

# 2024 Football Preseason Bulletin

## Rules, Revisions, and Interpretations



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**July 2024**  
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## 2024 NFHS FOOTBALL RULE CHANGES

**1-5-1b(3)** — The jerseys of the home team shall all be the same dark color(s) that clearly contrasts with white.

## 2024 EDITORIAL CHANGES

Football Helmet Warning Statement; 1-3-1b; 1-3-1g; 1-3-1i(5); 1-5-1a(1); 1-5-1b(2), (3); 1-5-1c(5); 1-5-1d(5)a; 1-5-2b; 1-5-3b(6); 1-5-3c(6); 1-7(7); 1-8; 2-8; 2-32-16; 5-2-4; 7-2 PENALTY; TABLE 7-5; 9-2 PENALTY; 9-5-1g; 9-8-1j; 9-8 PENALTY; 10-3-1c NOTE; 10-4; 10-5; TABLE 10-4; PENALTY SUMMARY; NFHS OFFICIAL FOOTBALL SIGNALS

## 2024 PIAA ADOPTIONS AND MODIFICATIONS

Adopt the 2024 NFHS Football Rules Book

Adopt Rule 1-2-3e Request that college and professional football Contest sites mark their fields in accordance with Rule 1-2-3e, inbounds lines. If that is not possible, it is permissible to use college or professional fields with inbounds lines marked at the distance specified by their respective codes.

Adopt Rule 1-3-1 NOTE: specifications for the ball to be used in Contests involving only players below the 9th grade.

Adopt Rule 1-3-7, authorizing the use of supplementary equipment to aid in Contest administration.

Modify Rule 3-5-10b (Concussion Rule), to clarify that "an appropriate health-care professional" is a licensed physician of medicine or osteopathic medicine (MD or DO).

Adopt Rule 3-1-1 NOTE: the Resolving Tied Games (10-Yard Line Overtime) Procedure for use during senior high school varsity football Regular Season and Postseason Contests, as set forth in the NFHS Football Rules Book.

Adopt Rule 3-1-2, running clock, at all levels (varsity, junior varsity, or otherwise) of Competition, upon completion of the first half and one Team gains a 35-point differential over its opponent, the clock shall be stopped only when an official's time-out is taken, a charged time-out is granted, a period ends, or a score occurs.

**2024 PIAA ADOPTIONS AND MODIFICATIONS CONTINUED**

Any coach and/or adult Team Personnel removed, ejected or disqualified from a Contest who refuses to leave the competition area (out of sight and sound) as directed by the Contest Official will result in a forfeiture of the Contest.

This policy has been adopted by the PIAA Board of Directors in an effort to address poor acting adults who refuse to abide by the applicable rules book and to show support of PIAA officials.

Officials who encounter situations that involve this policy must report the occurrence to the PIAA Officials Department the next business day.

**2024 POINTS OF EMPHASIS****Sportsmanship and Altercation Prevention and Protocol**

The National Federation of State High School Associations (NFHS), state associations, coaches and game officials across the country are concerned as unsporting behavior in education-based athletics continues to escalate across all sports. A commitment to a collaborative, working relationship to promote good sportsmanship and teach and enforce NFHS rules and state association expectations is paramount to continue to safely conduct the game.

Everyone associated with high school football has a role to play in creating a positive, sportsmanlike atmosphere at games. The NFHS must continue to address poor sporting behavior and promote the value of good sportsmanship. State associations must clearly set expectations in regard to unsportsmanlike behavior and enforce association rules regarding violations of those expectations. School administrators and coaches must teach, promote, model and set clear standards of behavior for themselves, players and fans. School administrators and coaches should also ensure that additional personnel on the sideline, outside the team box, adhere to set standards of sportsmanship. Game officials must fairly and consistently enforce NFHS rules in all aspects related to unsporting behavior by coaches and participants. Players and parents must model respect for coaches and game officials' decisions, opponents and adhere to and promote the set expectations regarding sportsmanship.

Everyone involved must clearly understand that education-based athletics is an extension of the classroom and is about more than just winning and losing, getting scholarships and gaining accolades. Education-based athletics is about learning, and the conduct and actions of everyone involved should reflect this.

In order to prevent unsportsmanlike issues from escalating please consider the following preventive protocols.

**2024 POINTS OF EMPHASIS CONTINUED****Fight or Altercation Protocol**

Most fights end quickly. Fights that escalate beyond the initial incident tend to do so because others run toward the fight. Running toward a fight normally contributes to the escalation of the altercation.

1. Prepare before it happens. Make sure to instruct and even practice what to do in case an altercation occurs.
  - a. Assign specific coaches or administrators to run to the altercation to assist with breaking it up.
  - b. Assign specific coaches to immediately step off the sideline and turn their attention to keeping the players on the sideline.
  - c. Team members already on the field should distance themselves from the altercation.
  - d. Educate all participants about the penalties associated with fighting, leaving the team area, taunting, using offensive gestures, and other unsportsmanlike acts.
  - e. Instruct your video crew to continue to record or to start recording if an altercation occurs.
  - f. Know where security is stationed.
  - g. Keep all non-essential people off the sideline and preferably behind a fence or barrier.
2. If an altercation does occur, execute the above plan.
3. Once the participants are separated, keep them separated until play can safely resume or until administrators and game officials decide how to proceed.
4. Do not allow teams to simultaneously use the same exits or occupy the same areas following an altercation or chippy contest.

**Handshake Line Protocol**

1. Administrators/security from both schools should be stationed on the field in close proximity to the handshake line.
2. One team should be on the right and the other team should be on the left. Players from one team should not be allowed to walk down both sides of the line.
3. Absolutely no non-essential personnel should be allowed on the field or sidelines until both teams have reached a designated area after completion of the handshake line.
4. A coach or administrator should be stationed at the end of the handshake line to direct the players who have completed the line to a designated area on their end of the field. Do not allow the players to continue to the opposing sideline or to the other end of the field.
5. Have one or more coaches at the front of the line and one or more at the end of the line.

Improving the current state of the game regarding the prevalence of unsporting behavior requires that everyone involved commit to addressing the issue. Civility, even in the midst of intense competition, matters.

**Player Equipment and Enforcement**

To support the safety of all participants, players must wear equipment and uniforms that are properly fitted and worn as intended by the manufacturer. Before starting each game, the head coach must verify that all players are properly and legally equipped.

**2024 POINTS OF EMPHASIS CONTINUED**

The use of knee pads is an area targeted for emphasis. Due to potential injury, it is essential that players only be allowed to participate if their pants and knee pads comply with the rules. Pants must completely cover the knees, and knee pads must be worn over the knee. In pregame duties, game officials should be watchful and proactive in addressing potential equipment, and more specifically, knee pad issues. Players often wear pants that slide up and expose the knee during movement. Game officials should communicate with coaches and/or players and ensure that only legally and properly equipped players are allowed to participate – noncompliance results in nonparticipation.

It is the shared responsibility of the coaches, players and game officials to closely monitor equipment issues and act in accordance with NFHS football playing rules on this subject. The specific areas of concern include the wearing of mandatory equipment by each player at all times while the ball is live, properly wearing any mandatory/legal equipment as intended by the manufacturer, and avoiding the use of any illegal equipment at any time by any player. It must be noted that NFHS Football Rules 3-5-10e and 9-8-1h directly address the correct enforcement for violations of these specific equipment rules. Coaches, game officials and players should work together and support the safety of all participants by ensuring that NFHS football equipment and uniform rules are followed.

**Formations**

Over the past several years, there has been a considerable decline by many teams in their efforts to line up legally. There has also been a decrease by game officials with enforcement of illegal formations, especially involving offensive linemen. Linemen are legally on the line of scrimmage when they face their opponent's goal line and have a head or foot breaking the imaginary plane through the waist of the snapper. It has become fairly common to see guards or tackles line up a yard or two off the ball to aid in pass blocking or pulling. Doing so provides a significant advantage for the offense and should be addressed at the first opportunity by coaches and game officials.

A back is an "A" player who has no part of his body breaking the plane of the waist of the nearest teammate who is on the line of scrimmage. Formations become illegal when backs are not clearly in the backfield. If an offensive player lines up by intersecting the waistline of the tackle, but not the center, Team A has committed an illegal formation foul because all Team A players must be a lineman or back. Receivers who wish to line up as a back should have "daylight" between the rear end of the nearest lineman and their nearest body part. Communicating with the line of scrimmage official on your side of the field is the best way to avoid a formation foul.

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**2024 POINTS OF EMPHASIS CONTINUED**

All coaches should spend time learning and periodically reviewing the current NFHS football playing rules so they can effectively communicate correct information on to their players. Someone on the coaching staff should be assigned to monitor player compliance and understanding of formation rules during practice and game play. Early and consistent communication between coaches, players and game officials will permit the game to proceed with less disruption to the flow.

Game officials should monitor pre-game warm-up and communicate (through coaches) to allow them to correct borderline or illegal formation issues they have observed. Once the contest begins, preventive officiating skills should be used at the earliest opportunity to allow coaches to make adjustments before formation issues become egregious. However, formations that clearly and obviously do not meet the specifications of NFHS Football Rules 2-32-3, 2-32-9 and 7-2 must be penalized as fouls without warning.

**The team boxes are returning to their original position between the 25-yard lines. During Covid-19, they were extended to the 10-yard lines. Now, no coaches and players are permitted outside the team box.**

**CAMO JERSEYS**

This jersey is illegal.

Please reference NFHS Football Rules Book Rule  
1-5-1 (b)(3)(a).

**However, schools are authorized to participate in a contest wearing this PA Army National Guard provided jersey for one home game without penalty.**





## PIAA BY-LAWS—DISQUALIFICATIONS: ARTICLE XIII, SECTION 8

**Section 8. Disqualification From Next Contest(s). General Rule. Preamble**

Sportsmanship is a core principle in interscholastic athletics. Actions which are unethical and/or intended to demean, embarrass, intimidate or injure opposing contestants, Teams, spectators and/or officials are considered unsportsmanlike and will not be tolerated since they are contrary to the purposes of PIAA and convey lessons incompatible with the reasons why high school sports exist.

A. Mandatory Disqualification. One Game Suspension. Any Coach, team personnel and/or contestant who is disqualified from a Scrimmage, Interschool Practice, and/or Contest by a state high school association-recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct is disqualified from Coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach and/or contestant was previously disqualified. For a Coach, participation in the next Contest includes any contact by the Coach with members of the Team, including other Coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal must direct the Coach not to attend all of the Contest(s).

B. Supplemental Disqualification. Two Game Suspension. Any Coach, team personnel and/or contestant who, is ejected from a Scrimmage, Interschool Practice, and/or Contest by a state high school association recognized and/or registered official and a component of the ejection is any of the following actions: confronting an official, coach, or contestant; physically contacting an official, coach, or contestant; directing foul or vulgar language/gestures toward an official, coach, contestant or spectator(s); using ethnic or racially insensitive comments: will be disqualified from coaching and/or participating for the remainder of the day and for the next two (2) Contests including all Contests on the next two (2) Contest days of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach, team personnel and/or contestant was previously disqualified. For the purposes of this provision, the jurisdiction of the official(s) to apply and enforce this rule begins upon the official's arrival at the Contest site and ends when the official (or the last of the team of officials) leaves the Contest site. The Contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas.

When the Supplemental Disqualification implicates a contestant, and in addition to the two (2) Contests disqualification, the contestant may not return to competition representing the contestant's school until the contestant completes the NFHS Sportsmanship program at NFHSLearn (online) and provides a certification of completion of this program to the student's Principal and the Principal submits the certification to the PIAA District Sport Chairman. A Coach and/or Team personnel disqualified under this provision may not return to competition representing the Coach's/Team personnel's school until the Coach/Team personnel complete the NFHS Sportsmanship program and Teaching and Modeling Behavior program at NFHSLearn (online) and provides a certification of completion of these two programs to the Coach's/Team personnel's Principal and the Principal submits the certification to the PIAA District Sport Chairman.

A disqualification under this provision supersedes a disqualification under A. above. A PIAA District Committee may, at its discretion, convene a hearing to address any and all disqualifications and may provide additional penalties as warranted by the circumstances.

***NOTE: What this means for officials is that any disqualification that previously only applied to contests now apply to scrimmages as well. Officials ejecting persons from scrimmages must now submit the DQ form for these additional instances also.***

## EXAMPLES OF DISQUALIFICATION PROVISION OF ARTICLE XIII, SECTION 8

The Supplemental Ejection is not designed for violations of "Rules of the Game" The one game sit out penalty still remains for those actions that do not fit the Supplemental Ejection policy. PIAA Board of Directors has given officials an additional tool to use, if warranted, to curb bad behavior. This could aid in the recruitment and retention of officials. Officials should not concern themselves with the penalty. School administration will handle that.

### A few examples:

- **Situation:** After the basketball game has concluded and the officials are in the locker room, varsity head coach Jones begins to bang on the door and use profanity toward the officials.
  - **Ruling:** The coach's actions would merit a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Jones who must sit out the next two varsity contests. The crew chief must also make contact with Coach Jones' athletic director immediately or immediately after leaving the contest site to inform them that the Supplemental Disqualification was issued on Coach Jones.
- **Situation:** During a junior varsity soccer game a player from team A commits a handball violation in the penalty area denying an obvious goal scoring opportunity.
  - **Ruling:** The referee awards a penalty kick to Team B and properly issues a red card and escorts the player from Team A to the sideline. The referee also informs the coach of the reason for ejection. The referee must file the Disqualification Report within 24 hours and the player must sit out the next junior varsity contest.. This is a standard one game sit out disqualification penalty.
- **Situation:** In the third inning of a baseball game the head coach disagrees with a safe/out call and charges onto the field while yelling profanities at the umpire.
  - **Ruling:** The umpire must eject the head coach and inform them that they are being assessed a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Smith who must sit out the next two junior varsity contests.
- **Situation:** During the boys varsity soccer match, Player A1 is taken down with a legal tackle by Player B1. Player A1 feels that a foul should have been called and jumps from the ground and yells at the nearest official saying, "Hey Ref, you suck."
  - **Ruling:** The official must immediately issue a red card and eject Player A1. The official must then inform Player A1's head coach of the ejection and the fact that it is a Supplemental Disqualification due to the foul language directed at the official. The ejecting official must file the Supplemental Disqualification report within 24 hours on the player who must sit out the next two varsity contests.
- **Situation:** After the volleyball match has concluded and the officials are walking through the school lobby to get to their cars a parent confronts the officials and uses profanity toward them.
  - **Ruling:** The officials must not engage the parent in discussion and should continue to their vehicle, if possible. Upon reaching their vehicles the crew chief must immediately contact the host school's athletic director and inform them of what occurred. The officials do not retain jurisdiction under the Supplemental Disqualification in this instance. It does not apply to fans, only coaches and contestants. School athletic administrators must take action to prevent this type of occurrence in the future.
- **Situation:** After the varsity football game has ended and the officials are gathering at the 40 yard line to proceed to the locker room, the head coach rushes on to the field and confronts the crew about calls made that evening. The coach while using foul and abusive language contacts one of the officials.
  - **Ruling:** The crew chief must inform the head coach that he is being assessed a Supplemental Disqualification for his actions. The crew chief must file the Supplemental Disqualification report within 24 hours on the head coach who must sit out the next two varsity contests.

### Final Point:

- **Question:** On the new 2 game DQ is it going to be the officials' decision if it's a 2 game DQ or the PIAA's after reviewing the report?
  - **Answer:** As with the previous 1 game DQ, it is always the decision of the official to eject but the actions of the player or coach will be the deciding factor whether the Supplemental DQ is used.
  - The official really has no decision to make. If the actions are what is listed in the Supplemental Disqualification then the penalty is 2 games, the decision will be made for them by the actions of the offender.
  - The official will not have the ability to choose between the two different disqualifications. The choice will be made for them.

**GENERAL INFORMATION**

- Officials should use O2O devices to improve communication within the crew. Too often it is used for "Non game" chitchat. Remember that the channels are NOT private and others can and will be listening. Officials should be careful and not say anything you would not want heard by players, coaches, or fans. Uses include, passing players number or fouls to crew members, helping officials get information to the coach or official on opposite side of the field.
- Marking Balls; While marking game balls is customary in pregame, officials that approve balls and place a crew ID mark should use caution NOT to make the mark in such a way that is "OVER DONE". The use of a broad tipped sharpie should be avoided. A more proper marker should be a ball point pen or "FINE" tipped sharpie. These balls are often used for several games thus a crew specific mark should not be so large as to be a distraction on the ball. Something as simple as the R's initials works well, avoid the use of dates, ie. 9-21-21.
- Clapping of hands, signal calling; While it is legal to use the clapping of hands for the Quarterback in calling for the snap, officials, especially the R should be aware of the player that uses an exaggerated clapping of the hands. This could occur in short yardage situations or critical times in the game. We should treat the over exaggerated clap as we do with the head bob. When this occurs, the offense should be penalized for a False Start.

**RECOMMENDATION OF A WRITTEN CONTRACT**

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

**SPORTSMANSHIP - PIAA POINT OF EMPHASIS**

- PIAA Officials must be aware of racially insensitive remarks between player during contests.
- If heard by a PIAA Official, it must be addressed immediately and firmly.
- Ejections should be strongly considered when faced with this type of infraction.
- If an official fails to hear the remark but it is reported to them by a player, the official must approach the potentially offending team's head coach and report to that head coach what they were told.

[www.piaa.org/officials](http://www.piaa.org/officials)



**EMERGENCY ACTION PLANS FOR OFFICIALS CHAPTERS**

Officials' chapter officers should be aware of emergency exits, AED devices, and other emergency items in the event a chapter member needs medical assistance or emergency action needs to be taken during a chapter or mandatory rules meeting.

**POLICY REGARDING THE USE OF EYE SHADE**

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, words, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Players having eye shade that does not meet the standard are to remove it or comply with the PIAA interpretation before participation in the game. If the players do not comply, the officials may impose unsportsmanlike conduct type penalties as determined by their respective rules code.

**PIAA CONFLICT OF INTEREST POLICY FOR ALL SPORTS**

PIAA has a written policy regarding conflict of interest. This policy is in all of our post regular season officiating contracts and is contained in the PIAA Athletic Officials' Manual for all officials to view.

An official will remove themselves from a contest if they find that they have any personal association with any of the competitors or coaches on any team, with the competitors' school, or with the competitors' community, such as being a relative of a competitor, or being an employee or a relative of a competitor in the competitors school district, or a resident of the competitors' community.

**COMMENT:** Officials accepting assignments for contest at their local school where they live, or have a relative competing, place themselves in a compromising position in the performance of their duties as a registered official. Every decision and judgment is open to criticism and places the official in a compromising position where it brings into question the integrity and actions of the official. This is an indefensible position for the official and assignments of this nature are not to be taken or accepted by PIAA registered sports' officials. Extreme cases of emergency and situations that may be completely unavoidable are the only exceptions to this policy.

**VIOLATION OR CANCELLATION OF AN OFFICIAL'S CONTRACT BY A PIAA MEMBER SCHOOL**

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, within their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. The failure of a PIAA member school to live up to the terms of the contract is considered a violation of the Constitution and By-Laws of PIAA

**Comment:** It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has "double booked" the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a "good faith" effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor's responsibility. Officials should request contracts from their assignors or schools for both parties protection.

## 2024 PIAA FOOTBALL SCHEDULE

|  |            |
|--|------------|
| Heat Acclimatization.....              | August 5   |
| First Practice Date.....               | August 12  |
| First Inter-School/Scrimmage Date..... | August 17  |
| First Regular Season Play Date.....    | August 23  |
| *August 24 or 25 optional start dates* |            |
| Last Regular Season Contest Date ..... | November 4 |
| District Deadline .....                | November 9 |

### PIAA Football Championships:

|                    |                           |
|--------------------|---------------------------|
| First Round.....   | November 15 & November 16 |
| Quarterfinals..... | November 22 & November 23 |
| Semi-Finals .....  | November 29 & November 30 |

### PIAA Football Championship Finals

|  |                    |
|--|--------------------|
| Chapman Field, Cumberland Valley HS, Mechanicsburg ..... | December 5, 6, & 7 |
| Thursday 1A & 4A, Friday 2A & 5A, Saturday 3A & 6A       |                    |

## OFFICIALS' UNIFORM

1. The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.
2. All PIAA-registered officials must wear identical uniforms during a contest.
3. Required uniform for football officials:
  - **Hat** - Black fitted baseball cap with white piping. The referee shall wear a solid white fitted baseball cap.
  - **Shirt** – Black-and-white vertically striped, long or short-sleeve knit shirt shall be worn. The shirts shall have either 1-inch stripes or a state association adopted shirt with a maximum of 2 ¼ - inch stripes, a black knit cuff, and Byron collar. All games officials are to wear the same type shirt.
  - **Belt** - Black leather, if worn, 1¼ to 2 inches wide.
  - **Pants** - Black – Tailored black pant with white stripe on outside of leg only. Knickers are precluded from the official uniform.
  - **Shoes** - Solid Black or Predominantly Black with some white, cleaned, and shined.
  - **Jacket** - Black and white vertically striped jacket (not to be worn during the game).
  - **Lanyard** - Black.
  - **Whistle** - Black finger style (recommended). Turtleneck - Black or white (if needed).

The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited. Smoking and/or tobacco chewing is prohibited.

PIAA sports' officials may display an American flag (maximum size 2 by 3 inches) on the right sleeve of their uniform shirt approximately three inches down from the shoulder seam. This will be the same position the PIAA official patch is displayed on the left sleeve.



**2024 Heat Acclimatization****SENIOR HIGH FOOTBALL PRE-SEASON HEAT-ACCLIMATIZATION GUIDELINES**

Practice or competition in hot and/or humid environmental conditions poses special problems for student-athletes. Heat illness is a primary concern in these conditions. Having a scripted practice plan with breaks from activity as well as scheduled hydration and cooling off periods will be of great assistance in preparing student-athletes for the football season.

**REMINDER:** No student is eligible to participate in Practices (including heat acclimatization), Inter-School Practices, Scrimmages and/or Contests unless the student has completed a comprehensive initial pre-participation physical evaluation ("CIPPE") performed by an Authorized Medical Examiner.

**CORE PRINCIPLES:**

1. **Acclimatization Period:** All schools sponsoring high school football are required to institute a heat acclimatization program. Heat acclimatization may begin no earlier than Monday or Tuesday (August 5 or 6, 2024) for 5 consecutive days prior to the Monday starting date (August 12, 2024) for the 2024 football season. If a school opts to institute heat acclimatization during this period, the intent is to have all members of the team be present and participate in all 5 consecutive days of the heat acclimatization period. A school must have 5 consecutive days of heat acclimatization prior to their first contact drills which may not be initiated before the first legal practice date of fall sports (Monday, August 12, 2024).

□ The practices for this week are limited to a 5-3-5-3-5 hours of practice daily for the 5 days of heat acclimatization. Practice sessions shall not be longer than 3 hours in length and teams must have at least 2 hours of rest (recovery period) between sessions. Days 1, 3 and 5 are limited to 5 hours of practice per day and Days 2 and 4 are limited to 3 hours of practice per day. **NOTE:** If a Team is unable to meet the 3 hour daily minimum due to school being in session during the day(s) of heat acclimatization, the Team is expected to maximize the time available for heat acclimatization on those days to satisfy the spirit and intent of this guideline

□ Helmets and shoulder pads with shorts are permitted the first 5 days of heat acclimatization. Full gear and contact shall be permitted no earlier than Monday, August 12 after the completion of the five consecutive day heat acclimatization period.

□ If a school starts heat acclimatization on Monday, August 5, they may practice on Saturday, August 10, but there shall be no contact on this day since it is prior to the first contact day of Monday, August 12. If a school starts heat acclimatization on Tuesday, August 6, then Saturday August 10 is their 5th consecutive day of heat acclimatization and no contact is permitted.

2. **Scrimmages:** A team shall not participate in a scrimmage prior to the first available scrimmage date as provided in Article XVI: Season and Out-of-Season Rules and Regulations of the PIAA By-Laws:

□ A school must satisfy the 5 consecutive days of heat acclimatization with helmets, shoulder pads, shorts, prior to their first legal practice with contact. In addition, a school must sponsor 5 regular practice days (where contact and full gear is permitted) before their first scrimmage.

o If a school starts heat acclimatization on Monday, August 5, the earliest an inter-school practice or scrimmage could take place is Saturday, August 17. o If a school starts heat acclimatization on Monday, August 12, the earliest an inter-school practice or scrimmage could take place is Saturday, August 24.

**2024 Heat Acclimatization****3. Contests**

- A school must satisfy the 15 days of practice, which would include days of heat acclimatization, practice, and inter-school practices or scrimmages, before their first contest.
  - o If a school starts heat acclimatization on Monday, August 5, the earliest a contest could take place is Friday, August 23;
  - o If a school starts heat acclimatization on Monday, August 12, the earliest a contest could take place is Friday, August 30.

**4. Participation Limitation: No Team, no individual member or members of such Team, and no individual representing any PIAA member school, may Practice or participate in an Inter-School Practice, Scrimmage, Contest, and/or Open Gym on more than six days in any Calendar Week during the Regular Season.****5. Out-of-Season Activities: General conditioning provides only partial heat acclimatization. Therefore, student athletes should be exposed gradually to hot and/or humid environmental conditions to provide better heat acclimatization. Each exposure should involve a gradual increase in the amount of exercise that is undertaken over a period of days to weeks until the exercise intensity and duration is comparable to that likely to occur in competition. If conditions are extreme, training or competition should be held during a cooler time of the day.**

- When protective gear and clothing is authorized by the school Principal outside of the defined season, frequent rest periods should be scheduled so that the gear and clothing can be loosened to allow evaporation of sweat and other forms of heat loss. During the acclimatization process, it may be advisable to use a minimum of protective gear and clothing and to Practice in T-shirts, shorts, socks and shoes. Excessive tape and outer clothing that restrict sweat evaporation should be avoided. Rubberized suits should never be used.

**MIDDLE SCHOOL / JR HIGH FOOTBALL****PRE-SEASON HEAT-ACCLIMATIZATION GUIDELINES (Effective July 1, 2024)**

Practice or competition in hot and/or humid environmental conditions poses special problems for student-athletes. Heat illness is a primary concern in these conditions. Having a scripted practice plan with breaks from activity as well as scheduled hydration and cooling off periods will be of great assistance in preparing student-athletes for the football season.

**REMINDER:** No student is eligible to participate in Practices (including heatacclimatization), Inter-School Practices, Scrimmages and/or Contests unless the student has completed a comprehensive initial pre-participation physical evaluation ("CIPPE") performed by an Authorized Medical Examiner. **CORE PRINCIPLES:**

**1. Acclimatization Period: All schools sponsoring high school football are required to institute a heat acclimatization program. Heat acclimatization may begin no earlier than Monday, August 12, 2024 for 5 consecutive days for the 2024 football season. A school must have 5 consecutive days of heat acclimatization prior to their first contact drills which may not be initiated before Saturday, August 17, 2024.**

- The practices for this week are limited to a 5-3-5-3-5 hours of practice daily for the 5 days of heat acclimatization. Practice sessions shall not be longer than 3 hours in length and teams must have at least 2 hours of rest (recovery period) between sessions. Days 1, 3 and 5 are limited to 5 hours of practice per day and Days 2 and 4 are limited to 3 hours of practice per day. . **NOTE:** If a Team is unable to meet the 3 hour daily minimum due to school being in session during the day(s) of heat acclimatization, the Team is expected to maximize the time available for heat acclimatization on those days to satisfy the spirit and intent of this guideline.

**2024 Heat Acclimatization**

☐ Helmets and shoulder pads with shorts are permitted the first 5 days of heat acclimatization. Full gear and contact shall be permitted no earlier than Saturday, August 17 after the completion of the five consecutive day heat acclimatization period.

2. Scrimmages: A team shall not participate in a scrimmage prior to the first available scrimmage date as provided in Article XVI: Season and Out-of-Season Rules and Regulations of the PIAA By-Laws:

- ☐ A school must satisfy the 5 consecutive days of heat acclimatization with helmets, shoulder pads, shorts, prior to their first legal practice with contact. In addition, a school must sponsor 5 regular practice days (where contact and full gear is permitted) before their first scrimmage.
  - o If a school starts heat acclimatization on Monday, August 12, the earliest an inter-school practice or scrimmage could take place is Saturday, August 24.

3. Contests

- ☐ A school must satisfy the 15 days of practice, which would include days of heat acclimatization, practice, and inter-school practices or scrimmages, before their first contest.
    - o If a school starts heat acclimatization on Monday, August 12, the earliest a contest could take place is Friday, August 30.
4. Participation Limitation: No Team, no Individual member or members of such Team, and no individual representing any PIAA member school, may Practice or participate in an Inter-School Practice, Scrimmage, Contest, and/or Open Gym on more than six days in any Calendar Week during the Regular Season.

5. Out-of-Season Activities: General conditioning provides only partial heat acclimatization. Therefore, student athletes should be exposed gradually to hot and/or humid environmental conditions to provide better heat acclimatization. Each exposure should involve a gradual increase in the amount of exercise that is undertaken over a period of days to weeks until the exercise intensity and duration is comparable to that likely to occur in competition. If conditions are extreme, training or competition should be held during a cooler time of the day.

- ☐ When helmets and clothing are authorized by the school Principal outside of the defined season, frequent rest periods should be scheduled so that the gear and clothing can be loosened to allow evaporation of sweat and other forms of heat loss. During the acclimatization process, it may be advisable to use a minimum of protective gear and clothing and to Practice in T-shirts, shorts, socks and shoes. Excessive tape and outer clothing that restrict sweat evaporation should be avoided. Rubberized suits should never be used.

**DEFINITIONS (Both Junior High / Middle School and Senior High)**

**Maximum Practice Time:** The maximum allotted time per day for practice is 5 hours and teams must have 2 hours of rest between sessions.

**Minimum Practice Time:** The minimum practice time for the first five days is 3 hours per day. Practice: The time a player engages in physical activity. It is defined that any practice session be no greater than three (3) hours in length. Warm-up, stretching, conditioning, weight training and 'cool-down' periods are all considered practice.

**Recovery Period:** A minimum of a two (2) hour recovery period must be provided after any session.



## 2024 Heat Acclimatization

Walk-through: No protective equipment or strenuous activity permitted. Only balls and field markers (cones) may be used. Prevention of Heat Illness from the Sport Medicine Guidelines of the PI-AA Handbook should be observed. These include regular measurements of environmental conditions. See Sports Medicine Guidelines for more detail or consult with your athletic trainer and/or team physician.

### CONTACT GUIDELINES FOR FOOTBALL (Both Junior High / Middle School and Senior High)

Regular and Postseason: No football player is allowed to participate in more than three (3) days of contact and sixty (60) minutes of full contact practice per week. A team may continue to dress in full pads for practice but may only participate in live action drills and game time simulations no more than sixty minutes per athlete per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur. This rule is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in "air," "bags," and "wrap," drills and simulations at any point. Live Action and Thud are considered full contact drills. These contact levels are defined below:

- ☐ AIR – Players should run unopposed without bags or any opposition.
- ☐ BAGS – Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- ☐ WRAP – Drills run at full speed until contact, which is above the waist with players remaining on their feet.
- ☐ FULL CONTACT: For the purposes of the rule, "full contact" is defined as football drills or live game simulations where "live action" occurs.
- ☐ LIVE ACTION: as defined by USA Football, is contact at game speed where player execute full tackles at a competitive pace taking players to the ground. ☐ THUD – Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

### FOOTBALL HEAT ACCLIMATIZATION FAQ'S

What date must the Heat Acclimatization start?

- ☐ No earlier than Monday, August 5, 2024 or Tuesday, August 6, 2024 for Senior High.
- ☐ No earlier than Monday, August 12, 2024 for Junior High / Middle School. What is the minimum length of Heat Acclimatization?
- ☐ Five (5) consecutive days ☐ If starting Monday, August 5, 2024 then up to and including Friday, August 9, 2024.
- ☐ If starting Tuesday, August 6, 2024 then up to and including Saturday, August 10, 2024.
- ☐ If starting Monday, August 12, 2024 then up to and including Friday, August 16. What are the daily minimum and maximum times permitted for each session of the Heat Acclimatization Period?
- ☐ The minimum amount of time for practice each day during the Heat Acclimatization Period is three (3) total hours
- ☐ The maximum amount of time for practice on Days #1, #3, and #5 is five (5) total hours.
- ☐ The maximum amount of time for practice on Days #2 and #4 is three (3) total hours.
- ☐ If you plan on using the five (5) total hours allotted for Days #1, #3, and #5, then you must have at least a two (2) hour rest period after three (3) hours of practice prior to practicing the additional two (2) hours.

### 2024 Heat Acclimatization

The following is a sample illustration of a Heat Acclimatization Plan that meets the above provisions:

| Day | AM Session       | Break             | PM Session      |
|-----|------------------|-------------------|-----------------|
| 1   | 8:00 am-11:00 am | 11:00 am– 1:00 pm | 1:00 pm—3:00 pm |
| 2   | 8:00 am-11:00 am | N/a               | N/a             |
| 3   | 8:00 am-11:00 am | 11:00 am– 1:00 pm | 1:00 pm—3:00 pm |
| 4   | 8:00 am-11:00 am | N/a               | N/a             |
| 5   | 8:00 am-11:00 am | 11:00 am– 1:00 pm | 1:00 pm—3:00 pm |

Who must participate in the Heat Acclimatization Period?

- ☐ All teams (senior high or junior high / middle school) shall complete five consecutive days of heat acclimatization.

What is the minimal amount of days a “team” must participate in the Heat Acclimatization Period?

- ☐ The team as a whole must participate in a minimum of five (5) consecutive days of Heat Acclimatization.

What if a student athlete(s) miss a day of the Heat Acclimatization Period due to illness or other excused absence?

- ☐ Student Athletes are expected to participate in all five (5) days of the Heat Acclimatization Period. Student athletes missing a day(s) of the heat acclimatization period must be evaluated by school coaching staff and medical personnel before permitting additional participation.

What equipment may players wear during the Heat Acclimatization Period?

- ☐ Student athletes may wear their helmet and shoulder pads during the Heat Acclimatization Period. Full gear shall not be worn until the first official day of Fall Sports (Monday, August 12, 2024). Note: Junior high / middle schools cannot wear full gear until the team has satisfied the five consecutive days of heat acclimatization.

May our team “scrimmage” another team during the Heat Acclimatization Period?

- ☐ No, teams may NOT “scrimmage”, conduct “inter-school practices”, etc. during the Heat Acclimatization Period.

\*Special thanks to Jason Zimmerman and the District XI Committee for the development of the FAQ’s.

## GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

### PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
  - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard or lightning is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to resuming play.
  - c. Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - d. When independently validated lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning\* should always take precedence over information from a mobile app or lightning-detection device.

\*– At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.

***Revised and Approved January 2021***

### OFFICIAL COIN TOSS MECHANICS

When the official coin toss is held prior to the game's ceremonial coin toss, it is recommended to have the official coin toss, in the home team end zone or mid-field, 30 minutes prior to contest with the Head Coaches and Captains' of each team. Officials are to read the PIAA Sportsman-ship Message at this time and get legally equipped confirmation from each head coach.

Give the visiting speaking captain their option of taking heads or tails before the coin is tossed. Once you have the result of the toss, give the winner of the toss their options. After the winner of the toss selects their option, give the other team their options of which way they want to kick.

After Halftime – Eliminate ceremonial toss to press box and just go to each respective sideline and give instructions to line-up for kickoff based on your pre-game coin toss decisions.

### OVERTIME PROCEDURE

1. 3 Minute Intermission
  - a. Communication vital.
  - b. One time-out per-overtime period.
  - c. Penalty carryover.
2. Coin Toss
  - a. Visitor's choice in 1st overtime. (rotate in subsequent OT).
    1. Offense vs. Defense.
    2. Choice of end of field to put ball in play only one end will be utilized during the two sets of downs to insure equal game condition and conserve time.
3. 10-yardline to begin series
4. NO CLOCK
5. Series ends when A scores --- OR with Team B possession.
  - a. Try attempted by A.
  - b. Try attempted by B unless winner is determined.
  - c. If defense scores either safety or TD game is over.
6. Line-to-gain.....is always the goal line.

## 2024 DISTRICT RULES INTERPRETERS

|     |                     |  |
|-----|---------------------|--|
| 1   | Gerald DiGiovanni   | <a href="mailto:footballassignor@yahoo.com">footballassignor@yahoo.com</a> |
| 2   | Jay Rowan           | <a href="mailto:jay.rowan2@gmail.com">jay.rowan2@gmail.com</a>             |
| 3   | William J. McHale   | <a href="mailto:bmchale@comcast.net">bmchale@comcast.net</a>               |
| 4   | Carey S. Latsha     | <a href="mailto:clatsha@gmail.com">clatsha@gmail.com</a>                   |
| 5   | Michael K. Price    | <a href="mailto:mkprice24@aol.com">mkprice24@aol.com</a>                   |
| 6   | Brian Bert          | <a href="mailto:briansbert@gmail.com">briansbert@gmail.com</a>             |
| 7/8 | David M. Barry      | <a href="mailto:dbarry6@comcast.net">dbarry6@comcast.net</a>               |
| 7/8 | Bill Schottenheimer | <a href="mailto:schottii@msn.com">schottii@msn.com</a>                     |
| 9   | Kevin M. Doverspike | <a href="mailto:dovey@windstream.net">dovey@windstream.net</a>             |
| 10  | Joseph P. Lombardi  | <a href="mailto:jlombardi@necastro.com">jlombardi@necastro.com</a>         |
| 11  | Dan Ferry           | <a href="mailto:danrefumpactor@yahoo.com">danrefumpactor@yahoo.com</a>     |
| 12  | Mark T. Warner      | <a href="mailto:mark.warner@wellsfargo.com">mark.warner@wellsfargo.com</a> |

## PROPER PENALTY ADMINISTRATION

1. **PHILOSOPHY-**

A. First and foremost, officials need to adopt a philosophy regarding the calling of fouls. Something which has worked for countless officials is the axiom known as **MIBT. Make It Be There!** Excellence in officiating demands this type of thinking concerning fouls.

B. In conjunction with #1 listed above, officials need to be certain a foul affects the play. Was an advantage gained or was player safety compromised? These questions should precede throwing any flag.

C. Officials need to call fouls (or not call them) consistently throughout a given contest. For example, an illegal motion foul called in the first quarter must be called the same way in the 4th quarter. A “close” non-call on pass interference in the 2nd quarter must be ruled a no-call on a “close” call in the 4th quarter.

2. **MECHANICS-**

A. When any official detects a live ball foul, he must do three things:

- ⇒ Continue to officiate until the ball is dead.
- ⇒ Stop the clock when the ball becomes dead, and
- ⇒ Sound his whistle to get the attention of the Referee and the other officials

B. When reporting to the Referee, it is sound officiating to do the following:

- ⇒ **SLOW DOWN**—there is no rush
- ⇒ Communicate—What, Who, When, and Where to the Referee
- ⇒ Know what the enforcement should be. (Do not put this solely on the Referee. If you called a foul, you are primarily responsible to see that it is properly enforced).

C. When possible, throw your flag about shoulder height at the exact spot (if applicable).

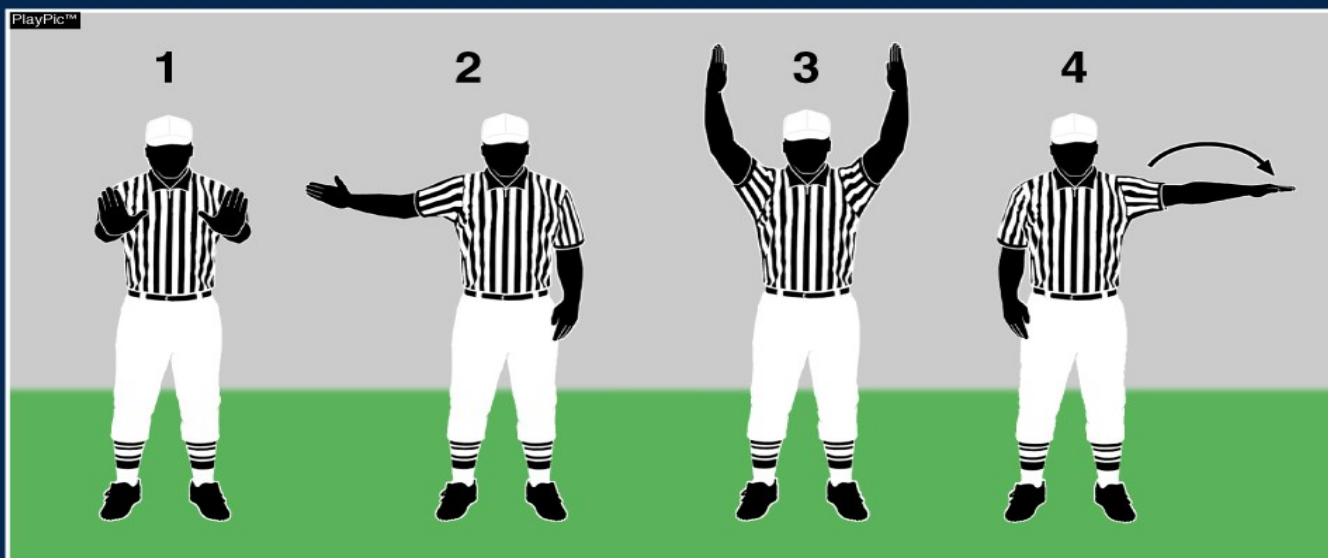
The only exception to this would be a dead ball late hit foul, which occurs on the sideline area. In these cases, the flag should be thrown high into the air so that everyone knows a foul has been observed.

3. **REMINDERS-**1) Take your time when making your decision as to whether a foul has been committed. 2) If you need to get together with the other officials-GET TOGETHER. 3) Review penalty administration in your pre-game conference.





## PROPER PENALTY ADMINISTRATION CONTINUED



1. Signaling Sequence for Penalties Enforced on Subsequent Kickoff.  
Signaling Sequence for Penalties Enforced on the Subsequent Kickoff.
2. Coin toss:
  - 3-2-1: At the coin toss in the center of the field the visiting-team's captain shall be given the privilege of choosing heads or tails before the coin is tossed.
  - The winner of the toss shall be given his choice of defense or offense first, or of designating the end of the field at which the ball will be put in play or this set of downs.
  - The loser will have his choice of the other options. The referee will indicate the winner of the toss by placing a hand on his shoulder.
  - To indicate which team will go on offense, the referee will have that captain face the goal toward which his team will advance and indicate this with the first-down signal.
  - The other team captain will face the offensive captain with his back toward the goal he will defend.

The NFHS Officials Manual Committee has approved a new procedure to be used on scoring plays involving a penalty by the opponent of the scoring team. The following is the procedure that is to be used by the referee:

- 1 and 2. Referee gives preliminary penalty signal and indicates offending team.
- The referee then obtains the captain's choice.
- 1 and 2. Referee gives penalty signal and indicates offending team again.
- If penalty is accepted and is to be enforced on the subsequent kickoff, the Referee indicates that the score counts.
- If penalty will be enforced on the subsequent kickoff, the Referee should indicate by pointing to midfield.



**VISORS**

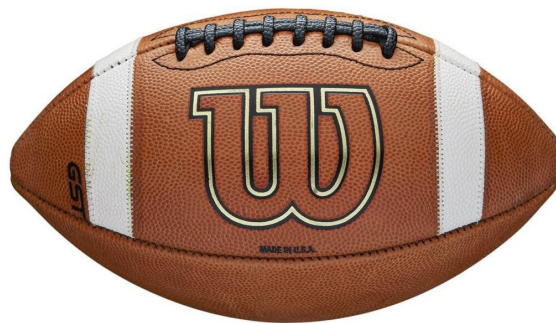
Officials are reminded that visors being worn by players during competition are now legal by NFHS football rules provided they meet two criteria as detailed in Rule 1-5-3,c-4. An eye shield attached to the helmet that is (a) constructed of a molded rigid material or (b) is clear without the presence of any tint. This alleviates the paperwork from principals signing off on the use of these items for their players and the officials having to review them before the contest.

**COMMON SENSE OFFICIATING**

With all the dialogue of concussions and the prevention of injuries, officials are requested to use prudent judgment in the handling of players who appear injured during playing action. If a player exhibits any signs of a concussion, or is injured in any manner, officials should do their due diligence in requesting the team's coaching staff or team medical personnel evaluate the player(s) involved. This is priority communication between the officials and the coaching staff. Please ensure that any player who appears injured must be evaluated by the team's medical personnel. Safety of players is priority one and before we remove any player from a contest, make sure the team's medical personnel are involved with the decision making.

**FIFTH QUARTER**

Officials are not authorized to remain on the field in an officiating capacity if schools agree to play extended quarters. This is contrary to authorized playing time for junior high and senior high competition. This type of action may place officials in liability jeopardy since these type of activities violate the standard of play for length of games/quarters in the NFHS football rules book and the PIAA By-laws.



## PIAA SPORTSMANSHIP MESSAGE

**\*\*This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.\*\***

***PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.***

The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Football Rules. The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.

## UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.



## **SHARED RESPONSIBILITY AND FOOTBALL HELMET WARNING STATEMENT**

Athletes who participate in the sport of football accept the risk of injuries. However, athletes also have the right to assume that those who are responsible for the conduct of the sport, i.e., administrators, coaches and athletic trainers, have taken reasonable precautions to minimize the risk of significant injury. Refinements in the playing rules, the development of risk minimization guidelines and the establishment of equipment standards have helped to reduce significant injuries. However, to legislate safety via the rules book and equipment standards are never a complete answer. All who are involved with participation in the sport of football share in the responsibility of minimizing the sport's inherent risks?

The coach is responsible for pregame verification that in addition to other required equipment, all players have a helmet which met National Operating Committee on Standards for Athletic Equipment (NOCSAE) standards when manufactured and each helmet has an exterior warning label. While important, the fact the athletes are wearing certified helmets is only the first step. The athletes involved must be aware of all the basic principles of head and neck injury prevention.

### **Helmet Warning Statement**

Since 1985 the NOCSAE football helmet standard has required a warning label on the outside of the helmet to inform each player of these risks and responsibilities. The warning label must use language that conveys the following information:

#### **WARNING**

NO HELMET CAN PREVENT ALL HEAD OR ANY NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.

DO NOT USE THE HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF THE FOOTBALL RULES AND SUCH USE CAN RESULT IN SEVERE HEAD OR NECK INJURIES, PARALYSIS OR DEATH TO YOU AND POSSIBLE INJURY TO YOUR OPPONENT.



## COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

## INFECTIOUS SKIN DISEASES

**Strategies for reducing the potential exposure to these infectious agents include:**

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

## BLOOD-BORNE INFECTIOUS DISEASE

**Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:**

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

## OTHER COMMUNICABLE DISEASES

**Means of reducing the potential exposure to these agents include:**

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS







# NFHS OFFICIAL FOOTBALL SIGNALS

|   |   |  |   |   |
|---|---|--|---|---|
| <div>1</div> <div>Ball ready for play<br/>*Untimed down</div> <div></div> | <div>2</div> <div>Start clock</div> <div></div>   | <div>3</div> <div>Time-out<br/>Discretionary or injury time-out<br/>(followed by tapping hands on chest)</div> <div></div>       |   |   |
| <div>4</div> <div>TV/radio time-out</div> <div></div>                     | <div>5</div> <div>Touchdown, Field goal,<br/>Point(s) after touchdown</div> <div></div>         | <div>6</div> <div>Safety</div> <div></div>   | <div>7</div> <div>Dead ball foul, Touchback<br/>(move side to side)</div> <div></div> |   |
| <div>8</div> <div>First down</div> <div></div>                            | <div>9</div> <div>Loss of down</div> <div></div>  | <div>10</div> <div>Incomplete forward pass<br/>Penalty declined<br/>No play, no score<br/>Toss option deferred</div> <div></div> | <div>11</div> <div>Legal touching of forward pass or scrimmage kick</div> <div></div> | <div>12</div> <div>Inadvertent whistle</div> <div></div>  |
| <div>13</div> <div>Disregard flag</div> <div></div>                       | <div>14</div> <div>End of period</div> <div></div>  | <div>15</div> <div>Sideline warning</div> <div></div>  | <div>16</div> <div>First touching<br/>Illegal touching</div> <div></div>              | <div>17</div> <div>Reset play clock to 25 seconds<br/>(Use both hands to have play clock reset to 40 seconds)</div> <div></div> |
| <div>18</div> <div>Encroachment</div> <div></div>                         | <div>19</div> <div>False start<br/>Illegal formation<br/>Free kick infraction</div> <div></div> | <div>20</div> <div>Illegal shift (2 hands)<br/>Illegal motion (1 hand)</div> <div></div>   | <div>21</div> <div>Delay of game</div> <div></div>                                    | <div>22</div> <div>Substitution infraction</div> <div></div>  |



# NFHS OFFICIAL FOOTBALL SIGNALS

|  |  |   |   |  |
|--|--|---|---|--|
| <p>23 Disconcerting act</p>  | <p>24 Illegal helmet contact<br/>Targeting</p>       | <p>25 Illegal horse-collar tackle</p>                       | <p>26 Illegal blindside block</p>   | <p>27 Unsportsmanlike conduct<br/>Noncontact foul</p>                |
| <p>28 Illegal participation</p>                                    | <p>29 Sideline interference<br/>(Face press box)</p> | <p>30 Running into or<br/>Roughing kicker<br/>or holder</p> | <p>31 Illegal batting/kicking<br/>(Followed by pointing<br/>toward toe for kicking)</p> | <p>32 Invalid fair catch<br/>Illegal fair catch signal</p>           |
| <p>33 Forward pass interference<br/>Kick catching interference</p> | <p>34 Roughing passer</p>                            | <p>35 Illegal pass/forward handing<br/>(Face press box)</p> | <p>36 Intentional grounding</p>   | <p>37 Ineligible downfield on pass</p>                               |
| <p>38 Personal foul</p>  | <p>39 Clipping</p>                                   | <p>40 Blocking below waist</p>                              | <p>41 Chop block</p>  | <p>42 Holding/<br/>obstruction<br/>Illegal use of<br/>hands/arms</p> |
| <p>43 Illegal block</p>  | <p>44 Helping runner<br/>Interlocked blocking</p>    | <p>45 Grasping face<br/>mask or helmet<br/>opening</p>      | <p>46 Tripping</p>  | <p>47 Disqualification</p>   |