



# 2023 NFHS FOOTBALL RULES POWERPOINT

National Federation of State  
High School Associations



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# 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.





# 2023 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.

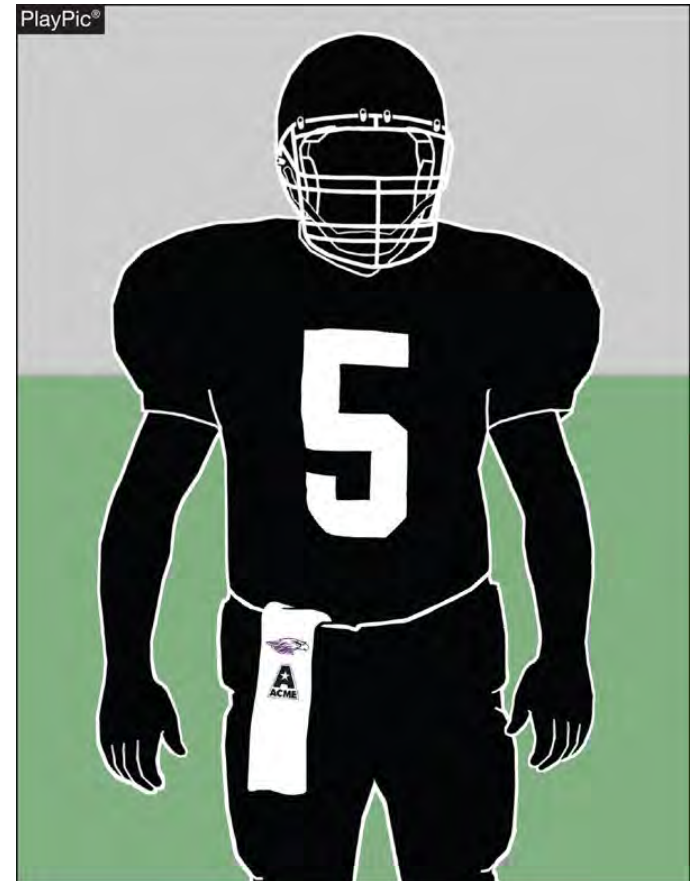




## RULE 1-5-3a(5)a 4, 5 (NEW) UNIFORM ADORNMENTS - TOWELS

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 2¼ square inches and does not exceed 2¼ inches in any dimension; and has no more than one school logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension.

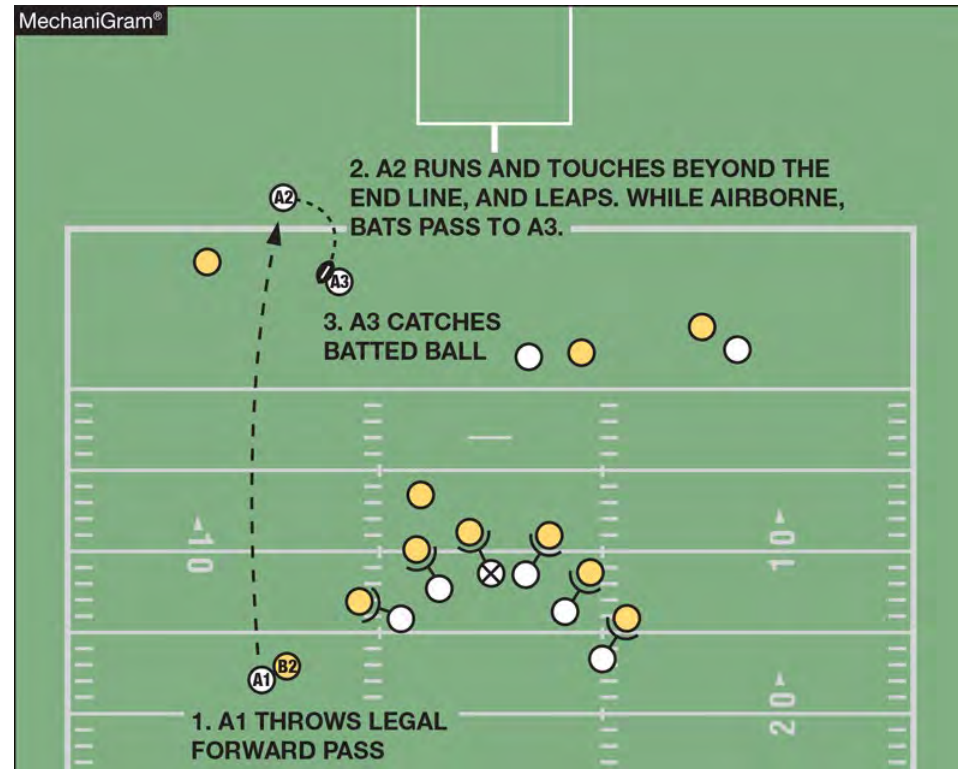
Towels do not have to be the same solid color for each player.







# RULE 2-29-1 PLAYER OUT OF BOUNDS



A2 is out of bounds as he has not had any body part touch inbounds. Therefore, when A2 intentionally touches the ball after being out of bounds, he has caused the ball to become dead. The pass is incomplete and A2 is guilty of illegal participation.



## **RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS**

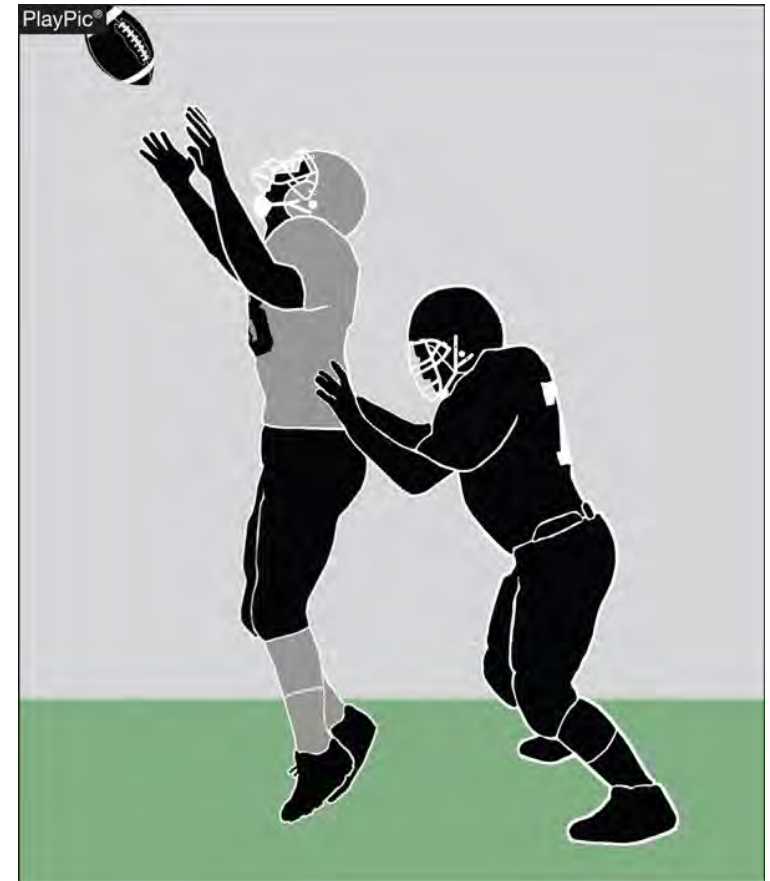
The receiver is not defenseless because the opponent is attempting to tackle by wrapping arm(s) around the receiver.





## **RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS**

The receiver is not defenseless even if the contact by the opponent is forceful because the contact is initiated with open hands. The contact could be pass interference, however.





## **RULE 2-32-16d (NEW), 9-4-3g DEFENSELESS RECEIVERS**

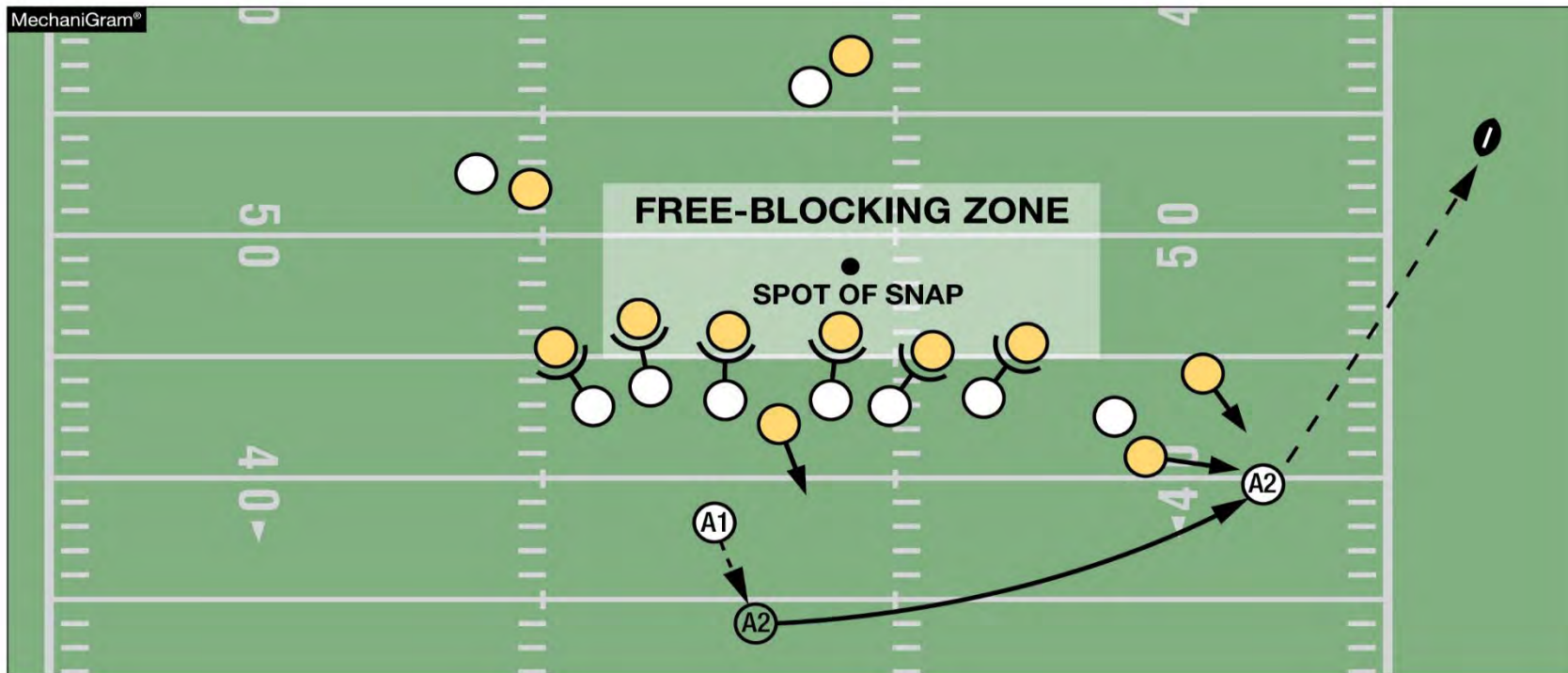
The receiver is not defenseless because of the incidental contact as a result of the defender making a play on the ball.



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)

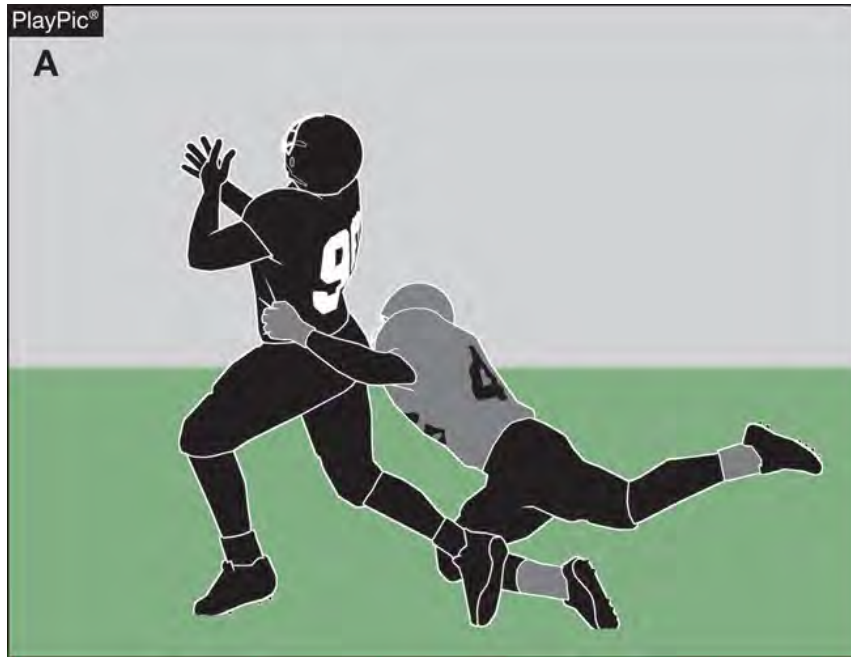
# INTENTIONAL GROUNDING EXCEPTION



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.



# TABLE 7-5 2c (DELETED), 7-5 PENALTY INTENTIONAL PASS INTERFERENCE



The additional penalty for intentional pass interference as illustrated in PlayPic A has been deleted. The Team B player in the gray jersey will be penalized 15 yards for the pass interference foul committed in PlayPic B.



# RULE 10-4, TABLE 10-4 (NEW), 10-6 (DELETED)

## BASIC SPOT

### SUMMARY OF MANY FOULS THAT CAN OCCUR DURING RUNNING PLAYS AND THEIR PENALTIES AND BASIC SPOTS UNLESS OTHERWISE SPECIFIED BY RULE

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REFERENCE
A	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
A	Behind Line of Scrimmage	Beyond Line of Scrimmage	Previous Spot	10-4-2e
A	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2f
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Behind End of Run or Related Run – Spot of Foul	10-4-4d
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Advance of End of Run or Related Run – Succeeding Spot	10-4-5e
B	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Behind Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f
B	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f

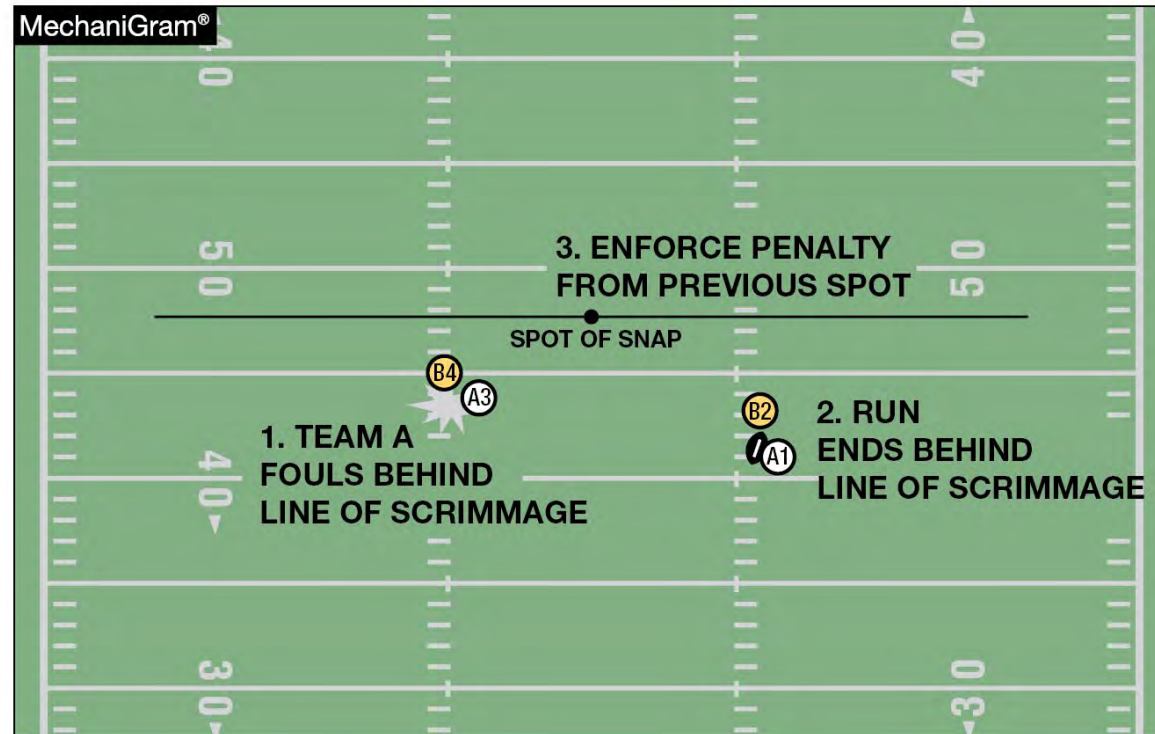


**NOTE:** The basic spot is the spot of the foul when A commits any foul in his end zone for which the penalty is accepted (8-5-2c).



# RULE 10-4-2d

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT



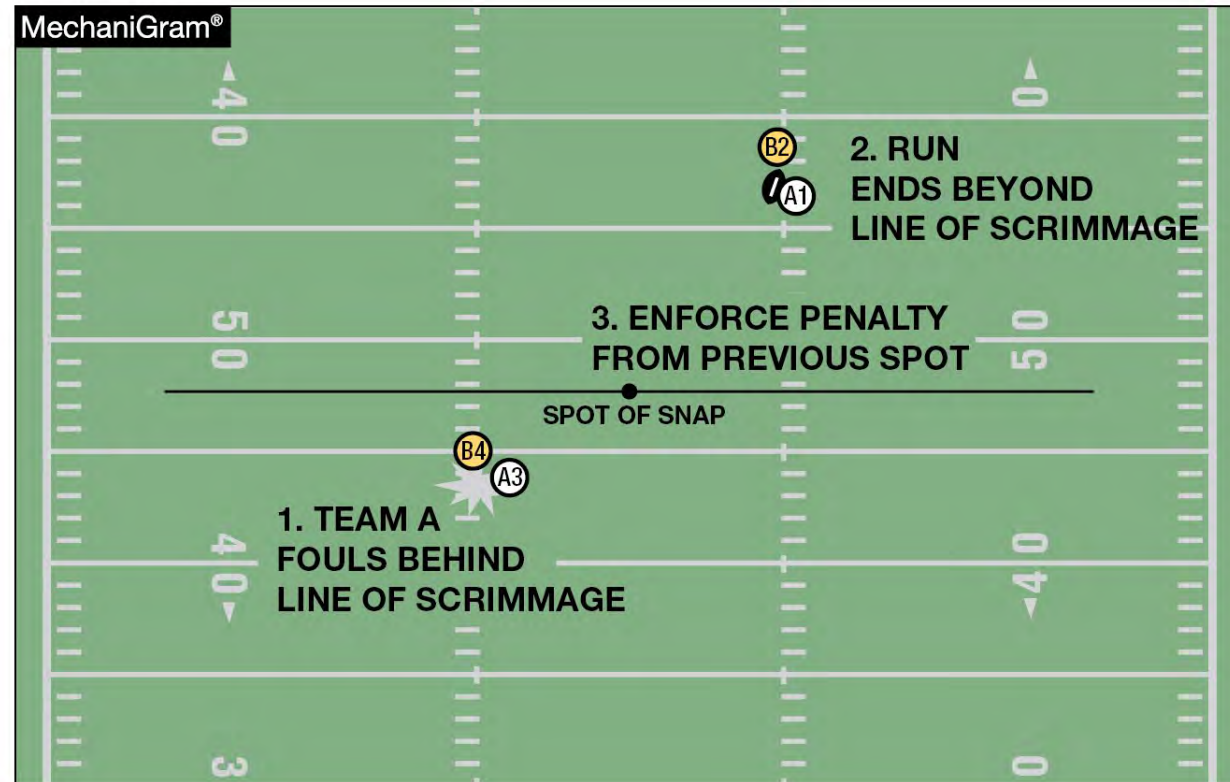
The basic spot is the previous spot for a foul by A when the run or related run ends behind the line of scrimmage where there is no change of possession.





# RULE 10-4-2e

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

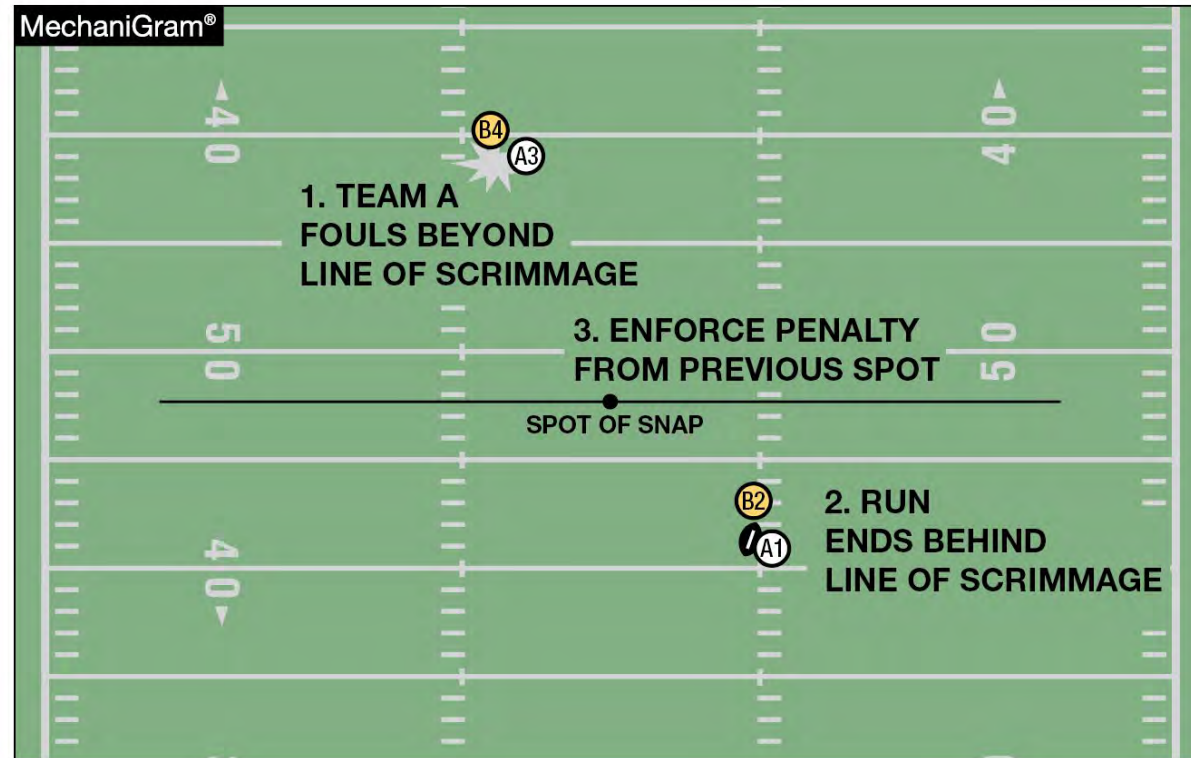


The basic spot is the previous spot for a foul by A that occurs behind the line of scrimmage when the run or related run ends beyond the line of scrimmage.



# RULE 10-4-2f

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

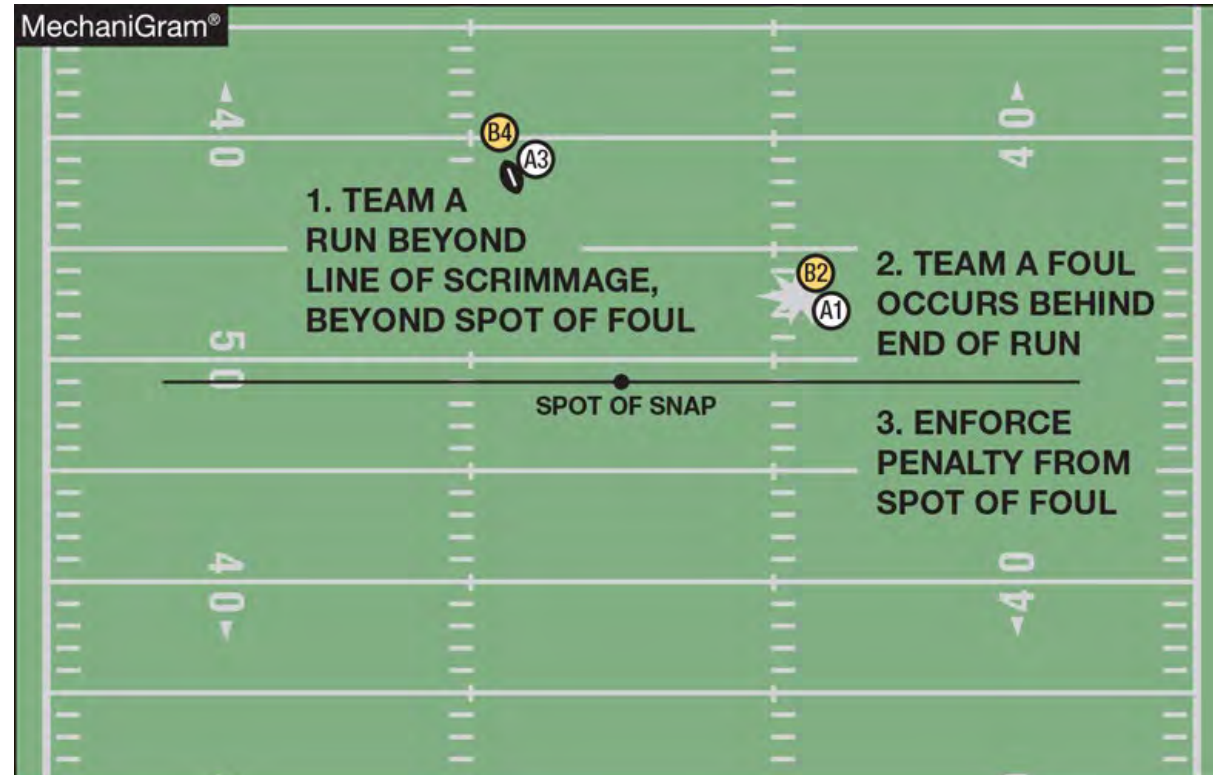


The basic spot is the previous spot for a foul that occurs beyond the line of scrimmage when the run or related run ends behind the line of scrimmage.



# RULE 10-4-4d

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

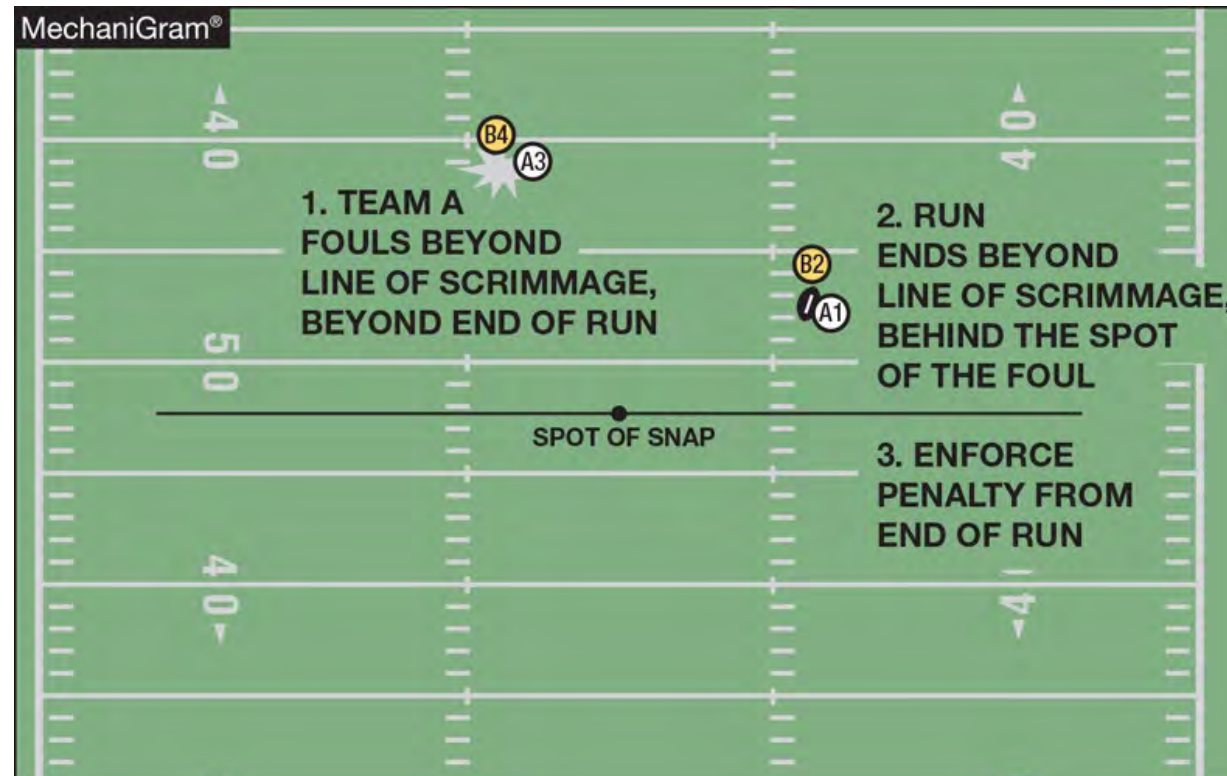


The basic spot is the spot of the foul by A that occurs beyond the line of scrimmage during a running play as defined in 10-3-2 when the run or related run ends beyond the line of scrimmage and the foul occurs behind the end of the run or related run.



# RULE 10-4-5e

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

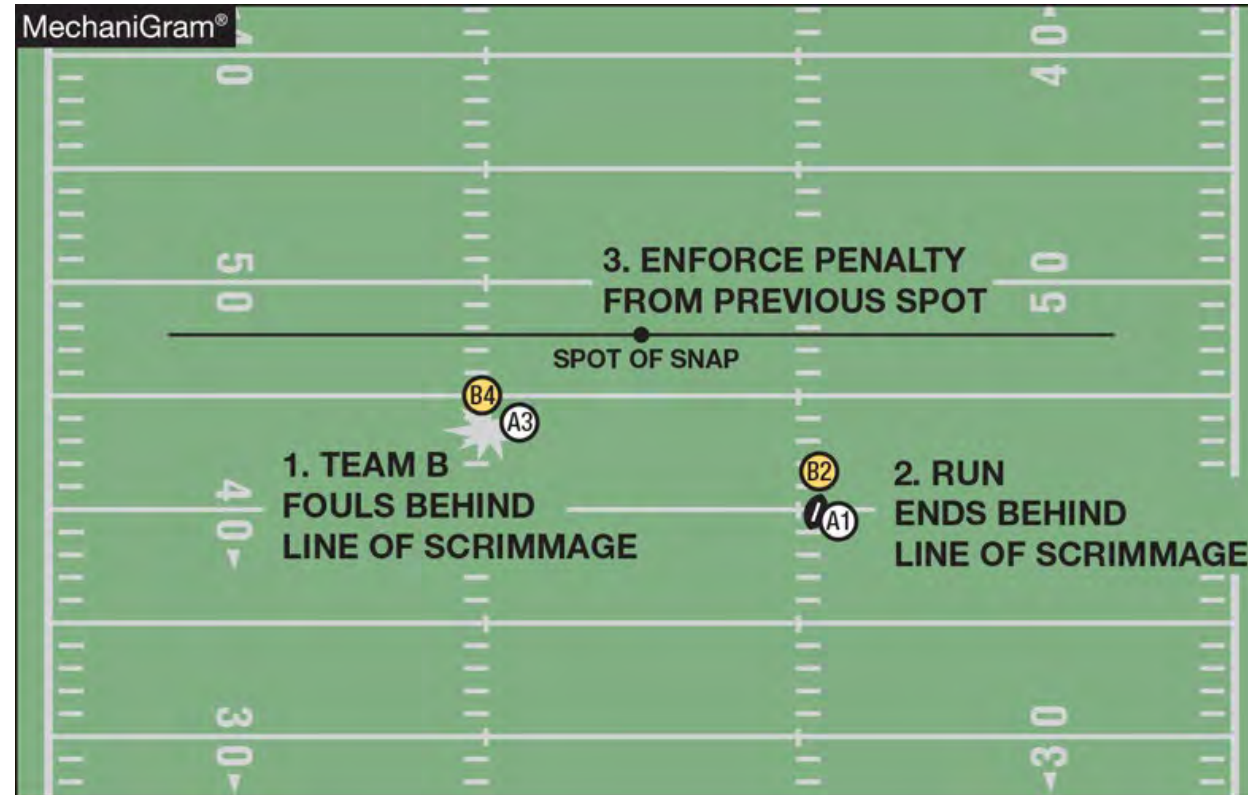


The basic spot is the spot of the foul for a foul by A that occurs beyond the line of scrimmage during a running play as defined in 10-3-2 when the run or related run ends beyond the line of scrimmage and the foul occurs in advance of the end of the run or related run.



# RULE 10-4-2d

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

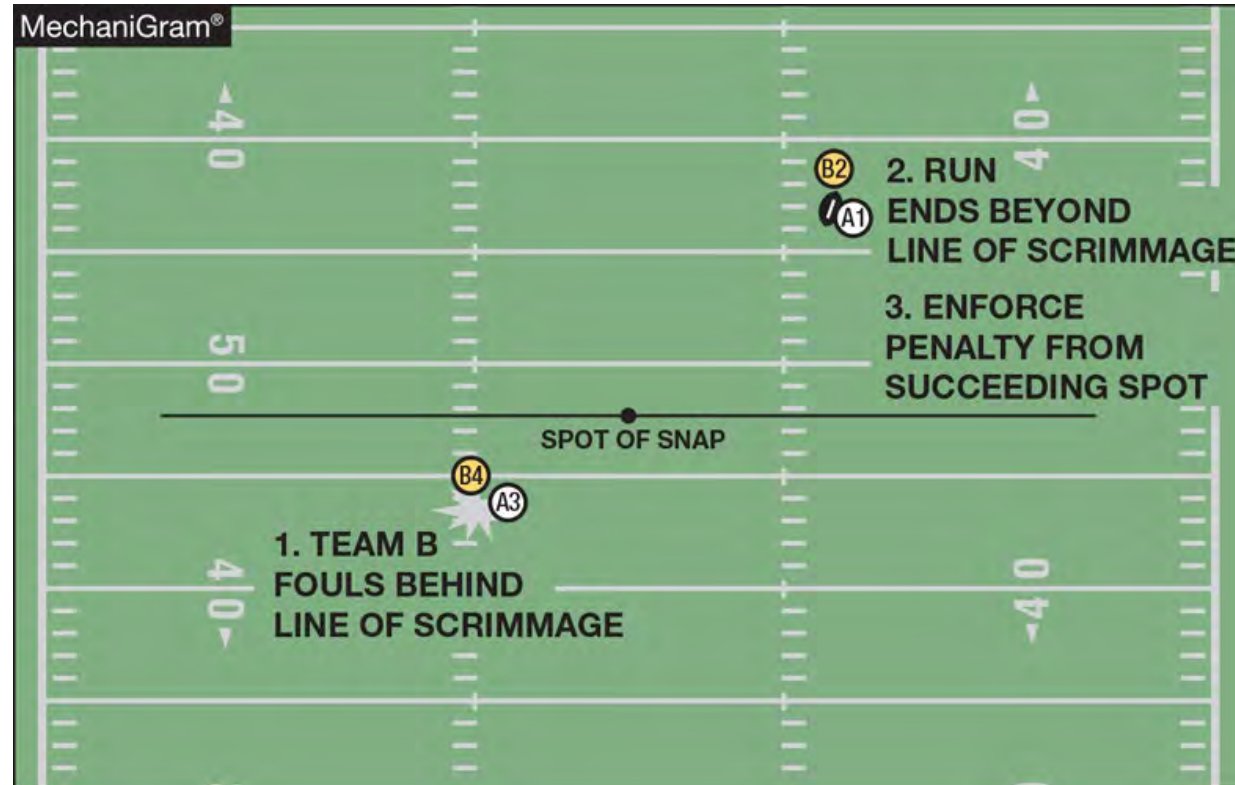


The basic spot is the previous spot for a foul by B when the run or related run ends behind the line of scrimmage where there is no change of possession.



# RULE 10-4-5f

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

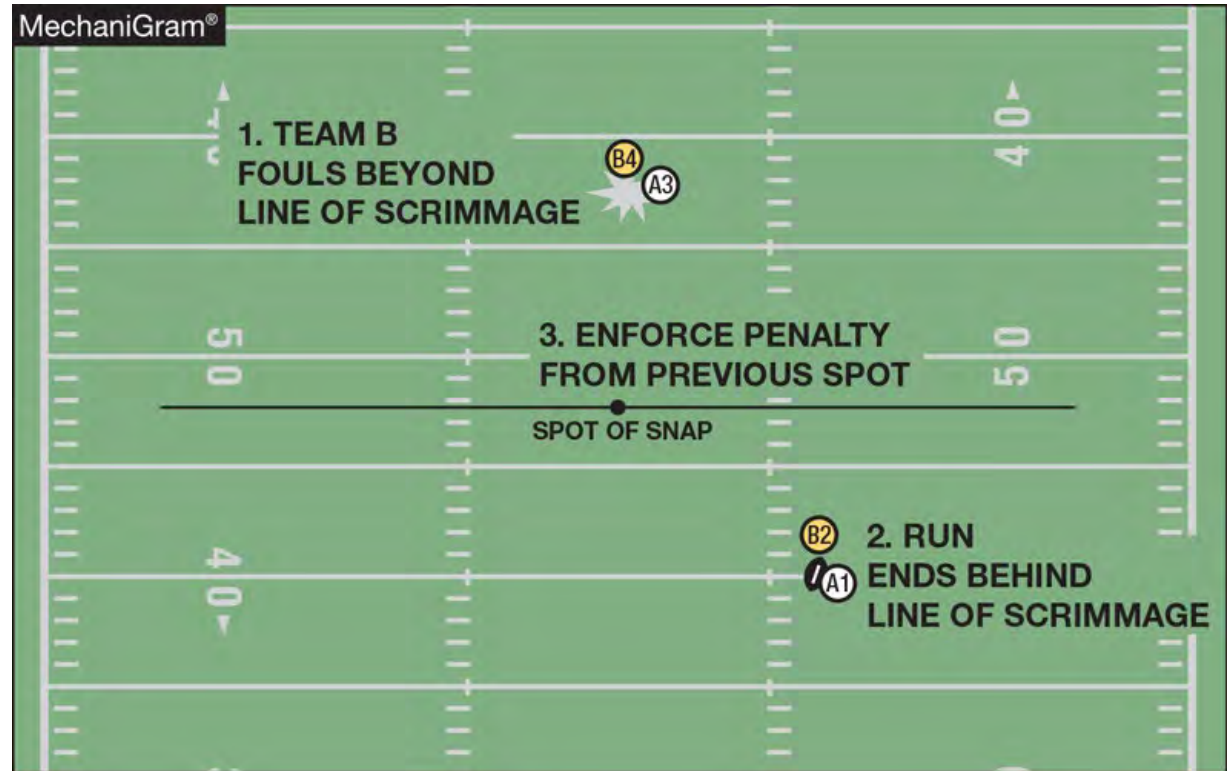


The basic spot is the succeeding spot for a foul by B when the run or related run ends beyond the line of scrimmage.



# RULE 10-4-2d

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT

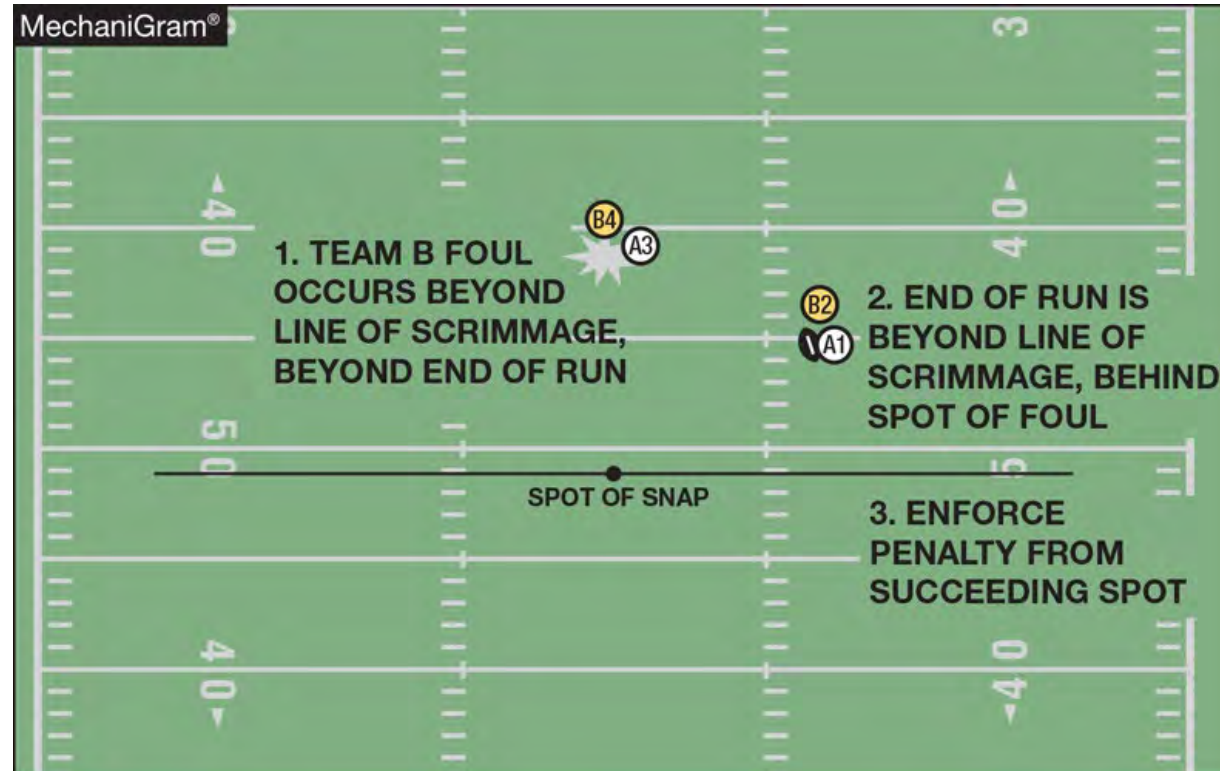


The basic spot is the previous spot for a foul by B when the run or related run ends behind the line of scrimmage where there is no change of possession.



# RULE 10-4-5f

## BASIC SPOT FOR RUNNING PLAY PENALTY ENFORCEMENT



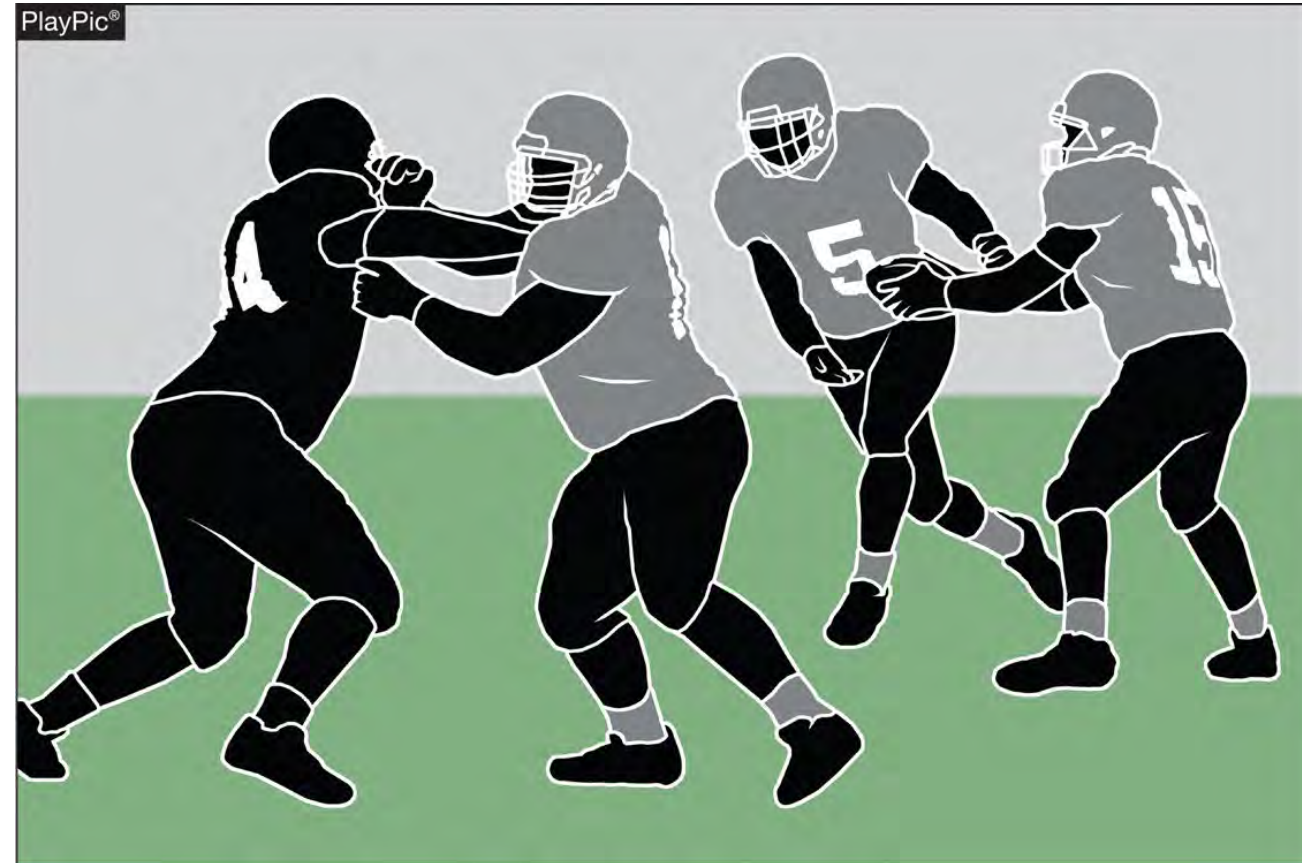
The basic spot is the succeeding spot for a foul by B when the run or related run ends beyond the line of scrimmage and the foul occurs beyond the end of the run.





## SIX-PLAYER – RULE 7g (NEW) HANDING THE BALL FORWARD

A direct forward handoff may be made during a scrimmage down before a change of possession, provided both players are in or behind the neutral zone unless it is to the snapper.





# 2023 NFHS FOOTBALL EDITORIAL CHANGES



# 2023 NFHS FOOTBALL EDITORIAL CHANGES

1-1-7, 1-1-9, 1-3-2, 1-3-7 NOTE, TABLE 1-7 (6), 9-5-1, 9-8-1, RESOLVING TIED GAMES – 3-1	Changed the words “contest(s)” to “games(s)”.
TABLE 1-7	Removed the state association accommodation reference.
1-8	Created a new SECTION 8 for State Association Accommodations.
3-6-1b(1)	Added further clarification that game officials need to be in position when the ball is marked ready for play.
TABLE 7-5 (1) d EXCEPTION 2	Corrected a misspelling.
FOOTBALL FUNDAMENTALS – II-2	Grammar correction.
FOOTBALL FUNDAMENTALS – X-3	Clarified basic spot per Rule 10-4.





# 2023 NFHS FOOTBALL EDITORIAL CHANGES

<b>FOOTBALL FUNDAMENTALS – X-5</b>	Updated the total number of illegal passes.
<b>NINE-, Eight- AND SIX- PLAYER RULES DIFFERENCES – RULES 2 and 7</b>	Revised the rules differences based off of 2023 NFHS Football Rules Changes.
<b>PENALTY SUMMARY</b>	Updated the rules references for “Delay of Game” and removed the penalty reference for “Intentional Pass Interference.”
<b>INDEX</b>	Updated the Index with new rules references.



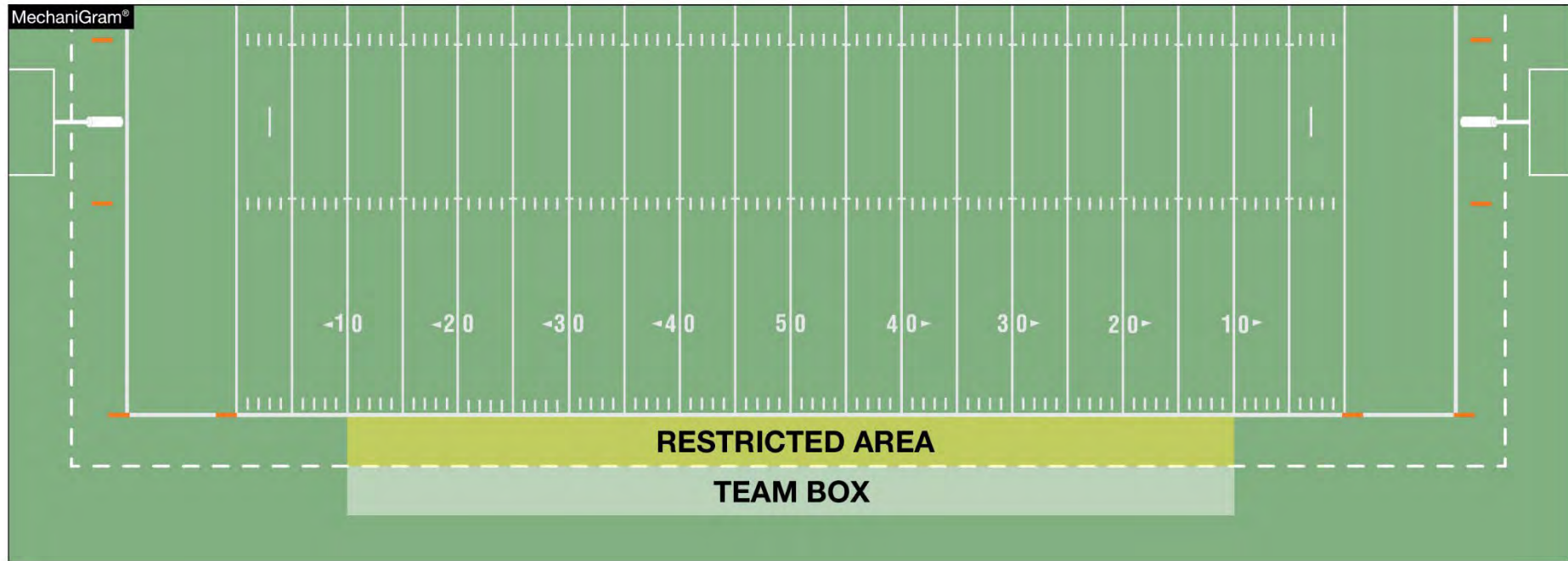


# 2023 NFHS FOOTBALL RULES REMINDERS



# TEAM BOXES

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

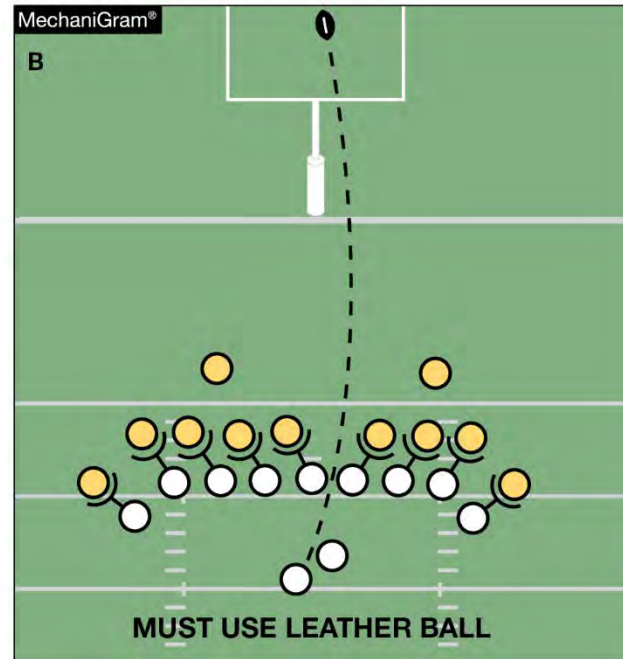
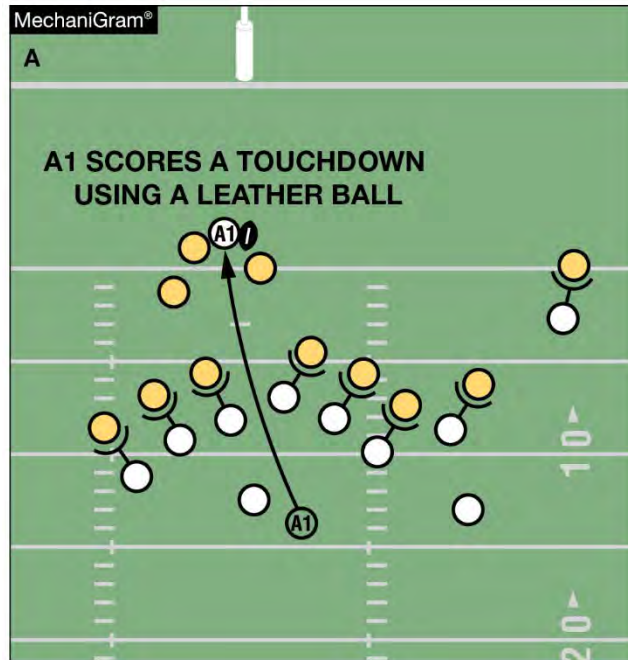


It is permissible for state associations to approve an extension of the team box and to determine the individuals who may be in the extended area, provided such extension is the same for both teams.



# GAME BALLS

## RULE 1-3-3

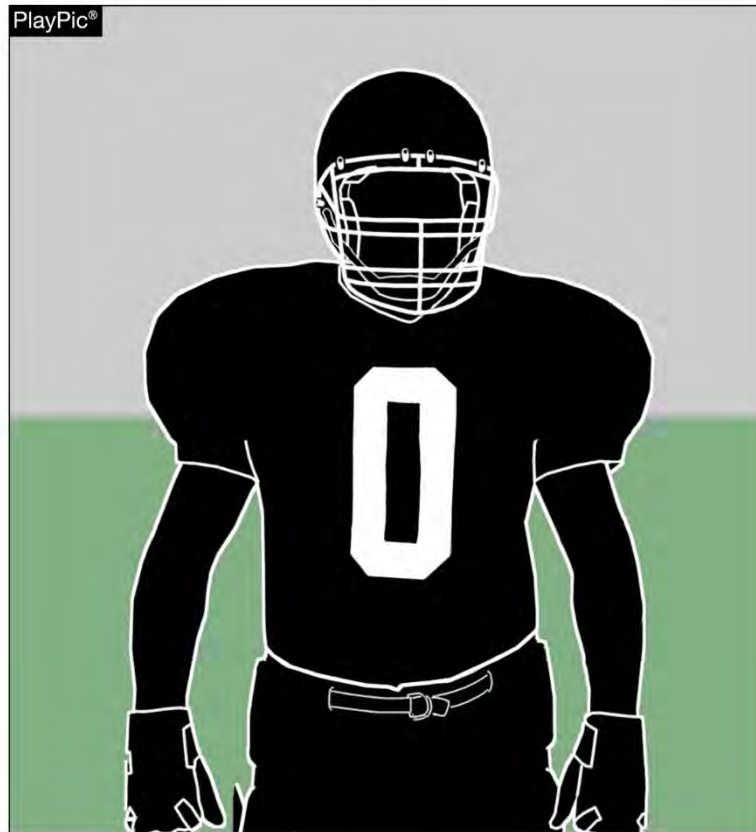


Any game official may order the ball changed between downs. Unless the ball is ordered changed by the Referee or another game official, Team A scoring a touchdown with one ball (MechaniGram A) may not request a different ball for the try (MechaniGram B) but may use a different approved ball for the ensuing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

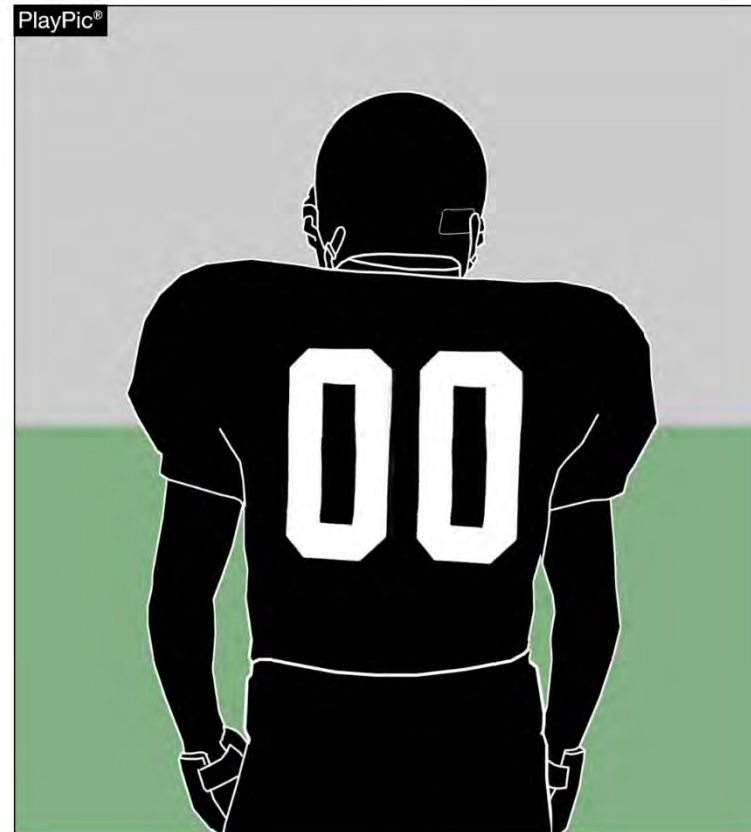


# JERSEY NUMBERS

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



Legal



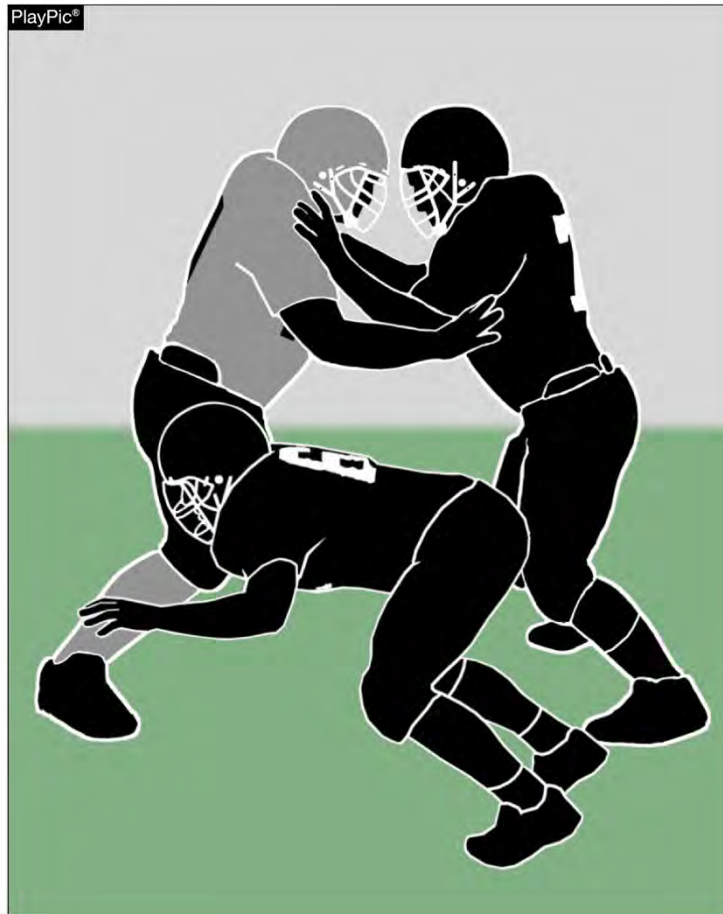
Illegal

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



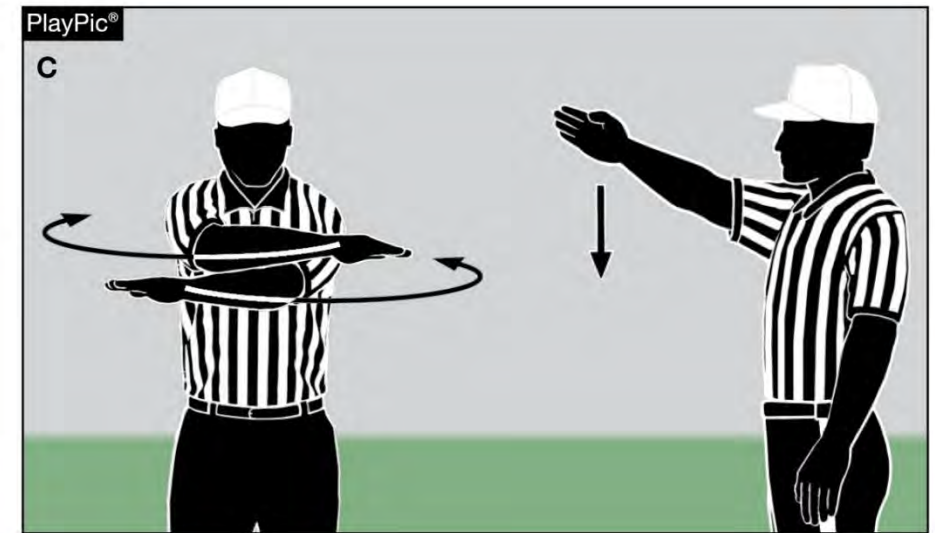
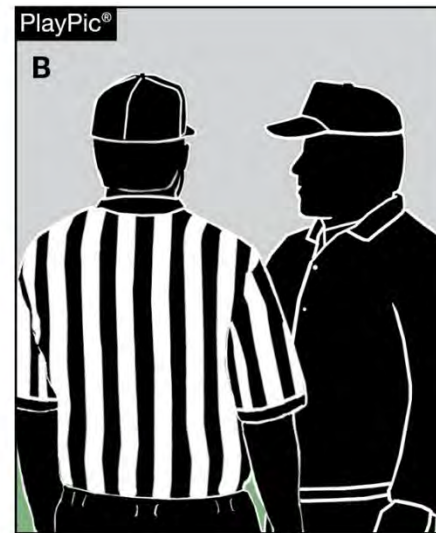
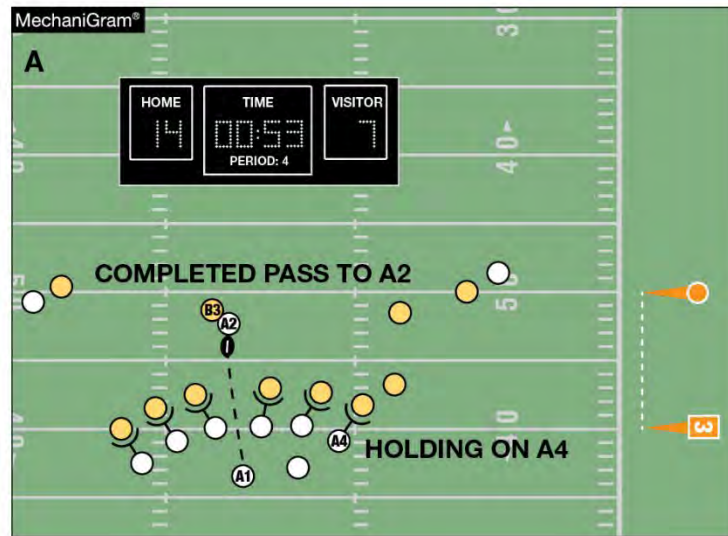


# CHOP BLOCK RULE 2-3-8



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.

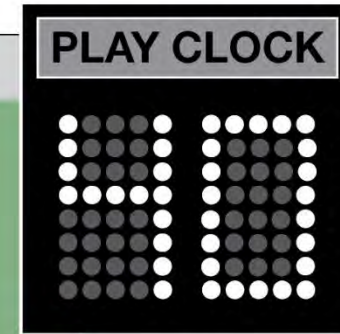
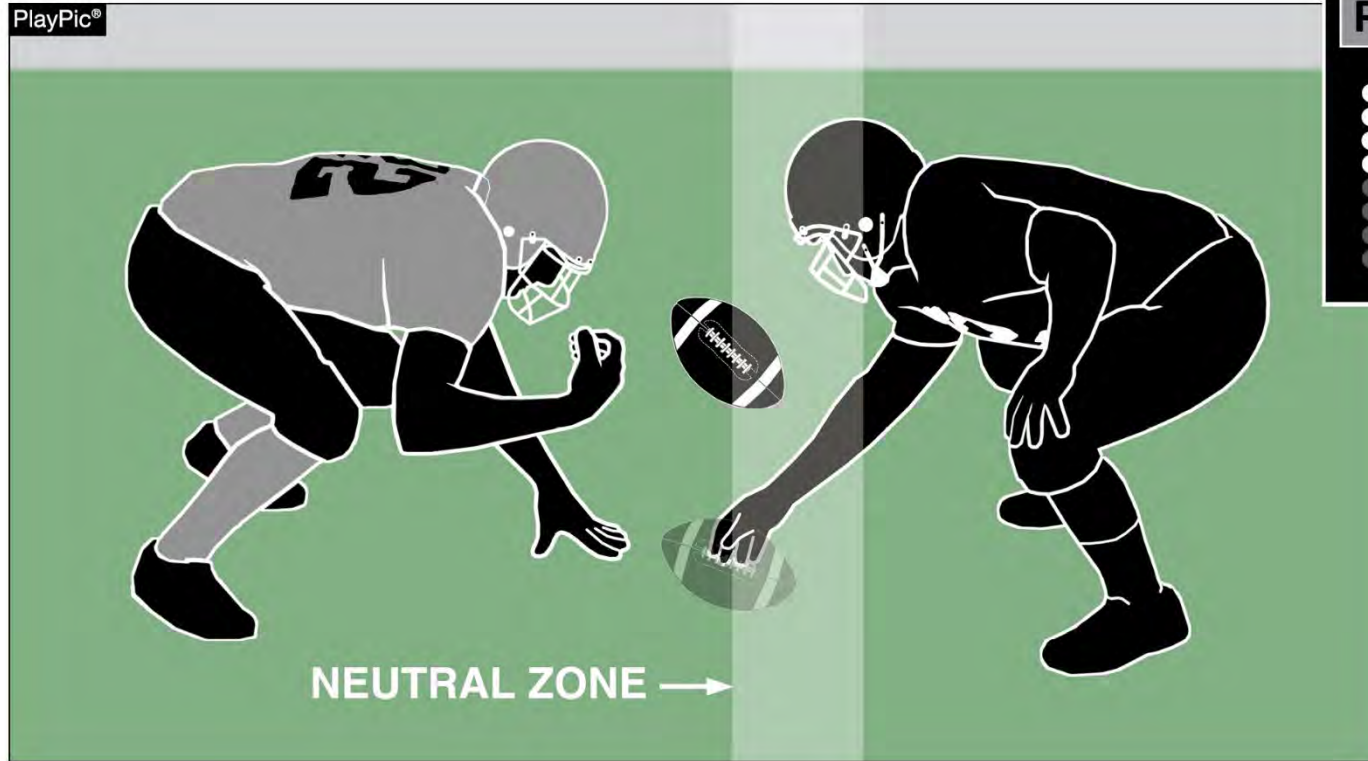
# GAME CLOCK OPTION RULE 3-4-7



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)

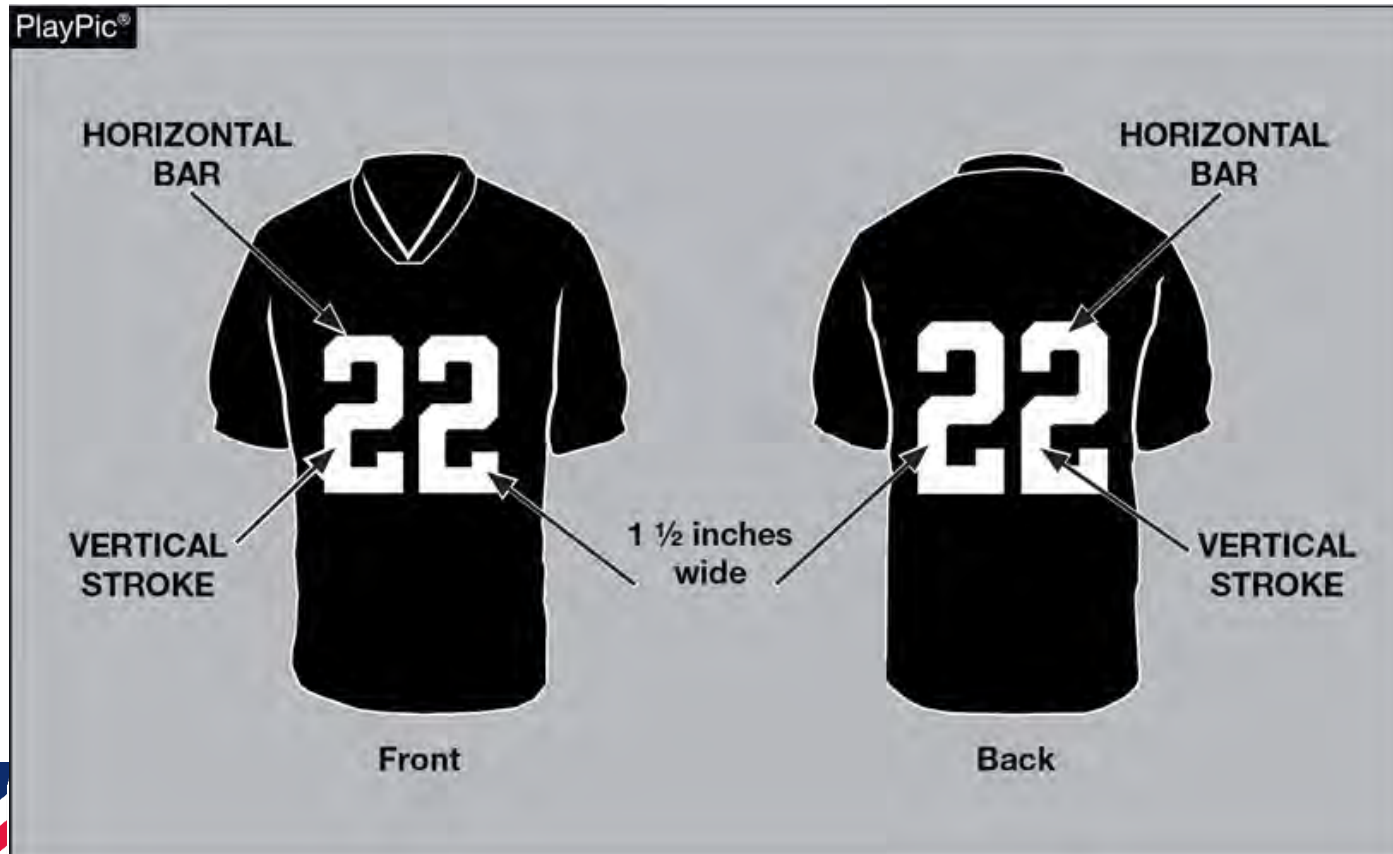


When the clock is stopped due to Rule 3-5-7i and Team B is the only team to foul, the play clock will be set to 40 seconds.



# 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.

# 2024 – 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.



# 2024 – 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.**



## 2024 – 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 dark number without the border do not clearly contrast with the jersey and thus will not be legal come 2024.





# 2023 NFHS FOOTBALL POINTS OF EMPHASIS



# 2023 NFHS FOOTBALL POINTS OF EMPHASIS

1. Helping the Runner
2. Communication Between Coaches and Game Officials
3. Game Management



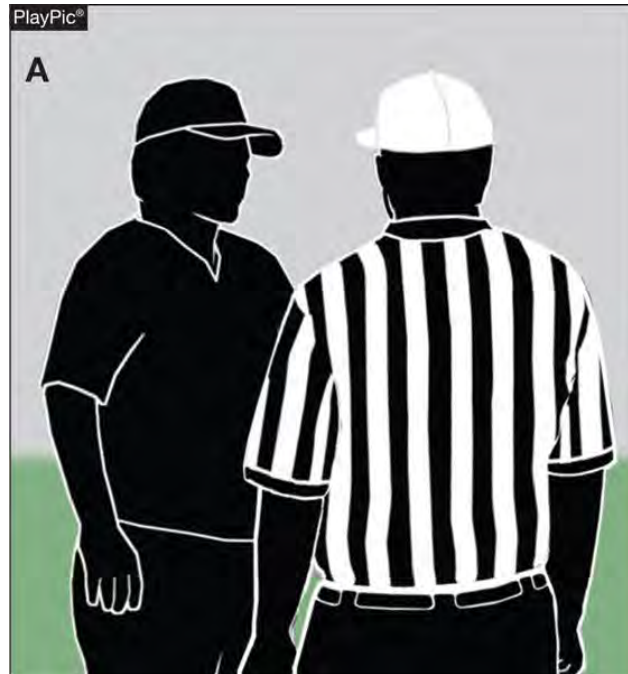
## HELPING THE RUNNER

Rule changes have been made at higher levels allowing offensive teams to pile in behind and directly push the runner. Similar plays are trickling down to the high school level. Allowing teams to help the runner by illegal techniques swings the balance heavily in favor of the offense. Pushing the pile is legal; direct contact and pushing, pulling, lifting of the runner is not.





# 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).



## GAME MANAGEMENT

Each school community must take pride in hosting an athletic contest or event. Beginning with the arrival of players, game officials and spectators, each school must have a purposeful plan to address any and all expected issues, as well as the unforeseen. Meeting and greeting the visiting team is certainly the beginning of good sportsmanship. Clearly communicated information, such as parking information, location of ticket booths and entry gates, when given to the visitors is another step in assuring a great experience for all participants.





# 2023-24 NFHS FOOTBALL INFORMATION





# 2024 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM

**Due:**

**November 1, 2023**

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



# 2023-24 NFHS FOOTBALL INFORMATION


- **2023 In-Person NFHS Football Rules State Interpreters Meeting**
  - June 29, 2023 (NFHS Summer Meeting – Seattle, WA)
  - 4:30 p.m. (Pacific Time)
- **2023 Online Mid-Season NFHS Football Rules Webinar**
  - September 25, 2023
  - 2:00 p.m. (Eastern Time)
- **2024 NFHS Football Rule Change Proposal Form Due**
  - November 1, 2023
- **2024 NFHS Football Rules Committee Meeting**
  - January 14-16, 2024
  - Indianapolis, Indiana





# NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

Page 99      2023 NFHS Football Rules      Appendix B



National Federation of State High School Associations

## SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

**COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:**

- Dazed or stunned appearance;
- Confusion about assignment or position;
- Forgetfulness;
- Uncertainty of game, score, or opponent;
- Clumsy movements;
- Slow response to questions;
- Mood, behavior or personality changes;
- Can't recall events prior to or after hit or fall;
- Headache or "pressure" in head;
- Nausea;
- Balance problems or dizziness;
- Double or blurry vision;
- Sensitivity to light or noise;
- Feeling sluggish, hazy, foggy or groggy;
- Concentration or memory problems;
- Emotions of "not feeling right" or "feeling down."

Activate the Emergency Medical System or Call 9-1-1 if, after a bump, blow, or jolt to the head or body, an athlete has one or more of these danger signs:

- One pupil larger than the other;
- Drowsiness or inability to wake up;
- A headache that gets worse and does not go away;
- Slurred speech, weakness, numbness, or decreased coordination;
- Repeated vomiting or nausea;
- Convulsions or seizures (shaking or twitching);
- Unusual behavior, increased confusion, restlessness, or agitation;
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

**SUGGESTED CONCUSSION MANAGEMENT:**

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional as soon as possible.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details, please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at [www.nfhs.org](http://www.nfhs.org).

Revised and Approved February 2019

In the Appendix  
in all of the  
2023-24 NFHS  
Rules Book





# NFHS OFFICIALS EDUCATION





# OFFICIALS EDUCATION

## CONTENT REMAINS FREE OF CHARGE



TEACHING  
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CHANGES

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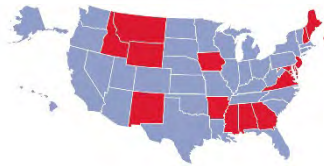




# CENTER FOR OFFICIALS SERVICES



## Year Three Accomplishments



**16**

States  
Registering  
Officials



**194,810**

Contests  
Assigned



**\$29M**

Payments  
Sent to  
Officials



### Future Developments:

- Auto Assign
- Mobil Assign
- Customized Game and Travel Fees
- Mass Update Capabilities
- Integrated Playoff Financial Reporting



### Improvements:

- Invoicing
- Updated Financial Reporting
- Playoff and Tournament Bracketing
- Eligibility Tracking Notifications
- NFHS Learn Integration



### Coming Fall 2023:

- NFHS Exam Center
- New Team App
- New Form Builder

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# NFHS LEARNING CENTER





# LEARNING CENTER

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Administrators



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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)





# THANK YOU

**National Federation of State High School Associations**

PO Box 690 | Indianapolis, IN 46206

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