of the run or related run for a foul that occurs beyond the end of the run or related run following a change of possession.



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BASIC SPOTS RULE 10-4-6c



The basic spot is the end of the run or related run for a foul by A that occurs beyond the line of scrimmage during a running play.



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2024 NFHS FOOTBALL EDITORIAL CHANGES

Football Helmet Warning Statement	Added the words, "is certified by the Safety Equipment Institute (SEI) to the" to the description of the NOCSAE standards process.
1-3-1b, 1-3-1E(5)	Added further clarification to the description on how the placement of the laces on the ball is measured when being produced and tested.
1-3-1g	Added the new 2024 format image for the NFHS Authenticating Mark.
1-5-1a(1)	Added new Figure 1-5-1a – NOCSAE Standard Logo for helmet.
1-5-1a(2), 1-5-1a(3)	Reformatted the jersey rules for clarification.
1-5-1d(5)	Noted that this rule on jersey numbers takes effect in 2024.
1-5-2b	Added new Figure 1-5-2b – NOCSAE Standard Logo for glove and SFA Specification Logo for glove.
1-5-3a(4)	Added new Figure 1-5-3a(4) – NOCSAE Standard Logo for shin guard.
TABLE 1-7 (7)	Changed the rules reference in the Table for "Authorize the wearing of a commemorative/memorial patch."



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2024 NFHS FOOTBALL EDITORIAL CHANGES

1-8	Further clarified State Association Accommodations.
2-8	Split the definition on Encroachment up into two Articles and updated the rules references within the Rule.
2-32-16	Added further clarification on when a player is no longer defensesless.
5-2-4	Updated the rules reference within the Rule.
7-2 PENALTY	Deleted Art. 5d from the Illegal Numbering Penalty.
TABLE 7-5	Added "or Related Run" to the Enforcement Spot for Illegal Forward Pass.
9-2 PENALTY	Changed the signal reference for "Illegal Use of Hands or Arms" to signal 43.
9-5-1g, 9-8-1j	Further clarified and standardized rules language that has been approved by the NFHS Rules Review Committee for all 2024-25 NFHS Rules Books on alcohol and tobacco.
9-8 PENALTY	Further clarified the responsibility of the head coach within the Penalty.



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2024 NFHS FOOTBALL EDITORIAL CHANGES

10-3-1c, NOTE	Deleted letter c and the NOTE in the Rule under a "Loose-Ball Play Action."
10-4	Further clarified Basic Spot.
10-5	Further clarified Special Enforcement Rules and deleted some Articles.
TABLE 10-4	Revised TABLE 10-4.
PENALTY SUMMARY	Updated the signal references in LOSS OF 10 YARDS for "Illegal Blocking," "Runner Grasping a Teammate" and "Illegal Use of Hands or Arms" to signal 43.



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2024 NFHS FOOTBALL POINTS OF EMPHASIS



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2024 NFHS FOOTBALL POINTS OF EMPHASIS

1. Sportsmanship and Altercation Prevention and Protocol
2. Player Equipment and Enforcement
3. Formations
4. Electronic Equipment



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SPORTSMANSHIP AND ALTERCATION PREVENTION AND PROTOCOL



Coaches must teach, promote, model and set clear standards of behavior for themselves, players and fans. Game officials must fairly and consistently enforce NFHS rules in all aspects related to unsporting behavior by coaches and participants. Everyone involved must clearly understand that education-based athletics is an extension of the classroom and is about more than just winning and losing.



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SPORTSMANSHIP AND ALTERCATION PREVENTION AND PROTOCOL



Fights that escalate beyond the initial incident tend to do so because others run toward the fight. Coaches are urged to instruct their team and even practice what to do in case an altercation occurs.



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SPORTSMANSHIP AND ALTERCATION PREVENTION AND PROTOCOL

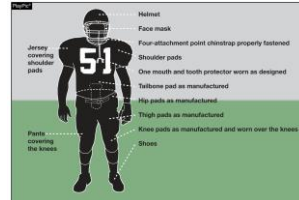


Postgame handshake line protocol should be followed by both teams. Among the points, administrators and security from both schools should be stationed on the field in close proximity to the handshake line. One team should be on the right and the other team should be on the left. Players from one team should not be allowed to walk down both sides of the line.



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PLAYER EQUIPMENT AND ENFORCEMENT

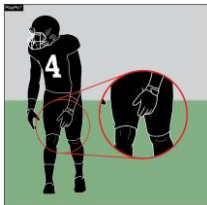


To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped.



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PLAYER EQUIPMENT AND ENFORCEMENT



Due to potential injury, it is essential that players only be allowed to participate if their pants and knee pads comply with the rules. Pants must completely cover the knees, and knee pads must be worn over the knee.



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PLAYER EQUIPMENT AND ENFORCEMENT



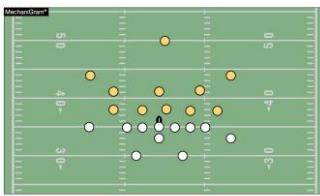
Eye shade (grease or no-glare strips/stickers) is allowed if a single stroke and doesn't include words, numbers, logos or other symbols.

Eye shade not complying to these specifications is deemed illegal equipment with the player directed to leave until legally equipped and an unsportsmanlike foul charged to the head coach.



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FORMATIONS



A legal formation has no more than four players in the backfield. A back is any A player who has no part of his body breaking the plane of an imaginary line drawn parallel to the line of scrimmage through the waist of the nearest teammate who is legally on the line, except for the player under the snapper, who is also considered a back.



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FORMATIONS

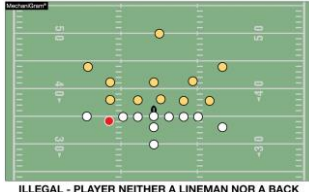


Linemen are legally on the line of scrimmage when they face their opponent's goal line and have head or foot breaking the imaginary plane through the waist of the snapper. It has become fairly common to see guards or tackles line up a yard or two off the ball to aid in pass blocking or pulling.



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FORMATIONS



If an offensive player lines up by intersecting the waistline of the tackle, but not the center, Team A has committed an illegal formation foul because all Team A players must be a lineman or back. Receivers who wish to line up as a back should have "daylight" between the rear end of the nearest lineman and their nearest body part.



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ELECTRONIC COMMUNICATION

- Current rules still restrict how coaches and nonplayers communicate with those on the field of play
- Helmet communication, digital wristbands, electronic display boards are not legal methods under NFHS rules
 - Unsportsmanlike Conduct Foul charged to head coach
- Electronic communication allowed during an outside 9-yard mark conference or when athlete not on the field



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