




**2022 NFHS
FOOTBALL RULES REMINDERS**



Rules Reminder


BLOCKING BELOW THE WAIST

RULE 2-17-2c



PlayPic®
A


FREE-BLOCKING ZONE



PlayPic®
B

FREE-BLOCKING ZONE

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.


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❖Rules Reminder:

RULE 2 – SECTION 17 – FREE-BLOCKING ZONE – LEGAL BLOCKING BELOW THE WAIST AND LEGAL BLOCK IN THE BACK

ART. 1 . . . The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

ART. 2 . . . Blocking below the waist is permitted in the free-blocking zone when the following conditions are met:

- a. All players involved in the blocking are on the line of scrimmage and in the zone at the snap.
- b. The contact is in the zone.
- c. The block is an immediate, initial action following the snap.


❖Comment on Slide:

Rule change in 2021. Further clarified that blocking below the waist now requires the block to begin immediately following the snap.

Due to the 2021 NFHS change in the blocking below the waist rule, game officials should be aware of the start of the block.

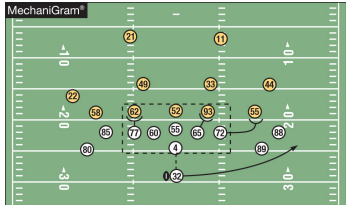
❖Case Book: See SITUATIONS 9.3.2A, 9.3.2B, 9.3.2C, 9.3.2D, 9.3.2E, 9.3.2F, 9.3.2G, 9.3.2H

Rules Reminder




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.



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❖ Rules Reminder:

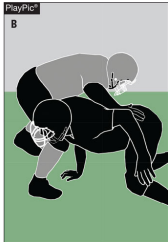

❖ Comment on Slide:

See comments on slide.


Rules Reminder



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.



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❖Rules Reminder:

❖Comment on Slide:

See comments on slide.

Rules Reminder



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.



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❖Rules Reminder:

❖Comment on Slide:

See comments on slide.

Rules Reminder



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.



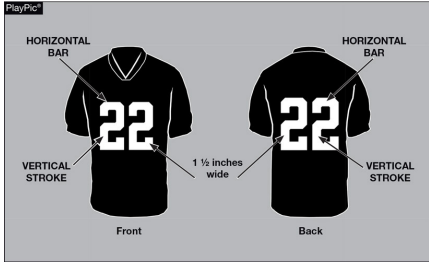
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❖Rules Reminder:

❖Comment on Slide:

See comments on slide.

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.


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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 0-99 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.

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❖Rules Reminder:

❖Comment on Slide:

See comments on slide.

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.

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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 0-99 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.

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.**


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❖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 0-99 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.