

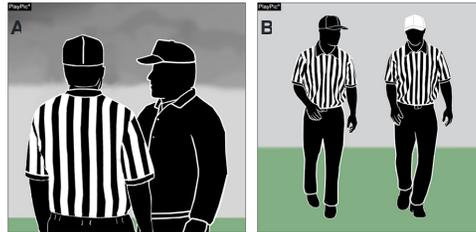


**2021 NFHS  
FOOTBALL RULES REMINDERS**



## DESIGNATING TEAM REPRESENTATIVE

**RULES 1-4-1, 1-4-4, 2-32-5, 3-5-2, 10-1-1, 10-1-2, 10-2-4**



Prior to the game the head coach will notify the referee of the designated representative (coach or player) who will make decisions regarding penalty acceptance or declination (PlayPic A). When a foul occurs, the linesman or line judge will inform the referee as to the penalty decision if a coach is the decision maker (PlayPic B).



### ❖ Rules Reminder:

#### **RULE 1 – SECTION 4 – PLAYER DESIGNATIONS**

**ART. 1 . . .** Each team shall designate a player as field captain, and he is the only player who may communicate with game officials.

**ART. 4 . . .** Each head coach shall designate a representative who will make decisions regarding penalty acceptance or declination. His first choice of any offered decision is final. Decisions involving penalties shall be made before any charged time-out is granted either team. The head coach's designee shall remain in place for the entire game except in case of emergency.

#### **RULE 2 – SECTION 32 – PLAYER DESIGNATIONS**

**ART. 5 . . .** A captain of a team is a player designated to represent his team during:

- The pregame and overtime coin toss. (Limit of four captains in game uniform.)
- Penalty decisions following a foul (if designated by the head coach, as in 1-4-4).
- Ball placement on a try, a kickoff, after a safety, after a fair catch or awarded fair catch, after a touchback and to start an overtime.

#### **RULE 3 – SECTION 5 – CHARGED AND OFFICIAL'S TIME-OUTS — INTERMISSIONS**

**ART. 2 . . .** A charged team time-out occurs when the ball is dead and:

- The request of either a player or the head coach (or head coach's designee) is legally granted. When a decision on a penalty is pending, a time-out shall not be granted to either team until the designated representative makes his choice. ...

#### **RULE 10 – SECTION 1 – PROCEDURE AFTER A FOUL**

**ART. 1 . . .** When a foul occurs during a live ball, the referee shall, at the end of the down, notify both teams. He shall inform the designated representative of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. In case of a double foul, the designated representative is not consulted since the penalties offset. The choice of options may not be revoked. Decisions involving penalties shall be made before any charged time-out is granted either team.

**ART. 2 . . .** When a foul occurs during a dead ball between downs or prior to a free kick or snap, the covering official shall not permit the ball to become alive. The referee shall notify both teams, and the designated representative of the offended team will be presented with the options and the effect of acceptance or declination on the down and distance to be gained. The designated representative may accept or decline the penalty.

**RULE 10 – SECTION 2 – DOUBLE AND MULTIPLE FOULS**

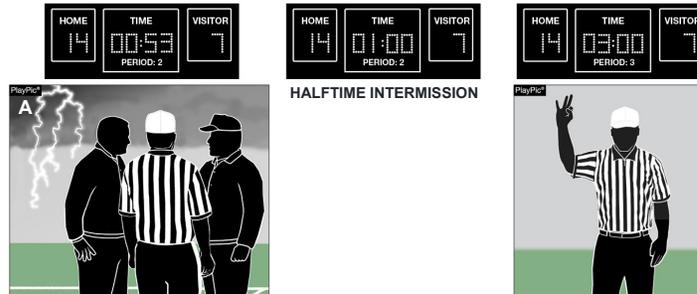
**ART. 4 . . .** When two or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team (multiple fouls), only one penalty may be enforced. The designated representative of the offended team may choose which one shall be administered, or all penalties may be declined. When a team commits a nonplayer or unsportsmanlike foul during that same down, it is administered from the succeeding spot as established by the acceptance or declination of the penalty for the other foul.

❖ **Comment on Slide:**

Rule change in 2020. Prior to the game, the head coach will notify the referee of the designated representative (coach or player) who will make decisions regarding penalty acceptance or declination.

**Case Book:** See SITUATIONS 1.4.1, 3.7.3D, 4.2.3B, 8.2.2F, 9.4.4D, 10.1.1B, 10.2.2A, 10.2.2B, 10.2.2C, 10.2.4, 10.4.5E

## HALFTIME INTERMISSION OPTION FOLLOWING WEATHER DELAY RULE 3-1-6c EXCEPTION



If weather causes a delay of at least 30 minutes during the last three minutes of the second period, the opposing coaches may mutually agree to shorten the halftime intermission below the 10-minute minimum (PlayPic A). The mandatory 3-minute warm-up must take place before the third period begins (PlayPic B).

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❖ **Rules Reminder:**

**RULE 3 – SECTION 1 – LENGTH OF PERIODS – HALFTIME INTERMISSION**

**ART. 6 . . .** State high school associations may determine the length of halftime intermission, provided it is not less than 10 minutes and not more than 20 minutes.

- a. 15 minutes is normal for halftime intermission.
- b. Halftime intermission may be increased to a maximum of 20 minutes, provided opponents have been notified no later than five minutes prior to the game.
- c. By mutual agreement of the opposing coaches, the halftime intermission may be reduced to a minimum of 10 minutes (not including the mandatory warm-up period).

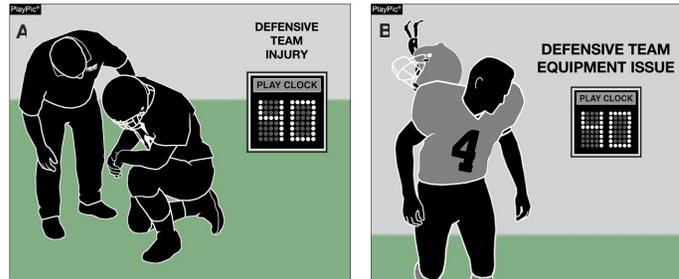
**EXCEPTION:** If the game is interrupted due to weather during the last three minutes of the second period, and the delay is at least 30 minutes, the opposing coaches can mutually agree to shorten halftime intermission, provided there is at least a one-minute intermission (not including the three-minute warm-up period).

❖ **Comment on Slide:**

Rule change in 2020. The halftime intermission may be shortened by mutual agreement of opposing coaches if a weather delay occurs during the last three minutes of the second period.

❖ **Case Book:** See SITUATIONS 3.1.1A, 3.1.1B

## 40-SECOND PLAY CLOCK CLARIFICATION RULES 3-6-1a(1)e EXCEPTIONS 2 AND 3



The play clock will be set to 40 seconds when an officials' time-out is initially taken for an injury to a defensive player (PlayPic A) or a defensive player has an equipment issue (PlayPic B).

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### ❖**Rules Reminder:**

#### **RULE 3 – SECTION 6 – PLAY CLOCK, BALL READY FOR PLAY AND DELAY**

##### **ART. 1 . . . Play clock and ready-for-play:**

###### **a. Play clock:**

1. 25 seconds will be on the play clock and start on the ready-for-play signal:

- (a) Prior to a try following a score;
- (b) To start a period or overtime series;
- (c) Following administration of an inadvertent whistle;
- (d) Following a charged time-out;
- (e) Following an official's time-out as in 3-5-7 or 3-5-10.

###### **EXCEPTIONS:**

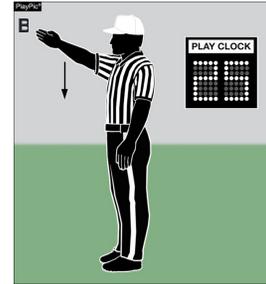
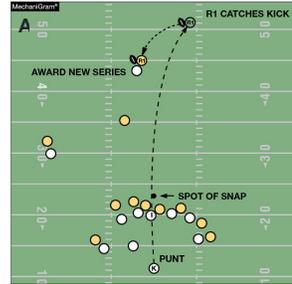
- 1. 3-5-7b;
  - 2. 3-5-7e if initially related to a defensive player; and
  - 3. 3-5-10 if initially related to a defensive player.
- (f) Following a legal kick, when either team is awarded a new series; and
- (g) Following the stoppage of the play clock by the referee for any other reason. ...

### ❖**Comment on Slide:**

Rule change in 2020. To eliminate a potential timing advantage gained by the defensive team, the rules committee approved the play clock being set to 40 seconds when an officials' time-out is taken for an injury to a defensive player or a defensive player has an equipment issue.



## 25-SECOND PLAY CLOCK CLARIFICATION RULE 3-6-1a(1)f



When either team is awarded a new series after a legal kick (MechaniGram A), the play clock is set to 25 seconds and starts with the ready-for-play signal (PlayPic B).

❖ **Rules Reminder:**

**RULE 3 – SECTION 6 – PLAY CLOCK, BALL READY FOR PLAY AND DELAY**

**ART. 1 . . . Play clock and ready-for-play:**

a. Play clock:

1. 25 seconds will be on the play clock and start on the ready-for-play signal:

- (a) Prior to a try following a score;
- (b) To start a period or overtime series;
- (c) Following administration of an inadvertent whistle;
- (d) Following a charged time-out;
- (e) Following an official's time-out as in 3-5-7 or 3-5-10.

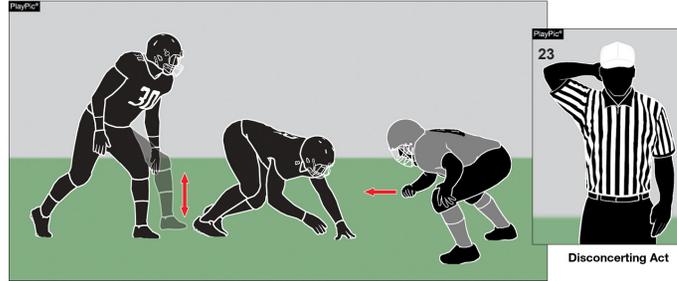
**EXCEPTIONS:**

- 1. 3-5-7b;
  - 2. 3-5-7e if initially related to a defensive player; and
  - 3. 3-5-10 if initially related to a defensive player.
- (f) Following a legal kick, when either team is awarded a new series; and
- (g) Following the stoppage of the play clock by the referee for any other reason. ...

❖ **Comment on Slide:**

Rule change in 2020. Following a legal kick when either team is awarded a new series, the play clock will be set to 25 seconds.

## DISCONCERTING ACT FOUL AND PENALTY RECLASSIFIED RULES 7-1-9, 7-1-9 PENALTY



Disconcerting acts or words by the defense has been reclassified from an unsportsmanlike foul to a disconcerting act foul, and the penalty changed from 15 yards to 5 yards. Signal 23 will be used to indicate the foul.



### ❖ **Rules Reminder:**

#### **RULE 7 – SECTION 1 – BEFORE THE SNAP**

**ART. 9 . . .** No defensive player shall use disconcerting acts or words prior to the snap in an attempt to interfere with A's signals or movements.

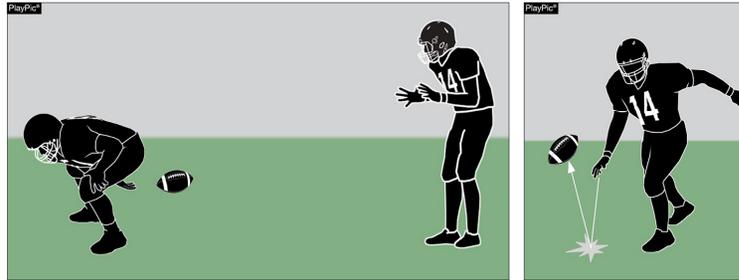
**PENALTY:** Arts. 1, 5, 6 – Encroachment – (S7-18) – 5 yards; Arts. 2, 3 – snap infraction (S7-19) – 5 yards; Art. 7 – false start – (S7-19) – 5 yards; Art. 9 – disconcerting act – (S7-23) – 5 yards.

### ❖ **Comment on Slide:**

Rule change in 2020. Disconcerting acts or words by the defense has been reclassified from a unsportsmanlike foul to a disconcerting act foul, and the penalty changed from 15 yards to 5 yards.

❖ **Case Book:** See SITUATIONS 7.1.7C, 7.1.9

**SPIKING THE BALL TO CONSERVE TIME**  
**7-5-2e EXCEPTION, TABLE 7-5-2e EXCEPTION, TABLE 7-5e**  
**EXCEPTION**



The exception to allow a player to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap has been expanded. This exception now includes snaps that are not hand-to-hand.



❖ **Rules Reminder:**

**RULE 7 – SECTION 5 – FORWARD-PASS CLASSIFICATION ...**

**ART. 2 . . .** An illegal forward pass is a foul. Illegal forward passes include:

- a. A pass after team possession has changed during the down.
- b. A pass from beyond the neutral zone.
- c. A second and subsequent forward pass(es) thrown during a down.
- d. A pass intentionally thrown into an area not occupied by an eligible offensive receiver.
- e. A pass intentionally thrown incomplete to save loss of yardage or to conserve time.

**EXCEPTION:** It is legal for a player positioned directly behind the snapper to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap that has neither been muffed nor touched the ground.

**TABLE 7-5-2e EXCEPTION, TABLE 7-5e EXCEPTION ...**

- e. Pass intentionally thrown incomplete to save loss of yardage or conserve time.

**EXCEPTION:** It is legal for a player positioned directly behind the snapper to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap that has neither been muffed nor touched the ground.

❖ **Comment on Slide:**

Rule change in 2020. The exception to allow a player to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap, has been expanded to include any player positioned directly behind the center. This exception now includes snaps that are not hand-to-hand.

❖ **Case Book:** See SITUATIONS 7.5.2B, 7.5.2G

## 2021 – GRAY HOME FOOTBALL JERSEY RULE 1-5-1(b)3



❖ **Rules Reminder:**

**RULE 1 – SECTION 5 – PLAYER EQUIPMENT**

**ART. 1 . . .** Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection: ...

b. Jersey: ...

3. Players of the home team shall wear jerseys, unaltered from the manufacturer's original design/production, that meet the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below. **The jerseys of the home team shall be a dark color that clearly contrasts to white.** If white appears in the body of the jersey of the home team, it may only appear: ...

❖ **Comment on Slide:**

Effective this 2021 season after a four year implementation period, **the jerseys of the home team shall be a dark color that clearly contrasts to white.** The gray jersey being worn by the home team as pictured above, is not dark enough and does not clearly contrast with white jersey of the visiting team. Starting in 2021, this gray jersey as shown would be an illegal jersey since it is not dark enough to be a home team jersey.

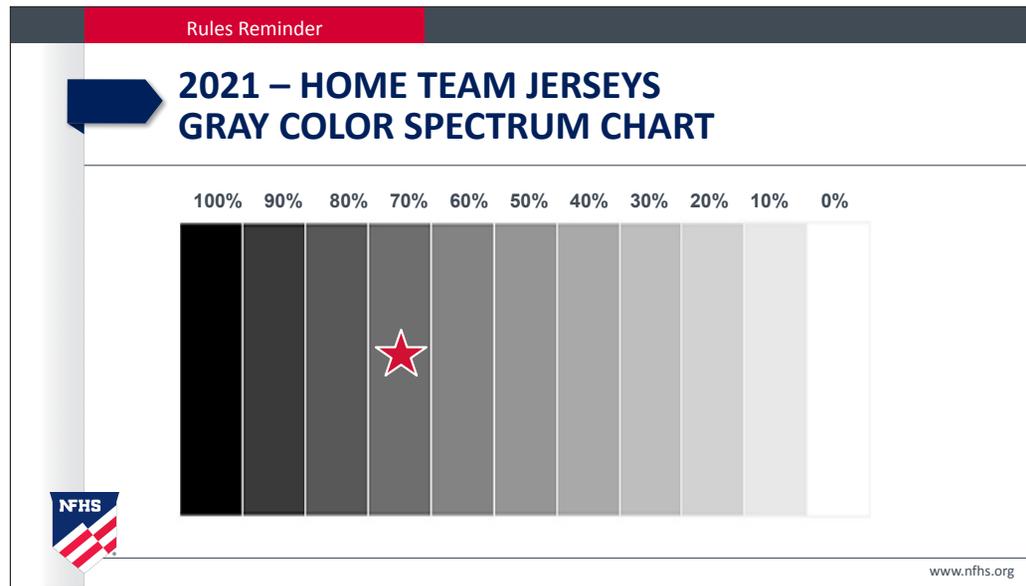
**2021 – HOME TEAM JERSEYS  
RULE 1-5-1(b)3**



❖ **Rules Reminder:**

❖ **Comment on Slide:**

The picture on this slide shows you some sample football jerseys. Jersey A is a legal white visitor jersey. Jerseys B and C are home jerseys that are light gray and that do not clearly contrast with a white visitor jersey. Beginning 2021, Jerseys B and C will be illegal as they both are not dark enough for a home jersey. Jersey D is a legal dark gray home jersey.

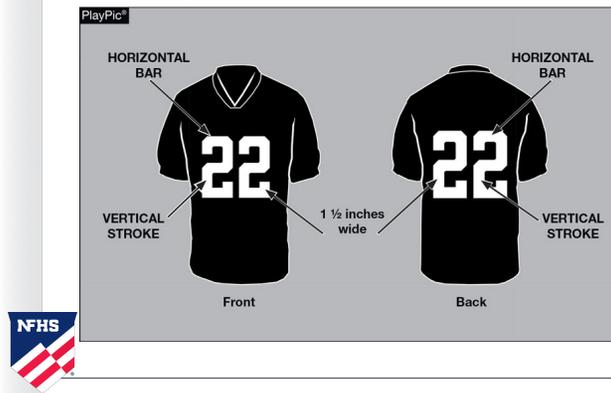


❖ **Rules Reminder:**

❖ **Comment on Slide:**

Beginning in 2021, for the color gray and/or any other light colors being used for a home jersey, it cannot go below 70% shading of the main color being used in order for it to clearly contrast with white.

## FOOTBALL JERSEY NUMBERS RULE 1-5-1c, 1-5-1c(6)



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide, and a single solid color that clearly contrasts with the body color of the jersey starting in 2024.

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### ❖ Rules Reminder:

#### RULE 1 – SECTION 5 – PLAYER EQUIPMENT

**ART. 1 . . .** Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection: ...

##### c. Numbers

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers, inclusive of any border(s), shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively.
3. The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide.
4. The color and style of the number shall be the same on the front and back.
5. **Through the 2023 season**, the body of the number (the continuous horizontal bars and vertical strokes) shall be either:
  - (a) a continuous color(s) contrasting with the jersey color; or
  - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
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.

### ❖ Comment on Slide:

Rule change in 2019. The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must 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)



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.



❖ Rules Reminder:

❖ Comment on Slide:

See comments on slide.

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



The style of the numbers on all three of these jerseys are legal now and will be in 2024 as well.



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### ❖ Rules Reminder:

#### RULE 1 – SECTION 5 – PLAYER EQUIPMENT

**ART. 1 . . .** Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection: ...

##### c. Numbers

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers, inclusive of any border(s), shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively.
3. The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide.
4. The color and style of the number shall be the same on the front and back.
5. **Through the 2023 season**, the body of the number (the continuous horizontal bars and vertical strokes) shall be either:
  - (a) a continuous color(s) contrasting with the jersey color; or
  - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
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.

### ❖ Comment on Slide:

Rule change in 2019. The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must 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 these jerseys are legal through the 2023 season.  
The following four types of number designs will be illegal in 2024.



### ❖ Rules Reminders:

#### RULE 1 – SECTION 5 – PLAYER EQUIPMENT

**ART. 1 . . .** Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection: ...

##### c. Numbers

1. The numbers shall be clearly visible and legible using Arabic numbers 1-99 inclusive and shall be on the front and back of the jersey.
2. The numbers, inclusive of any border(s), shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively.
3. The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide.
4. The color and style of the number shall be the same on the front and back.
5. **Through the 2023 season**, the body of the number (the continuous horizontal bars and vertical strokes) shall be either:
  - (a) a continuous color(s) contrasting with the jersey color; or
  - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
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.

### ❖ Comment on Slide:

Rule change in 2019. The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.