



# 2022 NFHS FOOTBALL RULES POWERPOINT

National Federation of State  
High School Associations



Copyright© 2022 National Federation of State High School Associations. All Rights Reserved.

This copyrighted power point is presented by the NFHS. This material shall only be reproduced or distributed by member state associations for teaching and training purposes. Distribution to the public is prohibited without the express written consent from the NFHS. Please contact Davis Whitfield, COO at [dwhitfield@nfhs.org](mailto:dwhitfield@nfhs.org) with requests.

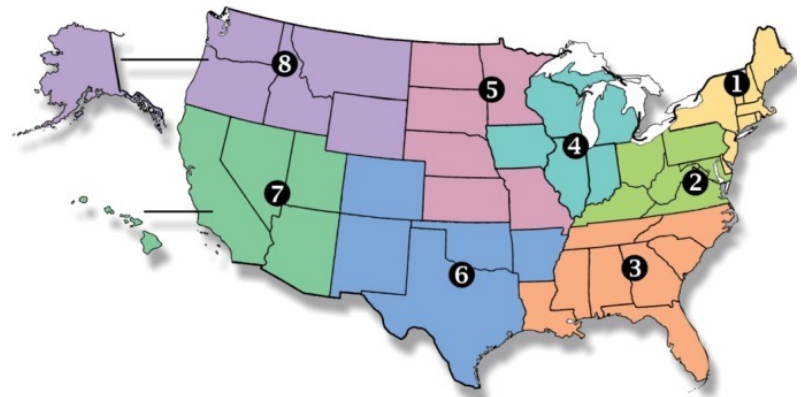


# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leader and advocate for high school athletics and performing arts programs.
  - Serves 51 state associations, 19,500 high schools and 12 million student participants.
  - Writes playing rules for 17 high school sports for boys and girls.
  - Offers online education courses for high school coaches, officials, parents, students and others.
  - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



## NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield  
Chief Operating  
Officer



Lindsey Atkinson  
Basketball, Girls  
Lacrosse and  
Volleyball



Bob Colgate  
Football and Sports  
Medicine



Sandy Searcy  
Softball, Swimming &  
Diving and Water Polo



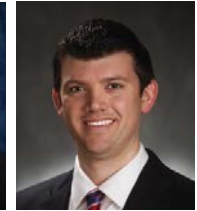
Elliot Hopkins  
Baseball and  
Wrestling



Julie Cochran  
Cross Country, Gymnastics,  
Field Hockey, Soccer and  
Track & Field



James Weaver  
Boys Lacrosse  
and Spirit

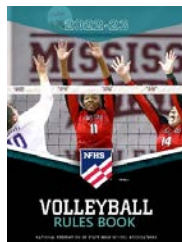


Dan Schuster  
Ice Hockey



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.





# 2022 NFHS FOOTBALL RULES CHANGES





## NFHS FOOTBALL RULES

---

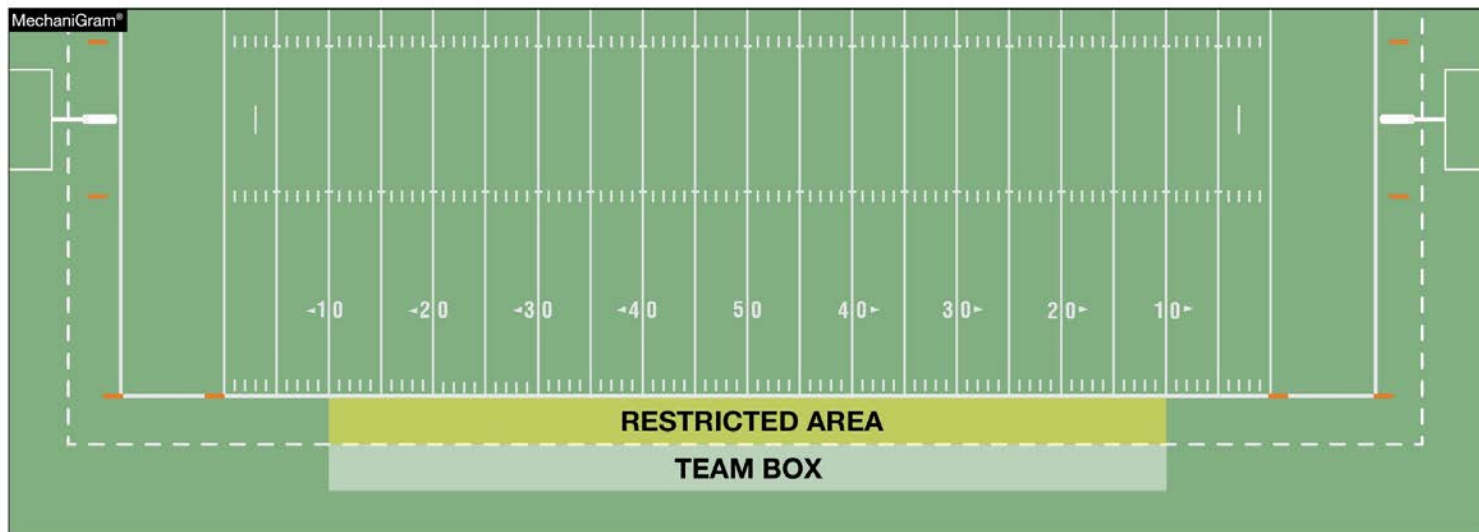
Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter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



## TEAM BOXES

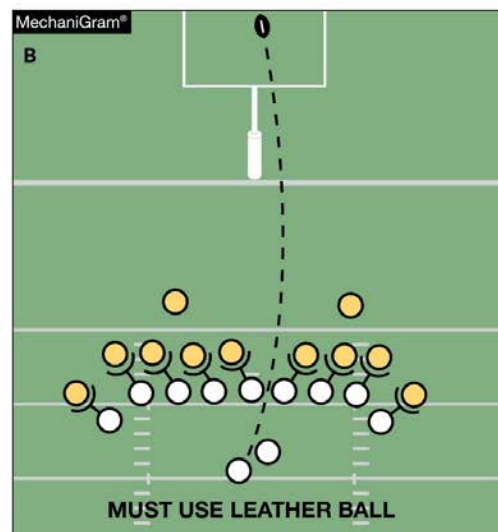
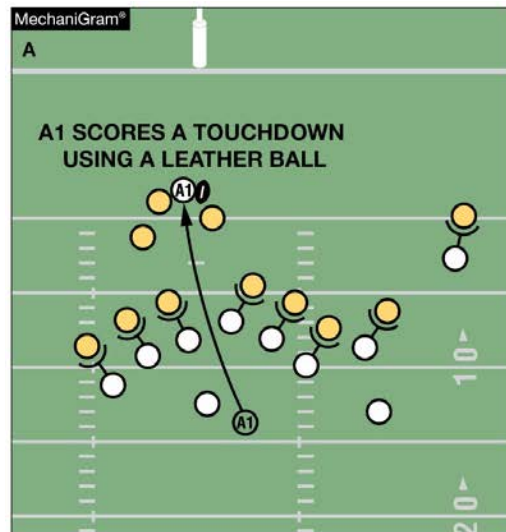
### RULE 1-2-3g NOTES 3. (NEW), TABLE 1-7 (3.) (NEW)



It is permissible for state associations to approve an extension of the team box and to determine the individuals who may be in the extended area, provided such extension is the same for both teams.



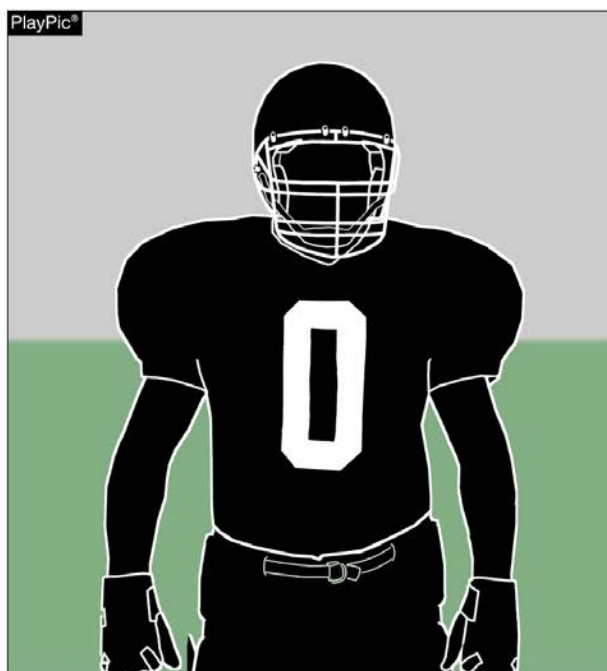
## GAME BALLS RULE 1-3-3



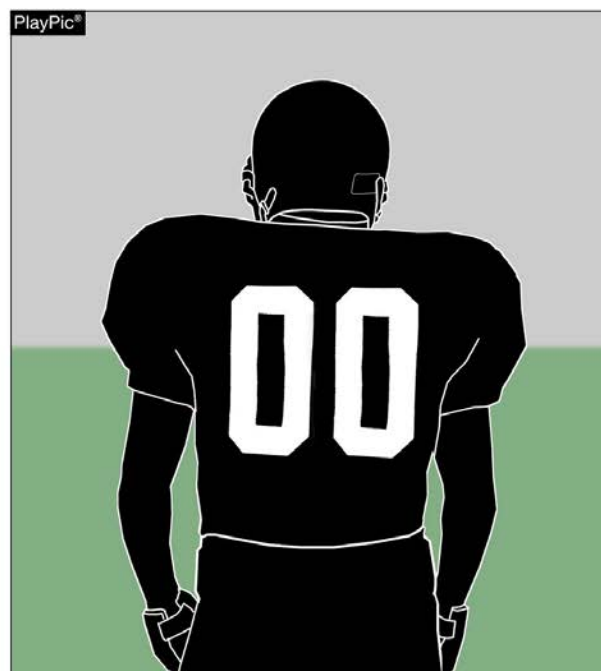
Any game official may order the ball changed between downs. Unless the ball is ordered changed by the Referee or another game official, Team A scoring a touchdown with one ball (MechaniGram A) may not request a different ball for the try (MechaniGram B) but may use a different approved ball for the ensuing free kick (PlayPic C).

## JERSEY NUMBERS

**RULE 1-4-3, FIGURE 1-4-2, RULE 1-5-1c(1),  
RULE 7-2-5b EXCEPTIONS, RULE 7-5-6a**



Legal

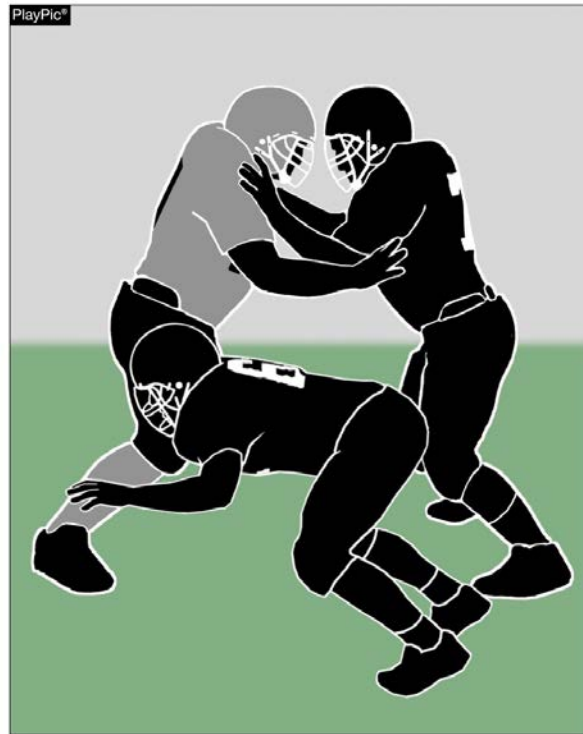


Illegal

Each player shall be numbered 0 through 99 inclusive. Any number preceded by the digit zero such as "00" is illegal.

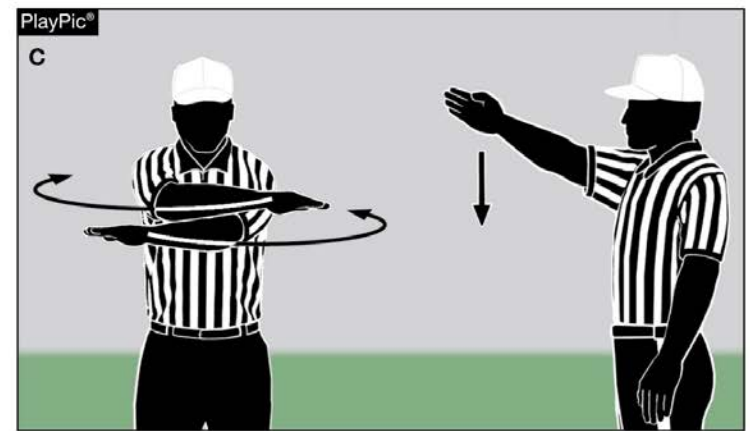
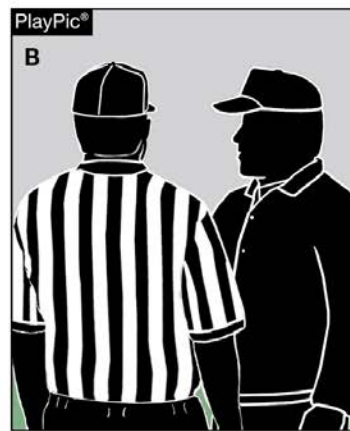
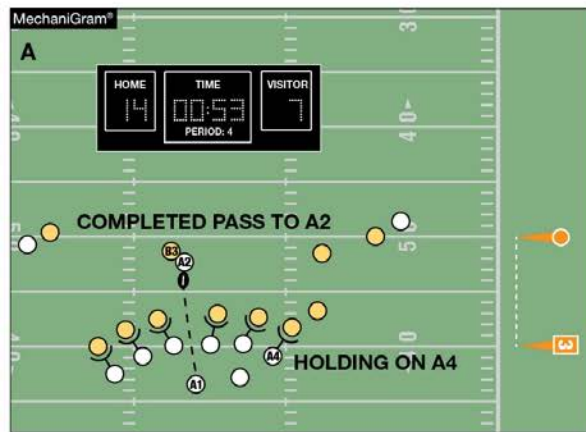


## CHOP BLOCK RULE 2-3-8



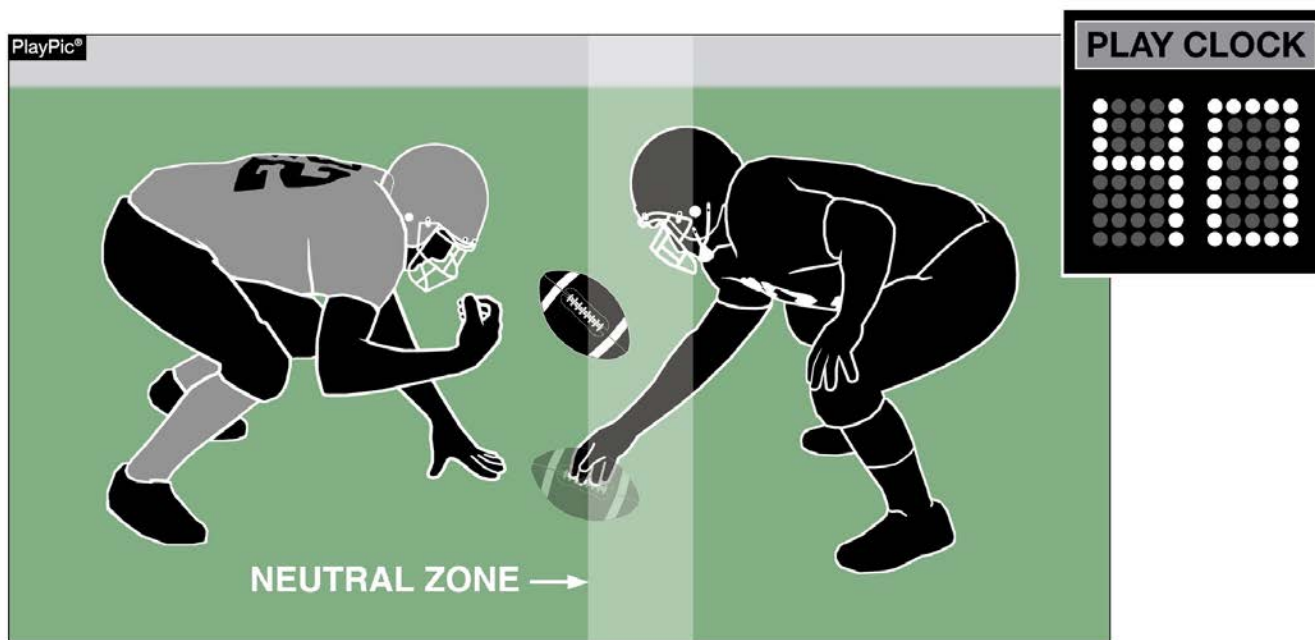
A chop block is combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.

## GAME CLOCK OPTION RULE 3-4-7



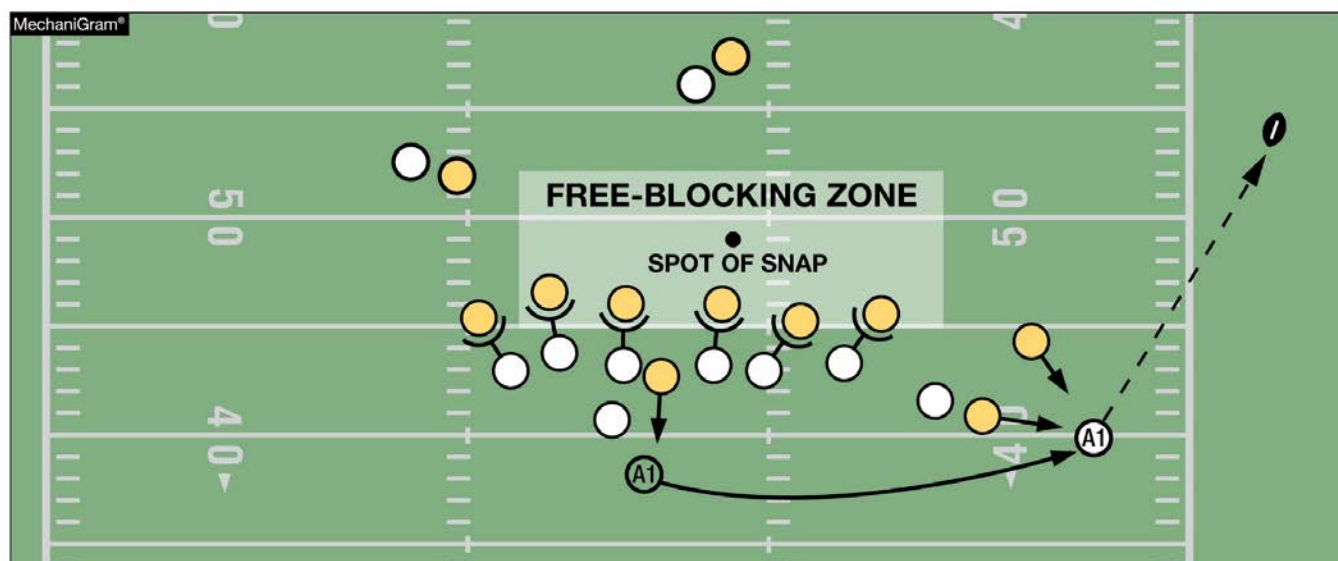
When a foul is committed with less than two minutes remaining in either half, the offended team has the option to start the game clock on the snap. In MechaniGram A, Team B trails when Team A fouls. Team B's coach is consulted (PlayPic B), choosing to decline the penalty and have the clock started on the snap (PlayPic C).

## PLAY CLOCK RULE 3-6-1a(1)e EXCEPTION 2. (NEW)



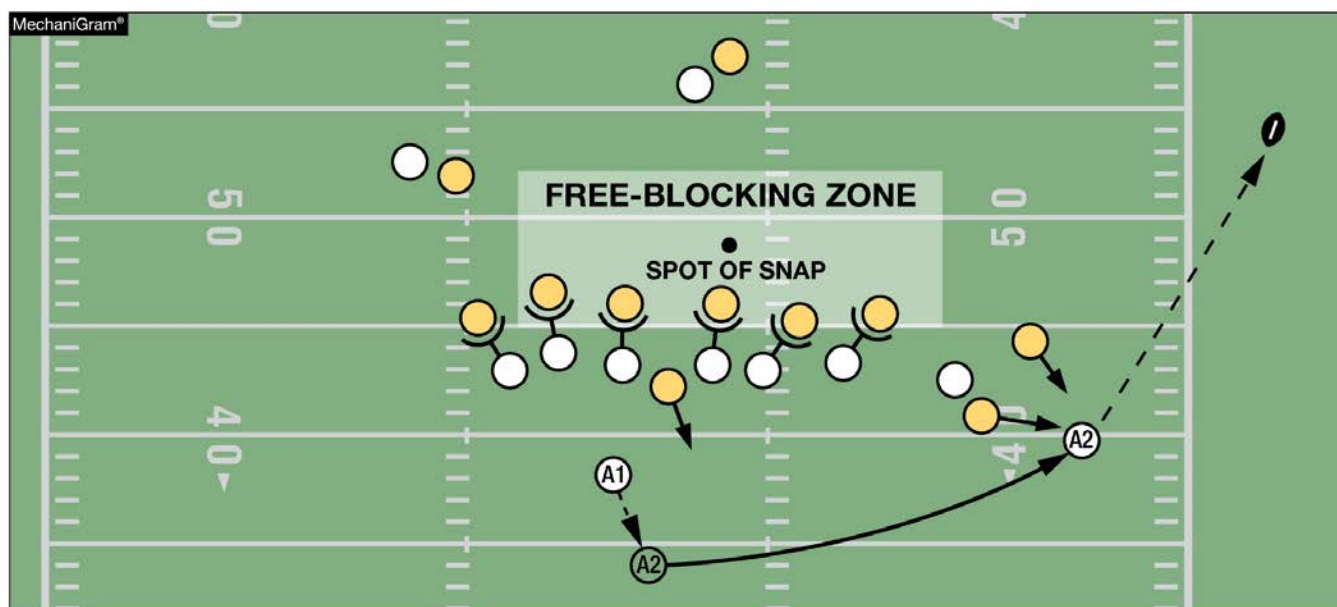
When the clock is stopped due to Rule 3-5-7i and Team B is the only team to foul, the play clock will be set to 40 seconds.

## INTENTIONAL GROUNDING RULE 7-5-2d EXCEPTION 2. (NEW), TABLE 7-5-2, TABLE 7-5



It is legal for a player to conserve yardage by intentionally throwing an incomplete forward pass if the passer has been beyond the lateral boundary of the free-blocking zone as established at the snap; and the pass reaches the neutral zone, including the extension beyond the sideline.

## INTENTIONAL GROUNDING RULE 7-5-2d EXCEPTION 2. (NEW), TABLE 7-5-2, TABLE 7-5



Legal. The player taking advantage of the new rules exception need not be the player who received the snap.



# 2022 NFHS FOOTBALL EDITORIAL CHANGES





## 2022 NFHS FOOTBALL EDITORIAL CHANGES

1-5-1f	Changed the size of the font on the dimensions for the cleats.
TABLE 1-7	Re-numbered all 17 items in TABLE 1-7.
2-28-2	Added: “If a scrimmage kick occurs, the neutral zone shall not be expanded into the end zone” to the rule for further clarification.
3-5-9	Added: “game official” to the rule for clarification.
3-5-11	Added: “altering the” to the rule for clarification.
5-2-4	Revised the format of the rule for clarity due to the length of it.
6-2-6	Added: “If a scrimmage kick occurs,” to the rule for clarification
7-5 PENALTY	Changed the rules reference for Intentional Grounding to Art. 2d.
TABLE 9-3-6	Deleted.
10-2-2, 10-2-3	Clarifying the terminology between “foul” and “penalty.”



## 2022 NFHS FOOTBALL EDITORIAL CHANGES

<b>FOOTBALL PENALTY ENFORCEMENT - FIGURES</b>	Updated Figures 1 and 2.
<b>FOOTBALL FUNDAMENTALS – V-3, VII-2</b>	Clarified the Football Fundamentals for “Free Kicks” and “Passes.”
<b>RESOLVING TIED GAMES – 5-1-1, 8-3</b>	Deleted the following from 5-1-1 and added it to 8-3: “If the team on offense scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game or playoff qualifying.
<b>SIX-PLAYER RULES DIFFERENCES – RULE 2 and 7</b>	Deleted the word “clear” before pass.
<b>PENALTY SUMMARY</b>	Updated the rules reference for Intentional Grounding (also loss of down) to 7-5-2d.

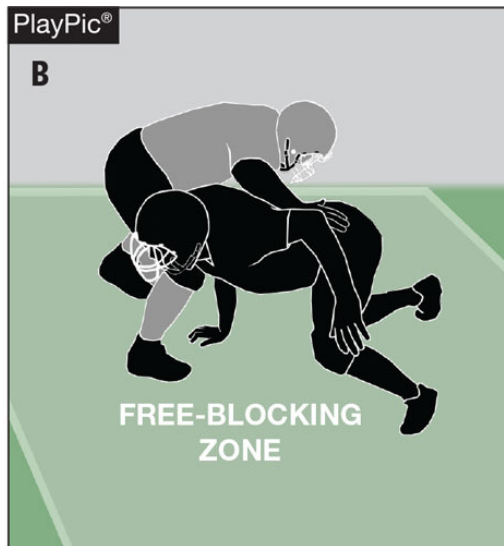




# 2022 NFHS FOOTBALL RULES REMINDERS

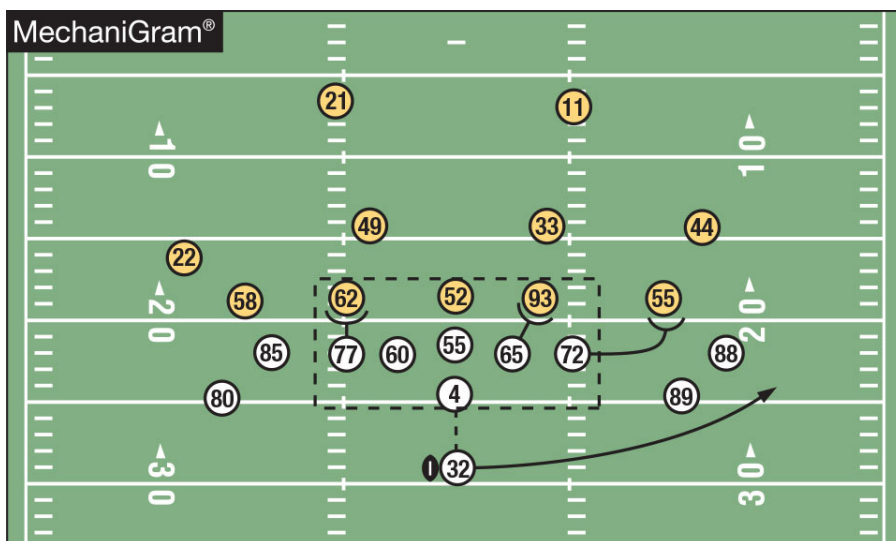


## BLOCKING BELOW THE WAIST RULE 2-17-2c



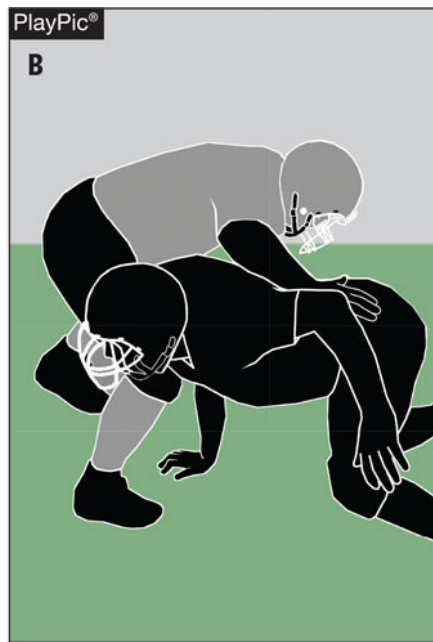
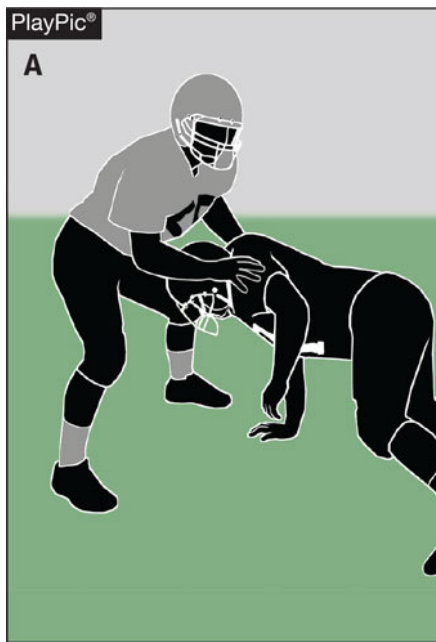
In PlayPic A, both players are in the free-blocking zone and on their lines of scrimmage. In PlayPic B, the block is legal because it is in the zone at the time of the snap, is an immediate, initial action following the snap, and both players began the play on their lines of scrimmage and in the free-blocking zone.

## BLOCKING BELOW THE WAIST RULES 2-17-1, 2-17-2, 2-17-4



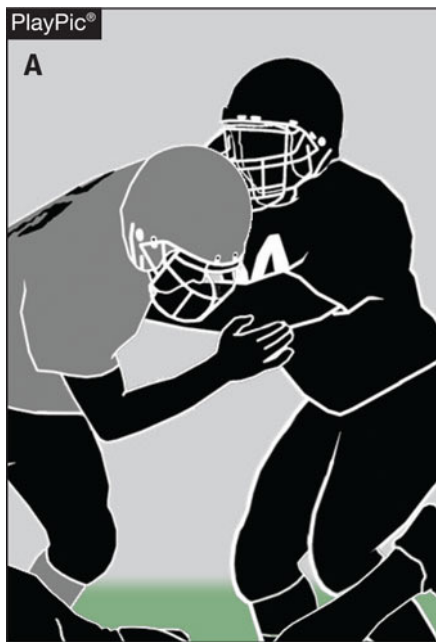
It is legal for offensive linemen to block below the waist in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap. No. 77 could only block No. 62 below the waist if the block was immediate, initial action following the snap. No. 65 can block No. 93 below the waist even though No. 93 is playing off his shoulder, if the block is an immediate, initial action following the snap. No. 72 could not block No. 55 below the waist at any time during this play.

## BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2



While in the free-blocking zone, the initial contact in PlayPic A is with the hands below the waist. When the blocker finishes the block below the waist as in PlayPic B, it is not a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

## BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-1, 2-17-2, 9-3-2



The initial contact in PlayPic A is above the waist. In PlayPic B, the blocker then loses contact and the blocker starts a new block below the waist, this is a foul. A block below the waist is legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

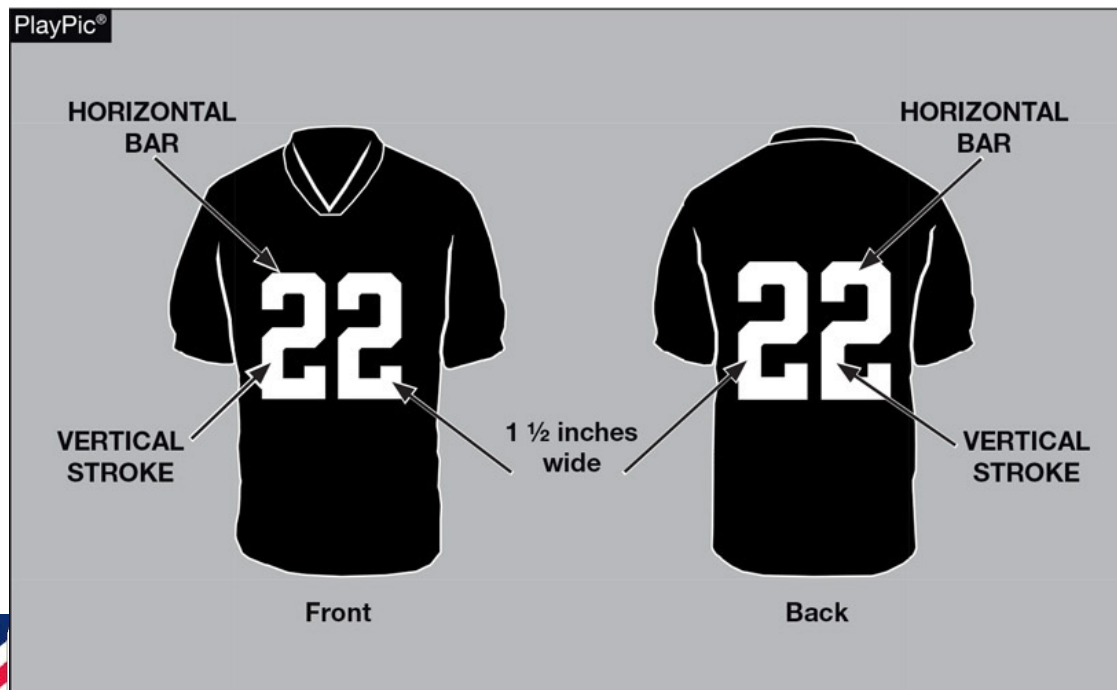
## **BLOCKING BELOW THE WAIST RULES 2-3-7, 2-17-2, 9-3-2**



The rules regarding blocking below the waist apply equally to both teams. In the PlayPic, the defender goes below the waist outside the free-blocking zone to take out the lead blocker. This is an illegal block by the defender. A block below the waist is only legal if it occurs in the free-blocking zone, provided both players were on their lines of scrimmage and within the zone at the time of the snap and the block is an immediate, initial action following the snap.

# FOOTBALL JERSEY NUMBERS

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



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1 1/2 – inches wide.



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



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



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



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



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



The style of the numbers on these jerseys are legal through the 2023 season. **The following four types of number designs will be illegal in 2024.**





# 2022 NFHS FOOTBALL POINTS OF EMPHASIS



# 2022 NFHS FOOTBALL POINTS OF EMPHASIS

1. Sportsmanship
2. Targeting/Defenseless Player
3. Legal Uniforms and Equipment



## SPORTSMANSHIP



Poor sportsmanship by coaches and players sets a negative tone for fans, game officials and others.



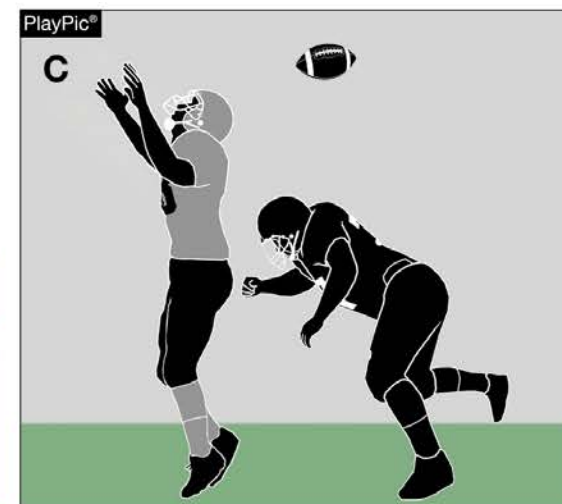
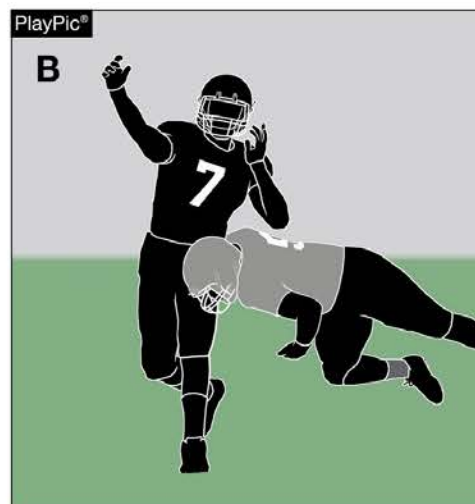
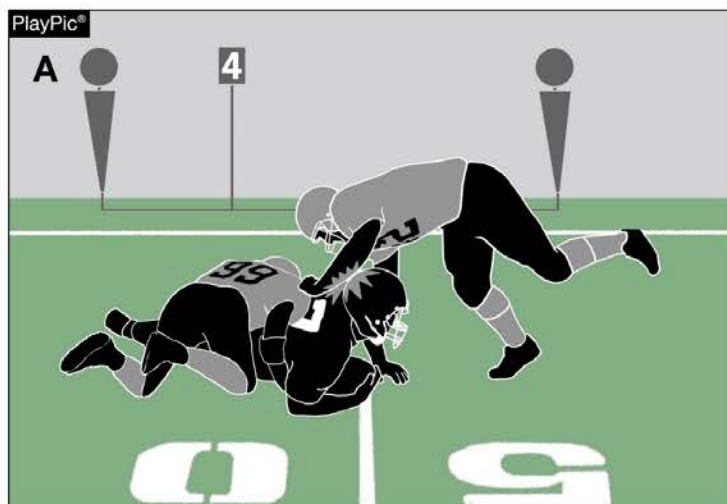
## SPORTSMANSHIP



Fans must not employ language or acts that defames, demeans, abuses, or bullies a competitor, game official, or another fan. Issues with fan behavior should be directly referred to contest management by game officials.



## TARGETING/DEFENSELESS PLAYER



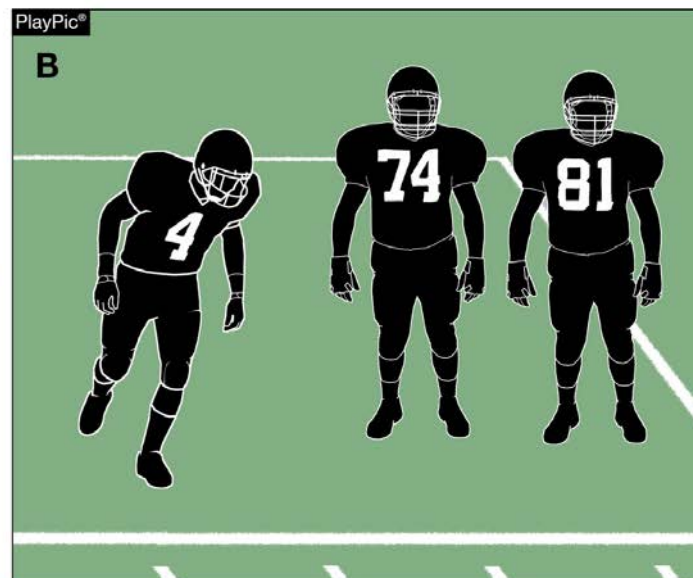
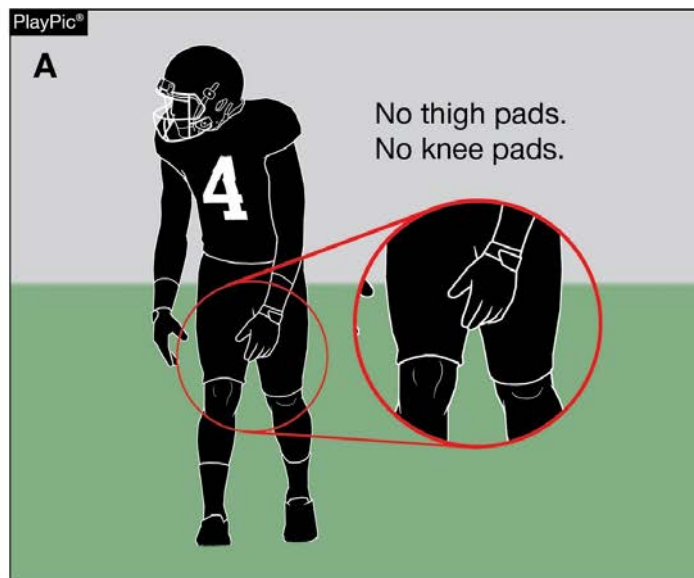
A downed runner is defenseless and cannot protect himself against unnecessary contact (PlayPic A). Once a pass is thrown, a passer is defined as a defenseless player (PlayPic B). A pass receiver attempting to catch a pass, or a pass receiver who has clearly relaxed when the player has missed the pass or feels he can no longer catch the pass, should be considered defenseless (PlayPic C).

## TARGETING/DEFENSELESS PLAYER



A1 is obviously out of the play and not in the immediate vicinity of the runner. A1 is by definition defenseless. The contact by B1 is a personal foul.

## LEGAL UNIFORMS/EQUIPMENT



Players who fail to wear required equipment during a down (PlayPic A) must be replaced for one down (PlayPic B).





# 2022-2023 NFHS FOOTBALL GAME OFFICIALS MANUAL





## 2022-2023 NFHS FOOTBALL GAME OFFICIALS MANUAL REMINDERS

---

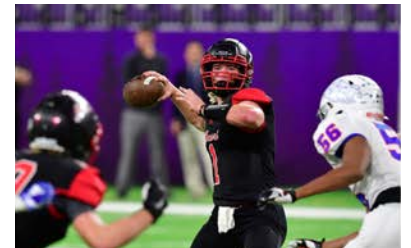
- 2022 was a print year for the NFHS Football Game Officials Manual.
- **The NFHS Football Game Officials Manual Committee added and/or updated the following items for 2022-2023:**
  1. Added a new section on Seven-Game Officials
  2. Updated the Guides for – “When in Question”
  3. Added new 2022-2023 Game Officials Manual Points of Emphasis
  4. Made minor edits/clarifications to the Manual



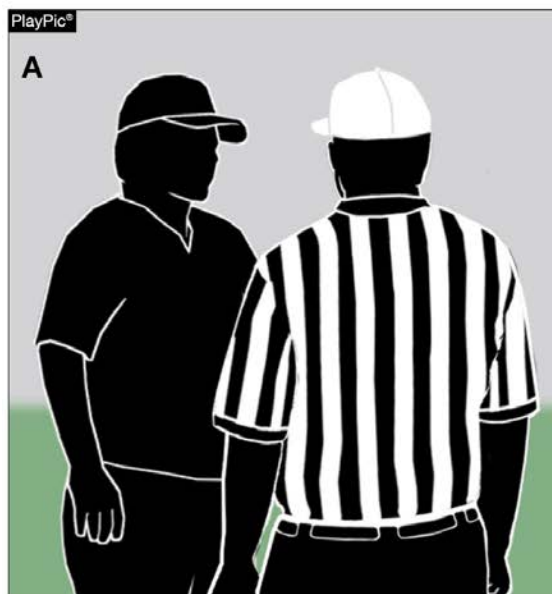
## 2022-2023 NFHS FOOTBALL GAME OFFICIALS MANUAL COMMITTEE POINTS OF EMPHASIS

---

1. Communication Between Coaches and Game Officials
2. Officiating Intentional Grounding
3. Free-Kick Mechanics
4. Time-Sensitive Situations – End of Second and Fourth Periods



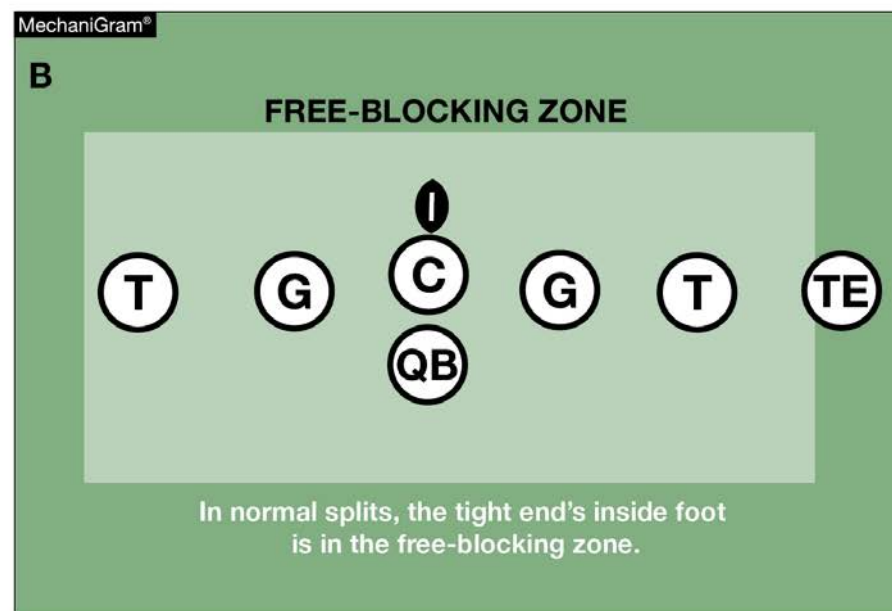
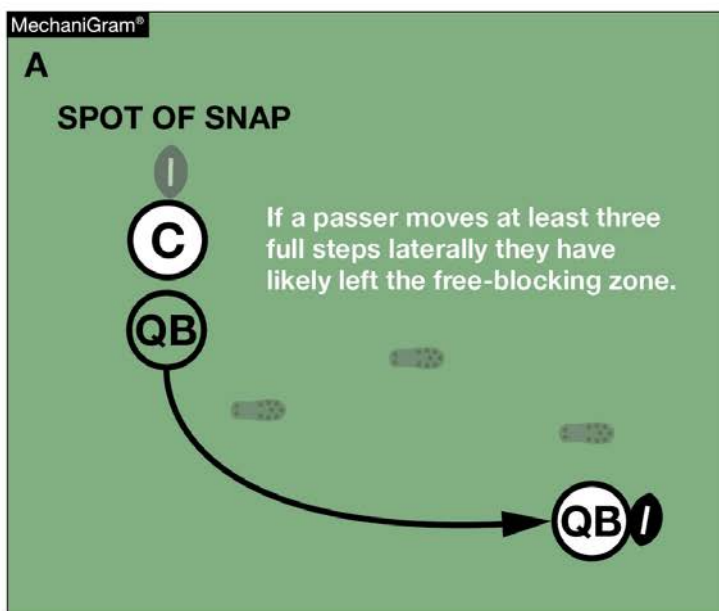
## COMMUNICATION BETWEEN COACHES AND GAME OFFICIALS



Game officials must actively listen to what a coach is saying, then respond factually and unemotionally (PlayPic A). If coaches show little respect for game officials and make derogatory comments, their players will likely treat game officials similarly (PlayPic B).

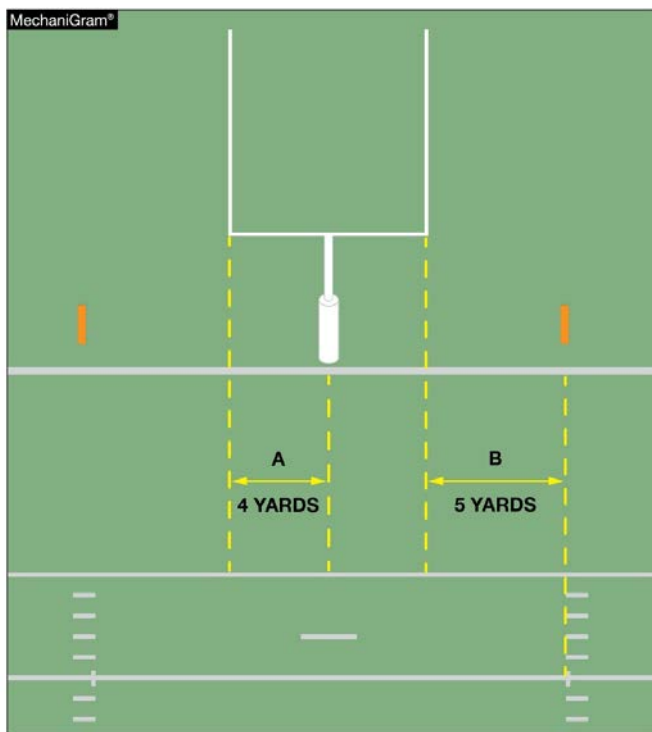


## OFFICIATING INTENTIONAL GROUNDING



If a passer moves at least three full steps laterally, game officials should strongly consider whether or not the passer has left the free-blocking zone.

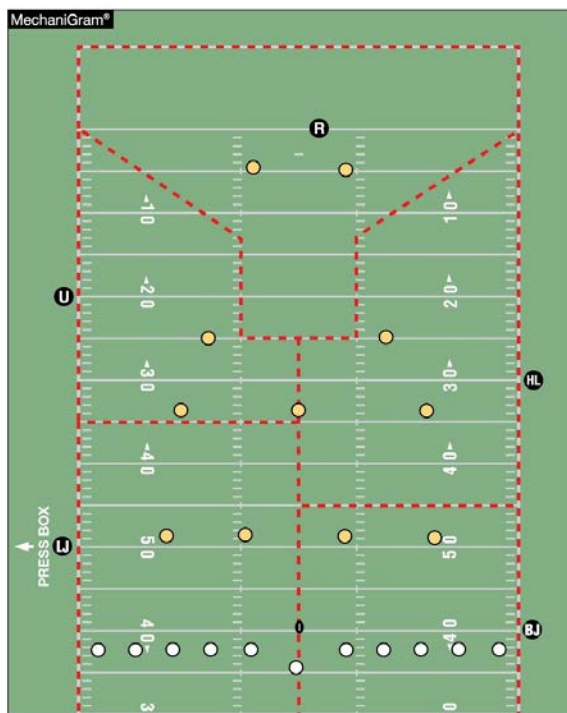
## OFFICIATING INTENTIONAL GROUNDING



A. The goal post uprights are nearly four yards from the center of the field.

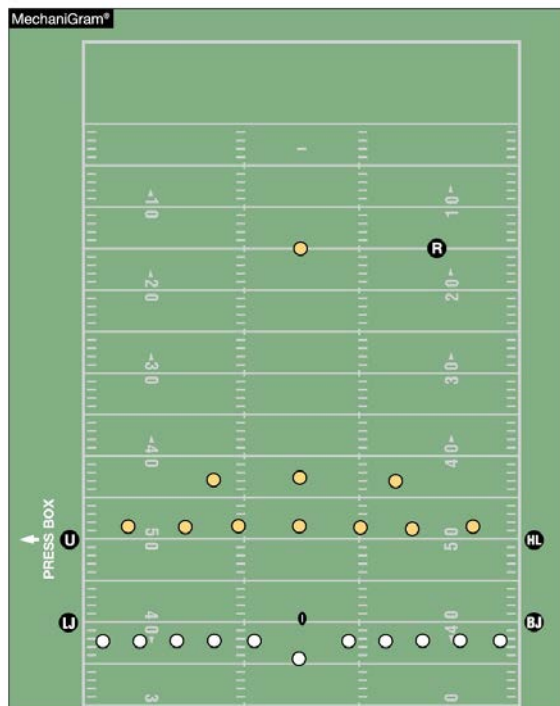
B. The distance between a hash mark and the nearest goal post upright is five yards. Should the ball be spotted on the hash mark, on a goal post upright, or in the center of the field, these become very convenient points of reference.

## FREE-KICK MECHANICS



Successful coverage of free kicks depends on game officials observing players in their assigned coverage zones. For the traditional deep kick, coverage of the goal line and pylons, downfield movement, return in or away from the game official's position, starting the game clock and likely areas of illegal contact must be covered in the pre-game conference.

## FREE-KICK MECHANICS

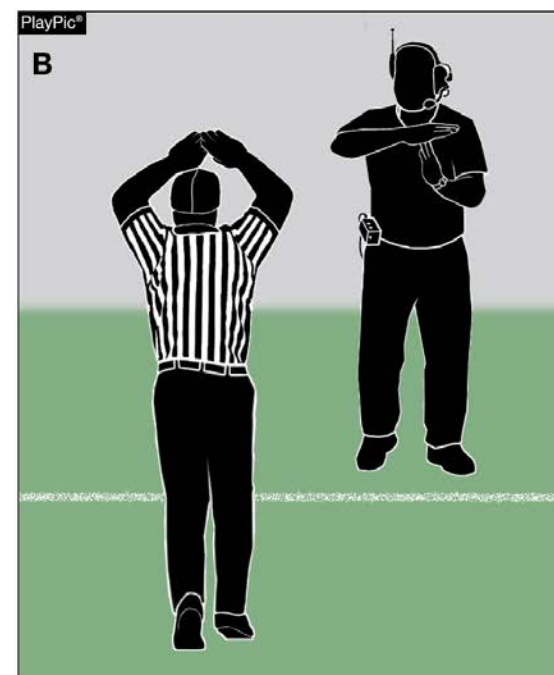
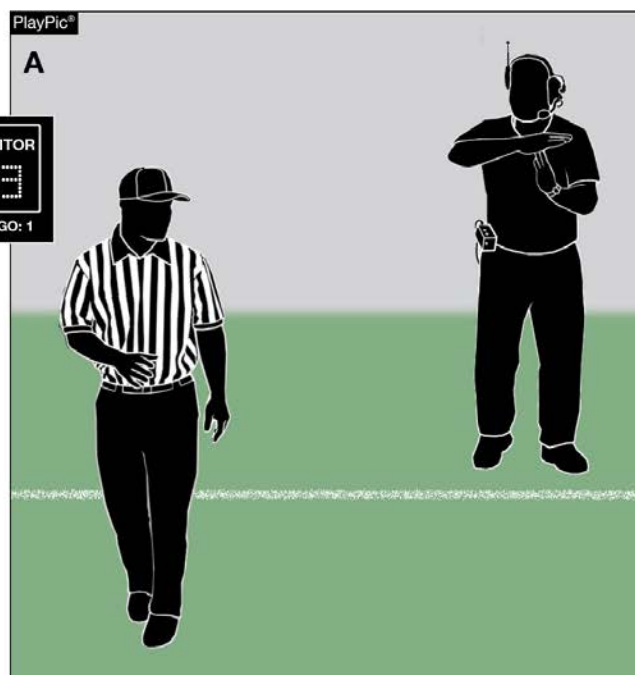


Onside kicks are especially challenging. Responsibility for the kick legality, free kick lines, first touching by Team K, contact—both who initiated and if legal — must be considered because contact will occur quickly. Teams will aggressively fight for possession. Quick and decisive movement, determination of possession and observation of participants not involved in the area around the ball is needed.

## TIME-SENSITIVE SITUATIONS – END OF SECOND AND FOURTH PERIODS

HOME	TIME	VISITOR
14	00:07	13
PERIOD: 4	DOWN: 4	TO GO: 1

Late in the second or fourth period, game officials should be aware of situations in which coaches may wish to request time-outs. Factors impacting the time remaining in a game include score, field position, available timeouts, injury and penalty timing. A quick glance to the sideline in those situations can save valuable seconds.





# 2022-23 NFHS FOOTBALL INFORMATION



# 2023 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM

**Due:**

**November 1, 2022**

**Must be submitted to  
your state association  
office for approval.**

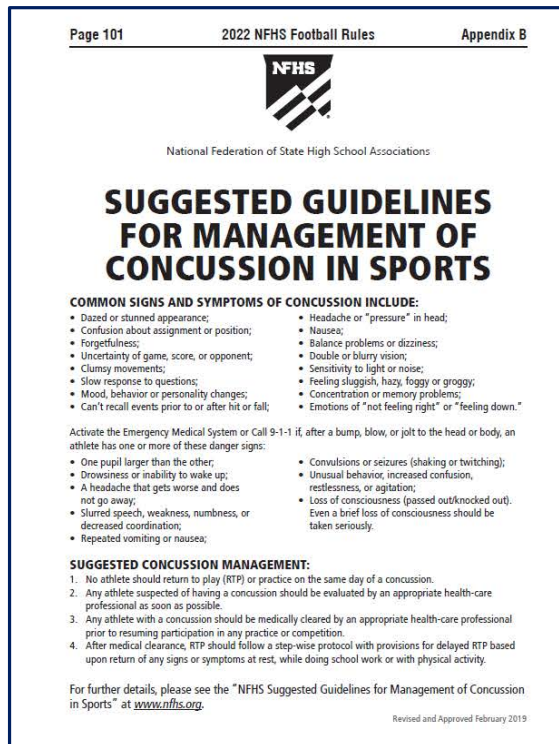


## 2022-23 NFHS FOOTBALL INFORMATION

- **2022 In-Person NFHS Football Rules State Interpreters Meeting**
  - June 28, 2022 (NFHS Summer Meeting – San Antonio, TX)
  - 4:00 p.m. (Central Time)
- **2022 Online Mid-Season NFHS Football Rules Webinar**
  - September 26, 2022
  - 2:00 p.m. (Eastern Time)
- **2023 NFHS Football Rule Change Proposal Form Due**
  - November 1, 2022
- **2023 NFHS Football Rules Committee Meeting**
  - January 8-10, 2023
  - Indianapolis, Indiana



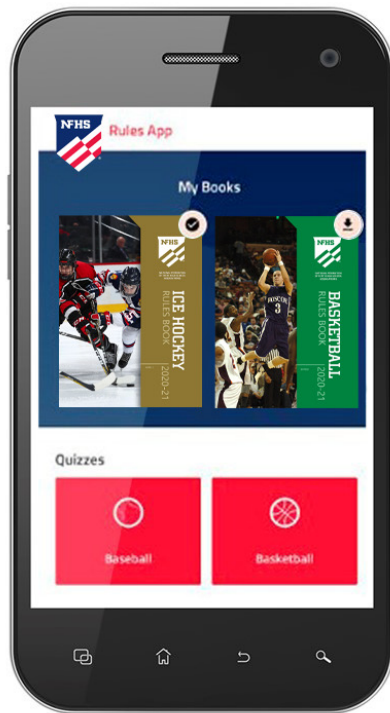
# NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS



**In the Appendix  
in all of the  
2022-23 NFHS  
Rules Book**



## NFHS RULES APP



- Rules App features:
  - Searchable
  - Highlight notes
  - Bookmarks
  - Quizzes for all sports
  - Easy navigation
  - Immediate availability
  - Free to paid members of the NFHS Coaches and Officials Associations
  - [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information





# NFHS OFFICIALS EDUCATION





# OFFICIALS EDUCATION

## CONTENT REMAINS FREE OF CHARGE

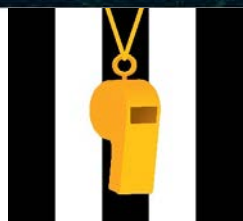
TEACHING  
AIDS

RULES  
CHANGES

DIAGRAMS

VIDEO  
LIBRARY

OFFICIALS  
COURSES





## CENTER FOR OFFICIALS SERVICES

Powered by:  
**DRAGONFLY**

### Year Two Accomplishments



**14**

States  
Registering  
Officials



**121,508**

Contests  
Assigned



**\$9.2M**

Payments  
Sent to  
Officials

### Future Developments



Improved Schedule View



Auto-Assign



Years of Service



Enhanced Payment Capabilities

**100% FREE to your state as a NFHS-Member Benefit.**



# NFHS LEARNING CENTER





# LEARNING CENTER

NFHSLearn.com

**90+**  
COURSES

**60+**  
FREE COURSES

**15,000,000+**  
COURSES DELIVERED

## COURSES FOR EVERYONE



**Coaches**



**Students**



**Administrators**



**Parents**



**Officials**



**Performing Arts**



## SCHOOL HONOR ROLL

### LEVEL 1 COURSES



*Fundamentals of  
Coaching*



*Concussion in  
Sports*



*Sudden Cardiac  
Arrest*



*Protecting Students  
from Abuse*



# NFHS NETWORK



## NFHS NETWORK

- By 2025, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.
- 27 Different Sports and Activities



[www.NFHSnetwork.com](http://www.NFHSnetwork.com)





Over 1 million  
events this  
year...

# THANK YOU

**National Federation of State High School Associations**

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

[www.nfhs.org](http://www.nfhs.org) | [www.nfhslearn.com](http://www.nfhslearn.com) | [www.nfhsnetwork.com](http://www.nfhsnetwork.com)

