



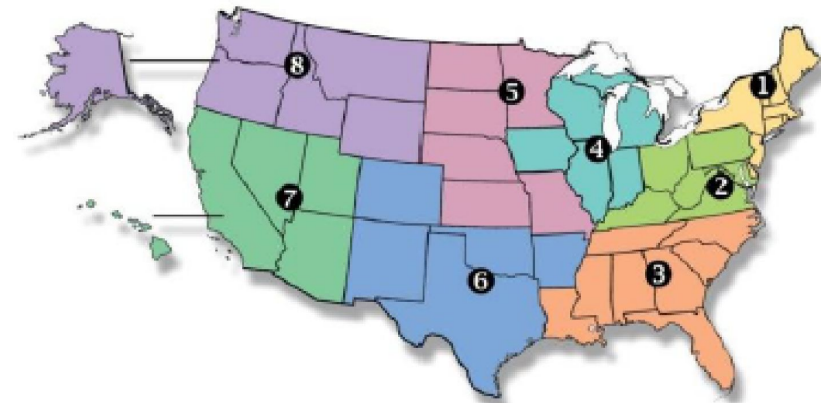
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)

National Federation of State
High School Associations



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 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.





2022 NFHS FOOTBALL RULES CHANGES

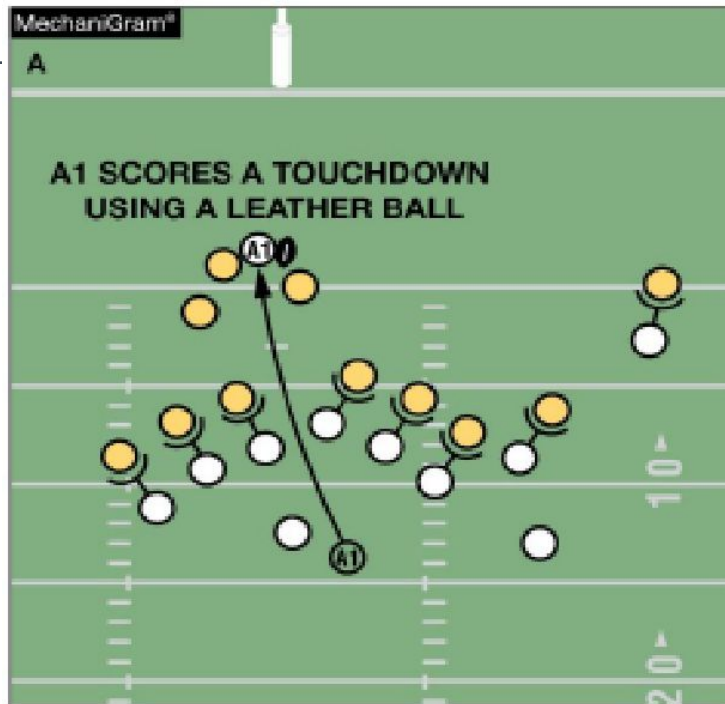




TEAM BOXESRULE 1-2-3G NOTES 3. (NEW), TABLE 1-7 (3.) (NEW)

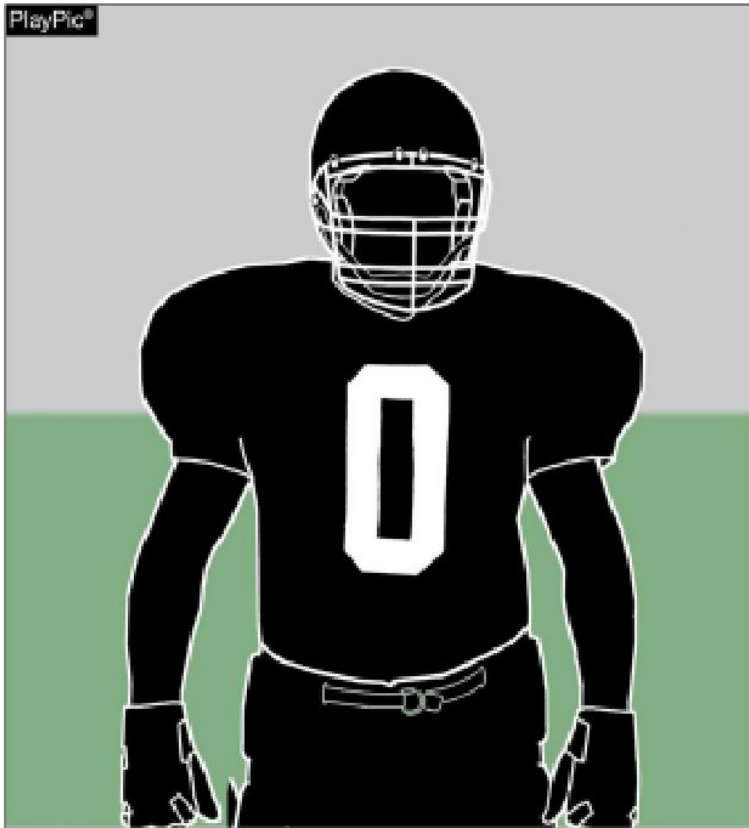
- **1-2-3g NOTES 3. (NEW):** Team Box May Be Extended By State Association Adoption
By state association adoption, the team box may now be extended beyond the 25-yard line
- **MIAA:**
 - The Team Box area will remain from the 25-yard line.
 - Unless there is a unique condition at a specific field, a game day decision shall be made by the referee
 - Then the sideline shall extend to the 10 yard line for players only to stretch out.

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

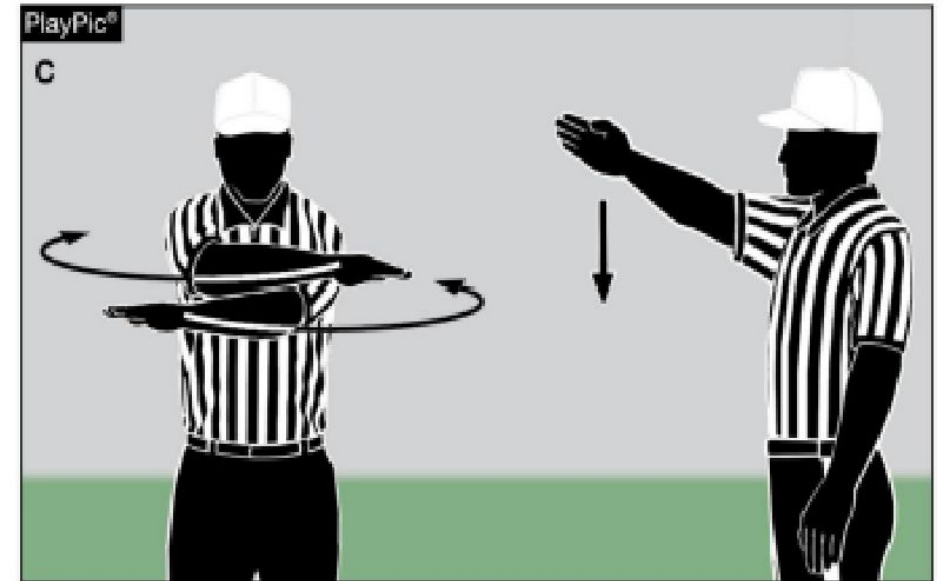
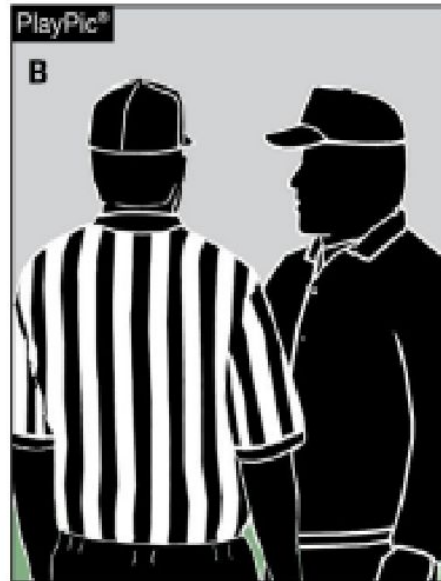
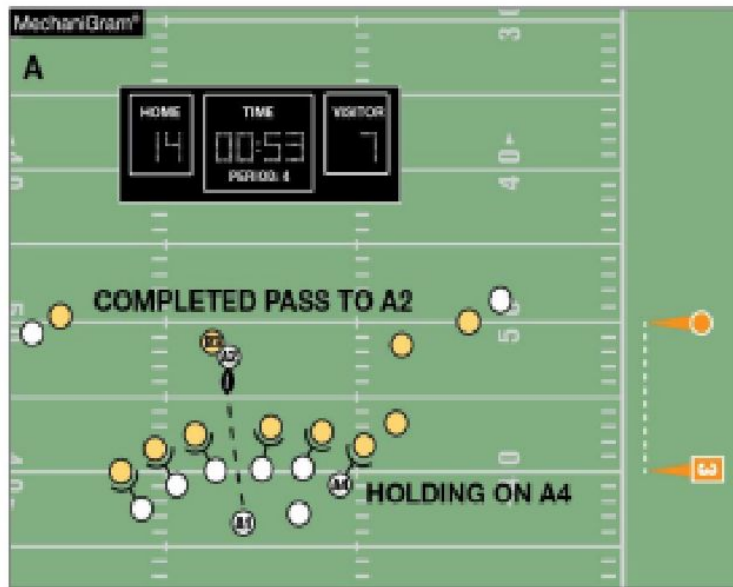
Each player shall be numbered 0 through 99 inclusive. Any number preceded by the digit zero such as "00" is illegal.

CHOP BLOCK RULE 2-3-8



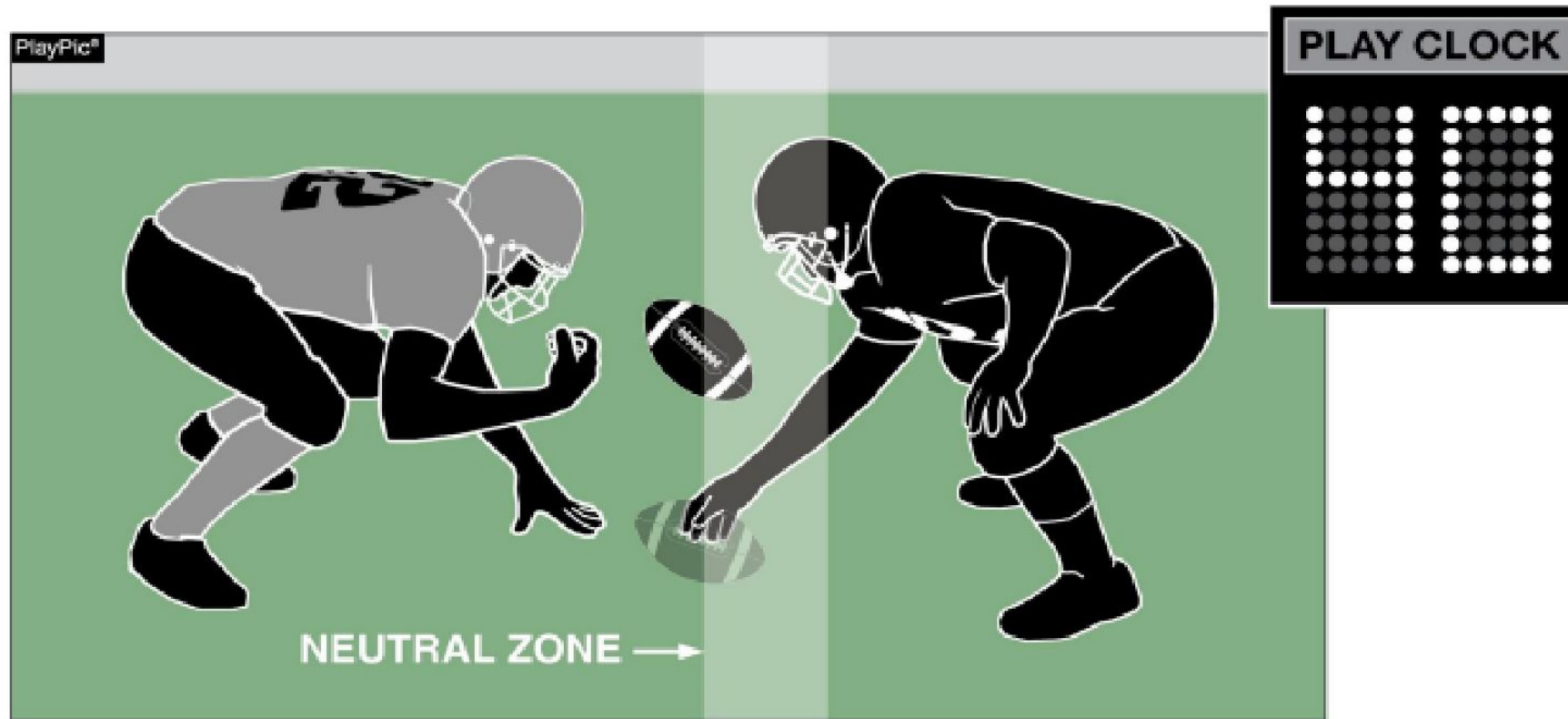
A chop block is combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.

GAME CLOCK OPTION RULE 3-4-7



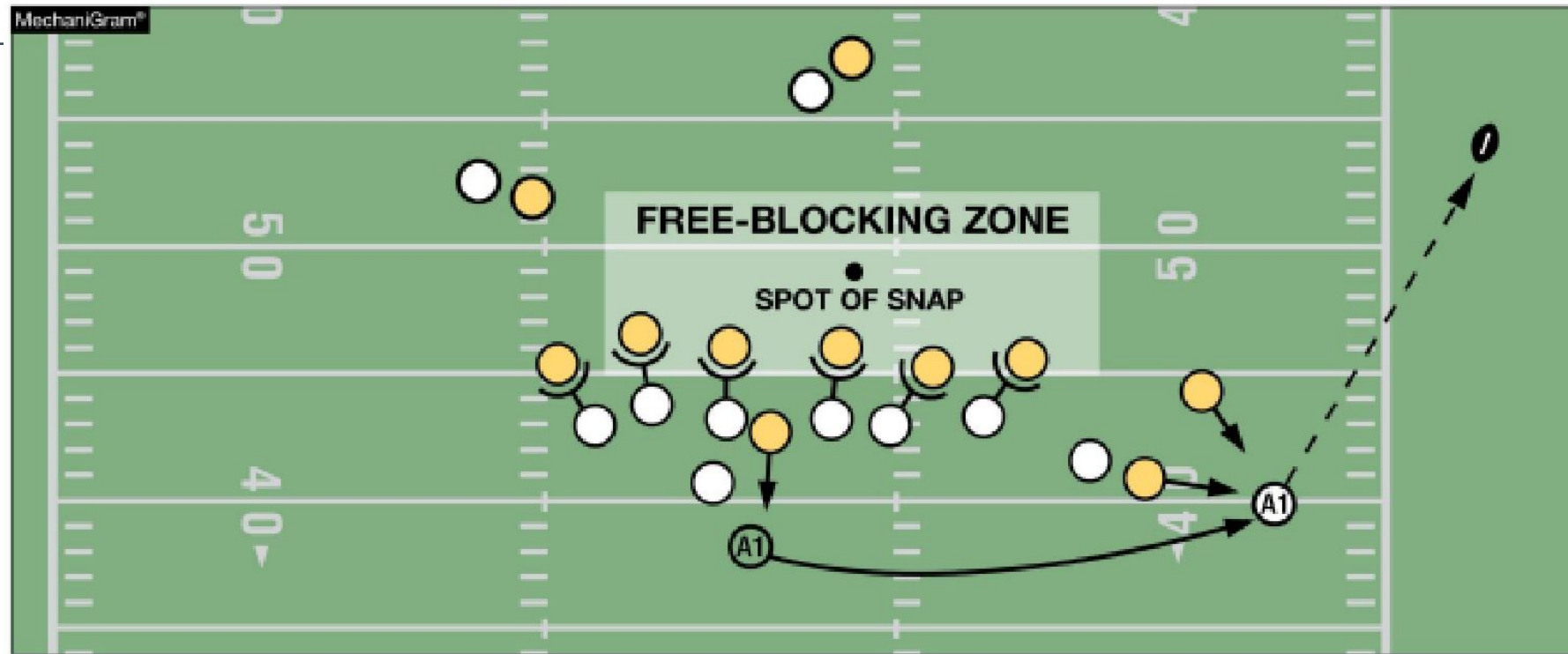
When a foul is committed with less than two minutes remaining in either half, the offended team has the option to start the game clock on the snap. In MechaniGram A, Team B trails when Team A fouls. Team B's coach is consulted (PlayPic B), choosing to decline the penalty and have the clock started on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

PLAY CLOK RULE 3-6-1A(1)E EXCEPTION 2. (NEW)



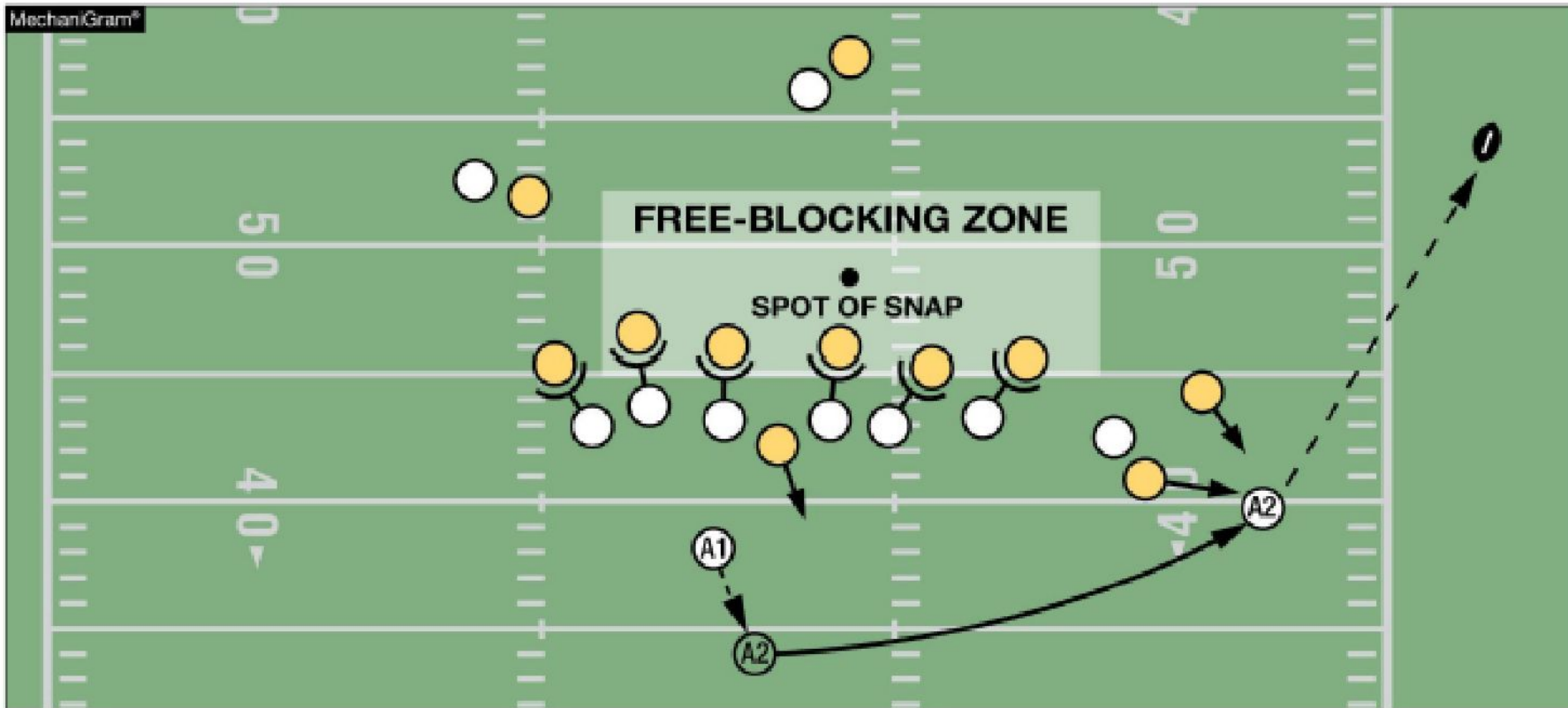
When the clock is stopped due to Rule 3-5-7i and Team B is the only team to foul, the play clock will be set to 40 seconds.

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





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

- FOOTBALL PENALTY ENFORCEMENT - FIGURES; Updated Figures 1 and 2.
- FOOTBALL FUNDAMENTALS – V-3, VII-2; Clarified the Football Fundamentals for “Free Kicks” and “Passes.”
- PENALTY SUMMAR; Updated the rules reference for Intentional Grounding (also loss of down) to 7-5-2d.
- RESOLVING TIED GAMES;

MIAA: adapted prior to playoffs 2021 and proposed edit to MIAA Handbook

If there is a change of possession during a play of an overtime period (second series) on any down and there is live ball personal fouls or live ball unsportsmanlike conduct fouls by opponents of the team last gaining possession, this is the last play in the second series.

The penalty must be administered: gives the team in possession the option of putting the ball in play, where the penalty leaves the ball, for one down free of penalty or penalize as a dead ball foul at the succeeding spot in the subsequent overtime period

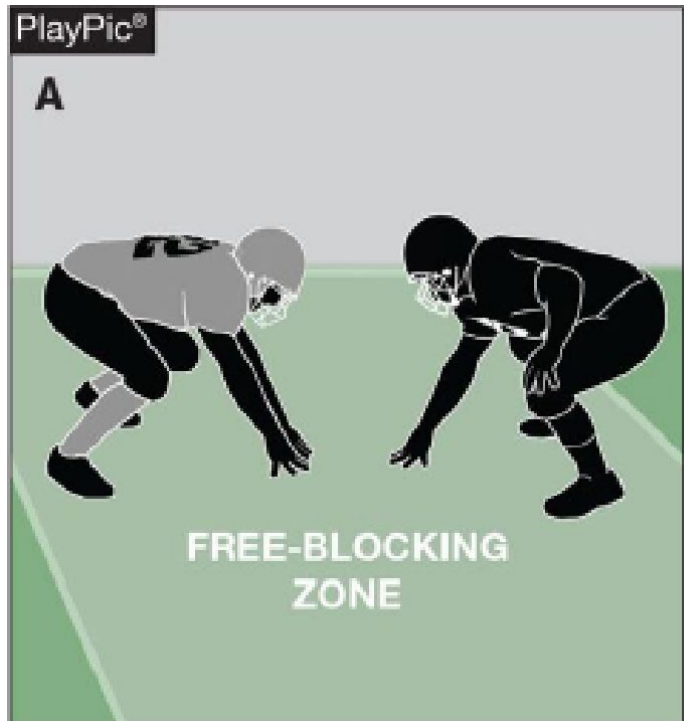




2022 NFHS FOOTBALL RULES REMINDERS

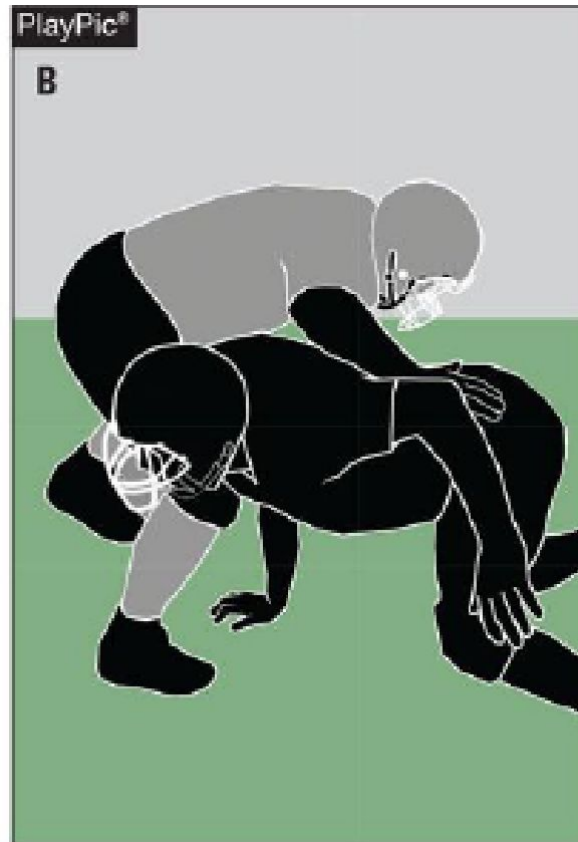
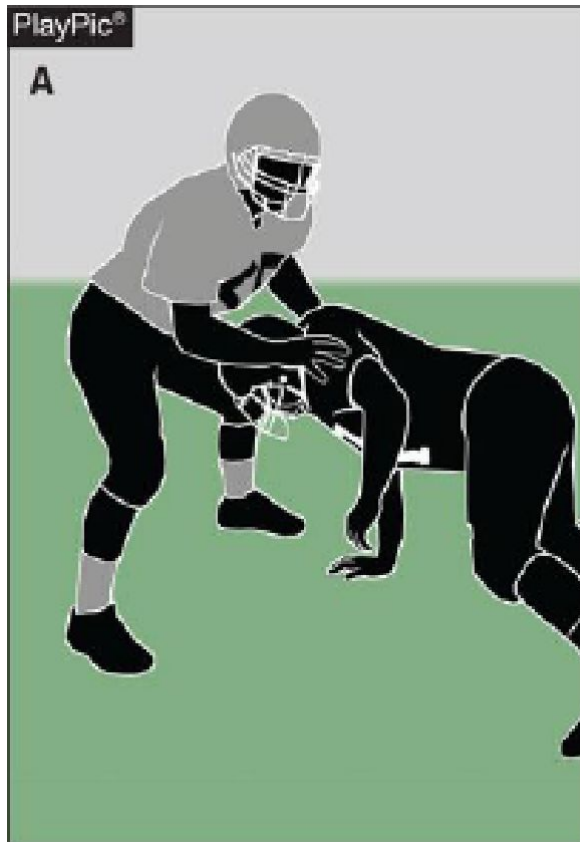


BLOCKING BELOW THE WAIST RULE 2-17-2C



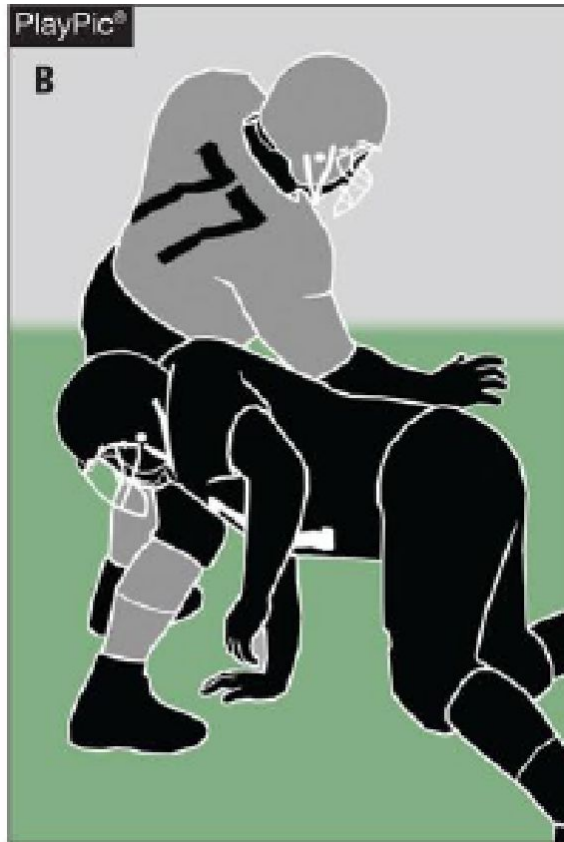
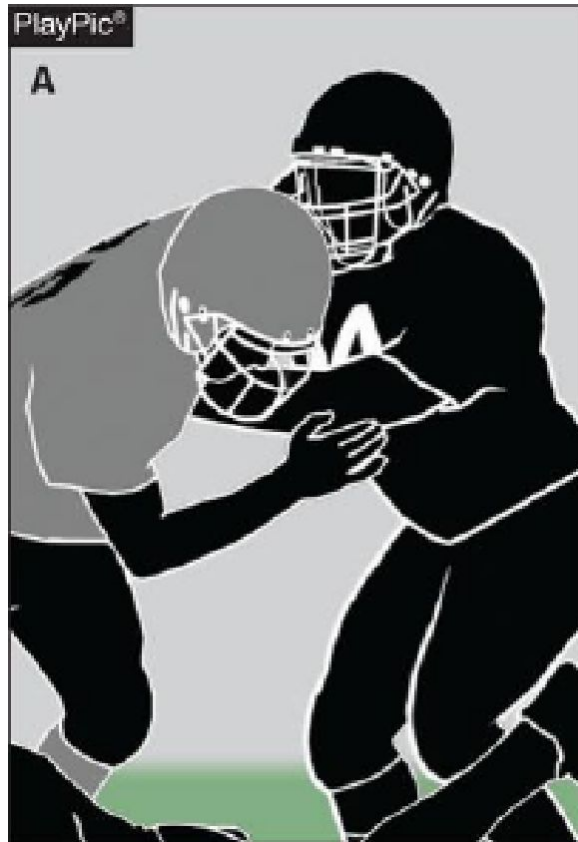
In PlayPic A, both players are in the free-blocking zone and on their lines of scrimmage. In PlayPic B, the block is legal because it is in the zone at the time of the snap, is an immediate, initial action following the snap, and both players began the play on their lines of scrimmage and in the free-blocking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

BLOCKING BELOW THE WAIST RULES 2-3-7, 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.



2022 NFHS FOOTBALL POINTS OF EMPHASIS



2022 NFHS FOOTBALL POINTS OF EMPHASIS

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



SPORTSMANSHIP



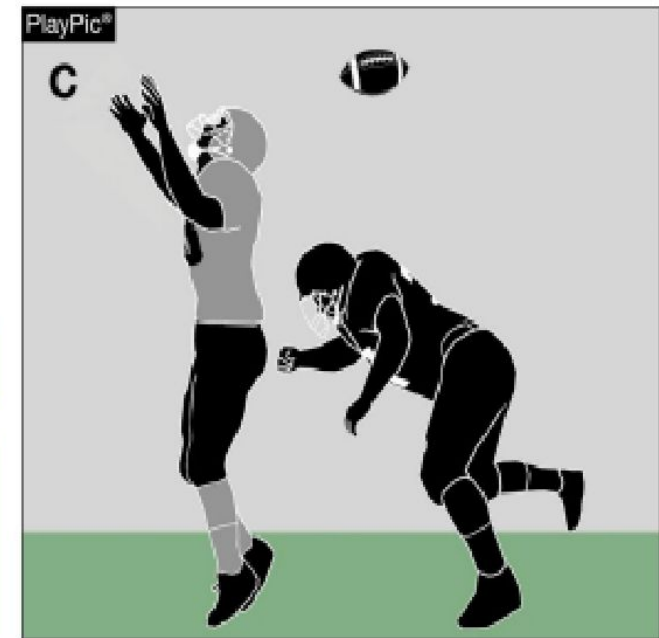
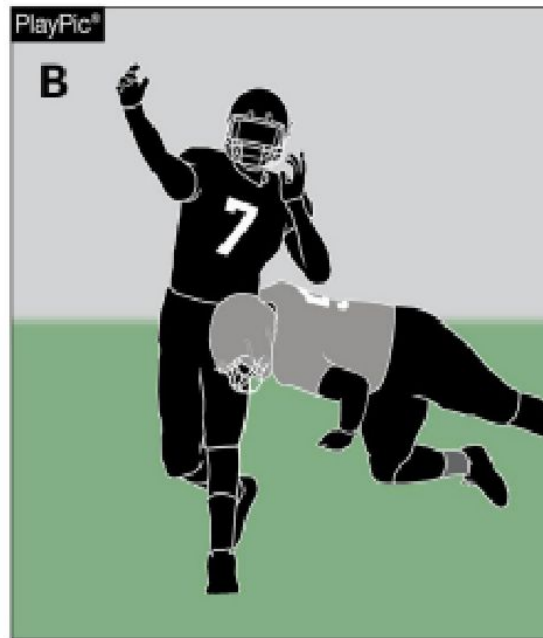
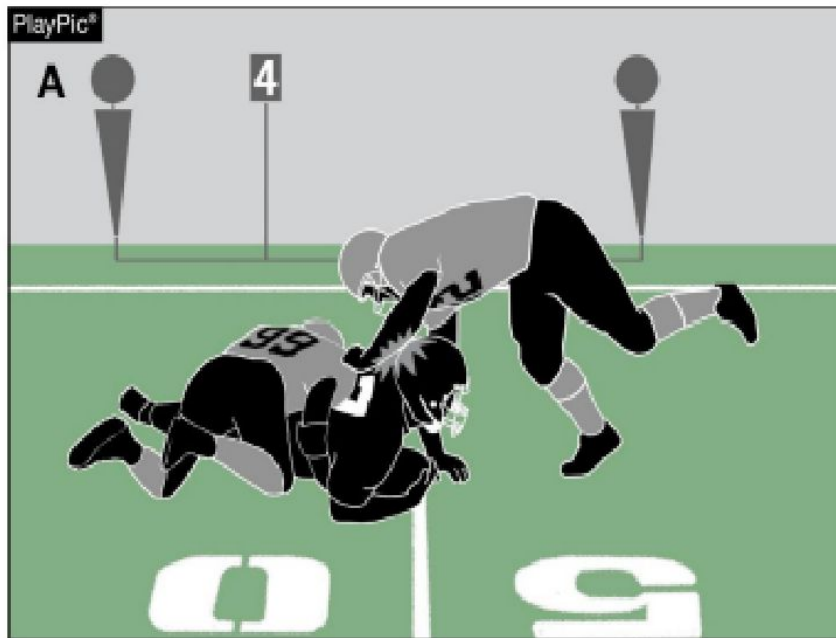
Poor sportsmanship by coaches and players sets a negative tone for fans, game officials and others

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



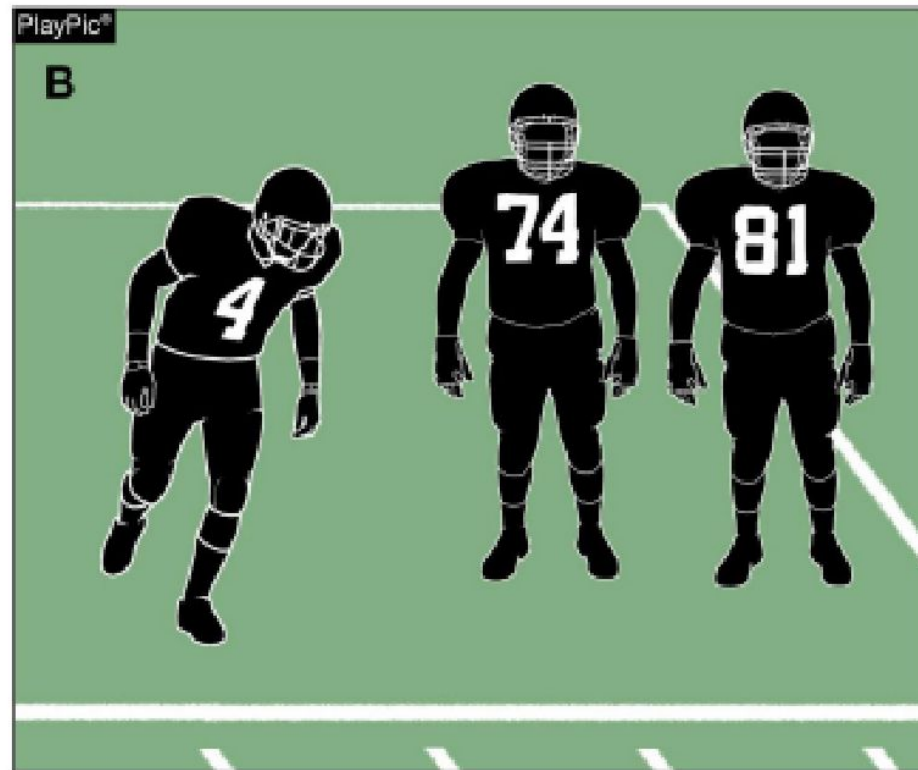
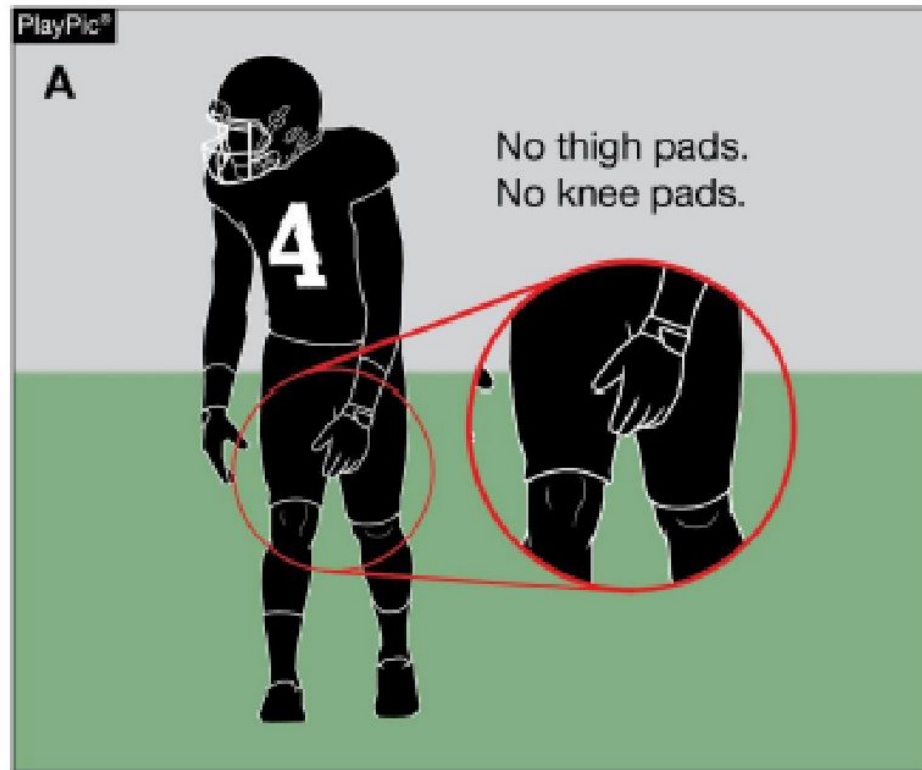
A downed runner is defenseless and cannot protect himself against unnecessary contact (PlayPic A). Once a pass is thrown, a passer is defined as a defenseless player (PlayPic B). A pass receiver attempting to catch a pass, or a pass receiver who has clearly relaxed when the player has missed the pass 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).