



2012 Football Rules Changes

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National Federation of State
High School Associations



2012 NFHS Football Rules Changes

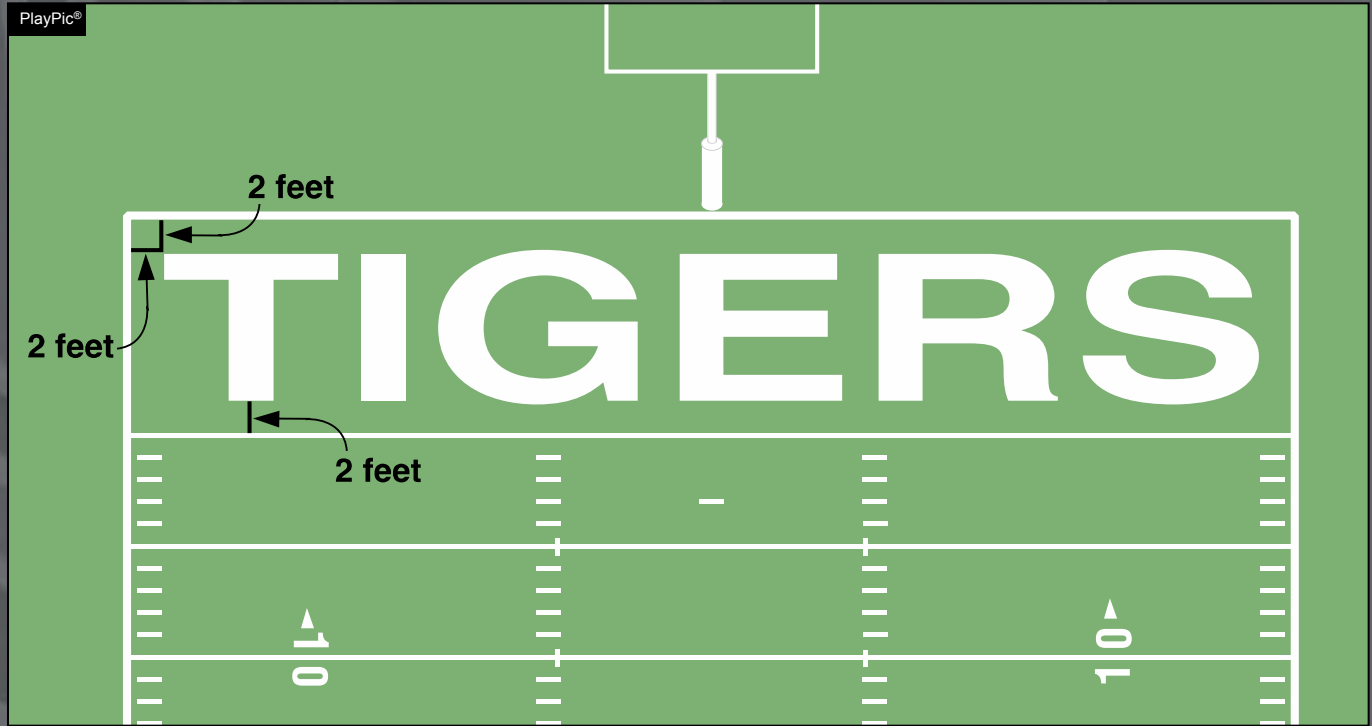


Take Part. Get Set For Life.™



Field Markings Rule 1-2-3h

RULE CHANGE



Decorative markings in the end zones shall be no closer than 2 feet from the boundary and the goal lines.

REFEREE



Field Markings Rule 1-2-3I (New)

RULE CHANGE



ILLEGAL



LEGAL

Advertising and/or commercial markings, may not obstruct the yard lines, hash marks or nine-yard marks.

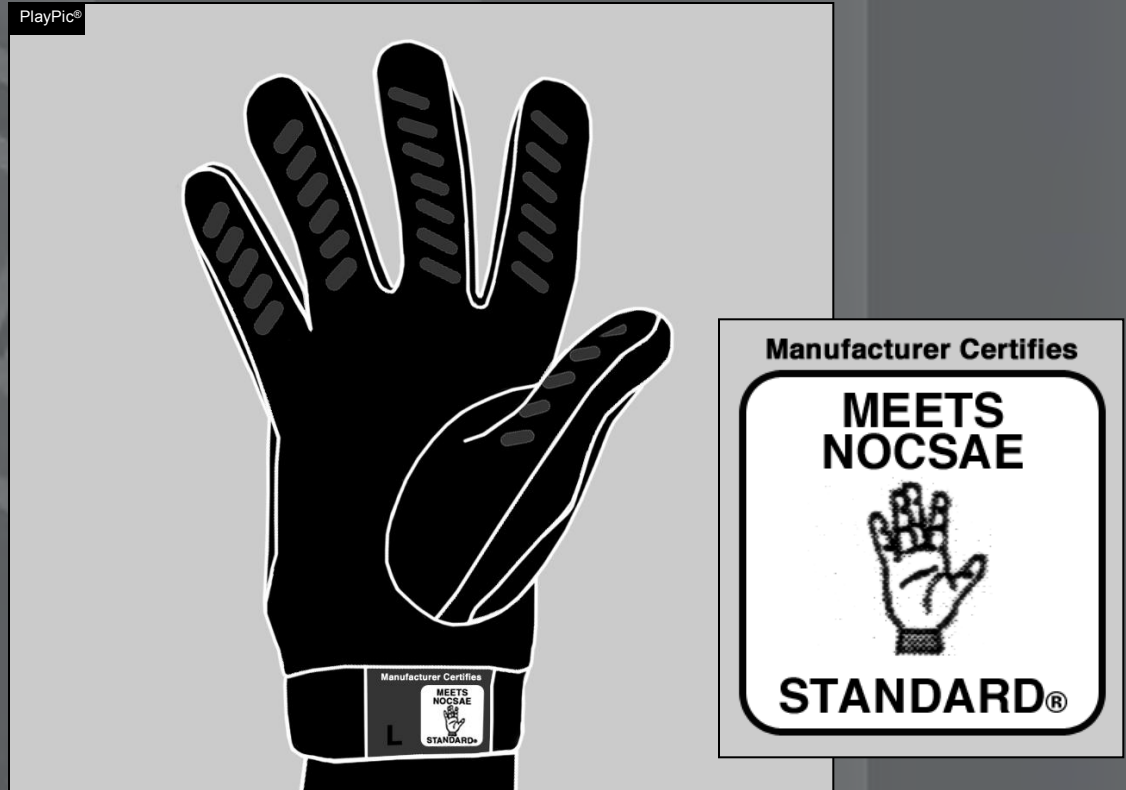
REFEREE



RULE CHANGE

Gloves

Rule 1-5-2b



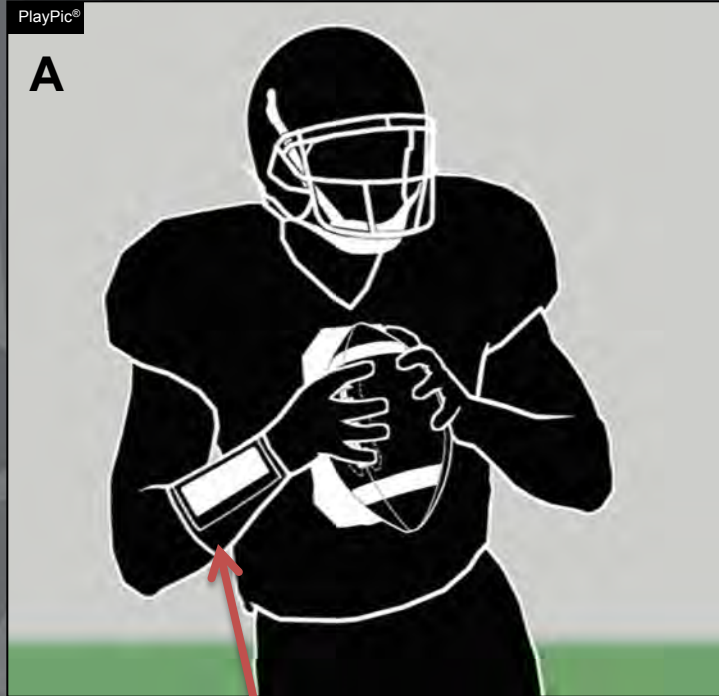
Beginning in 2013, gloves must meet the NOCSAE test standard at the time of manufacture with visible stamp as above, unless made of unaltered plain cloth. For 2012, gloves may carry the above stamp or the NFHS/NCAA stamp.

REFEREE

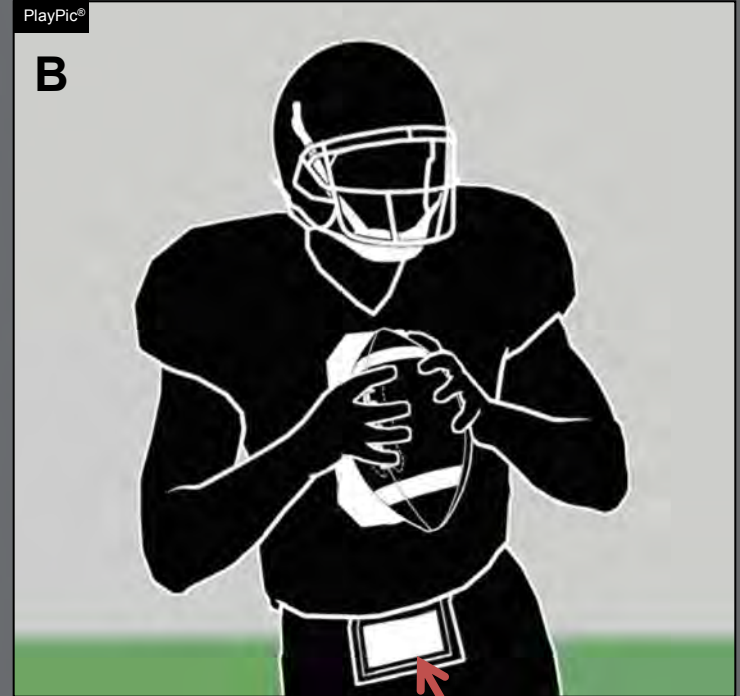


Illegal Equipment 1-5-3c(8) (New)

RULE CHANGE



LEGAL



ILLEGAL

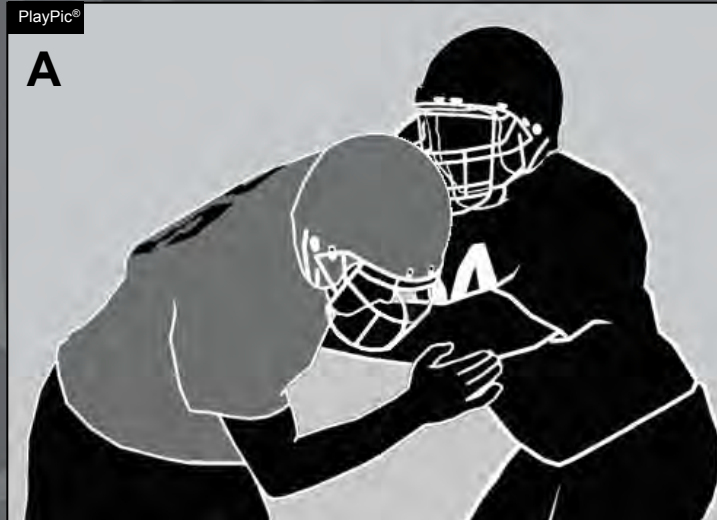
Play cards must be worn on the wrist or arm.

REFEREE



RULE CHANGE

Blocking Below the Waist Rule 2-3-7

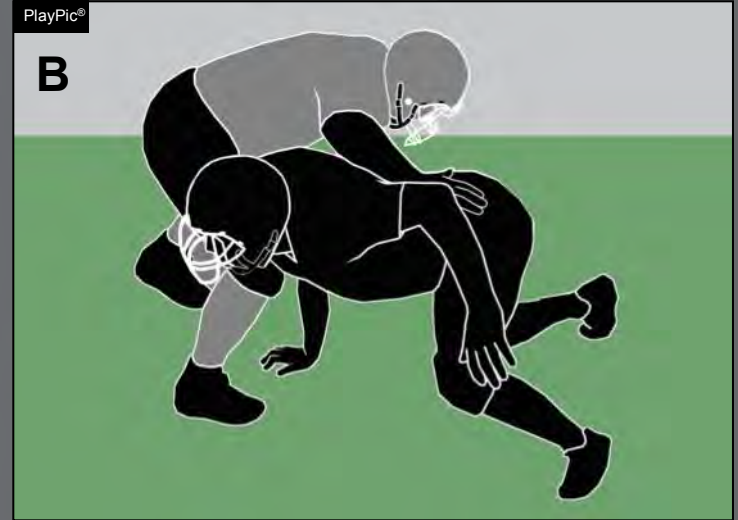
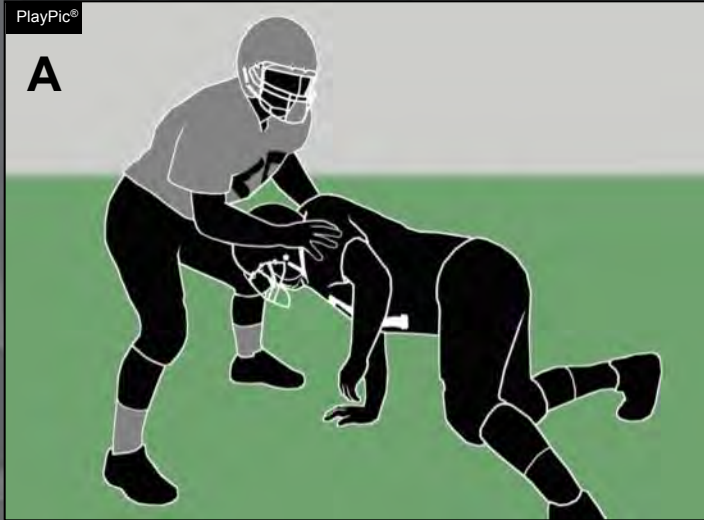


Contact with an opponent's hand(s) above the waist (PlayPic A) that continues into the body below the waist (PlayPic B) is legal.

REFEREE



Blocking Below the Waist Rule 2-3-7



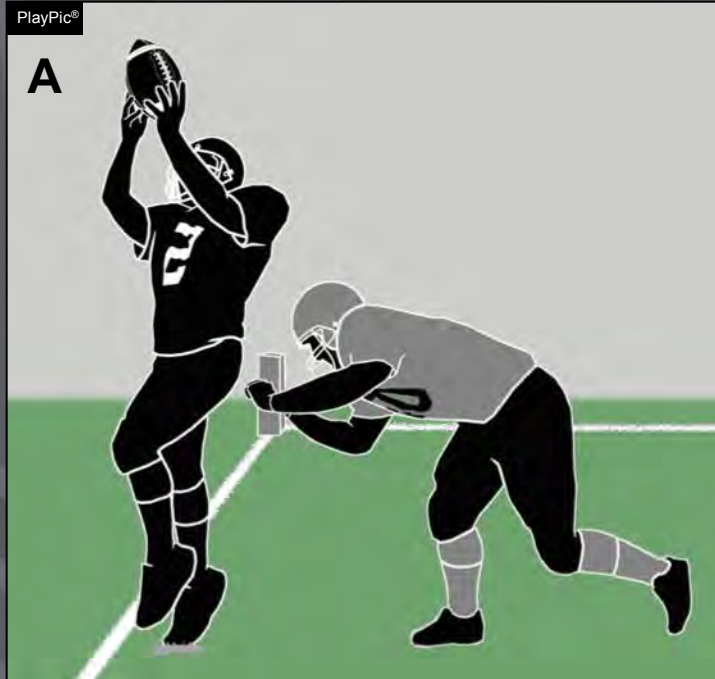
Contact with an opponent's hand(s) below the waist (PlayPic A) that continues into the body below the waist (PlayPic B) is considered blocking below the waist.

RULE CHANGE

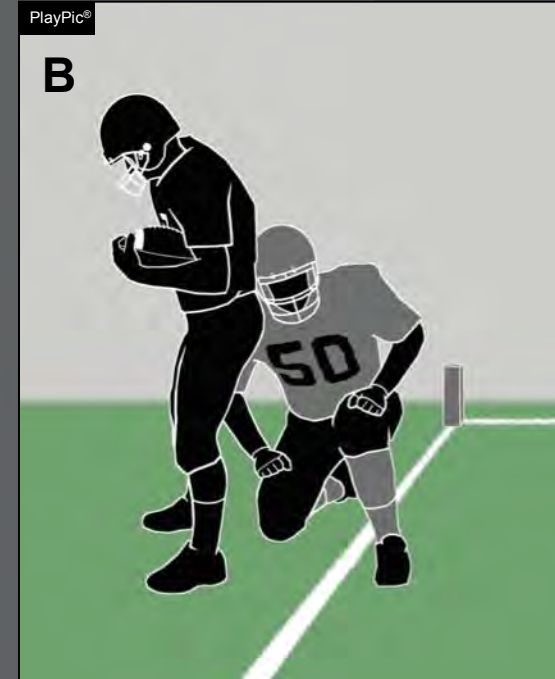
REFEREE



Catch Rule 2-4-1



FOOT TOUCHES INBOUNDS



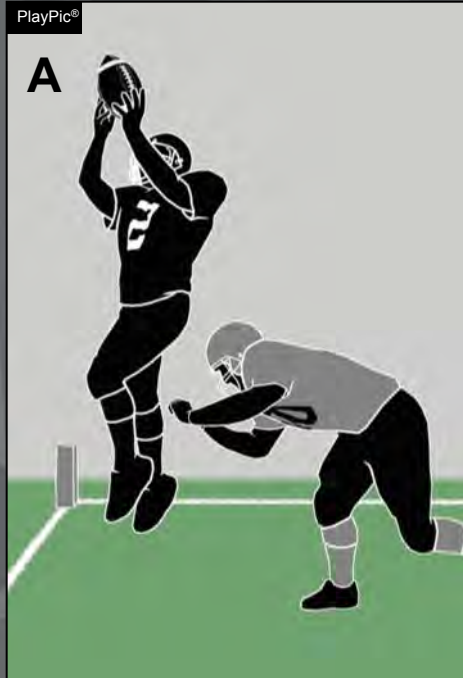
**MAINTAINS
POSSESSION:
COMPLETED PASS**

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.



RULE CHANGE

Catch Rule 2-4-1



A

B

C

**AIRBORNE
RECEIVER
CONTACTED**

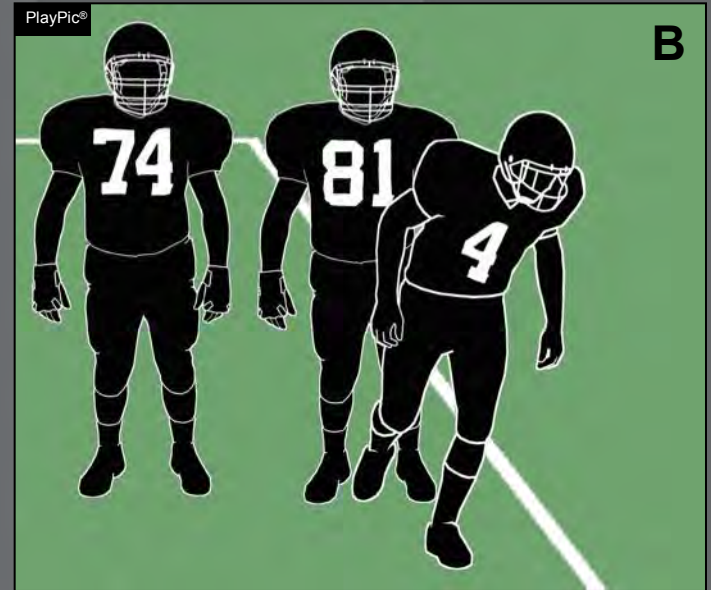
**RECEIVER LANDS
OUT OF BOUNDS:
INCOMPLETE PASS**

Because the receiver did not touch the ground inbounds, the pass is incomplete. The fact the receiver would have come down inbounds if not for the contact is not a factor.

REFEREE



Helmet Comes Off Rule 3-5-10d (New)



If any player's helmet comes completely off during the down, and it is not due to a foul by the opponent, that player must leave the game for at least one down (unless halftime or an overtime intermission occurs). In such circumstances, an officials' time-out occurs.

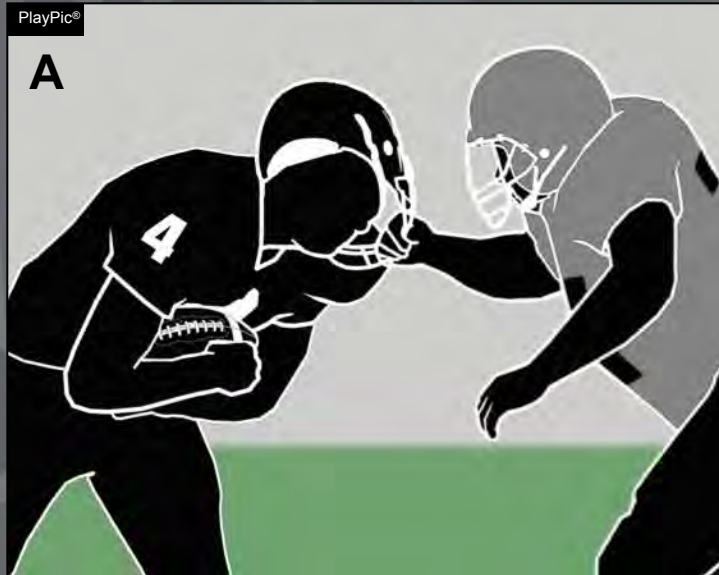
RULE CHANGE

REFEREE



Helmet Comes Off Rule 3-5-10d (New)

RULE CHANGE



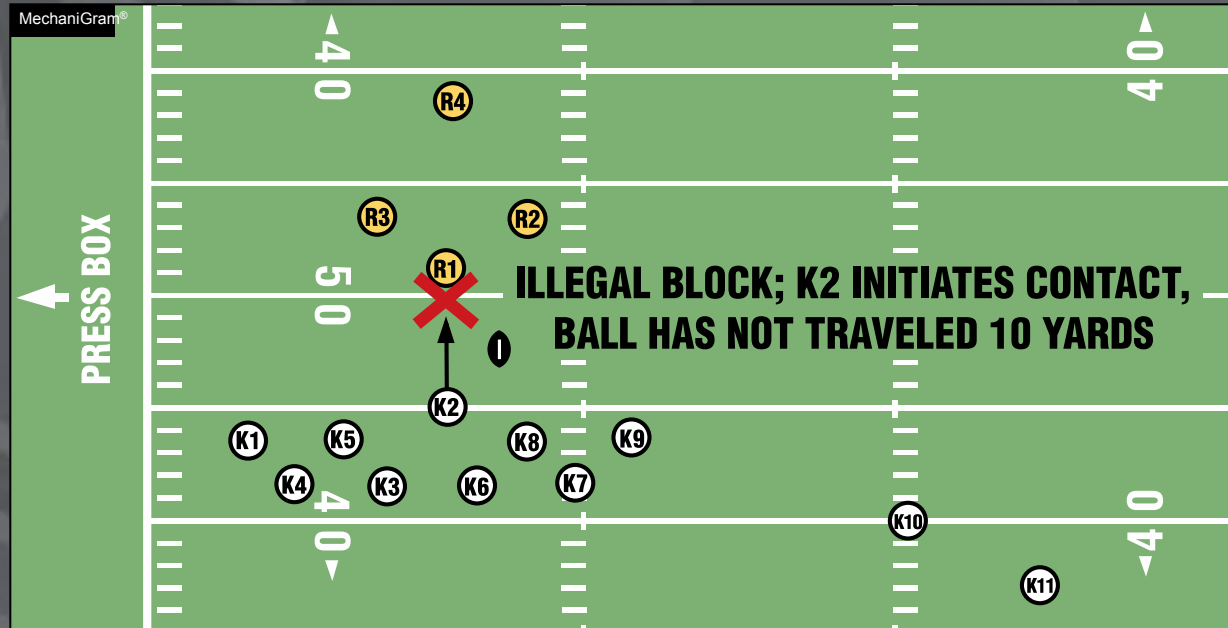
If a player's helmet comes completely off during the down and it is directly attributable to a foul by an opponent, the penalty is enforced but the player need not leave the game.

REFEREE



Illegal Blocking Rule 9-3-8 (New)

RULE CHANGE



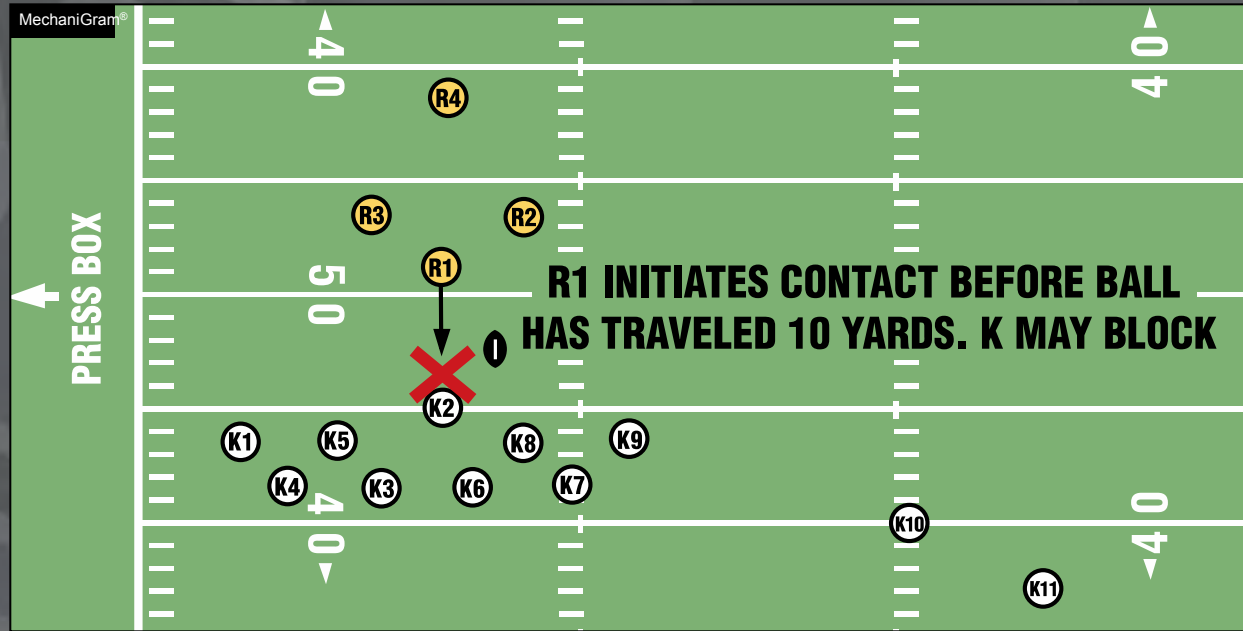
No member of the kicking team shall initiate contact (block) an opponent until the legal kick has traveled 10 yards; or the kicking team is eligible to recover a free kicked ball.

REFEREE



Illegal Blocking Rule 9-3-8 (New)

RULE CHANGE



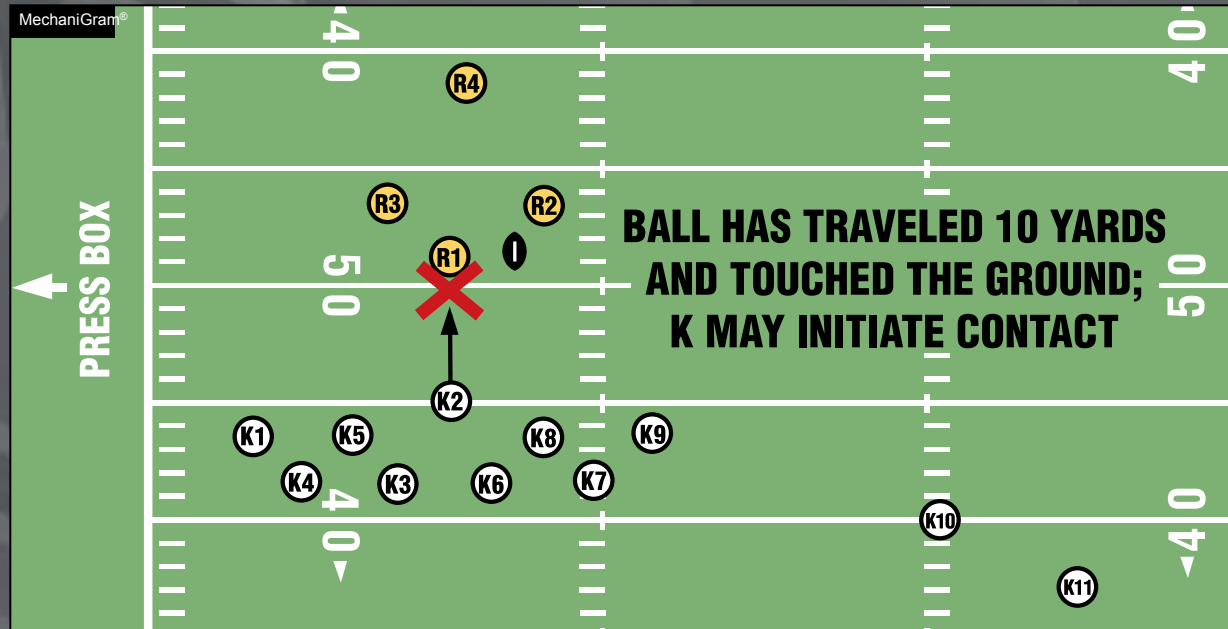
Because R1 has initiated contact with a K player, all K players may block.

REFEREE



Illegal Blocking Rule 9-3-8 (New)

RULE CHANGE



No member of the kicking team shall initiate contact (block) an opponent until:

- The legal kick has traveled 10 yards;
- or
- The kicking team is eligible to recover a free kicked ball.

REFEREE



Illegal Personal Contact Rule 9-4-3h

RULE CHANGE

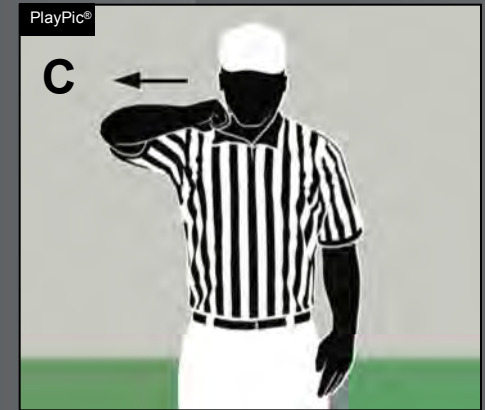
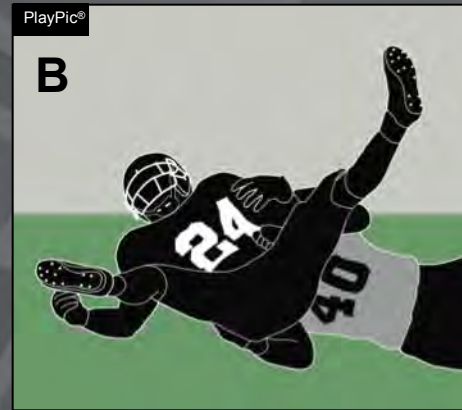
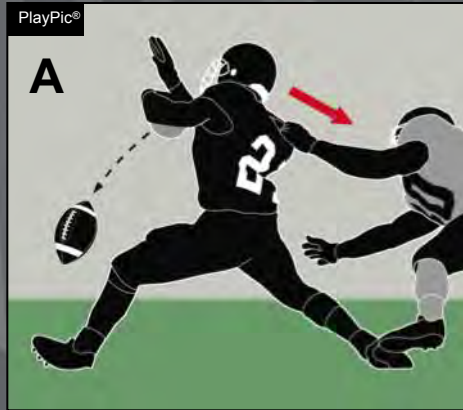


Grasping an opponent's tooth and mouth protector attached to the face mask is a foul.

REFEREE



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



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

RULE CHANGE

REFEREE

National Federation of State
High School Associations



2012 Football Points of Emphasis

Take Part. Get Set For Life.™

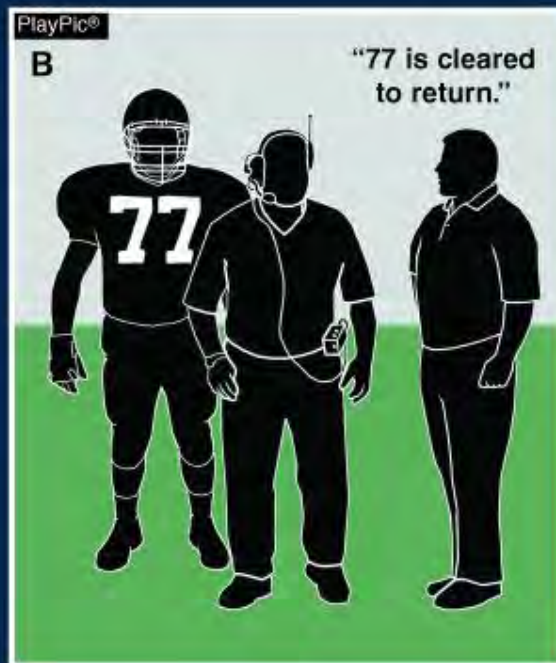
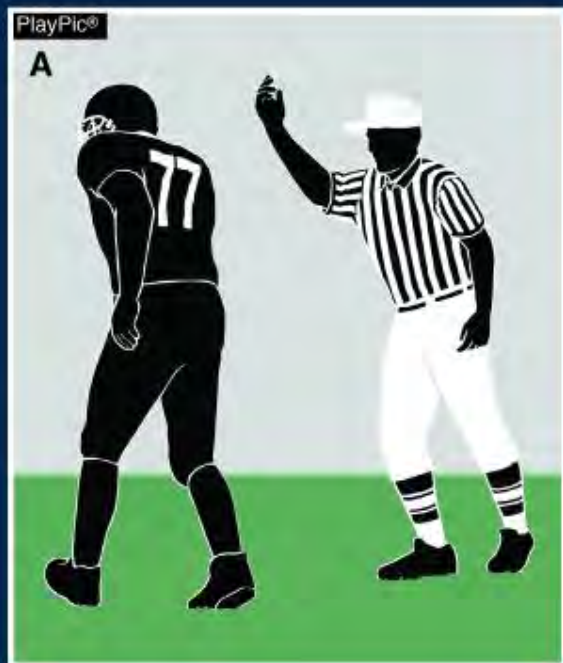
2012 NFHS Football Points of Emphasis

1. Concussions, Contact to and With the Helmet, Helmet Technology and Proper Helmet Fitting-
2. Heat Acclimatization and Preventing Heat Illness-
3. Illegal Shifts Involving the Quarterback-
4. Illegal Blocking Below the Waist-
5. Improper Uniforms-
6. Hurdling-





Concussion Rule 3-5-10b



Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.

See Appendix B - Page 97
of the 2012 NFHS Football
Rules Book

**FREE
COURSE!**

Concussion in Sports

What You Need to Know

POINT OF
POE
EMPHASIS



Concussion In Sports - What You Need to Know



1 2 3

<< PREVIOUS

NEXT >>

PLAY

Unit 1: Concussion Overview

Introduction

What is a concussion?

What happens to the brain?

Unit 2: The Problem

Unit 3: Your Responsibility

Unit 4: Review

Course Evaluation

The adolescent brain is particularly vulnerable to injury.



[TRANSCRIPT](#)

[RESOURCES](#)

Concussions are of concern in high school sports for two main reasons. First, the adolescent brain is particularly vulnerable to sustaining a concussion and it also takes longer for their brain to heal following a concussion. Secondly, many high schools do not have access to an on-site team physician or athletic trainer. Thus, the coach must be responsible for the health and safety of his or her team.



Heat Acclimatization and Preventing Heat Illness – Policy 39

The Board decided to:

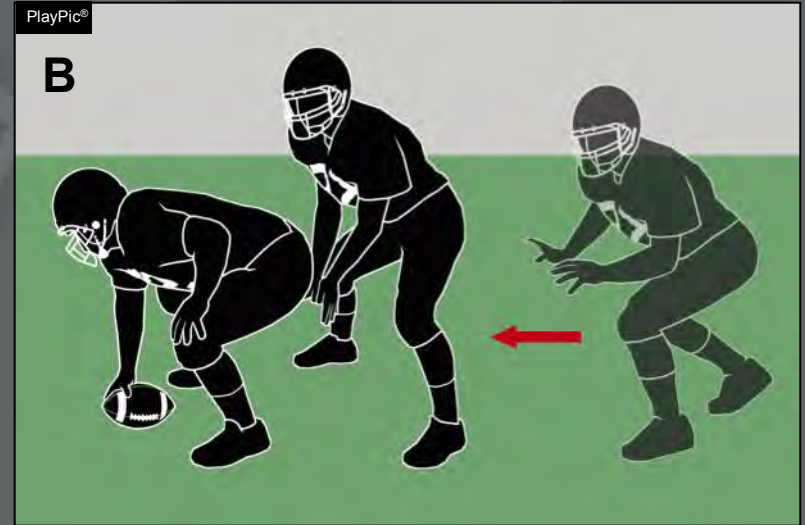
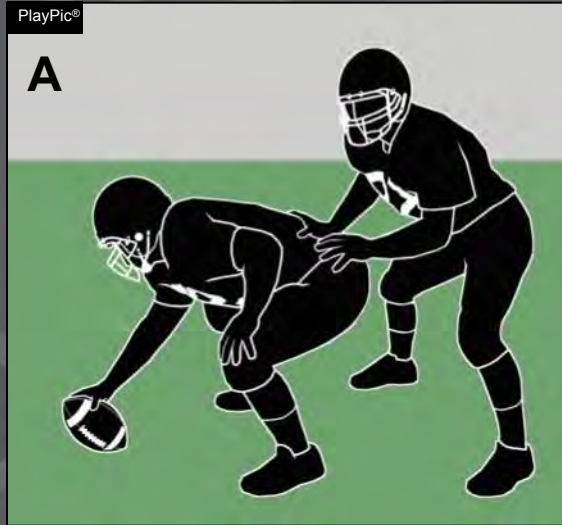
- Limit weekly practice time to 18 hours
- Ensure that for every 30 minutes of practice, there must be a minimum five-minute rest and hydration break
- Require unrestricted access to water for athletes at all times
- Require coaches and others in authority to never deny a student-athlete access to water if requested



"A Guide to Heat Acclimatization and Heat Illness Prevention" is NOW AVAILABLE and **FREE** at www.nfhslearn.com



Illegal Shifts Involving the Quarterback Rule 7-2-6

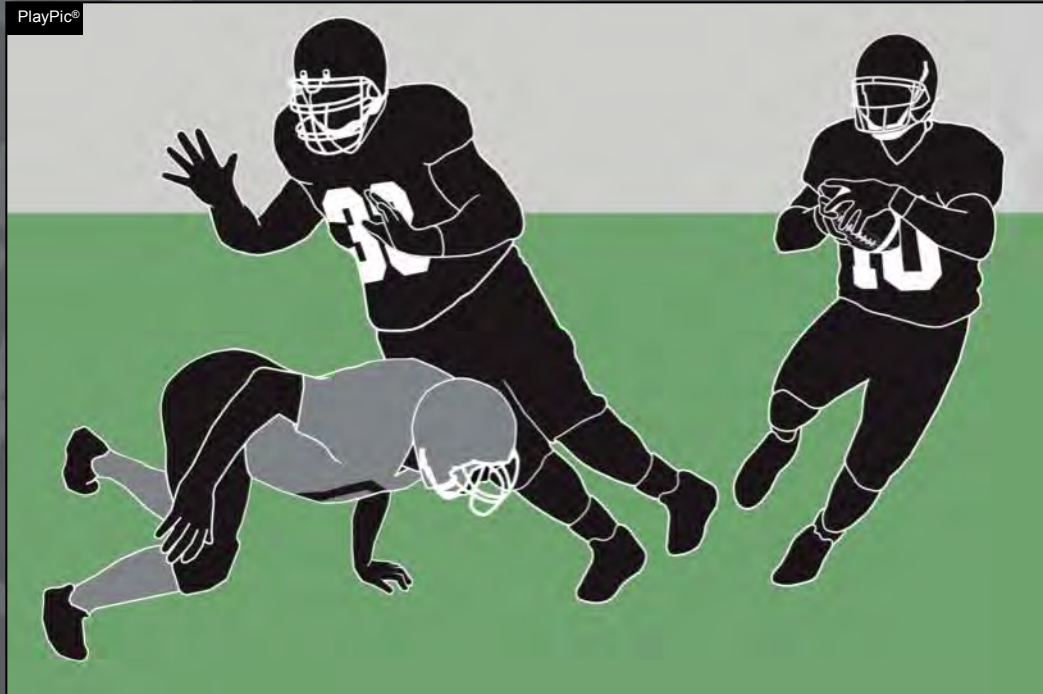


Moving the hands from one position to a position under the center (PlayPic A) is a shift. In all cases, when a shift has occurred (or multiple shifts), all A players must come to an absolute stop for a full second prior to the snap. The quarterback receiving the snap immediately upon placing the hands under center would be a foul as there was not an absolute stop (PlayPic B).



Illegal Blocking Below the Waist Rule 2-3-7

POINT OF EMPHASIS

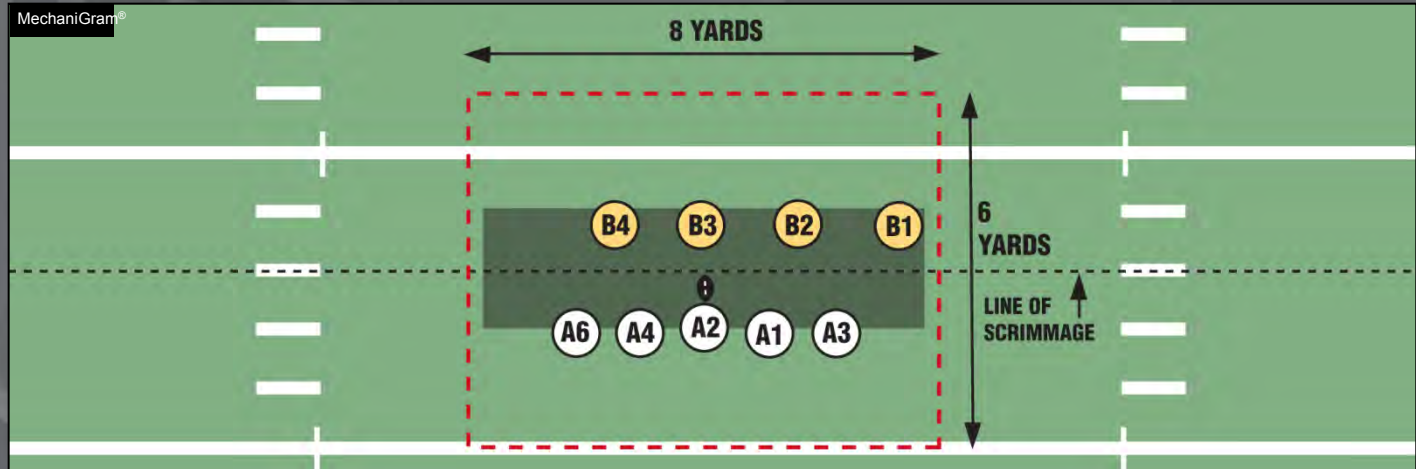


When lead blockers who were not on the line of scrimmage at the snap are “cut” by defenders on sweeps or on roll-out passes, it is a violation of the blocking-below-the-waist rule if it occurs by a player who was not originally on the line of scrimmage and occurs outside the free-blocking zone.

REFEREE



Blocking Below the Waist Rules 2-3-7, 2-17



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.

Football Jerseys

Rules 1-5-1b(1-3), 1-5-1c



Beginning this season, **visiting team's jerseys must be basically white.**

Home team's jerseys will also be restricted in the use of white.

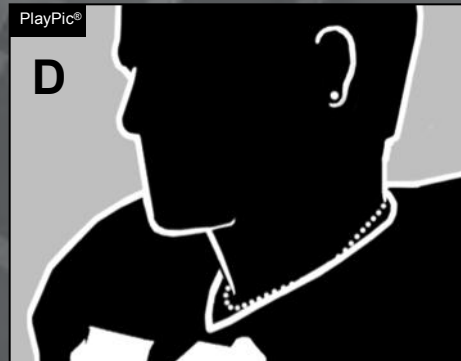
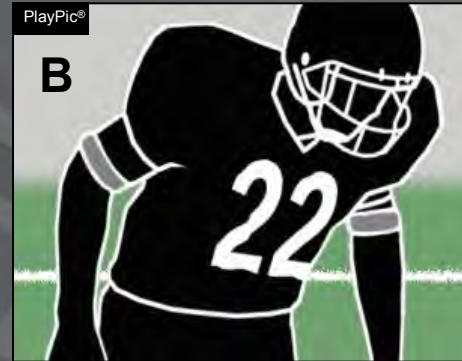




POINT OF EMPHASIS

Improper Uniforms

Rules 1-5-3a(5), 1-5-3c(4); 1-5-3c(6)



Among the illegal adornments/equipment are a towel that is not plain white (PlayPic A), sweat bands not worn on the wrist (PlayPic B), tinted eyeshields (PlayPic C) and jewelry (PlayPics D and E).

REFEREE



POINT OF EMPHASIS

REFEREE

Hurdling

Rule 2-22; 9-4-3d



Hurdling (an attempt by a player to jump (hurdle) with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body except one or both feet) is illegal. Coaches must teach their players of the inherent dangers associated with this illegal act, and game officials must call it when observed.



Hurdling Examples



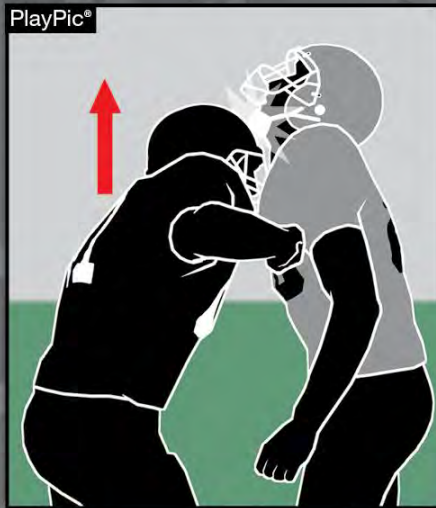
This is an Illegal Personal Contact Foul (NFHS Football Rule 9-4-3d) and carries a 15-yard penalty. Recently, national and local media have identified some of these plays at the collegiate and professional levels as “spectacular feats” and glorified the individual’s athletic ability instead of pointing out the heightened potential for harm. Little regard has been given to the fact that attempting to “hurdle” a defender increases the risk of injury to both the hurdler and tackler!

POINT OF EMPHASIS

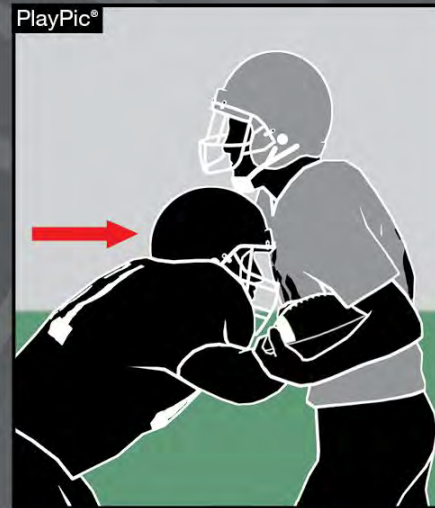
REFEREE



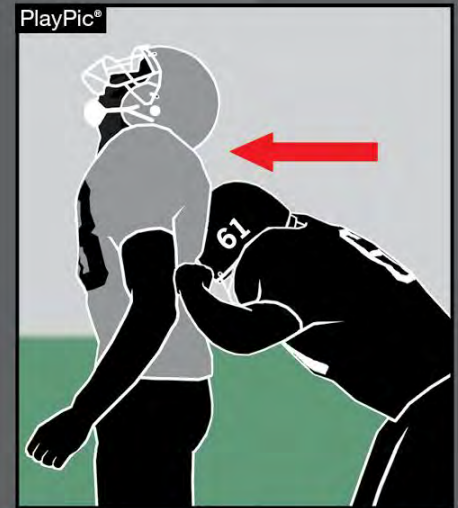
Illegal Helmet Contact



Butt Blocking



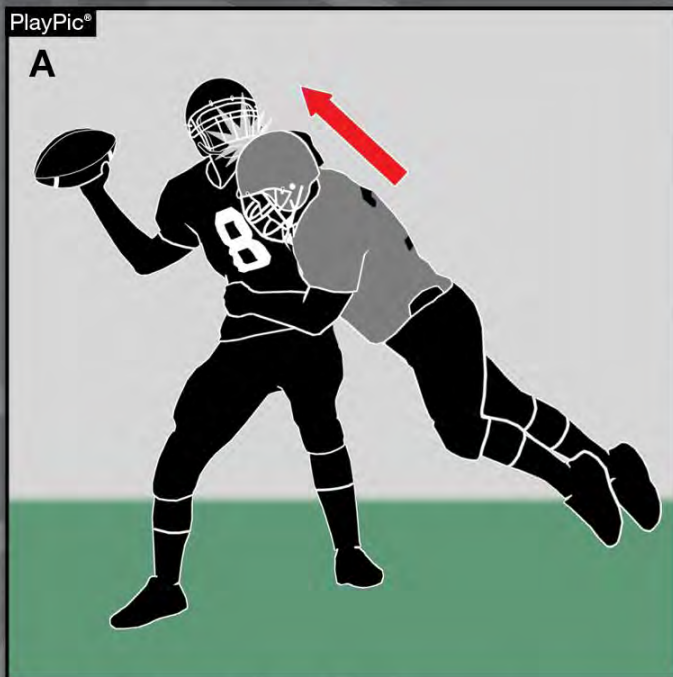
Face Tackling



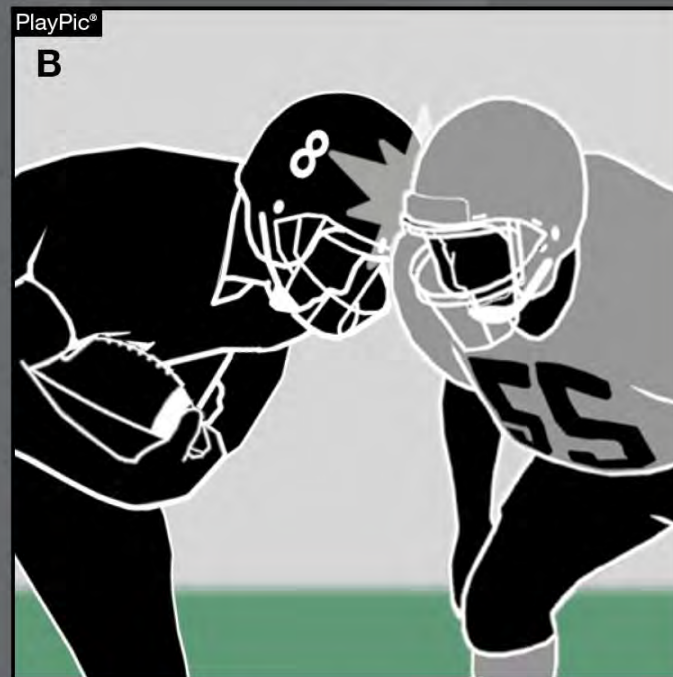
Spearing



Illegal Helmet Contact



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.



Personal Fouls



Blows to the head with the forearm, fist, locked hands or elbow must be penalized. If flagrant, the offending player is disqualified.



Helmet Fitting



All players shall wear properly fitted helmets that carry a warning label regarding the risk of injury and a manufacturer's or reconditioner's certification indicating satisfaction of NOCSAE test standards. All such reconditioned helmets shall show recertification to indicate satisfaction with the NOCSAE test standard.



National Federation of State
High School Associations



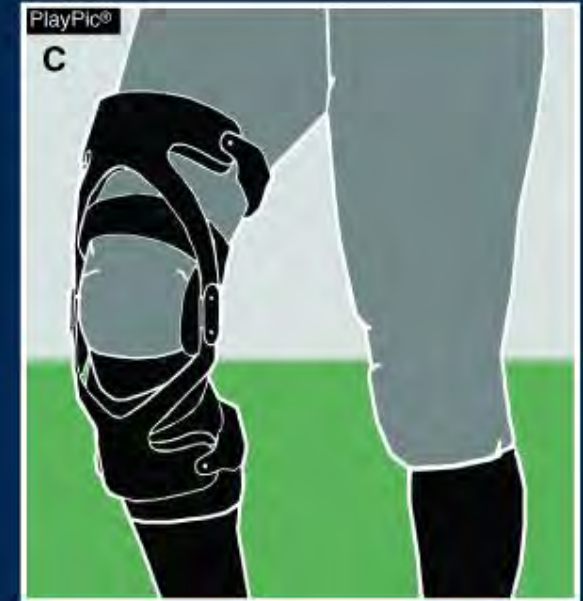
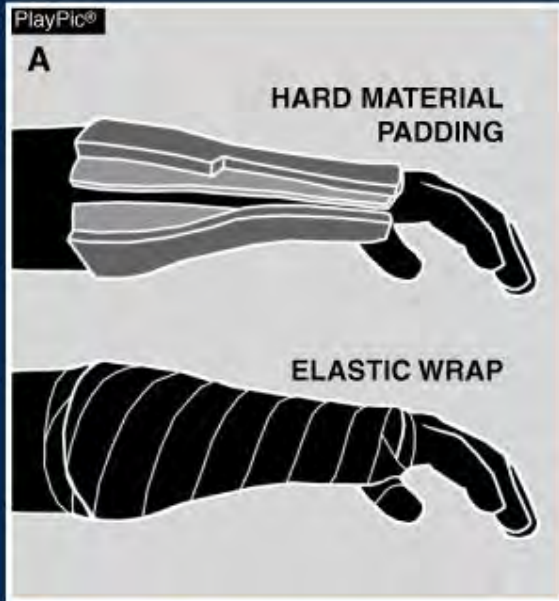
2012 Football Rules Reminders

Take Part. Get Set For Life.™



Casts and Braces

Rule 1-5-3b1, 1-5-3b3

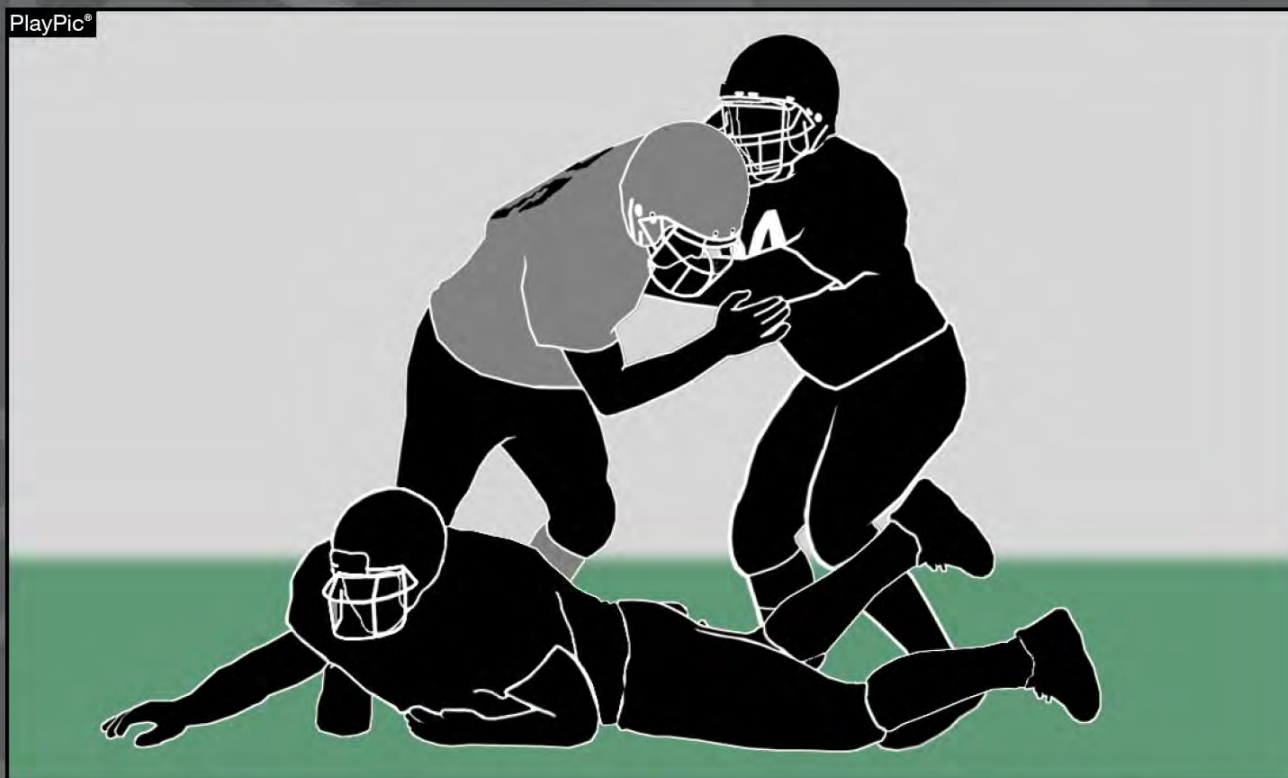


PlayPic A: Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch in thickness. **PlayPic B:** The requirement that the umpire receive documentation from a doctor or osteopath that a cast or brace is to protect and injury has been removed. **PlayPic C:** Knee braces may not be worn on top of the pants.



Chop Block

Rule 2-3-8

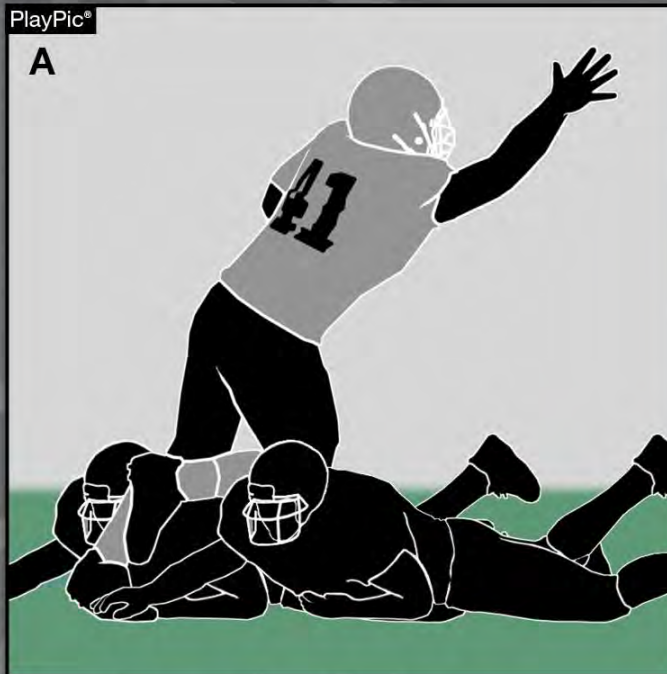


Any high/low combination block with or without delay is a chop block. Low is defined as at or below the knee. The penalty is 15 yards.

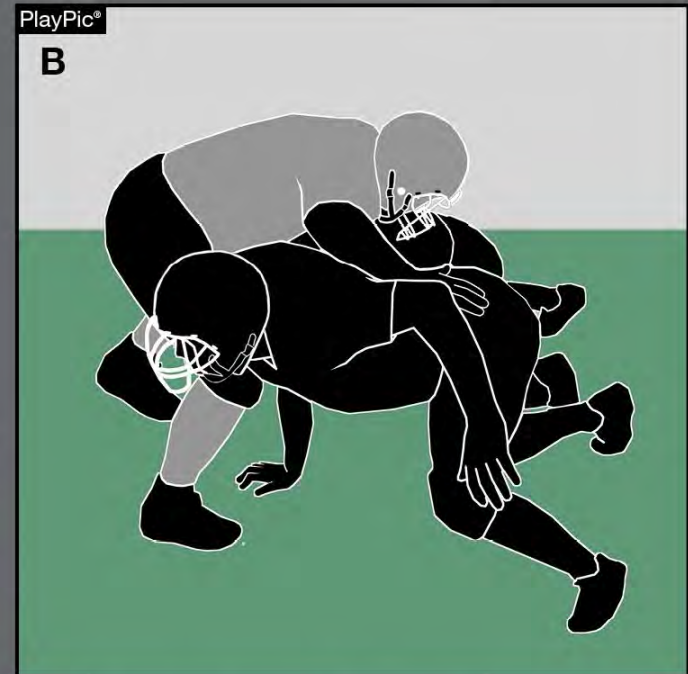


Chop Block

Rule 2-3-8



The low/low combination block is legal if it occurs in the free-blocking zone when the free-blocking zone exists.

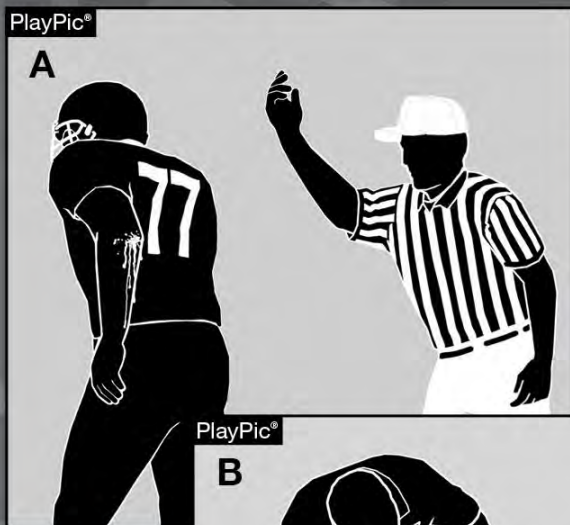


The high/high combination block is legal if it occurs in free-blocking zone when the free-blocking zone exists.



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.



FLORIDA
HIGH SCHOOL ATHLETIC ASSOCIATION

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